

CASTRO VALLEY FORUM

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YEAR 28

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NO. 50

INSIDE YOUR FORUM

OUR TOWN



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Traditional recipes to celebrate the Jewish Festival of Lights
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H&F



Holiday Weight
Avoid holiday weight gain while still enjoying time with friends and family
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PHOTO BY LINDA SANDSMARK

NEW CREEK FLOWS THROUGH CULL CANYON: Recent rains have turned what had been a newly-constructed streambed into an actual creek at the intersection of Heyer Ave. and Cull Canyon Road, part of a \$1.1-million facelift begun this year to address ongoing sediment issues that had been plaguing the Alameda Flood Control and Water Conservation District since the dam was erected back in 1963. The past week's storms have brought CV's rainfall totals to more than 3 inches above normal and significant rainfall is predicted for tomorrow.

The Wettest Weather in Years; 'King Tides' Roll into East Bay

Some of the highest tides of the year – known as “king tides” – began hitting the California shoreline yesterday, providing a glimpse of what the state can expect as sea levels rise in the coming years.

This winter's largest tides will take place again today (Wednesday) shortly before noon along Alameda County's bay frontage, and over three days next month, Jan. 10-12.

The California King Tides Project is working with local volunteers to photograph these ultra-high tides to illustrate how homes, harbors, beaches, and wetlands, as well as public access to the coast may be affected by future sea level rise.

The National Academy of Sciences has projected approximately up to two feet of sea-level rise by mid-century and up to five feet by 2100 along the California coast.

The Army Corps of Engineers has advised communities to plan and develop infrastructure with these predictions in mind.

State and local officials and climate change researchers use the images taken during the king tides season to validate these sea level rise models and better assess local flood vulnerabilities for planning purposes.

With more than five years of photographs taken along the coastline, the California King Tides Project is a growing citizen science initiative to help California communities prepare for an uncertain future.

Weather patterns can significantly impact water levels, and higher water levels often happen around the same time as storms.

The Project welcomes photos of high water at any point during the year, either during King Tide events or during storms that bring higher water levels.

Remember to take note of the time, date, location, and orientation of your photos so that you can include this information when you upload to Flickr. If your phone or camera has geolocation service, see **WEATHER** on page 8



PHOTO BY FRED ZEHLER

Concrete barrier keeps high tide from flooding roadway at Bay Farm Island in Alameda yesterday. Another “king tide” will occur beginning around 10:30 this morning along Alameda County's seashore.

A Whole New Era for Vocational Education

By Linda Sandmark
CASTRO VALLEY FORUM

Back in the not-too-distant past, students attending the Eden Area Regional Occupational Program (ROP) learned welding and auto repair during high school class time.

But times have changed.

With the cost of college out of range for many families, high school students now have a chance to study a number of new career paths, from marketing and entrepreneurship to culinary arts and computer technology.

The acronym for this new focus is CTE – Career-Technical Education.

“Here at Castro Valley High the program has really changed. The CTE piece is 21st century-ready,” says teacher Michelle Stephens.

Castro Valley students on the south side of Highway 238 attend Hayward district schools, where they also access a wide array of new ROP options. The focus is on career preparation as well as increasing graduation rates for students who “learn by doing.”

“The whole perception of vocational education has changed, from shop classes to a new focus on CTE, even at the state level,” says Hayward High ROP teacher Rick Charles, who is also a Castro Valley girls' softball league coach.

see **ERA** on page 11



ALAMEDA COUNTY FIRE DEPARTMENT PHOTO

A Castro Valley woman died in this house fire on Grove Way early Tuesday morning.

CV Woman Killed in Tuesday House Fire

By Amy Sylvestri
CASTRO VALLEY FORUM

A Castro Valley woman was killed in a house fire on the 1800 block of Grove Way early Tuesday morning.

The victim was identified only as the 59-year-old lone resident of the home. Her name was not immediately released by authorities.

The one-alarm blaze broke out at around 2:45 a.m. and apparently started in the attic, according to the Alameda County Fire Department.

The fire was contained within ten minutes.

The woman's body was found in the garage, where most of the flames were concentrated, according to fire officials. The rest of the home had smoke and water damage.

One firefighter was treated and released from the hospital for a minor hand injury.

Grove Way was closed to traffic until around 9:30 a.m. while the fire scene was investigated by the fire department and the Alameda County Sheriff's Office.

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PHONE: (510) 537-1792

Castro Valley Weather Dec. 14 - 18, 2016



Wednesday
Showers
High 63° Low 58°



Thursday
Rain
High 61° Low 45°



Friday
Showers
High 54° Low 35°



Saturday
Partly Sunny
High 52° Low 34°



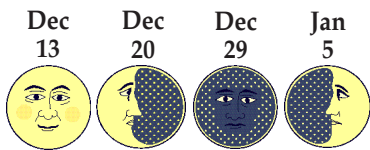
Sunday
Sunny
High 53° Low 34°

Almanac



Past Week's Rain: 02.67
Season To Date: 09.33
Normal To Date: 05.95
Season Average: 21.22

Moon Phases



Sun sets at 4:51 p.m. today, rises at 7:18 a.m. Thursday.

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PHOTOS FROM THE HAYWARD AREA HISTORICAL SOCIETY COLLECTION

Castro Valley's first permanent school was on Redwood Road, built on property donated by Josiah Grover Brickell in 1866. This photo of "Redwood School" was taken around 1894.

History Behind Castro Valley: The Making of a Small Town

By Thomas E. Lorentzen
SPECIAL TO THE FORUM

This is the fourth of a five-part series composed to supplement the exhibit now open to the public at the A.B. Morris Adobe Art Center titled "200 Years of Castro Valley History."

The first three segments focused on the first settlers of our area – the Ohlone Indians as well as the land grant given to Don Guillermo Castro by Mexico, resulting in what became known as "Castro's Valley."

The next stage was the development of ranches and farms to families that laid a key foundation for our town, utilizing our good weather, location and soil.

The next stage is what I call the "Let's Build a Town" period of time. A tipping point occurred with the burning of Redwood School nearly 100 year ago.

Key individuals rose to the challenge of not only building a new school, but to develop a town.

The town would start to expand its purpose beyond ranching and farming to the development of

a place for increased population growth and the need for the resources and amenities to support that form of "progress."

A key artist of this effort at "modernization" was an educator named A.B. Morris. He recruited quality people to build a school system along with other community resources, such as places to gather and the first Rotary Club and Boy Scout unit.

The first need, however, was for sanitation. The first special district formed to service a community being developed was the Castro Valley Sanitation District. It set the foundation for future development of similar public service entities, such as the Castro Valley School District.

The Eden Township Healthcare District was formed after World War II to respond to public health needs by developing and operating a local hospital. Added medical services developed to serve the health system, making CV a centerpiece for health and medical services.

see HISTORY on back page

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SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



Jaywalker Goes to Jail

Sunday, December 11: at 8:45 p.m., Sheriff's deputies arrested a 23-year-old man from San Leandro as part of a warrant issued in Fresno for his arrest. The man was illegally crossing Castro Valley Boulevard at San Miguel Avenue when deputies identified him from his warrant photo. The man was handcuffed and taken to Santa Rita Jail and held without bail.

Public Intoxication

Monday, December 12: at 4:02 a.m., a 30-year-old man with no permanent address was arrested on suspicion of public intoxication. Deputies stopped the man for questioning as he was hanging outside a grocery store on East Castro Valley Boulevard in the 580 Market Place center. The man failed his field sobriety test and was taken to a sobering center.

Drinking Buddies

Monday, December 12: at 1:20 a.m., deputies arrested two men on charges related to public intoxication outside a grocery store on Redwood Road near Castro Valley Boulevard. A store manager called the Sheriff's department after customers complained about the two men's behavior. A 60-year-old man from Stockton (San Joaquin County) and a 68-year-old man from Alameda both failed their field sobriety test and were taken into custody.

