

CASTRO VALLEY FORUM

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YEAR 31

WEDNESDAY, NOVEMBER 27, 2019

NO. 47

INSIDE YOUR FORUM

NEWS



'Jewelry Box'

One-man-show by Brian Copeland at the Center for the Arts December 7

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HEALTH



Family Ties

Just as you can inherit physical traits, you can also inherit genetic risk

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NEWS



Scout for Trees

Local Scouts' Christmas Tree Lot will open this Friday in Castro Valley

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PHONE: (510) 614-1560



PHOTO BY FRED ZEHLER

THANKS for GIVING

DONOR DAY: A steady stream of donors stopped by Castro Valley's Fire Station 25 Friday morning to "give the gift of life" as the Alameda County Fire Department and Fire Fighters Union Local 55 partnered with Vitalant, a nonprofit organization that collects blood from volunteer donors and provides blood, blood products and services across the United States. A total of 25 donors came out to donate during the drive.

Fending Off Mail Carrier Dog Attacks

By Linda Sansmark
CASTRO VALLEY FORUM

The holidays are just around the corner, and with them come additional package and mail deliveries.

The U. S. Postal Service wants all of us to help ensure letter carriers and parcel delivery personnel don't fall prey to dog attacks.

Because dogs are territorial by nature, they can view deliveries as a threat.

The Centers for Disease Control estimates that 4.5 million people are bitten by dogs each year, and letter carriers face that threat on a daily basis — 5,714 dog attacks on letter carriers were reported last year. California had the most of any state with nearly 800 last year and more than 900 the year before.

According to the Postal Service, three dog bites were reported by Castro Valley letter carriers in 2017, and two in 2018. So far this



Castro Valley letter carriers and delivery personnel are asking the community to help protect them from dog bites.

year one dog bite incident was reported this past July.

"Dog bites are problematic year round nationally," says Augustine Ruiz, USPS Corporate Communications spokesperson. "Even one is of concern."

If a letter carrier feels threatened

by a dog, or a dog is loose or unleashed, the owner may be asked to pick up their mail at the Post Office.

If a dog is roaming the neighborhood, the pet owner's neighbors may also be asked to get their

see **ATTACKS** on page 15

MAC MEETING

Residents: 'Not in My Back Yard' to Housing Project

By Amy Sylvestri
CASTRO VALLEY FORUM

Dozens of residents of the area of Grove Way, Crescent St., and A St. spoke at Monday night's meeting of the Castro Valley Municipal Advisory Council (MAC) mostly to oppose a proposed affordable housing project in the area.

The project, the Ruby Street Apartments, is a four-story 72-unit complex which Eden Housing wants to build on a 3-acre parcel of land currently owned by Caltrans.

Neighbors told the MAC that they were worried about traffic, that the project would be too high density, it would require heritage trees to be cut down, it would displace wildlife which live in the San Lorenzo Creek, and that construction would necessitate digging up Native American artifacts.

"I live in the immediate area," said speaker Dave McDermott.

"How these are considered parcels is beyond me because I think it's more of a habitat. The reason this is happening is that habitats don't make any people any money."

The MAC heard public testimony for nearly two hours, most of which encouraged them to vote against recommending the project.

"None of my neighbors are in favor of this project," said Crescent Ave. resident Ed Thomas. "There is a lyric from an old '70s song that goes 'pave paradise, put up a parking lot, and that's exactly what they want to do.'"

But some speakers told the MAC they were in favor of the development, citing an urgent need for housing.

Speaker Julie Greenfield said she loves the open space but, realistically, housing must be created and even smaller projects help fill that need.

"Infill is the most sensible way

see **MAC** on page 8

WEATHER

Major Winter Storm Heads for East Bay

The first major winter storm of the season hit the East Bay early Tuesday afternoon, ushering in strong southerly winds, heavy rain, mountain snow, thunderstorms and cold temperatures.

The forecast shows three weather fronts bringing moderate rain through the weekend.

The weather system is very cold for this early in the season and could set records for the coldest Thanksgiving in years, according to former KPIX and KTVU meteorologist Mike Pechner.

"The storm system is from the Gulf of Alaska and has drawn in some Canadian air and the snow levels will be the lowest this early in the season in memory," Pechner told the Forum. "The snow

level will be down to 1,000 feet with Grizzly Peak and Upper Tilden Park likely seeing snow into Thanksgiving morning."

Pechner predicts rainfall amounts for Castro Valley to be around a half an inch to three quarters of an inch from the current series of storms. Then it will be dry and warmer next week before more rain moves in around Dec. 10th.

While the wet weather will likely put an end to this year's fire season and red flag warnings, PG&E says the storm has the potential to produce customer outages not connected to its recent public safety power shutoffs.

In an advisory, PG&E urged

see **STORM** on page 15

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NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN
that the
CASTRO VALLEY MUNICIPAL ADVISORY COUNCIL
and the
ALAMEDA COUNTY PLANNING DEPARTMENT
Will hold a Public Hearing on

CASTRO VALLEY GENERAL PLAN IMPLEMENTATION PROJECT - (PHASE I) – Review and Recommend to the Planning Commission and the Board of Supervisors to adopt the proposed Draft Zoning Ordinance Amendments to implement the Action Items for Zoning Districts in the *Castro Valley General Plan*.

On **Monday, December 9, 2019**, the Council will discuss, take public testimony and make a recommendation to the Planning Commission and the Board of Supervisors to adopt the proposed Draft Zoning Ordinance Amendments. The Castro Valley Municipal Advisory Council hearing will be held at **6:00 p.m. on Monday, December 9, 2019, in the Castro Valley Library, Chabot Room, 3600 Norbridge Avenue, Castro Valley, California.**






If you challenge the proposed Draft Zoning Ordinance Amendments in Court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the Planning Director at or prior to the public hearing, or at the Planning Commission hearing to be held at a later date, yet to be determined.

All interested parties are welcome to attend the hearing and present oral or written testimony. You may also submit written testimony to the Council at the Planning Department offices prior to the hearing date to be considered in the Council's discussion, and eventual recommendation to decision makers. For questions regarding the hearing or the project, or if you would like a copy of the meeting materials, please contact Rodrigo Orduna by telephone at (510) 670-5400 or by e-mail at rodrigo.orduna@acgov.org


For more information on the Implementation of the Castro Valley General Plan please visit <http://www.cvgpimplementation.com>.

Legal 0188-CVF 11/27

Castro Valley Weather Nov. 27 - Dec. 1, 2019

				
Wednesday Rain, T-storms High 67° Low 43°	Thursday Showers High 63° Low 45°	Friday Showers High 64 Low 43°	Saturday Rain High 66° Low 42°	Sunday Showers High 64° Low 44°





Almanac



Past Week's Rain: 00.00
Season To Date: 00.38
Normal To Date: 02.90
Season Average: 21.22

Sun sets at 4:52 p.m. today, rises at 7:02 a.m. Thursday.

Moon Phases

Dec. 3	Dec. 11	Dec. 18	Dec. 25
			

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Hope Hospice Nutrition for Elderly Class

Planning and preparing healthful meals for loved ones is one of the many challenges faced by family caregivers.

Hope Hospice will offer a free presentation, "Healthful Meal Planning for the Elderly and Chronically Ill" from 10 a.m. until noon on Saturday, Dec. 14.

Hope's Registered Dietitian and Health Educator Terry Stowell will share information about the nutritional needs of elderly, including obstacles to healthful eating, avoiding deficiencies, nutrition-related disorders, and diets for such special conditions as dementia, diabetes, and cancer.

The class will be held at the Hope Hospice office, 6377 Clark Ave. in Dublin, with free parking on site. Coffee and light refreshments are served at 9:45 a.m. An optional caregiver support group convenes after class from 12:15 to 1:45 p.m.; bring your own bag lunch if desired.

Classes in Hope Hospice's Education Series are offered to the community for free, though donations are gratefully accepted to help offset the costs of running the program.

