

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 29

WEDNESDAY, DECEMBER 13, 2017

NO. 51

INSIDE YOUR FORUM

LIVING



Sweet Holidays

Sweeten up the holiday season with a batch of fresh baked cookies

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HOLIDAYS



Holiday Mail

This week and next mark the two busiest weeks of the year for post office

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H&F



Intuitive Eating

A great meal is less about what you eat than how you eat it

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Love of Song: Canyon Choral Teacher Raises Student Voices and Self-Esteem

By Michael Singer
CASTRO VALLEY FORUM

On any given school day, between 40 and 60 students cram into the Canyon Middle School choir room ready to make beautiful music with their voices.

The school's Director of Chors, M. Kaitlyn Burke, known among her friends as Katie, leads the students in a multi-cultural journey of styles: from African spirituals to classical arias.

For example, last Tuesday's Winter Choir Concert included songs sung in Spanish, German, Korean, and English.

Canyon Middle School's administration has been supportive in adding classes to choir, band, and orchestra; giving Burke's students more time to sing. Now, three different groups meet five days a week including a 60-member beginner's choir, a 40-student Treble choir of girls, and a 60-member Choral Ensemble. The classes are very supportive of each other.



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M. Kaitlyn Burke, Canyon Middle School Choir Director.

Burke's love of music and teaching it to students is helping develop some very talented vocalists. Recently, 14 students from Canyon and Creekside Middle Schools auditioned and were selected to participate in the 2018

California All-State Music Education Conference in San Jose.

The Canyon Middle School All-State Students include, Josiah Batista, Jason Baumann, Jasmine Bernal, Jacob Bull, Stephen Caudill-Merida, Jacob Caviness, Ced-

ric David, Morgen Guillen, Denise Moreno, Annabella Phillips, Rachel Raskin, and Kylie Yu.

Representing Creekside Middle School at the event will be Justin Cataag and Zean Ylaya.

"Singing is a very personal thing," Burke says. "Unlike using an instrument that you play, singing is you. Allowing the students to sing in front of each other and clapping for them signifies that we're not going to make fun of you as well as everyone is asked to speak kindly toward each other. It's about creating a safe space but also about gaining self-confidence, kindness to themselves, and to each other."

Working as a team is a huge part of what Burke emphasizes in her classes, as well as spreading tolerance and kindness to make the classroom is a safe space for students.

"Especially recently, I've been feeling that there is a lot of terrible stuff going on in the world, so it's *see BURKE on page 3*

MAC MEETING

Center St. Housing Approved

By Amy Sylvestri
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) has approved a controversial housing project which neighbors are opposed to, and also gave the go-ahead to facade improvements to the Village shopping center at their Monday night meeting.

After directing the developers of the housing project to install a sidewalk, the MAC unanimously approved construction of seven single-family homes at 19430 Center Street.

Over a dozen neighbors were in attendance to protest the project, citing such reasons to nix the project as the lack of parking, increased traffic, density, and even water drainage issues.

But the MAC members, who *see MAC on page 10*

CV Volunteers Refurbish Computers for Kids in Need

By Linda Sandsmark
CASTRO VALLEY FORUM

Getting a new computer for Christmas? How about donating the old one to students in need?

An enthusiastic group of Castro Valley student volunteers is refurbishing old computers for others. They have already given 70 computers to less-fortunate kids.

"It's incredibly gratifying to know that we can help some of our classmates," says Alayna Chinn, who started the non-profit organization called 'ReConnect' when she was just an eighth grader. "But also, volunteering is fun and easy. We get to learn a bit about hardware and software, while just hanging out at lunch."

Everyone loves a new computer. But when old, functional computers are sent to recycling they're usually melted down for scrap metal.

Two years ago, Alayna, then an eighth-grade student at Canyon Middle School, was inspired to re-



PHOTO COURTESY OF RECONNECT

Student volunteers at ReConnect have refurbished 70 old computers for less fortunate kids, and are looking for more donated computers to work on.

furbish retired computers instead, for students who lack a computer at home.

In 2015 she started ReConnect, Inc., a non-profit organization,

with the goal of refurbishing surplus computers for students. Together with her friends she started student volunteer clubs at both Canyon Middle School and at

Castro Valley High School.

Today ReConnect has over 40 hard-working student volunteers. Together they wipe existing data from surplus computers, repair

and upgrade them as necessary, update operating systems, and install all the software a student really needs. The group is on track to donate at least 50 more by the end of the school year, and is always hoping for more. Tech-minded students are invited to look into volunteering with the ReConnect Clubs.

The program has been so successful that the Castro Valley School District donates its retired computers to ReConnect.

"It's really inspiring...our student volunteers actually turn trash into educational opportunities," says ReConnect Board President Craig Herendeen.

If someone you know has a new computer under the Christmas tree, let them know that their old, functional computer can still help deserving Castro Valley students. Computers from businesses and institutions are also welcome.

To contact or learn more about ReConnect, visit ReConnectCalifornia.org

Castro Valley Weather Dec. 13 - 17, 2017



Wednesday
Sunny
High 64° Low 42°



Thursday
Sunny
High 65° Low 43°



Friday
Partly Cloudy
High 64° Low 47°



Saturday
Mostly Sunny
High 66° Low 47°



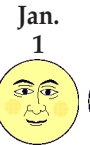
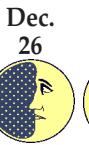
Sunday
Sunny
High 67° Low 46°

Almanac



Past Week's Rain: 00.00
Season To Date: 03.58
Normal To Date: 05.67
Season Average: 21.22

Moon Phases



Sun sets at 4:51 p.m. today, rises at 7:18 a.m. Thursday.

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SPORTS HALL OF FAME

The Bigger the Game, The Better The Player Roderick Bobbitt Was

Third 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 Lowell Hickey
SPECIAL TO THE FORUM

Arguably the best basketball player ever to don a Castro Valley High uniform, Roderick Bobbitt loved the spotlight.

"The bigger the game, the better he was," said Nick Jones, Bobbitt's coach for four years at CVHS.

If there ever was a doubt that Bobbitt was something special, that doubt was erased in the Trojans' North Coast Section semi-final game at Monte Vista during his sophomore season. Playing against a senior-dominated team, Bobbitt led a comeback that enabled Castro Valley to send the game into overtime before losing.

"The place was rocking," recalled Jones, who now coaches at Monte Vista. "For a sophomore to go into that kind of environment and take the game over like he did was amazing."



Roderick Bobbitt

Playing his best in the biggest games came naturally for Bobbitt. "Ever since I was a kid I wanted to play against the best," he said.

