



# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, NOVEMBER 28, 2018

NO. 48

## INSIDE YOUR FORUM

### OUR TOWN



**Opening Friday**  
'Appalachian Christmas':  
A heartfelt yuletide story  
opening at Chanticleers  
**Page 3**

### HEALTH



**Joint Discussion**  
3 reasons you may want  
to avoid or delay a knee-  
replacement surgery  
**Page 5**

### LIVING



**Hanukkah**  
Recipes to celebrate the  
Jewish holiday which  
begins this Sunday  
**Page 7**

## INDEX

Classified Ads .....	8
Community Calendar ...	4
Crosswords .....	10
East Bay Living .....	7
Horoscope .....	10
Homes .....	11
Obituaries .....	10
Our Town .....	3
Sports .....	5
Weather .....	2

PHONE: (510) 537-1792

## Hundreds Celebrate Grand Opening Of the Bruce D. Johnson Gymnasium

Energy and joy filled the Bruce D. Johnson Gymnasium at its Grand Opening in San Lorenzo on Saturday, where over a hundred student and alumni athletes competed in the 40th Annual Redwood Christian Schools Alumni Games.

The newly completed 20,520-square-foot facility is on the campus of Redwood Christian's middle and high schools at 1000 Paseo Grande.

"Today is a day 49 years in the making," RCS Superintendent Al Hearn told the more than 500 people who attended the afternoon ceremonies. "A day RCS has longed for since its founding in 1970. We now have a home court for the Eagle Nation."

The crowd included members of the public, elected officials, students, alumni and their families, who heard speakers express their gratitude to the many contributors who helped to make the dream of building the gymnasium a reality.

The other speakers included RCS Board Secretary Cathy Breslow, Superintendent Emeritus (and gym namesake) Bruce Johnson, and Athletic Director Jim Cleveland, all of whom credited community support in making the gymnasium a reality. Many RCS alumni used their professional



PHOTO BY CATHY BRESLOW

**More than 500 people were on hand for Saturday's Grand Opening of the Bruce D. Johnson Gymnasium on the Redwood Christian Schools campus in San Lorenzo.**

skills to advise in the planning, construction, and finishing stages of the facility.

The gymnasium was named after Redwood's second superintendent, Bruce D. Johnson, by a unanimous vote of the Redwood Christian School Board. Johnson was honored for his 42 years of service to the school and was credited for the many roles he served at RCS.

Johnson gave special recognition for the support received since 1974 from 3Crosses Church and Redwood Chapel Community Church, both in Castro Valley, as well as the Castro Valley, Hayward, San Lorenzo, and San Leandro School Districts, Valley Christian School, and Chabot College, who opened their facilities for RCS' use.

The new facility seats 600, pro-

vides team locker rooms, and features high definition scoreboards and a state-of-the-art sound system.

Also honored on Saturday was the school's founding superintendent, Gus Enderlin.

RCS currently has over 700 students. While the gym will be the most used facility on the campus in San Lorenzo, school officials said it would be shared by the community at large.

## A Thanksgiving Story

While many of us were enjoying a nice Thanksgiving meal in a warm, cozy house, two lifelong friends who are also local first responders, worked together in the darkness and driving rain to save a man's life.

Alameda County Sheriff's Officer Erik Holm and Alameda County Fire Department Capt. Paul Mahar responded to a call regarding a man falling down a steep hill in the Columbia Development of Castro Valley.

The man was located by the ping of his cell phone. Officer Holm made his way down the embankment in the rain and mud to find the man lying face down and unable to get up. With the help of Capt. Mahar, they were able to rig the man up and pull him up the hill. He was then transported to the hospital.

Later, following the rescue, Officer Holm joined his family in the home he grew up in, just up the hill from the incident for Thanksgiving dinner, showing up wet and muddy but thankful he was able to help the man.

Both Officer Holm and Capt. Mahar were raised in Castro Valley and attended Vannoy, Canyon, and Castro Valley High schools. Their parents all graduated from Castro Valley High together in 1971. Both of their mothers were teachers in the Castro Valley School District.

Officer Holm's father is a physician at Eden Medical Center and his grandmother is Lucille Lorge, Castro Valley's official historian. At age 88, she still lives in her Castro Valley home and continues to speak in many venues about Castro Valley history.



**From left, Alameda County Sheriff's Deputy Erik Holm and Alameda County Fire Department Captain Paul Mahar following Thursday night's rescue in Castro Valley.**

### FAIRMONT TERRACE

## MAC OK's Redesign Of Park

By Amy Sylvestri  
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) gave lukewarm approval to the expansion and redesign of Fairmont Terrace Park, among other land-use decisions at their Monday night meeting.

Plans to double the size of the park on Manchester Road have been in the works since 2012 and a series of public meeting were conducted by the Hayward Area Recreation District (HARD) to see what kind of amenities people living in the surroundings neighborhoods might like.

Plans were presented to the MAC to expand the park from 1.6 to 4.7 acres with a dog park, playground, picnic tables, trail connections, a basketball court, and a field of native grasses.

"The community has long wanted to see the park upgraded and enlarged," said Jeff Ferber of HARD.

But MAC Chair Marc Crawford called the plans "inferior" and had misgivings about the amount of open space as well as how wastewater was being handled.

Residents in the room were vocal in their support of the plan and, after much discussion, MAC member Dave Sadoff made a motion to approve it, which passed 3 to 2 with Crawford and Moore dissenting.

"This to me is what the neighbors wanted," said Sadoff. "It's obvious what they wanted and it would be a disservice to not give it to them."

The MAC also continued a discussion of the Castro Valley General Plan, which was written in 2012 and now set to be implemented. At this week's meeting, the focus was on residential zones and standards.

The plan is available to read as [www.cvgpimplementation.com](http://www.cvgpimplementation.com). Once the MAC and the public offer feedback in the coming weeks, it will go to the county Planning Commission and the Board of Supervisors.

see MAC on page 10



## Castro Valley Weather Nov. 28 - Dec. 2, 2018



Wednesday  
Cloudy, Showers  
High 63° Low 54°



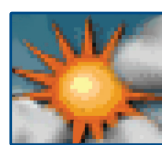
Thursday  
Rainy, T-storms  
High 60° Low 47°



Friday  
Mostly Cloudy  
High 59 Low 40°



Saturday  
Rainy  
High 56° Low 43°



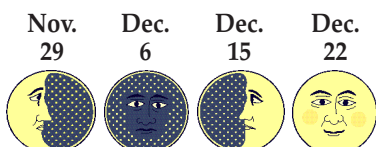
Sunday  
Partly Cloudy  
High 56° Low 40°

### Almanac



Past Week's Rain: 03.60  
Season To Date: 03.65  
Normal To Date: 03.80  
Season Average: 21.22

### Moon Phases



Sun sets at 4:51 p.m. today, rises at 7:05 a.m. Thursday.

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# Food Bank Volunteers Provide Hundreds of Thanksgiving Meals

By Amy Sylvestri  
CASTRO VALLEY FORUM

It's the time of the year when many people's thoughts go to volunteering or donating, but the Alameda County Food Bank warehouse on Edgewater Drive in Oakland is busy year-round, according to Communications Director Michale Altfest.

The county food bank supplies nourishment for one-in-five County residents and will have distributed over 30 million meals over Thanksgiving and through the end of the year.

Altfest says that in 2019, the food bank projects it will provide 120 million meals.

The food bank also receives about 60 percent of its annual donations during the holiday season. Some of that comes from non-perishables donated during food drives – especially those barrels you see in grocery stores.

And with cash donations, the food bank can turn one dollar into six dollars worth of food because of deals they have set up with farms and food companies. That's how they get a lot of their fresh produce. The food bank also uses monetary donations to buy perishable items such as meat, milk, and fresh produce.



PHOTO BY AMY SYLVESTRI

**Volunteers Lorma Pascua, Mylah Cachola, Kylah Cachola, Gabriel Cachola, and Aira Cabrera bag fresh produce at the Alameda County Food Bank to be delivered Thanksgiving.**

Lorma Pascua was bagging dozens of Granny Smith apples as a chaperoning for a group of high school students who were volunteering at the food bank to earn some community service hours.

"They are earning credit from their school, but it's not really about that," said Pascua. "It's about helping and that's really fulfilling."

After the food is sorted, volunteers take carts and wander through the food bank's large warehouse selecting items. After "shopping," the food is boxed and distributed to 240 Alameda County soup kitchens, shelters, and programs.

