

# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 32

WEDNESDAY, NOVEMBER 25, 2020

NO. 48

## INSIDE YOUR FORUM

### NEWS



#### Story Walk

A fun experience for those who enjoy reading and the outdoors

Page 2

### HEALTH



#### Virtually Together

Doctors urge the public to make holiday safety a top priority

Page 4

### LIVING



#### The Days After

Why is it that so many look forward to the days after Thanksgiving?

Page 6

## INDEX

Classified Ads .....	8
Crosswords .....	9
East Bay Living .....	6
Holidays .....	4
Homes .....	7
Horoscope .....	10
Obituaries .....	10
Opinions .....	10
Our Town .....	3
Weather .....	2

PHONE: (510) 614-1560

## COVID Curfew In Effect

By Michael Singer  
CASTRO VALLEY FORUM

Governor Gavin Newsom ordered Californians to limit their activities between 10 p.m. and 5 a.m. to help drastically reduce the spread of COVID-19. But while health officials are calling it a "limited Stay at Home Order," others are calling it a curfew and many say it's confusing.

Newsom's order bans nonessential work and gatherings. The order went into effect on Saturday and is scheduled to last a month.

"How does it make sense to have a curfew during the least busy time of the day (midnight hours)?" wondered Castro Valley resident Attosha Houston. "Someone smarter than me explain the logic."

Others were okay with the ban. "I don't understand what the big deal is," says Castro Valley resident Janet Roselius. "So what, we have to do something, because some people don't get it. We have to try something, or this could get all so much worse."

In his weekly briefing, Newsom again apologized for his at-

see *CURFEW* on back page



PHOTO BY DEBBIE TEE

Although last week's showers didn't bring much rain, there was enough to create a few puddles. In non-Covid times, kids might not be permitted to jump in one, but this storm provided a not-to-be-missed opportunity to get outside, socially distance and fully embrace the weather as these Castro Valley twins — Shaan and Sahil Mittal — did near their Crow Canyon home.

## Small Business Grants Available

Small businesses that have been forced to close or layoff workers due to COVID-19 are eligible to apply for one-time \$5,000 grants authorized earlier this month by the Alameda County Board of Supervisors.

The application period runs through Monday, Nov. 30, and is open to Alameda County businesses with up to 25 employees and to people who are self-employed.

To be eligible, the business or self-employed person must have a valid local business license and agree to follow State of California and Alameda County Department of Public Health COVID-19 guidelines for maintaining a safe workplace.

The Board of Supervisors allocated \$5 million in federal Coronavirus



Aid, Relief and Economic Security (CARES) Act funds for the small business grant program, which is being administered by the East Bay Economic Development Alliance.

Grant funds may be used for unreimbursed costs incurred between March 17 and Dec. 30, 2020, for the following:

- Rent, lease, mortgage and utility payments for business facilities
- Payroll
- Operating expenses such as supplies, materials, insurance, etc.
- Personal Protective Equipment (PPE), sanitation or health and safety equipment
- Digital technology equipment or platforms
- Interior and exterior physical adaptations, such as partitions, signage, outdoor seating, etc.

For more info, answers to frequently asked questions and to apply, go online to [eastbayeda.org/grants](http://eastbayeda.org/grants).

## Three New Faces Join the MAC Board

By Michael Singer  
CASTRO VALLEY FORUM

Three new board members have joined the Castro Valley Municipal Advisory Council (MAC) this year and will face 2021 with a slate of housing and business issues to consider.

New members Tojo Thomas, Al Pardo, and Ilya Prokopoff replace outgoing members Marc Crawford, Ted Riche, and Sheila Cunha.

Appointed by County Supervisor Nate Miley, the additions are expected to serve up to four years. The three new faces join MAC Chairman Ken Carbone, Shannon Killebrew, and Chuck Moore.

Dolly Adams, who was just elected to the Castro Valley School Board, announced that she will be leaving the MAC in December. An appointment from Supervisor Miley's office is pending.

Chairman Carbone expressed gratitude and excitement for the fresh faces at the Council.

"Marc, Ted, and Sheila will be missed on the Council as they have contributed heavily to the success of Castro Valley to this point," Carbone told the Forum. "However, we look forward to hearing from our new members and their unique perspectives and ideas for moving Castro Valley forward into the next decade."

While the all-volunteer MAC is purely an advisory body, Carbone says it is an opportunity for people to voice their opinion and participate in their community.

"We hear all ideas and make the best decisions possible for the community. If there are problems in their neighborhoods we need to hear about that. In the end, we make the best recommendation we can for the community. That is why participation in our meetings and the process is so important to understand how our community works and get involved."

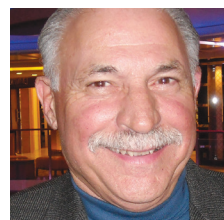
Thomas is the most known of the three new council members. He unsuccessfully tried to unseat Supervisor Miley back in 2012. Thomas came to America as an immigrant from India in 1992, at the age of 18, with his parents. He has been a Deputy Probation Officer for Alameda County for the past 19 years and is a member of the board of the Castro Valley Sports Foundation. All three of his children attend Castro Valley schools.

Pardo is a lifelong East Bay resident who was born and raised in Oakland. He served on several San Leandro boards and commissions and is a retired trucking transportation executive with 40 years of experience with small freight carriers. He has worked as a volunteer ambassador/marshal for Redwood Canyon Golf Course. He has been married to his wife Kathy for 45 years and they have one son. He is an avid golfer.

see *MAC* on page 3



Tojo Thomas



Al Pardo



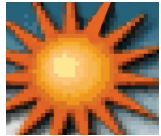
Ilya Prokopoff



## Castro Valley Weather Nov. 25-29, 2020



Wednesday  
Partly Sunny  
High 63° Low 47°



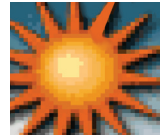
Thursday  
Sunny  
High 61° Low 48°



Friday  
Sunny  
High 61° Low 41°



Saturday  
Sunny  
High 61° Low 40°



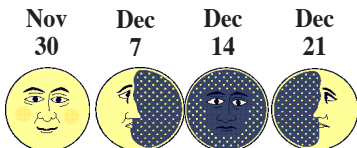
Sunday  
Sunny  
High 62° Low 46°

### Almanac



Past Week's Rain: 00.60  
Season To Date: 00.71  
Normal To Date: 02.63  
Season Average: 21.22

### Moon Phases



Sun sets at 4:52 p.m. today, rises at 7:00 a.m. Thursday.

## Got Your Castro Valley Forum, Got Your Coffee, Life is Good!

PUBLISHED EVERY WEDNESDAY

DELIVERED TO OVER 20,000 HOMES - TOTAL CIRCULATION 22,500

To advertise call

Mary Florence: 510-861-3270 or Linda Nakhai: 510-915-1513  
2060 Washington Ave. • San Leandro, California 94577



**GOT A NEWS TIP? CALL 510-614-1560  
OR EMAIL: fredz@ebpublishing.com**

## COMMIT YOUR FAMILY TO BE FIT!

**We Are Different From Other Fitness Clubs.  
We Have A Family Atmosphere!**

• Full Gym • Over 40 weekly Exercise Classes outdoors or ZoomFitness •  
7 lanes per hour Lap Swimming • Aqua Aerobic Classes - 8 weekly • Swim  
Lessons • Pro Tennis Lessons • Kids Pool • Pickleball Groups & Socials!

All Classes/Facilities require Reservations. We honor all Up to date Health Dept.  
Requirements/Change for your Safety= Masks, Hand Sanitizing, and Distancing.

Limited Time Offer

**NO INITIATION FEE!\***

**Save \$400 - \$800**

**& NOVEMBER FREE**

\*When you join early and pay  
your first 3 months dues.

Subject to change without notice.  
Offer exp. 11/30/20

Join Our Club Where  
Everyone Knows Your Name.  
Be A Part Of Something!

**FREE  
KID FIT CLASSES  
after school!**



**LIMITED  
AVAILABLE SLOTS**

**FREE TOURS-No Appointments**

Check Us Out Our Website.  
Look for All Features & Benefits.

**WWW.BOVSWIM.COM**

Monthly Dues for  
Families = \$237

Monthly Dues for  
Singles = \$228

Membership includes the whole family  
up to 6 members. Lockers \$9.

Located on corner of 1881 Astor Dr. & Lake Chabot Rd., San Leandro

**510-357-8366 • swim@bovswim.com**



**Bay-O-Vista**

Private Family Fitness,  
Gym, Swim & Tennis Club



PHOTOS BY DAN WILLITS

Pictured above from left, Rotarians Carol Bigelow, Ceta Dochterman, Lytrel Carter, Margie Ramos and Aaron Lewis.

