

CASTRO VALLEY FORUM

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YEAR 32

WEDNESDAY, FEBRUARY 5, 2020

NO. 6

INSIDE YOUR FORUM

LIVING



Chicken Soup

Keep the coughs and sneezes away in the tastiest way imaginable

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SENIORS



Keys to Safety

CHP to hold a free class tomorrow to keep you safe on the road

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NEWS



Get Fit

HARD to hold grand opening for three new fitness courts Saturday

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PHOTO BY DAN JOHANSON

Governor Gavin Newsom being interviewed by Katy Siler, editor of the Castro Valley High School "Olympian" newspaper last week.

CVHS INTERVIEW

Governor Gavin Newsom: 'We Are Making Progress'

Castro Valley High School journalism students Katy Siler, Derek Neyer, Megan Baldwin and Leo Lin met Gov. Gavin Newsom for an exclusive interview in the state Capitol on Jan. 28.

Assisting the students were CVHS teacher Matt Johanson, technical consultant Dan Johanson and Marshall Elementary School special representative Nathan Johanson. This interview transcript

has been edited for length and clarity.

Question: What are you most proud of accomplishing in your first year of office?

Newsom: Re-energizing a focus on the issues of income equality, homelessness, and affordability in the state. I think what's more important than anything else is the flywheel effect of reinvigorating a debate around how we can be

more competitive for the middle class and the real crisis of affordability in the state.

Question: How would you assess the state of our public schools?

Newsom: Not where they need to be, but getting better. Since 2011 we've seen an 80 percent increase in per pupil funding in the state. I've put together back-to-back re-see **NEWSOM on page 3**

Castro Valley School District Joins Lawsuit Against JUUL Labs

By Michael Singer
CASTRO VALLEY FORUM

The Castro Valley School District announced last Thursday it is joining 16 other school districts in a lawsuit designed to take a stand against e-cigarette maker JUUL Labs.

The suit, filed in Alameda County, claims the company created an e-cigarette epidemic and resurgence in youth nicotine addiction that has crippled the educational and learning environment in schools across California.

"The health and safety of our students is our number one priority," Superintendent Parvin Ahmadi told the Castro Valley Forum. "Our students are faced with making important decisions that impact them for years to come."

"JUUL's dangerous products, marketed to youth and school-age children, causing an epidemic is extremely concerning to us. Our district is taking a stand in support of our students' health and well-being so that they can focus on their education."

Castro Valley joins other districts including those in Los Angeles, San Diego and more than a dozen other cities.

Since entering the market in 2015, JUUL has dominated the e-cigarette industry and now controls over 70 percent of the market. Over a million JUUL e-cigarettes were sold between 2015 and 2017.

The school districts' lawsuit adds to the long list of local, state, and federal agencies looking to curtail JUUL's marketing practices.

Each has urged restrictions on the sale of all flavored tobacco products to support public health and save lives.

The National Institute on Drug Abuse found that the 2018 spike in nicotine vaping was the largest for any substance recorded in 44 years and the number of youth e-cigarette users increased by 1.5 million between 2017 and 2018.

The lawsuit alleges JUUL's aggressive, strategic marketing and product designs not only create an addiction crisis among youth consumers, but also a broader health crisis.

"The need for California to take action to protect youth from all tobacco products, including e-cigarettes, is more urgent than ever," the American Lung Association said in a statement last Friday. "Youth vaping prevalence is rising at an alarming rate with more than one in four high school students reporting they vape."

"This is a staggering 135 percent increase in high school e-cigarette use in just the past two years, which translates to nearly three million more kids starting to vape in that time period, setting them up for a lifetime of addiction," the statement continued.

see **LAWSUIT on page 5**

Former Congressman Pete Stark Dies

Former longtime East Bay Congressman Fortney "Pete" Stark Jr. died of leukemia at his home in Harwood, Maryland on Jan. 24. He was 88.

During his 40 years in the House of Representatives, Stark led efforts to expand health insurance and played a key role in establishing the COBRA program, allowing people to stay on their employers' insurance after leaving a job, which became law in 1986.

Stark first ran for Congress in 1972 on an anti-war platform to

unseat Representative George Miller in California's 13th Congressional District.

After 2010 redistricting, Stark's district was renumbered as the 15th district for the 2012 election. He narrowly finished first in the primary ahead of fellow Democrat Eric Swalwell, but lost to Swalwell in the general election.

"Pete Stark gave the East Bay decades of public service as a voice in Congress for working people," Rep. Swalwell said on Twitter.

House Speaker Nancy Pelosi called Stark a leader of great integrity, moral courage and compassion.

"Personally and professionally, I was proud to work with Pete to pass the Affordable Care Act, which stands as a pillar of health and economic security in America today," Pelosi said in a statement.

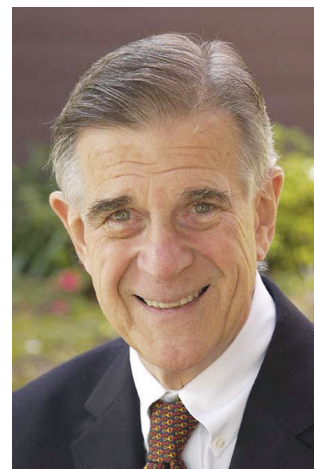
Stark had an independent streak, a caustic tongue and a willingness to ruffle feathers. He challenged colleagues to fistfights on the House floor and in 2007 be-

came the first member of Congress to declare that he was an atheist.

Stark grew up in Wisconsin and served in the U.S. Air Force. He earned an engineering degree at M.I.T. and a master's of business administration from U.C. Berkeley.

He later settled in California and started Security National Bank in Walnut Creek.

Stark is survived by his wife, Deborah, seven children, eight grandchildren and two great-grandchildren.



Fortney H. "Pete" Stark
1931 - 2020

Castro Valley Weather Feb. 5 - 9, 2020



Wednesday
Mostly Sunny
High 60° Low 41°



Thursday
Sunny
High 63° Low 41°



Friday
Sunny
High 65° Low 45°



Saturday
Mostly Sunny
High 61° Low 40°



Sunday
Sunny
High 61° Low 45°

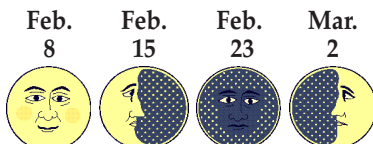
Almanac



Sun sets at 5:37 p.m. today, rises at 7:11 a.m. Thursday.

Past Week's Rain: 00.00
Season To Date: 04.12
Normal To Date: 09.23
Season Average: 21.22

Moon Phases



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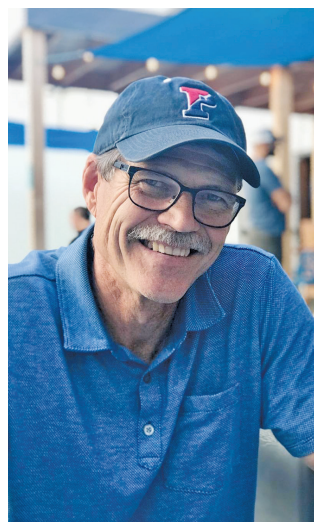
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CV SPORTS HALL OF FAME

Team Handball Superstar Goss Recalls the 1984 L.A. Olympics

Ninth 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, at Redwood Canyon Event Center. For details, please visit www.castrovalleysportsfoundation.org.

By Lowell Hickey
SPECIAL TO THE FORUM



Steve Goss

In an amateur sports career that included three national championships, a Gold Medal in the Pan American Games and a national Athlete of the Year award, one highlight stands out for Steve Goss.

"Walking into that Olympic Stadium in L.A. and looking up into the stands and seeing my parents... so cool. Something I'll always remember," said Goss, a 1978 Castro Valley High graduate.

Goss was referring to the Opening Ceremonies of the 1984 Olympic Games at the Los Angeles Memorial Coliseum, where 90,000 spectators greeted him and other Olympic athletes from around the world. He was there representing the United States as a member of the Team Handball squad.

If you've never heard of team handball, you're not alone. It's sort of a combination of soccer and basketball, played with a cantaloupe-sized ball that players try to throw into a soccer-type goal. Seven players on a side, including goalie. It's fast and rough with lots of offense.

"I think the sport is made for America," Goss said. But it has never caught on here. Despite being probably the third most popular sport in Europe, behind only soccer and basketball, team handball has had very little exposure in the U.S.

"It's (a lack of) TV and money," Goss said. "It's very frustrating for our federation (the USA Team Handball Federation.)"

Goss was introduced to team handball in Sweden while an exchange student there following his high school graduation. Upon returning home and entering Cal State University Hayward (now Cal State East Bay), he was surprised to learn that the sport was offered as a physical education class. He took the class from Jack Holleman and also joined the school's club team. He soon was hooked.

By 1980, Goss was traveling all over the Western Hemisphere and in Europe, competing in the sport's National Championships, Sports Festivals, Pan American Games and European tournaments for several different clubs, including the Cal Heat, the L.A. Stars and the Sushi Masters.

He led his team to first place in the Nationals three straight years: 1983, '84 and '85.

In the Pan American Games, Goss won a Gold Medal in 1987 after finishing second the two previous times. In 1988, he was named team handball Male Athlete of the Year.

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

Goss's prowess in athletics is even more remarkable considering his academic load during those years. He entered veterinary school at U.C. Davis in the fall of 1984, immediately after the Los Angeles Olympics, and managed to complete vet school while competing at the highest level of his sport.

It seemed impossible that Goss could compete in the 1988 Olympics in Seoul, Korea, as he was in his final year of vet school. But special arrangements were made for him to fly to Colorado Springs — where the national team handball squad was training — on long weekends. Yes, he received his Doctor of Veterinary Medicine degree in the spring of '88 and competed in the Summer Olympics a few months later.

"That was a bit of a challenge," Goss understated.

Goss played one year of professional team handball in Spain, where he also practiced part-time at a veterinary clinic on a U.S. Air Force base in Madrid. Since 1990, he has been caring for large animals at South Coast Equine in Santa Barbara.