His senior season at Castro Valley, Bobbitt took over a close game against Bishop O'Dowd before a packed house at Cal State East Bay in the final game of the regular season, the win giving the Trojans a 16-0 league record – the first and only time Castro Valley went undefeated in league play.

Later that year in the playoffs, Bobbitt led the Trojans to their

only North Coast Section championship with a victory over De La Salle before a boisterous full house at St. Mary's College.

Bobbitt's penchant for excelling in big games continued during his college career at the University of Hawaii. He scored a career-high 32 points against Oklahoma in the 2015 Airlines Diamond Head Classic and was named to the all-tournament team.

In the first round of the 2016 NCAA Championships, Bobbitt played all 40 minutes, scoring 17 points with seven rebounds and four assists, as 13th-seeded Hawaii upset fourth-seeded Cal, 77-66 – a victory that was especially significant for him.

"Being from the Bay Area and everything, that meant a lot," he said.

A committee appointed by the Castro Valley Sports Foundation recently elected Bobbitt to the Castro Valley Sports Hall of Fame.

After high school graduation, Bobbitt attended Indian Hills Community College in Iowa for two years before transferring to Hawaii. His decision to sign with Hawaii is one he'll never regret.

see SPORTS on page 8



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Eden Health District Board Members (from left), Megan Lynch, Lester Friedman, Roxann Lewis (Board Chair), and Charles Gilcrest with the new Utility Terrain Vehicle.

Eden Shows New Emergency Vehicle

The Alameda County Fire Department recently took delivery of a new emergency mobile Utility Terrain Vehicle funded by a \$24,608 grant from the Eden Health District.

The vehicle and trailer will provide enhanced access to remote and challenging terrain in rural settings closest to Eden Hospi-

tal, including Lake Chabot Park, the adjoining properties and the expansive ranches in the Castro Valley canyons. It has a secondary goal of providing mobility at large scale events such as street fairs where a smaller vehicle footprint is needed for access.

Eden Health's Board of Directors recently received a "show and

tell" visit from the Fire Department and the new vehicle so they could see first-hand how grants are put into action for the community.

Alameda County Fire Captain Stephen Keating expressed his gratitude to the health district for the award saying the Utility Terrain Vehicle aligns well with the department's mission of service.

EDEN HEALTH DISTRICT PHOTO

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Wanted Man

Sunday, December 10: at 8:30 p.m., Sheriff's deputies arrested a 47-year-old man from Castro Valley as part of a warrant issued for his capture. The man was previously charged with possession of illegal drugs inside a correctional facility. Deputies caught up with the man at a trailer park on Castro Valley Boulevard near Marshall Street and served the warrant. The man was also found with illegal narcotics and drug paraphernalia. Deputies took the man to Santa Rita Jail where he was held without bail.

Grand Theft

Saturday, December 9: at 10:36 a.m., a 26-year-old man from Castro Valley was arrested on suspicion of possession of stolen property in excess of \$950, and illegal possession of weapons. The man was wanted as part of a warrant issued for his arrest. Deputies caught up with the man at an apartment on Wilbeam Avenue near Castro Valley Boulevard where they served the warrant. The man was taken to Santa Rita Jail where he was held without bail.

Death Threats with A Deadly Weapon

Friday, December 8: at 6:02 p.m., an emergency call about a loud argument sent deputies to a home on Carlton Avenue near Alexis Place.

There, they arrested a 27-year-old man from Castro Valley on suspicion of brandishing a deadly weapon while making death threats. Deputies subdued the man and took him into custody.

Drug Possession

Friday, December 8: at 7:12 p.m., deputies arrested a 31-year-old man from San Raphael (Marin County) on suspicion of possession of illegal amounts of marijuana and illegal drug paraphernalia. The man was hanging outside a phone store on Castro Valley Boulevard near Lake Chabot Road when deputies arrived on the scene. Deputies handcuffed the man and took him into custody.

Joy Ride Comes to an End

Wednesday, December 6: at 10:41 p.m., a 52-year-old woman from CV was arrested on suspicion of driving a stolen car. Deputies pulled the woman over in front of a business on the Boulevard near Park Way. The woman was handcuffed and taken into custody.

Citizen's Arrest

Tuesday, December 5: at 9:20 p.m., deputies arrested a 46-year-old man from San Leandro on suspicion of possession of illegal drug paraphernalia. The man was hanging outside a shoe store on Redwood Road near the Boulevard when a passerby noticed him with a drug pipe. Deputies responded to the scene and found the man had an outstanding warrant for his capture. The man was found with the meth pipe in his backpack. He was taken to Santa Rita Jail pending \$2,500 in bail.

Did BART Steal From the Hospital?

Wednesday, December 6: at 1:14 a.m., a 30-year-old man with no permanent address was arrested on suspicion of possession of illegal drug paraphernalia. Deputies stopped the man for questioning outside the Castro Valley BART station looking for a suspect who reportedly stole from Eden Medical Center. During questioning, see **REPORTS** on page 15

Burke: An Emphasis on Music Education

continued from front page

really nice to just create something beautiful with students," Burke says. "With these performances, we have created something out of nothing and provided that experience for the audience as well as for ourselves as an ensemble."

Burke was drawn to music from an early age with piano, orchestra and choir. She notes that she had a really great choral teacher in high school that inspired her to teach

others to sing.

Burke says she is very grateful that the Castro Valley Unified School District heavily supports both its athletics and arts programs. Given the success of the music, Burke encourages even more emphasis on music education in the earlier grades.

To raise money and awareness for the music programs in town, the Castro Valley Music Parents' Society recently sold mattresses as

a fundraiser. If you weren't able to participate but would like to contribute, visit www.cvmpps.org

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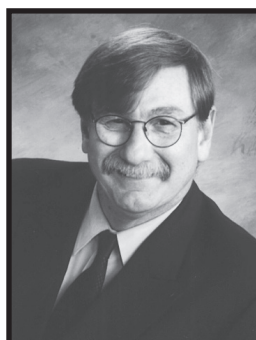
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Sun., Dec. 17	Noon	Christmas Party
Sun., Dec. 24	11 a.m.	Christmas Truce Play
Sun., Dec. 31	4 a.m.	World Healing Meditation
Sun., Dec. 31	11 a.m.	White Stone Ceremony

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The Week Ahead

Now Thru Dec. 22: Warm Coat Drive

Village Barbershop at 3372 Village Drive in Castro Village is again collecting warm coats, scarves, gloves and sleeping bags to be distributed by a coalition of East Bay churches to the homeless and needy in the Oakland area on Christmas Eve morning. Deadline is Friday, Dec. 22 at 3372 Village Drive, Castro Valley.