Grocery items needed most are canned fruits and vegetables, canned meat and fish, peanut butter. *see VOLUNTEERS on back page*

**IS YOUR HOME  
PREPARED FOR  
WET WEATHER?**

**Don't forget your sewer lateral as part of your process. Preparing your home is important to mitigate and prevent property damage.**

One step that can help is a Backflow Prevention System (BPS), consisting of a two-way cleanout and a backflow prevention (BPD) device.

While you may have a cleanout, installed outside the foundation of your house, the addition of a BPD prevents sewage from flowing back into a building should there be a blockage in the service lateral or in the public sewer main line.

If you have already installed a BPD, check to see if it is functioning properly. Remove any debris or obstructions. Annual maintenance can ensure your entire BPS is operating properly when needed most.

In Castro Valley, a BPS is required on all new structures and is installed when laterals are repaired. A CVSan Repair Permit is required for installation. If you have questions, contact our Engineering Department at 510-537-0757, ext. 127.

#### CASTRO VALLEY SANITARY DISTRICT

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This ad was paid for by WW Outreach



**Forever Christmas**

"For unto us a Child is born, unto us a Son is given..." Isaiah 9:6

Dec. 14th - Dec. 24th  
Tickets \$5 online at 3CROSSES.ORG  
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## CROSSWORD PUZZLE ANSWERS

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



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# 'Appalachian Christmas' a Heartfelt Yuletide Story for the Whole Family

Gratitude comes easily during times of plenty. When shelves are empty and making-do is the norm, however, hearts – like sweaters – get threadbare.

Against the backdrop of the Smoky Mountains during the Great Depression comes "An Appalachian Christmas," in which a young boy living with his spinster aunts discovers riches of the season that can't be purchased.

An original play by Bay Area native Scott Dana Fryer, "An Appalachian Christmas" opens this Friday, Nov. 30, at Chanticleers Theatre in Castro Valley.

The production features skillful actors Catherine Cecil Bucher, Christian Bucey, Cole Caetano, Amy Cook, Ron Cook, Suzanne Ochs, Elena Rubuchon, Atticus Spence, and Gretta Simson.

Directed by Carl R. Smith, Jr., this charming and heartwarming play also features live bluegrass and old-time music from young, award-winning Bay Area musicians under the direction of Chad Manning.

Two different ensembles will share the fun of An Appalachian Christmas – Birches Bend and Jubilee Band. All between the areas of 9 and 15, these young people will charm and delight with familiar and new tunes on the fiddle, mandolin, and cello.



Atticus Spence, Suzanne Ochs, Catherine Cecil Bucher as they appear in Chanticleers Theatre's production of "An Appalachian Christmas" opening this Friday at 8 p.m.

The musicians include Lucy Khadder, Jasper Manning, Miles Quale, Niko Quale, Teo Quale, Sophia Sparks, Aerie Walker, and Tuki Walker. This is a charming play for the whole family with lessons about being humble, grateful, and compassionate.

Friday's Opening Night features Chanticleers' traditional complimentary hors d'oeuvres, desserts and beverage gala.

The show, a collaboration between Chanticleers Theater and Masquers Playhouse of Pt. Rich-

mond, runs through Dec. 16. Curtain time for Friday and Saturday evening shows is 8 p.m. Sunday matinees start at 2 p.m.

For tickets (\$25, or \$20 for Seniors 60 and over, students, children and military), call 510-232-4031 or visit [www.masquers.org](http://www.masquers.org) or [www.chanticleers.org](http://www.chanticleers.org).

Chanticleers Theatre is located within the Castro Valley Community Park at 3683 Quail Avenue.

With its timeless message, "An Appalachian Christmas" will stay with you all through the holidays.

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Shoplifter Looking for a Buzz

Saturday, November 24: at 1:05 p.m., Sheriff's deputies arrested a 26-year-old man from Hayward on suspicion of shoplifting and possession of illegal narcotics. The man was spotted leaving a drug store on Castro Valley Boulevard near Yeandle Avenue with a bottle of alcohol and two vibrators. The store manager identified the suspect. Deputies report finding cocaine in the man's wallet. He was taken into custody.

### Getting High Behind Store

Saturday, November 24: at 4:04 a.m., two people from CV were arrested on multiple counts of illegal drug possession and stolen property possession behind a grocery store on the Boulevard near Justco Lane. Deputies discovered each person also had outstanding warrants issued for their arrest. A 43-year-old man and a 41-year-old woman were handcuffed and taken to Santa Rita Jail pending as much as \$60,000 in bail.

### Parked in Handicapped Space

Friday, November 23: at 2:36 p.m., deputies arrested two people illegally parked in a handicapped space outside a grocery store on the Boulevard near Redwood Road. The driver—a 56-year-old man with no permanent address—

was charged with assault and battery, possession of illegal drug paraphernalia, and violating the terms of a restraining order. Incidentally, the passenger—a 48-year-old woman from Oakland—was the person who requested the restraining order. She was additionally charged with possession of stolen property. The pair were also both wanted as part of warrants issued for their arrest. Deputies took the couple to Santa Rita Jail pending as much as \$30,000 in bail.

### Finders, But Not Keepers

Thursday, November 22: at 10:22 a.m., a 47-year-old man from Hayward was arrested on suspicion of possession of property that he claimed to have found but was clearly not his. Deputies stopped the man for questioning outside a

business on Santa Maria Avenue near the Boulevard when they discovered his stash. The man claimed to have found the item, but it was clearly marked with another identity on it. The man was handcuffed and taken into custody.

### Wanted Man

Thursday, November 22: at 4:12 p.m., deputies arrested a 48-year-old man without a permanent address as part of a warrant issued for his arrest. The man was previously charged with illegal narcotics possession and skipped out of his parole hearing in Contra Costa County. Deputies approached the man in front of a home on Almond Avenue near Luella Place and took him to Santa Rita Jail pending \$10,000 in bail.

see **REPORTS** on back page

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## Probably the Best Way to Take Care of a Neck that's Being a Pain in the Neck!

**If you suffer with neck problems like tension, stiffness or even pain it's likely by now that you've also felt the heavy head, sluggishness and maybe even headaches that go with it.**

**IF YOU suffer from neck pain, you are in good company with 7 out of 10 people who will also suffer with neck pain at some point.**

People who suffer from neck problems will usually have sharp or dull pain on movement and can feel sharp pain radiating into the head, often causing a **headache**. In some cases, pain, **numbness** or **tingling** may also radiate into the **upper arm, lower arm, hands or fingers**. Problems with the neck can also cause discomfort in between the **shoulder blades** as well.

Over the years, the first line for dealing with neck problems has been to take over the counter pain killers and anti-inflammatory drugs. Accepting the inevitable side effects in return for **meager** reductions in pain and a mild increase in comfort.

**That is, until now...**

Recent advances in the treatment of neck problems have led to the development and huge success of Non-Surgical Corrective Spinal Care.

The excellent results of this treatment have been published

in major medical journals, with some doctors recommending their patients try this treatment before resorting to drug therapy.

In Pleasanton, you can try Non-Surgical Corrective Spinal Care at Intero Chiropractic, the office of neck pain relief expert Jerry Hsieh, D.C.

Jerry, D.C. and his team of fully trained spinal care team have helped hundreds of patients find relief from their neck problems.

According to Jerry, D.C. "We use a combination of ultra-advanced technology, not found elsewhere in the local area, for precisely diagnosing the cause of your neck problem and a unique program for reconstructing the damaged area causing the pain. This means superior long-term results for most people."

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

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Patient Julia Y. from Alameda says, "Shortly after my first visit, I realized that it was quite effective in not only relieving pain but helping with restoring normal posture and body movement. My neck pain went away quickly..."

**Your invitation for a comprehensive consultation and examination to pinpoint the cause of your neck problem...**

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

**Mention this article (COE: BOS37NP9) and Jerry, D.C. will happily reduce his usual consultation fee of \$100 to just \$20.** But hurry, for obvious reasons – this is a limited time offer, with only 100 reader consultations available at this

exclusively discounted rate.

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

Find out if Non-Surgical Corrective Spinal Care can help you, book a consultation with Jerry, D.C. and his team now by calling (925)255-5805. You can even call on the weekend and leave a message to secure your spot as they promise to return all calls; and during the week, they are very busy, so if they don't pick up right away, leave a message.



