



# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 32

WEDNESDAY, JANUARY 8, 2020

NO. 2

## INSIDE YOUR FORUM

### LIVING



**Get Soup'd Up**  
Cold weather calls for a meal that's delicious and can warm your soul  
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### NEWS



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PHONE: (510) 614-1560

## A Unanimous Vote by County to Ban Flavored Tobacco Products

By Mike McGuire  
CASTRO VALLEY FORUM

Flavored tobacco products may soon be banned in Castro Valley and other parts of unincorporated Alameda County.

The Alameda County Board of Supervisors, with Supervisor Nate Miley abstaining, voted 4-0 to ban both flavored vaping and conventional tobacco products last month.

Similar laws have already been enacted in most cities in the county, but until now, sale of flavored tobacco was allowed in the unincorporated area.

The law will likely go into effect after a routine second vote by the supervisors at their meeting next Tuesday, when necessary regulations have been worked out by county staff, according to Supervisor Wilma Chan.

The board acted after a survey revealed that one in four students at Castro Valley, San Lorenzo and San Leandro high schools have used e-cigarettes.

"They're (e-cigarettes) easy to get and they're a gateway to regular cigarettes," Chan said. "What attracts youth are the flavors."



Menthol is one of the most popular flavors, but there are many others, she said. The county ban includes menthol.

Tobacco makers have been specifically marketing to youths, Chan said.

State law already bans sales of

all tobacco products to anyone younger than 21, and a federal ban is in the works.

see BAN on page 8

## CV Quietly Rings in New Year

By Michael Singer  
CASTRO VALLEY FORUM

The streets of Castro Valley and surrounding areas were much quieter than in years past in part thanks to a month-long crackdown by the Alameda County Sheriff's Office and California Highway Patrol.

During the holidays, law enforcement can expect to see a spike in accidents, road rage incidents as well as drunk driving because more people have more time off and are hitting the roads.

But fewer people were charged with driving while under the influence of drugs and alcohol county wide and especially in Castro Valley, according to Sheriff's spokesman, Sgt. Ray Kelly.

"For the better part of two weeks, we've been out in force as part of our crackdown on impaired drivers... and it shows," Sgt. Kelly says.

There were 105 driving-related arrests in all of Alameda County during Christmas and New Year's week, according to Kelly. Half

see YEAR on back page

## CV Veterans Memorial Undergoing Major Expansion

VFW Post 9601 broke ground last week on the Castro Valley Veterans Memorial Expansion Project.

The Memorial, located behind the Community Center on Lake Chabot Road, was originally built so that family members and other groups could memorialize service members from the local area.

The Memorial was completed in 2012 with Service Stones from all branches of military service of Service engraved with the names of Veterans who are being honored.

What was thought to be enough space for additional names in decades to come quickly filled up and many residents expressed a desire for more space. So the Castro Valley/Hayward Post began to make plans and raise funds for an expansion.

With Post 9601 achieving its fundraising goals and, thanks to a

generous bid by local contractor Bridge Construction, the project is under way and is expected to be complete in two months.

The Post encourages visitors to drop by to see the ongoing construction at 3683 Quail Avenue.

When completed, the expansion will also include laser-engraved pictures depicting life in each branch of service.

Those interested in having a service member memorialized on a Service Stone or Paver Brick, should visit [www.cvvm.info](http://www.cvvm.info) or call Post Commander Steve West at 510-432-4346, or Kasey Warner at 530-391-3330.

A Crab Feed in support of the project will be held on Feb 29th at the Moose Lodge in Castro Valley. For reservations (no tickets will be sold at the door) please contact the names above or Pat Flanagan at 510-459-6177.



PHOTO COURTESY OF VFW POST 9601

A major expansion project by VFW Post 9601 is underway at the CV Veterans Memorial just off Lake Chabot Road at Quail Avenue. When completed in about two months, additional Service Stones and Paver Bricks will be available for inscriptions honoring local veterans.



## Castro Valley Weather Jan. 8 - 12, 2020



Wednesday  
Partly Sunny  
High 57° Low 48°



Thursday  
Showers Possible  
High 58° Low 37°



Friday  
Mostly Sunny  
High 57° Low 44°



Saturday  
Mostly Cloudy  
High 57° Low 38°



Sunday  
Partly Cloudy  
High 54° Low 43°

### Almanac



Sun sets at 5:07 p.m. today, rises at 7:25 a.m. Thursday.

Past Week's Rain: 00.00  
Season To Date: 03.72  
Normal To Date: 08.95  
Season Average: 21.22

### Moon Phases



Jan. 10



Jan. 17



Jan. 24



Feb. 1

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### CV SPORTS HALL OF FAME

## A Stable Career in Thoroughbred Training for Robert Hess of CV

Fifth in a series profiling the 16 new members of the Castro Valley Sports Hall of Fame. The induction banquet will take place Sunday, April 26, 2020 at Redwood Canyon Event Center. For details, please visit [www.castrovalleysportsfoundation.org](http://www.castrovalleysportsfoundation.org).

By Lowell Hickey  
SPECIAL TO THE FORUM



Trainer Robert Hess (above) with Rock N Ran in winner's circle at Longacres in 1959. Jockey is James Craswell.

Robert Hess gets up at 4:30 every morning, leaves his Castro Valley home at 5 a.m. and arrives at work about 5:30. In most cases, "work" is Golden Gate Fields Racetrack in Albany where Hess trains thoroughbred horses.

This is a routine that Hess has followed for the last 60 years, rain or shine, seven days a week. Funny thing about horses: they don't recognize Sundays or holidays. They need to be watered, fed and exercised on those days, too. Hess has some helpers, but prefers to check daily on each of his horses himself.

This particular day Hess returned home about 2:30 in the afternoon. He had taken the 20 horses in his stable to the track to work out.

"Yesterday it was raining, so we just walked them all," he explained. There was no racing on this day, so he was home "early." On days when he has horses running Hess may not arrive home until dinner time or later.

Hess grew up with horses on a farm in rural Pennsylvania where his father broke work horses and trained polo ponies, in addition to occasionally driving trotters in harness races. Robert's decision to become a thoroughbred trainer came while in the Army.

"You have lots of time to think in the Army," he said.

Discharged from the service in the Seattle area, Hess went to work at Longacres Racetrack for \$35 a week. He spotted a horse he liked — Rock N Ran — and claimed it for \$1,200. Noticing that the horse was bred for distance, Hess entered him in a 1-1/4 mile race and he won, the trainer's first of some 1,600 trips to the winner's circle.

In his 60-year career, Hess has sent horses to the post more than 10,000 times and his entries have earned almost \$17 million in purses.

The trainer was recently elected to the Castro Valley Sports Hall of Fame by a committee appointed by the Castro Valley Sports Foundation.



Robert Hess

Although he has trained horses in Washington, Southern California and Mexico, Hess has been predominantly a Northern California trainer since 1964. He doesn't consider training horses a particularly difficult job.

see FAME on page 15



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## 'BRIGHTON BEACH MEMOIRS' AT THE MORRISON



PHOTO BY CINDY DOVE

CVHS students Colby McCloud and Molly Brennan in Castro Valley Dramatic Arts Academy's production of Neil Simon's "Brighton Beach Memoirs," a coming-of-age semi-autobiographical comedy. Directed by CVHS graduate Liva Langer, the show will play at the Douglas Morrison Theatre in Hayward this Friday and Saturday, Jan. 10 and 11 at 7 p.m. Tickets are available at [cvdaa.org](http://cvdaa.org).

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Slapped the Phone Out of His Hand

Saturday, January 4: at 6:35 p.m., Sheriff's deputies arrested a 34-year-old woman from CV on suspicion of assault on a family member. An anonymous call about a domestic violence incident sent deputies to a home on Barrett Court near Lucerne Court. While there, the woman was arguing with her family member who was taking video of the discussion. Deputies report the woman slapped the phone out of the man's hand. The woman was taken into custody.

### One Bourbon, Six Beers And Two Arrests

Friday, January 3: at 12:01 a.m., two people were arrested during an attempted shoplifting at a grocery store on Redwood Road near Castro Valley Boulevard. Deputies were dispatched to the scene after store managers spotted a 35-year-old man with no permanent residence and a 29-year-old woman from Oakland leave the store with a bottle of whiskey and beer without paying. The man smashed the whiskey bottle after leaving the store and was charged with attempted shoplifting and violating the terms of his parole. Deputies caught up with the woman behind the store and found her with stolen property. Both were transported to Santa Rita Jail.

### Drunk in Public... Again

Saturday, January 4: at 3:30 a.m., deputies arrested a 48-year-old man from CV on suspicion of public intoxication. The man was hanging outside a doctor's office on Lake Chabot Road near Somerset Ave and flagged down deputies to help him. Deputies report the man could barely stand nor care for himself. The same man was arrested for public intoxication and possession of illegal narcotics on New Year's Day, in front of a fast food restaurant on Redwood Road and Redwood Court. In both cases, the man was taken into custody.

### Banging on a Door

Friday, January 3: at 7:06 p.m., a 31-year-old woman from Oakley (Contra Costa County) was arrested as part of a warrant issued for her capture. The woman was

previously charged with harboring a fugitive. Deputies responded to a disturbance at a home on Ray Avenue near Center Street where the homeowner complained of a woman banging on the door. The woman was found sitting on the porch. Deputies took her to Santa Rita Jail pending \$30,000 in bail.

### Man Gets Punchy with Friend

Friday, January 3: at 10:21 p.m., deputies arrested a 34-year-old man from Castro Valley on suspicion of physical assault at an apartment on Denny Court near Stanton Avenue. The man and his friend at the address were reportedly in a physical altercation with both sides claiming the other threw the first punch. Deputies identified the man as the aggressor and took him into custody.

see **REPORTS** on page 8

## Exchange Students Seek Host Families

Peace, Inc., a non-profit organization pairing foreign high school students from many cultures with volunteer local families, is currently looking for host families in the East Bay. Placements are for semester-long and year-long academic programs.

