

## CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

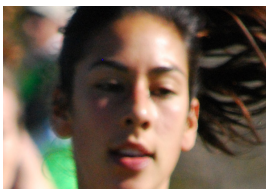
YEAR 29

WEDNESDAY, DECEMBER 6, 2017

NO. 50

INSIDE YOUR  
FORUM

## NEWS



## Hall of Fame

Kelsey Santisteban has been selected to the CV Sports Hall of Fame

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## SENIORS



## Senior Drivers

Most senior drivers don't make proper adjustments for vehicle safety

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## NEWS



## Happy 100th!

Longtime Castro Valley resident Myron Lees turned 100 last week

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PHONE: (510) 537-1792

CASTRO  
VALLEY'S  
COYOTES

## OUR WILDLIFE NEIGHBORS

By Amy Sylvestri  
CASTRO VALLEY FORUM

When Castro Valley photographer Ed Gervasoni visited the dog park at the corner of Crest and Stanton avenues last week, he spotted some unusual four-legged friends. At least four coyotes – which can weigh up to 45 pounds – were roaming the park.

“I was in the park and it was hard to see because it was so camouflaged, but I saw the eyes and the tail then realized a huge coyote was right there,” said Gervasoni. “I felt goosebumps.”

The California Department of Fish and Wildlife says that, while people might be afraid to see a coyote near their home, it's the animals who have more to fear from humans.

Never feed or try to tame a coyote. When people feed coyotes – or they are allowed to scavenge in garbage cans or eat pet food left outside – they become bold and expand their territory into more populated areas. Keeping coyotes “wild” is better for the animals and their human neighbors.

Gervasoni said that the dog park coyotes he has spotted seem content to leave humans alone.

“Lately, those guys have been more active and it's a little intimidating, but they aren't bothering anyone,” said Gervasoni.

see COYOTES on back page



PHOTOS BY BY EDWARD GERVASONI

## Countdown Kicks Off Christmas Season in CV

By Linda Sandsmark  
CASTRO VALLEY FORUM

Castro Village was packed with kids of all ages Friday night, waiting for Santa Claus to arrive and help light a giant Christmas tree.

Before his entrance in an Alameda County Fire truck, the crowds were treated to music and dancing from Castro Valley School of Music, Castro Valley Performing Arts, Alameda Civic Ballet and Castro Valley High Madrigals.

Shane Sharkey of Castro Valley School of Music provided on-stage introductions for the ceremonies.

“This was a Castro Valley tradition for quite a while, back in the '50s and '60s. They took a break for quite a while, and we're happy to start again last year,” he said.

Once Santa arrived with his elf, he provided the countdown to light a giant Christmas tree in the center of the Village. The crowd cheered as the tree lit up.

“I hope you all have a great, happy holiday,” said Santa.

He departed with his traditional, “Merry Christmas and ho, ho, ho,” as he headed off-stage for photos with children.



PHOTO BY LINDA SANDSMARK

Santa Claus waves to the crowd as he steps off an Alameda County fire truck at Castro Village on Friday evening.



PHOTO BY FRED ZEHNDER

A big crowd joined Santa in the countdown to light the big Castro Village Christmas tree just after 6 p.m. on Friday.



## Castro Valley Weather Dec. 6 - 10, 2017



Wednesday  
Sunny  
High 62° Low 42°



Thursday  
Sunny  
High 65° Low 42°



Friday  
Partly Cloudy  
High 63° Low 42°



Saturday  
Mostly Sunny  
High 64° Low 43°



Sunday  
Sunny  
High 63° Low 42°

### Almanac

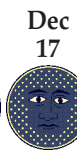


Past Week's Rain: 00.00  
Season To Date: 03.58  
Normal To Date: 04.90  
Season Average: 21.22

### Moon Phases



Dec 9



Dec 17



Dec 26



Jan 1

Sun sets at 4:50 p.m. today, rises at 7:12 a.m. Thursday.

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### SPORTS HALL OF FAME

## Ups & Downs of Running: CV Hills Aid Santisteban's Success

*Second in a series profiling the 16 new members of the Castro Valley Sports Hall of Fame. The induction banquet will take place April 21, 2018, at Redwood Canyon Event Center.*

**By Dave Del Grande**  
SPECIAL TO THE FORUM

For a town named after a depression, Castro Valley sure has its fair share of hills.

Palomares Hills resident Kelsey Santisteban would like to thank that geographical quirk for much of her success as a runner.

The former North Coast Section cross country champion has been selected to the Castro Valley Sports Hall of Fame's Class of 2018.

In terms of long-distance running, the 24-year-old was at the head of her class at Castro Valley High.

But like many sports standouts, the view at the beginning of her athletic path didn't look anything like it eventually became.

A soccer, basketball and softball player as a youth, as well as a dancer, Santisteban noticed something in P.E. at Jensen Ranch Elementary while doing an exercise most students despised -- the mile run.

"I was always at the head of the pack," she said of the weekly coed endeavor. "I realized: I'm a pretty good runner."

So Santisteban took to the hilly paths around Lake Chabot to get better. It didn't take long for her to become the best.

Following in the footsteps of her older sister, Kaitlin, Santisteban joined the Castro Valley High cross country team as a freshman and never looked back.



**Kelsey Santisteban was an All-American at Cal**

After running with the pack that earned the Trojans a spot in the team competition at the State Meet her first three years, Santisteban made it on her own as a senior as the NCS champion.

"I was on a competitive soccer team for four years. But after eighth grade, the team was breaking up; everybody was moving on to other things," she recalled of her transition into running.

"My sister ran in high school, and my dad ran a lot when I was growing up. It just seemed like a natural thing. And I was pretty good at it. I was pretty competitive and I enjoyed the winning aspect. So I stuck with it."

Santisteban didn't win the State Meet, but finishing fifth felt like the next-best thing. She had in-

jured her ankle leading up to the race, and the conditions in Fresno that day were less than ideal.

"I was in the front of the pack pretty much the whole race," she recalled of the 2010 event, which was competed at a distance of 5 kilometers (3.1 miles). "Each mile, I was pretty comfortable running with that group."

"There were a lot of girls at the front. A few seconds were going to separate top 10, and I wanted to win a medal. I remember kicking as hard I could."

Santisteban got the medal, a trip to Portland for the nationals, a boost in confidence going into her senior track season and, eventually, a spot on Cal's cross country team.

see **SPORTS** on page 8



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**OPEN 7**  
**DAYS A**  
**WEEK**

- PHYSICAL EXAMINATIONS (IMMIGRATION, DMV, EMPLOYMENT, SCHOOL, SPORTS)
- VACCINATIONS
- CARE FOR INJURIES (LACERATIONS, NECK & BACK, SPRAINS & FRACTURES, SPLINTING, ETC)
- INFECTION CARE (SINUS, EAR INFECTIONS, UTI) CARE FOR RESPIRATORY AILMENTS
- LAB TESTING/ SCREENINGS
- GENERAL MEDICAL CARE
- MINOR BURNS
- STD TESTING
- X-RAY SERVICES & EKG
- OCCUPATIONAL MEDICAL SERVICES
- WORKERS COMPENSATION



#### HOURS

Monday - Friday  
10am-8pm  
Saturday  
9am -5pm  
Sunday  
10am-2pm

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## CV ROTARY ADOPTS A FAMILY FOR CHRISTMAS



PHOTO BY ZACK EBADI OF ADOPT-A-FAMILY

Members of the Rotary Club of Castro Valley moved quickly into the Christmas spirit, wrapping packages for the Hayward "Adopt-A-Family" which they purchased for a family of five, including a jacket, shoes and a complete outfit for each family member. Project Chair Dr. Heidi Hausauer, who handled the shopping duties, looks forward each year to this project and "loves Black Friday sales." Pictured from left, Rotarians Randy Vanderbilt, Michaela Thompson, Dan Willits, Dawn Morgan, Margarita Ramos, Project Chair Dr. Heidi Hausauer, Bruce Johnson, East Bay Regional Park Director Dennis Waespi, Tommy Gee, Charles Mortimer and Kern Lewis.

## Oversight Committee Seeks Volunteers

The Castro Valley School District and Measure G Oversight Committee continue to look for volunteers to serve on the committee to monitor the use of funds for school repairs and improvements.

The committee will consist of at least seven members who will serve without pay for a minimum term of two years and for no more than three consecutive terms. The District is currently looking for:

- One member and alternate active in a bona fide taxpayers' organization.

- One alternate that is a parent or guardian of a child enrolled in the school district.

- One alternate that has a child enrolled in the district and who is active in a parent-teacher organization or school-site council.

Employees nor officials of the district are eligible, nor are its ven-

dors, contractors, or consultants.

Committee members will actively gather bond-related info and advise the School Board on these matters. Download an application at: [bit.ly/CBOC\\_Application](http://bit.ly/CBOC_Application) to apply to the Committee.

