



CASTRO VALLEY FORUM

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YEAR 32

WEDNESDAY, FEBRUARY 12, 2020

NO. 7

INSIDE YOUR FORUM

HEALTH



Headache?

You might want to rethink popping a painkiller every time you get one

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NEWS



Swalwell Book

Rep. Eric Swalwell to release book detailing Trump impeachment

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NEWS



Happy 100th!

Rose Finsch of Castro Valley just passed the century mark

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PHONE: (510) 614-1560



PHOTO BY LINDA SANDSMARK

This large pine tree came crashing down at the Mesa Vista Condominiums in the 21100 block of Gary Drive, on the Castro Valley-Hayward border at about 10:30 Sunday morning.



PHOTO BY DEBBIE TEE

Gusts of up to 75 mph brought down power lines and toppled more than a dozen tall eucalyptus trees near Heyer Ave. and Redwood Road during Sunday's windstorm.

Windstorm Blasts Castro Valley

A powerful windstorm with gusts of up to 75 mph pounded the East Bay on Sunday, ripping down trees, knocking out power to some 49,000 homes, canceling flights and strewn debris onto streets and sidewalks throughout Castro Valley.

Power lines fell and more than a dozen large eucalyptus trees were toppled near Heyer Ave. and Redwood Road.

The winds took down a giant pine tree at the Mesa Verde condominiums on the Castro Valley-Hayward border.

Resident Mark Bouchard, who bought his condo about a year ago, said he first thought it was an earthquake.

"There was a loud noise and then a lot of shaking," Bouchard said. "Then there was the sound of glass breaking, so I ran into the kitchen to see if something fell over. Instead, I saw a tree branch breaking through my kitchen window."

The incident happened at the complex's Villa 11 at about 10:30 a.m. Although no injuries were reported,

several condos were damaged.

Interstate 80 was closed in both directions north of Highway 238 for more than an hour in the afternoon because of downed power lines. The Oakland Fire Department responded to more than a hundred calls about downed wires.

Some 20 flights were canceled at Oakland International Airport because of the high wind gusts.

PG&E restored most power to East Bay customers by about 9 p.m. Sunday night.

CORONAVIRUS

Quarantines Effective to Slow Spread

By Linda Sandmark
CASTRO VALLEY FORUM

Coronavirus was the topic of a doctor-led discussion at Castro Valley Library on Monday night.

The overall message was that there's no need to panic at this time, despite rapidly changing information about the contagion's spread.

Longtime Castro Valley physician Dr. Mark Finch, Sr., an infectious disease specialist, said that while the disease is "big news," quarantines in place around the U.S. have done much to arrest its spread.

Corona viruses are so-named for their crown (corona)-shaped spikes when viewed under a microscope. They are common in many animals.

The respiratory virus, whose scientific designation is 2019-nCoV, is thought to have originated in Wuhan, China, where meat from wild and domesticated animals is sold. The first recorded human cases were detected last December.

The possibility of the virus spreading from person-to-person led U.S. officials to establish quarantine areas for people arriving from China, where much of the population is under quarantine. Dr. Finch said a quarantine that extensive has not happened before in his lifetime. "There are efforts going on now to prevent it from getting a foothold outside China."

With an incubation period of up to 14 days, travelers from China may be isolated for up to two weeks so as not to inadvertently spread the virus. Anyone who has been in contact with these travelers and who shows symptoms (cough, fever, upper airway congestion, diarrhea, and later shortness of breath) may be isolated as well.

"I know it sounds scary, but I think we here are pretty well protected," Finch said. "You shouldn't be avoiding people because of their ethnicity."

If by some stroke of bad luck you get exposed to someone who slipped past the quarantine and you become ill, Finch said you should call your primary physician, contact an Emergency Room and explain your symptoms, and — only when the ER is warned and prepared — should you don a mask and go in.

At present there is no vaccine for the virus. People should take the same common-sense precautions as they do in general: avoid contact with sick persons, disinfect surfaces that may be contaminated with germs, wash hands thoroughly, and avoid touching nose, eyes and mouth with unwashed hands.

Dr. Finch reminded the audience that influenza causes thousands of deaths each year, which should be cause for concern. He recommended everyone get a flu shot.

"I get the flu shot every year," he said. "It's a safe vaccine, and prevents severe infection, and death."

Castro Valley Weather Feb. 12 - 16, 2020



Wednesday
Mostly Sunny
High 54° Low 44°



Thursday
Low Clouds
High 52° Low 39°



Friday
Patchy Fog
High 56 Low 41°



Saturday
Patchy Fog
High 58° Low 40°



Sunday
Partly Cloudy
High 61° Low 43°

Almanac

Moon Phases



Past Week's Rain: 00.00
Season To Date: 05.12
Normal To Date: 11.77
Season Average: 21.22



Sun sets at 5:45 p.m. today, rises at 7:03 a.m. Thursday.

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CV SPORTS HALL OF FAME

'Having Fun' is Most Important To CV Swimmer Carson Sand

Tenth 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, at Redwood Canyon Event Center. For details, visit: castrovalleysportsfoundation.org.

By Dave Del Grande
SPECIAL TO THE FORUM



Carson Sand

Considering the records he set and the title some have bestowed upon him as Castro Valley's Greatest Swimmer Ever, Carson Sand sure has some unusual memories.

Like the time his relay team finished in fourth place. And the time he jumped into the University of Texas swimming pool... after the competition was over.

Make no mistake: Sand can still recall learning how to swim in the Cal State East Bay pool, rewriting the Castro Valley High record book, winning NCS titles and earning points toward the University of California's national championship last spring.

But on the eve of his induction into the Castro Valley Sports Hall of Fame, Sand recalled his true driving force in swimming — having fun — something he found was a shared experience rather than a product of standing alone atop a podium.

"I loved swimming for the Castro Valley High School team. It was like a huge family," the 2015 graduate assured. "The social aspect of it ... the dual meets every week, team dinners, getting ready, shaving your head ... that's what kept me coming back. I've always said that as long as I was having fun, I was going to keep doing it. That's the way all sports should be."

A lifelong Castro Valley resident who still lives in town as he trains to become a firefighter, Sand started swimming at the age of 5 while his dad, Mark, coached in the East Bay Bat Rays program that trained at Cal State.

The Marshall Elementary and Creekside Middle School product dabbled in baseball, track and cross country growing up, but early on came to a realization: he was far better at swimming than anything else.

"I'm definitely a water athlete," he observed. "I guess if I had one regret, it's that after I left the high school, they started a water polo team. That's something I might have dipped my toes in."

Sand also dipped his toes in the freestyle, backstroke and butterfly — his winning time in the 2015 North Coast Section 200 individual medley still stands as the third-best in section history — but for the most part concentrated on the breaststroke. That's where he had a second NCS first-place finish in 2015 (with the second-fastest time in section history), where he

earned All-American honors at Cal and where he earned an invitation to the 2016 Olympic Trials.

Unfortunately for a guy once ranked second in the nation in the breaststroke, the Olympic calendar and his own physical development weren't a match. He was just 18 years old when he attended the 2016 Trials, and now four years later, he's one year out of college with a focus more on life outside the pool than in it.

So, no Olympic medals, but plenty of memories. Like that aforementioned fourth-place finish, which came in the 200 free relay at the 2015 NCS meet.

"The year before, we got third place, but we were hoping to win that year, so it doesn't stand out as much," he recalled. "My senior year, being there with three other guys I'd trained with every single day, that made it special. Everyone swam great and we finished fourth, which was incredible."

"The relays always meant more to me than the individual titles. The more people from Castro Valley on the podium, the better."

And then there was the NCAA team title four years later at Texas, which was hosting the event as the four-time defending champions, having edged Cal by just 11 points the year before.

"Those 11 points definitely stuck in our heads all season," Sand said. "We had the meet of our lives. After you win an event like that, you go up on the podium, hold the trophy up and then the whole team jumps in the pool. That moment stands out to me among all the other super-great ones. The win at the end of my senior year was definitely the cherry on top."

see FAME on page 6

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ZERO WASTE WEEK



THE GLEANERS: Five teams comprising 48 volunteers and six staff members from the Castro Valley Sanitary District spread out to 13 sites around town last Wednesday afternoon to harvest nearly a ton of oranges, tangerines, grapefruit and lemons that otherwise might have gone to waste. The produce was donated to Castro Valley food pantries. The annual harvest was coordinated by CVSsan's Jordan Figueiredo.

Neal Named New CEO of Baywood Court

Matt Neal has been appointed as the new CEO of Baywood Court Retirement Community in Castro Valley, succeeding Bruce Udelf, who is retiring.

Neal comes to Baywood Court with more than 20 years of experience managing assisted-living and retirement communities throughout California and Texas.

"We're confident that Matt's experience, leadership, and passion will serve Baywood Court well in the coming months and years," Baywood's Board of Directors Chair Bruce D. Johnson said in a statement.

Neal credited Baywood's "stellar reputation as a well-managed, successful retirement community"

as a principle reason he applied for the position.

"I couldn't be happier to begin the next phase of my career here working with all these amazing employees and residents," he stated "I look forward to helping this incredible community continue to thrive as I settle into this new role and get to know everyone better."

Baywood Court, a nonprofit corporation, was developed more than 25 years ago as a retirement community that provides a variety of levels of care depending on the needs of each resident. It is located at 21966 Dolores St. in Castro Valley.

For more information, visit www.baywoodcourt.org



Matt Neal

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Disturbing the Peace

Monday, February 10: at 12:59 a.m., Sheriff's deputies arrested a 36-year-old man from Newark on suspicion of public intoxication. A call about a person disturbing the peace sent deputies to a home on Farley Street near Ada Street. The man fitting the description was hanging outside the home. Deputies report the man failed his field sobriety test and took him into custody.

