

A DICEY SITUATION

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 31

WEDNESDAY, NOVEMBER 20, 2019

NO. 46

INSIDE YOUR
FORUM

OUR TOWN



Food Drive

Castro Valley Outreach to provide Thanksgiving dinners for many families

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LIVING



Bird is the Word

Everything you need to know to perfectly cook a Thanksgiving turkey

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NEWS



Craft Show

16th Annual Creekside Craft Show December 6 and 7 in San Leandro

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PHONE: (510) 614-1560



Independent Elementary students were treated to an assembly of native songs and dances from American Indian performers, including one of their own classmates.



MAC MEETING

Two Hot-Button Issues: E-Cigarettes And Homelessness

By Amy Sylvestri
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) discussed two hot-button issues at their Monday night meeting: e-cigarettes and homelessness.

A packed library full of small business owners gave the MAC an earful about proposed limitations on vaping sales and flavored tobacco. They said they want to keep such products out of the hands of kids, but a blanket ban will cause them to lose their livelihoods.

"This ordinance will close my business," said the owner of one vape shop.

But Rachel Gratz-Lazarus, Senior Program Specialist with Alameda County Public Health, said that more young people are vaping than ever; up to 20 percent of high school juniors in the unincorporated area have tried it.

"The youth vaping epidemic is real and it is concerning," said Gratz-Lazarus.

Public speaker Elsa Casanova of the group Bay Area Strength Through Activism said that there is no denying fruit and candy flavored vapes make taking up the habit more appealing to kids who might be put off by a harsher tobacco product.

"It is very important for us to put some kind of restriction on the sale of flavored tobacco products because we know that they do entice youth," said Casanova.

The County Board of Supervisors is considering sales restrictions next month, creating ordinances for the unincorporated areas that will be similar to neighboring cities including San Leandro.

The MAC had a chance to weigh-in and several members said they don't think outright prohibition will work.

MAC member Ken Carbone said that if stores are banned from selling the products, people will just go online to buy, which would mean even less regulation. MAC member Chuck Moore said he personally knows people who've used vapes to stop smoking and he'd be hesitant to limit access for adults.

"I have an issue with taking away adults' rights because we're not managing our children better," said Moore.

In the end, the MAC voted 5-2 (with members Shannon Killebrew and Dolly Adams dissenting) to recommend an amended ordinance which will require shop owners to obtain a Tobacco Re-

see MAC on page 15

Want to be a Noon Supervisor?

By Michael Singer
CASTRO VALLEY FORUM

Are you looking to make an impact on student success and have a few hours to spare at lunchtime? Castro Valley Unified School District is looking for you.

The district is hiring noon supervisors—called Campus Monitors—to provide supervision during lunchtime.

This includes monitoring the lunch area outside of school multi-purpose rooms, blacktop areas, play structures, and school fields open to kids.

The offer is open to adults who can commit to a regular schedule and who would be willing to work at one of the nine elementary schools or two middle schools in town.

The primary purpose of noon-time supervisors is for the safety and support of students. Monitors supervise in an effort to prevent accidents from happening and to respond to them when they do.

They also provide student support by providing basic conflict resolution for minor conflicts between students, resolving game rules disputes, as well as providing

support and encouragement for the students that do not appear to be engaging in play with others.

Pay starts at \$15.31 an hour or \$16.07 if you have valid CPR and first aid training. Monitors receive paid sick leave and vacation pay.

There are some on-call substitute positions, which CVUSD currently pays the \$12 per hour minimum wage. The District says it is willing to combine the Campus Monitor position with existing paraprofessional positions, offering the hours at the higher, paraprofessional rate.

see SUPERVISOR on page 7

Castro Valley Man Slain at His Home

A Castro Valley man was found dead in his home last week, victim of a brutal stabbing attack.

He was identified as Troy Schwenk, 55, a longtime ranger with the East Bay Regional Park District who lived in the 19900 block of San Miguel Avenue. He worked at Lake Chabot as a park craft specialist.

When Schwenk failed to show up for work on Monday, Nov. 11, concerned colleagues asked the Alameda County Sheriff's Office

to check on his welfare.

A short time after deputies discovered the body, Park District Police arrested the victim's estranged son, 28-year-old Christopher Schwenk, that afternoon on Castro Valley Boulevard. He was unresponsive when officers attempted to question him.

Christopher Schwenk was arraigned on murder charges in Alameda County Superior Court in Dublin last Thursday. He is scheduled to enter a plea on Dec. 3.

Castro Valley Weather Nov. 20 - 24, 2019



Wednesday
Mostly Sunny
High 67° Low 43°



Thursday
Sunny
High 63° Low 45°



Friday
Mostly Sunny
High 64° Low 43°



Saturday
Mostly Sunny
High 66° Low 42°



Sunday
Partly Cloudy
High 64° Low 44°

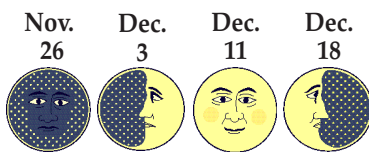
Almanac



Sun sets at 4:55 p.m. today, rises at 6:56 a.m. Thursday.

Past Week's Rain: 00.00
Season To Date: 00.38
Normal To Date: 02.90
Season Average: 21.22

Moon Phases



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CVSAN PHOTOS

Attendees of CVSan's 6th Annual 4R Star Business Employee Recognition Brunch.

CVSan Awards Three Employees At 4R Star Recognition Brunch

The Castro Valley Sanitary District (CVSan) presented awards to three environmentally conscious employees of certified 4R Star businesses at the recent 6th Annual 4R Star Business Employee Recognition Brunch.

Businesses certified through the 4R Business - 4R Planet program maintain recycling and composting at rates well over 60% due to the efforts of their employees who implement programs and practices to promote the 4R's — reduce, reuse, recycle, and rot (organics).

Recognized by CVSan for making waste reduction a priority were Roy Tamez of Castro Valley Masonic Center, Johnson Chan Tran of Donut Express, and Denis Shapland of Doss Sheet Metal.

This year's brunch also featured a presentation from the Alameda County Green Business Program which is currently offering a \$500 rebate for newly-certified Green Businesses. Learn more at www.greenbusinessca.org.



4R STAR AWARD RECIPIENTS, from left, Roy Tamez of CV Masonic Center, Denis Shapland of Doss Sheet Metal and Jerry Johnson for Johnson Ghan Tran of Donut Express.

CVSan would also like to thank Castro Valley/Eden Area Chamber of Commerce, Alameda County Green Business Program, Alameda County Industries, Edward Jones, His Growing Grove, Aitken Community Center, Aaron's Auto Brokerage & Sales, Green Recy-

cling, Rick I. Hatcher Insurance, Oro Loma Sanitary District, Cafe Rumi, El Rancho Steakhouse, and Pampas Cafe for participation.

For more information on how to participate in the 4R Business, 4R Planet program, visit www.ovsan.org/BecomeA4RStar.



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CV OUTREACH

Food for Families In Need

By Linda Sandsmark
CASTRO VALLEY FORUM

Castro Valley Outreach is a volunteer-run program that provides help to local families in temporary need. This year's Thanksgiving food drive will provide food boxes to 132 Castro Valley families who applied in September.

"All recipients have kids in Castro Valley schools, so it stays right within our own community," says CV Outreach board member Karen Collopy.

Through this Friday, Nov. 22, the following items will be collected at local public schools: canned cranberries, green beans, mixed veggies, corn, peas, yams, fruit, and canned or jar gravy.

Other items requested are cornbread mix, boxed/bagged stuffing mixes, flour, sugar, Jell-O, sparkling cider, dinner napkins and aluminum roasting pans. No perishables or other items are requested at this time.

On Friday, the donated items should be brought from the schools and other collection points to the Mormon Church, 3900 Seven Hills Road, from noon to 4 p.m.

At 9 a.m. the following Monday, Nov. 25, volunteers are invited to help sort food at the LDS church. This activity typically finishes very quickly, so participants should arrive at 9. There is no need to sign up in advance.

"It goes really fast because we get so many volunteers. Even preschool kids can help. All ages are welcome, all the way up to senior citizens," adds Collopy.

From 9 to 11 a.m. on Tuesday, food boxes for families will continue to be filled and organized for pick-up or drop-off. Deliveries and pick-ups are from 10:30 a.m.-12:30 p.m.