## The Week Ahead

### ● Wednesday, November 28: Castro Valley Mothers Club

Learn secrets of lifting up yourself, your children and other moms. Parents are invited to the Castro Valley Mothers Club "Learn and Share" speaker series with Rachel Sklar who will be covering "Moms In It Together" from 6:30 to 7:30 p.m. this evening, Nov. 28, at 3160 Castro Valley Blvd., Suite 100. Space is limited, so please RSVP to castrovalleymothersclub.com or contact Rebecca at rebeccasayami@gmail.com

### ● Wednesday, November 28: Senior Housing Rights

All over California seniors are facing eviction, foreclosure, and homelessness. To prevent these issues, Legal Assistance for Seniors, a non-profit that offers free legal advice and assistance, will present a practical overview on the housing rights of seniors, from 11 a.m. to noon today, in the Learning Center at the Castro Valley Library. Topics include landlord and tenant's rights and responsibilities, the eviction process, security deposits, and how and where to seek more resources and assistance. No reservations are required.

### ● Wednesday, November 28: Holiday Treasures Sale

The San Lorenzo Village Homes Association will hold a Christmas gifts sale from 10 a.m. to 6 p.m. today in the Bohannon Room at 377 Paseo Grande in San Lorenzo.

### ● Friday-Sunday, Nov. 30 to Dec. 2: December Book Sale

The annual Friends of the Castro Valley Library December Book Sale begins with a members-only sale this Friday evening from 6-8 p.m. (doors open at 5:30). Memberships are available during the sale. Saturday's hours are 10 to 4, and Sunday's bag sale (a full bag for \$4) is from 1 to 4.

### ● Saturday, December 1: Moose Lodge Swap Meet

Castro Valley Moose Lodge will hold a garage/Swap Meet sale from 10 a.m. to 4 p.m. this Saturday. Space for rent available inside or outside. Proceeds will go to our Child City at Mooseheart. Space is limited. Sign up at the Moose Lodge at 20835 Rutledge Road in Castro Valley (behind Burger King) 510-537-0830. Reminder — your Junk is another's Treasure. Come sell and shop and join us for a Hot Dog Lunch.

### ● Saturday, December 1: Community Garden Open House

See what your neighbors are growing at Paradise Community Gar-

den, 20095 Mission Blvd. in Ashland this Saturday from 10 a.m. to 3:00 p.m. StopWaste.org will sponsor a hands-on composting workshop at 11 a.m. Live music, personal coaching, snacks and coffee. Rent your own garden box. Questions? Call Rick Hatcher at 510-909-4077.

### ● Saturday & Sunday, Dec. 1-2: Christmas Bake Sale

Gerard Women's Club of St. John's Catholic Church at 264 E. Lewelling Blvd. in San Lorenzo will hold their famous Christmas Bake Sale and Raffle in the Community Room after the 4:30 p.m. Mass on Dec. 1 and after all the Masses starting at 7:30 a.m. on Dec. 2. A continental breakfast will be available on Sunday and the raffle will be held after the 11:30 a.m. Sunday Mass. Come and enjoy a great weekend celebration. For more information contact Evelyn Long at 510-276-7239 or Pat Forsythe at 510-278-4161.

### ● Sunday, December 2: Shir Ami Tot Talk Program

Congregation Shir Ami, a small, friendly, Reform synagogue located at 4529 Malabar Ave. in Castro Valley, invites you to its free monthly Tot Talk program for children up to age 4 and their parents. Learn about being Jewish, socialize, and have fun from 11 a.m. to 12:30 p.m. this Sunday, Dec. 2. We will be joining our religious school to celebrate Chanukah with fun activities and crafts. If you would like to attend, RSVP to Bonnie at bonnie@congshirami.org. Visit www.congshirami.org and our Facebook page: www.facebook.com/CongShirAmi

### ● Tuesday, December 4: Ohlone Audubon Meeting

A short presentation on the campaign to preserve the John Muir Land Trust Almond Ranch, plus a photo share and cookie exchange will be featured at the next meeting at 7:30 p.m. on Tuesday, Dec. 4, in the Palo Verde Room at the Robert Livermore Community Center, 4444 East Ave. in Livermore. All are welcome and cookies are not required.

### ● Tuesday, December 4: Safeguard Yourself from Falls

Falling does not have to be a normal part of aging. With a little care and preparation, you can safeguard yourself from falls. Join Eden Medical Center's Trauma Injury Prevention Specialist and Exercise Physiologist, Pamela Stoker, from 1:30 p.m. until 3:30 p.m. on Tuesday, Dec. 4, as she talks extensively about what you can do to prevent falls. This is a free class. Call Eden Medical Center, Trauma Injury Prevention at 510-727-8485 to register.

### ● Wednesday, December 5: Preventing Medicare Abuse

Medicare fraud wastes billions of dollars each year resulting in higher health care costs and taxes for everyone. At this free informational presentation by Legal Assistance for Seniors, from 11 a.m. to noon next Wednesday at Castro Valley Library, you'll learn about common scams and frauds that target seniors and how to recognize them and protect yourself. No registration is required.

### ● Thursday, December 6: Free Tinseltones Holiday Concert

Mark your calendars and enjoy a free Holiday Concert with the Castro Valley singing group, The Tinseltones, at 4:30 p.m. on Dec. 6 at the Kenneth Aitken Senior Center, 17800 Redwood Road in Castro Valley. Reserve your spot by calling 510-881-6738. Light refreshments will be provided. Established in 2017, The Tinseltones perform an hour-long program of festive and upbeat music as well as sing-alongs to appreciative audiences in a variety of locations, including Baywood Court Senior Living in Castro Valley on Dec. 8 at 2 p.m.

### ● Thursday, December 6: Snorre Lodge Hayward Book Club

Join the Sons of Norway Book Club meeting as they read and reflect on a wide array of Norwegian and Norwegian-North American literature at 6:30 p.m. on Dec. 6 at Harry's Hofbrau, 14900 E. 14th St., San Leandro. For more info, email aschaaphok@me.com

### ● Thursday, December 6: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting at 7 p.m. on Dec. 6 in the boardroom at 4400 Alma Avenue. The agenda includes accounting of Development Fees for 2017-2018 Fiscal Year in the Capital Facilities Fund 25. For the complete agenda and board packet, visit bit.ly/CVUSDBBoardMeetings on Dec. 3 or later.

### ● Saturday, December 8: Preparing Healthy Meals

To help community members meet the challenges of planning and preparing healthful meals for their elderly or chronically ill loved ones, Hope Hospice will present a class on healthful meal planning from 9:45 a.m. to noon on Saturday, Dec. 8, at Hope Hospice, 6377 Clark Ave., Suite 100, Dublin (2nd floor conference room). Light refreshments will be served. Register online at HopeHospice.com or contact Debbie Emerson at debe@hopehospice.com.

### ● Friday, December 14: Traditional English High Tea

The Aitken Senior Center at 17800 Redwood Road takes a break from the hectic holiday season with a traditional English High Tea from 1-3 p.m. on Dec. 14. Purchase a table for 4 and decorate it with your own linens, china, silverware and teapot (Individual tickets also available). The Senior Center provides the tea and scrumptious treats plus entertainment and a raffle for \$12 per person. Reservations required. Buy tickets now as this event will sell out.

## Arts & Entertainment

### CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events listed below are available online 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 889-8961), or at the Castro Valley Adult School, 4430 Alma Avenue.

● **"The Crucible"** by Arthur Miller, will be performed by the Castro Valley High School Advanced Acting Class at 7 p.m. this Friday, Nov. 30, and Saturday and Sunday, Nov. 7 and 8. This exciting drama about the Puritan purge of witchcraft in old Salem is both a gripping historical play and a timely parable of our contemporary society. *For tickets (\$13-\$15), see above.*

● **Winter Choral Concert** will be presented by the Creekside Middle School Choirs at 7 p.m. on Tuesday, December 4, at the Center for the Arts. Enjoy an evening of beautiful music celebrating the winter season. *For tickets (\$5-\$7) see above. Prices will go up the day of the performance.*

### OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"Dracula,"** adapted from the suspenseful legend by Bram Stoker, will be presented through Dec. 2 by Douglas Morrisson Theatre, 22311 N. Third St., Hayward, at 8 p.m. on Friday and Saturday nights, and at 2 p.m. on Sundays, with one Saturday matinee this Saturday, Dec. 1. For tickets (\$29), visit [www.dmtonline.org/dracula](http://www.dmtonline.org/dracula) or call 510-881-6777. Some discounts are available.