Fighting Deputies at Eden

Sunday, February 9: at 12:04 p.m., a 57-year-old woman from Stockton was arrested on suspicion of two counts of assaulting deputies and resisting arrest. Deputies were assisting security at Eden Medical Center on Lake Chabot Road after the woman was reportedly refused to move her car away from a restricted parking zone near the Emergency Room entrance. The woman reportedly became confrontational and assaulted the deputies. She was taken into custody.

Domestic Assault

Saturday, February 8: at 1:33 p.m., deputies arrested a 35-year-old man from Castro Valley on suspicion of assault on a family member and false imprisonment. An anonymous call about a loud argument at an apartment on Forrest Avenue near Clara Lee Lane sent deputies to the scene. The man was handcuffed and taken into custody. The victim was treated at the scene.

Fake Robbery Report Masked Assault on His Ex

Saturday, February 8: at 10:51 p.m., a 20-year-old man from Castro Valley was arrested on suspicion of assault on his ex-girlfriend, false imprisonment, assault with great bodily harm, and filing a false criminal report. Deputies responded to a home-invasion robbery at an apartment on Forrest

Avenue near Clara Lee Lane. The man claimed three men and two women broke in and robbed him of personal belongings. Deputies determined that the man's statement was false and that he assaulted and choked his ex-girlfriend during an argument. The victim showed signs of injury and was treated at the scene. The man was taken into custody.

Suspicious Person Behind a Church

Saturday, February 8: at 11:58 p.m., deputies arrested a 31-year-old man with no permanent residence on suspicion of possession of illegal narcotics and stolen property. The man was spotted behind a church on Redwood Road near Modesto Street. Deputies were originally looking for two suspects which turned into the one man with an outstanding warrant. The man was taken to Santa Rita Jail pending \$5,250 in bail.

Intoxicated Driver

Sunday, February 9: at 5:58 a.m., a 32-year-old woman from Stockton (San Joaquin County) on suspicion of driving while intoxicated

and on drugs. Deputies responded to a disturbance on Forrest Avenue near Clara Lee Lane to find the woman trying to back up her vehicle and drive away. The woman failed her field sobriety test and was taken into custody.

Accused of Breaking Into an ATM

Friday, February 7: at 8:18 p.m., deputies responded to a report of a person breaking into an ATM machine outside a business on East Castro Valley Boulevard at the 580 Market Place shopping area. The man fitting the description was stopped for questioning and charged with possession of stolen merchandise and a stolen debit card. Deputies also report the man had an outstanding warrant. The man was taken to Santa Rita Jail pending \$2,500 in bail.

Suspected Shoplifter Had His Own Drugs

Friday, February 7: at 9:00 p.m., A 41-year-old man with no permanent address was arrested on suspicion of possession of illegal narcotics and related drug paraphernalia. *see REPORTS on back page*

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The Week Ahead

● Wednesday, February 12: Neuropathy Meeting Canceled

The Feb. 12 meeting has been canceled. Meetings will resume in March. Questions? Call Greg 510-886-6758.

● Wednesday, February 12: Sons in Retirement Meeting

SIR Branch 26, an organization of retired men, meets on the second Monday of each month at the Fairview Event Center at Metropolitan Golf Course, 10051 Doolittle Drive, Oakland. Social hour at 11 a.m., lunch at noon. Tomorrow's speaker is Alan Blavin who will share his fishing experiences. To be a sponsored guest, or for more info, call Ken at 510-537-4804. Luncheon cost is \$26, payable in advance.

● Thursday, February 13: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting at 7 p.m. tomorrow in the boardroom at 4400 Alma Avenue. For the agenda and board packet, visit bit.ly/CVUSDBBoardMeetings

● Thursday, February 13: Libertarian Party Meeting

Meet Jamie Dluzak (Libertarian), who is seeking to be a write-in candidate for State Senate District 9 at the next meeting of the Libertarian Party of Alameda County at 7:15 p.m. tomorrow at the Sons of Liberty Alehouse, at San Leandro Plaza, 150 W. Juana Ave., in San Leandro. No membership required. For more info, visit lpac.us

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PRESIDENTS DAY SCHEDULES

Monday, February 17, 2020

Government Operations

All Federal, State, County and City offices will be closed on Monday, except for emergency services.

Business Offices

Financial institutions and stock exchanges will be closed. Most business offices including The Forum will be open.

Stores & Restaurants

Most will be open, but check ahead to be sure.

Public Transportation

BART will run on a Saturday schedule. AC Transit buses will operate on a Sunday schedule.

Garbage Collection

Recycling, organics, and garbage collection services will operate as usual on Monday.

Castro Valley Sanitary District (CVSan) offices will be closed Monday. Call 510-506-5821 for sewer emergencies. For information regarding CVSan services and programs, visit www.cvsan.org.

● Saturday, February 15: Italian Polenta Dinner

The Italian Catholic Federation invites you to a Polenta Dinner with salad, sausage, bread, dessert, wine, soda and coffee for \$35, or \$250 for a table of 8, plus entertainment and raffles on Feb. 15 at Our Lady of Grace Church, 3433 Somerset Avenue. Doors open at 6 p.m. Reservations and payment required in advance. Send check with name(s) of those at your table to Lisa Crudo, 3718 September Ct., Castro Valley, CA 94546. Questions? Call Lisa at 510-861-9835.

● Saturday, February 15: Eden Area Village 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 the community. More info at edenareavillage.org

● Tuesday, February 18: Long-Term Care Presentation

If there's a single unsolved problem in the retirement plans of many adults, it's what to do about long-term care costs later in life. The Castro Valley Library invites you to a free Overview of Long-Term Care by the Health Insurance Counseling and Advocacy Program of Legal Assistance for Seniors, from 12:30 to 1:30 p.m. on Feb. 18. Learn what long-term care is, what Medicare and Medi-Cal cover, different ways to get long term care and financing options. No registration is required.

● Friday, February 21: Music for Minors Concert

Save the date — Feb. 21 — for the Music for Minors II Showase Concert from 7 to 8:30 p.m. on Feb. 21 at Harbor Light, 4760 Thorton Ave. in Fremont. Experience many children from MFMI schools coming together in music and movement, featuring the Kids Choir, Taiko drumming and more. Admission is \$5, children under 12 free (must be accompanied by an adult). More info at info@musicforminors2.org

● Tuesday, February 18: Care-Giving: Ask the Experts

Questions about caring for an older adult? Join the Center for Elders' Independence (CEI) from 4-6 p.m. on Feb. 18, at 1850 Fairway Drive in San Leandro for a free, informative and lively panel discussion with doctors, psychologists, social workers and family caregivers (begins at 4:30). CEI supports East Bay seniors 55-plus with multiple health challenges to live safely at home, not in nursing homes. Refreshments, free parking and eldercare resources provided. For more information, contact Dafina Dailey at ddailey@cei.org or 510-318-7136. To register, visit: bit.ly/Feb18experts

● Tuesday, February 18: Rotary Topic: Resource Conservation

Katherine Boxer, executive director of the Alameda County Resource Conservation District, will explain the work of the District in providing technical and educational services for natural resource conservation and agriculture enhancement, at the next buffet lunch meeting of the Rotary Club of Castro Valley from noon to 1:30 p.m. on Tuesday, Feb. 18 at Redwood Canyon Golf Course, 17007 Redwood Road. The cost of lunch is \$15 and reservations must be made by 9:00 p.m. on Sunday, February 16, by contacting Rotary at cvrotary@iCloud.com or 510.402.5123. More information is available at castrovalleyrotary.org.

● Tuesday, February 18: Municipal Advisory Council Meeting

The Castro Valley MAC will hold a land-use meeting at 6 p.m. on Feb. 18 at the Castro Valley Library. Visit acgov.org/bc/cvmac for the complete agenda.

● Wednesday, February 19: Castro Valley Women's Club

Guest Speakers: Carolyn Darcey and René Besold of the Eden Area League of Women Voters will be guest speakers at the next meeting of the Castro Valley Women's Club on Feb. 19 from 1 to 3 p.m.. The public is invited. For info, visit www.castrovalleywomensclub.weebly.com

● Wednesday, February 19: Rose Society Meeting

Master Rosarian and president of the Monterey Rose Society Joe Truskot will speak on Rose Rosette Disease at the next meeting of the East Bay Rose Society at 7:30 p.m. on Feb. 19 at the Lakeside Garden

Center, 666 Bellevue in Oakland. This disease is transmitted by microscopic mites and can devastate a rose garden. Truskot will show how to identify Rose Rosette and discuss ongoing research and potential remedies. Come and enjoy snacks. More info at www.eastbayroses.org

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.

● “Castro Valley High School Choral Pops 2020,” a playlist of your favorite pop tunes, old and new. Come see all 250 choir students in a student-directed, student-designed, student-choreographed showcase on Thursday and Friday, Feb. 13-14, at 7 p.m. and Saturday, Feb. 15 at 2 and 7 p.m. *For tickets (\$15-\$18), see above.*

● **Biotech Engineering**, a free science lecture, will be given at 7 p.m. on Thursday, Feb. 20.

● “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

● “Steel Magnolias,” Robert Harling’s poignant comedy-drama, continues through March 1 at Chanticleers Theatre, 3683 Quail Ave., in the Castro Valley Community Center Park. Through the clouds of hairspray and the buzz of blow dryers, six Southern spitfires swap gossip, wisecracks, and wisdom in this hilarious and heartwarming comedy that explores the bonds of friendship and the strength of women. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. For tickets (\$22-\$27), visit chanticleers.org/ or call 510-733-5483.

