HOLIDAYS AROUND the TOWN

CASTRO VALLEY FORUM A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 31

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NO.49

INSIDE YOUR FORUM

OUR TOWN



'Bravissimo' International opera star Philip Skinner live at CV Arts Center this Saturday Page 3

LIVING



Holiday Roast The best gift may not be under the tree, it may be what's on your plate Page 6

HEALTH



2019 To-Do List Take steps to make the most of your health plan before the year's end Page 9

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PHONE: (510) 614-1560



PHOTOS BY DEBBIE TEE

Countdown to Christmas

LET THERE BE LIGHT: Despite cold temperatures and a sudden rainstorm that hit just before 6 p.m. on Friday, hundreds of people of all ages were on hand for the town's annual Christmas Tree Lighting in Castro Village.

UC Conducting East Bay Wildfire Evacuation And PSPS Event Study

Researchers from the UC Berkeley are conducting a study ducted across the state following to better understand the public's wildfires in the northern valley wildfire evacuation decision-mak- and Southern California, but reing as well as the public safety searchers now want to know how ower shutoff (PSPS) events by the PG&E this past October.

from Castro Valley and other East events. Bay communities to fill out a survey about their choices in a future wildfire evacuation.

The team is also interested in gift cards. analyzing travel patterns following the recent PSPS events. The goal is to develop strategies that can assist agencies across California in preparing for future wildfire berkeley.qualtrics.com/jfe/form/ events.

Similar surveys have been con-East Bay residents might react to a wildfire, and what experiences The UC team is asking residents residents had during the PSPS

Those who participate in the survey will be entered into a drawing for one of five \$200 Amazon

The survey is available online at: http://bit.ly/eastbay_wildfire_ survey.

An alternate address is https:// SV_8k85wjGIQupsMpn.



PHOTO COURTESY OF BILL SALTZMAN, MERLE'S HALLMARK

BIG BLOOPER: The lane-striping contractor at Castro Village got the right letters but the wrong sequence for his stencil when he painted this STOP sign on Wednesday. It was corrected by Friday morning.

MAC MEETING Neighbors Oppose 68-Unit Plan

By Amy Sylvestri CASTRO VÁLLEY FORUM

Neighbors told the Castro Valley Municipal Advisory Council Monday night that they aren't happy about a proposed development north of Foothill Blvd. - land previously zoned for single-family homes that's to be re-zoned for apartments.

The developers want to build 68-units in two four-story buildings on Miramont Ave. and Saratoga Street. The parcel is two acres, which could potentially allow for that type of density.

However, because of the steep grade of the land, the developers want to only do actual building on one-acre of the site, which would exceed density limits.

Nearby residents say they're worried about their views being obstructed, traffic in the area, and density issues.

Clint Griffin, who lives nearby on Toledo Street, said such a development would change much of what he loves about his neighborhood

"We are concerned about a couple of things," Griffith told the MAC. "We are passionate about the view. It was one of the things that drew us to the house.'

Dave Middleton, who also lives nearby, said he doesn't mind the parcel getting developed, but the proposed project isn't a good fit.

"On one-acre, it just seems to me that this is going to change the character of the neighborhood," said Middleton. "It seems to me that this project is designed to extract the most profit possible."

MAC Chair Marc Crawford encouraged the developers to reassess their plans and said they'd likely get approval for a project that was more like 14 units at three stories.

"I think the idea of getting 30 to 60 units on here is so far from reality," said Crawford.

The developers said that they'd like to see if any zoning changes to the area emerge after the county adopts the upcoming General Plan Update.



CV SPORTS HALL OF FAME 'Coach Chris' Still Helps Youth

First 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.castrovallevsportsfoundation.org.

> **By Lowell Hickey** SPECIAL TO THE FORUM

pon entering the Castro Valley home of Don Christiansen recently, the visitor immediately noticed two large sports equipment bags in the entryway.

Christiansen, 81, explained that later that day he was going to help a young catcher at Redwood Christian High with some defensive techniques, something he does once or twice a week. The bags contained catcher's gear and baseballs.

"I don't have near the energy at 81, but I still love doing it," said the former Laney and Chabot College baseball coach.

heart attack forced him to resign

Local Teacher Named to **Childhood Policy Council**

learning in California.

Merrigan, who teaches at Inde- to impact millions of children in pendent Elementary School, will California for years to come." be one of 20 diverse experts, edu-In congratulating Merrigan, sociation.

Gov. Gavin Newsom has se- School Superintendent Parvin Ahlected Castro Valley teacher Paula madi said she was excited that a Merrigan to be a member of the Castro Valley teacher will be able Early Childhood Policy Council to work with other Council memto develop a master plan for early bers and will "use her expertise in early childhood education in order

Merrigan has been a teacher at cators and parents who will hold at the Castro Valley Unified School least four public meetings per year District since 2008. She is a memand prepare a formal annual report. ber of the California Teachers As-

named Northern California junior college coach of the year in 1980 when the Gladiators finished third in the state championships.

A committee appointed by the Castro Valley Sports Foundation recently elected Christiansen to the Castro Valley Sports Hall of Fame. He earlier was named to the California Community College Baseball Coaches Hall of Fame (1992) and the Chabot College Athletics Hall of Fame (2002).

One wall in Coach Chris's downstairs family room is lined with photos of the 16 players he coached who went on to play in the major leagues. They include tively coaching as a volunteer George Mitterwald, Dick Tidrow, at Redwood Christian and at the Lee Lacy, Chris Speier, Von Joshua, Gary Pettis, Mike Young, Mark Davis, Bip Roberts, Rick Ever since he began his coach- Rodriguez and Darren Lewis ing career at Mt. Eden High in names any avid baseball fan would

Mt. Eden was just opening when Christiansen landed the head "Some of my friends don't even baseball coaching job right out of San Jose State where he played catcher and was the team's Most Indeed, he does. Although he record includes five years at Mt. Valuable Player as a junior. He re-

see FAME on page 15



Teacher Paula Merrigan



Don Christiansen

his post at Chabot, he's still ac-Redwood Christian summer baseball camp.

Hayward in 1960, Christiansen recognize. has been known simply at "Coach Chris."

know my first name," he chuckled. Christiansen's head coaching

hasn't been a head baseball coach Eden, 11 at Laney and 13 at Chabot alized immediately that coaching since 1988 when a stress-related where he had 502 career victories, was his passion. won five conference titles and was



Opera Star Philip Skinner Live This Saturday in Castro Valley

By Terry Liebowitz SPECIAL TO THE FORUM

International Opera bass/baritone luminary Philip Skinner will light up the Castro Valley Center for the Arts stage this Saturday night, Dec. 14, in "Bravissimo" at 7:30 p.m.

Tenor Ricardo Garcia and Soprano Vivian Yau will join him singing favorites from opera, Broadway and holiday classics.

Philip's bio includes performances at the New York Metropolitan Opera, Lyric Opera of Chicago, Houston Grand Opera, Teatro di San Carlo, Israel Phil- arship to Northwestern University with the San Francisco Opera.

"We should have search lights sity for graduate work. out front to herald this rare opportunity to see someone of Philip's tion with San Francisco's Merola stature right here in Castro Valley," mused Castro Valley Arts to the Western Opera Tour and Foundation President Mary Ann Adler Fellowship. Just as he was De Grazia.