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. today 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.

Thursday, December 14: Chanukah on the Boulevard

Celebrate Chanukah tomorrow at 5:30 p.m. on Castro Valley Blvd. at Castro Valley Creek near Fremont Bank, with local dignitaries including Supervisor Nate Miley. Live music, latkes, doughnuts, balloon artist, Chocolate Gelt raining from the sky and much more, all free! For more info, visit JewishCastroValley.org or call 510-342-9326.

Thursday, December 14: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting beginning at 7 p.m. tomorrow at the School District Headquarters, 4400 Alma Avenue. The complete agenda and board packet are available at bit.ly/CVUSDBBoardMeetings

Friday, December 15: Tri-Valley Cultural Jews Hanukkah

Join the Tri-Valley Cultural Jews from 6 to 8 p.m. this Friday 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

Saturday, December 16: Woodwind & Brass Concert

Enjoy a live winter concert with the Hillside Woodwind Quintet and the Montecito Brass Ensemble this Saturday at 2 p.m. in the Chabot Room at the Castro Valley Library. Each group will perform individually and the program will conclude with an ensemble performance. Musicians are local residents who have performed throughout the Bay Area. No reservations necessary.

Saturday, December 16: Eden Area Village Coffee

Join us for coffee at the Cannery Cafe in the Hayward Area Historical Society, 22380 Foothill Blvd. at 9 a.m. this Saturday and learn how we are working together to help seniors remain active in our community. Visit edenareavillage.org or email: info@edenareavillage.org

Saturday & Sunday, Dec. 16-17: Holiday Pet Adoptions

Hayward Animal Shelter volunteers will hold their annual "A Home for the Holidays" pet adoptions of cats, kittens, dogs, puppies and bunnies from 11 a.m. to 5 p.m. this weekend at the Shelter, 16 Barnes Court near the Hayward DMV office. Free adoptions to all qualified homes sponsored by Santacohayward.com (Hayward residents pay a \$17 dog licensing fee). All animals spayed/neutered with vaccinations and microchip. Also a bake sale and great raffle prizes. Photos with Santa from noon to 3 p.m. for \$10 (proceeds benefit the shelter and the Cops for Kids Toy Drive. Visit www.facebook.com/haywardanimalshelter

Sunday, December 17: Free Holiday Big Band Concert

The In Full Swing Big Band will present a free concert from 2 to 4 p.m. this Sunday at the Castro Valley Library, co-sponsored by the Library and the Castro Valley Adult School. A local Bay Area favorite, "In Full Swing," is a 20-piece big-band featuring male and female vocalists performing under the direction of Milt Bowerman. This performance will include big-band jazz and seasonal classics with a fun, big-band twist! No tickets are required.

Monday, December 18: Chanukah in Legoland

Celebrate Chanukah at the Palomares Hills Club House, 6811 Villarreal Drive in Castro Valley at 5:30 on Monday with a scrumptious dairy dinner, latkes, live music and much more. Make your own fidget spinner dreidel. An unforgettable experience for the whole family and its free! For more info, visit JewishCastroValley.org or call 510-342-9326.

Tuesday, December 19: What's New in San Leandro?

At its meeting on Dec. 19, the Rotary Club of Castro Valley will host Emily Griego, CEO of the San Leandro Chamber of Commerce, who will provide a history of – and an update on – current business activity in San Leandro including the high speed internet network. The buffet lunch at Redwood Canyon Golf Course (Noon-1:30 p.m.) costs \$20. Reservations must be made by 9 a.m. on Dec. 18 by contacting Jim Negri at 650-996-9173 or ciaojim_cvrotary.org. More information available at castrovalleyrotary.org

Tuesday, December 19: Public Menorah Lighting

Celebrate Chanukah at 5:30 p.m. Tuesday at San Leandro City Hall Plaza, 901 E. 14th Street with city officials, latkes and doughnuts, dreidels and coins, arts and crafts, and its all free. For more info, visit JewishCastroValley.org or call 510-342-9326.

Tuesday, December 19: Start Smart Teen Driver Safety Class

The California Highway Patrol Castro Valley Area will hold a "Start Smart" teen-driver safety class at 6 p.m. Dec. 19, at the Castro Valley Library for new and future licensed teenage drivers between the age of 15-19 and their parents. CHP officers will talk about traffic collisions, their causes and avoidance techniques, and driver responsibilities. To register, call 510-581-9028 (CHP) or 510-667-7900 (Library).

Wednesday, December 20: Free Community Band Concert

Start your holiday peacefully with the Castro Valley Adult & Career Education Community Band, conducted by Kathy Maier, at its free winter concert "Celebrating the Holidays in Song" at 7:30 p.m. next Wednesday at the Castro Valley High School Cafeteria. The evening will feature songs of the season and an audience sing-along, and end with refreshments, courtesy of Castro Valley Adult & Career Education.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events listed below are available online at 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.

● **Castro Valley High School Orchestra** will present a concert at 7 p.m. this evening, 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. this 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. this 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 Ballet,"** will be presented at 7 p.m. on Friday, Dec. 22, and at 2 p.m. and 7 p.m. on Saturday, Dec. 23. Alameda Civic Ballet is celebrating a dozen years of its Nutcracker ballet by bringing the full-length show to Castro Valley for the first time. Several local dancers from the Castro Valley Performing Arts dance school will join the cast. For tickets (\$21-\$31) visit 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.

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 or 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 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

● **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

Listings for the Community Calendar and A&E Calendar must be received by the Friday before publication date. Send info as text, *not* flyers or posters to fredz@ebpublishing.com

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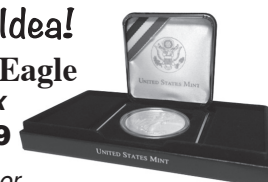
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HOLIDAYS AROUND the TOWN

CV Adult School Classes Among List of Many Local Gift Ideas

By Linette Escobar
SPECIAL TO THE FORUM

Do you have a lot of candles gathering dust? It's difficult to find a gift that won't sit on the shelf and need to be "de-cluttered."

A unique idea is to give the gift of education. Castro Valley Adult & Career Education (CVACE) has

a variety of classes starting in January that would make thoughtful gifts for your loved ones or even yourself.

• **Tech Gifts for the Non-Techie:** Don't give mom an iPad or phone she won't be able to use. Package it up with a 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. CVACE 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? CVACE 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. They can even provide a gift certificate if you come in person to the office.