Students who participate in the

program have their own spending money and are fully insured.

They attend local high schools in order to learn more about the American culture, make friends, participate in sports and student activities, volunteer in the community, and become a lasting member of your family and community.

Peace, Inc. is the leading non-profit sponsor of exchange students and has been developing rewarding relationships between international students and their families, schools, and communities since 1988.

For more information, call 800-377-2232 or visit: [peace-inc.org](http://peace-inc.org)

## Happy New Year!

from The Lovewell Team

We are proudly partnering with the Alameda Food Bank for the 2019 holiday food drive, which will continue to run through January 2020. Please participate in aiding those in need by donating non-perishable food items.

*Thank you for your contributions in helping those in need in our communities!*

The Lovewell Team - Re/Max Accord Castro Valley  
(#00689931 & #01912817)



By Rob Rosas

**IF YOU suffer from lower back pain and sciatica, you are among four out of five Americans who will suffer with this crippling spinal condition.**

Shooting, stabbing and burning pains from the lower back region, often teamed with pain through the buttocks and down the legs are all classic symptoms of Sciatica or "pinched nerves".

In severe cases, it often leads to muscle wasting and or numbness with a constant tingling down to the tip of the toes. Left untreated, the intense pain can rapidly wear you down and drain the joy out of life.

### New Treatment Discovery

Recent advances in the treatment of sciatica and lower back pain have led to the development and huge success of Non-Surgical Re-Constructive Spinal Care.

The excellent results of this treatment have been published in major medical journals. Success rates as high as 90% now have some leading back surgeons recommending their patients to try this treatment first before considering back surgery.

In Pleasanton, you can try Non-Surgical Re-constructive Spinal Care at the Intero Chiropractic – the office of the man who has dedicated helping hundreds of people with low back pain and sciatica.

Jerry and his team of fully trained spinal care specialists have helped hundreds of patients find relief from their agonizing back pain and sciatica.

# Special CASTRO VALLEY FORUM Reader Offer

## Got a Painful Nerve?

### Is your Sciatic nerve causing you crippling leg and lower back pain?

According to Jerry, "We use a combination of ultra-advanced technology, not found elsewhere in Pleasanton, for precisely diagnosing the cause of your lower back pain and sciatica. From this, a unique program for reconstructing the damaged area causing the pain is designed; this means superior long-term results for most people."

### Personal Tailored Recovery Plan

Because the treatment is non-surgical, safe and easy, most patients report an almost immediate relief from their pain.

Patient Hector H. says, "My back pain was unbearable but the worst thing was the searing burning pain I felt in my buttock and leg.

I couldn't work or do anything useful and the drugs my GP prescribed hardly did anything.

My wife insisted I respond to one of these ads, I thought it would be a total waste of time, but I'm so glad she kept on at me.

Thank goodness I called your number, I'm so much better in just a couple of weeks."

**Your invitation for a comprehensive consultation and examination to pinpoint the cause of your lower back pain and sciatica...**

Rossmoor News has teamed up with the spine therapy specialists at Intero Chiropractic to help readers find relief from their persistent back and sciatic pain.

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

- **Mention this article CODE: BOS20SCMS7b and Jerry will happily reduce his usual consultation fee \$100 to just \$20.**
- **That's a saving of \$80 - So hurry,** due to obvious reasons – this is a time limited offer
- **Only 100 reader consultations** available at this exclusively discounted rate.

My advice, don't suffer a moment longer...

Find out if Non-Surgical Re-Constructive Spinal Care can help you, book a consultation with Peter and his team now by calling (925)255-5805, they are waiting to take your call today.

**They actually treat the cause of your health problem, not just your symptoms.**

**That's why hundreds of grateful patients tell them "You gave me back my life!"**

Over the years, they've treated hundreds of patients with back

problems and sciatica. The vast majority of them have enjoyed a superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

### Why Prolong Your Agony?

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

Don't suffer from the pain and immobility any longer. Discover the natural treatment that can eliminate the cause of your problem and give you the safe, lasting relief you deserve.

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

Please note, if you call during the week, they are very busy, so if they don't pick up straight away leave a message. You can even call at the weekend and leave a message to secure your spot.



**Dr. Jerry Hsieh, DC says,** "I've never seen a treatment as effective as Non-Surgical Re-Constructive Spinal Care for patients with sciatica or lower back pain."

They can't help everyone at this reduced price, so please call **NOW** to secure your special opportunity.

**Special Reader Opportunity is limited to the first 100 reader consultations. Don't delay, call (925)255-5805 and Quote Special Offer Code BOS20SCMS7b.**

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## The Week Ahead

### ● Wednesdays, Jan. 8 - Mar. 4: Workplace Communications

If English is not your first language and you want to improve your speaking and presentation skills for work, Castro Valley Adult & Career Education is offering a class in Workplace Communication and Presentation Skills on nine Wednesdays beginning today, with plenty of practice, interaction, and support. For advanced-level English learners. \$115. Register at [www.cvadult.org](http://www.cvadult.org), click on "Learn English" and complete the interest form, or call 510-886-1000.

### ● Wednesday, January 8: Neuropathy Support Group

Those suffering from peripheral neuropathy, a disease with typical symptoms of chronic numbness, pins and needles tingling, and sporadic sharp pains in the feet and/or hands, are encouraged to attend the monthly free meeting of the Neuropathy Support Group at 1:30 p.m. today and every second Wednesday in the library of the First Presbyterian Church, 2490 Grove Way in Castro Valley (next to Trader Joe's). For more information, please call Greg at 510-886-6758.

### ● Thursday, January 9: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting at 7 p.m. tomorrow in the boardroom at 4400 Alma Avenue. For the agenda and board packet, visit [bit.ly/CVUSDBoardMeetings](http://bit.ly/CVUSDBoardMeetings)

## CASTRO VALLEY FORUM

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### ● Thursday, January 9: Libertarian Party Election

The Libertarian Party of Alameda County will be hold its officer elections at 7:15 p.m. tomorrow at The Tribune Tavern, 401 13th St, Oakland. Membership not required to attend, but membership in the Libertarian Party and residency in Alameda County are required for officer eligibility. More info at [lpac.us](http://lpac.us) or at <http://www.facebook.com/LPAlamedaCounty/>

### ● Friday, January 10: Take Off Pounds Sensibly Meeting

Resolved to lose weight in 2020? Take Off Pounds Sensibly (TOPS) is a nonprofit weight-loss support group where members attend weekly meetings to learn about nutrition, portion control, food planning, exercise, and more. Weigh-ins, group feedback, and support help members achieve their goals. Meet at United Methodist Church, 19806 Wisteria, Room 5, Fridays 9:30 - 10:30 a.m. (weigh-in 9 to 9:20) Contact Bernice Kurtzner 510-537-0699. For more information, visit [www.tops.org](http://www.tops.org)

### ● Saturday, January 11: Amador Valley Quilters Meeting

Linda Schmidt, an internationally known quilt artist and member of the Amador Valley Quilters, will be speaker at the next meeting, from 1:30 to 4:00 p.m. this Saturday at Pleasanton Middle School, 5001 Case Ave., Pleasanton. She is known for her unique portrait and landscape quilts that are embellished with paint, sheer fabrics, Angelina fiber, Tinzl, beads and found objects.

### ● Saturday, January 11: Documentary 'Beyond the Wall'

Social justice film "Beyond the Wall," highlighting the tremendous challenges and barriers faced by the flood of prisoners returning to our streets and communities each day, will be shown at 2 p.m. this Saturday at the Castro Valley Library, sponsored by the Castro Valley Community Alliance. The film follows five formerly incarcerated men who are attempting to rebuild their lives on the outside with little help from the criminal justice system. Following the film, a panel of re-entry experts from our community will discuss their work and answer questions.

### ● Saturday, January 11: Hearing Loss Association Meeting

Dr. Peg Lisi, Audiologist and a member of the SF Symphony Chorus will discuss Music Appreciation for those with Hearing Loss at the next meeting this Saturday. Refreshments at 9:30 a.m.; Program at 10. Dr. Lisi has done research in music-related hearing loss and secondary effects and brings perspective on hearing for musicians and music lovers alike. Oakland Kaiser Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. Parking garage on Howe is free on Saturday. [info@hearinglosseb.org](mailto:info@hearinglosseb.org) or 510-221-6080

### ● Sunday, January 12: Tango Demonstration

The Castro Valley Library presents "Tango: A Lecture & Demonstration of Argentina's Traditional Dance" at 2 p.m. this Sunday. Jurek Mazur, from Academia de Tango Argentino, will present a multimedia talk on the roots, history, culture and etiquette of tango, with music and a special live performance. This program is in the Chabot Room, and no reservations are required. For more information call 510-667-7900, or see Events at [www.aclibrary.org/branches/CSV](http://www.aclibrary.org/branches/CSV).

### ● Tuesday, January 14: Rotary Topic: Update on BART

Local BART Director John McPartland will update members of the Castro Valley Rotary Club on BART and describe the transit system's plans for building 20,000 units of housing near its stations, at a buffet lunch from noon to 1:30 p.m. at Redwood Canyon Golf Course, 17007 Redwood Road, Castro Valley. The cost of lunch is \$15 and reservations must be made by 9:00 p.m. on Sunday, January 12, by contacting Rotary at [cvrotary@iCloud.com](mailto:cvrotary@iCloud.com) or 510-402-5123. More information is available at [castrovalleyrotary.org](http://castrovalleyrotary.org)

### ● Tuesday, January 14: Science Lecture: Animal Intelligence

Are humans really the most intelligent creatures on the planet? Join Castro Valley Science for a fascinating look into unexpected levels of animal intelligence at 7 p.m. on Jan. 14 at the Castro Valley Library when PhD candidate Julie Hui of the Anthropology Department at UC Berkeley discusses examples of animal intelligence and explores animal language studies. Register now at <http://bit.ly/animal-talk>

### ● Wednesday, January 15: Creating a Secure Future

An Advance Health Care Directive lets you have a say about how you want to be cared for if you cannot speak for yourself. Learn about this important document at a free presentation by Health Insurance Counseling and Advocacy Program (HICAP) of Legal Assistance for

Seniors from 11 a.m. until noon on Jan. 15 at the Castro Valley Library. Learn what the directive is, how to complete the forms and appoint an agent, and more. No registration is necessary.