Narcotics Possession

Friday, December 9: at 4:55 p.m., a 45-year-old man with no permanent address was arrested on suspicion of possession of illegal narcotics. Deputies approached the man as he was hanging outside a business on Redwood Road near Norbridge Avenue. The man revealed his stash during questioning and was taken into custody.

Can't Stay Away

Thursday, December 8: at 4:08 a.m., deputies arrested a 28-year-old woman with no permanent address on suspicion of violating the terms of a restraining order issued against her. An anonymous tip about a suspicious person in the neighborhood of Delores Street and Lessley Avenue sent deputies to the area. The woman fitting the description was taken into custody.

Driving Drunk and Riled

Wednesday, December 7: at 10:54 p.m., a 30-year-old woman from CV was arrested on suspicion of driving under the influence of drugs and alcohol and assault on a family member in the car. Deputies pulled the woman over on Lake Chabot Road near Orange Avenue for a traffic violation. The woman was taken into custody.

Wanted Man

Wednesday, December 7: at 8:30 p.m., deputies arrested a 24-year-old man from Castro Valley on

suspicion of violating the terms of a court-issued restraining order. The man also had an outstanding warrant issued for his arrest. A report of a suspicious person sent deputies to a trailer park on Castro Valley Boulevard near Forest Avenue. There they spotted the man and handcuffed him. The man was taken to Santa Rita Jail pending \$20,000 in bail.

Shoplifter Caught

Wednesday, December 7: at 3:07 p.m., a 33-year-old man from Oakland was arrested on suspicion of shoplifting and possession of illegal drugs. The man also had a warrant issued for his capture. Deputies were called to a grocery store on Redwood Road near the Boulevard after the store manager spotted the suspect walking out with unpaid merchandise. The man was taken to Santa Rita Jail pending \$10,000 in bail.

Fake ID at Eden Hospital

Wednesday, December 7: at 2:54 p.m., deputies arrested a 34-year-old woman from Fremont on suspicion of possession and use of a fake identification at Eden Medical Center. Hospital staff reported the woman tried to obtain treatment and drugs using the fake ID. The woman was also wanted as part of a warrant issued for her arrest. Deputies took the woman into custody pending \$100,000 in bail. *see REPORTS on page 8*



PHOTOS BY LINDA SANDSMARK

Ronin Games & Hobbies encourages its patrons to actually interact with one another.

Behold, A Place Where People Interact... Without Electronics!

By Linda Sandmark
CASTRO VALLEY FORUM

Imagine a "barroom for people who don't drink." Then imagine those people playing board and card games, face-to-face, without electronics!

That's the concept behind Ronin Games & Hobbies, a one-of-a-kind Castro Valley shop that encourages its patrons to actually interact with one another.

"It's like my living room," jokes Ronin's owner Ed Lehto. "Since

I'm here 10 hours a day, I want to make sure it's a place where people like to be."

Multiple playing tables are set up at the shop, which often hosts 50 players on nights featuring the most popular games.

"One of the biggest games we play is *Magic: The Gathering*. It's what started the card game craze in 1993," says Lehto. "It's the oldest, but it's still going. Every three months, like clockwork, a new release comes up, and we do pre-release tournaments. It keeps

this industry going."

Ronin — which is an archaic term relating to Japanese masterless samurai — is open seven days a week (noon to 9 p.m. Sunday through Thursday; noon to midnight on Fridays and Saturdays). A giant calendar shows the featured games for the day, but sometimes people just come in to give a new game or an old favorite a whirl. The Ronin facebook page provides specifics for each day.

Lehto says he likes to have "a *see INTERACT on page 15*

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The Week Ahead

● Wednesday, December 14: *Bingo & Lunch*

Hayward Fraternal Order of Eagles Auxiliary No. 1139 will serve ham, scalloped potatoes, vegetables, salad, sweet potato pie, cake, coffee and tea at today's noon bingo charity luncheon. A donation of \$8 will include one bingo card. The proceeds will be added to previous donations to benefit five local area charities for Christmas needs. Join us for a fun afternoon at Eagles Hall, 21406 Foothill Blvd., Hayward.

● Wednesday, December 14: *Sons In Retirement meeting*

SIRs, an organization of retired men, meets today and the second Wednesday of each month in the Wedgewood Center at the Metropolitan Golf Links, 10051 Doolittle Drive in Oakland. Happy Hour 11 a.m., lunch at noon. Great guest speakers. Guests are welcome. Come and meet new friends. For more information call Mel at 510-357-0601.

● Thursday, December 15: *Eden Awards Nominations Deadline*

The deadline for nominations for January's Eden Awards is 5 p.m. tomorrow, Dec. 15. The Castro Valley/Eden Area Chamber of Commerce encourages residents to submit nominations for Business Person of the Year, Volunteer of the Year, First Responder of the Year, Castro Valley Teacher of the Year, and San Lorenzo Teacher of the Year. Nomination forms are available at the Chamber office, Suite 224 at 3160 Castro Valley Blvd., or by email at info@castrovalleychamber.com. For more info, call 510-537-5300.

● Saturday, December 17: *Pets Available for Adoption*

Dusty Paws Rescue will show available dogs, cats and kittens this Saturday at Pet Food Express, 3385 Castro Valley Blvd., from 10 a.m. to 1 p.m. Check www.dustypawsrescue.org for available animals.

● Saturday, December 17: *Clif Wayne Christmas Concert*

Castro Valley School Of Music at 3300 East Castro Valley Blvd. will present a Christmas Concert at 7:30 p.m. this Saturday by vocal instructor Clif Wayne whose album is currently on the Grammy ballot nomination for Best Jazz Vocal. His single "No Payne, No Gain" is Soul Song No. 1 in the UK. Pre-sale tickets \$15 (\$20 at the door) available at the School Of Music or at www.BrownPaperTickets.com. More info at www.cvsom.com or call 510-397-0721.

● Saturday, December 17: *Buon Tempo Crab Feed*

The Buon Tempo Italian Club presents the Bob Grazzini Memorial Crab Feed this Saturday at Transfiguration Catholic Church, 4000 E. Castro Valley Blvd. No-host bar at 5 p.m., dinner at 6, \$45 per person. Pay in advance, no ticket sales at the door. Make your reservations on the Buon Tempo dinner line at 510-483-6929. Send checks made payable to Buon Tempo Club to Rick Martens, P.O. Box 2625, Fremont, CA 94536.

● Saturday & Sunday, Dec. 17-18: *Christmas Bake Sale & Raffle*

St. Gerard Women's Club will hold its famous bake sale and raffle after the 4:30 p.m. Mass on Dec. 17 and after 7:30 a.m. Mass on Dec. 18 at St. John's Catholic Church, 264 E. Lewelling Blvd. in San Lorenzo. Continental breakfast available on Sunday the 18th. The Raffle will be held after the 11:30 a.m. Mass on Sunday. For more info, call Brenda Silva at 276-8745, Cheryl Hoffmann at 278-2906 or Ernestine Moir at 537-7232.

● Tuesday, December 20: *Start Smart Teen Driver Safety Class*

The California Highway Patrol Castro Valley Area and the Castro Valley Library present a "Start Smart" teen-driver safety class at 6 p.m. Tuesday, at the Library for new and future licensed teenage drivers ages 15-19 and their parents. CHP officers will talk about traffic collisions, their causes and avoidance techniques, and driver responsibilities. To register, RSVP to 510-581-9028 (CHP) or 510-667-7900 (Library).