● **The Jets Valentine’s Day Concert** will be presented by Curtain Call Performing Arts at 8 p.m. on Saturday, Feb. 14, at the Bal Theatre, 14808 E. 14th St., San Leandro. Celebrate Love on Valentine’s Day with the Legendary Jets Family. For more info or tickets (\$40-\$60-\$98), visit www.BALTheatre.com or call 510-614-7700.

ART GALLERIES, RECEPTIONS & ART INSTRUCTION

● **Studio 820**, the San Lorenzo Adult School Watercolor Class, will exhibit students’ watercolor paintings at the San Leandro Main Library through March 27.

● **PhotoCentral Gallery Annual Juried Exhibition** continues thru March 7 at the gallery (part of the Hayward Area Recreation District) at 1099 E Street in Hayward. A closing party will be held on Saturday, March 7, from 2 to 4 p.m. The exhibit is in both galleries. For more info, visit www.photocentral.org

AT THE CHABOT CINEMA

● **Sci-Fi Rewind**, a week-long series of four classic movies all made in the ’70s and ’80s, will run every day at the Chabot Cinema from this Friday, Feb. 14, to Thursday, Feb. 20. The films, “Little Shop of Horrors,” “The Last Starfighter,” “Close Encounters of The Third Kind,” and “E.T. The Extra Terrestrial,” playing at different times each day in order for most people’s schedules to allow for seeing each film. On Wednesday the 19th, there will be a raffle after the 7 p.m. showing of “Close Encounters of The Third Kind.” Prizes include film-related memorabilia, and a record player donated by One Bad Apple Records. Matinee prices will apply to every showing for anyone with a current student ID. To view a full list of showtimes and purchase tickets online, visit: TheChabot.com.

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 commercial advertising. 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.

HOROSCOPE by Salomé

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ARIES (March 21 to April 19) All that flattery and fawning shouldn't affect any decision you have to make. Keep your focus on the facts and ignore all the hyperbole, especially if it gets uncomfortably personal.



TAURUS (April 20 to May 20) Your Bovine instincts are on the mark about that “favor” you’re being asked to do. Agree to nothing unless you get a full explanation — which you would check out first, of course.



GEMINI (May 21 to June 20) A somewhat unsettled recent period should give way to a smoother time going through the week. Use this quieter time to catch up on matters you might have had to let slide.



CANCER (June 21 to July 22) Feeling a little confused is understandable with all those mixed messages. Take time to list the questions you have. Then present them and insist on answers that make sense.



LEO (July 23 to August 22) Cupid can be very helpful for Lions seeking a love connection. The chubby cherub also brings warm and fuzzy feelings to paired Leos and Leonas who already share a special love line.



VIRGO (August 23 to September 22) Travel is favored this week, whether you'll be globe-trotting or taking a trip to a nearby getaway. You might be surprised (or maybe not) by who wants to be your traveling companion.



LIBRA (September 23 to October 22) Getting advice on your next business-related move is a good idea, but only if your advisers are trustworthy. Get references that you can check out before you make any decisions.



SCORPIO (October 23 to November 21) Getting a boost in your self-esteem is one benefit that comes with a job well done. There are other plusses as well, including being noticed by all the right people. Good luck.



SAGITTARIUS (November 22 to December 21) Make time to deal with family matters, especially where they concern your elderly kinfolk. Being there for them from the start can help resolve problems sooner rather than later.



CAPRICORN (December 22 to January 19) Getting a project started can often be difficult. But the good news is that you won't want for lack of assistance from colleagues who would like to work with you. So, let them!



AQUARIUS (January 20 to February 18) A lot of work-related issues might be raised this week, and you need to be prepared for whatever comes along. Things should be easier when it comes to matters in your private life.



PISCES (February 19 to March 20) What might appear to be a much unwanted change in your life right now could turn out to be a very welcome event after all. Give yourself a chance to see where it might take you.

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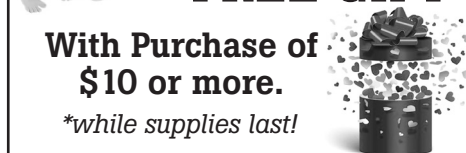
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Is Your Life Full of Headaches? Rethink Popping the Painkillers

By Dr. Suhyun An
SPECIAL TO THE FORUM

Headaches remain a common source of pain in the U.S., but the frequency and severity differ widely among sufferers, and how to avoid headaches altogether is still a head-scratcher.

The first remedy for most people is to take a painkiller. But this may not always be the best or safest option.

Whether it's aspirin, acetaminophen, naproxen, ibuprofen, or another medicine, these can work well — if you don't use them too often.

Using too much pain medicine can make your headache worse and cause other problems as well. And you may also have headaches more often as a result.

You might want to rethink popping a painkiller every time you get a headache. There are other ways to deal with or reduce the frequency of headaches:

Painkiller overuse

Side effects. Non-prescription analgesics, commonly taken for headaches, can have serious side effects if taken too often. For example, if you regularly take acetaminophen (paracetamol) for several days, you could damage your liver. These drugs can also cause kidney problems. Aspirin and ibuprofen sometimes cause gastric bleeding.

Rebound headache. An additional problem you may encounter if you take pain relievers regularly is a medication overuse headache, also known as a rebound headache.



Using too much pain medicine can make your headache worse and cause other problems as well. And you may also have headaches more often as a result.

This is caused by regular, long-term use of medication to treat headaches, such as migraines. It becomes less effective and your headache comes back as soon as the medicine wears off.

If you choose to take a pain reliever, always follow the dosage recommendations on the label.

Non-drug solutions

Make lifestyle changes. Headaches occur for many reasons: lack of sleep, poor diet, stress, excessive computer or phone screen time, etc. Tweaks in your daily routine can reduce the number of headaches or migraines you have. Drink plenty of water, monitor your caffeine and alcohol intake, have a consistent sleep schedule, get exercise, and have a healthy diet.

Tracking your headaches can help you devise lifestyle changes.

Write down when you get one and what you were doing beforehand.

See a doctor. If your headaches get in the way of daily life, it's time to talk to a doctor. The following occurrences should cause someone to seek medical advice: severe headaches that come on quickly; a headache accompanied by fever, stiff neck, rash, confusion, seizure, double vision, weakness, numbness or difficulty speaking; a headache increasing in severity despite rest and pain medication; taking pain relievers more than twice a week; certain actions like bending over or coughing that bring on a headache.

Your primary care physician is a good place to start, but headaches can be complex, and neurologists and headache specialists have special training to help them figure out the type of headache you have and its causes.

Use natural therapies. Many natural therapies can be useful. Your headache specialist may suggest stress management such as relaxation exercises and meditation, physical therapy, cognitive behavior therapy, biofeedback, massage or acupuncture.

Whether or not you suffer from frequent, severe headaches, migraines, or just the occasional tension headache, you should try to limit the use of over-the-counter and prescription drugs. Meanwhile, you should always be vigilant about your lifestyle habits.

Dr. Suhyun An (www.dr-suhyunan.com) is the clinic director at Campbell Medical Group in Houston and an expert on regenerative medicine.

ATHLETE OF THE WEEK

Krystie Gomes

Krystie Gomes is our Athlete of the Week. Krystie is a 6th Grader at Canyon Middle School. She is a fierce competitor in club soccer and club volleyball. She played for four years with the Castro Valley Soccer Club, and most recently, with Association Football Club (AFC), which is a high-level competitive soccer club where she sometimes plays against older girls. Krystie also plays competitive volleyball for UC Elite in Hayward.

Last month, Krystie was diagnosed with Osteosarcoma bone cancer. In August, she started having pain in her leg and visited the doctor, but they found nothing. She was sent to physical therapy, but the leg pain was not improving, and she was losing weight.

Krystie is undergoing at least 10 more weeks of chemotherapy treatment, followed by surgery to remove the tumor after chemotherapy is completed. She will have an additional eight weeks of chemotherapy following her surgery.

When Krystie is not on the field or court, she is always singing and dancing and loves to do her hair. Krystie is the youngest of four children of Kathy Feder and Kenny Gomes from Castro



Valley. The family says Krystie always has a smile on her face and a positive attitude.

A GoFundMe.com page has been set up for overwhelming medical expenses by a family friend, Linda Willits. The page is entitled, "Campaign for Krystie." <http://www.gofundme.com/campaign-for-krystie>

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Eden Seeks Family Help Volunteers

Eden Medical Center, a Level II Trauma Center in Alameda County, is looking for volunteers to build its Family Support Services group. These volunteers serve as a liaison between family, physicians and other medical staff and concentrate on providing comfort and emotional support to family members at the hospital.

To qualify, candidates must display a friendly, positive, helpful and professional attitude, work well with patients, family members and staff, and be able to make a one-year commitment.

Anyone interested in applying should email Meri Johnson-Wicks at johnswm@sutterhealth.org or call 510-727-3124.



MAKING WAVES: Carson Sand helped the Cal swim team win an NCAA championship.

Fame: CV's Carson Sand

continued from page 2

Despite having graduated from Cal — and from competitive swimming — in December, the 22-year-old admits, "I still love the pool. Swimming will be part

of my life for the rest of my life."

Now it's on to firefighting, for which he will be attending the Fire Academy at Chabot College. "I just think this is something I can be really good at," he said.

Free Cancer Workshop at Eden Medical

Eden Medical Center is continuing its partnership with the Cancer Support Community in 2020 by offering a series of free support groups and quarterly free cancer workshops.

