

HOLIDAYS AROUND TOWN

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CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, DECEMBER 12, 2018

NO. 50

INSIDE YOUR FORUM

NEWS



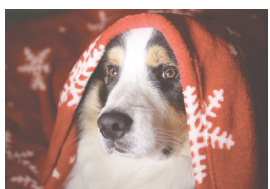
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'The Nutcracker' returns to Castro Valley for Christmas weekend
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NEWS



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PHOTO BY EVAN BARNHART

THAT'S A WRAP

Some of the dozens of presents to be given out at this week at the Castro Valley Rotary Club's annual Christmas party for children from local shelters. Helping with the wrapping were student members of the InterAct Club at Redwood Christian High School, shown above with Club Adviser Erin McGrath (far left), and CV Rotarians Rita Sablan (fourth from left) and RCHS Superintendent Emeritus Bruce D. Johnson (far right). Packages were donated by people to the California Highway Patrol and coordinated by CV Rotarian Ceta Dochterman, shown at right, surrounded by CHP officers.



PHOTO BY BRUCE D. JOHNSON

MAC OK's Permit for Tiny Homes

By Amy Sylvestri
CASTRO VALLEY FORUM

There were cheers from the standing-room-only crowd at Monday night's Castro Valley Municipal Advisory (MAC) meeting when the council voted unanimously to approve a conditional use permit which will eventually allow the construction of six "tiny homes" for the homeless.

After over a year of consideration and fighting through red tape at the county and state levels, the tiny homes came one step closer to being built in the parking lot of the First Presbyterian Church of Hayward at 2490 Grove Way in Castro Valley.

The plan will now go to the County Board of Zoning Adjustments in January and the Board of Supervisors in February, with the hope of starting to accept applications from prospective tenants in March, according to Chizu Buckalew, the church's community development director.

Speaker after speaker told the MAC of their support for the project, which many said is needed now more than ever, as the affordable housing crisis continues.

"I don't remember homeless people in Castro Valley 50 years ago," said speaker Bruce Campbell who has lived in town
see MAC on page 14

Rain Brings Mushrooms but Watch Out as Many are Toxic

Mushrooms pop up all over the Bay Area after the first fall rains and while they are ecologically important and often look beautiful, some of them contain dangerous toxins.

The Death Cap (*Amanita phalloides*) and Western Destroying Angel (*Amanita ocreata*) are two of the world's most toxic mushrooms, and both can be found growing locally during the rainy season. Both contain amatoxins.

"Both the Death Cap and Western Destroying Angel grow near oak trees," said East Bay Regional Park District Naturalist Trent Pearce, who documents the fungi in East Bay parks. "They can be lethal to both humans and pets if consumed."

In mammals, the liver and kidneys are typically the first organs affected after ingestion. Symptoms don't usually appear until up to 12 hours after consumption, beginning as severe gastrointestinal distress and progressing to the liver and renal failure if treatment is not sought immediately.

The Death Cap is a medium-to-large mushroom that typically has a greenish-gray cap, white gills, a white ring around the stem, and a large white sac at the base of the stem.

Though the death cap is mainly associated with oak trees, it has been found growing with other hardwoods. It was accidentally introduced to North America on the

roots of European cork oaks and is now slowly colonizing the West Coast. The Death Cap is not native to California.

The Western Destroying Angel is a medium-to-large mushroom that usually has a creamy white cap, white gills, a white ring around the stem that disappears with age, and a thin white sac at the base. It fruits from late winter into spring. It is associated exclusively with oaks. Unlike the death cap, it is a native California mushroom.

"Collecting mushrooms in East Bay Regional Parks is not allowed," said East Bay Regional Park District Public Information Supervisor Dave Mason. "The
see MUSHROOMS on back page



Death Cap mushrooms on the left and Western Destroying Angels on the right, two of the world's most toxic fungi and both common to the Bay Area after rains.

KEEP
WATCH

Castro Valley Weather Dec. 12 - 16, 2018



Wednesday
Mostly Cloudy
High 63° Low 41°



Thursday
Partly Sunny
High 61° Low 44°



Friday
Cloudy
High 60 Low 48°



Saturday
Possible Showers
High 61° Low 50°



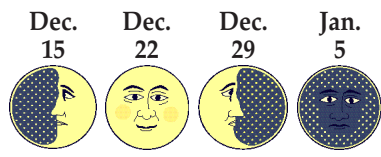
Sunday
Rainy
High 60° Low 45°

Almanac



Past Week's Rain: 00.18
Season To Date: 05.58
Normal To Date: 05.02
Season Average: 21.22

Moon Phases



Sun sets at 4:51 p.m. today, rises at 7:16 a.m. Thursday.

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Eden Medical Center Donates \$10,000 To the Davis Street Center Food Pantry

Eden Medical Center in Castro Valley has donated \$10,000 to the Food Pantry at the Davis Street Family Resource Center in San Leandro, part of Sutter Health's donation of \$265,000 to 28 food banks in western states.

"Many of the most vulnerable people in our community—including children and seniors—worry every day about where their next meal is coming from,"

said Stephen Gray, CEO of Eden Medical Center. "By helping feed our neighbors, we're supporting a healthier community."

Davis Street CEO Rose Padilla Johnson said the gift "will help replenish our barren shelves and support the thousands of working poor families and seniors that turn to us to help put food on the table."

Sutter Health's donations to community food banks over the

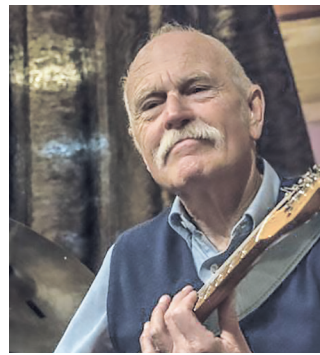
past 10 years total more than \$2 million.

Davis Street is currently accepting new unwrapped toys, canned food and monetary donations for the holiday basket program. Drop off at 3081 Teagarden St. in San Leandro Monday through Thursday from 8 a.m. to 8 p.m., and Friday from 8 a.m. to 6 p.m. To make a donation online, visit www.davisstreet.org

CV Guitarist Glen Deardorff to Entertain at New Year's Eve Gala

Second in a series highlighting local talent featured in "Duetto," the Second Annual New Year's Eve celebration at Castro Valley Center for the Arts on Dec. 31 at 6:00 p.m. For tickets, please visit: www.cvartsfoundation.org/shows

By Terry Liebowitz
SPECIAL TO THE FORUM



Guitarist Glen Deardorff

Guitarist Glen Deardorff is a cool musician—he's been there, done that, and seen it all in the Bay Area music scene during the last 50 years!

He started early on the piano, but by 8 switched to the guitar in the footsteps of his cowboy idol, Gene Autry.

While attending San Leandro High and San Francisco State he earned "big money for a teenager" teaching and playing in bands and clubs. He remembers driving the two-lane road to Livermore, with no lights or gas stations, to play at the bowling alley where there was always a fight to liven up Saturday nights!

At just 18, Glen became "professional" and joined the Musician's union. Unlike many guitarists, Glen could read music and was a good sight reader so he was especially sought after.

He went on tour with the Pointer Sisters in Las Vegas, but found the nomadic life was not for him.

"In those days, without fast food restaurants, it was hard to get a meal late at night," he remembered.

Glen returned to the Bay Area where he made a career playing

for the big names of the day such as Perry Como, Tom Jones, Peggy Lee, Shirley McClain, Rosemary Clooney and Michael Jackson. He played in the pit for touring Broadway musicals and was a regular at the big San Francisco hotels for special events and the now defunct Circle Star Theater.

A memorable gig was playing for Willie Mays' 80th birthday. Glen was also busy recording "jingles" for radio and television (remember "See the USA, in your Chevrolet").

When not on stage, Glen likes riding his bicycle. He considers a 200 mile week a good one and compares bike riding with playing music.

"You go to another place, lost in the moment!"

Glen and his wife Georgene have lived in Castro Valley — where they both teach music — for over 40 years. Come see Glen in action New Year's Eve!

Terry Liebowitz is a founding member of the Castro Valley Arts Foundation.

Troyer Appointed as Purchasing Director

The Castro Valley School Board appointed Kathleen Troyer to the position of Director of Purchasing & Warehouse at last week's meeting. She will be responsible for

overseeing purchasing and contractual procedures and practices of the District.

Troyer has worked with the school district since 2016 most re-

cently as Administrative Assistant to the Assistant Superintendent of Educational Services. She holds degrees in Business Administration and Public Administration.

The No Guesses Way to Eliminate Back Pain and Sciatica

IF YOU suffer from low back pain and/or sciatica, you are one of over 20 million adults in the US with this painful spinal condition... And it can really get you down.

Shooting, stabbing and burning pains from the low back, sometimes with additional pain and numbness and tingling through the buttock, leg all the way down to the tip of the toes are all some of the most common symptoms.