...and Beyond

● Tuesday, December 27: *Hanukkah Sing-Along*

Join a sing-along at a special concert of classic Hanukkah songs from 5:30 to 7 p.m. on Dec. 27. Master of Ceremonies Mikel Estrin will play mandolin and clarinet joining Josh Cohen on violin and vocals, Martin Gross on guitar and vocals, Jawxillion Loeb on guitar, Cary Nasatir on percussion and Ralph Sklar on vocals and guitar. No tickets are required for this free library event.

● Saturday, December 31: *Ambrosia New Year's Eve Concert*

Say goodbye to 2016 and welcome in the New Year with the six members of '70s prog rockers "Ambrosia," well-known for their radio hits and multiple Grammy nominations, presented by Curtain Call Performing Arts at San Leandro's Historic BAL Theatre on Dec. 31. Smash Hits include "Biggest Part Of Me," "How Much I Feel," and "Holdin' On To Yesterday." Two shows - at 7:30 p.m. and 9:30 p.m. Get rickets now (\$50, \$60, \$100) at www.BALTheatre.com! VIP tickets include a Meet and Greet.

● Friday, January 6: *Eden Area Village*

Eden Area Village is developing a non-profit membership based neighborhood "Village" that will help people in the Castro Valley, Hayward, and the San Lorenzo areas stay in their homes as they age. Public outreach meetings are held the first Friday of each month at 2 p.m. at Hayward City Hall. Next meeting is Friday, Jan. 6.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for CFA events listed below are available online at www.cvarsfoundation.org; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. phone 889-8961; or at the CV Adult School, 4430 Alma Ave. Purchase tickets in advance. Prices go up when tickets are purchased at the door.

● **Castro Valley High School Orchestra Concert** will be presented at 7 p.m. this evening, Dec. 14. *For tickets (\$8-\$10) see above.*

● **Castro Valley High School Band Concert** will be presented at 7 p.m. tomorrow evening, Dec. 15. *For tickets (\$8-\$10) see above.*

● **"It Takes a Village,"** will be presented by the 250 voices of the Castro Valley High School Choirs in two not-to-be-missed performances at 7 p.m. on Friday, Dec. 16, and at 1 p.m. on Saturday, Dec. 17. *For tickets (\$8-\$10) see above.*

● **"Home for the Holidays,"** the Castro Valley Adult & Career Education Community Band's free holiday winter concert, will be presented at 7:30 p.m. on Wednesday, Dec. 21, featuring songs of the season conducted by Kathy Maier and an audience sing-along. Refreshments will be served following the performance courtesy of Castro Valley Adult and Career Education.

● **"Lighten Up New Year's Eve with Brian Copeland and Friends,"** an all-star lineup of comedians including David Alan Moss, Joe Klosee, Steve Barkley, Mickey Joseph, Irene Tu, Roon Vigh and Maureen Langan, will be presented at 7 p.m. Saturday night, Dec. 31. *For tickets (\$45) see above.*

● **California Beach Boys Concert,** originally scheduled for this past October 15, has been rescheduled for Saturday, March 11, 2017 at 7:30 p.m. *For tickets (on sale now) see above.*

THEATRICAL & MUSICAL PERFORMANCES

● **Special Songs for a Special Time of the Year** will be presented by the Morrison Theatre Chorus, directed by César Cancino, at 8 p.m. tomorrow, Friday and Saturday, Dec. 15-17, at the Douglas Morrisson Theatre, 22311 North 3rd Street in Hayward. For tickets (\$18-\$12) visit www.dmtonline.org or call 510-991-6777

ART GALLERIES & EVENTS

● **"Local Botanical Beauties, Then and Now,"** an exhibit of watercolors showing the variety of plant life that once dominated the East Bay landscape as well as plants still seen in our foothills as curated by the Mary L. Hardin School of Botanical Illustration, is currently on display at the Museum for History and Culture at 22380 Foothill Blvd. in Hayward. A botanical art demonstration, free with museum admission, will be held from 1 to 2:30 p.m. this Saturday, Dec. 10, with students from the Harden School sharing how they became interested in painting. After the demonstration, audience members will be invited to try their hand at watercolor painting. All supplies will be provided. The museum is open Wednesday through Sunday from 10 a.m. to 4 p.m.

● **"A Woman's View of the World,"** a variety of artistic techniques including watercolors, acrylics, pencil, ink and mixed media by the Diablo/Alameda Chapter of the National League of American Pen Women, continues through Jan. 27 at the John O'Lague Galleria in Hayward City Hall, 777 B Street at Watkins, open M-F 8:30 a.m. to 4:30 p.m.

● **Prints by Bob Wolff,** on exhibit through Jan. 10, 2017, at the Hayward Senior Center, 22325 North 3rd St., Hayward.

REGULAR GOVERNMENT MEETINGS

• Castro Valley Municipal Advisory Council (MAC) meets on land-use issues on the 2nd and 4th Mondays of the month, and holds general purpose meetings on most 3rd Mondays. Meetings are at 6 p.m. at the Castro Valley Library Chabot Room, 3600 Norbridge Avenue.

• Castro Valley School Board usually meets at 7 p.m. on the second and fourth Thursdays of the month at 4400 Alma Ave.

• Castro Valley Sanitary District (CVSan) meets at 6:30 p.m. on the first Tuesday of the month at the District Headquarters, 21040 Marshall St.

• Alameda County Board of Supervisors meets every Tuesday at 10:45 a.m. in the Supervisors Chambers at the County Administration Bldg., 1221 Oak St. in Oakland.

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RECIPES *continued from page 6*

yeast mixture, sugar, margarine, eggs, salt, sugar and soy/almond milk with 2 cups of flour on a low speed.

Slowly add in the rest of the flour until dough is no longer sticky. It should feel somewhat

like a bread dough. Knead for 5 minutes, then cover the bowl with a damp cloth and let rise approximately 1 hour, until dough has doubled in size.

Roll out the dough approximately ½ inch thick, cut circles

(use the mouth of a glass, or a round cookie cutter), and let rise 30 minutes.

Heat oil in a frying pan or pot. Drop in a few doughnuts at a time. Flip each doughnut so each side can brown. Remove from oil and drain on a paper towel.

To make the cranberry jam, combine all ingredients in a sauce-

pan. Bring to a boil and simmer 20 to 30 minutes until slightly thickened. Blend slightly, but make sure to still leave some pieces for texture. Pour into a glass jar to cool.

To assemble the doughnuts, use a sharp knife or pointed spatula to poke a small hole in the side of each doughnut. Fill a Ziploc bag with ½ cup of the jam, and cut a

small hole at the corner. Stick the Ziploc corner into the hole and squirt out approximately 1 teaspoon of jam into each doughnut. Using a fine-mesh strainer, sprinkle confectioners' sugar over the top of each doughnut. Eat and enjoy!

This recipe yields about 30 doughnuts.



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U19 Girls Soccer Team First in League

The Castro Valley "Game of Throw-Ins" U19 girls soccer team recently finished as the only undefeated team out of 11 in their league. They managed to outscore their opponents 12-0 in their last four games to claim first place in their division, while the amazing keepers and defenders allowed only 6 goals the entire season. Shown above, top row from left, Head Coach Stacy Spink, Malia Ford, Tina Alvarez, Kayla Hill, Gabi Chavez, Mikayla Peralta, Terra Finnegan and Coach Steve Phillips; middle row, Molly Martinez, Zoe Burke, Reimy Ishikawa, Angie Retodo, Alexis O'Gorman, Jackie Massey and Vanessa Galvan; front row, Alyssa Phillips, Lily Toscano, Shannon Brown, and Shoshanna Spink.