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Wanted Man Driving Under the Influence

Sunday, December 3: at 9:43 a.m., Sheriff's deputies arrested a 23-year-old man from Bellflower, Calif. (Los Angeles County) on suspicion of driving under the influence of alcohol. The man was traveling on Lake Chabot Road near Eden Medical Center when deputies noticed him swerving in and out of traffic. The man was also wanted and had a warrant issued for his arrest. Deputies took the man to Santa Rita Jail pending \$3,000 in bail.

### One Too Many

Saturday, December 2: at 6:05 p.m., a 27-year-old man from Pleasanton was arrested on suspicion of public intoxication. Deputies stopped the man for questioning at the intersection of San Miguel Avenue and Castro Valley Boulevard as they noticed him slumped over on a bench. The man was taken to a sobering center.

### Driving Intoxicated

Saturday, December 2: at 3:35 a.m., deputies pulled over and arrested a 30-year-old man from San Jose on suspicion of driving under the influence of alcohol. The man was traveling on Redwood Road near the Interstate 580 underpass when deputies stopped him for a traffic infraction. The man failed his field sobriety test and was taken into custody.

### Contributing to the Delinquency of a Minor

Thursday, November 30: at 2:03 p.m., a 21-year-old man from Castro Valley was arrested on a bench warrant related to previous charges of contributing to the delinquency of a minor. Deputies stopped the man for questioning at the Park and Ride commuter parking area on Center Street. The man denied the charges. Deputies confirmed the man's identity and warrant. The man was taken to Santa Rita Jail pending \$5,000 in bail.

### Domestic Assault

Wednesday, November 29: at 11:28 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Cunningham Court near Center Street. There, they arrested a 28-year-old man from Castro Valley on suspicion of assault on a family member. Deputies took the man into custody. The victim was treated at the scene.

### Three Arrested in House Raid

Wednesday, November 29: at 8:28 p.m., deputies arrested three people relating to illegal drug activity at a home on Rahlves Drive near Madison Avenue. An anonymous tip led deputies to the home following reports of suspicious activity. During the raid, a 36-year-old man from Castro Valley was arrested on suspicion of public intoxication. The man was also wanted

as part of a warrant issued for his capture. Deputies took the man to Santa Rita Jail pending \$5,000 in bail. Also arrested were a 26-year-old man from Tracy (San Joaquin County) on suspicion of possession of methamphetamine drugs and drug paraphernalia. A 41-year-old woman at the home was also arrested for violating a court-issued restraining order against her. The suspects were taken into custody.

### No Relief at the Car Wash

Wednesday, November 29: at 9:57 a.m., a 64-year-old man from Hayward was arrested on a bench warrant related to previous charges of stolen property. Deputies spotted the man urinating behind a car wash on Lake Chabot Road near Congress Way. Deputies confirmed the man's identity and warrant. The man was taken to Santa Rita Jail pending \$30,000 in bail.

### Burglar Arrested

Wednesday, November 29: at 1:41 a.m., a 46-year-old man from Hayward was arrested on suspicion of breaking and entering on private property, possession of illegal narcotics, and possession of illegal lock-picking equipment. The man also had a warrant issued for his capture. Deputies caught up with the man near the intersection of Heyer Avenue and Cull Canyon Road. The man was taken to Santa Rita Jail and held without bail.

see **REPORTS** on page 15

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**CHANUKAH CELEBRATION on The Boulevard!**  
Thursday, December 14  
5:30 PM  
at the CASTRO VALLEY CREEK  
(on Castro Valley Blvd. near Fremont Bank)

With the Participation of Dignitaries,  
including Alameda County Supervisor  
NATE MILEY

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- Doughnuts!
- Dreidels & Coins!
- Live Music!
- Arts & Crafts!
- Balloon Artist!
- Chocolate Gelt raining from the sky!

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**CHANUKAH CELEBRATION & Public Menorah Lighting**  
Tuesday, December 19  
5:30 PM  
at SAN LEANDRO CITY HALL PLAZA  
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- Dreidels & Coins!
- Arts & Crafts!
- Balloon Artist!

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## The Week Ahead

### ● Wednesday, December 6: *Diabetes: Dealing with Emotions*

Dr. Pereria will discuss “Dealing with Emotions while living with a Chronic Disease” at the Diabetes Support Group meeting at 4 p.m. today at the Carlton Plaza, 1000 E. 14th St. in San Leandro. Those with a chronic illness and their partners are invited to attend this free meeting. For more info, call Amber Bennett at 510-636-0660.

### ● Thursday, December 7: *Annual Carlton Holiday Boutique*

Get a head start on holiday shopping for gifts, crafts and treats from local vendors and artisans from 10 a.m. to 2 p.m. tomorrow as Carlton Senior Living at 1000 E. 14th St. in San Leandro hosts its Annual Holiday Boutique. Shoppers will also get to enjoy a delicious Hot Cocoa Bar with toppings galore. Fun event for all ages! Call 510-636-0660 for any questions.

### ● Friday, December 8: *English High Tea*

The Aitken Senior Center at 17800 Redwood Road is taking a break from the hectic holiday season with a traditional English High Tea with entertainment and a raffle from 1 to 3 p.m. this Friday. Purchase a table for 4 (single tickets also available) and decorate it with your own linens, china, silverware and teapot. Tea and scrumptious treats will be provided. The High Tea is \$10 per person and reservations are required.

### ● Friday, December 8: *Smalltown December Gathering*

Connect with your community, hear from local artists and advocates, and experience the developing narratives of your neighborhood from 7 to 10 p.m. this Friday at Smalltown, 22222 Redwood Road, highlighting the work of ABO Comix, No Walls Collective, poets from Lyrical Opposition, and the Straight-Ups band. Free. For more info, check [www.smalltownsociety.com](http://www.smalltownsociety.com) for more info.

### ● Saturday, December 9: *Pancake Breakfast with Santa*

Join Drivers for Survivors for their 2nd Annual Holiday Breakfast-with-Santa fundraiser and their 5th Anniversary Celebration with raffles, from 8 a.m. until noon this Saturday at the Newark Community Center at 35501 Cedar Boulevard in Newark. For tickets (\$10 adults, \$5 children) visit: [driversforsurvivors.org/2nd-annual-holiday-pancake-breakfast/](http://driversforsurvivors.org/2nd-annual-holiday-pancake-breakfast/)

### ● Saturday, December 9: *Winter Wine & Dine*

All Saints Episcopal Church at 911 Dowling Blvd. in San Leandro invites you to its Winter Wine & Dine annual gala celebration from 5 to 9 p.m. this Saturday, featuring world cuisine, fine wines, belly dancer, silent auction and raffle. For tickets (\$45 no wine, \$55 with wine, children \$15), visit [tinyurl.com/winedine2017](http://tinyurl.com/winedine2017) (limited to 125 people).

### ● Saturday, December 9: *Hearing Loss Association Meeting*

Holiday Potluck and Social, is our Holiday theme: Please bring a potluck snack and also plan to share any funny or surprising experiences caused by our “silent disability.” Refreshments at 9:30 a.m.; Program at 10, at the Oakland Kaiser Permanente Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. Park free on Saturday in garage across Howe. Email: [athos.artist@att.net](mailto:athos.artist@att.net) or call Kay at 510/886-4717.

### ● Saturday, December 9: *Meet Your Hindu Neighbor*

Learn about Hinduism, its origins, beliefs, values and practices from members of Badarikashrama, a Hindu spiritual and cultural center in San Leandro, at a panel discussion followed by a Q&A from 2-4 p.m. this Saturday at the San Lorenzo Library, 395 Paseo Grande. This is a segment of the Eden Area Interfaith Council series on the beliefs and practices of the people who live in our community.

### ● Saturday, December 9: *Celestial Christmas Celebration*

The 1st Ward of The Church of Jesus Christ of Latter-day Saints in Castro Valley invites family, friends and neighbors to a heavenly dinner and program focused on the true meaning of Christmas at 6 p.m. this Saturday.

### ● Sunday, December 10: *Star Wars Screening*

The Castro Valley Library invites you to enjoy a screening of “Star Wars: The Force Awakens” at 2 p.m. this Sunday. Celebrate this beloved sci-fi movie dynasty at your library before “The Last Jedi” opens in theaters on December 15. Plus get a Rey bookmark craft to take and make at home. All ages are welcome, but please note that the movie is rated PG-13. No tickets are required for this free library event.

### ● Monday, December 11: *Eagles Auxiliary Bingo Luncheon*

Join the Eagles Auxiliary at noon on Dec. 11 for a lunch of ham, scalloped potatoes, vegetables and dessert for an \$8 donation (to a local charity) that includes one bingo card, at 21406 Foothill Blvd., Hayward. For more info, call Glenda at 510-584-1568.