● **"An Applachian Christmas,"** an original play by Bay Area native Scott Dana Fryer, will be presented by Chanticleers Theatre, 3683 Quail Ave., Castro Valley, opening this Friday, Dec. 30 and continuing through Dec. 16. Against the backdrop of the Smoky Mountains during the Great Depression, a young boy living with his spinster aunts discovers riches of the season that can't be purchased. This heartwarming play features live Bluegrass and old-time music from young Bay Area musicians. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. For tickets (\$25 adults, \$20 seniors/students) visit [www.chanticleers.org](http://www.chanticleers.org) or [www.masquers.org](http://www.masquers.org)

● **"Follow the Star,"** a musical and dramatic Christmas production at Redwood Chapel Community Church, will be presented at 7 p.m. on Friday, Dec. 14, and at 6 p.m. on Saturday, Dec. 15, featuring the Redwood Chapel Choir and Orchestra, the Vertical Kids Choir and featured soloists and instrumentalists. This is a free, family-friendly event and kids are welcome. Childcare by reservation is available for up to age 4. Redwood Chapel Community Church is located at 19300 Redwood Road in Castro Valley. Call 510-886-6300 for more information.

### ART GALLERIES & ART INSTRUCTION

● **Art Space: Preparing Paper & Canvas** — This Friday, Dec. 1, from 2 to 4 p.m., we'll go over preparing supports for your art-making, including a look at papers, canvas, glues, gesso, mediums, mounting paper and photos to wood panels, removing sizings from canvas, acrylics, and varnish. We'll discuss archival based practice, preparing to hang for exhibition and how to hang on center line. Feel free to work on your art during the presentation or follow along. Still life, easels, tables provided, \$5, Adobe Art Center Studio 1 at 20395 San Miguel Ave. in Castro Valley. Details at [facebook.com/AdobeArtCenterandGallery](https://facebook.com/AdobeArtCenterandGallery)

● **Learn to Paint with Watercolor:** San Lorenzo Adult School is offering a watercolor painting class on Wednesday mornings beginning Dec. 5 with instructor Monica Satterthwaite. All levels are welcome, beginners to experienced painters. The 12-week course is \$75 plus materials. Register in person at the San Lorenzo Adult School, 820 Bockman Road, San Lorenzo. For time and other information, call 510-317-4200.

● **41st Area Artists Annual Juried Exhibition,** a competitive exhibit which features artwork from 41 selected local artists reflecting the world as they see it, is being presented through Dec. 8 at the Adobe Art Gallery, 20395 San Miguel Ave., Castro Valley. The exhibit includes a variety of media. Visit [www.adobegallery.org](http://www.adobegallery.org)

### CASTRO VALLEY FORUM CASTROVALLEYFORUM.COM

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HEALTH & FITNESS

# Preventing Falls in Older Adults: Free Class this Coming Tuesday

By Pamela Stoker  
SPECIAL TO THE FORUM

Falls are, unfortunately, a common occurrence. Every year more than one in four older adults fall. This equates to approximately 30 million falls annually. Yet, fewer than half tell their doctors.

Some older adults feel embarrassed about having fallen; some worry that telling may lead to a loss of independence.

What many older adults fail to realize is that by keeping quiet about a fall they have had or not discussing their concerns regarding potential falls, they put themselves at greater risk for having a serious injury from a future fall.

Falls can be a sign that something in your body is not working properly. You could be experiencing vision changes or hearing loss

that can be disrupting to your balance.

Blood pressure issues or certain medications could be causing a sensation of dizziness. Talking with your doctor is the first step in taking corrective action to prevent falls.

Concerns about falling are normal. When those concerns become fear that can be a sign of a problem. Fear can be a debilitating emotion.

When someone has a fear of falling, they often limit their physical activities. They may feel that they are eliminating the opportunity for a fall, when in actuality limiting activity can lead to weaker muscles and poor balance, which makes a future fall more likely.

Exercise is proven to prevent falls by strengthening muscles and improving balance. Learning what types of exercise is appropriate for

you and your medical conditions can help prevent falls.

Although a fall can happen anywhere at any time, most falls happen at home.

With some minor home modifications, the risk for a fall can be reduced. Something as simple as removing a throw rug or other tripping hazard to something more involved as installing grab bars inside and outside the shower can help prevent a fall in the home.

By assessing each room of your home and determining what modifications can be made, you can make a plan to reduce fall risk and stay safely in your home longer.

## Fall Prevention Class

Falling does not have to be a normal part of aging. With a little care and preparation, you can safeguard yourself from falls. Join Eden Medical Center's Trauma Injury Prevention Specialist and Exercise Physiologist, Pamela Stoker from 1:30 p.m. until 3:30 p.m. this coming Tuesday, Dec. 4, as she talks more extensively about what you can do to prevent falls. This is a *free* class. Call Eden Medical Center, Trauma Injury Prevention at 510-727-8485 to register.

Pamela Stoker is Trauma Injury Prevention Specialist at Eden Medical Center in Castro Valley.

## Little League Registration

The Castro Valley Little League will hold live registration for the 2019 Spring baseball season from 6:30-8:30 p.m. on Friday, Dec. 7, at Creekside Middle School in the Multi-Purpose Room, 19722 Center Street. Live Registrations is for new players to show proof

of residency or school enrollment form and birth certificate. It is not necessary for returning players to attend live registration as long as they have not moved in the last year. For more information or for registration, please visit: [www.castrovalleylittleleague.org](http://www.castrovalleylittleleague.org)

## 3 Reasons to Avoid or Delay Knee-Replacement Surgery

By Dr. Victor Romano  
SPECIAL TO THE FORUM

Hitting middle age can bring several life changes, and increasingly those include artificial joints. For much of the aging U.S. population, knees in particular are wearing out.

More than 600,000 knee replacements are performed annually in the U.S., according to The Journal of Bone & Joint Surgery.

That number is expected to swell to 3 million by the year 2030, the publication's study reported, partly because people are working longer and obesity is on the rise.

But while knee replacements are becoming a popular elective surgery, some studies estimate 20 percent or more of recipients aren't pleased with the result. Medical experts question whether replacement surgery is being done too soon – or whether some people need a new knee at all.

Surgery should only be done as a last resort. A knee replacement can be life-changing, but they can also be painful, wear down prematurely and become infected.

If you have debilitating pain and difficulty walking because of degenerative arthritis, surgery may be your best option no matter your age. Otherwise, there are sound reasons to avoid a knee replacement, or at least to postpone it until a more appropriate time.

There are three main reasons to avoid or put off knee replacement surgery:

**Plastic debris:** A total knee replacement consists of metal moving on plastic. The plastic wears down over time, and can be a pain – physically and financially – to patients who may have to get it replaced once, twice or more.

The plastic debris accumulates in the knee joint. The more active you are, the heavier you are, the more debris. The white cells, which attack foreign invaders, start attacking the surrounding bone. When it's time to replace the plastic joint, we also have to replace the bone – and that's a significant and unpleasant surgery.

**A prosthesis doesn't last 30 years:** This is a key reason why younger replacement candidates should wait as long as possible. A total joint replacement in a 70-year-old patient will typically last 15 years. With the average life expectancy being 85, chances are this would be the only knee replacement that patient would need. But for a 40-year-old who's more active, it may only last 10 years. And remember, recovery is challenging. So it's better to wait for technology to catch up.

**Other remedies may work:** Many people experiencing chronic knee pain are overweight or obese. A healthy diet and exercise program can bring the weight down and take pressure off the knees. Also, a hinged knee brace, supplements that aid in repairing worn cartilage, and injections such as cortisone or hyaluronic acid could reduce pain.

There are ways to at least buy time, and there are patients who were told they needed a knee replacement, but with conservative therapy options, happily discovered otherwise and returned to their favorite activities without pain."

Dr. Victor Romano ([romanomd.com](http://romanomd.com)) is an orthopedic surgeon in Oak Park, Ill., and the author of "Finding The Source: Maximizing Your Results – With and Without Orthopaedic Surgery." He is board-certified in orthopedics and sports medicine with over 25 years of experience in the field.

## ATHLETES OF THE WEEK



### Canyon/ Creekside Championship Tennis

This week's Athletes of the Week are the members of the Fall 2018 Canyon/Creekside Championship tennis team.

