

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 32

WEDNESDAY, JANUARY 22, 2020

NO. 4

INSIDE YOUR FORUM

LIVING



Farm-acy

Healthy, locally-grown food for the people who need it most

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NEWS



Estate Book Sale

Personal book collection of local quilt artist Marion Coleman to go on sale

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NEWS



Tech Classes

Improve your job skills with free tech classes at the Castro Valley Library

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PHONE: (510) 614-1560

Six Tiny Homes Opening February 1

By Michael Singer
CASTRO VALLEY FORUM

Next month, six homes, each about the size of a parking space, are expected to open to the homeless as the newest chapter in the housing crisis in Castro Valley.

A ribbon-cutting celebration is scheduled Feb. 1 at First Presbyterian Church of Hayward on Grove Way at Redwood Road. The event will include speeches, a BBQ cookout, and keys to the homes that are situated in the parking lot on the property.

Work crews are currently installing the final touches including the construction of a private and secure fence for residents.

"This is an opportunity for our community to do something positive for people who might otherwise be living on the streets," says Jake Medcalf, lead pastor at First Presbyterian. "These families will be part of our campus and we want them to have a safe place to live as they continue to look for permanent housing."

The church is currently reviewing 50 applications from homeless individuals in Alameda County. Applicants must pass a standard background check and there is a "no drugs or alcohol" policy in place.



A giant crane lifted four tiny homes into place on Saturday morning in the parking lot of First Presbyterian Church at Grove Way and Redwood Road in Castro Valley. The tiny homes were the brainchild of Tom Flemming and were constructed in Livermore.

PHOTO BY FRED ZEHNDER

Residents are granted an 18-month lease for a total of \$6,000 which is then returned after the resident leaves. Rent starts at \$200 for the first four months and is raised incrementally by \$200

each quarter for the first year. The church then charges \$800 for the final six months if needed.

"We then give that money back to the resident, who can use it as a first and last month's deposit on

a long-term place," says Medcalf, adding that the residents receive additional assistance in the form of social services to help them get back on their feet.

see HOMES on back page

Rash of CV Car Break-ins

By Michael Singer
CASTRO VALLEY FORUM

A rash of car break-ins was reported in Castro Valley last Thursday afternoon prompting the Alameda County Sheriff's Office to remind residents to park smart and to remove any visible belongings from the car's interior whenever possible.

"People are doing a good job in Castro Valley of keeping their belongings secure, but we want to remind people of the dangers of leaving any belongings inside your vehicle unattended," Sheriff's Spokesperson Sgt. Ray Kelly said.

As these break-ins are being investigated, the Sheriff's office is not releasing specifics other than to say the crimes happened in the Castro Valley corridor. But Sgt. Kelly said this is the largest number of car break-ins in Castro Valley that he has seen in his 25 years on the force.

He suspects some of the break-ins are related to a surge in the homeless population in the Hayward, San Leandro, Castro Valley

see RASH on page 6

MLK DAY 2020



PHOTO BY FRED ZEHNDER

LOVE WITHOUT BORDERS was the theme of this year's Martin Luther King Jr. Day rally and march at Hayward City Hall on Monday morning, one of many events around the Bay and the national to honor the birthday of the civil rights leader. King's birthday is January 15, but it is observed as a federal holiday on the third Monday of January.

PG&E Alert About Latest Phone Scam

PG&E is alerting customers to be aware of ongoing scam phone calls with criminals threatening to shut off power if a payment is not made.

There has been an increase in the number of scam attempts across the East Bay compared to this time last year.

The company has received reports in the past few weeks regarding scammers requesting immediate payment with a cash card on past due utility bills.

The scam is becoming more detailed with scammers including specific names of customers, and in some cases, guessing general dollar amounts owed. They are also disguising their true caller-ID numbers with ones that say

"PG&E" or "Pacific Gas & Electric."

Other tactics include notifying residents that they are eligible for a federal tax refund related to their utility bill, and trying to sell services related to solar evaluations.

PG&E says it will not ask for personal information or a credit card number over the phone. Customers with concerns about the legitimacy of a call about a past due bill, a service request or a request for personal information should call 1-800-743-5000.

Customers should always ask to see identification before allowing anyone claiming to be a PG&E representative inside their home. Employees always carry identification and are willing to show it.

Castro Valley Weather Jan. 22 - 26, 2020



Wednesday
Mostly Cloudy
High 60° Low 44°



Thursday
Partly Cloudy
High 61° Low 45°



Friday
Morning Fog
High 61° Low 45°



Saturday
Poss Showers
High 61° Low 53°



Sunday
Poss Showers
High 60° Low 47°

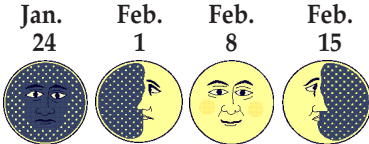
Almanac



Sun sets at 5:22 p.m. today, rises at 7:20 a.m. Thursday.

Past Week's Rain: 01.00
Season To Date: 05.12
Normal To Date: 09.87
Season Average: 21.22

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CV SPORTS HALL OF FAME

CV's Dooney Jones: Coach of Track and Field Champions

Seventh 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.

By Lowell Hickey
SPECIAL TO THE FORUM



Dooney Jones

Dooney Jones has traveled throughout the United States singing with the Dick Bright Orchestra party band, but he much prefers staying close to home and coaching track and field at Castro Valley High.

Fortunately, his hours as a singer allow him to coach.

"I absolutely love what I'm doing," Jones said. "I'd rather be doing this (coaching) than anything else."

That's a good thing for the Trojans' track and field program because Jones excels as a coach.