## CV Rotary Delivers Thanksgiving Bagged Lunches to Local Seniors

Last Thursday, the Rotary Club of Castro Valley personally packed and delivered Thanksgiving lunch bags to seniors at the Kenneth Aitken Senior Center in Castro Valley.

In conjunction with Spectrum's Sandwich program, each special lunch bag contained hand sanitizer, a 5-pack of washable/reusable face masks, a puzzle book and pen, an apple, wrapped candy, trail mix and applesauce.

Castro Valley Rotarian Carol Bigelow coordinated the event with the Hayward Area Rec District staff, Daniela Keiffer, Senior Program Supervisor and Jennifer Tibbetts Senior Center Coordinator. Rotarians Ceta Dochterman, Lytrel Carter, Aaron Lewis, Margie Ramos and Dan Willits assisted with the distribution.

Although the event was outdoors, all wore masks and gloves and maintained proper social



distancing. Recipients entered the parking lot and the food and supplies were handed to them through the car window. This very simple event had a big impact on the people.

Rotarian Carol Bigelow captured the moment perfectly: "They didn't only come for the food. They came for the human interactions, and we were thrilled to give them that."

## First Presbyterian 'Story Walk' This Sunday

One local church is creating a different way to experience the holidays in a safe and socially-distant setting. Beginning this Sunday, Nov. 29 and through the Christmas season, book lovers and those who enjoy the outdoors will have an opportunity to discover a unique way to celebrate the season.

Using the StoryWalk model, First Presbyterian Church of Hayward will install a guided trail featuring laminated pages

of a children's Christmas picture book each week on their campus through Jan.16.

The public is invited to follow the path which will begin at the front of the church at 2490 Grove Way in Castro Valley and make its way around the building to read the complete story.

Readers can visit the FirstPres Advent Storywalk anytime during the week, but it is best experienced during daylight hours or with a

flashlight. Security will be present on campus.

Parking is available in both parking lots (behind the church and shared with Trader Joe's) and on the street. Some book selections will be bilingual in English/Spanish. The route is wheelchair accessible. For further accessibility details or any other questions please contact lauren@firstpres-hayward.com or visit linktr.ee/firstpreskidshayward

## BIG O TIRES AND SERVICE CENTER

**\$10<sup>00</sup> OFF**  
REGULAR PRICE  
OIL & FILTER CHANGE

Includes up to 5 quarts motor oil, new filter and installation. Good at 15241 Washington store only. Most vehicles. Not good with other offers. Expires 12/31/20.

Due to these  
Uncertain Times  
we are Still Open to  
Service your Vehicle.

**\$50 OFF**  
ANY MAINTENANCE SERVICE  
OVER \$599.00

Good at San Leandro Big O Tire stores. Most vehicles. Not good with other offers. Expires 12/31/20.

• TIRES  
• SERVICE  
• STRAIGHT  
TALK

15241 WASHINGTON AVENUE • SAN LEANDRO • 357-8473  
2201 WASHINGTON AVENUE • SAN LEANDRO • 351-5022



## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Joy Ride Ends in Arrest

Thursday, November 19: at 3:14 a.m., Sheriff's Deputies pulled over and arrested a 34-year-old man from Castro Valley on suspicion of driving a stolen vehicle, driving with a suspended license, driving an invalid registration, and possession of illegal drug paraphernalia. The man was traveling on East Castro Valley Boulevard when deputies stopped him in front of a motel near the 580 Market Place shopping area. Deputies took the man into custody.

### Busted for Vandalism

Thursday, November 19: at 5:15 p.m., a 30-year-old woman from Castro Valley was arrested on suspicion of vandalism at a home on Belmont Way near Governor Drive. Deputies were called to the scene after the homeowner complained about the woman trespassing on the property. The woman was handcuffed and taken into custody.

### Violated a Restraining Order

Thursday, November 19: at 1:31 p.m., deputies arrested a 24-year-old CV man on violating a court-issued restraining order. The man was spotted outside a mobile home park on the Boulevard near Marshall Street at a property he was asked to stay a distance of at least 100-yards. Deputies took the man into custody.

### Illegal Drug Paraphernalia

Friday, November 20: at 8:36 p.m., a 45-year-old man with no permanent residence was arrested on suspicion of possession of a pipe used for smoking narcotics. Deputies stopped the man for questioning as he was sitting outside a business in the Castro Village shopping center when they discovered his stash. The man was taken into custody.

### Fellon with Guns and Ammo

Friday, November 20: at 4:21 p.m., deputies arrested a 35-year-old man on various weapons charges

outside a motel on the Boulevard near the 580 Market Place shopping area. The man was traveling on the Boulevard when deputies stopped him for driving with a suspended registration. They found he had a conviction record that prohibited him from carrying weapons or ammunition. Deputies report the man had both in the vehicle including a concealed weapon. The man was taken to Santa Rita Jail pending bail.

### Lewd Acts with a Minor

Sunday, November 22: at 8:05 a.m., a 33-year-old man from Castro Valley was arrested on suspicion of conducting lewd acts with a minor. Deputies responded to an emergency call at an apartment on Wisteria Street near Ganic Street. The man was handcuffed and taken to Santa Rita Jail. The victim was treated at the scene.

### Vandalism at a Gas Station

Monday, November 23: at 3:20 a.m., deputies arrested a 60-year-old woman from Castro Valley on suspicion of vandalism at a gas station on Castro Valley Boulevard near Redwood Road. The station manager noticed the woman destroying the business property and called the Sheriff. Deputies took the woman into custody.



From left, Shannon Beatty of the George Mark Children's House welcomes a wagon-load of toys from Castro Valley Bocce group members Al Bronzini and Nell Randisi.

## CV Bocce Gang Delivers Toys to George Mark Children's House

Because of COVID-19 restrictions, the members of the Castro Valley Bocce group haven't been together rolling bocce balls for the last nine months, but that doesn't mean they haven't been busy.

The group stepped up with a wagon load of toys to make the kids Christmas a bit brighter at the

George Mark Children's House where their Candy Cane Lane Christmas celebration annually provides toys for their patients and their siblings.

The George Mark House is an amazing facility that focuses on quality of life and continuity of care for children with illnesses

that modern health care cannot yet cure, as well as for those who have complex chronic medical conditions. Respite services are also offered; all services are provided at no expense to the family. The minute you step inside, you become family and you always will be a part of the George Mark family.

## MAC: Three New Faces

*continued from front page*

er and a lecturer at Transfiguration Catholic Church.

Prokopoff has been an East Bay resident for 13 years, the past five of which have been in the Canyonlands of Castro Valley where he and his partner, their three dogs, dozens of sheep, hundreds of chickens, and two cows all live. Prokopoff is the Regional Managing Director of IDEO, an inter-

national design firm, with offices across Europe, Asia, and the US, including San Francisco. Born in New York state, he moved to the Bay Area in 1996. At home in Castro Valley, he spends an inordinate amount of time fiddling with weird old European cars in his garage.

The MAC usually meets on the 2nd and 4th Monday of each month but holds special meetings as necessary.

### Wishing You a Happy & Safe Thanksgiving

Thanks so much to the 175 families in our Community that contributed to our 2020 Holiday Food Drive!



### Lovewell Team

(#00689931 & #01912817)  
"Lovewell Team" is a dynamic, award-winning Real Estate team. Call 510-351-5555 or visit us at [www.Lovewellteam.com](http://www.Lovewellteam.com)  
— A team you can love and trust —  
Re/Max Accord Castro Valley

**WE BELIEVE:** "It is the right of every pregnant woman to give birth... and the right of every child to be born."

A non-profit **CRISIS PREGNANCY CENTER** helping women to identify life-affirming resources and receive guidance in planning for her and her baby's future.