The first workshop will be "Gentle Restorative Yoga" from 5:30-7:30 p.m. on Thursday, Feb. 27, when those attending will learn how breathing and gentle movements promote healing and restore the body. This form of yoga is also one of the best ways to fight fatigue

and restore strength and balance.

If you are going through cancer treatments, are on the road to recovery, or are a caregiver, this class is for you. Madelyn Kimball, a certified yoga trainer, will share her knowledge during this session.

All workshops are held on the second floor of the Eden Medical Center's Medical Office Building at 20101 Lake Chabot Road. Registration is encouraged by calling 925-933-0107.

Mark your calendars for these

upcoming workshops: "Eating for Healing" on May 21, "Yoga for Self-Care" on Aug. 20, and "Sugar, Blood Sugar & Cancer" on Nov. 12, all from 5:30 to 7:30 p.m. Cancer Support Groups are held on the first and third Wednesday of each month from 6 to 8 p.m. also in the Office Medical Building. No registration is needed for these drop-in groups. If you are interested in different workshop topics, please call Eden Medical's Cancer Data Services at 510-727-2718.

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VALENTINE'S DAY



Chicago the Tribute is a group of eight accomplished musicians who create the great Chicago sound with powerful horns, rich vocals and a rockin' rhythm section.

'Chicago the Tribute' Comes to The Center for the Arts Feb. 22

By Terry Liebowitz
SPECIAL TO THE FORUM

"Chicago the Tribute" brings the iconic sounds of "the rock and roll band with horns" to the Castro Valley Center for the Arts, Saturday, Feb. 22 at 7:30 p.m.

Come enjoy an evening of Chicago's legendary hits from the '70s and '80s including "Does Anybody Really Know What Time It is?" "Saturday in the Park," and "Will You Still Love Me."

In their heyday, Chicago ac-

cumulated 23 gold albums and 18 platinum albums. They were inducted into the Rock and Roll Hall of Fame in 2016. Billboard magazine ranked them 13th in top American Artists of all times. Chicago was the first rock and roll group to sell out at Carnegie Hall.

Chicago the Tribute is a group of eight accomplished musicians, based out of the Sacramento area, who create the great Chicago sound with powerful horns, rich vocals and a rockin' rhythm section.

Lead singer Paul Benavidez explains, "To be a great Chicago tribute band, you have to be a great band, period. We bring you that famous fusion of rock, jazz, funk and soul!"

Brian Hack, Tony Odda, Joe Gotch, Andy Delano, Dave Metzker, Greg Burch, and Barry Reynolds round out the band. For ticket information, please see www.cvartsfoundation.org/shows

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

The Lincoln You Don't Know

By Sam Garvin
SPECIAL TO THE FORUM

As we celebrate the 211th birthday of Honest Abe (a moniker he loathed), I thought it important to look at some of the lesser known narrative of Lincoln's amazing life.

Sure, there's that whole abolishing slavery thing and winning the deadliest, most divisive war in American history and being assassinated. But, did you know, he is the only president to hold a patent? Although it was never manufactured, Patent No. 6469 is for a device to lift boats over shoals and can be seen in model form at the Smithsonian.

In 1834, Abraham Lincoln decided to run for office and he had a pretty good motivation that you don't hear from most politicians — his debts, or what he jokingly referred to as his "national debt."

Several failed business ventures, most recently a general store, had him more or less out of work and with notes coming due.

Like millennials today, he turned to the gig economy. He was appointed postmaster for the small town of New Salem, Illinois and was paid about \$175 per year.

His other day job at this time was as a surveyor, despite having

no formal training. He did what anyone would do; he checked out the only book on surveying at the library and another book on trigonometry and taught himself.

Trigonometry. With no calculator. Or teacher.

During this time Lincoln was encouraged to take up the study of law, while running a campaign for the state legislature and — let's not forget — two jobs. Most present-day candidates need an assistant just to get them a hot latte.

Old Abe wasn't about to waste money on tuition or even apply to law school. For Lincoln, it was back to the library. Albeit, a law library this time, but once again he was his own best instructor saying "I studied with nobody."

All that hustle seemed to work, as Lincoln started his first term in 1834 and promptly got himself challenged to a duel by Illinois Auditor James Shields.



A Springfield newspaper had published a letter written by Lincoln that poked fun of Shields. Without Lincoln's knowledge, his then-future wife Mary Todd continued to write similar letters, infuriating the auditor.

A date was set and, this being Illinois where dueling was against the law, a location determined across the river on Missouri's Sunflower Island, which sounds like a lovely place to fight it out to the death.

Lincoln took a novel approach — cavalry broadswords were the weapon of choice and he used his superior arm length to cut a branch above Shield's head just as the battle began. This allowed their seconds (I guess you are allowed to bring a buddy to a duel) to persuade the duelers to put aside their difference since it was really Mary Todd who was doing the writing.

Say what you will about today's political climate, but someday it feels like a return to the duel is just around the corner.

see GARVIN on page 15

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After cooling until firm, use foil to lift candy out of pan. Peel away foil, place candy on cutting board and cut pieces along score lines.

Makes 64 (1-inch) squares.

Let stand until firm; cut into squares. Makes about 80 squares.

2-1/2 cups granulated sugar
1/2 cup water



Cover and cook over medium heat 2 to 3 minutes to wash down sugar crystals from sides of pan. Uncover and cook, without stirring, until candy thermometer

Drop mixture by rounded teaspoonfuls onto a sheet of wax paper. Cool completely. Makes about 1-1/4 pounds of Divinity Fudge.



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Happy Valentine's Day!
I love you!
Love, Mama Bunny

Eric

Happy Valentine's Day to my best friend. I love you baby!
Love your ROO, Meredith

Happy Valentine's Day Gamma!
Love, Your Life Saver

Natalie, Greg, & Jenga

Dear Mom and Egor
Happy Valentine's Day!
I love you so much.
Hugs & kisses ... Elena

Paul

Happy Valentine's Day to my
Love. We'll Be Together Always

Randy, It's been a Happy 1st

Randy, It's been a Happy 1st
year together. Happy
Valentine's Day! - Karen



I will love you Forever and
Always ... Marsh

MAMA

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Les and Don**



To My Love Robert
So happy we have each
others heart forever
Happy Valentine's Day -
Donna



Happy Valentine's Day
to my Love ... We will be
together always ... Sandra

Shannon, and Sarah

Manal, Shannon, and Sarah
You are the best!!!
Thank you for making Room 9
amazing! I love you ... Lisa



Life is Amazing!
I Love sharing it with you
... Stronger Together
LOVE D

Valentine's Day to

Happy Valentine's Day to
my family
Love, Helen



Happy Valentine's Day
my love. Excited for this next
year of adventures.

Swalwell Book on Trump Impeachment

Abrams Press has announced the April 7 publication of “Endgame: Inside the Impeachment of Donald J. Trump” by Rep. Eric Swalwell, whose district office is on Castro Valley Boulevard. According to the publisher’s announcement, the book will take readers behind the scenes of Congress’ courageous defense of the rule of law, following the investigation and impeachment of a

rogue president. With details and stories from inside the Democratic caucus and the Intelligence and Judiciary committees, “Endgame” follows this remarkable, historic march toward justice as it unfolds. Swalwell describes the book as “the story of courage triumphing over corruption to impeach President Trump. “It’s my inside account of

America’s public servants stepping up and Congress taking action to rein in a president who put his own interests over national security and our elections’ integrity. “And while Donald Trump’s Senate fixers rigged his ‘acquittal,’ our effort to hold him accountable was the beginning of the end for his corrupt presidency.” The 256-page hardcover book is listed at \$27.



PHOTO BY CATHY BRESLOW OF BRESLOW IMAGING

Members of the 2020 Redwood Christian High School Homecoming Court (back row, from left) Senior Prince Thunder Reytez (Trey) Gallarzan of San Leandro, Homecoming Queen Ashleigh Nicole Johnson of Richmond, Homecoming King Xavier Cherry of San Leandro, Senior Prince Danny Barquero of Hayward; (front row) Senior Princess Olivia Clausen of Castro Valley, Senior Princess Hannah Stirling of Castro Valley; Junior Princess Netanya Buenrostro of San Leandro, Sophomore Princess Madelynn Francis of Livermore and Freshman Princess Pilar Portillo of San Lorenzo.

Redwood Christian School Homecoming

Redwood Christian High School honored its 2020 Homecoming Court at the Annual Homecoming Games on Saturday, Jan. 18. Homecoming Queen and King, Ashleigh Nicole Johnson and Xavier Cherry were joined by

the rest of the 2020 Homecoming Court in the Bruce D. Johnson Gymnasium on the Redwood Christian Schools Middle and High School campus. King Xavier has been a student at the Redwood Christian Schools since kindergarten.

Each court member was escorted by a parent as the Masters of Ceremonies Redwood Christian Schools Superintendent Dr. Al Hearne and Principal Ben Warner read student-provided information and personal letters written by family members.

Chabot Reservoir Flood Inundation Maps

Inundation maps for East Bay Municipal Utility District’s Lake Chabot and Lafayette reservoirs are now publicly available on the California Division of Safety of Dams’ website. The maps provide information about a hypothetical failure of a dam or its spillway to assist in emergency preparedness and planning. As part of state regulations enacted following the Oroville Dam spillway failure in 2017, California dam owners are required to submit these maps showing poten-

tial flooding that could result from a dam failure. EBMUD relies on 26 dams to store much of the water it supplies to customers, and regularly assesses, upgrades and improves its East Bay and Sierra foothills dams to ensure they are safe. Engineers monitor dams using instruments, monthly visual inspections, and periodic dam safety reviews to protect the public, prevent personal injury, and prevent property damage from dam failures.