He has tutored four state champions and in 2014 led the Castro Valley boys' team to first place in the North Coast Section Meet of Champions and a runner-up finish in the state championships behind powerhouse Mater Dei (Santa Ana).

Jones was named East Bay Coach of the Year by the Bay Area Newspaper Group in 2014

and was second in the voting for State Coach of the Year. Recently, he was elected to the Castro Valley Sports Hall of Fame.

An excellent sprinter and long jumper at Mt. Eden High in Hayward, Jones began his coaching career at his alma mater a few years after his 1982 high school graduation.

Naturally, he coached the sprints and jumps for head coach Will Mathews. When Mathews moved to Hayward High, Jones took over as the Monarchs' head coach.

It was as a coach at Mt. Eden that Jones learned the fine points of the triple jump, an event that he never competed in as an athlete. But he had an athlete, Derrick Mitchell, who showed great promise in that event so Dooney learned to coach it. Mitchell triple jumped over 50 feet, setting the school record.

"He was my first 50-foot guy," Jones said.

But he was not the last. Jones left Mt. Eden to coach at James Logan in Union City and there developed his first state champion, Nkosinza Balumba, who triple jumped 52'8" — a Logan record — and later became an All-American at the University of Arkansas. After college, Balumba reunited with Jones and barely missed out qualifying for the 2012 Olympics.

Meanwhile, Jones, already a Castro Valley resident, had taken over the track and field program at CVHS, which turned out to be very fortunate for a talented jumper by the name of Nate Moore.

Under Jones's tutelage, Moore won state championships in both the long jump and triple jump in consecutive years (2013 and 2014), earning an athletic scholarship to the University of Oregon.

"(Coach Jones) does everything possible to make sure everyone is mentally and physically prepared to compete at any given moment," Moore told a reporter at the time. "He deeply cares about you as a person. He's not out there for the accolades."

Officially, Jones coached Sasha Wallace at CVHS when she won state championships in both the triple jump and 100-meter hurdles in

see FAME on page 7

Free Help Preparing Taxes at CV Library

The Castro Valley Library has begun accepting appointments for free help in preparing tax returns.

Assistance will be offered at the Library every Wednesday and Thursday from 10 a.m. until 1 p.m. beginning Feb. 5 and continuing

through April 15.

Sponsored jointly by the IRS and AARP, the program provides trained volunteers to assist with most all Federal and California State income tax forms and e-filing.

Appointments are required. Call the Library Information Desk at 510-608-1155 during normal open hours, or sign up in person.

For more information, contact the Library or see Events at events.aclibrary.org/calendar/.



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From left, Jamie Strube as "Shelby," Cynthia Lagodzinski as "Truvy," and Julia Etzel as "M'Lynn," in "Steel Magnolias" opening Feb. 7 at Chanticleers Theatre in Castro Valley.

CHANTICLEERS THEATRE

Poignant Comedy-Drama 'Steel Magnolias' Opens Next Month

Chanticleers Theatre will present the comedy-drama "Steel Magnolias," opening Friday, Feb. 7 and running through March 1.

The scene is Truvy's Beauty Salon where the ladies of Chinquapin meet to get their hair done and let their hair down.

Through the clouds of hairspray and the buzz of blow dryers, six Southern spitfires swap gossip, wisecracks, and wisdom in this hilarious and heartwarming comedy that explores the bonds of friendship and the strength of women.

Full of sass, style and sisterhood, Robert Harling's play will make you laugh 'till you cry with its big characters, big hair, and even bigger heart, and its reminder that friendship never goes out of style.

Director, actor, and designer spanning four decades in West Coast theatre, Kendall Tieck will make his Chanticleers Theatre directing debut with Steel Magnolias.

"The success of the play and the movie can be attributed to the story of six women and their relationships as they navigate some of life's greatest challenges together," said Tieck.

The show stars Jamie Strube, Anya Cherniss, Julie Etzel, Cynthia Lagodzinski, Eve Tieck, and Sally Hogarty.

Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. For tickets (\$22-\$27), visit chanticleers.org/ or call 510-SEE-LIVE (510-733-5483). Group discounts also available.

Chanticleers Theatre is located at 3683 Quail Ave. in the Castro Valley Community Center Park.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Ammunition and Nunchakus
Friday, January 17: at 3:27 a.m., Sheriff's deputies arrested a 60-year-old man with a criminal record but no permanent residence on suspicion of possession of illegal ammunition and nunchakus. The man was driving down Center Street near Grove Way when deputies pulled him over for a traffic violation. The man's previous convictions prevented him from carrying these items. Deputies took the man into custody.

Shoplifting... Again
Thursday, January 16: at 7:51 p.m., a 53-year-old man with no permanent residence was arrested on suspicion of possession of stolen property and resisting arrest. Deputies were dispatched to a convenience store on Grove Way near Center Street after the store manager spotted the man leaving with unpaid merchandise. Deputies chased the man on foot for about a block before subduing him. A day earlier, deputies arrested the same man for shoplifting from a store on Redwood Road near the Boulevard. The man was additionally charged at that time for refusing to leave the store after repeated requests by the manager. Deputies took the man to Santa Rita Jail.

Drugs Up His Sleeve
Thursday, January 16: at 1:00 p.m., deputies arrested a 45-year-old man who refused to give an address on suspicion of possession of methamphetamine drugs and related drug paraphernalia. The man was pulled over in the parking lot of the Redwood Canyon Golf Course for a traffic infraction and was identified to have a warrant issued for his arrest. Deputies

searched the man and found he had hidden the drugs up his sleeve. The man was taken to Santa Rita Jail pending \$5,000 in bail.

Assaulted Her Ex-Boyfriend
Wednesday, January 15: at 4:01 p.m., a 911 call about a loud argument sent deputies to a home on Center Street near Sargent Avenue. There, they arrested a 26-year-old woman from Castro Valley on suspicion of assault on her ex-boyfriend and child endangerment.

