

HAVE A HAPPY 2019 NEW YEAR

CASTRO VALLEY FORUM

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YEAR 30

WEDNESDAY, DECEMBER 26, 2018

NO. 52

INSIDE YOUR FORUM

NEWS



New Year Laws

The new year brings many new laws that affect almost all of us

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LIVING



Toast to 2019

Raise a glass and toast to the new year with a non-alcoholic drink

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HEALTH



On the Grind

Exercise can harm teeth, gums and the jaw without proper techniques

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PHONE: (510) 537-1792

Veteran Turns Memories to Art

By Jim Knowles
CASTRO VALLEY FORUM

Jim Hardy had a recurring dream where he was trying to run in the sand and his legs kept getting bogged down.

One day, the former combat photographer was scanning negatives from pictures that he had never printed. An image appeared on the screen of the picture he took in Vietnam from a Huey helicopter firing rockets.

"It came back to me right then," Hardy said. "That's what my dream was about."

The memory came back after 50 years. Hardy said he remembers the pilot flying low behind the sand dunes along a beach, so the dunes would block the sound of the chopper. And then the helicopter rose up over the dunes and people started running. The chopper, along with another Huey, let go a volley of rockets.

"I said I think they're farmers," Hardy recalled. "But the pilot turned around and said, 'No, those are Viet Cong.' That's what I was dreaming. I was one of the people running from the helicopter."

Hardy and a few other artists were on hand last Friday at the Veterans Memorial Building on Bancroft Avenue in San Leandro for a luncheon for the Veterans Art Project, hosted by the Alameda County Arts Commission and the Oakland Veterans Center.

Hardy's sketches and photos are on display at the Concord Veterans Center, but he made copies that he had on display at Friday's luncheon. But the first thing to catch your eye is his carvings of soldiers in Vietnam.

After the war, Hardy decided his art degree wasn't going to get him a job, so he learned to weld. After work he wanted to do something else, so he started carving balsa wood.

see VETERAN on page 3



PHOTO BY JIM KNOWLES

Veteran Jim Hardy made many carvings of soldiers in Vietnam, including this one of himself.

Butterfly Mural to Protest Separated Kids

A classroom of Hayward High Art Students are assisting their teacher, Award-winning East Bay Artist Andrew Kong Knight, on a portable mural featuring 13 soaring monarch butterflies on wooden panels, which represent the 140 kids still separated from their parents living in detention camps. The butterflies will be permanently placed on a 50 foot sound wall on West Tennyson and Patrick Ave. in South Hayward later this month.



Bridge Tolls Going Up On January 1

The cost of commuting for many East Bay motorists will take a jump next Tuesday.

For the first time since 2010, tolls will increase on the Bay Area's seven state-owned toll bridges on New Year's Day. These include the first of the \$1 toll increases confirmed by voters last June.

Additional \$1 increases will go into effect on Jan. 1, 2022, and on Jan. 1, 2025.

At the San Francisco-Oakland Bay Bridge, regular tolls for two-axle cars and trucks will climb to \$7 from the current \$6 on weekdays from 5 a.m. to 10 a.m. and from 3 p.m. to 7 p.m.

During weekday off-peak hours from 12 midnight to 5 a.m., from 10 a.m. to 3 p.m., and from 7 p.m. to midnight, Bay Bridge tolls will rise from \$4 to \$5; and on Saturdays and Sundays, Bay Bridge tolls will increase to \$6 from the current \$5.

Regular tolls at the Antioch, Benicia-Martinez, Carquinez, Dumbarton, Richmond-San Rafael and San Mateo-Hayward bridges will rise to \$6 from the current \$5 on Jan. 1, 2019.

Tolls for vehicles with three or more axles also will rise by \$1 on Jan. 1 at all seven of the state-owned toll bridges: to \$16 for three axles, \$21 for four-axles, \$26 for five axles, \$31 for six axles, and \$36 for combinations with seven or more axles.

Peak-period toll discount continue for motorcycles, carpools and qualifying clean-air vehicles crossing any of the state-owned toll bridges on weekdays from 5 a.m. to 10 a.m. and from 3 p.m. to 7 p.m., but the discounted toll will increase to \$3 on Jan. 1 from the current \$2.50.

To qualify for this discount, carpools, motorcyclists and drivers of qualifying clean-air vehicles must use FasTrak to pay their tolls electronically and must use a designated carpool lane at each toll plaza.

A 50-cent toll discount for two-axle vehicles crossing more than one of the state-owned toll bridges during weekday commute hours of 5 a.m. to 10 a.m. and 3 p.m. to 7 p.m. has been established. To be eligible for the toll discount, which is to be applied to the second toll crossing of the day, motorists must pay their tolls electronically with FasTrak.

Carpools, motorcycles and qualifying clean-air vehicles making a second peak-period toll crossing in a single day will qualify for an additional 25-cent discount off the already-discounted carpool toll. The two-bridge discount will not be available to drivers who use cash to pay their tolls.

Tolls on the Golden Gate Bridge, which went up by 25 cents across the board last July, are administered by a separate district.

New FasTrak customers can obtain toll tags at hundreds of Walgreens and Costco stores around the Bay Area.

Castro Valley Weather Dec. 26 - 30, 2018



Wednesday
Partly Cloudy
High 58° Low 42°



Thursday
Mostly Sunny
High 58° Low 43°



Friday
Sunny
High 57° Low 38°



Saturday
Sunny
High 55° Low 39°



Sunday
Partly Cloudy
High 55° Low 41°

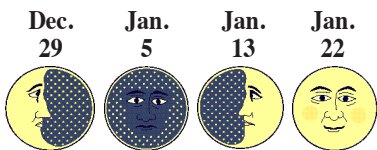
Almanac



Past Week's Rain: 00.00
Season To Date: 06.43
Normal To Date: 06.19
Season Average: 21.22

Sun sets at 4:57 p.m. today, rises at 7:23 a.m. Thursday.

Moon Phases



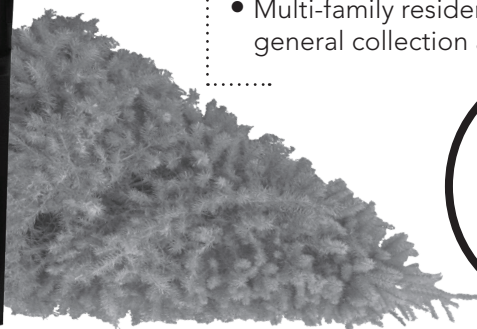
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HOLIDAY TREE COLLECTION

January				
M	T	W	Th	F
7	8	9	10	11
14	15	16	17	18



- Place trees next to carts for pick-up on your regular collection day.
- Please remove ornaments, tinsel, nails, and stands. Cut tall trees into lengths no longer than six feet.
- Flocked trees will be collected, but not composted.
- Multi-family residents: place in general collection area.

Questions? Contact Waste Management of Alameda County, Inc. at (510) 537-5500.

OTHER HOLIDAY RECYCLING TIPS & REMINDERS:

- Save holiday bows and ribbon and reuse them next year. Bows and ribbons that can no longer be reused must go in the garbage.
- Recycle wrapping paper with no foil or glitter in the blue recycling cart or white recycling bin.
- Compost uneaten holiday leftovers (all food scraps and food-soiled paper) in the green organics cart.

For Zero Waste party tips, visit www.SelectMyPath.org.

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This ad was funded by WMAC Pub Ed



Botanical Art on Display at Center for Arts

Walking into the Exhibition Room at the Castro Valley Center for the Arts right now is like greeting a sunlit morning awash with the glories of flowers and butterflies, 54 botanical water colors arranged around the room.

Mary Harden School of Botanical Illustration and her students invite the public to a reception to view the art and meet the artists, January 5 from 1-3 pm. "Symbiosis" is the title of the show.

Mary explains that many plants and butterflies depend on each other for survival. Plants need butterflies to spread their pollen and butterflies need the nectar that plants produce as well as a place to lay their eggs so that the eventual caterpillars will have plenty of food.

Mary Harden's students, many of whom are former teachers, meet in a weekly class in Castro Valley. Along with advancing their painting skills, the students learn about the scientific details of the plants and how to be responsible gardeners.

Most paintings are for sale as well as their title book "Symbiosis." Mary Harden can be reached at maryharden@me.com information about the reception or classes.