ATHLETES OF THE WEEK



2016 Canyon and Creekside Tennis Teams

This week's Athletes of the Week are the members of the Fall 2016 Canyon and Creekside Tennis Team coached by Suzi Mills and winners of the Alameda County Junior Tennis League (ACJTL) Championship, with a record of 4-1. The members of the team are Daniel Anilao, Rasberry Carpenter, Marissa Chan, Aidan Chiang,

Cameron Ching, Dylan DaCosta-Bass, Ashley Fang, Colby Fong, Kalina Francois, Timothy Hoang, Ryan Huey, Levina La, Garvey Li, Tim Liu, Peter McKinney, Patrick Mishreky, Anthony Mok, Drew Paxman, Zhenshu Qin, Nick Rsang, Jeffrey Wang, Francis Wilson, Emily Xu and Alez Zhang.

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Reports: Crimes in CV

continued from page 3

Expired License

Wednesday, December 7: at 1:03 p.m., a 32-year-old woman from San Leandro was arrested on suspicion of driving with an expired license. The woman also had an outstanding warrant issued for her capture. Deputies pulled the woman over into a parking lot of a drug store on Castro Valley Boulevard near Marshall Street. The woman was taken to Santa Rita Jail and held pending \$3,000 in bail.

Wanted in Santa Clara County

Wednesday, December 7: at 4:10 p.m.; deputies pulled over and arrested a 32-year-old man with no permanent address on suspicion of obtaining food and fuel without paying. The man also had an outstanding warrant issued in Santa Clara County for his arrest. Deputies stopped the man on Redwood

Road just past the entrance to Anthony Chabot Regional Park. The man was taken to Santa Rita Jail pending \$1,000 bail.

Over the Limit

Thursday, December 8: at 1:12 a.m., a 55-year-old woman with no permanent address was arrested on suspicion of public intoxication. Deputies caught up with the woman when she was hanging out in a parking lot on Wilbeam Avenue near Norbridge Avenue. The woman failed her field-sobriety test and was taken into custody.

Spousal Assault

Wednesday, December 7: at 2:17 a.m., deputies arrested a 46-year-old woman from Castro Valley on suspicion of spousal battery. The woman was at an apartment on Anita Avenue near Castro Valley Boulevard when neighbors called to complain about a fight. Deputies handcuffed the woman and took her into custody. The victim was treated at the scene.

SPORTS NOTES

Softball

• CV Synergy 18 Gold will hold tryouts at Castro Valley High School's Varsity Field from 10 a.m. to 1 p.m. on Sunday, Dec. 18. For more information, visit cvsynergy18gold.wixsite.com/home or contact one of these coaches: Mike Adami at 415-308-4712, Gabe Adami at 925-837-5786, Matt Rose at 925-383-0655, or Pete Berns at 415-710-4376.

• Castro Valley Girls Softball League is accepting online registration for the 2017 spring season. Girls ages 5-18 are welcome to sign up at www.castrovalleysoftball.com. The cost is \$135 for ages 5-8, and \$175 for ages 9 and up. Ratings will be on Saturday, Jan. 7. The schedule for each age group will be posted on the website next month.

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Weather: The Rising Tide

continued from front page

turn it on so that you can record the exact longitude and latitude of your shot as well.

"Before and after" pictures contrasting low and high tide for the same location can be particularly powerful imagery.

The best time to take pictures is at the daily "peak tide", or when

the tide is highest.

For more information about how you can participate in the King Tides Project, visit california.kingtides.net. Participants can submit and view images at www.flickr.com/groups/cakingtides. Engage on social media: [facebook.com/cakingtides](https://www.facebook.com/cakingtides) - twitter.com/CA_king_tides - [instagram.com/cakingtides](https://www.instagram.com/cakingtides)

Drowsy Drivers

Drivers who miss between one to two hours of the recommended seven hours of sleep in a 24-hour period nearly double their risk for a crash, according to new research from the AAA Foundation for Traffic Safety.

The Centers for Disease Control and Prevention says that 35 percent of U.S. drivers sleep less than the recommended seven hours daily. And with drowsy driving involved in more than one in five fatal crashes on U.S. roadways each year, officials warn drivers that getting less than seven hours of sleep may have deadly consequences.

"You cannot miss sleep and still expect to be able to safely function behind the wheel," said AAA spokesperson Cynthia Harris. "New research shows that a driver who has slept for less than five hours has a crash risk comparable to someone driving drunk."

The AAA Foundation for Traffic Safety's report reveals that drivers missing 2-3 hours of sleep in a 24-hour period more than quadrupled their risk of a crash compared to drivers getting the recommended seven hours of sleep.

This is the same crash risk the National Highway Traffic Safety Administration associates with driving over legal limit for alcohol.

The report found that in a 24-hour period, crash risk for sleep-deprived drivers increased at a startling rate:

- Six to seven hours of sleep: 1.3 times the crash risk
- Five to six hours of sleep: 1.9 times the crash risk
- Four to five hours of sleep: 4.3 times the crash risk
- Less than four hours of sleep: 11.5 times the crash risk

While 97 percent of drivers told the survey they view drowsy driving as a completely unacceptable behavior that is a serious threat to their safety, nearly one in three admit that at least once in the past month they drove when they were so tired they had a hard time keeping their eyes open.

"Managing a healthy work-life balance can be difficult and far too often we sacrifice our sleep as a result," said Harris. "Failing to maintain a healthy sleep schedule could mean putting yourself or others on the road at risk."

see DRIVERS on page 11



AVOID LOOKING

LIKE SANTA AT END

OF HOLIDAY SEASON

ON AVERAGE, Americans gain approximately one to two pounds during the holiday season. But with a few strategies from nutrition experts, you can avoid weight gain while still enjoying friends, family and holiday feasts.

Don't Skip Meals

"In preparation for a holiday feast, do not skip meals throughout the day," says Heather Mangieri, Academy of Nutrition and Dietetics spokesperson. "Skipping meals can result in overeating later on."

Instead, Mangieri recommends eating foods full of protein and high in fiber before the feast because these foods will fill you up and satisfy hunger.

Don't Forget to Exercise

The holidays are a busy time full of cooking, decorating, shop-see **HOLIDAYS on back page**

Sexually Transmitted Diseases At a 20-Year High in California

The number of reportable sexually transmitted diseases in California is rising at a faster pace compared to the rest of the country and is at a 20-year high according to a California Department of Public Health report.

"Cases of syphilis, gonorrhea and chlamydia are going up in California at a concerning rate," said State Public Health Officer Dr. Karen Smith. "This is the second year in a row that we have seen increases in all three diseases."

The report found a total of 249,224 reportable cases of STDs in California last year including 189,937 cases of chlamydia, 54,255 cases of gonorrhea, 4,890 cases of primary and secondary syphilis (the most infectious stages

of this disease) and 142 cases of congenital syphilis.

These numbers indicate an 11.6 percent increase in STDs in California since 2014, when the total number was 223,269.

The Centers for Disease Control and Prevention released national STD data last month, reporting that cases of syphilis, gonorrhea and chlamydia have reached a record high level in the U.S., with the largest increase being in cases of syphilis (19 percent).