Car Thief Caught
Wednesday, January 15: at 5:19 p.m., deputies arrested a 49-year-old man from Oakland as part of a warrant. The man was wanted on suspicion of possession of a stolen vehicle, illegal drug paraphernalia, burglary tools, and stun gun. The man was at a home on Moyers Street near Grove Way when deputies served the warrant. The man was taken to Santa Rita Jail.

Unregistered Sex Offender
Tuesday, January 14: at 1:03 p.m., a 57-year-old man from Oakland was arrested on suspicion of being an unregistered sex offender. Deputies were called to Eden Medical

Center after hospital security spotted the man outside the building behaving erratically. The man was held on a charge of being out of compliance and being threateningly mentally unstable. Deputies took the man into custody.

Wouldn't Get in Ambulance
Monday, January 13: at 4:40 p.m., deputies arrested a 50-year-old man with no permanent residence on suspicion of public intoxication and violating the terms of his parole. The man was spotted outside a grocery store on Somerset Avenue near Parsons Street having a hard time standing up. Deputies dispatched an ambulance to assist, but the man declined to cooperate. The man was taken to Santa Rita Jail and held without bail.

Spousal Assault
Monday, January 13: at 4:33 p.m., a 38-year-old woman from Castro Valley was arrested on suspicion of assault on her husband. Deputies were dispatched to a home on Redwood Road near Somerset Avenue following an anonymous tip. The woman was handcuffed and taken into custody. The victim was treated at the scene.

Happy New Year!

from The Lovewell Team

We are proudly partnering with the Alameda Food Bank for the 2019 holiday food drive, which will continue to run through January 2020. Please participate in aiding those in need by donating non-perishable food items.

Thank you for your contributions in helping those in need in our communities!

The Lovewell Team - Re/Max Accord Castro Valley
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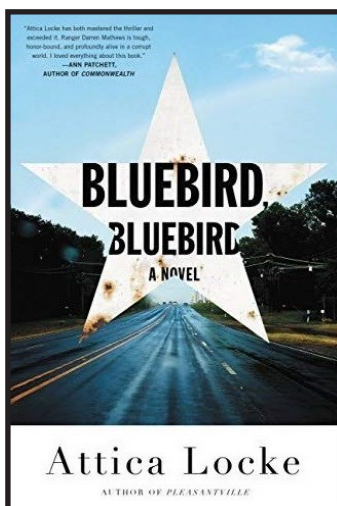
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KICK-OFF EVENT

Sunday, January 26 2 pm to 3 pm
Castro Valley Library

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What if all of Castro Valley read the same book?
Join us for Castro Valley Reads!

The 2020 selection is *Bluebird, Bluebird*, a blues-infused thriller by Attica Locke about the collision of race and justice in America.

At the Kick-Off you'll:

- Learn more about the book and the CV Reads program
- Enjoy a performance by the Dewayne Oakley Blues Ensemble
- Sign up for a discussion and get a free copy of the book

Castro Valley Reads is funded by the Friends of the Library

WELCOME TO THE NEW YEAR: 4718

Chinese New Year, the longest and most important festivity on the Chinese calendar, begins this Saturday, Jan. 25, as the Year of the Rat, ushering in new beginnings and opportunities.

The 15-day celebration, also known as the Spring Festival, is all about spectacle, from the fireworks and dancing dragons to the fabulous food.

For most non-Asian cooks, the biggest surprise of all is that Chinese cooking can be both fun and easy. The secret is to start with foolproof recipes and authentic sauces that do most of the heavy lifting for you.

GOOD FORTUNE SEA BASS

- 1/2 pound skinless sea bass fillet
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 1 teaspoon finely chopped ginger
- 2 tablespoons cornstarch
- 1 tablespoon vegetable oil
- 1/2 cup sweet & sour sauce
- 2 teaspoons Asian chili sauce

Sprinkle the sea bass with salt, pepper, ginger and garlic and let stand for 30 minutes or longer in the refrigerator.

Heat a skillet or wok over high heat. Add the oil and sea bass and pan-fry until both sides are browned, about 2 minutes per side. Add the stir-fry sauce and heat until bubbling. Turn sea bass again and cook an additional minute (6 minutes in all). Remove from pan, garnish with green onions and serve immediately. Serves 2.

CELEBRATION SHRIMP FRIED RICE

- 6 green onions and tops, cut diagonally into half-inch lengths, separating whites from tops
- 1/2 cup frozen peas and carrots, thawed
- 2 tablespoons vegetable oil
- 1 egg, beaten
- 4 cups cold cooked long-grain rice
- 1/2 pound medium-size cooked shrimp
- 3 tablespoons soy sauce
- 1 teaspoon garlic powder
- 1/2 teaspoon sugar
- 1/4 teaspoon white pepper



Stir-fry whites of green onions, peas and carrots in hot oil in wok or large skillet over medium-high heat 1 minute. Add green onion tops and egg; scramble. Stir in rice and shrimp, cook until heated, gently separating grains. Combine remaining ingredients; pour over rice. Cook and stir until well mixed. Makes 4 to 5 servings.



EASY VEGETABLE STIR-FRY

- 1/4 cup bottled teriyaki marinade & sauce
- 1 tablespoon dry Sherry
- 2 teaspoons cornstarch
- 1 tablespoon water
- 2 tablespoons vegetable oil
- 2 cloves garlic, thinly sliced
- 1 (16-ounce) package frozen stir-fry or Oriental-style vegetable mixture
- 2 cups sliced mushrooms

Combine teriyaki sauce, sherry, cornstarch and 1 tablespoon water. Heat oil in hot wok or large skillet

over high heat. Add garlic and stir-fry 15 seconds, or until golden brown. Add vegetables and mushrooms; stir-fry 3 minutes, or until vegetables are heated through. Stir in teriyaki sauce mixture. Cook, stirring, until sauce boils and thickens and vegetables are coated with sauce. Makes 6 servings.

