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# CASTRO VALLEY FORUM

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YEAR 32

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NO. 51

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**CHRISTMAS 2020:** One of the more than 2,800 local homebound seniors who rely on SOS Meals on Wheels for a warm meal and a cheery smile during the pandemic.

PHOTOS COURTESY OF SOS MEALS ON WHEELS

## More Vaccines Delivered; Stay Home Extended

By Michael Singer  
CASTRO VALLEY FORUM

It's beginning to look a lot like we'll all be staying home into February as hospital beds fill up and more Covid vaccines arrive in Alameda County.

California Gov. Gavin Newsom in his weekly briefing on Monday noted that his office is on the verge of extending the statewide Stay-at-Home order that would have expired in early January but could be extended an additional four more weeks because the surge of infections is worsening.

"We continue to see record-breaking days of the number of ICU beds in hospitals filling up across the state," Newsom said. "We have built surge capacity but, because of the nationwide surge, staffing is extremely limited."

California Secretary of the California Health and Human Services Dr. Mark Ghaly said the state is projecting ICU capacities will continue to be strained until early next year. State health officials say Bay Area hospitals currently have 13.7% capacity for ICU coronavirus patients.

The week ending Dec. 12 was the single worst week of the pandemic so far in Alameda County,

health officials said. More than 5,000 new Covid cases were reported in the seven-day period. The number of people hospitalized with Covid and in intensive care units (ICU) are five times higher than one month ago and increasing daily.

While Alameda County has 17% ICU capacity, local health officials say we have fewer beds than we think because as hospital beds fill up in hard hit areas, patients will need to come to our hospitals.

While the number of COVID cases continues to surge, more vaccines are rolling into the state this week. Governor Newsome reported 233,025 doses of the Pfizer-BioNTech vaccine will be  
*see VACCINES on page 5*

**Castro Valley**  
Confirmed Cases = 1,249

**Alameda County**  
Confirmed Cases = 42,655  
Deaths = 587

**California**  
Confirmed Cases = 1,892,348  
Deaths = 22,676

as of December 21, 2020

## Safe and Effective: East Bay Vaccinations Begin

By Jim Knowles  
CASTRO VALLEY FORUM

Kaiser San Leandro nurses and doctors got a vaccination for Covid last Thursday as the first round of the vaccine became available.

Health care workers are among the first to get the shot as only a limited supply is currently available.

"I'm glad to be the first person to get vaccinated at Kaiser San

Leandro," said nurse Annie Ha. "I have a 1 year old at home and that's another reason to get vaccinated."

Ha said she works in the emergency room, on the front lines, so the vaccine is important.

"I believe this is going to alter the trajectory of this disease," said Dr. Kiran Zachariah after receiving a vaccination. "I want everybody to go out and get vaccinated. You can get it without a doubt about its effectiveness or safety."

"We still have to practice the other safety measures, along with the vaccine," Zachariah reminded people.

Hospitals are handling a lot of patients now, so the vaccine comes at a good time, the doctor said.

"The vaccine is timely – physicians, staff, everybody is getting stretched," Zachariah said. "This vaccine is a holiday gift for us. So keep doing what you're doing."



PHOTO BY JIM KNOWLES

**Dr. Kiran Zachariah, one of the first to be vaccinated against the Covid virus on Thursday at Kaiser Permanente Hospital in San Leandro.**



## Castro Valley Weather Dec 23-27, 2020



Wednesday  
Mostly Sunny  
High 58° Low 40°



Thursday  
Partly Sunny  
High 60° Low 44°



Friday  
Rain  
High 59° Low 49°



Saturday  
Showers  
High 59° Low 46°



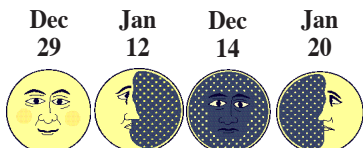
Sunday  
Showers  
High 58° Low 47°

### Almanac



Past Week's Rain: 00.65  
Season To Date: 02.29  
Normal To Date: 04.55  
Season Average: 21.22

### Moon Phases



Sun sets at 4:56 p.m. today, rises at 7:23 a.m. Thursday.

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PHOTOS COURTESY OF RABBI SHIMON GRUZMAN

## CV Celebrates Chanukah with Celebration Unlike Any Other

The Jewish people have been celebrating Chanukah for more than 2,000 years, but there is no question that this year's celebration was unlike any other.

Yet, despite the challenges, the Jewish community in Castro Valley managed to come together to celebrate safely and joyously.

More than 100 cars pulled into the parking lot of the Canyon Middle School, which was converted into an ad hoc giant drive-in theater, concert hall, and celebration space.

From the safety of their vehicles, they clapped, snapped, and sang along with uplifting Chanukah songs provided by Eighth Day, an American Hasidic pop-rock band based in Los Alamitos.

Everyone was able to see and hear, courtesy of a giant 25-foot air screen and audio that was piped in through their car radios.

And after Rabbi Shimon Gruzman, director of Chabad of Castro Valley and organizer of the event, finished lighting the sixth candle on a giant menorah, the audience broke out not into applause but rather a cacophony of honks and hoots from their car horns.



"Though people were in their cars, there was the same friendly and personal atmosphere of a regular in-person gathering," says Gruzman, who has lived in Castro Valley since 2013.

Further brightening the already-festive mood were the uplifting songs chosen by Eighth Day, who regaled the audience with evergreen favorites like "Why wait to celebrate?" and Chanukah specials such as "Miracle of Light."

Recognizing the accommodation provided by the Castro Valley Unified School District, the rabbi presented them with a silver-and-blue menorah as a memento from the occasion.

"We knew that come what may we would celebrate together," he says about the success of the event, "but we barely dared to hope that it would be as joyous, grand, and special as the evening actually turned out thanks to everyone's resourcefulness and hard work."

## MAC Applications Now Being Accepted

Alameda County Supervisor Nate Miley is accepting applications for appointment to the Castro Valley Municipal Advisory Council.

The Council comprises seven

members who serve four-year terms. It advises the Board of Supervisors on matters that concern Castro Valley.

Land-use meetings are usually held on the 2nd and 4th Mondays

of the month, and general purpose meetings on the 3rd Monday, with special sessions called as needed. Meeting are at 6 p.m. and are currently held online via Zoom. Council members receive a \$50 stipend per meeting.

Appointees must be a resident of Castro Valley or have been a business operator in town for a period of five years prior to their appointment.

If you are interested in applying, visit [www.acgov.org/bnc](http://www.acgov.org/bnc) to complete an online application. Applications will be accepted through Monday, Jan. 11, 2021.

For more information about the Council, contact Austin Bruckner at 510-272-6694 or email [austin.bruckner@acgov.org](mailto:austin.bruckner@acgov.org).



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# Special-Needs Students Collect Toys for Less Fortunate Families

By Linda Sandsmark  
CASTRO VALLEY FORUM

A group of 22 special-needs students decided to help those less fortunate this holiday season, collecting over 50 Toys for Tots for local families.

The Roy Johnson Transitional Program, normally located at Redwood High School, has 22 students aged 18 to 22 years old. The class focuses on life skills and community-based instruction.

Teacher Ginger Brown says that although the class has been learning virtually during the pandemic, they have created a wonderful classroom community online. Through their "Special Ability Shop," (which is their ongoing craft-making enterprise) the students happened upon a way to help others.

Usually, the class spends money it makes selling crafts on special outings, but this year was obviously different.

"We decided to use our money to support Toys for Tots, while practicing our money and budgeting skills," says Brown. "We started with \$100, and it just snowballed."

The class started virtual shopping trips during the pandemic, agreeing on toys to buy and staying within budget. Staff members went on these shopping trips, which the students loved watching. They also liked showing off their competence with functional math.

Then their efforts caught the eye of parents and others in the community.



PHOTO COURTESY OF GINGER BROWN

**Students and staff from Castro Valley's Roy Johnson Transitional Program deliver Toys for Tots to the fire station on Lake Chabot Road. The program focuses on life skills and community-based instruction for special needs students.**

"All of a sudden, people started sending in \$50 and \$100 donations, or dropping off toys," says Brown. "We had more toys and money, and scheduled more virtual shopping trips."

"We started out with just a small idea, and our students did an exceptional job and are so generous. It wasn't about them, it was about what they could do for others," says teacher Maureen Kennedy. "It's the true meaning of Christmas."