—Terry Liebowitz



Milkweed and Monarch Butterfly by Mary An Ho.

New 2019 Laws Will Affect Almost All of Us

With the start of the New Year many new laws go into effect. California is the first state to enact a statewide law restricting the use of plastic drinking straws. The law applies only to sit-down restaurants, but patrons can still get a straw if they ask for one. The law doesn't apply to takeaway drinks.

New gun laws also go into effect next Tuesday. One prohibits anyone convicted of a misdemeanor or domestic violence offense after Jan. 1 from possessing a firearm for the rest of their lives.

Another prohibits anyone who has been hospitalized more than once in a year for a mental health diagnosis from owning a firearm for the rest of his or her life.

Training standards for police officers are being updated. The California Commission on Peace Officer Standards and Training will add a course on sexual orientation and gender identity minority groups in the state to its basic training for officers and dispatchers.

With the New Year just six days away, the California Department of Motor Vehicles (DMV) is reminding the public about some of the new laws that affect roadway safety that take effect January 1.

• **Temporary License Plate Program** requires licensed dealers of new and used vehicles to attach temporary paper license plates on a vehicle when sold if that vehicle

does not already display DMV plates. The paper license plates contain a unique number and expiration date. The intent of this new law is to reduce the number of toll violators. No vehicle can be driven off the dealership lot without the temporary license plate unless it already has plates.

• **Gender Identity Female, Male, or Nonbinary:** This law allows individuals applying for a California driver license or ID card to self-certify their chosen gender category of male, female or nonbinary in the application. Applicants who select nonbinary will receive a card with an "X" in the gender category.

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A WARM AND FUZZY HOLIDAY



Retired flight attendants from Pan Am World Wings International's Oakland Chapter visited Hope Hospice in Dublin with huge bags brimming with new stuffed bears and other cuddly animals to provide a touch of comfort for Hope Hospice patients. The former flight attendants have been buying bears for Hope Hospice patients for more than a decade.

Stacy Monroe's Salon in Castro Valley Celebrating its 25th Year

By Linda Sandsmark
CASTRO VALLEY FORUM

Stacy Monroe's Salon in Castro Valley is celebrating a quarter-century in business this January. To thank the community for its support over the years, the salon will offer a raffle, discounts and giveaways.

"We invite anyone who has been to the salon to stop by and grab a ticket for the raffle, no purchases or services necessary to participate," says Stacy.

The 25-year milestone was reached by making the salon a friendly, family-owned and operated business, while always looking to the future. In fact, Stacy has now branched out to online coaching for salon operators and stylists, in addition to running the shop.

Stacy opened her salon in January 1994 while pregnant with her third daughter. Her aunt, Kathy Depolo, ran the front desk for 16 years until she retired in 2010. Now two of Stacy's grown daughters, Elida and Mandy, are stylists. Another daughter, Lunden, also worked there as a receptionist. The salon has served multiple generations of locals.



Stacy Monroe, seated, with her daughters at the salon; from left, Mandy Langon, Elida Marie and Lunden Foxworthy.

"Over the years I have hired many Castro Valley High School students to work the front desk as the receptionist, many of whom I watched graduate, then go to college, graduate from college, come back home, get married and have

children," says Stacy. "I'm now cutting some of their children's hair."

Back on January 7, 1994, Stacy opened a five-chair salon alone. She grew the business to 20 chairs, see SALON on back page

PHOTO BY FRED ZEHLDER

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Too Much Merry
Thursday, December 20: at 8:04 a.m., Sheriff's deputies arrested a 63-year-old woman from Hayward on suspicion of public intoxication. The woman was hanging outside a business on Center Street near the Boulevard when deputies arrived and questioned her. The woman smelled of alcohol and failed her field sobriety test. Deputies took her into custody.

Spousal Assault and Battery
Wednesday, December 19: at 12:36 p.m., a 32-year-old man from Castro Valley was arrested on suspicion of assault and battery on his wife as well as violating a court-issued restraining order. Deputies responded to an emergency call about a loud and aggressive-sounding argument at an apartment on Center Street near Grove Way. The man was handcuffed and taken into custody. The victim was treated at the scene.

Robbery Suspect Arrested
Tuesday, December 18: at 11:52 a.m., deputies arrested a 39-year-old man from CV on robbery charges. The man was also wanted as part of a court-issued warrant. The man was driving near the intersection of Somerset Avenue and Wisteria Street when deputies pulled him over, identified him, and served the warrant. Deputies took the man to Santa Rita Jail pending \$50,000 in bail.

Elder Abuse
Tuesday, December 18: at 10:32 a.m., a 57-year-old woman from Castro Valley was arrested as part of a warrant issued of her capture. She had been previously charged on suspicion of elder abuse of her 93-year-old mother who was bedridden and requires 24-hour care. Deputies served the warrant at a home on Glidden Street near Vannoy Avenue after the mother

complained of ongoing mental suffering from her daughter. The suspect was taken to Santa Rita Jail pending \$20,000 in bail.

Argument Ends in Injury
Tuesday, December 18: at 12:33 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Denison Place near Greenville Place. There, they arrested a 60-year-old woman from CV on suspicion of assault on a family member and assault with a deadly weapon. The woman said she came home and got into an argument with her husband. The fight ended in the garage after the woman threw an

unnamed object at her husband which grazed his leg and gave him a "superficial laceration." The woman was taken into custody. The man was treated at the scene.

Driving with Suspended License
Monday, December 17: at 2:45 p.m., deputies pulled over and arrested a 31-year-old man from Hayward on suspicion of driving with a suspended license. The man also had an outstanding warrant issued for his arrest for the same infraction. Deputies stopped the man as he was driving on Castro Valley Boulevard near San Miguel Avenue. The man was taken to Santa Rita Jail pending \$10,000.

Veteran: Art Part of Healing

continued from front page

He used his photos to make the carvings, so they aren't just generic soldiers, each is a specific person, and all his drawings are signed by the subject of the drawing.

"I didn't want to put my name on it - I thought their name should be on it, so I asked them to sign the drawing," Hardy said.

The carvings have great detail - the radio operator, the medic, the guy with the grenade launcher. And one is of Hardy himself, with his camera hanging from a shoulder.

A couple of the carvings got knocked over and broken when on display with the traveling Vietnam Memorial Wall.

"The park ranger kept apologizing," Hardy said. "I said, 'No problem. These are grunts. I'll just patch 'em up and send 'em back out.'"

Another artist at the luncheon, Ehren Tool, works with pottery and displayed his cups. Tool works in the art department at UC Berkeley and is a veteran of the war in Afghanistan.

Another veteran, Sal Castaneda, said he resumed working in film

and cinematography after 50 years because of the Veterans Art Project.

"Art can tell a very complicated story in a simple way," Castaneda said.

David Joseph, director of the Oakland Veterans Center, emceed the luncheon and thanked numerous people who contribute to helping veterans, from Dorothy Salmon and the Pathway Home for donating furniture to a woman who helps vets file their claims to the yoga instructor, who got in a word for his class.

"Don't think hippie yoga, or yoga pants, it's just bettering ourselves," he said.

Art is part of healing from PTSD, said Violet Juno, the county Arts Commission coordinator.

Juno said one of the veterans told her, "It's better to make art than talk about it."

One figure stands out in Hardy's carvings, a bespectacled fellow with a bow tie, overcoat and a Panama hat with big, boxy camera on a tripod.

"That's Matthew Brady," Hardy said. "So you have a combat photographer from the 1860s and a combat photographer from the 1960s."

Laws: More Mandates Coming January 1

continued from previous page

• **Driving Under the Influence - Ignition Interlock Device:** From Jan. 1, 2019 to January 1, 2026, this law mandates repeat offenders for driving under the influence (DUI) and first DUI offenders whose violations resulted in injury, to install an ignition interlock device for a period ranging from 12 to 48 months.

• **Smog Check Changes and New Abatement Fees:** This law expands the existing smog check exemption to vehicles that are

up to eight model years old, up from the current exemption of six model years. During the additional two years of exemption, these vehicles will pay an annual \$25 smog abatement fee. The current annual \$20 smog abatement fee for the first six years of exemption remains unchanged.

• **Driving Privilege for Minors:** This law repeals a juvenile court's authority to suspend, restrict or delay the issuance of a driver license of a habitual truant or ward of the state for up to one year. The law

clarifies that any suspensions or delays reported prior to January 1, 2019, remain in effect.