**Birtheright**  
Of San Lorenzo

- Free Pregnancy Tests
- Volunteer Opportunities
- Medical Referrals
- Housing Referrals
- Free Maternity / Baby Clothes (as available)
- Friendship for Life

**24-HOUR HELPLINE**  
1-800-550-4900

1048 GRANT AVENUE • SAN LORENZO • 510-481-9677  
Check us out at: [www.birtherightofsanlorenzo.com](http://www.birtherightofsanlorenzo.com)  
Text and Email: [info@birtherightofsanlorenzo.com](mailto:info@birtherightofsanlorenzo.com)

## DO YOU HAVE QUESTIONS ABOUT MEDICARE?

Annual Enrollment Period Is Here

October 15 - December 7

Elise Hardman, CA License #0116236  
(510) 410-4602

19131 Redwood Rd., #H • Castro Valley, CA 94546  
[elisehardman@sbcglobal.net](mailto:elisehardman@sbcglobal.net)

## CASTRO VALLEY FORUM

CASTROVALLEYFORUM.COM

ESTABLISHED: 1989 • CIRCULATION 22,500  
© 2020 EASTBAY PUBLISHING CORPORATION - ALL RIGHTS RESERVED

Published every Wednesday by EastBay Publishing Corp.  
2060 Washington Ave., San Leandro, CA 94577  
Corporate Address: P.O. Box 2897, Alameda, CA 94501  
Tel: 510-614-1560 • Fax: 510-814-9691

Fred Zehnder, Editor & Publisher  
[fredz@ebpublishing.com](mailto:fredz@ebpublishing.com)

Howard Morrison, Assoc. Publisher  
[howardm@ebpublishing.com](mailto:howardm@ebpublishing.com)

Kayla Steinorth, Advertising Design Mgr.  
[kayla@ebpublishing.com](mailto:kayla@ebpublishing.com)

Moxie Morrison, Layout Design  
[moxmore@yahoo.com](mailto:moxmore@yahoo.com)

Claudette E. Morrison, Business Mgr.  
[cm@ebpublishing.com](mailto:cm@ebpublishing.com)

Patrick Vadrnals, Classified Ads / Obituaries  
[patrickv@ebpublishing.com](mailto:patrickv@ebpublishing.com)

Mary Florence, Advertising Sales  
861-3270 [mpominville4582@aol.com](mailto:mpominville4582@aol.com)

Linda Nakhai, Advertising Sales  
[lnakhai@comcast.net](mailto:lnakhai@comcast.net)

Contributors:

Linda Sandsmark

Michael Singer

Amy Sylvestri

Jim Knowles

Gene Osotsky

Carl Medford

Terry Liebowitz

Debbie Tee

Linette Escobar

Thomas Lorentzen

Buzz Bertolero

Bruce Roberts

**MED-Project™**  
Medication Education & Disposal

FREE SERVICE FOR RESIDENTS

**SAFELY DISPOSE OF  
MEDICINES & SHARPS  
DROP-OFF OR MAIL-BACK**



To learn about services available in your area, contact us at:

**1-844-MED-PROJECT**  
(1-844-633-7765 / TTY: 711)  
[www.med-project.org](http://www.med-project.org)

*Give Thanks*

WISHING YOU & YOUR FAMILY  
A HAPPY THANKSGIVING





# Doctors Urge: Make Holiday Safety Top Priority

By Dr. Susan R. Bailey  
SPECIAL TO THE FORUM

With COVID-19 infections at an all-time high, medical experts are urging the public to make safety their number one priority.

Nearly a year into this pandemic, people are yearning for a return to normalcy. However, COVID-19 cases are surging and with flu season already upon us, bringing together people from different households during the holidays is far too great a safety risk.

During this unusual year, the American Medical Association is sharing top tips for a safe and healthy holiday season:

1. It may not be the way you're used to celebrating, but consider limiting this year's gatherings to just the people who live in your household.

2. If it's warm enough, you may be able to add a few masked people to your plans, but only if your get together is outdoors and safely physically distant.

3. Take advantage of the video conferencing technologies available to bridge the distance between you and family or friends. Whether it's watching holiday movies, unwrapping gifts or sharing recipes together, many of these traditions can still happen virtually.

4. Interested in holiday deals and discounts? Shop for bargains from home. And if you must go to the store in person and you're at-risk, check ahead of time to see if there are special hours for you.

5. Consider additional outdoor activities that can bring together other people in your circle without the dangers of dining inside. Go apple picking or hiking. Think be-

yond the traditional holiday activities and start new traditions.

6. Disappointed that your usual large dinner is for a smaller group? You can still cook a large meal and share a portion with neighbors or friends. The Centers for Disease Control and Prevention recommends "delivering them in a way that doesn't involve contact with others."

7. Continue to follow everyday safety guidelines to prevent the spread of COVID-19: wash your hands, maintain physical distancing and #MaskUp.

More health resources, along with tips to prevent the spread of COVID-19, are available at [ama-assn.org](http://ama-assn.org).

Susan R. Bailey, M.D., is president of the American Medical Association (AMA).

—StatePoint



**VIRTUALLY TOGETHER:** Take advantage of the video conferencing technologies available to bridge the distance between you and family or friends.

## CPAP Could Help Alleviate Sleep Apnea

*Q: How are sleep apnea, sighing and heart failure related? Recently, I was told that I have severe sleep apnea and that I must use a CPAP machine. I have noticed that during the day I frequently take a spontaneous deep breath. Is that sleep apnea while awake? I have coronary heart disease and have three stents. Will the CPAP machine help me in any way?*

By Keith Roach, M.D.  
SPECIAL TO THE FORUM

A: It's complicated. By far, the most common type of sleep apnea is obstructive sleep apnea. This happens in people who are overweight, or in people whose neck

see CPAP on page 11

## HOLIDAYS AROUND the TOWN

### Eden United Holiday Lights Caravan

SATURDAY, DECEMBER 5TH, 5-7 PM

*Let's end 2020 together by celebrating the Eden Area communities of Ashland, Castro Valley, Cherryland, Fairview, Hayward Acres & San Lorenzo by bringing some light to our neighbors! Showing that even in the dark, we can share hope, joy and the spirit of community at a time when we all need it the most.*

THANK YOU TO OUR GENEROUS SPONSORS:  
PHILLIPS & PHILLIPS TRUST & ESTATE LAW,  
REDWOOD CHRISTIAN SCHOOLS, KMC CLEANERS, ACSO,  
DSAL, TODD ANGLIN STATE FARM, DIRECT SALES FLOORS,  
JULIE SUMIKI STATE FARM INSURANCE, DON'S BODY SHOP,  
BAYWOOD COURT, JANELLA ANGUIANO CENTURY 21,  
S B CLOTHING CO., WALSH PROPERTY MANAGEMENT &  
A.C. ECONOMIC & CIVIC DEVELOPMENT DEPARTMENT

TO PARTICIPATE IN THIS FREE, FUN, SAFE, SOCIALLY DISTANCED EVENT AS A FAMILY OR BUSINESS, YOU MUST PRE-REGISTER AT [ABCHAN411@GMAIL.COM](mailto:ABCHAN411@GMAIL.COM) (SPACE IS LIMITED)

MORE INFORMATION: <https://bit.ly/2JYsydP>  
LIVESTREAM: [FACEBOOK/EDENAREACHAMBER](https://www.facebook.com/EDENAREACHAMBER)  
[WWW.EDENAREACHAMBER.COM](http://WWW.EDENAREACHAMBER.COM)

## Holidays Around the Town

**Advertise Your Holiday Gift Ideas  
in the Castro Valley Forum  
and the San Leandro Times**

**PUBLICATION DATES 2020**

**CASTRO VALLEY FORUM:**  
11/25 12/2 12/9 12/16

**SAN LEANDRO TIMES:**  
11/26 12/3 12/10 12/17

**SPACE IS LIMITED  
CALL NOW!**

**Claudette Morrison • 510-614-1559**  
**Mary Florence • 925-580-6448**  
**Linda Nakhai • 510-915-1513**

**2 COL. X 2" = 4 COL." DISPLAY AD STARTING AS LOW AS...**

**\$96<sup>00</sup>** PER AD, PER WEEK, SAN LEANDRO TIMES ONLY, 3-WEEK MINIMUM

**PRICE  
INCLUDES  
2-COLORS  
RED & GREEN**

*Full Color Only An Additional 10%*



# HOLIDAYS AROUND the TOWN

## Chanticleers Presents Holiday Classic 'It's a Wonderful Life' Live Radio Play

Chanticleers Theatre will present "It's a Wonderful Life," the holiday favorite, written by Joe Landry specifically for radio based on the classic film.

"This is a wonderful adaptation of the film that retains all the warmth and drama, and it has long been a sentimental favorite of mine," said Production Director Bill Chessman, a long time, Bay Area producer, actor, and author. "We have an excellent and versatile cast who bring their own loving spin to each of the characters that they portray."

The production will be performed radio-style and available via streaming only on Saturday, Dec. 5. Streaming access is available any time for 24 hours.

Tickets are free for Chanticleers Flex-

Pass holders and \$10 for general admission. For reservations, tickets and access to the internet link, please go to [chanticleers.org](http://chanticleers.org). Flex-Pass holders should contact Chanticleers directly for the discount code.

Producing this production is Suzan Lorraine, who started in theatre in a 4th grade production of A Christmas Carol and since has acted, stage managed, run lights and sound, and directed in a number of Bay Area theatres.

A cast of seven, including Roger Caetano, Rhonda Taylor, Conrad Cady, Barbara Perry, Carson Campbell, Suzan Lorraine and Bill Chessman, will be playing 44 different characters and the show includes live sound effects.



### THANKSGIVING DAY SCHEDULES

THURSDAY, NOVEMBER 26, 2020

#### Government Operations

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

#### Business Offices

Banks and nearly all other businesses will be closed. Many, including The Forum, will also be closed on Friday, Nov. 27.