While some families prefer to pick up their food boxes, delivery drivers may be needed. Check in at the church during the food sorting if interested in transporting food boxes to families. After all 132 boxes are assembled, excess food will be brought to local church food banks. Volunteer drivers may be needed for this as well.

see OUTREACH on page 5

CROSSWORD PUZZLE ANSWERS

M	E	S	H	W	H	O	C	R	A	B
A	C	H	E	H	E	W	H	O	S	E
C	H	A	R	C	O	A	L	A	S	T
H	O	G	L	O	P	C	R	A	F	T
				C	O	P	M	A	Y	
O	U	G	H	T	B	O	M	B	A	R
P	L	E	A	Y	U	M	D	R	A	Y
S	T	E	R	N	U	M	G	I	M	M
				A	U	K	D	O	S	
T	R	A	C	T	O	R	E	D	U	O
R	I	O	T	C	H	A	R	M	I	N
A	C	N	E	B	I	G	A	M	I	R
P	E	E	R	S	O	S	P	E	T	E



IN UNIFORM

U.S. Marine Lance Corporal Jacob Mackin, CVHS Class of 2017, graduated from the Marine Base at Fort Lee, Virginia on Oct. 29, with training as an Electro Optical Ordnance Repair Technician and entered the Reserves. Mackin graduated from boot camp on April 5 and will be returning to California State University at Chico, where he is studying economics. He is scheduled to graduate in 2021, unless he is deployed. He is the son of Don and Tammy Mackin of Castro Valley. His brother James and sister Macie attend Castro Valley High School.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Unhappy Camper

Friday, November 15: at 7:09 a.m., Sheriff's deputies arrested a 29-year-old man from Castro Valley on suspicion of possession of illegal narcotics and violating the terms of his parole. The man was previously wanted on misdemeanor charges and had a warrant issued for his capture. Deputies caught up with the man at a homeless encampment at the end of Grove Way near the Interstate 580 entrance. The man was taken to Santa Rita Jail and held without bail.

Burglar Tools

Saturday, November 16: at 1:38 a.m., a 28-year-old man from Emeryville was arrested on suspicion of possession burglar tools. Deputies were called to investigate a suspicious person in front of a convenience store on Grove Way near Center Street. The man had a device for breaking into cars in his pocket and was taken into custody.

Scratched His Face

Friday, November 15: at 8:08 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Crestfield Drive

near Crestfield Circle. There, they arrested a 49-year-old woman from Santa Clara on suspicion of assault on a family member. Deputies report the woman scratched the face of her relative during an argument and was considered the aggressor. The woman was taken to Santa Rita Jail pending \$50,000 in bail.

Kicked in the Stomach

Friday, November 15: at 9:50 p.m., a 65-year-old man from Castro Valley was arrested on suspicion of assault on a family member. The victim reported finding the man passed out drunk on the couch when they got home. Deputies say the suspect kicked the victim in the stomach after waking up and arguing. The man was taken into custody. The victim was treated at the scene.

Brass Knuckles

Thursday, November 14: at 5:24 p.m., deputies arrested a 53-year-old man from Castro Valley on suspicion of possession of brass knuckles, illegal narcotics, and related drug paraphernalia. The man was hanging outside a home on Dolores Street near Star Ave-

nue when deputies stopped him for questioning and discovered his stash. Deputies took the man into custody.

Out of Eden and Into Jail

Thursday, November 14: at 8:22 a.m., a 60-year-old man with no permanent residence was arrested on suspicion of public intoxication. Deputies were called to Eden Medical Center after hospital staff had discharged the man for alcohol abuse and found him minutes later in the lobby drinking again. The man was taken to Santa Rita Jail and held pending \$2,500 in bail.

Robbery and Vandalism

Thursday, November 14: at 11:00 p.m., deputies arrested a 58-year-old man with no permanent residence part of a warrant issued for his capture. The man was previously charged with robbery and vandalism. Deputies made a positive identification and stopped the man for questioning in front of a business on East Castro Valley Boulevard near Center Street. The man was taken to Santa Rita Jail pending \$110,000 in bail.

see REPORTS on page 7

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The Week Ahead

● Wednesday, November 20: Keeping Seniors Safe

The Castro Valley Library will present a free informational program on keeping seniors safe, from 11 a.m. until noon today, Nov. 20, in the Learning Center. Topics to be covered include what elder abuse is, laws that address it, and legal remedies available. For more information, visit Events at www.aclibrary.org/branches/csv or call 510-667-7900.

● Wednesday, November 20: California Earthquake Authority

Invite your friends and neighbors to learn more about earthquakes and insurance in this special presentation at the meeting of Castro Valley Women's Club at 1 p.m. today, at 18330 Redwood Road. Visit www.castrovalleywomensclub.weebly for more information.

● Wednesday, November 20: Transgender Day Observation

Transgender Day of Remembrance is observed annually on Nov. 20 to memorialize people who have been murdered as a result of transphobia and to draw attention to the continued violence endured by transgender people. Join Starr King Unitarian Universalist Church's welcoming congregation in the sanctuary at 22577 Bayview Ave., Hayward at 7 p.m. today for a candlelight vigil to commemorate Transgender Day of Remembrance in our commitment to end transphobia everywhere.

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CASTROVALLEYFORUM.COM

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● Wednesday, November 20: County Agencies Open House

Hear updates on the Lorenzo Theater, the Village Green Apartment project, the Eden MAC and other projects in the unincorporated area at an Open House beginning at 5:15 p.m. today at the San Lorenzo Library, 395 Paseo Grande.

● Wednesday, November 20: Poetry Art Slam

Community Alliance presents a Poetry-Art Slam from 6 to 8 p.m. today, at Smalltown Society, 22222 Redwood Road, celebrating Bay Area United Against Hate Week.

● Friday, November 22: Firefighters Community Blood Drive

The Alameda County Fire Department will hold a Blood Drive from 7 to 11 a.m. this Friday, Nov. 22, at Fire Station 25 at 20036 San Miguel Ave. in Castro Valley. To make an appointment, visit bloodheroes.com and click "Donate." Use your unique sponsor code "ALCOFIRE."

● Friday, November 22: Regional Park Wildlife and Plants

The diverse assortment of wildlife that dwell in our Regional Parks is an integral part of the ecology of the Bay Area. A naturalist from the East Bay Regional Park District will be onsite with animals and foliage to teach us about park wildlife and plants from 1:30 to 2:30 p.m. this Friday, at the Kenneth Aitken Senior Center, 17800 Redwood Road.

● Saturday, November 23: East Bay Rockin' Christmas

Castro Valley Moose Lodge at 20835 Rutledge Road invites you to the 3rd Annual East Bay Rockin' Christmas at 7:30 p.m. this Saturday, featuring Blind to Reason Band (blues, roots and soul), Jeff Ricketts and the Dirt Road Band (rocking country), and CaliCeltic (celtic). CDs for sale plus hundreds of dollars worth of raffle prizes from local businesses. For tickets (\$20) visit www.blindtoreason.com/store.

● Saturday, November 23: Soroptimist Holiday Boutique

Soroptimist of the East Bay holds its 15th Annual Holiday Boutique from 10 a.m. to 4 p.m. on Nov. 23 at the Hill and Valley Club, 1808 B Street in Hayward, with hand-crafted gifts, holiday décor, jewelry, wardrobe accessories, stationary and confections. Lunch and refreshments available. For more info, call Donna Whitehouse at 510-924-7622.

● Monday, November 25: Eden Garden Club Meeting

Talent abounds beyond the garden. Two members of the club will share their artistic talents at the next meeting at 9:30 a.m. on Nov. 25: Sandra Wallace will share her Art-With-Paper creativity with a demonstration of making a rolled paper bowl, and Artist Margery Zweigle will share her passion for oil and acrylic painting. The free meetings are at the Moose Lodge, 20835 Rutledge Road, and guests are always welcome. Call 510-397-1268 for further info.