• **Motorized Scooters:** Bicycle helmets are no longer required for riders of motorized scooters who are age 18 or older.

• **Unsafe, unsecured loads on vehicles:** This law requires the DMV to include at least one question in 20% of driver's license tests regarding unsecured loads, such as ladders, buckets and loose items in the back of pickup trucks that could fall off and cause accidents.

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The Week Ahead

Monday, December 31: Plethos New Year's Eve Party

Ring in 2019 with Castro Valley's newest community theatre company — Plethos Productions — and a Talent Showdown with stand-up comedy and musical theatre, from 9 p.m. to 1 a.m. New Year's Eve at Ristorante Di Parma, 22532 Foothill Blvd. For tickets (\$50, which includes tasty Italian small plates and champagne toast), visit Plethos.org

Wednesday, January 2: Pirate Escape Room Adventure

Can you beat the clock? The Castro Valley Library presents "Pirate Escape Room Adventure" starting at 12 noon on Wednesday, Jan. 2. Designed for families and teens, you'll work as a team using your wits to solve puzzles, unlock clues and escape the Room to get the treasure. Register you and your family and friends for 1 of 3 time slots: 12 noon for families; 1:30 p.m. for teens; and 3 p.m. for families. Children under 12 must be accompanied by at least 1 adult. For more information or to register, call 510-667-7900 or visit www.aclibrary.org

Saturday, January 5: Meet Your Christian Neighbor

"Meet your Christian Neighbor — Family Reunion" is a continuation of the Eden Area Interfaith Council "Meet" series, an informal gather-

Monday & Tuesday, Dec. 31- Jan. 1 New Year's Eve / Day Schedules

● **Government:** New Year's Day will be observed as a federal, state, county and city holiday on Tuesday. Except for emergency services, all government offices will be closed.

● **Stores, Offices, Restaurants:** Some supermarkets, restaurants and pharmacies will be open, but may be operating on a shortened schedule, so plan ahead for food and medical needs. All banks and nearly all business offices, including the Forum office in San Leandro, will be closed on Tuesday.

● **Public Transit:** For New Year's Eve (Monday), special BART service to and from San Francisco starts at 8 p.m. and extends to 3 a.m. Trains will run every 20 minutes after midnight with extra trains standing by in downtown San Francisco after the fireworks show. On New Year's Day, BART will operate on a Sunday timetable with service beginning at 8 a.m. AC Transit buses will operate on a normal Sunday schedule on New Year's Day. For other transit schedules (ferries, etc.), visit transit.511.org/schedules/holiday.aspx

● **Garbage Collection:** Recycling, organics, and garbage collection services will occur one day later starting on Jan. 2 during the holiday week. Residents and businesses with Thursday collection days will have pick up on Friday and those with Friday collection days will have pick up on Saturday.

Waste Management of Alameda County offices, the 98th Avenue Cashier, Hayward Pay Station, and Call Center will be closed on Tuesday, Jan. 1.

Christmas trees will be collected curbside on January 7-11 and 14-18, 2019. Visit www.cvsan.org/HolidayTrees for more information on collection guidelines. For solid waste service questions, please call WMAC at 510-537-5500 (residential) or 510-613-8700 (commercial/business).

● **Castro Valley Sanitary District (CVSan)** offices will be closed on Monday and Tuesday, Dec. 31 and Jan. 1. Call 510-506-5821 for sewer emergencies. For information regarding CVSan services, visit www.cvsan.org.

ing led by a moderator and a panel of diverse Christians sharing their unique expressions of faith, community, and celebration, in the Chabot Room of the Castro Valley Library at 2 p.m. on Jan. 5.

Tuesday, January 8: Ohlone Audubon Meeting

Learn how to prepare bird descriptions and the importance of integrity in birding with presenter Joe Morlan at the next meeting at 7:30 p.m. on Jan. 8 at Carlton Plaza of Fremont, 3800 Walnut Avenue. Morlan, who has taught field ornithology at City College of San Francisco since 1978, is the co-author of *Birds of San Francisco and the Bay Area* and *Birds of Northern California*. Meetings are free and refreshments are served. For info, visit www.ohloneaudubon.org

Tuesday, January 8: Buon Tempo Family-Style Dinner

Everyone is welcome to attend the next Buon Tempo Club dinner on Jan. 8, when Chef John Tandi and crew will be serving a five-course family-style dinner of Chicken with Polenta, at 7 p.m. at Mt. Tabor Hall, Transfiguration Church, 4000 E. Castro Valley Blvd. (across from the 580 Marketplace). Red and white wine and soda are also included. Happy hour is at 6 p.m. The dinner is \$15 for members, \$20 for non-members. Make reservations by Friday, Jan. 4, by calling the Buon Tempo dinner line at 510-483-6929 (option 1). For more information about events/membership visit www.buontempo.org

Tuesday, January 8: Genealogy Research Class

Do you have an interest in researching your past but not sure where to start? The Aitken Senior Center at 17800 Redwood Road is hosting a Genealogy Research Class from 2 to 3:55 p.m. on Tuesday, Jan. 8, which will cover the basics of how to begin your research to discover your family history. There is a \$2 Drop-in fee per person. The class will be facilitated by volunteers Linda and Bill.

Tuesday, January 8: Castro Valley Rotary Lunch

Brandon Morrison will describe his studies abroad for a PhD in mathematics and his work with the Masons at a Rotary Club buffet lunch at Redwood Canyon Golf Course, 17007 Redwood Road, from noon to 1:30 p.m. on Jan. 8. The cost of lunch is \$15 and reservations must be made by 9 p.m. Sunday, Jan. 6, by contacting Rotary at cvrotary@icloud.com or 510-402-5123. More information is available at castrovalleyrotary.org

Wednesdays, Jan. 9, 16, 23: Gift of Imperfection

The Kenneth Aitken Senior Center is offering a new class: *The Gift of Imperfection — Living With Your Whole Heart*, on three Wednesdays,

Jan. 9, 16 and 23, which will explore what we know about happiness and how to live a rich and fulfilling life. The class, facilitated by Liz Breshears, PhD, focuses on authenticity rather than perfection, practicing gratitude and working on treating ourselves and others with compassion. There is a \$2 drop-in fee per person. For class time and other info, call 510-881-6742.

Thursday, January 10: "Science Fair" Movie Screening

"Science Fair," an award-winning National Geographic documentary that inspires students and community involvement in science programs, will be shown free at the Castro Valley Center for the Arts at 6:30 p.m. on Jan. 10. The film follows nine high school students from around the globe as they navigate rivalries and setbacks on their journey to compete at The International Science and Engineering Fair.

Saturday, January 12: Hearing Loss Association

Contessa Bunn from Calif. Telephone Access Program will talk about the latest in technology and free phones to the hard of hearing in California. Refreshments at 9:30 a.m., program at 10 in Room G26 at Oakland Kaiser Hospital, Fabiola Bldg., 3801 Howe St., Lower Level. Parking garage on Howe is free on Saturday. Info@hearinglosseb.org or 510-221-6080.

Saturday, January 12: Education Funding Rally

The East Bay Coalition for Public Education will hold a rally for increased funding for education, at noon on Jan. 12 in Frank Ogawa Plaza at Oakland City Hall. Let the incoming governor and legislature know that students deserve better funded schools.

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.

● **"Duettos" New Year's Eve Celebration**, a magical evening of music, featuring Matthew Liebowitz, guitarist Glen Deardorff, and Maggie Francisco and Erin Sullivan performing Broadway favorites and Billboard hits. The party starts at 6 p.m. with champagne and small bites, followed by the show at 7:30 p.m. (Please, only 21+ may attend.) For tickets, visit cvartsfoundation.org/shows

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **Brian Copeland's All-Star Stand-Up Comedy** will be presented at 7 p.m. Monday (New Year's Eve) at the San Leandro Center for the Performing Arts, 2250 Bancroft Avenue. For tickets (\$65 in advance, students \$18 in advance), visit brownpapertickets.com.