Philip comes from a musical family devoted to church music. called to offer him his first profes-He played the trombone and was sional role in their 1985 producthe drum major in his Florida high tion of "Adriana Lecouvreu," an musical and theater productions. school marching band, but didn't amazing break, and he didn't even really sing in school until a chance meeting with the high school choral director his senior year.

the way, Philip received a schol



PHOTO BY VALENTINA SADIUL **Philip Skinner**

vocal program at Indiana Univer-

Next was a successful audisummer program and an invitation preparing to leave for the Merola program, the San Francisco Opera have an agent at the time!

scribes Philip's daily life as an op-With influential teachers along era star - performances, rehears- member of the Castro Valley Arts als, learning new material, costume Foundation.

fittings, productions meetings. This fall, Philip sang leading roles in three operas with the San Francisco Opera and last week he sang with the Santa Rosa Symphony.

In the spring he reprises his role of The Speaker in Mozart's "Magic Flute," this time at Opera San Jose. In the summer he takes on a new role with West Edge Opera singing Dikoj in "Kata Kabanova."

When asked what he likes best about his unusual career choice, took her into custody after a search Philip described the amazing, revealed her stash. singers, directors, conductors, and orchestras who share heart, creative spirit and a zest for the arts.

harmonic and over 55 productions and then went on the prestigious this wealth of talent every single a 911 call about a loud and agday.'

Philip has lived in Castro Valley since marrying Castro Valley native, Lisa Carlin. They met when she was volunteering at the Merola program. They have two grown children, Allegra and Matthew. making death threats, and resisting Matthew is carrying on the musical tradition as he teaches choral music in the Castro Valley elementary schools and stars in Bay Area

For tickets to "Bravissimo" or more information, visit www. Today, "on the go" best de- cvartsfoundation.org/shows

Terry Liebowitz is a founding

Public Invited to View K-5 Science Material

The Castro Valley School Disnew elementary school (grades proposed for district adoption. K-5) science materials that align with rigorous California Standards.

trict is in the process of adopting to preview these new materials

Materials are viewable week-

The community is now invited Services Dept. at the District Office, 4400 Alma Ave. The materials aren't available for check-out.

days between 8 a.m. and 4 p.m. Baiocchi at 510-537-3000 ext. through Dec. 20 in the Educational 1243 or lbaiocchi@cv.k12.ca.us.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM

Traffic Stop Ends in Arrest for

Methamphetamine Drugs Sunday, December 8: at 3:33 p.m., Sheriff's deputies arrested a 43-year-old woman from Hayward on suspicion of possession of methamphetamine drugs and related drug paraphernalia. The woman was driving on Strobridge Avenue near Castro Valley Boulevard when deputies pulled her over for a traffic citation. Deputies

Son Assaults Stepmother, **Resists Arrest**

"I am fortunate to be a part of Sunday, December 8: at 7:26 p.m., gressive-sounding argument sent deputies to an apartment on Grove Way near Morales Court. There, assault. The man was at a home they arrested a 31-year-old man on Berdina Road near Redwood from Castro Valley on suspicion of assault on a family member, arrest. Deputies reported having to break down the door to enter the premises. The apartment showed signs of an altercation including injury to the suspect's stepmother. The man was taken into custody. The woman was treated at the scene.

One Too Many

Sunday, December 8: at 3:25 p.m., deputies arrested a 33-year-old man from Antioch (Contra Costa intoxication. The man was spotted on Castro Valley Boulevard near the Castro Village Shopping Center having a hard time standing up. For more info, contact Lauren Deputies report the man failed his field sobriety test and was taken into custody.

Concealed Knife and

Methamphetamine Drugs Sunday, December 8: at 12:55 p.m., a 52-year-old man with no permanent residence was arrested on suspicion of possession of cated. Deputies pulled the woman a concealed knife, methamphetamine drugs, illegal narcotics, and related drug paraphernalia. observing her weaving while driv-Deputies stopped the man for ing. The woman failed her field questioning outside a business on Redwood Road near Grove Way and discovered his stash. The man was taken into custody.

Wanted Man

Sunday, December 8: at 7:48 a.m., deputies arrested a 52-yearold man from Oakland as part of a warrant issued for his capture related to charges of domestic Road when deputies served the warrant. The man was handcuffed and taken to Santa Rita Jail pending \$50,000 in bail.

Vandalization of **Private Property**

Friday, December 6: at 6:49 p.m., a.m., a 33-year-old man from a 20-year-old woman with no per- Hayward was arrested on suspimanent address was arrested on suspicion of vandalizing private property in excess of \$400 outside a home on Edwards Lane near he was riding a bike on Kerr Street Center Street. During questioning, near Baker Road. The man addeputies report the woman put up a fight and had to be restrained. smoking drugs, but deputies also County) on suspicion of public Deputies took the woman into found bolt cutters in his backpack. custody.



Intoxicated Driving

Saturday, December 7: at 12:39 a.m., a 23-year-old woman from San Francisco was arrested on suspicion of driving while intoxiover at the intersection of the Boulevard and Stanton Avenue after sobriety test and was taken into custody.

911 Hang Up Ends in Arrest

Monday, December 2: at 10:20 p.m., deputies arrested a 61-yearold woman from CV on suspicion of violating a restraining order and terms of her parole, and making death threats. The department reported a dropped 911 call and sent deputies to an address on Denison Place near Elbridge Court. The woman at the scene was identified as the suspect and taken into custody, but not before screaming death threats to her husband.

Biker with Bolt Cutters

Tuesday, December 3: at 1:29 cion of possession of illegal drug paraphernalia and burglary tools. Deputies stopped the man while mitted to carrying a pipe used for The man was taken into custody.

Ho! Ho! Ho



Community Calendar

The Week Ahead

• Wednesday, December 11: Free Winter Holiday Concert

Start the holiday by enjoying a special musical performance and an audience sing-along as the Castro Valley Adult & Career Education Community Band conducted by Kathy Maier invites you to a Winter Concert at 7:30 p.m. this evening in the Castro Valley High School Cafeteria, 19400 Santa Maria Avenue. Refreshments will be served.

• Wednesday, December 11: Neuropathy Support Group

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

• Thursday, December 12: School Board Meeting

1

1

3

3

5

The Castro Valley Board of Education will hold a regular open meeting at 7 p.m. tomorrow in the boardroom at 4400 Alma Ave., which will include a public hearing on the Accounting of Development Fees for 2018-2019. Visit bit.ly/CVUSDBoardMeetings for the full agenda and board packet.

• Thursday, December 12: Libertarian Party Meet & Greet

The Libertarian Party of Alameda County will be having a Holiday Meet & Greet from 7 to 9 p.m. tomorrow at Buffalo Bill's Brewery, 1082 B St., Hayward, with an optional anonymous gift exchange (\$10 and under if newly-purchased), re-gifting and white elephants are welcomed, baked goods work too. No membership required. More info at lpac.us/events.

