

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 31

WEDNESDAY, DECEMBER 18, 2019

NO. 50

INSIDE YOUR FORUM

LIVING



Hanukkah

The 'Festival of Lights' begins this Sunday and ends Monday, Dec. 30

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HOLIDAYS



Holiday Cinema

Nothing quite says the holiday season like a classic holiday film

Page 6

SENIORS



Winter Woes

Winter isn't just for the flu, it's also the prime season for heart attacks

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PHONE: (510) 614-1560



PHOTOS BY MIKE KADY

Santa and his helper arrived by fire engine from the Alameda County Fire Department.

CHP Officer Gabriel Walters, who coordinated the gifts, brought his motorcycle in for the kids.



PHOTO BY GREG HINTON

RCHS InterAct Club Members who helped wrap ninety-seven packages, shown with Vice Principal Evan Barnhart, CV Rotarians Rita Sablan and, far left, Bruce D. Johnson RCS Superintendent Emeritus.

CV Rotary Christmas Party

The Rotary Club of a Castro Valley hosted its annual Christmas Party for children from local homeless and battered women's shelters on Dec. 10 at the Castro Valley Adult School.

Santa and his helper (Dr. Heidi Hausauer) arrived by Alameda County Fire truck. All children present had their name called and were given beautifully wrapped packages by Santa.

The gifts, contributed to the Castro Valley California Highway Patrol's toy drive, were available for all 127 children whose names were submitted. The youngest guest was just four weeks old.

Redwood Christian Schools Superintendent Dr. Al Hearne provided transportation for many of the guests by school bus.

see ROTARY on page 2

BART Fare Hikes Starting January 1

A 5.4 percent fare increase will take effect on January 1 as part of a program to raise fares every other year to keep up with the cost of inflation.

For a short trip, the Clipper fare will increase by 10 cents, and a longer trip will increase by 40 cents.

Paper ticket fares will continue to have a 50 cent per trip surcharge. BART is encouraging riders to use Clipper to save.

You can view the new BART Trip Planner and Fare Calculator (<https://www.bart.gov/planner>) which has been updated with these new fares.

All new revenue from this fare increase goes to BART's highest priority capital needs including its new Fleet of the Future cars and a new train control system to provide more frequent service.



View new BART fares at www.bart.gov/planner

Discounts

Youth (age 5-18 years old get 50 percent off with a youth Clipper card. Seniors age 65 and over get 62.5 percent off with a Senior Clipper card.

A Means-Based Fare Discount Pilot Program is expected to begin in early 2020 that will offer a 20 percent discount per trip to adult riders earning 200 percent or less of the federal poverty level.

Hundreds of East Bay Children At Risk for No Christmas Toys

Davis Street Family Resource Center in San Leandro has issued an appeal for toys, saying it is facing a severe shortage this Christmas.

The nonprofit agency's Chief Executive Officer, Rose Padilla Johnson, says nearly 1,600 children are at risk of not receiving toys this season.

Toys needed by age group include 389 children ages one to four; 429 children ages five to eight; and 777 children ages nine and up.

Anyone may drop off new, unwrapped toys or gift cards at the

Davis Street headquarters, 3081 Teagarden Street in San Leandro, today and tomorrow from 8 a.m. to 8 p.m. or on Friday from 8 a.m. to 6 p.m., or make a donation online at davisstreet.org.

Davis Street Family Resource Center is a long-standing community resource for families in the East Bay, tomorrow from 8 a.m. to 8 p.m. or on Friday from 8 a.m. to 6 p.m., or make a donation online at davisstreet.org.

Davis Street Family Resource Center is a long-standing community resource for families in the East Bay.

Forum to Be Delivered A Day Early Next Week

Next Week's Castro Valley Forum will be delivered on Tuesday morning, December 24, so that newspaper carriers will be able to spend Christmas Day with their families.

Castro Valley Weather Dec. 18 - 22, 2019



Wednesday
Cloudy, Showers
High 57° Low 45°



Thursday
Partly Cloudy
High 59° Low 44°



Friday
Mostly Cloudy
High 59° Low 47°



Saturday
Cloudy, Showers
High 56° Low 46°



Sunday
Cloudy, Showers
High 56° Low 46°

Almanac



Sun sets at 4:51 p.m. today, rises at 7:19 a.m. Thursday.

Past Week's Rain: 00.38
Season To Date: 03.44
Normal To Date: 05.36
Season Average: 21.22

Moon Phases



Dec. 18



Dec. 25



Jan. 2



Jan. 10

**GOT A NEWS TIP? CALL 510-614-1560
OR EMAIL: fredz@ebpublishing.com**

Rotary: Hosts Annual Christmas Party

continued from front page

More than 80 children attended with their parents, enjoying a turkey dinner with all the extras prepared by Rotarians Cliff Sherwood, Randy Vanderbilt, Dan Wilits and Carol Wickle, and employees from Castro Valley Sanitary District, led by General Manager Roland Williams.

The CHP was represented by Sgt. Brandie Dressel and Officer Gabriel Walters, who brought his motorcycle for pictures for the kids.

Games and activities were presented by the InterAct kids from Redwood Christian High School.

Program coordinator again this year was Mark Poniatowski with

help from other Rotarians and Sutter Health employees. Also assisting were CV Rotarians Ceta Dochterman, School Superintendent Parvin Ahmadi and her staff, former HARD volunteer coordinator Zach Ebadi, and, of course, the Jolly Old Elf himself, Redwood Christian Schools Superintendent Emeritus Bruce Johnson.

Family Caregiver Education Series

A FREE SERVICE FROM HOPE HOSPICE



Hope Hospice is pleased to offer these classes designed to educate, support, and provide resources to family members engaged in caring for elderly or chronically ill loved ones. Classes take place at our Dublin office and are offered at no cost. Seating is limited. Register and get complete class descriptions at hopehospice.com/family, or call (925) 829-8770.

2020 CLASS SCHEDULE

- January 11 *Living with Dementia: Dementia Basics*
- February 8 *Making Decisions About Caregiving*
- March 21 *Living with Dementia: Person-Centered Care*
- April 18 *Navigating the Healthcare Environment*
- May 16 *Exploring Legal and Financial Issues*
- June 13 *Living with Dementia: Developing Daily Care Plans*
- July 11 *Essential Skills for the Family Caregiver*
- August 15 *Understanding Advanced Illness*
- September 12 *Living with Dementia: Prevent Caregiver Burnout*
- October 10 *Facing End-of-Life Issues, Handling Grief and Loss*
- November 14 *Medicare: An Overview and Update*
- December 12 *Healthful Meal Planning*

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CV SPORTS HALL OF FAME

Tennis Star Jamie Haas Reflects On Having Two Great Coaches

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

By Dave Del Grande
SPECIAL TO THE FORUM



Jamie (Pawid) Haas

When Jamie (Pawid) Haas sorts through the memories of her tennis career, she surely recalls winning the North Coast Section championship for Castro Valley High, competing at the highest level in junior tournaments and upsetting some top players at Cal and Stanford.

But as much as anything else, she thinks about how lucky she was having two great coaches -- her dad, David Pawid, and St. Mary's College's Lisa Alicaz.

And it was with those two influential people in mind that Haas chose to give back as a coach rather than go for the glory as a player when she graduated from the college ranks at St. Mary's four years ago.