Registration is required, as seating is limited. Registration details are available at hopehospice.com/family or by calling 925-829-8770.

The complete schedule for 2020 is now posted and can be downloaded in PDF form at hopehospice.com/family.

Apply Now for HARD Advisory Committee

The Hayward Area Recreation District (HARD) is accepting applications from interested residents of Castro Valley, Hayward, San Lorenzo and unincorporated Alameda County to serve as members of the District's Citizens' Advisory Committee. Four positions are currently open.

The Committee, which meets four times a year, advises the Board of Directors on operations, park design and specific projects. Members serve a two-year term.

Download application at: www.HaywardRec.org/cac or request one by contacting James Wheeler at the District Offices: 510-881-6704 or by email at: WheJ@HaywardRec.org. Applications must be received by Monday, Dec. 16.

Light up The Season

2019

Saturday
7th
December

Look for all the fun Downtown Hayward Holiday Activities!

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Join the Fun!
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B Street & Watkins Street




MAKING NUMBERS 'EXCITING'



Author David Schwartz Visits Palomares Elementary School

Above, children's author David Schwartz talked to K-2 students at Palomares Elementary School in Castro Valley last week to share his passion for science, math, love of reading, and inspiration for writing books. Schwartz, right, has written more than 50 books and is well known for his popular "How Much is a Million?" Kindergarten teacher Mrs. Chidester said the assembly was "wonderful, engaging and got students excited about numbers and learning math." During the assembly, Schwartz connected math and science with literature through his storytelling and sense of humor. Schwartz also spoke to students at Castro Valley Elementary and Vannoy Elementary schools.



PHOTOS COURTESY OF PALOMARES PRINCIPAL JENNIFER TOMITA

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Probation Violation

Saturday, November 23: at 12:56 a.m., Sheriff's deputies arrested a 43-year-old woman from Castro Valley on suspicion of possession of illegal drug paraphernalia and violating the terms of her probation. The woman was at a residence on Castro Valley near Mattox Road when deputies stopped her for questioning. Deputies took the woman into custody.

Traffic Stop Ends in Arrest

Saturday, November 23: at 2:17 a.m., two people from Stockton were arrested following a traffic stop on Grove Way near Center Street. Deputies ID'd the driver as a 36-year-old man with an expired driver's license, possession of brass knuckles, and driving without an interlock device. The passenger, a 36-year-old woman, was charged with possession of illegal narcotics and drug paraphernalia. Deputies took both into custody.

Brought Drugs to Hospital

Friday, November 22: at 4:10 p.m., deputies arrested a 56-year-old woman from San Lorenzo on suspicion of possession of illegal narcotics and related drug paraphernalia. The woman was at Eden Medical Center on Lake Chabot Road when security noticed she was using drugs in the lobby area. Deputies handcuffed the woman and took her into custody.

Disturbance in Grocery Store

Thursday, November 21: at 1:00 p.m., a 36-year-old man with no permanent residence was arrested on suspicion of possession of illegal narcotics. Deputies were called

to a grocery store on Castro Valley Boulevard near Redwood Road after managers complained about a customer causing a commotion in the store. The man stepped outside and into questions by deputies who found he was under the influence of drugs and had some in his pocket. Deputies took him into custody.

Wanted Woman Tries To Access Storage Site

Thursday, November 21: at 5:08 p.m., deputies arrested a 28-year-old woman on suspicion of violating the terms of her probation and as part of a warrant issued for her capture related to possession of a stolen car. The woman was spotted trying to enter a storage facility on Castro Valley Boulevard near Marshal Street, a place she had been barred from patronizing. Deputies stopped the woman for questioning and verified her identification. The woman was taken to Santa Rita Jail pending \$10,000 in bail.

Threatening Phone Calls

Thursday, November 21: at 7:12 a.m., a 25-year-old man from San Lorenzo was arrested as part of a warrant issued for his arrest. Deputies report the man was previously convicted of making harassing and threatening phone calls. The man was at a home on Parsons Avenue near Nedra Way when deputies made the positive identification. They took him to Santa Rita Jail pending \$10,000 in bail.

In Bathroom with Drugs

Wednesday, November 20: at 8:16 p.m., deputies arrested a 55-year-old man from Livermore on suspicion of possession of crack cocaine and associated drug paraphernalia. The man had locked himself in the bathroom of a restaurant on Redwood Road near the Boulevard for 45 minutes. Deputies report this was not the first time he had done so at this location. The man was found with 0.06 grams of crack and was taken into custody.

see REPORTS on back page

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We are proudly partnering with the Alameda Food Bank for the 2019 holiday food drive. Please participate in aiding those in need by donating non-perishable food items. Checks made payable to Alameda County Food Bank are also welcome. Every \$1 donated allows the Food Bank to distribute \$7 worth of food. We invite you to drop off non-perishable food to our office: 3327 Castro Valley Blvd. or Call 510-351-5555 and we can come and pick it up.

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

The Lovewell Team - Re/Max Accord Castro Valley
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The Week Ahead

● Thursday, November 28: Free Thanksgiving Dinner, Concert

Badarikashrama will provide a free Thanksgiving International Vegetarian Dinner & Concert from 3 to 6:30 p.m. tomorrow at 15602 Maubert Ave. in San Leandro, a family friendly event open to all. Concert of Carnatic Music by Anuradha Sridhara on violin accompanied by other instruments and South Indian Percussion. Badarikashrama is a nonprofit organization focusing on the spiritual and cultural aspects of India. For more information, visit <http://www.badarikashrama.org>

● Friday, November 29: Scouts' Christmas Tree Lot Open

Get your fresh-cut Christmas Tree at the Center and Heyer corner lot opening this Friday, Nov. 29, while helping to support eight local Scout Troops for summer camp, service projects, merit badges and more.

● Tuesday, December 3: Ohlone Audubon Meeting

Least Tern Recovery and Monitoring at Eden Landing and the need for volunteers will be the topic, plus photo share and holiday cookie exchange at the next meeting of Ohlone Audubon, at 7:30 p.m. Dec. 3, in the Palo Verde Room at Livermore Community Center, 4444 East Ave., Livermore. Share up to 10 of your favorite photos on a flash drive. All are welcome, cookies not required. For more info, visit Ohloneaudubon.org.

CASTRO VALLEY FORUM

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THANKSGIVING DAY SCHEDULES

Thursday, November 28, 2019

Government Operations

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

Business Offices

Most businesses will be closed. Some, including The Forum, will also be closed on Friday, Nov. 29.

Stores & Restaurants

Some stores and restaurants will be open, but may be operating on a shortened schedule. Check ahead, especially for food and pharmacy supplies.

Public Transportation

BART trains and AC Transit buses will operate on a Sunday schedule.

Garbage Collection

Recycling, organics, and garbage collection services by Alameda County Industries (ACI) will occur one day later for customers whose regular service day falls on Thursday or Friday. Thursday customers will have their pick-up on Friday. Friday customers will have their's on Saturday.

Castro Valley Sanitary District offices will be closed Thursday and Friday. Call 510-506-5821 for sewer emergencies. For other information, visit www.cvsan.org.

● Tuesday, December 3: Buon Tempo Family Dinner

Everyone is welcome to attend Buon Tempo Club's family dinner at 7 p.m. (Happy Hour at 6) on Dec. 3 at Mt. Tabor Hall, Transfiguration Church, 4000 E. Castro Valley Blvd. where Chef Jessica Pacheco and crew will be serving a five-course dinner of Chicken Piccata. Red and white wine, and soda are included. The dinner is \$15 for members, \$20 for non-members. Make reservations by this Friday by calling 510-483-6929 (Option 1). For more info, or to see how we're supporting the George Mark Children's House, visit www.buontempoclub.org.