Altogether the students donated

more than 50 toys and delivered them to the Castro Valley Fire Station on Lake Chabot Road. The class is now on break through January 4, but the students are proud of their work this past month.

"Even though we can't be together, we can still find ways to have fun and do good," says student Pete Dito.

More about the crafts created by Roy Johnson Transitional Program can be found on etsy (specialabilityshop) or facebook: [www.facebook.com/Special-Ability-Shop](https://www.facebook.com/Special-Ability-Shop).

## Many Opting to Stay Home Over Holidays

Due to public health concerns, the vast majority of the general public is likely to stay home over the year-end holidays.

AAA anticipates that at least 34 million fewer travelers compared to last year's holiday season. As many as 84.5 million people may still travel from Dec. 23 through Jan. 3, a drop of about 29 percent from last year.

"With COVID-19 cases steadily increasing this month, the expected continued rise will prompt some would-be travelers to not follow through with upcoming travel plans," said Sergio Avila, AAA Northern California spokesperson.

The CDC urges the public not to travel for the year-end holidays, warning that travel increases the chance of getting and spreading COVID-19.

For those who make the personal decision to travel, it's essential to understand the risks and take steps to stay safe.

- Plan ahead. Check with state and local officials along your route and at your destination to learn about local guidance and any restrictions that may be in place.

- Adhere to pre and post trip protocols. The CDC recommends taking a COVID-19 test one to three days before travel and another three to five days after your trip.

Travelers should also reduce non-essential activities for seven days after their trip.

see STAY on page 11

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Wanted Man Exposed Himself

Sunday, December 20: at 2:24 p.m., Sheriff's deputies arrested a 30-year-old man from Castro Valley as part of a felony warrant issued for his capture. The man had previously exposed himself in public. Deputies served the warrant at a home on Marshall Street near David Street. The man was taken to Santa Rita Jail.

### Domestic Violence Call

Sunday, December 20: at 6:45 p.m., a 54-year-old man from Castro Valley was arrested on suspicion of assault on a family member and destroying a cell phone used to call for help. Deputies responded to a 911 call at a home on Knuppe Place near Jensen Road. There they handcuffed the man and took him into custody. The victim was treated at the scene.

### Shopping Cart Stealer

Sunday, December 20: at 8:56 p.m., deputies arrested a 65-year-old man with no permanent residence on suspicion of petty theft, stealing a shopping cart, and resisting arrest. The man was spotted in the parking lot of a grocery store on Redwood Road near Castro Valley Boulevard when the store manager called to complain. Deputies found the man in possession of the stolen property. The man became confrontational but was taken into custody.

### Serial Shoplifter Caught

Saturday, December 19: at 9:42 p.m., a 33-year-old CV man was arrested as part of a warrant issued for his arrest. Deputies stopped the man in the parking lot of a drug store on the Boulevard near Yeadle Avenue. The man was found to have a warrant issued for his arrest related to several shoplifting charges and possession of illegal drug paraphernalia. Deputies took the man to Santa Rita Jail.

### Fight Outside of Church

Saturday, December 19: at 12:26 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a church lot on Grove Way near Redwood Road. There, they arrested a 26-year-old woman with no permanent residence on suspicion of assault on a family member. The woman was taken into custody. The victim was treated at the scene.

### Carjacking Attempt at Eden

Thursday, December 17: at 10:35 p.m., deputies arrested a 29-year-old CV man on suspicion of an attempted carjacking in the parking lot of Eden Medical Center on Lake Chabot Road. Hospital security report the man tried to force a driver from the vehicle but was unsuccessful. Deputies took the man to Santa Rita Jail.

### Attempted Murder

Wednesday, December 16: at 6:57 p.m., an 18-year-old woman from Castro Valley was arrested on suspicion of attempted murder, making death threats, and being under the influence of drugs and alcohol while on probation. Deputies

responded to an emergency call about an altercation at a home on Edwards Lane near Center Street. The woman reportedly was under the influence of drugs and alcohol and tried to kill another person at the home. Deputies took the woman to Santa Rita Jail.

### Charged with Elder Abuse

Wednesday, December 16: at 10:11 a.m., deputies arrested a 57-year-old CV man on suspicion of elder abuse. The man was at a home on Sandy Road near Elrod Drive when deputies responded to reports of abuse of an older person living at the residence. Deputies took the man into custody. The victim was treated at the scene.

### Fighting in the Street

Tuesday, December 15: at 11:44 a.m., a 48-year-old man from Castro Valley was arrested on suspicion of battery outside a gas station on Castro Valley Boulevard near Stanton Avenue. Deputies responded to an altercation at the site after the store manager called. The man was handcuffed and taken into custody. The victim was treated at the scene.

## Emergency? 'Text to 9-1-1'

Alameda County has launched a "Text to 9-1-1" service that not only allows those with hearing or speech impairments to send text messages to the Emergency Communications Center via their mobile phones, but also those who may be in situations where it is too dangerous to make a voice call.

The Regional Emergency Communications Center, a division of the Alameda County Fire Department, delivers regional communications, dispatching fire and emergency medical services throughout the region. It also connects with other dispatch centers across the

state.

"Our ability to deploy an alternate method in receiving emergency communications from our residents is another tool in keeping our communities safe," said Dispatch Manager Rosa Ramos.

Residents are asked to always make a 9-1-1 voice call when possible. Photos and videos cannot be sent to 9-1-1, and texts must currently be in English only.

Text messages should be sent in plain language and not contain popular abbreviations (SMH, LOL, ICYMI) or emojis, which will not be recognized.

**Merry Christmas, Happy Holidays!**  
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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 Vadrnais, Classified Ads / Obituaries**  
[patrickv@ebpublishing.com](mailto:patrickv@ebpublishing.com)

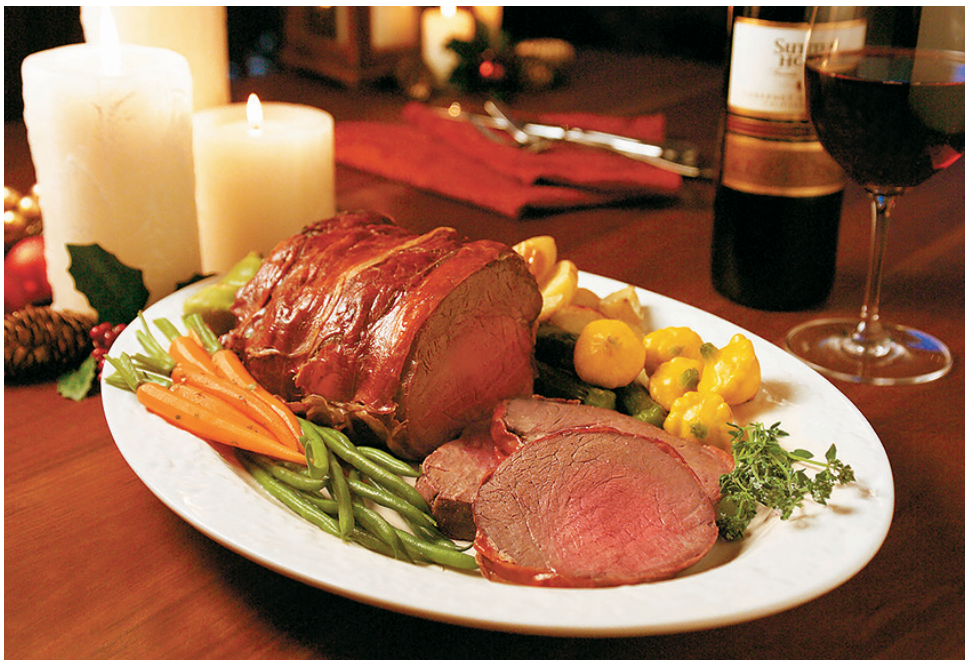
**Mary Florence, Advertising Sales**  
861-3270 [mpominville4582@aol.com](mailto:mpominville4582@aol.com)

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

**Contributors:**

- Linda Sandsmark
- Michael Singer
- Amy Sylvestri
- Jim Knowles
- Gene Osofsky
- Carl Medford
- Terry Liebowitz
- Debbie Tee
- Linette Escobar
- Thomas Lorentzen
- Buzz Bertolero
- Bruce Roberts





## A Christmas Feast

For a spectacular holiday centerpiece, nothing quite compares to a beautiful beef roast cooked to perfection.