#### Stores & Restaurants

Open stores and restaurants will be operating on a shortened schedule. Check ahead, especially for food and pharmacy supplies.

#### Public Transportation

BART, AC Transit buses will operate on a Sunday schedule.

#### Garbage Collection

Garbage collection by Alameda County Industries (ACI) will occur one day later for customers whose regular service day falls on Thanksgiving Day or after. Thursday customers will have their containers serviced on Friday. Friday customers will have their containers serviced on Saturday. For holiday service information, please visit [www.alameda-county-industries.com/cvsan/holiday](http://www.alameda-county-industries.com/cvsan/holiday). ACI Customer Service Representatives will be available for billing and service questions Friday, Nov. 27 and Saturday, Nov. 28 by calling 510-483-1400 or visiting the ACI website.

Castro Valley Sanitary District (CVSan) offices will be closed for the Thanksgiving holiday on Thursday and Friday, Nov. 26 and 27. Call 510-506-5821 for sewer emergencies. For information regarding CVSan services and programs, visit [www.cvsan.org](http://www.cvsan.org). Please be advised that there was a misprint in the 2020 CVSan Calendar and Annual Report that shows a CVSan holiday closure on Wednesday Nov. 25. CVSan Holiday closures will occur on the dates above.

### WORLEY'S

Home Design Center

- Carpets/Area Rugs
- Window Coverings
- Re-Upholstery
- Antique Refinishing
- Wood, Laminated & Vinyl

Gift Ideas

FREE  
SALES  
TAX

GIFT CERTIFICATES AVAILABLE

510-582-6400 • 2751 Castro Valley Blvd., Castro Valley  
[www.worleyshdc.com](http://www.worleyshdc.com)

"The One-Stop  
Design Shop Since  
1952"

### N-V-Us Looks

A FULL SERVICE  
SALON WITH  
INDOOR OR  
OUTDOOR SERVICE



Katy & Daughter Danell

Call 886-6887 or 332-1806 • Ask for Katy  
20408 San Miguel Ave., Castro Valley

If you are thinking about moving go ahead and do it. Take some small trips to check out some new places. I just got back from Coeur d'Alene, Idaho and it was amazing. Perfect retirement destination and a great place to raise a young family. Call me if you would like to know more about it. Leslie Appleton Young says we are at a six and a half year high. Right now the demand is the highest it has been. I just sold 3276 Rosale Ct. Castro Valley for \$751.00 a Sq Ft.

Happy Holidays, Serean Kimmel

Serean Kimmel  
Realtor® • 510.512.2145  
[serean@remaxaccord.com](mailto:serean@remaxaccord.com)  
Remax Accord BRE# 01770629  
[www.facebook.com/sereankimmel](http://www.facebook.com/sereankimmel)



### Castro Valley Hayward STORAGE

Wishes Our Community  
A Very Safe and Festive  
Holiday Season

2457 Grove Way, Castro Valley

### Merle's Hallmark

Shop Safely and Comfortably  
With Many Holiday Specials!

See the *Star* of the Show

"ANGEL BELL CHOIR"

Set of 5

Save \$20.00 now through December 10



CASTRO VILLAGE SHOPPING CENTER  
(510) 537-1677  
3340 VILLAGE DRIVE, CASTRO VALLEY  
MON-FRI - 10 am-9 pm,  
SAT 10 am-6 pm, SUN 11 am-5 pm

### BAD BUSINESS MODEL BIKES

Bicycle Sale &  
AIDS/Lifecycle Fundraiser

**Date:** Saturday 12/5

**Time:** 9am to 4pm

**Location:** 19554 Jaydine St.  
in Castro Valley

**Weather:** RAIN or SHINE

**Safety:** MASKS REQUIRED/ BIKES  
KEPT SANITIZED

#### DETAILS:

**Road Bikes** ... \$125

**Adult Bikes** ... \$100

**Youth Bikes** ... \$50



All money goes directly to AIDS/Lifecycle  
to assist those living with HIV/AIDS  
All bikes are in near-perfect, ready to ride condition  
**First come, first serve, no holds**

### Comfort Meets Function

LIFT TOP STORAGE BENCH WITH  
PULL-OUT BED

ON SALE NOW

ONLY  
\$199

This multi-functional piece meets the  
need for extra sleep space, storage and  
seating all in one cleverly designed  
bench. Available in 4 colors.



SAVINGS IN ALL DEPARTMENTS!

"Make your house a Dupree's home"  
**Dupree's**  
FURNITURE  
EASY LAYAWAY & FINANCING AVAILABLE  
48 Years Experience  
1900 E. 14th St. • San Leandro  
**357-3000**  
[www.Duprees-Furniture.com](http://www.Duprees-Furniture.com)  
OPEN TUESDAY - SATURDAY 10AM-5PM • CLOSED SUNDAY & MONDAY



## Leftovers – Why We Really Love Thanksgiving



Leftovers are as much a part of Thanksgiving as the main dinner itself. Of course, eating the same meal for the third day in a row could get boring, but there's no need for that when there are so many ways to transform those prepared ingredients into new dishes.

Be sure to refrigerate leftovers

as soon as dinner is over. Carve meat from the bone before refrigerating. It will chill more quickly that way. Stuffing and gravy should be used within two days.

## Find More Local News in the Forum

**To Advertise Please Contact**  
**Mary Florence at**  
**510-861-3270**  
**Linda Nakhai at**  
**510-915-1513**

**THE ONLY LOCALLY OWNED NEWSPAPER THAT GOES TO 99% OF HOMES AND BUSINESSES IN CASTRO VALLEY!**

PUBLISHED EVERY WEDNESDAY  
(510) 537-1792 • FAX (510) 483-4209  
Visit our website: [www.castrovalleyforum.com](http://www.castrovalleyforum.com)

**CASTRO VALLEY FORUM**

### TURKEY COBB SALAD

- 4 slices bacon
- 3 tablespoons red-wine vinegar
- 2 tablespoons olive oil
- 1 teaspoon Dijon mustard
- Salt and freshly ground pepper
- 1 large head romaine lettuce, shredded
- 2 cups roasted turkey, cut into 3/4-inch cubes
- 1 ripe avocado, pitted, peeled and thinly sliced
- 3/4 cup blue cheese, crumbled
- 2 hard-boiled eggs, cut into chunks
- 2 plum tomatoes, cut into 1/2-inch pieces

In a medium skillet, cook bacon over medium heat until crisp, 3 to 5 minutes. Transfer to a paper towel-lined plate to drain. Let cool, then cut into 1/2-inch pieces, and set aside.

In a large bowl, whisk together vinegar, mustard, salt, and pepper. While continuing to whisk, drizzle in olive oil until thickened. Add lettuce, and toss to coat. Place on a large serving platter. Arrange remaining ingredients on lettuce as desired, and season with salt and pepper. Serve immediately. Yields 4 servings.

### CURRIED TURKEY CASSEROLE

- 1/4 cup plus 2 tablespoons butter
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 1/4 cup all-purpose flour
- 3 cups whole milk, room temperature
- 2 teaspoons curry powder
- Salt and pepper
- 6-1/2 cups broccoli florets
- 4 cups cooked turkey, cut into 3/4-inch pieces
- 3 cups day-old bread, diced medium

Preheat oven to 400°F. In a medium pot, melt 1/4 cup butter over medium heat. Add onion and garlic; cook until slightly softened but not browned, about 7 minutes. Whisk in flour and continue to whisk 1 minute. Slowly add milk, whisking constantly until mixture is smooth. Cook, stirring frequently, until sauce comes to a simmer. Stir in curry powder and season to taste with salt and pepper. Add broccoli and cook just until beginning to soften, 5 minutes. Stir in cooked turkey. Transfer mixture to an 8-inch square baking dish.

In a small bowl, toss bread with

remaining 2 tablespoons butter, melted, until coated.

Top turkey mixture with bread and bake until sauce is bubbling and bread is golden brown, about 15 minutes. Serves 6.

### TURKEY REUBEN SANDWICH

For each sandwich:

- 2 teaspoons soft butter
- 2 slices rye bread
- 2 tablespoons Russian Dressing
- 1 ounce sliced Swiss cheese
- 4 thin slices cooked turkey
- 3 tablespoons tangy cole slaw or sauerkraut
- 2 dill-pickle sandwich slices

Heat a skillet over medium heat. Spread butter on 1 side of each slice of bread. Flip bread over, and spread Russian dressing on the other side of each slice. Place half of the cheese on top of dressing on 1 slice. Top with turkey, cabbage slaw, and pickles. Top with remaining cheese, then the second slice of bread, buttered side up.