Check out the website at www.cvadult.org to sign up or find more classes including online options. You can also 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.

Mail Deliveries Begin Before Dawn

Don't be alarmed if you hear your letter carrier making a house call as early as 5 a.m. That clatter could very well be your letter carrier getting an early start on package delivery in some Bay Area communities.

As the hustle and bustle of the

holiday season gains momentum, the Postal Service is seeing parcel volume at record high levels.

More than 850 million packages will be delivered between Thanksgiving and New Year's Day, 100 million more than last year.

This week and next week are

the two busiest weeks of the year with post offices delivering nearly 200 million packages each week.

The U.S. Postal service reminds patrons to send First Class Christmas mail by Tuesday, Dec. 19, Priority Mail by Dec. 20, and Priority Mail Express no later than Dec. 22.

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ATHLETES OF THE WEEK



This week's Athletes of the Week are the members of the Redwood Christian High School's Varsity boys basketball team. They were champions of the RCHS Basketball Classic Tournament, held from Tuesday, November 28 through Friday, December 1 at the 3 Crosses Gym in Castro Valley. Redwood Christian beat College Prep in the

Semi Final Game 67-45 and advanced to beat Marin Academy 68-48 in Championship game.

RC's Brandon Brown was named the tournament's MVP and both Adam Phillips and Alex Williams earned All-Tournament honors. The Eagles are coached by Head Coach Drew Sanchez and assistant coaches Alan Stirling and Jim Davis.

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CV Soccer Club's 2008 Boys Green Team Wins State Cup

The Castro Valley Soccer Club's 2008 boys green team just won the State Cup, in the Premier division. An excited coach, Alex King, said, "Big congratulations to our U10 2008 boys green team on winning the State Cup Championship. The boys played some excellent state cup games and saved their best stuff until the final, where they won 7-4 against a strong Atletico team. Everyone played their part in a great Championship game, where Saul Hernandez led the team with 5 goals and both Dom Bolender and Colin Huberty each had 1, to help the team win. Very well done boys!"



PHOTO COURTESY OF AMY BOLENDER

Sports: Bobbitt Elected to Hall of Fame

continued from page 2

"I loved it there," he said. "It was like a second home. The people were so friendly and it's a beautiful place."

Basketball, of course, is a winter sport and that's the season when Hawaii is most popular with mainlanders. Roderick said his family and friends went to Hawaii "multiple times" to see him play and he was pleased they could enjoy the scenery and good weather.

No other Castro Valley High player has earned as many basketball honors as Bobbitt. A four-year letterman, he was named first team All-Hayward Athletic League three times and was the league Player of the Year both his junior and senior seasons. He's second on the Trojans' all-time scoring list,

averaging 20.5 points per game.

At Indian Hills, Bobbitt averaged 15.9 points, 5.5 rebounds and 5.3 assists per game as a sophomore while helping lead the team to the Junior College national championship game and a 34-3 overall record.

A complete player, Bobbitt was named the Big West Conference's Defensive Player of the Year as a junior at Hawaii, setting a school record with 100 steals.

"My dad taught me early that defense comes first," Bobbitt said. "I take a lot of pride in that."

Roderick made first team all-Big West his senior season and became the school's all-time leader in steals (168). He also led the team in assists (5.5 per game) and was third in scoring (13.2 ppg). He

was the first player in Big West history to lead the league in both steals and assists in consecutive seasons.

Bobbitt credits his middle school football experience for his success at stealing basketballs.

"I'd read the quarterback's eyes," he said, indicating that the same technique works on the basketball court.

Bobbitt played professional basketball briefly in Croatia last year and is hoping something might open up for him this season, either in Europe or the NBA's G League. In the meantime, he's staying in shape by working out at the gym most every morning.

"I'm waiting for the right opportunity," he said, "and I want to be ready."

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SPORTS NOTES

Nomin Sanchir

Nomin Sanchir needs your vote! She wants to participate in Fjallraven Polar to achieve her dream. Since she started hiking with the Nomadic Club, she has been in love with everything outdoors and that includes not only hiking, but climbing too. Sanchir said, "It is always a great opportunity to explore more mountains and challenge myself with like-minded people. This is a reason I want to participate in Fjallraven Polar to achieve my dream." To vote for Sanchir, please go to: <http://polar.fjallraven.com/contestant/?id=72>

Baseball

Washington Manor Baseball has opened registration for their 2018 season. Open to boys and girls from ages 4-18. Have questions? Email: wmlbb@gmail.com

CVLL

Castro Valley Little League has opened registration. For more information, visit: castrovalleylittleleague.org/registration/



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Flu Vaccinations: Though Effectiveness May be Down CDC Says Get Your Shot

While this year's flu vaccine may not be as effective as in years past, the federal Centers for Disease Control recommends that most people should get a flu shot now if they haven't already gotten one this season.

Even an imperfect vaccine can help prevent or lessen the severity of illness, according to the CDC.

How well the vaccine works can depend in part on the match between the vaccine virus used to produce the vaccine and the circulating viruses that season. It's not possible to predict what viruses will be most predominant during the upcoming season.

While vaccine effectiveness can vary, recent studies show vaccine reduces the risk of flu illness by about 40% to 60% among the overall population during seasons when most circulating flu viruses are like the vaccine viruses.

Flu vaccination has important benefits, according to the CDC. It can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.



Except for those listed below, everyone 6 months of age and older should get a flu vaccine every season. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza.

Different flu vaccines are approved for use in different groups of people. Factors that can determine a person's suitability for vaccination, or vaccination with a particular vaccine, include a person's age, health (current and past) and any relevant allergies.

Flu shots are approved for use in pregnant women and people with chronic health conditions. There are flu shots that also are approved for use in people as young as 6 months of age and up.

The CDC recommends use of the flu shot (inactivated influenza vaccine or IIV) and the recombinant influenza vaccine (RIV). The nasal spray flu vaccine should not be used during 2017-2018.

People who cannot get a flu shot:

- Children under the age of 6 months old
- People with severe, life-threatening allergies to flu vaccine or any of its ingredients

People who should talk to their doctor before getting the flu shot:

- People who have an allergy to eggs or other vaccine ingredients
- People who have ever had Guillain-Barre Syndrome (GBS)
- People who are feeling ill.

—Centers for Disease Control



A Great Meal Is About How You Eat – Not What You Eat

By Jane Bernard
SPECIAL TO THE FORUM

Everyone knows it's important to eat the right foods to live a long and healthy life, but many of us fall short of that ideal.

We eat on the run, pulling into a drive-through and scarfing down a hamburger on the way to the next appointment. We grab a candy bar at the grocery checkout and munch it on the way to the car.