Cooking a roast may seem a bit

intimidating at first, but it really is one of the more simple main dishes to prepare. There's little more to it than putting it in the oven and pulling it out when it's done.

To know when it's done, you'll need a meat thermometer (an instant-read type is easiest to use). Let a cooked roast rest before cutting and serving.

### CLASSIC PRIME RIB ROAST

- 1 (6-8 pound) trimmed beef rib roast, chine bone removed
- 6 large cloves garlic, crushed
- 1-1/2 teaspoons dried thyme
- 1 teaspoon cracked black pepper

Preheat oven to 350°F.

Combine garlic, thyme and black pepper. Press evenly into surface of beef roast.

Place roast, fat side up, on rack in shallow roasting pan. Do not add water or cover roast.

Roast approximately 2-1/4 to 2-1/2 hours. Using an instant read thermometer, remove roast when internal temperature reaches 135°F for medium rare or 150°F for medium.

Tent loosely with foil and let stand 15 minutes prior to carving. Makes 8 to 12 servings.

### CREAMY MASHED POTATOES WITH CHIVES

- 6 Idaho or russet potatoes, peeled and quartered
- 1/4 cup chopped fresh chives
- 4 ounces mascarpone cheese
- 1 teaspoon salt, plus more for cooking potatoes
- 1 cup milk, warmed

Place potatoes in a large pot and cover with cold water to 2 inches above potatoes. Season water generously with salt and bring potatoes to a boil to cook for 40 minutes, until very tender.

Drain potatoes and return to pot. Mash potatoes with warm milk until smooth. Fold in mascarpone and chives. Season with 1 teaspoon salt. Serves 6 to 8.

### YORKSHIRE PUDDING

- 1-1/2 cups flour
- 1/2 teaspoon salt
- 1 cup milk
- 1 tablespoon butter, melted
- 2 eggs
- 4 to 8 tablespoons reserved drippings from roasting pan

Preheat oven to 475°F.

Whisk together the flour, salt, milk, butter and eggs. Using a baster, drop a teaspoon or two of drippings into each cup of a muffin tin.

Put the muffin tin in the preheated oven. When the drippings are sizzling hot, remove the tin and fill each cup 1/2 to 2/3 full with batter.

Bake for 15 minutes, then reduce oven temperature to 350°F and bake for 15 to 20 minutes longer, or until the popovers are puffed and brown. Serve hot.

Yields 12 large popovers.

### PEPPERED BEEF TIP ROAST WITH CORN PUDDING

- 2 teaspoons black pepper
- 2 teaspoons dry mustard
- 1 large clove garlic, crushed
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground red pepper
- 3 to 4 pound beef tip roast (cap off)

- 1 teaspoon vegetable oil
- Corn Pudding (recipe follows)

Combine black pepper, mustard, garlic, allspice and red pepper; stir in oil to form paste. Rub evenly over surface of beef tip roast.

Place roast, fat side up, on rack in shallow roasting pan. Insert meat thermometer into thickest part of roast, not touching fat. Do not add water. Do not cover. Roast in 325°F oven approximately 1-3/4 to 2 hours for medium rare doneness, 2-1/4 to 2-1/2 hours for medium doneness.

Approximately 1 hour before serving, prepare Corn Pudding.

Remove roast when meat thermometer registers 140°F for medium rare; 155°F for medium. Cover roast with aluminum foil tent and allow to stand 15 to 20 minutes. Roast will continue to rise about 5°F in temperature to reach 145°F for medium rare doneness; 160°F for medium doneness. Trim excess fat from roast before carving. Serve roast with Corn Pudding.

### Corn Pudding

- 1 (20-ounce) bag frozen whole kernel corn, defrosted
- 1 small onion, quartered
- 2 cups milk (2 percent)
- 2 eggs, beaten
- 1 (8-1/2 ounce) box corn muffin mix
- 1/2 teaspoon salt
- 1 cup (4 ounces) shredded Cheddar cheese
- 1 cup thinly sliced romaine lettuce
- 1/2 cup julienne radishes

Combine corn and onion in food processor bowl fitted with steel blade; cover and process until corn is broken but not pureed, scraping side of bowl as necessary. Add milk and eggs; process until just blended. Add muffin mix and salt; process only until mixed. Pour mixture into greased 11-3/4 by 7-1/2-inch baking dish.

Bake in 325°F oven 45 to 50 minutes or until outside crust is golden brown. Sprinkle with cheese; place under broiler so surface is 3 to 4 inches from heat. Broil until cheese is melted and top is crusty. Top with romaine lettuce and radishes before serving.

### MARINATED CARROTS & ONIONS

- 1 pound small carrots
- 1 large onion, thinly sliced
- 1/2 cup white wine vinegar
- 1/4 cup water
- 2 tablespoons sugar
- 2 garlic cloves mashed
- 1/2 teaspoon dill weed
- 1/2 teaspoon mustard seed
- 1/2 teaspoon crash red chile peppers
- 1/4 teaspoon salt

Steam carrots and onions for 10 minutes or until carrots are tender but not soft. Rinse with cold water and put in a plastic container that has a tight-fitting lid.

Combine vinegar, water, sugar, garlic, dill, mustard seed, peppers and salt in a saucepan. Bring to a boil and pour over carrots. Cool, stir and cover. Refrigerate. Bring to room temperature before serving.

Drain before serving.

### GARLICKY BAKED WINTER SQUASH

- 2 pounds acorn or other winter squash, seeded, peeled
- 3 garlic cloves, chopped
- 1 to 2 tablespoons olive oil
- 1 teaspoon red wine vinegar
- 1/2 teaspoon paprika
- Pinch of dried thyme leaves, or
- 1 teaspoon fresh
- Salt and pepper

Preheat oven to 400°F.

Cut squash into chunks, then score to let flavorings seep in. Sprinkle squash with remaining ingredients, seasoning lightly with the salt and pepper.

Bake until tender, about 30 minutes. Serve hot or warm. Serves 4.

### HOLIDAY GREEN BEAN CASSEROLE

- 1 (10-1/2 ounce) can Campbell's Condensed Cream of Mushroom Soup
- 1/2 cup milk
- 1 teaspoon soy sauce
- 1 dash black pepper
- 4 cups cooked cut green beans
- 1-1/3 cups French's French Fried Onions

Stir the soup, milk, soy sauce, black pepper, beans and 2/3 cup onions in a 1-1/2-quart casserole.

Bake at 350°F for 25 minutes or until the bean mixture is hot and bubbling. Stir the bean mixture. Sprinkle with the remaining onions.

Bake for 5 minutes or until the onions are golden brown. Serves 6.

### SWEET POTATO CASSEROLE

- 4-1/2 pounds sweet potatoes
- 1 cup granulated sugar
- 1/2 cup butter, softened
- 1/4 cup milk
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1-1/4 cups cornflakes, crushed
- 1/4 cup chopped pecans
- 1 tablespoon brown sugar
- 1 tablespoon butter, melted
- 1-1/2 cups miniature marshmallows

Preheat oven to 400°.

Bake sweet potatoes at 400° for 1 hour or until tender. Let stand until cool to touch (about 20 minutes); peel and mash sweet potatoes. Reduce oven temperature to 350°.

Beat mashed sweet potatoes, granulated sugar, and next 5 ingredients at medium speed with an electric mixer until smooth. Spoon potato mixture into a greased 11-by-7 inch baking dish.

Combine cornflakes and next 3 ingredients in a small bowl. Sprinkle over casserole in diagonal rows 2 inches apart.

Bake at 350°F for 30 minutes. Remove from oven; let stand 10 minutes. Sprinkle marshmallows in alternate rows between cornflake mixture; bake 10 minutes. Let stand 10 minutes be-

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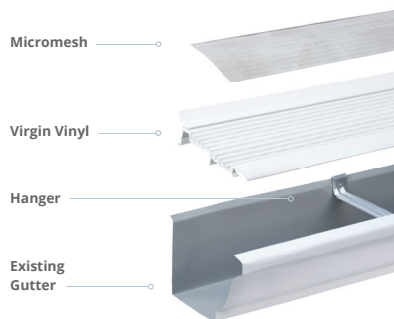
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\*The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." \*\*For those who qualify. \*\*Offer valid at time of estimate only \*\*One coupon per household. No obligation estimate valid for 1 year. CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFNW822JZ License# WV056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H





Before curling up in front of the holiday fire, you may want to double check your CO alarm.