● Tuesday, December 3: Retired Teachers' Holiday Boutique

California Retired Teachers Division 59 invites current and retired teachers to its Holiday Boutique from 11:30 a.m. to 2:30 p.m. on Tuesday, Dec. 3, at the Masonic Center, 4521 Crow Canyon Road in Castro Valley. Gift Baskets will be raffled and gently-used items and home-baked goods will be sold. Luncheon is \$12. Music by Stage Bridge's "The Dreamers" from 1:30 to 2:30. Proceeds go to scholarships for qualified Cal State East Bay Education students in June. For info or reservations (required), call Marilyn at 510-828-9650 or Ruth at 510-247-1039.

● Thursday, December 5: Lap Harp Class

Learn to play the lap zither that produces beautiful, soothing music, during beginning music classes from 1 to 2 p.m. on the Thursdays of Dec. 5 and 12, at the Kenneth Aitken Senior Center, 17800 Redwood Road. Seniors with arthritis or limited mobility are encouraged to attend. The class costs \$18 and a \$10 material fee payable to the instructor on the first day of class for use of the zither and songbook. For more info, call 510-881-6738.

● Thursday, December 5: Reach Youth Center Lighting Event

Reach for the holidays from 5:30 to 7:30 p.m. at Reach Ashland Youth Center, 16335 E. 14th St. Food provided by the Ashland Market & Cafe, plus hot cocoa and crafts. Special lighting event at 7:15 p.m.

● Thursday, December 5: Free Tinseltones Concert

The Aitken Senior Center, at 17800 Redwood Road, invites you to an all-ages holiday concert by The Tinseltones with festive music that spans decades and the globe, from 4:30 to 5:30 p.m. on Dec. 5. Reserve your spot by calling the Senior Center at 510-881-6738.

● Friday, December 6: Christmas Tree Lighting

Enjoy music, entertainment and free photos with Santa from 5 to 8 p.m. on Friday, Dec. 6, in Castro Village. Lighting of the big Christmas tree will take place with a countdown at 6 p.m.

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. For the school events - prices go up at the door.

● **A Winter Concert** will be presented by the Castro Valley Adult School Orchestra at 2 p.m. this Sunday, Dec. 1, featuring the music of Verdi, Illyich and more. *For tickets (\$5-\$10) see above.*

● **CVHS Band Concert**, featuring the High School Jazz Band, Concert Band, Symphonic Band and Wind Ensemble, will be presented at 7 p.m. on Wednesday, Dec. 4. *For tickets (\$5-\$10) see above.*

● **CVHS Orchestra Holiday Concert**, featuring the High School's Concert and Symphony orchestras, will be presented at 7 p.m. on Thursday, Dec. 5. *For tickets (\$5-\$10) see above.*

● **"Convidando Esta La Noche,"** a CVHS Choirs Winter Choral Concert featuring all 250 singers from the high school's outstanding choral program, will be presented at 7 p.m. on Friday, Dec. 6, and at 2 p.m. on Saturday, Dec. 7, showcasing music from around the world. *For tickets (\$10-12) see above.*

● **"The Jewelry Box,"** the family-friendly holiday favorite performed by Brian Copeland will be presented at 7 p.m. on Saturday, Dec. 7, at the Castro Valley Center for the Arts. This heartwarming story follows a six-year-old Brian as he heads to the "mean streets" of Oakland to buy his mom the perfect Christmas gift, and recounts his adventures as he scours the "help wanted" ads, applies for jobs, and collects bottles to pay for it. *For tickets (\$40) see above.*

● **Creekside Middle School Winter Concert**, an evening of beautiful choral music celebrating the winter season will be presented at 7 p.m. on Monday, Dec. 9. *For tickets (\$5-\$7) see above.*

● **Creekside 6th Grade Winter Band/Orchestra Concert**, featuring works by Bob Phillips, Robert Sheldon, and more, will be presented at 7 p.m. on Wednesday, Dec. 11. *For tickets (\$5-\$7) see above.*

● **"Bravissimo: From Opera to Broadway,"** featuring rising star tenor Ricardo Garcia singing familiar opera and Broadway classics at 7:30 p.m. on Saturday, Dec. 14. He will be joined by international opera luminary Philip Skinner. Both men are from Castro Valley. Soprano Vivian Yau will make a guest appearance. *For tickets (\$29-\$31), see above.*

ART GALLERIES, RECEPTIONS & ART INSTRUCTION

● **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.

● **Hayward Arts Council "Members Show"** will be presented by the John O'Lague Gallery at Hayward City Hall through Dec. 6. Gallery hours are 9 to 5 Monday through Friday.

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Thu 11/28 - 11:00a 1:35p, 4:10p

Fri 11/29 - 11:00a, 1:35p, 4:10p, 6:45p, 9:25p

Sat 11/30 - 11:00a, 1:35p, 4:10p, 6:45p, 9:25p

Sun 12/1 - 11:00a, 1:35p, 4:10p, 6:45p

Mon-Tue 12/2-12/3 - 4:10p, 6:45p



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CASTRO VALLEY FORUM



The Christmas holiday one-man-show "The Jewelry Box" with Brian Copeland will be presented at the Center for the Arts at 7 p.m. Saturday, Dec. 7.

Brian Copleland's 'Jewelry Box' in CV on December 7

A Bay Area holiday favorite, "The Jewelry Box," comes to Castro Valley next week. Performed by Brian Copeland, this hilarious and heartwarming story follows a young Brian as he heads to the "mean streets" of Oakland to buy his mom a Christmas present.

When he finds the perfect gift – a jewelry box in the White Front Department store – six-year-old Brian sets out to earn the required \$11.97 by Christmas.

Rife with references to 1970s Oakland, "The Jewelry Box" recounts Brian's adventures as he scours the "help wanted" ads, applies for jobs, and collects bottles, inching his way toward the perfect Christmas gift.

"The Jewelry Box" starts at 7 p.m. on Saturday, Dec. 7, at the Center for the Arts, 19501 Redwood Road on the Castro Valley High School campus. For tickets (\$40), visit www.cvcfa.com

'Priority Yule' at Post Offices

No need for alarm. That clatter and rattle some households may hear as early as 5 a.m. before the coffee is brewed isn't Santa.

It's really his postal helpers hitting the street before the break of dawn in order to get everyone's packages delivered on schedule. The jingle and jangle so familiar this time of year is part of the hustle and bustle that Post Offices experience during the peak holiday rush.

To keep their promise to make it a 'Priority Yule' and deliver the best holiday for everyone, mail carriers will be out making early morning deliveries in many communities throughout the East Bay.

The Postal Service is projecting more than 800 million packages to be delivered between this Friday and New Year's Day, and 200 million just the week of Dec. 16-22, forecast to be the busiest week of the year.

TOMORROW Annual Turkey Swim

It's time once again for the Karen M. Gordin Turkey Swim.

Every Thanksgiving, the Hayward Plunge staff dedicate the day to raise money for the Karen M. Gordin Scholarship Fund. This year's event will be held from 8 to 11 tomorrow morning, Nov. 28, at the Hayward Plunge, 24176 Mission Boulevard.

Karen was part of the HARD lifeguard family and was tragically killed in a car crash on her way to work. The Aquatic staff started the scholarship to keep Karen's memory alive and has done so for the past 17 years.

The scholarship is given to two people who are certified lifeguards and in school working towards their career goals. Between 9:00 and 9:30 a.m., the scholarship committee will be awarding Emily Van Horn and Mackenzie Bammer each a \$2,000 scholarship check. One of the checks is donated by the Greater Hayward Area Recreation and Park District Foundation, and the other by the Karen M. Gordin Scholarship Fund.

During the rest of the morning, patrons can swim laps as well enjoy a light breakfast. So, come burn calories in the morning to make room for all that turkey, while also supporting a good cause. A \$5 minimum donation is requested.

All donations are tax deductible; the scholarships are completely funded by donations.

Checks and donations can be made out to the Karen M. Gordin Scholarship Fund and may be mailed or hand delivered to the Hayward Plunge, 24176 Mission Blvd., Hayward, CA 94541.