### ● Saturday, January 18: Plethos 3rd Annual Season Soiree

Plethos Productions will announce its 2020 season of shows at a Soiree at 8 p.m. on Jan. 18 at the beautiful Ristorante di Parma in Downtown Hayward, beginning with performances by three hilarious Bay Area stand up comics, Alexandria Love, Becky Lynn and Rudy Ortiz. Then we're bringing Plethos all-stars on stage, reprising songs from their performances in our productions of Broadway musicals, followed by sneak peek performances from our 2020 shows! We'll finish with a karaoke contest and dancing for all! For tickets (\$10) visit [Plethos.org](http://Plethos.org)

## Arts & Entertainment

### CASTRO VALLEY CENTER FOR THE ARTS

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

● **"Funny Fiddle"** — Chris Pendleton seamlessly blends hilarious stand-up comedy with her virtuoso violin playing into a fresh, funny, one-of-a-kind show at 7:30 p.m. Saturday, Jan. 25 at Center for the Arts, an entertainer you won't want to miss! *For tickets, see above.*

● **Chicago the Tribute**, with a group of 9 musicians, creates the powerful horns, rich vocals and the rockin' rhythm section needed for "Saturday in the Park," "Does Anybody Really Know What Time It Is?" and their many other legendary hits, at 7:30 p.m. on Saturday, February 22 at the Castro Valley Center for the Arts. *For tickets (\$38/\$40), see above.*

### OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"Brighton Beach Memoirs,"** will be presented by the Castro Valley Dramatic Arts Academy this Friday and Saturday, Jan. 10-11, at 7 p.m. at the Douglas Morrisson Theatre, 22311 N. 3rd St. in Hayward. *For tickets, visit [cvdaa.org](http://cvdaa.org)*

### ART GALLERIES, RECEPTIONS & ART INSTRUCTION

● **A.R.T., Inc. Members' Show** will be presented from Jan. 18 to Feb. 1 at the Adobe Art Gallery, 20395 San Miguel Ave. Thursdays through Saturdays from 11 a.m. to 3 p.m. A free Artists' Reception, open to the public, will be held from 2 to 4 p.m. on Saturday, Jan. 18. Refreshments will be served. Sponsored by A.R.T., Inc. and the Castro Valley School District.

● **Veterans Art Project**, a group exhibition of artwork created by local Veterans and presented by the County Arts Commission and the Hayward Arts Council, will be on view at the John O'Lague Galleria at Hayward City Hall through Jan. 17.

● **PhotoCentral Gallery Annual Juried Exhibition** will be presented from January 25 to March 7 at the gallery (part of the Hayward Area Recreation District) at 1099 E Street in Hayward. The popular annual exhibition was juried by Diane Zuliani. Two receptions will be held, on Saturday, Jan. 25 and Saturday, March 7, both from 2 to 4 p.m. The exhibit will be in both galleries. The upstairs gallery is open Monday through Friday 9 a.m. to 5 p.m.; the downstairs gallery is open from 5 to 10 p.m. Mondays, and from 10 a.m. to 1 p.m. on Tuesdays and Thursdays. For more info, visit [www.photocentral.org](http://www.photocentral.org)

● **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.

### AT THE CHABOT CINEMA 1/8-1/15

● **Star Wars: The Rise of Skywalker**, PG-13

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*Tue 12/31 to Sun 1/5 - 12:45p, 4:15p, 7:45p*

## Submissions to The Forum

*News submissions as well as items for the Calendar Page 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](mailto:fredz@ebpublishing.com).*

## HOROSCOPE by Salomé

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**ARIES (March 21 to April 19)** That lower-than-acceptable performance you're getting from others in your group might be the result of miscommunication. If so, correct it before serious problems arise later on.



**TAURUS (April 20 to May 20)** An unexpected situation could call for a change of plans. If so, you might feel that this is unfair. But it's best to make the needed adjustments now. There'll be time later for rescheduling.



**GEMINI (May 21 to June 20)** The new year brings opportunities you might want to look into. Some might be more interesting than others. But take time to look at all of them before you make any decisions.



**CANCER (June 21 to July 22)** It's a good idea to be careful about expenses until you've worked out that pesky financial problem. You might find it advisable to get some solid advice on how to proceed.



**LEO (July 23 to August 22)** Romance looms large over the Leonine aspect. Single Lions looking for love should find Cupid very cooperative. Paired Cats can expect a renewed closeness in their relationships.



**VIRGO (August 23 to September 22)** Making contact with a former colleague might not be high on your list of priorities. But it could pay off personally as well as professionally. Avoid bringing up any negatives about the past.



**LIBRA (September 23 to October 22)** A personal relationship could face added stress because of a situation involving someone close to both of you. Be supportive and, above all, try to avoid playing the blame game.



**SCORPIO (October 23 to November 21)** You might well find some lingering uncertainties about a decision. If so, take that as a warning that you might not be ready to make that move yet. More study would be in order.



**SAGITTARIUS (November 22 to December 21)** Music is a dominant theme for Sagittarians right now, and it should remind you to make a greater effort to restore some much-needed harmony in that very special relationship.



**CAPRICORN (December 22 to January 19)** Although family matters might demand much of the Sea Goat's attention this week, you'll want to try to make time to handle those all-important workplace situations as well.



**AQUARIUS (January 20 to February 18)** A recurring unresolved issue might need to be revisited before you can move forward. Consider asking someone familiar with the situation to act as an impartial counselor.



**PISCES (February 19 to March 20)** Ignore pressure to make a decision. Keeping your options open is still the wisest course, at least until you're sure you've learned all you need to know about the matter at hand.



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## 150 Years of Defining American Food Traditions



Workers label and pack cans for distribution, circa 1905.

Think back on some of your favorite family meals over the years and it's likely that Campbell Soup Company played a role during those important moments around the table. An American icon, Campbell is celebrating its 150th anniversary in 2020.

From tomato soup and grilled cheese on a cold day to green bean casserole, generations of home cooks have made Campbell food, snacks and recipes part of their daily and holiday food traditions.

Campbell Soup Company was founded four years after the Civil War ended in 1869 by a fruit merchant and an icebox manufacturer. By the turn of the century, the company flourished as a result of several innovations -- including Dr. John T. Dorrance's invention of condensed soup, which made nutritious soup more affordable to millions of Americans at just 10 cents per can.

Campbell food was served during WWI and WWII, and

during the Apollo missions, offering troops and astronauts comfort and a taste of home.

Campbell's influence can be seen in American pop culture throughout the years, from Andy Warhol's iconic paintings of Campbell's Soup cans to the enduring "M'm! M'm! Good!" jingle to other cultural icons like the Campbell Kids.

• The Green Bean Casserole, invented by Campbell employee Dorcas Reilly in 1955, was served at 20 million dinners this past Thanksgiving.

During the holiday season, Green Bean Casserole recipes were viewed more than 6 million times on the Campbell's Kitchen website.

• Campbell's tomato growers harvest over 1.5 billion pounds of tomatoes per year. Eighty percent of Campbell's tomato growers and their families have worked with the company for more than two decades.

For more information, as well as recipes, visit [CampbellSoup-Company.com](http://CampbellSoup-Company.com).

SAVORY SLOW-COOKER  
POT ROAST

- 1 (10-1/2 oz) can Campbell's Condensed Cream of Mushroom Soup
- 1 envelope (about 1 ounce) dry onion recipe soup & dip mix
- 6 medium red potato (about 2 3/4 pounds), cut in half
- 3 cups baby-cut carrots or 2-inch pieces peeled carrots
- 3 pounds boneless beef chuck roast (1 roast)

Stir the mushroom soup, soup mix, potatoes and carrots in a 4 1/2-quart slow cooker. Season the beef with salt and pepper as desired. Add the beef to the cooker and turn to coat.

Cover and cook on LOW for 6 to 7 hours or until the beef is fork-tender.

Serve sprinkled with fresh chopped parsley, if desired.

*Cook's Tip:* To save some time, this recipe may also be cooked on HIGH for 4 to 5 hours.

TOMATO SOUP  
SPAGHETTI SAUCE

- 1 pound ground beef
- 1 small onion, diced
- 1 green pepper, diced
- 1 small can mushroom pieces, drained
- 1 clove garlic, minced
- 1 can diced tomatoes
- 1 can Campbell's Tomato

Soup  
1 teaspoon sugar  
Salt and pepper to taste

Brown ground beef in skillet over medium-high heat. Add next 4 ingredients and cook until the onion and peppers begin to soften.

Add diced tomatoes, tomato soup and sugar. Let sauce heat through for a few minutes.

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**BE MORE PHYSICALLY ACTIVE:** Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

## 10 Health Tips for the New Year

Four in 10 adults in the U.S. have two or more chronic diseases, according to the Centers for Disease Control and Prevention.

While certain conditions and risk factors are beyond one's control, the new year is the perfect time to consider the many lifestyle choices you can make for improved health.

"With too many holiday sweets and not enough exercise likely in the rearview mirror, now is the perfect time to consider your personal goals and how you can make positive health choices in the coming year," says Dr. Patrice A. Harris, President of the American Medical Association. "The good news is that there are a few easy steps you can take that will set you on the right track for a healthier 2020."

To get you started, the AMA offers these wellness tips for the new year:

1. Steps you take now can help prevent or delay the onset of type 2 diabetes. Learn your risk by taking the self-screening test at [Dol-HavePrediabetes.org](http://Dol-HavePrediabetes.org).