And somewhere along the line we realize that just as you can't judge a book by its cover, you can't judge food by its taste.

We know that taste can be misleading, at least when it comes to what's best for us. People love donuts, but they don't make a nutritious breakfast. Spinach isn't popular with many people – especially children – but it's beneficial to our health in many ways.

But a great meal is less about what you eat than how you eat it – something I call “intuitive eating” that's aimed at improving every dining experience – and perhaps making for a healthier diet along the way.

HOW TO BECOME AN 'INTUITIVE EATER'

Intuitive eating is deceptively simple. Focus on one meal at a time to get the most pleasure and nutrition from your food. Notice what you see, smell and taste. Check in with your body to see if you're really hungry – because sometimes we keep eating when it's actually time to stop.

Although you might find yourself shedding a few pounds, intuitive eating isn't necessarily about losing weight. It's about getting more pleasure out of your meals –

and getting more pleasure from the people you have meals with.

Here are a few exercises that can help turn you into an intuitive eater:

- Smell food before putting it in your mouth. Nearly everyone has memories tied to the aroma of food.

Perhaps it's your mother baking cookies on Christmas Eve. Perhaps it's hamburgers sizzling on a backyard grill. With most meals, people don't take the time to savor the aroma.

Does it smell inviting? Greasy? Fresh? Bad?

If the food doesn't smell right, it isn't. Let your nose protect you and help guide choices.

- Taste food as you chew. You may think you already do this, but too often people don't really take time to enjoy the taste. They wolf down their food so they can move

see *EAT on back page*

Health Spotlight: Juvenile Batten Disease

The calendar features entire weeks, or even months, that draw attention to diseases such as diabetes, cancer and heart disease.

But comparatively little notice is paid to juvenile Batten disease, a rare, fatal, inherited neurological disorder.

That may be about to change.

“Families of children with juvenile Batten disease are working tirelessly to let everyone know how devastating this disease can be and to help raise money to find a cure,” says Mary Beth Kiser, president and CEO of the Beyond Batten Disease Foundation (www.beyondbatten.org), a non-profit that is one of the leaders in that effort.

“Most Americans probably never heard of juvenile Batten disease. But for the families who face it, it is devastating.”

Children with the incurable disease usually start to show symptoms between ages 5 and

10. They suffer progressive vision loss, commonly followed within a couple of years by seizures and, as time passes, the loss of motor functions and speech. Psychosis can appear at any time in the disease.

The children can expect to die prematurely, usually in their late teens or early 20s.

Here are just a few facts about juvenile Batten:

- There is more than one form of Batten. Juvenile Batten is just one form of the disease. Two other

classic forms are infantile and late infantile.

Infantile Batten shows up around 12 months. Children die around age 4. Children with late infantile Batten begin showing symptoms about age 4. They typically die when they are about 8 to 10 years old.

Adult Batten shows up when people are 25 to 43 years old. Those with adult Batten have a normal life span. The various forms of the disease occur in about

see *BATTEN on back page*

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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Lack of Inventory Reverses Holiday Norms

Heading into the Holiday Season, we are seeing a pattern develop that is quite unusual for this time of year.

Normally, buyer activities slow mid-December as everyone begins focusing on family, friends and holiday festivities. Some sellers, aware of holiday patterns, choose to wait to list homes until January. Others with homes currently on the market make their homes temporarily unavailable, thinking no one will be out looking for new digs at this time of the year.

While it's true some sellers don't want their homes invaded once presents start piling up around the tree, those assuming buyers have stopped looking would be wrong this year.

A perfect storm of events has kept the market sizzling — I personally know many buyers out looking now.

There are several reasons buyers are still actively searching.

First, with continuing record-low inventory numbers, a substantial group have been trying for months to nail down homes with no success. Desperate to get properties of their own, they do not care that it is the holiday season.

Spurred on by historical statistics showing fewer buyers and lower prices in December, they are out looking hoping that the odds might finally tip in their favor.

A second group are looking for homes to purchase and then

Mortgage Rates Rise Across the Board

Though average mortgage rates rose last week, they are still lower than this time last year, according to Freddie Mac's weekly nationwide survey.

The 30-year fixed-rate mortgage averaged 3.94 percent last week, up from 3.90 percent the prior week. A year ago at this time, the 30-year rate averaged 4.13.

Fifteen-year fixed-rate home loans averaged 3.36 percent, up from 3.30 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.35 percent last week, up from 3.32 percent.

convert to rentals to meet needs emerging from the fire-related home losses in Sonoma and Napa Counties.

With an extreme shortage of rentals in the fire-ravaged areas, rent prices are rocketing skywards. Some fire victims, discovering they cannot secure rentals in the northern counties either because of the lack of available units or rents higher than their insurance allowances, are now looking here in the Bay Area.

As sellers keep their homes off the market during December, it further depletes the available housing supply. It is not the only reason for low inventory, however.

First, during the economic collapse, builders stopped building, resulting in a dramatic 5-year gap in the housing supply line.

Second, it is almost impossible for sellers to move up because of the inability to find replacement homes at reasonable prices. Third, some sellers have decided to sit tight as their equity surges upward.

Consequently, we are seeing higher-than-average numbers of buyers at a time when inventory is lower-than-average.

The result? Sellers active NOW are reaping huge rewards. Since inventory normally jumps in January, you might consider getting a holiday bonus ... by hitting the market NOW.

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.

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988 Ferro Drive	94580: \$725,000 4 BD - 1,722 SF - 2000
15951 St. Johns Drive	94580: \$565,000 3 BD - 1,164 SF - 1954
17476 Via Estrella	94580: \$570,000 2 BD - 837 SF - 1948
17482 Via Melina	94580: \$525,000 3 BD - 1,031 SF - 1952
17246 Via San Ardo	94580: \$600,000 3 BD - 1,031 SF - 1950
1794 Via Sarita	94580: \$660,000 3 BD - 1,335 SF - 1952