● **Plethos New Year's Eve Party** — Ring in 2019 with Castro Valley's newest community theatre company — Plethos Productions — and a Talent Showdown with stand-up comedy and musical theatre, from 9 p.m. to 1 a.m. New Year's Eve at Ristorante Di Parma, 22532 Foothill Blvd. For tickets (\$50, which includes tasty Italian small plates and champagne toast), visit Plethos.org

ART GALLERIES & ART INSTRUCTION

● **Learn to Paint with Watercolor:** San Lorenzo Adult School is offering a watercolor painting class on Wednesday mornings with instructor Monica Satterthwaite. All levels are welcome, beginners to experienced painters. The 12-week course is \$75 plus materials. Register in person at the San Lorenzo Adult School, 820 Bockman Road, San Lorenzo. For time and other information, call 510-317-4200.

● **"Cultures in Transition: Photos by Oliver Klink**, celebrating the cultures of Asia including Bhutan, Myanmar, China, Mongolia, and India, will be on exhibit through Feb. 15 in the PhotoCentral Gallery, at the HARD District Offices, 1099 E St. in Hayward. For more info, call 510-881-6721 or email info@photocentral.org or visit www.photocentral.org

● **"Celebrate Women!"** presenting the works of over 50 accomplished artists, writers, and musicians, is currently being showcased at the John O'Lague Galleria in Hayward City Hall. It is the second regional exhibit of the Northern California branch of the National League of American Pen Women.

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

CASTRO VALLEY FORUM CASTROVALLEYFORUM.COM

ESTABLISHED: 1989 • CIRCULATION 22,500
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Published every Wednesday by EastBay Publishing Corp.
2060 Washington Ave., San Leandro, CA 94577
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Submissions to The Forum

Items for the Community Calendar as well as news submissions must be received by 6 p.m. Friday for inclusion in the following Wednesday's newspaper. Send information in an email to: fredz@ebpublishing.com.

REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



2018 Real Estate Closes Out With Affordability Crisis Issue No. 1

The year 2018 has been a tumultuous one for California real estate.

While national issues such as U.S. immigration and foreign trade policies have affected the Golden State's housing market, we have encountered numerous statewide issues including widespread wildfires, a decline in international buyers, low housing inventory, record high prices and a housing crisis spiraling out of control.

It is no secret affordability is the number one issue facing the California housing market.

Rising steadily for 7-1/2 years, home prices have escalated far beyond what many home-buyers can afford.

Even though home prices plateaued in May/June 2018 and have since been declining, the average price in Alameda County for November, 2018 was \$1,012,000, up 3.69% from \$976,000 in November, 2017.

And 2018 was also the 50th anniversary of the Fair Housing Act passed in 1968, prohibiting discrimination concerning the sale, rental and financing of housing based on race, religion, national origin or sex.

We've come a long way since this landmark legislation removed significant barriers to homeownership. It is a bit ironic, then, that local governments and municipalities, faced with a housing crisis, are initiating barriers to home procurement in 2019 by adding costs to the homebuying process.

Faced with budget shortfalls, some Alameda County cities are looking to real estate transactions to help provide income. While a few cities have had city transfer taxes on their books for years, changes are in the works for 2019.

As an example, Hayward is increasing its transfer tax from \$4.50/\$1,000 to \$8.50/\$1,000. While the sale of a \$500,000 home in 2018 would have incurred a tax of \$2,250, in 2019 this number will be \$4,250.

This increase means that buyers, already straining to find the cash for their down payment and closing costs, may face higher out-of-pocket costs.

San Leandro, currently charging \$6.00/\$1,000, is studying a tax increase of their own.

The Castro Valley Sanitary District also joined the fray by inaugurating its sewer lateral ordinance. Beginning July 1, 2019, this program will ensure that any home sold in Castro Valley has a valid sewer lateral compliance certificate. The average cost of a sewer lateral

replacement is between \$7,000 - \$8,000. Buyers, confronted with as-is purchases, may end up paying the costs.

Ready or not, 2019 is coming and it is the sincere hope of the Central County Realtors that 2019 will be less turbulent than 2018.

Best wishes for a Happy New Year!

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.

Rusty Dots on Ferns A Part of Nature

By Buzz Bertolero
SPECIAL TO THE FORUM

Q. I have a nice sized Boston fern, but I've found rusty, brown colored dots in perfect rows on the back of some of the leaves. What are they and how do I prevent it from reoccurring?

A. Ah, Mother Nature is wonderful.

What you were witnessing is the beginnings of the plant's reproductive cycle. Unlike other plants that produce seed, ferns produce spores. The spores are the reddish brown dots; however, they're sterile so they will

never produce new plants.

This is typical of many varieties of ferns. Tissue culture and/or plant divisions are the primary method of reproducing ferns. The sterile spores have an aesthetic value, so I wouldn't remove the fronds. Besides, they're going to continually form naturally anyway.

Buzz Bertolero is an Advance California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com or on Facebook at [Facebook.com/dirtgardener](https://www.facebook.com/dirtgardener).



Mortgage Rates Move Slightly

Mortgage rates moderated last week after seeing a significant drop the previous week, according to Freddie Mac's nationwide survey.

The 30-year fixed-rate mortgage averaged 4.62 percent last week, down from 4.63 percent a week earlier. A year ago at this time, the 30-year rate averaged 3.94 percent.

Fifteen-year home loan rates averaged 4.07 percent last week, unchanged from the prior week.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.98 percent last week, down from 4.04 percent.

"The response to the recent decline in mortgage rates is already being felt in the housing market," said Sam Khater, Freddie Mac's chief economist. After declining for six consecutive months, existing home sales finally rose in October and November and are essentially at the same level as during the summer months."

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Coming Soon - Early January

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RECENT HOME SALES

San Leandro

3811 Wedgewood Street	94578: \$425,000	2 BD - 918 SF - 1987
2271 Transom Way	94577: \$480,000	1,062 SF - 1978
14640 Outrigger Drive #98	94577: \$522,000	2 BD - 1,033 SF - 1986
16475 Liberty Street	94578: \$572,000	2 BD - 1,290 SF - 2008
814 Collier Drive	94577: \$593,000	2 BD - 1,274 SF - 1949
715 Arguello Drive	94578: \$600,000	3 BD - 1,135 SF - 1955
15045 Endicott Street	94579: \$610,000	3 BD - 1,271 SF - 1949
1917 Pacific Avenue	94577: \$620,000	3 BD - 1,264 SF - 1951
2378 Cheshire Place	94577: \$626,500	1,723 SF - 1977
853 Serra Drive	94578: \$630,000	3 BD - 1,076 SF - 1954
445 Lewis Avenue	94577: \$639,000	2 BD - 1,040 SF - 1928
1305 Lillian Avenue	94578: \$640,000	3 BD - 1,586 SF - 1947
1312 Advent Avenue	94579: \$640,000	3 BD - 1,212 SF - 1951
3969 Carmel Way	94578: \$660,000	3 BD - 1,151 SF - 1953
176 California Avenue	94577: \$677,500	2 BD - 1,024 SF - 1925
3442 Monterey Boulevard	94578: \$688,000	3 BD - 1,405 SF - 1955
192 Beverly Avenue	94577: \$760,000	1 BD - 609 SF - 1920
308 Warren Avenue	94577: \$850,000	3 BD - 2,000 SF - 1952
1357 East Juana Avenue	94577: \$915,000	3 BD - 2,209 SF - 1952
17499 Via Estrella	94580: \$575,000	2 BD - 868 SF - 1949

TOTAL SALES:	20
LOWEST AMOUNT:	\$350,000
HIGHEST AMOUNT:	\$915,000
MEDIAN AMOUNT:	\$628,250
AVERAGE AMOUNT:	\$624,900

Castro Valley

4306 Watters Court	94546: \$900,000	3 BD - 2,173 SF - 1965
6486 Paloverde Road	94552: \$1,000,000	1,584 SF -
17856 Almond Road	94546: \$1,100,000	4 BD - 2,204 SF - 2015
18691 West Cavendish Dr	94552: \$1,175,000	4 BD - 2,262 SF - 1978
7430 Oxford Circle	94568: \$668,000	2 BD - 1,346 SF - 1990

TOTAL SALES:	5
LOWEST AMOUNT:	\$460,000
HIGHEST AMOUNT:	\$1,175,000
MEDIAN AMOUNT:	\$1,000,000
AVERAGE AMOUNT:	\$927,000

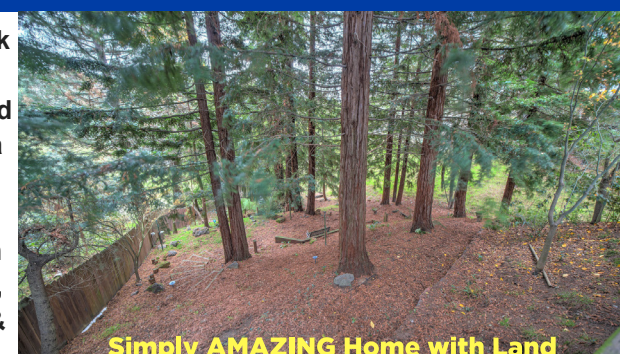
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Nibbling Our Way Into a New Year

Monday night we close the book on 2018 and whether you're celebrating with just the family or you're having friends over for a party, you're going to need lots of munchies that are quick and easy to fix.

