

'200 YEARS *of* CASTRO VALLEY HISTORY'

CASTRO VALLEY FORUM

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INSIDE YOUR
FORUM

NEWS



Holiday Travel

Thanksgiving holiday travel expected to be at its highest since 2007

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LIVING



The Day(s) After

Here are some of the most popular dishes for Thanksgiving leftovers

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NEWS



Donations

'Tis the season of giving. Here are a few local holiday donation events

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PHONE: (510) 537-1792

Local Family Wins Top Honors
In Christmas Tree Competition

For the second year in a row, the Castro Valley Christmas Tree Farm has won top honors in California's annual competition among tree growers and retailers.

The farm, owned by Paul and Patty Illingworth of Castro Valley, won the "best of species" in the Douglas Fir category and was again selected as Grand Champion in the state during the annual convention held this year in Petaluma.

Paul Illingworth, who took over management of the farm back in 1974 and became owner in 2004, says trees around the state had suffered over the past few years because of the drought, but thanks to the return of much needed rains, the trees are beautiful this year.

"They're bigger and better than ever," he says.

The farm has changed a bit since its founding 47 years ago with the addition of a few new species including Sierra redwoods and even cedars, which are gaining in popularity.

Illingworth, a retired teacher who holds a forestry degree, loves his job, tending the hundreds of trees in the outdoors all year long. He buys 8-inch seedlings from nurseries, then watches over them for the next 7 or 8 years until they reach just the right height for that special spot in living rooms around the Bay. And he's seen three generations of the same families come



Paul Illingworth of Castro Valley with his 2016 Grand Champion Douglas Fir tree.

by for this traditional part of the yuletide season.

He earns his entire annual farm income during the 11 or 12 days of Christmas sales each year. This year, the farm opens the day after Thanksgiving and will be open from 9 a.m. to 5 p.m. every Friday, Saturday and Sunday through Dec. 18.

The farm is located in the East Bay Municipal Utility District's watershed off Redwood Road in the hills three miles north of Castro Valley (exit to the right at Miller Road a mile past Redwood Canyon Golf Course).

For more information, visit www.cvchristmastreefarm.com/ or call 510-889-1992.

MAC MEETING

Parents Demand
Safer Sidewalks
Around Stanton

By Amy Sylvestri
CASTRO VALLEY FORUM

Dozens of concerned parents and teachers asked the Castro Valley Municipal Advisory Council (MAC) to improve street safety around Stanton Elementary school Monday night.

They say that there aren't enough sidewalks so kids must walk on the streets, and what sidewalks are there are often blocked with overgrown bushes or people's cars.

They asked the MAC to secure county funding to make the area safer for pedestrians and bicyclists.

That county money could come from Measure BB, the \$7.8 billion sales tax that will be levied for the next 30 years for transportation infrastructure in the county.

MAC Chair Marc Crawford expressed his frustration with the way Castro Valley is allocated money by the county, saying Castro Valley has gotten "screwed" in the past and that they need to "be the squeaky wheel" when it comes to getting funding in the future.

Speaker after speaker expressed their concerns that something tragic would have to happen before the area is made safer.

“People are flying up and down Somerset, flying up and down Stanton. I don't want to see a student get hurt before we doing anything.”

—MARY LODGE
CONCERNED PARENT

"People are flying up and down Somerset, flying up and down Stanton," said parent Mary Lodge. "I don't want to see a student get hurt before we doing anything."

In fact, a woman was hit by a car and killed near the school in 2002 while walking with her child. A plaque at the site memorializes her.

Crawford said the next step is for the MAC to form a three-member subcommittee to liaise with county staff and make sure funding for the sidewalks and other safety measures gets prioritized.

"This is something we will start right away and follow up on right away," said Crawford.

Government Sees Legal Marijuana as a Cash Crop

By Amy Sylvestri
CASTRO VALLEY FORUM

Californians voted to legalize recreational marijuana use on Nov. 8, but it remains to be seen how the sale of legal pot will impact cannabis regulations in Alameda County.

While such issues as federal prohibition and the enforcement of cannabis DUIs are still up in the air, it's clear that California and local authorities see marijuana as a cash crop.

The state estimates that the sale of legal weed will provide up to \$1 billion in tax revenue annually, and local governments can levy their own taxes as well.

Alameda County Supervisor Nate Miley, who has been outspoken in his support of medical marijuana, said legalizing recreational use will keep Castro Valley and the rest of California up with what appears to be a national trend.

"I think the passage of Prop. 64 is positive and opens up a new stream of revenue for the State," said Miley in a written statement. "California is in step with many other states which have legalized marijuana for adult and or medical use."

Miley is behind a push by the Board of Supervisors to double the number of medical marijuana dispensaries in the county's unincorporated areas.



Supervisor Nate Miley

Last month, the Castro Valley Municipal Advisory Council (MAC) reluctantly gave its recommendations on the expansion ordinance, requesting that the new dispensaries be kept away from the Eden Area, since two dispensaries already in business in Ashland and

Cherryland.

During the discussion of the county ordinance, Miley drew fire from former MAC member Cheryl Miraglia, who accused him of being influenced by the marijuana industry and of accepting thousands in campaign contributions from cannabis-affiliated groups during his June 2016 reelection campaign.

The county ordinance to double the number of dispensaries could be approved by the Board of Supervisors before the end of the year. But with the passage of Prop. 64, it's unclear how it would need to be modified and whether the MAC's recommendations would stand.

The state estimates that permits for recreational sales would go into effect sometime in 2018, so any dispensaries that have already been permitted for medical use would likely have the jump on recreational pot sales.

Miley added that he believes legalizing recreational use will benefit those who have been imprisoned for non-violent drug crimes and will also create jobs.

"Legalizing marijuana for adult regulated use will also reverse the trend of criminalizing it and sending thousands of people — disproportionately minorities — to jail each year," said Miley. "This new industry will create more jobs and opportunities for people."

Castro Valley Weather Nov. 23 - 27, 2016



Wednesday
Partly Cloudy
High 62° Low 43°



Thursday
Mostly Sunny
High 62° Low 43°



Friday
Showers Likely
High 66° Low 52°



Saturday
Showers Likely
High 68° Low 50°



Sunday
Rainy
High 67° Low 48°

Almanac



Past Week's Rain: 00.20
Season To Date: 05.39
Normal To Date: 03.17
Season Average: 21.22

Moon Phases



Sun sets at 4:53 p.m. today, rises at 6:59 a.m. Thursday.