TOTAL SALES:	6		
LOWEST AMOUNT:	\$525,000	MEDIAN AMOUNT:	\$585,000
HIGHEST AMOUNT:	\$725,000	AVERAGE AMOUNT:	\$607,500

San Leandro

351 Accolade Drive	94577: \$650,000 3 BD - 1,460 SF - 2002
1233 Aileen Street	94577: \$578,500 3 BD - 1,135 SF - 1943
935 Begier Avenue	94577: \$800,000 2 BD - 1,738 SF - 1938
713 Callaway Street	94577: \$805,000 4 BD - 2,646 SF - 2004
1132 Carpenter Street	94577: \$217,000 2 BD - 1,182 SF - 1983
905 Frederick Road	94577: \$479,500 3 BD - 933 SF - 1942
840 Glen Drive	94577: \$700,000 4 BD - 1,797 SF - 1957
1468 Jean Way	94577: \$450,000 2 BD - 840 SF - 1942
276 Joaquin Avenue	94577: \$599,000 3 BD - 1,330 SF - 1924
436 Lewis Avenue	94577: \$200,000 2 BD - 798 SF - 1923
3881 Carmel Way	94578: \$600,000 3 BD - 1,096 SF - 1954
14978 Fjord Street	94578: \$472,000 N/A BD - 1,608 SF - 1978
16931 Los Reyes Ave	94578: \$585,000 4 BD - 1,506 SF - 1945
16011 Maubert Avenue	94578: \$1,730,000 11 BD - 4,413 SF - 1953
458 Olive Street	94578: \$540,000 2 BD - 1,168 SF - 1947
14857 Sylvia Way	94578: \$345,000 3 BD - 1,393 SF - 1946
15679 Anchorage Drive	94579: \$680,000 5 BD - 2,251 SF - 1998
15212 Farnsworth Street	94579: \$658,000 2 BD - 1,594 SF - 1950

TOTAL SALES:	18		
LOWEST AMOUNT:	\$200,000	MEDIAN AMOUNT:	\$592,000
HIGHEST AMOUNT:	\$1,730,000	AVERAGE AMOUNT:	\$616,056



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C	—	1-3	4455 E Castro Valley Blvd.	\$855,000	3/2	J. Rockcliff Realtors	Peixoto Team	925-251-2536
C	—	12-3	9150 Crow Canyon Rd.	\$1,250,000	3/2	J. Rockcliff Realtors	Peixoto Team	925-251-2536
O	—	1-4	680 Hiller Dr.	\$2,525,000	5/3.5	J. Rockcliff Realtors	Lisa Ferraris	510-304-1271

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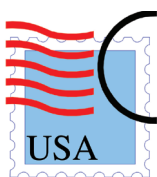


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LETTERS TO THE EDITOR

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Calls for Incorporation, Says 'MAC Can't Do It All'

Editor:

While people spend a lot of time criticizing the MAC Board, I think they do a fantastic job. A small amount of support from our community is evident.

Do people realize that the CV Sanitary district is planning a huge construction project on Center Street. The former Caltrans storage lot will become the new, sophisticated headquarters of the CV Sanitary District. We all have quite an investment in that project without realizing it.

We pay the highest garbage rates in the area. In the city of Hayward, the smallest garbage receptacle is \$8.20 a month. In San Leandro that same receptacle is approximately \$10.50 a month.

My last bill here in Castro Valley was \$77 for three months. If it seems outrageous, you're right. Look at the top line of your property tax bill and see the outrageous increase, the most expensive line item on my tax bill.

The salary of the general manager of the CV Sanitary district is more than the SF Chief of police, the Oakland Chief of police, the Superintendent of the CV school district, the General Manager of the city of San Leandro, and last but not least, higher than the General Manager of the Oro Loma Sanitary district, a much, much larger district.

What does this all mean? The fox is in charge of the hen house.

The Mac Board cannot do it all. We need incorporation.

For those of you who say it will increase your taxes, we already pay more than the people who live in the cities of Hayward and San Leandro. Incorporate.

—Trish Desloover, Castro Valley

Impeachment? Asks, Would We Be Better Off with Pence?

Editor:

First, let me say I didn't vote in the last election because I could not get excited enough about either candidate to go to the polls.

That said, I would warn the David Siegals and Robert Thomases of this world to be careful what you ask for because you may not like the alternative.

Should President Trump be impeached and out of office V.P. Mike Pence becomes president. Are you clear about Mr. Pence's views on human rights and the military?

Pence once said gays and lesbians should be arrested for kissing in public. His record shows that Pence is far more pro-military than President Trump.

But, of course, the same "doctor" Thomas who believes he can analyze the President over a cup of coffee will simply tell us Mr. Pence isn't fit for the oval office either and therefore he too should be impeached.

I forgot just how simple politics can be for the liberal establishment.

—Scott Thomasson, Castro Valley

Plethos Productions Thanks Community for its Support

Editor:

A huge *thank you* to the 60 Indiegogo campaign backers, many of which are from Castro Valley, who generously donated to fund the first production for our startup community theatre company, Plethos Productions.

After appearing in the Castro Valley Forum and getting thousands of views and shares online, the campaign funded at 109%, over \$6,000.

We are proud to say we will be bringing Lin Manuel Miranda's show "In The Heights" to Castro Valley's Smalltown Space in June of 2018. Local performers, I encourage you to sign up to receive updates at Plethos.org as well as on our Facebook and Instagram for audition notices which will go out in February.

I would also like to invite everyone to our New Year's Eve Launch Party & Showcase at Ristorante Di Palermo in Downtown Hayward. This fun event will feature 10 musical theatre numbers, improv comedy, dancing, a countdown and balloon drop with Italian small plates and champagne toast for all. More information available at Plethos.org.

Thank you again for the support from the Castro Valley Forum & the community. We can't wait to bring fresh, innovative and diverse live performances to our community!

—Karin Richey, Executive Director, Plethos Productions

Proud to See CV's Mickey Ganitch with President Trump

Editor:

On Dec. 7, Michael "Mickey" Ganitch of Castro Valley was at the White House with President Trump and did a great job singing "Remember Pearl Harbor."

"Mickey" Ganitch is a wonderful role model for everyone he meets, young and old. He has led the presentation of our Great Country's Flag at Redwood Christian Schools' "Heroes Chapel" led by teacher Lynn Seuis Conley remembering 9-11 and veterans and first responders and has been an active participant in parades in Castro Valley. I turned on Fox News and told Linda "There's Mickey, our Mickey!" So proud, all on stage were truly Great Americans. We are so blessed.

—Bruce D. Johnson, Castro Valley

LETTERS TO THE EDITOR

must include writer's first and last names, phone number, city of residence, and must be under 300 words.

We reserve the right to edit as necessary. We do not withhold names or print unsigned letters.

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

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In Loving Memory Sydney Santos

Apr. 17, 1946 - Dec. 10, 2017

Sydney is survived by her loving husband, Skip Santos, her devoted children Michael Buchanan (Debbie) and Christine Santos, grandsons Matt Buchanan (Kayla) and Ryan Buchanan, one great granddaughter Emily Buchanan, sister Diana Bergstedt, her sister-in-laws, cousins, and numerous nieces and nephews.