(Turning pro is) "definitely a goal for a lot of freshmen coming into college," the 26-year-old Moraga resident said recently. "As I developed into the process, I realized there was more than just tennis out there for me."

"My college coach (Alicaz) completely changed my perspective and my life. She helped me on and off the court. I owe all of my college success to her."

She helped me develop as a person. And really because of her huge impact in my life, that's when I decided my senior year that I wanted to be a college coach.

I wanted to be able to give back. Kind of do what she did for me."

Known then as Jamie Pawid, the Hawaii native's journey to the top of the local tennis scene began with her dad by her side. Or sometimes across the net. Or sometimes standing along the fence at one of her matches.

After moving from Alameda to Castro Valley in eighth grade, Pawid found a home at the Palomares Hills Rec Center, where her dad was the tennis instructor.

But it wasn't only at Palomares. You might have found Pawid wherever there was a tennis court, whether it be at Canyon Middle School, where she attended eighth grade, Castro Valley High, where she was a three-year standout and a Class of 2011 graduate, or even the Castro Valley Community Center at nights or on weekends.

Jamie Haas, as she is now known, was recently elected to the Castro Valley Sports Hall of Fame by a committee appointed by the Castro Valley Sports Foundation.

"Looking back, I definitely couldn't see it any other way," she said of her relationship with her dad. "I'm very happy he was a tennis coach. When your coach is your dad, he's able to spend so

much more time being your coach than any other coach. I know they say you shouldn't take your tennis home, but he was always able to talk tennis with me. And he was a coach I could always trust."

"Even if there were bumps in the road, I trusted his decisions because he had a ton of care for my game and he wanted me to have as much success in my tennis as I did. "It's always very difficult to be coached by your dad, especially in your teen-age years. We had it out many times, I'm not going to lie. But I'm glad we stuck it out."

Pawid is now the assistant tennis coach at St. Mary's, which she finds fitting. It was where she played the final three years of her college career, and it was also on those Moraga courts where she became a part of Castro Valley High sports history by winning the North Coast Section singles championship as a freshman.

After a year at the University of Hawaii, which she admits she enjoyed a bit too much being that it was a family reunion, Pawid returned to St. Mary's, where she twice earned All-West Coast Conference honors. She did well enough to earn national Division I rankings as high as 45th in singles and 59th in doubles.

Now, she's busy trying help develop another Gael into a nationally ranked player.

"I love tennis. I can't say that enough. When I'm on the court, that's when I'm most alive. That's when I have the most energy," insisted Coach Haas, who now has a 9-month-old girl named Shado. "I met my husband (Brycen) playing tennis. My career is in tennis. Tennis has created so many opportunities for me. It's opened so many doors for me."



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RAIDERS LEND A HAND TO THE FOOD BANK



PHOTOS COURTESY OF MIKE TAYLOR

A group of Oakland Raiders players recently spent their one day off for the week assisting in sorting and distributing food to low income East Bay families at the Alameda County Community Food Bank's Mobile Pantry parked outside of the Ashland Village Apartments. Shown from left, tight end Darren Waller, running back James Butler, kicker Daniel Carlson and fullback Alec Ingold handed out fresh fruits, vegetables and staples. The Food Bank serves one in five people, including children, seniors, and entire families.

Castro Valley Teacher Stars in San Francisco Show 'Scrooge in Love'

By Linda Sandsmark
CASTRO VALLEY FORUM

The holidays are upon us, transforming Castro Valley's new choir teacher into Ebenezer Scrooge after his school day is over.

Matt Skinner spends his week-days teaching elementary school choirs, then heads over to San Francisco to perform as Young Ebenezer in the Christmas musical, "Scrooge in Love!"

The 24-year-old Skinner plays the title character in a series of flashbacks and new adventures at

the Gateway Theatre, where it premiered in 2015.

"My theater career began in 4th grade at Chabot Elementary School where I'm now teaching choir," says Skinner.

During his own elementary school days, he performed in "Aladdin" and was Daddy Warbucks in "Annie," in addition to singing in the choir. He continued with choir at Canyon Middle School, rejoining drama at Castro Valley High in "Bye Bye Birdie," "To Kill a Mockingbird," and portrayed Captain Hook in "Peter

Pan."

Skinner decided to major in Theatre at U.C. Davis, returning to the Bay Area after his 2017 graduation.

"It was so much fun," he says of his college experience. "Davis has a really good, small theater department that operates like a little company. They bring in professional writers, directors, filmmakers or choreographers to work with students each quarter."

Skinner got involved in local shows here after his graduation.

see SCROOGE on page 6

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Vandalism Just the Start of His Problems

Sunday, December 15: at 3:18 p.m., Sheriff's deputies arrested a 38-year-old man with no permanent residence on suspicion of \$400 worth of vandalism. The man was also wanted as part of a warrant issued for his capture related to breaking and entering. Deputies stopped the man for questioning outside a business on the Boulevard near San Miguel Avenue and made a positive identification. The man was taken to Santa Rita Jail pending \$25,000 in bail.

No Interlock Device

Saturday, December 14: at 1:59 p.m., a 43-year-old woman from Castro Valley was arrested on suspicion of driving without an ignition interlock device required following a DUI charge. Deputies pulled the woman over on Anita Avenue near Somerset Avenue after they noticed she was driving with an expired plate. The woman was taken into custody.

Public Intoxication

Sunday, December 15: at 2:18 a.m., deputies arrested a 56-year-old man from Campbell (Santa Clara County) on suspicion of public intoxication. The man was spotted outside a business on Castro Valley Boulevard near Park Way beating on the window of a car he believed to be his. Witnesses say the man then took a stick and started swinging it around. Deputies report the man was kicked out of a local bar for being disruptive. The man refused a field sobriety test and was taken into custody.

He Can't Stay Away

Saturday, December 14: at 7:18 p.m., a 48-year-old man from Castro Valley was arrested on suspicion of violating a court-issued restraining order. Deputies responded to a suspicious person

report at a home on Somerset Avenue near Betrose Court. The man fitting the description was taken into custody. Deputies report the man had been arrested on the same charge multiple times.

Stolen Property

Friday, December 13: at 8:20 p.m., deputies arrested a 42-year-old woman with no permanent residence on suspicion of possession of stolen property. The woman was parked in the rear of a store in the 580 Market Place when security alerted deputies to her suspicious behavior. The woman also had a warrant issued for her arrest also related to stolen property. Deputies took the woman to Santa Rita Jail pending \$30,000 in bail.

Wanted Man

Thursday, December 12: at 3:01 p.m., a 29-year-old man who refused to give a home address

was arrested on suspicion of possession of illegal drug paraphernalia and a warrant issued for his capture related to stolen property. Deputies caught up with the man in front of a business on Castro Valley Boulevard near Wilbeam Avenue where they confirmed his warrant and found his stash. The man was taken to Santa Rita Jail pending \$35,000 in bail.

Petty Thief at the Hospital

Thursday, December 12: at 6:17 p.m., deputies arrested a 59-year-old woman with no permanent residence on suspicion of petty theft from Eden Medical Center. Hospital security spotted the woman stealing an unknown object worth less than \$900 and detained her. Deputies also report the woman had a warrant issued for her arrest and took her to Santa Rita Jail pending \$5,000 in bail.

see REPORTS on back page

Extended Hours at Some Post Offices This Saturday

This is the busiest week of the year for the U.S. Postal Service. More than 2.5 billion pieces of mail, including 200 million packages, are expected to be processed and delivered through Sunday.