### ● Tuesday-Wednesday, Dec. 12-13: *Eight Nights of Hanukkah*

A free class at 6:30 p.m. on Tuesday at Temple Beth Sholom Library will answer many of your questions from origins to how to properly light a hanukkah and anything in between. Childcare provided. Hanukkah refreshments. On Wednesday from 6:30 to 8 p.m. schmooze and enjoy sufganiyot with the East Bay Jewish community at Krispy Kreme Doughnuts – 32450 Dyer St., Union City.

### ● Tuesday, December 12: *Temple Beth Sholom Hanukkah*

Learn about Hanukkah from its origins, from 6:30 to 7:30 p.m. on Dec. 12, at 642 Dolores Ave. in San Leandro. Hanukkah refreshments will be served. Temple Beth Sholom will host a series of events over the next eight days, including a Warm Coat Drive on Friday Dec. 15 and a Hanukkah Carnival on Sunday, Dec. 17 from 11 a.m. to 2 p.m. For more information, email [templebethsholom@gmail.com](mailto:templebethsholom@gmail.com) or call 499-9441.

### ● Tuesday, December 12: *Free Small Business Forum*

Learn about business plan development, start-up basics, access to capital and more from noon to 1:30 p.m. Dec. 12 at San Lorenzo Village, 377 Paseo Grande, presented by the Small Business Administration. Lunch provided. RSVP to Deborah.Cox@asm.ca.gov

### ● Wednesday, December 13: *Free Hanukkah Sing-Along*

Join in a sing-along at a special concert of classic Hanukkah songs from 4:30 p.m. to 5:30 p.m. on Dec. 13 at the Castro Valley Library. Master of ceremonies Mikel Estrin will play mandolin and clarinet, joined by Josh Cohen on violin and vocals, Martin Gross on guitar and vocals, and Ralph Sklar on vocals and guitar. No tickets are required for this lovely family event.

### ● Friday, December 15: *Tri-Valley Cultural Jews Hanukkah*

Join the Tri-Valley Cultural Jews from 6 to 8 p.m. on Friday, Dec. 15 for an evening of latkes, light, music and yummy food at the Mogilefsky home, 18929 California St. in Castro Valley. Bring your menorah, and gather as we light our candles together, sing traditional holiday songs, and eat the freshly fried latkes pouring from the kitchen. We blend traditional celebrations with new. \$5 per adult non-member. RSVP to Amy at [catandchickens@gmail.com](mailto:catandchickens@gmail.com)

## Arts & Entertainment

### CASTRO VALLEY CENTER FOR THE ARTS

*Tickets for Center for the Arts events listed below are available online at [www.cvcfa.com](http://www.cvcfa.com); or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. (phone 889-8961), or at the Castro Valley Adult School, 4430 Alma Avenue.*

● **“Stage Door,”** a play about a group of young actresses who have come to New York to study acting and find jobs, will be presented by the CVHS Drama Department on Dec. 8 at 7 p.m., and Dec. 9 at 2 p.m. For tickets (\$13-\$15), see above.

● **“Holiday Fun,”** a concert by the Creekside Middle School Choir, will be presented at 7 p.m. today, Dec. 6. For tickets (\$7-\$10), see above.

● **Creekside Middle School Concert** featuring the Concert Band, Concert Orchestra and Jazz Band for an evening of musical fun at 5:30 p.m. on Monday, Dec. 11, showcasing what the bands have been working on for the past semester. For tickets (\$5-\$7), see above.

● **Creekside Symphonic Band & Symphonic Orchestra Concert** will be presented at 7:30 p.m. on Monday, Dec. 11 along with the Creekside Jazz Band. For tickets (\$5-\$7), see above.

● **Canyon Middle School Orchestra** will present a concert at 7 p.m. on Tuesday, Dec. 12. For tickets (\$5-\$7), see above.

● **Castro Valley High School Orchestra** will present a concert at 7 p.m. on Wednesday, Dec. 13. For tickets (\$10-\$12), see above.

● **Castro Valley High School Band Concert** will be presented at 7 p.m. on Thursday, Dec. 14. For tickets (\$10-\$12) see above.

● **“What a Wonderful World” Winter Concert** will be presented by the Castro Valley High School Choirs showcasing their fall semester music at 7 p.m. on Friday, Dec. 15 and at 1 p.m. on Dec. 16. For tickets (\$10-\$12) see above.

● **Castro Valley Adult School Orchestra** will present a concert at 2 p.m. on Sunday, Dec. 17. For tickets (\$5-\$7) see above.

● **Canyon Middle School Band** will present a concert at 7 p.m. on Monday, Dec. 18. For tickets (\$5-\$7) see above.

● **“Nutcracker,”** will be presented by Alameda Civic Ballet at 7 p.m. on Friday, Dec. 22, and at 2 p.m. and 7 p.m. on Saturday, Dec. 23. For tickets (\$21-\$31) visit [www.AlamedaNutcracker.com](http://www.AlamedaNutcracker.com)

● **“Cabaret”** – Join musical entertainer Tom Reardon and Bay Area stage favorites as they ring in the New Year with music and song. Bring your friends and enjoy appetizers and dessert and toast 2018 with champagne, wine, beer, soft drinks (cash bar). Come early to start the party at 6:00 p.m. Show starts at 7:30, sponsored by the Castro Valley Arts Foundation. For tickets (\$55-\$60) visit [www.cvcfa.com](http://www.cvcfa.com).

### THEATRICAL & MUSICAL PERFORMANCES

● **“Christmas in OZ”** – Celebrate the 85th anniversary of the East Bay Children’s Theatre at the World Premiere of this new Broadway-style holiday musical running through Dec.17 at Chanticleers Theatre, 3683 Quail Ave. in Castro Valley. Show times are Fridays at 8 p.m., Saturdays at 7 p.m., and Sundays at 2 p.m. For more information, or to book tickets, visit [www.ebctOnline.org](http://www.ebctOnline.org) or [www.Chanticleers.org](http://www.Chanticleers.org) or phone 510-SEE-LIVE.

● **Holiday Concert: “Special Songs for a Special Time of the Year”** will be presented by the Morrisson Theatre Chorus under the direction of César Cancino Thursday through Saturday, Dec. 21, 22, and 23 at 8 p.m., and Sunday, Dec. 24, at 2 p.m. at the Douglas Morrisson Theatre, 22311 N. Third St. in Hayward. For tickets (\$18-\$12), visit [www.dmtonline.org](http://www.dmtonline.org) or call 510-881-6777.

### AT THE GALLERIES

● **Runes Revealed – Contemporary Artists Respond to an Ancient Alphabet**, a mixed media exhibition by Nordic 5 Arts inspired by the ancient form of writing no longer in use, will be on display until Jan. 13, at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. Select works will also be on exhibit from Nov. 30 to Jan 5 at PhotoCentral Gallery, 1099 E St. in Hayward. For info, visit [www.nordic5arts.com](http://www.nordic5arts.com)

● **Artist Open Studio Every Thursday:** Join this informal gathering of artists working together in a friendly and helpful atmosphere. Adobe Art Center hosts provides tables, chairs and easels. \$3. Thursdays 10 a.m. to 2 p.m. in the Redwood Studio 1 at the Adobe Art Center, 20395 San Miguel Ave, Castro Valley

### CASTRO VALLEY FORUM CASTROVALLEYFORUM.COM

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# Holidays AROUND TOWN

JUST A LITTLE OFF THE TOP



PHOTO BY LINDA LEE JOHNSON

Santa Claus was caught getting his yearly trim from Al Proietti at the Village Barber Shop in preparation of the Rotary Club of Castro Valley's Children's Christmas Party for kids and families from local shelter programs. Looks like Santa is more than ready for the upcoming season!

## SENIORS

# Q&A: Does Medi-Cal Expand Home Care Option to Married Individuals?

*Q. I have been caring for my wife at home for some time, and I could really use help. In the past I was told that our modest savings and incomes were too high to qualify for a Medi-Cal subsidy to enable me to hire care-givers. However, I just heard that these strict requirements may have recently changed. Is this so?*

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

A. Yes, indeed! Medi-Cal has recently made a welcome gift to couples struggling with care management at home.

In the past, a couple seeking a Medi-Cal subsidy to help with in-home care for an ill spouse would generally not qualify if their savings were greater than \$3,000.

Further, even if under that \$3,000 threshold, yet if their combined monthly incomes were greater than \$1,664, their resulting "co-pay" (aka, "Share of Cost") would be too high to make hiring care-givers affordable, as the co-pay requirement would leave couples without enough money to pay for their other living expenses.

These resource and income limits forced many spouses into nursing homes, where the Medi-Cal financial eligibility rules were much more relaxed. This has now all changed.