Goss's last competitive team handball came at the 2005 Nationals in Nevada. But he's planning on making a "comeback" this month in the Carolina Blue Cup. He has a daughter now living in

see FAME on page 6

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CVSan: 'Zero Waste Week' Starts Today

The Castro Valley Sanitary District (CVSan) is hosting its Fifth Annual Zero Waste week today through Saturday, Feb. 8, with numerous activities that residents are encouraged to participate in.

A Community Fruit Tree Gleaning will be held from 3:30 to 5:30 p.m. today, Wednesday, to save produce that otherwise may have gone to waste.

Participants should assemble at the CVSan offices at 21040 Marshall St., and will then visit pre-approved sites from which to harvest extra fruit and vegetables.

Sign up to volunteer at jordan@cvsan.org or by calling 510-537-0757, ext. 112. The food will be donated to a Castro Valley food pantry.

A Zero Waste cooking workshop will be held from 5 to 6:30 p.m. tomorrow at the Palomares Hills Clubhouse at 6811 Villareal Drive. Register at www.brownpapertickets.com/event/4494941.

On Friday, CVSan will screen the documentary "The True Cost," about the impact of the clothing industry on people from 6:30 to 8:30 p.m. at the Castro Valley Library. Register at truecostcvsan.brownpapertickets.com.

Then, on Saturday afternoon from 1 to 4 p.m., CVSan holds its popular Fixit Clinic, Bike Repair and Clothing Swap at the library. Fixit coaches are being signed-up. If you'd like to be a coach, call 510-537-0757 for details.



CVSAN PHOTO

Statewide Budget Award for CVSan

For the third consecutive year, the Castro Valley Sanitary District has received the Operating Budget Excellence Award from the California Society of Municipal Finance Officers for its fiscal year 2019/20 budget. The Society is the state's premier association for finance professionals who seek to improve responsibility in local government fiscal policy and management. "We are proud of our continued success in financial report excellence," said CVSan General Manager Roland Williams, above. "This is the third time we have received this award as we focus on fiscal transparency and responsibility."

Newsom: Speaks on California Students

continued from front page

cord budgets investing in our K-14 education system, and also providing significant support to our higher education systems. What has been missing in California is a commensurate investment in preschool. The achievement gap really manifests the first day of kindergarten. That's a big focus for us.

Question: Why is California's per student spending among the lowest in the nation and what can we do about it?

Newsom: Well, we are technically out of the bottom ten, when we get the new numbers, I anticipate. But that's inadequate. We used to be first, then we went to worst. Now we are making progress. We are making stubborn progress in reading scores for eighth graders. We've seen

stubborn progress in addressing the needs of English as a second language learners and we've seen stubborn progress as it relates to closing the gaps.

Question: Students support later school start times, but oppose later release times...

Newsom: Release? It sounds like prison! (laughs)

Question: With later school start times coming, what do you think about shortening the school day so release times can remain consistent?

Newsom: I support the later start time because I believe in science and I believe the science overwhelmingly bears out that people your age stubbornly have a hard time falling asleep and you have a difficult time waking up. Sometimes you're still asleep

in the second and third period. If you want real education reform, it might not be that more complex than starting school a little later..

For me, a later start time is part of it but I also believe that community schools need to be part of the

see NEWSOM on page 5

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Vodka in the Bushes

Saturday, February 1: at 9:37 p.m., Sheriff's deputies arrested a 66-year-old man with no permanent residence on suspicion of public intoxication. The man was found passed out in the bushes near a business on Wisteria Street and Castro Valley Boulevard with a 200ml bottle of vodka nearby. The man was taken to a sobering center.

Assault on a Minor

Saturday, February 1: at 6:36 p.m., a 911 call about a loud and aggressive argument sent deputies to a home on Stanton Avenue near Sydney Way. There, they arrested a 19-year-old man from Castro Valley on suspicion of assault on a family member and child endangerment. The man was accused of physically hitting a younger person in the home. Deputies took the man to Santa Rita Jail pending \$25,000 in bail. The victim was treated at the scene.

Wanted Bike Rider Snooping Out Cars

Saturday, February 1: at 11:39 p.m., deputies arrested a 23-year-old man from Castro Valley on suspicion of grand theft, making death threats, possession of illegal narcotics and related drug paraphernalia. The man was also wanted as part of a warrant issued for his capture related to an assault on a family member and driving under the influence of drugs and alcohol. Deputies spotted the man riding up and down Lake Chabot Road, peering into parked cars. They stopped the man for questioning and discovered his stash. The man was taken to Santa Rita Jail pending \$15,000 in bail.

She Can't Stay Away From the Store

Friday, January 31: at 4:42 p.m., a 48-year-old woman with no per-

manent residence was arrested on suspicion of violating a court-issued order prohibiting her from hanging out at business on Redwood Road near Castro Valley Boulevard. Deputies were called to the scene after the store manager spotted the woman loitering inside. The woman was taken into custody.

Victim Took a Knife To the Throat

Friday, January 31: at 5:18 p.m., deputies arrested a 55-year-old man with no permanent residence on suspicion of assault with a deadly weapon. A call about an altercation behind a grocery store on Redwood Road and Grove Way sent deputies to the scene. There they found a victim cut and bleeding on the right side of his throat. Deputies caught up with the suspect a few blocks away at the end of Moyers Street. The man was taken to Santa Rita Jail pending \$30,000 in bail. The victim was treated at the scene.

Domestic Fight

Friday, January 31: at 12:03 p.m., two teen women were arrested on suspicion of assault at a home on Lake Chabot Road. Deputies responded to an anonymous tip about an altercation. At the home were a 19-year-old woman from Castro Valley and an 18-year-old woman from Oakland. Deputies could not determine which of the women was the aggressor in the argument, so both were handcuffed and taken into custody.

Trouble in Eden

Wednesday, January 29: at 6:18 a.m., deputies arrested a 59-year-old man with no permanent address on suspicion of interfering with the flow of business at Eden Medical Center on Lake Chabot Road. Hospital security called deputies to assist as the man was not at the hospital to receive services but was bothering hospital staff attending to patients. The man was taken into custody.

see REPORTS on back page

BART Schedule Changes Go Into Effect on Monday

BART will adjust train schedules effective next Monday to improve service. The new schedule impacts all lines to some degree, especially first and last trips of the day.

Most changes are small tweaks and will adjust departures and arrivals by only a few minutes, but there are some more significant changes.

Major improvements include the return of two-line service into San Francisco on Sunday, the addition of Fleet of the Future trains on Saturday, earlier weekday train service for many riders, increased peak service for some riders in the

morning and evening, and later evening direct service from San Francisco into Warm Springs.

Train times have shifted by a few minutes throughout the day.

Because many riders plan their arrival times around the specific train they want to catch, they should be aware of these adjustments in advance so they are not caught by surprise.

BART is currently working on uploading the new schedule to its Trip Planner, which will be live before the schedule change. In the meantime, PDF's of the current and new schedule timetables can be found at: bart.gov/schedules/pdf

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The Week Ahead

● Thursday, February 6: Age Well, Drive Smart

Driving helps older adults stay mobile and independent, but the risk of being injured in a car crash increases as you age. Nationally, some 712 older adults are injured every day in crashes. As you age you may begin to experience changes in reflexes or medical conditions that can affect your ability to drive safely and react to hazards. Learn how to monitor these changes and refresh your knowledge of rules of the road from the California Highway Patrol at a free class from 1 to 3 p.m. tomorrow at the Eden Medical Center Conference Center (2nd Floor) at 20101 Lake Chabot Road Castro Valley. Please RSVP to 510-727-8485.

● Friday, February 7: Eden Area Village Member Forum

Join Eden Area Village at Hayward City Hall at 2 p.m. this Friday to meet some of our members, and hear how this group of seniors is helping each other remain active and engaged in our community. Visit edenareavillage.org or email: info@edenareavillage.org

● Saturday, February 8: Crab Feed Fundraiser

Silver Oaks High School is holding its First Annual Crab Feed fundraiser from 5:30 to 9 p.m. on Feb. 8 at the Hayward Veterans Hall, 22737 Main Street. Enjoy bidding on items in the silent auction. Tickets (\$50) are available at the school, 12100 Princeton St., Hayward.

● Friday, January 7: Take Off Pounds Sensibly

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. Visit www.tops.org

● Saturday, February 8: Hearing Loss Association Meeting

Audiologist Dr. Anish Thakkar from the “Hearing Zone” in Oakland and Alameda, will be speaker at the next meeting this Saturday. Thakkar provides hearing tests, dispenses hearing aids and assistive listening devices, custom musician’s earplugs, and evaluates balance and tinnitus. He earned his Ph.D at UC San Diego and has practiced in other countries and speaks five languages. Refreshments at 9:30 a.m., meeting at 10 in the Oakland Kaiser Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. Parking garage on Howe is free on Saturday. info@hearinglosseb.org or call 510-221-6080.

● Saturday, February 8: Amador Valley Quilters Meeting

Suzi Parron will be the guest speaker at this Saturday’s general meeting of the Amador Valley Quilters. She will focus on the barn quilt trail movement initiated by Donna Sue Groves of Ohio in 2001 to honor the quilting art of her Mother. More than 100 barn quilt photos and some of their stories will be presented. The Amador Valley Quilters are temporarily meeting at Phoebe Heast Elementary School, 5301 Case Ave. in Pleasanton on the second Saturday of the month from 1:30 to 4 p.m. until further notice. Guests are welcome!

● Sunday, February 9: Sneak Peek of “Black Comedy”

Enjoy a scene from Douglas Morrisson Theatre’s production of “Black Comedy,” then talk with the actors and director about the show and their craft, from 2 to 3:30 p.m. on Sunday, Feb. 9, at the Castro Valley Library. In show, Brindsley, hoping to impress his fiancée’s father, dresses up his apartment with art “borrowed” from an absent neighbor. Hilarity ensues when the lights go out and he frantically tries to return the items before he is found out. Attendees of this sneak peek will receive a 2-for-1 coupon for the show at the Douglas Morrisson Theater.