The team is coached by Suzi Mills and won the Alameda County Junior Tennis League (ACJTL) Championship with a record of 5-0. The members of the team are Justin Chen, Raymond Chin,

Austin Chu, Justine Fong, Daniel Guo, Sidney Ho, Timothy Hoang, Stephen Hom-Ruiz, Joshua Kuwana, Ha-Tien Nguyen, Gabriel O'Hara, Drew Paxman, Anton Pimentel, Daniel Priem, Nikolas Richter, Elliot Simon, Brady Stinn, Alexia Suci, Isaac Thongthap, Shreya Varma, Elliot Wallis, Francis Wilson and Caleb Yi.

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**FREE** - Sportcraft (full size 4"x7") Air Hockey table in good condition. Call Gary 510-517-4279.

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**HAULING:** Small and Big Jobs. Furniture, Concrete, Wood, Trash, Metal, Demolition. Also house inside/outside cleanups. 510-715-1578.

## HELP WANTED

### GENERAL

**Do you need some help at your business?**

To place an Help Wanted ad call **510-614-1558**

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!**  
- Thank you -

### \*LOOKING FOR WORK?

Check the **Help Wanted** ads in this newspaper.

**Also: Limited Time Offer!** If you are looking for a job you can run a FREE 15 word "Employment Wanted" ad. Ad runs in the San Leandro Times & Castro Valley Forum. Call **510-614-1558** to place an ad or for more info.  
(Some restrictions may apply)

**Temp Labor** wanted for December to work in busy warehouse. Heavy lifting (up to 50-lbs) unloading ocean containers. Apply at 3004 Alvarado St., Suite A, San Leandro, CA 94577.

**Do you love helping people?** Carlton Senior Living is the place for you! Now Hiring, various positions and schedules. Walk-ins welcomed 1000 E.14th St. or visit our website [www.CarltonSeniorLiving.com](#) to apply online.

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## LEGAL NOTICES

**NOTICE OF MOTION-PETITION TO ESTABLISH THE CASTRO VALLEY FORUM AS A NEWSPAPER OF GENERAL CIRCULATION**

(GOVERNMENT CODE SECTION 6020)  
Case No: RG18907379  
Date: 12-13-18  
Time: 9:00 a.m.  
Dept: 511

**SUPERIOR COURT OF CALIFORNIA COUNTY OF ALAMEDA UNLIMITED CIVIL JURISDICTION**

by the EAST BAY PUBLISHING CORPORATION a California Corporation dba "THE CASTRO VALLEY FORUM" has filed in the above entitled Court a Verified Petition requesting that the Court adjudge that "THE CASTRO VALLEY FORUM" is a newspaper of general circulation.

You are further notified that Petitioner has alleged in its Petition that it is the owner and publisher of "THE CASTRO FORUM", and that it has been established and published at regular intervals in the unincorporated community of Castro Valley since 1988 in excess of the statutory requirement of one (1) year (see Government Code Section 6000) preceding the filing of the Petition.

You are further notified that Petitioner has further alleged that the newspaper is one of general circulation, published for dissemination of local and wire-service news of a general character, and that the newspaper has a bona fide subscription list of paying subscribers.

You are further notified that on the filing of the Petition, the above entitled Court directed that notice be given by publication for successive days in "THE CASTRO VALLEY FORUM" and the "INTER-CITY EXPRESS" together with a Notice of the time when the Petition would be heard.

You are further notified that on December 13, 2018 at 9:00 a.m. Petitioner will apply to the above-entitled Court 24405 Amador St., Hayward, CA 94544, for the Order and relief requested in the petition.

Respectfully submitted  
**DIANA REDDING LAW**  
DATED: September 18, 2018

By:  
/s/DIANA REDDING, Attorney for EAST BAY PUBLISHING CORPORATION, a California Corporation dba THE CASTRO VALLEY FORUM  
DIANA REDDING, ESQ., CSB #232027  
DIANA REDDING LAW  
2500 Santa Clara Avenue  
Alameda, CA 94501  
Telephone (510) 426-8744  
Facsimile (510) 523-9516  
Attorney for EAST BAY PUBLISHING CORPORATION,  
a California corporation  
dba THE CASTRO VALLEY FORUM  
10/3, 10/10, 10/17, 10/24, 10/31, 11/7 11/14, 11/21, 11/28, 12/5/18

## MISC. FOR SALE

### CHRISTMAS

**ROYAL ALBERT** Christmas figurines; Reindeer sleigh, Cookie jar and also Xmas decorations. 510-813-6550.

### COLLECTIBLES

Very rare **Mickey Mouse** collectible items. Call 510-352-9512.

### ELECTRONICS

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**Double** size wooden spool bed \$50, oak 5-drawer dresser \$50. Call 423-243-4743.

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### VARIOUS ITEMS

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**Utility** trailers, music drums, music stands, large microwaves, misc. 510-909-6182.

**All private party ads** are prepaid (paid in advance). Use your M/C, VISA or DISCOVER card, mail in your payment, or stop by our office to place an ad.

**"MISC. FOR SALE" ads** run **3 WEEKS** for the price of 1 week. Call 614-1558.

## MISC. WANTED

**WANTED:** Donation of 2 refrigerators with top loading freezers for disabled woman. Call 510-909-6182.

**WANTED:** Used reel to reel tapes (for tape recorder). Call Patrick 510-517-3351.

## MUSICAL SERVICES LESSONS

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## PAINTING SERVICE

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Patrick V.

## REAL ESTATE AGENTS



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[www.bartplazaapartments.com](#)

**Hayward** 1-bedrooms \$1,425 - \$1,525, 2-bedrooms \$1,695 - \$1,795 (check availability). Patios, balconies, pool, ample parking, storage, spacious. 510-887-6633.

**Hayward** spacious 1-bedroom \$1,200+, 2-bedroom \$1,500+. Balcony, patio, pool. 510-581-4702.

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**For more info or to place an ad** call 510-614-1558

San Leandro Times/Castro Valley Forum

**NEED - Handyman Service?** Check the Classified Ads under "HANDYMAN SERVICE" for help.

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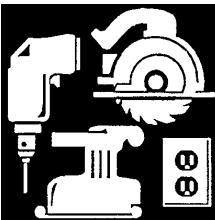
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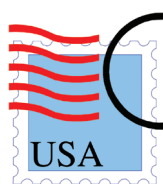
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LETTERS  
TO THE EDITOR  
FREDZ@EBPUBLISHING.COM**Says Democrats Focusing on Putting U.S.  
'Back on the Right Track,' Not Impeachment**

Editor:

In last week's Forum, Ms. Mason complained that the Democrats would ignore many pressing issues to concentrate on impeachment of the President.

While I agree that replacing Trump with Pence would not be an appealing alternative, I believe Ms. Mason is centering on the headlines and what TV talking heads want all of us to focus on instead of looking into the facts.

Democratic leadership has already listed 85 different issues involving the White House to investigate including: the proposed transgender ban for the military, White House staff personal E-mail use, Cabinet Secretary misuse of travel and office expenses, the Family Separation policy, the response to hurricane Maria, the Muslim Ban.

Not specifically the White House but still involving the Executive Branch, the Dems propose to investigate (among others): the Justice Department refusing to defend the Affordable Care Act (yup, medical care for millions of Americans), the proposed Family Planning Program Gag Rule (let's limit access to family planning and reproductive health care while we're at it), the efforts to strip information from the Women's Health Website, and the DHS withholding documents on Russian Attacks

against states before the last two national elections.

To list all the areas that rightfully deserve scrutiny on the part of Congress would exceed the print space of this publication. If some of those areas fall under the heading of "High Crimes and Misdemeanors," then impeachment may follow, but all-in-all, the goal seems to be putting this country back on the right track, truly making America great again, both here and in the eyes of the rest of the world. It's not all about impeachment.

—René Gandolfi, DVM, Castro Valley

**Claims a Double Standard in Complaints About Blocking  
Sidewalks for Political Purposes**

Editor:

I read the Letters to the Editor section of this paper most weeks purely for entertainment purposes. I especially enjoyed the back and forth bickering a few weeks ago about the Castro Valley MAC.

Now there have been two lettered complaints in as many weeks about the obvious conservative leaning protesters "blocking" the sidewalk in front of the Castro Valley Post Office.