Thanks to the Affordable Care Act, and a recent lawsuit to compel Medi-Cal to follow its mandate, Medi-Cal now allows a spouse seeking care at home to take advantage of the same, more relaxed financial eligibility rules formerly only applicable to a spouse receiving care in a nursing home.

These rules are called the "Spousal Impoverishment Rules" ("SI Rules"). As the name implies, the SI Rules were designed by Congress to avoid impoverishing the At-Home spouse by the high cost of nursing home care for the Ill Spouse.

Under the SI Rules, a married couple may now have as much as \$122,900 in savings and still qualify the Ill Spouse for In-Home care, provided a doctor attests on a simple form that the Ill Spouse would

otherwise need care in a nursing home.

Likewise, the rules for calculating Share of Cost ("SOC") are now also more relaxed: only the income of the Ill Spouse will count toward his/her SOC, and then only after (a) an allocation from the Ill Spouse to the Well Spouse to make sure the latter retains at least \$3,023 per month to live on, and (b) a deduction of at least \$600 for the needs of the Ill Spouse.

To inquire about in-home care options under the SI Rules, contact your county Social Service Agency (Alameda County: 510-383-8523) and ask about "Home and Community Based Services covered under the Spousal Impoverishment Provisions, as outlined in All County Letter 17-25".

If you are already receiving In Home Supportive Services ("IHSS"), ask if you are on the "Community First Choice Op-

tion", which would entitle you to the benefit of the SI Rules discussed above and, if not, inquire about your eligibility for that program or another which applies the SI Rules.

Even if you are only placed on a waiting list, you will still be immediately eligible for Medi-Cal and IHSS using the SI Rules, no matter how long the wait.

Note: couples with resources greater than \$122,900 should not despair: there are lawful strategies that may enable them to seek a larger Medi-Cal resource allowance and/or to convert excess resources into exempt, non-countable resources.

The SI Rules should now enable more couples to remain together in their own homes and avoid, or at least defer, the need for nursing home placement. Please visit our website for more detail.

Gene L. Osofsky is an elder law and estate planning attorney in Hayward. Visit his website at [www.LawyerForSeniors.com](http://www.LawyerForSeniors.com).



## Most Senior Drivers Don't Make Vehicle Adjustments That Could Improve Safety

Nearly 90 percent of older drivers do not make inexpensive adaptations to their vehicles that can improve safety and extend their time behind the wheel, according to new research from the AAA Foundation for Traffic Safety.

Common vehicle adaptations like pedal extensions, seat cushions and steering wheel covers can help to improve safety by reducing a senior driver's crash risk.

Seniors aged 65 and over are more than twice as likely as younger drivers to be killed when involved in a crash.

"While many seniors are safe drivers, they are also the most vulnerable," said Michael Blasky, spokesman for AAA. "We urge seniors to consider making the necessary adaptations to their vehicles in order to reduce crash risk and extend the time they can continue to drive."

"Simple, inexpensive features can greatly improve their safety and the safety of those they share the road with."

Cushions and seat pads can improve line of sight and can help alleviate back or hip pain.

Convex/ multifaceted mirrors can improve visibility and minimize blind spots.

Pedal extension can help drivers obtain a safe distance from the steering wheel/airbag and optimize visibility.

Steering wheel covers can improve grip for drivers with arthritic hand joints.

Hand controls can help the driver to perform all vehicle maneuvers and functions without the use

of lower extremities.

Choosing the right features and working with a trained technician is imperative to safety behind the wheel.

Of those drivers who have a device, almost 90 percent reported that they did not work with a trained professional to install the modification. AAA urges drivers to consult with a trained technician to guide them in making adjustments to their vehicle.

Vehicle adaptations also benefit seniors' mental health by extending their time on the road. Previous research shows that seniors who have stopped driving are almost two times more likely to suffer from depression and nearly five times more likely to enter a long-term care facility than those who remain behind the wheel.

"Knowledge is power when it comes to extending time behind the wheel, and AAA is committed to providing seniors with the information they need to make sound decisions," Blasky said.

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## ALL-AMERICAN STUDENT CLASSIC



PHOTO COURTESY OF STEVE ARGYRES

Redwood Christian Middle School campus had students fired-up Nov. 13-17. The All-American Student Classic, designed to promote sportsmanship and school pride, featured academic and athletic competitions, as well as other special events throughout the week. Six RC Middle School All-Americans received a plaque and special recognition for overall performances. Achieving All-American in sixth grade were Ariana Trammell and Daniel Summers, in seventh grade Hannah John and Craig Yanagihara, and in eighth grade Catherine Chen and Ethan King. ABOVE: RCS All-Americans: Back row from left: Superintendent Al Hearne, Hannah John, Craig Yanagihara, Ethan King, Catherine Chen, Principal Ben Warner. Front row, Daniel Summers, Ariana Tram.

## ATHLETES OF THE WEEK

### Four CV Track Club Members

This week's Athletes of the Week are four members of the Castro Valley Track Club, Zidane Sellami, Carlo Pinon, Ryan Gauuan, and Gavin Huynh.

These 4 are among the top 11-12 distance runners, and have had stellar performances this year in both USATF cross country and 800 meters, 1500 meters races in track.

CVTC coach, Jim Phillips said, "these boys have been persistent and have shown tenacious effort at practices and at meets. Each boy is mindful of his self-improvement and growth as an athlete and person." All 4 are excellent students as well as athletes.



Pictured from left: Zidane Sellami (Canyon sixth grader with a 4.0 gpa), Carlo Pinon (Edendale Middle School sixth grader with a 3.7 gpa), Ryan Gauuan (Independent fifth grader), and Gavin Huynh (Canyon sixth grader with a 4.0 gpa).

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## Sports: Santisteban Set CV High Records

*continued from page 2*

She set Castro Valley High records in the 1,600 meters (4:53.75) and 3,200 (10:35.53) that spring, and qualified for the State Meet in both.

Her career at Cal mirrored her high school success, first making a trip to the NCAA Championships as the lone freshman on a junior- and senior-dominated team, before going solo to the 2013 nationals and earning All-American status

by finishing 10th, the best ever for a Cal runner.

A Cal graduate in Integrative Biology who now works in the Kaiser Permanente Division of Research, Santisteban is still very involved in running.

First off, she was happy to report that two of her running companions — Bethan Knights and Brie Oakley — had earned cross country All-American honors at last month's NCAA Champion-

ships, and Cal, which earned a trip to Louisville as a team for the first time since Santisteban was a freshman, finished 22nd.

And on a personal note, Santisteban has begun a comeback from recent injuries and plans to run her first half-marathon in Livermore in March.

"What I found in running," she said, "is I am more competitive at an individual level. You have to depend so much on the team in basketball and soccer. In running, it's all on me. I could compete with whatever intensity that I wanted."

Or just enjoy the views while taking a leisurely jog atop one of Castro Valley's hills.

"Lake Chabot is an amazing place to run," she gushed. "It definitely contributed to me as a runner. It was challenging to me because there are so many hills. Now, not many people can run hills like me."

"And it's beautiful. The lake ... so many trails ... the dirt track. I thoroughly enjoyed running in Castro Valley. We were lucky."

## SPORTS NOTES

### Baseball

Washington Manor Baseball has opened registration for their 2018 season. Open to boys and girls from ages 4-18. For any registration questions, email [wm-jlbb@gmail.com](mailto:wm-jlbb@gmail.com)

### Castro Valley Little League

Castro Valley Little League has opened registration. Please Visit: [castrovalleyleague.org/registration/](http://castrovalleyleague.org/registration/)

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If you have already installed a BPD, check to see if it is functioning properly. Remove any debris or obstructions. Annual maintenance can ensure your entire BPS is operating properly when needed most.

In Castro Valley, a BPS is required on all new structures and is installed when laterals are repaired. A CVSan Repair Permit is required for installation. If you have questions, contact our Engineering Department at 510-537-0757, ext. 127.

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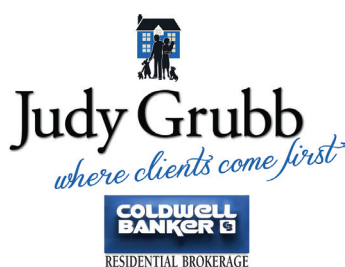
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## Prepare for Potential Power Outages

Understanding backup power supply options is critical to avoiding blackouts this winter.

Widespread outages have caught some homeowners off guard, but preparedness measures now need to include a backup power plan.

Two basic options exist for homeowners: portable generators and home standby generator systems. Both solutions can keep the house lights on, appliances working and, in the event of a weather-related power outage or other emergency, will keep the home the safest place to ride out the storm.

Understanding the differences and capabilities between these two options makes selecting the best backup power plan much easier.

**Portable generators:** An instant but temporary backup power supply, these gasoline generators are available at just about any home improvement retailer and work well as a quick solution to roll out during an outage.