From left, Herman Yang of Modern Woodmen Fraternal, presents a check for \$2,500 for SOS Meals On Wheels to Joe Ingellis and CV Women's Club President Carolyn Willkie.

\$5,826 Raised for SOS/Meals on Wheels

The Castro Valley Women's Club club's 7th Annual Holiday Boutique this year raised \$5,826 for SOS/Meals on Wheels — the equivalent of nearly a thousand nutritious meals and welfare checks for local seniors in need.

The total included a matching fund of \$2,500 from Modern Woodmen Financial Fraternal.

The combined support of the 33 local businesses who gave the club \$3,500 worth of Pick-Your-Prize gifts, the Claremont Hotel and

Spa's generous Grand Prize, and the participation of 13 local artisans made this year's event exciting and fun!

The event was well attended, raising the visibility of the club in the community.



Introducing Katrina Short!

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The Classy Canine is excited to announce our new owner, Katrina Short. Katrina began her grooming career in 2007 and quickly gained notoriety for her spectacular creative grooming. Katrina has showcased her grooming skills nationwide competing and winning top awards in many grooming competitions, including Carmel's "Poodle Day" two years in a row and "Bark at the Park", as well as taking 2nd place at "Super Zoo", an international pet industry expo.

She and her Standard Poodles Zeus and Kevin have also won the MLB 2017 San Francisco Giants dog costume contest and opened for the San Jose Sharks. Katrina has also been featured on the TV show "Right This Minute" twice. Please join us in welcoming Katrina to The Classy Canine family!



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Thanksgiving: *But Wait, There's More!*

Sure, we'll all be groaning after tomorrow's big dinner, but most of us have waited all year for the grand prize of Thanksgiving – the weekend of leftovers!

Whether it's a late Thursday night raid of the fridge, a turkey sandwich with a little warmed-up stuffing on Friday, or a bowl of turkey soup on Sunday, most Thanksgiving remnants are even better the second time around. And there's just no end to the possibilities.

TURKEY CLUB SANDWICHES FOR 8

- 1 (8-ounce) carton sour cream
- 2 tablespoons prepared horseradish
- 2 teaspoons honey mustard
- 1/4 teaspoon garlic salt
- 1/8 teaspoon white pepper
- 3/4 pound thinly sliced ham
- 12 slices whole wheat bread
- 4 slices Swiss cheese
- 8 lettuce leaves
- 3/4 pound thinly sliced leftover turkey

- 8 slices tomato
- 4 slices bacon

Combine sour cream, horseradish, honey, mustard, garlic salt, and white pepper; stir well. Place 3 ounces of ham on each of 4 slices of bread. Top each with 1 teaspoon sauce, 1 slice cheese, a lettuce leaf, and another slice of bread. Place 3 ounces of turkey on each slice, and add 1 teaspoon sauce, lettuce leaf, 2 slices tomato, and 1 slice bacon. Top with remaining slices of bread.

Cut each sandwich into halves or quarters (if quartered, secure each segment with a toothpick.) Serves 8.

CREAMY DIJON TURKEY SALAD

- 2/3 cup Dijon mayonnaise
- 1 tablespoon lemon juice
- 2 cups cubed cooked turkey
- 1 apple, chopped
- 1/2 cup sliced celery
- 1/2 cup finely shredded carrot
- 3 tablespoons minced onion

(Use either prepared or homemade Dijon mayonnaise. To make

your own, combine 1 cup mayonnaise with 2 teaspoons Dijon mustard and 1 tablespoon lemon juice.)

Combine Dijon mayonnaise and lemon juice in large bowl. Add turkey, apple, celery, carrot and onion; toss to coat. Cover and chill until ready to serve. Makes 4 (3/4-cup) servings.

TURKEY CASSEROLE

- 1-1/2 cup cubed cooked turkey
- 3 cups cooked rice
- 1 cup sliced cooked asparagus
- 1 cup turkey gravy
- 1/2 cup dairy sour cream

In a large bowl mix together turkey, rice and asparagus.

Combine gravy and sour cream. Pour over turkey mixture and mix well. Turn into a greased 1-1/2 quart casserole. Bake in a 350°F oven for 30 to 40 minutes. Makes 4 servings.

CRANBERRY-TURKEY LOAF

- First Layer:*
- 2 packages unflavored gelatin

- 1/2 cup cold water
 - 1 pound jellied cranberry sauce
 - 1/3 cup orange juice
 - 1/2 cup celery, diced
 - 1/4 cup pecans, chopped
- Second Layer:*
- 1 package unflavored gelatin
 - 1/4 cup cold water
 - 1 cup chicken broth, hot
 - 2/3 cup mayonnaise
 - 1/2 cup evaporated milk
 - 1/2 teaspoon Salt
 - 2 cups cooked turkey, diced

First Layer: Soften gelatin in cold water. Mash cranberry sauce, add orange juice, and heat until sauce melts. Stir in gelatin. Chill until partially set, then add celery and pecans. Pour into 9-1/2- by 5- by 3- inch loaf pan and chill until almost set

Second Layer: Soften gelatin in cold water; stir in hot broth. Chill until partially set. Blend in mayonnaise, milk and salt. Add diced chicken. Spoon over cranberry layer. Chill. Unmold and garnish as you choose

YAM BREAD PUDDING

- 2 eggs

- 2 egg whites
- 1 cup soy or regular milk
- 1 cup mashed cooked yams
- 1/4 cup packed brown sugar
- 1 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 3 cups dry whole-grain bread cubes (4 slices)
- 1/3 cup golden raisins
- 1/4 cup chopped pecans, toasted

To dry bread cubes, spread in a single layer in a 15x10x1-inch baking pan. Bake in a 300°F oven for 10 to 15 minutes or until dry, stirring twice; cool. (Bread will continue to dry and crisp as it cools.) Or let stand, loosely covered, at room temperature for 8 to 12 hours.

In a medium bowl beat together whole eggs, egg whites, and milk. Whisk in sweet potato, brown sugar, cinnamon, and nutmeg.

In a 2-quart square baking dish combine bread cubes, raisins, and pecans. Pour the egg mixture over bread mixture. Lightly press with the back of a spoon to thoroughly moisten bread.

Bake in a 325°F oven for 30 to 35 minutes or until a knife inserted near center comes out clean. Serve warm. Makes 6 servings

LEFTOVER MASHED POTATO BAKE

- 3 cups hot mashed potatoes
- 1 cup sour cream
- 1/4 cup milk
- 1/4 teaspoon garlic powder
- 1-1/3 cup french fried onions
- 1 cup shredded Cheddar cheese

Heat oven to 350. Combine mashed potatoes, sour cream, milk and garlic powder in large bowl; mix well.

Spoon half the mixture into a 2-quart baking dish. Sprinkle with 2/3 cup french-fried onions and 1/2 cup cheese. Top with remaining potato mixture. Bake 30 minutes until heated through. Top with remaining onions and cheese. Bake 5 minutes longer, or until onions are golden. Serves 6.

TURKEY & NOODLES

- 1-1/2 cups leftover turkey, diced
- 6 ounces egg noodles
- 1 (10-3/4 ounce) can cream of mushroom soup
- 1 (15-ounce) can mixed vegetables with liquid
- Pepper to taste
- Dash of sage

Cook egg noodles according to direction on package. Combine all ingredients in a medium saucepan. Simmer over medium heat until hot through. Serves 4 to 6.

CALYPSO SALAD

- 1/2 cup plain yogurt
- 1/3 cup mayonnaise
- 1/3 cup chutney, chopped
- 3/4 teaspoon curry powder
- Leftover turkey (about a pound, cubed)
- 1-1/2 cups celery sliced diagonally
- 1/2 cup raisins
- 1 green onion, sliced
- 1 apple large, red, cubed
- 4 lettuce leaves
- 1/2 cup peanuts (optional)

Mix yogurt, mayonnaise, chutney and curry powder until well blended. Stir turkey, celery, raisins, onion and apple into dressing. Cover and chill until serving time. For each serving, spoon 1 cup onto lettuce. Garnish with peanuts and additional red apple slices. Serves 4.