Several East Bay post offices will be open for full retail services this Saturday, from 9 a.m. to 4 p.m. for last-minute customers:

- Hayward, 24438 Santa Clara Street
- Oakland Civic Center, 201 13th Street
- San Ramon, 12935 Alcost Blvd.

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The Week Ahead

● Wednesday, December 18: Preventing Medicare Fraud

Medicare fraud wastes billions each year and results in higher health care costs and taxes for everyone. The Castro Valley Library invites you to a free presentation by Health Insurance Counseling and Advocacy Program (HICAP) of Legal Assistance for Seniors at 11 a.m. today where you'll learn how to recognize common scams and frauds that target seniors, and where to report them. No registration is required. For more info, call 510-667-7900 or visit www.aclibrary.org/branches/csv

● Saturday, December 21: Eden Area Village Monthly Coffee

Join Eden Area Village for coffee at the Cannery Cafe, 22380 Foot-hill Blvd. in Hayward at 9 a.m. this Saturday and learn how this group of seniors is providing each other with community and support. Visit edenareavillage.org for more information.

● Saturday, December 21: Winter Concert

Enjoy live music as two local groups — the Hillside Woodwind Quintet and the Montecito Brass Ensemble — present a program of light classical and seasonal music at 2 p.m. on Saturday Dec. 21, in the Chabot Room at the Castro Valley Library. Members of the groups wish to share their life-long love of music with the community. No reservations are required. For more information call 510-667-7900, or see Events at www.aclibrary.org/branches/CSV.

● Tuesday, December 24: Christmas Eve Service

Starr King Unitarian Universalist Church at 22577 Bayview Ave., Hayward, invites you to a traditional Christmas Eve candlelight service of readings and carols at 7 p.m. on Tuesday, Dec. 24, a family friendly service that's open to all. For more info, call 510-581-2060.

● Wednesday, December 25: Free Christmas Concert & Dinner

Badarikashrama, at 15602 Maubert Ave. in San Leandro, invites the public to a free Christmas Concert and International Vegetarian Dinner, beginning at 3 p.m. on Christmas Day. For more information, please call Mangala or Vishnu at 510-278-2444.

● Saturday, January 4: "Raspberry Jam" at the Library

Interested in computer coding? Want to know what a Raspberry Pi is? Then check out the "Raspberry Jam," from 1 to 4 p.m. on Jan. 4 at the Library — a gathering of people who share a common interest in a powerful "micro-computer" used for coding that involves tinkering, coding and electronics. Whether you want to try out computer programming for the first time or hack some electronics, there's something for everyone! Some equipment provided, but feel free to bring your own project. No experience at all is necessary, but registration is required.

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

If English is not your first language and you want to improve your speaking and presentation skills for work, Castro Valley Adult & Career Education is offering a class in Workplace Communication and Presentation Skills on nine Wednesdays beginning Jan. 8, with plenty of

practice, interaction, and support. For advanced-level English learners. \$115. Register at www.cvadult.org, click on "Learn English" and complete the interest form, or call 510-886-1000.

● Sunday, January 12: Tango Demonstration

The Castro Valley Library presents "Tango: A Lecture & Demonstration of Argentina's Traditional Dance" at 2 p.m. on Jan. 12. Jurek Mazur, from Academia de Tango Argentino, will present a multimedia talk on the roots, history, culture and etiquette of tango, with music and a special live performance. This program is in the Chabot Room, and no reservations are required. For more information call 510-667-7900, or see Events at www.aclibrary.org/branches/CSV.

● Wednesday, January 15: Creating a Secure Future

An Advance Health Care Directive lets you have a say about how you want to be cared for if you cannot speak for yourself. Learn about this important document at a free presentation by Health Insurance Counseling and Advocacy Program (HICAP) of Legal Assistance for Seniors from 11 a.m. until noon on Jan. 15 at the Castro Valley Library. Learn what the directive is, how to complete the forms and appoint an agent, and more. No registration is necessary.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

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

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"The Jewelry Box,"** a solo show by Brian Copeland, will be presented at 8 p.m. on Friday and Saturday, Dec. 20 and 21, at the San Leandro Main Library, 300 Estudillo Ave. For tickets (\$30), visit www.brownpapertickets.com

ART GALLERIES, RECEPTIONS & ART INSTRUCTION

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

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

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

LEGAL NOTICES

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

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business:
Health Approaches at 20891 San Miguel Ave., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Thomas Lorentzen, 20891 San Miguel Ave., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced in 2011.

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

Expires NOVEMBER 27, 2024

DEC 18, 25, 2019 JAN 01, 08, 2020
0191-CVF

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

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business:
Lavender Hair & Nails Spa, Inc. at 1647 Industrial Pkwy West, Hayward, CA 94544, in Alameda County is hereby registered by the following owner(s): Lavender Hair & Nails Spa, Inc., 1647 Industrial Pkwy West, Hayward, CA 94544. This business is conducted by a corporation. This business commenced 6/13/2013.

/s/ Lavender Hair & Nails Spa, Inc.
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires DECEMBER 06, 2024

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Submissions to The Forum

News submissions as well as items for the Calendar Page must be received by 6 p.m. Friday for inclusion in the following Wednesday's newspaper. Send information in an email to: fredz@ebpublishing.com.



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CASTRO VALLEY FORUM

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San Leandro Times

www.sanleandrotimes.com

Holiday Menu Calls for Latkes, Jelly Doughnuts



Hanukkah, the Festival of Lights, begins at sundown Sunday and continues for eight days and nights.

The holiday is celebrated by candle lighting, exchanging gifts and eating foods fried in oil, an ancient custom commemorating an event in the Holy Temple in Jerusalem, where a tiny vial of oil is said to have burned for eight days.

The favorite food is latkes – potato pancakes – served with sour cream and applesauce or preserves.

The other popular and traditional Hannukah treat is the jelly doughnut, called sufganiyot in Hebrew. While both are tasty holiday treats, they can be enjoyed year around by everyone.

POTATO-ZUCCHINI LATKES

Zucchini adds just the right texture to latkes. For an Italian spin, sprinkle the latkes with extra oregano and Parmesan. Most people choose to peel the potatoes before making latkes, but this is entirely a matter of taste.

- 2 medium zucchini (12 ounces total), shredded on large holes of a box grater
- 8 ounces russet potatoes, peeled and shredded on large holes of a box grater
- 1/2 cup finely grated Parmesan cheese
- 1/4 cup flour
- 1 large egg
- 3/4 teaspoon salt
- 1/2 teaspoon oregano
- 1/4 cup olive oil

Preheat the oven to 250°F. Place

a wire rack on a rimmed baking sheet; set aside. Place the zucchini and potato in a colander set over a bowl to drain. With your fingers squeeze the liquid out of the zucchini and potato until dry. Discard any liquid.

Transfer mixture to a bowl and add the Parmesan, flour, egg, salt, and oregano; toss well to combine.

In a large, heavy skillet, heat 2 tablespoons of oil over medium heat. Using a 1/4-cup measure, place 3 to 4 mounds of zucchini mixture in the pan, flattening with a metal spatula to a 1/2-inch thickness. Cook until golden brown and cooked through, 3 to 4 minutes per side, lowering the heat if over browning. Transfer latkes to rack set on baking sheet and place in the oven to keep warm.