HOT & SOUR SOUP

- 1 (10-1/2 ounce) can condensed chicken broth
- 2 soup cans water
- 2 tablespoons cornstarch
- 2 tablespoons soy sauce
- 2 tablespoons distilled white vinegar
- 1/8 teaspoon ground red pepper (cayenne)
- 1 egg, beaten
- 1/2 block firm tofu, drained and cut into 1/2-inch cubes
- 1/3 cup thinly sliced green onions and tops

Blend chicken broth, water, cornstarch, soy sauce, vinegar and red pepper in medium saucepan. Cook over high heat, stirring constantly, until mixture boils and slightly thickens. Gradually pour egg into boiling soup, stirring constantly in 1 direction. Add tofu and green onions; cook just until tofu is heated through. Serve immediately. Makes 6 servings.

'Farm-acy' County Food Hub Opens as 'New War on Poverty'

By Linda Sandsmark
CASTRO VALLEY FORUM

Motorists on Fairmont Drive between Castro Valley and San Leandro may have noticed a large, brightly-painted building where the former county animal shelter once stood.

This is the site of the new "Farm-acy" Dig Deep Farms Food Hub, whose goal is to provide healthy, locally-grown food to people who need it most.

Working in conjunction with dozens of community groups, the Alameda County Deputy Sheriffs' Activities League (DSAL), Sheriff's Office, and All IN Alameda County (a "New War on Poverty" sponsored by the county) spent the last 10 years preparing this project, hoping it will ultimately lead to a safer and healthier community.

The hub held an opening celebration last Friday.

"This is great police work in the 21st century," said Sheriff's Captain Marty Neideffer, noting that public safety means more than just reacting to crime; that stress from lack of food can lead to substance abuse, anger and violence. Reducing that stress and building trust within the community should help reduce crime.

Dig Deep Farms Food Hub takes a long-term approach to improving not just the diets, but safe-

see **FOOD** on back page



PHOTOS BY LINDA SANDSMARK

This "Farm-acy" building at 2700 Fairmont Drive will be a source point for healthy food for residents who need it most. It will also be available for event rental. Below, Dig Deep Farms manager Troy Horton brings fresh produce to the opening ceremony.



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Published in the February 12th issue of the Castro Valley Forum and the February 13th issue of the San Leandro Times!

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School Engineering Building Completed

Last week, members of the Castro Valley School Board and the community joined with staff and students to celebrate the ribbon cutting of the School District's new Engineering Building and were able to tour the computerized classrooms that were paid for by Measure G. Currently 190 students have selected Career Technical Education in Engineering as one of their elective courses with 250 students expected next year.

School District Photos



HONORING MARION COLEMAN

Quilt Artist's Personal Collection of Books to Go On Sale Saturday

The Friends of Castro Valley Library will host a special book sale this Saturday, Jan. 25, to honor local artist Marion Coleman, who passed away last April. Her estate gave her book collection to the Friends organization.

Ms. Coleman was an internationally known — and award-winning — quilter, fiber artist, and an activist for social justice, women and aging. She was also a warm, caring resident of the Castro Valley community.

From 10 a.m. to 2 p.m. on Saturday, in the library's Learning Center, Marion's extensive library collection will be available to the public. Her daughter, Lisa Jongeward, will be present to greet friends, old and new.

The sale will feature many quilting, design, fabric art, story quilts and African American art and cultural subject books.

Marion would have wanted a wildly successful sale to raise money for the library she loved and was devoted to, so you're invited take home some of her personal titles while supporting the library and honoring her memory.

The library hosts two permanent quilts by Marion Coleman, and currently has a quilt on display from the Hayward Historical Society this month. Ms. Coleman graciously provided free programs to children and adults at the library and was a major library advocate and friend.

Rash: Area Car Break-ins

continued from front page

Even if you have a backpack in your vehicle with nothing inside, it should be placed in the trunk, according to a statement from the sheriff's office. Backpacks often carry laptops and criminals will risk breaking into your car to find out. An auto burglary can be completed in approximately 10 seconds, the statement warned.

Castro Valley is not alone in its rise in auto break-ins. Just this month, San Jose's Willow Glen neighborhood reported at least a dozen car burglaries.

Palo Alto saw eight smash-and-grab car burglaries. Fremont police reported 30 cars were broken into. Sunnyvale authorities arrested two men in connection with 43 car burglaries in a span of two hours.

To reduce the chances of having your car broken into, insurance companies suggest that you leave nothing in the car. Not loose change in the center console. Not

phone-charging cords. Anything can appear valuable or tempting.

Improve your chances of avoiding a break-in by removing anything visible or placing valuables in your glove compartment.

It might seem like a no-brainer, but always lock the doors and roll up all the windows. An unlocked door or even a cracked window can make your car an easier victim than a locked one. And if you have kids, double-check your backseat windows that are sometimes forgotten and left open.

Additionally, Sgt. Kelly suggests taking a picture of your car registration and removing the paperwork from your vehicle. If an officer asks for it, you can show them the picture and they can cross-reference it in their computers.

Anyone with information about the burglaries that occurred in Castro Valley last week is urged to contact the sheriff's office non-emergency number at 510-667-7721.

LEGAL NOTICES

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DECEMBER 18, 2019
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County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 566645-647

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):

(1) Private Eye Real Estate Appraisal Services, (2) Private Eye Appraisal Services, (3) Private Eye Appraisals at 5168 Cunningham Court, Castro Valley, CA 94546, in Alameda County are hereby registered by the following owner(s): Todd Allen Nicklous, 5168 Cunningham Court, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced May 2000.