The 135-foot high earthen Chabot Dam was initially constructed in 1875 and subsequently upgraded and re-graded in 1892, 1967, and 1980. EBMUD releases water from the Chabot reservoir into San Leandro Creek below the dam. Two emergency spillways drain into San Leandro Creek in the event of high lake levels after heavy rainfall. To learn about EBMUD’s Dam Safety Program, visit: ebmud.com/damsafety

PG&E Submits Plan for Wildfire Mitigation

PG&E submitted its 2020 Wildfire Mitigation Plan to the California Public Utilities Commission (CPUC) on Friday. The plan is designed to address the growing threat of extreme weather and wildfires across its service area, including new grid

technology, hardening of the electric system, accelerated inspections of infrastructure; better vegetation management around power lines; and real-time monitoring and awareness tools to better understand how severe weather can impact PG&E’s system. The company’s 2020 plan includes changes to make Public Safety Power Shutoff (PSPS) events smaller in scope and shorter in duration and to lessen the overall impacts of shutoffs while working to keep customers and commu-

nities safe during times of severe weather and high wildfire risk. These efforts include installing 592 automated devices on power lines to reduce the number of communities without power during a PSPS event, and adding 23 transmission switches capable of redirecting power and keeping substations and transmission lines energized in some areas during a PSPS event. PG&E’s 2020 Wildfire Mitigation Plan is subject to public review and approval by the CPUC.

Henneker on Dean’s List

Lucy Henneker of Castro Valley, a student at Wheaton College in Wheaton, Ill., was named to the Dean’s List for the Fall 2019 semester. To earn Dean’s List

honors at the Christian liberal arts college, an undergraduate student must carry 12 or more credit hours and achieve a 3.5 grade point average or higher on the 4.0 scale.

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By-----, Deputy
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Pursuant to Business and
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Sections 17900-17930
The name of the business(es):
Desserts First at 19774 Louise Ct., Castro
Valley, CA 94546, in Alameda County, is
hereby registered by the following owner(s):
(1) Amanda Rose (2) Deborah Rose, 19774
Louise Ct., Castro Valley, CA 94546. This
business is conducted by Co-partners. This
business commenced in 2012.
/s/ Amanda Rose, Deborah Rose
This statement was filed with the County
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Expires JANUARY 03, 2025
JAN 22, 29, FEB 05, 12, 2020
0209-CVF

FILED
DECEMBER 27, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 566942
**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
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Sections 17900-17930
The name of the business(es):
The Music Company dba TMC Productions
and Fura Bodyworks at 20825 Nunes Avenue
Ste. B, Castro Valley, CA 94546, in Alameda
County, is hereby registered by the following
owner(s): (1) Mel Speed (2) Dayna Speed,
4236 Omega Avenue, Castro Valley, CA
94546. This business is conducted by a mar-
ried couple. This business commenced N/A.
/s/ Mel Speed, Dayna Speed
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.
Expires DECEMBER 27, 2024
JAN 22, 29, FEB 05, 12, 2020
0207-CVF

FILED
JANUARY 3, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567104
**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Math Matters Mentoring at 5259 Proctor
Road, Castro Valley, CA 94546, in Alameda
County is hereby registered by the following
owner(s): Kristine Humphreys, 5259 Proctor
Road, Castro Valley, CA 94546. This busi-
ness is conducted by an individual. This busi-
ness commenced N/A.
/s/ Kristine Humphreys
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.
Expires JANUARY 3, 2025
JAN 29, FEB 05, 12, 19, 2020
0214-CVF


FILED
JANUARY 24, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567839
**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
D’Works at 4549 Edwards Lane, Castro Val-
ley, CA 94546, in Alameda County is hereby
registered by the following owner(s): Bedard
Tax Service LLC, 4549 Edwards Lane, Cas-
tro Valley, CA 94546. This business is con-
ducted by a Limited Liability Company. This
business commenced Jan. 2, 2020.
/s/ Bedard Tax Service LLC
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.
Expires JANUARY 24, 2025
FEB 05, 12, 19, 26, 2020
0216-CVF

FILED
JANUARY 9, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567394
**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Rogue Heart Tattoo at 4243 Omega Ave.,
Castro Valley, CA 94546, in Alameda County
is hereby registered by the following own-
er(s): Marie A. Scherping, 4243 Omega Ave.,
Castro Valley, CA 94546. This business is
conducted by an individual. This business
commenced Jan. 9, 2020.
/s/ Marie A. Scherping
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.
Expires JANUARY 9, 2025
FEB 05, 12, 19, 26, 2020
0217-CVF

FILED
JANUARY 24, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567840
**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Feng Shui Made Simple at 7416 Oxford Cir-
cle, Dublin, CA 94568, in Alameda County is
hereby registered by the following owner(s):
Elissa Palmer, 7416 Oxford Circle, Dublin,
CA 94568. This business is conducted by an
individual. This business commenced N/A.
/s/ Elissa Palmer
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.
Expires JANUARY 24, 2025
FEB 05, 12, 19, 26, 2020
0220-CVF

FILED
JANUARY 24, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567832
**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Boulevard Burger 2 at 3714 Castro Valley
Boulevard, Castro Valley, CA 94546, in Ala-
meda County is hereby registered by the fol-
lowing owner(s): SQUID Inc., 16121 Maubert
Ave. Apt. B, San Leandro, CA 94578. This
business is conducted by a corporation. This
business commenced 05/02/12.
/s/ SQUID Inc.
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.
Expires JANUARY 24, 2025
FEB 12, 19, 26, MAR 04, 2020
0224-CVF

FILED
JANUARY 15, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567587
**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
anaisabelinterpreting at 4848 Seven Hills
Road, Castro Valley, CA 94546, in Alameda
County is hereby registered by the following
owner(s): Ana Isabel Beltran-Wells, 4848
Seven Hills Road, Castro Valley, CA 94546.
This business is conducted by an individual.
This business commenced N/A.
/s/ Ana Isabel Beltran-Wells
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.
Expires JANUARY 15, 2025
FEB 12, 19, 26, MAR 04, 2020
0225-CVF



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Notice?**

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2060 Washington Ave.,
San Leandro**

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		H	E	A	T	D	I	C	E	S
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I	R	A	E	V	A	N	D	O	S	E
T	E	N	D	Y	N	E	S	N	A	G

REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



FEMA and CEA Combine to Lower Earthquake Retrofitting Costs

As we head deeper into 2020, most San Francisco Bay Area residents realize that each day brings us closer to another earthquake.

Whether the next temblor will be a minor event or the much anticipated "big one" is anyone's guess. Prudent homeowners are working now to prevent significant damage to their dwellings regardless of the severity of the next shaker.

In order to improve the survivability of homes during an earthquake, California has instituted significant reforms to its building code.

With many of the world's seismic experts and institutions housed in California, we have seen continual upgrades to the building codes since the 1930's, with the most significant improvements coming after the devastating 1994 Northridge shaker that caused 72 fatalities.

Consequently, homes built to newer building codes are typically connected directly to slab foundations and include numerous shear walls and mechanical connectors throughout.

This still leaves, however, a significant number of homes throughout the region susceptible to earthquake-related damage.

Most Bay Area homes are comprised of wood-frame construction and those most likely to be impacted have crawlspaces which include cripple walls, living areas over garages or, in the case of homes built before the 1950's, may have little or no anchor bolts adequately connecting the home to the foundation.

Older properties with unreinforced masonry walls are also at significant risk.

Homeowners interested in making seismic upgrades to their homes have often faced significant engineering and retrofitting costs.

Hoping to standardize upgrades and lower related expenses, the California Earthquake Authority (CEA) and the Federal Emergency Management Agency (FEMA) have combined forces to produce a two-volume publication entitled Vulnerability-Based Seismic Assessment and Retrofit of One- and Two-Family Dwellings.

A recent news release by the California Earthquake

Authority informs, "Contractors, architects, engineers and skilled homeowners who are planning to retrofit certain types of at-risk residential structures can order the free publication, consisting of a "prestandard" and several plan sets prepared by the Applied Technology Council, by calling (800) 480-2520 or download them at <https://www.fema.gov/media-library/assets/documents/175158>."

Michael Mahoney, Geophysicist for FEMA states, "These publications are a great resource for owners who

want to improve the seismic resilience of their homes." He adds, "Seismic retrofitting may mean the difference between a homeowner being able to live in their home after an earthquake or being forced to evacuate."

It is not a matter of "if" but "when" the next local quake will occur. Wise homeowners will be ready.

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.

Prune Damage After Last Cold Spell

By Buzz Bertolero
Special to the Forum

I've noticed that my passion vines are not looking very good, as the foliage is sparse and brown. They were planted several years ago. I've never pruned them, so when is the proper time to do so?

Passion vine is an evergreen that is sensitive to cold temperatures. The cold causes the foliage to turn brown, and if it gets frigid, we can see some significant structural damage.

It's too early to know if that is the case this year. We've had several cold spells this winter, and there still may be another so I wouldn't be in a hurry to prune off the damage as yet.

This would be the same advice for citrus, bougainvilleas, hibiscus, Mandevilla, and other frost-sensitive plants. The damaged foliage will act as an umbrella to protect the undamaged leaves underneath.

The last date we would expect

frost is March 15, but it does vary from year to year. You could prune off the cold weather damage anytime after that date. Personally, I'd wait until April when I saw the new growth. I'd then know exactly where to cut back.

Passion vines are an aggressive grower so they will take a severe trimming, which is necessary to keep them contained. Ultimately, how far you trim them back is a judgment call on your part.