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michele.estatesales@gmail.com

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CHP to Crack Down on Impaired Drivers

The California Highway Patrol has begun a year-long campaign to reduce the number of collisions caused by impaired drivers.

The program will enable the CHP to conduct additional driving-under-the-influence (DUI) saturation patrols, checkpoints and traffic safety education efforts throughout the state.

A sobriety checkpoint allows officers to evaluate drivers for signs of alcohol or drug impairment at certain points on the roadway.

A saturation patrol, generally over a larger geographic area than a checkpoint, is a concentrated effort that targets impaired drivers by watching for moving violations.

"Reducing impaired driving through education and enforcement remains a high priority, and this campaign provides us another opportunity to further that goal," CHP Commissioner Joe Farrow said.

The campaign is funded by a SIDE (Statewide Impaired Driv-

ing Enforcement) grant and will continued through Sept. 2017.

The CHP reminds the public to call 9-1-1 if they see a suspected impaired driver, but only if it is safe to make a call.

Those attending holiday parties are also reminded to plan ahead by designating a sober driver, calling a friend or family member, or calling a cab or rideshare service. There is always a better option than getting behind the wheel while impaired.

CV History in One Easy Lesson

This is the first in a weekly series of stories about our town's history coinciding with a month-long display of movies, illustrations and photographs opening next week at Adobe Art Center, a facility of the Hayward Area Recreation District.

By Thomas E. Lorentzen
SPECIAL TO THE FORUM

A UNIQUE OPPORTUNITY is being provided to learn about Castro Valley history in one easy lesson, an experience that will be taking place from Dec. 3 to Jan. 17 at the A.B. Morris Adobe Art Center in Castro Valley.

The presentation, titled "200 Years of Castro Valley History," has been organized by two of the most knowledgeable individuals about the history of CV – Randy Vanderbilt and Lucille Lorge.

It follows upon two prior presentations done in the Castro Village and Castro Valley Center for the Arts. Both events were well-attended and revealed a healthy appetite among our residents to learn more about the history of our town.

This presentation will go back 200 years and proceed through many decades until it reaches our current period of time. Eras to be highlighted include the original settlers of the area – the Ohlone Indians.

It will then proceed to the land grant given the town's namesake – Don Castro, and the development



PHOTO COURTESY OF THE CASTRO VALLEY HISTORICAL SOCIETY

Mrs. Due, an early CV librarian, awaits the after-school rush at the door of one of the town's early libraries. The branch in Castro Valley was a converted chicken house. It was open from 2 to 5 p.m. so children could do their homework after school. (If you still have a book checked out from the time this picture was taken, Mrs. Due says "it's way overdue!")

of Castro Valley as a ranching and agricultural area.

Familiar names will appear from families that obtained 500 acre parcels and who laid the foundation for the development of Castro Valley. Several main streets are named after these individuals and their families.

With ranching came a title for CV that provided an identity for several decades as the "chicken capital" of Northern California. Unofficial statistics estimate that local ranchers managed as many as 800,000 chickens at one time on their ranches.

see HISTORY on page 3

PAID ADVERTISEMENT

You Need The Right Diagnosis To FIX SCIATIC Nerve Pain



Your nerve system is involved in everything your body does, from regulating your breathing to controlling your muscles and sensing heat and cold. Because your nerve system is so critical for your health when things go wrong with it you may experience EXCRUCIATING PAIN and/or some very strange symptoms...

There are three types of nerves in the body:

1. **Autonomic nerves.** These nerves control the involuntary or partially voluntary activities of your body, including heart rate, blood pressure, digestion, and temperature regulation.
2. **Motor nerves.** These nerves control your movements and actions by passing information from your brain and spinal cord to your muscles.
3. **Sensory nerves.** These nerves relay information from your skin and muscles back to your spinal cord and brain. The information is then processed to let you feel pain and other sensations.

Because nerves are essential to all you do, nerve pain and damage can seriously affect your quality of life.

What Are the Symptoms of Nerve Pain and Nerve Damage?

With nerve damage there can be a wide array of symptoms. Which ones you may have depends on the location and type of nerves that are affected. Damage can occur to nerves in your brain and spinal cord. It can also occur in the peripheral nerves, which are located throughout the rest of your body.

Autonomic nerve damage may produce the following symptoms:

- Too much sweating or too little sweating
- Lightheadedness
- Dry eyes and mouth
- Constipation
- Bladder dysfunction
- Sexual dysfunction

Damage to motor nerves may produce the following symptoms:

- Weakness
- Muscle atrophy
- Twitching, also known as fasciculation
- Paralysis

Sensory nerve damage may produce the following symptoms:

- Pain
- Sensitivity
- Numbness
- Tingling or prickling
- Burning
- Problems with positional awareness

In some instances, people with nerve damage will have symptoms that indicate damage to two, or even three, different types of nerves. For instance, you might experience weakness and burning of your legs at the same time. To further complicate matters we don't all develop the same way and different un-expected nerves can cause similar problems. This has made it very difficult to diagnose disorders caused by nerve damage based on which nerve "should" cause what.

That is, until now...

Recent advances in technology that detects nerve damage has led to **more precise diagnosis** for those people suffering with nerve damage disorders.

And more precise diagnosis leads to better results... results which have been published in major medical journals. With data published in 2014 showing success rates as high as 88% some back surgeons are recommending their patients try this treatment first before having back surgery (for nerve damage that leads to back pain and sciatica).

In Pleasanton, you can get your body scanned for nerve damage at Intero Chiropractic.

Your invitation for a comprehensive consultation and examination to pinpoint the cause of your nerve damage.

All you have to do to receive a thorough diagnostic examination with the most advanced technology in the world and a comprehensive easy to understand report on your state of health is call (925) 255 5805.

Mention this article (CODE: LOS49NVP4) and they will happily reduce their usual consultation fee of \$100 to just \$20.

But hurry, for obvious reasons – this is a time limited offer – with only 100 reader consultations available at this exclusively discounted rate.

Don't suffer a moment longer...

Find out what is causing your nerve damage, book a consultation now by calling (925) 255 5805, they are waiting to take your call today.

Over the years, they've treated hundreds of patients with nerve damage. The vast majority of them have enjoyed superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

Call them now and get a full and thorough examination to pinpoint the cause of your problem for just \$20, the normal cost of such an exam is \$100 so you will save \$80!

Call them now on (925) 255 5805 and cut out or tear out this article and take it to your appointment. You'll be entitled to a comprehensive examination to diagnose the cause of your problem – and you'll be on your way to safe, lasting relief! Don't delay your important diagnosis and treatment another moment!