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

Expires DECEMBER 18, 2024
JAN 01, 08, 15, 22, 2020
0200-CVF

FILED
DECEMBER 17, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 566576

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):

Paris Flea Market at 535 Leisur St., Livermore, CA 94551, in Alameda County is hereby registered by the following owner(s): (1) Irma Violet Hernandez, (2) Joseph Hernandez, 1037 Division St., Pleasanton, CA 94566. This business is conducted by a married couple. This business commenced N/A. /s/ Irma Violet Hernandez, Joseph Hernandez
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires DECEMBER 17, 2024
JAN 08, 15, 22, 29, 2020
0202-CVF

FILED
DECEMBER 26, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 566892

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):

Communication LINKs at 3137 Castro Valley Blvd., #214, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Linda S. Kenny, 18492 Carlton Ave., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A. /s/ Linda S. Kenny

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

Expires DECEMBER 26, 2024
JAN 08, 15, 22, 29, 2020
0203-CVF

FILED
JANUARY 03, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567097

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):

Dream Catcher Images at 22427 Moyers Street, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Bruce Finocchio, 22427 Moyers Street, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced February 10, 1994. /s/ Bruce Finocchio

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

Expires JANUARY 03, 2025
JAN 15, 22, 29, FEB 05, 2020
0205-CVF

GOT SPORTS NEWS?



SEND AN EMAIL TO:
SPORTS@EBPUBLISHING.COM

FILED
JANUARY 09, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567388

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):

F&F Enterprises at 20883 Redwood Road, Castro Valley, CA 94546, in Alameda County, mailing address PO Box 5610, San Francisco, CA 94083 is hereby registered by the following owner(s): (1) Frank Fragomeni, (2) Brenda Fragomeni, 212 James Court, San Francisco, CA 94080. This business is conducted by a married couple. This business commenced 1-1-2020. /s/ Frank Fragomeni, Brenda Fragomeni

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

Expires JANUARY 09, 2025
JAN 15, 22, 29, FEB 05, 2020
0206-CVF

FILED
JANUARY 03, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567111

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):

Desserts First at 19774 Louise Ct., Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): (1) Amanda Rose (2) Deborah Rose, 19774 Louise Ct., Castro Valley, CA 94546. This business is conducted by Co-partners. This business commenced in 2012. /s/ Amanda Rose, Deborah Rose

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

Expires JANUARY 03, 2025
JAN 22, 29, FEB 05, 12, 2020
0209-CVF

FILED
DECEMBER 27, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 566942

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):

The Music Company dba TMC Productions and Fura Bodyworks at 20825 Nunes Avenue Ste. B, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): (1) Mel Speed (2) Dayna Speed, 4236 Omega Avenue, Castro Valley, CA 94546. This business is conducted by a married couple. This business commenced N/A. /s/ Mel Speed, Dayna Speed
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires DECEMBER 27, 2024
JAN 22, 29, FEB 05, 12, 2020
0207-CVF

STUDENT NEWS

Gier Chen of Castro Valley was named to the Westminster College Dean's List for the Fall 2019 semester. Chen is majoring in Business Administration and Music as a Second Major. Westminster College, affiliated with the Presbyterian Church, is in New Wilmington, Pennsylvania.

Christopher Timm of Castro Valley completed degree requirements at the end of the Fall 2019 semester and has graduated from Trine University in Angola, Indiana, where he earned a Bachelor of Science in electrical engineering degree."

Fame: One Champion Dooney Can Take Credit for is Kennedy Jones, His Daughter

continued from page 2

2013, but he refuses to take credit for that, pointing out that Wallace was already a well accomplished jumper and hurdler when she transferred to Castro Valley from Holy Names.

One champion Dooney definitely can take credit for is Kennedy Jones, his daughter, who won the 2015 state championship in the triple jump after finishing sixth the year before. Her personal best of 42'5" broke Wallace's school record.

"Definitely one of my best coaching moments," said the

proud father.

Indirectly, Kennedy and her two sisters are the reason Jones ended up at Castro Valley High. He had given up his coaching position at Logan to spend more time with his young daughters, but when the girls joined the Castro Valley Track Club and he attended a few practices, he was recognized as the former Logan jump coach. The club quickly recruited him to coach the jumps and sprints.

First, he had to ask his wife, Susan, who responded, "Well, at least you'll be with the girls." The rest is history.

Soon Jones was asked to help with the high school team, too, and when the head coaching position came open he was the natural choice to get the job. He never saw himself in that capacity back in his Mt. Eden days, though. Castro Valley was the Monarchs' big track and field rival.

"I hated Castro Valley," he admitted, smiling. "I never thought I'd be wearing the green and gold."

Jones recently underwent hip replacement surgery, but he expects to be back coaching by mid-March.

"I'm not letting that stop me," he promised.

Team Transition Basketball Annual Tryouts

The Castro Valley/San Leandro based Team Transition AAU basketball program has scheduled its annual tryouts for Saturday and Sunday, Jan. 25-26, at Bancroft Middle School in San Leandro.

Tryout times each day are 3-4:30 p.m. for 2nd and 3rd

grades; 4:30-6 p.m. for 4th thru 6th grade; and 6-8 p.m. for 7th and 8th grades.

Registration information and details on the program can be obtained at www.bayareatransition.org.

The Team Transition program

will be participating in its 11th season, having started out with two teams in 2010 and grown to 10 last season. The philosophy of the program is, "Seeking to develop the student-athlete's life skills and personal growth through the sport of basketball."

