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Parents Guide

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CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 32

WEDNESDAY, JANUARY 15, 2020

NO. 3

INSIDE YOUR FORUM

NEWS



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music with stand up
comedy at Arts Center
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HORSE RESCUED FROM STEEP RAVINE



PHOTO COURTESY OF BRIAN CENTONI, ALAMEDA COUNTY FIRE DEPT.

Alameda County Firefighters worked Friday morning to rescue a horse that had fallen into a ravine in Palomares Canyon. Engines 7 and 18, Rescue 24 and Battalion 4 all responded to the call at 10:12 a.m. and found the horse wedged about 15 feet down the ravine. It took about an hour for the firefighters to extricate the horse and successfully pull it up the steep hillside. The horse was placed under the care of the home owner and a local veterinarian.

CV Marketplace to Open Next Month

By Amy Sylvestri
CASTRO VALLEY FORUM

The Castro Valley Marketplace is still on schedule to open in late February, according to an update at the most recent meeting of the Castro Valley Municipal Advisory Council (MAC) on Monday night.

Last minute tenant issues are still being worked out, but the store is still set to open its doors in a little over a month after being vacant for nearly 30 years as the former Daughtrey's building on central Castro Valley Boulevard.

In other news at Monday's land use meeting, the MAC staunchly supported preserving the historic White Cotton Cottage, a more than 100 year old building on the Fairmont Hospital grounds.

Initially, the Alameda County General Services Agency (GSA) was set to take the building that was constructed in 1903. The county said that it has been the home of the Fairmont Superintendent from its start until the 1950s, then served as office space throughout the 1970s, until it was shuttered in 2000.

The site has had little maintenance and is in disrepair, with issues of both mold and lead paint. The GSA was recommending to the Board of Supervisors that it be demolished.

Instead, the MAC and the Alameda County Parks, Recreation, and Historical Commission recommended that it be listed as a state or county historical site and placed on a protected registry which would prevent its demolition.

After an on-site field trip last month, the MAC agreed.

"It's a shame the GSA let it get into the condition it's in," said MAC member Shelia Chunha.

The MAC moved unanimously to ask that the Board of Supervisors not only disapprove any demolition of White Cotton Cottage, but also take some measures to clean up and mitigate some of the damage, and make it into a proper historical site. The final decision on the cottage's fate remains with the Board of Supervisors.

"I think it's worth saving, myself," said MAC Chair Marc Crawford. "If it's put on the historic register it forces the county to save it."



PHOTO COURTESY OF KAISER PERMANENTE

FIRST CASTRO VALLEY BABY OF 2020: Christopher Santiago Tercero, born at 12:05 a.m. New Year's Day, with mom Ursula and dad Roberto at Kaiser Hospital in San Leandro. Christopher, who weighed 8 pounds 5 ounces, joins his sisters Bianca and Aliana for a sibling trio.

BART Police Chief Stepping Up Officer Presence on Trains

BART General Manager Bob Powers announced the hiring of Ed Alvarez as the transit system's new chief of police on Friday.

Alvarez, a 22-year veteran of the BART Police Department, is an East Bay native who has spent his entire law enforcement career moving up the ranks within the department.

The new chief was tasked with making immediate changes to increase officer presence on board trains and to reduce crime.

"We must do more to ensure all riders feel safe and to prevent crime on BART," said General Manager Powers. "Ed Alvarez brings the internal knowledge coupled with the creative thinking to better serve our riders, support our officers, and increase accountability without delay."

The appointment became effective immediately as did new deployment strategies that are responding to concerns voiced by riders.

Beginning this week, a newly created team of 12 police officers began riding trains in pairs and walking platforms on nights and weekends.

The team will supplement a just-approved "ambassador program" which will begin on Feb. 10, utilizing unarmed police staff to prevent and de-escalate problems on board trains.

The two programs will put 22 police staff aboard trains, representing a new shift in the deployment strategies of the police department.

Chief Alvarez is a first generation Mexican-American, fluent in Spanish, who grew up in Newark riding BART to A's games.



BART PHOTO

Ed Alvarez was announced as BART's new chief of police on Friday.

Castro Valley Weather Jan. 15 - 19, 2020



Wednesday
Partly Cloudy
High 54° Low 44°



Thursday
Occasional Rain
High 52° Low 39°



Friday
Mostly Cloudy
High 56° Low 41°



Saturday
Cloudy
High 58° Low 40°



Sunday
Partly Cloudy
High 61° Low 43°

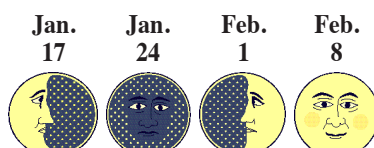
Almanac



Sun sets at 5:14 p.m. today, rises at 7:23 a.m. Thursday.

Past Week's Rain: 00.40
Season To Date: 04.12
Normal To Date: 08.95
Season Average: 21.22

Moon Phases



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CV SPORTS HALL OF FAME

Super-Athlete Amanda Medrano Shares Her Memories of CVHS

Sixth 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.castrovallysportsfoundation.org.

By Dave Del Grande
SPECIAL TO THE FORUM



Amanda Medrano

Every time Amanda Medrano drives past the Castro Valley High football stadium on her way to and from home in San Ramon and work at the Stanford's children's hospital, she wonders: What if?

What if she had focused on soccer in high school instead of splitting time with basketball and eventually branching off into track? What if she had taken up track earlier? What if the stadium had been built 10 years earlier?

Make no mistake, Medrano, who earned 10 varsity letters at Castro Valley, has many memories of the old field and surrounding track, even if one image stands out among the rest.

"I remember kicking the dirt out of my shoes after every race," she recalls.

Whether it was running on the dirt in track, the grass in soccer or the hardwood in basketball, Medrano was so dominant at Castro Valley, she will be enshrined in the Castro Valley Sports Hall of Fame in April.

"It was a fun high school to go to," the Class of 2001 standout insists. "It evokes good memories, good feelings and really good experiences every time I drive by there. I had opportunities to go to other high schools. I'm glad I didn't. My experience at Castro

Valley High School was really, really good."

While she attended Vannoy Elementary and Canyon Middle School, Medrano began her athletic career in soccer and basketball. She enjoyed both so much, she decided to play both in high school . . . except that she couldn't. You see, soccer and basketball are both winter sports on the prep calendar.

So for two years, she played basketball in the winter and ran track in the spring for the Trojans, all while juggling a club-soccer schedule.

But Medrano was such a dominant force in prep sports, she rewrote the unwritten rules as a junior, joining both the soccer and basketball teams at the same time for the high school.

"My coaches were super-understanding," she recalls.

And why wouldn't they be? Outside, Medrano was a club-level soccer player, good enough to earn a scholarship to U.C. Davis. Indoors, she helped Castro Valley reach the North Coast Section semifinals in basketball.

"There were a lot of days when I went to both practices," she says. "There were definitely some conflicts. It was awkward sometimes. If there was a conflict between two games, sometimes the coaches made the decision for me, depending on the importance of the game. As an athlete, it was definitely tough sometimes. You don't want to let your teammates down. You don't want to have to pick one over the other."

Almost 20 years later, in an age of specialization, Medrano now says she wishes she'd stuck to just

see FAME on page 15



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A Blend of Music and Stand Up Comedy at CV Center for Arts

By Terry Liebowitz
SPECIAL TO THE FORUM

Looking for a fun evening out? Comedian/musician Chris Pendleton continues the 2019-2020 Castro Valley Arts Foundation Series on Saturday, January 25 at 7:30 p.m. at the Castro Valley Center for the Arts.

Often called "The Funny Fiddler," Chris blends hilarious stand-up comedy with her virtuoso violin playing. You won't want to miss this funny, one-of-a-kind show!

Chris's career took a rather circuitous route to comedy. She pursued a graduate degree in Biochemistry at the University of Georgia where she published her thesis, "Isolation and Sequencing of Two cDNA Clones Encoding *Drosophila* Chromosomal Protein D1."

As Chris laughingly tells it, she immediately hit the road as a full-time comic, and ended her "brilliant career in molecular genetics."

Chris has many network television appearances to her credit, including Fox's Comic Strip Live, Showtime's "Comedy Club Network," A&E's "An Evening at



Chris Pendleton, "The Funny Fiddler," comes to the Castro Valley Center for the Arts on Saturday, Jan. 25.

the Improv" and "Comedy on the Road" and "Stand-Up Spotlight with Rosie O'Donnell."

She headlines at performing arts theaters, corporate events, cruises and comedy clubs throughout the United States and around the world.

Originally from South Carolina,

Chris now resides in Las Vegas, Nevada, where she frequently performs in the casino resort showrooms.