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• Friday-Sunday, December 13-15: Free Pet Adoptions

The Hayward Animal Shelter at 16 Barnes Court holds its big yearend adoption event, "A Home for the Holidays," from 11 a.m. to 5 p.m. this Friday, Saturday and Sunday, when no fees will be charged for adoptions to qualified homes of dogs, puppies, cats, kittens and bunnies (with all shots and microchips). \$17 dog license fee for Hayward residents. Also a bake sale and raffle prizes. Bring your pet for a picture with Santa. For more info, visit www.facebook.com/haywardanimalshelter

• Friday, December 13: Traditional English High Tea

The Aitken Senior Center at 17800 Redwood Road is taking a break from the hectic holiday season with a traditional English High Tea plus entertainment and a raffle for exciting prizes, from 1 to 3 p.m. this Friday. Purchase individual tickets or a table for 4 and decorate it in a holiday theme with your own tableware. The Senior Center provides the tea and scrumptious treats. The High Tea is \$12 per person and reservations are required. For more information, please call 510-881-6738.

• Saturday, December 14: Buon Tempo Crab Feed

\$50 gets you all you can eat Alaskan Dungeness crab, pasta, and salad, with all proceeds going to the Bob Grazzini Memorial Scholarship Fund. No-host Happy Hour is 5-6 p.m., dinner at 6 at Transfiguration Church, 4000 East Castro Valley Blvd. Also a raffle for and silent auction (cash) for some very delicious desserts. To make reservations, send a check with number of tickets requested made out to the Buon Tempo Club to: Rick Martens, P.O. Box 2625 Fremont, CA 94536 before Dec. 12. Check in at the door the day of the event. Over the past 30 years, Buon Tempo has given out over \$175,000 to students who are graduating high school, to help them pursue college and/or vocational training.

• Saturday, December 14: Hearing Loss Association Meeting

"The ways we cope with Hearing Loss," a members' discussion group about our ongoing problems in social situations, and a "show and tell" of our latest gadgets which allow us to hear better at the next meting of the Hearing Loss Association. Audience participation is encouraged, so please come prepared to share a funny story, or a frustration you have recently experienced. Please bring finger food to share at this Holiday Potluck. Oakland Kaiser Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. Parking garage on Howe is free on Saturday. info@hearinglosseb.org or 510-221-6080.

• Saturday, December 14: Holiday Saxophone Quartet

Enjoy an afternoon of seasonal music with The Holiday Saxophone Quartet featuring Tony Gallardo, Michael Wirgler, John Aczon and Michael Wilson at 2 p.m. this Saturday in the Chabot Room of the Castro Valley Library. Bring the whole family and sing-along. No reservations needed. Visit https://www.aclibrary.org/home for more information.

• Saturday, December 14: Candlelight Caroling

Starr King Unitarian Universalist Church, at 22577 Bayview Avenue in Hayward, invites you to its Annual Las Posadas candlelight caroling in the neighborhood at 5 p.m. this Saturday, followed by a community dinner at about 6:00 p.m. (No RSVP needed). For information, call 510-581-2060.

• Sunday, December 15: Holiday Cheer & Artisan Fair

A Holiday Cheer & Artisan Fair will be held in Castro Valley from noon to 3 p.m. this Sunday, with unique holiday gifts for purchase and a chance to learn about local non-profit organizations that support women and girls around the globe. The artisans will be selling jewelry, housewares, textiles, stationery and accessories. Proceeds benefit the individual organizations. Cash/check only. Please email Amy Madsen for the Castro Valley address at: amycmadsen@gmail.com

stro Valley address at: amycmadse	n@gmail.com						
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Buzz Bertolero

year- Take a break from your holiday shopping and enjoy the live sounds

of "In Full Swing," a 20-piece local big band with vocalists performing in the Chabot Room at the Castro Valley Library at 2 p.m. on Sunday, Dec. 15. This local favorite, under the direction of Milt Bowerman, will perform jazz and seasonal classics with a fun, big-band twist! No reservations required. For more info, call 510-667-7900, or see Events at https://www.aclibrary.org/home

• Tuesday, December 17: Madrigals Perform at Rotary

• Sunday, December 15: Big Band Swingin' Holiday

The Madrigals, the premier CVHS acapella group, will perform for the Castro Valley Rotary Club at their next buffet lunch meeting from noon to 1:30 p.m. on Dec. 17 at Redwood Canyon Golf Course. The cost of lunch is \$15 and reservations must be made by 9 p.m. on Dec. 15 by contacting Rotary at cvrotary@iCloud.com or 510-402-5123. More info at castrovalleyrotary.org

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. on Dec. 18 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

• Sunday, 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 Sunday, 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.

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.

• "Bravissimo: From Opera to Broadway," featuring rising star tenor Ricardo Garcia singing familiar opera and Broadway classics at 7:30 p.m. on Saturday, Dec.14. He will be joined by international opera luminary Philip Skinner. Both men are from Castro Valley. Soprano Vivian Yau will make a guest appearance. For tickets (\$29-\$31), 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

• 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.

• 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.

AT THE CHABOT CINEMA 12/11 - 12/17

• Frozen II, PG

- Wed-Thu 12/11-12 3:55p, 6:45p
- Jo Jo Rabbit, PG
- *Fri 12/13-Tue 12/17* 1:40p, 7:05p
- Nat'l Lampoon's Christmas Vacation, PG
- *Sat 12/14* 11:30a, 9:30p, *Sun 12/15* 11:30a
- at 12/14 11:50a, 9:50p, Sun 12/15 11:50
- Parasite, R

Fri 12/13 4:10p, 9:35p, Sat 12/14 - Tue 12/17 4:10p

East Bay Living



Christmas is Just 2 Weeks Away!

t's time to start making plans before you know it.

perfection.

Cooking a roast may seem a bit for your yuletide feast, be- intimidating, but it really is one of cause the big day will be here the more simple main dishes to prepare. There's little more to it 1 (6-8 pound) trimmed beef rib For a spectacular holiday cen- than putting it in the oven and pullterpiece, nothing quite compares ing it out when it's done. You'll 6 large cloves garlic, crushed to a beautiful beef roast cooked to need a good meat thermometer (an 1-1/2 teaspoons dried thyme instant-read type is best to use).

CLASSIC PRIME RIB ROAST

roast, chine bone removed 1 teaspoon black pepper

Preheat oven to 350°F. Combine garlic, thyme and

black pepper. Press evenly into surface of beef roast. in shallow roasting pan. Do not dish.

add water or cover roast. Roast approximately 2-1/4 when internal temperature reaches 135°F for medium rare or 150°F for medium.

stand 15 minutes prior to carv- brown. Serves 12. ing. Serve with horseradish sauce. Makes 8 to 12 servings.

SWEET POTATO CASSEROLE

4-1/2 cups cooked and mashed sweet potatoes 1/2 cup butter, melted 1/3 cup milk 1 cup sugar 1/2 teaspoon vanilla 2 eggs, beaten 1 cup light brown sugar 1/2 cup all-purpose flour

1/3 cup butter cup chopped pecans 1

Preheat oven to 350°F. Grease a 9x13-inch baking dish.

In a large bowl, mix together mashed sweet potatoes, 1/2 cup cover with cold water to 2 inchbutter, milk, sugar, vanilla extract, es above potatoes. Season water and eggs. Spread sweet potato generously with salt and bring Place roast, fat side up, on rack mixture into the prepared baking potatoes to a boil to cook for 40

> In a small bowl, mix together pecan mixture over the sweet potatoes

Bake for 25 minutes in the Tent loosely with foil and let preheated oven, or until golden

HORSERADISH SAUCE

- 1/4 cup prepared horseradish 1/4 cup sour cream
- 1/4 cup mayonnaise

Combine all ingredients in bowl and serve with roast.