● Tuesday, November 26: Harry Potter Escape Room

A sinister young wizard is at work creating a new horcrux, and it will take an intrepid group to foil the plot and escape from Hogwarts! Groups are limited to 8 people at various time slots available beginning at noon on Nov. 26 at the Library. Groups should arrive 10 minutes before their start time. Latecomers cannot be accommodated. Groups will have 40 minutes to solve all the puzzles and escape the room. Session for Tweens starts at 12:15, session for Teens starts at 1:30, sessions for Tweens start at 3 and 4:30. Register (required) by calling the Castro Valley Library at 510-667-7900 or stopping by the Information Desk.

● Thursday, November 28: Free Thanksgiving Dinner, Concert

Badarikashrama presents a free Thanksgiving International Vegetarian Dinner & Concert from 3 to 6:30 p.m. at 15602 Maubert Ave. in San Leandro., a family friendly event open to all. Concert of Carnatic Music by Anuradha Sridhara on violin accompanied by other instruments and South Indian Percussion. Badarikashrama is a nonprofit organization focusing on the spiritual and cultural aspects of India for the whole community both Indian and non-Indian people. For more information, visit <http://www.badarikashrama.org>

Submissions to The Forum

The Community Calendar is for publicizing the activities of non-profit organizations, local government agencies, charities and community groups. It is not intended to be used for the advertising of commercial events, whether admission is charged or free. 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. Do not send flyers or posters as we cannot use them.

Soroptimist of the East Bay 15th Annual Holiday Boutique

Saturday, November 23• 10am to 4pm
Hill & Valley Club House, 1808 B St., Hayward

Hand Crafted Items, Holiday Décor,
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All proceeds go to improving the lives of women & girls.

● Friday, November 29: Scouts' Christmas Tree Lot Open

Get your fresh-cut Christmas Tree at the Center and Heyer corner lot opening on Black Friday, Nov. 29, while helping to support eight local Scout Troops for summer camp, service projects, merit badges and more.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events (unless otherwise listed) are available at www.cvcfa.com; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. (phone 510-889-8961), or at the Castro Valley Adult School, 4430 Alma Avenue.

● **Canyon Choir Concert** will be presented at 7 p.m. today, November 20. For tickets (prices to be determined), see above.

● **"The Great American Sh*t Show"** with new monologues on life in the age of Trump with solo performing stars Brian Copeland and Charlie Varon, will be presented at 7:30 p.m. tomorrow, November 21. An evening of laughing and thinking, covering topics including how to deal with a family member who's all in for the Donald when you're not, trying to turn red congressional seats blue. For tickets (\$40) see above.

● **"Bravissimo: From Opera to Broadway,"** featuring rising star tenor Ricardo Garcia singing familiar opera and Broadway classics at 7:30 p.m. on Saturday, Dec.14. He will be joined by international opera luminary Philip Skinner. Both men are from Castro Valley. Soprano Vivian Yau will make a guest appearance. For tickets (\$29-\$31), see above.

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"Hello Dolly,"** the Broadway hit celebrating the golden age of the American musical, continues at the Douglas Morrisson Theatre, 22311 North 3rd St. in Hayward through Nov. 24, with Friday and Saturday performances at 8 p.m. and Sunday matinee at 2 p.m. For tickets (\$15, \$29) call the box office at 510-881-6777.

● **"Next to Normal,"** the award-winning Broadway rock musical about depression, anxiety and the mental health industry, will be presented by Plethos Productions Friday through Sunday Nov. 22-24, at Smalltown Society, 22222 Redwood Road in Castro Valley. Friday and Saturday at 7 p.m., and Sundays at 2. For tickets, visit plethos.org

ART GALLERIES, RECEPTIONS & ART INSTRUCTION

● **Hayward 21st Century Library Grand Opening Exhibit** continues on the 2nd floor, featuring art by members of Sun Gallery and the Hayward Arts Council until Jan. 18.

● **Hayward Arts Council "Members Show"** will be presented by the John O'Laigue Gallery at Hayward City Hall through Dec. 6. Gallery hours are 9 to 5 Monday through Friday.

AT THE CHABOT CINEMA 11/20 - 11/28

● **Harriet**, PG-13

Wed 11/20

3:55 7:00

Thu 11/21

3:00

● **Frozen II**, PG

Thu 11/21

6:15 8:55

Fri 11/22

1:35 4:10 6:45 9:25

Sat 11/23 thru Wed 11/27

11:00 1:35 4:10 6:45

Thu 11/28

11:001:35 4:10

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Final Weekend to See 'Next to Normal' at Smalltown Society

Dozens of people filled every square inch of Smalltown Society in Castro Valley to see the first three sold-out performances of "Next to Normal" by Plethos Productions. The show is a gripping look at the effects of mental illness on a family and the country's flawed health care system. There are three more performances this weekend, Nov. 22, 23, 24. For tickets to this Broadway rock musical, visit plethos.org.

Nominations Accepted for Annual HARD Volunteer Service Awards

The Hayward Area Recreation District (HARD) is accepting nominations for its Annual Awards for Distinguished Community Service during 2019.

All members of the community are encouraged to nominate those individuals and organizations who exemplify the importance of volunteer service to the community throughout the year.

The awards are an opportunity for HARD's Board of Directors to recognize those whose efforts exhibit the District's mission of pro-

viding high quality leisure activities and programs to its residents on a voluntary basis.

"This is a way for us to show our appreciation for all that our volunteers contribute to help make our community so vibrant," Board President Rick Hatcher said in a statement.

The deadline to submit nominations is Monday, Dec. 16. Winners will be announced on Jan. 6, and formally recognized at the Annual Awards Luncheon on Friday, Jan. 24.

Downloadable nomination forms are available at www.HaywardRec.org, the District Office or by contacting Nicole Roa at 510-881-6723 or Roan@HaywardRec.org.

Recipients of the District's Volunteer of the Month Award in the preceding 12 months shall not be eligible for recognition of the same services. Refer to the list of previous winners on the website at www.HaywardRec.org/awards.

For more info, please call the HARD office at 510-881-6704.

LITERACY PLUS

Volunteer Reception Tonight

By Bruce Roberts
SPECIAL TO THE FORUM

Since 1985, Hayward residents desiring to improve their English, complete their high school degree, or promote literacy in their entire family have had a safe harbor to anchor.

That year began Hayward's Literacy Plus, a city and library non-profit organization devoted to bringing literacy to all corners of the city, to students from all corners of the world.

One-on-one tutoring, group conversation circles, family literacy days, computer training, and enrollment in the Career Online High School are all positive programs available through this council.

A recent conversation circle at the new Hayward Library included students from China, Russia, Morocco, Egypt, Mexico, and Sudan. Also involved was an American student bent on improving her speech after an accident.

This evening, Nov. 20, local dignitaries will take part in Literacy Plus' Volunteer Reception, an annual event to honor the tutors, and students. All will have the chance to tell their story, to tell why they are making this extra effort in their adult lives, and how the programs are improving their world.

All who might consider becoming a tutor, or who see the need for English improvement in their own lives, should R.S.V.P. at the Literacy Plus office at 510-881-7910. Come and hear the stories of this worthwhile program.

Refreshments will be served, and the doors will open at 5:30 in the Fremont Bank Foundation Meeting Room on the second floor of Hayward's new downtown library. Free parking available in the city garage right behind the library.

New Executive Director for Transportation Commission

Tess Lengyel will become the new Executive Director for the Alameda County Transportation Commission effective Dec. 31, managing an overall annual budget of over \$500 million and a staff of 37 full-time employees.

The announcement comes following a national search to fill the position currently occupied by Arthur L. Dao, who will retire on Dec. 30.

Lengyel will transition from her current role as the commission's Deputy Executive Director of Planning and Policy.



Tess Lengyel

Outreach: Families in Need

continued from page 3

If community members wish to donate to this drive, they may bring requested items to public elementary or middle schools, or Castro Valley High, from Nov. 18-22. Several businesses and offices around town collect for the drive as well.

CV Outreach also sponsors an "Adopt-A-Family" program during December.

To help deliver trees and gifts, contact the organization at the e-mail below. Tax-deductible monetary donations are always welcome. Castro Valley Outreach is a non-profit organization.

Send donations to Castro Valley Outreach, PO Box 20367, Castro Valley, 94546. For more information see <https://www.castrovalleyoutreach.org> or e-mail CastroValleyOutreach@gmail.com

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HOROSCOPE by Salomé

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ARIES (March 21 to April 19) While it seems that chaos is taking over, you get everything back to normal, even if it means being more than a little assertive with some people. Expect to hear more job-related news soon.