For ticket info, please see: www.cvartsfoundation.org/shows

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

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Bloody and Drunk In the Street

Sunday, January 12: at 1:09 a.m., Sheriff's deputies arrested a 40-year-old man from Castro Valley on suspicion of public intoxication. The man was taken to Eden Medical Center after he was found stumbling around the intersection of Redwood Road and Pine Street smelling of alcohol with blood on his face. Deputies were called to the hospital after security reported the man refused to cooperate with nurses and began roaming around the emergency room causing a disturbance. The man was taken into custody.

59 Pounds of Marijuana

Sunday, January 12: at 12:41 a.m., two people were arrested on suspicion of trafficking 59 pounds of processed marijuana drugs. Deputies stopped the suspect's vehicle for speeding at the offramp of west-bound Interstate 580 and Eden Canyon Road. The 48-year-old male driver from Hayward and his 41-year-old female passenger were taken into custody. The vehicle and drugs were impounded.

Stolen Vehicle and Illegal Narcotics

Friday, January 10: at 2:55 p.m., deputies served a warrant for the arrest of a 55-year-old man from Castro Valley at a home on Moyers Street near Grove Way. The man was previously charged with possession of a stolen vehicle and illegally parking it on the street. Deputies additionally found the man in possession of illegal narcotics and related drug paraphernalia in his pockets. The man was taken to Santa Rita Jail pending \$15,000 in bail.

Pitcher of Urine

Friday, January 10: at 6:12 a.m., a 19-year-old woman with no permanent residence was arrested on suspicion of assault at the Eden Medical Center on Lake Chabot Road. Deputies were called to intervene after a patient took a pitcher of urine and threw it on hospital staff getting their clothes and skin wet. A staff-member filed a citizen's arrest of the suspect. Deputies took her into custody.

Wrestled Him with Child in His Arms

Thursday, January 9: at 8:50 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Cameron Street near Grove Way. There, they arrested a 36-year-old woman from Castro Valley on suspicion of assault on her husband of seven years. The man claimed the woman slapped him and wrestled him to the ground during an argument while the man was holding their child in his arms. Deputies took the woman into custody.

Three Burglar Suspects

Thursday, January 9: at 3:44 a.m., deputies arrested three men with

previous felony convictions on suspicion of possession of a full range of burglar tools including hoodies, gloves, ski masks, and ammunition. Deputies responded to a suspicious vehicle report of a car parked in a lot on Lake Chabot Road near Congress Way. Taken into custody were a 30-year-old man from Union City. A 34-year-old man from Modesto (Stanislaus County) and a third unidentified man. All three were transported to Santa Rita Jail.

Wanted Man

Wednesday, January 8: at 5:54 a.m., a 22-year-old man with no permanent residence was arrested as part of a warrant issued for his capture. Deputies stopped the man for questioning outside a coffee store on Redwood Road near the Boulevard. The man had previously been charged with robbery and in violation of a restraining order to keep away from the business. Deputies took the man to Santa Rita Jail pending \$2,500 in bail.

Busted Outside of BART

Wednesday, January 8: at 10:01 a.m., deputies arrested a 35-year-deputies arrested three men with

see **REPORTS** on page 5

Many MLK Day Observances in Bay Area

Preparations are under way for two local Martin Luther King Jr. Day celebrations to mark the life and legacy of the great civil rights and social justice leader.

On the morning of Jan. 20, a celebration and march, themed "Love Without Borders," will take place beginning at 9:30 a.m. at Hayward City Hall Plaza, 777 B Street, with music and speeches, followed by a peaceful procession through downtown.

At 4:30 p.m., is the start of Hayward's 34th annual Dr. Martin Luther King, Jr., Birthday Celebration at the Reed L. Buffington Visual & Performing Arts Center at Chabot College, 25555 Hesperian Blvd.

rian Blvd.

Performances that evening will include the Mt. Eden High School Choir, the Cherryland Elementary School Drama Club and members of the Chabot College Forensics Team delivering speeches on civil rights and social justice themes.

The Dr. King Birthday Celebration began in Hayward in 1986.

A non-denominational musical tribute to Dr. King, "In the Name of Love," will take place at 7 p.m. Sunday evening, Jan. 19, at the Oakland Scottish Rite Center.

In San Francisco, MLK2020 includes a Monday morning march at 11 a.m. from the Caltrain Station to Yerba Buena Gardens, where

there is an interfaith commemoration at noon, an indoor celebration and an outdoor music festival both at 1:30 p.m., and a health & wellness festival all day.

Jan. 20 is MLK Park Day. Entry is free at Muir Woods National Monument and San Francisco Maritime National Historical Park on Free Entrance Day in the National Parks. Expect more people and less parking than usual.

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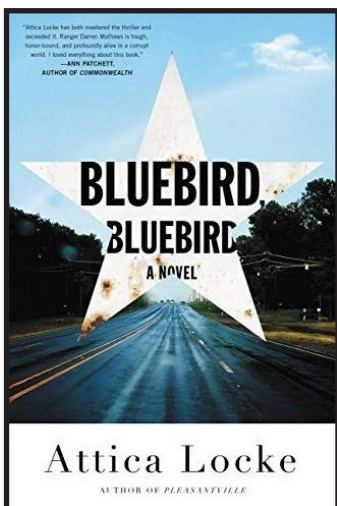


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KICK-OFF EVENT

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

3600 Norbridge Avenue 510/667-7900

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

The Week Ahead

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

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

● Wednesday, January 15: *Women’s Club: “Ruby’s Place”*

The public is invited to the next meeting of the Castro Valley Women’s Club, 18330 Redwood Road, at 1 p.m. today when the program topic is Ruby’s Place, the comprehensive wellness-based program that provides shelter and support to victims of human trafficking and domestic abuse that will celebrate its 48th anniversary on March 8. For more info, visit www.castrovalleywomensclub.weebly.com

● Friday, January 17: *Take Off Pounds Sensibly*

Resolved to lose weight in 2020? Take Off Pounds Sensibly (TOPS) is a nonprofit weight-loss support group where members attend weekly meetings to learn about nutrition, portion control, food planning, exercise, and more. Weigh-ins, group feedback, and support help members

CASTRO VALLEY FORUM

ESTABLISHED: 1989 • CIRCULATION 22,500

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Bruce Roberts

Monday, January 20, 2020

Martin Luther King Jr. Day

● *Holiday Schedules*

Martin Luther King, Jr.’s Birthday (Jan. 15, 1929) is observed on the third Monday in January and is a federal, state, county and city holiday. Except for emergency services, all government offices will be closed, as will stock exchanges, banks and other financial institutions. Most other business offices, stores and restaurants will operate on a normal schedule. BART will operate on a Saturday schedule. AC Transit will operate on a Sunday schedule. Garbage pickup service will be normal, but CV Sanitary District offices will be closed. Call 510-506-5821 for sewer emergencies.

● *MLK Day Events*

A number of other organizations are sponsoring a Martin Luther King Jr. Day activities in the Bay Area on Sunday evening and Monday. See story on page _.

achieve their goals. Meet at United Methodist Church, 19806 Wisteria, Room 5, Fridays 9:30 - 10:30 a.m. (weigh-in 9 to 9:20). For info, contact Bernice Kurtzner 510-537-0699 or visit www.tops.org

● Saturday, January 18: *Plethos 3rd Annual Season Soiree*

Plethos Productions will announce its 2020 season of shows at a Soiree at 8 p.m. this Saturdy at the beautiful Ristorante di Parma in Downtown Hayward, beginning with performances by three hilarious Bay Area stand up comics, Alexandria Love, Becky Lynn and Rudy Ortiz. Then we’re bringing Plethos all-stars on stage, reprising songs from their performances in our productions of Broadway musicals, followed by sneak peek performances from our 2020 shows! We’ll finish with a karaoke contest and dancing for all! For tickets (\$10) visit Plethos.org

● Saturday, January 18: *Eden Area Village Monthly Coffee*

Join Eden Area Village for coffee at Denica’s, 2723 Castro Valley Blvd., at 9 a.m. this Saturday and learn how this group of local seniors keeps each other active and engaged in our community. For more info, visit edenareavillage.org, email: info@edenareavillage.org.

● Tuesday, January 21: *Rotary Topic” 2020 Census*

Alessia Simmonds of Alameda Counts will describe the important work of Census 2020 at a Castro Valley Rotary Club buffet lunch from noon to 1:30 p.m. at Redwood Canyon Golf Course, 17007 Redwood Road, Castro Valley. The cost of lunch is \$15 and reservations must be made by 9:00 p.m. on Sunday, January 19, by contacting Rotary at cvrotary@iCloud.com or 510-402-5123. More information is available at castrovalleyrotary.org

...and Beyond

● Saturday, January 25: *MLK Service Day: Creek Cleanup*

Groups and individuals are invited to join our community San Leandro Creek clean-up project in honor of Dr Martin Luther King Jr. Please meet at 1 p.m. on Jan. 25 at 250 Hegenberger Road in Oakland at the bridge over the San Leandro Creek right next door to Park N Fly. Park on the street or inside the gate by the creek. Snacks, water, gloves and garbage bags provided. For info, email Slevenson@sanleandro.org

● Sunday, January 26: *Kick-Off of Castro Valley Reads*

You’re invited to join in the kick-off of Castro Valley Reads on Jan. 26 from 2 to 3 p.m. at the Castro Valley Library, including a performance by the Dwayne Oakley Blues Ensemble, a sign-up for a discussion, and a free copy of the novel, “Bluebird, Bluebird” by Attica Locke, a blues-infused thriller about the collision of race and justice in America.