Friends and family are invited to a viewing on Friday, Dec. 15, from 4 p.m. - 8 p.m. and a funeral service Saturday, Dec. 16, at 10:30 a.m. at St. Joseph's Cemetery, 2540 Church Lane in San Pablo. Memorial donations may be made to the Salvation Army in Sydney's name.



Patsy Fujimoto

Patsy Fujimoto passed away peacefully on November 25, 2017, surrounded by her loving family.

Pat lived in Castro Valley for 50 years. She was born in Waipahu, Hawaii and was the youngest of seven children. After graduating from high school, Pat received her teaching credential from San Francisco State University. She married Yutaka in 1967 and had three children. She was a devoted wife, mother, sister, aunt, and friend, and enjoyed spending time with her family, especially her grandchildren.

Pat was very involved in the Castro Valley Unified School District and volunteered numerous hours at Vannoy Elementary School, Canyon Middle School, and Castro Valley High School. She was a substitute teacher and later had her own tutoring business. She will be greatly missed.

Pat is survived by her husband of 50 years Yutaka, children Susan (August), Grant, and Anne (Randy), her wonderful grandsons Taylor, Nathan, Alex, and Parker, sister Agnes Suzuki, brother Franklin Minami, and many nieces and nephews.

A funeral service will be held at Southern Alameda County Buddhist Church (32975 Alvarado-Niles Road, Union City) on Friday, December 22, at 11 a.m. In lieu of flowers, donate to Pancreatic Cancer Action Network (www.pancan.org) or Roze Room Hospice (www.rozefoundation.org).



HOROSCOPE by Salomé

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ARIES (March 21 - April 19): Start preparing now to make sure you get the credit you're due for all that effort you put in to get that project off the ground. A new challenge emerges after the 15th.



TAURUS (April 20 - May 20): You're still charging full steam ahead on the job — and that's fine. But take time to share the joy of preparing for the upcoming holidays with folks you love.



GEMINI (May 21 - June 20): A former detractor resists joining your ranks just yet. Give him or her time to learn more about what you're doing. Meanwhile, devote more time to friends and family.



CANCER (June 21 - July 22): Be careful not to be goaded into a tiff by someone who might be looking for a fight. Remain cool as you make your exit. Be assured that others will rally to your support.



LEO (July 23 - August 22): Kudos on getting the well-deserved Lion's share of the rewards for a job well-done. Now you can take a breather from your workaday duties and spend time with your family.



VIRGO (August 23 - Sept. 22): You enjoy a quick spurt of renewed energy just in time to meet that upcoming deadline. A potentially romantic situation looms. How it develops will be up to you.



LIBRA (Sept. 23 - October 22): Watch out for distractions that could cause delays and leave you running twice as fast to finish your work by the 15th. Then go ahead and have fun.



SCORPIO (October 23 - November 21): You might prefer to work on current tasks on your own. But be open to a potentially useful suggestion from someone who admires you and wants to help.



SAGITTARIUS (Nov. 22 - Dec. 21): Avoid rushing full gallop into that volunteer project without knowing what's expected of you. Take things a step at a time as you begin to find your way.



CAPRICORN (Dec. 22 - Jan. 19): Good news: You should begin to feel more comfortable expressing your emotions. This will go a long way in helping you with that personal situation.



AQUARIUS (Jan. 20 - Feb. 18): An old friend gives confusing signals. Best advice: Don't assume that things will necessarily work themselves out. Ask questions and demand straight answers.



PISCES (Feb. 19 - March 20): A new relationship needs time to develop. Be careful not to let your emotions flood your natural sense of caution. Meanwhile, check out that new job offer.

THE FORUM CROSSWORD

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
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47				48						
49				50				51		

ACROSS

- 1 Piece of beefcake?
- 5 Chevy Equinox, for one
- 8 Competent
- 12 Stretch out
- 14 Hoofbeat sound
- 15 News correspondent
- 16 Golf target
- 17 Air safety org.
- 18 Big drip?
- 20 Get more magazines
- 23 In the twinkling ___ eye
- 24 Chopped
- 25 One with an exciting social life
- 28 "Absolutely"
- 29 Sand formations
- 30 Homer's interjection
- 32 Wasp's weapon
- 34 Culture medium
- 35 Jaromir of hockey
- 36 Odds' opposites
- 37 Fluffy dessert
- 40 "Hail!"
- 41 Mischievous tykes
- 42 TV host Jerry
- 47 Apportion (out)
- 48 Follow too closely
- 49 Organic compound
- 50 Hot tub
- 51 "Zounds!"

DOWN

- 1 "For ___ a Jolly Good Fellow"
- 2 Last (Abbr.)
- 3 Neither partner
- 4 Stabbed
- 5 Long story
- 6 Salt Lake athlete
- 7 Fact-checker, often
- 8 Sore
- 9 United nations
- 10 Lounge about
- 11 Dueler's sword
- 13 Eat away at
- 19 Supermarket stack
- 20 Shaft of sunlight
- 21 Former mates
- 22 Birds' home
- 23 Title holder
- 25 Hints at
- 26 Advantage
- 27 Reddish horse
- 29 "CSI" collections
- 31 Day fractions (Abbr.)
- 33 Dutch river
- 34 Get back at
- 36 Satanic
- 37 Marceau's forte
- 38 Portent
- 39 Doing
- 40 Operatic solo
- 43 Drivel
- 44 Joke
- 45 Greek H
- 46 Scarlet

ANSWERS ON PAGE 16

Reports: Public Intoxication; Vandalism

continued from page 3

the man showed deputies his bag, which contained 10 syringes the man said were for heroin, three crack pipes, two tins used for cooking drugs, and burned tin foil. The man was taken into custody.

Drunk on Four Loko

Wednesday, December 6: at 12:00 a.m., deputies arrested a 48-year-old man with no permanent address on suspicion of public intoxication. The man was sitting outside a gas station on Lake Chabot Road near Castro Valley Boulevard when deputies stopped him for questioning. The man claimed to have consumed two cans of Four Loko malted beverages. The man failed his field sobriety test and was taken to a sobering center.

Wanted Man Driving Under the Influence

Tuesday, December 5: at 9:52 p.m., a 41-year-old man from Oakland was arrested on suspicion of driving under the influence of alcohol. Deputies pulled the man over for driving erratically in front of Eden Medical Center on Lake

Chabot Road. The man was also found to have a warrant issued for his capture. Deputies took the man to Santa Rita Jail pending \$2,000 in bail.