CREAMY MASHED POTATOES WITH CHIVES

- 6 Idaho or russet potatoes,
- peeled and quartered 1/4 cup chopped fresh chives 4 ounces Mascarpone cheese teaspoon salt, plus more for 1

cooking potatoes 1 cup milk, warmed

Place potatoes in a large pot and minutes, until very tender.

Drain potatoes and return to pot. brown sugar and flour. Cut in 1/3 Mash potatoes with warm milk to 2-1/2 hours. Using an instant cup butter until mixture is crum- until smooth. Fold in mascarpone read thermometer, remove roast bly, then stir in pecans. Sprinkle and chives. Season with 1 teaspoon salt. Serves 6 to 8.

GREEN BEAN CASSEROLE

- 2 (10-3/4 ounce) cans Campbell's Cream of Mushroom Soup
- 1-1/2 cups milk
- 2 teaspoons soy sauce
- 1/4 teaspoon black pepper 4 (9-ounce) packages frozen
- cut green beans, thawed
- 2-2/3 cups French fried onions Stir soup, milk, soy sauce, black

pepper, beans and 1-1/3 cups onions in 3-quart casserole.

Bake at 350°F 30 minutes or until hot. Stir. Top with remaining onions. Bake 5 minutes more until onions are golden. Makes 12 servings. To enhance this dish, cook 4 slices bacon until crisp and crumble over the top.

Groceries Mahatma® Long Grain Rice 3Lbs.		FOO	D	Crisco [®] \$379 Sticks Regular & Butter 20 Oz.
Green Giant [®] \$149 Corn Ea. Shoepeg, Mexicorn, Niblets 11 Oz.		Ave., Castro Valley		Early California® \$199 Pitted Black Olives Medium, Large, Extra Large 6 0z.
Chicken of the Sea® \$159 Tuna With Oil, Water, & Chunk 5 Oz.	Meat	Dairy &	Frozen	McCormick [®] Pure Vanilla Extract 2 Fl. Oz.
Snow's® Clams <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>Chopped</i> <i>C</i>	Now Taking Orders Cut to Order Prime Rib	Tillamook [®] \$479 Butter Salted & Unsalted 4 Sticks, 1 Lb.	Gold Peak [®] \$249 Tea Assorted Variety 52 Fl. Oz.	McCormick [®] Ground Black Pepper 3 0Z.
Snow's [®] \$219 Clam Ea. Juice 8 Fl. 0z.	Willie Bird or Mary's Fresh Free Range Turkeys	Cracker Barrel® Cheddar \$429 Cheese Selected Variety 8 Oz.	Simply [®] \$2,79 Lemonade & Lime Assorted Variety 52 Fl. Oz.	Progresso [®] \$199 Soup Ea. Selected Meatless 18, 18.5 & 19 0z.
A-1 [®] \$499 Steak Sauce Ea. Regular & Thick/Hearty 10 Fl. Oz.		Knudsen [®] Cottage Cheese Non-Fat, Low Fat & Small Curd	Dole [®] \$379 Fruit & S ⁷⁹ Toppings	Hunt's [®] Tomatoes Assorted Variety 14.5 Oz.
French's [®] \$ 1 99 Worcestershire Ea. Sauce 10 Fl. Oz.	Caggiano Gourmet Hams Bone In or Out	Reddi Wip [®] \$499 Real Whipped Ea. Cream Original, Extra Creamy 13 Oz.	Assorted Variety 12 & 16 Oz. Freschetta [®] Pizza Assorted Variety & Sizes	Murphy's [®] Original Oil Soap Cleaner 16 Fl. Oz.
Heinz [®] \$249 Chili Ea. Sauce 12 0z.	Beef Tenderloin Cut to Order	Fairlife® Milk\$399 Ea.2%, Whole & Chocolate52 Oz.	Armanino [®] Beef ^{\$} 13 99 Meatballs ^{3 Lbs.}	Ajax [®] Liquid Dish Soap Orange, Lime & Lemon 28 FL Oz.
Nabisco [®] Honey \$339 Graham Crackers 14.4 0z.	Shake'n Bake® Chicken & Pork Assorted Varies	ty & Sizes		Sparkle [®] Paper Towels ^{2 Rolls} Deli
Duncan Hines [®] \$269 Cake Mix Selected Variety 15.2 & 15.25 Oz.	Golden Grain [®] Macaroni Pasta Elbow & Sala	ad 32 Oz. 32 Assorted Varia	Ea. Ea. S ety 15 Fl. Oz.	Simply [®] \$2,19 Potatoes Ea. Hashbrowns 20 Oz.





Buon Tempo Delivers Toys

Nell Randisi and Al Bronzini deliver toys for the Candy Cane Lane Christmas Party at George Mark Children's House in San Leandro. The toys were donated by the Buon Tempo Italian American Club and The Castro Valley Bocce Group.

San Leandro Jewish Center to Open With Two Chanukah Celebrations This Month

The Jewish holiday of Chanu- menorah lighting at the city hall. kah is celebrated by kindling the The event will also feature a live intimate meet-and-greet house- been so welcoming," says Sheina menorah, enjoying crispy potato band, fresh latkes, donuts, hot colatkes (pancakes), and singing familiar tunes - a time of joy and celebration.

The Jewish community in San Leandro will have another reason to celebrate this Chanukah: the opening of their own Chabad House, a center of inclusive Jewish life and learning, where everyone is welcomed to explore Judaism at their own pace.

The new center is co-directed by Rabbi Shmaya and Sheina Shusterman, a young husbandand-wife team, who bring a wealth of Jewish scholarship and programming experience.

Hailing from Melbourne, Australia, and Vienna, Austria, respectively, they say that they have been warmly welcomed since they arrived in Northern California a few available at ftb.ca.gov's resources months ago.

In honor of Chanukah, they will be leading San Leandro's giant volunteers spend the early winter including information about the VITA volunteer page.

coa, crafts, and a grand Chanukah gelt drop-in which chocolate coins wrapped in foil will rain down on the participants.

Sunday, Dec. 29, at 5 p.m, at the San Leandro City Hall, 901 East 14th Street.

They will also be hosting a more warming event on Monday, Dec. 23, at 7 p.m. at their home, 1367 Breckenridge St., San Leandro.

chance for community members The celebration is scheduled for to familiarize themselves with the Shustermans and their plans. The party will feature a menorah lighting, light buffet, crafts and more.

"Everyone we met so far has Shusterman, who reports that she and her husband have been receiving many calls and emails from The Chanukah party will be a people wishing to get involved. "We are really looking forward to what the future will bring."

Info: call 347-419-6541, email: chabadsleandro@gmail.com, or visit jewishsanleandro.com

Online Course Helps Volunteers Become Certified to Prepare Income Tax Returns

volunteers become certified to prepare income tax returns.

spans less than two hours and is around the state. and training page.

The course covers what volunteers need to know about fed-

California's Franchise Tax training for tax season. After at- expanded, cash-back California Board has released a free online taining Internal Revenue Service Earned Income Tax Credit (Catraining course aimed at helping (IRS) certification, volunteers IEITC) and the new Young Child donate their time to prepare re- Tax Credit (YCTC). Also includturns for low- to moderate-income ed is background on the new state The 13-part updated course families for free in communities individual health care mandate, which takes effect in tax year 2020.