In severe cases, it can lead to muscle wasting and even significant disability. If not taken care of properly it can become progressively more common and worse as time goes on. Even if it goes away temporarily from time to time.

Despite being a common problem it's difficult to get rid of because most health care providers don't have access to the right diagnostic technology or don't understand how to diagnose it correctly when they do.

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In Pleasanton, you can get an accurate diagnosis with Kinetically Analyzed Digital X-Ray at Intero Chiropractic where there is a team that have helped hundreds of patients find relief from their back pain and sciatica.

According to the team, "We use a combination of carefully selected diagnostic technology, not found elsewhere in Pleasanton, for precisely diagnosing the cause of your low back pain and sciatica. The technology has been developed to measure the functional problem leading to the pain a person is suffering, it is more accurate than the usual tests you would get. We also have a completely unique program for reconstructing the damaged area

causing the pain; this means superior long-term results for most people."

And because the treatment is non-surgical, safe and easy, most patients report relief beginning to take shape almost immediately.

Your personal invitation for a comprehensive consultation and examination to pinpoint the cause of your low back pain and sciatica...

The team at InteroChiropracticwants to help readers find relief from their persistent back and sciatic pain.



Superior Diagnostics - Kinetically Analyzed Digital X-Ray: This is a non-invasive, painless and safe diagnostic method which visualizes functional abnormalities causing back pain and sciatica **where they happen**. It is used effectively in the diagnosis of numerous diseases and in the evaluation of the best treatment method for corrective reparation of the underlying problem.

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Mention this article (CODE: LOS53SCID6kadxr4) and Intero will happily reduce their usual consultation fee of \$100 to just \$20. But hurry — this is a time limited offer — and with only 100 reader consultations available at this

exclusively discounted rate.

My advice, don't suffer a moment longer... Get the answers you need with Kinetically Analyzed Digital X-Ray, book a consultation with the Intero team now by calling (925) 255-5805, they are waiting to take your call today.

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Over the years, they've accurately diagnosed hundreds of patients with back problems and sciatica. The vast majority of them have enjoyed

superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

Call them now and get Kinetically Analyzed Digital X-Ray to pinpoint the cause of your problem for just \$20, the normal cost of such an exam is \$100 so you will save \$80!

Don't suffer from the pain and immobility any longer and don't let it get any worse. Discover the diagnosis and natural treatment that can eliminate the cause of your problem and give you the safe, lasting relief you deserve.

1.First: Call (925) 255- 5805

2. Next: Snip out this article and keep it in a safe place

3. Then: Bring this article on your appointment day(to claim your special discount) and you'll be on your way to safe, lasting relief! Don't delay your important diagnosis and treatment another moment!

You can even call on the weekend and leave a message to secure your spot as they promise to return your call; and during the week, if the line is busy when you call, do leave a message for a returned call straight away.

You can imagine they can't help everyone at this reduced price, so please call today to secure your special opportunity - and start claiming your life back too!

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PAID ADVERTISEMENT



PHOTO BY LINDA SANDSMARK

Retiring school secretary LuAnne Halloran is fondly referred to as “The Queen” of Creekside Middle School. The sign behind her thanks her for her 22 years of service”

‘Queen’ LuAnne Halloran Retires From Creekside Middle School

By Linda Sandmark
CASTRO VALLEY FORUM

After 22 years in the front office of Creekside Middle School, secretary LuAnne Halloran is retiring to focus on family, friends and fun.

Affectionately referred to as “The Queen” of Creekside, Halloran says she’s had a wonderful time working with students and staff at the smaller of Castro Valley’s two public middle schools. Her final day at Creekside was last Friday.

“I’ve been here since 1997. The most wonderful thing about this job was starting Creekside from the ground up,” she says. “Everybody was like a family. We banded together and created a really wonderful school.”

Halloran attended the school herself, back when it was Earl Warren Junior High. The site was closed during the 1970s due to de-

clining enrollment, but re-opened under the new name of Creekside Middle School. The principal then was Fred Barreiro, Assistant Principal was Mary Ann DeGrazia, and the custodian was Tim DeForest.

Halloran was the original school secretary, a position she has held ever since. Her son attended Creekside, and was a member of the school’s first class to complete sixth, seventh and eighth grades there.

Now Halloran has plans to spend more time doing what she enjoys, such as gardening and “RV-ing.” She has a two-year-old granddaughter and another grandchild on the way, so she’ll spend time with them.

Her daughter just finished coursework at St. Mary’s College to become a teacher, so Halloran hopes to help out in her daughter’s classroom when the time comes.

She also plans to go out to lunch

with friends and former co-workers, and enjoy all the things she wanted to do when “work got in the way.”

“I’m going to go wherever life takes me,” she says.

As to why she was called “The Queen,” she says it’s probably because she likes the artist Mary Engelbreit, who decorates cards, calendars and mugs with the words, “The Queen of Everything.” Halloran says she once received an Engelbreit gift and commented, “It’s good to be queen.”

“It just kind of stuck,” she says.

As she departs Creekside, Halloran says she is grateful for all the support she’s received during her time there.

“I want to thank everyone who has helped me through these 22 years,” she says.

SHERIFF’S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Loitering with Drug Paraphernalia

Sunday, December 9: at 8:28 p.m., Sheriff’s deputies arrested a 24-year-old man from Hayward on suspicion of possession of illegal drug paraphernalia. The man was loitering in front of a convenience store on Redwood Road near Grove Way when deputies arrived. Deputies reported the man was in violation of his probation and found his stash in his coat pocket. The man was taken into custody.

Burglar Tools

Sunday, December 9: at 2:37 a.m., a 32-year-old man without a permanent address was arrested on suspicion of possession of burglar tools. Deputies stopped the man for questioning outside a home on Grove Way near Center Street when they found he was wanted as part of a warrant issued for his capture. The man was also found with lock-picking tools in his possession. Deputies took the man to Santa Rita Jail pending \$15,000 in bail.

Parolee in Family Fight

Saturday, December 8: at 11:22 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Kahlert Avenue near Vivian Street. There, they arrested a 22-year-old man from Dublin on suspicion of assault on a family member. The man also had an outstanding warrant issued for his arrest. Deputies took the man to Santa Rita Jail pending \$50,000 in bail. The victim was treated at the scene.

Petty Theft Suspect Caught

Friday, December 7: at 2:37 p.m., deputies arrested a 28-year-old man without a permanent address on suspicion of petty theft, giving officers a false ID, and violating terms of a restraining order. The man was also wanted as part of a warrant for his arrest for spousal assault. Deputies stopped the man as part of a search for a petty thief near a business on the Boulevard and Stanton Avenue. The man was handcuffed and taken to Santa Rita Jail pending \$40,000 in bail.

Spousal Battery

Sunday, December 9: at 1:50 p.m., a 31-year-old man from Castro Valley was arrested on suspicion of spousal assault and possession of methamphetamine drugs. Deputies responded to an emergency call at a business on East Castro Valley Boulevard and Nugget Canyon Drive. The man was found the parking lot with his spouse and drugs in his pocket. Deputies took the man into custody and treated the victim at the scene.

Traffic Stop Ends in Arrest

Thursday, December 6: at 6:20 a.m., deputies arrested a 56-year-old man with no permanent address on suspicion of driving with expired license plates and possession of stolen property. The man was traveling on the near Park Way when deputies pulled him over for expired tags and discovered his stash. Deputies also report the man was wanted as part of a warrant issued for his arrest. The man was taken to Santa Rita Jail pending \$10,000 in bail.

Grand Theft and Drug Paraphernalia

Wednesday, December 5: at 2:32 p.m., a 46-year-old woman from San Francisco was arrested as part of a warrant issued for her capture, possession of illegal drug paraphernalia, possession of stolen property, and grand theft. Deputies stopped the woman for questioning in front of a business on Redwood Road near Castro Valley Boulevard when they confirmed her warrant. The woman was taken to Santa Rita Jail pending \$3,000 in bail.

Registered Sex Offender Goes to Jail

Wednesday, December 5: at 9:49 a.m., deputies arrested a 54-year-old man from San Leandro as part of a warrant issued for his capture. The man was a registered sex offender but failed to report in to authorities in a timely manner. Deputies stopped the man for questioning outside a business on Park Way and San Carlos Avenue. The man was taken to Santa Rita Jail pending \$10,000 in bail.

Vandalism with A Side of Fries

Tuesday, December 4: at 11:16 a.m., a 27-year-old woman from Hayward was arrested on suspicion of destroying private property at a fast food restaurant on Castro Valley Boulevard near Rutledge Road. Deputies responded to a call from the manager about the woman trashing the inside of the business. The woman was handcuffed and taken into custody.

see REPORTS on page 8

HAPPY HOLIDAYS



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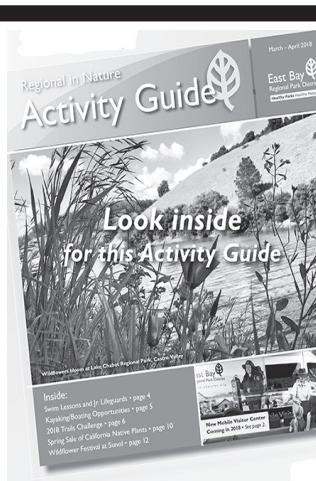
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Re/Max Accord

This issue of the Castro Valley Forum contains the East Bay Regional Park District Jan - Feb 2019 Activity Guide.