## Time to Replace Your CO Alarms?

Known as the “silent killer,” Carbon Monoxide (CO) is a colorless and odorless gas that is impossible to detect without a sensing device.

According to the Centers for Disease Control, more than 50,000 emergency room visits and over 430 deaths are attributed to CO poisoning in the U.S. each year, making it the leading cause of accidental poisoning deaths in the country.

Any fuel-burning appliance, including heaters, fireplaces, furnaces, appliances and cooking sources using coal, wood, or petroleum products, are all potential sources of CO.

CO poisoning can cause symptoms such as nausea, headaches, dizziness, chest pain and vomiting that mimic those of many other illnesses, making it difficult to diagnose.

In severe poisoning cases, victims can experience disorientation, unconsciousness, long-term neurological disabilities, cardiorespiratory failure or death.

While alarm lifespans may vary by model and manufacturer, back in 2013, a properly maintained CO alarm had a lifespan of approximately five to seven years. Therefore, CO alarms installed when California expanded these requirements are likely now due for replacement.

As an extra safety measure, most alarms feature end-of-life warning to alert residents to the need for replacement. That end-of-life signal differs significantly

from the horn heard in an emergency or during regular testing of the alarm. It also differs from the low-battery chirp, and usually consists of 3-5 short sounds.

Check the back of the alarm, as well as the alarm’s user manual, for specific information on these different signals.

If you can’t think of the last time you installed a smoke or carbon monoxide alarm, chances are, it’s time to replace your old ones. Installing new alarms, testing them regularly and having and practicing an escape plan are important measures you can take to help protect your family and home.

The last few years have seen significant advancements in technology, extending the lifespans of some to CO alarms to 10 years. In addition to replacing CO alarms as they reach expiration.

The following are tips and tools for keeping yourself and loved ones safer from the dangers of carbon monoxide:

- The National Fire Protection Association (NFPA) recommends installing alarms on every level of the home and near each sleeping area for maximum protection. Also, make sure the alarms are installed at least 15 feet away from sources of CO to reduce the possibility of nuisance alarms. It is also important to test alarms monthly and change batteries every six months, unless the alarm is powered by a sealed, 10-year battery.

Test alarms regularly. All First Alert alarms are equipped with a test/silence button for easy testing.

- Never use generators indoors. In the case of a power outage, portable electric generators must be used outside only (at least 15 feet from your home). Never use them inside the home, in a garage or in any confined area that can allow CO to collect. And, be careful to follow operating instructions closely.

- Refrain from using charcoal grills, camp stoves and other similar devices indoors.

- Be mindful of the garage. Never leave a vehicle running inside an attached garage. Even if the door is open, it is hazardous, as CO can leak into the home.

- Have fuel-burning appliances inspected regularly. Arrange for a professional inspection of all fuel-burning appliances (such as furnaces, stoves, fireplaces, clothes dryers and water heaters) annually.

- Plan Your Escape. To develop an effective escape plan, walk through your home and inspect all possible exits and escape routes. Identify two ways out of each room, including windows and doors. Practice your home emergency escape plan at least twice a year and make sure to plan a meeting spot. That way, if there is an emergency, everyone knows where to meet.

- If an alarm sounds, leave the home immediately and move to fresh air. Then call 911 and do not go back into the home until the home is inspected and cleared.

For more info on fire and carbon monoxide safety, visit [www.firstalert.com/carbonmonoxide](http://www.firstalert.com/carbonmonoxide).

## Don’t Let Holiday Stress Go to Head: Tips to Avoid Hair Loss

The holidays often bring stress, but as 2020 winds down, it has more than doubled down on stressful events that affect our lives.

Covid cases are again spiking across much of the country. People are worried about their health, their loved ones, their jobs, the economy, and the uncertainties ahead.

Parents are trying to work from home while their kids are schooling from home. And many people are experiencing stress and anxiety in the aftermath of the presidential election.

Amid all these sources of worry and apprehension, hair loss in the U.S. has been on an uptick. Dr. Patrick Angelos ([drpatrickangelos.com](http://drpatrickangelos.com)), author of *The Science and Art of Hair Restoration: A Patient’s Guide*, says that in such highly stressful times, how people approach their health can determine whether they maintain a healthy head of hair.

“Stress is certainly a factor in hair loss, and stress levels have been at an all-time high in 2020 with the global pandemic affecting every area of our lives,” says Angelos, a plastic surgeon who specializes in hair restoration. “The body senses a very stressful event and it needs to divert its attention from growing hair.”



NOT SO MERRY: Amid all the sources of worry and apprehension, hair loss in the U.S. has been on an uptick.

“In some cases the hair will grow back over time. But when the hair loss is persistent, the person should see their doctor.”

Managing stress can be extra difficult in these unprecedented times, but managing one’s health, from diet to hygiene, can go a long way toward preventing or reducing hair loss.”

Angelos offers tips to maintain healthy hair during stressful times:

Maintain good hair care and hygiene habits. The way you wash your hair could undermine your efforts to prevent hair loss, according to Angelos. As you wash, avoid pulling back on your hair because that can put traction on the follicles.

see **STRESS** on back page

## Warning: Risk of Holiday Marijuana Edibles

This holiday season, California Poison Control is reminding all adults to practice caution when using or serving cannabis-containing edible items such as cookies, candies, pastries or beverages during Christmas events and New Year’s celebrations.

These items should not be prepared or served where children are present in order to minimize the risk of accidental exposure for youngsters and teens.

The risk increases with edibles because children love holiday goodies and brightly colored items.

“Children can be exposed to marijuana either by breathing in secondhand smoke or eating foods containing marijuana,” said Dr. Rais Vohra of the California Poison Control System. “Keep your home and car free of the smoke, and keep food or drinks in a safe place away from young children or teens.”

Edibles can contain high amounts of tetrahydrocannabinol or THC, the chemical that causes someone to get high. Treat cannabis products as you would alcoholic beverages — use caution and common sense.”

“While adults typically exhibit dizziness, weakness, slurred speech and anxiety, symptoms in children can be more severe, ranging from sleepiness to difficulty breathing or even coma.

Emergency rooms and poison control centers have gotten many



Many cannabis-containing edibles are sold in brightly colored packaging which can be attractive to children.

cases of young children who accidentally ate marijuana edibles and required hospital admission due to the severity of their symptoms, according to Dr. Vohra.

Keep cannabis products in their original packaging, and store them in locked cabinets away from children and teens. If there’s a chance a child has accidentally consumed marijuana-containing products,

call the free 24-hour Poison Control at 1-800-222-1222 so a trained specialist can answer their specific questions and guide callers to an emergency facility.

California Poison Control is part of the University of California San Francisco School of Pharmacy responsible to the California Emergency Medical Services Authority. Visit [www.calpoison.org](http://www.calpoison.org).

## Vaccines: More Shipments Expected

*continued from front page*

coming this week to California as part of the second dose for first responders, healthcare workers who manage Covid patients, and nursing home staff and residents. Last week, California received 560,625 doses as part of the first rollout of the vaccine.

Additionally, Newsom noted 672,600 doses of the Moderna

vaccine will begin showing up in the state this week. Approved by the FDA over the weekend, the first shipments are expected to be delivered to more rural counties. Unlike the Pfizer vaccine, the Moderna vaccine does not require extreme cold storage.

Meanwhile, the federal government will be sending out COVID-related stimulus checks

as early as this week. The full \$600 amount will be given to taxpayers earning \$75,000 annually or less. California’s unemployment benefits will also include as much as \$300 per week for 11 weeks for those who are still filing. Newsome also announced California will extend its CARES Act Funding for businesses and groups until the end of December 2021.

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# REAL ESTATE GALLERY

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## Closing Out 2020

As we enter the last week of 2020, I think it is safe to say most of us will be glad to get this one in the record books and move on.

There are no words to describe what we have been through this year, and we all hope that 2021 will be dramatically different.

This year does not seem to want to end quietly. As I was writing this post, my phone sounded with a County wide COVID-19 alert for everyone to shelter-in-place and stay at home due to the surge in confirmed cases.

In the meantime, and in sharp contrast, our phones have been ringing off the hook with buyers and agents trying to get in to view our listings.