TAURUS (April 20 to May 20) Expect to be able to move ahead with your workplace plans now that you have a good idea of what you might have to face. You also can anticipate a welcome change on the home front.

GEMINI (May 21 to June 20) A quieter period settles in, giving you a chance to catch your breath, as well as allowing for more time to handle some important family matters. The arts dominate this weekend. Enjoy them.

CANCER (June 21 to July 22) The frustrations of last week have pretty much played themselves out. You should find things going more smoothly, especially with those all-important personal matters.

LEO (July 23 to August 22) Once again, you find a creative way to resolve a pesky problem in short order. However, a matter involving a possible breach of confidence might need a bit more time to check out.

VIRGO (August 23 to September 22) Reuniting with an old friend could lead to the sharing of some great new experiences. But be careful you don't find yourself once again being super-critical or overly judgmental.

LIBRA (September 23 to October 22) You should be seeing some positive results following your move toward repairing that unraveling relationship. There might be some setbacks, but staying with it ultimately pays off.

SCORPIO (October 23 to November 21) Encouraging a friendlier environment in the home could go a long way to help dissipate anger and resolve problems, especially those affecting children. It won't be easy, but you can do it.

SAGITTARIUS (November 22 to December 21) A recent act of kindness is beginning to show some unexpected (but very welcome) results. On another note, expect to hear more about a possible move to another locale.

CAPRICORN (December 22 to January 19) The good news is that the sure-footed Goat can rely on his or her skill to get around obstacles in the workplace. The not-so-good news is that new impediments could turn up later.

AQUARIUS (January 20 to February 18) A change of pace is welcome but also confusing. Before you make decisions one way or another, be sure you know precisely what it is you're being asked to do.

PISCES (February 19 to March 20) Don't fret if you don't get the gratitude you think you're owed for doing a nice thing for someone. There might be a good reason for that. In any event, what's important is that you did it.

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2515 Brecon Court	94546: \$580,000 2 BD - 905 SF - 1948
19082 Carlton Avenue	94546: \$664,000 3 BD - 1,665 SF - 1953
19951 Laurelwood Dr.	94552: \$689,000 2 BD - 1,324 SF - 1986
20048 Laurelwood Dr.	94552: \$705,000 2 BD - 1,350 SF - 1987
19802 Sprague Court	94546: \$810,000 3 BD - 1,338 SF - 1947
18985 Sandy Road	94546: \$835,000 4 BD - 2,366 SF - 1947
19832 John Drive	94546: \$905,000 4 BD - 2,091 SF - 1999
3239 Lenard Drive	94546: \$910,000 3 BD - 1,468 SF - 1958
20236 West Ridge Ct.	94546: \$1,000,000 4 BD - 2,575 SF - 2001
19356 Darcrest Court	94546: \$1,050,000 4 BD - 2,947 SF - 1989
2835 Aegean Place	94546: \$1,139,000 4 BD - 2,704 SF - 1998
25577 Crestfield Drive	94552: \$1,250,000 4 BD - 2,605 SF - 1998
4121 Krolap Road	94546: \$1,250,000 4 BD - 2,712 SF - 1980
25319 Buckeye Drive	94552: \$1,300,000 5 BD - 2,357 SF - 1996
22055 Center Street	94546: \$1,300,000
5630 Boulder Canyon Dr.	94552: \$1,320,000 4 BD - 2,154 SF - 1996

TOTAL SALES: 17

LOWEST AMOUNT: \$550,000

HIGHEST AMOUNT: \$1,320,000

MEDIAN AMOUNT: \$910,000

AVERAGE AMOUNT: \$956,294



The Main Event: *Tackling the Turkey*

The best method of roasting a turkey is also the simplest. Here, step by step, is how to prepare, stuff and carve the bird, and make a delicious and traditional turkey gravy.

If you haven't yet purchased a frozen turkey, you should do that before the weekend. The general rule is to allow at least one pound of turkey per person.

You can start thawing your turkey soon after you get it home by putting it—still in its wrapper and breast-side up—on the lowest shelf of the refrigerator (so it won't drip on other food items). Figure thawing time at one day for every four pounds.

If you buy your turkey late or forget to thaw it, stick the frozen bird, breast side down (and still in its wrapper), in cold water to

COUNTDOWN TO THANKSGIVING



cover. Change the water every 30 minutes. Figure on this method taking about 30 minutes a pound.

To prepare the turkey for roasting, remove the wrapper, release the legs from the clamps and pull neck and giblets from cavities. Rinse turkey inside and out with cold water. Pat dry.

If you stuff your bird, do it just before putting it in the oven. Fill the cavities lightly with the mix-

ture; don't press it in because the stuffing will expand as it cooks. (Stuffing should reach 165°F.)

To save time and ensure safe, complete cooking without the risk of overcooking your turkey, consider baking your stuffing in a covered casserole, instead of inside the bird.

This recipe makes a good basic stuffing.

OLD-FASHIONED SAVORY DRESSING

1-1/2 pound loaf day-old bread
3 cups chopped onion

2-1/2 cups chopped celery
1/2 cup butter or margarine
1 teaspoon salt
1-1/2 teaspoons poultry seasoning
1/4 cup chopped parsley

Tear bread into 1/2-inch pieces, or use 3 quarts plain dry stuffing; set aside.

Sauté onion and celery in butter or margarine just until tender. Add to bread along with salt, poultry seasoning, and parsley. Toss lightly until well mixed.

Place in two buttered, covered casserole dishes or stuff loosely into neck and body cavities of turkey.

Skewer cavity openings to secure stuffing. Tie legs together and twist wing tips under the back.

Casserole Method

Bake stuffing covered at 325°F for 30 minutes. Uncover; bake 10 minutes longer. Drizzle with juices from the turkey roasting pan for additional flavor and moistness. Makes 8-10 cups stuffing after baking.

Roasting

Place turkey, breast up, on a rack in shallow roasting pan 1 to 2 inches deep. Heat oven to 325°F.

The National Turkey Federation recommends roasting a turkey until a meat thermometer indicates the internal temperature registers 180-185°F in the thigh and 170 to 175°F in the breast. A meat thermometer is the most accurate authority to determine doneness.

Turkey Roasting Timetable

Roasting times will vary due to oven type, oven temperature and temperature of turkey before roasting. Begin checking turkey for doneness about one hour before end of cooking time.

Weight	Unstuffed	Stuffed
8-12 lbs.	2-1/2 to 3-1/2 hours	3 to 4 hours
12-16 lbs.	3 to 4-1/2 hours	3-1/2 to 5 hours
16-20 lbs.	4-5 hours	4-1/2 to 5-1/2 hours
20-24 lbs.	4-1/2 to 6 hours	5 to 6-1/2 hours
24-28 lbs.	5-1/2 to 7 hours	5-1/2 to 7-1/2 hours

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Entrees include Soup or Salad & Dessert

Soup~ Cream of Pumpkin

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Roast Turkey

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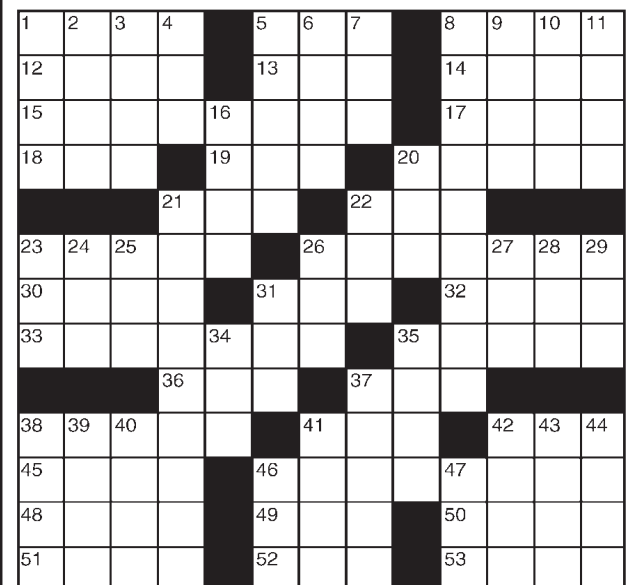