ATHLETE OF THE WEEK

Jason Castro

This week's Athlete of the Week is Jason Castro. The 32-year-old Castro Valley native recently signed a one-year contract with the Los Angeles Angels for \$6.85 million.

Castro graduated from Castro Valley High School in 2005 and played varsity baseball as a catcher. The team went 19-7 that year under coach Jon Lavine.

Throwing right and batting left, Castro played for Stanford University before being drafted by the Houston Astros in 2008. He made his Major League Baseball debut in June 2010 against the San Francisco Giants where he hit a single off Tim Lincecum in his first at-bat. Castro's first homer in the majors was two days later against Matt Cain. Castro named to the reserve team for the 2013 All-Star Game.

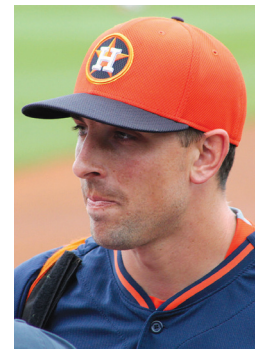
While in Houston, Castro and his wife

Maris founded a non-profit called, "Castro's Kids."

The organization donates books and promotes literacy in Houston-area schools.

For the last three seasons, Castro played with the Minnesota Twins where he finished the year with a .232 batting average, 13 homers, and 30 RBIs. His on-base percentage in 2019 was a career-best .767.

As part of the Angel's organization, Castro will work with younger pitchers and will be one of two primary catchers for the team. His first game of 2020 is scheduled to be on February 22 against the Chicago White Sox.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



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www.CVISPORTSLEAGUE.org



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Did you know that 150 CVSan multi-family complexes have started a food scrap recycling program? Tenant trainings and two food scrap pail options are available. If you have garbage cart service, organics cart service is already included in your rate! Ask your property manager to call Alameda County Industries at 510-483-1400 for free assistance.

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www.castrovalleyforum.com
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San Leandro Times/Castro Valley Forum

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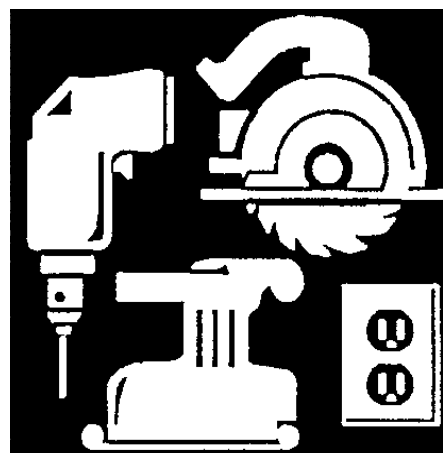
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ACROSS

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- 19 Refuge
- 20 Downright
- 22 Road's shoulder
- 24 Hard to find
- 25 Almond confection
- 29 "___ Got a Secret"
- 30 Left-hand page
- 31 Ostrich's cousin
- 32 Union
- 34 Valhalla VIP
- 35 Loathe
- 36 Loses traction
- 37 Drive away
- 40 "Wozzeck" composer
- 41 Summertime treats
- 42 ___ Thatcher
- 46 Commandment starter
- 47 Birthright barterer
- 48 Historic period
- 49 Huge amount of 50-Across
- 50 See 49-Across
- 51 Tarzan's creator's monogram

DOWN

- 1 \$ dispenser
- 2 Vast expense
- 3 Storyteller in court
- 4 Detox center
- 5 Terrible guy?
- 6 "___ Abner"
- 7 Right angle
- 8 Sandwich sausage
- 9 Burden
- 10 Place to buy 8-Down
- 11 Piercing tools
- 16 Slightly
- 19 Ricelike pasta
- 20 ___ and proper
- 21 Volcanic spillage
- 22 Cleopatra's boat
- 23 Gaelic
- 25 Vegan's no-no
- 26 Distinguished ancestry
- 27 In the thick of
- 28 Sisters
- 30 Test tube
- 33 Variety of macaque
- 34 Gumbo base
- 36 Music transition
- 37 Ceremony
- 38 Canyon phenomenon
- 39 Lowly worker
- 40 Author Stoker
- 42 Encountered
- 43 "___ was saying ..."
- 44 Mess up
- 45 Bill

ANSWERS ON PAGE 5

REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the forum

GUEST COMMENTARY



Staging Companies Impacted by CARB

As home-buyer expectations continue growing, it is largely assumed that local homes hitting the market be staged in some way.

There is significant data verifying the advantages of staging; the most obvious being the potential for the highest prices possible.

Working with buyers and observing the differences in their behaviors in staged homes versus empty properties, I can verify the benefits of staging, which include helping buyers:

- Determine whether their furniture will fit any given space.
- See the home in its' best light.
- Visualize themselves in the space.
- See practical locations for furniture and furnishings.

Most home staging is done by professional staging companies which charge fees based on the level of staging provided, length of time required, level of furniture and amenities provided and any potential access issues. The more upscale the dwelling, the higher the quality of staging required, and, consequently, the fees.

There are fundamental nuances to understand. The first difference is between stagers that own their inventory vs staging companies that rent items.

Stagers owning their inventory can usually charge lower fees and keep the staging in the home longer periods of time.

There are also differences

Mortgage Rates Hold Steady

Mortgage rates continued to hold steady at 3.65 percent last week, according to Freddie Mac's nationwide survey.

"Mortgage rates inched up by one basis point this week with the 30-year fixed-rate mortgage averaging 3.65 percent. By all accounts, mortgage rates remain low and, along with a strong job market, are fueling the consumer-driven economy by boosting purchasing power, which will certainly support housing market activity in the coming months," said Sam Khater, Freddie Mac's chief economist.