Place on grill pan, and cook, pressing down occasionally with a spatula, until golden brown and cheese has melted, 3 to 4 minutes per side. (Cover with a heatproof lid to encourage cheese to melt; use caution when removing.) Cut sandwich in half, and serve immediately.

### TURKEY A LA KING

- 1/4 cup butter
- 1/2 cup chopped green peppers
- 4 ounces sliced mushrooms
- 1/4 cup flour
- 1-1/2 cups milk
- 1 (10-3/4 ounce) can condensed cream of mushroom soup
- 1 (2-ounce) jar pimiento strips
- 2-1/2 cups cooked cubed turkey
- Dash onion powder
- Dash pepper

Melt butter; add green pepper and mushrooms. Cover and simmer 5 minutes.

Remove vegetables with slotted spoon. Add flour to butter, cooking and stirring until smooth. Add half-and-half and cream of mushroom soup, stirring until smooth and thickened. Add turkey, pimiento, mushrooms, green pepper, and seasonings. Taste and adjust seasonings.

Serve over hot cooked rice, biscuits, or noodles. Serves 6.

### TURKEY & YAM CASSEROLE

- 2 cups cooked, mashed yams
- 2 tablespoons packed dark brown sugar
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/3 cup evaporated milk
- 1/4 cup chicken stock
- 1/4 cup onion, minced
- 1 (10-3/4 ounce) can Campbell's Condensed Cream of Chicken Soup
- 3 cups leftover turkey
- 3 tablespoons water
- 1/4 cup chopped walnuts (optional)
- Chopped fresh parsley

Stir the sweet potatoes, brown sugar, cinnamon, nutmeg and milk in a medium bowl. Spoon the sweet potato mixture around the inside edge of a 10-inch round casserole, forming a ring.

Heat the stock and onion in a 10-inch skillet over medium-high heat to a boil. Reduce the heat to low. Cook until the onion is tender, stirring occasionally. Stir in the soup, turkey and water.

Cook until the mixture is hot and bubbling. Spoon the turkey mixture into the center of the sweet potato ring.

Bake at 350°F for 30 minutes or until the turkey mixture is hot and bubbling. Sprinkle with the walnuts and parsley, if desired. Yields 6 one-cup servings.

### 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.

### CRANBERRY CRUNCH

- 2 cups cranberry sauce
- 1/2 cup quick-cooking oats
- 1/4 cup flour
- 1/2 cup brown sugar
- 4 tablespoons butter
- Whipped cream or vanilla ice cream

Preheat oven to 350°F. Spread cranberry sauce on 9-inch pie plate. Combine oats, flour and brown sugar; cut in butter or margarine until crumbly. Sprinkle over cranberry sauce.

Bake for 25 minutes. Top with whipped cream or vanilla ice cream. Makes 5 or 6 servings.

On Sale in November

**Nature's Way**

**Herbs**

**25% OFF**

**San Leandro**  
182 Pelton Center  
(510) 483-3630

**Castro Valley**  
3446 Village Dr.  
(510) 581-0220

Since 1969

HEALTH UNLIMITED

NATURAL FOODS

Ginger, Echinacea, Rosemary



# REAL ESTATE GALLERY



Say goodbye to that small house and S-T-R-E-T-C-H out in this spacious home that will easily accommodate work from home and homeschooling needs.

This Prestigious Palomares Hills home features 3+ bedrooms, 3 baths, a huge bonus room and downstairs office in approximately 3058 sq. ft. of living space. The open floor plan and kitchen/family room combo is perfect for the large family who enjoy entertaining. Formal living and dining room, family room with fireplace and convenient office/bedroom and full bath downstairs. Make this home your own with some cosmetic touches. The exceptional backyard with stunning canyon views is great for relaxing, playing, gardening and much more. Retreat to the expansive master suite with attached balcony overlooking the canyon. Enjoy resort style living with fantastic community amenities including Olympic sized pool, walking trails, park, tennis and basketball courts, and private security. Award winning Castro Valley school district.



**6354 Boone Drive, Castro Valley**  
**Offered at \$1,298,000**

**LESLIE PETERSON TEAM**

Call the Leslie Peterson Team for more information!

**Leslie Peterson**  
**510-697-1208**  
CAL BRE #01452724



**leslie@evolvereca.com • www.evolvereca.com**

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## We Choose To Be Thankful

When history books record 2020, it should be called, "The Year That Wasn't." The year we couldn't hug or shake hands. Visit immune compromised loved ones. Eat in restaurants. Travel to most places in the world. Go to school. Attend weddings or funerals. Enjoy the theater. Cheer on our favorite sports teams. And so on. Sitting in our home office recently, my wife wondered aloud what had happened to the year. "How is it possible," she asked, "That the year is almost over and almost everything we had planned this year hasn't happened."

And won't. A trip to Italy.

Having grandkids fly in. Hosting holiday events and open houses. And more. Yet somehow, the year has seemed to evaporate – everyone we know is in shock it has passed so quickly.

And in the midst of this, the real estate market is as hot as it has ever been. Access is limited, but it does not seem to matter. Homes are getting snapped up and buyers keep coming back for more.

As Realtors who strive to deliver the highest possible level of client care, this year has been an interesting journey. While we have historically provided most of our service in person, we have had to learn how to continue exemplary service, but from a distance.

We have missed the relational interactions that occur during open houses, meetings in homes and offices and the simple blessings that flow from seeing each other's faces in person. But, like other service organizations, Realtors have also learned and adapted. And the level of service and care

provided will continue to grow as we learn and evolve in these crazy times.

In the midst of everything, we are thankful. Thankful for life, family and friends. Thankful that even in adversity we are still blessed beyond the wildest dreams of many in other parts of the world. We are grateful for the opportunities ahead.

The human spirit is strong. We have not only weathered countless catastrophes, we have always emerged stronger and more resilient at the end. Someone reminded me that the Roaring 20's came on the heels of the Spanish Flu that killed so many. One of the most amazing periods of growth happened in the aftermath of WW2. Although this season has been difficult, I cannot wait to see what heights we will hit once this is behind us.

We choose to be Thankful.

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.

## Relocating and Dividing Dahlias

By Buzz Bertolero  
Special to the Forum

**Q** A new room addition is scheduled for next March. How would I go about relocating and dividing my dahlias that are in the way?

**A** Dahlias are commonly dug up, divided, and replanted. They can be moved now through March without any concerns. It's an annual event for some gardeners, but for most, it's done periodically.

Typically, you wait until the foliage turns yellow before starting. However, they may not go dormant in our mild climate.

If the foliage is still green, cut the plants off two to four inches above the ground and then strip the foliage back to the trunk or stub. Next, you sever the lateral roots with a round nose shovel or spading fork by encircling the clumps 18 inches from the stub and down 12 inches.

Once the circle is completed, gently pry back on the shovel or fork to loosen the soil. The

dahlia clumps are then gently removed from the hole by lifting upward. You can use the stub as a handle. Be gentle, as many of the clumps have small tubers that can break or crack easily.

The long skinny part of the tuber is referred to as the neck. Dahlias with broken or cracked necks will not survive so remove them from the clumps and discard them. You now have several options available to you.

Option one is to store the clump as is until next year.

Option two, wash all the soil off the clump(s) with a stream of water, exposing all the tubers. The darkest color tuber is last year's plant, also referred to as the "mother tuber." Once the clumps have air dried, you can either store or divide them.

Option three, store the parts. The new tubers are separated from the clump with a sharp knife, a pair of scissors, or hand shears. They must be sharp as the wounds are less likely to become infected from a nice clean cut.

Dahlias sprout from the eyes, so a tuber won't sprout unless

it has at least one eye. The eyes are typically found at the top of a tuber and at the end of the neck on the ridge where the tuber joins the clump.

When a tuber is removed from the clump, the ridge containing the eyes must be attached to the tuber. In some cases, this will require taking a piece of the mother clump as well. Also, trim off any excess roots.

Individual tubers or clumps are stored in paper bags or in open boxes in a cool location, usually a garage. You'll find an excellent step-by-step, pictorial,

"How To" for dividing and planting dahlias at [www.dahlias.net/dahwebpg/TuberStor/TuberStor1.htm](http://www.dahlias.net/dahwebpg/TuberStor/TuberStor1.htm). It identifies the mother tubers and where the eyes are located. Some of the information doesn't apply to the Bay Area, but the step-by-step pictures are great.

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is [www.dirtgardener.com](http://www.dirtgardener.com) and questions can be sent by email to [buzz@dirtgardener.com](mailto:buzz@dirtgardener.com).



## Mortgage Rates Drop, Hit Record Low for 13th Time

Long-term mortgage rates dropped again last week, hitting new lows for the thirteenth time this year, according to Freddie Mac's weekly nationwide survey.