You can even call on the weekend and leave a message on their answer machine to secure your spot as they promise to return all calls; and during the week they are very busy, so if they don't pick up straight away do leave a message. So call now on (925) 255 5805 and quote this special discount code: LOS49NVP4.

For obvious reasons they can't help everyone at this reduced price, so please call soon to secure your special opportunity.

Community Calendar

THANKSGIVING DAY SCHEDULES Thursday, November 24, 2016

Government Operations

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

Business Offices

Banks and nearly all other businesses will be closed. Many, including The Forum, will also be closed on Friday, Nov. 25.

Stores & Restaurants

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

Public Transportation

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

Garbage Collection

Recycling and garbage collection will occur one day later starting on Nov. 24. Residents with Thursday collection days will have pick-up on Friday and residents with Friday collection days will have pick-up on Saturday. For service questions, call 510-537-5500 (residential) or 510-613-8700 (commercial/business). On Thursday, the Waste Management Call Center will be open, but the 98th Avenue Cashier and Hayward Pay Station will be closed.

Castro Valley Sanitary District offices will be closed Thursday and Friday. Call 510-537-0757 for sewer emergencies. For other information, visit www.cvsan.org.

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Submissions to The Forum

To submit Calendar listings or news stories for possible publication, send information by the prior Friday in an email, or attach a document with photos to: fredz@ebpublishing.com, or fax information to 510-814-9691.

The Week Ahead

● Thursday, November 24: Karen Gordin Turkey Swim

Come to the Hayward Plunge at 24176 Mission Blvd. from 8 to 11 a.m. tomorrow and burn off calories to make room for all that turkey, while supporting the Karen M. Gordin Scholarship Fund. The scholarships are for two individuals who are currently lifeguards and are in school working towards their goals. A minimum \$4 donation is asked and all donations are tax deductible.

● Friday, November 25: Free Admission to East Bay Parks

The East Bay Regional Park District will waive admission and parking on so-called Black Friday, part of the national #optoutside movement which is meant to encourage the public to hit the trails, not the malls on the busiest shopping day of the year.

● Saturday, November 26: Christmas Fair in San Leandro

Do your holiday shopping from 10 a.m. to 4 p.m. this Saturday during Mistletoe Madness 2016 at the Marina Community Center, 15301 Wicks Blvd. in San Leandro. All handcrafted items on 80 vendor tables, nothing imported or off-the-shelf. Santa will be there from noon till 1 p.m., so bring your camera.

● Sunday, November 27: Fall Concert of Seasonal Music

Enjoy live music as two local groups – the Silvertone Brass Quartet and the Chabot College Flute Choir – present a program of light classical and seasonal music this Sunday at 3 p.m. in the Chabot Room at the Castro Valley Library. No reservations are required. For more info, call 510-667-7900.

● Sunday, November 27: Pets Available for Adoption

Dusty Paws Rescue will be showing dogs, cats and kittens available for adoption from 11 a.m. to 2 p.m. this Sunday at Unleashed by Petco, 699 Lewelling Blvd., San Leandro. Visit www.dustypawsrescue.org

● Monday, November 28: Eden Garden Club Meeting

Master Composter and educator Lori Caldwell will be talking about native plants, their many benefits, and ways you can incorporate them into your landscape, including planting, hydro-zoning and maintenance, at the next free meeting at 9:30 a.m. Monday at the Moose Lodge, 20835 Rutledge Road in Castro Valley. Guests are always welcome. Call 510-397-1268 for more info.

● Tuesday, November 29: A Long-Term-Care Safety Net

Statistics show that 70% of Americans who reach age 65 need long-term care for about three years. Who pays for such care and what does it cost? California Health Advocates will discuss long-term care, aging in place, as well as other health care costs in retirement and what you can do to build your own safety net, at a free informational program at the Castro Valley Library on Nov. 29 at 6 p.m. in the Chabot Room.

● Friday, December 2: Eden Area Village

Eden Area Village is developing a non-profit membership-based neighborhood “Village” that will help people in the Castro Valley, Hayward, and the San Lorenzo areas stay in their homes as they age. Public outreach meetings are held the first Friday of each month at 2 p.m. at Hayward City Hall. Next meeting is Dec. 2.

● Saturday, December 3: Soroptimist 12th Annual Boutique

Holiday crafts, gift items, jewelry, photography, hats, garden items, stained glass, soaps & lotions, dog & cat items, baby items, cosmetics, knitted/crochet items, bake sale, raffle prizes, and more at Soroptimist of the East Bay Holiday Boutique from 10 a.m. to 4 p.m. on Dec. 3 at Hill & Valley Club House, 1808 B St., Hayward. Lunch and refreshments will also be available. All proceeds help support the goal of Soroptimist – improving the lives of women and girls. For more info, contact Donna Whitehouse at 510-924-7622 or at: rambosmom@comcast.net

● Saturday, December 3: Holiday Card-making Workshop

Make hand-crafted cards for the holidays with Vinnie Cespedes at the Castro Valley Library from 10:30 a.m. to 12:30 p.m. Dec. 23. All materials are provided, just bring your creativity. This program is appropriate for adults, teens and tweens. Register (required) at the Library Information Desk or call 510-667-7900. Visit www.aclibrary.org

● Saturday, December 3: Holiday Boutique

Corvallis Elementary School at 14790 Corvallis St. in San Leandro invites you to its annual Holiday Boutique, with crafts made by local artists, from 9 a.m. to 3 p.m. on Dec. 3. Help us help the needy families in our community by bringing in a toy, canned food item, or clean used coat to our holiday boutique. Door prize drawings every half hour. Free admission, and food and drink for sale. For more info, call Karen Webb at 510-461-2290.

● Saturday, December 3: Interfaith Holiday Concert

Join Oakland Interfaith Gospel Choir for its 31st Annual Holiday Concert at The Paramount Theatre, 2025 Broadway, Oakland, from 7 to 10 p.m. Dec. 3 for a stunning and uplifting night of performances, featuring Bay Area artists Ken Choice, Landa Tillery and John Santos. For tickets, visit: oigc.org/holiday-concert/#weareoakland

● Tuesday, December 6: Buon Tempo Club Family Dinner

Everyone is invited to Buon Tempo Club's six-course Chicken Piccata dinner at 7 p.m. on Dec. 6 at Transfiguration Church, 4000 E. Castro Valley Blvd. For reservations (\$15 members, \$20 guests), call 510-483-6929. Deadline for reservations is Friday, Dec. 2. The club, a social welfare organization that celebrates Italian food and culture, is seeking new members. Over the years it has donated more than \$160,000 in scholarships to high school students and has donated to the George Mark Children's Hospice in San Leandro.