Pandemic guidelines have

limited showings to 2 buyers and their agent, with no children allowed. To effectively administer these guidelines, many agents have conscripted various showing services or calendar platforms to schedule buyer tours in 15 to 30 minutes slots.

It is a strange situation: sellers need to sell their homes and move on, yet buyers are being told to stay at home. Listing agents are adding offer deadlines to facilitate offers resulting in a steady flow of buyer tours in spite of the posted restrictions. In some cases, all available slots for viewing homes are gone within a day of the home hitting the market.

The paradox is this: at a time when families are being discouraged from gathering for Christmas or other holiday events, the real estate market is

as hot as it has ever been.

We have not seen any of the normal slowing we would anticipate during the holiday season OR as a result of the pandemic as buyers are out in hordes.

This is the strangest Christmas I have ever seen.

As 2020 comes to a close, I am reminded of the lyrics of Silent Night, which during the 1914 Christmas Truce of World War I, were sung simultaneously by both English and German troops. "Silent night, Holy night ... sleep in heavenly peace."

With the racial tensions and riots of 2020, the pandemic, the chaos in the stock market, the increasing numbers of COVID-related deaths and a general state of fear and unrest ... peace would be welcome indeed.

The Realtors of the Central County wish you all the best this Holiday Season and our prayers are for much better times in 2021.

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.

## Wear Your Mask!

Stop the Spread!

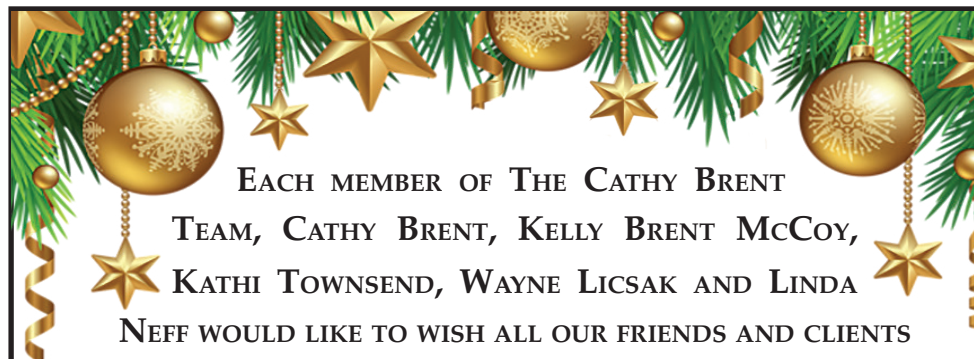
## The Proper Care for a Live Christmas Tree

Decorating a living Christmas tree not only perks up the season but provides a tree for your yard if you have the space.

That planted tree not only can add esthetic value to your landscape, it can also keep soil from eroding and buffer a house from winter winds and summer sun. But you'll need to do more than shake the tinsel off the branches and stick it in the soil.

For the best choice of tree, you might want to check the Sunset Western Garden Book for details on how fast—and how big—a tree gets. Some that are suited to Bay Area climates, include Monterey pine, Sequoia redwood, the slow-growing Italian stone pine and the deodar cedar.

Gradually introduce your living tree from outside to inside over three or four days by putting it in the garage or an enclosed porch.



EACH MEMBER OF THE CATHY BRENT TEAM, CATHY BRENT, KELLY BRENT MCCOY, KATHI TOWNSEND, WAYNE LICSAK AND LINDA

NEFF WOULD LIKE TO WISH ALL OUR FRIENDS AND CLIENTS

*a joyous holiday season.*

WE ASK THAT YOU STAY HEALTHY, SAFE AND HOPEFUL

FOR A BRIGHTER 2021.



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Cathy@CathyBrent.com

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Kathi Townsend: 510-333-9404 / kathi.townsend@BHSDrysdale.com / DRE #01409032

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

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

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

## Mortgage Rates Fall to 2.67%

For the 15th time this year, long-term mortgage interest rates dropped to new record lows last week, according to Freddie Mac's weekly nationwide survey.

Thirty-year fixed-rate mortgage averaged 2.67 percent for the week ending Dec. 17, down from the previous week when it averaged 2.71 percent. A year ago at this time, the 30-year rate averaged 3.73 percent.

Fifteen-year fixed-rate mortgages averaged 2.21 percent, down from 2.26 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) av-

eraged 2.79 percent, unchanged from a week earlier.

"The housing market continues to surge higher and support an otherwise stagnant economy that has lost momentum in the last couple of months," said Sam Khater, Freddie Mac's Chief Economist. "Mortgage rates are at record lows and pushing many prospective homebuyers off the sidelines and into the market. Homebuyer sentiment is sanguine and purchase demand shows no real signs of waning at all heading into next year."

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**Wishing You & Your Family  
A Happy, Safe Holiday  
& Peaceful 2021 -Ken**



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*Holidays*

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**Fiebig Team**

If you are thinking of making  
a move next year let's, make this  
transition a merry & bright one.



**Tim Fiebig**

510-708-8700



**Spray**

The Yuletide season is a reminder to apply the second round of dormant oil spray to deciduous fruit trees, shrubs and roses. The spray should be applied through mid-January whenever you can expect several days of dry weather above 40 degrees.

## CROSSWORD PUZZLE ANSWERS

I	S	M	A	D	O	S	M	O	M	S
M	O	O	C	I	A	O	A	M	E	N
P	U	N	S	T	E	R	S	R	A	N
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D	I	S	H	I	D	L	E	R	I	O
S	T	A	Y	T	E	E	S	S	P	Y



# Blooming Bromeliads; Christmas Cactus

By Buzz Bertolero  
Special to the Forum

**Q** How do you get a pink bromeliad to bloom again? Someone suggested that I put the plant in a bag with some cut up apples. Also, how long can I keep it as a houseplant?

**A** All bromeliads have colorful, long-lasting flowers, and some varieties have brilliant foliage (see the note below). Bromeliad Aechmea has large, silvery-green leaves with a pink flower radiating from the center. I believe this is the variety you have.

They make an excellent, long-lasting houseplant because they adapt to the unfavorable, growing conditions in most homes. However, each plant only blooms once.

You cultivate the pups or new plants that formed at the base. The big leaf Bromeliad varieties withstand the brightest light level and direct sunlight.

Other species with soft, green, thin leaves grow best in low light conditions, such as Tillandsia.

Most bromeliads are epiphytes. They grow in the canopy of trees in their natural habitat, where they anchor themselves by their roots to the tree trunks. They don't have extensive roots, so they are adaptable to being grown in relatively small containers.

Bromeliads are incredibly tolerant of low-moisture conditions and will survive prolonged periods of drought. As a container plant, most bromeliads' problems are usually associated with root rot caused by excessive moisture.

Growing these plants in a light, porous potting mix that drains rapidly should help prevent this problem. Also, plants growing in plastic or other non-porous containers are watered less frequently than those in clay pots.

Now to your question. Bromeliads can be forced into

bloom by exposing the plant to ethylene gas. Many fruits release ethylene gas naturally. To encourage your bromeliads to bloom, place the plant inside a clear plastic bag with sliced apples for 10 days. During the aging process, the apple slices emit ethylene gas that, in turn, induces the formation of flowers. The plant blooms again in six to fourteen months.

**Note:** The bromeliad plant family, bromeliaceae, consists of 51 genera and is broken down into three subfamilies, Pitcairnioideae, Tillandsioideae, and Bromelioideae. The Bromelioideae members' foliage has attractive colorful markings and patterns, and the leaf edges/margins are spiny.

Aechmea, Billbergia, Cryptanthus, Neoregelia, and Nidularium are the most popular varieties of this group. The varieties Guzmania, Tillandsia and Vriesea belong to the Tillandsioideae family. They have smooth leaf margins, unusual foliage markings, and colors.

Pitcairnioideae members are not widely available.

**Q** I want to transplant my blooming Christmas cactus into another pot, but I'm scared to touch it. Can I move a blooming plant to another pot without shocking it?

**A** It's okay to transplant a Christmas cactus and most other plants while they are in bloom. This is when an evergreen plant is technically dormant, as it's not actively growing. There is no reason why you have to wait until it finishes flowering. I'd transplant it carefully as not to damage the flowers.