2. Be more physically active. Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

3. Visit [LowerYourHBP.org](http://LowerYourHBP.org) to better understand blood pressure numbers and take necessary steps

to get high blood pressure – also known as hypertension – under control. Doing so will reduce your risk of heart attack or stroke.

4. Reduce your intake of processed foods, especially those with added sodium and sugar. Eat less red meat and processed meats, and add more plant-based foods, such as olive oil, nuts and

seeds to your diet. Also reduce your consumption of sugar-sweetened beverages and drink more water instead. Drinking sugary beverages – even 100% fruit juices – is associated with a higher all-cause mortality risk, a new study published in JAMA Network Open suggests.

see Health on page 15

## Dental Emergencies: Immediate Help Needed or Can You Wait?

By Dr. Jamie Reynolds  
SPECIAL TO THE FORUM

Maybe a tooth broke as you snacked on popcorn. Or perhaps you joined a pickup basketball game and an elbow to the mouth knocked out a tooth completely.

Mouth mishaps aren't that unusual, but how do you know whether such dental predicaments are a minor annoyance or a true emergency?

In some cases, a couple of days won't matter and you don't need to go rushing to your dentist's office or the emergency room.

But other cases can be serious and you'll want treatment as quickly as you can get it.

Some examples of tooth or gum-related symptoms you might encounter, and whether emergency treatment is warranted:

- **Severe pain with symptoms of infection.** An infection can quickly spread, so get treatment immedi-

ately. In the worst-case scenario, this could lead to sepsis, which can be fatal.

Symptoms that indicate the infection has spread include fever, rapid breathing, abnormally high or low blood pressure, and/or confusion.

Symptoms in the mouth include severe pain, swelling in the gums, swelling in the face, bad breath, and pus or fluids coming from the infected area.

- **Toothache.** Toothaches are no fun. If the pain is just an annoyance, and you don't have any other symptoms, you can wait a day or two to see a dentist. However, putting off treatment of a sore tooth can lead to serious infection and/or increase the potential need for root canal treatment and tooth loss.

If the pain is anything more than mild hot/cold sensitivity, get a dental appointment ASAP.

- **Soreness from braces.** It's common to experience minor

pain after braces have been put on or tightened, and a visit to your dentist or orthodontist shouldn't be needed. You should be able to manage the pain at home with ice, dental wax, or an over-the-counter painkiller.

- **Tooth knocked out.** If a tooth is knocked out and you want to have any chance of saving it, you need to act immediately. The American Association of Endodontists reports that your best bet is to pick up the tooth without touching the exposed root.

If the tooth is dirty, rinse it with water only, and place it back in the socket right away. Hold the tooth in place and keep it moist.

If you can't put it back in the socket, keep it between your cheek and gums, or place it in a cup of milk, the association says.

You increase the odds of saving the tooth if you can get to a dentist or endodontist's office within 30

see DENTAL on page 15



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## Looking for a Job? Library Offers Help

The Castro Valley Library is offering one-on-one help for job-seekers every Monday from 12:30 to 3 p.m. in a Job Lab that provides a quiet space to use the library's laptops to work on employment-related tasks.

Internet access is available as well as Microsoft Office 2016.

During this open lab time, you can update or create a resume or Linked-In site, prepare for an interview and salary negotiations, explore new careers and search for jobs.

The Job Lab will provide access to library databases to help you build new work skills or take practice tests for professional exams as well as use of computers and printers for other employment-related needs.

Experienced volunteers will be on hand to help those seeking employment with resumes, job searches, online applications and a wide range of other employment related activities.

Use of the library's computers and personal assistance is available on a walk-in basis.

Questions may be directed to Lyn Leone at 510-608-113, or send an e-mail to lleone@aclibrary.org.



## Unexpected Levels of Animal Intelligence

Are humans really the most intelligent creatures on the planet?

Human beings tend to prefer cross-species measurements that put us at the top of the scale. Intelligence is one such measure.

Should this be obvious given our problem-solving ability and big brains?

Join Castro Valley Science for the next talk — a fascinating look into unexpected levels of animal intelligence, at 7 p.m. Tuesday, Jan. 14, at the Castro Valley Library. Register now at [bit.ly/animal-talk](http://bit.ly/animal-talk). This presentation will look at some examples of animal intelligence, explore language studies in animals, and attempt to place human intelligence within our own environmental context.

The speaker will be Julie Hui, a PhD candidate who researches the evolution of cooperation in the Anthropology Department at UC Berkeley.

For just \$1 a month, you can help us keep science events like this going in our community on a continuous basis at [info@cvscience.us](mailto:info@cvscience.us). Become a Patron! Join Castro Valley Science and Castro Valley Educational Foundation.

## Ban: Shop Owners Feel It Goes Too Far

*continued from front page*

The county ordinance would also require all tobacco retailers in the unincorporated area to obtain a license to sell any tobacco product, and put restrictions on issuing new ones. New tobacco establishments couldn't open near existing ones, nor could they be near schools, parks or other places frequented by youths.

Supervisor Nate Miley abstained in the vote on the new county ordinance. He favored exempting hookah lounges and other businesses that already bar customers under the age of 21.

His spokesman, Bob Swanson, said that Miley has been anti-to-

bacco throughout his political career, starting on the Oakland City Council. But he felt that limiting sales to adult-only stores would safeguard youth while allowing current adult smokers to use vaping to gradually wean themselves off conventional cigarettes.

Swanson holds himself up as an example of someone who successfully did so in middle age. And, he said, Miley got to see the entire process Swanson went through first-hand.

Vaping and tobacco shop owners feel the ban is going too far, and argue that they have effectively barred youth from using tobacco products including e-cig-

arettes.

"I understand it, with the kids, and they don't want people getting sick," said Moe Ali, owner of the Gorilla Clouds smoke shop on East Lewelling Blvd. in San Lorenzo. "But I wish they'd do something else."

"A lot of people are upset about it. They're leaving a lot of money on the table to be picked up by people much less careful about following the rules than we are," he said, referring to illegal sales.

Supervisor Chan said that the supervisors will offer tobacco shop owners whatever assistance they need to prepare for — and abide by — the ordinance.

## Reports: Elder Abuse; Spousal Assault

*continued from page 3*  
**Former Aid Charged With Elder Abuse**

Thursday, January 2: at 12:41 a.m., a 34-year-old man from Castro Valley was arrested on suspicion of elder abuse of a 63-year-old woman at a home on Somerset Avenue near Lake Chabot Road. Deputies report the woman filed the report after claiming verbal and mental abuse. The man had previously been hired to assist the woman in her home but continued to live on premises. Deputies took the man into custody.

**Spousal Assault Arrest After Aggressive Argument**

Wednesday, January 1: at 4:50 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Helton Court near Vannoy Avenue. There, they arrested a 28-year-old man from Castro Valley on suspicion of spousal assault, physical assault, and vandalism. Deputies report the man also had an outstanding warrant for his arrest. The man was taken to Santa Rita Jail pending \$10,000 in bail. The victim was treated at the scene.

**Joy Ride Ends in Arrest of Two Men**

Tuesday, December 31: at 7:42 p.m., deputies pulled over and arrested two men connected to a stolen vehicle stopped on Grove Way near the Interstate 580 onramp. The driver, a 33-year-old man with no permanent residence, was charged with the theft. The passenger, a 36-year-old man with no permanent residence, was charged with violating a court-issued "stay away" order. Deputies transported both men to Santa Rita Jail pending bail and impounded the car.

ALAMEDA COUNTY'S

## Eden Area Signage Plan

Wayfinding and Gateway signage for: Ashland, Castro Valley, Cherryland, Fairview and San Lorenzo



Alameda County's Economic and Civic Development department would like community input on a logo to represent Castro Valley in wayfinding signage.

**Background:** Alameda County is developing the Eden Area Signage Plan to determine style, type and location of wayfinding signage for areas of the urban unincorporated County, including: Ashland, Castro Valley, Cherryland, Fairview and San Lorenzo. Wayfinding signage will be utilized to direct pedestrian and vehicular traffic to various County facilities and public assets. We need your input to create a logo for Castro Valley wayfinding signage!

**Prior to filling out the online survey, please take a minute to review the "Back Story". We are currently looking for suggestions for things that are iconic to Castro Valley that can be generated into a logo to be placed on gateway and wayfinding signage.**

**Online Survey:** Now through February 29, 2020, tell us what you think is iconic to Castro Valley and submit comments online at [www.surveymonkey.com/r/CastroValleySignage](http://www.surveymonkey.com/r/CastroValleySignage).

**Paper Survey:** Now through February 29, 2020, fill out the paper survey at the Castro Valley Library.

[www.surveymonkey.com/r/CastroValleySignage](http://www.surveymonkey.com/r/CastroValleySignage)



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# Castro Valley Reads to Kick Off Its Third Year at the CV Library

Castro Valley Reads is back, and you're invited to join in the Kick-Off event on Sunday, January 26 from 2 to 3 p.m. at the Castro Valley Library.

Castro Valley Reads seeks to get hundreds of community members to read and discuss the same book. By celebrating both reading and great books, and the program aims to build community through a thoughtful exchange of ideas.

"We're excited to be launching our third annual Castro Valley Reads," said Dawn Balestrieri, branch manager. "We hope you'll join us to grow the program. What can we learn from each other? What can we learn together? Let's find out!"

This year the program is switching gears and doing a work of fiction. Our selection is "Bluebird, Bluebird," a blues-infused thriller about the collision of race and justice in America, by Attica Locke.

The novel's lead character is Darren Mathews, a black Texas Ranger. He knows all too well that when it comes to law and order, East Texas plays by its own rules.

Deeply ambivalent about growing up black in the Lone Star State, he was the first in his family to get as far away from Texas as he could.

Until duty called him home.

But when his allegiance to his roots puts his job in jeopardy, he travels up Highway 59 to the small town of Lark, where two murders—a black lawyer from Chicago and a local white woman—have stirred up a hornet's nest of resentment.