Trespassing Quartet

Tuesday, December 5: at 6:31 p.m., deputies arrested four people in connection with trespassing on state property managed by CalTrans. Deputies were called to a fenced-in area near the Interstate 580 freeway near Castro Valley Boulevard after a driver noticed a group heading into the bushes. Arrested at the scene were a 39-year-old man from Hayward, a 41-year-old man with no permanent address, a 31-year-old woman from Castro Valley, and an 18-year-old man from Castro Valley, who also resisted arrest by deputies. All four were taken into custody.

Back Alley Drug Bust

Wednesday, December 6: at 3:31 a.m., a 24-year-old man with no permanent address was arrested on suspicion of possession of illegal narcotics. Deputies stopped

the man for questioning in an alleyway on Castro Valley Boulevard near Anita Avenue when they discovered his stash. The man was taken into custody.

Arrested for Vandalism

Tuesday, December 5: at 5:24 p.m., deputies arrested a 36-year-old man from Castro Valley on suspicion of vandalism at a home on San Miguel Avenue near Castro Valley Boulevard. The man was spotted destroying private property at the home before deputies were called to intervene. The man was taken into custody.

Assault and Battery With Deadly Weapon

Tuesday, December 5: at 1:32 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Gem Avenue near Center Street. There, they arrested a 36-year-old woman on suspicion of assault and battery with a deadly weapon and making death threats. The woman was handcuffed and taken into custody. The victim was treated at the scene.



EAST BAY REGIONAL PARK DISTRICT PHOTO

Park District Promotion

East Bay Regional Park District General Manager Robert Doyle congratulates Police Chief Anthony Ciaburro on his promotion to Assistant General Manager of Public Safety for the district. Ciaburro, who began his law enforcement career in 1989, will oversee police, fire and lifeguarding services. He replaces Chief Tim Anderson who retired last month after 30 years with the district.

New Year, New Start, New You!



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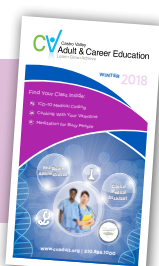


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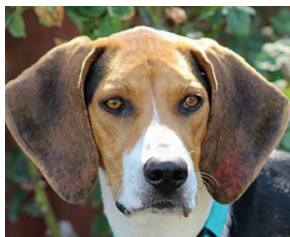
JUJU is a 7-month-old who likes treats and chin scratches. A bit shy when she first meets you, she quickly warms up with a little TLC. Info: Hayward Animal Shelter. (510) 293-7200.



AMOS is a quiet boy, who'd do best in a relaxing home. He loves long walks and is still learning new sounds so sometimes pauses and head tilts. Info: Hayward Animal Shelter. (510) 293-7200.



BABY GIRL is a 10-year-old calico cat. She is a sweet, quiet cat who is content to sit beside you while you read or watch television. For more info, visit: www.dustypawsrescue.org.



BUDDY is a 3 year old Treeing Walker Coonhound, about 52 lbs. He would do well with an active person or family that runs or bikes or hikes or walks. Visit: www.dustypawsrescue.org.

Batten: Hunt To Find Cure

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two to four out of every 100,000 live births in the United States.

- How it is treated. No specific treatment is known that can halt or reverse the symptoms of any form of Batten disease. However, seizures can sometimes be reduced or controlled with anticonvulsant drugs, and psychiatric and motor problems can be managed with medication as they arise. Physical therapy and occupational therapy may help patients retain motor functioning as long as possible.

- Research and the quest for a cure. Medical researchers are hard at work seeking a cure. In the meantime, progress is being made on research into a treatment that would slow the progress of the disease, buying time for juvenile Batten patients until that cure is found.

Kiser says the foundation is involved in a massive fund-raising effort to help hurry along the research for that treatment by getting it through an expensive validation and development process so that it can receive FDA approval for clinical trials.



Dismantling a vehicle without a license is against the law. It generally involves stripping vehicles, selling used parts illegally, and dumping hazardous waste into the environment.

DMV Would Like to Hear About Neighborhood Car Dismantler

An estimated 1.2 million vehicles are disposed of annually in California – and more than a third of them wind up in the hands of unlicensed and unregulated dismantlers.

Dismantling a vehicle without a license is against the law. It generally involves stripping down vehicles, selling used vehicle parts illegally, and dumping hazardous waste into the environment.

In an effort to address the problem, the California Department of Motor Vehicles (DMV) is announcing a statewide campaign to inform the public of the health and safety risks posed by this activity.

Such activity occurs not only in private garages and industrial areas, but also in residential neighborhoods, near parks, schools, and waterways such as storm drains.

Individuals who dismantle ve-

hicles without permits typically do not properly dispose of chemicals such as engine oil and transmission and radiator fluids which can end up in streams and contaminate drinking water. They also do not pay sales and income taxes, and ignore insurance and workplace safety requirements.

The DMV encourages the public to report unlicensed vehicle dismantling activity.

D.I.Y. PERSONAL CARE WORKSHOP



LEARN FROM EXPERT KATHRYN KELLOGG

Attend CVSan's FREE Workshop on Friday, February 9th from 6:30 p.m. to 8:30 p.m. to learn how to make personal care items such as: cleaning spray, lip balm, tooth powder and more. Zero waste lifestyle expert Kathryn Kellogg of GoingZeroWaste.com will lead the fun hands-on workshop at our 21040 Marshall St. offices.

Registration is limited so please sign up soon at www.cvsan.org/ZeroWaste where you can also view all our engaging Zero Waste Week 2018 events!

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This ad was funded by Measure D



Eat: How to Become an 'Intuitive Eater'

continued from page 9

on to whatever is next on their agenda.

Tasting food helps your body relax and digest more efficiently. Tasting and savoring what you eat also is good for overall health.

- Be thankful for your meal.

Giving thanks doesn't have to be limited to Thanksgiving. Think about what food is giving you: energy, strength, health, nourishment and pleasure. If you take a little time to meditate on that, your body will relax and you will get more nourishment from your food.

- Give your stomach time to inform your brain. It takes 15 minutes before your brain gets the message from your stomach that you've eaten. That's no doubt one reason people over eat. They don't give their body time to get the message that they are getting full before gulping down even more food. Take time to have conversations when you eat and you will eat less – and enjoy the meal more.

Eating is a necessity of life, but there's no need to rush things. Eat just enough to feel good and trust that hunger will return and another meal will be found.

Jane Bernard, author of "Lucid Living in the Virtual Age" (www.sensualthinking.com) and other books, is a philosopher and educator who writes and teaches about intuition and sensual thinking.



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