● Monday, January 27: *Eden Garden Club Meeting*

Alameda County Master Gardener Joan Sarlatte will speak on “Ergonomics in the Garden,” the study of how to complete tasks in the garden in a safe, efficient way, while protecting your body, at the next meeting at 9:30 a.m. Jan. 27 at the Moose Lodge, 20835 Rutledge Road. Meeting are free and guests are welcome. Call 510-363-9889 for info.

REGULAR GOVERNMENT MEETINGS

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

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

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

• **Alameda County Board of Supervisors** meets every Tuesday at 10:45 a.m. in the Supervisors’ Chambers in Oakland.

● Tuesday, January 28: *Meet Your Electricity Supplier*

East Bay Community Energy and the American Association of University Women invite you to learn about your new local electricity supplier, East Bay Community Energy (EBCE), from 5:45 to 7:45 p.m. on Jan. 28 at the Castro Valley Library. EBCE aims to provide cleaner, greener energy at lower rates, reinvesting earnings back into the community to create jobs, local programs, and clean power projects. RSVPs are requested to pmacsata@gmail.com.

● Wednesday, January 29: *Outsmarting Investment Fraud*

Thinking of investing? Fraudsters tend to go “where the money is” and that means targeting older Americans who are nearing — or already in — retirement. Learn how to protect yourself and say “no” at a free presentation by the Better Business Bureau from 11 a.m. to noon on Jan. 29 at the Castro Valley Library. This workshop will focus on different investment opportunities you might encounter, where to check to find out if the investment is valid, what tactics are used by people who don’t have your best interest in mind, and tips on how to avoid becoming a victim.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events (unless otherwise listed) are available at www.cvcfa.com; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. (phone 510-889-8961), or at the Castro Valley Adult School, 4430 Alma Avenue.

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

● **Chicago the Tribute**, with a group of 9 musicians, creates the powerful horns, rich vocals and the rockin’ rhythm section needed for “Saturday in the Park,” “Does Anybody Really Know What Time It Is?” and their many other legendary hits, at 7:30 p.m. on Saturday, February 22 at the Castro Valley Center for the Arts. *For tickets (\$38/\$40), see above.*

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **“Wheel of Misfortune,”** an improv show by the Castro Valley High School Improv Club, will be presented at 7 p.m. on Friday, Jan. 24, at the Castro Valley Center for the Arts. Improv games will be picked up by the audiene using a spinning wheel, so absolutely every element of the night will be unique and not to be missed. *Tickets (\$5) will b sold at the door.*

ART GALLERIES, RECEPTIONS & ART INSTRUCTION

● **A.R.T., Inc. Members’ Show** will be presented from Jan. 18 to Feb. 1 at the Adobe Art Gallery, 20395 San Miguel Ave. Thursdays through Saturdays from 11 a.m. to 3 p.m. A free Artists’ Reception, open to the public, will be held from 2 to 4 p.m. on Saturday, Jan. 18. Refreshments will be served. Sponsored by A.R.T., Inc. and the Castro Valley School District.

● **PhotoCentral Gallery Annual Juried Exhibition** will be presented from January 25 to March 7 at the gallery (part of the Hayward Area Recreation District) at 1099 E Street in Hayward. The popular annual exhibition was juried by Diane Zuliani. Two receptions will be held, on Saturday, Jan. 25 and Saturday, March 7, both from 2 to 4 p.m. The exhibit will be in both galleries. The upstairs gallery is open Monday through Friday 9 a.m. to 5 p.m.; the downstairs gallery is open from 5 to 10 p.m. Mondays, and from 10 a.m. to 1 p.m. on Tuesdays and Thursdays. For more info, visit www.photocentral.org

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

AT THE CHABOT CINEMA 1/15 - 1/23

● *Spies in Disguise* (PG)

Wed 1/15 — 3:55, 6:30

Thu 1/16 — 3:55

● *Dolittle* (PG)

Thu 1/14 — 6:40

Fri 1/17 - Mon 1/20 — 1:15, 3:55, 6:40

Tue 1/21 — 3:55, 6:40

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MAKING THEIR VOICES HEARD



Some two dozen people opposing U.S. military action against Iran gathered at the intersection of Castro Valley Boulevard and Redwood Road last Thursday evening. The demonstration, organized by MoveOn.org, was assembled in response to rising international tensions between the two nations.

PHOTO BY MICHAEL SINGER

Reports: 2 Refused to Leave Store

continued from page 3

old woman with no permanent residence on suspicion of illegal narcotics and related drug paraphernalia, possession of stolen property, and violating the terms of her parole. The woman was hanging outside the Castro Valley BART station on Norbridge Avenue when deputies stopped her for questioning and discovered her stash. The woman was taken into custody.

Can't Stay Away

Tuesday, January 7: at 8:25 p.m., a 32-year-old woman from Castro Valley was arrested on suspicion of violating the terms of a court-issued restraining order. Deputies were called to a mobile home park on Castro Valley Boulevard near Anita Avenue to investigate a suspicious person in the area. The woman fitting the description was handcuffed and taken into custody.

Illegal Possession of Tear Gas

Tuesday, January 7: at 1:30 p.m., deputies arrested two men in connection with a complaint by a business in the Castro Village Shopping Center. An anonymous call by a store owner sent deputies to the area. A 58-year-old man with no permanent residence was arrested for ignoring repeated requests by the store manager to leave. When faced with having the cops called on him, the man stood his ground but a 29-year-old man from Oakland who was with him fled on foot. Deputies caught up later with the younger man in the parking lot near Castro Valley Boulevard and found him in illegal possession of tear gas. Both men were taken to Santa Rita Jail pending \$5,000 in bail.



Whether it's raining or frosty cold outside, these wintry nights were made for what your grandmother called "comfort foods." Nothing fancy, just good, hearty dishes that satisfy the appetite and the soul.

Here are a couple traditional favorites that will bring smiles all around the table.

MEAT LOAF WITH MIXED VEGETABLES

3/4 cup evaporated milk
2 cups soft bread cubes
1/4 cup chopped onion
2 pounds lean ground beef
1-1/2 teaspoon salt
2 eggs, beaten
1 teaspoon dry mustard
1-1/2 cups frozen mixed vegetables, thawed

Pour milk over bread cubes and let stand until milk is absorbed. Stir in onion, ground beef, salt, eggs, and dry mustard; blend well. Stir in vegetables. Mix and shape into a loaf. Bake in loaf pan at 350° for 1-1/2 hours.

Cool for 5 minutes before turning out of pan. Serve with mashed potatoes and gravy. Serves 6 to 8.

MACARONI & CHEESE

5 cups cooked macaroni
1/2 stick butter
2 eggs, beaten
3 cups milk
2 cups shredded mozzarella
2 cups sharp cheddar cheese

1/8 teaspoon salt
1/8 teaspoon black pepper

Melt butter and pour over macaroni in a large bowl. In a separate bowl, mix eggs and milk. Pour over macaroni.

Add cheeses, salt and pepper. Pour into a casserole dish, cover with foil and bake at 350 degrees for 45 minutes. Remove the foil and bake uncovered for another 15 minutes.

TUNA CASSEROLE

1 (12-ounce) package egg noodles
1/4 cup chopped onion
2 cups shredded Cheddar cheese
1 cup frozen green peas
2 (6-ounce) cans tuna, drained
2 (10.75 ounce) cans condensed cream of mushroom soup
1 (4.5 ounce) can sliced mushrooms
1 cup crushed potato chips

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente. Drain.

Preheat oven to 425°F.

In a large bowl, thoroughly mix noodles, onion, 1 cup cheese, peas, tuna, soup and mushrooms. Transfer to a 9x13 inch baking dish, and top with potato chip crumbs and remaining 1 cup cheese.

Bake for 15 to 20 minutes or until cheese is bubbly. Serves 6.

2 Castro Valley Artists to Reveal What's Behind Their Paintings

By Valerie Snart
SPECIAL TO THE FORUM

Artists Rita Sklar and Susan Sarti will reveal their thoughts and techniques from 11 a.m. to 1 p.m. on Saturday, Jan. 25, when they meet the community at the Adobe Gallery in Castro Valley.

Sklar is an award-winning artist. Her work was selected for the Greater Bay Area Open at the NUMI (New Museum) of Los Gatos in 2019.

Three of her paintings were selected for banners to hang in San Francisco. She received the "Award of Distinction" from the National Museum of Women in the Arts.