I'd also pay attention to the growth on the backside of the plant. All too often aggressive

vines are planted on a fence, and unfortunately, they intrude into a neighboring yard. Your neighbor may not be thrilled with the unwanted intrusion so cut this growth off.

Another containment technique is to prune them off at the ground every three to four years.

They're fed annually with Dr. Earth All-Purpose Fertilizer after pruning. I would recommend similar pruning with Jasmine polyanthus, hardenbergia, and trumpet vines. With evergreen vines such as a passion vine, you need to be proactive in maintain-



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Wayne Licsak: 510-303-7765 / wayne.licsak@BHHSDrysdale.com / DRE #01850870

Linda Neff: 510-557-9185 / linda@lindaneff.com / DRE #01495978

Kelly McCoy: 925-786-2681 / DRE #02095209



ing them each year; otherwise, they can get out of control.

Buzz Bertolero is an Advance California Certified Nursery Professional. The Dirt Garden-

er's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com or on Facebook at [Facebook.com/Buzz.Bertolero](https://www.facebook.com/Buzz.Bertolero)

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OPEN HOMES

SAT. & SUN.
FEB. 15 & FEB. 16

CITY	SAT	SUN	ADDRESS	PRICE	BDR./BA.	REALTOR	AGENT	PHONE
C	1-4	1-4	4264 Veronica Ave.	\$649,000	3/1	Berkshire/Hathaway	Cathy Brent	510-381-1065
A	—	1-4	1725 Estudillo Ave.	\$1,449,000	4/4	Robert Jones & Assoc.	Matt Jones	510-357-0120

One-Line Open Home Listings run Wednesdays in the Castro Valley Forum (22,500 circ.) and Thursdays in the San Leandro Times (38,500 circ.) for \$25.

For more information and a listing form, Call 614-1558. DEADLINE: TUESDAY AT NOON.

CITY GUIDE

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



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

RECENT HOME SALES

Castro Valley

3011 Barlow Drive	94546: \$735,000 3 BD - 1,020 SF - 1951
22689 Canyon Terrace	Dr94552: \$768,000 4 BD - 1,607 SF - 1997
19260 Buren Place	94552: \$933,000 4 BD - 1,887 SF - 2000
3054 Todd Court	94546: \$1,070,000 3 BD - 2,629 SF - 1990
TOTAL SALES:	4
LOWEST AMOUNT:	\$735,000
HIGHEST AMOUNT:	\$1,070,000
MEDIAN AMOUNT:	\$850,500
AVERAGE AMOUNT:	\$876,500

San Leandro

1490 Thrush Avenue	94578: \$375,000 2 BD - 749 SF - 1994
1540 Oriole Avenue	94578: \$435,000 2 BD - 1,073 SF - 1922
2511 Outrigger Drive	94577: \$475,000 2 BD - 1,033 SF - 1986
2292 Transom Way	94577: \$520,000 1,125 SF - 1978
137 Savoy Way	94577: \$589,000 1,723 SF - 1978
TOTAL SALES:	18
LOWEST AMOUNT:	\$375,000
HIGHEST AMOUNT:	\$589,000
MEDIAN AMOUNT:	\$475,000
AVERAGE AMOUNT:	\$478,800

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Visit our Websites 24 hours a day
www.sanleandrotimes.com
www.castrovalleyforum.com
2060 Washington Ave., San Leandro, CA 94577

CLASSIFIED AD DEADLINE

New ads, cancellations or ad changes:
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Call 510-614-1558 (Mon. - Fri., 9 a.m - 5 p.m.)
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MISC. FOR SALE

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RENTALS

\$35 10 words
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SERVICES

\$30 10 words
(1 week)

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San Leandro Times/Castro Valley Forum

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Castro Valley Forum/San Leandro Times

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For help or for more info call
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NOTICE TO READERS
California law requires that contractors taking jobs that total \$500 or more (labor or materials) be licensed by the Contractors State License Board. State Law also requires that contractors include their license number on all advertising. Advertisers appearing on this page without a license number indicate that the contractor is not licensed. You can check the status of your licensed contractor at www.cslb.ca.gov or (800) 321-2752. Unlicensed contractors taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

Advertise your Home for rent in the San Leandro Times & Castro Valley Forum
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San Leandro Times

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San Leandro Times / Castro Valley Forum

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castrovalleyforum.com
For help or for more info call
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GENERAL

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Your ad will run in and the Castro Valley Forum on Wednesday and the San Leandro Times on Thursday. **Find help and support your local newspaper at the same time!**
- Thank you -



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Formore detailed information, please visit www.sanleandro.org.
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Patrick V.

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1	2	3	4		5	6	7	8		9	10	11
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51					52					53		

ACROSS

- Docket entry
- Heidi's range
- One's years
- Greatly
- Inquisitive
- Present
- Madison's place
- Exist
- Ardor
- Cuts into cubes
- Extra
- Rover's friend
- Difficult
- Hawk trainer
- Carte lead-in
- Eliot's Marner
- Rotation duration
- Outwardly curved on both sides
- Bouquet holder
- Reed instrument
- Essential points
- Prenatal test, for short
- ___ morgana
- Island neckwear
- Grayish metallic element
- A Gershwin
- Author Hunter
- Medicinal amount
- X rating?
- Force measure
- Unseen hitch

DOWN

- Crow's call
- Clay, now
- "Help!"
- Left an impression
- Actress Paquin
- Missing
- Omega preceder
- Municipal magistrates
- Huge snakes
- Bush opponent
- Rams fans?
- U.K. ref. bk.
- Altar affirmative
- Moby-Dick's pursuer
- "The Persistence of Memory" painter
- Severe
- Linen source
- Basketball team
- Brewery product
- Right on the map?
- Deli loaves
- Took a nap
- Japanese sash
- Food
- Classic muscle car
- Settled down
- Unembellished
- Drescher or Lebowitz
- Zits
- Poison ___
- Charged bit
- Portion of N.A.
- "Family Guy" daughter

ANSWERS ON PAGE 13

CVSan Receives Transparency Award

The Castro Valley Sanitary District (CVSan) was awarded the District Transparency Certificate of Excellence by the Special District Leadership Foundation in recognition of its outstanding efforts to promote transparency and good governance.

"The entire staff is to be commended for their contributions that empower the public with

information and facilitate engagement and oversight," said CVSan General Manager Roland Williams, who called the award "a testament to Castro Valley Sanitary District's commitment to open government."

To receive the statewide award, a special district must demonstrate the completion of a number of essential governance transparency requirements.

'Women's Hall of Fame' Deadline

The deadline is this Friday, Feb. 14, to nominate an outstanding local woman to the Alameda County Women's Hall of Fame, to be celebrated on Saturday, April 11, aboard the aircraft carrier USS Hornet docked in Alameda.

Nominations are being accepted in 13 categories: Business and

Professions; Community Service; Culture and Art; Education; Emerging Leader; Environment; Health; Justice; Non-Traditional Careers; Science, Technology, Engineering; Sports and Athletics; Philanthropy; and Youth. For complete information or to submit a nomination, visit www.acgov.org/

Spectrum Senior Meals

Low-cost lunches are available at the following Castro Valley locations at noon on the listed days. For lunch reservations, please call 24 hours in advance. Suggested donation is \$3.75. No registered senior over 60 will be refused a meal due to lack of funds.

• **United Methodist Church**
19806 Wisteria Street
Tuesdays
510-581-5073

• **Aitken Senior Center**
17800 Redwood Road
Monday thru Wednesday
510-881-6738

MENU

Monday, Feb. 17
Closed for Presidents Day

Tuesday, Feb. 18
Chicken Gumbo with Okra, Red Beans, Brown Rice, Pear

Wednesday, Feb. 19
Albondigas Entree Soup, Tossed Vegetable Salad, Grapes, Cake

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. Email Letters to: fredz@ebpublishing.com, or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

LETTERS TO THE EDITOR

FREDZ@EBPUBLISHING.COM



Dangerous Eucalyptus Trees

Editor:

A couple of years ago The Forum published my letter asking for help in convincing our elected politicians that Eucalyptus trees are a threat and they should be removed.

I also wrote to Supervisor Nate Miley, Louis M. Andrade (HARD Board President), Dennis Waespi (Board Member, East Bay Regional Parks), Alameda County Sheriff Gregory J. Ahern, Fire Chief David A. Rocha, Assemblymember Bill Quirk, State Sen. Robert A. (Bob) Wieckowski, Rep. Eric Swalwell, and U.S. Senators Dianne Feinstein, and Kamala Harris. Only Bill Quirk's office acknowledged receipt.

Two years later these errantly planted non-natives have grown a little larger, more combustible materials have accumulated around their trunks, rainfall is less than normal, and the chance of a devastating wildfire like Coffey Park, Paradise, or much of Australia has increased.

On today's news was another reason to remove these invaders: Eucalyptus being blown down by wind. It borders on the miraculous that nobody was killed or injured when one of these monsters fell across busy Heyer Avenue.

Again, I urge Castro Valley voters to contact their elected representatives and press for the removal of these ticking time bombs.

—Richard Cox, Castro Valley

Urges a Yes Vote on Measure I

Editor:

This Castro Valley native asks voters to support Measure I, a March 3 ballot measure to support students, schools, teachers and other staff.

Since I started teaching at CVHS in 1998, I have seen hundreds of highly qualified teachers and other staff members devote themselves to students far beyond the call of duty and regular school hours.

Former students tell me how grateful they are for the education they received in our district and the staff who made that possible.

Yet as salaries have lagged behind the cost of living for years, many valued educators have been forced to leave, especially those early in their careers. Measure I would begin to address this problem by providing staff with a 1 percent raise, as well as supporting academic programs.