Arts & Entertainment

THEATRICAL & MUSICAL PERFORMANCES

● **“A Christmas Carol,”** a new version set in Charles Dickens' home in 1843, comes to Chanticleers Theatre at 3683 Quail Ave. in Castro Valley through Dec. 11. It's the famous tale of Scrooge, Tiny Tim and the Ghosts of Christmas told in a fresh, unique way. Performances are at 8 p.m. on Friday and Saturday nights, with 2 p.m. matinees on Nov. 27, Dec. 4 and Dec. 11. For tickets (\$25-\$10, open seating) and information on group rates, visit chanticleers.org or call 510-733-5483.

● **“Tipping Point,”** an original play written specifically with and for our group of young actors whose stories were inspired by their community experiences, will be presented by the Castro Valley Dramatic Arts Academy on Friday, Nov. 25 at 6:30 p.m., and Saturday, Nov. 26 at 2 p.m. and 6:30 p.m. at Canyon Middle School Little Theatre, Room D-11.

● **“It's a Wonderful Life: A Live Radio Play”** will be presented by the Douglas Morrisson Theatre at 8 p.m. on Dec. 1, 2, 3, 8, 9, 10, and at 2 p.m. on Dec. 3, 4, and 11, at the DMT Theatre, 22311 North 3rd Street in Hayward. An Opening Reception will be held on Thursday, Dec. 1. For tickets (\$27-\$29), visit www.dmtonline.org or call 510-881-6777. Enjoy the holiday classic that puts the “heart” in heartwarming.

● **Special Songs for a Special Time of the Year** will be presented by the Morrisson Theatre Chorus, directed by César Cancino, at 8 p.m. on Thursday, Friday and Saturday, Dec. 15-17, at the Douglas Morrisson Theatre, 22311 North 3rd Street in Hayward. For tickets (\$18-\$12) visit www.dmtonline.org or call 510-991-6777

ART GALLERIES & EVENTS

● **Hayward Arts Council Open Juried Show** (judged by Carolyn Lord) through November 17 at John O'Lague Galleria, in Hayward City Hall, 777 B Street at Watkins, open M-F 8:30 a.m. to 4:30 p.m.

● **American Pen Women**, on exhibit through Jan. 27, 2017, with a public reception at 7:30 p.m. on Saturday, Dec. 2, at John O'Lague Galleria, in Hayward City Hall, 777 B Street at Watkins, open M-F 8:30 a.m. to 4:30 p.m.

● **Prints by Bob Wolff**, on exhibit through Jan. 10, 2017, at the Hayward Senior Center, 22325 North 3rd St., Hayward.

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

FIRST PRESBYTERIAN CHURCH OF HAYWARD & CASTRO VALLEY

Invite All Our Friends and Neighbors
to Join Us for a **FREE**
Thanksgiving Dinner
Thursday, November 24th
11:30 a.m. to 2:00 p.m.
Our Family Life Center

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25 years Experience

Walk-Ins Welcome

DOG GROOMING: Just
Sm. Dog **\$40** / Med. Dog **\$45** / Lrg. Dog **\$55**
Includes: Bath, Haircut, Ear Cleaning,
Anal Cleaning, Nail Trimming, Brush Teeth

BATH: Only
Sm. Dog **\$25** / Med. Dog **\$30** / Lrg. Dog **\$40**
Nail Trimming Only, **\$5 to \$8**

CAT GROOMING: \$55 (Exp. 11/30/16)

510-589-6801
Sat. - Thur.: 9am-5pm
Closed Friday

16242 E. 14th Street, San Leandro

Leftovers: A Big Reason We Love Thanksgiving

It's Friday. You open the refrigerator. There's still plenty left and, for many, this is the best part of Thanksgiving.

Americans' top choice for leftover Thanksgiving turkey is to use it in sandwiches, so be prepared and have plenty of quality whole-grain breads on hand.

Turkey lends itself to many sandwich combinations. Dress it with olives, mustard or flavored mayonnaise. Any kind of cheese goes well with turkey and you can compliment the flavor by using other meats like bacon or paper-thin prosciutto. Try layering turkey with cream cheese and cranberry sauce.

Not in the mood for a sandwich? Read on.

TURKEY CASSEROLE

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

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

Combine gravy and sour cream. Pour over turkey mixture and mix well. Turn into a greased 1 1/2 quart



casserole. Bake in a 350 F degree oven for 30 to 40 minutes. Make 4 servings.

TURKEY & NOODLE DINNER

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

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

SCALLOPED TURKEY

3 to 4 cups cooked turkey
1 stick butter, (4 ounces)
1/2 cup flour
1/2 teaspoon salt, or to taste
1/8 teaspoon pepper
2-1/4 cups chicken broth
1 cup milk
2 cups toasted bread cubes
2 small onions, chopped
1/2 cup chopped celery
1/2 teaspoon salt
1/2 teaspoon sage, crumbled
1/4 cup butter, (2 ounces)
1 (4-ounce) can sliced mushrooms

Melt 1/2 cup butter or margarine in saucepan; blend in flour, 1/2 teaspoon salt and pepper. Cook over low heat until bubbly, stirring. Slowly stir in broth and milk; boil 3 minutes, stirring constantly.

Taste and add salt, if necessary; set aside. In a mixing bowl, lightly toss bread, onion, celery, 1/2 teaspoon salt, sage and 1/4 cup melted butter; arrange in lightly buttered 2-quart casserole baking dish. Top with chicken then cover with sauce and mushrooms. Mix well with fork to moisten the dressing. Bake for about 1 hour at 350°F. Serves 4 to 6.

CREAMY TURKEY SOUP

3 cups chopped roasted turkey
8 cups turkey broth
1 (12-ounce) can evaporated milk
2/3 cup flour
1 pound small new potatoes (about 1-1/2 inches each)
4 stems celery, finely chopped
1 bunch green onions, finely chopped
4 carrots, finely chopped
1 teaspoon salt
1 teaspoon white pepper
1 teaspoon thyme
1/2 teaspoon sage

Bring turkey broth to a boil in a large pot. Add potatoes, carrots, and celery, and cook for about 20 minutes, or until potatoes are almost tender. Add leftover turkey, green onions, salt, pepper, thyme, and sage, stir well, and return to a boil. Cook over medium heat for another 5 minutes. Meanwhile, mix evaporated milk and flour in a mixing bowl with an electric mixer. Blend milk mixture into soup. Cook, stirring constantly, until thickened (approximately 8 to 10 minutes).