A Signature Member of the California Watercolor Association, Sklar received a commission from Alameda County and two grants from the city of Oakland. Eight of her paintings were commissioned by the recently opened Lucile Packard Children's Hospital at Stanford.

She was born and raised in New Jersey and is a graduate of Rutgers University. After serving in the Peace Corps in Senegal, West

Africa for two years, she studied watercolors with a master painter in Madrid for a year.

Sklar is a member of the California Watercolor Association, the San Francisco Women Artists Gallery, and the Valley Art Center in Walnut Creek A.R.T., Inc.

Susan Sarti has been drawing as long as she can remember.

As a small child, she drew on every piece of scratch paper she could find — on the backs of old envelopes, and with chalk on the sidewalk in front of her home in the City.

She emphasizes, however, that she wasn't a child prodigy. Pictures her mother saved show that her art was typically child-like, but she just kept at it. By the time she was in high school, she was making portraits of her family, her friends and their pets.

She wanted to become an artist, but the San Francisco Art Institute was too costly. Instead, she earned an elementary teaching credential at San Francisco State thinking that she could teach art in the classroom and take art courses in the summer at Cal State East Bay. And that's exactly what happened.

At Cal State's excellent art de-

partment Sarti took art courses for many years, studying with Ray Saunders, Mel Ramos and Arne Wolf. She also studied at U.C. Extension and attended monthly critiques with Leonard Breger.

Through the years, Susan has shown her work in the greater Bay Area and in Northern California. She continues as an abstract painter in Castro Valley.

Rita Sklar and Susan Sarti are looking forward to meeting you and talking about their paintings.

Valerie Snart is a member of the Board of Directors and publicist of A.R.T., Inc.

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Table Space Available for Indoor Spring Flea Market

The Kenneth C. Aitken Senior & Community Center has table space available for its Indoor Spring Flea Market to be held from 8 a.m. to 1 p.m. on Saturday, March 7, at the Kenneth C. Aitken Senior and Community Center at 17800 Redwood Road in Castro Valley.

Table rentals are \$30 each for Hayward Area Rec District resi-

dents and \$40 each for non-residents.

Registration are being accepted in person at the Senior Center. Deposits are non-refundable and there is a limit of 2 tables per person. Register early, as the tables will sell out fast!

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ARIES (March 21 to April 19) Use that Arian charm to help make a difficult workplace transition easier for everyone. News about a long-awaited decision can be confusing. Don't jump to conclusions.



TAURUS (April 20 to May 20) Although you might well be tempted to be more extravagant than you should be at this time, I'm betting you'll let your sensible Bovine instinct guide you toward moderation.



GEMINI (May 21 to June 20) An opportunity for travel could come with some problems regarding travel companions and other matters. So be sure you read all the fine print before you start packing.



CANCER (June 21 to July 22) Make an effort to complete your usual workplace tasks before volunteering for extra duty. Scrambling to catch up later on could create some resentment among your colleagues.



LEO (July 23 to August 22) A financial matter could have you rethinking your current spending plans. You might want to recheck your budget to see where you can cut back on expenses until the situation improves.



VIRGO (August 23 to September 22) One way to make your case for that promotion you've been hoping for might be to put your planning skills to work in helping to shape up a project that got out of hand. Good luck.



LIBRA (September 23 to October 22) Be careful about "experts" who have no solid business background. Instead, seek advice on enhancing your business prospects from bona fide sources with good success records.



SCORPIO (October 23 to November 21) Standing up to support a colleague's viewpoint -- even if it's unpopular -- can be difficult if you feel outnumbered. But you'll win plaudits for your honesty and courage.



SAGITTARIUS (November 22 to December 21) While progress continues on resolving that recurring problem, you might feel it's taking too long. But these things always need to develop at their own pace. Be patient.



CAPRICORN (December 22 to January 19) Someone close to you might have a financial problem and seek your advice. If you do decide to get involved, insist on seeing everything that might be relevant to this situation.



AQUARIUS (January 20 to February 18) A personal matter takes an interesting turn. The question is, do you want to follow the new path or take time out to reconsider the change? Think this through before deciding.



PISCES (February 19 to March 20) Moving into a new career is a big step. Check that offer carefully with someone who has been there, done that, and has the facts you'll need to help you make your decision.

Tax Problems When Selling Home in Joint Tenancy After Death of Spouse

Q: My late husband and I bought our home 40 years ago for \$50,000, and we were then advised to take title as Joint Tenants to avoid probate. When he died 3 years ago, I was told by a realtor that it was worth about \$1.2 Million. I was recently told by our CPA that, if I were to sell it, I would have a steep capital gains tax to pay. Is that so and is there any way around that?

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

A: Yes, your CPA is correct. Basically, capital gain is the difference between your net sales price and your original cost (plus improvements). It is your "profit" from the sale of your home.

Assuming no improvements, your capital gain in this situation would be \$1,150,000 (\$1,200,000 - \$50,000), before the following adjustments:

Date of Death Adjustment: Under current tax law, when an owner dies, his ownership share gets an adjustment to its date of death value. We often call this a "step up" in cost basis.

However, when a couple holds title in Joint Tenancy form, only the deceased spouse's share gets the "step up." Yours does not. So,

in that situation, the adjusted cost basis would be \$625,000, calculated as follows:

Husband's 1/2 share: \$600,000
Your own 1/2 share: \$ 25,000
(1/2 of \$50K purchase price)

Adjusted Cost Basis \$625,000

However, if you and your husband held title in Community Property form, then both halves would get the "step up" in cost basis, and your adjusted Cost Basis would then be calculated as:

Husband's 1/2 share: \$600,000
Your Own 1/2 Share: +\$600,000
Adjusted Cost Basis: \$1,200,000

In effect, holding title in Community Property form wipes out all capital gain up to the date of death of the first spouse!

\$250K Home Use & Ownership Adjustment: In either situation, under the tax code you would also be entitled to claim a \$250K capital gain exclusion available to an owner who has lived in the home at least 2 years before sale.

In the Joint Tenancy situation, this would help reduce - but not eliminate - the capital gain. In the Community Property situation, this exclusion might not even be needed, except perhaps to the extent there were further appreciation between the date of your husband's death and your actual date of sale.

So, is there any way to convert Joint Tenancy title to Community Property form after the death of your spouse?

Answer: Yes! Assuming that you and your husband purchased your home with earnings and savings from your marriage, it would actually be community property in character under California law, even if it were not so titled.

In this situation, you might initiate a rather simple court proceeding called a "Spousal Property Petition", asking a Superior Court judge to issue a Court Order finding that the home is, in fact, Community Property, passing to you without probate.

With such an order in hand, you could then claim the "double step up in cost basis" when reporting the gain on the sale of your home, dramatically reducing or even eliminating your capital gain and its corresponding tax.

One caveat: While the IRS is not necessarily bound by a state trial court order, I have not known the IRS to dispute this procedure and have used it successfully in the past to eliminate capital gain in similar situations.

Gene L. Osofsky is an Elder Law and Estate Planning attorney in Hayward. Visit his website at www.LawyerForSeniors.com.



Selecting the right hospital can be as important as the doctor you choose.

Choosing the Right Hospital

By Jim Miller
SPECIAL TO THE FORUM

Most people spend more time shopping for an appliance or flat-screen TV than choosing a hospital.

But selecting the right one can be as important as the doctor you choose. Here are some tips and resources to help you research the hospitals in your area.

Hospital Shopping

While you may not always have the opportunity to choose your hospital, especially in the case of an emergency, having a planned procedure can offer you a variety of choices.

When shopping for a hospital, the most important criteria is to choose one that has a strong department in treating your area of need.

A facility that excels in coronary bypass surgery, for example, may not be the best choice for a hip replacement. Research shows that patients tend to have better results when they're treated in hospitals

that have extensive experience with their specific condition.

In order to choose a hospital that's best for you, it is important to discuss your concerns and alternatives with the doctor who is treating you. Some doctors may be affiliated with several hospitals from which you can choose.

Or, if you've yet to select a doctor, finding a top hospital that has expertise with your condition can help you determine which physician to actually choose.

Another important reason to do some research is the all too frequent occurrence of hospital infections, which kill around 75,000 people in the U.S. each year. So, checking your hospital's infection rates and cleanliness procedures is also a smart move.

Free Researching Tools

There are a number of free online resources that can help you evaluate and compare hospitals in your area, including:

- Medicare's Hospital Compare (Medicare.gov/HospitalCompare): Operated by the Centers for

Medicare and Medicaid Services, this tool has data on more than 4,000 U.S. hospitals.

- Why Not The Best (WhyNotTheBest.org): Created by the Commonwealth Fund, this is a private foundation that provides performance data on all U.S. hospitals.

- The Leapfrog Group (LeapfrogGroup.org): This national, not-for-profit organization grades more than 2,000 U.S. hospitals on quality and safety.