Castro Valley teachers put me on a path towards a rewarding future. Excellent educators like Jack Luedders, Kathy Failing, Peter Brewer and Linda Little gave generously of themselves to students like me for decades.

Performing in the CVHS orchestra for sold-out musicals, learning a second language and discovering international travel, training to reach state championship meets in cross country and track as well as developing a love of writing were all formative events in my youth.

None of them would have happened without my teachers' dedication.

I ask you to help today's educators give that same dedication to today's students by voting yes on Measure I.

—Matt Johanson, Castro Valley

Problems of the Disabled in the Suburbs

Editor:

I have seen a great deal of change in downtown Castro Valley. I am concerned that those of us who use wheelchairs have not been strictly on the minds of those making plans. ADA compliance is not enough. As for all of Castro Valley neighborhoods, many of our sidewalks are non-existent or turn into dirt roads. I am privileged. I have a motorized wheelchair and even with that I often have to do my wheeling in the street, with cars.

BART with their often broken elevators creates their own issues for getting to jobs. Universal design is a benefit for everyone. I would love for your paper to begin to do a look at being disabled in the suburbs and how we can create a more inclusive environment for everyone.

—Monica Michelle, Castro Valley

Takes Issue with Trump Supporter

Editor:

Jane Mason's support of Trump ("On Re-electing a President," Letters, Jan. 22) shows just how pervasive denial is among Trump supporters. First of all, if the economy is so good, then why do we have so many homeless people? Additionally, economies often are self-driven, and may not be the sole effect of a president's doing.

North Korea is not subdued. There is no nuclear agreement between the two countries and Kim continues to test and stockpile weapons.

Trump pulled out of an international agreement with Iran, causing them to become even more belligerent, making us less safe.

As for health care, Obama-care is not the disaster you suggest, unless you listen to Fox news all the time. Many people have benefited from Obama-care. Oh, and you conveniently omitted Trump's irresponsible take on Climate Change, as well as his chronic lies, and the recent bribery of Ukraine. If you think it's all about the economy, well, that's what the Germans thought about Hitler back when. Obviously money trumps morality and ethics for you.

—Robert S. Thomas, Castro Valley

Obituaries

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Vadnais at 510-614-1558



Lena Ann Palazzotto

Lena Ann Palazzotto entered peacefully into eternal rest at her San Lorenzo home on February 8, 2020. She was 92 years old.

She was born on August 10, 1927 at her parents' home in Oakland. Lena was a loving wife, mother, grandmother, great-grandmother, aunt, sister and a great friend who will be missed greatly. Lena was happily married to Cosimo Palazzotto for 53 years, who preceded her in death. She is survived by her children, Dr. Michael & Dr. Joyce Palazzotto, Woodbury, MN, Joanne & Allen Lindberg, San Lorenzo and John & Lisa Palazzotto, Castro Valley. She was a grandmother to Jonathan & Alex Lindberg and Dominic & Allison Palazzotto. She was great-grandmother to Jonathan Lindberg and Tanner Smith. Beloved sister to Josephine Stout, Rose Marie Litz and Maryann Parrinello.

She was an active member of St. John Church for over 65 years. She had worked at San Lorenzo's Western 5 & 10 store for over 10 years and a majority of her working career as Director of Religion (Principal) for St. John CCD program for more than 45 years. She was affiliated with St. Gerard's, Eucharistic Ministers, and volunteering at San Leandro Hospital for the past 18 years. Her hobbies included crocheting, knitting, baking, reading, ceramics, entertaining for family & friends, and her love of shopping (for the newest item). Lena was also blessed with many nieces, nephews, cousins, and cherished friendships. She will be remembered for her easy going, generous nature, and kind soul.

Visitation will be Thursday, February 13, from 4 p.m. - 8 p.m., with a vigil at 7 p.m. Mass at St. John's begins on Friday, February 14 at 10:30 a.m.

Donations can be made to the American Cancer Society.



Shirley Mae Ambro

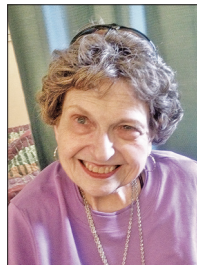
Shirley Mae Ambro of Castro Valley went into the loving arms of our Lord on Thursday, February 6, 2020 at her home, surrounded by her family, at the age of 85. She was born May 23, 1934 in Oakland California to Albert and Rose Josephs.

She is survived by her daughter Karen (and her husband Paul) Bernatis, and her grandsons Benjamin (and his wife Katherine-Marie) Conover and Eric Ilmberger.

Her sons Jeffery and Stephen Ambro preceded her in death. Shirley was a devout Catholic who loved and cared for everyone she met. She loved to cook as well as read and write letters to friends. We will forever hold her in our hearts.

A vigil will be held at 7 p.m. Wednesday, February 12, at Transfiguration Catholic Church. The funeral service will be at 10 a.m. Thursday, February 13, also at Transfiguration. The burial will be at the Holy Sepulcher Cemetery.

In lieu of flowers, please make a donation to St. Jude Children's Research Hospital, her favorite charity. Services arranged by Santos-Robinson Mortuary, 510-483-0123.



CHAMBER UPDATE

- New Members**
- Al Proietti, Barber
 - Maggie Castillo-American Advisor Group
 - Go-Green Driving School
 - The Sequoians Inc.
- Renewing Members**
- McDermott-Costa
 - BAU
 - Aaron's Auto Brokerage
 - Mama Cho's BBQ
 - Gerald Cockrill, CPA
 - Village Barber Shop
 - Right at Home
 - Jenn's Cupcakes
 - Remax/Accord Tim Fiebig
 - Law Offices of Phillips & Phillips
 - Sherwood & Company
 - Castro Valley Arts Foundation
 - Teri Talauta Regional Vice President Arbonne International
 - Ingrid Moller Real Estate
 - One Two Smile Photo Booth

Mark your Calendar: Castro Valley/Eden Area Chamber of Commerce presents The Eden Awards, 6 p.m. Saturday, May 2, at Our Lady of Grace Church. The Chamber office is located at 3160 Castro Valley Blvd. No. 224, Castro Valley, CA 94546, phone 510-537-5300.

2020 Park District Leaders

The East Bay Regional Park District Board of Directors has inducted Ellen Corbett as president; Dee Rosario as vice president; Colin Coffey as treasurer; and Beverly Lane as secretary.

The additional Board members are Dennis Waespi, who represents Castro Valley, Ayn Wieskamp and Elizabeth Echols. Leadership positions rotate annually.

Corbett, former mayor of San Leandro and a former majority leader of the State Senate and member of the State Assembly, was elected to the Board in 2016. Her term expires later this year.

Waespi was elected to the Board in 2014. He will serve as chair of the legislative committee. He was a park supervisor at the Park District for 36 years before retiring in 2016. His term expires in 2022.

Members are elected by ward to represent different geographic areas of the East Bay.

Garvin: Five Lincoln Facts

continued from page 7

Five Things You Probably Didn't Know About Lincoln:

- During the American Civil War, four of Mary Todd Lincoln's brothers fought for the Confederacy.
- The bill to create the US Secret Service was on the President's desk the night of his assassination.
- Lincoln read the Bible daily but never belonged to an organized church.
- Lincoln established Thanksgiving as a national holiday.
- His coffin has been opened five times.

Sam Garvin has written for Dow Jones & Co. for 25 years. Now he works raising goats, cattle, hogs and pickles in Castro Valley. He can be reached at salmon-garvin@gmail.com

100 and Fabulous: Rose Finsch Celebrates Her 100th Birthday

By Linda Sandsmark
CASTRO VALLEY FORUM

Wearing a sash that said "100 and Fabulous," Rose Finsch of Castro Valley passed the century mark at a large party with family and friends.

"She's always been the greatest mom," says her daughter Evaline Dyer.

The sixth of nine siblings, Mrs. Finsch was born February 9, 1920 in Carson, Louisiana. She attended high school to 12th grade in Kansas City, Missouri, but did not graduate. She returned to high school here, and graduated in 1970 from Sunset High School in Hayward.

In the meantime she led a busy life, raising seven children and working at a variety of jobs.

Her employment history includes being a switchboard operator in Kansas City, sewing gun covers for the government during World War II, running ironing and janitorial businesses, and working for Wilsonart for 22 years. She retired at age 81.

Mrs. Finsch and her husband left Kansas City for California in 1943, moving to Richmond and eventually settling in Castro Valley in 1950.

She was an excellent piano and organ player who also grew and canned vegetables, fruit, and jams. Other favorite activities include exploring her family history, enjoying train rides, and playing games with her family.

Mrs. Finsch is the only one of her siblings still alive. Her oldest son passed away in 2015,



PHOTO BY LINDA SANDSMARK

Rose Finsch of Castro Valley celebrated her 100th birthday on Feb. 9. She is pictured, seated, with five generations from her family. Standing (from left) are great-granddaughter Kautina Waubanasum holding great-great grandchild Annie Taitague, granddaughter Kimberlee Dyer holding great-great grandchild Rylenn Waubanasum, and Mrs. Finsch's daughter Evaline Dyer, seated at right.

but she has 11 grandchildren, 18 great-grandchildren and three great-great grandchildren.

When asked how she managed to live such a long life, she jokes, "I guess I'm being punished!"

New CVHS Educational Materials

The Castro Valley School District is in the process of adopting new (grade 10) Modern World History materials, (grade 11) U.S. History materials, and (grade 12) Economics materials.