Darren must solve the crimes—and save himself in the process—before Lark's long-simmering racial fault lines erupt.

In addition to being the author of five novels, including "Heaven My Home," the sequel to "Blue-

bird, Bluebird," Attica Locke works as a screenwriter. Most recently, she was a writer and producer on Netflix's *When They See Us* and also the upcoming Hulu adaptation of *Little Fires Everywhere*. A native of Houston, Texas, Locke lives in Los Angeles with her husband and daughter.

The Kick-Off will include a performance from the Dewayne Oakley Blues Ensemble, a sign-up for a book discussion, and a free copy of the book. The celebration continues from February through April with many special Castro Valley Reads programs.

If you can't make the Kick-Off, please come to the Library after January 26 to sign up for a discussion. Free copies of *Bluebird, Bluebird* are available while supplies last.

Castro Valley Reads is generously funded by the Friends of the Castro Valley Library.

## PLETHOS TO REVEAL NEW SEASON AT SOIREE



PHOTO BY CATHY BRESLOW

A festive celebration is planned for 8 p.m. on Saturday night, Jan. 18, when Castro Valley's Plethos Productions theatre company holds a Soiree at Ristorante di Parma at 22532 Foothill Blvd. in Hayward to announce its 2020 season of shows. The gala party will include performances by Bay Area standup comics Alexandria Love, Becky Lynn and Rudy Ortiz, followed by Plethos All Stars on stage reprising songs from their recent Broadway musicals, then dancing and a karaoke contest. Tickets (\$10) at: [Plethos.org](http://Plethos.org).

## English Skills: Teach It or Brush Up on It

By Bruce Roberts  
SPECIAL TO THE FORUM

New Year's is always a time for resolutions to make a person's life—and the whole world—a better place.

With that in mind, Hayward's Literacy Plus is offering Tutor Training Sessions in January. Adults who feel their English skills are inadequate can feel handicapped, insecure, and that can carry over to finding a career, raising a family, and just dealing with life in general.

But the Literacy Plus Program

can change that, with the help of concerned citizens who are willing to tutor another person 1-2 hours a week.

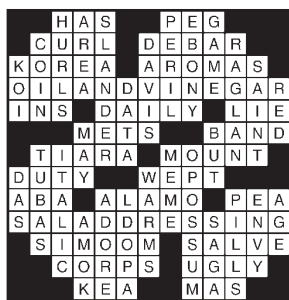
If you would like to use your own English skills to change another person's life, contact the Literacy Plus Program at 510-881-7910, or go to <https://www.haywardliteracyplus.com/>

Tutor orientation meetings will be held both Jan. 14 at 5:30 p.m. and Jan. 15 at 1:30 p.m. Tutor Training will be held Saturday, Jan. 25, from 9 a.m. to 4 p.m.

All these meetings will be held in Hayward's beautiful new downtown library.

Interested? Come and improve someone's life in the new year!

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# KNOW WHAT TO FLUSH?



## WIPES CLOG PIPES

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

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

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# REAL ESTATE GALLERY

## REAL ESTATE REALITY

By Carl Medford, CRS  
SPECIAL TO THE FORUM

GUEST COMMENTARY



### Our Homes: The Last Bastion Of Privacy

As the new decade begins, moving us deeper into the Information Age, we are reminded that, while experiencing levels of connectedness and knowledge previously unimagined, it comes at the cost of the erosion of our privacy.

We are tracked when we go online or use our phones. Everywhere we travel we encounter cameras monitoring every move: even my doorbell has facial recognition technology.

It seems one of the few remaining privacies we still enjoy is the sanctum of our homes. Not just our primary financial asset, home is where we can truly unwind and "let down our hair."

Here we belt out Sinatra favorites in the shower, emulate Wolfgang Puck in the kitchen and dance like Fred Astaire down the hallway.

Realtors help make "home" happen. Unfortunately, as

important as they have been through the decades, 2019 saw the emergence of numerous companies with billions of dollars trying to remove Realtors from the equation. Even Zillow states, "We'll help you find a place you love."

Near the end of the movie "You've Got Mail," Tom Hanks' character Joe Fox proposes to Kathleen Kelly (portrayed by Meg Ryan). Since Kathleen is clearly confused by the choices before her, Joe sums up her dilemma with the classic statement, "If only."

That's my response to Zillow and other companies who fail to acknowledge fundamental facts: it is Realtors who secure listings, Realtors who hold seller's hands through the preparation process, Realtors who place homes on the market and pay for the marketing, Realtors who open the doors so buyers can gain access, Realtors who write up offers, negotiate contracts, navigate the complexities of escrow and more.

Zillow is nothing more than a data aggregator that provides a convenient point of access to listings and automated market analysis.

Ironically, most Realtors have the exact same thing in the form of convenient apps branded to their brokerage and as anyone knows, a Comparative Market Analysis from a Realtor trumps a "Zestimate" or other automated valuation every time.

Need real estate assistance in 2020? Instead of engaging online and losing more privacy, engage a local Realtor who will not only guard your information, but will help you find your way home.

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.

## HOME of the WEEK

Right now there are only 16 single family homes on the market in Castro Valley making this the PERFECT TIME TO SELL!

Give me a call to help you as well to get your home ready for sale and to obtain a price that you will definitely be happy with.



20203 Catalina Dr., Castro Valley  
Sold for \$805,000

This updated 3 bedroom, 1.5 bath, 1,332 sq. ft., single level family home boasts a formal living room with hardwood flooring, wood burning fireplace and dining area that opens to newly remodeled kitchen with new cabinets, quartz counters, new appliances and laminate flooring all opening to the step down family room with 1/2 bath and slider to patio and large backyard. Additional features include new roof, all new interior paint, new carpeting, new light fixtures, refinished hardwood flooring, and new vanity and mirror in both bathrooms. Centrally located.



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## Trumpet Vine Damage Doesn't Mean Death; Mini Roses Need Shaping

By Buzz Bertolero  
SPECIAL TO THE FORUM

**Q** We have a trumpet vine that has been severely damaged by the frost. My husband wants to remove the unsightly and damaged foliage. I think we should wait for a couple of weeks, and then only remove some of the dead material. I'm afraid that if we prune too much we'll be encouraging the plants to grow which might do them in. I've also heard that this ugly-looking dead foliage may help protect the plants from further frost damage. What should we do?

**A** For the present time, you should leave the damaged plants alone. With trumpet vines, citrus, hibiscus, and others, it's not unusual for them to suffer some type of damage in the form of burnt leaves from the previous cold spell.

Although unsightly, the damaged tissue can act as an umbrella and protect the rest of the plant from any additional

cold weather. It is very likely we will have one or two cold spells before the end of winter.

The time to prune is anytime between the end of February and the middle of March when the damage of frost is past and the days are getting longer and warmer. Also, if your plants are still covered from the last frost, unwrap them now or you will damage the plants.

Plants need the light and they need to breathe; otherwise, they defoliate and or sweat with day time temperatures over 50°F. Plants should be covered only during the evening and early morning hours. By mid-morning, they should be uncovered during cool spells.

The exception would be those plants that produce basal shoots should such as fountain grass. Here the growth is damaged to the soil line and should be cut off at the point. It's not imperative that it be done right away.

**Q** Last summer I purchased several miniature roses and planted them in large



pots. The bushes have done very well. I'm wondering if they need to be pruned?

**A** Yes, miniature roses do need pruning but not like the Hybrid tea, grandiflora and floribunda varieties. Miniature roses are pruned only to keep their shape. It is more like a shearing than pruning individual stems.

Depending on the size of the bush, you would remove an inch to six inches of growth. The best time of the year to do

so is around Presidents Day weekend, the third weekend of February. This is just before the spring flush of growth develops.

After each cycle of blooms, also is an excellent time to prune miniature roses so they keep their shape. You also remove any and all dead wood. In addition, you should strip off any remaining foliage, clean up the debris that is at the base of each plant and then spray them once with a Copper fungicide to kill the overwintering fungal spores.

In March, you should apply a liquid fertilizer, insecticide, and disease control product. Both Bayer and Bonide, have products that do all three tasks.

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



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## RECENT HOME SALES

### Castro Valley

17416 Rolando Ave	94546: \$660,000 3 BD - 1,322 SF - 1963
3501 Timco Court	94552: \$885,000 4 BD - 1,541 SF - 1990
18734 Crane Avenue	94546: \$1,025,000 3 BD - 1,408 SF - 1956
16988 Grovenor Drive	94546: \$1,038,000 4 BD - 1,953 SF - 1963
3149 Keith Avenue	94546: \$1,650,000 4 BD - 3,739 SF - 1944
<b>TOTAL SALES:</b>	<b>5</b>
<b>LOWEST AMOUNT:</b>	<b>\$660,000</b>
<b>HIGHEST AMOUNT:</b>	<b>\$1,650,000</b>
<b>MEDIAN AMOUNT:</b>	<b>\$1,025,000</b>
<b>AVERAGE AMOUNT:</b>	<b>\$1,051,600</b>

### San Leandro

410 Pershing Drive	94577: \$620,000 3 BD - 1,441 SF - 1940
1013 Greenbrier Court	94577: \$740,000 3 BD - 1,800 SF - 2007
16322 Ridgehaven Dr	94578: \$850,500
<b>TOTAL SALES:</b>	<b>3</b>
<b>LOWEST AMOUNT:</b>	<b>\$620,000</b>
<b>HIGHEST AMOUNT:</b>	<b>\$850,500</b>
<b>MEDIAN AMOUNT:</b>	<b>\$740,000</b>
<b>AVERAGE AMOUNT:</b>	<b>\$736,833</b>

## OPEN HOMES SAT. & SUN. JAN. 11 & JAN. 12

CITY	SAT	SUN	ADDRESS	PRICE	BDR/BA.	REALTOR	AGENT	PHONE
A	—	2-4	2657 Vistagrand Ct.	\$1,329,000	4/2F/2H	Rinetti & Co. RE	Tianne Rinetti	510-329-4158