● Monday, February 10: The Wuhan Coronavirus

Infectious Disease Specialist Dr. Mark Finch of the Diablo Infectious Disease Group will discuss “The Wuhan Novel Coronavirus of 2019: Applying the Lessons of the Past to Protect Us in the Future” from 7 to 8 p.m. at the Castro Valley Library. No registration is required.

● Tuesday, February 11: Rotary Speech Contest

The Rotary Club of Castro Valley will hold its annual Student Speech Contest at its next buffet lunch meeting from noon to 1:30 p.m. Tuesday, Feb. 11, at Redwood Canyon Golf Course, 17007 Redwood Road. The cost of lunch is \$15 and reservations must be made by 9:00 p.m. on Sunday, Feb. 9, by contacting Rotary at cvrotary@iCloud.com or 510.402.5123. More information is available at castrovalleyrotary.org.

● Tuesday, February 11: League of Women Voters Open House

All are welcome to the League of Women Voters Eden Area Open House from 6 to 7:30 p.m. on Feb. 11 at the Castro Valley Library, part of the year-long 100th anniversary celebration of the National League of Women Voters. The Open House will feature speakers on league history, voting history, a celebration of members, information for those thinking of becoming members, entertainment, food, games, and prizes. For more information, contact the Library, co-sponsor for the event.

...and Beyond

● Saturday, February 15: Italian Polenta Dinner

The Italian Catholic Federation invites you to a Polenta Dinner with salad, sausage, bread, dessert, wine, soda and coffee plus entertainment and raffles for \$35, or \$250 for a table of 8, on Feb. 15 at Our Lady of Grace Church, 3433 Somerset Avenue. Doors open at 6 p.m. Reservations and payment required in advance (Deadline: Feb. 10). Send check with name(s) of those at your table to Lisa Crudo, 3718 September Ct., Castro Valley, CA 94546. Questions? Call Lisa at 510-861-9835.

● Tuesday, February 18: Long-Term Care Presentation

If there’s a single unsolved problem in the retirement plans of many adults, it’s what to do about long-term care costs later in life. The Castro Valley Library invites you to a free Overview of Long-Term Care by the Health Insurance Counseling and Advocacy Program of Legal Assistance for Seniors, from 12:30 to 1:30 p.m. on Feb. 18. Learn what long-term care is, what Medicare and Medi-Cal cover, different ways to get long term care and financing options. No registration is required.

● Friday, February 21: Music for Minors Concert

Save the date — Feb. 21 — for the Music for Minors II Showase Concert from 7 to 8:30 p.m. on Feb. 21 at Harbor Light, 4760 Thornton Ave. in Fremont. Experience many children from MFMI schools coming together in music and movement, featuring the Kids Choir, Taiko drumming and more. Admission is \$5, children under 12 free (must be accompanied by an adult). More info at info@musicforminors2.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; 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.

● **“Castro Valley High School Choral Pops 2020,”** a playlist of your favorite pop tunes, old and new. Come see all 250 choir students in a student-directed, student-designed, student-choreographed showcase on Thursday and Friday, Feb. 13-14, at 7 p.m. and Saturday, Feb. 15 at 2 and 7 p.m. *For tickets (\$15-\$18), 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

● **Madagascar Jr.,** a musical adventure that follows all of your favorite crack-a-lackin’ friends as they escape from their home in New York’s Central Park, will be presented at these schools on these dates by the Bay Area Children’s Theater:

- Creekside on Feb 8 at 8 p.m.,
- Canyon on Feb. 5 at 8 p.m. and Feb. 8 at 5 p.m.,
- Proctor on Feb. 6 at 7 p.m. and Feb. 8 at 11 a.m.,
- Palomares on Feb. 7 at 7 p.m. and Feb. 8 at 2 p.m.

For ticket (\$10-\$20) visit BACTheater.org/tickets/cvusd

● **“Steel Magnolias,”** Robert Harling’s poignant comedy-drama, will open this Friday, Feb. 7 and continue through March 1 at Chanticleers Theatre, 3683 Quail Ave., in the Castro Valley Community Center Park. Through the clouds of hairspray and the buzz of blow dryers, six Southern spitfires swap gossip, wisecracks, and wisdom in this hilarious and heartwarming comedy that explores the bonds of friendship and the strength of women. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. For tickets (\$22-\$27), visit chanticleers.org/ or call 510-733-5483.

ART GALLERIES, RECEPTIONS & ART INSTRUCTION

● **A.R.T., Inc. Members’ Show** will be presented through Feb. 1 at the Adobe Art Gallery, 20395 San Miguel Ave., Thursdays through Saturdays from 11 a.m. to 3 p.m., sponsored by A.R.T., Inc. and the Castro Valley School District.

● **Studio 820,** the San Lorenzo Adult School Watercolor Class, will exhibit students’ watercolor paintings at the San Leandro Main Library from Feb. 1 to March 27, with a public reception from 1-3 p.m. this Saturday, Feb. 8, to meet the artists.

● **PhotoCentral Gallery Annual Juried Exhibition** continues thru March 7 at the gallery (part of the Hayward Area Recreation District) at 1099 E Street in Hayward. A closing party will be held on Saturday, March 7, from 2 to 4 p.m. The exhibit is in both galleries. For more info, visit www.photocentral.org

AT THE CHABOT CINEMA Wed 2/5 - Tue 2/11

● **1917 (R)**
Wed 2/5 & Thu 2/6 — 3:55, 7:00

● **Knives Out (PG)**
Fri 2/7 to Tue 2/11 — 7:30

● **Little Women (PG)**
Fri 2/7 to Sun 2/9 — 1:00, 4:15
Mon 2/10 & Tue 2/11 — 4:15

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.

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HOROSCOPE by Salomé

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ARIES (March 21 - April 19): Your natural Arian leadership qualities make you the person others will follow in tackling that important project. But don't get so involved in the work that you neglect your personal life.



TAURUS (April 20 - May 20): Aspects favor sorting through your possessions, both at work and at home, to start giving away what you don't use, don't need or don't like. Relax later with someone special.



GEMINI (May 21 - June 20): The issues are not quite as clear as they should be. That's why you need to avoid getting involved in disputes between colleagues at work or between relatives or personal friends.



CANCER (June 21 - July 22): You'll get lots of support from others if you own up to your mistake quickly and include a full and honest explanation. Learn from this experience so that you don't repeat it.



LEO (July 23 - August 22): There might be some early confusion over a major move, whether it's at work or at home. But once you get a full breakdown of what it entails, it should be easier to deal with. Good luck.



VIRGO (August 23 - Sept. 22): Creating order out of chaos, even in the most untidy spaces, should be no problem for organized Virgos. So go ahead and do it, and then accept praise from impressed colleagues.



LIBRA (Sept. 23 - October 22): Whether it's for business purposes or just for leisure, a trip might be just what you need right now. You would benefit both from a change of scenery and from meeting new people.



SCORPIO (October 23 - November 21): While things generally go well this week, a romantic situation seems to have stalled. But you can restart it if you want to. Then again, maybe this is a chance to reassess the situation.



SAGITTARIUS (Nov. 22 - Dec. 21): A meeting that was promised quite a while back could finally happen. So be sure you're prepared with everything you'll need to make your case sound convincing and doable.



CAPRICORN (Dec. 22 - Jan. 19): A workplace blunder could create a problem down the line unless you deal with it right now to see how and why it happened. Don't be surprised at what you might learn.



AQUARIUS (Jan. 20 - Feb. 18): This is a good time to re-sort your priorities and see if adjustments are called for. Be honest with yourself as you decide what to keep, what to discard and what to change.



PISCES (Feb. 19 - March 20): Letting yourself be bathed in the outpouring of love and support from those who care for you will help you get through a difficult period sooner rather than later. Good luck.

Rx for the Sneezing, Sniffling Season

Hopefully, most of us won't catch the flu this year even if we didn't get a shot. But with these icy nights you might very well be in line for that other malady – the common cold.

When you're sneezing and sniffling, whether it's the flu or a cold, nothing picks up your spirits like a steaming bowl of chicken soup.

Like your grandmother said, "It couldn't hurt!"

There are dozens of excellent recipes for chicken soup. If your granny didn't give you hers, try one of these.

QUICK CHICKEN NOODLE SOUP

1 tablespoon butter
1/2 cup chopped onion
1/2 cup chopped celery
4 (14.5 ounce) cans chicken broth

1 (14.5 ounce) can vegetable broth

1/2 pound chopped cooked chicken breast

1 1/2 cups egg noodles
1 cup sliced carrots
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
salt and pepper to taste

In a large pot over medium heat, melt butter. Cook onion and celery in butter until just tender, 5 minutes. Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before servings. Yields 6 servings.

OLD-FASHIONED CHICKEN NOODLE SOUP

2 tablespoons olive oil
1 medium onion, chopped
3 garlic cloves, minced
2 medium carrots, cut diagonally into 1/2-inch-thick slices

2 celery ribs, halved lengthwise, and cut into 1/2-inch-thick slices

4 fresh thyme sprigs
1 bay leaf
2 quarts chicken stock,
8 ounces dried wide egg noodles

1-1/2 cups shredded cooked chicken
Salt and freshly-ground black pepper

1 handful fresh flat-leaf parsley, finely chopped



Place a soup pot over medium heat and coat with the oil. Add the onion, garlic, carrots, celery, thyme and bay leaf.

Cook and stir for about 6 minutes, until the vegetables are softened but not browned.

Pour in the chicken stock and bring the liquid to a boil. Add the noodles and simmer for 5 minutes until tender. Fold in the chicken, and continue to simmer for another couple of minutes to heat through; season with salt and pepper.

Sprinkle with chopped parsley before serving. Serves 4.