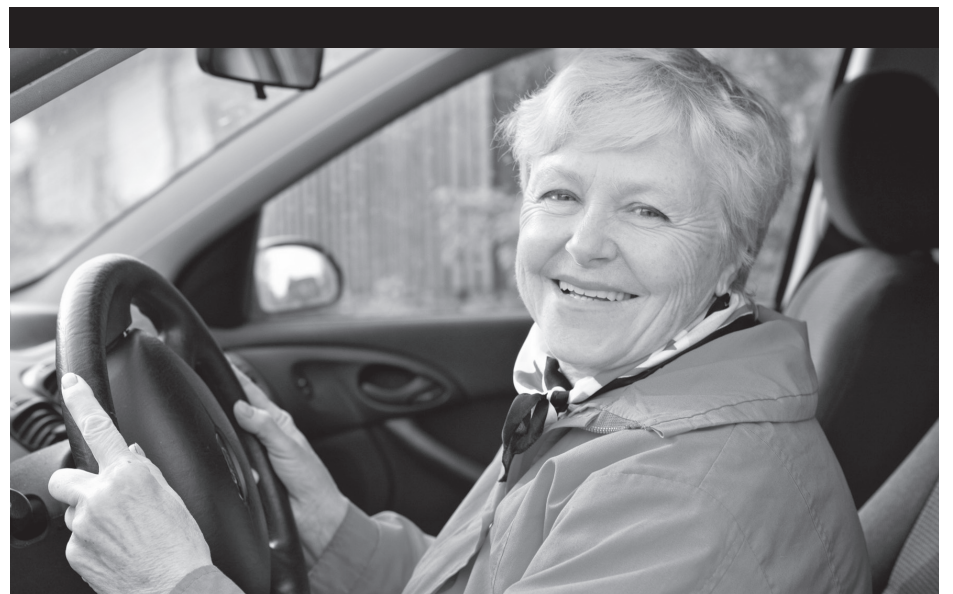
California's rate of sexually transmitted diseases continue to be highest in young people 15-24 years of age and especially among females. More than 63 percent of the state's female chlamydia cases and more than 51 percent of fe-

male gonorrhea cases are in this age range.

These young women are the most vulnerable to infertility and other serious long-term reproductive health problems caused by STDs.

Gay and bisexual men in California are also at high risk. Men who have sex with men account for more than 62 percent of the state's gonorrhea cases in males and 84 percent of primary and secondary syphilis cases in males.

"Using condoms regularly and correctly, reducing the number of sexual partners and being in a monogamous relationship can dramatically reduce risk of contracting an STD," said Dr. Smith who see **STD on page 15**



Age Well Drive Smart

As we age, factors such as vision changes and slower reflexes can affect the ability to react to hazards swiftly. According to the CDC, an average of 586 older Americans are injured every day in vehicle crashes. The good news is there are corrective steps people can take to stay safe on the road.

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Special to the Forum

GUEST COMMENTARY



Lessons Learned from Warehouse Fire

The recent tragic warehouse fire in Oakland has saddened the Bay Area, and the Central County Realtors wish to extend our condolences to the families who've suffered such a terrible loss. Our prayers are with you as you struggle to cope in the days that lie ahead.

As is the case in the aftermath of any tragedy, it's important to figure out what went wrong and how it might be prevented in the future. Here are a few lessons to be learned in this case:

1. City and state building codes have a reason for being in place and should not be circumvented.

Any space intended for occupancy must follow the building

and fire codes for the area. As an example, when foreclosures flooded the Bay Area with low-priced properties, flippers began upgrading homes at a prolific rate — much of which was done without permits.

While the work might look good on the surface, it's what's hidden inside the walls that is a concern. Permits need to be pulled so that anyone living in a renovated home has the assurance everything was done to code.

2. Fire and smoke alarms are critical.

Every bedroom needs a smoke detector and there must be a smoke detector and CO de-

tector in the hallway outside the bedrooms on every level. *Make sure* they are working.

3. Fire prevention systems are important.

While older homes are not required to have sprinklers, make sure fire extinguishers are handy. Know what type of extinguisher to use for different types of fires.

4. Nothing should be installed that prevents egress from any room in a building.

Many local homes have permanent security bars installed over the windows. These are illegal. All bars need to have an inside quick-release mechanism so occupants can escape through the window in an emergency.

Insurance companies are taking notes. Since the fire, insurance companies we have been dealing with have tightened their guidelines for insuring older East Bay buildings. Of special concern are antiquated electrical systems, especially those that contain knob-and-tube wiring.

Where this will end up is unknown. One thing is certain, however: Safety in any building should be a primary concern, whether it is a home or any other type of building.

Follow the guidelines, obey the rules and make sure the structure meets all local codes. The life you save might just be your own.

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 at www.ccmgtoday.com.

Mortgage Rates Hit New 2016 High

Average fixed mortgage rates moved higher last week for the sixth consecutive week, according to Freddie Mac's weekly survey.

The 30-year averaged 4.13 percent, up from 4.08 percent the previous week. A year ago at this time, the 30-year rate averaged 3.95 percent.

Fifteen-year home loans averaged 3.36 percent, up from 3.34 percent.

Five-year Treasury-indexed hybrid adjustable-rate mortgages (ARMs) averaged 3.17 percent last week, up from 3.15 percent a week earlier. A year ago, the 5-year ARM averaged 3.03 percent.

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Christmas Tree Safety Tips

It is important to remember that at no time can a real Christmas tree start a fire. It can however be ignited by an external source.

According to National Fire Prevention Association, electrical causes and lamps were responsible for starting almost half (47 percent) of fires involving Christmas trees.

Another quarter of the fires were caused by various open flames, sparks and embers from a variety of ignition sources, including gas-fueled equipment and cigarettes.

According to the California Christmas Tree Association, these simple steps can help guard against the serious event of a holiday fire:

- Select the freshest-looking tree available. Make a fresh cut across the tree's base and immediately place it in water. Keep the tree's water container full at all times. Check the water level daily.

- Be extra careful with electricity, all open flames and other heat sources during the holidays.
- Use only UL approved electrical decorations and extension cords.

- Place the Christmas tree well away from heat registers, space heaters, fireplaces and

wood stoves.

- Unplug tree lights and other decorations when away or sleeping.

Don't let the very slim chance of a fire involving your Christmas tree keep you from enjoying the fragrance and tradition that real trees bring to your holiday celebration.



Make sure to place your live tree away from heat sources.

RECENT HOME SALES

Castro Valley

19767 Anita Avenue	94546	\$815,000	4 BD - 2,520 SF - 2006
21747 Baywood Avenue	94546	\$825,000	4 BD - 2,379 SF - 1942
4225 Gem Avenue	94546	\$589,000	3 BD - 1,080 SF - 1947
18415 Lakecrest Court	94546	\$625,000	3 BD - 1,064 SF - 1955
2316 Somerset Avenue	94546	\$640,000	3 BD - 1,844 SF - 1928
20125 Woodbine Avenue	94546	\$730,000	2 BD - 1,674 SF - 1949
22579 Canyon Terrace Dr	94552	\$586,000	2 BD - 1,213 SF - 1997
3967 Recreation Road	94552	\$1,390,000	5 BD - 3,568 SF - 2005
5377 San Simeon Place	94552	\$560,000	2 BD - 1,334 SF - 1981

TOTAL SALES: 9

LOWEST AMOUNT: \$560,000

HIGHEST AMOUNT: \$1,390,000

MEDIAN AMOUNT: \$640,000

AVERAGE AMOUNT: \$751,111

San Leandro

66 Cambridge Avenue	94577	\$835,000	4 BD - 2,443 SF - 1928
777 Dolores Avenue	94577	\$808,000	3 BD - 3,223 SF - 1953
314 Kenilworth Avenue	94577	\$205,000	2 BD - 1,122 SF - 1926
1759 Pacific Avenue	94577	\$640,000	3 BD - 1,582 SF - 1951
14832 Harold Avenue	94578	\$530,000	3 BD - 1,050 SF - 1952
1490 Thrush Avenue #26	94578	\$319,000	2 BD - 820 SF - 1994
1625 Thrush Avenue	94578	\$462,000	2 BD - 938 SF - 1937

TOTAL SALES: 7

LOWEST AMOUNT: \$205,000

HIGHEST AMOUNT: \$835,000

MEDIAN AMOUNT: \$530,000

AVERAGE AMOUNT: \$542,714

San Lorenzo

1590 Via Hermana	94580	\$550,000	3 BD - 1,125 SF - 1955
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OPEN HOMES SATURDAY & SUNDAY DECEMBER 17TH & 18TH

CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
A	—	1-4	1130 Minerva Street	\$508,000	3/1	Re/Max Accord	Louise Lovewell	351-5555
A	—	2-4	129 Broadmoor Blvd.	\$525,000	3/1.5	Rinetti & Co. Realtors	Earle Shenk	220-6407
C	1-4	1-4	21925 Ada Street	\$549,000	2/1	Berkshire Hathaway	The Brent Team	333-9404
C	—	1-3	8585 Norris Canyon	\$1,499,000	5/2.5 - 5.21 acres	J. Rockcliff Realtors	Kristy P.	925-251-2536

CITY GUIDE

A = SAN LEANDRO • B = SAN LORENZO • C = CASTRO VALLEY • D = DUBLIN • F = FREMONT • H = HAYWARD • K = BERKELEY
OK = OAKLEY • P = PLEASANTON • S = SHEFFIELD VILLAGE • SR = SAN RAMON • W = WALNUT CREEK • Z = ALAMEDA



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.