Christmas cactus is also known as the Zygocactus or crab cactus because of their segmented leaves. Along with cyclamen, they are a great red and white alternative to poinsettia during the holiday season. Zygocactus and cyclamen are not sensitive to warm rooms,



A bromeliad in bloom

as is a poinsettia so the foliage doesn't discolor quickly and has a long blooming period.

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@dirtygardener.com](mailto:buzz@dirtygardener.com).



## Star of Bethlehem



*Ornithogalum umbellatum* forms carpets of low-growing foliage topped with star-shaped white flowers during April and May. It's great for keeping a sunny bank of soil from eroding away, an accent in a sunny garden, or covering exposed roots under trees or shrubs. It can be invasive, and will need thinning out from time to time. It attracts bees and other pollinators with its nectar- and pollen-rich flowers.

— Brenda Weaver

Sources: [www.easytogrowbulbs.com](http://www.easytogrowbulbs.com), [www.gardenersworld.com](http://www.gardenersworld.com), [www.missouribotanicalgarden.org](http://www.missouribotanicalgarden.org)



Jon & Leslie  
J&L Real Estate Group



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wish you a safe & happy holiday

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## Proposition 19 has passed. How will this affect you?

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- is severely disabled?
- had their home substantially damaged by wildfires or other natural disasters?

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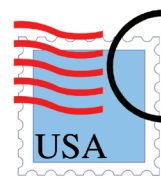
PHOTO BY MIKE MAIN

## Santa's Helpers

On December 10, Castro Valley Rotarians and Santa's helpers Carol Bigelow and Dan Willits, above, teamed up with HARD volunteer Mike Main to hand out 50 Christmas bags, filled with many items, in addition to lunches that were supplied by Spectrum and distributed by HARD staff member Daniela Keiffer. "In spite of the things that are going on in times like this, reaching out to others and remembering them, gives everyone involved new hope that they are not forgotten, and that the holiday spirit is alive and well," said Bigelow.

## LETTERS

TO THE EDITOR  
FREDZ@EBPUBLISHING.COM



### Fire Extinguisher Training

Editor:

The Alameda County Fire Department has received requests from local businesses to provide fire extinguisher safety training, but Covid has created constraints.

We also received a message from a mom who caught her little girl on camera going over the important fire extinguisher steps, "PASS," and decided an informational video was the solution.

You may access the video here: [vimeo.com/489589095](https://vimeo.com/489589095)

—Joanna Leal,

Public Affairs Manager

Alameda County Fire Department

### Thanks to Eden Med Center

Editor:

The members of Castro Valley Women's Club would like to thank Ms. Ryan and her team for presenting a program on how Eden Hospital serves the community and an update on how Eden Medical Center is prepared for any influx of patients due to the COVID virus in our area.

Your team demonstrated their professionalism as they spoke of their roles in the management of Eden as it helps those in need and in educating the local population. We appreciated the opportunity to learn what we could do when times are better financially for our group in the matter of raising funds to help Eden Medical Center. We know time is precious when dealing with everyday tasks, expected and unexpected, and we thank you for talking to us.

—Carolyn Willkie, President  
Castro Valley Women's Club

## PG&E Offers Safety Tips During Power Outages

With meteorologists forecasting stormy weather at the end of the week, PG&E reminds customers to take the necessary steps to stay safe during power outages.

- Use generators safely during power outages: Make sure they are properly installed by a licensed

electrician. Use portable generators in a well-ventilated area.

- During a power outage, use battery-operated flashlights, and not candles, due to the risk of fire. And keep extra batteries on hand.
- If you have a telephone system that requires electricity to

work, such as a cordless phone or answering machine, plan to have a standard telephone or cellular phone ready as a backup.

- Report downed power lines immediately by calling 9-1-1 and by calling PG&E at 1-800-743-5002.

### Inmate Vaccinations

Editor:

On the front page of the December 16th edition, the information on the Phase 2 distribution of the vaccine was most disturbing. The sentence included "...and people in jail or prison...". Everything made sense to me with the exception of these few words.

So, millions of hard working and law abiding citizens are being looked over while inmates get vaccinated before the general public.

If tax dollars are funding the vaccines, not Penal System dollars, I think the incarcerated have the time to wait for the vaccination while the tax payers, general public, and children are vaccinated before convicted criminals.

Instead of vaccinating the whole prison population why not give it to a prisoner upon release once they have served time for the crime? Thanks to people who take the CDC guidelines seriously.

—Simon Martin

Castro Valley

### HARD's Tennis Rules Seem Baseless

Editor:

I play tennis 3 times a week at a public tennis court here in Castro Valley. The people who gather there to play are mostly retired

and in their 50s to 80s.

We play doubles because singles tennis is much more strenuous and allows half as many people a chance to play.

Yesterday, a Hayward Area Recreation Dept. police officer came to the courts and threatened us all with citations and fines if we were caught playing doubles. (singles tennis is allowed). With this rule, many of the players will no longer come to play tennis, and for some, it is their only exercise and social life.

Also, the amount of people who do come to play but now must wait outside the courts (only 4 people can play on 2 courts instead of 8) will probably be larger.

A tennis court is 36 feet by 78 feet plus the surrounding playing area. People playing doubles tennis rarely come into close contact with one another.

I am not a scientist or politician, but this rule seems to be baseless and counter productive to the health and wellbeing of those of us involved. For those of you who want everyone to lock themselves in their homes, be my guest. Science, I'm sure can prove that traffic fatalities will significantly drop if driving is outlawed.

—Mike McDonald  
Castro Valley

## Obituaries

### Frances Yagoda Sale

May 29, 1931 ~ December 13, 2020

Resident of Castro Valley

It was with deep sadness that the family of Frances Yagoda Sale announces her passing on Sunday, December 13, 2020, after a long illness. Frances was born in 1931 in Oakland, California, becoming a graduate at Fremont High School and becoming a wife in 1948.

Frances's father and mother, Elia Milatich and Kata Vukman, were immigrants from the Dalmatian Coast, formerly Yugoslavia. While married at 17, her marriage ended at 61 with the passing of her beloved husband, (William) Billy Sale.

Frances will be greatly missed by her sons Billy, Bobby, and David. Frances was the true family homemaker with guidance from her mother, Kata Vukman. The stews were Ma's best dish, with Grandma's help with the ham hocks.

Also missing Frances were her nephews, Mike and Dave Vukman with John Zlatic along with their children, Mike, Matthew, Amy, and Vido. Also, Ma's niece, Ann Zlatic (Sing). And again, also touched with Ma's departure is Francie's only grandchild, Billy's daughter, Sara Frances Sale and Frances's best friend, Jane Costello.

Services for Frances will be held at Holy Sepulchre Cemetery and Funeral Center in Hayward, California, Monday, January 4, 2020. Visitation will start at 11 a.m. and a service outside will begin at 1 p.m.



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### HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** Handle a potentially awkward situation by warming up your confidence reserves and letting it radiate freely. Also, expect an old friend to contact you.



**TAURUS (April 20 - May 20):** It's not too early for the practical Bovine to begin planning possible changes for 2021. A recent contact can offer some interesting insights.



**GEMINI (May 21 - June 20):** A request for an unusual favor should be carefully checked out. Also check the motives behind it. Your generosity should be respected, not exploited.



**CANCER (June 21 - July 22):** Party time beckons, but for some Moon Children, so do some workplace challenges. Deal with the second first, then you'll be free to enjoy the fun time.



**LEO (July 23 - August 22):** A warm response to an earlier request might be a positive indicator of what's ahead. Meanwhile, Cupid could pay a surprise visit to single Leos looking for love.



**VIRGO (August 23 - Sept. 22):** How you respond to a proposed change in a project could affect your situation. Be prepared to show how well you would be able to deal with it.



**LIBRA (Sept. 23 - October 22):** The revelation of a secret could cause some changes in how to deal with a workplace matter. It very likely also validates a position you have long held.



**SCORPIO (October 23 - November 21):** An attempt to get too personal could upset the very private Scorpio. Make it clear that there's a line no one crosses without your permission.



**SAGITTARIUS (Nov. 22 - Dec. 21):** The savvy Sagittarian might be able to keep a family disagreement from spilling over by getting everyone involved to talk things out.



**CAPRICORN (Dec. 22 - Jan. 19):** Be careful not to push people too hard to meet your ideas of what the holiday weekend's preparations should be. Best to make it a cooperative, not a coerced, effort.