GINGER CHICKEN SOUP

2 tablespoons olive oil
1 small red onion, thinly sliced
3 cloves garlic, finely chopped
3 tablespoons fresh ginger, grated

2 quarts chicken broth
2 medium parsnips, peeled and chopped
2 medium carrots, peeled and

chopped
2 stalks celery, thinly sliced
1 medium turnip, peeled and chopped
1/2 teaspoon salt
1 2- to 2-1/2-pound rotisserie chicken
1/2 cup frozen peas
4 scallions, sliced

Heat the oil in a large saucepan or Dutch oven over medium heat. Add the onion, garlic, and ginger and cook, stirring, until fragrant, 1 to 2 minutes.

Add the broth. Stir in the parsnips, carrots, celery, turnip, and 1/2 teaspoons salt. Bring to a boil. Reduce heat and simmer until the vegetables are tender, 15 to 20 minutes.

Meanwhile, using a fork or your fingers, shred the chicken meat, discarding the skin and bones.

Add the chicken, peas, and scallions to the saucepan and cook until heated through, 3 to 4 minutes. Serve with hot biscuits or crackers. Yields 6 servings.

Newsom: Vaping and Housing Problems

continued from page 3

agenda. I believe we need to meet people where they are and some people need extended learning and extended school days. I don't think that is necessarily a terrible thing.

Question: How do you plan on ending the vaping epidemic?

Newsom: Well we've been very aggressive. I'm supporting a vaping tax, in my budget, to tax vaping cartridges like we tax tobacco. We currently don't have that. I think we should absolutely eliminate all flavored vaping. The Trump administration, to their credit, went part of the way. We want to go the entire distance. We've got to be more aggressive on enforcement. It's a huge issue and it scares me as a parent with four kids. It's unacceptable that we have allowed this to manifest on our watch. We own this. We should have seen this coming.

Question: How do you suggest we address the housing problem in California?

Newsom: We are not producing enough housing units. It's not that complex. The state is not going to socialize that responsibility but we have a responsibility to create the conditions where we can create the private sector investment... You have to hold mayors accountable to meeting their housing element requirements. It's about accountability, transparency and owning a problem in a crisis and recognizing it took 20-30 years of neglect to get here. We are not going to turn the corner tomorrow, but (we have) audacious goals, 3.5 million housing units in the next decade or so.

Question: Why do you think the state's gas prices are higher than other states?

Newsom: For many different reasons. We just passed a gas tax a year ago and \$3.5 billion of that is being invested in the roads and \$1.9 billion in transit. We have traditionally always funded our roads with gas taxes. (There's also) the nature of how our refineries are operating in our state and a lack of competition and the usurious nature of how we market and brand high quality gasoline and how that comes with a high price and how we as customers are fooled into believing that that is necessary. I have asked the Department of Justice, our attorney general, to look into some of those gouging prices.

Question: How has the Trump administration impacted California?

Newsom: He threatens Californians. We're involved in 60-plus lawsuits against this guy. You may

like his politics, I don't. I'm going to have the backs of of the people of this state... He's a bully. I don't like bullies... I have a deep respect for the Republican Party... Trump represents something completely deviant from the norm. I don't like it and I won't embrace it and it's deeply impacting the county and the world... We're going through a very difficult time but we will get out of this stronger than ever.

Question: What you do think about running for president in the 2024 or 2028 election?

Newsom: I don't think about either of those things. No no no no NO!

Question: Now for our toughest question: what do you know about our hometown of Castro Valley?

Newsom: I know Castro Valley well because I am a Californian, I am from the region... That said, I haven't been recently, I feel kind of guilty... but that's why we're here together.

Lawsuit: JUUL Responds

continued from front page

The lawsuit also demands JUUL pay an unspecified amount of money to cover the districts' financial losses. The suit claims the money will recoup the cost of students being absent from school, outreach and education programs regarding the risk of vaping, and installing equipment such as vape detectors, surveillance systems, and staff to monitor the school's property to combat the e-cigarette crisis.

A JUUL spokesperson told the

Castro Valley Forum, "we remain focused on resetting the vapor category in the U.S. and earning the trust of society by working cooperatively with regulators, attorneys general, public health officials, and other stakeholders to combat underage use and convert adult smokers from combustible cigarettes. Our customer base is the world's 1 billion adult smokers and we do not intend to attract underage users. To the extent these cases allege otherwise, they are without merit."

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Published in the February 12th issue of the Castro Valley Forum and the February 13th issue of the San Leandro Times!

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♥ **JOAN** ♥
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We'll Be Together Always — RJ

♥ **TO MY VALENTINE** ♥
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ALL MY LOVE ROBERT JONES

♥ **JOAN SMITH** ♥
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Robert Jones

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ATHLETE OF THE WEEK

Olivia Brooke Sally

This week's Athlete of the Week is Olivia Brooke Sally of Castro Valley, a senior at Bishop O' Dowd High School in Oakland where she is match captain of the Varsity Women's Rugby Team. Sally is also student council representative, the student body philanthropy chair, the president and founder of Dragon Democracy, and viola chair in the string orchestra. She was recently named one of the candidates in the 2020 U.S. Presidential Scholars Program, selected from nearly 3.6 million students expected to graduate from U.S. high schools in 2020. It is one of the highest honors bestowed upon graduating high school seniors. Most recently, she was named a 2020 Coca-Cola Scholar Semifinalist, one of 1,928 students selected from over 93,000 applicants from across the country.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

Youth Baseball and Flag Football Programs
www.CVSPORTSLEAGUE.org

SENIOR Q&A

Five Parts Of a Good Estate Plan

Q: My wife and I would like to set up a basic estate plan. What are the essentials?

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

A: Many people believe that if they have a will, their estate planning is complete. But there is much more to a good estate plan.

A good plan should be designed to avoid probate, minimize estate taxes, protect assets if you need to move into a nursing home, and appoint someone whom you trust to act for you if you become disabled. Here is a list of the basics:

(1) Will: The most basic document is a will. A will directs who will receive your property upon your death and who will be your executor to see that your wishes are honored.

If you have young kids, it may also nominate guardians for them.

But a will usually requires a probate proceeding, and only controls property that is part of your probate estate. Indeed, many people own assets which are not part of their probate estate, such as joint tenancy assets, life insurance policies, retirement plans, IRA's, 401K's, and annuities.

see OSOFSKY on page 7



Team handball superstar Steve Goss takes a shot during a match in New Jersey in the 1980s.

Fame: Handball Superstar

continued from page 2

North Carolina, so he thought it would make a nice trip.

"I haven't touched a handball since 2005," Goss said, chuckling. "I'll be the oldest one out there. I just hope I don't embarrass myself."

Before he discovered team

handball, Goss played soccer and competed in the discus and pole vault at Canyon High and Castro Valley. He attended Canyon for three years before moving to CVHS when Canyon became a middle school.

Steve and his wife, Shelby, have two daughters and a son, all adults.

AARP Tax Assistance Available at Library

The Castro Valley Library has now begun accepting appointments for free AARP Tax Assistance.

Tax assistance is offered at the Castro Valley Library every

Wednesday and Thursday, beginning today, Feb. 5, through April 15, from 10 a.m. until 1 p.m.

The program, jointly sponsored by the IRS and AARP, provides trained volunteers to assist with

most all U.S. Federal and California State income tax preparation and e-filing.

Appointments are required. Call 510-608-1155 during normal open hours, or sign up in person.



Sufi Band 7 Stations and author Stefan Salinas of "A Muslim Family's Chair for the Pope" at last week's interfaith event at Smalltown.

'Sci-Fi Rewind' Next Week at the Chabot

Smalltown Society and The Chabot Cinema present Smalltown Film Week: "Sci-Fi Rewind" the week of Feb. 14 through the 20th when you can enjoy four

timeless Sci-Fi classics: "ET," "The Last Starfighter," "Close Encounters of the Third Kind," and "Shop of Horrors: Director's Cut" with extra footage and the alternate

ending!

Matinee prices will be in effect all day and night when you show your student ID. Show times are available at thechabot.com.

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During the program dates, contact Alameda County Industries (ACI) at least 24 hours prior to setting out used filter(s) curbside. A coupon* will then be sent to you in the mail from ACI for a new filter.

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By phone: Monday - Friday, 7:00 a.m. - 6:00 p.m. at (510) 483-1400.
By email: info@alamedacountyindustries.com

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CHP to Hold Free Senior Drivers Class Tomorrow

Current data shows that there are more than 49.2 million licensed drivers aged 65 and older in the United States as of 2016. Driving helps older adults stay mobile and independent. But the risk of being injured in a motor vehicle crash increases as you age. Nationally, an average of 712 older adults are injured every day in crashes, according to the Centers for Disease Control and Prevention.

You may be a good driver, but as you age you may begin to experience changes in function or medical conditions that can affect your ability to drive safely and react to hazards.

The good news is that there are steps you can take to help stay safe on the road:

- Monitor any changes, such as your vision or reflexes.
- Speak to doctor when age-related changes affect your driving.
- Refresh your knowledge of the rules of the road.
- Make changes to improve your health.

Learn how to take these steps from the California Highway Patrol at a free class from 1 to 3 p.m. tomorrow, Feb. 6, at the Eden Medical Center Conference Center (2nd Floor) at 20101 Lake Chabot Road Castro Valley. Please RSVP to 510-727-8485.

Do I Have to File Income Taxes This Year?

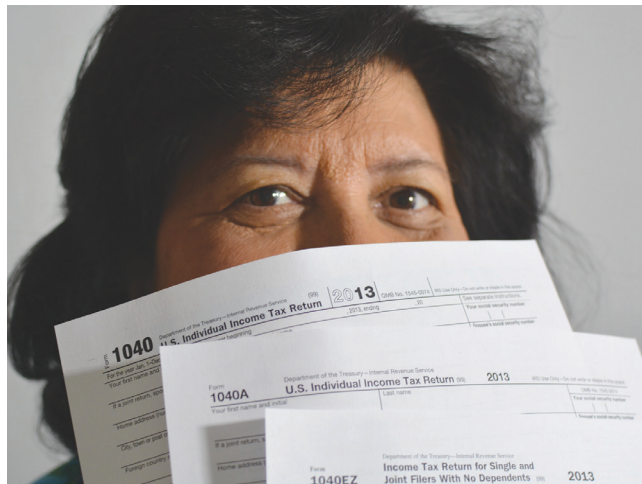
By Jim Miller
SPECIAL TO THE FORUM

Whether or not you are required to file a federal income tax return this year depends not only on how much you earned last year (in 2019), but also the source of that income, as well as your age and your filing status.