These websites use publicly available data to rate hospitals on various measures of performance like death rates from serious conditions such as heart failure and pneumonia, frequency of hospital-acquired infections, patient satisfaction and more.

On these websites, you plug in your location to find hospitals in your area. You can then check to see how well or poorly each hospital manages patients in various conditions.

Two other good sites that can help you choose a good facility include U.S. News & World Report (USNews.com/best-hospitals) and Healthgrades (Healthgrades.com).

U.S. News & World Report is an online publication that publishes a hospital ranking in 17 medical specialties like cancer, orthopedics and urology, and rates common procedures and conditions, such as heart bypass surgery, hip and knee replacement and COPD. They also rank hospitals regionally within states and major metro areas.

And Healthgrades, which is a private for-profit organization, provides free hospital ratings on patient safety and medical procedures, and scores hospitals using a 5-star scale.

They also provide comprehensive information on most U.S. doctors including their education and training, hospital affiliations, board certification, awards and recognitions, professional misconduct, disciplinary action and malpractice records, office locations and insurance plans.

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

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Five Tips to Prepare Your Kid for Success in School

One of the best things you can do for your children is to make sure they attend school every day. After all, we want our kids to have the best possible chance of doing well in school and achieving their dreams.

But getting a child to school isn't always easy. While some absences are understandable, it's important to understand the impact of each absence.

Although most parents understand the importance of getting their child to school every day, many believe that missing three or more days of school each month won't make a difference.

In reality, as early as elementary school, students who miss just two school days per month are more likely to fall behind in school, and less likely to graduate from high school. Even when the absences are excused or understandable, absences add up.

Students who miss just two days of school each month end up missing 18 school days, or 10 percent of the school days in a year.

By following these five simple tips, you can help ensure your child attends school every day. Attending school every day puts your child on the path toward success in school and in life.

• What to Do:

1. Keep track of how many days of school your child has missed.
2. Figure out why your child is absent from school. Is your child dealing with a chronic illness? Is he being bullied or struggling at school? Is he staying home to help care for a family member?
3. Ask teachers and community leaders for advice and specific resources. Reach out to other parents, too, to ask for help and share tips.

see *SCHOOL* on page 9

Early Learning Critical to Child's Success

Science has consistently shown that the first three years of life are vital to a child's developing brain, and new research confirms that families play an important role in language development and educational readiness.

"We've seen first-hand in our research what a positive impact parents can have in the process," says Dr. Dana Suskind, co-director of the TMW Center for Early Learning + Public Health at the University of Chicago.

Preliminary results from a five-year study, supported through a \$3 million grant conducted by the TMW Center, reveal that parents improved their toddler's language environments by increasing conversational turns almost four times more than parents in the control group.

These results are generating attention and investment in programs like "Any Time is 3Ts Time," a campaign which was launched by the TMW Center that's designed to empower parents with the knowledge and skills needed to make the most of everyday interactions with their young children.

The campaign, which is supported by an additional \$3.3 million grant from the PNC Foundation, is built on the "3Ts" — Tune In, Talk More and Take Turns — and includes the distribution of online and print materials to parents through a network of community partners, particularly in underserved neighborhoods.

The free, easy-to-use resources at the3Ts.org will become available in both English and Spanish

in early 2020 and eventually include access to an interactive web-based app.

"We recognized an opportunity to develop high-quality, early educational resources for families with children under age three. Now, with proven research from the TMW Center, we are able to support their effort to make new resources accessible to millions of parents and caregivers across the country," says Sally McCrady, chair and president at the PNC Foundation.

Access to high-quality early education and resources is critical for a child's success in school and life. Thanks to new programs based on scientific research, more children are going to start school ready to thrive and learn.

—StatePoint



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The Price of Education: Ways to Save Money on Hidden Costs of Schooling

AS MOST PARENTS KNOW, even a free public school education comes with certain expenses that over the course of a school year can really add up. While many of these expenditures feel unavoidable, there are certain ways that families can save money on the many hidden costs of schooling.

Skill Share

Is your child struggling in one class and excelling in another? Consider a skill share as a free and friendly alternative. There is likely a student in your child's class who possesses the opposite strengths and challenges. Encourage your child to team up with that student and become cooperative study buddies.

Online Calculators

All-in-one web-based mathematics resources can eliminate the expense of a calculator and other math supplies. For example, ClassPad.net, free to educators and students, is a tool geared toward K-12 and beyond that exceeds the functionality of a calculator.

A user-friendly tool that's also offering educators an innovative way to share lesson plans, among its many features are a virtual protractor and compass, and a math-based text editor that provides a rich assortment of mathematical templates.

This web-based calculator is designed to be equally usable by keyboard and mouse as with touch-based platforms and gives users the ability to create folders, organize and share work. To reg-

ister, or for more information, visit ClassPad.net.

Organize a Fundraiser

From band uniforms to chess club fees, participation in extracurricular and after school activities frequently comes with a price tag. To reduce or eliminate such expenses for not only your child, but for every club or team member, consider spearheading a fundraiser and getting everyone involved.

From car washes to silent auctions, fundraisers do more than the name implies, building team spirit among participants and community awareness of the club's goals and accomplishments.

With a few tricks and some new tech, your family can save significantly on the cost of school.

—StatePoint



ZUKOVIC / ISTOCK VIA GETTY IMAGES PLUS

Omnipresent digital devices are a fact of modern life. However, with commitment and creativity, families can spend a greater portion of their free time without screens.

SURVEY RESULTS

Parents Spend as Much Time With Devices as With Kids

Parents spend nearly the same amount of time with devices as they do with their kids, according to new research from The Genius of Play, a nonprofit initiative dedicated to raising awareness of play's vital role in child development.

The results of the OnePoll survey of 2,000 parents of school-aged children ages 5-18 suggest that families should be finding more screen-free ways to spend time together.

Half of the survey's respondents have been asked by their child to put their phone away, and 79 percent believe that their relationship with their children would benefit if everyone spent less time on devices.

"Screens and tech can make up some of your playtime, but parents should be mindful of creating balance," says Ken Seiter, EVP, marketing communications at The Toy Association, the organization that spearheads The Genius of Play. "A wide variety of toys and games will help create rich childhood memories, lead to optimal physical, cognitive and social-emo-

tional development, and nurture critical skills like creativity and out-of-the-box thinking."

Parents are aware that excessive screen time is a problem. Seventy-four percent worry that their child spends too much time staring at a screen and the majority limit their kids' screen time to about two hours per day. However, when it comes to their own use of devices, setting a limit is easier said than done. Survey results revealed:

- Sixty-two percent of parents admitted to spending too much time on their cell phone while with their kids.
- Sixty-nine percent feel "addicted" to their phone.
- Parents spend almost as much one-on-one time with devices as with their kids. They spend an average of two hours and 17 minutes of personal time on their phone per day, compared to two hours and 41 minutes of quality, screen-free time with their children.

The survey also found that while parents worry about the amount of screen time kids are getting, technology is now an integral parenting tool.

• The majority (83 percent) agree that screens and technology are necessary when raising a child in this day and age.

• Parents use screen time to keep their child occupied (58 percent), as a reward (53 percent) and to help their child calm down when they're upset (52 percent). In addition, taking screen time away is used as a consequence (63 percent).

"Parents often complain that it's hard to get kids to put down devices, but they can set a positive example by swapping some of their own screen time for other types of play," says Seiter.

Experts at The Genius of Play recommend setting aside dedicated periods of the day for arts and crafts, word games, role play, board games, sports, puzzles, charades and other screen-free activities to maximize quality time for families, which will benefit both kids and adults.

For inspiration and play ideas, visit TheGeniusofPlay.org or follow @GeniusofPlay on Facebook and Instagram.

—StatePoint

Improve Memory, Mental Development

There's a pleasant, easy way parents and teachers can improve their own memory and mental development and help their children do the same.

How? Simply by reading at least 15 Pages A Day in print.

Expert Advice

"Reading, like playing a musical instrument or exercising, involves habit," explains Dr. Naomi Baron, professor of linguistics at American University. She studied students in the United States and found students who read digitally are more distracted.

"Ninety-two percent of U.S. students found it easiest to concentrate when reading a hard copy,"

said Dr. Baron. "Students tell us they remember more when reading in print, spend more time when reading print and read more carefully than with digital texts."

Adds Daniel Willingham, professor of psychology at the University of Virginia, there's a "cost to comprehension when students read from a screen."

What To Do

To exercise your brain, pledge to read at least 15 Pages A Day in print. Share your involvement and invite friends to take the pledge using #15Pages on social media.

Why It Matters

• The American Library Association says "students who read

independently become better readers, score higher on achievement tests in all subject areas, and have greater content knowledge than those who do not."

• Reading aloud for 15 minutes a day aids language development, instills a love of reading, and increases understanding of how knowledge is gained and shared.

• Current research indicates that taking notes by hand on paper aids memory and recollection.

• According to another recent study, "people who regularly read and write have a markedly slower decline in memory than people who don't."