Are the letter writers not aware of the large group of protesters that congregated at the corner of Redwood Road and Castro Valley Boulevard a few times recently with their anti-Trump signs? Though they don't bring tables, they equally "block" the sidewalk with their sheer numbers. Why no complaints about the latter group? I think we all know the answer to that question.

Additionally, I would bet members of either group would be happy to cede to a wheelchair (the latest letter writer expressed such a concern) in the unlikely event one just happened to need passage at the comparatively rare occasion the rider would need to use that exact route at that exact day and time the activity was present.

—Robert Supriano, Castro Valley

## MAC: KEY Academy Permit

*continued from front page*

The MAC also considered a permit from the KEY Academy to operated a charter school for up to 278 kindergarten through eighth grade students at a building in a residentially-zoned area at 16248 Carolyn Street, 100 feet north of Foothill Boulevard.

Crawford said he wanted more like 240 students and no portable classrooms and school officials

were concerned about a number of the conditions that the county wanted implemented, such as parking and sidewalk improvements. The item was continued to a future date and Crawford said he'd make a visit to the site.

The MAC also approved an application to allowed a parcel to be split into two in a single-family residential zone at 4519 Heyer Avenue.

**Cites NASA: 97% of Climate Scientists Agree that  
Climate Warming Due to Human Activities**

Editor:

I appreciate the open discussion of opinions in the Forum. However I beg to differ with a comment presented as fact by Peter Hauer ("Claims Gov. Brown Responsible for Wildfire Plague," Letters, Nov. 21) "... But increasingly, global warming is seen (by both scientists and laymen alike) as caused by the solar cycles; not man-made pollution."

In fact, the opposite is true. According to NASA, "Ninety-seven percent of climate scientists agree that climate warming trends over the past century are very likely due to human activities" (climate.nasa.gov).

Yes, many scientists recognize that natural phenomena contribute to climate change and have for millennia, but very few claim that those phenomena are the primary cause of current climate change, or that we can safely continue to dump heat-trapping gasses into our atmosphere indefinitely.

There is no longer any reasonable dispute that climate change is occurring. When we argue about its causes, or attribute those causes entirely to natural phenomena such as those Mr. Hauer suggests, the oil industry profits and the rest of us suffer the direct and indirect consequences, including the wildfires that have devastated so many communities this year and last.

Let's pull together to fight the devastating effects of climate change, instead of pointing fingers of blame that only distract us from the work we need to do.

—Mal May, Castro Valley

## Obituaries

■ Jack Kenneth Holmes

■ Sharon Lee (Lipka) Miller

■ Cherylann Hertlein Sammons

## Cherylann Hertlein Sammons

October 31, 1954- November 22, 2018

Cherylann's legacy and faith live on in her 3 children and their spouses, 9 grandchildren, her husband, parents, siblings and many more for whom she was family.

A service honoring Cherylann will be held December 7th at 5:30 p.m. at Redwood Chapel in Castro Valley and we ask for you to continue her passion by donating to: she-issafe.org/cherylannsammons



## Sharon Lee (Lipka) Miller

July 27, 1936 - November 21, 2018

Sharon Lee (Lipka) Miller peacefully passed November 21, 2018, surrounded by her loving family.

Sharon was born to Elkan and Ethel (Worlund) Lipka in Oakland, CA, on July 27, 1936. She grew up in Alameda and after marriage lived in Alameda, San Leandro and Castro Valley. She met her husband Bob while working at Tucker's Ice Cream in 1956. She worked at Bank of America assisting customers balance their accounts. She worked for her sister Nancy at her store, Card 'n Quill, and her brother-in-law John Leavitt at Leavitt-Pacific, both in the capacity of bookkeeper. Her most notable job of all was being a mom. She loved her family as fiercely as anyone ever could.

You knew Sharon by her love for the color pink as she streaked her hair pink long before it was a fad. She had many talents and interests. Ice skating, den mother, sewing, house-boating, pianist, photography, travel, gambling and many more.

Loving angel wings waiting to reunite with Sharon are her husband Bob of 49 years, son Robbie, her daddy and mother and countless friends. And yet she left behind many loving arms not yet ready to let go, son Mark and daughters Vicki and Kassi. As well as grandchildren Samantha, Mandy, Riley and Keara, great-grandchildren Olivia and William, her sister Nancy and nieces Kirsten, Loya and Sherri and nephews Johnny, Curt and John. And not to be left out, Ruby, her beloved and faithful puppy (who also had pink in hair).

Family & friends will gather for a Celebration of Life to be announced at a later time.



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Jack Kenneth  
Holmes

Jack Kenneth Holmes, age 74, of Castro Valley, graduate of San Leandro High School- Class of 1962 and well known Bay Area saxophonist passed away November 19, 2018 peacefully at home, surrounded by family.

Survived by his wife Diana Engel-Holmes, his 4 children; Nathan, Leora, Joseph and Gabriel, granddaughter Eija, brother Brian Holmes (Anne), and nieces Stacey, Christine, and Jeri Leigh.

Memorial Service and Mass on Saturday, Dec. 1 at 11 a.m. at Our Lady of Grace Church, 3433 Somersset Ave., in Castro Valley, reception to follow at OLG-Stack Hall.

Celebration of Life per Jack's request will be held at Moose Lodge in Castro Valley on Sunday, Dec. 16th at 1:30 p.m. with open mic live music with local Bay Area musicians that played with Jack throughout his career. Please bring your favorite dish for our potluck.

In Lieu of flowers donations to GoFundMe on Nathan's Instagram or contact Diana at 510-586-4835.



## HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** Your Arian penchant for impatience shows, as you consider passing a problem-prone project on to someone else. Best advice: Stay with it and work out those snarls yourself.



**TAURUS (April 20 - May 20):** Even patient Bovines can be frustrated when carefully made plans go awry. But crank up that "stick-to-it-ivity" you do so well, and you'll soon find that your schedule is back in sync.



**GEMINI (May 21 - June 20):** Your aspect favors using more resourceful means in dealing with a workplace situation. Some discreet checking around could help shed light on the root cause of the problem.



**CANCER (June 21 - July 22):** You show an unusually strong streak of stubbornness in rejecting suggestions from friends and/or family members early in the week. But you become more receptive by the week's end.



**LEO (July 23 - August 22):** The Big Cat might find a gentler approach more effective when dealing with those who resist needed changes. Remember, the word "persuasion" starts with the sound "purr."



**VIRGO (August 23 - Sept. 22):** A disappointing experience with someone you felt you could trust can be painful. But there just might be more to this situation than you're aware of. Press for an explanation.



**LIBRA (Sept. 23 - October 22):** Changing your views about something you believe in isn't easy. But you might reconsider as the facts come in. Keep your mind open, even if you're uneasy about what you might learn.



**SCORPIO (October 23 - November 21):** You might have to do some serious shifting of gears to get your project back on track. But cheer up. Your hard work starts to produce some positive results by the week's end.



**SAGITTARIUS (Nov. 22 - Dec. 21):** An unsettling mood at the start of the week soon lifts and gives way to a more positive attitude as you find fun and friendship beginning to dominate your aspect.



**CAPRICORN (Dec. 22 - Jan. 19):** A delay in firming up holiday plans could work to your advantage. Use this time to scout out possibilities that might be more in line with what those close to you would prefer.



**AQUARIUS (Jan. 20 - Feb. 18):** Some people might question some of the new friends you've welcomed into your life. But your ability to see beyond the obvious helps you recognize how special they are.



**PISCES (Feb. 19 - March 20):** Financial matters can be especially tricky this week. It's best to follow a conservative investment path for now, and wait for a more fortuitous time to take a bolder approach.



# REAL ESTATE GALLERY



## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Times

GUEST COMMENTARY



## Fires Change the Face of Real Estate Statewide

As California struggles to cope with recent wildfires, one thing is clear: life as we've known it in the Golden State has changed irrevocably. From the Governor's Office down, demands for change are being voiced and the resultant shifts will reshape the future of real estate across the state.

While everyone has pet theories as to what is fueling the increase in fires, it is likely a combination of many things, including (1) climate change, (2) improper forest clearing, (3) tinder-like conditions after years of drought, (4) beetle infestations killing countless trees, (5) homes built in fire-prone locations, and more.

Here are some of the fire-induced effects:

*Increasing Statewide Housing Crisis.*

California is already suffering through a prolonged housing shortage. The thousands of homes lost to fires the past two years have exacerbated the crisis, and, coupled with shortages of skilled labor, especially in outlying regions, provide grim hope for immediate solutions.