All of these are great.

STUFFED MUSHROOMS

- 2 dozen fresh mushrooms, no stems
- 1 cup chopped spinach, frozen
- 1/2 cup yellow onion, finely chopped
- 1 package cream cheese, softened
- 1 cup grated Parmesan cheese
- Salt and pepper to taste

Clean mushrooms and dry.

Combine all ingredients in a large bowl, except mushrooms and Parmesan.

Fill each mushroom cap with mixture and bake at 350°F on a large cookie sheet for 10 minutes.

Sprinkle each mushroom with Parmesan and bake again for 5 additional minutes.

TOASTED RAVIOLI

- 2 dozen filled ravioli, thawed if frozen
- 2 eggs, lightly beaten
- 1 cup Italian seasoned bread crumbs

Parmesan cheese

Vegetable oil (for frying)

Marinara sauce (for dipping)

Cook ravioli in boiling salted water until they float to the top; remove from water, drain and set aside to cool.

Heat oil in fryer at least 2" deep to a temperature of 375°F. Dip each ravioli in beaten egg, then cover in breadcrumbs.

Fry in batches in hot oil until golden brown, about 5 minutes; drain.

Sprinkle hot ravioli with Parmesan cheese. Heat marinara sauce and set aside in serving bowl. Serve ravioli with dipping sauce. Yields 24 ravioli.

DEVELOPED EGGS

- 6 eggs
- 1 tablespoon milk

- 1/4 cup of mayonnaise
- 1/4 teaspoon mustard powder
- 1 tablespoon chopped parsley
- 1 tablespoon chopped chives
- 1 tablespoon chopped tarragon
- Salt and pepper to taste

Put eggs in a pot; cover with cold water and bring to a simmer. Remove from the heat, cover and let stand for 10 minutes. Drain, cool and peel. Halve lengthwise. Scoop out yolks, mash with milk, mayonnaise, mustard powder, chopped herbs and salt and pepper. Stuff yolk mixture into egg whites. Top with paprika and chives.

BAKED POTATO SKINS

- 4 large baked potatoes
- 3 tablespoons vegetable oil
- 1 tablespoon grated Parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/8 teaspoon pepper
- 8 slices bacon, cooked and crumbled
- 2 cups shredded Cheddar cheese (8 ounces)
- 1/2 cup sour cream (optional)
- 4 green onions, sliced

Cut potatoes in half lengthwise; scoop out pulp, leaving 1/4-inch in the shell. Save potato pulp for mashed potatoes or other use.

Place skins on a greased baking sheet.

Combine oil, Parmesan cheese, salt, garlic powder, paprika and pepper and brush all over potato skins.

Bake at 475°F for about 8 minutes and turn over. Bake for another 8 minutes or so and then turn right side up.

Sprinkle bacon and cheddar evenly inside of skins.

Bake 2 minutes longer or until cheese is melted. Top with sour cream and onions, if desired. Yields 8 servings.

CHEESE & SHRIMP CROSTINI

- 8 ounces herbed cream cheese, softened
- 1/2 cup mayonnaise
- 1 tablespoon garlic paste
- 1/2 tablespoon onion powder
- 2 tablespoons melted butter
- 24 fresh shrimp, peeled and deveined
- 2 dozen crostinis (small slices of grilled or toasted bread)
- Fresh parsley

Combine all ingredients except butter, shrimp, and crostinis in a bowl.

Saute shrimp and a dash of garlic paste in butter over medium heat until pink.

Top each crostini with a dollop of cream cheese and a shrimp. Garnish with parsley.



TANGY COCKTAIL FRANKS

- 1 (12 ounce) jar currant jelly
- 2/3 cup chili sauce
- 2 teaspoons prepared mustard
- 2 tablespoons lemon juice
- 1 pound cocktail franks or regular weiners cut in 1-inch sections

- 1 can sliced pineapple tidbits, drained, quartered
- Dash cayenne, or to taste

In a medium saucepan combine currant jelly, chili sauce, mustard, and lemon juice. Add the hot dogs or cocktail franks, pineapple, and ground pepper; simmer for about 5 minutes. Transfer to slow cooker and keep on LOW for serving. Serve with toothpicks.



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HEALTH & FITNESS

Realize, Break Your Bad Habits

If you don't know you have a bad habit, obviously you have no motivation to break it. But it is the mysterious habits that we do subconsciously – or almost subconsciously – that can do the most damage to our lives.

"Sometimes bad habits can veer into addiction territory," says John Collopy, author of the book *The Reward of Knowing*. "The most dangerous bad habits are the ones we don't realize we have."

Collopy is a successful real estate broker today, but it was not an overnight success. He had a long uphill battle against demons he didn't know he had.

He thought he had moved past his troubled childhood with a dysfunctional family and abusive father. But when he became an adult, he quickly became dependent on alcohol to get through the day, and he also had anger management issues.

"Pinpointing bad habits is not as easy as diagnosing a drug or alcohol addiction," says Collopy. "Honing in on why we think the way we do, and why we do the things we do – that takes some deep reflection that many people won't take the time to do."

He says that it was only after he dived deep into his own soul that he realized he had subconscious bad habits and he needed to break the cycle. He says he makes a conscious effort each day to make choices that align with his personal life goals.

He offers these suggestions for those who may be struggling to understand why they continually seem to make the wrong decisions.

- Start with identifying where you are stuck. The first step is identifying the exact moment you realized you were doing something that you knew you didn't really want to do.

- Find the trigger. As soon as you have located the exact moment you went off the rails, try to find out what triggered your behavior that you want to change.
- Ask yourself: is this behavior moving me towards my life's goals? By keeping your ultimate goals in mind, it will make it easier to take the smaller steps needed to obtain those goals.
- Don't let bad habits cause you to have a mediocre life. Sometimes bad habits are not as serious as alcohol or drugs, but nonetheless they wear you down so you are not as productive and happy as you could be. Don't allow bad habits to make your life less fulfilling than it should be
- Ask for help. If it is a small habit you are trying to break, just telling friends about it can help you internalize the need for change. If it is a big problem, don't be afraid to seek professional help.

Exercise: Good for Body, Bad for Teeth?

Sometimes, what begins with good intentions has unintended, negative consequences.

Take working out, for example. People do it to strengthen their bodies and improve their overall health, but sometimes they also can damage their dental health in the process.

Numerous studies and dental professionals have found that vigorous exercise can harm teeth, gums and the jaw without proper techniques or equipment being used.

The problems often start with jaw-clenching or teeth-grinding. Both are common during high-intensity workouts or certain demanding sports. Someone who engages in such strenuous activities on a regular basis may have developed clenching or grinding habits, and over time they will feel the results.

"Weightlifters or others exerting maximum effort often clench their jaw, and the cumulative effect can be fractures, chips, or holes in their teeth," says Dr. Shab Krish, author of *Restore Your Rest: Solutions for TMJ and Sleep Disorders*. "The constant stress of lifting can also damage your jaw joints - a potentially very big problem."

Other oral health issues can surface as a result of exercise. Here

are tips on how to prevent them while working out vigorously:

- Wear an oral appliance that puts a thin barrier between the upper and lower teeth. Dr. Krish suggests a custom-made appliance – one aligning and supporting the jaw – by a dentist for optimal effectiveness and comfort.

"You need the kind of oral appliance that not only protects your teeth, but your jaw, facial and neck muscles as well," Dr. Krish says.

- Breathe through the nose. A study found that mouth-breathing during exercise dries out the mouth. The result is a reduction of saliva - which protects the teeth - and that creates an environment for bacteria, leading to more tooth decay. Nose-breathing can improve your airflow and relax your

jaw and neck muscles, which reduces clenching.