If your copy of the Forum does not include the EBRP Activity Guide, call 510-614-1555 or stop by the Forum office (2060 Washington Avenue, San Leandro, CA 94577) between 9:00 a.m. and 5:00 p.m. Monday through Friday to obtain one.



13 More Days Till Christmas To Advertise In the Forum Call

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The Week Ahead ...and Beyond

● Friday, December 14: *Traditional English High Tea*

The Aitken Senior Center at 17800 Redwood Road takes a break from the hectic holiday season with a traditional English High Tea from 1-3 p.m. this Friday. Purchase a table for 4 and decorate it with your own linens, china, silverware and teapot (Individual tickets also available). The Senior Center provides the tea and scrumptious treats plus entertainment and a raffle for \$12 per person. Reservations required. Buy tickets now as this event will sell out.

● Saturday, December 15: *Eden Area Village Monthly Coffee*

Join us for coffee at the Cannery Cafe in the Hayward Area Historical Society (22380 Foothill Blvd.) at 9 a.m. this Saturday and learn how we are working together to help seniors remain in their homes, active and engaged in the community. Visit edenareavillage.org

● Saturday, December 15: *Hawaiian Holiday Celebration*

Enjoy ukulele music, holiday hulas, carols and pop-classics as the Aloha ConneXion hula dancers team up with the Serenadin' Strummers ukulele troupe for this fun event for all ages from 2 to 3 p.m. this Saturday at the Castro Valley Library. Audience participation is encouraged! For more info, visit www.aclibrary.org/branches/csv

● Saturday & Sunday, Dec. 15-16: *Free Pet Adoptions*

Hayward Animal Shelter Volunteers and SantaConHayward will hold their last free pet adoption of the year — “A Home for the Holidays” — this Saturday and Sunday, from 11 a.m. to 5 p.m. at the shelter, 16 Barnes Court, near the Hayward DMV office. Adopt a kitten, puppy, dog, cat or bunny this weekend and avoid the regular fees (except for dog licensing for Hayward residents). Bring your pets to be photographed with Santa. Also a holiday bake sale and raffle prizes. For more information, visit www.facebook.com/haywardanimalshelter and www.SantaConHayward.com

● Wednesday, December 19: *Free Holiday Concert*

Get your family and friends together for some holiday cheer at a free concert Dec. 19 at 7:30. The Castro Valley Adult School Community Band gets rave reviews for its holiday concerts conducted by Kathy Maier. The event will be held in the Castro Valley High School Cafeteria and be followed by free refreshments courtesy of Castro Valley Adult & Career Education.

● Saturday, December 22: *Caroling, Cookies & Cocoa*

Drop by the San Leandro Church of Christ at 601 MacArthur Blvd. from 5 - 7:30 p.m. on Saturday, Dec. 22 to munch on homemade cookies and sip hot chocolate while joining in singing a carol or two. Invite a friend! We'll gather in front of the church building on the corner of MacArthur Blvd. and Lewis Avenue.

● Saturday, December 22: *Woodwind & Brass Concert*

Enjoy live music in the Chabot Room at Castro Valley Library at 2 p.m. on Dec. 22 as two local groups — the Hillside Woodwind Quintet and the Montecito Brass Ensemble — present a program of light classical and seasonal music. Each group will perform individually and the program will conclude with an ensemble performance. Members of the groups are local residents who wish to share their love of music with the community. The groups have performed throughout the Bay Area. No reservations are required. For more information call 510-667-7900, or see Events at www.aclibrary.org/branches/CSV

● Tuesday, December 25: *Christmas Concert & Dinner*

Badarikashrama., at 15602 Maubert Ave. in San Leandro, invites you to a Christmas Concert and International Vegetarian Dinner, featuring Indian and other cuisines, and many, many vegan items, at 3 p.m. on Christmas Day. The concert will be by Shubangi Sakhalkar with Vivek Datar. The event is free and open to all. Reservations suggested but no one will be turned away. Call 510-278-2444 for information.

● Monday, December 31: *Plethos New Year's Eve Party*

Ring in 2019 with Castro Valley's newest community theatre company — Plethos Productions — and a Talent Showdown with stand-up comedy and musical theatre, from 9 p.m. to 1 a.m. New Year's Eve at Ristorante Di Parma, 22532 Foothill Blvd. For tickets (\$50, which includes tasty Italian small plates and champagne toast), visit Plethos.org

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events listed below are available online at www.cvcfa.com; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. (phone 889-8961), or at the Castro Valley Adult School, 4430 Alma Avenue.

● “Season of Light Winter Chorale Concert,” presenting the voices of all 260 students in the Castro Valley High School Choirs at 7 p.m. this Friday and Saturday, Dec. 14-15. *For tickets (\$8-\$10) see above.*

● “7th & 8th Grade Winter Concert,” will be presented by the Creekside Middle School Band and Orchestra as they share their musical talents featuring the Symphonic Band, Symphonic String Orchestra, and Jazz Band on Monday, Dec. 17 at 7 p.m. Musical selections include works by Tchaikovsky, Ticheli, Dvorak, Anderson, and more! *For tickets (\$5-\$7) see above.*

● “The Nutcracker,” Tchaikovsky's classic ballet, will be presented in its full length by the Alameda Civic Ballet as it returns to the Castro Valley Center for the Arts for three performances: at 7 p.m. on Friday, Dec. 21, and at 2 p.m. on Saturday and Sunday, Dec. 22-23. Alameda Civic Ballet is celebrating its 13th production of its Nutcracker ballet this year. *Purchase tickets (\$24-\$38) at www.AlamedaNutcracker.com or www.brownpapertickets.com/event/3601382 or call 1-800-838-3006 for these performances.*

OTHER THEATRICAL & MUSICAL PERFORMANCES

● “An Applachian Christmas,” an original play by Bay Area native Scott Dana Fryer, will continue at Chanticleers Theatre, 3683 Quail Ave., Castro Valley through Dec. 16. Against the backdrop of the Smoky Mountains during the Great Depression, a young boy living with his spinster aunts discovers riches of the season that can't be purchased. This heartwarming play features live Bluegrass and old-time music from young Bay Area musicians. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. For tickets (\$25 adults, \$20 seniors/students) visit www.chanticleers.org or www.masquers.org

● “Follow the Star,” a musical and dramatic Christmas production at Redwood Chapel Community Church, will be presented at 7 p.m. on Friday, Dec. 14, and at 6 p.m. on Saturday, Dec. 15, featuring the Redwood Chapel Choir and Orchestra, the Vertical Kids Choir and featured soloists and instrumentalists. This is a free, family-friendly event and kids are welcome. Childcare by reservation is available for up to age 4. Redwood Chapel Community Church is located at 19300 Redwood Road in Castro Valley. Call 510-886-6300 for more information.

● “Kill Me, Deadly,” a theatre production of Bill Robens' hilarious film noir spoof, will be performed by students of the Castro Valley Dramatic Arts Academy on Friday and Saturday, Dec. 21-22 at 7 p.m. at the Douglas Morrisson Theatre in Hayward. For tickets (\$25 adults/\$20 students) visit cvdaa.org

ART GALLERIES & ART INSTRUCTION

● **Learn to Paint with Watercolor:** San Lorenzo Adult School is offering a watercolor painting class on Wednesday mornings beginning today with instructor Monica Satterthwaite. All levels are welcome, beginners to experienced painters. The 12-week course is \$75 plus materials. Register in person at the San Lorenzo Adult School, 820 Bockman Road, San Lorenzo. For time and other information, call 510-317-4200.

● “Cultures in Transition: Photos by Oliver Klink,” celebrating the cultures of Asia including Bhutan, Myanmar, China, Mongolia, and India, will be on exhibit from Dec. 15 to Feb. 15 in the PhotoCentral Gallery, at the HARD District Offices, 1099 E St. in Hayward. A free reception will be held from 2 to 5 p.m. on Dec. 15, featuring a book signing with Oliver Klink and cultural performances by the Mongolian Community Association of the Bay Area. For more info, call 510-881-6721 or email info@photocentral.org or visit www.photocentral.org

● “Celebrate Women!” presenting the works of over 50 accomplished artists, writers, and musicians, is currently being showcased at the John O'Lague Galleria in Hayward City Hall. It is the second regional exhibit of the Northern California branch of the National League of American Pen Women.