In-person training also is available around the state. To find a lo-Volunteer Income Tax Assistant eral and state income tax returns, cation near you, visit ftb.ca.gov's

CONSTRUCTION IS ALMOST COMPLETE



WE'VE MADE SOME EXCITING CHANGES...

And the renovation is nearly complete. We would like to take this opportunity to thank you for your patience and support of Castro Village Shopping Center merchants as we worked to enhance the shopping experience. Stop by, check out the renovations, and visit the friendly faces, stores and eateries that your heart desires.

A WOMANS TOUCH CHIROPRACTIC AMERICA'S BEST CONTACTS & EYEGLASSES ARAN'S COLOR & GLAZE AROMA CUISINE OF INDIA BAKER + JAMISON SALES CENTER BANK OF THE WEST CASTRO VILLAGE BOWL CHEESE STEAK SHOP CHEF EXPRESS CHINESE CUISINE DANA'S EVENT BOUTIQUE & FLORIST DON JOSE'S EDEN BICYCLES EDWARD JONES INVESTING EUROPEAN WAX CENTER HABIT BURGER HEALTH UNLIMITED

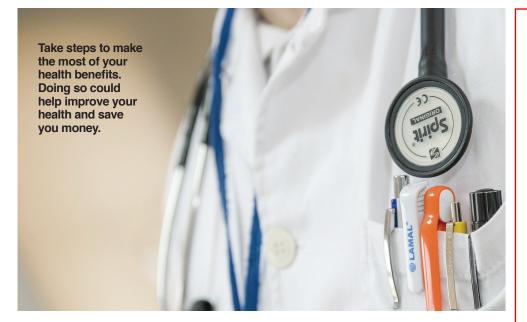
CASTRO (S)

ISUSHI THE JOINT CHIROPRACTIC -COMING SOON **KELLER WILLIAMS** LIME LEAF THAI LINDA'S HAIR & NAILS LINDA'S NAILS LOARD'S ICE CREAM MASSAGE ENVY SPA MEL'S SHOE CLINIC MERLE'S HALLMARK SHOP MOD PIZZA MOUNTAIN MIKE'S PIZZA MR. PICKLE'S ORANGETHEORY FITNESS POSH BAGEL PACIFIC REHABILITATION & SPORTS THERAPY

RAF TALBOT SALON **RIGATIONI'S ROBIN'S NEST** ROSS SAYANG HOLIDAYS SEE'S CANDIES SHARI'S RESTALIRANT **STARBUCKS** TE'AMO- COMING SOON TJ MAXX **U&I PHONE REPAIR** VISION GALLERY OPTOMETRIC CENTER VITALITY BOWLS WALGREENS WORLD WIDE ART

VILLAGE





HEALTH & FITNESS

Make the Most of Your Health Plan Before the End of the Year

By Rebecca Madsen SPECIAL TO THE FORUM

The holiday season is at hand, and many residents in California are already making year-end plans to travel and celebrate with friends if you have reached or exceedand family.

that is often overlooked: taking insurance kicks in. If not, it may steps to make the most of your make sense to delay non-emergenhealth benefits. Doing so could help improve your health and save ment, until 2020. you money.

Tips to consider before the end of the year:

• Get Ahead of Health Issues: People with employer-sponsored, individual, Medicare and Medpreventive services that can help well-being.

Take advantage of the various the off season winter months. health screenings - such as blood pressure, cholesterol and depression – and timely vaccines, such as the flu shot, that are available through your health plan before year-end.

Doing so now may give you a head start on those healthy New Year's resolutions. Check with your health plan as many eligible preventive services are available at no additional cost, as long they are delivered by care providers in your plan's network.

• Delay Non-Emergency Services: A growing number of employers and consumers are

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deductibles; nearly 45% of Ameri- deductible and out-of-pocket maxcans are enrolled in such plans, ac- imum, increasing the likelihood Control & Prevention.

If this applies to you, check the remainder of the year. ed your deductible, which is the Health Services: The opposite is Yet there is one year-end plan amount you have to pay before true if you have already reached cy services, such as a joint replace-

The cost for those services

choosing health plans with higher would then apply to your 2020 cording to the Centers for Disease that your health plan would pay for more of your medical expenses for

> Recommended • Schedule your deductible. In this case, check with your health care professional to schedule recommended medical services, as those will likely

see PLAN on back page

Play Soccer in Off-Season

icaid plans have access to many and 24/7 UK Soccer Academy are my, Development Center, Goalie, providing opportunities for recredetect diseases and encourage ational and competitive players to my) for boys and girls in different continue to play soccer through age groups can be found on the

Detailed information on all programs that are offered (including cademy.com/programs/winter

• We welcome new patients

The Castro Valley Soccer Club SAQ, Striker, Elite, U7/8 Acade-Saturday Soccer, pre-AFC Acade-24/7 UK Soccer Academy webpage: http://www.24-7uksoccera-

credit cards



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ATHLETE OF THE WEEK

Leikela Lunt

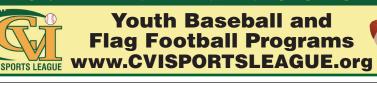
This week's Athlete of the Week is Leikela Lunt, a senior at Castro Valley High School.

Lunt played as a kicker on the CV Varsity football team and in the last game of the season she kicked a 28 yard field goal to win the game 31-28 in double overtime at Piedmont High School on Friday, Nov. 1.

Lunt has moved on to play soccer now, where she is a member of the CV Varsity soccer team.



VALLEY INDEPENDENT SPORTS LEAGUE





Offer valid on select memberships at the specified location and expires 12/31/2019. Pricing and amenities may vary by membership and location. Additional fees and restrictions may apply. See club for details. © 2019 Crunch IP Holdings, LLC



EAL ESTATE GALLERY

The Cathy *B*scent Team would like to wish all a Wonderful Holiday Season filled with everything good that life can bring!

The Cathy Brent Team is growing and continues to be #1. We look forward to helping you in the New Year with all your real estate needs. From our family to yours we wish you a wonderful holiday season. Cathy, Kathi, Wayne, Linda, Kelly & Erika



$(\mathbf{x} = \mathbf{y} = \mathbf{x} = \mathbf{y} =$ Cathy Brent Team • 510-381-1065 Cathy@CathyBrent.com · DRE #01088138 www.cathybrent.com

Kathi Townsend: 510-333-9404 / kathi.townsend@BHHSDrysdale.com / DRE #01409032 Wayne Licsak: 510-303-7765 / wayne.licsak@BHHSDrysdale.com / DRE #01850870 Linda Neff: 510-557-9185 / linda@lindaneff.com / DRE #01495978 Kelly McCoy: 925-786-2681 / Kelly.McCoy@bhhsdrysdale.com / DRE#02095209



FOR SALE - 2836 Aegean Pl., Castro Valley • OPEN: Sunday, Dec. 15, 1-4 p.m. Absolutely Gorgeous Home Perfectly Located in Castro Valley. 4 Bedrooms, 3 Bathrooms, 2,822 sq. ft., Lot Size 11,265 sq. ft. Nicely Updated Throughout and a perfect low maintenance yard with a beautiful grass and lots of lovely drought resistant flowers. \$999,000



FOR SALE - 721 Sunset Blvd., Hayward - Adorable bright open floor plan. 2 Bedroom, 1.5 Bath, 1,100 sq. ft. Full laundry room off the kitchen. Large lot 7,980 sq. ft. Detached Garage. Lots of Fruit Trees. Great Location. \$599,000





Winter Rains Open the **Door to Foundation Issues**

inter has ushered in a new season of rain and numerous accompanying water-related issues.