Era: Perception of Vocational Education

continued from front page

"It used to be that you'd be guaranteed a job if you graduated from college, but that's not true any more," adds Charles.

He's seen statistics showing 56 percent of college grads under age 25 are not fully employed, and 80 percent of the working grads are unsatisfied with their jobs.

Charles invites local businesspeople to speak at his Marketing/Entrepreneurship Education classes, because jobs today may be in fields people haven't even heard of.

This exposure to opportunities has inspired his students. One already started her own clothing line, and others had success at a recent New York competition with their marketing plan for "Your City Gold Card," which provides discounts at numerous local businesses.

The Eden Area ROP serves the Castro Valley, San Lorenzo, San Leandro and Hayward school districts.

In addition to classes at the high school sites, courses are also offered at ROP headquarters, 26316 Hesperian Blvd., Hayward. This



PHOTO COURTESY OF RICK CHARLES

The Regional Occupational Program (ROP) now teaches marketing and entrepreneurship in addition to its traditional courses. Teacher Rick Charles and students Sharlyn McClendon and Samantha Faxon are shown here at a New York City promotion for their project, Your City Gold Card.

site offers classes for adults as well as high school students. Courses there include Dental Assisting, Medical Careers, Web Graphics & Digital Design and more.

The ROP program is a community partner with Castro Valley-Eden Area Chamber of Commerce. Visit: www.edenrop.org, or call: (510) 293-2900 for more info.

Drivers: Drowsy

continued from page 9

Symptoms of drowsy driving can include having trouble keeping eyes open, drifting from lanes or not remembering the last few miles driven.

However, more than half of drivers involved in fatigue-related crashes experienced no symptoms before falling asleep behind the wheel. The lesson: Drivers should not rely on their bodies to provide warning signs of fatigue.

For longer trips, drivers should also:

- ✓ Travel when normally awake
- ✓ Schedule a break every two hours or every 100 miles
- ✓ Avoid heavy foods
- ✓ Travel with an alert passenger and take turns driving

The AAA Foundation report is based on the analysis of a representative sample of 7,234 drivers involved in 4,571 crashes. All data is from the National Motor Vehicle Crash Causation Survey of police-reported crashes which resulted in emergency medical services being dispatched to the scene.

HOROSCOPE by Salomé

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- ARIES (March 21 - April 19):** Make your holiday preparations one step at a time in order to avoid being overwhelmed and leaving things undone. That confusing family situation continues to work itself out.
- TAURUS (April 20 - May 20):** Ease this year's holiday money pressures by letting your thrifty side guide you as you look for those perfect gifts that typically reflect your good taste and love of beauty.
- GEMINI (May 21 - June 20):** You'll have a good handle on potential holiday problems if you delegate tasks to family members, friends or co-workers -- most of whom will be more than happy to help out.
- CANCER (June 21 - July 22):** Right now you are especially vulnerable to holiday scams that seek to take advantage of your generosity. Best advice: Check them out before you send out your checks.
- LEO (July 23 - August 22):** The upcoming holiday season gives the Big Cat much to purr about. Relationships grow stronger, and new opportunities loom on the horizon, just waiting to be pounced on.
- VIRGO (August 23 - Sept. 22):** A changing situation brings conflicting advice about how to go forward with your holiday plans. Your best bet: Make the decision you feel most comfortable with.
- LIBRA (Sept. 23 - October 22):** Holiday plans get back on track after some confusion about the direction you expected to take. A potentially troublesome money matter needs your immediate attention.
- SCORPIO (October 23 - November 21):** Your holiday preparations are on track. But you need to confront a personal situation while you can still keep it from overwhelming everything else.
- SAGITTARIUS (Nov. 22 - Dec. 21):** Tight financial matters ease a bit during this holiday season. But the sagacious Sagittarian is well-advised to keep a tight hold on the reins while shopping for gifts.
- CAPRICORN (Dec. 22 - Jan. 19):** Don't put off making decisions about this year's holiday celebrations, despite the negative comments you've been getting from several quarters. Do it NOW!
- AQUARIUS (Jan. 20 - Feb. 18):** The holidays will bring new friends and new opportunities. Meanwhile, be careful to use your energy wisely as you go about making holiday preparations.
- PISCES (Feb. 19 - March 20):** There's good news coming from a most unlikely source. And it could turn out to be one of the best holiday gifts you have had in years. Remember to stay positive.

CV SCHOOL BOARD APPOINTS TWO

The Castro Valley School Board made two administrative appointments last week, naming Denise Hohn as permanent Coordinator of Secondary Education and Suzy Chan as the Director of Business Services.

Hohn has been principal of Castro Valley Elementary School since 2005. She has been an employee of Castro Valley School District since 1984, beginning as an elementary school teacher.

She served as the Coordinator of Beginning Teacher Support and Assistance, and has been the Interim Coordinator of Secondary Education since July.

Chan has over 12 years of experience in business services for Alameda schools and most recently served in the Pleasanton School District. She is replacing Teresa Fiscus who recently accepted a position for Livermore School District.

Chan brings to Castro Valley extensive experience in school finance, budget and payroll.

"We are extremely fortunate to have such high caliber employees working in Castro Valley to provide the best education possible for all students," said Superintendent Ahmadi. "I welcome both Mrs. Chan and Mrs. Hohn to their new positions."

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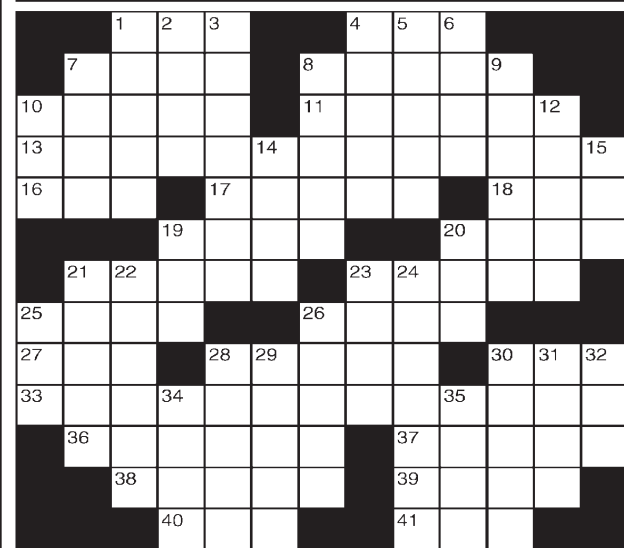
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THE FORUM CROSSWORD