- Ease up on sports drinks. Drink water for the healthiest hydration.

"Sports drinks refuel the body with electrolytes, but they also tear up your teeth by eroding enamel and causing cavities," Dr. Krish says.

A study in the clinical journal of the Academy of General Dentistry found that excessive acid in sports drinks can damage teeth after just five days of consumption.

Dental damage while exercising is kind of the untold other side of the story, and the challenge is to get the utmost out of physical activity while knowing how to prevent damage to your mouth, jaw, and gums.

Unleaded Libations

If your tastes have turned to celebratory drinks that are more spiced than spiked, you're not alone.

Many of us continue to cut back on alcohol consumption, especially on New Year's Eve.

So let's begin with everybody's New Year's favorite – eggnog.

This recipe for Cooked Eggnog is probably the best you ever tasted. It has a sensational custardlike flavor, which is sure to please your guests as they welcome in 2019.



Place in a large punch bowl and add ginger ale. *Do not add ice.* Makes 1-1/2 gallons.

VIRGIN MARY

For each serving:

- 1 cup tomato Juice
- 4 shakes Worcestershire sauce
- 2 drops Tabasco
- 1/2 teaspoon horseradish (optional)
- Pinch of salt
- Freshly ground pepper
- 1 sprig leafy celery

Fill a large glass with crushed ice. Add tomato juice to fill, and stir in other ingredients. Add celery stick as a stirrer. (Or, leave out the ice and heat the juice to make a Tomato Toddy.) Yields 1 serving.

COOKED EGGNOG

- 1 quart nonfat milk
- 4 large egg whites
- 2 large eggs
- 1/4 cup powdered sugar
- 1 teaspoon vanilla extract
- Fresh grated nutmeg, for garnish

In a small bowl, lightly beat egg whites and eggs together. Combine milk, eggs and sugar in a heavy saucepan and mix well with a wire whisk. Slowly bring to a simmer over low heat and simmer for 5 minutes, stirring frequently with the whisk.

Remove from the heat, add vanilla and mix well. refrigerate until cold.

To serve, pour mixture into

a blender container and add 1 cup crushed ice. Blend until frothy. Yields five 1-cup servings.

MOCK CHAMPAGNE

- 1 (46-ounce) can pineapple juice
- 1 (46-ounce) can apple juice
- 1 (12-ounce) can frozen lemonade
- 1/2 cup sugar
- 4 (28-ounce) bottles ginger ale, chilled

Combine juices, lemonade and sugar. Stir until sugar dissolves. Freeze overnight. Remove from freezer 3 to 4 hour before serving.

SOUTH SEAS COOLER

For each serving:

- 1/3 cup orange juice
- 1 tablespoon grapefruit juice concentrate
- 2 tablespoons coconut cream
- 2 tablespoons light cream
- 1/4 cup shaved ice

Mix all ingredients. Serve in tall glass. Makes 1 serving.

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San Leandro Times/Castro Valley Forum

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LETTERS

TO THE EDITOR

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East Bay Park District Makes a Commitment

Editor:

Ten Hills Trail Forest is to be made safer. Faced with evidence of overgrowth and neglect all along the Ten Hills Trail area, during a recent walk arranged by Alameda County Supervisor Nate Miley, our East Bay Parks representative committed to remove fallen and dead trees, cutting back underbrush and fire prone saplings up to 6 inches in diameter.

As a consequence of this overgrowth and neglect, the trail area and adjoining homes are now designated as a Severe High Hazard Zone. The serious offshoot of that is that homeowners are now receiving notices of non-renewal of Fire Insurance Policies.

The fact-finding tour included representatives of East Bay Parks, Cal Fire, Alameda County Fire, MAC Board, C.V.F.F. group and the organizers – Alameda County Board of Supervisors represented by Supervisor Nate Miley.

The group witnessed the serious fire hazard which could lead to a catastrophe like Santa Rosa and Paradise, where the forest fires torched the neighborhood houses and continued to destroy the communities.

Supervisor Miley's presence, and his remarks to East Bay Parks representatives that he intends to visit the area when remedial work is in progress and, more important, that he would tour the area again with the C.V.F.F. citizens group when the project is completed, was very assuring to the Citizens group.

The C.V.F.F. Citizens group has now committed to work with homeowners, particularly those whose properties adjoin the trail, so that defensive fire spaces around individual homes can also be accomplished.

This can be a win-win scenario for a safer Castro Valley because of the intervention of Supervisor Miley. Thank you, Mr. Miley.

—John Sullivan, Castro Valley

Calls on Rep. Swalwell to Disassociate Himself from Rodeo

Editor:

In response to David Holsey ("Congressman Swalwell Called 'Friend of the Jewish Community'," Letters, Dec. 12) I'm pleased to hear of local Congressman Eric Swalwell's support for the Jewish community.

But there's another community in need of his support, too: the animals used/abused in the annual Rowell Ranch Rodeo in Castro Valley.

Mr. Swalwell, to the dismay of many, is a member of the "Rowell Ranch Rangers," an ad-hoc group of local politicians who support and promote the rodeo, the event's inherent cruelty notwithstanding. Other members include the Alameda County Sheriff, the County Fire Chief, County Supervisors Scott Haggerty and Nate Miley, and State Senator Bob Wieckowski.

The animals deserve better.

It's been said that people who care about animal welfare comprise the largest constituency in the nation. Word to the Wise: Congressman Swalwell would be advised to disassociate himself from the "Rowell Ranch Rangers." Such a compassionate move would only help him in his 2020 run for the White House.

—Eric Mills, coordinator
Action for Animals, Oakland

'Indisputable Facts' on Climate Change

Editor:

Peter Hauer ("Calls Statistical Claim of Climate Scientists 'Bogus'," Letters, Dec. 19) attempts to debunk the claim that "97% of climate scientists agree that climate warming is due to human activities."

This figure originated in a study by John Cook in 2013. It is worth looking at the study (see iopscience.iop.org, a non-partisan international website), where a lively discussion and exchange of scholarly papers has continued since then.

In 2016, Cook, with nine other scientists, published "Consensus on consensus: a synthesis of consensus estimates on human-caused global warming." This study, also available on the IOP website, focuses on a large sample of research papers (4014 of them) by experts in climate science.

Each of these studies has its own approach to the question of whether and to what extent humans are responsible for global warming. The authors of "Consensus on consensus" present and collate the evidence, respond to Tol's criticism of the 2013 paper (which formed part of the basis of the Friedman article and perhaps, Mr. Hauer's argument), and state, "We examine the available studies and conclude that the finding of 97% consensus in published climate research is robust and consistent with other surveys of climate scientists and peer-reviewed studies."

A broader look at scientific and non-politicized articles on the web also shows support for this consensus in the 90%-99% range. That said, there is still a lot of debate over the validity of the 97% figure, and a layman like me would have a hard time endorsing an absolute percentage number.

Let's step back and use some common sense and common experience about this issue. It is indisputable that human population has increased exponentially in the last century, as has our burning of fossil fuels.

Indisputable is the fact that the carbon emitted into our atmosphere traps heat and raises global temperatures. Everyone knows we have reduced our forests to pitiful levels. Wouldn't global warming be the expected result of these events? And, aren't we responsible for pollution of the land, water, and air on a huge scale?

It is not so important to argue about the percentages or to ponder the influence of geological cycles as it is to focus on what we can do individually and collectively to reduce our carbon production.

We have a duty to restore the health of our planet. That will take courage, innovation, hard work, and perseverance. Let's get to it.

Letters to the Editor must include writer's first and last names, phone number, city of residence, and must be under 300 words. Not every letter can be printed. We do not print unsigned or anonymous letters. 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.

New Year's Eve 'Duetto's' Party

"Duetto's," is the Second Annual New Year's Eve celebration at Castro Valley Center for the Arts Dec. 31 at 6 p.m. For tickets, visit: www.cvartsfoundation.org/shows

"Duetto's" is a double-header, a sparkling cabaret and a fabulous party with food and drink! The small bites menu includes such temptations as espresso crusted pork tenderloin sliders with pickled red onions and parsley aioli and pumpkin shots with quinoa and pumpkin seed crumble prepared by Igor Breyman (CVHS '10) and his catering company.