Serve hot. Yields about 4 servings.

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): This is a good time to let that intrepid Aries temperament take charge. Your strong leadership will help settle those still-unresolved situations. Support comes from a surprising source.



TAURUS (April 20 - May 20): Your problem-solving talents shine as you move to cool down heated emotions. You also inspire trust in all parties when you act with careful consideration of their feelings.



GEMINI (May 21 - June 20): That long-delayed commitment begins to look better to you. But there's still a crucial fact or two you need to know about it. A health problem needs to be taken care of.



CANCER (June 21 - July 22): Don't waste time trying to learn why someone you relied on is wavering in his or her support of your stand on a workplace issue. Move on with the help of more steadfast allies.



LEO (July 23 - August 22): Relationships enter a brighter period, both at home and in the workplace. Prospects also look good for single Leos and Leonas, who can expect a welcome visit from Cupid.



VIRGO (August 23 - Sept. 22): Those mixed signals that were complicating your life are giving way now to clear, definitive guidelines. This makes it easier for you to weigh your options and make decisions.



LIBRA (Sept. 23 - October 22): Ask your partner for an explanation of what seems to be a sign of strain in your relationship. The sooner you understand the problem, the sooner you can both act to resolve it.



SCORPIO (October 23 - November 21): A new challenge in the workplace holds an exciting promise for the future. But be aware of the fact that you haven't been told about all the demands you might have to meet.



SAGITTARIUS (Nov. 22 - Dec. 21): Your financial picture brightens as you get into sorting out realistic goals and those that are not reachable at this time. "Caution" remains your fiscal watchword.



CAPRICORN (Dec. 22 - Jan. 19): You're deep into your new project, and that's just fine. But don't neglect your family and friends. Spending time with people you care for is always a wise investment.



AQUARIUS (Jan. 20 - Feb. 18): Past feelings are suddenly reawakened. This could make you emotionally vulnerable. Be careful about decisions you might be asked to make at this time.



PISCES (Feb. 19 - March 20): You've come to a place where you'll be facing important decisions that can affect your future. Rely on your strong moral compass to guide you toward making the right choices.

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ATHLETES OF THE WEEK

Creekside Varsity Cross Country Team

This week's Athletes of the Week are the members of the Creekside Varsity cross country team.

The team faced tough competition, when 12 East Bay middle schools met for the cross country Championship at Canyon Middle School, on Nov. 3.

Creekside runners Megan Muller, Jasmine Amezcua and Sierra Kasi-Godley scored in the top 10 to win first place overall in the standings. A large trophy was awarded to Creekside for their performance. Second Place went to Cesar Chavez, and third to Canyon.

There were also races for 6th grade and junior varsity, consisting of 6th, 7th and 8th graders. Individual medals were awarded for the top 10 runners in these two races, with McKenzie Murphy winning fourth and Mia Wierzbza taking fifth out of 40 runners in the 6th grade event.



In the Junior Varsity run – with 80 participants – Sasha Padilla took 2nd place with Sophia Siopak taking 3rd. Congratulations to the runners, Head Coach Tinu Mishra, Assistant Coaches Brooke Fox and John Anderson, for the hard work that went into making this a successful year.

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SPORTS NOTES

CV Synergy 18 Gold

CV Synergy 18 Gold will be holding tryouts at Castro Valley High School's varsity field on the Sundays of November 27, from 1 to 4 p.m., and December 4 from 10 a.m. to 1 p.m. For more information, please visit: cvsynergy18gold.wixsite.com/home or you can contact one of the following-coaches: Mike Adami at 415-308-4712, Gabe Adami at 925-837-5786, Matt Rose at 925-383-0655, or Pete Berns at 415-710-4376.

CV Girls Softball League

Castro Valley Girls Softball League is accepting on-line registration for the 2017 spring season. Girls ages 5-18 are welcome to sign up at www.castrovalleysoftball.com. The cost is \$135 (ages 5-8) and \$175 (ages 9 and older). Don't miss out on an exciting softball season!



PHOTO COURTESY OF SHIRLEY DONG

CVHS Varsity tennis girls win 2 of 4 top spots in WACC -12 League Championships at Merritt College, on November 5.

Tournament Winners

Castro Valley High School's No. 1 singles-player, Rachel Dong, won matches in straight sets and was the finalist in the WACC-12 two day tournament, at Merritt College, on Nov. 5. Dong, a junior, was recently awarded All-League honors, and played in the Championship, which consisted of the best players from 12 schools.

Elena Lottich, CV's No. 2 sin-

gles-player also won third place in the tournament. Lottich, a freshman, was awarded all-league honorable mention for singles.

Both are NCS scholar athletes and both will advance to represent CVHS in the NCS regional tournament. The Girls Varsity Tennis team coached by Greg Lowe and Steve Argyres ended their season with a 13-3 winning record.

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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Let's Bring Thanksgiving Home

The once immutable law of merchandising used to be, "Christmas advertising AFTER Thanksgiving." In many cases, literally the very next morning. Not this year.

Chalk up 2016 as the moment in history when that final bastion of marketing sensibility bit the dust. I was flabbergasted a few weeks ago to enter stores already in full Holiday bloom. What's next? Halloween decorations on Father's Day?

With visible reminders all around that the Holiday Season is indeed upon us, it's time to pause and remember some of the reasons we are thankful.

We live in such a great part of the world and are surrounded by so many blessings. Home prices are at record highs and the economy is doing well. We're enjoying a level of prosperity seldom seen before — so much so that the world is beating down our doors

to live here.

However, this level of security and wealth comes with a price tag. Housing prices have soared due to the lack of inventory. Many buyer wannabes have been priced out of owning a home in this area. Rentals have become scarce and exceedingly expensive. Traffic is at a standstill on most of our freeways in big chunks of every day. And, the gap between the haves and have-nots is growing wider every month.

Which brings me to my primary point. Not only does Thanksgiving remind us of our blessings, it signals a change in the weather.

This is the time of year the rains start falling, temperatures plunge and we batten down the hatches for the winter season.

While most of us fire up our furnaces for the first time and give thanks for roofs with no leaks, the homeless have no such option.

This is the time of year life

changes dramatically for the homeless around the Bay Area as they try to find shelter that is dry and provides some modicum of warmth.

For those of us with so much to be thankful for, the Realtors of the Central County want to remind you of the others who need our support.

As we leave our jobs and head for our homes, it's easy to forget that we are surrounded by others less fortunate. I personally partner with an organization that has an extensive outreach to the homeless, and I urge you to do the same.

Together, we can bring thanksgiving home... to those who have no homes to call their own.