Repeat with remaining mixture, adding remaining 1 to 2 tablespoons of oil for remaining batches as needed. Makes 8 latkes.

This recipe, with the potatoes and zucchini shredded coarsely, makes latkes with rough, crispy edges. If you prefer denser latkes with smooth edges, use the fine side of the grater.

Note: Although latkes are traditionally made from potatoes and onions, some recipes call for shredded sweet potatoes, apples, carrots, garlic or parsnips. The majority of the mixture must always consist of potatoes, however, because other vegetables don't contain enough starch to make the mixture stick together.

APPLESAUCE

- 4 apples, peeled, cored and chopped
- 3/4 cup water
- 1/4 cup sugar
- 1/2 teaspoon cinnamon

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher. Makes 4 servings.

HANUKKAH SUFGANIYOT

- 2 scant tablespoons (2 packages) active dry yeast
- 4 tablespoons sugar, plus

- sugar for rolling
- 3/4 cup lukewarm water or milk
- 2-1/2 cups flour, sifted
- 2 large egg yolks
- Pinch of salt
- 1 teaspoon cinnamon
- 1-1/2 tablespoons butter, at room temperature
- Vegetable oil for deep-frying
- 1/2 cup plum, strawberry, raspberry jelly or jam

Sprinkle the yeast and 2 tablespoons of the sugar into the water or milk and stir to dissolve.

Place the flour on a work surface and make a well in the center. Add the yeast mixture, egg yolks, salt, cinnamon, and the remaining 2 tablespoons of sugar. Knead well, about 5 minutes, working the butter or margarine into the dough and kneading until the dough is elastic. You can also use a food processor fitted with the steel blade to do this, processing about 2 minutes.

Put the dough on a greased bowl, cover with a kitchen towel, and let it rise for 1-2 hours, or until doubled in size.

Sprinkle flour of the work surface. Roll out the dough to an 1/8-inch thickness. Using a 2-inch cookie cutter or floured drinking glass, cut out circles. Let the dough circles rise 15 minutes or more.

With your hands, gently form the dough circles into balls.

Pour 2-inches of oil into a heavy pot and heat until very hot, about 375°F.

Slip the doughnuts into the oil, 4 or 5 at a time, using a slotted spoon. Turn them when brown, after a few minutes, to crisp on the other side. Drain on paper towels.

Using a turkey baster or an injector available at cooking stores, inject a teaspoon of jam into each doughnut. Then roll all of them in granulated sugar and serve immediately. Makes 24 doughnuts.



Smalltown members Roy Estrada and Geary Gao rehearse their music during Creative Hub.

What's Up at Smalltown

Smalltown is looking for artists and volunteers for the 2020 season. If you have been looking for an opportunity to use your voice or showcase your talent and be a part of a larger impact in your community, email info@smalltownsociety.com with your information and be part of what we do!

Visit: smalltownsociety.com or text "Smalltown" to 797979. Smalltown Society is located at 22222 Redwood Road, CV.

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GIFTS OF WARMTH



More Than 220 Coats Collected

Canyon Middle School in Castro Valley collected more than 220 coats and jackets to donate to South Hayward Parish for its One Warm Coat Drive. Castro Valley Scouts donated an 8-foot Douglas fir tree with ornaments and lights. Shown above with some of the donations is Ralph Morales, director of the Parish food program. South Hayward Parish served 17,000 local families this year through their food pantry, clothing closet and warming shelter.

'Tis the Season for Holiday Cinema

By Sam Garvin
SPECIAL TO THE FORUM

'Tis the season to figure out how to handle unruly relatives and houseguests, and there is no better elixir than the classic holiday film, except maybe eggnog spiked with rum.

Hey, why not combine them both? Of course Lifetime and the Hallmark Channel churn out dozens of silly concepts at this time of year (see *Single Santa Seeks Mrs. Claus* starring Steve Guttenberg), but the winter holiday is a time of tradition, so let's stick with the tried and true.

Most of the following are available on Amazon Prime or your local cable provider, as the licensing fees must be ridiculously low since they only have appeal for a limited time each year. If you are watching *Miracle on 34th Street* in July, something is wrong with your air conditioner.

Miracle on 34th Street: Let's start with the all-time favorite. This 1947 classic introduced us to Natalie Wood at the Macy's Department Store Thanksgiving Day parade, the actor playing Santa is discovered to be drunk by a whiskered old man.

Doris Walker, the no nonsense special events director, persuades the old man to take his place. The old man proves to be a sensation and is quickly recruited to be the store Santa at the main Macy's outlet.

While he is successful, Ms. Walker learns that he calls himself Kris Kringle and he claims to be the actual Santa Claus.

Love Actually: The Brits just do it better, we can all admit that. This film follows the lives of eight very different couples in dealing with



their love lives in various loosely interrelated tales all set during a frantic month before Christmas in London, England, including a Liam Neeson before he started losing his children to random kidnappings.

A Christmas Story: There's a reason why TBS plays *A Christmas Story* for 24 hours straight every Christmas. This classic gave us the infamous leg lamp and Red Ryder BB guns — and most importantly, it taught us to never lick a frozen pole.

National Lampoon's Christmas Vacation: While we all want Clark to get his Christmas bonus, it is Randy Quaid as Cousin Eddie camping out on the driveway in his RV that steals the show.

Home Alone: Nearly 30 years have passed since the most-watched Christmas movie earned \$285 million at the box office, but we still love watching 8-year-old Kevin McCallister plot and

scheme his way out of a home burglary today. It also features Joe Pesci in his last major role before *The Irishman* came out this Christmas season.

BONUS - *Holiday Inn*: I don't need a bunch of nasty emails in my mantle stocking, so I am including one more classic, without which we East Bay denizens would have no White Christmas. Lovely Linda Mason has crooner Jim Hardy head over heels, but suave stepper Ted Hanover wants her for his new dance partner after femme fatale Lila Dixon gives him the brush.

If these bastions of celluloid don't keep the relatives at bay, then I suggest mistletoe and duct tape. Not necessarily in that order.

Sam Garvin has written for *Dow Jones & Co.* for 25 years. Now he works raising goats, cattle, hogs and pickles in Castro Valley. He can be reached at salmon-garvin@gmail.com.

Scrooge: CV Teacher Matt Skinner Takes to the Stage

continued from page 3

"Then I got hired to teach 4th and 5th grade choir at all the Castro Valley elementary schools, which is really cool. It's a challenge, but a welcome one," he says.

Skinner typically travels to two schools per day, teaching groups of 50 students at a time at the nine Castro Valley Unified School District elementary schools. He's currently teaching the musical "Shrek" to his students.

When school is not in session, Skinner auditions for shows around the Bay Area, which is how he landed the role of young Scrooge. He went to a general audition for the 42nd Street Moon company.

"I did some reading, sang a little bit, and got the part," says Skinner.

"*Scrooge in Love!*" is set exactly one year after "*A Christmas Carol*," which finds Scrooge a happier, more generous man. But there is still something missing in his life — someone with whom to share his new happiness.

What's next for Skinner? "I'll keep teaching, of course," he says. "After '*Scrooge in Love!*' I'll be taking a break for a little while. I don't have any shows lined up but I'm keeping my eye out for auditions."