ACROSS

- 1 More, to Manuel
- 4 Humorous one
- 7 St. consisting of two peninsulas
- 8 Infants
- 10 Raccoon relative
- 11 Expiated
- 13 Executive, often
- 16 Island garland
- 17 Mill input
- 18 Pair
- 19 Sorts
- 20 Huffed and puffed
- 21 Many Christmas trees
- 23 Portobello alternative
- 25 Actor Gregory
- 26 Volcanic outflow
- 27 Exist
- 28 Persistent attack
- 30 Bashful
- 33 Cabal member
- 36 Mexican entree
- 37 Neighborhoods
- 38 Rind-removing tool
- 39 Tale teller
- 40 Trawler need
- 41 Young fellow

DOWN

- 1 Florida city
- 2 Start of a play
- 3 Roof component
- 4 Bulb measures
- 5 End abruptly, NASA-style
- 6 Actress Rowlands
- 7 Fashion
- 8 Foundation
- 9 Put down roots
- 10 Western st.
- 12 Wooden peg
- 14 Annoys
- 15 Ply oars
- 19 Squid squirt
- 20 Underwear with underwire
- 21 1990s presidential candidate
- 22 Polar feature
- 23 Creche trio
- 24 Generally
- 25 Campaign fundraising group
- 26 Shunned one
- 28 Trap
- 29 Archipelago component
- 30 Lieu
- 31 Frost
- 32 Decade parts (Abbr.)
- 34 Muscat's land
- 35 Met melody

ANSWERS ON PAGE 16

O'BRIEN AFTER-HOURS URGENT CARE
NEW EXTENDED HOURS: M,T,TH,F 10AM-9PM • W 6-9PM • S/S 2-6PM
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White cat with grey
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male. **REWARD IF RETURNED.**
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"Moxie" is a Jenday
conure, last seen on
Heyer Avenue on
11/22/16 at 5 p.m.
She is very friendly
with people and may
fly to you if called. Bright orange
head & chest, green wings, back &
tail. Call Athena 510-825-9549.

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cious. 510-887-6633.

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ran, w/good credit, nonsmoker, w/no
pets seeks 2-bedroom house/
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LETTERS

TO THE EDITOR
FREDZ@EBPUBLISHING.COM



Unhappy with Lack of Response from Rep. Swalwell

Editor:

My recent experience with Congressman Swalwell's communication with constituents is quite different than the glowing report in the CV Forum on the recent town hall meeting.

My request was simple and based on the "60 Minutes" show on Republican and Democrat Congressman spending a good amount of time on "dialing for dollars" from their constituents.

Based upon this segment they had stated that Democrat Congressmen spend from 2 to 4 hours a day calling for money which would go to the Democratic National Committee. Ditto for the Republicans.

The question I had was if this was true then why are they spending so much time on this instead of helping the people in their district? Isn't money that goes to the DNC or RNC used for reelections all over the U.S.?

I sent a simple email to Swalwell's website and I never received the answer to these questions. Don't we as citizens have the right to validate what Eric is doing on a daily basis?

—Dan Dalton, Fairview

'Radical Democrats' Called 'Criminals' for Trying to Pressure Electoral College Members

Editor:

Just five days after the election, radical Democrats were already trying to pressure electoral college members to vote against the wishes of their states. This was a full month before a few renegade CIA agents

claimed that Putin had "interfered" with our recent election.

Several left-wing groups published the electors' names, phone numbers, addresses, and email addresses. As a result, the electors from states that voted for Donald Trump have been deluged with non-stop harangues from radical Democrats.

These Democrats are criminals, because they are trying to violate the US Constitution, our highest law. The authors of the Constitution obviously intended for all the electors to vote in accordance with the majority of voters in their respective states. It was only after the second real presidential election (1804) that they realized some electors might be "faithless" to the majority of voters in their states.

Up until now, this abuse of power ("faithlessness") had never been serious enough to change a presidential election. But welcome to the 21st century. Democratic candidate Hillary Clinton has long considered herself above the law. Now her supporters feel the same way. They are capable of anything.

The fact that some state constitutions do not explicitly require the electors to vote along with the majority in their state is irrelevant. When these state constitutions were written, no one imagined that an elector would do such a despicable thing. It was assumed that these men would simply vote as the majority of their state had voted. So there's no excuse for this brazen seizure of power.

Remember when Red China secretly gave Bill Clinton Campaign money? Democrats think it's fine when foreigners help a Democrat. But if foreigners help a Republican, then Democrats want to subvert the whole election process. What hypocrites.

—Peter Hauer, Castro Valley

Flex Now Taking Shoppers to Trader Joes

Editor:

Good news. Beginning 12/12 Flex will take riders to Trader Joes. Soon that route will show on map but the good news is you can take your shopping cart along on Flex shuttle.

—Lois Goggin, 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. Email Letters to: fredz@ebpublishing.com or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

Holidays
Around the Town

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Suspect Named in CV Killing

The suspect in last week's homicide on Denning Court has been named by the Alameda County Sheriff's Office.

Joshua Gutierrez, a 25-year-old caregiver from Hayward, was arrested last Sunday, hours after a man was killed in the garage of a home on the 2500 block of Denning Court.

Both the victim and suspect were visitors to the home. The victim's name has not yet been released by authorities and no motive has been disclosed.

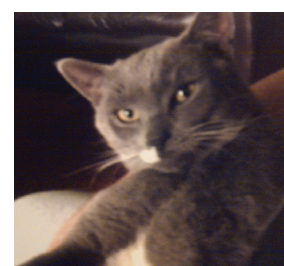
Gutierrez is currently being held without bail at Santa Rita jail in Dublin. He is scheduled to appear at the Hayward Hall of Jus-

tice tomorrow to enter a plea and for a hearing where his probation from a different case is set to be revoked.

According to Alameda County records, he was arrested for suspicion of homicide, street gang activity, assault with force, possession of a firearm by a felon, first degree burglary, and insurance fraud.

The homicide was Castro Valley's second killing in a period of less than a week.

No arrests have yet been made in the Nov. 28 shooting death of 37-year-old construction worker Caesar Plascencia in front of his home on Wilson Avenue.



Missing Cat

Buster is a 10-month-old Grey Cat with white feet, chest and 1/2 white mustache, missing from Pepper St. and Seven Hills Road. A reward is offered. Contact Di-Ann or Don at 510-688-0675 or 510-886-5455.

Obituaries

CASTRO VALLEY FORUM OBITUARIES

may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209.

Include a phone number. The deadline is 11 a.m. Tuesday for that week.

Brief notices are published free. Longer obituaries, including pictures, are available for a fee.

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Barbara Ann Schoningh
Giacomini
Leo "Lucca" Domenic
Giacomini
(1924 - 2016)

A memorial mass of celebration for the lives of Barbara Ann Giacomini and Leo "Lucca" Domenic Giacomini will be held Wednesday, Dec. 21, at 11 a.m. at Our Lady of Grace Church, 3433 Somerset Ave., in Castro Valley with a reception immediately following.

Interact: A Little Bit of Everything

continued from page 3

little bit of everything" on hand, from European strategy games, to role-playing games, to party games similar to Pictionary but more challenging. He also has miniature war games figures which he paints himself, and teaches others to paint.

All types of games are for sale, for those who think the holidays might be more fun spent with people than electronics.

"Adults and kids of all ages come in, and many couples. Nobody really cares how old people are here," Lehto says. "Saturdays are open gaming during the day, and then Saturday night is Magic and board game night."

Lehto says he originally worked at Epic Worlds on Castro Valley Blvd., but the location was too small — only 500 square feet. Six years ago he opened Ronin at its current location, 19601 Center St., across the street and just uphill from Creekside Middle School.

Call 733-5094 for more info, or see Ronin Games facebook page.



Ed Lehto owns and operates Ronin Games & Hobbies, which encourages people to play games face-to-face.