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 at www.ccmgtoday.com.

Mortgage Rates Spike

Average fixed mortgage rates moved significantly higher following the post-election sell-off in the Treasury market, according to Freddie Mac's national survey.

The 30-year fixed-rate mortgage averaged 3.94 percent last week, up from 3.57 a week earlier. A year ago at this time, the 30-year rate averaged 3.97 percent.

Fifteen-year loans averaged 3.14 percent, up from 2.88 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.07 percent last week, up from 2.88.



There Are No Open Homes This Weekend

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3455 Arcadian Drive	94546	\$885,000	3 BD - 1,823 SF - 1957
19686 Bernal Street	94546	\$720,000	3 BD - 1,552 SF - 1961
19020 Clemans Drive	94546	\$791,000	4 BD - 1,800 SF - 1953
2703 Darlene Court	94546	\$754,000	4 BD - 1,900 SF - 1964
18467 Plymouth Drive	94546	\$639,000	3 BD - 1,000 SF - 1951
5293 Proctor Road	94546	\$745,000	3 BD - 1,637 SF - 1962
4128 Ravenwood Place	94546	\$539,000	4 BD - 1,453 SF - 1970
5206 Reedley Way	94546	\$715,000	3 BD - 1,913 SF - 1966
4974 Heyer Avenue	94552	\$600,000	4 BD - 1,476 SF - 1952
18815 West Cavendish Dr	94552	\$845,000	4 BD - 2,262 SF - 1978

TOTAL SALES: 10

LOWEST AMOUNT: \$539,000

HIGHEST AMOUNT: \$885,000

MEDIAN AMOUNT: \$732,500

AVERAGE AMOUNT: \$723,300

San Leandro

329 Best Avenue	94577	\$432,500	3 BD - 1,164 SF - 1941
510 Dolores Avenue	94577	\$795,000	3 BD - 1,928 SF - 1939
1435 Dutton Avenue	94577	\$556,000	3 BD - 2,100 SF - 1941
893 Hutchings Drive	94577	\$253,500	2 BD - 1,155 SF - 1942
1257 Pearson Avenue	94577	\$438,000	3 BD - 1,024 SF - 1943
2001 Reynolds Street	94577	\$465,000	3 BD - 1,040 SF - 1951
1551 136th Avenue	94578	\$628,000	3 BD - 1,397 SF - 1947
1390 148th Avenue	94578	\$580,000	2 BD - 1,791 SF - 1939
13816 Bancroft Avenue	94578	\$335,000	2 BD - 811 SF - 1970
16736 Cowell Street	94578	\$675,000	3 BD - 1,784 SF - 1975
3411 Del Monte Way	94578	\$605,000	4 BD - 1,565 SF - 1956
1252 Dorothy Avenue	94578	\$520,000	3 BD - 1,317 SF - 1947
16250 Lyle Street	94578	\$635,000	3 BD - 1,160 SF - 1953
2175 San Remo Court	94578	\$460,000	4 BD - 1,688 SF - 1965
1108 Bodmin Avenue	94579	\$575,000	3 BD - 1,156 SF - 1950
15589 Calgary Street	94579	\$589,000	3 BD - 1,100 SF - 1958
15208 Galt Street	94579	\$450,000	3 BD - 1,114 SF - 1950
15458 Heron Drive	94579	\$645,000	4 BD - 1,651 SF - 1999

TOTAL SALES: 18

LOWEST AMOUNT: \$253,500

HIGHEST AMOUNT: \$795,000

MEDIAN AMOUNT: \$565,500

AVERAGE AMOUNT: \$535,389

Wishing you and your family an abundance of happiness and peace throughout this holiday season!

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- Food Scrap Recycling: From the Kitchen to Finished Compost
- Buying Recycled - How to Close the Recycling Loop
- What Goes Where?

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LETTERS to the Editor

Alarmed Over 'Politicization' Of CVHS Students

Editor:

I'm by no means an enthusiastic supporter of President-Elect Trump, but Castro Valley High anti-Trump marching and public disruption activity, permitted by Principal Blaine Torpey, presumably authorized by Superintendent Parvin Ahmadi, is very alarming!

The words "sedition" (incitement of rebellion) and "politicization" by the intolerant-tolerant of a specific political persuasion perhaps best summarizes my grave concern for school faculty who are not intent on simple free appropriate political dialog, but on fomenting the rebellious nature of our immature children for political purposes.

Perhaps many in America are

alarmed by such political activity and chose the Trump Movement in an effort to bring our communities and country back to a more constrained and disciplined culture.

The misbehavior of our public entrusted academic elite is a prime example of a rebellious nature that is neither culturally responsible or constructive.

Let's see if the Castro Valley School Board condones this type of seditious behavior by adult staff against our formative children and will we parents be assured such unethical, manipulative and irresponsible behavior won't happen in the future?

Superintendent Ahmadi and Principal Torpey have an absolute "no confidence" vote from me; using a Trump cliché, "your fired!" We parents need to consider "Trumping" anyone, including the entire Board of Education, if they continue their casual abuse-of-trust, manipulation and politicization of our children.

—Verne Teyler, Castro Valley

Would Students Have Protested if Not Encouraged By Teachers, Administrators?

Editor:

To teachers and school officials at Castro Valley High: Have

you, the people who draw there salaries and votes from us, decided that protesting a legitimate election should replace teaching our students reading, writing and arithmetic? Why not, instead of encouraging student to leave class and the protest during class time, teach them what the Constitution of these United States is all about.

I hope you realize that we live in the freest country in the world. The people spoke, so, under the Constitution, we have new leaders.

I have to wonder how many of these fine young people would have protested if not encouraged by teachers, administrators and parents who should know better.

I love Castro Valley High. My kids graduated from it, as well as my two granddaughters and one of them is now teaching there. I have been blessed by the educations received by all of them.

Please concentrate on educating our future leaders.

—Ron Rebuck, Castro Valley

Suspects Voter Suppression At His Polling Place

Editor:

I have been voting here in Castro Valley, consistently, since 1985. However, when I went to vote, my name was "mysteriously" missing from the voter rolls. I am registered as Republican so, in my mind, it figures this is just a method of suppressing the vote

of people who view the world in a more traditional, conservative way.

I was told to fill out the front of an envelope with my fill name, driver's license, last four of my Social Security Number, current address and former address (from 31 years ago) and party affiliation. I had to indicate that I am registered as a Republican on the front of the envelope.

I believe that once my party affiliation is noted, the envelope will be tossed into the trash can. In California, any non-citizen can walk in and vote yet, I have to show ID and declare my party affiliation.