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PHOTO BY FRED ZEHLDER

Thanksgiving Dinner Assembly Line

Hundreds of volunteers turned out at the Castro Valley Mormon Church Monday morning to sort food that will become Thanksgiving dinners for 132 local families, part of the annual nonprofit Castro Valley Outreach program. The food was collected at local public schools, Our Lady of Grace School and several businesses earlier this month.

MAC: Future Meeting Specific to Land Use

continued from front page

to go," said Greenfield. "I encourage you to approve this project."

In the end, MAC Chair Marc Crawford told the county and developers to listen to the public feedback they've received and prepare to answer those concerns at a future meeting which will be devoted entirely to this specific land use.

Crawford said that meeting will also give the public a chance to address the MAC without tight time constraints (comments were limited to two minutes at Monday's meeting).

In other MAC news, the council was critical of a plan from the county's General Services Agency (GSA) to demolish a historical property on the Fairmont Hospital campus.

The 116-year-old "Whitcot-ton Cottage" is on county-owned property at the campus. A century ago, it served as a residence for the Fairmont superintendent, but by the 1950s it became disused. From the 1970s through the year 2000, the building was as office space, but has now been empty for 20

A future meeting will be devoted entirely to this specific land use. That meeting will also give the public a chance to address MAC without tight time constraints

years and is in disrepair.

The GSA plans to raze the building and cover the site with gravel. There are no plans for a new use for the parcel.

Crawford took the opportunity to express his frustration with the GSA for their plan to demolish the cottage as well as what he said was the agency's unresponsiveness regarding another GSA project- renovation plans for the old Redwood Road Library.

Pointing out the probable historical value of Whitcot-ton Cottage, Crawford suggested a MAC field trip to the site in the near future.

At Monday's meeting the MAC also unanimously approved the

continued operation of two mas-sage businesses, one at the inter-section of Castro Valley Blvd. and San Miguel Ave. and another at the Stanton House, 1700 Norbridge Avenue.

Finally, the MAC voted 6-0 (with Moore abstaining) to ap-proved a large electronic billboard at 3893 East Castro Valley Blvd. which would face eastbound I-580 traffic.

For over a decade, the county has sought to decrease the number of billboards along the Boulevard, according to Eileen Dalton, Com-munity Development Agency di-rector.

The new proposal would allow billboard owners Clear Channel the one large electronic billboard in exchange for their agreement to remove 15 other billboards along the corridor.

The sign will be quite large- 42-feet tall counting the pole. With the MAC's recommendation of approval, the plan will now go to the county Planning Commission and then to the Board of Supervi-sors likely sometime in January, Dalton said.

CASTRO VILLAGE

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Holiday Season Perfect Time to Create a Family Health Portrait

By Jim Miller
SPECIAL TO THE FORUM

An accurate family health history remains one of the most important tools in keeping yourself healthy as you age. And the holidays, when family members come together, is a great time to do it.

Here's what you should know, along with some tips and tools to help you create one.

Know Your Genes

Just as you can inherit your father's height or your mother's eye color, you can also inherit their genetic risk for diseases like cancer, diabetes, heart disease and more.

If one generation of a family has high blood pressure, for example, it is not unusual for the next generation to have it too. Therefore, tracing the illnesses suffered by your relatives can help you and your doctor predict the disorders you may be at risk for, so you can take action.

To create a family health history, you'll need to start by collecting some basic medical information on your first-degree relatives including your parents, siblings and children. Then move on to your grandparents, aunts, uncles and first cousins.

You need to get the specific ages of when they developed health problems like heart disease, cancer, diabetes, arthritis, dementia, depression, etc.

If family members are deceased, you need to know when and how they died. If possible, include lifestyle information as well, such as diet, exercise, smoking and alcohol use.

Some relatives may not want to share their medical histories, or they may not know their family history, but whatever information you discover will be helpful.

To get information on diseased relatives, get a copy of their death certificate which will list cause of

death and their age at death. To get a death certificate, contact the vital records office in the state where your relative died, or go to Vital-Chek.com.

Or, if you were adopted, the National Foster Care & Adoption Directory Search (see ChildWelfare.gov/nfcad) may be able to help you locate your birth parents so you can get their medical history.

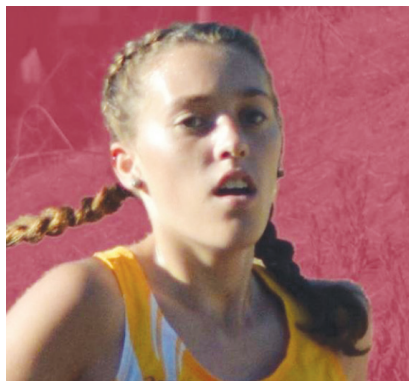
Helpful Tools

To get help putting together your family health history, the U.S. Surgeon General created a free web-based tool called "My Family Health Portrait" (see phgkb.cdc.gov/FHH/html) that can help you collect, organize and understand your genetic risks and even share the information with your family members and doctors.

Another good resource that provides similar assistance is the Genetic Alliance's online tool called "Does It Run In the Family."

see **HEALTH** on back page

ATHLETE OF THE WEEK



Isabella Brusco

This week's Athlete of the Week is Isabella Brusco of Castro Valley, a freshman at Scripps college. A 2019 graduate of Bishop O'Dowd, she was recently voted "Newcomer of the Year" in the Southern California Intercollegiate Athletic Conference.

Brusco began running as a fourth-grader and competed with the Castro Valley Track Club in cross country and track through her senior year in high school. This year she is the only freshman on the Claremont-Mudd-Scripps varsity women's cross country team.

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Surprise in Store for Regional Park Anglers

After years of District efforts and requests by anglers, the East Bay Regional Park District has finally gotten a supply of lightning trout, just in time for Thanksgiving.

Lighting Trout, golden in color

with a bright red stripe down their sides, are known as a beautiful, great fighting fish with meat resembling that of a salmon.

If you are lucky enough to see one, they often look like neon lights shooting through the water.

The trout, from Mt. Lassen Trout Farm, are being planted at Lake Chabot, Del Valle, Quarry Lakes and Shadow Cliffs this week.

Overall, 2,000 pounds of lightning trout will be planted, approximately 500 pounds per lake.

Anglers should head out early for a special chance to catch these amazing fish. Trout typically bite during the mornings and evenings this time of year.

"Lightning trout are a beautiful, unique fish that you don't get to see every day," said Joe Sullivan, Park District Fisheries Program Manager. "We've been trying to get lightning trout for quite some time, but it's been difficult the last couple of years due to the drought."

"I'd like to get out there and catch one myself, but I'll leave it to our anglers to have the fun," added Sullivan.

Lighting trout are a unique genetic strain of rainbow trout, which is native to East Bay waterways. They are specifically bred to be planted in waterways for recreational fishing and are not able to reproduce.

Anglers and fishing enthusiasts are encouraged to head out to one of these four lakes for the chance

see **PARK** on back page



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No Open Homes Are Scheduled for this Weekend.

Have A Wonderful Thanksgiving!

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

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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Meager Gains Projected for the 2020 Housing Market

As we rocket towards the end of the year like an out-of-control toboggan, the question on everyone's mind is, "What does the market look like in 2020?"

The California Association of Realtors (CAR) has put a lot of thought into that question and provided projections*. The first clue is the title of their report: "Economic uncertainty and affordability issues to subdue California home sales."

The report, released on September 26, 2019, continues, "Low mortgage interest rates will support California's housing market in 2020 but economic uncertainty and affordability issues will mute sales growth".

The report is broken into four major categories.

- Slight increase projected for single family home sales statewide.

With market prices peaking in most parts of California in May/June, 2018, we saw a 5.2% dip in home sales across the state in 2018 and a further 3.1% reduction in 2019.

Sales in 2020 are expected to reverse the negative trend and an actual increase of .8% is projected. It is assumed that price reductions since the peak and continued low interest rates are the primary factors turning this trend around.