County Taking Donations for the Oakland Warehouse Fire Victims

Alameda County has reactivated its Disaster Relief Fund to enable its approximately 9,600 employees as well as others in the community to donate funds to help those affected by the tragic warehouse fire that took 36 lives on Dec. 2.

Activation of the Disaster Relief Fund enables county employees and local residents to contribute cash donations to help the families of those killed and those recovering from their injuries.

County employees may also have the option to donate up to 5 days of their accrued vacation time, compensatory time and/or holiday in-lieu time.

To make a donation to the Alameda County Disaster Relief Fund, go to: www.acgov.org/government/news/disaster.htm. Information about the Disaster Relief Fund can be found at: acgovcares.org/#disasterrelief.

The Alameda County Disaster Relief Fund was initially established in response to the 9/11

attacks in the United States and has been reactivated numerous times in response to tragedies both domestic and abroad, including: Hurricane Katrina in 2005, earthquakes in Haiti and Chile in 2010, the Northern Japan Earthquake/Tsunami in 2011 and the mass shootings at an Orlando, Florida nightclub earlier this year.

"This tragedy hits us all especially hard because it occurred right here in our community," said Scott Haggerty, President of Alameda County Board of Supervisors.

Alameda County intends for all contributions to the Disaster Relief Fund to go directly to victims and families affected by the fire.

Cash and online donations are accepted. Cash donations may be contributed by sending a personal check payable to Alameda County Disaster Relief Fund, c/o the Auditor-Controller Agency, 1221 Oak St. Room 238, Oakland 94612.

To make an online donation or to obtain additional information, go to www.acgov.org/government/news/disaster.htm.

STD: Prevention Programs

continued from page 9

urged sexually active individuals to get tested regularly.

To help reduce the STD rate, the California Dept. of Public Health is in the process of distributing \$5 million in grants to local health departments for expansion of STD prevention, testing and treatment programs.

Last January, California also enacted the California Healthy Youth Act, requiring comprehensive sexual health education to help young people make informed choices about how to protect themselves and their partners.

For more information on STDs and how to prevent them, visit www.cdph.ca.gov/programs/std/



Santa at the Fire House

Saturday, December 17, 2016
2:00 - 5:00 p.m.

Station #25
* **20336 San Miguel Ave. • Castro Valley**
* **\$10 Donation per photo (Optional)**

Take a picture with Santa on the antique fire engine, get the latest holiday safety information, have some milk and cookies, sing holiday carols, and listen to firefighters read their favorite holiday story, *A Firefighter's Night Before Christmas!*

All proceeds will go toward supporting the Alameda County Firefighters' Holiday Toy Drive, which helps grant holiday wishes to children and families in need in the unincorporated area.

For more information or to make a donation, please call Aisha Knowles at (510) 632-3473 ext. 1320 or email aisha.knowles@acgov.org



SPONSORED BY:
The Alameda County Fire Department
and Alameda County Fire Fighters
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2017 CVSAN CONSTRUCTION UPDATES



Pump Station 4 & Force Main Project

In May 2017, CVSAn will begin repairing a degraded force main located on Camino Alta Mira. The pipe will be relocated to allow easier access for service and maintenance. The flume hatch will also be redesigned to reduce odors in the surrounding area. This project is scheduled to be completed by mid-July 2017.

Annual Repairs Project

In May 2017, CVSAn will resume its ongoing capital improvements project to repair pipes located throughout the district that are in poor condition. The Annual Repairs Project will involve pipeline replacements, spot repairs, and the installation of two new manholes. This \$1,200,000 project is scheduled to be completed by mid-August 2017.

Visit cvsan.org/projects for more information on these upcoming construction projects.

CVSan Wastewater: We're Always On.

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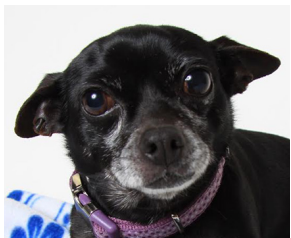
510-537-0757 | www.cvsan.org

This ad was funded by WW Eng Outreach

CVSan



ADOPT-A-PET



PEBBLES is a 7-years-young lap dog. She's a bit timid at first, but she warms up fast and loves to be loved. She'd do best in an adult only home. Info: Hayward Animal Shelter. (510) 293-7200.



FRANKLIN is a handsome 9-years-young boy who loves to be petted. His guardian passed and so he's looking for a new family. Info: Hayward Animal Shelter. (510) 293-7200.



CHI CHI 7-year-old lab mix, whose family left her, but appears to be housetrained, sweet, gentle little girl. Complete an application at www.dustypawsrescue.org if interested.



BELLA is a dainty 3-year old tabby with ticked markings and white paws, and a cat who will love to be petted and sit in a lap. Complete an on line app at www.dustypawsrescue.org

Holidays: How to Avoid Weight Gain

continued from page 9

ping and catching up with loved ones. But it is still important to make time for physical activity.

Set a holiday tradition to include a family walk. It's an opportunity to create memories, share in conversation and sneak in exercise.

Don't Overdo the Buffet

Holiday meals tend to be large, buffet-style gatherings where it is easy to overeat and fill up on unhealthy options.

Mangieri recommends loading your party plate with lean protein and veggies.

Also note that it takes about 20 minutes for your stomach to tell your brain you are full.

"Before going back for seconds, take time to savor each bite and enjoy conversation with friends and family," says Mangieri.

Don't Splurge on Sweets

It is okay to save room for dessert, but try to choose only one "splurge" item, and limit high-calorie sugary beverages.

—StatePoint



Stanton Avenue runs through the center of this photo taken in the 1930s.

History: How Castro Valley Came to be

continued from page 2

Other community pillars were developed, such as the Castro Village for shopping, the Chabot Theater for entertainment, an enhanced library to serve public information needs, and the Daughtrey's Department Store to provide quality clothing and household items.

Adding to this momentum was the creation of Castro Valley High School and a rapid expansion of our local school system.

We were continuing to grow and mature as a quality place for families to invest in the future. Castro Valley moved rapidly from

its rural character to a suburban one, but kept its sense of ranching roots with the perpetuation of the Rowell Rodeo – now nearly 100 years old and one of the best in the state.

The "Rowell's Saddlery & Western Wear" continues to be an anchor store for that tradition and with deep roots in our community.

New roads and highways were developed to serve our transportation needs, with a highlight being the opening of the CV BART station in 1975.

Without elaborating further, take advantage of the exhibit now

open to the public on Thursdays, Fridays and Saturdays (except for Dec. 24 and 31) at the A.B. Morris Adobe Art Center at 20595 San Miguel Avenue in CV. The hours are from 11 am to 3 pm.

School classes are encouraged to attend to learn about the history of the town in which they live. Class tour reservations can be made by calling the Hayward Area Recreation District (a host for the exhibit) at 510-881-6735. A great opportunity exists for all to come and to learn about ourselves by learning about the history and character of our town.

SAVE THE DATES!

CVSan's Zero Waste Week 2017

Get involved and inspired during January 17 through January 21, 2017. Here's an early event schedule:



Visit www.cvsan.org/ZeroWaste for more information!

CASTRO VALLEY SANITARY DISTRICT

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This ad was paid for by a Non-Residential Recycling Grant.



Eden Auxiliary Holiday Fundraiser Raffle

The Eden Medical Center Auxiliary is sponsoring a holiday fundraising raffle to benefit The George Mark Children's House, which serves families with children who are chronically ill with life-limiting illnesses.

The facility, in San Leandro, is the first free-standing pediatric palliative care house in the U.S., bridging the gap between home and hospital and providing the comfort of home with the medical care of a top-notch hospital.

Tickets are on sale now through next Monday, Dec. 19, at the hospital gift shop. The drawing – for such items as Oakland A's tickets and apparel – will be held on Monday, Dec. 19 at 3:30 p.m. Winners don't need to be present to win.



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