### CITY GUIDE

A = SAN LEANDRO • B = BERKELEY • C = CASTRO VALLEY • D = DUBLIN • F = FREMONT • H = HAYWARD  
L = LIVERMORE • M = MODESTO • S = SHEFFIELD VILLAGE • SLZ = SAN LORENZO • W = WALNUT CREEK • Z = ALAMEDA



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**www.castrovalleyforum.com**  
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**HELP WANTED**  
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**MISC. FOR SALE**  
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San Leandro Times/Castro Valley Forum

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

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

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Castro Valley Forum/San Leandro Times

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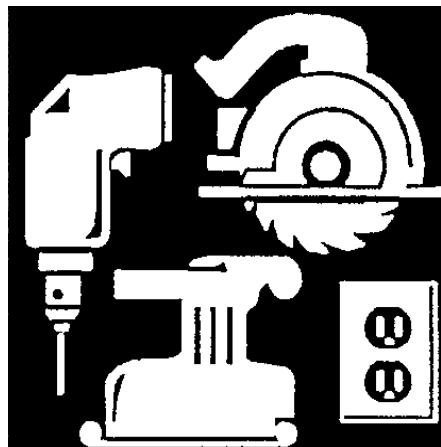
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## ACROSS

1 Possesses  
4 Cribbage scorer  
7 Ringlet  
8 Preclude  
10 M\*A\*S\*H setting  
11 Scents  
13 Kitchen pair  
16 \_\_\_ and outs  
17 The \_\_\_ Show With Jon  
Stewart  
18 Whopper  
19 Citi Field team  
20 Marching musicmakers  
21 Topper for Miss USA  
23 Rushmore or Rainier  
25 Responsibility  
26 Cried  
27 Lawyers' org.  
28 Memorable mission  
30 Shooter ammo  
33 13-Across, e.g.  
36 African desert wind  
37 Ointment  
38 Military subdivision  
39 Unattractive  
40 Mauna \_\_\_  
41 More, to Manuel

## DOWN

1 Throws hard  
2 Neighborhood  
3 \_\_\_ : spoken :: libel :  
written  
4 Danger  
5 Black wood  
6 Ready for action  
7 Quarter, e.g.  
8 CSA president  
9 Overcoat sleeve  
10 Japanese pond carp  
12 Epithet for Simon  
Templar (with The )  
14 Information  
15 Scarlet  
19 Spring month  
20 On the other hand  
21 Big brass  
22 Slanted, as lettering  
23 Viral Web phenom  
24 One skilled in playing  
dead  
25 \_\_\_ Kapital  
26 Goes up a few degrees  
28 Worship  
29 Parkinson's treatment  
30 Doctor's orders?  
31 Jealousy  
32 Iron or Bronze  
34 Out of control  
35 Long story

**ANSWERS ON PAGE 5**



**LETTERS TO THE EDITOR** may be emailed to [fredz@ebpublishing.com](mailto:fredz@ebpublishing.com), or mailed to: The Forum, P.O. Box 2897, Alameda, CA 94501.

## Obituaries

### Ruby Elaine Thomas

Ruby Elaine Thomas, a resident of Castro Valley, was born January 7, 1925, in San Lorenzo, California, and passed away on December 28, 2019.

Ruby loved cats, was an avid reader, enjoyed camping and fishing, loved going to garage sales, and was a devoted great-grandmother.

She was preceded in death by the love of her life, husband Kenneth Thomas, father Benjamin Figueroa, mother Madeline Figueroa, sister Edith Fagundes, brothers Manuel Figueroa, Larry Figueroa, Joseph Figueroa, Richard Figueroa, Danny Catano, Johnny Catano, and Eddie Catano.

She will be deeply missed by children Barbara Cox of Castro Valley, California, Douglas Thomas of Vancouver, Washington, and Gloria Thomas of Renton, Washington, grandchildren Kenneth Cox, Deborah Taylor, Robert Marks, Cynthia Marks, Faith Thomas, Lisa Dimmick, Jason Dimmick, great-grandchildren Katherine Taylor, Madeline Taylor, Jacob Marks, Kimberley Blakesly, Ethan Blakesly, Nora Petersen, Solomon Griffin, Seavhanna Dimmick, Luella Dimmick, Rose Dimmick, Riley Dimmick; great-great-grandchildren Jackson Peachy, Spencer Sapp, Willa Whealan, brothers Luis Catano and Bobby Catano, and numerous nieces, nephews, and cousins.

Memorial service at Jess Spencer Mortuary and Crematory, 21228 Redwood Road, Castro Valley, on January 11, 2020 at 11:00 a.m.



## LETTERS to the EDITOR

### Calls for Tougher Standards on Schools' Drinking Water

Lead is toxic. This is not news. It hides in our paint, dust and even in our drinking water.

Doctors say that there is no safe level of lead for our kids, and it can cause lowered IQs and behavioral issues. Still, California allowed plumbing systems to use lead-bearing parts until 2010, and current state regulations allow dangerous levels of lead in our

drinking water.

In the state, schools have found over 2,000 water outlets contaminated by lead. In San Lorenzo, about half our schools found lead in the drinking water.

There are affordable ways of correcting this, such as replacing lead pipe fittings and installing water bottle filling stations with filters. As a parent and as a teacher in the San Lorenzo School District I want all students to have safe drinking water at school where they learn and play. To make sure that happens, I'm urging the local school boards to protect students by adopting the pediatrician-recommended 1-part-per-billion standard.

—Claudia McDonagh, Castro Valley

## Obituaries

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### CASTRO VALLEY FORUM OBITUARIES

may be emailed to:  
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or faxed to 510-483-4209.

Include a phone number.  
For help, call Patrick Vadnais  
at 510-614-1558

### SARA L. ENNOR LAWYER

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### George F. Nelson

November 11, 1925 - December 13th, 2019

George F. Nelson, DDS, passed away peacefully on December 13th, 2019 at age 94. Dr. Nelson practiced dentistry in Hayward from 1958 to 2011, and was a resident of Castro Valley for 40 years. His wife, Sally Nelson, passed away in 2013.

George Frederick Nelson was born November 11, 1925 in Milbank, South Dakota to first and second generation immigrant settlers in the Dakota Territory, Nils Frederick Nilsson and Catherine Schormann. George Nelson served in WWII, crossing the Atlantic on the Queen Elizabeth in 1944 at age 18 to join the Howitzer Fire Direction Section of Field Artillery Battalion 758 as a "computer". George studied pharmacy at South Dakota State University and dentistry at Loyola University in Chicago. While in Chicago, he met and married Sara Anne Plouf. They moved to the East Bay in 1958 and raised their five children in Hayward.

Out of an early interest in flying, George became a pilot and flew recreationally for many years, even trying aerobatics and gliding; he also attended air shows. Other pastimes included pheasant hunting, snow- and water-skiing, and dancing and/or listening to music of the Big Band Era. He traveled often and widely to feed his passion for history and to research the family genealogy, chronicling up to six generations of his and Sally's Swedish, German, French and Irish ancestors.

George F. Nelson is survived by his two sisters, Frances Dyste and Helen Kranz, five children, Catherine (Henry) Nakayama, Anne (Charles Target) Zahner, John Frederick Nelson, Mary Clare (Tomas) Ovalle, and Bernadette Smith, and sixteen grandchildren and three great-grandchildren.

Friends and family are invited to the Church of the Transfiguration, 4000 E Castro Valley Blvd., Castro Valley, CA 94552 for the Rosary (10:30 a.m.) and Funeral Mass (11 a.m.) on Saturday, January 18th, 2020.

In lieu of flowers, please donate to the American Red Cross at [redcross.org/donate](http://redcross.org/donate)



### Linda (Lynn) Anderson

June 2, 1951 - January 1, 2020

Lynn was born June of 1951 and raised in Oakland, California. On New Year's Day, with her husband of 48 years and her three children by her side, she passed away peacefully after a long battle with cancer.

Lynn was the daughter of Olinto and Chairina Paladini (deceased), sister to Paul Paladini (deceased). She was happily married to the love of her life, Stuart Anderson. Together they had three children: Jennifer Comstock (Jesse), David Anderson (Claudia), and Denise Courtney (Jared). She was blessed with four grandchildren: Lauren, Sara, Gabriella, and Dean.

Lynn grew up in a proud Italian family and quickly learned the value of hard work. At a very young age she worked in the family business, Paladini Catering, and at the age of 16 she began creating floral arrangements for her parents' wedding clients. She graduated in 1969 from Bishop O'Dowd in Oakland.

Lynn always said that flowers were a true passion of hers. She opened her own flower shop, Lynn's Floral Design, on Joaquin Avenue in San Leandro in 1973. She continued to create beautiful flower arrangements even after she sold her shop.

She met her husband by chance one night and knew immediately he was her forever. They married in April of 1971 after a short courtship. In 1986, Lynn and Stu built their forever home in Castro Valley after they stumbled across a vacant lot on a Sunday drive. They spent the happiest years of their lives in that home with their children and grandchildren.

While we're sad she is gone, we are forever grateful for how long we were blessed to have her here. When missing her, we should all remember to look for her in the beautiful flowers she loved so much. She was simply amazing.

Her service will be held on January 16th at 11 a.m. at Transfiguration Church in Castro Valley.

A reception will immediately follow.



### Wants Partinship Left Behind for Trump's Senate Trial

In response to Peter Hauer ("Calls Trump Impeachment 'Unconstitutional'," *Letters Dec. 25*), I was at the Nobody is Above the Law demonstration. It was peaceful and didn't disrupt normal activities. Surprising was the level of support by the honking horns of passing cars.

I sincerely believe Impeachment is constitutional and removal is warranted. President Trump's actions were against our free and fair elections and against our national security. Multiple crimes were committed, including campaign finance and bribery.