Administrators and teachers have been working to select and evaluate these options: *Modern World History Course (grade 10)*, 2019 by Teachers Curriculum Institute; *World History: The Modern Era*, 2019 by Pearson; *United States History Course (grade 11)*, 2019 by Pearson; *History Alive! Pursuing American Ideals*, 2019 by Teachers' Curriculum Institute; *United States History and Geography: Continuity and Change*, 2019 by McGraw-Hill; *Economics Course (grade 12)*, 2019 by Pearson; *Econ Alive: The Power to Choose*, 2019 by Teachers Curriculum Institute; *Economics: Principles in Action*, 2019 by Pearson.

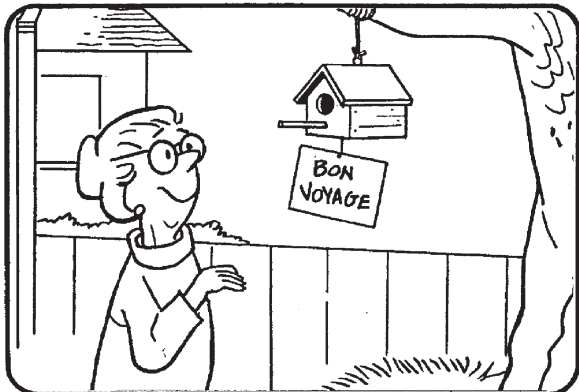
From Feb. 3 to March 3, the Castro Valley community is invited to preview all proposed materials at the District Office at 4400 Alma Ave., from 8 a.m. to 4 p.m. weekdays. Individuals interested in reviewing the materials may stop by the Educational Services department, and sign in with the Administrative Assistant. The materials will not be available for check out.

One selection will be made from these materials, and will be recommended for adoption at the April 9, School Board meeting. For questions about this review, contact Denise Hohn at 510-537-3000 x 1278.

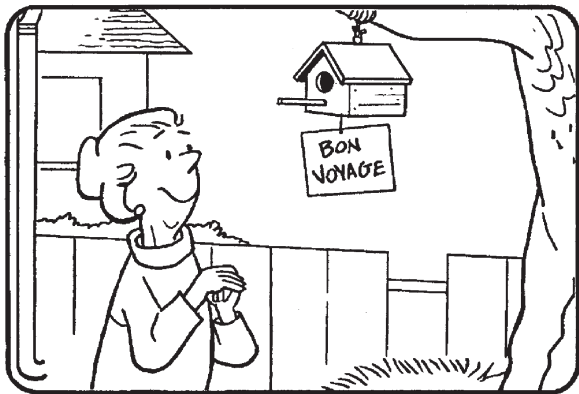
TIME OUT FOR FUN AND GAMES

HOCUS-FOCUS

BY HENRY BOLTIKOFF



Find at least six differences in details between panels.



Differences: 1. Arm is added. 2. Birdhouse is higher. 3. Sign is moved. 4. Downspout is added. 5. Glasses are removed. 6. Fence is broken.

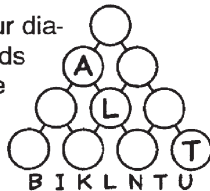


THIS popular young lady is running out of room to display her valentines. We counted at least 25. How many can you find?

FOUR-BY-FOURS. Here's an interesting dictionary quiz. See if you can find four 8-letter words that contain, in turn, four A's, four F's, four G's and four L's.

Answer: Maharaja, riffraff, giggling and bellpull.

CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight 4-letter words can be read top to bottom along the connecting lines. All the words will begin with the letter in the top circle.



Answer: The words are, top to bottom, left to right: Ball, ball, bulk, bunk, bunt, ball, balk, bull, bull, bunt, bunt.

Junior Whirl

by Charles Barry Townsend

Y	S	D	R	A	C	N	T
A	R	T	E	D	E	R	S
D	E	A	E	V	A	W	M
I	W	Y	U	E	O	G	E
L	O	D	H	R	W	L	O
O	L	N	R	N	B	S	P
H	F	A	R	O	S	E	S
Z	R	C	U	P	I	D	F

Illustrated by David Coulson

VALENTINE'S DAY

HIDDEN in the diagram at left are 13 words associated with Valentine's Day. They can be found by reading up or down, side to side or diagonally. Letters can be used more than once. Listed below are the 13 words you're looking for:

- | | |
|----------|---------|
| Arrows | Holiday |
| Candy | Love |
| Cards | Poems |
| Cupid | Red |
| February | Roses |
| Flowers | Sweets |
| Heart | |

Hayward to Get Minimum Wage Hike

Starting July 1, everyone who works in Hayward must earn at least \$14 an hour — and \$15 for some — except for government and school district employees.

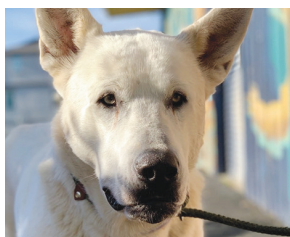
The Hayward City Council voted unanimously last week to increase the minimum wage for large employers with 26 or more workers to \$15 per hour and those with 25 or fewer workers to \$14 an hour.

The newly introduced ordinance calls for the minimum wage for large employers to be adjusted upward annually each July 1 based on the Consumer Price Index.

For small employers, the minimum will be adjusted annually until Jan. 1, 2023 when the new California minimum wage per hour for small employers takes effect.

Exempted from the requirements of the Hayward minimum wage ordinance are federal, state and other local government agencies, including public school districts.

ADOPT-A-PET



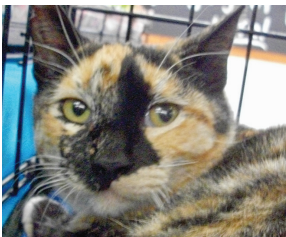
WOLFGANG is a 2-year-old white husky mix. He is quite shy and reserved. He loves to explore on his own terms, is a bit of a couch potato. Call: Hayward Animal Shelter: 510-293-7200.



LELANI is a 2-year-old beauty who is easy to leash and walk. She loves and wants to be near people. OK in an adult-only home. Call: Hayward Animal Shelter: 510-293-7200.



JADE is an affectionate 2-year-old beauty with light orange fur and gorgeous green eyes. Spayed, vaccinated, microchipped. More info: email Loveallpawzrescue@gmail.com.



SADIE is a 10-month-old tortoiseshell-calico mix who loves to snuggle. Sadie is spayed, vaccinated, microchipped. More info: email Loveallpawzrescue@gmail.com.

Reports: Battery at The Library

continued from page 3

phernalia. Deputies were called to a drug store on Castro Valley Boulevard near Yeandle Avenue to investigate a suspected shoplifter. The man was taken into custody.

Teenager Caught With Stolen Property

Wednesday, February 5: at 3:40 p.m., deputies arrested a 13-year-old boy on suspicion of possession of stolen property. The teenager was hanging outside a sandwich shop on Castro Valley Boulevard near San Miguel Avenue when deputies stopped him for questioning and discovered the stolen goods. The boy was cited and released to a guardian.

Wanted Man Making Death Threats

Tuesday, February 4: at 4:07 p.m., a 33-year-old man with no permanent residence was arrested as part of a warrant issued for his arrest. Deputies caught up with the man outside a business on Redwood Road near Grove Way. The man had previously been charged with contempt of court and making death threats over the phone. Deputies responded to the scene after the man refused to leave the business even after the store owner repeatedly asked that he leave. The man was taken to Santa Rita Jail and held without bail.

Spousal Battery at the Library

Monday, February 3: at 2:22 p.m., deputies arrested a 23-year-old woman with no permanent residence on suspicion of spousal battery. The woman was spotted outside the library on Norbridge Avenue arguing with an acquaintance. Deputies were called to the scene after reports that she was striking the other person. The woman was taken into custody.



Tyson Amir on tour in China in 2018 for his book "Black Boy Poems." The book is his "experience surviving America as a black man with hip hop prose, and original analysis to shape what is arguably the most revolutionary statement of the 21st century."

What's Up at Smalltown

• Feb. 14 - 20: Smalltown Film Week: Sci-Fi Rewind

Join us Feb. 14-20 and enjoy 4 timeless Sci Fi Classics curated by Smalltown Society for The Chabot Theater: "E.T.," "The Last Starfighter," "Close Encounters Of The Third Kind" and "Little Shop Of Horrors": Director's Cut with extra footage and alternate ending! Raffle prizes! Matinee prices all day and night when you show your student ID! Showtimes available at thechabot.com

• Feb. 15: Know Your History, a walk through Black History

Exhibit led by Bay Area author, poet and founder of The Black Literary Collective, Tyson Amir, featuring The Black Excellence Band, 6 p.m. to 9:30 p.m. at 22222 Redwood Road. \$15 suggested donation. Exhibit opens at 6 p.m., music performance at 7:15, talk with Tyson at 8pm.

Looking to have a gathering or party? Even an off-site meeting for your team? Smalltown offers a unique and artistic space perfect for intimate groups to rent out by the hour. Visit: www.smalltown-society.com/space-rental to book! Email info@smalltownsociety.com with any questions. The space is perfect for: photo shoots, offsite meetings, parties of 40 people and private showcases.

MULTI-FAMILY

recycling



Bundle clean plastic bags and wrap (shopping bags, bubble wrap, cling wrap, etc.) into one clear or semi-transparent plastic bag. Toss the bundle of bags in the **blue cart or bin**.



Recycle **plastics #1-7** (no foam), **shelf-stable cartons**, clean **paper** and **cardboard**, **glass** containers, **metal** containers, scrap **metal** (up to 2' & 40 lbs.), and aluminum foil products in the **blue cart or bin**.



Place **household batteries** in a sealed plastic bag **on top** of the **blue recycling cart**.

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

REDUCE REUSE RECYCLE ROT

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