● **Artist Open Studio Every Thursday:** Join this informal gathering of artists working together in a friendly and helpful atmosphere. Adobe Art Center hosts provides tables, chairs and easels. \$3. Thursdays 10 a.m. to 2 p.m. in the Redwood Studio 1 at the Adobe Art Center, 20395 San Miguel Ave, Castro Valley

CASTRO VALLEY FORUM

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ARIES (March 21 to April 19) The arts are a strong part of the Arian aspect, with music becoming more dominant. An important decision looms as a longtime relationship takes an unexpected turn.



TAURUS (April 20 to May 20) Surrounding yourself with beautiful things helps restore the Taurean soul. Enjoy an art exhibit, for example. Or redecorate your personal space with something truly splendid.



GEMINI (May 21 to June 20) Some colleagues might try to talk you out of what they insist is a risk, but which you consider an opportunity. As usual, follow your own good sense when making your decision.



CANCER (June 21 to July 22) A workplace change you might have worried about soon proves to be highly favorable for the clever Crab who is ready to take advantage of new opportunities opening up.



LEO (July 23 to August 22) Congratulations. Your Leonine pride is polished to a dazzling new brilliance thanks to your success in winning support for your new project from even the most doubtful of detractors.



VIRGO (August 23 to September 22) An unsettling rumor about a colleague's apparently regrettable behavior is soon proved groundless, allowing you to enjoy the upcoming end-of-year festivities in a happy mood.



LIBRA (September 23 to October 22) Your success in helping to create a harmonious environment out of a chaotic situation earns you the admiration of someone who could become an important new presence in your life.



SCORPIO (October 23 to November 21) Your Scorpion's sense of loyalty could find you leading a passionate defense of a loved one you feel is being unfairly treated. The week's end brings long-awaited family news.



SAGITTARIUS (November 22 to December 21) Your keen instincts are once more on high alert as you find yourself being pressured to make a quick decision about a certain matter. More facts come to light by week's end.



CAPRICORN (December 22 to January 19) An unexpected workplace development could disrupt some family plans. A full explanation, however, averts domestic discord. A financial matter continues to need attention.



AQUARIUS (January 20 to February 18) Spend time away from distractions to reassess some recent moves that might not have worked out as you had hoped. What you learn could be invaluable for future decision-making.



PISCES (February 19 to March 20) A recent act of kindness is a reminder of how important your friends are to you. You might want to show your appreciation by hosting a special pre-New Year's party just for them.

Submissions to The Forum

The Community Calendar is for publicizing the activities of non-profit organizations, local government agencies, charities and community groups. It is not intended to be used for the advertising of commercial events, whether admission is charged or free. Items for the Community Calendar as well as news submissions must be received by 6 p.m. Friday for inclusion in the following Wednesday's newspaper. Send information in an email to: fredz@ebpublishing.com. Do not send flyers or posters as we cannot use them.

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ELAN	DUB	GRIN
ROUGH	BALLET	S
BETTER	GOO	
	INON	POUND
PRIG	WAG	SLOE
EACH	EMU	ENDS
WHET	DEY	ASK

Arts Grants Available to Non-Profits

Again in 2019, the Alameda County Arts Commission will award grants of \$1,000 to \$2,500 to local nonprofit arts organizations for programs in such fields as dance, literature, media arts, music, theater, visual arts, and multi-disciplinary arts.

During the 2019 funding cycle, between 35-45 arts organizations may be awarded grants. The application deadline is March 1.

The commission staff will provide three free workshops to assist organizations in preparing their grant applications:

- Jan. 16, from 3 to 4:30 p.m. at the Fremont Main Library;
- Jan. 23, from 3 to 4:30 p.m. at the Lakeside Plaza Building in Oakland;
- Feb. 6, from 5:30 to 7 p.m. at the Livermore Community Center.

Workshops open to the public and reservations are not required. Info online at: www.acgov.org/arts (click on "Programs") or by calling 510-208-9646.



A HOLIDAY CLASSIC: Again this year, the Alameda Civic Ballet will bring its full-length production of "The Nutcracker" to the Castro Valley Center for the Arts for three performances on December 21-23.

'Nutcracker' Returns Christmas Weekend

The Alameda Civic Ballet, which this year celebrates its 13th full-length production of "The Nutcracker," returns for a three-day run just before Christmas at Castro Valley's Center for the Arts.

The company will perform Tchaikovsky's classic ballet at 7 p.m. on Friday, Dec. 21, and at 2 p.m. on Saturday and Sunday, Dec. 22-23.

The performances annually feature over

120 dancers from the community and from local professional companies.

When it first brought the production to town last year, the company's goal was to attract local audiences and start a new tradition in Castro Valley.

"We couldn't have been more thrilled about how it turned out," said Artistic Director Abra Rudisill.

The Ballet business manager, Marty

Beene, pointed out that the calendar is more friendly to a weekend show this year, with Christmas Day falling on Tuesday instead of Monday.

"We hope that will give Nutcracker fans a little more breathing room to come see the show and still have a day or two before their holiday celebrations," Beene said.

For tickets to The Nutcracker, visit www.brownpapertickets.com/event/3601382

2/3 County's Registered Voters Voted

Registrar of Voters Tim Dupuis certified Alameda County's results for the Nov. 6 General Election last week, showing that 587,501 of Alameda County's 879,912 registered voters cast ballots in the election, bringing the county's overall voter turnout to 66.8 percent.

That is more than 20 percent higher than the turnout recorded in the county for the last mid-term election in 2014.

The Vote-by-Mail option continues to grow in popularity in Alameda County, with 73 percent of the total turnout choosing to mail in their ballots.

Only 27 percent of participating voters chose to cast their ballots at one of the 815 designated Election Day polling places in Alameda County, which had hired and trained some 5,000 temporary workers to work at polling places on Election Day.

For Alameda County's final election results, visit www.acgov.org/rovresults/236/index.htm

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ATHLETE OF THE WEEK

Megan Muller

This week's Athlete of the Week is Megan Muller, a freshman at Castro Valley High School.

Muller was a member of the cross country team and received awards for CVHS's Cross Country 2018 Top Female Runner Frosh/Soph and 2018 CVXC Most Valuable Varsity female athlete, on Thursday, November 29.

She set the CVHS girls freshman records for the 2.3 mile at 15:36, the 3 mile at 19:17.9, and the 3.1 mile at 22:21.3. Muller received North Coast Section Recognition on the President's List, second team All-League for the Western Alameda County Conference, and made the Scholastic Championship Team with a GPA of 3.83.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



Youth Baseball and Flag Football Programs
www.CVSPORTSLEAGUE.org



CVHS WRESTLERS TAKE TEAM TITLE



PHOTO COURTESY OF RON MAES

The Castro Valley High School's boys wrestling team went 5-0 to take the team title on Saturday, Dec. 1, at Freedom High School's dual tournament. The Trojans defeated Las Lomas 45-30 with nine pins in the final. Skyler Lum, Dylan Vanderwegan, Max Plotzeneder, Isaac Morris, and Andrew Kohl were all undefeated for the day.

A HOLIDAY VISIT



PHOTO COURTESY OF DAVID SCHOLZ

Students from David Scholz's 5th grade class at Our Lady of Grace School in Castro Valley spent quality time with residents of Villa of Castro Valley on Monday, Dec. 3 as part of the class' holiday visit to a nursing home. From left, Felicita Castillo, Kaliya Kirkwood, Aiden Lee, and Kevin Hoang visit with women before the whole class shared the joy of song prior to lunch.

CVISL 2018 'Best' Award

Castro Valley Independent Sports League has been selected for the 2018 Best of Castro Valley Award in the Sports Club category by the Castro Valley Award Program.

Each year, the Castro Valley Award Program identifies companies that they believe have achieved exceptional marketing success in their local community and business category. These are local companies that enhance the positive image of small business through service to their customers and our community.

These exceptional companies help make the Castro Valley area a great place to live, work and play. Various sources of information were gathered and analyzed to choose the winners in each category.

The 2018 Castro Valley Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the Castro Valley Award Program and data provided by third parties.

Reports: Shoplifter

continued from page 3

Shoplifter with a Warrant

Tuesday, December 4: at 10:01 a.m., deputies arrested a 32-year-old man from San Francisco on suspicion of shoplifting from a business in the Castro Village shopping center on Village Drive. The man was spotted leaving with unpaid merchandise. Deputies also report the man had an outstanding warrant. The man was handcuffed and taken to Santa Rita Jail pending \$5,000 in bail.

Domestic Assault

Monday, December 3: at 9:00 a.m., a 37-year-old man was arrested on suspicion of assault on a family member. Deputies responded to an emergency call at a home on Chateau Court near Thousand Oaks Drive. The man was handcuffed and taken into custody. The victim was treated at the scene.



Project Cultiv8 creators Daniel Zhang and Sanjana Ranganathan with Hayward City Councilwoman Sara Lammin (center).