**AQUARIUS (Jan. 20 - Feb. 18):** An unexpected request could make you rethink a position you've had for a long time. Meanwhile, plan a family get-together for the weekend.



**PISCES (Feb. 19 - March 20):** Someone might find that it was a fluke to try to use your sympathetic nature to get you to accept a situation you're not comfortable with. Good for you.

## Wear Your Mask Stop the Spread





## Christmas Day Schedules

FRIDAY, DECEMBER 25, 2020

- **Government:** Christmas will be observed as a federal, state, county and city holiday on Friday, Dec. 25. Except for emergency services, all government offices will be closed. The U.S. Postal Service, however, will be making some package deliveries.
- **Stores, Offices, Restaurants:** Some supermarkets, restaurants and pharmacies may be open, but most of those will be operating on a shortened schedule, so plan ahead for food and medical needs. All banks and nearly all business offices, including the Forum, will be closed on Friday.
- **Public Transit:** BART trains and AC Transit buses will operate on a normal Sunday schedule. For other transit schedules (ferries, etc.), visit [transit.511.org/schedules/holiday.aspx](http://transit.511.org/schedules/holiday.aspx)
- **Garbage Collection:** Recycling, organics, and garbage collection services will occur one day later for customers whose regular service day falls on Christmas Day. Friday customers will have their containers serviced on Saturday. Service through Thursday is unaffected. For complete holiday service information, please visit [www.alameda-countyindustries.com/cvsan/holiday](http://www.alameda-countyindustries.com/cvsan/holiday). ACI Customer Service Representatives will be available for billing and service questions on Thursday, Dec. 24. For more information, call 510-483-1400 or visit ACI's website: [www.alameda-countyindustries.com/cvsan](http://www.alameda-countyindustries.com/cvsan).
- **Castro Valley Sanitary District** offices will be closed on Thursday and Friday, Dec. 24-25. Call 510-506-5821 for sewer emergencies. For other info regarding CVSan visit [www.cvsan.org](http://www.cvsan.org)

## New Beverage Container Bill Offsets Recycling Fee

In an effort to fix the state's deteriorating beverage container recycling system, Sen. Bob Wieckowski introduced new legislation last week that would shift responsibility for the program from consumers to distributors.

Wieckowski, whose 10th District includes Castro Valley, is chair of the Senate Budget and Fiscal Review Subcommittee on Resources, Environmental Protection, Energy and Transportation.

The new streamlined stewardship program would be modeled after Oregon's system, which promotes Extended Producer Responsibility (EPR).

"We cannot continue to ignore that our beverage recycling system is crumbling before our eyes, nor can we ignore the growing

frustration of consumers who are unable to redeem value for their recycling efforts," Wieckowski said.

"We need to put customer convenience first. Instead of consumers subsidizing the system, my bill will put money back into the hands of consumers, who are currently shouldering the load of our antiquated program."

Under the new bill, distributors of beverages would form an organization that would submit a plan and budget for the redemption and recycling of beverage containers to be approved by CalRecycle.

Wine and distilled spirits bottles would also be included in the new program. They are currently exempted despite generating 900 million bottles per year.

## Stay: Less Holiday Travel

*continued from page 3*

• Follow public health guidance. Consistent use of face masks combined with physical distancing and regular hand washing are strongly recommended to lower one's COVID-19 risk.

Be sure to pack face masks, disinfecting wipes, hand sanitizer, and a thermometer to help protect and monitor your health while away from home.

• Verify before you go. Call ahead and ask about hotel safety precautions and procedures. If renting a vehicle, ask about their vehicle disinfection and sanitization process.

Those who decide to travel will

do so by car, with road trips accounting for 96 percent of holiday travel. Air travel will drop by 60 percent seeing 4.1 million fewer travelers packing into airports than last year, all other modes of transportation will see a drop in travel by 87 percent.

Those hitting the road should plan their route in advance and ensure their vehicle is ready for the road, to help avoid a breakdown along the way. AAA expects to rescue more than 905,000 people at the roadside this holiday season. Drivers on-the-go can easily request roadside assistance by downloading the AAA Mobile App.

### SOS MEALS ON WHEELS

# Hundreds of Local Homebound Seniors Finding Relief from Hunger, Loneliness

Friday, March 13, 2020 was a day that the local SOS Meals on Wheels will never forget. Executive Director Charlie Deterline, while monitoring news about COVID-19, learned about the shelter-in-place order that would soon be publicly announced by local health and government officials.

The following week, news of the Coronavirus and the health order created a panic at local grocers, and urgent calls to SOS Meals on Wheels for help increased from approximately one hundred to two hundred calls per day while store shelves emptied.

Social distancing and risk of exposure to COVID-19 have created barriers to care for older homebound people. To that end, the pressing demand for Meals on Wheels in Alameda County has continued throughout the health crisis due to increasing food insecurity, hunger, and loneliness among a population who are most vulnerable to the virus but rely on others for meals, care, and socialization.

At the same time that demand for Meals on Wheels was skyrocketing, more than half of SOS Meals on Wheels' drivers had to cease deliveries and shelter-in-place because they were over age 65.

Fortunately, Mr. Deterline had a response plan. The nonprofit embarked on a high-octane outreach effort, asking for support from donors, government, corporate and foundation partners, and the community at large.

Over three hundred new volunteers were recruited, over \$2-million was added to the organization's budget, more than 1,500 additional seniors were enrolled, and a total of 2,898 people were receiving meals.

By October, the organization reached a milestone, serving more than 46,000 meals in a month as compared to about 30,000 meals prior to the pandemic.



Charlie Deterline, SOS Meals on Wheels Executive Director, at the wheel of the Forklift at the organization's San Leandro headquarters.

"This tremendous outpouring of community support will likely save lives while we manage the persistent demand for Meals on Wheels each and every day," said Mr. Deterline.

The importance of SOS Meals on Wheels for older community members and their families during this public health crisis cannot be overstated. When the shelter-in-place order was put into effect, one gentleman in his nineties was cut off from his caregiving daughter who is in her seventies herself and lives in another county.

SOS Meals on Wheels was called to intervene and within hours the elderly man had received his first meal and his daughter's anxiety of not being able to bring food to her elder parent was lifted.

Another client, also in her nineties, was able to care for herself fairly well prior to the pandemic. She stocked up on groceries as soon as the shelter-in-place order went into effect, but eventually food ran out. Realizing she should not leave the house, she called SOS Meals on Wheels.



SOS Meals on Wheels prepares some 46,000 healthy meals each month.

"SOS Meals on Wheels is a system and community of care readily available to eligible older adults in Castro Valley, San Leandro, Oakland, Hayward and San Lorenzo" said Deterline. "Because of the outpouring of generosity, we continue to say 'yes' this holiday season to every eligible senior that calls for help."

SOS Meals on Wheels especially thanks all the government entities, businesses, community groups, foundations, donors, and volunteers that have provided support since the start of the pandemic.

*SOS Meals on Wheels is the largest provider of Meals on Wheels in Alameda County. Visit [www.sosmow.org](http://www.sosmow.org).*

## BART Transitions to Clipper-Only Fares

BART has transitioned all stations to offer the Clipper Card as the only fare product available for purchase.

The transit district has been eliminating the sales of paper tickets since a pilot program began in the fall of 2019. The conversion was accelerated during the pandemic with one or more stations transitioned each week throughout 2020. System-wide conversion was fully completed earlier this month.

Using Clipper allows riders to avoid direct contact with fare gates, as the card only needs to be held over the fare gate card reader without touching.

Riders can further protect themselves from contact with fare machines by loading funds onto their

Clipper Card online, allowing up to one day for the balance to post. For registered users, the Autoload feature will automatically replenish their Clipper balance.

While paper tickets are no longer available for purchase, riders are still be able to use paper tickets to enter or exit through fare gates. Riders are also able to add enough fare to a paper ticket to exit the station using add fare machines located inside the paid area.

BART has moved to a Clipper-only fare payment system because the region has prioritized the use of Clipper as the Bay Area's all-in-one transit card, offering many advantages over paper tickets.

Paper tickets for adults have a 50 cents surcharge on every trip. The one-time acquisition fee of \$3 for a Clipper card pays for itself in just three roundtrips.