While normal to see sudden shortages in the umbrella supplies, in traffic delays and increasing numbers of accidents, it is what is not readily visible that can be problematic.

Think, "foundation issues." While water is one of our primary natural resources, too much of a good thing in the wrong place can be devastating. A sudden influx of rainwater into a region such as the East Bay can cause soil instability, induce landslides and put significant strain on residential foundations.

Foundations are designed to support a structure, not keep water out. Concrete in and of itself is porous and if water is allowed to pool on the outside of a foundation, it is only a matter of time before the water makes its way into crawlspaces and basements, often with serious implications.

It is not typical in our area to see extensive waterproofing

11 COSTLY HOME

applied to foundations exteriors, water interacts regularly with so Bay Area residents must ensure there are adequate systems in place to divert water away from foundations.

Potential water issues in residential settings come from three fundamental areas: (1) the property's roof, (2) the surrounding yard and (3) a high water table.

Since roofs gather massive amounts of water, it must be routed as far away from the home as possible.

Gutters and downspouts need to be free of debris and diverters need to deposit water at least 3 feet from the foundation. Downspout extensions can be purchased from local home improvement stores and easily added to the bottom of downspouts.

Yards can be more problematic.

Ideally, surfaces should slant away from the foundation. In some cases, this might mean changing the yard's layout. If a hill dumps water towards the foundation, French drains or similar water management systems are needed to divert water around the house.

Much of our regional soil is expansive, which expands when wet and shrinks when dry. If

expansive soil, the constant shrinking/expanding movement can actually lead to foundation cracks.

Streams of water hitting a foundation can also undermine the footings. Neighborhoods with high water tables may require sump pumps under the home to keep things dry.

As the rains descend, check your crawl space and/or basement. If you see water activity, you may want to take proactive measures to ensure the damp does not ultimately lead to doom.

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.



PHONE

510-512-2145



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

С

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

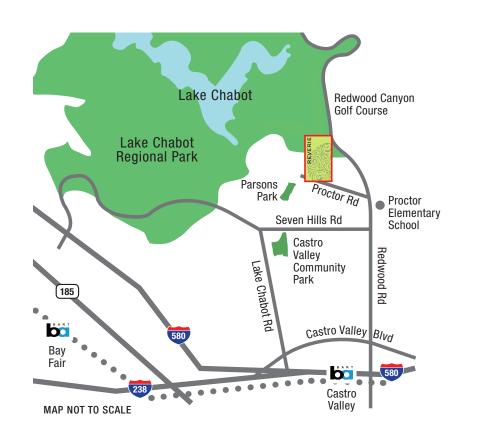
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Replacement 25 Years Experience Pruning, Topping, Removing, Synthetic Central Heating 📕 Grass Installation, Planting, New Lawns & SERVICES CASTRO VALLEY FORM **FREE ESTIMATES** Lawn Care, Sprinkler Systems, Lots & Hill-New Additions sides Cleaned & Planted, Drainage/Gutters, Call Jeff Today! Floor & Wall Fences, Decks, Patios, Arbors, Concrete, etc Sem Liendro Times Heaters SELL YOUR CAR OR TRUCK 510-366-6491 CALL 510-385-2122 A/C & Furnace Repair with a Classified Ad Forsiles Get Lic. #803455 For more info or to place an ad FREE ESTIMATES HOME SERVICES DIRECTORY 510-715-9382 call 510-614-1558 EXCELLENT REFERENCES / SINCE 1994 INSURED / ALL WORK GUARANTEED / UNLICENSED Call 614-1558 LIC. #885035 San Leandro Times/Castro Valley Forum We greatly appreciate our many **NEED - Handyman Service?** dvertisers who make it possible for Plumbing Roofing Painting Check the Classified Ads under us to publish these newspapers. "HANDYMAN SERVICE" for help. BANNER ROOFING CO. 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LIC. #904794 - A vacancy day is money lost forever -GUTTER TYPES PROFESSIONAL To place an ad call **510-614-1558** SEAMLESS ALUMINUM **** WORKMANSHIP ************ Roofing • PREPAINTED IN 20 COLORS GALVANIZED 5". 6" & 7" $\star \star \star \star$ **BUY, SELL & SAVE** All real estate advertised in the CASTRO VALLEY FORUM and SAN LEANDRO • COPPER GUTTER SYSTEMS FAMILY OWNED & OPERATED **FREE ESTIMATES** • SHEETMETAL FABRICATION TIMES is subject to the Federal Fair Housing Act, which makes it illegal to **HERE IN YOUR LOCAL** onderlin **Over 25 Years Experience** • OVERHANG SOFFIT & FASCIA **** SENIOR DISCOUNTS Reroofs • Repairs • Inspections Dry Rot Repair • Seamless Gutters (Pre-painted) MARKETPLACE advertise any preference, limitation or discrimination because of race, color, • CLEANING & REPAIRS LIC # 657692 BBB A+ religion, sex, handi-cap, marital status, na-Lic. #642517 Insured/Bonded CastroValleyForum.com FREE ESTIMATES 20% OFF ANY OF OUR ROOFING & GUTTER SERVICES tional origin or intention to make any such pref-\$200.00 OFF $\mathbf{\tilde{}}$ 20% OFF ANY COMPLETE OR PARTIAL ROOFING JOB SanLeandroTimes.com erence, limitation or discrimination. 20% OFF ANY COMPLETE OR PARTIAL GUTTER JOB COMPLETE REROOFING WITH TEAR-OFF 20% OFF ANY ROOFING OR GUTTER REPAIR JOB Expires 1/31/20 **One Coupon Per Customer**

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14 CASTRO VALLET FORMAN Wednesday, December 11, 2019 CASTRO VALLEY FORUM



ETTER TO THE EDITOR USA FREDZ@EBPUBLISHING.COM

EBMUD Thanks You for Your Patience

Editor:

East Bay Municipal Utility District has completed the soils removal project originating from the Miller Road site at the end of Redwood Road.

The project involved a lot of truck traffic up and down Redwood and was demanding - at times stressful - to Castro Valley. With this project, we removed 116,000 cubic yards of soil from the Miller Road site. Thank you for your patience and understanding.

By way of background, this soil came from leak repair and/or pipeline replacement jobs in Castro Valley or nearby areas. Over the past 14 years, 317 leak repairs and nearly three miles of pipe were taken care of in Castro Valley.

And, there are important projects to come - the Jamison Way water main extension and the Cull Creek steel reservoir rehabilitation, all part of infrastructure work that EBMUD has planned for the coming years.

You can learn more about the infrastructure plans by visiting the EBMUD website and taking a look at the Long-Term Infrastructure Investment presentation at www.ebmud.com/CIP.

I'd like to especially thank the Alameda Sheriff's Department and the California Highway Patrol for their help in managing the traffic. Equally, Castro Valley Unified School District (Proctor Elementary

and CV High School) and Redwood Christian School for their close work with EBMUD, Again, on behalf of EBMUD, thanks to everyone for your support -

Have a safe, happy and healthy Holiday season. -Frank Mellon, EBMUD Director Ward 7

Don't End the Year with an Arrest or Death Editor:

A drunken driver hit me when I was 16 in 1992. My hearing, talking and walking were damaged.