This Week at Smalltown

● Every Saturday, Jan. 12- Feb. 16: Project Cultiv8

Interested in building your own non-profit organization and implement your philanthropic innovations to improve your community? Come to our *free* workshops featuring executive philanthropists, with the opportunity to receive funding and mentorship to make your idea into a reality. Project Cultiv8 workshops are open to all high school students ages 14 and older. *Free* 10 a.m.-Noon. More info at www.projectcultiv8.org/castro-valley

● Thursday, Jan. 17: THE LAB: Songwriter/Poet Showcase & Workshop

We're switching things up! Once an Open Mic, The Lab is evolving into a monthly gathering that allows songwriters and poets to workshop and collaborate on new and existing pieces through exercises and brief performances, in front of and among friends. Everyone is welcome! This month's featured artist is Sara Perry! Sign-ups for performances by email only: info@smalltownsociety.com. *Free* 7-9 p.m.

For more details on these events and others, please visit: www.smalltownsociety.com or text "Smalltown" to 797979. Smalltown Society is located at 22222 Redwood Road, Castro Valley

SPORTS NOTES

CV Little League

The Castro Valley Little League will hold live registration for the 2019 Spring baseball season from 6:30-8:30 p.m. on Thursday, Dec. 27, at Creekside Middle School in the Multi-Purpose Room, 19722 Center Street. Live Registrations is for new players to show proof of residency or school enrollment form and birth certificate. Register online: castrovalleylittleleague.org

CV Independent Sports League

The Castro Valley Independent Sports League has opened online registrations for the 2019 Spring baseball season. Just go to cvisportsleague.org

Softball

The Castro Valley girls softball League is having online registration. To register or for more info. visit: Castrovalleysoftball.com

CVSF to Host Lake Chabot Trail Challenge

The 36th annual Lake Chabot Trail Challenge Half Marathon and 5K will now be hosted by the Castro Valley Sports Foundation (CVSF).

Started by the Golden Bay Runners 35 years ago and taken over by the Castro Valley Track Club (CVTC) 11 years ago, this historic race will continue in its 36th year on Sunday, June 2, 2019.

CVTC hosted the event for the past decade with the support of meet directors Helen Brusco and Juli Chouinard, and CVTC head coach Jim Phillips and his assistant coaches. Many past and present track families helped keep the Challenge strong and successful.



The Castro Valley Sports Foundation is honored to take over as host of this iconic event and is looking forward to carrying the torch for years to come. CVSF is an all-volunteer, non-profit organization providing charitable

assistance and support for youth sports and athletics in Castro Valley through its grant program.

This fundraiser event and all sponsorship dollars will go directly to help widen and sustain sports participation in the community.

CVSF welcomes all to pre-register online for the Trail Challenge at: <https://runsignup.com/Race/CA/CastroValley/LakeChabot-TrailChallenge>.

CVSF encourages local business to support this cause by becoming an event sponsor. For more details on sponsorship, email Rachel Lunt, CVSF president, at: teamlunt07@gmail.com
—by Lowell Hickey

Another Restless Night?

By Dr. Shab Krish
SPECIAL TO THE FORUM

Millions of Americans toss and turn much of the night, unable to fall asleep – or to stay asleep once they finally do drift off.

Maybe it's worry about bills. Or, it might even be a sleep disorder keeping them awake when they should be snoozing soundly.

Whatever the reason, more than one-third of American adults don't get enough sleep on a regular basis, according to the Centers for Disease Control.

Without proper sleep, you could be drowsy at work the next day, unable to properly perform your job and irritable with everyone around you.

And that's not all. Lack of sleep can leave you fatigued and with a weakened immune system, which could make you more susceptible to infections. It can also decrease your mental acuity, disrupt natural hormone levels, and lead to a variety of other significant health problems.

Here are some suggestions for those who find themselves still grumpy and exhausted when morning arrives:

Set your clock to remind you bedtime is approaching. You probably already set your clock so that you wake up when you need to in the morning. But what about setting an alarm for 30 minutes before bedtime. That will be a reminder that you need to shut off your electronic devices and start to unwind. Strive to go to bed at the same time every night.

Set the mood. Your bedroom should be an oasis. It's a good idea to have dark shades covering all windows. Set the temperature be-



LACK OF SLEEP: Without proper sleep, you could be drowsy at work the next day, unable to properly perform your job and irritable with everyone around you.

tween 68 degrees and 72 degrees.

Follow rituals. Establish nightly bedtime rituals, such as taking a warm bath, listening to relaxing music, or reading. Getting into a nightly routine will tell your brain that it's time to start relaxing and preparing for sleep.

Use your bed only as a bed. People lead busy, stress-filled lives, and sometimes they take their work to bed right along with them, determined to answer one last email or finish that report before they turn out the light. Doing work or other stressful activities while in bed can make it difficult for your brain to relax when it's time to sleep.

Go into a different room to finish that work. That way when your body hits the mattress, your brain knows it can start to relax.

Rule out a sleep disorder. Experiencing trouble falling asleep,

waking up regularly during the night, and snoring are a few of the indications that you might have a sleep disorder, such as sleep apnea. When you wake up in the morning you should feel refreshed. If you don't, that might be an indicator of a more serious problem and you should consider talking to a medical professional.

Exercise also can help. Regular exercise is not only good for your body and overall health, it's also good for your sleep. A solid 30 minutes of daily exercise can make a huge difference in your quality of sleep.

Dr. Shab Krish is director of TMJ & Sleep Therapy Centre of North Texas and the author of "Restore Your Rest: Solutions for TMJ and Sleep Disorders."

Make the Most of Health Plan

By Rebecca Madsen
SPECIAL TO THE FORUM

Many California residents are making year-end plans to travel and celebrate with friends and family. Yet there is one year-end plan that is often overlooked: taking steps to make the most of your health benefits.

Doing so could help improve your health and save you money.

Here are five tips to consider before the end of the year:

1. Get Ahead of Health Issues: People with employer-sponsored, individual, Medicare and Medicaid plans have access to a slew of preventive services that can help detect diseases and encourage well-being.

Take advantage of the various health screenings – such as blood pressure and cholesterol – and timely vaccines, such as the flu shots. Check with your health plan as many eligible preventive services are available at no additional cost, as long as they are delivered by care providers in your plan's network.

2. Delay Non-Emergency Services: A growing number of consumers are choosing health plans with higher deductibles; in fact, nearly 45 percent of Americans are enrolled in such plans, according to the Centers for Disease Control & Prevention.

If this applies to you, check if you have reached or exceeded your deductible, which is the amount you have to pay before insurance kicks in. If not, it may make sense to delay non-emergency services, such as a joint replacement, until 2019.

The cost for those services would then apply to your 2019 deductible and out-of-pocket maximum, increasing the likelihood

that your health plan would pay for more of your medical expenses for the remainder of the year.

3. Schedule Recommended Health Services: If you have already reached your deductible, the opposite is true. Check with your health care professional to schedule recommended medical services, as those will likely be covered (all or in part) by your health plan.

If possible, tell your health care professional that you've reached your deductible and out-of-pocket maximum, and see if there's any needed follow-up care that can be arranged before the end of the year.

4. Understand Your Spending Accounts: Many people have spending accounts with funds earmarked for health care services.

Health savings accounts (HSAs) offer tax-advantages, and the money can roll over from year to year. If you contribute money to your HSA before year-end, you can help pay for qualified medi-

cal services in 2019 or even later while lowering your taxable income for 2018.

On the other hand, flexible spending accounts (FSAs) require the money be spent before the year ends, and unused balances are not rolled over into the next calendar year. So if you have funds left in your FSA and you need to order contact lenses, schedule a dental cleaning or refill prescriptions, for example, now's the time to do that.

5. Prepare to Use Your 2019 Benefits: Check with your employer's HR department to determine what well-being incentives or other resources might be available when 2019 starts. Nearly 75 percent of employers offer well-being programs, with an average incentive of \$742 annually. By finding out now what incentives are available to you, you can help prepare yourself to start earning all or some of those rewards starting New Year's Day.

Rebecca Madsen is chief consumer officer of UnitedHealthcare.

Free Mammograms In San Leandro

Free mammograms to screen for breast cancer will be available in San Leandro from 10 a.m. to 4 p.m. this Saturday and Sunday, Dec. 15-16, in the Grocery Outlet parking lot at 2179 East 14th Street.

A mobile mammogram van will be on site, and staff will be on hand to answer questions.

You do not need to have insurance to get a mammogram. You

must be 40 years or older and not had a mammogram within the past 365 days.

The free screenings are sponsored by Sutter Health and the Carol Ann Read Breast Health program in partnership with Grocery Outlet Bargain Market and Life Saving Images.

For more information, visit www.sutterhealth.org/giving-car-bhp or call 209-689-3214.

Frosty Weather Increases The Risk of CO Poisoning

During these colder winter months, fuel-burning heat sources increase the risk of carbon monoxide (CO) poisoning.