Generally, a portable unit is low maintenance, but Generac Power Systems reminds users that they should check and run their generator and even refresh the tank of gasoline to be ready for the season. Additionally, for



A gas-powered portable generator can help keep the lights on in the event of a power outage.

safe operation, these units need to be taken outside and kept 25 feet away from an opening to the home to keep carbon monoxide fumes outside.

**Home standby generators:** When outages happen, the home standby generator is the automatic solution. Some units, like the Generac Guardian, plumb into the home's existing natural gas or propane line, turning on automatically when utility power fails.

These generators are installed

just outside the house like an air-conditioning unit. They can be set to exercise weekly and can even send the homeowner updates about its successful exercise, change in status or low battery, as well as maintenance reminders or fault alerts.

Unlike portable generators, home standby generators need to be professionally installed and sized to fit the home, so homeowners should allow for an installation process.

— North American Precip Synd., Inc.

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## Many Landlords Begin Banning Pets

With rental property availability at significant lows, landlords are getting more aggressive in banning pets.

It goes without saying that poorly managed critters can cause substantial property damage. Even infrequent "accidents" can leave marks and property-owners, unwilling to deal with potential problems, are just saying, "NO."

An exclusion are service dogs. Known by their harness and colored vests, service animals are essential to the day-to-day existence of physically disabled individuals. Federal fair housing laws prohibit landlords from discriminating against service animals and they can enter stores and restaurants.

Additionally, however, the law adds "companion" animals. These animals, virtually indistinguishable from pets, are allowed for emotional or therapeutic support. And there is the rub: how do you distinguish between a "companion animal" and a pet?

Confounding the issue are websites such as [www.officialservice-dogregistry.com](http://www.officialservice-dogregistry.com) which claim that you can officially register any dog as an official service, emotional support or therapy animal.

The website states, "Any size or breed of dog can be an emotional support or service dog, emotional support dogs do not have to be professionally-trained to perform any task."

Service dogs can be trained by their owners or in any other manner the owner desires." Some believe this opens the door to abuse of the federal laws.

Not just confined to rentals,

airlines are befuddled as "phony" comfort pets show up at check-in counters with "official" vests and certificates their owners purchased online. While not wanting to discriminate, they also do not want snakes, pigs or improperly trained animals onboard.

And then there are the Millennials, now the largest group of renters and pet owners. According to a Wakefield study\*, while the average age a Boomer got a pet was 29, for Millennials, it's 21.

Since Millennials are having children much later than previous generations, many feel a pet is a great way to start a family and consequently think of their furry friends as "children," including giving them their own social media accounts.

Bottom line, anticipate pets to become an increasingly significant issue. A high percentage of Millennials do not understand why a part of their "family" is not welcome to live with them. Factor in the increasing number of animals categorized as "emotional support" or "therapy" animals and you have a situation quickly spiraling out of control. Landlords are looking to the airlines, hopeful they will force the issue and get the situation back on the ground.

\*[www.pijac.org/sites/default/files/pdfs/2014T2TpptRichter.pdf](http://www.pijac.org/sites/default/files/pdfs/2014T2TpptRichter.pdf).

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.

## RECENT HOME SALES

## Mortgage Rates Inch Lower

Average long-term mortgage rates inched lower last week, according to Freddie Mac's weekly nationwide survey.

The 30-year fixed-rate mortgage averaged 3.90 percent, down from 3.92 percent the week before.

Fifteen-year mortgages averaged 3.30 down from 3.32 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.32 percent last week, up from 3.22 percent.

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By Buzz Bertolero  
The Dirt Gardener

**Q** I've had poor luck growing garlic. The cloves are small while others never develop or rot away. What can I do to improve my success?

**A** Garlic sets, along with onions and shallots are planted in the fall and winter months. You can harvest those planted in mid-September through Thanksgiving in June with the late January through February plantings later in the summer.

The key to successfully grow-

ing garlic is soil preparation and planting certified seed garlic and not those found at a supermarket.

Seed garlic is available at your favorite garden center. It looks just like the supermarket garlic, but it's different. Supermarket garlic was grown for consumption, not to be replanted, since the variety may not be suitable for this area.

Seed garlic produces large, full-size cloves and is variety specific for our area. It needs drainage to prevent the cloves from rotting; so generously amend your soil with organic matter or compost.

The soil microbes then con-

verts the organic matter into plant nutrients. I'd also add an organic vegetable food at planting and use a minimal amount of manure.

Soak the cloves for five minutes in one part Clorox to 10 parts water, to help with rotting issues, and remove any flower shoots.

Buzz Bertolero is an Advanced California Certified Nursery Professional and Senior Gardening Professional at Sloat Garden Centers ([www.dirtgardener.com](http://www.dirtgardener.com)). Email questions to [dirtgarden@aol.com](mailto:dirtgarden@aol.com).



## OPEN HOMES SATURDAY & SUNDAY DECEMBER 9TH & 10TH



CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
A	—	1-4	1653-1657 Graham Way	\$615,000	3/2	Re/Max Accord	Lovewell Team	510-351-5555
C	12-3	12-3	9150 Crow Canyon Rd.	\$1,250,000	3/2	J. Rockcliff Realtors	Peixoto Team	925-251-2536
D	—	1-4	5655 Bruce Dr.	\$2,999,888	5/3.5	J. Rockcliff Realtors	Debra Allen	925-251-2536

One-Line Open Home Listings run Wednesdays in the Castro Valley Forum (22,500 circ.) and Thursdays in the San Leandro Times (38,500 circ.) for \$25. For more information and a listing form, call 614-1558. DEADLINE: TUESDAY AT NOON.

**CITY GUIDE** A = SAN LEANDRO • B = SAN LORENZO • C = CASTRO VALLEY • D = DANVILLE • F = FREMONT • H = HAYWARD • K = KNIGHTSEN  
O = OAKLAND • P = PLEASANTON • S = SHEFFIELD VILLAGE • SR = SAN RAMON • W = WALNUT CREEK • Z = ALAMEDA

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

FOR EXPERT ADVICE CONTACT ONE OF OUR LOCAL...

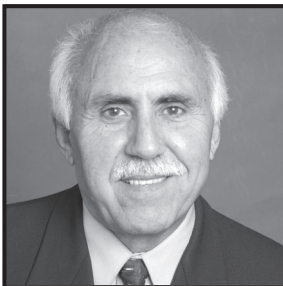
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**Graig Cahill, Broker/Owner**  
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**510-881-7500**



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**510-909-0507**



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**Re/Max Accord REALTY**  
[www.homesbyswisher.com](http://www.homesbyswisher.com)  
**510-888-3300**



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**ReMax Accord**  
**Von Roll Real Estate Group**  
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**510-919-1234**



**Liz Lucero, Realtor**  
**Senior Real Estate Specialist**  
**Coldwell Banker**  
[lizzilucero@sbcglobal.net](mailto:lizzilucero@sbcglobal.net)  
**510-583-5444**



**Sharon Luther**  
**Senior's R.E. Consultant**  
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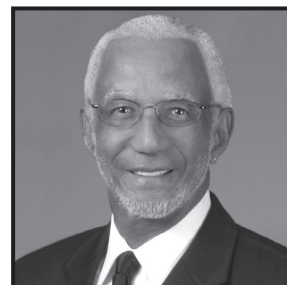
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FOR EXPERT ADVICE CONTACT ONE OF OUR LOCAL...

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Cell 510-432-0517



**Susan Jones**  
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Teamjoneslistings.com  
Jsusan984@comcast.net  
510-690-9690



**Peter Wardhana**  
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**Chris Garcia**  
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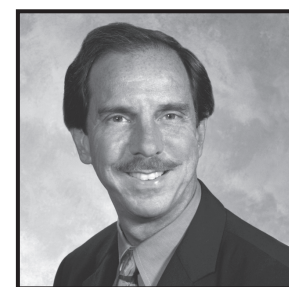
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mdelucchi@venturesir.com  
510-209-5837



**Sam Chiu** 趙  
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*This Monthly Section will run the first Wednesday and Thursday of every month in the Castro Valley Forum and the San Leandro Times.*

**For more information about this advertising opportunity call:  
Mary Florence: 510-861-3270 or Linda Nakhai: 510-915-1513**





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## TO VIEW THE CLASSIFIED ADS

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

## CLASSIFIED AD DEADLINE

New ads, cancellations or ad changes:  
**MONDAY BY 5:00 P.M.**  
Call 510-614-1558 (Mon. - Fri., 9 a.m - 5 p.m.)  
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**\$35** 10 words  
(3 weeks)

## GARAGE SALES

**\$30** 10 words  
(1 week)

## HELP WANTED

**\$35** 10 words  
(1 week)

## MISC. FOR SALE

**\$30** 10 words  
(3 weeks)

## RENTALS

**\$35** 10 words  
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## SERVICES

**\$30** 10 words  
(1 week)

ALL CLASSIFIED ADS ALSO RUN FREE ONLINE! • AD MUST BE PREPAID WITH CASH, CHECK OR CREDIT CARD • ADDITIONAL WORDS ARE \$1.00 EACH  
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**PLACE YOUR CLASSIFIED AD ON OUR WEBSITE AND SAVE \$5 PER WEEK OFF THE ABOVE PRICES!**

## ANTIQUES WANTED

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**\*MP CONCRETE.** Driveway, Patio, Retaining Wall, Asphalt, Hauling. Lic.#1004427. Milo 510-502-9336.