Clipper is accepted by nearly all transit agencies in the region, and many other agencies offer discounted fares when using Clipper. The cards can be purchased at every BART station and at many retail outlets throughout the region.

For Clipper online, in-person locations, or details about obtaining a discount card for Senior, Disabled or Youth 18 and under, visit [www.clippercard.com](http://www.clippercard.com). Customers can claim a refund for a paper ticket with a remaining value greater than \$1. A Station Agent will help process a ticket refund request.

FILED  
MELISSA WILK  
DECEMBER 4, 2020  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 575030

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Lucas Ilie Construction located at 18069 Center Street, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Mihail Ilie, 18069 Center Street, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced May 17, 2017.

/s/ Mihail Ilie  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires DECEMBER 04, 2025  
DEC 16, 23, 30, 2020, JAN 06, 2021  
304-CVF



## Stress: Hair

continued from page 5

The same goes for combing. "It's less stressful on the follicles to wash and comb your hair forward, toward your face, instead of toward the back of your scalp and neck. Also, long hair weighs more, so on its own, it can put more traction on the follicles.

Brushing hair regularly, however, is good because it massages the scalp and helps improve blood flow and circulation. The condition of your hair should also be in balance – not too oily, not too dry.

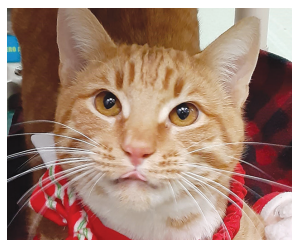
"Finally, don't overuse a hair dryer because that can make hair weak and brittle, which can lead to more hair loss," Angelos says.

Treat health issues. Hormonal imbalances and other medical conditions such as low thyroid and iron or iodine deficiency can contribute to hair loss. Avoid overuse of supplements and medications.

Be aware of your nutritional needs. Some fad diets may have a nutritional impact on hair loss.

One more reason to avoid smoking, Angelos says, is that it can affect hair loss. Keeping hair strong means taking good care of it and of your overall health daily.

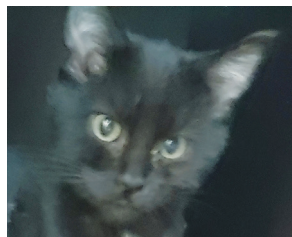
## ADOPT-A-PET



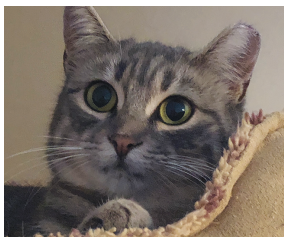
**REX** is an 11-month-old male who enjoys lounging on his bed while making googly eyes at his favorite people. To adopt Rex, please call the Hayward Animal Shelter: (510) 293 – 7200.



**SUNNY** is a 1-year-old social female who loves food. She will lean in for head scratches while making air biscuits. To adopt, call the Hayward Animal Shelter (510) 293 – 7200.



**LAGUNA** is a sweet 5-month-old sweetie. This gorgeous kitten is energetic and playful. Spayed, vaccinated, and FIV/FELV negative. Please email: Loveallpawzrescue@gmail.com.



**ASHES** is a young grey tabby. She's playful, yet regal and she also enjoys cuddle time. Spayed, vaccinated, and FIV/FELV negative. Email Loveallpawzrescue@gmail.com.

## Puppy Scams Skyrocket During Pandemic

Is That "Quarantine Puppy" Real?

Some families obeying stay-at-home orders have turned to the Internet to look for a pet for the holidays, thinking they would have plenty of time to help the pet adjust to its new surroundings.

Many have come across scammers who advertise on websites for animals that don't exist and are never shipped, according to the Better Business Bureau (BBB) in Oakland.

Puppy scams were the subject of an investigation by the BBB and new data from its Scam Tracker show incidents have spiked since COVID-19 took hold in the U.S.

The BBB's study found that for these types of frauds to be successful they usually dependent on bogus, often sophisticated advertisements to hook unsuspecting consumers. Experts believe that at times 80% of the sponsored advertising links that appear in an Internet search for pets may be fraudulent.

Actual numbers of pet fraud may be much higher than reported, because many victims either choose not to file complaints or do not know where to turn for help.

Many victims who contacted BBB's Scam Tracker reported they wanted to adopt a puppy in order to ease their isolation and brighten their lives during the pandemic and that cash apps are being used for this scam.

A Hayward woman reported losing more than \$5,000 in March 2020 by using a website that said it had been in operation since 1998. The scammers kept contacting her with various reasons for needing



Puppy scams were the subject of an investigation by the BBB and new data from its Scam Tracker show incidents have spiked since COVID-19 took hold in the U.S.

more money like the need for an insulated pet carrier, an interstate permit, medicines, insurance, and quarantine.

### Avoiding puppy scams:

- Consider reaching out to a local animal shelter. Especially during this time of quarantine, many shelters are looking for fosters to help relieve the animal's stress and reduce overcrowding at their facilities.

- Don't buy a pet without seeing it in person. If that isn't possible, conduct an Internet search of the picture of the pet you are considering. If the same picture appears on multiple websites, it's likely is a fraud. You also can

search for text from ads or testimonials, to see if the seller copied it from another website.

- Don't send money by Western Union, MoneyGram, and a cash app like Zelle or a gift card. These payment methods offer no recourse and no way to get your money back if you are the victim of a fraud.

If you think you have been scammed, report it to the BBB 510-844-2000 and the Federal Trade Commission. You also can report it to [petcams.com](http://petcams.com), which catalogues puppy scammers, tracks complaints and endeavors to get fraudulent pet sales websites taken down.

## HOLIDAY TREE COLLECTION

January				
M	T	W	Th	F
4	5	6	7	8
11	12	13	14	15

- Place trees next to carts for pick-up on your regular collection day.
- Remove ornaments, tinsel, lights, nails, and stands. Cut tall trees into lengths no longer than six feet.
- Flocked trees will be collected, but not composted. Artificial trees not accepted.
- Multi-family residents: place in general collection area. Do not block access to collection containers.
- Trees are collected using a special vehicle that may service your block earlier or later than regular vehicles.



Questions? Contact Alameda County Industries at (510) 483-1400 or visit [www.alamedacountyindustries.com/cvsan/holiday](http://www.alamedacountyindustries.com/cvsan/holiday).

### OTHER HOLIDAY RECYCLING TIPS & REMINDERS:

- Recycle wrapping paper with no foil or glitter in the blue recycling cart or bin.
- Compost food scraps, uneaten leftovers, refrigerated cartons, and food-soiled paper in the green organics cart or bin.

**CASTRO VALLEY SANITARY DISTRICT**  
Effective Environmental Services since 1939  
510-537-0757 | [www.cvsan.org](http://www.cvsan.org)  
This ad was funded by ACI Pub Ed



## Want to Join HARD Advisory Committee?

The Hayward Area Recreation and Park District is accepting applications from interested residents of Castro Valley, Hayward and unincorporated Alameda County for five committee positions on its Citizen's Advisory Committee.

The committee, which meets four times a year, makes recom-

mendations to the Board of Directors on various programs, operations and park design projects. Members serve two-year terms. Current vacancies will serve during 2021-2022.

To obtain an application, or for additional information, call the HARD District Offices at 510-

881-6700 or visit [hwww.HaywardRec.org/cac](http://hwww.HaywardRec.org/cac) to download an application. Applications are due by Thursday, Dec. 31, 2020.

To learn more about the District Citizens' Advisory Committee, please contact Nicole Roa at [Roan@HaywardRec.org](mailto:Roan@HaywardRec.org) or call 510-881-6723.

## ATHLETE OF THE WEEK

### Kevin Pon

This week's Athlete of the Week is Kevin Pon who recorded one of the rarest scores in golf on December 10 at Lake Chabot Golf Course in Oakland. Kevin scored a 2 on a Par 6 at the 18th hole, which known as "double albatross" or "condor." The 18th hole is 649 yards long. Kevin's first shot went approximately 540 yards with the help of his ball rolling to the bottom of the hill. Kevin's second shot was 110 yards uphill to the green which ended up in the hole. Kevin is an avid golfer who was a Board Member and coach for Castro Valley Little League for 10 years, and coached the Canyon Middle School football team for 5 years.



## CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

**Youth Baseball and Flag Football Programs**  
[www.CVSPORTSLEAGUE.org](http://www.CVSPORTSLEAGUE.org)