The 30-year fixed-rate mortgage averaged 2.72 percent for the week ending Nov. 19, down from the previous week when it averaged 2.84 percent, and the lowest rate in the survey's history. At this

same time last year, the 30-year rate averaged 3.66 percent.

Fifteen-year fixed-rate mortgage averaged 2.28 percent, down from 2.34 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 2.85 percent, down from 3.11 percent. A year ago at this time, the five-year ARM averaged 3.39 percent.

### HERE'S WHAT THEY ARE SAYING ABOUT TIM

This is the second home we have listed with Tim. Amazingly both sold in less than one week, with multiple offers and about a \$100,000 over asking on both homes. His marketing was right on track as well as all his suggestions on preparing the home for the sale which got us 100k over asking. His experience speaks for itself and we highly recommend him!!!!

Call Tim today to help you realize the full value in your home.

- R.S., San Leandro home

Tim Fiebig  
510-708-8700  
eXp Realty of Ca, Inc.  
CalDRE #00657474



### RECENT HOME SALES

#### Castro Valley

4078 Greenacre Road	94546: \$718,000 3 BD - 1,124 SF - 1953
2312 Vegas Avenue	94546: \$721,500 3 BD - 1,032 SF - 1953
5240 Proctor Road	94546: \$820,000 2 BD - 1,301 SF - 1948
2263 Regent Way	94546: \$850,000 4 BD - 2,013 SF - 1970
3929 Nichandros St	94546: \$881,000 3 BD - 1,300 SF - 1956
3219 Barrett Court	94546: \$900,000 4 BD - 1,664 SF - 1960
18650 Center Street	94546: \$920,000 3 BD - 1,508 SF - 1955
4808 Shauna Court	94546: \$1,018,000 4 BD - 2,230 SF - 1969
5351 Proctor Road	94546: \$1,030,000 3 BD - 1,692 SF - 1966
21332 Outlook Court	94546: \$1,050,000 3 BD - 1,875 SF - 1958
22525 Charlene Way	94546: \$1,088,000 2 BD - 2,170 SF - 1941
3718 September Court	94546: \$1,110,000 4 BD - 1,504 SF - 1958
17401 Dellhaven Court	94552: \$1,270,000 4 BD - 2,361 SF - 1988
25218 Century Oaks Cir	94552: \$1,325,000 4 BD - 2,672 SF - 1996
5714 Greenridge Road	94552: \$1,580,000 4 BD - 1,834 SF - 1960

TOTAL SALES:	15		
LOWEST AMOUNT:	\$718,000	MEDIAN AMOUNT:	\$1,018,000
HIGHEST AMOUNT:	\$1,580,000	AVERAGE AMOUNT:	\$1,018,766

### HELPING YOU FIND YOUR DREAM HOME

While giving you quality service



**Kimberley Alexander**, Realtor  
DRE# 02058621  
**(510)388-7673**  
[kimberley86@kw.com](mailto:kimberley86@kw.com)  
[www.kimberley-alexander.com](http://www.kimberley-alexander.com)

**KW**  
KELLER WILLIAMS  
REAL ESTATE

**The Esmeyer Team**

James, Rosalyn, Rachel & Jamie

Shamrock Realtors - Going Above and Beyond  
James Esmeyer, Broker Associate - DRE#01363681  
**(510) 909-8344**





PHOTO BY JIM KNOWLES

Construction is underway on East 14th Street near 162nd Avenue as traffic is cut down to one lane.

## Two Major Road Projects Underway

By Jim Knowles  
CASTRO VALLEY FORUM

Alameda County is working on road construction projects on a couple of major thoroughfares – East 14th Street in Ashland and Hesperian Boulevard in San Lorenzo.

Construction to revitalize East 14th Street is in progress from 162nd Avenue to the vicinity of I-238.

Crews are working on the \$17 million project Monday through Friday, between 7 a.m. and 5 p.m.

During construction, one lane will remain open to motorists in each direction and an enclosed walking path will be in place for pedestrians, said Alameda County spokesperson Halimah Anderson.

This 18 month long project is

scheduled to be completed in Fall 2021. When completed, residents and businesses will enjoy safety features that make it better for walking, biking, and riding public transit, as well as an improved driving experience, Anderson said.

### Hesperian Boulevard Improvement Project

The county public works agency began work in October on the Hesperian Boulevard Corridor Improvement Project between the I-880 over-crossing through San Lorenzo to A Street in Hayward.

The \$24 million project is scheduled to be completed in Fall 2022. Work will take place Monday through Friday, between the hours of 7 a.m. and 5 p.m. Construction is

being alternated between the west-bound and eastbound directions. During construction, motorists may experience detours and minor traffic delays, said Anderson.

The project will beautify and revitalize the Hesperian Corridor with an inviting streetscape, Anderson said. Major improvements along Hesperian Boulevard are designed to benefit motorists, residents, businesses, pedestrians, and bicyclists.

Both the Hesperian and East 14th St. projects are part of the Alameda County Public Works Agency's (ACPWA) Capital Improvement Program. For more information, visit the website at [www.acpwa.org](http://www.acpwa.org), call the construction hotline at (510) 670-5591 or email

[info@acpwa.org](mailto:info@acpwa.org).

Funding for these projects comes from several sources, including the Alameda County Public Works Agency, the Bay Area Air Quality Management District, Measure B/BB, the Vehicle Registration Fee and other sources.

## Insurance or Personal ID Information Now Required For Hayward No-fee Testing

The COVID-19 Testing Center in Hayward is now requiring people to provide health insurance or other identifying information to allow the Center to seek third-party reimbursement for its testing costs.

The change has been made so Hayward can continue to afford providing COVID-19 testing for everyone 12 years of age and older, regardless of place of residence or immigration status and without charging a fee.

Insurance and other identifying information collected by the Center – a driver's license or California ID card number or Social Security number – will be used only for seeking test cost reimbursement from private health plans or public health insurance systems, such as Medicare and Medi-Cal.

As a Sanctuary City, the City of Hayward does not gather, maintain or share any information with other governmental agencies for or participate in the enforcement of U.S. immigration laws.

The City of Hayward COVID-19 Testing Center, now located at 1401 Golf Course Road in Hayward, has provided more than 43,000 COVID-19 tests since it opened on March 23. The Center operates 9 a.m. to 3:30 p.m. Monday through Friday except on holidays. It will be closed on Thanksgiving Day, Nov. 26, and

Friday, Nov. 27.

The Testing Center is part of a comprehensive coronavirus response by the City that also has included mask distribution; food and rent assistance; grants and other support to local businesses; and local residential and commercial eviction protections.

Advance registration and appointments for COVID-19 testing at the Hayward Testing Center are available through the City's testing partner, Avellino Labs of Menlo Park. For more information, visit the Testing Center webpage on the City of Hayward website.

On March 5, Gov. Gavin Newsom and Insurance Commissioner Ricardo Lara directed insurance companies in California to eliminate co-pays, deductibles and other costs related to screening and other testing for COVID-19.

While the City of Hayward Testing Center does not require a physician referral or private health insurance coverage to be tested, it does recommend conferring with health insurance plan administrators regarding individual plan requirements prior to making a COVID-19 test appointment.

For more information, visit [www.covid19.ca.gov](http://www.covid19.ca.gov).

## CHP Maximum Enforcement Begins Today

remember to buckle up.

During the 2019 Thanksgiving MEP, 42 people died on California roadways. Of the 27 who died

within CHP jurisdiction, 11 were not wearing seat belts. The CHP made 867 arrests for driving under the influence of alcohol or drugs.

### HOROSCOPE by Salomé

© 2019 King Features Synd., Inc.



**ARIES (March 21 - April 19):** Don't feel sheepish about looking to spend more time with that special person during the upcoming holidays. Do it because it's the right thing to do.



**TAURUS (April 20 - May 20):** Never mind letting misunderstandings repair themselves. Consider speaking up while the healing process can be shorter and sweeter and leave fewer scars.



**GEMINI (May 21 - June 20):** Romance is easily awakened in the Gemini heart, especially around the happy holiday season. So go ahead and make those plans with that special someone.



**CANCER (June 21 - July 22):** Moon Children can glow with their own inner light as the holiday season magic takes hold. It's a very special time for Cancers and Libras together. Enjoy.



**LEO (July 23 - August 22):** It's a good time for you fabulous Felines to take pleasure in your special gift for, well, taking pleasure! Look for this holiday season to give you every reason to purr.



**VIRGO (August 23 - Sept. 22):** This is a good time to let others who are in your life get a little closer to you. You'll both find out what you've been missing for far too long.



**LIBRA (Sept. 23 - October 22):** Open up your eyes and see some welcome surprises you've missed or overlooked for too long. What you find can lead to other favorable changes.



**SCORPIO (October 23 - November 21):** What you expect to be potentially troublesome might simply be especially challenging and well worth your efforts to check out. Good luck!