—North American Precise Synd. Inc.

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School: Tips Is Your Child Using Their Device Safely, Responsibly?

continued from page 7

4. Consider enrolling your child in a mentoring or an after-school program. When kids work with mentors, they learn about the importance of attending school every day.

With an additional support system in place, kids learn strategies to address their day-to-day challenges. Similarly, when kids get involved in afterschool programs, they are more likely to feel connected to their school communities and are less likely to be absent.

5. Visit AbsencesAddUp.org for information on the impact of absences and resources to help prevent them in the future. On the website, you'll learn how to help children who are struggling in school, being bullied, managing chronic illness or dealing with mental health challenges.

Additionally, the site also provides parents with resources to assist with caregiving, housing and food challenges.

• Learn More

Families can visit AbsencesAddUp.org to find resources and tips that can help them through many challenges, whether their child isn't feeling well, their family is struggling with housing, or anything in between.

—North American Precis Synd. Inc.

Does your child have a digital device? If so, they are in good company. Fifty-three percent of children own a smartphone by age 11, and 84 percent of teenagers have their own phones, according to Common Sense Media.

While there are many great benefits to being digitally connected at a young age, there are certain issues families should address. Consider these suggestions for safer, more responsible mobile device use:

1) Discuss Privilege and Trust. Have a casual, open-ended chat with your child about the privilege and responsibilities of device ownership. Ask questions about whether their friends own devices, and what they're most excited to use it for.

2) Set Clear Agreements. Setting clear rules about device usage is essential. Depending on your child's age, you may agree that the device only to be used for certain purposes (for example: contacting you, FaceTiming relatives, doing homework).

Even with older kids and teens, it's important to discuss appropriate online behavior, healthy digital habits and "screen etiquette." Consider putting together a "con-



ISTOCK VIA GETTY IMAGES PLUS

For peace of mind, be sure your child is using their digital device safely and responsibly.

tract" to be displayed somewhere visible.

3) Buy a Protective Case and Warranty. Devices are easy to lose or break — especially by kids. Consider buying a durable case and screen protector as additional presents, and definitely purchase a

warranty through your carrier or a third party.

Finally, make sure you have a location monitoring app installed on your child's device, which offers peace of mind, saves headaches coordinating pickups and can help you locate lost devices in

a pinch.

4) Download a Parental Guidance App. Download a parental guidance app onto your own device, such as OurPact, which allows you to install a simple profile on your child's device. Then, you can remotely set up automated

schedules for when internet and apps are unavailable, or block access manually to the device for a specified period of time.

With such features as URL whitelisting and blacklisting, daily screen time allowances and iMessage/SMS blocking, you can be engaged with how your child uses their device, letting you enjoy the peace of mind knowing they aren't playing Angry Birds or Fruit Ninja past bedtime when they should be snoozing.

Available at the iOS App Store and Google Play Store, parents can also sign up for an account at www.ourpact.com.

5) Screen Applications for Quality. Make sure all apps installed on your child's device pass your approval. It's good practice to have the App Store blocked using a tool like OurPact. This way, when your child wants to install a new app, you can research it together.

6) Practice What You Preach! Kids are more likely to respond to actions over words, so make sure that you're setting a good example. Never text and drive. Make eye contact when you talk. Last but not least: always put relationships — especially with your children — before devices.

—StatePoint

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REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



'Concierge Services' Improving the Home Improvement Process

Fueled by cable TV home improvement shows, home buyer expectations have been steadily increasing.

Realtors, scrambling to help sellers improve their properties and maximize potential selling prices, frequently encounter pushback when discussing escalating buyer tastes.

While some homeowners are reluctant to invest in upgrades, thinking future owners might rip out newly installed items to decorate in their own tastes, other sellers are struggling with a more fundamental issue:

Funding. Many sellers today understand the need for preparing their home for the market. A quick discussion with any potential seller reveals that, by the time they meet with a Realtor, they have already started the search for a replacement property.

This means they have looked at a fair amount of homes online and are aware of the impact generated by homes that are properly prepared and beautifully staged.

While it is one thing to grasp the need for property preparation, it is a far different thing

to figure out how to make it happen.

To facilitate, larger real estate teams are providing project managers who walk sellers through the prep process. Cathy Petersen, a Property Prep Coordinator for a local real estate team states, "My goal is to meet with the client, determine how to maximize the property's potential in the most cost-effective manner, produce an improvement budget and then manage the prep process for the client from beginning to end."

She continues, "Our goal is to make the process as stress-free as possible – we ask clients for a set of keys and then manage the project while they are off at work or away doing other things."

This again brings us back to the fundamental issue: who pays for the improvements?

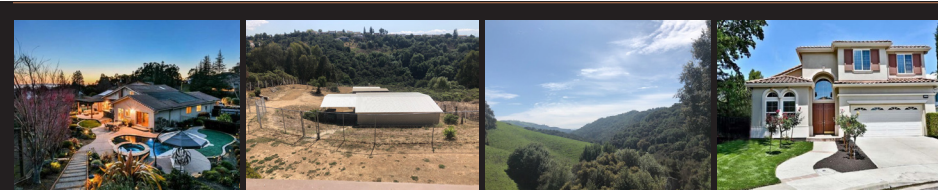
While it is ideal for the homeowner to carry the costs, in some cases, that is impossible. Consequently, some Bay Area real estate companies are rolling out new levels of service which include fronting the improvement costs and being repaid at the close of escrow.

These new levels of support are being called, "Concierge

Services" and new players are emerging weekly. While it is true that many Realtors have provided this level of support for years, individual agents do not have the deep pockets of some of the new players and may find it very hard to compete long term on any kind of scale.

Understand the need to improve and want the easiest path forward? Think "Concierge."

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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Salvaging Old Paint Brushes

By Samantha Mazzotta
Special to the Forum

Last summer, I repainted the garage. Because I had plans to paint some other rooms, I wrapped up the rollers and brushes in old plastic shopping bags to keep the paint damp. And then ... I forgot about them. This morning while cleaning my workspace, I found them again. The paint has hardened to stone. Can I save the brushes

and rollers, or do I need to just buy all new stuff?

I'm not going to judge. I've let far too many paint-laden brushes dry out myself when I got distracted. But you should definitely try to salvage the brushes and rollers before shelling out money for new paint supplies.

First, confirm what kind of paint you used in the garage last

summer by checking the label on the cans of leftover paint. It most likely was latex-based interior paint, but oil-based paint is still in use.

The good news is, latex is the easiest paint to clean up, even when it's been dried on for some time. Don't use solvents like turpentine, alcohol, gasoline or anything else to clean latex, and don't listen to anyone who insists you use these chemicals.

To clean latex paint off your brushes and rollers, fill a pail or utility sink with warm, soapy water. (Plain dish soap is fine.) Peel the plastic shopping bags off the brushes and discard them. If pieces of the plastic stick to the rollers or brushes, just leave them on, rather than potentially damaging the brushes by trying to pry them off. Drop the brushes and rollers into the soapy water and let them sit for at least 20 minutes.

Check to see if the dried latex is loosening up, being careful not to bend or tug at the bristles

of the paintbrushes. If they're still stiff with paint, the bristles could fray or break. Keep soaking them, checking every 20 minutes or so, until the latex loosens from the bristles and roller sponges, and you can easily push it off the brushes.

(If the brushes are still stiff or have bits of paint stuck to them, try soaking the bristles in boiling-hot white vinegar for about five minutes, then run a stiff nylon or plastic brush (never metal) through the bristles.)

Rinse the soapy water off, shake or spin the rollers and brushes to get rid of excess water, and let them dry on sheet of newspaper or clean towels.

Oil paint is a different matter. If you used oil-based paint and it has dried, you can try salvaging the brushes by soaking them in mineral spirits or paint thinner for several minutes. Make sure the room is well-ventilated, and that you wear gloves and eye protection during this process.

Roller sponges with oil paint dried on them may not be salvageable but if you need to pry them off the roller handles, apply mineral spirits or paint thinner to the ends to loosen the dried paint.

Finally, store rollers upright and either hang brushes up or store them in a clean paint can, handles down and brushes upward.

Home Tip: To easily hang up paintbrushes, run a wire or twine across the front of a storage shelf and either thread the brushes onto the wire by the holes in their handles, or attach pegboard hooks to the wire and hang the brushes from them.