"*Scrooge in Love!*" plays through Dec. 22. Visit 42ndstreet-moon.org for tickets. Gateway Theatre is at 215 Jackson Street.



PHOTO BY BEN KRANTZ STUDIO

Matt Skinner (left) of Castro Valley plays young Scrooge, in the 42nd Street Moon production of "*Scrooge in Love!*" at the Gateway Theatre in San Francisco.

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New Classes Offered at CV Adult School

By Linette Escobar
SPECIAL TO THE FORUM

Castro Valley Adult & Career Education has a variety of affordable classes starting in January that are sure "to spark joy" for your loved ones or even yourself.

Spend Time Together Doing Something Creative

Did you know the Adult School offers woodworking? Enroll mom or dad with you and spend quality time doing something creative. In addition to the time together, your family will treasure your creations for generations to come.

If edibles are more your interest, take cake decorating together and make family celebrations that much more special.

Morning classes such as Beginning Piano and the Art of Drawing and Painting are offered at the Aitken Senior Center, taught by instructors who are true masters of their craft.

For friends who have children and little time for themselves, sign them up for yoga or pilates while you provide free babysitting. There are no mirrors or people lifting weights, just focused time to stretch and breathe.

Meditation for Busy People helps you start the new year with calm and is only \$49 for four sessions.

Exercise for People with Limited Mobility

The worst thing we can do when our mobility becomes more limited is to stay in the house and let it get worse.

Castro Valley Adult & Career Education offers a Nice and Easy Movement class at the Senior Center and both Chair Yoga and Gentle Yoga at the adult school to improve both the body and the spirit!

A World of Experiences

Has your daughter always wanted to learn a language? Sign her up for Italian or Spanish and open her up to a world of experiences, culture and food.

Visit: cvadult.org to sign up or find more classes including online options. You can also call 510-886-1000 or come by the office to talk to someone or pick up a brochure. Classes are registering now.

Linette Escobar is Marketing Chair for Castro Valley Adult & Career Education.



MEDICARE AND MEDI-CAL

Coverage Lost from Short Holiday Visit?

Q: Mom has been receiving care in a nursing home. She is currently covered by Medicare, but soon will switch to Medi-Cal. She would really like to come to our home for a short visit during the holidays. However, I heard that she might lose her coverage if she does so. Is that true?

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

A: Not if her visit is handled correctly, including arranging for a "pass" from the nursing home for the visit and making sure that it is included in her Plan of Care.

In this regard, the rules for Medicare are different from the rules for Medi-Cal. Here's the way they work:

Medicare: While the Medicare Benefits Policy Manual recognizes that most beneficiaries needing nursing level care are unable to leave the facility, it recites that "the fact that a patient is granted an outside pass or short leave of absence for the purpose of attending a special religious service, holiday meal, family occasion, going on a car ride, or for a trial visit

home, is not, by itself evidence that the individual no longer needs to be in a [nursing home] for the receipt of required skill care."

The Manual also states that is not appropriate for the facility to notify the patient that the visit home will result in a denial of coverage. However, it is best if your mom returns before midnight on the same day, as Medicare will only pay for that one day away.

If her visit extends out more than the same day, the facility see **COVERAGE on back page**

Heart Attack Risk Rises in Winter

By Jim Miller
SPECIAL TO THE FORUM

Everyone knows winter is cold and flu season, but many don't know that it's also the prime season for heart attacks too, especially if you already have heart disease or have suffered a previous heart attack.

Here's what you should know, along with some tips to help you protect yourself.

In the U.S., the risk of having a heart attack during the winter months is twice as high as it is during the summertime. Why? There are a number of factors, and they're not all linked to cold weather.

Even people who live in warm climates have an increased risk. Here are the areas you need to pay extra attention to this winter.

• **Cold temperatures:** When a person gets cold, the body responds by constricting the blood vessels to help the body maintain heat. This causes blood pressure to go up and makes the heart work harder.

Cold temperatures can also increase levels of certain proteins that can thicken the blood and increase the risk for blood clots.

So, stay warm this winter, and when you do have to go outside, make sure you bundle up in layers with gloves and a hat, and place a scarf over your mouth and nose to warm up the air before you breathe it in.

• **Strenuous Activity:** Studies have shown that heart attack rates jump dramatically in the first few days after a major snowstorm, usually a result of snow shoveling. Any strenuous activity raises blood pressure and stresses the heart. Combine those factors with



the cold temperatures and the risks for heart attack surges.

• **New Year's resolutions:** Every Jan. 1, millions of people join gyms or start exercise programs as part of their New Year's resolution to get in shape, and many overexert themselves too soon.

If you're starting a new exercise program this winter, take the time to talk to your doctor about what types and how much exercise may be appropriate for you.

• **Winter weight gain:** People tend to eat and drink more and gain more weight during the holiday season and winter months, all of which are hard on the heart and risky for someone with heart disease.

So, keep a watchful eye on your diet this winter and avoid binging on fatty foods and alcohol.

• **Shorter days:** Less daylight in the winter months can cause many people to develop "seasonal affective disorder" or SAD, a wintertime depression that can stress the heart.

Studies have also looked at heart attack patients and found they usually have lower levels of vitamin D (which comes from sunlight) than people with healthy hearts.

To boost your vitamin D this winter, consider taking a supplement that contains between 1,000 and 2,000 international units (IU) per day.

• **Flu season:** Studies show that people who get flu shots have a lower heart attack risk. It's known that the inflammatory reaction set off by a flu infection can increase blood clotting which can lead to heart attacks in vulnerable people.

So, if you haven't already done so this year, get a flu shot for protection. And, if you've never been vaccinated for pneumococcal pneumonia, you should consider getting these two shots (given 12 months apart) too.

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

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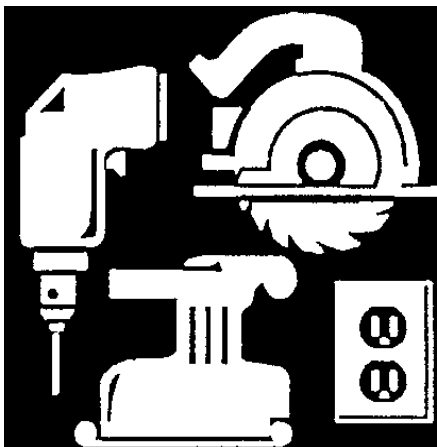
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San Leandro Times/Castro Valley Forum

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LETTERS

TO THE EDITOR

FREDZ@EBPUBLISHING.COM



Thanks for 25 Years of Holiday Giving

Editor:

In 1994, Barbara Moniz started our wonderful project during the Christmas Holiday. Her idea was to have employees, vendors and property owners contribute funds to raise money for the adoption of local families in need during the Holiday Season.

Over the last 25 years there has been over 500 local families request fulfilled. Each family receives a gift basket with clothes for each family member, toys for each child and gift cards in order to purchase Holiday Meals.

Rossanna Barragan with the help of several office staff help to shop, wrap and deliver each basket to the families. This year Broker Dwight Roberts realized that his office has been doing this project so long that family members that helped with this project are third generation, including his children who have participated from the

beginning to his grandchildren who a helping in their own way.

We want to thank our Vendors, Employees and Property Owners for contribution to the success of this and staff to take on this month long project each year. And remember, the best part of this holiday season is the gift of giving whether it's a gift, baskets or memories we share!