- Median prices are projected to continue to rise.

While prices are projected to increase 2.5% in 2020, this is nothing like the robust rises we've seen in previous years. 2017 saw a statewide increase of 7.1%, which decreased to 6% in 2018 and slowed even more in 2019 to 4.1%

- The housing affordability increase will remain at 2019

levels.

Affordability index numbers dipped to a record low of 28% in 2018 and rebounded to 32% in 2019. 2020 numbers are projected to remain level at 32%.

While this is good news compared to 2018, when stacked against the rest of the nation, it is abysmally low. The immediate effect is an increasing migration of first-time homebuyers leaving California in search of lower home prices elsewhere.

- Mortgage rates are projected to be lower.

If there is any good news here, it is that mortgage rates are projected to be at their lowest levels in 3 years, down to an estimated 3.7% from 3.9% in 2019 and a high of 4.5% in 2018.

CAR Chief Economist Leslie Appleton-Young concludes, "With California's job and population growth rates tapering, the state's affordability crisis is having a negative impact on the state economically as we lose the workers we need most such as service and construction workers, and teachers."

* <https://www.car.org/en/aboutus/mediacenter/newsreleases/2019releases/2020forecast>

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.

Water-Stressed Trees Don't Bear Fruit

By Buzz Bertolero
SPECIAL TO THE FORUM

We planted a small fig tree from a nursery several years ago. It had three figs about three years ago and has since stopped. It's tall and sparse. A gardener told me to top it so it would fill out more and start producing but that didn't work. What would you suggest to get it to fruit again?

Typically, figs fail to fruit because they're too young or overfed. But, I don't believe that's the reason in your case. Instead, I'd look at water stress as the cause for no figs.

Water stress could be too much or not enough or a little of both during the growing season. Water stress will send the tree into a survival mode and the tree will simply not have the energy needed to invest in making fruit.

Poorly draining soil and frequent waterings will prevent the fruit from forming. Review your watering pattern after the rainy season ends by putting a good size watering basin around the tree. It should be six inches tall and extend from the trunk to beyond the drip line. Fill it up several times a week with normal temperatures and more often when it's warmer. I'd also feed it once in the spring with an organic, fruit and shade tree fertilizer.

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



We all have Plenty to be Grateful for, let's always keep that in mind.

May you and your families have a Happy and Peaceful Thanksgiving.

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LETTERS

TO THE EDITOR

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Housing: Who is "Low Income"

Editor:

Re: Peter Hauer's letter ("Church's Good Intentions, But..." Letters, Nov. 20) and his statement, "The supporters of this scheme claim that it will help 'working people.' Really? Then why won't they guarantee that each unit will include at least one resident with a full-time job?"

I want to let our friend Peter know that to qualify for a below market rate, or "affordable" unit in Alameda County, a single-person's income is \$69,000 per year and a family of four is \$98,550 per year.

That is nearly a six-figure salary dedicated to paying rent without accounting for the cost of food and other critical living expenses.

As someone who used to work full-time in non-profit housing, I would qualify for one of the units being proposed by First Presbyterian Church of Hayward.

Peter insists that the provision of affordable homes attracts lazy leeches who have nothing to do but bring crime into the neighborhood. The rhetoric that he employs describes people like myself as "financial losses" to the community and is rooted in class discrimination and xenophobia.

Sorry to point out he or someone close to him, was probably a beneficiary of government subsidized housing. Starting in the 1930s, single-family homes were heavily subsidized by the Federal Housing Administration as mass suburbanization spread across the United States.

This expansion provided white homeowners with the insurance of amortized mortgages and direct loans while denying them to people of

color (e.g. mainly Blacks, Jews, and Asians).

The FHA's standards bolstered the legitimization of exclusionary housing practices while providing homeownership opportunities for a specific population. Peter might want to rethink his stance on "social" government housing policies.

Thus, the conceptualization of who is "low-income" must change. Affordable homes are for everyday people like myself who want to give back to the community and ensure a brighter future for years to come.

—Kendra Ma, Castro Valley

Affordable Housing Not Christian?

Editor:

In a Letter to the Editor from last week, Peter Hauer ("Church's Good Intentions, But...") presents a flawed argument against affordable housing in Castro Valley. He claims that "forcing tax-payers to support poor people actually violates the teachings of Jesus" and gives as support the Bible, specifically Luke 12:13-15.

Earlier in that same book, in Luke 3:11, Jesus says "Anyone who has two shirts should share with the one who has none, and anyone who has food should do the same."

Mr. Hauer's claim does not support his premise. A person who I argue knows his Bible better than either of us, Pope Francis, told us in May 2014 in an address to the United Nations "an awareness of the dignity of each of our brothers and sisters ... must lead us to share with complete freedom the goods which God's providence has placed in our hands."

The Pope uses the very same book that Mr. Hauer claims supports his premise to say the opposite; that we need "the legitimate redistribution of economic benefits by the State."

I am of two minds whether the proposed affordable housing is a good idea or not, but Mr. Hauer's argument that we should not do it because it is not Christian to use taxes to pay for it, does not follow.

—C. Conrad Cady, Castro Valley
Letters continue on next page

HOROSCOPE by Salomé

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ARIES (March 21 to April 19) While it seems that chaos is taking over, you get everything back to normal, even if it means being more than a little assertive with some people. Expect to hear more job-related news soon.



TAURUS (April 20 to May 20) Expect to be able to move ahead with your workplace plans now that you have a good idea of what you might have to face. You also can anticipate a welcome change on the home front.



GEMINI (May 21 to June 20) A quieter period settles in, giving you a chance to catch your breath, as well as allowing for more time to handle some important family matters. The arts dominate this weekend. Enjoy them.



CANCER (June 21 to July 22) The frustrations of last week have pretty much played themselves out. You should find things going more smoothly, especially with those all-important personal matters.



LEO (July 23 to August 22) Once again, you find a creative way to resolve a pesky problem in short order. However, a matter involving a possible breach of confidence might need a bit more time to check out.



VIRGO (August 23 to September 22) Reuniting with an old friend could lead to the sharing of some great new experiences. But be careful you don't find yourself once again being super-critical or overly judgmental.



LIBRA (September 23 to October 22) You should be seeing some positive results following your move toward repairing that unraveling relationship. There might be some setbacks, but staying with it ultimately pays off.



SCORPIO (October 23 to November 21) Encouraging a friendlier environment in the home could go a long way to help dissipate anger and resolve problems, especially those affecting children. It won't be easy, but you can do it.



SAGITTARIUS (November 22 to December 21) A recent act of kindness is beginning to show some unexpected (but very welcome) results. On another note, expect to hear more about a possible move to another locale.



CAPRICORN (December 22 to January 19) The good news is that the sure-footed Goat can rely on his or her skill to get around obstacles in the workplace. The not-so-good news is that new impediments could turn up later.



AQUARIUS (January 20 to February 18) A change of pace is welcome but also confusing. Before you make decisions one way or another, be sure you know precisely what it is you're being asked to do.



PISCES (February 19 to March 20) Don't fret if you don't get the gratitude you think you're owed for doing a nice thing for someone. There might be a good reason for that. In any event, what's important is that you did it.

Obituaries

Roger Clark Lowe

November 10, 1947 – November 18, 2019

Roger Lowe passed away at home in his sleep early Monday morning, November 18, 2019. He had recently celebrated his 72nd birthday. He touched so many lives as a friend, mentor and father figure. He had the biggest smile that would brighten anyone's day and a laugh you could hear from blocks away.



He is survived by his wife of 47 years, Elizabeth Lowe, his children Clark (wife Mae-Lin Manns) and Elizabeth (husband Octavio Huizar) and daughter-in-law Breean Lowe. He joined his eldest son, Raymond, in eternal rest. He was the loving grandfather (Duda) of Alexander & Luciano Lowe and Amber, Benicio & Emilio Huizar. His brother Brian and sister Barbara preceded him in death. He is survived by two sisters Sheila Deniz (brother-in-law Dean), Linda Tanner and sister-in-law Barbara Lowe, many nieces, nephews, great-nieces and great-nephews that he loved very much.