The local poll workers showed me how the envelope containing my "provisional ballot" will be placed into the special "blue box" and at the end of the day, it will be taken "somewhere" and "someone" will count my vote – even if they are a Democrat. I was assured, with a smile, that "no Democrat volunteer would ever throw away a ballot cast by a Republican because, we don't cheat – you know, like Bush did in Florida."

—Richard Flaherty, Castro Valley

Looks Forward to 'New Day' Writer's Support of Women's Rights, Gay Rights

Editor:

I am pleased to see Chris Scott

("Says 'New Day has Come' for Conservatives," Letters, Nov.16) so stridently supports personal responsibilities and getting government off our back [sic].

I look forward to Mr. Scott continuing his vocal support keeping the government out of a woman's right of personal choice when it comes to her reproductive status and activities as well as his strong support for the right of two people, of any gender, to choose to become life partners through marriage.

—René C. Gandolfi, DVM
Castro Valley

Says Miley Needs to See Pot Dispensary Problems

Editor:

After reading about Nate Miley's push for pot dispensaries, I would suggest that he park his car across from the dispensary on Foothill Blvd in unincorporated Hayward, and watch the chaos with the patients parking their vehicles and running in and out to get their medicine.

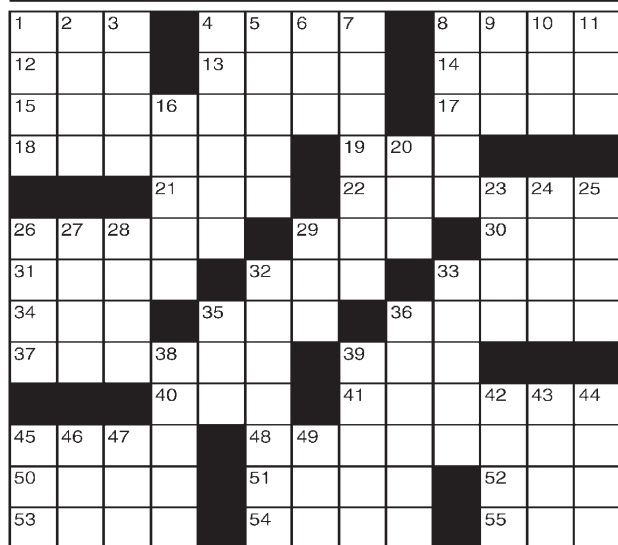
There have been traffic accidents in the past and it's amazing there aren't more. Furthermore, if it was enough to nix the Spouts Project with a request for an Environmental Impact Report, the dispensaries should be made to follow the same standards especially when it comes to traffic and parking.

Letters continue on page 11

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

THE FORUM CROSSWORD



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ANSWERS ON PAGE 11

Obituaries

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HOLDEN, Dr. Herbert Allen
O'BRIEN, Elaine Douglas
PAGANO, Erminia P.

■ **HOLDEN, Dr. Herbert Allen**, January 7, 1920 - August 8, 2016. Service was held on Monday, Aug. 15. Internment at Montecito Memorial Park, Colton, California.

CASTRO VALLEY FORUM OBITUARIES

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

Erminia P. Pagano



Erminia (Babe) Pagano of San Leandro passed away November 4, 2016 at age 90. She is survived by her sons, John (wife Linda) and Robert; grandchildren, Kevin (fiancée Cori), Tommy (wife Madie), Jacqui (husband Chris) and Kirsten (husband Andy); great-grandchildren, Marissa, Gwendolyn, Madeleine, Ryan and Nicholas; cousins, Mary Ann Orlando and Marjorie Pagano; and brother-in-law, Eli Tonini.

Preceding her in death were her Italian immigrant parents, Erminio and Palmira Bertero; her brother, Cesare (Chea) Bertero; her sister, Theresa (Elsie) Tonini; and her husband, Domingo Pagano.

Erminia was born on March 30, 1926, grew up in San Lorenzo and graduated from Hayward High in 1944. She worked for Bank of America and married Domingo on November 2, 1947 at St. John's Catholic Church in San Lorenzo. Babe was a member of Buon Tempo Club, San Leandro branch of ICF and St. John's parish. She was an avid Oakland Raiders fan and was a season ticket holder for many years. She was also a member of the Southern Alameda County Raiders Boosters and traveled to several out-of-town games.

Our family is most appreciative of the wonderful care that Babe received these past three years from Marymount Villa's Memory Care staff in San Leandro and Vitas Hospice Care.

In lieu of flowers, the family requests donations be made to the Dementia Society of America, P.O. Box 600, Doylestown, PA 18901, www.dementiasociety.org or the Brain & Behavior Research Foundation, 90 Park Ave., 16th Floor, New York, NY 10016, www.bbrfoundation.org (for Schizophrenia).

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Elaine Douglas O'Brien

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Born in Scotland, Elaine suddenly passed away at her home in Brentwood, California at age 61.

Beloved daughter of Margaret Douglas of Castro Valley, Elaine is preceded in death by her beloved husband, Daniel O'Brien; and father, Donald Douglas.

Private funeral services will be arranged by the Neptune Society of Castro Valley.

Donations may be made in memory of Elaine to any animal rescue organization of your choice.

LETTERS to the Editor

continued from page 10

By the way, if what Cheryl Miraglia said was true about Miley receiving \$60,000 worth of campaign contributions from the pot industry for his reelection campaign, he needs to recuse himself from any decision making in regards to this issue. How can he be neutral?

—Peter Brooks
Castro Valley

A 'Thank You' to Voters From Jo A.S. Loss

Editor:

Thank you to Castro Valley community's voters for re-electing me to the Castro Valley Unified School District Board of Education. I appreciate your continued support and will strive to retain our excellent schools.

I recognize how important our schools are to the whole community and especially to those families with children.

Thank you too to the many individuals that helped with my campaign and took time from their busy lives to support my candidacy. Thank you for

placing signs, making calls and reaching out to your friends and neighbors.

Special thanks go to former superintendents Jim Negri and Bruce Johnson for always being in my corner and to the League of Women Voters, Eden Area and the Rotary Club for sponsoring forums.

During the next four years I hope to work with the governance team to enhance the culture of excellence for every

student and staff member within our schools. As a champion for public education, I will continue to advocate for our students and the best environment for learning possible.

Over that last 21 years I have worked hard to make the tough decisions required of the Board of Education and I am committed to doing everything possible to improve education over the next four years.