—Dustin Roberts, BSR Realty

On National Origin

Editor:

I have always opposed rah-rah flag waving jingoism. I am American by virtue of having been born within political boundaries, and never felt it conveyed any special status.

So it is ironic that Trump, by attempting to classify me as a new "national origin" due to my Jewish heritage (although I've been an atheist since age 13), that I now must proclaim clearly that I am an American.

Unlike, say, Irish-Americans or Chinese-Americans, who can trace their ancestry to a specific country, Jewish Americans can come from virtually any country on earth. My grandparents were all immigrants, two from Poland, one from Russia, one from Slovenia.

I have always simply said I was of East European descent. None of them came from some mythical country of "Jew-land."

It was stated that making us a new, nationality will enable blocking

or banning the anti-Israel Boycott Divest Sanction (BDS) movement on college campuses, although Nazis and white supremacists are "very fine people" who are terribly persecuted when students refuse to listen to them.

I oppose BDS, but bad ideas need to be fought politically, not by naming people a new nationality by executive order. And while many Jewish Americans are sympathetic towards Israel, it is not our nationality.

After "Christ killer," the top anti-Semitic slur used against Jews has been disloyalty or at least divided loyalty. Trump himself has used this slur on many occasions. From the Dreyfus affair, to Nazi Germany, to Stalinist purges, to McCarthyism and the attacks on brave patriots like Alexander Vindman and Marie Yovanovitch.

—Carol Sholin, Castro Valley

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

Obituaries

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Isabel Marie Stevens

December 25, 1945 - December 4, 2019

Isabel Marie Stevens passed away from a 5 year battle with cancer. When she passed, she was surrounded by her family, husband David of 50 years, daughter Diana, and son Greg.

Born and raised in San Francisco, she met and married her husband. They then moved to Castro Valley, where she was a loving wife and mother.

Her compassionate and supportive nature will always be remembered.

A memorial service will be held on Friday Dec. 20 at 1 p.m. at Jess C. Spencer Mortuary, 21228 Redwood Road in Castro Valley.



- Joseph Anton Kozel
- George Bradley Land III
- Isabel Marie Stevens

CASTRO VALLEY FORUM OBITUARIES

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

Please include a phone number.

For help, call Patrick Vadnais at 510-614-1558.

The Forum is delivered to more than 99% of homes in Castro Valley.

George Bradley Land III

George Bradley Land III, former resident of Castro Valley, as well as Brookings and Florence, Oregon, passed away on October 16, 2019.

Brad, as he was known by family and friends, was born in Oakland on May 5, 1937. He attended schools in Oakland, before graduating from San Leandro High School. He studied at the University of Colorado, Boulder, and Merritt College, before volunteering to serve in the Army for 2 years. Upon his return from service, he completed his Bachelors degree at San Francisco State and received a commission through AFROTC as an Air Force reserve officer. Later, he completed a Masters degree in History and a teaching credential at Cal State Hayward.

As a school teacher for over 30 years for Hayward Unified School District, Brad taught at Mt Eden and Brenkwitz High Schools for the majority of his career. In addition, Brad served as a reserve officer in the United States Air Force for over 25 years, retiring as a Lieutenant Colonel. While living in Castro Valley, he was an active member of Kiwanis International, Boy Scouts, Radio Amateur Civil Emergency Services (RACES), and the Mac users group, as an original Mac user. In Florence and Brookings, he was a member of the Coast Guard auxiliary and drove veterans to the local VA hospital weekly for treatments. He enjoyed fishing, traveling, photography and was an avid fan of both the SF 49ers and the Giants.

Brad is survived by his wife, Patricia (Florence, OR), his three children, Major Barton Land (Hawaii), Lt Col Crystal Land Korbas (Castro Valley) and Amber Land-Denoyer (Tracy), his 5 grandchildren, Noah and Cassidy Denoyer, Alexander Korbas, Francesca and Anthony Land, and his sister, Kimberly Land.

A Celebration of Life will be held on December 28, 2019 in Oakland. Anyone interested in attending should contact the family at ltkolkorbas@gmail.com for details.

The family requests that any gifts be directed to the Fisher Center for Alzheimer's Research Foundation (https://www.alzinfo.org/donate/donation_form/) in his memory.



Joe Kozel

January 9, 1926 - December 11, 2019

Joseph Anton Kozel, aka "Papo Joe", passed away peacefully in San Leandro on December 11, 2019. He was a devoted and loving husband to the late Martha Kozel for 52 years and a wonderful father to LaDonna and Gary Leach, Kevin and Lynn Kozel. He was an affectionate and supportive grandfather to Justin and Jill Leach, Ashley and Brian Cardella, Kathleen and Kevin Tibbitts, Brenden and Thao Kozel, Angelo Tanedo and Abigail Lumaban, great-grandfather to Brooklyn and Carter Leach, Lucas and Olivia Cardella, and Cole Kozel. He also leaves behind many nieces and nephews.

Joe was born to John and Emilie Kozel on January 9, 1926 in Pierce, Nebraska, the third of four children.

At 18 years of age, Joe enlisted in the Army during World War II where he fought in the China Burma India Theater, earning three medals for his brave service. Later he entered the Korean War for which he was recently recognized in a ceremony by the Korean government for his courageous service.

Following the Korean War, Joe became a butcher working with his father in Oakland. He was a proud member of several labor unions during his career, including the Meat Cutters and Butcher Workmen Union and the Retail Clerks International Union.

Joe met Martha through his sister, Frances, and the two fell in love over a romantic long-distance courtship of letters, calls, and visits. Martha moved from Texas to California, and the two married, bought their forever home in San Leandro, and started a family.

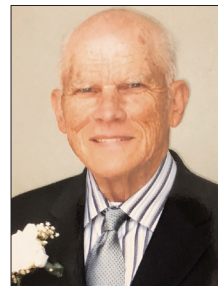
Joe worked at Lucky Stores for 35 years. Above all, he was dedicated to providing the best life for his family. After retirement he worked part-time for ANG Newspaper/Daily Review, rising early each morning for his paper route and earning the honor of Newspaper Carrier of the Year.

Papo Joe was a very dedicated grandparent, picking up his grandchildren from school and sports practices, and always a half hour early. He was also a big sports fan, especially the A's, Giants, Warriors, and the 49ers.

Joe was strong willed, but sensitive. His beautiful baby blue eyes and warm smile captured the hearts of all who knew him. His mind was sharp throughout his entire life. He was truly knowledgeable on Bay Area sports, national politics, local business news, and the regional weather.

A Memorial Mass honoring his life will be held on Friday, December 20 at 10:30 a.m. at Our Lady of Grace Church, 3433 Somerset Avenue in Castro Valley.

Donations in Joe's honor may be made to Hope Hospice who cared for Joe in his home during his last four months. Donations can be made directly on their website at www.hopehospice.com



News submissions to the Forum must be received by 6 p.m. Friday for inclusion in the following Wednesday's newspaper. Send info in an email to: fredz@ebpublishing.com.

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REAL ESTATE GALLERY

REAL ESTATE REALITY
By Carl Medford, CRS
Special to the Forum



Hidden Purchase Costs Can Ambush Homebuyers

Looking to buy a home in 2020? With local prices projected to rise approximately 3% next year, homebuyer wannabes will need to finetune budgets to check off the homeownership box.

Make sure you factor in the 'real' costs of home ownership.