Just in the transcript:

1. Trump sided with a false Russian narrative that Ukraine interfered in our elections and not Russia.

2. Trump sided with a corrupt Ukrainian prosecutor and two others under indictment to smear, remove and threaten an honorable U.S. ambassador.

3. Trump sided with a corrupt Ukrainian prosecutor to solicit Ukraine for an investigation of his political rival, Joe Biden.

It's unbelievable that our president would side with Russia and corruption against our intelligence services, foreign service and national security. Clearly, this president doesn't have your back when on the front line defending our country.

The House has sole responsibility for impeachment. There is no requirement to involve the judiciary. Never has a president tried to block all subpoenas for witnesses and documents. It's obstruction.

Impeachment doesn't remove the President. He can defend himself at trial in the Senate. Let's hope the Senate can agree on bipartisan rules and can leave partisanship behind at least for a little while.

—Brad Kitson, Castro Valley

### 'Amazed' by the Liberal Mind

It never cease to amaze me how the liberal mind works.

Recently, in two separate letters to the editor, I learned that being a Born Again Christian is the equivalent of belonging to a cult. This, according to Robert Thomas.

Fascinating. And, from Jack Gayle, I learned that President Trump will be out of office in a year even though polling data shows that the president soundly beats any democrat running. I would love to know where Mr. Gayle gets his premonitions and facts to back them up.

What I did learn at a very young age is that just because you say something, doesn't make it true.

—Charles Scott, Castro Valley

### Climate Change Panel on Friday

Catastrophic climate change is happening now. Find out current information and what you can do to help. Please join our vegetarian potluck and Climate Panel and discussion at 7 p.m. this Friday, Jan. 10 at the IOOF Building, 950 B Street, Hayward (entrance to 3rd floor meeting room from parking lot behind building).

Panelists include representatives of The Climate Reality Project, Extinction Rebellion, San Jose Peace and Justice Center and Code Pink.

—David Siegel, Castro Valley



## ATHLETES OF THE WEEK



The Castro Valley spikes took the Hayward Area Rec District coed volleyball Championship title at Sunset Gym on Thursday, Dec. 19, defeating the Rangle Bunch who were the defending

champions 25-17. The match went 2 sets. In the first round playoffs CV spikes defeated Acaballics, a first-year team, that qualified for the post-season.

## Dental: Is It Considered an Emergency?

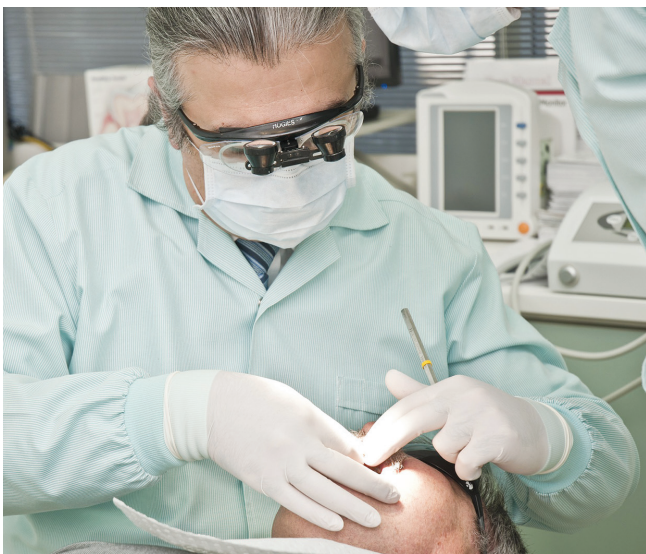
*continued from page 7*  
minutes. If that's not possible, go to the emergency room.

- **Chipped or broken tooth.** If a tooth becomes chipped or broken, but not knocked out entirely, you're in better shape. Yes, you will want to see your dentist as soon as you can, but it's not an emergency. That means get an appointment as soon as possible, but you don't need to drop everything and rush to the office.

- **Bleeding in the mouth.** If you have uncontrolled mouth bleeding caused by cuts, seek immediate care. On the other hand, it's not uncommon to experience minor bleeding caused by inflamed gums, irritated sores, or minor cuts.

Assuming the bleeding stops on its own, there's no need for immediate treatment. But mention the bleeding to your dentist at your next appointment.

While these are good guidelines, if you're uncertain and you can't get hold of your dentist's office for



**Speak to your dentist regarding any oral concerns.**

advice because it's after hours, go ahead and seek treatment.

If nothing else, it will give you peace of mind, and you may end up saving your tooth or – in the case of a significant infection – even saving your life.

*Dr. Jamie Reynolds (www.AskDrReynolds.com) is a national and international lecturer on high-tech digital orthodontics and practice management, and author of the book, "World Class Smiles Made in Detroit."*

## Health: Wellness Tips for the New Year

*continued from page 7*

5. If your health care professional determines that you need antibiotics, take them exactly as prescribed. Antibiotic resistance is a serious public health problem and antibiotics will not make you feel better if you have a virus, such as a cold or flu.

6. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans — up to one drink daily for women and two drinks daily for men, and only by adults of legal drinking age.

7. Talk with your doctor about tobacco and e-cigarette use (or vaping) and how to quit. Declare your home and car smoke- and aerosol-free to eliminate second-hand exposure.

8. Pain medication is personal. If you're taking prescription medications, follow your doctor's instructions. Store them safely to prevent misuse and properly dispose of any leftover medication.

9. Make sure your family is up-to-date on vaccines, including the annual influenza vaccine for everyone age six months or older.

If you're pregnant, you can receive the flu vaccine during any trimester, but should receive the Tdap vaccine early in the third trimester to protect yourself against flu and whooping cough.

10. Manage stress. A good diet, sufficient sleep (at least 7-1/2 hours per night), daily exercise and wellness activities, like yoga and meditation, are key ingredients to maintaining and improving your mental health, but don't hesitate to ask for help from a mental health professional when you need it.

—StatePoint

## Apply for HARD Senior Softball Program

The Hayward Area Recreation District's senior softball program is gearing up for the 2020 season and its 30th year. The initial meeting will be held at 10 a.m. Tuesday, Jan. 21, at the San Felipe Center, 2058 D St. in Hayward.

Applications available online at [hardseniorsoftball.com](http://hardseniorsoftball.com). The league is open to men and women.

New players need to attend one of the practice sessions, which will be held at the Castro Valley Community Center on Lake Chabot Road at 10 a.m. on the dates of Feb. 4, 11, and 18. There will be a draft after the last practice session.

The leagues will begin league play on March 17 at the Alden E. Oliver Fields on Hesperian Blvd.

in Hayward and continue through September, finishing after the playoffs and Championship games.

The league will consist of three age divisions — 50s, 60s and 70s. The 60s division will play on Tuesday mornings, the 70s division will play on Wednesday mornings, and the 50s division will play on Thursday mornings.

## Fame: Hess Reaches Elite Trainer Status

*continued from page 2*

"There are no (trainer) geniuses," he said. "The key is to know how good your horse is without letting anyone else know."

Hess reached elite trainer status in 2007 when My Creed, a gelding, won the Grade 3 Berkeley Stakes. My Creed was Hess's most successful charge with lifetime earnings of \$335,955, but the Castro Valley horseman considers another horse, Smokeys Image, his most talented.

In 1994, Hess spotted Smokeys Image as a yearling and bought him for \$7,500, but the horse was so good he couldn't hide him. In his first start, a two-year-old maiden allowance race, Smokeys Image breezed to victory, defeating a horse (Cavonnier) that finished

second in the Kentucky Derby the following year.

Unfortunately, a pinhole tear in a tendon was discovered shortly after that race and the horse was rested for almost a full year. When he tried to return to the track the hole was still there. Smokeys Image never raced again.

Another horse Hess remembers fondly is True Warmth, a filly.

"She helped me buy our first house in Castro Valley," the trainer said.

True Warmth was so good she couldn't get a race against other fillies, so Hess put her in against colts. She won as her trainer knew she would. The money Hess won wagering on that race allowed him to pay back the \$8,000 he had borrowed as a down payment on a

house.

"A few horses anybody can train and a few nobody can train," Hess said. "It's the ones in between where a trainer can make a difference."

Despite the long hours and frustrations, Hess, now 85, would gladly do it all again. And he has no plans to retire.

"How many people can do what they want all their lives?" he asked. "Anyway, what else would I do, sit here and watch television all day?"

Hess and his wife of 55 years, Maria Elena, raised four children (two sons and two daughters) in Castro Valley. Their oldest son, Robert Hess, Jr., is a successful thoroughbred trainer in Southern California and the East. The couple has six grandchildren.