Here's a rundown of this tax season's IRS tax filing requirement thresholds.

For most people, this is pretty straightforward. If your 2019 gross income – which includes all taxable income, not counting your Social Security benefits, unless you are married and filing separately – was below the threshold for your filing status and age, you may not have to file. But if it's over, you will.

- Single: \$12,200 (\$13,850 if you're 65 or older by Jan. 1, 2020).
- Married filing jointly: \$24,400 (\$25,700 if you or your spouse is 65 or older; or \$27,000 if you're both over 65).
- Married filing separately: \$12,200 at any age.
- Head of household: \$18,350 (\$20,000 if age 65 or older).
- Qualifying widow(er) with dependent child: \$24,400 (\$25,700 if age 65 or older).



To get a detailed breakdown on federal filing requirements, along with information on taxable and nontaxable income, call the IRS at 800-829-3676 and ask them to mail you a free copy of the "Tax Guide for Seniors" (publication 554) or see [IRS.gov/pub/irs-pdf/p554.pdf](https://www.irs.gov/pub/irs-pdf/p554.pdf).

Check Here, Too

There are, however, some other financial situations that can require you to file a tax return, even if your gross income falls below the IRS filing requirements.

For example, if you earned more than \$400 from self-employment in 2019, owe any spe-

cial taxes like an alternative minimum tax, or get premium tax credits because you, your spouse or a dependent is enrolled in a Health Insurance Marketplace (Obamacare) plan, you'll need to file.

You'll also need to file if you're receiving Social Security benefits, and one-half of your benefits plus your other gross income and any tax-exempt interest exceeds \$25,000, or \$32,000 if you're married and filing jointly.

To figure all this out, the IRS offers an interactive tax assistant tool on their website that asks a series of questions that will help you determine if you're required to file, or if you should file because you're due a refund. It takes less than 15 minutes to complete.

You can access this tool at [IRS.gov/help/ita](https://www.irs.gov/help/ita) – click on "Do I Need to File a Tax Return?" Or, you can get assistance over the phone by calling the IRS helpline at 800-829-1040.

You can also get face-to-face help at a Taxpayer Assistance Center. See [IRS.gov/localcontacts](https://www.irs.gov/localcontacts) or call 800-829-1040 to locate a center near you.

Even if you're not required to file a federal tax return this year, don't assume that you're also excused from filing state income taxes. Check with your state tax agency before concluding that you're entirely in the clear. For links to state tax agencies see [Taxadmin.org/state-tax-agencies](https://www.taxadmin.org/state-tax-agencies).

Tax Preparation Help

If you find that you do need to file a tax return this year, you can get help through the Tax Counseling for the Elderly (or TCE) program. Sponsored by the IRS, TEC provides free tax preparation and counseling to middle and low-income taxpayers, age 60 and older. Call 800-906-9887 or visit [IRS.treasury.gov/freetaxprep](https://www.irs.gov/treasury/freetaxprep).

Also check with AARP, a participant in the TCE program that provides free tax preparation at more than 4,800 sites nationwide.

To locate an AARP Tax-Aide site call 888-227-7669 or visit [AARP.org/findtaxhelp](https://www.aarp.org/findtaxhelp). You don't have to be an AARP member to use this service.

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

Osofsky: A Good Estate Plan Should be Customized

continued from previous page

The disposition of these non-probate assets is controlled by the form of title or by the associated beneficiary designation, and not by your will.

For example, property held in joint tenancy goes to the surviving joint tenant, regardless of what the will says.

(2) Durable Power Of Attorney (DPOA): In a DPOA you designate a person to act in your place for financial matters when you are unable to act for yourself.

The DPOA is usually considered a better alternative than a court supervised conservatorship, which can be cumbersome, public, and expensive. A DPOA can, if properly drawn, also authorize long-term care planning on your behalf. But the DPOA ceases to exist upon your death, and therefore cannot function as a will-substitute.

(3) Advance Healthcare Directive: By this directive, you nominate someone to make health care

decisions for you in the event you are unable to do so yourself.

It usually also expresses your wish about end-of-life matters, burial and autopsy, and will authorize your agent to access your medical records and select physicians for you.

(4) Trust. If you have a home or other significant assets, you should consider creating a trust. Unlike a will, a trust is designed to avoid probate and, upon your death, pass your trust assets to your beneficiaries in a manner which is usually speedier and less costly than a probate proceeding.

Also, if you become incapacitated, a trust typically appoints a successor trustee to step in to handle your financial affairs on your behalf.

Unlike the DPOA, a trust does not suddenly cease to exist upon your death, but remains in effect long enough to distribute your trust assets as you have directed. In large estates, trusts may also include

provisions to minimize estate tax.

(5) Beneficiary Designations. At the same time that you create an estate plan, you should also review all beneficiary designations on assets such as insurance policies, retirement plans and annuities. This is because these beneficiary designations override your will or trust, and you should make sure that your beneficiary designations are current.

A good estate plan should also be customized to your particular

circumstances. For example, if you are concerned about future long-term care expenses, you may wish to integrate long-term care planning into your estate plan so that you or your spouse may access available government benefits to help pay for care without depleting a lifetime of savings and impoverishing the survivor.

Gene L. Osofsky is an elder law and estate planning attorney in Hayward. Visit his website at www.LawyerForSeniors.com.

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By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Home Prices Off to a Great Start in 2019

I'd like to rewrite Dina Washington's memorable song, "What a Difference a Day Makes". I would change the timeframe to a year and modify the lyrics to, "What a difference a year made, eight thousand sixty little hours, brought the buyers and sunshine, where sellers once felt pain ..."

I know, it is a bit stilted, but you get the idea.

It goes without saying that January 2019 was not fun for sellers. Finishing off an 18-month slide, prices bottomed out last January before starting to see a slow recovery.

Now that we have finished out January, 2020, it is a bit easier to see a trend towards recovery. Pundits predicted that we would see an uptick in 2020, and, if January's Central County numbers are any indication, I would say they were right.

Interestingly, 2020's num-

ber of actual sales was not as high as last January (which may be an indicator of less available inventory this year).

The only city in the positive, with January 2020 sales exceeding those of January 2019, was Hayward, up 19.44%. Castro Valley was down a mere 3.23%, while San Lorenzo saw a dip of 21.05% and San Leandro topped the board with a decrease 23.08%.

While numbers of homes sold was down, the real news here is the dramatic increase in prices.

Castro Valley was at \$778,031 in 2019, which rose to \$886,882 in 2020, an increase of 13.99%. San Leandro, at \$615,942 in 2019, climbed to \$682,186, up 10.75%. San Lorenzo, which saw a January 2019 average of \$574,994, jumped 18.88% to \$683,533. Hayward saw the lowest gains of \$5.40%, up

from \$663,645 to \$699,481.

While it is too soon to tell if these trends will continue on into 2020, it signifies a great beginning to a new decade. These numbers are not isolated – we are seeing increases across the Bay Area as buyer confidence seems to be surging. We are also seeing a reemergence of multiple offers, helping propel prices higher.

With the increasing prices we have also seen a corresponding decrease in the average days on the market. Whereas last January had a Central County average of 32.75 days, it has decreased to 26.75 days.

Normal markets begin climbing in January and peak in May – if that is the case in 2020, we can expect to see some significant gains in home prices as we get further into the year.

Data provided by Bay East Association of Realtors.

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

Gorgeous 4 bedroom, 3 bath home in the wonderful Columbia Community has extensive upgrades throughout. First impressions start at the curb with a beautifully landscaped front yard. Interior highlights include gourmet kitchen, an expansive master bedroom suite and a guest bedroom/bathroom on the first floor. Entertain guests in the well-designed backyard with solar heated pool and spa, outdoor wood fire oven and a view of Bay and City Lights.



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Be Proactive with Whiteflies

By Buzz Bertolero
Special to the Forum

Q I had a severe infestation of whiteflies last year. Can I spray a dormant spray to prevent them from returning?

A Whiteflies are a summer pest that plague vegetable gardens, evergreen shrubs, and herbaceous plants such as escallonias, pyracantha, geraniums, and fuchsias. They are a serious problem on



tomatoes, squash, peppers, eggplant, melons, and pumpkins.

It's beneficial to make one application of an oil spray to evergreen shrubs during the winter months. It will clean up the over-wintering whiteflies, however, it will not eradicate the problem from returning.

Whiteflies are mobile, so they can migrate in from other yards.

The population starts slowly, and they build up rapidly when the temperatures warm up. When temperatures are over 85°F, whiteflies can complete a generation in as little as 18 days.

You must be proactive before this happens. It's very difficult to

control whiteflies once the population explodes. The first thing you need to do is to be diligent in looking for them early on.

In April, place several yellow sticky traps in the area where they were a problem last year. The adults are attracted to the color yellow and are then caught when they land in the clear sticky resin. The traps monitor the activity and level of adult whiteflies in your garden.

Once I see whiteflies in the traps, I start looking at the underside of the leaves of the host plants. Early on, you can just pick the infected leaves off and discard them. When the population starts to build up, you spray with an oil product.

The best time of the day to spray is in the early evening just before the sunset. Your goal is to keep the population at a manageable level, so you need to be pro-active all summer long.

The biggest mistake in a vegetable garden is waiting to do something. By mid-summer, when the population is huge, your alternative is to dig the vegetable plants up and discard them.