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4208 Lawrence Drive	94546: \$897,500 3 BD - 1,760 SF - 1958		
TOTAL SALES:	3		
LOWEST AMOUNT:	\$720,000	MEDIAN AMOUNT:	\$745,000
HIGHEST AMOUNT:	\$897,500	AVERAGE AMOUNT:	\$787,500
San Leandro			
242 Caliente Drive	94578: \$500,000 3 BD - 1,245 SF - 1980		
16600 Hannah Drive	94578: \$563,000 2 BD - 850 SF - 1947		
14419 Seagate Drive	94577: \$585,000 2 BD - 1,346 SF - 1984		
1319 Lillian Avenue	94578: \$637,000 2 BD - 1,066 SF - 1947		
1326 Manor Boulevard	94579: \$703,000 4 BD - 1,611 SF - 1951		
805 Maud Avenue	94577: \$705,000 3 BD - 1,152 SF - 1945		
326 Dolores Avenue	94577: \$715,000 2 BD - 1,216 SF - 1923		
865 Emerald Avenue	94577: \$752,000 4 BD - 1,503 SF - 1946		
TOTAL SALES:	8		
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HIGHEST AMOUNT:	\$752,000	AVERAGE AMOUNT:	\$645,000

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53						54				55		

ACROSS

- 1 Cleans the floors
- 5 Pouch
- 8 One of the Three Bears
- 12 Admitting customers
- 13 Time of your life?
- 14 Change for a five
- 15 Draped dress
- 16 Sailor
- 17 Western state
- 18 Deceptive
- 20 Melody
- 22 Lengthwise, to 16-Across
- 26 In spades
- 29 Actress Farrow
- 30 Mai ___ (cocktail)
- 31 Exceptional
- 32 Corral
- 33 Check
- 34 Film trickery, for short
- 35 One of the Brady Bunch
- 36 Cartoonist Trudeau
- 37 Everywhere
- 40 Surround
- 41 Attachments
- 45 Blunder
- 47 Rowing need
- 49 Help in crime
- 50 Padlock fastener
- 51 Oilfield structure
- 52 Fourth dimension
- 53 Vocal comeback
- 54 Hearty brew
- 55 Surmounting

DOWN

- 1 Rolling stone's lack
- 2 Colorful fish
- 3 Graceful woman
- 4 Cold symptom
- 5 Attendant of Bacchus
- 6 ___ Khan
- 7 Foolproof
- 8 100 pence
- 9 Enemy of an "army"?
- 10 Shade of green
- 11 Shade of blonde
- 19 Plaything
- 21 Actress Merkel
- 23 Make corrections
- 24 Equitable
- 25 Wee
- 26 St. Louis landmark
- 27 Creche trio
- 28 Annoyingly proper
- 32 Internet radio provider
- 33 Numbers to be crunched
- 35 Cookie container
- 36 Deity
- 38 Ballerina in "Fantasia"
- 39 Ginormous
- 42 Last write-up
- 43 "Finding ___"
- 44 Flight component
- 45 That girl
- 46 Fond du __, Wis.
- 48 Have something

ANSWERS ON PAGE 4

LETTERS

TO THE EDITOR
FREDZ@EBPUBLISHING.COM

Homeless Cancer Victim

Editor:

I am writing on behalf of a gentleman named Ronald Swart. I've had the pleasure of meeting him recently and learned about his story. Ronald has been homeless for 4 years in C.V. Ronald, is a exception due to the fact that he is currently suffering from Stage 4 Throat Cancer, which was diagnosed approximately 2 years ago and his health and prognosis on the streets is dire.

He is currently undergoing

his second round of chemo and is about to start radiation treatment. He has been signed up with Abode Services now for 2 years with no follow up from them as far as his housing assessment and need currently.

I'm taking a personal interest to advocate for him since I myself have battled cancer and know the struggles that he is enduring. I cannot sit by and watch this mans quality of life diminish at a faster rate due to the circumstances of being homeless and on the streets.

I just learned that Abode has recently placed another person in housing from the same area and this person was not in critical need.

Ronald should be considered high priority and housed at a expedited rate, but that has not happened. I'm writing this letter to bring this case to everyone's attention so this man can be given a chance like everyone else who is battling this horrible disease.

His housing problem is still real and not addressed. I'm advocating for him since all his energy and focus just being able to battle this horrible disease. I'm being a loud voice for him so hopefully he will be in a home where he can win this fight he deserves that

opportunity.

The streets will be his demise and this matter is extremely urgent. This letter is also going to be forwarded to city and county officials. Please feel free to e-mail me at crazygrandmala@gmail.com. Thank you for your time.

—Michelle Valenzuela-Nelson,
Castro Valley

Impeachable Offenses?

Editor:

Think about it.

There have been several Letters to the Editor in response to Mr. Hauer's letter calling Trump's impeachment unconstitutional.

It's hard to believe anyone can reach that conclusion when 3 out of 4 constitutional scholars, under oath, state the charges against Trump were impeachable offenses.

In support of these findings, 1,500 constitutional scholars, lawyers and judges signed a letter in agreement with these findings.

I do have to acknowledge, however, Trump fulfilled his campaign promise to drain the swamp; only to replace it with his cesspool, which he is in up to his neck.

—Fred Kopperdahl
Castro Valley

No Crimes Committed?

Editor:

The Constitution requires that impeachment should only occur if a president has committed a crime. Impeachment is not merely "a political question," as many Democrats claim. And the vague accusations in the articles of impeachment ("abuse of power" and "obstruction of Congress") do not constitute

"high crimes and misdemeanors."

Some Anti-Trumpers claim that the difference between common law crimes and statutory crimes is somehow important when interpreting the phrase, "high crimes and misdemeanors." That's absurd. A crime is a crime, regardless of whether it exists at common law or by statute. And President Trump's phone call to Ukraine was not a crime under either type of law.

At the Constitutional Convention of 1787, the Founding Fathers debated the reasons for impeachment. They decided not to include the terms "corruption," "malpractice" (i.e. abuse of power) or "maladministration" (i.e. incompetence). Such reasons were too vague, and they might be used to impeach a President for political reasons. That would enable Congress to control the President, and that would violate the separation of powers.

James Madison observed that the delegates roundly condemned the English tradition of using impeachment as a political weapon. The English Parliament had a bad habit of impeaching officials they simply disliked.

For this reason, George Mason of Virginia suggested limiting impeachment to criminal acts, so he proposed the language, "high crimes and misdemeanors." The other delegates agreed. That's why only Presidents in American history who were ever impeached, were impeached for crimes.

House Democrats have violated 230 years of Constitutional law. The articles of impeachment do not list any

crimes. Therefore, this impeachment is unconstitutional. It's an illegal coup attempt, regardless of what the left-wing media tells you.

—Peter Hauer
Castro Valley

Trump Premonitions

Editor:

OK, Mr. Charles Scott ("Amazed by the Liberal Mind," Letters, Jan 8), if you want some premonitions why Trump will be defeated, it's because of his constant lies. According to the "Fact Checker" 15,413 false or misleading claims over 1,055 days so far, on the job! 58 people that have resigned or been fired in his administration, a record.

This liberal who voted for Bush twice says this climate denier to Stormy Daniels, the "Chosen One" like Trump calls himself, will not rise again.

—Jack Gayle
Castro Valley

Genetic Influence

Editor:

Wow. Maya Forstater, a 46-year-old U.K. tax expert (who is also trained in biology) was fired from her job for saying "men cannot change into women."

Science (biologically based factual research) confirms tremendous differences between the sexes. Facial perceptions, play methodology (group sizes, taking turns, collaboration), expressions of aggression, conflict management, child interaction, visual perception (sight), hearing, risk taking - all of these characteristics are genetically influenced and cannot be arbitrarily altered by mere desire.

Her declaration was described as "offensive, exclusionary, fear-mongering, transphobic" (what? fear has *nothing* to do with this). Maya is no bigot (please remember the proper definition). She merely states "Sex is a material reality which should not be conflated with gender or gender identity."

Or to paraphrase J.K. Rowling who chimed in, "Dress however you please. Call yourself whatever you like. Sleep with any consenting adult who will have you. But force women out of their jobs for stating sex is real?"

Maybe someday in the future there will be a medical device that can change an "X" chromosome into a "Y" and vice versa. Anything is possible (heck there was even a Star Trek novel based on that concept). Until that day surgically adding or subtracting body parts, changing clothing or hairstyles, or injecting hormones has no bearing on one's DNA and therefore one's genetically determined biological sex.

It is a sad day for those who uphold basic science over political correctness. The latter has trumped the former. "Tolerance" as envisioned by LGBTQ activist continues to be a steamroller on a one-way street flattening anyone who dares to speak their honest and informed opinion,

—Stacy Spink, Castro Valley

Obituaries

CASTRO VALLEY FORUM OBITUARIES

may be emailed to: obits@ebpublishing.com or faxed to: 510-483-4209.

Please include a phone number. For help, call Patrick Vadnais at 510-614-1558.

The Forum is delivered to more than 99% of homes in Castro Valley.