While these devices provide comfort from the cold, thorough precautions are needed to protect against this silent killer.

CO is a colorless and odorless gas whose symptoms mimic those of the flu. Each year, CO poisoning is the cause of 450 deaths due to accidental exposure.

First Alert recommends the following tips for staying safe and warm this winter:

- Have fuel-burning appliances inspected regularly: Arrange for an annual, professional inspection of furnaces, stoves, fireplaces, clothes dryers and water heaters to detect any CO leaks.

- Never use portable generators indoors: In the case of a power

outage, portable electric generators must be used outside and at least 10 feet away from the home. Never use them inside, in a garage or in any confined area where CO can collect. Additionally, homeowners should refrain from using charcoal grills, camp stoves and other similar devices indoors.

- Install/test CO alarms, the only way to detect this poisonous gas. Alarms should be installed on every level of the home and near each sleeping area for maximum protection. Newer alarms have a sealed battery that provides up to 10 years of protection. Regardless of the battery life, CO alarms should be tested monthly.

- Be aware of garage: Never leave a running car inside a garage, even if the door is open. CO emissions will not only fill the garage, but will seep into the home.

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Every Sunday
From 1:30 to 3 p.m.

Get the Volt While You Can

By Steve Schaefer
San Leandro Times

During the week I was testing the 2019 Chevrolet Volt plug-in hybrid, GM announced that it will close the Detroit-Hamtramck plant where it's built next Spring. That's unwelcome holiday news for the plant workers but reflects business reality—the Volt has never been a big seller. GM has promised to double its investment in the all-electric vehicles it will introduce in the next decade.

The Volt is a compact hatchback that looks like a sedan, which puts it at a disadvantage in the American car market where crossovers are becoming king. Now in the fourth year of its second generation, the Volt, despite its high-tech powertrain, is the latest in GM's long history of compacts, from the Corvair to the Cobalt.

Electric vehicles entered the automotive marketplace at the beginning of this decade, when

Nissan's all-electric LEAF and GM's first-generation Volt arrived with big fanfare. While the LEAF jumped into the EV market with both feet, the Volt was a calculated compromise. Based on research that said that most car owners don't drive more than about 40 miles a day, GM provided the Volt with a compact battery pack and included a small gasoline engine as a range extender.

Unlike a traditional hybrid, the car was essentially an all-electric powered car, but when it ran out of juice, the small engine kicked in to charge the battery, not to drive the wheels. You could use this arrangement to go hundreds of miles, so the range anxiety of the LEAF's 73-mile range was not a factor.

My test Pacific Blue Metallic Volt proved their point. My 18-mile-each-way commute was easily handled, using the ChargePoint Level 2 (240-volt) chargers at work and household current at home overnight. I didn't take any long weekend trips, so during my week-long

test I used exactly zero gasoline. Chevrolet claims that "on average, new owners of the Volt travel 1,100 miles between fill-ups with regular charging (based on 2016-2018 model-year owners.)"

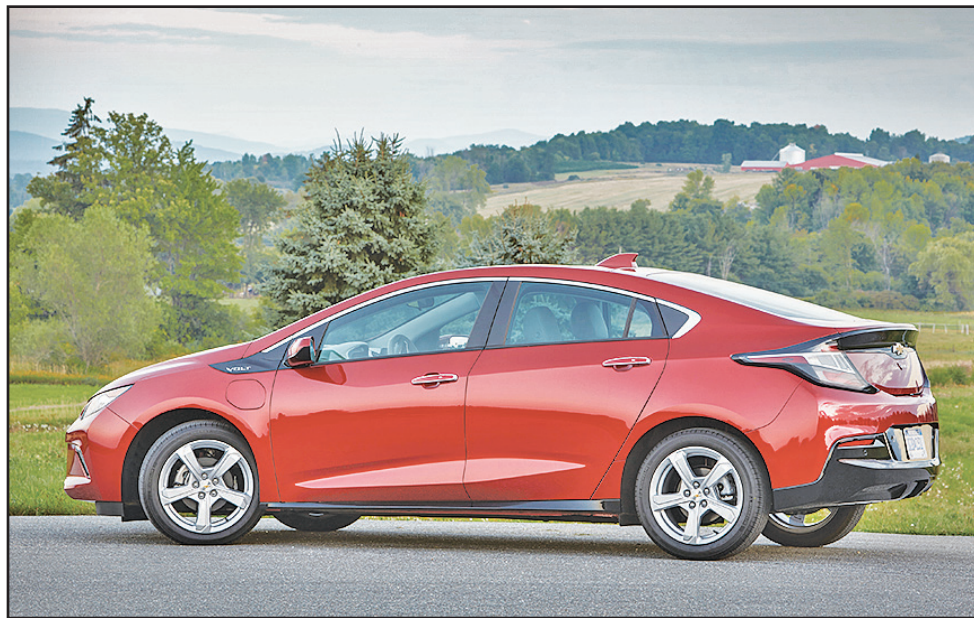
The Volt comes in two levels—LT and Premier. My Premier tester had the upgraded features you'd expect and felt much plusher than the first-generation car. The swirls of matte-finish plastic and tasteful chrome accents convey motion and excitement, while the colorful dash panels provide all the information you need to monitor your driving.

First-gen Volts charged on Level 2 at 3.6 kW per hour, but for 2019, only the LT soldiers on with that, while the Premier gets a 7.2-kW system that cuts charging a drained battery from 4.5 to 2.25 hours. Charging at home on 120-volt current, using the supplied cord, takes around 13 hours—approximately overnight—depending on ambient temperature.

The Volt is a hatchback, so you can fit plenty in the cargo area, but rear seat accommodations are not overly generous. The Volt is lower and smaller inside than its all-electric Bolt EV sibling, even though it stretches longer nose to tail.

The Volt's motor provides 149 horsepower and 294 lb.-ft. of torque in a 3,549-pound car. While no racer, it's not a slug, either, and goes about its business silently, except for a high-tech whine at low speeds to warn oblivious pedestrians.

EPA range numbers are 53 miles for electric only and 420



Pedestrian Safety Signal alert system now uses front and rear speakers to provide audible alerts when operating at slow speeds.

miles total with a full battery and gas tank. Fuel economy stats are 106 MPGe for electric only and 42 mpg for gasoline only (combined city and highway). EPA Green scores are a perfect 10 for Greenhouse Gas but a 5 for Smog.

You can extend your range by selecting Eco for the climate system instead of Max. You can also increase the car's electric regeneration by setting the transmission to "L," as in the Bolt EV. This enables one-pedal driving, where pressing on the accelerator moves you forward and lifting your foot slows you down. With the lever in "D" the transmission behaves like a normal automatic. You can also use the left steering wheel paddle to add regeneration regardless of the L or D setting.

The LT starts at \$34,395 and the Premier at \$38,995 (both prices include shipping). My test car included the optional Driv-

er Confidence Package (\$990) with Lane Keep Assist, Forward Automatic Braking, and other safety features. It also came with Adaptive Cruise Control – Advanced (\$595), which lets you set a following distance and use Forward Automatic Braking.

My tester's price came to \$40,580, including shipping. Some state and federal rebates

and tax credits apply, which can lower the purchase price by as much as \$10,000.

If you can drive less than 50 miles a day and charge regularly, the Volt is a great choice for all-electric driving, with the option to take off wherever you want using the gasoline range extender. If you want one, go grab it now.

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HOCUS-FOCUS

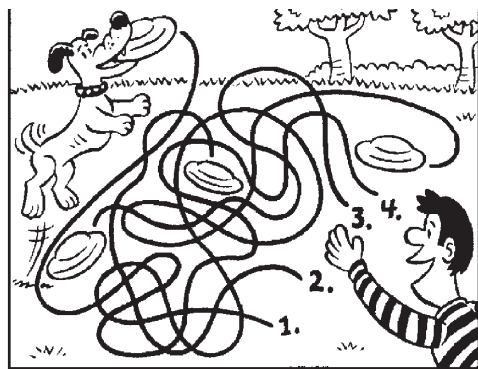
BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Jewelry rack is missing. 2. List is shorter. 3. Feathers are missing. 4. Pendant is missing. 5. Skirt is different. 6. Sign is different.



DOGGIE DEXTERITY! Can you guess on which of the four tosses Rover caught the Frisbee?

Answers: Toss 4.

DOODLE-WORDS! The items pictured here can represent a saying or a thing. See if you can figure them out.

Answers: 1. Upper crust. 2. Square meal. 3. Home on the range.

WHAT'S ON TODAY'S SCHEDULE? Below are two puzzle grids for you to fill in. Hints are given for each word. The words in Grid B contain the same letters as the corresponding words in Grid A.

- Crude painting.
- A folded meal.
- Stakes in card games.
- Body of water.