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



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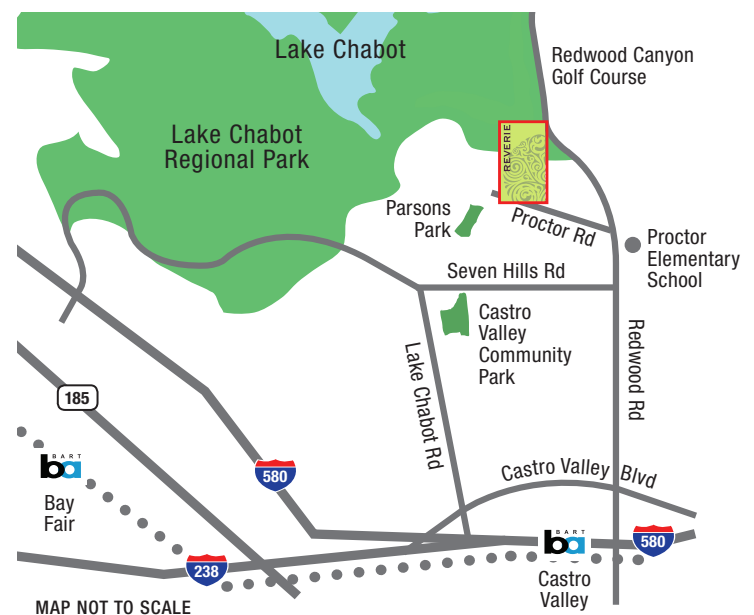


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Make Your Sad Russian Sage Happy

By Buzz Bertolero
Special to the Forum

Q My Russian Sage has turned brown and looks really sad. How far back can I prune it? Also, when will it be beautiful and full again?

A It's typical for Russian Sage, as well as many types of ornamental grasses to turn brown and die back from cold temperatures. I'd prune it off at the ground

with a pair of hand shears or an electric trimmer. The new growth will appear at the base of the clump, as the days get longer and warmer.

Don't be overly concerned if, when raking up the debris, you disturb the surface roots, or you cut off any early new growth. This shouldn't have any ill effects.

After Memorial Day, the growth rate accelerates, and the plant should reach full size by mid-July and in bloom in

August. Now, of course, this all depends on the weather. You can encourage the new growth with a hand full or two of 16-16-16 or Dr. Earth All-Purpose Fertilizer around the drip line in April.

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



Soursop

The soursop tree only grows where there are no freezing temperatures.

Take some seeds directly from its fruit, soak them in warm water overnight, plant them in potting soil and place in a sunny spot. Keep the mix damp and they should germinate in 2-4 weeks. Plant your soursop seedling in full sun in an area where it is protected from wind. It should produce large, spiky, sour-tasting fruits in three to five years and can grow as high as 30 feet in about 6 years. - B. Weaver

Sources: www.gardenguides.com, homeguides.sfgate.com, davesgarden.com



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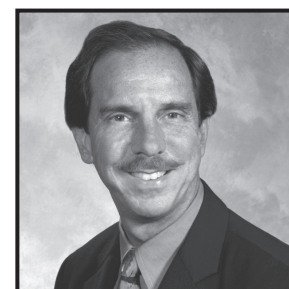
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Expand Your Edible Garden Indoors

By Melinda Myers
Special to the Forum

No matter the season, size of your garden or climate, you can inject homegrown flavor into your meals. Just clear a shelf, countertop or windowsill and get busy planting herbs, greens and even tomatoes to enjoy year-round.

For quick results, grow microgreens. These nutrient packed edibles are ready to harvest in as few as 10 days. Plant microgreen seeds in a quality potting or seed starting mix. A recycled fast food container or other shallow pot with drainage holes works well. Plant the seeds according to label directions, moisten the soil and place in a warm location. Keep the soil moist and move to a sunny window or under artificial lights as soon as sprouts peak through the soil. Then break out the scissors and start harvesting when the second set of leaves appears. Use microgreens on

salads, sandwiches, soups or as a snack.

Replace those underutilized appliances cluttering the counter with an under the cabinet LED light garden like the Bamboo Mini LED Grow Light Garden. You'll be able to grow and harvest your own herbs and greens right in the kitchen for easy access. The LED lights will also help brighten the room – a welcome addition to any dreary winter day.

Purchase plants or start herbs from seeds in individual pots or a container large enough to hold several plants. Select herbs you and your family typically use for seasoning. Basil, chives, sage, parsley, and oregano are a few of the easier herbs to grow. Just harvest a few leaves or sprigs as needed for some homegrown flavor.

Boost the vitamins, minerals and fiber in your meals with leafy greens. Plant an indoor garden

of leaf lettuce, spinach, arugula, baby leaf kale and beet greens. A self-watering pot with a built-in overhead light like the Gardener's Revolution® Light Garden Kit (gardeners.com) makes it easy to grow a variety of greens at the end of a counter, next to a desk or anywhere you have a few square feet of space.

Harvest greens regularly to keep the plants producing. You'll enjoy the convenience and have no excuse not to boost the flavor and nutritional value of your meals.

Reserve a space in front of a sunny window to grow a tomato or pepper plant. Expand your growing options and ensure a bountiful harvest by supplementing natural daylight with artificial lights. Start with compact tomato and pepper varieties that require less space. You will probably need to start plants from seeds when growing these vegetables outside the normal outdoor gar-

dening season. Once the plants start flowering, you will need to lend a helping hand. Give the stems a shake for pollination and eventually fruit formation to occur.

Reduce maintenance and the mess with self-watering containers. These planters have reservoirs that hold water that moves into the soil via wicking systems. This provides the plants with a constant supply of water while extending the time between watering. Plus, the self-contained watering setup minimizes the risk of water getting on your floor.

Start plans for your indoor edible garden with a walk around your home to identify potential growing spaces. Then develop a list of favorite herbs, greens and vegetables you and your family enjoy. Match the space to your favorites and invest in plants and resources that fit your gardening goals and help ensure success. Then start growing and enjoying



PHOTO COURTESY OF GARDENER'S SUPPLY COMPANY

the benefits of fresh, homegrown produce all year long.

Melinda Myers has written more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses* "How to Grow Anything" DVD series and the *Melinda's Garden Mo-*

ment TV & radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardeners Supply for her expertise to write this article. Her web site is www.MelindaMyers.com.

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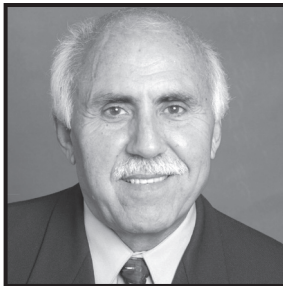
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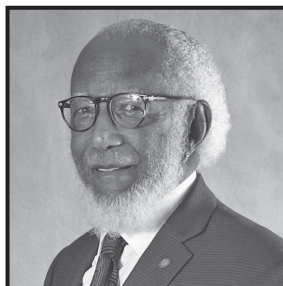
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Do you need some help at your business?
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Your ad will run in and the Castro Valley Forum on Wednesday and the San Leandro Times on Thursday. **Find help and support your local newspaper at the same time!**
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17 Do sums
18 Kindle downloads
20 Sew loosely
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24 Wheelbase terminus
25 Obama's old title
28 ___ de Janeiro
29 Hawaiian dances
30 Deity
32 Dakar's country
34 Salver
35 Bacchanalian blast
36 Yonder
37 Hallux, more commonly
40 That girl
41 Superfood berry
42 Mexican miss
47 Showroom sample
48 One of three rulers
49 Paradise
50 Tree fluid
51 Harmonization

DOWN

1 Wife of Saturn
2 Raw rock
3 Buddhist sect
4 Mansion and its surroundings
5 Sleeping
6 Opposed
7 Outer
8 Start the PC up again
9 Bread spread
10 Savings institution
11 Make ___ meet
13 Faction
19 Prejudice
20 Tavern
21 Line of symmetry
22 ___ gin fizz
23 Stop, at sea
25 Hints at
26 Shrek is one
27 Bellow
29 Medal earner
31 Coloring agent
33 Idea
34 Gas bill units
36 Commandment starter
37 Commanded
38 On the rocks
39 Chess or checkers
40 Use scissors
43 Historic time
44 Wall climber
45 Can metal
46 Joan of ___

ANSWERS ON PAGE 5



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Eden Health District Provides \$250,000 in Grants for 2019

For nearly two decades, the Eden Health District, through its Community Health Fund Program, has given more than \$12.7 million in grants to non-profit and government agencies that advance the health and wellbeing of District residents.

The District (formerly known as the Eden Township Healthcare District and headquartered in Castro Valley) has revised the program policy to provide the maximum funds for these grants, enabling local

organizations, to provide much-needed health care services to local communities.

The following organizations were approved for these Community Health Fund Grants for 2019:

- **\$25,000**
Daybreak Adult Care Centers,
Meals on Wheels

Building Futures with Women & Children
FACES for the Future, Hayward
LEAF (Local Ecology & Agriculture Fremont)
Mercy Brown Bag Program

- **\$22,500**
East Bay Agency for Children
Child Abuse Listening, Interviewing & Coordination Center
- **\$15,000**
Eden I&R
- **\$10,000**
Hayward Fire Department
George Mark Children's House
- **\$5,000**
American Legion Post 649
VFW Post 9601
Safe Alternatives to Violent Environments
Crisis Support Services of Alameda County
For more information contact: Dev Mahadevan at 510-538-2031 ext. 203, or email dmahadevan@ethd.org

Obituaries

Kathleen Ellen Sheridan

On Monday, January 20, 2020 Kathleen Ellen Sheridan, loving wife to and survived by Richard Sheridan, mother of Maggie (Married to John Straw) and Sarah (Married to Nelson Vieira), and grandmother to Carter, Riley, Jensen, Lauren and Mason, passed away at the age of 74. Kathy was born on September 14, 1945 in Hayward CA to Eleanor and Herman Dobbel, proud descendants of pioneers who came to California by covered wagon in 1846. A longtime resident of the East Bay, Kathy attended Castro Valley High School where she and Rich met. The couple married in 1967 at All Saints Church in Hayward CA and continued to raise their family in Castro Valley before moving to build their dream home. Kathy, an avid quilter, loved nothing more than to be surrounded by her family. Kathy will be laid to rest at 10 a.m. on Saturday, February 8, 2020 in the Dublin Pioneer Cemetery alongside her father, mother and sister Lauralea.