In Paradise alone, officials state that completely rebuilding existing homes can be expected to take a decade, to say nothing of any new development.

Potential short-term effects include higher rental rates, increased housing prices in nearby communities and significant decreases in homeownership percentages for years to come.

*Increasing Building Costs.*

After the Wine County fires, the price-per-square-foot for construction/remodeling increased dramatically, including both labor and material costs. Many Wine County victims were shocked to discover their insurance coverage did not include the higher costs of rebuilding. Coupled with trade issues with China and Canada, expect costs to continue climbing.

*Insurance Company Responses.*

With nearly 12,000 homes lost in Paradise alone, insurance companies are in crisis mode. As stated by Mary Williams Walsh in the Nov. 20 edition of the New York Times:

"This has put pressure on property insurers, some of which have been declining to renew homeowners' policies in fire-prone areas. When the houses that burned this year are rebuilt, their owners may find that no one is writing insurance there — at least not at affordable prices."

*Changes In Building Codes.*

Moving forward, counties with potentially fire-prone ar-

eas will have to grapple with two fundamental issues. First is whether-or-not to allow any future building in hazardous zones. Second, if they DO issue building permits, expect significant changes in building codes to include fire resistant materials, setbacks from vegetation and more.

One thing is certain: recent fires statewide have ushered in a brand-new era that will permanently reshape the face of California real estate.

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.

## Keeping Your Poinsettia Plants Year-Round

By Buzz Bertolero  
The Dirt Gardener

**Q** Could you tell me what I need to do to keep my Poinsettia plants from dying? They seem to wither away so quickly each year.

**A** Poinsettia leaves turn yellow, curl and shrivel quickly because of warm temperatures. You would think that with all the advanced breeding techniques we have today, that this perennial

problem would have been corrected, but it hasn't.

Poinsettias like to be kept in a cool room, preferably under 70°F and that's a problem in many homes.

They need to be kept away from heater vents, operating fireplaces and drafts—especially inside doorways—as those sudden changes in temperature cause problems. I've successfully displayed Poinsettias on a protected porch where the overnight temperatures were around 40°F. Also, the flower and

leaves of the Poinsettia plant collapse when the plant is excessively wet. They like to be kept uniformly moist. Before displaying them, water them, so all your plants have the same moisture level.

Before watering again, stick your finger down an inch in the soil. If it feels moist to the touch, then skip the watering. After watering, always punch a hole in the decorative foil on the bottom so the water can drain into the saucer, then empty the saucer.



Mid-Century Modern, single level home in a private, parklike setting has high end upgrades throughout. This 3 bedroom, 2 bath home has been stylishly updated with designer materials with comfortable living and entertaining in mind.



17793 Vineyard Rd, Castro Valley



Call the Leslie Peterson Team for more information!

**Leslie Peterson**  
510-697-1208

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- 1 Woodsy home
- 6 Buddy
- 9 Lawyers' org.
- 12 Russian pancakes
- 13 "\_\_\_ -la-la!"
- 14 CSA soldier
- 15 Big name in porcelain
- 16 Expression of regret
- 18 Find
- 20 Flightless flock
- 21 E.T.'s transport
- 23 Previous night
- 24 Wherewithal
- 25 Tatters
- 27 Robin Hood's missile
- 29 Tiers
- 31 Big river
- 35 Helicopter part
- 37 Bygone times
- 38 Go around the world?
- 41 Wager
- 43 Table scrap
- 44 Gaucho's weapon
- 45 Antenna
- 47 Green field?
- 49 Amorphous masses
- 52 Reggae-like music
- 53 Tiny
- 54 Dutch city, with "The"
- 55 NYC hrs.
- 56 "Acid"
- 57 Secret rendezvous

### DOWN

- 1 "NCIS" aier
- 2 Jungfrau, for one
- 3 High school science course
- 4 \_\_\_-European
- 5 Family girl
- 6 Straw hat
- 7 Lasso
- 8 Discoverer's cry
- 9 Scent
- 10 Started
- 11 Big canyon
- 17 Maneuvering room
- 19 Sailor's "Halt!"
- 21 Cyber-address
- 22 Air safety org.
- 24 Mid-May honoree
- 26 Soap opera, e.g.
- 28 Harder to find
- 30 Deteriorate
- 32 Fauna study
- 33 Bobby of hockey
- 34 Trawler need
- 36 Followed orders
- 38 Not just chubby
- 39 Ice cubes, slangily
- 40 Swell
- 42 Snug
- 45 Census data
- 46 Winged
- 48 Fly-by-night?
- 50 Clear the tables
- 51 Collection

ANSWERS ON PAGE 2

## OPEN HOMES

SATURDAY & SUNDAY  
DECEMBER 1<sup>ST</sup> & 2<sup>ND</sup>

CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
A	12-2	—	1400 Carpentier St.#135	\$329,000	3/1.5	Robert Jones & Assoc.	Matt Jones	510-357-0120
A	—	1-4	14829 Wake Ave.	\$597,000	2/1	Re/Max Accord	Louise Lovewell	510-351-5555
B	—	1-4	16147 Via Sonora	\$675,000	4/1.5	J. Rockcliff RE	Lisa Ferraris	925-251-2583
A	—	1-3	14868 Towers St.	\$698,000	3/1.5	Robert Jones & Assoc.	Bob Jones	510-357-0120
A	—	1-4	393 Dowling Blvd.	\$1,188,000	5/3.5	Robert Jones & Assoc.	Matt Jones	510-357-0120

One-Line Open Home Listings run Wednesdays in the Castro Valley Forum (22,500 circ.) and Thursdays in the San Leandro Times (38,500 circ.) for \$25. For more information and a listing form, Call 614-1558. DEADLINE: TUESDAY AT NOON.

### CITY GUIDE

A = SAN LEANDRO • B = SAN LORENZO • C = CASTRO VALLEY • D = DANVILLE • F = FREMONT • H = HAYWARD • K = CONCORD  
L = LIVERMORE • M = MODESTO • O = OAKLAND • P = PLEASANTON • S = SHEFFIELD VILLAGE • W = WALNUT CREEK



All real estate advertised in the Castro Valley Forum is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination because of race, color, religion, sex, handicap, marital status, national origin, or intention to make any such preference, limitation or discrimination. The Castro Valley Forum will not knowingly accept any advertisement for real estate that is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

14829 Wake Ave., San Leandro  
2 BR, 1 Bath, 1234 Sq. Ft. Built in 1946  
Open House 12/2, 1-4pm • \$597,000



### Lovewell Team

(#00689931 & #01912817)

"Lovewell Team" is a dynamic, award-winning Real Estate team  
Call 510-351-5555 or visit us at  
www.Lovewellteam.com  
— A team you can love and trust —  
Re/Max Accord Castro Valley

**The Esmeyer Team**

James, Rosalyn, Rachel & Jamie

Shamrock Realtors - Going Above and Beyond  
James Esmeyer, Broker Associate - DRE#01363681  
(510) 909-8344





Happy Holidays from members of the Smalltown family.

## This Week at Smalltown

### ● Thursday, Nov. 29th: Open Door

Every Thursday night Smalltown Society opens the door to "THE SPACE". Occasionally there's a film, a workshop, or planned discussions, more often there are unplanned connections and creations. A free and open workspace, a place to kick up your feet, a place to build a better narrative. Free Wi-Fi. Bring some food, drink, a project you're working on, a book your reading, or a thought to share. Anyone is welcome. *Free 7-9 p.m.*

### ● Thursday, Dec. 6th: A Christmas Carol at Smalltown

New York Times best selling author Mark Cotta Vaz will read "A Christmas Carol in Four Staves," an abridged version of Charles Dickens' immortal Christmas ghost story! The public reading of this shortened version was Dickens' own holiday tradition. Come enjoy some holiday treats and join us as we relive the tradition and honor Dickens, Scrooge, and the Christmas Spirit! *Free 7-9 p.m.*

### ● Saturday, Dec. 8th: Smalltown Open Studio

Come connect with other Eden area artists in a shared and informal studio environment. We provide tables and chairs, you bring your art to work on. *Free 2 p.m.-6 p.m.*

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

## CV's New Year's Eve Celebration

Ask anyone why they live in Castro Valley, and you are likely to hear about the "homey, small town feel" of our community.

We are quick to brag about our local schools, our library, our parks, our theaters and our friends and neighbors who live here.