GRID A			
D			
	A		
		T	
			E

GRID B			
B			
	O		
		O	
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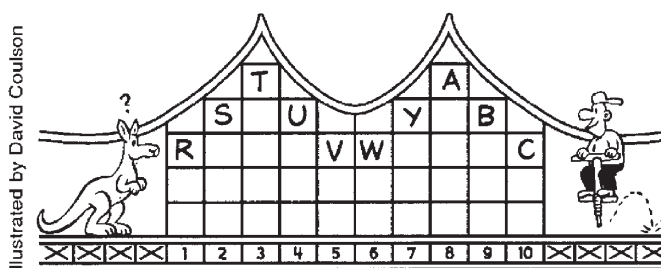
- Computer unit of speed.
- A cold fighter.
- To find in a crowd.
- A breach of secrecy.

Answers: 1. Daub-daub. 2. Taco-coat. 3. Polt-spots. 4. Lake-leak.

Junior Whirl

by Charles Barry Townsend

A WORD BRIDGE!



The bridge above contains 10 supporting words. We give you the first letter of each, plus plenty of hints.

- Used to pump oil.
- Worn about the waist.
- A seashore treat.
- A military group.
- By way of.
- A humorous person.
- Holiday veggies.
- A building material.
- A healing salve or oil.
- An eccentric wheel.

Answers: 1. Fig. 2. Sash. 3. Taffy. 4. Unit. 5. Via. 6. Wag. 7. Yams. 8. Adobe. 9. Balm. 10. Cam.

REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



What's Wrong With This House?

Most real estate professionals agree the market in the Bay Area peaked this past May. Since then, we have seen prices shifting lower and inventory rising.

We have also seen dramatic changes in buyer activities, which, in and of itself, further exacerbates the market dynamics.

When a hot seller's market begins cooling, homes that would have sold in a few days linger on the market a few weeks or more. As buyers see the market shift, they adapt very quickly and respond in one of two ways.

The first group, sensing softening prices, pull back fearing that if they buy now, they will lose money as home prices slide lower. The second group, perceiving opportunity, begin firing in lowball offers, hoping to score a deal.

Neither response is effective, and the net effect is houses ending up sitting on the market longer

than in recent years.

Since one of the factors slowing the current market happens to be increasing interest rates, it is quite possible that a buyer may wait, buy in the future and actually get a lower price. However, because rates are increasing, it is also feasible that their monthly payment could be higher than if they bought now at a higher price, but with currently lower rates.

As for the second group, sellers do not respond well to lowballs. Many find them insulting and ignore them completely. Those that do respond try to get a price closer to the current market reality, at which point, most lowball buyers ignore the seller's response and go off looking for another potential deal.

The bottom line is homes end up sitting on the market for considerably longer periods of time while the two groups of buyers

sort out their options.

This in turn creates a larger inventory pool for buyers to choose from, so they become even more choosy and take even longer to make a decision ... which in turn causes houses to sit longer still.

Once a home has been sitting a while, buyers start asking, "What's wrong with this property?" Short answer? Nothing. Since all of us have become accustomed for 7-1/2 years to homes flying off the market in seconds, we automatically assume something is wrong with a property sitting there a while.

The plus? There are many wonderful homes currently ripe for the picking - just don't throw in a lowball and expect to score.

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.

Elephant Ear Plant Suffers from Too Much, or Too Little, Water

By Buzz Bertolero
Special to the Forum

I have an indoor plant, but I'm not sure of its real name. My mother calls it "Elephant Ears." The leaves are a very dark green color. However, it has not done well as the leaves keep dying. I don't know if it's from too much or not enough water. What do I need to do to get it growing again?

A "Elephant Ears" is the common name for a group of plants called Alocasia. It gets its name from the large green leaves whose shape resembles that of the ears of an African Elephant. African Mask is the name of the variety with the dark greenish-black leaves used as a houseplant, and that is what I'm assuming you have.

There could be several reasons for the leaves dying with water being one of them.

If the leaves get brown and crispy, the plant is not getting enough water or going dry in between applications. The entire root ball needs to get wet when you water.

The easiest way to water indoor plants is to do so in a sink or out on the patio or deck. You can then fill each container to the brim several times, letting the water re-

cede or drain.

The frequency could be weekly or every 10 days depending on the temperatures.

Alocasia leaves turn yellow and go limp with too much water and then wither away, so I'd also avoid leaving any water in a saucer as the excess water can wick back into the plant causing the lower portion of the plant to rot. Alocasias don't like wet feet, so they need to dry out just a bit.

Alocasia also doesn't want to grow in low light or dark conditions. They prefer a location that gets lots of indirect, and bright light. So the closer they are to a window the better. They will tolerate direct sun but only the early morning sun during the summer months.

And finally, I'd feed them with Osmocote three times a year to

provide the necessary nutrients for year-round growth.

Buzz Bertolero is an Advance California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com or on Facebook at [Facebook.com/dirtgardener](https://www.facebook.com/dirtgardener).

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Thank you all for helping us to be #1 in Castro Valley and looking forward to helping you in the coming New Year with all your real estate needs.
Cathy, Kathi, Wayne, & Linda

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Mortgage Rates Pull Back

After weeks of moderating, mortgage rates dropped last week amid a steep sell-off in U.S. stocks, according to Freddie Mac's weekly nationwide survey.

Thirty-year fixed-rate mortgages averaged 4.75 percent last week, down from the previous week when it averaged 4.81 percent. A year ago at this time, the 30-year FRM averaged 3.94 percent.

Fifteen-year home loans averaged 4.21 percent, down from 4.25 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 4.07 percent, down from 4.12.

RECENT HOME SALES

Castro Valley

18795 Crane Avenue	94546: \$800,000 3 BD - 1,406 SF - 1956
18675 Lamson Road	94546: \$1,251,000 3 BD - 1,928 SF - 1948
20557 Marshall Street	94546: \$650,000 4 BD - 1,259 SF - 1956
21433 Rizzo Avenue	94546: \$670,000 3 BD - 834 SF - 1942
8890 Bellina Commons	94568: \$780,000 3 BD - 1,596 SF - 2006

TOTAL SALES: 5

LOWEST AMOUNT: \$605,000	MEDIAN AMOUNT: \$670,000
HIGHEST AMOUNT: \$1,251,000	AVERAGE AMOUNT: \$795,200

San Leandro

1639 153rd Avenue	94578: \$200,000 1 BD - 616 SF - 1924
1560 168th Avenue	94578: \$515,000 2 BD - 778 SF - 1953
1550 Bancroft Ave	94577: \$445,000 2 BD - 1,480 SF - 1976
2130 Benedict Drive	94577: \$362,000 3 BD - 1,734 SF - 1957
268 Caliente Drive	94578: \$510,000 3 BD - 1,245 SF - 1980
980 Douglas Court	94577: \$690,000 3 BD - 950 SF - 1942
453 Linnell Avenue	94578: \$663,000 3 BD - 1,582 SF - 1952
16249 Maubert Avenue	94578: \$600,000 2 BD - 864 SF - 1947
559 Parrott Street	94577: \$638,000 3 BD - 1,698 SF - 1925
14948 Portofino Circle	94578: \$550,000 3 BD - 1,582 SF - 1981
2310 Upland Road	94578: \$550,000 2 BD - 736 SF - 1950
2654 Vistagrand Court	94577: \$980,000 3 BD - 1,971 SF - 1958
15573 Wicks Boulevard	94579: \$605,000 3 BD - 1,100 SF - 1958
838 Linnea Avenue	94580: \$575,000 3 BD - 1,063 SF - 1951

TOTAL SALES: 14

LOWEST AMOUNT: \$200,000	MEDIAN AMOUNT: \$575,000
HIGHEST AMOUNT: \$980,000	AVERAGE AMOUNT: \$568,785

OPEN HOMES

SATURDAY & SUNDAY
DECEMBER 15th &
DECEMBER 16th

CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
A	2-4	2-4	433 Harlan St. #208	\$415,000	2/2	Highland Partners	Giuseppe Zumbo	510-331-5153

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.

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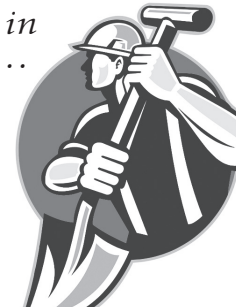
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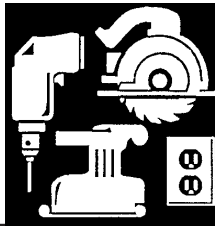
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Karen Leslie Hastings

December 10, 1944 - November 15, 2018



Karen Leslie Hastings, who resided most of her 73 years in Castro Valley, CA passed away on November 15, 2018 in Walnut Creek, with her loving family by her side. Born to Gordon and Katherine (Griffin) Jennings in Berkeley on December 10, 1944, Karen grew up in San Lorenzo and graduated from San Lorenzo High School in 1962. She married

George Hastings in 1965 and they remained friends throughout her life. She lovingly raised their three children, always doing an amazing job of taking care of and providing for them. While raising her family Karen put herself through school to become a medical transcriptionist. This schooling provided for her long career at San Leandro Hospital where she worked for 20 plus years, first as a medical transcriptionist and then transitioned into medical administration. She enjoyed time with her family, sister, neighbors and many friends. She loved putting around her house and yard, keeping it nice and tidy. She also enjoyed exercising and knitting with her friends at the Senior Center and taking her grandkids to the park and pee wee golf.