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Vadnais at 510-614-1558

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Osmond Franklin Kuhns

February 7, 1922 - January 4, 2020

Osmond, Oz or Ozzie to those who knew him, was a very kindhearted man, who cared very deeply for those he knew and loved. Longtime resident of Castro Valley. Lived to be 97 years old. He was a loving son to John Kuhns and Myrtle Jennie (Adams) Kuhns; brother to Margaret (Kuhns) Hegman, John Kuhns, Jim Kuhns, and Bill Kuhns, whom all preceded him in death.



Oz was born in Ohio and moved to the Bay Area while in high school. He enlisted in the Army and served in World War II. He received an honorable discharge. He was married to the love of his life, June Pearl (Anderson) Kuhns, for 64 years, until her death on May 3rd, 2010. When she passed away, a piece of his heart never recovered; they did everything together.

While in high school, Oz started his career working at a rubber company. He worked in the lab making formulas for tires. He continued working there for many years building tires until the company closed. Then Oz worked for Southern Pacific Railroads until he retired. Here he worked in the office where his responsibility was connecting railroad cars to their designated train.

Oz loved to play golf and enjoyed playing golf as a member of the local Sirs Branch 6. He was an avid baseball fan and enjoyed spending time with his family. He enjoyed sharing stories of his life including how he could get out of KP duty in World War II by pitching for his Army's baseball team.

He is survived by his loving daughter, Terry J. (Kuhns) Bauer; four grandchildren, Marlene (Robert) Brackmann, William Bauer, David (Melissa) Bauer, Laura (Ryan) Evans; three great-granddaughters, Jasmine Evans, age 8, Madelyn Evans, age 4, and Sophia Bauer, age 3; and multiple nieces and nephews. In lieu of flowers, donations can be made to Be The Match or The American Heart Association.

A memorial in honor of his life will be held February 8th, 2020, at Jess C. Spencer Mortuary, Castro Valley, from 11 a.m. - 1 p.m. A private family memorial will be held at a later date to honor the love that Oz and June had for each other in life and now in death.

Clifton Edgar Davidson Jr.

September 18, 1925 - January 9, 2020

Clif is survived by his wife Lu after 72 years of marriage, his four children Clifton Davidson III, Deborah Woychik, Lynn Daugherty, and Ronald Davidson, his 12 grandchildren, and 27 great-grandchildren.

Clif attended Castlemont High School in Oakland and at 18 enlisted in the U.S. Army. He was part of General Patton's 3rd Army where he received two Purple hearts and was engaged in the Battle of the Bulge. He was known to remark to his family and friends *I am a World War II guy who should have been dead four times...* Clif maintained a successful construction and plastering business for 65 years, doing major projects all over the Bay Area. He adored his wife Lu, referring to her as his bride, and was extremely proud of his children, grandchildren, and great-grandchildren. Clif lived and died in the house he built for his family in 1957.

He is remembered by all for his enthusiastic, infectious manner, exuberant greetings, and joyful positive spirit. A patriot, Clif was known for his friendliness to everyone he met, often striking up conversations with people he didn't know.

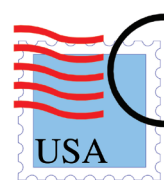
A committed Christian, he was a leader, choir member, deacon, and organizer freely committing his time to others. Clif will be remembered for his happy, easy-going, optimistic and generous nature.

A memorial service will be held at Cornerstone Fellowship Church, 180 Lewelling Blvd., San Lorenzo, CA on Saturday, Feb. 8th at 11 a.m.



LETTERS

TO THE EDITOR
FREDZ@EBPUBLISHING.COM



Trump Burden: Paying Off National Debt

Editor:

Sorry to rain on your party, Jane Mason ("On Re-electing a President," *Letters*, Jan. 22). Trump lied to you and the rest of us. There isn't an extra buck in your back pocket unless you are one of the upper 1%.

What he did bestow on you, me, my children, grandchildren, etc., is the burden to pay off \$15 trillion he added to the national debt.

The Trump presidency is run like his businesses — borrow, borrow, borrow, cheat, lie, cheat, make bad decisions, then file bankruptcy with no regard to the devastation he will cause to the everyday worker in lost wages, homes and possibly families.

Then this charade is repeated over and over. Legal? Ethical? No!

—Fred Kopperdahl
Castro Valley

The Wealthy Democrats

Editor:

In response to David Siegel's letter ("Wants Democrats at 'All Levels'," *Letters*, Jan. 29), I searched Forbes 400 list of Billionaires in America. B=billion in the list. (1) Jeff Bezos 114B Democrat, (2) Bill Gates 106B Democrat, (3) Warren Buffet 80.8B Democrat, (4) Mark Zuckerberg 69.6B Democrat (only because he supports Democratic issues), (5) Larry Ellison 65B he gives money to both parties, (6) Larry Page 55.5B Democrat, 7. Sergey Brin 53.5B Democrat (supports Democratic issues) (8) Michael Bloomberg 53.4 Democrat, (9) Steve Ballmer 51.7B Democrat, (10) Jim Walton 51.6 Republican.

Please look again, the top 10 richest Americans 8 of the 10 are Democrats or 9 of the 10 support Democratic issues.

As for the wars in the Middle East, who attacked who first? Please stop blaming everything incorrectly on the Republicans!

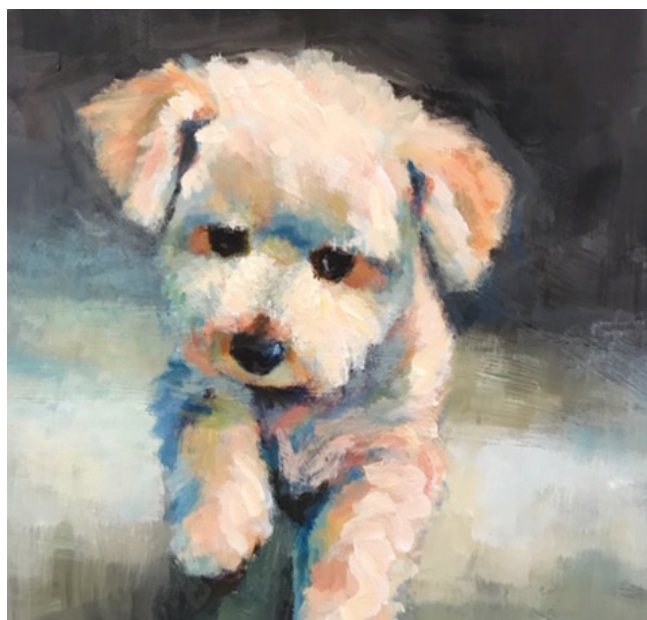
You wrote that we need to vote for the Democrats so we can protect what is really important to the American people. The Democrats support killing babies (in the womb and out of the womb), euthanasia (killing senior citizens and those they deem not worthy in their minds, like those with down syndrome, etc.)

It looks like the Democratic party is the party of killing. So if you truly want to protect Americans, vote Republican! Go Trump 2020!

And to let you know, Trump is not perfect, but the Democrats loved him when he was supporting and giving them his money.

—Joanna Busch
Castro Valley

LETTERS TO THE EDITOR must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. We do not publish anonymous or unsigned letters. Email Letters to: fredz@ebpublishing.com, or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.



"Milt," an acrylic on gessoed board by Castro Valley artist Claudine Krause, is on view at the Hayward Public Library gallery until March 14. The public is welcome to an artists' reception this Saturday from 2-4 p.m. Visit haywardartscouncil.org for more exhibits and events.

Two Exhibits on Display At the Hayward Library

By Winda Shimizu
SPECIAL TO THE FORUM

Hayward Arts Council and the Hayward Library present the exhibit "New Members and Emerging Artists" through March 14 on the second floor of Hayward's 21st Century Library and Learning Center, 888 C Street.

A public artists' reception will be held this Saturday, Feb. 8, from 2 to 4 p.m.

New members Kristia Bondoc, Kimberly DeLand, Natalie Juntz, Claudine Krause, Maria Ochoa, Danika Philis, Chelsea Tikotsky, and Wenonah Washington are showing a variety of media including acrylics, pastels, photography, mixed media, recycled materials, digital print, paper art, and ink.

This is the second exhibit hosted by the Library. Gallery hours are 11 a.m. to 8 p.m. Monday through Wednesday, and 10 a.m. to 5 p.m.

Thursday through Saturday, closed Sundays.

In addition, the Library is presenting a "Six by Two Exhibit" of Hayward Arts Council members in the exhibition hall near the staircase, featuring artists Richard Geiger (watercolor), Kimberly Ladewig (wool and watercolor), Kate Hardwig (watercolor), Gerald Thompson (oil), Patra Nesseth-Steffes (digital photography) and Loreta Siegel (acrylic) showing 12 colorful artworks.

Both exhibits are sponsored by Hayward Arts Council to stimulate interest in visual and performing arts, promote opportunities for artists to exhibit, and encourages public participation in free art demonstrations and events.

Visit www.haywardartscouncil.org for more gallery exhibits and events.

Winda Shimizu is Hayward Arts Council Executive Director.

Wade Named to Dean's List

Taylor Wade of Castro Valley has been named to the Emerson College (Boston, Mass.) Dean's List for the Fall 2019 Semester. Wade is majoring in Musical The-

atre and is a member of the Class of 2020.

The requirement to make Emerson's Dean's List is a grade point average of 3.7 or higher.

Grand Opening for HARD Fitness Courts on Saturday

The Hayward Area Recreation District (HARD) will hold a Grand Opening for three new National Fitness Campaign courts in Hayward on Saturday in a celebration at Alden E. Oliver Sports Park at 2580 Eden Park Place in Hayward.

The grand opening, from 10 to 11:30 a.m., will have fitness ambassadors and trainers available on site to assist people to learn about the many options.