We treasure our traditions of holiday parades, the Rowell Rodeo and, now added to the list, our own New Year's Eve celebration at our beautiful Castro Valley Center for the Arts.

Last year the Castro Valley Arts Foundation hosted a New Year's Eve party for the community. Over 200 guests raved about the entertainment, the food, the fun vibe, and they asked for a repeat! And so, for the second year on Dec. 31, the party continues.

The Castro Valley Arts Foundation invites the community to a dazzling cabaret with 7 singers, a four-piece band and a small bite buffet with a no-host bar.

The party starts at 6 p.m. with a 7:30 performance. This year's show, Duetto, promises to be a magical evening of duets featuring Broadway favorites and billboard hits. Tickets are available from: [www.cvartsfoundation.org/shows](http://www.cvartsfoundation.org/shows).

Get to know more about our local Castro Valley talent: Singers Matthew Liebowitz, Johnny Orenberg, Maggie Francisco, Dancer Erin Sullivan and guitarist Glen Deardorff in the next few weeks in the Forum. Tickets are available from: [www.cvartsfoundation.org/shows](http://www.cvartsfoundation.org/shows)

—Terry Liebowitz

## ADOPT-A-PET



**FELIX** is a handsome 6 month old kitten who seeks attention, leans in for pets and purrs up a storm when he receives attention. He's Neutered and ready to go home with you. Please call: Hayward Animal Shelter: (510) 293-7200.



**COUSCOUS** is a very special kitten. While a bit timid with new people and places, give him a little time, patience and TLC and he becomes a love bug who enjoys being held. Please call: Hayward Animal Shelter: (510) 293-7200.



**FLORINE** is a 4 month old gray and white tabby. She's very sweet, friendly and talkative. She's one of 5 siblings rescued and bottle fed at 3 weeks of age. She's spayed, chipped and vaccinated. Loveallpawzrescue@gmail.com.



**MAGNOLIA** is a 7 month old kitten, one of 6 siblings rescued from a backyard. She loves a good lap snuggle and is very playful with her foster mates. She's spayed, chipped and vaccinated. Loveallpawzrescue@gmail.com.

## Older Cats Great to Adopt

When it comes to ages of adoptees, the cat world has a sad parallel with the human world: Overwhelmingly, people want babies.

The older orphaned cats become, the harder it becomes to get them adopted into a permanent home. Most adopters gravitate toward the bouncy little kittens.

And the more those kittens grow and the less kittenish they look, the more difficult it will be to get adopted.

So, imagine the odds facing senior cats — those age 7 and older, and especially those cats with ages in the double digits.

If you have room in your heart and home, consider giving a home to an older cat, so she can live out her years surrounded by love.

Senior cats offer us many benefits; their golden years often give us the best memories. They are sweet, affectionate and laid-back. Unlike a rambunctious kitten, seniors tend to stay out of mischief and just like to be mellow.

## Reports: CV Elder Abuse

*continued from page 3*

**Assault and Battery at Eden**  
Wednesday, November 21: at 4:30 p.m., a 58-year-old woman from Castro Valley was arrested on suspicion of battery. Deputies were dispatched to Eden Medical Center after nurses report the woman becoming violent while seeking treatment. Deputies took the woman to Santa Rita Jail pending \$5,000 in bail.

### She Wanted Her Stuff Back

Wednesday, November 21: at 4:17 a.m., a 911-call about a loud and aggressive-sounding argument sent deputies to an apartment on Lake Chabot Road near the Boulevard. There they arrested a 23-year-old woman from Castro Valley on suspicion of assault on a family member. The woman reportedly said she had returned for some of her belongings, but the victim said the suspect pulled her hair and hit her in the face. Deputies took the suspect into custody.

### Assault on Boyfriend

Tuesday, November 20: at 8:41 p.m., deputies arrested a 63-year-old woman from Castro Valley on suspicion of assault on her boyfriend of seven years. The woman reportedly got into a heated verbal spat with the man about his new girlfriend in Southern California which turned violent. Deputies took the woman into custody.

### Elder Abuse

Monday, November 19: at 7:58 p.m., a 47-year-old man from CV was arrested on suspicion of making death threats, violating a restraining order, and causing mental suffering against his 75-year-old mother. Deputies responded to a call about an argument at a home on Somerset Avenue near Betrose Court. There, they found the man had been drinking and threatening to break his mother's neck. Deputies took the man to Santa Rita Jail.

## Library's Holiday Book Sale Begins Friday

December's holidays are fast approaching and so is the annual Friends of the Castro Valley Library December Book Sale.

This year's sale will have the usual wide variety of books in all categories with many children's books, special sections for the holidays and gift-quality books, just ready for Hanukkah, Christmas and Kwanzaa giving, or for keeping as a gift for yourself.

Members-only night will be 6 to 8 p.m. this Friday, Nov. 30, with doors opening at 5:30 p.m.

Memberships are available for new and renewing members during the sale. If purchased Friday night, entry and a \$2 coupon is an added bonus to those available on the 2019 membership card.

Saturday's longer hours are from 10 a.m. to 4 p.m., and Sunday's eagerly awaited Bag Sale (a full bag for only \$4 each!) will be from 1 to 4 p.m.

You have only two days to wait for this annual gathering of book lovers, friends and neighbors at the Castro Valley Library.

**Tender Loving Care Pet Grooming** 26 Years Experience

Walk-Ins Welcome

To make an appointment call:  
**510-589-6801**  
Sat. - Thur.: 9am-5pm  
Closed Friday

**16242 E. 14th Street, San Leandro**

**DOG GROOMING: Just**

Sm. Dog \$40+ Med. Dog \$50+ Lrg. Dog \$65+

Includes: Bath, Haircut, Ear Cleaning, Anal Cleaning, Nail Trimming, Brush Teeth

**BATH: Only**

Sm. Dog \$30+ Med. Dog \$40+ Lrg. Dog \$45+

Nail Trimming Only, \$5 to \$8

**CAT GROOMING: \$65 (Exp. 12/31/18)**

**Castro Valley Mobil Gas Station**

18950 Lake Chabot Rd., Castro Valley

510-888-1334

★ STAR Certified

6 Days/Week

Mon-Sat 8:30am-5:30pm

Must Present Coupon At The Time Of Write-Up.

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Mon - Sat 7am - 7pm  
Off Sunday

Airports & Amtrak Transportation  
Open 24 Hours

With Prior Notice

**TO OAKLAND AIRPORT Only \$30**

**TO/FROM BART \$600 - \$12**

**TO SF or SJ AIRPORT \$60**

**510-303-3478**

## Volunteers: Alameda County Food Bank

*continued from page 2*

ter, pasta and tomato sauce, beans, rice, soups, cereals and powdered milk.

Donors can drop nonperishable foods in one of the 300 barrels that have been placed in grocery stores and other shops all over the county.

A "virtual food drive" on the food bank's website allows people to shop and choose individual items at an online grocery store and then pay with a credit card, so they can choose exactly what they want to give.

The website also has information on the bank's "Share Our Holiday" program which allows people to link their friends and family to give a donation to the food bank in lieu of giving them holiday gifts.

Also coming up is "Giving Tuesday" on January 1 during which a group of generous donors will match cash donations that are collected that day, up to \$50,000.

"I think New Years Day is going to be one of the biggest giving days of the year," said Altfest. "It's exciting."

Contributions can be made online at [www.accfb.org](http://www.accfb.org), or by sending a check to the Alameda County Community Food Bank, P.O. Box 2599, Oakland, CA 94614.

Individuals, church groups, schools, and companies are invited to volunteer by visiting: [acfb.org](http://acfb.org). And if you need food, call 800-870-FOOD and you will be referred to a source that can provide groceries and hot meals, usually the same day. The Alameda County Food Bank makes over 3,000 referrals each month.

## Early Morning USPS Package Deliveries

The Postal Service is projecting a double-digit increase in package volume this holiday season — more than 900 million packages will be delivered between Thanksgiving and New Year's Day, 50 million more than last year.

So, don't be alarmed if you hear

mail carriers delivering packages as early as 5:30 a.m. in coming days. They're just getting an early start on the heavy package volume projected for this holiday season. Carriers will be out making early morning deliveries in many communities throughout the East Bay.

The notion of the "busiest day" is a thing of the past, due to early online shopping. The forecast shows the busiest week will be Monday through Sunday, Dec. 17-23, when nearly 3 billion pieces of mail, including 200 million packages, will be processed and delivered.