Karen is survived by her three children: Diane Stack (Dennis) of Concord; Denise Terramorse (James Lango) of Morgan Hill; and Greg Hastings (Charity) of Castro Valley. Her grandchildren include Christopher McConnell, currently with the Navy in Spain; Mara McConnell, of Bakersfield; Jack Stack of Concord; and Grace and Griffin Hastings of Castro Valley. She is survived by her brother Jay (Jane) Jennings of San Ramon and sister Julie (Ronald) Hastings of Union City. Also special to her was niece Jennifer (Kevin) Westerhoff of Parker, CO and nephew Jeffery (Annamarie) Hastings of Livermore. She was predeceased by her parents, grand-daughter Sara Stack, and brother-in-law Ronald Hastings.

The family wishes to thank the many friends who helped during her illness.

She will be interred at Lone Tree Cemetery in Hayward in a private service at a later date. The family requests donations in her honor to the Alzheimer's Association.

She will always reside in our hearts.



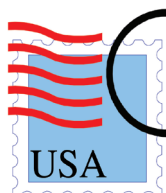
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LETTERS

TO THE EDITOR

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Congressman Swalwell Called 'Friend of the Jewish Community'

Editor:

Thank you for the photos and summary of Congressman Eric Swalwell's appearance at the Castro Valley Menorah lighting for the first night of Chanukah in your Dec. 5th issue.

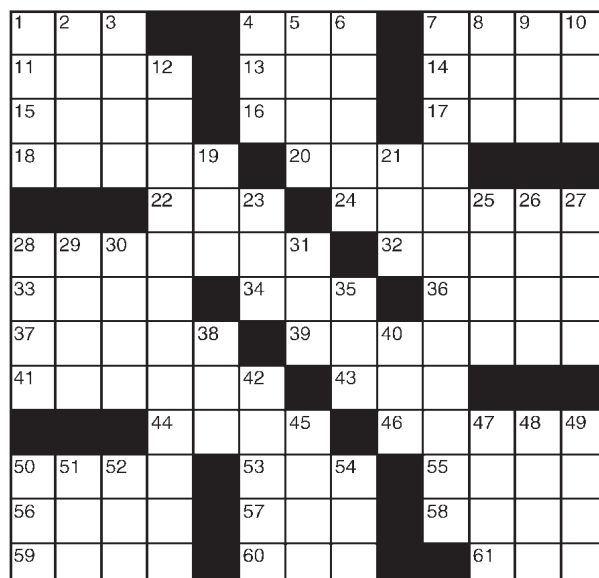
It was quite gracious and kind of this rising star in the Democratic Party to take the time out of his busy schedule and participate in the event.

Eric Swalwell has been a friend to the Jewish community and has thus far shown fairness and objectivity when it comes to foreign policy matters that deal with the state of Israel.

—David Holsey
Castro Valley

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

THE FORUM CROSSWORD



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MAC: Marketplace Update

continued from front page

for that long. "I have a personal friend who lived with his mother, she passed away, he now has no place to live. He can't find a job because he has no address. A program like this will give these people a footing so they can get a start. It's not a handout, it's just a place to start."

Other speakers expressed worry that housing the homeless would lead to more transients loitering in the area, crowded parking in the church's lot, and other issues.

Buckalew said that her fellow staff members at the church would make every effort to make the tiny homes a win-win for the community.

"We have been working on making this a project all of us can get behind," said Buckalew. "As we've gone through this process we'll have good time talking to neighbors, we've had a lot of positive feedback. We don't tolerate disruptive behavior."

Buckalew said one of the tenants will be a live-in advisor and won't allow the others to be disruptive. Among the prohibited behaviors are drug use, playing loud music, and keeping a messy home.

MAC member Ken Carbone congratulated the church on coming up with a viable tiny home community, which involved everything from sewer set-ups, to electricity, to studying mobile home regulations.

"It's tough to be a forward thinker," said Carbone. "I do hope that this is successful. You've got to think on the positive side."

MAC Chair Marc Crawford agreed. "This has been a long road," he said.

New MAC Members

Also at the MAC meeting, the council welcomed two new members for their first meeting — Shannon Killebrew and Dolly

Adams.

Marketplace Update

And MAC member Ted Riche gave a brief update on the Castro Valley Marketplace, saying there have been slight delays at the old Daughtrey's site due to contract issues with prospective tenants.

"They are running just a little but behind," said Riche, who spoke with the developer that morning. "They are looking to open in May or June instead of April."

Utility Box Art

The MAC also heard plans to decorate 40 utility boxes around town with art from local artists. The cost would be \$116,840 (just under \$3,000 per box). The MAC said they wanted to see drafts of the art before signing off on them.

"The MAC has been supportive of this project since the beginning so long as the designs come back before the board for approval before they are etched in stone," said Crawford.

Alameda County Arts Commission Director Rachel Osajima said she'd update the MAC around May and installation should begin around June.

The MAC approved the utility box project 6-1 with member Chuck Moore dissented. Moore said nothing during this vote, but in the past he has been vocal about not spending money on art before other county projects are funded.

Other Business

The MAC also approved a plan to subdivide one parcel into two at 19183 Carlton Avenue.

The MAC continued two land use proposals. The first was an application to subdivide two parcels into four lots on Ewing Road, the second was an application to allow a home on 1900 block of Lomita Drive to have no front set-back in an area where 20 feet is the current requirement and also to allowed a height of 30 feet.

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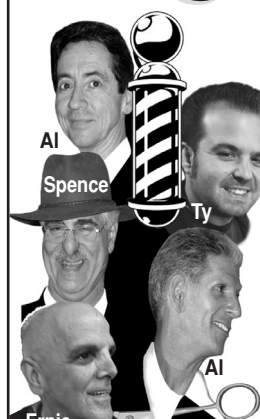
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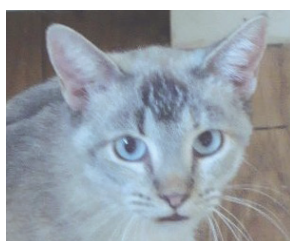
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Mushrooms: Dangerous To Our Pets

continued from front page
Park District urges the public to be safe and be knowledgeable about toxic mushrooms."

Both types of mushrooms can also be dangerous for pets.

"Dog owners should keep a close watch on their dogs during the winter months," said Mason. "Pet owners should contact a veterinarian immediately if they suspect their pet may have eaten a toxic mushroom."

While the Death Cap and Western Destroying Angel mushrooms are responsible for most cases of mushroom poisonings in California, deadly toxins can also be found in Galerina and Lepiota mushroom species, both which occur in the Bay Area as well.

The public can learn more about the fungi of the East Bay Regional Parks at the annual Tilden Fungus Fair, Sunday, February 3, 2019, at Tilden Nature Area's Environmental Education Center.

For more information, visit www.bayareamushrooms.org

THIS WEEKEND IN HAYWARD



Last Free Pet Adoption of 2018

The Hayward Animal Shelter Volunteers and SantaConHayward will hold their last free pet adoption of the year — A Home for the Holidays — this weekend, Dec. 15-16, at the shelter, 16 Barnes Court, near the Hayward DMV office. Hours are 11 a.m. to 5 p.m. both days.

The shelter has lots of kittens, puppies, dogs, cats and bunnies that need permanent homes.

By adopting a pet this weekend, you can avoid the regular fees (except for dog-licensing fees for Hayward residents). Adoptions include spay or neuter, vaccinations and microchip.

You can also bring your pets to be photographed with Santa from noon to 3 p.m. both days, participate in raffles and buy goodies at a holiday bake sale.

For more information, visit www.facebook.com/haywardanimalshelter and www.SantaCon-Hayward.com

BUY THE EXPERIENCE, NOT THE THING

DURING THE
HOLIDAYS,
THINK
REDUCE!



Consider gifting experiences instead of objects in the spirit of reuse and Zero Waste:

- **Gift Certificates** - Purchase entertainment or sports tickets, season passes, or museum memberships for friends and family to enjoy.
- **Subscriptions** - Gift a reusable toy subscription; they are fun, educational, and last all year long.
- **Donations** - Support an organization your gift recipient likes by making a donation in their name.
- **Food Gifts** - Gift your favorite cookie recipe and place ingredients in reusable glass jars with baking instructions. You could also assemble a basket of goodies from the Castro Valley Farmers' Market!

REDUCE REUSE RECYCLE ROT

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This ad was funded by Measure D

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