PHOTO BY MICHAEL TACCONI

Realtor of The Year

Carl Medford, a Realtor with Keller William Realty in Castro Valley, was recently named "Realtor of the Year" by BayEast Association of Realtors. Medford is a long-time columnist with the Castro Valley Forum and San Leandro Times.

in fees: some charge a fee to install (and later remove) staging coupled with monthly rental fees.

Other companies charge a flat fee which includes installation, removal and a set timeframe (typically 3-6 months). Rental fees kick in if the staging is required longer than expected.

Companies that own their staging are more often larger companies which lease commercial space to house their inventory. Items need upgrading

as tastes evolve and as furniture gets damaged by the process of being constantly moved.

It is not a business for the timid: it is hard work, requires creative genius and a significant investment in employees, inventory, trucks and more.

California is not making it easy. Beginning in 2020, diesel vehicles with a GVWR over 14,000 pounds must comply with CARB regulations. Vehicles that do not comply will be unable to be registered, forcing companies to replace their trucks.

Staging companies run tight margins, this will be a significant blow.

"This is tough for us," states Sheryl Medford of The Next Stage. "We have 2007 Isuzu NPR box trucks in great condition, but are being forced to replace our fleet because they don't meet new regulations."

One thing is certain: there's more to staging than meets the eye.

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.

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A	12-3	—	1725 Estudillo Ave.	\$1,449,000	4/4+	Robert Jones & Assoc.	Matt Jones	510-357-0120
A	—	1-4	3790 Anza Way	\$708,000	3/2	Robert Jones & Assoc.	Matt Jones	510-357-0120

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

CITY GUIDE

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



All real estate advertised in the Castro Valley Forum is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination because of race, color, religion, sex, handicap, marital status, national origin, or intention to make any such preference, limitation or discrimination. The Castro Valley Forum will not knowingly accept any advertisement for real estate that is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.



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WEEKEND GARDENER

Bare-Root Plants

Artichokes, asparagus, rhubarb and strawberries are all available as bare-roots for planting now through February.

Artichokes—Green Globe is the principal variety grown in California. Choose roots that feel solid, not mushy. Plant in full sun or partial shade, in rich well-drained soil. Give them plenty of space as one plant can grow five feet wide. If you don't

harvest the 'chokes, they will turn into beautiful thistle-like blossoms.

Strawberries—Roots should be pliable but not mushy. A little top growth is OK. Work compost into the soil, spread

roots like spider legs and cover them lightly with soil. Plant about 12 inches apart in rows or raised beds in full sun, keeping the upper part of the crowns just above the ground level. Apply fertilizer three times a year.



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RECENT HOME SALES

Castro Valley

4440 Alma Avenue	94546: \$580,000 3 BD - 1,906 SF - 1958
4584 Sargent Avenue	94546: \$605,000 2 BD - 710 SF - 1938
22007 Young Avenue	94546: \$708,000 2 BD - 906 SF - 1948
18622 Vineyard Road	94546: \$800,000 3 BD - 2,218 SF - 1954
18579 Carlwyn Drive	94546: \$824,000 2 BD - 1,585 SF - 1954
20445 Stanton Avenue	94546: \$845,000 4 BD - 1,758 SF - 1957
2410 Stanton Hill Rd	94546: \$871,000 3 BD - 1,773 SF - 1964
19800 John Drive	94546: \$905,000 4 BD - 2,091 SF - 1999
3738 La Costa Avenue	94546: \$955,000 4 BD - 2,026 SF - 1987
22165 West Lyndon Loop	94552: \$980,000 4 BD - 2,240 SF - 1998
21620 Gail Drive	94546: \$1,000,000 4 BD - 3,308 SF - 1956
17320 Mayflower Drive	94546: \$1,015,000 4 BD - 1,904 SF - 1969
17460 Vineyard Road	94546: \$1,025,000 3 BD - 2,817 SF - 1940
6026 Castlebrook Dr	94552: \$1,150,000 4 BD - 2,310 SF - 1986
18872 Mount Lassen Dr	94552: \$1,160,000 4 BD - 3,022 SF - 1989
5695 Jensen Road	94552: \$1,650,000 5 BD - 3,487 SF - 1992
27879 Palomares R	94552: \$1,800,000 3 BD - 3,486 SF - 1971

TOTAL SALES:	17		
LOWEST AMOUNT:	\$580,000	MEDIAN AMOUNT:	\$955,000
HIGHEST AMOUNT:	\$1,800,000	AVERAGE AMOUNT:	\$992,529

Tech Classes At CV Library

A two-part class in Microsoft Word 2016 will be available from 10:30 a.m. to 12:30 p.m. on the Saturdays of Feb. 8 and 15, on the basics of word processing by creating, editing, modifying, saving and printing documents.

In the second class you'll learn more advanced Word skills. Be ready to be amazed by what you can do!

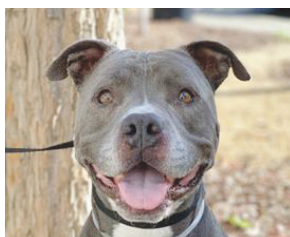
A two-part class in Microsoft PowerPoint 2016 will be available from 1:30 to 3:30 p.m. on the Saturdays, February 8 and 15 (requires basic PC and Microsoft Windows skills).

In today's work environment, presentations have moved far beyond flip charts and overhead projectors. In this PowerPoint course you'll learn how to create an electronic presentation using slides with text, graphics, tables and colorful backgrounds.

Registration is required at the Library Information Desk or by calling 510-667-7900.

The Library, at 3600 Norbridge Ave., is wheelchair accessible. For more info, visit: aclibrary.org.