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Thanksgiving



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THE FORUM CROSSWORD



ACROSS

- 1 Netting
- 5 Personal question
- 8 Grouch
- 12 Liniment target
- 13 Chop
- 14 Firetruck need
- 15 Barbecue fuel
- 17 One side of the Urals
- 18 Glutton
- 19 Prune
- 20 Skill
- 21 Police officer
- 22 Has potential
- 23 Should, with "to"
- 26 Assail persistently
- 30 Entreaty
- 31 "Delish!"
- 32 Small wagon
- 33 Breastbone
- 35 "It's mine!"
- 36 Diving bird
- 37 Two, in Tijuana
- 38 Pamphlet
- 41 Raw rock
- 42 Pair of performers
- 45 Laugh-a-minute
- 46 Entrancing
- 48 Teen's woe
- 49 Ginormous
- 50 Eastern bigwig (Var.)
- 51 Equal
- 52 "Help!"
- 53 Maravich of basketball lore

DOWN

- 1 Jet speed measure
- 2 Reverberate
- 3 Carpet type
- 4 The girl
- 5 Shout
- 6 Jalopy
- 7 It gives a hoot
- 8 Monstrous whirlpool of myth
- 9 Parks of civil rights fame
- 10 "Yeah, right"
- 11 Defeat
- 16 Coagulate
- 20 Rotating part
- 21 Role
- 22 Oft-tattooed word
- 23 Chances, for short
- 24 Last (Abbr.)
- 25 "Gosh!"
- 26 Vagrant
- 27 Upper limb
- 28 Aries
- 29 Coloring agent
- 31 Opposite of 31-Across?
- 34 Eccentric
- 35 No stay-at-home
- 37 Hauls
- 38 Snare
- 39 Kind of pudding
- 40 Top-rated
- 41 Major U.S. river
- 42 FDR's on it
- 43 One
- 44 Shrek, for instance
- 46 Letterman's employer
- 47 Paper equivalent of a GPS?

ANSWERS ON PAGE 3



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Reports: Wandering in Street; Fake Guns, Real Drugs

continued from page 3

Traffic Stop Ends in Arrest
Thursday, November 14: at 2:00 a.m., a 27-year-old man from Castro Valley was arrested on suspicion of possession of stolen property and illegal narcotics. Deputies stopped the man for questioning as part of a traffic stop on Redwood Road near the Boulevard. The man

was the passenger in the back seat. Deputies report the man had an outstanding warrant issued for his arrest. He was taken to Santa Rita Jail pending \$10,000 in bail.

Wandering in the Street
Wednesday, November 13: at 10:12 p.m., deputies arrested a 55-year-old man on suspicion of

public intoxication, violating the terms of his parole, and failing to register as a transient after release from prison. The man was found wandering in the middle of the street near Castro Valley Boulevard and Wisteria Street. Deputies report the man failed his field sobriety test and took him into custody.

Patron Wouldn't Leave
Wednesday, November 13: at 7:13 a.m., a 38-year-old man with no permanent residence was arrested on suspicion of failing to leave a business after repeated requests by the manager. Deputies responded to a call from a business on Castro Valley Boulevard near Stanton Avenue after the manager reported the patron wouldn't leave the rear of his store. The man was also wanted as part of a warrant issued for his arrest related to a charge of vandalism. Deputies took the man to Santa Rita Jail pending \$10,000 in bail.

Fake Guns, Real Drugs
Tuesday, November 12: at 10:42 p.m., deputies arrested two transient people in connection with a suspicious-person report at a grocery store on East Castro Valley Boulevard. A 31-year-old man and 49-year-old woman were both charged with possession of replica guns modified to look real, possession of illegal fireworks, possession of syringes with suspected heroin drugs, and violating the terms of their parole. Deputies took the couple into custody.



CV Soccer Club Sign-Ups

The Castro Valley Soccer Club and 24/7 UK Soccer Academy are announcing opportunities for recreational and competitive players to continue to play soccer through the off season winter months. Sign up and info on all programs that

are offered (SAQ, Striker, Elite, U7/8 Academy, Development Center, Goalie, Saturday Soccer, pre AFC Academy) for boys and girls in different age groups can be found at <http://www.24-7uksocceracademy.com/programs/winter>

Transfiguration Defeats Saint Leanders

The CYO's eighth grade Transfiguration boys basketball team from Castro Valley defeated the Saint Leanders team from San Leandro 55-54, on Saturday in Hayward.

This was a game that started off lopsided, with Saint Leander

pushing out to a 23-6 lead in the first quarter. Transfiguration played better defense in the second quarter which narrowed their deficit to ten points and went into halftime down 27-17.

Transfiguration played better pressure defense in the second

half, getting some steals in the backcourt for easy layups, but also forced some turnovers in the front court to get the ball back.

The Transfiguration team fought all the way back to take the lead in the final two minutes to win 55-54.

Supervisor: Apply Online

continued from front page

District Director of Human Resources, Dustin Gacherieu says often these positions can lead to further types of employment with the schools.

"We had a parent at Canyon Middle School who started out as a Campus Monitor who is now working full time on their Campus Security team," Gacherieu told the Castro Valley Forum. "You can come to the district to submit your resume, but we also recommend people apply online, where you can see all of our open positions."

Campus monitors are in very high demand at schools where there are multiple sites where students can play. Stanton Elementary, for example, has three different tiers to its campus making it a challenge to keep tabs on all the activities during lunchtime.

"If we don't have enough parents to monitor the students, we may have to close down sections like the field where lots of kids like to go and run and play," says Stanton parent Janine Hyatt. "That's not fair to those students because they count on that space to get their energy out."

“If we don't have enough parents to monitor the students, we may have to close down sections like the field where lots of kids like to go and run and play”

—Janine Hyatt
STANTON PARENT

What impact do parents have on students just by being around the playground during lunchtime? A 2003 article by the Journal of Positive Behavior Interventions suggests that noontime supervision can cut in half the number of student discipline issues sent to the school office as well as the most serious offense, student assaults.

The study, titled "Positive Behavior Support in Urban Schools: Can We Prevent the Escalation of Antisocial Behavior?" suggests that supervision during outdoor play periods should also use positive encouragement to reinforce school safety goals.

Job postings for the Castro Valley Unified School District can be found at www.cv.k12.ca.us/



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Take Advantage of Medicare Open Enrollment to Reexamine Options

Q: Do you have any thoughts on taking a look at our insurance plans during Medicare's Open Enrollment Period?

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

A. Yes. My recommendation is to be pro-active and reexamine your options.

As you know, Medicare's Open Enrollment Period, during which you can freely enroll in or switch plans, runs from October 15 to December 7. My recommendation is to take a good look at your existing plan, and any changes your plan proposes for 2020, and decide whether it still is the best option for you.

In a word: Don't let this period slip by without taking a good look to see whether your current choices are the best ones for you and your spouse.

During this period you may enroll in a Medicare Part D (prescription drug) plan or, if you currently have a plan, you may change plans.

In addition, during the seven-week period you can return to

traditional Medicare (Parts A and B) from a Medicare Advantage (Part C, managed care) plan, enroll in a Medicare Advantage plan, or change Advantage plans.

Beneficiaries can go to www.Medicare.gov, or call 1-800-MEDICARE (1-800-633-4227) to make changes in their Medicare prescription drug and health plan coverage.

According to the the New York Times, few Medicare beneficiaries take advantage of open enrollment, but of those that do, nearly half cut their premiums by at least 5 percent. Even beneficiaries who have been satisfied with their plans in 2019 should review their choices for 2020, as both premiums and plan coverage can change from year to year.

Ask the doctors you use if they will still be a part of your Medicare Advantage plan's provider network?

Have any of the prescriptions you take been dropped from your prescription plan's list of covered drugs (the "formulary")? Could you save money with the same coverage by switching to a different plan?

For answers to questions like these, carefully look over your plan's "Annual Notice of Change" letter to you. Prescription drug plans can change their premiums, deductibles, the list of drugs they cover, and their plan rules for covered drugs, exceptions, and appeals. Medicare Advantage plans can change their benefit packages, as well as their provider networks.

Also, remember that fraud perpetrators may try to use the Open Enrollment Period to try to gain access to your personal financial information, so be alert.