## LEGAL NOTICES

**Need to Place a Legal Notice?**

**CALL PATRICK: 510-614-1558**

FILED  
NOVEMBER 27, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 565920

**FICTITIOUS BUSINESS NAME STATEMENT**  
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:  
Health Approaches at 20891 San Miguel Ave., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Thomas Lorentzen, 20891 San Miguel Ave., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced in 2011.  
/s/ Thomas Lorentzen  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires NOVEMBER 27, 2024  
**DEC 18, 25, 2019 JAN 01, 08, 2020 0191-CVF**

FILED  
DECEMBER 06, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 566229

**FICTITIOUS BUSINESS NAME STATEMENT**  
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:  
Lavender Hair & Nails Spa, Inc. at 1647 Industrial Pkwy West, Hayward, CA 94544, in Alameda County is hereby registered by the following owner(s): Lavender Hair & Nails Spa, Inc., 1647 Industrial Pkwy West, Hayward, CA 94544. This business is conducted by a corporation. This business commenced 6/13/2013.  
/s/ Lavender Hair & Nails Spa, Inc.  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires DECEMBER 06, 2024  
**DEC 18, 25, 2019 JAN 01, 08, 2020 0195-CVF**

FILED  
DECEMBER 18, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 566645-647

**FICTITIOUS BUSINESS NAME STATEMENT**  
Pursuant to Business and Professions Code Sections 17900-17930

The name of the businesses:  
(1) Private Eye Real Estate Appraisal Services, (2) Private Eye Appraisal Services, (3) Private Eye Appraisals at 5168 Cunningham Court, Castro Valley, CA 94546, in Alameda County are hereby registered by the following owner(s): Todd Allen Nicklous, 5168 Cunningham Court, Castro Valley, CA 94546. This business is conducted by an individual.  
/s/ Todd Allen Nicklous  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires DECEMBER 18, 2024  
**JAN 01, 08, 15, 22, 2020 0200-CVF**

FILED  
DECEMBER 17, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 566576

**FICTITIOUS BUSINESS NAME STATEMENT**  
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es):  
Paris Flea Market at 535 Leisure St., Livermore, CA 94551, in Alameda County is hereby registered by the following owner(s): (1) Irma Violet Hernandez, (2) Joseph Hernandez, 1037 Division St., Pleasanton, CA 94566. This business is conducted by a married couple. This business commenced N/A.  
/s/ Irma Violet Hernandez, Joseph Hernandez  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires DECEMBER 17, 2024  
**JAN 08, 15, 22, 29, 2020 0202-CVF**

FILED  
DECEMBER 26, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 566892

**FICTITIOUS BUSINESS NAME STATEMENT**  
Pursuant to Business and Professions Code Sections 17900-17930

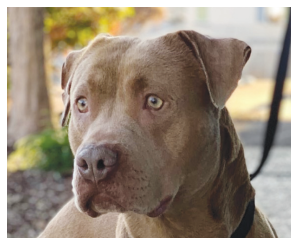
The name of the business(es):  
Communication LINKs at 3137 Castro Valley Blvd., #214, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Linda S. Kenny, 18492 Carlton Ave., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A.  
/s/ Linda S. Kenny  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires DECEMBER 26, 2024  
**JAN 08, 15, 22, 29, 2020 0203-CVF**



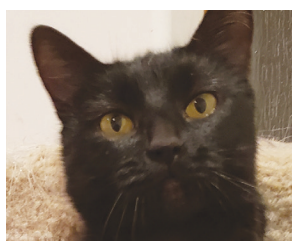
## ADOPT-A-PET



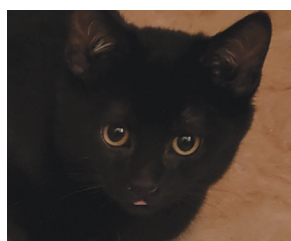
**PIPER** is a sweet and curious, 9-month-old Pit bull mix pup. Bursting with energy, she'll benefit from training. She'd do best with teens and up. Hayward Animal Shelter, 510-293-7200.



**JAYSON** is a shy, year old pup who shows interest in other dogs. He needs a patient family who'll help build up his confidence. OK with teens. Hayward Animal Shelter, 510-293-7200.



**LICORICE**, is a sleek, all black 4 month old with beautiful green eyes, and 1-year-old **LAVINIA**, a stunning black beauty, along with other cats and kittens at a special black kitty adoption event on Saturday (1/11/20). At Pet Food Express, Castro Valley Blvd., from 11 am to 2 pm. Half priced adoptions with an approved application. Info: [loveallpawz.org/](http://loveallpawz.org/) Loveallpawzrescue@gmail.com.



## A New Year's Resolution: Be Travel-Ready in 2020

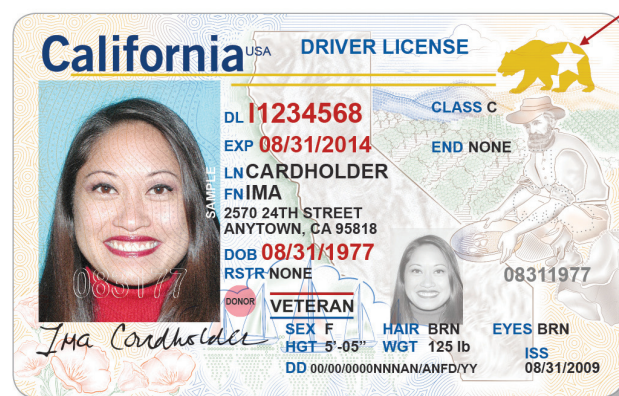
The California Department of Motor Vehicles (DMV) is encouraging residents to make a New Year's resolution to be prepared if they plan to fly within the U.S. after Oct. 1, 2020.

Starting on that date, anyone who plans to fly within the United States or access federally secure facilities and military bases will be required to have a REAL ID or other federally approved document, such as a U.S. passport.

The DMV, which issues the new ID cards, wants Californians to prepare now for the upcoming changes.

Those applying for a REAL ID are required to visit a DMV field office with the following items:

- An identity document, such as a valid passport or original birth certificate. If you've changed your name, legal name-change document(s) might be required
- A document with the entire Social Security number visible, such as an original Social Security card or W-2 form.



**REAL ID: The DMV, which issues the new ID cards, wants Californians to prepare now for the upcoming changes.**

- Two hard copy documents showing California residency, such as a utility or cell phone bill, bank statement, or mortgage bill.
- With lines at the DMV now shorter than ever, officials hope to keep wait times low by asking applicants to fill out the required form online before visiting a DMV. Appointments are not required to complete an in-person REAL ID application, and customers can check wait times at nearby offices on the DMV website.
- A full list of DMV offices and operating hours can be found at <https://www.dmv.ca.gov/portal/dmv/detail/fo/fotoc>.
- For more information, visit [CaliforniaREALID.org](http://CaliforniaREALID.org).

## Year: Fewer DUI's in CV

*continued from front page*  
were alcohol-related; the other half were involved driving under the influence of drugs or a combination of drugs and alcohol. Only three of those arrests were made on the streets of Castro Valley.

Sheriff's deputies stayed busy, however, assisting people in need. Deputies helped revive a 33-year-old man in the bathroom of the Safeway supermarket on Redwood Road after employees found him passed out on the floor Sunday morning.

The man showed signs of a drug overdose and deputies quickly administered a Narcan nasal spray to help him recover.

Over at the CHP, officers reported at least 10 people were killed in collisions throughout California during a 102-hour time span over the last two weeks, with officers making 271 arrests for driving under the influence. The CHP says the number of arrests made is the equivalent to taking a drunk driver off the road every eight minutes.

"Our goal at the CHP is for everyone to get home safe. When a person chooses to drink and drive, it not only puts their safety at risk, but it endangers the life of everyone on the road with them," said CHP Commissioner Warren Stanley.

During the 2018 holiday season, at least 25 people were killed, and 270 others were injured in collisions involving impaired drivers on California roadways. In addition, CHP officers made 1,140 arrests for impaired driving during the same period.

The sharp decline in DUI-related incidents could be a trend that continues. Ride-sharing services like Uber and Lyft have made it easy for people to celebrate and not have to worry about getting behind the wheel.

Then there are the awareness campaigns. The California Office of Traffic Safety contacted Bay Area restaurants and wineries again this year to encourage them to alert drivers about places where they can get discounts for non-alcoholic drinks and appetizers. And MADD (Mothers Against Drunk Driving) teamed with Uber to promote staying out of the driver's seat while under the influence.

## COMMUNITY FRUIT GLEANING EVENT



### SAVE FOOD FOR THOSE IN NEED

CVSan is organizing a community fruit glean to benefit local food pantries. Also known as harvesting, gleaning has been around for centuries and is a fun way to save food and provide for those in need. Last year, volunteers gleaned almost 2,000 pounds of citrus for local food pantries. This year we hope to exceed that and donate even more.

**CVSan is seeking volunteers for Wednesday, February 5<sup>th</sup> from 3:30 to 5:30 p.m.** Call 510-537-0757 ext. 112 or email [jordan@cvsan.org](mailto:jordan@cvsan.org) by January 31<sup>st</sup> (gleaning supplies will be provided by CVSan for use).

### REDUCE REUSE RECYCLE ROT

**CASTRO VALLEY SANITARY DISTRICT**  
Effective Environmental Services since 1939  
510-537-0757 | [www.cvsan.org](http://www.cvsan.org)  
This ad was funded by Measure D



## County Arts Commission's Arts Fund Grants Program

The Alameda County Arts Commission announces the 2020 Arts Fund Grants Program for nonprofit organizations based in Alameda County.

The program supports all types of arts — dance, literature, media arts, music, theater, visual arts, and multidisciplinary arts programs. Standard grant awards are \$1,000 to \$2,500 each.

The Arts Commission is dedicated to improving the quality of life by providing opportunities for local artists and arts organizations, and encouraging public participation in the arts.

Last year's ArtsFund awarded grants to 43 nonprofit organizations throughout Alameda County.

To assist those interested in

preparing grant requests, the Arts Commission staff will present workshops from 3:00 to 4:30 p.m. on:

- Jan. 15 at the Fremont Main Library;
- Jan. 22, at the Livermore Community Center;
- Jan. 29 at the Alameda County Clerk's Building in Oakland.

These workshops are free, open to the public, and reservations are not required. Workshop information is also available in an online video at [www.acgov.org/arts](http://www.acgov.org/arts) (click on "Programs"), or by contacting the Arts Commission Office by email at [artscommission@acgov.org](mailto:artscommission@acgov.org) or by phoning 510-208-9646.

The application deadline is March 5, 2020.

**GOT SPORTS NEWS? SEND IT TO:  
SPORTS@EBPUBLISHING.COM**

### Thank you - Thank you - Thank you!

To our Castro Valley Community and our surrounding neighbors.

Thank you for supporting the BSA Scout Christmas Tree lot on the corner of Center & Heyer this past season.

This is an annual Scouting Fundraiser. The Scouts work the lot and get paid for their hours. The money they earn goes into their Scout account and is used to pay for their summer camp, uniforms, any scout related adventures, merit badges and more. During their time on the lot, they learn people skills, business skills, life skills, a good work ethic and so much more.



Thank you again for a great tree season.  
We will see you next year.

BSA Scout Troops from Castro Valley,  
Hayward, San Leandro & Oakland