## CONCRETE SERVICE

**CASTRO VALLEY CONCRETE.** FREE Estimates. Excellent Quality Work. All Types. 25-years experience. Lic.#870781. 510-772-2537.

## THANK-YOU for supporting the Castro Valley Forum and San Leandro Times!



We greatly appreciate our many advertisers who make it possible for us to publish these newspapers.

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### NOTICE TO READERS

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

**Advertise your Home for rent** in the San Leandro Times & Castro Valley Forum **DON'T LET ANOTHER WEEK SLIP BY!**  
- A vacancy day is money lost forever -  
To place an ad call 510-614-1558

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**Home Electrical Repairs**  
Reasonable Rates  
Call 925-548-4202

## EMPLOYMENT WANTED

### \*LOOKING FOR WORK?

Check the **Help Wanted** ads on the next page of this newspaper.  
**Also: Limited Time Offer!** You can run a FREE 15 word "Employment Wanted" ad. Ad runs in the San Leandro Times & Castro Valley Forum. Call 510-614-1558 to place an ad or for more info. (Some restrictions may apply)

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Check the Classified Ads under "MUSICAL SERVICES" for help.

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**A.T. WOOD FENCES & DECKS**  
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**FENCE LEANING?** Don't replace... repair and save! Call Randy 510-706-6189.

**LANDLORDS** - Advertise your units!  
- A vacancy day is money lost forever -  
R. Bowman

**VIEW the CLASSIFIED Ads Online at**  
**sanleandrotimes.com or**  
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For help or for more info call  
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## GARAGE SALES



## CASTRO VALLEY

**HOLIDAY BOUTIQUE** 12/9/17, 9-4PM, 19271 Lake Chabot Road Castro Valley Hand made crafts, Knitted and Crochet item, English Toffee. Cash Only.

**GARAGE SALE** 12/9, 7am-2pm. Christmas decorations and misc. 18827 Lenross Court, Castro Valley.

# HOME SERVICES DIRECTORY

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**510-706-6189**  
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**FREE ESTIMATES**  
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INSURED / ALL WORK GUARANTEED / UNLICENSED

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## Thank-You...

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**CALL 510-385-2122**  
**FREE ESTIMATES**  
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INSURED / ALL WORK GUARANTEED / UNLICENSED

**We truly appreciate all  
of our advertisers!**

San Leandro Times / Castro Valley Forum

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## GARAGE SALES

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**GARCIA'S FENCE & TREE SERVICE & LANDSCAPING.** Lic# 524226. Free Estimate Call Anytime 24/7. All Work Guaranteed. Call 510 210-2716

**JAIME'S GARDENING** Maintenance, Trimming, Cleanups, Hauling, Sprinkler Repair/ Timers. FREE Estimates. Insured. 510-299-9583

**LOSOYA TREE SERVICE** Residential/ Commercial. 18-years experience. Pruning, Removal, Cleanups, etc. Free Estimates. Insured. Gustavo 510-302-9675, unlicensed.

**LUIS GARDENING & HAULING SERVICE.** Maintenance, Mowing, Weeding, Cleanups, Hauling, etc. Insured. Unlicensed. 510-499-5453

## GIVEAWAYS

**FREE** - Duncan Phyfe circa 1936 Mahogany China Cabinet in very good condition. Has glass doors, drawers & storage cabinets. U-take away. 415-684-2269, San Leandro.

## GIVEAWAYS

**FREE** - Firewood for wood burning only) - construction leftovers. Large truck loads only. Call 7am - 7pm, 7 days a week 510-909-6182, San Lorenzo. Will not accept restricted phone numbers.

**FREE** - Rear sliding-window, black frame with glass, fits a 71 Chevy Pickup (brand new, never installed). Call Rod 510-384-5901.

**Red Loveseat** in excellent condition (purchased at Dupree's Furniture about 1 1/2 years ago). Call 510-688-9516.

## HANDYMAN SERVICE

**BOBBY'S HANDYMAN.** No Jobs to Small. Reasonable Rates. Call 510-934-1251.

**ENRISA CONSTRUCTION.** Remodeling, Kitchens, Baths, Drainage, Foundations, Retaining Walls, Painting/ Landscaping. Lic.#1022942. FREE Estimates. Hablamos Español. Juan 510-798-2959 EnrisaConstruction@gmail.com

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**HAULING:** Small and Big Jobs. Furniture, Concrete, Wood, Trash, Metal, Demolition. Also house inside/outside cleanups. 510-715-1578.

**UNION HAULING SERVICE.** Remove Concrete/ Dirt, Foundation Demolition Excavation, Trees, Sheds, Dumps, and Bobcat Service. FREE Estimates. Danny 510-860-1011.

## HELP WANTED

## AUTOMOTIVE

**Smog Technician** needed Mon-Fri in Castro Valley. Call 510-537-4438.

**MECHANIC** needed with experience in automatic transmissions. Call Mike 510-569-9912.

## GENERAL

## Sales Person needed

San Leandro Times and the Castro Valley Forum newspapers are looking for a highly motivated career oriented, sales rep. Experienced preferred.

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# LETTERS TO THE EDITOR

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## Alarmed by Lack of Medical Expense Deductions in GOP Tax Overhaul

Editor:

This week President Trump was widely quoted as saying about the tax overhaul bill, "I think it's going to benefit everybody."

I personally have not read any analysis that concludes that the proposed overhaul is going to help average Americans in the long run.

Among the numerous reasons that this proposal alarms me, is the fact that it isn't going to benefit any of the 1.9 million Californians who are caring for a loved one with Alzheimer's disease or another disabling condition, as it eliminates the medical expense deduction, as the House version does.

My family relies on this tax deduction to offset the high costs associated with the long-term care required by Alzheimer's and other dementias.

My mother currently only requires part time in-home care, but as her condition deteriorates, the costs associated with helping her remain as healthy as can be are going to continue to climb.

According to data released recently by Rep. Pelosi's office, more than one million California households claimed the medical expense tax deduction in 2015, offsetting medical expenses totaling more than \$10.7 billion.

This is a financial benefit that is necessary to assist people in caring for their loved ones. Keep in mind that caregivers are often an elderly spouse, or adult children who are also raising their own young children.

I'm grateful that Congressman Swalwell voted against the bill in the House, and urge every Californian who uses the medical expense deduction to contact their Member of Congress and tell them what it means to you.

If Congress really wants to help struggling middle-class families, it should invest in long-term care we're all going to need.

—Sara Wagner  
Castro Valley

## Urges Congress to Remove Trump from Office

Editor:

Regarding the efforts of Tom Steyer to educate the American public, I have personally met Mr. Steyer and he is a greatly respected leader with progressive views on the environment and social and economic issues.

I am grateful he has the courage and the means to address something that Republicans and some Democrats won't admit we must do: impeach Donald Trump or remove the obviously unfit President from office.

Frankly, most people are frightened of what our Executive Branch has become. Donald Trump and the Republicans have passed no meaningful legislation in almost a year. Instead, they are attempting to dismantle American institutions that keep us prosperous, healthy and safe such as our progressive tax system, the Affordable Care Act and the Environmental Protection Agency.

The administration has dismantled the diplomatic corps and shaken the faith of our allies in America. Dangerous rhetoric about Iran and North Korea is bringing us to the brink of nuclear war; this represents a clear and present danger to the American people and to the Earth.

Trump's constant attacks on the media and the intelligence community indicate he is mentally unstable, as suggested by Mr. Steyer. The indictment and investigations of close staff and his former head campaign advisor documents a general air of corruption and lawlessness within the administration. The close association of his staff with Russian operatives that invaded and helped fix the Presidential election to benefit Trump is an attack on the very foundation of our democracy.

We should urge our representatives to remove this administration before they cause even more damage. And don't forget to vote in 2018 to remove all Republicans from elected office, they've earned it.

—David Siegel  
Castro Valley

## Says Impeaching Trump Only Makes Sense to Haters

Editor:

Trump won, and Hillary lost. But the spoiled children who make up the American left-wing cannot accept defeat. They have forgotten that Hillary Clinton said refusing to accept election results was, "threatening to our democracy."

And Trump is no more "unstable" than any other politician. Nearly all politicians are ego-maniacal sociopaths, willing to do anything to gain power. That includes our California Congress critters, and every president since 1928 (except perhaps Ronald Reagan).