Alcohol rapidly moves throughout the body once swallowed. You are not to the point where you are falling off the earth, but feel warm and bubbly.

If you feel different, you drive different. A drink may be one too many. Buzzed driving is drunk driving.

Show appreciation to the First Responders service by following laws. If you are "a little tipsy," do not drive! Taking roads like State Route 61, or secret pathways to get home after drinking is foolish.

Avoid dreadful consequences and impress people by having a sober person drive you. Do not end the year with an arrest or death.

Be the drinker who follows my words and saves lives. Happy Holidays.

-Lori Martin, Tracy

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.

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Got a News Tip? Email to: fredz@ebpublishing.com



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Donald Francis George September 17, 1940 - December 4, 2019

Donald Francis George, resident of Red Bluff, entered into rest on December 4th, 2019, at the age of 79 after a short battle with cancer. He was born on September 17, 1940 in Hayward California, the son of Stella and Herbert George and stepson of Ernest Pimentel. He is predeceased by his brother

Obituaries

Herbert George and survived by his sister Janice Shevenell. He was a caring father to the late Donald A. George, Sharon Seymon and Stephen George and stepfather to Monica Uchytil, her husband Brian and Jaime Campos. Don was also the beloved grandfather of Vincent, Amber, Abigail, Morgan, Katie, John and Kyla.

Don came to love farming at an early age and purchased his first orchard in 1978 in Red Bluff. He was also an avid Oakland Athletics and Raider Fan. Don was known for his quick wit, his infectious smile and his kind and compassionate spirit. He lived in Hayward, San Lorenzo, and Castro Valley until he retired full time to his beloved orchards in 2012.

Visitation will be Wednesday, December 18th from 6 p.m.-7 p.m. with a Vigil Service at 7 p.m. at Transfiguration Catholic Church, 4000 E. Castro Valley Blvd., Castro Valley, CA 94552. Funeral Mass will be held at Transfiguration Catholic Church on Thursday, December 19 at 10 a.m. Burial to follow at Holy Sepulchre Cemetery in Hayward. Reception to follow at Church Hall. In lieu of flowers, the family requests that donations be made to one of Dons favorite Charities; Maryknoll, Wounded Warrior Project, American Heart Association and American Cancer Society.



'Secret Sister' Gift Exchange is Illegal

A "Secret Santa" around the of- to send a modest gift to a strangfice, friends and family can be fun. er along with their friends, family A "Secret Sister" gift exchange and contacts. among online friends you haven't met is a lot different and carries a left with buying and shipping gifts heftier consequence.

look like innocent fun, are really receiving the promised number of pyramid schemes - and are con- gifts in return. sidered illegal.

The "Secret Sister" gift exchange campaign quickly became scheme, it relies on the recruitment popular in 2015 through Facebook of individuals to keep the scam posts promising participants would afloat. Once people stop particireceive up to 36 gifts, in exchange pating in the gift exchange, the gift for sending one gift, valued at \$10. supply stops as well, and leaves

others to participate in the holiday gift exchange, then promised they would receive information on to participating in these schemes. where to mail the gifts.

vincing invitation, either by email or social media to sign up for what ing address or an email. With just seems like a great program. All a few pieces of information, cyber you must do is provide your name thieves could expose you to future and address and personal information of a few additional friends, and tack this information on to a available by visiting BBB Scam list that's already started of people Tips and become an advocate by you've never met on the Internet. reporting scams to BBB Scam

Next, it's your turn to send an Tracker. email or social media invitation

The cycle continues and you're for unknown individuals, in hopes These gift exchanges, while they that the favor is reciprocated by

It doesn't happen.

Just like any other pyramid Users were encouraged to invite hundreds of disappointed people without their promised gifts.

There is another layer of danger When signing up, the alleged cam-The scheme starts with a con- paign organizer is asking for personal information such as a mailscams or commit identity theft.

More information on scams is

Valley will be dealing with far into

MAC member Ken Carbone

can't predict the futures, they can

"I want us to be forward think-

After the MAC approves a rec-

ommendation for the final Castro

-Better Business Bureau, Oakland

Illustrators Lili Mikao and Jada with musical artist Huey Leone (right) from this past summer's art collective at Smalltown Society selling their prints and stickers."

Share Your Art at **Smalltown Society**

Looking for more opportunities to highlight your music? Your art? Your voice? Smalltown Society is currently looking for visual artists, musicians, poets and creators and crafters for the 2019 season to be a part of our community events. Please email: info@ smalltownsociety your name, photos or examples of your work and a short bio.

For more details on this and other events, visit www.smalltownsociety.com or text "Smalltown" to 797979. Smalltown Society is located at 22222 Redwood Road, Castro Valley.

"We're going to live with this

FOOD DRIVE FOR LOCAL FAMILIES with The Lovewell Team

We are proudly partnering with the Alameda Food Bank for the 2019 holiday food drive, which will run through January 2020. Please participate in aiding those in need by donating non-perishable food items. Checks made payable to Alameda County Food Bank are also welcome. Every \$1 donated allows the Food Bank to distribute \$7 worth of food. We invite you to drop off non-perishable food to our office: 3327 Castro Valley Blvd. or Call 510-351-5555 and we can come and pick it up.

Thank you for your contributions in helping those in need in our communities! The Lovewell Team - Re/Max Accord Castro Valley (#00689931 & #01912817)



Fame: Don Christiansen

continued from page 2

with that success."

Christiansen was also Laney's checked. first baseball coach, assuming the position when the Oakland technical college introduced lib- hours upon hours of batting praceral arts and athletics programs in tice. The left shoulder? "Hitting 1965. Laney dominated the Coast Conference for three years "until they kicked us out and put us in day. Not just to the starters; to all the (much stronger) Golden Gate the infielders." Conference."

In the GGC, Christiansen's Eagles held their own against junior Mateo, Chabot and San Francisdirector in 1976 he asked Coach son, in the 1966 Prune Bowl. Chris to take over the baseball program.

was a perfect fit.

Coaching definitely has taken "I love seeing kids improve," a toll on Christiansen's health. In he said. "So many kids go on addition to the 1988 heart attack and become successful, not only when he was just 50 years old, in baseball, but I've had lawyers, Don has had two knee replacedoctors, pharmacists . . . I like to ments and two shoulder replacethink athletics had something to do ments. Let's just say he doesn't get through airport security un-

The right shoulder replacement probably came from pitching fungos," Christiansen said. "I hit hundreds of groundballs every

He has no regrets. "I loved it. I would do it all again."

Christiansen also coached footcollege powerhouses like San ball at Laney, mostly the defensive backs. In fact, he was an assistant co. When Gene Wellman stepped for the Laney team that shocked down as the Chabot baseball coach City College of San Francisco and to become the full-time athletic its star running back, O.J. Simp-

Coach Chris lost "the love of my life," his wife Nancy, to cancer For Christiansen, a Hayward in 2018. The couple, married for High graduate and Castro Valley 52 years, raised three daughters resident by then, the Chabot job Debra, Leslie and Julie -- in Castro Valley. He has six grandchildren.

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MAC: General Plan Update

the future.

Crawford.

continued from front page

And that update was the very next topic up for discussion. The year-long General Plan updating is for another 25 years or more," said nearing its conclusion. The county and the MAC have made specific changes over the course of a agreed, saying that while the MAC half-dozen meetings.