Ruth Williams

Ruth Williams passed away on December 29, 2019 at her home in Castro Valley CA, from complications of Alzheimer's. Ruth was born in Oakland, California on February 22, 1933. She was a secretary, "girl Friday", at Parker Electric in Oakland for 37 years. She enjoyed traveling many places with her partner of the last 32 years Bill Quarry. She especially enjoyed cruises with her partner, most of all a cruise through the Baltic Sea to Russia. She enjoyed working in her yard at home. Ruth was also a lover of animals, especially her dog named Ewok, and her cat named Lola. She was a champion of many animal charities. She is survived only by her grandson Joseph Martin. Her longtime good friend Frank Gere helped see her through her last days. Many thanks for the loving caregiving by Tammy Caraballo and Jackie Hernandez. Also thanks to hospice of Alameda.



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Martha Jane
(Walters) Carlos

February 5, 1936 - January 8, 2020

Jane passed away peacefully on Wednesday January 8th. She was born in Dayton, Ohio and moved to Phoenix, AZ at age 11. She married Louis in 1955 and then moved to San Leandro, where she lived for 65 years. She graduated from Cal State Hayward with a BA in English and a teaching credential. She taught students with learning disabilities for 25 years in the Dublin Unified School District.

Jane was predeceased by her husband of 60 years, Lou. Jane is survived by her daughter Susan Elliott and son-in-law Matt Elliott; daughter Sharon Carlos; grandchildren Adam Elliott, Ashley Grenier, Alli Hartmeyer, Katy Elliott, Tim Grenier, and Phil Hartmeyer; great-grandchildren Jacob Grenier, Wyatt Elliott, Emily Grenier, Tessa Elliott, Riley Grenier, and Ozzy Elliott; and many other family and friends.

Jane loved visiting with her grandkids and great-grandkids. She enjoyed reading, watching movies, and traveling, especially to the ocean and redwoods. A funeral service will be held at St. Felicitas Church, 1662 Manor Blvd. in San Leandro on Monday, Jan. 20 at 10 a.m. Services arranged by Santos-Robinson Mortuary, 510-483-0123.

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PHOTO BY JIM NEGRİ

Sherwood Named Rotarian of Month

Cliff Sherwood, at right, was named Castro Valley Rotarian of the Month for January by Club President Todd Anglin at the club's meeting on Jan. 7. Sherwood, a member of the club for 37 years, was recognized for his leadership and involvement behind the scenes. He is assisted in his many activities by his wife Billie, who is always supportive of all of Cliff's commitments.

Fame: Track And Soccer

continued from page 2

soccer. But in the next breath, she admits her No. 1 prep-sports highlights came from track, where she set school records in the 400 and 800 meters.

"The thing that sticks out the most (from my high school career) is the success I had in track," she notes. "Mostly that's because it was just something I did on a whim. It ended up every time I competed at a higher level, I got better and better."

Medrano cut back to two sports at Davis — soccer and track — and eventually to one (soccer) as she committed more and more time to her studies. She did neither as a senior, focusing on her pre-med studies. She went on to get advanced degrees at San Francisco State and UCSF, and now, at age 36, a job at Stanford.

"Being a dual-sport athlete in college, that was a big accomplishment," she says proudly. "That wasn't easy mentally, socially or physically on my body. But it's not necessarily something other people do, so I'm proud of that."

Medrano still plays high-level soccer today in adult competition, and continues to have split interests. She's now training for the New York Marathon in November.

ATHLETE OF THE WEEK

Joshua Seganish

This weeks Athlete of the Week is Joshua Seganish, a fifth grader at Redwood Christian Elementary School, who finished 58th out of 306 in National Track and Field Cross Country Meet on Dec. 14 in Madison, Wisconsin in the 9-10 year-old Division of the 2019 National Junior Olympics USA Track and Field cross country meet (3K distance) against runners from throughout the United States. The weather was freezing cold in Wisconsin and cloudy, which made the national meet quite a challenge! Josh had finished 3rd in Fresno on Dec. 1, which allowed him to compete in the national race. He runs with the California Grizzlies Running Club and is coached by Mike Exton.



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By-----, Deputy
FILE NO. 566645-647

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the businesses:

(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

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FILE NO. 566576

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Paris Flea Market at 535 Leisure 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

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Expires DECEMBER 17, 2024

JAN 08, 15, 22, 29, 2020

0202-CVF

FILED
JANUARY 09, 2020
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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

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Expires JANUARY 09, 2020

JAN 15, 22, 29, FEB 05, 2020
0206-CVF

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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

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Expires DECEMBER 26, 2024

JAN 08, 15, 22, 29, 2020

0203-CVF

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JANUARY 03, 2020
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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

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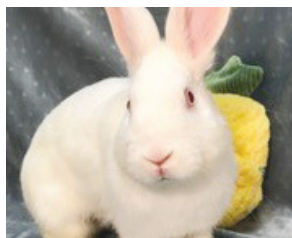
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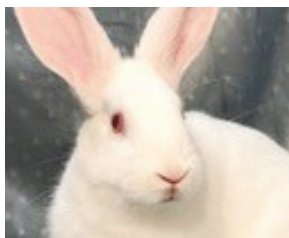
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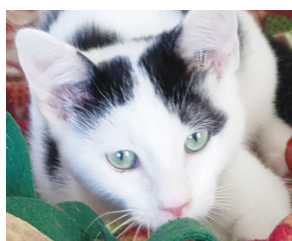
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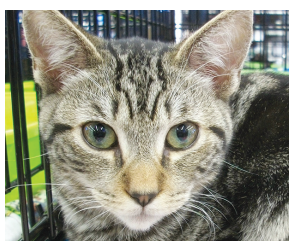
ALYSSA, a young bunny, arrived at the shelter last June. She's quite social and loves Timothy hay. Spayed and ready for a loving family. Hayward Animal Shelter, 510-293-7200.



PANSY also arrived at the shelter last June. She's also very social and can't pass up an occasional treat of apple or banana. Spayed. Hayward Animal Shelter, 510-293-7200.



BAXTER, a white and black Turkish Van mix with gorgeous green eyes, and his brother **BRUNO**, a handsome, dark Tabby, are 4-months-old. Both are sweet, playful, affectionate and comfortable with cat-friendly dogs. Neutered, vaccinated, microchipped and FIV/FelV negative. For more information on either cat, please email: Loveallpawzrescue@gmail.com.



Celebrate Women! Opens This Friday

By Winnie Thompson
SPECIAL TO THE FORUM

Celebrate Women! an art show presented by the Diablo/Alameda Branch of the National League of American Pen Women – runs Jan. 17 through March 5 in the John O'Lague Galleria in Hayward City Hall. A public artists' reception will be from 5:30-7:30 p.m. on Friday, Jan. 24.

This third annual Celebrate Women! art show will present a collaboration of 16 very accomplished artists, musicians and writers, some of whom have achieved international acclaim.

Celtic singer and harpist Margaret Davis, songstress Debra Nimmer, and classically trained pianist and lyricist Mary Fineman always delight audiences. A Certificate of Appreciation will be awarded to Nancy O'Malley, Alameda County District Attorney by art show co-chairs Usha Shukla and Winifred Thompson.

In 1897, when women were routinely excluded from professional groups, the National League of American Pen Women was established to create support and inspiration for women. Members included Pearl Buck, Georgia O'Keefe and Eudora Welty. Eleanor Roosevelt, a prolific writer, was an enthusiastic Pen Woman while in the White House and beyond. Nationwide, more than 1,600 members meet at 81 branches for support and inspiration.

Celebrate Women! is sponsored by the Hayward Arts Council which stimulates interest in visual and performing arts, promotes opportunities for artists to exhibit and encourages public participation. Winda Shimizu is Executive Director.

Karis Yoo is curator of John O'Lague Galleria. Visit www.haywardartscouncil.org for more art exhibits and art education programs.

Winnie Thompson is past board co-president of Hayward Arts Council and president of the National League of American Pen Women – Diablo/Alameda Branch.



"Welcome to my Garden," watercolor by Castro Valley artist Winnie Thompson on view during "Celebrate Women!" exhibition by the National League of American Pen Women – Diablo/Alameda Branch at John O'Lague Galleria at Hayward City Hall until March 5.

REPAIR WORKSHOP



CVSan's Fixit Clinic with Bike Repair and Clothing Swap

Saturday, February 8th

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Fixit Clinic: Actively participate in the (potential) repair of your non-working items (electronics, small appliances, toys, etc.) with the help of our repair-savvy, volunteer Fixit Coaches! Helpers from the Bay Area Bike Mobile and Bad Business Model Bikes will be on-site. Tools and workspace will be provided.

Clothing Swap: Bring clean, gently worn clothes to "swap" or bring sewing supplies to repair clothes with the help of a Fixit Coach.

Fixit Coaches needed! If you would like to help others fix things, sign-up as a volunteer Fixit Coach by contacting CVSan below.

Registration: Registration is encouraged but not required; walk-ins are welcome! All assistance is first come, first served. Last call for repairs will be at 3:30 pm so please arrive early.

To register or volunteer as a Fixit Coach, email contact@cvsan.org or call 510-537-0757.

Visit www.cvsan.org/ZeroWasteWeek for more information on CVSan's Zero Waste Week 2020.



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