Like Matthew Liebowitz, Maggie Francisco and Erin Sullivan, Igor got his career start in the Arts Department at Castro Valley High School, playing Picasso in "Picasso at the Lapin Agile" and, providentially, the dancing whisk in "Beauty and the Beast." He also was president of the Improv Club.

Igor transformed the flare he had on stage to the drama of a beautifully presented meal. He earned a BS in Culinary Management at Art Institutes of California-San Francisco and began working at the beautiful Cavallo Point cooking school in Sausalito.



Igor Breyman

Today he manages the Sur La Table cooking schools in Los Gatos and Santa Clara and caters private events.

His motto is "Eat in color, be happy, be healthy!" Come sample what Igor has prepared for the Duetto's guests on New Year's Eve, followed by a fabulous show featuring Broadway favorites and Billboard hits. After the show, join the cast for a final champagne toast to celebrate 2019!

—Terry Liebowitz

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HOROSCOPE by Salomé

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ARIES (March 21 to April 19) It's a good time to take a much-needed break from your recent hectic schedule and spend some time in quieter surroundings. Important news could arrive early next week.

TAURUS (April 20 to May 20) The Taurean traits of reliability and thoroughness could be well-tested when decision-makers consider your proposals and/or requests. Be prepared to answer some probing questions.

GEMINI (May 21 to June 20) A sudden attack of boredom leaves you with some tasks undone. It's OK to take a short respite. But get back to work by week's end so that you have time for other projects.

CANCER (June 21 to July 22) Avoid prejudging a situation just because it looks bad. Facts could emerge that would make your position uncomfortable, to say the least. A relative has interesting news to share with you.

LEO (July 23 to August 22) This is a good time to begin reassessing some of your recent decisions about your long-range goals to see if they still have merit. Spend more time with loved ones this weekend.

VIRGO (August 23 to September 22) An unsettled situation at home or on the job early in the week could drain your energy levels, making it difficult to get your work done on schedule. But things improve by midweek.

LIBRA (September 23 to October 22) A temporary setback could give you time to go over your plans to find weaknesses you might have overlooked before. A romantic getaway with that special person is favored this weekend.

SCORPIO (October 23 to November 21) Professional and personal situations benefit once you set a positive tone in getting things off to a good start. Honest dialogue smoothes over any occasional display of balkiness.

SAGITTARIUS (November 22 to December 21) A problem with workplace colleagues or family members seems to defy even your sage counsel. But be patient. Your words eventually will lead to a resolution.

CAPRICORN (December 22 to January 19) Don't just wait out that unexpected and unexplained delay in your career move. You could gain added respect if you ask why it happened and what you can do to move things along.

AQUARIUS (January 20 to February 18) Although your workplace strategies usually are accepted, you could be challenged by someone who isn't so favorably impressed. Be prepared to defend your positions.

PISCES (February 19 to March 20) Your friendship circle expands, with new people coming into your life at this time. Welcome them warmly. But don't neglect those cherished longtime personal relationships.

THE FORUM CROSSWORD

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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45	46						47			48	49	50
51					52	53						
54					55				56			
57					58				59			

ACROSS

- Lather
- Diner order, for short
- Unwanted email
- On
- Always, in verse
- Patriot Nathan
- Irrational suspiciousness
- Artillery
- Follow relentlessly
- 1984 Tom Hanks movie
- Flightless bird
- Knoll
- Energy
- North Pole staffer
- Surveys
- Leading man?
- A mere handful
- Cry
- Sweat outlets
- Sweet potato
- Meadow
- Commotions
- Actor Diesel
- Walk like a duck
- Bursts forth
- Satanic
- Pet bird, often
- Got up
- de-France
- Sea flier
- Basin accessory
- Help
- White-glove detection

DOWN

- Enervates
- Western state
- Nickelodeon's "Explore"
- Card symbol
- Grendel's slayer
- Island souvenir
- Garbage
- Not deep
- Like some lines
- Charitable donations
- Netting
- City in Alaska
- 4-Down, e.g.
- Tase
- Altar affirmative
- Eden
- "30 Rock" cast member
- Shelter
- Hot tub
- Busybody
- Fluctuated
- Scale member
- Actress Sorvino
- Old photo tint
- Microwaved, slangily
- Existed
- Acknowledge
- Lima's land
- Sawbucks
- Undo a dele
- ___ Baba

ANSWERS ON PAGE 7

60s British Sports Car Gets Electrified

By Steve Schaefer
San Leandro Times

Most electric vehicles (EVs) are familiar hatchbacks, like the Nissan Leaf or Chevrolet Bolt EV. They come with digital screens that tell you what the car is doing and how efficiently it's performing. They have heated seats and steering wheels, climate control, Apple CarPlay, and so much more.

But what if you want something really different? Vijay Lakshman has built his own EV—a 1967 MGB GT with an all-electric powertrain.

With all the possible old cars to convert, why did he pick this one?

"I was looking for a simple car, without any complicated electronics," said the software developer. "My friend suggested building something really different, and I found this fine old

British hatchback."

The car looks completely normal to the eye. It's resprayed in an attractive Ferrari Red. It isn't wearing its original wire wheels, but the gold-colored Panasport racing wheels look appropriate—and save about five pounds at each corner.

To power his project, Vijay obtained two 2013 Nissan Leaf batteries and placed parts of them in the rear compartment and under the hood. He ordered a brand new High Performance motor—it's not out of an existing EV—that sits below the batteries up front. There's a tiny 12-volt battery under the hood, too, and a converter from 120 to 12 volts to run it. The small battery charges whenever the car is on—not just when it's moving.

Twin chargers in back allow the car to drink juice from a charger at a 6.6 kWh rate, much like many modern EVs. A standard J-1772 charge port sits by the rear bumper, and inside the

cargo hold there's a cable that can plug into a 240-volt wall socket if necessary.

This project was a labor of love, taking 3 to 4 hours three workweek evenings a week and full days on the weekdays for about a year. If you want to follow the process and see details of this project, check out his blog at 67mgbgtv.tumblr.com/. But the result is compelling. It delivers electric car efficiency without a hint of the 21st century in it.

Vijay took me for a ride on city streets and a long loop of freeway. The car accelerates quickly, although it's not neck-snapping, all while the four-speed transmission, donated from a Datsun 240-Z, whines audibly. A multi-speed transmission in an EV isn't really necessary, and Vijay uses mainly 2nd and 3rd gears. Using the Z's gearbox saved about 50 pounds. Vijay opted for an electronic clutch, so your left foot isn't put to work. There is regenerative braking, which varies depending on what gear you're in.

The ride is firm but not too harsh, and handling, from the passenger's seat, feels stable and controlled. It's certainly not a quiet experience, but this is a half-century-old British sports car, right?

The MGB GT carries 30 kWh worth of battery, so range is about 100 miles on the freeway. Range probably isn't an issue, since this low-slung two-seater wouldn't likely be your choice for a cross-country jaunt (nor would the gasoline version), but it serves nicely for in-town trips



The car looks completely normal to the eye, even after being resprayed Ferrari Red and wearing gold-colored Panasport racing wheels.



Vijay obtained two 2013 Nissan Leaf batteries and placed parts of them in the rear compartment and under the hood.

and commuting.

The interior sports a custom after-market Nardi steering wheel and a later generation radio with larger door speakers (leading to using shorter billet-style window cranks). The modern seats are from a Mazda Miata, complete with the built-in headrest speakers. But overall, you're still looking at an old car with an upright windshield—and you can see a fender from where you're sitting inside.

Vijay sometimes gets a hard time at chargers, before folks see him plug the car in. Who'd think that this old 1960's classic is a 21st-century EV underneath? It's the first time I've seen white California carpool lane access stickers on a 1967 vehicle. Vijay says it was hard to get them—he had to take the car to the Cali-

fornia DMV to get certified as an electric vehicle. Apparently, they aren't issuing them to conversions anymore.

The car is really something different and I'm glad he gave me a ride in it.