**SAGITTARIUS (Nov. 22 - Dec. 21):** A friendship might not seem as trustworthy as you'd like. OK. Ask your questions, get your answers and settle the matter once and for all.



**CAPRICORN (Dec. 22 - Jan. 19):** A family situation moves into a new area because of (or, maybe, thanks to) some decisions you might have felt you could not avoid making.



**AQUARIUS (Jan. 20 - Feb. 18):** You could be cutting it very close if you hope to make those holiday plan changes in time to avoid problems. Get a friend or family member to help.



**PISCES (Feb. 19 - March 20):** Friends show how important you are to them. Keep these precious relationships thriving. They affect much that will happen to the fabulous Fish in the new year.

## Obituaries

Since 1965  
**Jess C. Spencer**  
Mortuary &  
Crematory  
21228 Redwood Rd.,  
Castro Valley  
581-9133

Offering  
*Personalized  
Memorial and  
Cremation  
Services.*



FD 1168 CR49

### Castro Valley Forum Obituaries

may be faxed to to: 510-483-4209  
or emailed to: [obits@ebpublishing.com](mailto:obits@ebpublishing.com)  
Include a phone number.  
For more information, please call Patrick Vadnais  
at 510-614-1558

### SARA L. ENNOR LAWYER

- Wills & Trusts
- Benefits, ERISA
- QDROs

510-633-9985

### DEERCREEK FUNERAL AND CREMATION SERVICE

Jay Spencer  
Director

Stanton House  
Castro Valley

510-317-7890

FD 1505 FDK 651





PHOTO COURTESY OF PLETHOS PRODUCTIONS

Ben Stevens plays Jamie and Kristy Aquino plays Cathy in the Plethos Production of the award-winning musical "The Last Five Years" streaming via On Demand Dec. 4 through 13.

## 'The Last Five Years' Opens December 4

As theatres throughout the Bay Area are currently shuttered due to the ongoing pandemic, Castro Valley's Plethos Productions has continued offering online entertainment since March.

Digital Open Mic nights, virtual stand-up comedy shows and livestreams of their production of "Much Ado About Nothing" have brought in hundreds of audience members and performers from around the world.

Currently they are rehearsing and filming the musical "The Last Five Years," a show that

features a pop-jazz score by Tony Award-winning composer Jason Robert Brown. The show features two characters - Cathy played by Kristy Aquino and Jamie played by Ben Stevens.

Audiences may recognize the pair from Plethos' musical "Next to Normal" last fall at Smalltown Society. The pair are in the same social bubble, which allows for them to safely perform together for this high quality, multi-camera production.

The award-winning musical is an emotionally powerful and

intimate show about a rising author and an aspiring actress, who fall in and out of love over the course of five years. Their unique story is told starting from both the beginning and the end of the relationship, and explores the brutally honest perspective of both characters. It was named one of Time Magazine's ten best shows of 2011.

"The Last Five Years" will be available to stream On Demand any time between Dec. 4-13. Tickets are on sale now at Plethos.org. Get \$5 off using code L5Y2020

## CPAP: Initial Treatment for Sleep Apnea

*continued from page 4*

anatomy predisposes them to the condition.

During sleep, the upper airway collapses, preventing proper inspiration. This can be noticed by a sleep partner as choking, gasping or just not breathing for a prolonged time.

The person eventually will wake up enough, due to lack of oxygen, to be able to take in a good breath, but will then fall back asleep. The process may happen hundreds of times a night, with the person often unaware.

Sleepiness during the day (from never sleeping properly at night) and snoring are the most common symptoms of obstructive sleep apnea. A CPAP (continuous positive airway pressure) machine, which

uses high pressure to keep the airway open, is the most common initial treatment for obstructive sleep apnea.

In severe sleep apnea, the oxygen level in the blood can be so low for so long that the heart and lungs can be damaged, eventually leading to a type of heart failure of the right side of the heart.

However, the situation is even more complex. People who have other kinds of heart failure, such as from repeated heart attacks, can develop the less common form of sleep apnea, central sleep apnea. Although this also may be treated by CPAP, it is critical to treat the underlying heart failure as well. Your doctor can tell you whether you have central or obstructive sleep apnea.

Spontaneous deep breaths, known as sighs, are a part of normal human physiology. Sighs have several purposes, but the most important is to help keep the lungs properly expanded. Sighs might be more common in people with heart failure, but I do not know of any correlation with sleep apnea.

—© 2020 King Features Synd., Inc.

## PG&E Reminder: Schedule Your Free In-Home Gas Safety Check

With winter right around the corner and the pandemic enduring, PG&E is reminding customers to call and schedule a free in-home safety inspection of their in-home gas appliances. Schedule an inspection by calling the customer helpline at 1-800-743-5000.

During the visit, PG&E will also relight pilot lights for customers who have heaters or other appliances that have been turned off during warmer months.

Inspections help ensure that gas appliances—including water heaters, furnaces and ovens—are operating safely and efficiently, reducing the risk of carbon monoxide exposure within the home.

Carbon monoxide is especially dangerous because it can't be seen, smelled or heard. According to the Center for Disease Control, every year in the U.S. at least 430 people die from accidental carbon monoxide poisoning and approximately 50,000 people will be sent to the hospital.

### In-Home Protocols

During the current pandemic, PG&E frontline employees are adhering to strict safety protocols when visiting customers' homes, including mandatory daily health checks, wearing masks and nitrile gloves and maintaining at least six feet of distance.

Customers are asked to do the same when an employee visits, and if anyone inside the home is ill, that they isolate themselves away from the room where work is being performed.

### Gas Safety Tips

Install carbon monoxide detectors to warn when concentration levels are high. All California single-family homes are required to have carbon monoxide detectors.

Carbon monoxide detectors should be installed on every floor, near sleeping areas and common areas. These devices should be tested twice a year, and batteries replaced if necessary.

Never use products inside the home that generate dangerous levels of carbon monoxide, such as generators, outdoor grills, or propane heaters. Never use cooking devices such as ovens or stoves for home heating purposes.

When using the fireplace, make sure the flue is open so venting can occur safely through the chimney.

Make sure water heaters and

other natural gas appliances have proper ventilation.

If you suspect carbon monoxide in your home, you should leave immediately and call 911. If a PG&E customer ever smells the distinctive "rotten egg" odor of natural gas in or around their home or business, they should immediately evacuate and then call 911 and PG&E at 1-800-743-5000.

## Community Calendar

### Scouts Christmas Tree Lot Opens Friday

Local Scout troops will be selling Christmas trees (following county COVID-safe guidelines) this Friday, Nov. 27, at their lot at 19201 Center Street in Castro Valley with a thousand fresh-cut trees and a hundred wreaths to choose from. The Scouts will be earning money for camping, hiking and merit badges.

### Bargain Bikes Go On Sale December 5

Bad Business Model Bikes in Castro Valley will be holding a sale of near-perfect and ready-to-ride bicycles sale during a fundraiser from 9 a.m. to 4 p.m. on Saturday, Dec. 5, to support AIDS/Lifecycle. Road bikes will go for \$125, adult bikes for \$100, and youth bikes for \$50. First come, first served, no holds. The fundraiser will be held at 19554 Jaydine St. in Castro Valley, rain or shine. All money collected goes directly to AIDS/Lifecycle to assist those living with HIV/AIDS.

### Holiday Lights Caravan Coming December 6

Individuals, families and business are all invited to join the Eden United Holiday Lights Caravan from 5-7 p.m. on Saturday evening, Dec. 5, hosted by the Castro Valley / Eden Area Chamber in partnership with CV Rotary and other local organizations. The caravan will take place from 5-7 p.m., leaving from Don Castro Park in Fairview, visiting Castro Valley, Ashland, Hayward Acres and San Lorenzo, and ending at the Meek Estate in Cherryland, with many lighted cars, local leaders, trucks and, of course, Santa. Individuals, families and business are all invited to join this caravan. Email ABChan411@gmail.com to enter and receive your registration number for your car. For sponsorship opportunities, visit www.edenareachamber.com.

### CROSSWORD PUZZLE ANSWERS

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

### DAVE'S TAVERN TAXI SERVICE

Mon - Sat 7am - 7pm  
Off Sunday

Airports & Amtrack Transportation  
Open 24 Hours

With Prior Notice

**CAB**

TO OAKLAND AIRPORT **Only \$30**

TO/FROM BART **\$600 - \$12**

TO SF or SJ AIRPORT **\$60**

**510-303-3478**

### Successful Financial Education Workshops

**Tom Nohr CFP®**

*Comprehensive Financial Planning for Your Lifestyle in Retirement since 1986*

20632 Redwood Road Ste. E, Castro Valley  
**www.tomnohr.com**  
**510-888-7171**

Securities offered through Registered Representatives of Cambridge Investment Research, Inc., a broker-dealer member FINRA/SIPC. Advisory services through Cambridge Investment Research Advisors, Inc., a Registered Investment Adviser. Cambridge and Successful Financial Education Workshops are not affiliated.