The primary purchase costs are visible, including down payment, closing costs, loan, taxes, insurance and, if applicable, HOA fees. These are factored in when qualifying for a loan.

It is the hidden costs that catch buyers by surprise. Here are our Top 6:

- Moving Expenses

If you can load your belongings in a pickup truck, moving costs will be low. Factor in larger items, however, and expenses rack up quickly. Have bigger items such as a fridge, exercise equipment or a piano? You may need professional help.

- Furnishings

Occasionally existing furniture does not fit well or look good in the new home. Our first home had rooms that remained vacant (including the living room) the entire time we lived there because we never had the funds to fill them.

Keep in mind that furnishings include window coverings, throw rugs and other designer

items that help make the home cozy.

- Upgrades

Every buyer wants their new digs to reflect their own personal tastes. While this may be as simple as a can of paint, some new homeowners want to change floors, counters, redo kitchens and baths, upgrade landscaping and more.

Most buyers do not have a good grasp on current home improvement costs, and projects that may have seemed simple and inexpensive on paper have a way of quickly expanding. Upgrading appliances can also be expensive.

- Security

Increasing numbers of owners, concerned about safety, are installing alarms, cameras, smart locks and other security features. These not only have initial costs, many have accompanying monthly fees as well.

- Utilities

Hard to believe, but some buyers forget electrical, gas, water, trash, internet and phone costs. Utilities can be higher than expected, especially if the home has inefficient furnaces/air conditioning units, pools or other high-energy systems.

Older homes might not have adequate insulation, pushing energy costs higher. If you want

wifi-connected thermostats, factor purchase and installation costs in as well.

- Maintenance

Once you own a home, maintenance is on you. We recommend saving money monthly to establish a maintenance fund.

Buying a new home can be exciting! With good financial planning, you can keep hidden costs from showing up as unexpected guests.

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.

"A huge thank you to all of our clients" Merry Christmas & Happy New Year!



Peaceful and Serene almost 1 acre of land and 1,100 sq. ft. Home. This is a ranch style home with updates and a 540 sq. ft. garage. There is even an additional 270 sq. ft. room.

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Soil Sulphur for Fall and Winter; Can Develop New Dracaena from Offshoots

By Buzz Bertolero
SPECIAL TO THE FORUM

Q I'm growing blueberries, and they require an acid soil. It has been recommended that I lower my soil acidity. Aluminum sulphate and soil sulphur are recommended to lower soil pH. So what, if any, are the differences between them?

A Aluminum sulphate and soil sulphur are both acidifiers. They are a longtime, old school solutions used for making alkaline soil acid.

Depending on the date of the publication you are reading, one or the other is usually recommend-

ed. Soil sulphur is applied in the late fall and winter months while aluminum sulphate can be used during the growing season.

Aluminum sulphate is the active ingredient in two other acidifiers, True Blue or GreenAll pH adjuster. These products are easier to apply, as the instructions are written for the home gardener.

Azaleas, camellias, rhododendrons along with blueberries all benefit from acid soil. Another use of aluminum sulphate is to turn pink and white hydrangeas blue.

The ideal pH for most plants is between 6.5-7.5. A pH test is run on a soil sample taken from several inches below the soil surface.

A simple pH test is necessary to determine the correct amount required to apply and is available at most garden centers.

Q I have inherited a tall and lanky Dracaena Marginata. If I were to remove the top three feet, would it develop side branches? If so, when would be the best time to do this?

A Dracaena Marginata will develop side shoots if you remove a section of the main or central leader. Many times the side shoots grow naturally.

You might consider saving the cast-off section and develop a new plant from it. It's not that difficult. All you need to do is dip the cut end in a rooting hormone powder, available at any garden center. Then place the cutting then potting soil six to eight inches deep. The rooting process takes several months. When rooted, you'll have a mature plant.

Another technique gardeners will use is to root the section while it is still attached to the main stem. This is called Air Layering. You select a two to three inch wide area

on the main stem, score it with a knife, wrap it in moist sphagnum moss and cover the area with aluminum foil. In about six to eight weeks the new roots should have formed. The section is then cut off below where the roots are forming and planted.

The remaining plant could be tossed away or you can wait for the new growth to develop. Any of these plant propagation techniques can be done any time of the year.

If you're impatient and can't wait, transplant the existing plant into a larger container with additional new plants. It is very common to have multiple plants in the same container. The original plant becomes instantly full by selecting two to three plants of varying heights to fill in the void. The new plants could be other complementary varieties rather than Dracaena marginata. The lanky appearance is resolved as soon as the transplanting is completed.

Buzz Bertolero is an Advance California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com. Send questions by email to buzz@dirtgardener.com or on Facebook at Facebook.com/Buzz.Bertolero



RECENT HOME SALES

Castro Valley

18977 Patton Drive 94546: \$675,000 2 BD - 750 SF - 1948
4650 Heyer Avenue 94546: \$685,000 3 BD - 1,408 SF - 1947
22178 Dolores Street 94546: \$800,000 4 BD - 1,752 SF - 1948
2416 Mikemary Court 94546: \$910,000 4 BD - 2,232 SF - 1961
18500 Center Street 94546: \$1,080,000 4 BD - 2,585 SF - 1957

TOTAL SALES: 5
LOWEST AMOUNT: \$675,000 MEDIAN AMOUNT: \$800,000
HIGHEST AMOUNT: \$1,080,000 AVERAGE AMOUNT: \$830,000

San Leandro

551 Joaquin Avenue 94577: \$516,000 2 BD - 1,643 SF - 1972
1424 Wayne Avenue 94577: \$590,000 3 BD - 1,080 SF - 1942
1342 Parker Street 94577: \$650,000 2 BD - 1,524 SF - 1949
14656 Midland Road 94578: \$725,000 2 BD - 2,006 SF - 1980
15492 Heron Drive 94579: \$740,000 3 BD - 1,471 SF - 2000
948 Bridge Road 94577: \$930,000 3 BD - 2,142 SF - 1940

TOTAL SALES: 6
LOWEST AMOUNT: \$516,000 MEDIAN AMOUNT: \$687,500
HIGHEST AMOUNT: \$930,000 AVERAGE AMOUNT: \$691,833

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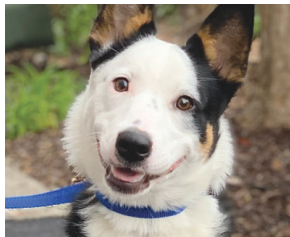
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May Peace, Joy, Hope and Happiness be with you and your Family this Holiday Season and throughout the New Year.
- Ken Kremer
Kremer & Company REALTORS®
Ken Kremer, Broker BRE# 00550782

ADOPT-A-PET



EVIE is a chill senior poodle. She's very sweet and really just wants a place to lay down and relax and enjoy an occasional walk. Call Hayward Animal Shelter: 510-293-7200.



TRIXIE is a 9-month-old Border Collie mix. She appears to be full grown at 32 lbs. She plays nicely with dogs she likes and loves toys and people. Hayward Animal Shelter: 510-293-7200.