—Jo A.S. Loss, Castro Valley

CHP's Annual Holiday Toy Drive Begins Monday

The Castro Valley office of the California Highway Patrol will begin its 2016 "CHiPs for Kids" Holiday Toy Drive next Monday, Nov. 28.

CHP officers are asking members of the community to donate new and unwrapped toys to this annual Christmas season event.

You can donate toys at the Castro Valley CHP Office at 21020 Rewood Road or you can look for donation receptacles at the Castro Valley TJ Maxx and

Rite Aid stores. More locations will be coming up. For ques-

tions, call Officer Dan Jacowitz at 510-581-9028.

CLOTHING DRIVE OPENS AT VILLAGE BARBERSHOP

The Village Barbershop at 3372 Village Drive in Castro Valley will be collecting new coats, caps, jackets, sweaters and gloves through Tues. Dec. 6, for distribution in the Oakland area early Christmas morning. Drop-off hours are from

9:00 a.m. to 4:00 p.m. Tuesday through Saturday (closed tomorrow, Thanksgiving Day).

For more information, call 881-9555.

CROSSWORD PUZZLE ANSWERS

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C	A	L	A	M	A	R	I		T	E	A	R
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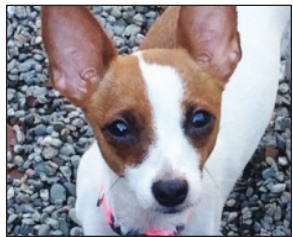
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MALANI is an outgoing and curious bunny. She does well with handling and enjoys hay and vegetables. She's spayed and ready to go. Info: Hayward Animal Shelter: (510) 293-7200.



PIXIE is a young gal who can be a bit timid when first meeting new people but warms up with a little TLC. For more info., please call the Hayward Animal Shelter: (510) 293-7200.



STELLA is a super sweet little dog, 7 lbs, appears to be Toy Fox Terrier and Chihuahua. She is approximately 1 1/2 years old. Complete an application at www.dustypawsrescue.org



TINKER is a soft and fluffy kitty, about 5-months-old and gets along well with other cats and dogs. For more information, please complete an application at: www.dustypawsrescue.org

CURRENTLY ON DISPLAY

Botanical Beauties: Watercolor Exhibit

An exhibit of watercolors showing the variety of plant life that once dominated the East Bay landscape as well as plants that are still seen in our foothills is currently on display at the Museum for History and Culture at 22380 Foothill Blvd. in Hayward.

The show, titled "Local Botanical Beauties, Then and Now" in the museum's Community Gallery, was curated by the Mary L. Harden School of Botanical Illustration.

Some of the illustrations are native plants that were used by the indigenous peoples of the region while others were introduced by later settlers. Their impacts on the area's landscape are significant.

The artists in the Harden School selected botanicals that interested them and portrayed them in their own unique styles. The resulting illustrations are a true representation of each plant as found in our local habitat.

"Seeing these detailed and truly

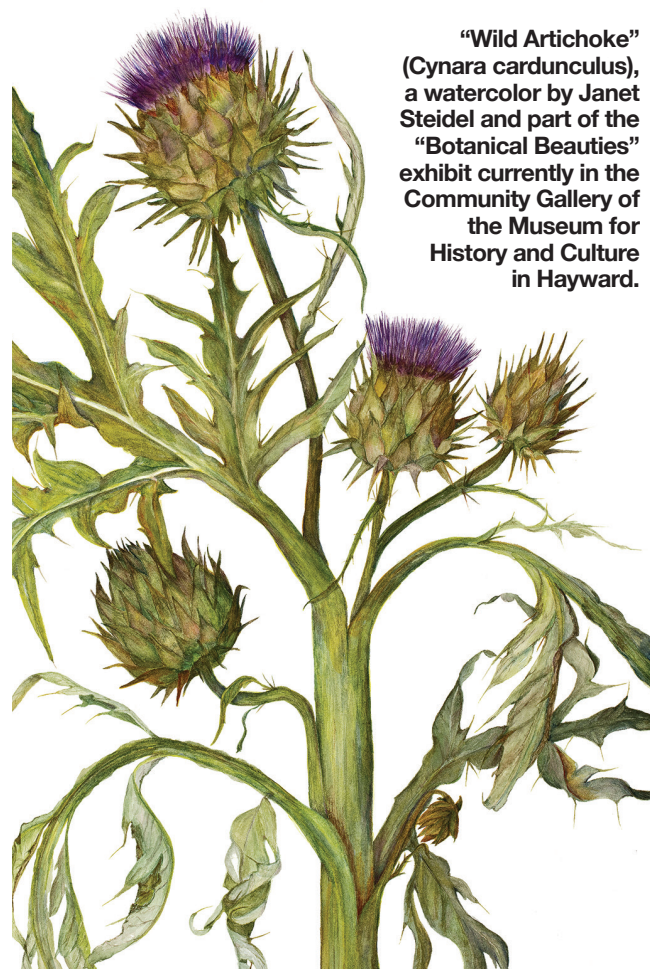
stunning watercolors really brings to life the historical landscape of the Hayward area," said Hayward Area Historical Society Curator Diane Curry. "They also remind us of the natural beauty that still surrounds us."

Visitors are invited to meet and greet the artists at a free reception from 5:30 to 7:30 p.m. on Friday, Dec. 2.

In addition, a botanical art demonstration, free with museum admission, will be held from 1 to 2:30 p.m. on Saturday, Dec. 10, when students from the Harden School will share how they became interested in painting, help attendees examine botanical paintings, and demonstrate how to mix colors for a broad palette.

After the demonstration, audience members will be invited to try their hand at watercolor painting. Supplies will be provided.

For more information, visit www.haywardareahistory.org or call 510-581-0223.



"Wild Artichoke" (Cynara cardunculus), a watercolor by Janet Steidel and part of the "Botanical Beauties" exhibit currently in the Community Gallery of the Museum for History and Culture in Hayward.

PHOTO COURTESY OF MUSEUM FOR HISTORY & CULTURE

KNOW WHAT TO FLUSH?



WIPES CLOG PIPES

Body waste and toilet paper should be the only items flushed down the toilet. From medications and kitty litter, to deceased pet fish and cigarette butts – if it fits, people flush it. Even some cleaning products claim to be 'flushable.'

CVSan is asking residents and businesses to help us keep our sewer system clog free and working efficiently! Remember, the only items that belong in the sewer system are body waste and toilet paper. All other items, including 'flushable' wipes, rags, diapers, and other hygiene products, clog sewer pipes and damage sewer pumps and equipment. Discard these items in your garbage cart. Know what to flush!

CASTRO VALLEY SANITARY DISTRICT

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