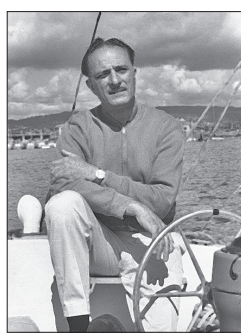
Roger was a Veteran of the Coast Guard during the Vietnam War and served 3 campaigns (1966-1970). He returned home in 1970 after the death of his father.

Roger worked for the Ferry Service for 48 years until he fully retired in 2014. After his retirement, he loved being a full service Duda which coined him the nickname "Uber." Attending Mass in the mornings was very important to him as he was strong in his Catholic faith. He very much loved walking and taking afternoon naps with his dog Dexter and taking family walks after dinner. He was the biggest fan at all his grandkids sports games or events and always made them his top priority. A family man he was through and through. Roger very much enjoyed playing cards with close friends, Will and Flo Thau. Lastly, he loved watching his weekday shows like Price Is Right, Jeopardy and Wheel of Fortune.

Friends and family are invited to a Rosary on Friday, Nov. 29, starting at 6 p.m. and a funeral mass on Saturday, Nov. 30, at 12:00 p.m. at Our Lady of Grace Catholic Church, 3433 Somerset Ave. in Castro Valley. A celebration of life reception will be held at the Our lady of Grace Stack Center immediately following the service. In lieu of flowers, donations can be made to George Mark Children's House in his memory.

Myron Lees

On August 30, 2019 Myron Lees, who was born on November 30, 1917 left us and will always be with us. Myron's life on earth was so long few have experienced all the changes that have taken place over this last century. Myron never lived in the past but never forgot the past.



Myron was born to Tillie and Benjamin Lees in Pittsburg PA. Moving to the San Francisco Bay Area at about the age of 6. Myron was the oldest of 5 siblings. Graduating from McClymonds High in Oakland during the Great Depression. Then graduating from the University of California at Berkeley and the school of Pharmacy at the University of San Francisco before the outbreak of World War II. Despite having a civilian essential profession as a pharmacist he still enlisted in the Marine Corp.

Serving in the South Pacific and surviving Guadalcanal and Okinawa. After Word War II he returned to his profession as a pharmacist, then he was called up during the Korean War, retiring from the Marine Corp Reserves in 1955 as a Major.

Myron's life was marked with serving and helping people with Lees Owl Rexall and Lees Orthopedic Shoes in Hayward and finally opening Casa de Artes in Castro Valley in 1975 with the love of his life Lillian. Through all the years in retail business his real passion remained for medicine, keeping his pharmacy license well into his 80's. There was hardly a day when someone didn't come by the store or he would receive a phone call asking for medical advice, always giving his full attention.

Funeral Service Sat., Nov. 30 at 1 p.m. at Chapel of the Chimes Hayward, 32992 Mission Blvd. (outdoors, at the rear end, on the left). Myron's family Susan, Michael, Diana, Marilyn, Lillian, siblings, grandchildren and great-grandchildren children will also be holding a Celebration of Life for family and friends at the Faith Lutheran Church of Castro Valley 20080 Redwood Road in Castro Valley (same day) Saturday, November 30, at 2:30 p.m.

CASTRO VALLEY FORUM OBITUARIES

may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209. Include a phone number. Brief notices are published free. Longer obituaries, including pictures, are available for a fee. For help, call Patrick Vadnais at 510-614-1558

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Letters to the Editor

Continued from page 14

Thankful for First Responders

Editor:

Thanksgiving. We have so many people that have earned our thanks as they positively impacted our lives and the freedoms we have in our Great Country: parents, grandparents, siblings, aunts, uncles, friends and the list goes on and on.

There is also a group of people who go to work every day to help ensure our safety: our First Responders. Recently RCS Superintendent Al Hearne and I were meeting at 6 a.m. at a local bagel shop. The significance of our meeting was “who” was also present that early morning.

A group of individuals was there a couple of tables down and the group got larger as the morning went on. They were obviously very supportive of each other as they discussed their schedules and their family activities and celebrating each other’s lives – just like we were!

They were encouraging and affirming each other, sometimes laughing and other times very serious. These were real people. They were also local CHP officers getting ready to put their lives on the line for all of us.

These individuals are so much more than their uniform and duties on the job. As we left the store, we did what I know many of us do every day where our protectors know it or not, we stopped, thanked them and asked them if we could pray for them right there, and we did: for their protection, safety, strength, wisdom and for their families.

Let’s never forget that these brave men and women in uniform are real people with families, hopes and dreams. And let’s remember to encourage all of our First Responders when we see them and always keep their safety and well-being in our thoughts and prayers, and be thankful for each and every one of them.

—Bruce D. Johnson, Castro Valley

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

STORM

Continued from page 1



Beginning this Friday, Nov. 29, local Scouts will be selling a variety of Christmas trees at the corner lot at Heyer Ave. and Center St. in Castro Valley, learning business skills and people skills while earning money for service projects and scouting activities.

Scouts’ Christmas Tree Lot Opens Friday

Black Friday will be more like Green Friday when the Scouts’ Christmas Tree Lot opens with a truckload of fresh-cut trees at the Heyer and Center corner lot.

A variety of trees, including Nobles, Douglas Firs, Frasers, Grands and Nordmans will be available.

The Scouts will be “working” the lot, earning money for summer camp, camping activities, merit badges, service projects and more.

The yearly fundraiser is a great community outreach and learning event for our Scouts and the parent volunteers. Scouts earn while they learn people skills, business skills, life skills, good work ethics and so much more.

The tree lot supports eight local Scout troops. The Scouts have been selling Christmas trees for over 25 years to raise funds for their activities.

Dog: Attacks

continued from front page
mail at the Post Office.

Preventive measures can help deter such problems before they occur. First, keep dogs on leash when on the street. Make sure fences and gates which hold pets are in good repair, and consider having parcels delivered to your office or other secure box location.

Dogs have been known to burst through screen doors and even plate glass windows to attack visitors. If a letter carrier delivers to your door, move your pet to a separate room and close that door before opening the front door. Alternatively, have another adult far from the door restrain the pet on a leash.

Remind children who are home with a dog not to open the door to letter carriers or delivery personnel — let the adults do it.

Technology can also help. The Postal Service’s Mobile Delivery Device (scanner), which is used to confirm deliveries, has a feature to indicate a dog at a particular address. Also, the package pickup app asks customers to indicate if there is a dog at their address when they schedule pickups, so carriers are alerted in advance.

A little forethought and planning can help ensure the safety of letter carriers, residents and pets this holiday season.

LEGAL NOTICES

FILED
OCTOBER 23, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 564738

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Pressure Makes Diamonds at 367 S. N Street, Livermore, CA 94550, county of Alameda. The business is hereby registered by the following owner(s): Corey Rubio, 367 S. N Street, Livermore, CA 94550. This business is conducted by an individual. This business commenced on 04/23/19.
/s/ Corey Rubio
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires OCTOBER 23, 2024
NOV 06, 13, 20, 27, 2019
0178-CVF

FILED
OCTOBER 31, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 565020

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Bud Builder at 22262 B Street, Hayward, CA 94541, in Alameda County is hereby registered by the following owner(s): Gregory Nicholas Jebejian, 4854 Audrey Dr., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on 10/31/2019.
/s/ Gregory Nicholas Jebejian
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires OCTOBER 31, 2024
NOV 13, 20, 27, DEC 04, 2019
0179-CVF

FILED
NOVEMBER 01, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 565077

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: The DJ Roy Experience at 5509 Rothman Ct., Castro Valley, CA 94580, mailing address P.O. Box 852, San Lorenzo, CA 94580 in Alameda County is hereby registered by the following owner(s): Roy E. Stone, 5509 Rothman Ct., Castro Valley, CA 94580. This business is conducted by an individual. This business commenced January 2000.
/s/ Roy E. Stone
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires NOVEMBER 01, 2024
NOV 13, 20, 27, DEC 04, 2019
0180-CVF

Castro Valley Mobil Gas Station

18950 Lake Chabot Rd., Castro Valley

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\$10.00 OFF SMOG TEST

5¢ OFF EVERY WED. Quality Gas At OFF BRAND PRICES! Regular Unleaded Gas

Must Present Coupon At The Time Of Write-Up.