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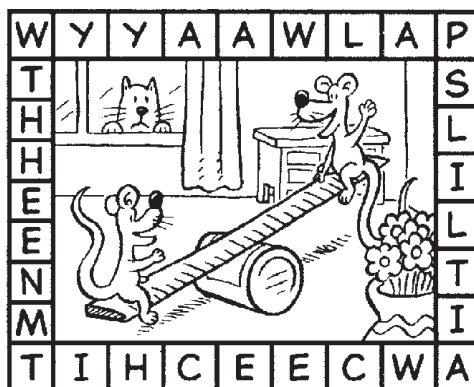
BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Arm is moved. 2. Frame is different. 3. Hassock scallop is missing. 4. Clock is turned. 5. Clown is missing. 6. Remote control is missing.



A TEETER-TOTTER TALE! Hidden in the above frame is a famous old saying. You can find it by reading every other letter as you go around it counterclockwise. The trick is finding the right first letter.

Answer: Starting with the "W" in the upper left corner: "When the cat is away the mice will play."

A TOPSY-TURVY TEST! Professor Flunkum wants you to find two more words in the English language that will read the same when turned upside down as they do when right-side up.

TRY LIGHTING UP THESE WORDS! In this puzzle, all of the words get progressively longer, and they all start with LIT. Some hints are:

1. Turned on (given).
2. Two percent milk.
3. Very supple.
4. Type of test.
5. Exact meaning of.
6. Made a mess.

Answers: 1. Lit. 2. Lite. 3. Litter. 4. Litmus. 5. Literal. 6. Littered.

Junior Whirl

by Charles Barry Townsend

THE PYRAMID OF WORD POWER



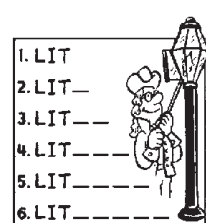
Can you harvest the right words from our "Garden of Knowledge"? Starting with the given word GARDENING at the bottom of our word pyramid, try dropping one letter at a time as you work your way up, so that the remaining letters, at each level, will spell out a new word. The following helpful hints are in ascending order, beginning with GARDENING.

1. Cultivating vegetables and flowers.
2. Provoking or making mad.
3. Almost there.
4. To get back again.
5. The staff of life.
6. To acquire.
7. To scold constantly.
8. Variant of ONE.
9. Blood type.

Illustrated by David Coulson



Answers: SWIMS and MOW



1. LIT
2. LIT
3. LIT
4. LIT
5. LIT
6. LIT

Answers: (from the bottom up): Gardening, angering, nearing, regaining, grain, gain, nag, an, A.



Award-Winning 'Science Fair' Screening

By Garland Dughi
SPECIAL TO THE FORUM

Meet the young geeks upon whom your future depends:

Kashfia is one of the only Muslim students at an enormous school in South Dakota, and takes an inventive approach to studying the human brain; Myllena and Gabriel are two teens from an impoverished region of Brazil, whose research can help stop the spread of the Zika virus; and Robbie is a passionate teen from West Virginia who is obsessed with number theory, Kanye West, and artificial intelligence.

These are some of the nine students featured in the National Geographic film "Science Fair," which won audience awards at SXSW and the Sundance Film Festival.

The film closely follows the anxiety and triumph of these students in their quest to win glory at the 2017 Intel Science and Engineering Fair (ISEF), the largest and most prestigious Science Fair in the world. Monetary prizes in the competition total over \$4 million, and at least seven ISEF alumni have gone on to win Nobel Prizes.

The struggle of these students is analogous to the excitement and challenges that hundreds of our

own Castro Valley students face every year in their own Science Olympiad competitions.

To inspire our kids, Castro Valley Science, in conjunction with the Castro Valley Educational Foundation, invites the East Bay and community to a very special screening of this quirky and inspiring film.

It will be shown at the Castro Valley Center for the Arts at 6:30 p.m. on Thursday, Jan. 10. Attendance is free but registration is required at bit.ly/science-fair-cv.

Garland Dughi is engineer, founder and president of Castro Valley Science.

Smalltown: Ring in New Year with Plethos

Looking for more opportunities to highlight your music? Your art? Your voice? Smalltown Society is currently holding open auditions and reviewing portfolios for the 2019 season. Opportunities to perform at various gatherings and events, or showcase your work at various locations around the Eden area. For more info, please email: info@smalltownsociety.com!

Monday, December 31: New Year's Season Announcement Party & Talent Showdown

This New Year's Eve Plethos is announcing our 2019 season with a party and a Talent Showdown! Performers will compete in 3 categories - Stand Up Comedy, Comedic Scenes & Musical Theatre. You be the judge and winners will be awarded in each category. Admission includes: Talent Showdown, Italian Small Plates, Champagne Toast, Countdown & Balloon Drop, and Dancing. Ristorante di Parma, 22532 Foothill Blvd, Hayward. 9 p.m. - 1 a.m. Tickets are \$50 and selling fast at plethos.org



RINGING IN THE NEW YEAR: Last years New Years Eve Celebration with Plethos Productions. Don't miss out!

Every Saturday, January 12-February 16: Project Cultiv8

Interested in building your own non-profit organization and implementing your philanthropic innovations to improve your community? Come to our FREE workshops featuring executive philanthropists, with the opportunity to receive funding and mentorship to make your idea into a reality. Project

Cultiv8 workshops are open to all high school students ages 14 and older. FREE 10 a.m.-12 noon. More info at www.projectcultiv8.org/castro-valley

More details on these events and others visit www.smalltown-society.com or text "Smalltown" to 797979. Smalltown Society is located at 22222 Redwood Road, Castro Valley

ATHLETE OF THE WEEK

CVHS Graduate Juan Toscano Anderson

This week's Athlete of the Week is Juan Toscano Anderson, a 2011 Castro Valley High School graduate. Toscano Anderson helped CV win a North Coast Section (NCS) title in 2011 then went on to play basketball for the Marquette Golden Eagles.

Since graduating, he has played in the Mexican basketball league's Fuerza Regia, as well as Mexico's National team. Toscano Anderson tried out for the Golden State Warriors' G League team, the Santa Cruz Warriors on Monday, October 22. He made the team and has had a positive impact every time he is on the floor.

He plays good defense, with 16 steals and 7 blocked shots. He has 73 total rebounds and offensively, has contributed 28 assists.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

Youth Baseball and Flag Football Programs
www.CVSPORTSLEAGUE.org

Salon: 25th Anniversary

SPORTS NOTES

CV Little League

The Castro Valley Little League will hold live registration for the 2019 Spring baseball season tomorrow, Thursday, Dec. 27, from 6:30-8:30 p.m. in the Multi-Purpose Room of at Creekside Middle School, 19722 Center Street. Live registration is for new players to show proof of residency or school enrollment form and birth certificate. Register online at Castrovalleylittleleague.org

CV Independent Sports League Registrations

The Castro Valley Independent Sports League has opened online registrations for the 2019 Spring baseball season. Just go to cvsportsleague.org

CV Girls Softball League

The Castro Valley girls softball League is having online registration. Just go to Castrovalleysoftball.com

continued from page 3

a manicurist, esthetician and spa. After 14 years she sold the spa portion to focus on her next dream, becoming an online mentor for salon owners and hairdressers.

Stacy is proud to have seen five of her stylists go on to open shops of their own. She decided to offer her advice and training to help inspire others, as her own mentor and first employer, Paul Grundman, did for her when she was just a teenager hoping to become a stylist.

"It is the biggest compliment when you see others follow your footsteps," she says.

Stacy's online coaching information may be seen at stacymonroe.com.

Currently Stacy Monroe's is a 19-chair salon with manicurist and esthetician. Wedding make-up and hair styling is a specialty. Hours and a complete list of services is provided on the salon's website, www.stacymonroes.com.

Appointments may be booked online or by phone at 510-537-8084. The salon is located at 20590 Redwood Road, Castro Valley.

ADOPT-A-PET



MONTE is 3-years, playful with people and dogs. He's social and needs an active family who'll take him to training. OK with teens. Call Hayward Animal Shelter: (510) 293-7200.



FROGGY is an intelligent, friendly, 3-years-old pup. He'd love to go to a training class to learn some leash manners. OK with teens. Call Hayward Animal Shelter: (510) 293-7200.



MARTY is a sweet, 1 year old tabby-tuxedo. He's social, bright and active and OK with other cats. He is neutered and microchipped. Email: Loveall-pawzrescue@gmail.com.



TIKI is a 5 month old Turkish Van mix. He's playful and loves to wrestle and snuggle with his five siblings. He is neutered and microchipped. Email: Loveall-pawzrescue@gmail.com.

Birthright Of San Lorenzo

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

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