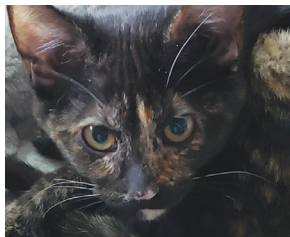
ADOPT-A-PET



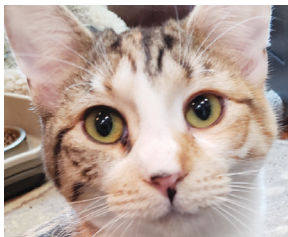
KOBA, a 4-year-old Pit Bull, loves to play with toys. He also likes to play with other dogs, meet new people and explore the outdoors. Call Hayward Animal Shelter, 510-293-7200.



NEERA, a 3-year-old German Shepherd mix, is an active pup. She's learned to sit, is good with handling and needs an active family. Call Hayward Animal Shelter, 510-293-7200.



BONNIE is a sweet and very playful 4-month-old with gorgeous tortoiseshell fur. Spayed, vaccinated, chipped and FIV/FelV negative. Email Loveall-pawzrescue@gmail.com.



CARMELLA is a sweet, playful and affectionate 8-month-old calico. Spayed, vaccinated, chipped and FIV/FelV negative. For more info: email Loveall-pawzrescue@gmail.com.

Homes: Amenities of a Studio Apartment

continued from front page

One of the residents would be selected to serve as a Resident Advisor to help support and connect residents to all available resources.

The homes measure 153 square feet (18 feet long by 8-1/2 feet wide) and can accommodate two people. Each unit includes a pull-out bed, gas range, microwave, mini-refrigerator, and bathroom with shower.

The homes were built in the parking lot of CrossWinds Church in Livermore through a partnership with local nonprofit HomeAid Northern California and a handful of developers who volunteered their services.

First Presbyterian's path to this opening is also providing an opportunity for other churches to combat homelessness in Alameda County.

On their own, the tiny homes would have cost about \$40,000. First Presbyterian was able to streamline some of the building regulations because the tiny homes were not built at the Castro Valley church, so the structures were classified as factory-built housing.



With all the amenities of a small studio apartment, the tiny homes being installed at First Presbyterian Church have pull-out beds, gas ranges, microwave ovens, refrigerators and bathrooms with shower. The project was shepherded by Tom Flemming, a Hayward real estate investor.

Medcalf says going through the process prompted a venture called Firm Foundation Housing. The business provides top-to-bottom services for similar tiny home projects at other churches in the East Bay. Three churches in Hayward are already showing serious interest to replicate what First

Presbyterian has done.

"Not every church has the same resources as us," Medcalf says. "We show others how they can use the space in their parking lot and use it for similar homeless housing. In the end, these six homes are not the end of the story, they're just the beginning."

RAINY DAY CART PLACEMENT

Rain showers in the forecast? Set your carts out differently for collection to avoid issues caused by heavy rain.

Heavy rain can cause carts to tip over and litter the street and sidewalk. Also, when carts are placed up against the curb, storm water can get redirected onto sidewalks and possibly cause flooding.

To avoid these issues on your collection day, place your carts 6-8 inches from the curb, which will allow storm water to flow unobstructed.

Recycling, organics, and garbage carts should be placed at least two feet apart, with wheels against the curb.

Be a courteous neighbor and remove carts from the curb after collection. For additional information go to www.cvsan.org/ACI.



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Food: To Help 'Lift People Out of Poverty'

continued from page 5

ty and wellbeing of residents.

This involves gathering food from many sources, including local small farms and community gardens, creating jobs, supporting local food businesses, creating a new space for the public to hold events, and allowing people to experience horticulture first-hand.

Its additional goal is "rescuing" more than 300,000 pounds of edible food annually and delivering it to affordable housing locations and low-income residents.

County Supervisor Wilma Chan, an early supporter of the project, said food is one of the most urgent needs in our community and that children and the elderly are most affected by food insecurity.

"One in five Alameda County residents goes to a food bank for food. That's shocking," she said.

Chan said better diets lead to improved health, which helps people get to work and school. She said the food hub would help "lift people out of poverty."

Dr. Steven Chen, who is Chief Medical Officer for All IN Alameda County, added that "food is medicine," hence the word 'farmacy' is apt. The food hub will eventually be a source point for healthy food that's delivered to local health clinics.

The clinics can provide a "food prescription" of fresh, organically grown local produce, combined with a series of visits to a "social needs pharmacy" to learn healthy behaviors.

Dr. Chen said food and health are connected, and are in turn related to healthy soil, land and safety. Good food, he said, has the potential not to just prevent and treat disease, but actually reverse it.

Everyone involved said they hope this project becomes a model for the state and nation. Dig Deep Farms already has 40 acres of urban farmland, and a farm stand at the Hayward Wellness Center, 664 Southland Mall Drive, Mon. through Thurs., 10 a.m. to 3:30 p.m.

If interested in supporting, contact DSAL Executive Director Hilary Bass at 510-225-5954 or by e-mail at hbass@acgov.org

The 3,300-square-foot Dig Deep Farms Food Hub facility will eventually be available to rent for events.

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AUDIO ENHANCEMENT

This Saturday At Smalltown

Don't miss this Saturday's (Jan. 25) inspirational and lively afternoon at Smalltown Society. Mike "No Name" Nelson will interview Bay Area author, illustrator, and muralist Stefan Salinas as he presents his book "A Muslim Family's Chair for the Pope."

What better way to compliment this interfaith story than with live music from sufi rock band 7 Stations and Cafe Rumi's signature "pink chai." This event, from 2:30 p.m. to 4:30 p.m., is sponsored by Eden Interfaith Council hosted by Smalltown Society. All ages welcome. The event will be a donation-based entry suggested at \$15.

More details on these events and others at: smalltownsociety.com or text "Smalltown" to 797979. Smalltown Society is located at 22222 Redwood Road, CV.