### SAVE UP TO \$600 ON YOUR COMMERCIAL AUTO INSURANCE

**Allstate**  
You're in good hands.

\*Home \*Auto \*Life \*Commercial

**G & L Insurance Services**  
**Allstate Insurance Agency**  
19845 Lake Chabot Rd. Castro Valley, CA 94546  
**510-200-7456**

Angel Lax  
CV Resident

### HOPE Hospice & Health Services

Family Caregiver Education  
**CLASSES NOW ONLINE!**

If you're caring for an elderly family member, Hope Hospice is here to help with a free education series, now offered as interactive webinars through Zoom. Recordings of past sessions are on our website, too!

**Winter Schedule**

DEC 10	Living With Dementia: Understanding Behavior as Communication
JAN 14	Making Decisions About Caregiving
FEB 11	Navigating the Healthcare Environment and Advocating for Your Loved One

**Register at HopeHospice.com/family**



## ATHLETE OF THE WEEK

### Nick Lima

Our Athlete of the Week is Nick Lima. The former Castro Valley Soccer Club player is currently a Defenseman with the San Jose Earthquakes.

Born and raised in Castro Valley, Lima was a finalist for the MLS rookie-of-the-year and was named the Quakes defender of the year in 2018.

In 2019, he made his first appearance for the U.S. Men's National Team. The Earthquakes entered the Major League Soccer play-offs Round of 16 against Sporting Kansas City.



## Curfew: Risk

*continued from front page*  
tendance at a party at a restaurant without a mask. Separately, he expressed sympathy for anyone impacted by the pandemic as his own children were exposed to a person who was diagnosed with COVID-19.

"It is a very challenging time that has been brought home literally to my own home," Newsom said, adding that the limited Stay at Home Order is designed to help prevent the spread by limiting gatherings with those not in their households.

The curfew comes at a time when state and local cases of the novel coronavirus are spiking. More than 3,600 new cases reported in a week in Alameda County, a 23% increase. Thirty-five people have died from COVID-related complications. Hospitals are also under stress trying to manage new cases. Public Health estimates more than 58% of hospital beds in the county are available for COVID-19 patients.

"These immediate actions will help reduce community spread, protect individuals at higher risk of severe illness or death from COVID-19, and prevent the state's health care delivery system from becoming overwhelmed," said Dr. Erica Pan, Acting State Public Health Officer.

The so-called curfew is a bit confusing to some. It does not apply to the homeless or those seeking shelter. Nothing in the order prevents people from the same home from leaving their homes, as long as they do not get together with any other household. So it is permissible to walk your dog or pump gas after 10 p.m. as long as you avoid other people and crowds.

"What's even open after 10 p.m.? Have I missed something? Isn't everything already closed anyway?" asks Castro Valley resident Tracy Michele.

Public Health officials are again asking residents to continue to protect themselves, their loved ones, and their communities by wearing masks and practicing social distancing.

Alameda County Sheriff's Office says deputies will be patrolling as usual during the overnight hours with an eye toward supporting the Stay at Home Order.

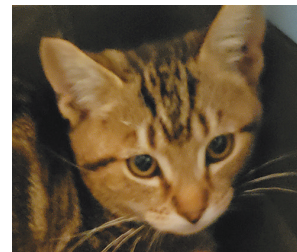


PHOTO BY JIM KNOWLES

## Ricky's Owner Dies

Fans placed mementos in front of Ricky's last week after hearing that its longtime owner, Ricky Ricardo, had died on Saturday, Nov. 14, at age 75. The Raider fan hangout on Hesperian Blvd. in San Leandro remained a stronghold through the decades, no matter what city the football team called home. It only closed this year due to the pandemic.

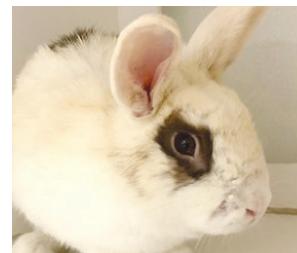
## ADOPT-A-PET



**CONRAD** is a 4-month-old dark tabby who's shy and needs a home with another young cat to help him build self-confidence. Info: email: Loveallpawzrescue@gmail.com.



**LILAC** is a 4-month-old gray and white girl who's very playful albeit a bit shy. Spayed, vaccinated, chipped and FIV/FELV negative. Info: email: Loveallpawzrescue@gmail.com.

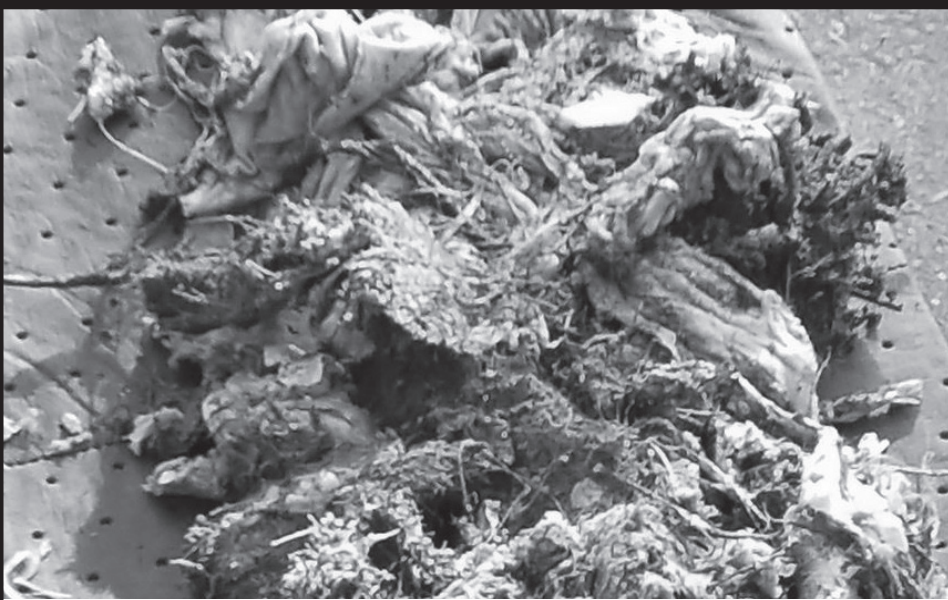


**CINNABUN** allows all handling but also likes to nibble his bedding. Basil and Parsley are some of his favorite treats. To adopt call the Hayward Animal Shelter (510) 293-7200.



**KATIE** is a 5-year-old female long haired German Shepherd mix. Katie walks well on leash, is friendly and gentle. To adopt, call the Hayward Animal Shelter (510) 293-7200.

## WIPES CLOG PIPES



CVSan is asking residents and businesses to help us keep our sewer system clog-free and working efficiently! **Remember, the only items that belong in the sewer system are bodily waste and toilet paper.** No one wants raw sewage in their homes or around their property. When you flush so-called "flushable wipes", you are helping create a future blockage that will likely happen at your residence, somewhere else in the public sewer system, or at the treatment plant causing damage to expensive equipment. These damages become a financial burden for cities, communities, and ultimately the rate payers.

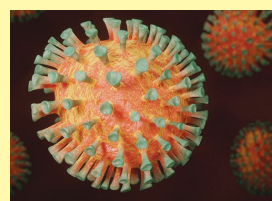
So called "flushable wipes", rags, diapers and other hygiene products should be discarded in your garbage cart.

### CASTRO VALLEY SANITARY DISTRICT

Effective Environmental Services since 1939

510-537-0757 | www.cvsan.org

This ad was paid for by WW Outreach



### BY THE NUMBERS

**Castro Valley**  
Confirmed Cases = 743

**Alameda County**  
Confirmed Cases = 27,662  
Deaths = 499

**California**  
Confirmed Cases = 1,110,370  
Deaths = 18,726

as of November 23, 2020

FILED  
MELISSA WILK  
OCTOBER 20, 2020  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 573923

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): WynnesomeCreations, located at 4194 Krolop Road, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Wynne Kong Coughtry, 4194 Krolop Road, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced 07/12/2016. /s/ Wynne Kong Coughtry  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires OCTOBER 20, 2025  
**NOV 11, 18, 25, DEC 02, 2020**  
**300-CVF**

FILED  
MELISSA WILK  
OCTOBER 27, 2020  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 574097

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Animal Haus located at 4804 Seaview Avenue, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Suzanne Epstein, 4804 Seaview Avenue, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced 10/21/2020. /s/ Suzanne Epstein  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires OCTOBER 27, 2025  
**NOV 11, 18, 25, DEC 02, 2020**  
**299-CVF**