Medicare beneficiaries should never give their personal information out to anyone making unsolicited phone calls selling Medicare-related products or services, or showing up on their doorstep uninvited. If you think you have been a victim of fraud or identity theft, contact Medicare.

For more resources for navigating the Open Enrollment Period, visit the Medicare.gov website and have a look around. Also check the 2020 "Medicare & You" handbook, which you probably have already received in the mail.

In addition, your own doctors and medical providers may recommend resources to assist you. Remember, with some exceptions, the decision you make now about your Plan will be with you for at least another year.

* Original article written by the firm of Harry Margolis, Esq., in MA, which is modified & republished here with permission. Gene L. Osofsky is an Elder Law and Estate Planning attorney in Hayward. Visit his website at www.LawyerForSeniors.com.



There are a number of reasons why seniors can be vulnerable to gambling problems.

How to Know When an Older Parent Has a Gambling Problem

Q: I'm worried that my 76-year-old father has become addicted to gambling. He spends at least two days a week at an Indian casino about a half-hour's drive from his house playing slot machines. What Can I do?

By Jim Miller
SPECIAL TO THE FORUM

A: Problem gambling among older adults is unfortunately on the rise. Studies suggest that more than 4 million Americans, age 65 and older, could have a gambling problem.

The reasons behind this growing problem are because seniors have time and money on their

hands and the influx of casinos that have cropped up around the country have made access to gambling much more convenient.

Here's what you should know, along with some tips and resources that can help your dad if he does indeed have a problem.

For most older adults, gambling is simply a fun recreational activity. But for those who become addicted to it, it can be a devastating disease that can financially wipe them out.

There are a number of reasons why seniors can be vulnerable to gambling problems.

For starters, seniors are often catered to by casinos with free bus transportation, free drinks, discounted meals, special rewards and other prizes as a way to entice them.

In addition, many seniors use gambling as a way to distract or escape feelings of loneliness, depression or even a chronic health condition.

Some may have financial problems they are seeking to overcome. And some may have cognitive impairment that interferes with their ability to make sound decisions.

Adding to the problem is that many seniors may not understand addiction, making them less likely to identify a gambling problem.

Or they may be confused or embarrassed that they can't control their urges to gamble and reluctant to seek help because they think that at their age, they should know better. And even if they recognize that they have a problem, they may not know that help is available or where to get it.

You should also know that while there are many gambling options for people to get hooked on today, casino slot machines are far and away the most popular among seniors.

Slot machines are much more addictive than the old machines of yesteryear with spinning lemons, cherries and melons. Many of today's slot machines offer intense sensory stimulation with large video screens, music and vibrating, ergonomic chairs.

Get Help

How can you know if your dad has a gambling problem?

Gamblers Anonymous offers a 20-question online test at GamblersAnonymous.org that he can take to help determine if he has a problem. In the meantime, here are some questions you can ask to help evaluate his situation.

- Is he preoccupied with gambling, constantly talking about it, or planning to gamble versus doing his normal activities?

see **GAMBLING** on back page

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#1: Ask your retailer. They should offer to take back your old mattress when your new one is delivered.

#2: Drop off the old mattress at any participating collection site or recycling facility.
Visit ByeByeMattress.com to find your closest facility.

#3: Contact your local government to learn how curbside pick up of a bulky item works in your area.



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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Inspection Guidelines When Buying a Home

Buying a home can be intimidating, with many questions about potential issues. We recommend you thoroughly inspect any property before buying. Here are our guidelines:

Order inspections from qualified, reasonable inspectors.

I am occasionally shocked by derogatory comments in inspections. The goal of inspectors is to simply convey a home's current condition, not make inflammatory comments.

I have seen transactions blow up when reports cast such a negative light on a property buyers are scared. When interviewing inspectors, ask for past copies of reports so you can see the type of dialogue they use.

Start with the basics.

The three fundamental inspections include Home (plumbing, electrical, HVAC, structure and so on), Pest (dam-

age resulting from insects or fungus) and Roof. If the property is in an HOA responsible for the roof and exterior, you may choose to limit your inspections to the interior.

Inspections based on amenities.



If the home has amenities falling outside the normal inspection reports, I recommend getting specific inspections such as pool and spa, well, septic and others as applicable.

Supplemental inspections.

A careful reading of the Home Inspection Report may highlight issues requiring further inspections, including:

- **Foundation:** If the Home Inspection calls out foundation cracks, I will frequently (depending on the severity) recommend a Foundation Inspection from a qualified foundation inspection company.
- **Drainage:** If extensive water is noted in the crawlspace, a drainage inspection would be a good idea.
- **Electrical:** If hazardous electrical issues are noted, I would ask a qualified electrician to provide a dedicated electrical inspection along with a quote for remedies. The same applies to plumbing.
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LETTERS TO THE EDITOR



Another 'Invisible Group'

Editor:

I read Michael Singer's article "The Invisible Face Of Homeless in CV," (Page 1, The Forum, Nov. 6) regarding the plight of the homeless in Castro Valley. While I can commiserate with this issue I would like to bring to the public's attention to another group that is truly invisible to many — people with disabilities.

My son is one of the many in Castro Valley who are a member of this group. He grew up in Castro Valley, went through school here and now works here at one of the schools.

He contributes to society in many ways. People

acknowledge him, but the majority of people fail to attempt to form a friendship. Why? I have wondered for many years.

Do people think that any given disability is contagious? Are people concerned about accessibility?

I am very frustrated by so much attention being given to "The Homeless" and other media darlings when where, or where is the attention for people that have a disability?

As a group they are not as attractive, or "sexy" as some other groups that garner media attention. They generally do not have the education or income, but they exist.

They want to be accepted and develop friendships just like you do.

—Marilyn Lawrence, Castro Valley

In Defense of PG&E

Editor:

Recently I contacted PG&E because of a severely leaning utility pole on my property. They appeared

within minutes to determine the pole was considered "private" and my responsibility.

I appealed to a supervisor since I, at 80 years of age, would be expected to adjust an electrically charged pole? The next day a PG&E crew was here to correct the pole and to clear the private line of tree limbs. I call that *great public service*.

I find it sad that our Governor is publicly maligning, as opposed to constructively working with PG&E, a critical and significant public utility.

We live in a county served by public corporations who are expected to not only provide dependable and superior service but to balance the need (called greed by the politically correct) of invaluable stockholders.

We live in perhaps the most financially efficient and advanced nation in the world; yet, we need to be careful about politically abusing "the goose that lays the golden egg." The Public Utility Commission which oversees California utilities is politicized and focused on enforcing the Legislative costly climate mandates.

State law mandates that utilities obtain 33% of electric generation from more costly renewables such as wind and solar by 2020 and 60% by 2030. Utilities must spend (welfare) hundreds of millions of dollars each year to reduce the cost of green energy for low-income households.

Seems reasonable to me that PG&E has been forced by our state's political culture to prioritize political obeisance over safety. Our state and national "politically correct" climate has become so polarized, partisan, burdensome, and chaotic that I fear our historic blessings and well-being is being threatened at the expense of established public servants such as PG&E.

We need to work for improvement, not knee-jerk extermination!

—Verne Teyler
Castro Valley

Church's Good Intentions, But...

Editor:

The local Presbyterian Church plans to build a huge complex of 199 apartments as "affordable housing," at the corner of Grove Way and Redwood Road.

These church leaders probably have good intentions. But, "the road to Hell is paved with good intentions."

Frankly, this plan for massive welfare housing is not even "Christian." "Affordable housing" is just a euphemism for taxpayer-subsidized housing. Therefore, it's just another type of public welfare; based on the forced re-distribution of wealth.

Forcing tax-payers to support poor people actually violates the teachings of Jesus. Yes, Jesus opposed the forced re-distribution of wealth. Read Luke 12:13-15.

Jesus only supported voluntary charitable giving; not the forceful transfer of wealth (i.e. socialism). Saint Paul agreed. In Second Corinthians Paul said, "Each of you should give what he has decided in his heart to give; not reluctantly or under compulsion."

So if the local Presbyterians really want to be "Christian," they should subsidize this "affordable housing" all by themselves...forever. Instead, the church leaders plan to flood Castro Valley with poor people, and then stick taxpayers with the bill.

The supporters of this scheme claim that it will help "working people." Really? Then why won't they guarantee that each unit will include at least one resident with a full time job?