As Robert Higgs observed, "Decent people, virtually by definition, do not seek to exercise political power over their fellows. The mystery is [why] so many citizens continue to admire and defer to the reptilian wretches who rule them."

In fact, compared to a psychopathic liar such as Hillary, Trump is a probably a glowing example of mental health. And any left-wing psychologist who claims they can "diagnose" Trump (without actually interviewing him) is a fraud.

The last time we tried to impeach a president for purely political reasons, was in 1868. It was a dangerous folly. Congress was trying to become master of the Executive branch. Fortunately, that effort failed.

This time, it is the left-wing media (and liberal cry-babies)

trying to become masters of our elections.

So please don't try to exploit the 25th amendment merely because you failed to elect a woman who committed 30,000 felonies. (Each email Hillary's deleted was separate violation of the Federal Records Act, (44 U.S. Code 3101)).

Impeaching trump only makes sense to hateful people who don't understand American history.

—Peter Hauer  
Castro Valley

## 'Pride, Change of Values' Needed to Improve CV, Not Incorporation

Editor:

It saddens me to no end when I hear citizens that feel, by incorporating, individuals in decision-making departments, will solve our few Castro Valley problems.

I would love to know, how much these individuals, would gain from, the incorporation.

Incorporating is not the answer, it will raise our taxes, the higher taxes, will displace many of our town long time citizens, at the end, the problems will still be there, because, checks and balances have gone south and no one cares to hold anyone responsible, for their own bad decisions.

Parents, educators, law enforcements, politicians and all of us citizens need to collaborate, do our share to make things better, when technologies have taken over most peoples' lives.

I clean my street, I always have empty bags in my truck, I pick up garbage here and there.

I call politicians offices, when they do a good job and when they don't.

I have called the sheriff office a few times when needed They are always prompt and professional.

I help with donations for the less fortunate. I guess you might say that I should do

more, but at least I try, and it makes my day when I see a difference here and there.

Pride and a change of our values are also needed. People in decision-making departments must do a better job, make our town and everyone in it their top priorities, and forget their own self interests.

A better new day might begin when that happens. We should never forget that Castro Valley is a jewel just like it is.

—Josie Pastorino  
Castro Valley

## Expects to See More Indictments in Russia Probe

Editor:

In response to my critics Jane Mason and Charles Scott, I have a Ph.D. in clinical psychology and held a valid California license to practice for many years before retiring.

My later years were spent working with the developmentally disabled. You can check any public records regarding my work.

As for Trump, my initial statements stand. We shall see what Mueller finds. My guess is that their will be more indictments to come. Then much crow will be swallowed by his blind supporters.

—Robert Thomas  
Castro Valley

## Obituaries

### Juanita P. Garcia 1949 - 2017

Juanita passed away peacefully at home surrounded by her family on November 25, 2017. She was born on January 14, 1949 in Bakersfield Ca. She lived most of her life in the East Bay. She was a bus driver for 30+ years.

She is survived by her 3 children, Richard Tafoya, Catherine Gabel, James Rackley, and their families; her siblings Lynda Doucet, Patricia Garcia, Jim and Rick Greenlee, and their families. Juanita will be remembered for her giving heart and kindness. She will be dearly missed by all those who knew and loved her.

Private services will be held.



### CASTRO VALLEY FORUM OBITUARIES

may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209. Include a phone number. For help, call Patrick Vadnais at 510-614-1558.

### Roberta Carole Dixey

July 19, 1960 - November 28, 2017

Roberta Carole Dixey, 57, of Hayward, CA was surrounded by family as she laid to rest on Tuesday, November 28, 2017.

Roberta was born on July 19, 1960 in Oakland, CA to August "Bert" and Carole (Koji) Conradsen, who lived in Castro Valley, CA.

She was married to Bruyn Dixey on January 28, 2011 in Oakland, CA. She graduated from Castro Valley High School in 1978. She was actively involved in her children's education -- held PTA board positions, volunteered in the school library and as a homeroom parent.

She was also a Girl Scouts Leader and supported her children through years of volleyball, basketball, baseball and dance. Roberta enjoyed trips to the mountains, fishing and attending Oakland A's and Golden State Warriors games.

Her radiant smile brightened the lives of everyone she encountered. Selflessness, resilience and adventure are qualities Roberta instilled in her children to live on for years to come.

She is survived by her husband Bruyn Dixey; children April Kunkel (Lance Kunkel), Trish Belenson (Matt Belenson) and Lawrence Hemenez IV; grandchildren Joshua Kunkel, Madeleine Belenson and Jackson Kunkel; mother Carole Conradsen; sisters Jenny Boom and Laurie Nicanor and brother Chris Conradsen; and her dear friends. She is preceded in death by her father August "Bert" Conradsen.

A private celebration of Roberta's life was held, and her ashes will be spread in the San Francisco Bay where her father rests. We will forever carry her beautiful memory in our hearts.



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VISITATION  
Wednesday, Dec. 6  
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### HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** You've let yourself be distracted from what's really important. But love finally gets your attention this week. However, it comes with a challenge that could create a problem.



**TAURUS (April 20 - May 20):** Be careful not to bully others into following your lead. Best advice: Persuade, don't push, and you'll get the cooperation you need to move forward with your plans.



**GEMINI (May 21 - June 20):** Resist the urge to gloat now that you've proved your detractors wrong. Instead, charm them back into your circle. Remember: A former foe can become your best ally.



**CANCER (June 21 - July 22):** You might want to claim all the credit for making this holiday season special. But is it worth producing a lot of hurt feelings by rejecting offers of help? Think about it.



**LEO (July 23 - August 22):** Ignore a co-worker's questionable behavior. Instead, put your energy into making your own project special. Then sit back and purr over your well-deserved applause.



**VIRGO (August 23 - Sept. 22):** You might not want to accept those suggested changes in your workplace. But don't chuck them out before you check them out. You could be happily surprised.



**LIBRA (Sept. 23 - October 22):** Your holiday planning might have to take a back seat for a bit so that you can handle a problem with a friend or family member. Your schedule resumes by the 9th.



**SCORPIO (October 23 - November 21):** Relationships in general benefit during the early part of the week, including in the workplace. Also expect some overdue changes in a personal situation.



**SAGITTARIUS (Nov. 22 - Dec. 21):** "Prudence" should be your watchword this week. Best not to be too open about some of the things that are currently happening in your life.



**CAPRICORN (Dec. 22 - Jan. 19):** Money is on your mind, so you'd best mind how you're spending it. Take another look at that holiday budget and see where you can make adjustments.



**AQUARIUS (Jan. 20 - Feb. 18):** Resolving to revive an old friendship could open some old wounds. Are you sure you want to risk that? Think this through before making a commitment.



**PISCES (Feb. 19 - March 20):** Your need to know more about a new friend could lead to some startling revelations. Best advice: Keep an open mind about what you learn until all the facts are in.



## IN THE SPIRIT OF GIVING



After a week-long toy and food drive, Redwood Christian Elementary School students bring donated toys and food to Harbor House Ministries of Oakland. The donated goods will be sold at affordable prices by Harbor House to local families in time for Christmas.

## '18 Women's Hall of Fame Nominations

Nominations are being accepted for the 2018 Alameda County Women's Hall of Fame, which will celebrate a quarter of a century of honoring extraordinary women who make a difference in their community.

The 25th Annual Hall of Fame luncheon and awards ceremony will take place on March 24 at the Greek Orthodox Cathedral in Oakland.

For its 25th Anniversary, nominations are being accepted in a new category: Emerging Leader. In next year's ceremony, women will be honored in this and 12 other categories.

The deadline to submit nominations in any of these 13 categories is January 22. Submit Nominations to [www.acgov.org/whof/](http://www.acgov.org/whof/).

The new inductees will be announced in early 2018. Visit [www.acgov.org/whof/](http://www.acgov.org/whof/) to learn more, or call 510-272-6984.



PHOTO BY LINDA SANDSMARK

## 'Keep Busy' – Myron Lees' Advice on 100th Birthday

By Linda Sandmark  
CASTRO VALLEY FORUM

Longtime Castro Valley resident Myron Lees turned 100 last week, an event that seems to have surprised him as much as anyone. "I can't believe it at times," he says.

Born in Pittsburgh, Pennsylvania on November 30, 1917, he eventually came to California and graduated from U.C. Berkeley with a B.S. degree in Pharmacy in 1942.

Lees also served in the Marines during two conflicts.

"I was in World War II and was called back during the Korean War," he says.

For 25 years he operated Lees Owl Rexall drug store in Hay-

ward, near the corner of B and Main Streets. After that, Lees and his wife Lillian ran Casa De Artes, a unique and popular Castro Valley gift shop.

The store was originally located in Castro Village, then moved to nearby Santa Maria Avenue until its recent closing.