TULA AND TOPO, rescued at just 10 days old, are now 4-months-old. Both are super sweet, affectionate, playful and love to snuggle. Tula has longer fur with lighter brown Tabby markings. Topo has darker brown Tabby markings. Tula is spayed, Topo is neutered. Both are vaccinated, microchipped and FIV/FelV negative. Please email: Loveallpawzrescue@gmail.com



Reports: CV

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Prowling and Trespassing
Thursday, December 12: at 2:30 a.m., a 38-year-old man with no permanent residence was arrested on suspicion of prowling and trespassing on private property at a home on Grove Way near Redwood Road. Deputies were called to the scene and found the property owner confronted the suspect in his yard. The man said was trying to take a carpet on the side of the home to help him keep warm. Deputies also found methamphetamine drugs in the man's pocket and took him into custody.

Baby and Drugs On Board
Monday, December 9: at 7:23 p.m., deputies pulled over and arrested two men on suspicion of child endangerment, petty theft, possession of illegal drug paraphernalia and conspiracy to commit a crime. A 63-year-old man from Oakland was driving away from a grocery store at the 580 Market Place where his passenger, a 23-year-old man from San Francisco was accused of shoplifting. Deputies stopped the vehicle on the westbound approach to Interstate 580 and found a 3-month-old baby in the car improperly secured and within inches of drugs and drug paraphernalia. The two men were taken into custody. The baby was sent to protective services.

ATHLETES OF THE WEEK

Keilani and Kellsey Yuto

This week's Athletes of the Week are Keilani (No. 4) and Kellsey (No. 14) Yuto, both seniors at Castro Valley High School.

The two sisters are members of the varsity girls basketball team — Keilani as the point guard and Kellsey as the shooting guard. Together, they helped lead their team to a 47-36 home win over the Foothill Falcons of Pleasanton on Thursday.

Keilani and Kellsey were able to find each other throughout the game, but in the fourth quarter, with the Falcons attempting a comeback, they combined for all 14 of the Lady Trojans' points.

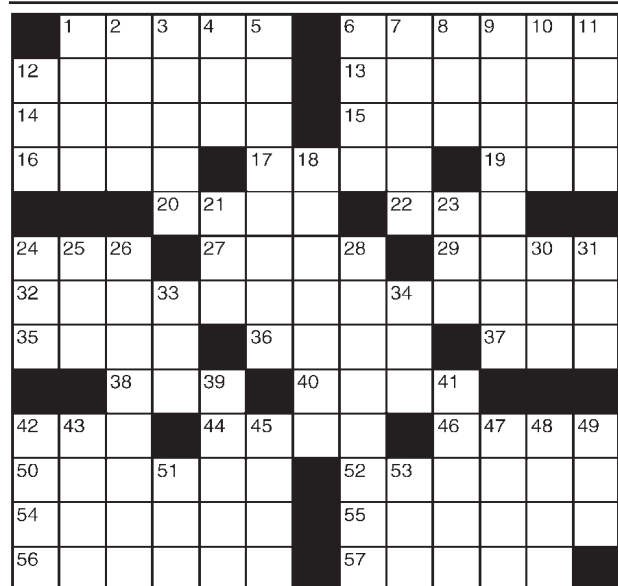
In that fourth quarter, Kellsey scored 3 three-pointers (9 points) with one assist to her sister. Keilani had a strong drive to the basket for



two points and two assists to her sister for three pointers, then received a pass from Kellsey for a three-pointer to score the last points of the game, holding off the Falcons for a 47-36 win.

Kellsey finished with 20 points and Keilani had 11.

THE FORUM CROSSWORD



ACROSS

- 1 Grill fill
- 6 Easily split rock
- 12 Give in
- 13 Beer gut
- 14 Fitting
- 15 "Camelot" role
- 16 First victim
- 17 Bullets and such
- 19 Big bother
- 20 Director Kazan
- 22 Unruly group
- 24 Trouble
- 27 Taj Mahal city
- 29 "___ Misbehavin'"
- 32 New Orleans neighborhood
- 35 Criterion
- 36 Yanks
- 37 Sauce source
- 38 That girl
- 40 Send forth
- 42 Raw rock
- 44 Sheltered
- 46 Capri, e.g.
- 50 Swiss city
- 52 Country
- 54 TV's Superman portrayer
- 55 Nasal qualities
- 56 First-born
- 57 Have a hunch

DOWN

- 1 "___ Your Enthusiasm"
- 2 Reed instrument
- 3 More than enough
- 4 Whopper
- 5 Unwavering
- 6 Unwanted email
- 7 Ricochet, in billiards
- 8 Shack
- 9 Occupies
- 10 Gulf War missile
- 11 "Comin' ___ the Rye"
- 12 Masseur's workplace
- 18 Theater canopy
- 21 Fond du ___, Wis.
- 23 Scull need
- 24 Sternward
- 25 Anger
- 26 Diminished
- 28 Increases
- 30 Ultramodernist
- 31 Have a go at
- 33 Ultimate
- 34 "___ was saying ..."
- 39 Icicles' homes
- 41 Saturn's largest moon
- 42 Storybook baddie
- 43 Stagger
- 45 Survive
- 47 Deadly septet
- 48 Playgoers' box
- 49 Type measures
- 51 Previous night
- 53 Shock and ___

ANSWERS ON PAGE 7

CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

Youth Baseball and Flag Football Programs
www.CVSPORTSLEAGUE.org

OPEN HOMES

SAT. & SUN.
DEC. 21 & DEC. 22

No Open Homes Are Scheduled for this Weekend.

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



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.

POSTAL ANNEX

YOUR HOME OFFICE®

"Holiday Special"

Personal Mailbox for \$20/month. All fees waived. Expires 12-31-19

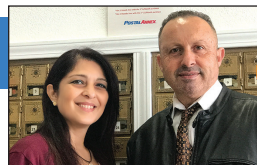
- SHIPPING (UPS, FEDEX, USPS, DHL INT'L.)
- SHIPPING BOXES & MATERIALS
- HOUSE KEYS MADE HERE
- OFFICE SUPPLIES
- MAILBOX RENTALS - Personal Size \$25 Per Mo. (Other Sizes Available)
- NOTARY PUBLIC SERVICE

- COPY SERVICES
- PACKAGE RECEIVING
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Open: Mon-Fri: - 9 a.m. to 6:30 p.m.,
Sat: 9 a.m. to 4 p.m. Closed: Sunday



Inas & Eddie
New Owners, Castro Valley Residents

Coverage: Short Visits

continued from page 7

can charge her privately for the bed-hold for each day thereafter, so long as it has advised her, in advance, that it will do so and the cost for same.

So, short visits of one or two days to be with family is entirely appropriate, and will not result in a loss of Medicare coverage, but — after the first day away — the visit may require private payment to hold her bed.

Medi-Cal: The rules for persons on Medi-Cal are more lenient. If your mom's stay is covered by Medi-Cal at the time of her visit, she could be granted a leave of absence (LOA) of up to 18 days per calendar year, provided that the physician approves the LOA and writes it into her Plan of Care.

Medi-Cal will cover the first seven days of "bed hold" while she is away, and considers this a "therapeutic leave." Further, she could be granted up to an additional 12 days of LOA per year under certain conditions.

So, again, if your mom were relying upon Medi-Cal for nursing home coverage, her visit home should not be a problem, but be sure to request that the physician writes the planned LOA into her Plan of Care.

Good wishes to your mom and family, and I hope that she enjoys the holidays with those she loves.

Gene L. Osofsky is an Elder Law and Estate Planning attorney in Hayward. Visit his website at www.LawyerForSeniors.com.