Don't be naïve. This project will probably flood us with unemployed and even homeless people. And these new "residents" will be a financial loss for Castro Valley and Alameda County. They will use public schools, public social services, police and fire services, etc., without paying one dime in property taxes.

—Peter Hauer, Castro Valley

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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

Donald Carl Cook

Donald Carl Cook, beloved husband, father, family member and friend, passed away November 4, 2019, surrounded by loved ones.

The firstborn child and eldest son of Otto and Katherine Cook, Don grew up in southwest Bakersfield, where he developed lifelong friendships with neighbors and school friends. Don started working from a young age at Larson's Dairy where he was the last known caretaker of the Dairy's celebrity hippopotamus, Sam. He attended South High, excelling both academically and athletically, and earning the distinction of serving as class valedictorian as well as a spot on the 1978 Kern County All-Star basketball team. Don went on to earn a B.S. in mechanical engineering from Cal Poly, San Luis Obispo, where he and his friends developed a love of the Central Coast, particularly for camping at Montana de Oro. His close friends called him 'Big Don.' Don met the love of his life, Diana, in San Diego, where he had just launched his career as an engineer with the state. Two hearts from Bakersfield bonded hundreds of miles from home. Don and Diana married and moved to Castro Valley, where their daughter Olivia, jewel of the family, was born. It was there they raised Olivia, nurturing her into the gifted young woman she is today.

An avid musician, Don played his guitar everywhere from his own basement with friends to backyard and holiday parties with large audiences. He was a coach, mentoring high-school championship basketball teams right out of college and later guiding Olivia's soccer and softball teams through many rewarding seasons. His cooking and home-brew beer skills were legendary, and he and Diana hosted many glorious parties together in their home. Don was a best friend to all and as genuine as they come. His deep empathy, kindness and intellectual curiosity made all feel welcome and appreciated. A highly regarded mechanical engineer, Don was the Principal Safety Engineer for the State of California in the Pressure Vessel Unit, and also held leadership positions and served as chair for several important committees associated with the National Board of Pressure Vessel Inspectors, the California Boiler Inspector's Association and the American Society of Mechanical Engineers.

Don leaves behind his beloved wife of 22 years, Diana Cook, his daughter Olivia, mother Katherine, his brother Robert and wife Kimberly, brother Douglas and his wife Angelica, sister, Stephanie Wood and her husband Norman, as well as nephews and nieces Douglas and Sara Cook, Kazuki Ohashi, and Nathan and Ryan Wood. He was preceded in death by his father, Otto.

A memorial will be held on Saturday, November 23, at 2 p.m. at St. John's Lutheran Church, 4500 Buena Vista Road in Bakersfield. A reception will immediately follow the service at Salty's Banquet Center, 6720 Schirra Court. An additional celebration of life is planned in Castro Valley on December 7th at the Cook home. For detailed information, please email cookdianaxox@gmail.com



Myron Lees

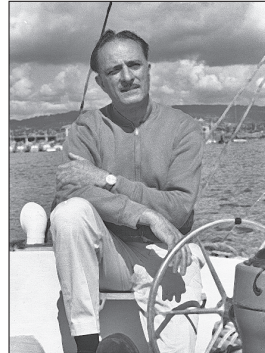
On August 30, 2019 Myron Lees who was born on November 30, 1917 left us and will always be with us. Myron's life on earth was so long few have experienced all the changes that have taken place over this last century. Myron never lived in the past but never forgot the past.

Myron was born to Tillie and Benjamin Lees in Pittsburg PA. Moving to the San Francisco Bay Area at about the age of 6. Myron was the oldest of 5 siblings. Graduating from McClymonds High in Oakland during the Great Depression. Then graduating from the University of California at Berkeley and the school of Pharmacy at the University of San Francisco before the outbreak of World War II. Despite having a civilian essential profession as a pharmacist he still enlisted in the Marine Corp.

Serving in the South Pacific and surviving Guadalcanal and Okinawa. After World War II he returned to his profession as a pharmacist, then he was called up during the Korean War, retiring from the Marine Corp Reserves in 1955 as a Major.

Myron's life was marked with serving and helping people with Lees Owl Rexall and Lees Orthopedic Shoes in Hayward and finally opening Casa de Artes in Castro Valley in 1975 with the love of his life Lillian. Through all the years in retail business his real passion remained for medicine, keeping his pharmacy license well into his 80's. There was hardly a day when someone didn't come by the store or he would receive a phone call asking for medical advice, always giving his full attention.

His family Susan, Michael, Diana, Marilyn, Lillian, siblings, grandchildren and great-grandchildren children will be holding a celebration of life for family and friends at the Faith Lutheran Church of Castro Valley 20080 Redwood Road, Castro Valley, Ca on his birthday Saturday, November 30, 2019 at 2:30 p.m.



SARA L. ENNOR LAWYER

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Carol L. Sublett

She will be
dearly missed.



Creekside Craft Show Dec. 6 & 7

Fifteen years ago, a former Bancroft Middle School teacher and member of Creekside Community Church in San Leandro started the Creekside Craft Show.

The event was a way to highlight talents from the local artisans in Castro Valley, San Leandro, San Lorenzo and the surrounding community as a way to raise money for charities that had been hard hit by financial cutbacks.

"I met a pottery teacher in 2004 who had a heart for helping those in need in San Leandro," explained Sharon Wallace, founder of the Creekside Craft Show, who shared the teacher's concern for supporting community groups and saw that local artists had an interest in starting a craft show.

Wallace organized the show for several years and was impressed by how much work the artists put into their work in support of local charities. Many of them have supported the show from the beginning and there are a handful of who have participated all 15 years in a row.

The Creekside Craft Show has partnered with such local charities as Building Futures for Women and Children, Davis Street Family Resource Center, Interfaith Homelessness Network, Alameda County Food Bank... the list goes on.

Donations have exceeded \$55,000 over the past 15 years and the event has created public awareness for the charities.

Each year, artisans have gathered to sell their handmade items, paying a minimal booth fee, contributing 10% of sales and donating items for raffles. The proceeds are then donated to the selected charity each year, depending on need.

The 16th annual Creekside Craft Show will take place on Friday, Dec. 6 from 11 a.m. to 7 p.m., and Saturday, from 10 a.m. to 5 p.m. at Creekside Community Church, 951 MacArthur Blvd. in San Leandro. The Show is free.

The 6th Annual "Chili Cook-Off" will take place on Friday, Dec. 6, from 5:30 to 7 p.m. Tickets to this fiery competition are \$5 in advance, \$7 at the door until the chili runs out.



Christopher Cerf has worked with National Lampoon, Dr. Seuss, Andy Warhol and written for Sesame Street and was the editor-in-chief and founder of Sesame's Workshop books, records and toys. He will be sharing music and a presentation at Smalltown Society.

Coming Up at Smalltown

● **Wednesday, Nov. 20** — Bay Area United Against Hate Week, Poetry - Art Slam 6-8 p.m. @ Smalltown, 22222 Redwood Road. Free Entry. Come see what the Jr. High and High school students of Castro Valley share art, music and poetry to unite the community.

● **Tuesday, Nov. 26** — A Night With Christopher Cerf, Emmy and Grammy award-winning author, composer and producer. Composed over 300 songs for Sesame Street, Between The Lions and more. A musical evening of nostalgia and fun. 7:30-9pm @ The Space. \$15 suggested donation.

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.

MAC: Homeless Encampment Discussion

continued from front page
tailers License dictated by federal, state, and local ordinances.

Crawford made an amendment to strengthen penalties for retailers found selling to minors, with a 90-day suspension of the license for the first violation and revocation of the license after the second violation.

The other major discussion item at this week's MAC meeting was the recent Caltrans request and subsequent California Highway Patrol action at a homeless encampment at Grove Way at east-bound I-580.

In October, a large encampment was cleared away by the authorities. Over 40 people were displaced and 20 large dump trucks worth of trash — some of it hazardous — were removed at a cost of over \$300,000.

CHP Officer Gabe Walters said San Lorenzo Creek had been dammed in places because of the trash and that they found human feces, needles, large piles of refuse and multiple improvised dugouts used as living spaces.

Walters said that there was some evidence of drug use and illegal activities, but stressed that

"The abatement failed miserably for everybody involved. If you have 40 people kicked out of the camp, you are going to see them on the street."