The outdoor gyms will be free to use with the goal of encouraging and simplifying access to healthy lifestyles while providing a full-body functional fitness workout for adults of all ability levels.

With over 30 pieces of body-weight equipment, the courts can

be used in thousands of ways and are ideal for everyone from beginning to elite level athletes.

Besides the Oliver Sports Park, the other two fitness courts are at Eden Greenway at Cypress St. and Harder Road, and Tennyson Park at Panjon St. and Huntwood Road.

Residents can take free classes and get the most out of their workout with the official National Fitness Campaign App, which is available to download at Apple and Google Play. It will be like having a coach on your phone!

The courts were made possible by a grant from the National Fitness Campaign. To learn more about HARD programs and events, visit: HaywardRec.org.

Still Have Christmas Tree?

More than 28 tons of Christmas trees were collected in Castro Valley for recycling by Alameda County Industries during the two weeks beginning Jan. 6, according to the Castro Valley Sanitary District.

Trees that weren't put out by

Friday, Jan. 17 can be cut into pieces that will fit in the green organics cart at any time, but remember to remove all ornaments, tinsel, lights, nails and stands.

For more information, call ACI at 510-483-1400 or visit www.alameda-county-industries.com.

THIS SATURDAY



Artists Reception at San Leandro Library

"Yosemite Reflections," a watercolor by Ann Schmidt, is one of the many student works on display at the San Leandro Main Library through March 27. The exhibition, called "Studio 820," features paintings from the San Lorenzo Adult School Watercolor Class. Many of the artists are longtime residents of Castro Valley, San Leandro, San Lorenzo, Hayward and Fremont. An artist reception will be held from 1 to 3 p.m. this Saturday.

LEGAL NOTICES

FILED
JANUARY 03, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567097

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

The name of the business(es):
Dream Catcher Images at 22427 Moyers
Street, Castro Valley, CA 94546, in Alameda
County is hereby registered by the following
owner(s): Bruce Finocchio, 22427 Moyers
Street, Castro Valley, CA 94546. This business
is conducted by an individual. This business
commenced February 10, 1994.

/s/ Bruce Finocchio
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.

Expires JANUARY 03, 2025

**JAN 15, 22, 29, FEB 05, 2020
0205-CVF**

FILED
JANUARY 09, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567388

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

The name of the business(es):
F&F Enterprises at 20883 Redwood Road,
Castro Valley, CA 94546, in Alameda County,
mailing address PO Box 5610, San Francisco,
CA 94083 is hereby registered by the following
owner(s): (1) Frank Fragomeni, (2) Brenda
Fragomeni, 212 James Court, San Francisco,
CA 94080. This business is conducted by a
married couple. This business commenced
1-1-2020.

/s/ Frank Fragomeni, Brenda Fragomeni
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.

Expires JANUARY 09, 2025

**JAN 15, 22, 29, FEB 05, 2020
0206-CVF**

FILED
JANUARY 03, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567111

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

The name of the business(es):
Desserts First at 19774 Louise Ct., Castro
Valley, CA 94546, in Alameda County, is
hereby registered by the following owner(s):
(1) Amanda Rose (2) Deborah Rose, 19774
Louise Ct., Castro Valley, CA 94546. This
business is conducted by Co-partners. This
business commenced in 2012.

/s/ Amanda Rose, Deborah Rose
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.

Expires JANUARY 03, 2025

**JAN 22, 29, FEB 05, 12, 2020
0209-CVF**

FILED
DECEMBER 27, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 566942

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

The name of the business(es):
The Music Company dba TMC Productions
and Fura Bodyworks at 20825 Nunes Avenue
Ste. B, Castro Valley, CA 94546, in Alameda
County, is hereby registered by the following
owner(s): (1) Mel Speed (2) Dayna Speed,
4236 Omega Avenue, Castro Valley, CA
94546. This business is conducted by a married
couple. This business commenced N/A.

/s/ Mel Speed, Dayna Speed
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.

Expires DECEMBER 27, 2024

**JAN 22, 29, FEB 05, 12, 2020
0207-CVF**

FILED
JANUARY 3, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567104

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

The name of the business(es):
Math Matters Mentoring at 5259 Proctor
Road, Castro Valley, CA 94546, in Alameda
County is hereby registered by the following
owner(s): Kristine Humphreys, 5259 Proctor
Road, Castro Valley, CA 94546. This business
is conducted by an individual. This business
commenced N/A.

/s/ Kristine Humphreys
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.

Expires JANUARY 3, 2025

**JAN 29, FEB 05, 12, 19, 2020
0214-CVF**

FILED
JANUARY 24, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567839

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

The name of the business(es):
D'Works at 4549 Edwards Lane, Castro Valley,
CA 94546, in Alameda County is hereby
registered by the following owner(s): Bedard
Tax Service LLC, 4549 Edwards Lane, Castro
Valley, CA 94546. This business is conducted
by a Limited Liability Company. This business
commenced Jan. 2, 2020.

/s/ Bedard Tax Service LLC
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.

Expires JANUARY 24, 2025

**FEB 05, 12, 19, 26, 2020
0216-CVF**

FILED
JANUARY 9, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567394

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

The name of the business(es):
Rogue Heart Tattoo at 4243 Omega Ave.,
Castro Valley, CA 94546, in Alameda County
is hereby registered by the following owner(s):
Marie A. Scherping, 4243 Omega Ave., Castro
Valley, CA 94546. This business is conducted
by an individual. This business commenced
Jan. 9, 2020.

/s/ Marie A. Scherping
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.

Expires JANUARY 9, 2025

**FEB 05, 12, 19, 26, 2020
0217-CVF**

FILED
JANUARY 24, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567840

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

The name of the business(es):
Feng Shui Made Simple at 7416 Oxford Circle,
Dublin, CA 94568, in Alameda County is
hereby registered by the following owner(s):
Elissa Palmer, 7416 Oxford Circle, Dublin,
CA 94568. This business is conducted by an
individual. This business commenced N/A.

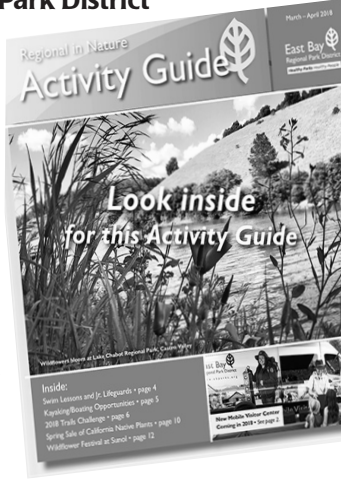
/s/ Elissa Palmer
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.

Expires JANUARY 24, 2025

**FEB 05, 12, 19, 26, 2020
0220-CVF**

This issue of the Castro Valley Forum contains
the East Bay Regional Park District
March - April 2020
Activity Guide.

If your copy of the Forum
does not include the EBRP
Activity Guide, call
510-614-1555 or stop by
the Forum office (2060
Washington Avenue,
San Leandro, CA 94577)
between 9 a.m. and 5 p.m.
Monday through Friday
to obtain one.



ADOPT-A-PET



COPPER, a reddish brown guinea pig, loves spending time with his good buddy **MOOSE**, a white and brown piggy. They love playing and chilling in their Guinea pig castle and burrowing in towels. They also enjoy snacking on timothy hay, an occasional piece of fruit and playing in the water dish. For more information, please call Hayward Animal Shelter: 510-293-7200.



ALYSSIA, an 8-month-old tuxedo, is initially shy but warms up quickly. She'd love a home with another cat. Spayed, vaccinated, chipped. Email: Loveall-pawzrescue@gmail.com.

KAYLEIGH, a beautiful, year old gray and white tuxedo, suddenly lost her home and family. She's friendly, playful and loves to snuggle. Email: Loveallpawzrescue@gmail.com.

'All Fur Love 2020' Event

The Hayward Animal Shelter volunteers will hold their first pet adoption and fundraising of the year from 11 a.m. to 5 p.m. this Saturday.

The winter "All Fur Love 2020" event, co-sponsored by Assembly-member Bill Quirk, lets qualified homes adopt the pet of their choice free.

And there are a lot of animals to choose from — cats, kittens, dogs, puppies, bunnies and Guinea pigs, all spayed or neutered, vaccinated and microchipped.

Hayward residents must purchase a \$17 license for dog adoptions.

The shelter will also have raffle prizes and a Valentine's Pet Photo Booth from noon to 3 for a \$10 suggested donation (proceeds go to the shelter's animal medical and spay/neuter funds).

The Hayward Shelter is located at 16 Barnes Court, near the DMV office at Jackson and Soto Road.

For more information, visit www.facebook.com/haywardanimalshelter and <https://a20.asmdc.org/event/upcoming-event>.



Event Venue Available

Looking to have a gathering or party? Need an offsite meeting space for you and your team? Smalltown offers a unique and artistic space perfect for intimate groups to rent out by the hour and is now accepting bookings! Let us make your dream event a possibility. Visit our website: www.smalltownsociety.com/thevenue/ for the space to book!

Reports: CV

continued from page 3 Sexual Assault

Wednesday, January 29: at 1:40 a.m., a 61-year-old man from Castro Valley was arrested on suspicion of sexual assault on a person with what deputies reported as developmental disabilities. Deputies were called to investigate reports of an assault at a home on Lessley Avenue near Redwood Road. Family members report the suspect forced oral copulation and other assault on the victim of unknown age. Deputies report the victim was unwilling and unable to defend themselves. The man was taken into custody. The victim was treated at the scene.

Drugs and a Switchblade

Tuesday, January 28: at 3:15 p.m., deputies arrested a 22-year-old man with no permanent residence on suspicion of trespassing, possession of an illegal switchblade, possession of illegal narcotics, and violating the terms of his parole. The man was spotted behind a grocery store on Castro Valley Boulevard near Redwood Road. Deputies took the man to Santa Rita Jail and held him without bail.

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NEVER BORING. NEVER BORED.

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