"Now I'm out of work and I'm looking for a job," he says.

In fact, staying active seems to be one key to Lees' long life.

"My advice is to work and keep busy," he says.

Lees was honored at several celebrations given by relatives and friends over the past week.

"We've been blessed with the best friends and family," adds his wife Lillian. "We love them all."

## Online Courses Through CV Adult School

By Linette Escobar  
SPECIAL TO THE FORUM

Many people in Castro Valley have taken a class at Castro Valley Adult & Career Education, but they may not realize that the adult school also offers online courses to sharpen your professional skills.

Most classes start in February and are conducted completely online.

### • Tech Gifts for Non-Techies

Don't give mom an iPad or phone she won't be able to use. Package it up with an adult class such as iPad 101, iPhone 101 or Fundamentals of Digital Photography.

Classes are designed to get you going with your device. Other computer classes include Microsoft Office, Windows and improving speed and accuracy in Keyboarding.

### • Exercise for People With Limited Mobility

The worst thing we can do when our mobility becomes more limited is to stay in the house and let it get worse. CV Adult & Career Education offers both a Nice and Easy Movement Class at the Senior Center and both Chair Yoga and Gentle Yoga at the adult school. This is a gift that improves both the body and the spirit!

### • Gifts of Calm and Self Improvement

Who isn't feeling stressed these days? The adult school offers a variety of classes that bring peace into your life. Give dad a Bonsai plant and sign him up for a class.

Wrap up some new sneakers with an exercise class including several types of yoga, pilates and Zumba. There's even a one-session weight loss class.

Meditation for Busy People

helps you start the new year with calm and is only \$45 for 4 sessions.

Has your son always wanted to learn a language? Sign him up for Italian or Spanish and you are giving him the world!

Castro Valley Adult & Career Education has a perfect class for everyone on your list including yourself. You can even get a gift certificate if you come in person to the office.

Registration for the new quarter will be available online Dec. 8 at [cvadult.org](http://cvadult.org) or call 510-886-1000 or come by the office to talk to someone or pick up a brochure.

Linette Escobar is marketing chair for Castro Valley Adult & Career Education.

## Reports: CV

continued from page 3

### Husband and Wife Arrested After Big Argument

Tuesday, November 28: at 3:23 a.m., deputies arrested a husband and wife at an apartment on Lake Chabot Road near Somerset Avenue. An emergency call about a loud and aggressive-sounding argument sent deputies to the scene. A 24-year-old man from Castro Valley and his 24-year-old wife from Keyes, Calif. (Stanislaus County) were both charged with assault on a family member. Deputies handcuffed the couple and took them both into custody.

## CV Tree Farm Best in State

The Castro Valley Christmas Tree Farm, owned by Paul and Patty Illingworth, won the best-of-species in the Douglas-fir category and was once again named Grand Champion at this year's Christmas Tree Contest.

This is the second year in a row that the California Christmas Tree

Association has recognized the Illingworths with the Grand Champion honor. This year's contest was held in Dixon where winners were selected by secret ballot of growers and retailers.

Visit [www.CaChristmas.com](http://www.CaChristmas.com), for more info, click on Choose & Cut and then Alameda County.

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### Special Holiday Events

Please Join Our Spiritual Family

Sun., Dec. 10	11 a.m.	Candle Lighting Ceremony
Sun., Dec. 17	11 a.m.	Burning Bowl Ceremony
Sun., Dec. 17	Noon	Christmas Party
Sun., Dec. 24	11 a.m.	Christmas Truce Play
Sun., Dec. 31	4 a.m.	World Healing Meditation
Sun., Dec. 31	11 a.m.	White Stone Ceremony

### Unity Church of Castro Valley

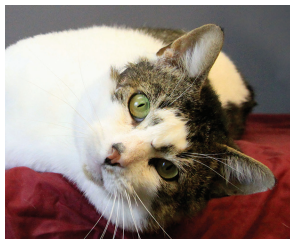
20121 Santa Maria Ave., Castro Valley



## ADOPT-A-PET



**SIR EDMUND** is a 2 month old sweetheart. While he's initially a bit shy, his purr motor revs up with a game of chase with a feather toy. Info: Hayward Animal Shelter. (510) 293-7200.



**MAXWELL** is an affectionate 4-year-old who loves to be petted. He can become overstimulated and doesn't want you to leave. Info: Hayward Animal Shelter. (510) 293-7200.



**DALLAS** is a 3-month-old beautiful black male kitten who loves to play with his little white mouse toy and with siblings Logan and Crissy. For more, visit: [www.dustypawsrescue.org](http://www.dustypawsrescue.org).



**JOEY** is a 9 year-old, 25 lb Cockapoo. He is neutered and up to date on vaccinations. He is very happy and social with both people and other dogs. Visit: [www.dustypawsrescue.org](http://www.dustypawsrescue.org).

## Coyotes: All Around Town

*continued from front page*

Coyotes mating season is around January and pups are born in late spring and sometimes more of them are spotted by people during that season as the mom and dad coyotes become more protective of their offspring.

Pups are ready to leave their parents at around seven months, so this is the time of the year when young coyotes could be stepping out without mom and dad for the first time.

Coyotes can kill small dogs and cats, so never leave pets outside unattended. Coyotes are also natural rodent control and Gervasoni pointed out that the ones he has seen seem to be feasting on squirrels and other small critters.

"They are definitely well-fed," Gervasoni said.

The University of California has created the "coyote cacher," an interactive online map where people can report their coyote sightings and see if any coyotes have been spotted near them in the past 30 days at [www.ucanr.edu/sites/coyotecacher](http://www.ucanr.edu/sites/coyotecacher).



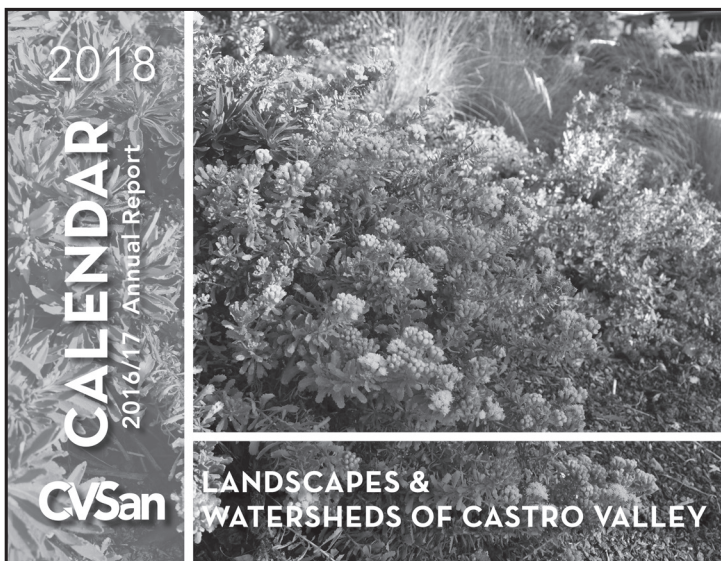
## Monument Dedication Ceremony

Veterans and veterans' families and friends, including a number of Gold Star parents, attended dedication ceremonies Saturday afternoon for the newly completed Gold Star Families Memorial Monument at Lone Tree Cemetery. Michael L. Emerson, a member of AMVETS Post 911 and founder of the memorial, was master of ceremonies.



PHOTOS BY FRED ZEHNDER

## THE CVSan CALENDAR IS COMING



This week, the CVSan 2018 Calendar and 2016/17 Annual Report will be arriving in the mail. This edition highlights Bay-Friendly and California native landscaping, along with the watersheds of Castro Valley. You'll find CVSan's 2016/17 Annual Report following the calendar page for December. We take pride in putting together this resource for the community and hope you'll benefit from it all year long.

If you'd like additional calendars, drop by CVSan's office at 21040 Marshall Street, Monday through Friday from 7:00 a.m. to 4:00 p.m.

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## Retired Judge Peggy Hora Honored

Retired Judge Peggy Hora, who grew up in Castro Valley, received the Robert Payant Award for Teaching Excellence on Monday from the National Judicial College at ceremonies in Charleston, South Carolina.

Judge Hora presided over Alameda County's first drug treatment court until she retired in 2006. She is a founder of the problem-solving courts movement, which offers real help and healing to addicts all over the world.

She has taught nearly 60 courses on such leading-edge topics as fairness and the courts, and practical aspects of substance abuse.

She focused her professional development on therapeutic jurisprudence throughout her 21 years on the bench and remains a global leader in solution-focused courts.

A native of Oakland, Judge Hora graduated from Chabot College, Cal State East Bay and the University of San Francisco School of Law. She resides in Walnut Creek.



Peggy Hora

## Holidays Around the Town

**Merchants - Advertise in the Castro Valley Forum and the San Leandro Times for the Holidays!**

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