—Melissa Moore
RESIDENT

"Not everyone there was a criminal or involved in crimes."

One week before the planned abatement and again 72 hours before, Caltrans posted a notice of the action. Several agencies including Housing and Urban Development and shelter services made themselves available to the residents of the encampment, and 30 beds were available at First Presbyterian Church. But several of the residents of the encampment showed up at the meeting to tell the MAC it wasn't enough and they need more help.

"The abatement failed miserably for everybody involved," said resident Melissa Moore. She went on to add that she and her fellow homeless people were harassed by police, who ask where they are going when they walk down the street.

"If you have 40 people kicked out of the camp, you are going to see them on the street," said Moore.

The MAC expressed frustration at the homelessness epidemic and said they'd continue to work with law enforcement and other agencies to do what they can in the future.

In other news, the MAC heard a brief update on the Castro Valley Marketplace project (the old Daughtrey's building) from developer Craig Semmelmeier, who promised that it would be open soon but acknowledged they are behind their original opening schedule.

"We are getting close to an opening," said Semmelmeier. "We've been working through a series of challenges that have delayed us a little bit."

Semmelmeier said that an opening day will likely be in early February.

LEGAL NOTICES

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FILED
OCTOBER 18, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 564551
FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930
The name of the business: Schnookie's Cookies at 20551 Forest Ave. Apt 19, Castro Valley, CA 94546, county of Alameda. The business is hereby registered by the following owner(s): (1) Laura Putnam (2) Ronald Ladley, 20551 Forest Ave. Apt 19, Castro Valley, CA 94546. This business is conducted by a married couple. This business commenced on 08/11/19.
/s/ Laura Putnam, Ronald Ladley
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires OCTOBER 18, 2024
OCT 30, NOV 06, 13, 20, 2019
0175-CVF

FILED
OCTOBER 23, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 564738
FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930
The name of the business: Pressure Makes Diamonds at 367 S. N Street, Livermore, CA 94550, county of Alameda. The business is hereby registered by the following owner(s): Corey Rubio, 367 S. N Street, Livermore, CA 94550. This business is conducted by an individual. This business commenced on 04/23/19.
/s/ Corey Rubio
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires OCTOBER 23, 2024
NOV 06, 13, 20, 27, 2019
0178-CVF

FILED
OCTOBER 31, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 565020
FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930
The name of the business: Bud Builder at 22262 B Street, Hayward, CA 94541, in Alameda County is hereby registered by the following owner(s): Gregory Nicholas Jebejian, 4854 Audrey Dr., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on 10/31/2019.
/s/ Gregory Nicholas Jebejian
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires OCTOBER 31, 2024
NOV 13, 20, 27, DEC 04, 2019
0179-CVF

FILED
NOVEMBER 01, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 565077
FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930
The name of the business: The DJ Roy Experience at 5509 Rothman Ct., Castro Valley, CA 94580, mailing address P.O. Box 852, San Lorenzo, CA 94580 in Alameda County is hereby registered by the following owner(s): Roy E. Stone, 5509 Rothman Ct., Castro Valley, CA 94580. This business is conducted by an individual. This business commenced January 2000.
/s/ Roy E. Stone
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires NOVEMBER 01, 2024
NOV 13, 20, 27, DEC 04, 2019
0180-CVF

FILED
OCTOBER 29, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 564939-941
FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930
The name of the business: (1) Cornerstones, (2) MindShareManagement, (3) MindShare at 18059 Lamson Road, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Uniphied Thought, 18059 Lamson Road, Castro Valley, CA 94546. This business is conducted by a corporation. This business commenced on 10/23/2017.
/s/ Uniphied Thought
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires OCTOBER 29, 2024
NOV 13, 20, 27, DEC 04, 2019
0181-CVF

FILED
NOVEMBER 08, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 565297
FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930
The name of the business: Here to Help at 17812 Center Street, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Loren Taylor, 17812 Center Street, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on N/A.
/s/ Loren Taylor
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires NOVEMBER 08, 2024
NOV 13, 20, 27, DEC 04, 2019
0185-CVF

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TAZ is a sweet Guinea Pig who enjoys being held. The bulk of his diet is fresh hay and leafy greens with an occasional piece of fruit. Info: Hayward Animal Shelter, 510-293-7200.



MR. HANDSOME is a super mellow, 3-year-old brown tiger. This affectionate boy is neutered, up to date on vaccinations and ready to go home. Hayward Animal Shelter, 510-293-7200.



ALYSSIA is a black and white tuxedo girl about 6-months-old. She's a bit shy at first, but warms up quickly. Spayed, vaccinated, microchipped. Email: Loveallpawzrescue@gmail.com.



LAVINIA is a friendly, 1-year-old black feline. She is ready for a loving home without a dog. Spayed, vaccinated, microchipped. Email: Loveallpawzrescue@gmail.com.

Gambling: Find Help

continued from page 8

- Is he gambling more and more money to get the same level of excitement?
 - Is he using retirement funds or other savings to gamble, or is he pawning or selling personal items to get money to gamble with?
 - Has he lost control to the point that he can't set a limit of time and money to spend in the casino, and stick to it?
 - Does he become uncomfortable, angry or lie when you ask him about his gambling activities?
- If your dad answers yes to any of these questions, he may have a problem.

To find help, contact the National Council on Problem Gambling (NCPgambling.org), a non-profit organization that operates a 24-hour national hotline at 800-522-4700. They can direct you to resources in your area, including counselors who have been trained through the National Certified Gambler Counseling Program.

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

ATHLETES OF THE WEEK



Angry Quesadillas with Extra Guac

This week's Athletes of the Week are the members of the Castro Valley Soccer Club's "Angry Quesadillas with Extra Guac" U14 girls recreational soccer team.

They won their last game of the season 2-1 against Dublin United 2007 at Canyon Middle School on Nov. 9. The players chose their original name for the season, where they played in the NorCal Premier Nickel Region 3/4, which consists of teams from Dublin, San Ramon, Pleasanton, and Danville. The competition was fierce over the hill, but the "Angry Quesadillas with

Extra Guac" played hard and finished the season, undefeated, in first place, with a 10-0 record.

The girls on the team consisted of students from Creekside, Canyon, Our Lady of Grace and San Leandro Assumption schools. Back row from left, Coach Amanda Puga, Abigail Murphy, Paisley Kidd, Skye Kidd, Coach Krag Rasmussen, Gabrielle Loy, Ella Kidd, Liliana Alves, Kalaya Williams and Coach Cristina Knudsen. Seated middle row, Isabella Edens, Delaney Rasmussen, Jillian Tanabe, Sophia Ireland, Jessica Fong and Estella Pita. In front is Brynne Silva.

WIPES CLOG PIPES



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—as pictured here. These damages become a financial burden for cities, communities, and ultimately the rate payers.

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PHOTO COURTESY OF COACH DARRELL LAVIN

NUMBER ONE RANKED GOLFER ON THE TROJAN GOLF TEAM: Travis Miller (at center) takes a group picture with his friends and fellow athletes at his Letter Of Intent signing.

CVHS Golfer Miller Signs with Chico State

By signing his National Letter of Intent, Castro Valley High School's senior golfer, Travis Miller has accepted an offer by the Cal-State Chico Wildcats, to become a part of their Division 1 golf team in the California Collegiate Athletic Association.

Miller has been the number one ranked golfer on the Trojan Golf Team over the past three years since joining the team as a freshman. As a junior, he led the Trojans to a first-place finish in the

Western Alameda County Conference (WACC), averaging only 0.25 strokes over par per hole for the entire season, and was named as Player of the Year for WACC Boys Golf.

"Travis' performance as a high school junior would earn him significant playing time at Chico," said Trojan Golf Coach, Darrell Lavin. "And he is only going to be better during his senior year. He is a hard worker who is continually seeking to improve. When sur-

rounded by a strong team for the 2020 season, he will be a lot of fun to watch."

During his first three years on the CVHS boys golf team, Miller has averaged scores of 38.6 for 9-holes, 37.2 for his senior year, including 8 nine-hole rounds with scores of even par or better.

To be the low medalist golfer for the 2019 WACC Golf Championships, Miller shot a 1-over round of 70 at Monarch Bay Golf Course.