RECENT HOME SALES			
Castro Valley			
19038 Clemans Drive	94546: \$509,000	3 BD - 1,084 SF - 1952	
21314 Gary Drive	94546: \$530,000	2 BD - 1,100 SF - 1991	
6070 Mt. Rushmore Cir.	94552: \$710,000	2 BD - 1,350 SF - 1988	
5149 Madison Lane	94546: \$710,000	3 BD - 1,552 SF - 1925	
20009 Rawhide Way	94552: \$763,000	4 BD - 1,875 SF - 1986	
19140 Almond Road	94546: \$808,000	3 BD - 1,288 SF - 1950	
3916 Wilson Avenue	94546: \$815,000	3 BD - 1,536 SF - 1965	
4052 Nichandros St	94546: \$862,000	4 BD - 1,805 SF - 1956	
3832 Almond Hill Pl.	94546: \$930,000	3 BD - 1,724 SF - 1968	
7623 Pineville Circle	94552: \$1,275,000	5BD-2,701 SF - 1993	
TOTAL SALES: 10			
LOWEST AMOUNT: \$509,000		MEDIAN AMOUNT: \$785,500	
HIGHEST AMOUNT: \$1,275,000		AVERAGE AMOUNT: \$791,200	
San Lorenzo			
16150 Via Arriba	94580: \$500,000	4 BD - 1,377 SF - 1944	
574 Empire Street	94580: \$625,000	3 BD - 1,014 SF - 1950	
44 Saint Johns Court	94580: \$669,000	3 BD - 1,600 SF - 1954	
15838 Via Marlin	94580: \$726,000	2 BD - 1,524 SF - 1951	
TOTAL SALES: 4			
LOWEST AMOUNT: \$500,000		MEDIAN AMOUNT: \$647,000	
HIGHEST AMOUNT: \$726,000		AVERAGE AMOUNT: \$630,000	

Need to Place a Legal Notice?

CALL PATRICK: (510) 614-1558

FILED
OCTOBER 29, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 564939-941

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: (1)Cornerstones,(2)MindShareManagement, (3) MindShare at 18059 Lamson Road, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Uniphied Thought, 18059 Lamson Road, Castro Valley, CA 94546. This business is conducted by a corporation. This business commenced on 10/23/2017.
/s/ Uniphied Thought
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires OCTOBER 29, 2024
NOV 13, 20, 27, DEC 04, 2019
0181-CVF

FILED
NOVEMBER 08, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 565297

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Here to Help at 17812 Center Street, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Loren Taylor, 17812 Center Street, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on N/A.
/s/ Loren Taylor
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires NOVEMBER 08, 2024
NOV 13, 20, 27, DEC 04, 2019
0185-CVF

ADOPT-A-PET



TIGGER is a sweet and energetic 3 month old orange tabby. He loves to explore his space, play with toys and wrestle with his condo mates. Info: Hayward Animal Shelter, 510-293-7200.



TINKERBELL had a broken pelvis, an abscess, and a hernia. Now, this curious gal is completely healed and ready to go home. Info: Hayward Animal Shelter, 510-293-7200.



TESS is a stunning, 16-week-old dilute calico. She's very playful and affectionate and loves a good lap snuggle. For more information, email: Loveallpawzrescue@gmail.com.



BENITO is a 16-week-old orange tabby. He's affectionate and playful and would love a home with another young cat to play with. Email: Loveallpawzrescue@gmail.com.

Health: Ask If It Runs in The Family

continued from page 10

FamilyHealthHistory.org lets you create a customized guide on your family health history for free.

Handling the Results

If you uncover some serious health risks that run in your family, don't despair. While you can't change your genes, you can change your habits to increase your chances of a healthy future.

By eating a healthy diet, exercising and not smoking, you can offset and sometimes even neutralize your genetic vulnerabilities. This is especially true for heart disease, stroke, type-2 diabetes and osteoporosis.

A family medical history can also alert you to get early and frequent screening tests, which can help detect other problems (high blood pressure, high cholesterol, and cancers like breast, ovarian and colon cancer) in their early stages when they're most treatable.

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



Taylor Matthews and Kyla Dolorfino seen here at the airport ready to leave on Thursday evening, November 21.

World Wide Ambassadors

Two female student athletes from the Castro Valley High School girls Varsity soccer team joined 14 others from different cities and schools as members of the Girls Soccer World Wide Ambassadors' leadership program on a trip to Coronel Bogado, Paraguay.

Taylor Matthews (Senior) and Kyla Dolorfino (Junior) are both members of the CVHS Varsity girls soccer team, and are traveling together during the Thanksgiving break, in order to give back to other communities.

These women will represent Castro Valley and the East Bay to lead and empower young girls who

more often drop out of school and sports to help at home. The goal of the trip is to create opportunities for girls to have access to an equal playing field, to stay in school, and to gain leadership skills.

The group took donated laptops, backpacks, shoes, cleats, uniforms, and school supplies and will spend the week mentoring young ladies in the community.

The Girls Soccer World Wide Ambassadors is a nonprofit organization based out of Livermore and has been helping to empower girls for about 5 years. Here is the link to their website: girlssoccer-worldwide.org/

Reports: Sex Offender Did Not Register

continued from page 3

Threw a Bowl at Family Member

Wednesday, November 20: at 2:33 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Carlton Avenue near Alexis Place. There, they arrested a 29-year-old man from Castro Valley on suspicion of assault on a family member and violating the terms of a restraining order. The man was accused of throwing a ceramic bowl at the head of a relative. Deputies took the suspect to Santa Rita Jail.

Merced Couple Goes to Jail

Tuesday, November 19: at 11:37 p.m., two people from Merced (Merced County) were arrested at a home on Ewing Road near Vineyard Road after reports of a fight in the street. Deputies arrived to find a 40-year-old man in a bedroom with 1.72 grams of methamphetamine drugs and associated drug paraphernalia. A 41-year-old woman at the scene was charged with skipping bail from an arrest from outside of California. The couple were taken to Santa Rita Jail.

Sex Offender Failed to Register

Tuesday, November 19: at 5:00 p.m., deputies arrested a 48-year-old man from Hayward on suspicion of failure to register as a sex offender and violating the terms of his probation. The man was hanging outside a drug store on Castro Valley Boulevard near Yeandle Avenue when deputies arrived and made a positive identification. The man was taken into custody.

KEEP ORGANICS OUT OF THE LANDFILL

Did You Know?

In California, roughly one-third of the materials sent to landfills is organic material. This includes food, plant debris, and food-soiled paper.



Organic material that sits in a landfill undergoes a process called anaerobic decomposition, which produces methane, a greenhouse gas roughly 25 times more effective than carbon dioxide at trapping heat in the Earth's atmosphere.

How Can You Help?

Prevent wasted food by planning your meals and only buying what you need at the grocery store.

Place your organic material into your green organics cart so that they can be collected and composted.

Source: CalRecycle.ca.gov

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Park: Come Catch Some Amazing Fish

continued from page 10

to catch some of these amazing fish!

The Park District plants 130,000 pounds of hatchery-raised fish an-

nually in its lakes.

Daily fishing permits and a state fishing license are required to fish in regional lakes. For avid anglers, the Regional Parks Foundation

sells an annual angler membership which covers the cost of parking and fishing permits.

Visit www.regionalparksfoundation.org for more information.



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