The MAC heard and made rec- learn from past mistakes and make ommendations on a wide variety wise revisions. of subjects from artists "maker spaces" to parking, to graffiti ing," said Carbone. abatement and hours of operation of check cashing businesses.

Crawford said that getting the Valley General Plan implementaupdate precisely right is important, tion, it will go one to the county as these are the ordinances Castro Planning Commission.

> RECENT HOME SALES

Castro Valley

San Leandr	' o —		
LOWEST AMOUNT: \$1,15 HIGHEST AMOUNT: \$1,15	· ·	MEDIAN AMOUNT: AVERAGE AMOUNT:	\$1,150,00 \$1,150,00
TOTAL SALES:	1		
35170 Palomares Rd	94552	2:\$1,150,0003BD - 1,86	6 SF - 197

433 Harlan Street	94577: \$345,000 1 BD - 680) SF - 1964
2260 Belvedere Avenue	94577: \$510,000 3 BD - 1,17	6 SF - 1972
1942 Dayton Avenue	94579: \$600,000 3 BD - 1,13	4 SF - 1960
14772 Midland Road	94578: \$615,000 5 BD - 1,76	8 SF - 1956
1711 136th Avenue	94578: \$650,000 3 BD - 1,16	9 SF - 1948
15033 Kesterson Street	94579: \$670,000 3 BD - 1,51	3 SF - 1948
13170 Neptune Drive	94577: \$680,000 3 BD - 1,71	4 SF - 1997
1624 136th Avenue	94578: \$735,000 3 BD - 1,50	6 SF - 1947
1098 Tulane Avenue	94579: \$749,000 3 BD - 1,65	1 SF - 1951
727 Arbor Drive	94577: \$929,000 3 BD - 1,95	3 SF - 1930
2018 West Avenue	94577:\$1,000,0006BD-2,53	30SF-1958
1645 Daily Court	94577:\$1,048,0003BD-3,87	76SF-1968
TOTAL SALES:	12	
LOWEST AMOUNT: \$3	45,000 MEDIAN AMOUNT:	\$675,000
HIGHEST AMOUNT: \$1,0	48,000 AVERAGE AMOUNT:	\$710,916

County Fair **Board Seeks Applicants**

Anyone who is interested in serving on the Alameda County Fair Association's Board of Directors should apply by the end of next week.

One vacancy exists on the 21-member board.

The non-profit association produces the annual County Fair in Pleasanton - ranked one of the top 50 fairs in North America without any government tax funding

It is the 7th largest fair in California, and the fairgrounds is home to the oldest one-mile racetrack in America.

Potential candidates for the board should submit a letter of interest stating what skills and assets they would bring to the Association, a resume, and a completed Candidate Information Form by Friday, Dec. 20.

The form and more information about the application process are available at: alamedacountyfair. com/about-us



ADOPT-A-PET

FAYE is a 1-1/2 year old Lynx **LACI** is a very sweet, shy Point mix who'll let you know 3-year-old Chi who needs a little when she wants your attention. time to warm up to new people. She loves to explore and release Laci needs a patient family to energy chasing toys. Hayward help her blossom. Hayward Animal Shelter, 510-293-7200. Animal Shelter, 510-293-7200.



BRUNO is a 4-month-old TESS is a stunning, 4-monthdark tabby with striking mark- old dilute calico with big toings of stripes and swirls. He's paz-colored eyes. She's affeca very affectionate kitten who tionate, playful and ready to go loves to snuggle. Email: Love- to a loving family. Email: Loveallpawzrescue@gmail.com. allpawzrescue@gmail.com.

CVSan MARSHALL STREET PROJECT UPDATE



Castro Valley Sanitary District (CVSan) has nearly completed all sewer improvements and spot repairs for the Marshall Street Capacity Improvement/ Repair & Rehabilitation Project. CVSan's contractor, Devaney Engineering, has replaced approximately 3,000 linear feet of sewer main and completed 5 spot repairs throughout Castro Valley. The project will be completed in the next couple weeks.

If you have any questions regarding the Marshall Street Capacity Improvement/Repair & Rehabilitation Project, please call (510) 537-0757 ext. 108 or visit www.cvsan.org/Projects for more information.

CASTRO VALLEY SANITARY DISTRICT Effective Environmental Services since 1939 510-537-0757 | www.cvsan.org

This ad was funded by WW Outreach

Plan: Before End of Year

continued from page 9

be covered (all or in part) by your health plan.

If possible, tell your health care professional that you've reached your deductible and out-of-pocket maximum, and see if there's any needed follow-up care that can be arranged before the end of the year.

Understand Your Spending Accounts: Many people have spending accounts with funds earmarked for health care services. Health savings accounts (HSAs) offer tax-advantages, and the money can roll over from year to year.

If you contribute money to your HSA before year-end, you can help pay for qualified medical services in 2020 or even later while lowering your taxable income for 2019.

On the other hand, flexible spending accounts (FSAs) require the money be spent before the year ends, and unused balances are not rolled over into the next calendar year. So if you have funds left in your FSA and you need to order contact lenses, schedule a dental cleaning or refill prescriptions, for example, now's the time to do that.

• Prepare to Use Your 2020 Benefits: Before the year is out, take time to review your health plan and check with your employer's HR department to determine what well-being incentives or other resources might be available when 2020 starts. Nearly 75% of employers offer well-being programs, with an average incentive of \$762 annually, according to a recent study by the National Business Group on Health.

By finding out now what incentives are available to you, you can help prepare yourself to start earning all or some of those rewards starting New Year's Day.

Rebecca Madsen is Chief Consumer Officer of UnitedHealthcare.

FREE PET ADOPTIONS



'Home for Holidays' Event this Weekend

It's that time of the year for the last free pet adoption event at the Hayward Animal Shelter!

From 11 a.m. to 5 p.m. this Friday, Saturday and Sunday, Dec. 13-15, qualified homes will pay no adoption fees for dogs, puppies, cats, kittens and bunnies.

The adoption fees, which include spay or neuter, vaccinations and microchip, are sponsored by Bissell Clear the Shelters, Santa Con Hayward and the Hayward Animal Shelter volunteers. Hayward residents pay a \$17 licensing fee for dogs.

The event includes a holiday bake sale, raffle prizes, a boutique table and pet photos with Santa (a \$10 donation is suggested). All proceeds benefit the Hayward Shelter's homeless pets medical fund, the TNR program and the Cops for Kids Toy Drive.

The Shelter is located at 16 Barnes Court in Hayward (near the DMV office). For more information, visit www.facebook.com/ haywardanimalshelter.

My Community Holiday Heroes



Erma Smith and Terry Liebowitz Founders: Castro Valley Arts Foundation. The construction of the Center For Arts represented public and private opperation at an exceptional level CVUSD turned on the lights and the CVAF provided the magic.

To donate to this great foundation: cvartsfoundation.org/support/



MURLINE MONAT 510.406.0114 murline.monat@compass.com DRE 01824992



Parvin Ahmadi Superintendent, Castro Valley Unified School District – a statewide educational leader. Is the 2019 Woman of the Year for Senate District 10

To see achievement aoals: cv.k12.ca.us/ Todd Anglin

2019 Castro Valley Rotary President and State Farm Insurance and Financial

Todd brings a fresh approach. To donate Castro Valley ROTARY Foundation:: castrovallevrotary.org



Wishing You All Happy Holidays!

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