

An Important New Year's Resolution for All Seniors

LIVING TRUST
&
ESTATE PLANNING

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CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 31

WEDNESDAY, JANUARY 2, 2019

NO. 1

INSIDE YOUR FORUM

YEAR THAT WAS



January 2018

New Year's Day was first day for legal recreational marijuana sales

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LIVING



Start Off Right

New Year's resolution to eat healthier? We have the recipes for you

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YEAR THAT WAS



November 2018

Firefighters from around the Bay Area dispatched to statewide wildfires

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PHONE: (510) 537-1792



THE YEAR THAT WAS



The year 2018 was an eventful one for Castro Valley. Here is a brief sampling of stories the Forum reported on during the past 12 months.

STARTS ON PAGE 2

Three Escape CV House Fire

By Amy Sylvestri
CASTRO VALLEY FORUM

Three people including an 18-month-old girl have been displaced, and two dogs were killed by a house fire that broke out on the 18400 block of Milmar Boulevard in Castro Valley early Saturday morning.

Firefighters responded to the home shortly before 6 a.m. and saw smoke and flames coming from the first-floor windows of the two-story home.

By the time emergency responders were at the scene, the residents – an adult man and woman and the toddler – had already evacuated on their own.

The man suffered second degree burns while trying to extinguish the fire with a garden hose before help arrived, according to the Alameda County Fire Department. He was taken to the hospital and treated and released.

The family's two dogs died in the blaze.

The fire is thought to have been caused by a space heater which was left on overnight and placed too close to a couch which caught fire.

The fire department says the home's first floor was destroyed and the second floor has significant damage from smoke.

The fire was contained to the home and was put out within 20 minutes, officials said.

The Red Cross's top tips for home fire safety are:

- Install smoke alarms on every level of your home, especially inside bedrooms
- Test smoke alarms every month and if they aren't working, change the batteries.
- Talk with all family members about a fire escape plan and practice the plan twice a year.
- If a fire occurs in your home, get out, stay out and call for help. Never go back inside for anything or anyone.

CV ADULT SCHOOL

A New Year, A New You!

By Linette Escobar
SPECIAL TO THE FORUM

According to an article in Forbes magazine, about half of Americans make a New Year's resolution, but only 8% succeed.

One way to make your resolution a reality is to take a class at Castro Valley Adult & Career Education. You not only get a supportive group and teacher, you also instantly have a scheduled commitment to help keep you on track. No matter what your resolution, they've got a class for you.

Do You Want to Explore a New Hobby and Meet New People?

A community interest class is a great way to meet people and have fun. Release your inner artist with a silk screening, collage, birding, or photography class. *see SCHOOL on back page*







Castro Valley Weather Jan. 2 - 6, 2019



Wednesday
Mostly Sunny
High 55° Low 35°



Thursday
Mostly Sunny
High 54° Low 36°



Friday
Partly Sunny
High 57 Low 41°



Saturday
Partly Sunny
High 55° Low 46°



Sunday
Cloudy, Rain Poss
High 55° Low 41°

Almanac



Past Week's Rain: 00.00
Season To Date: 06.99
Normal To Date: 06.19
Season Average: 21.22

Sun sets at 5:02 p.m. today, rises at 7:25 a.m. Thursday.

Moon Phases



Jan. 5



Jan. 13



Jan. 20



Jan. 27

JANUARY

After the East Bay's driest December in history, the weatherman finally had good news on Jan. 1, forecasting showers later in that first week of the New Year.

The drought-like conditions during 2017 had taken a heavy toll in the North Bay Area, creating what was then the worst fire season on record in the state. That record, we would come to find out, would be broken a few months later in Butte and Ventura counties.

Eden Medical Center, which had just marked its fifth anniversary, reported it had treated more than a quarter of a million patients and delivered 5,842 babies since it opened. The first baby on New Year's Day 2018 was Prince Abraham McElligott who arrived at 2:11 a.m., the son of Edlyn Rodriguez and Reuben McElligott.

New Year's Day was the first day for legal recreational marijuana sales in California and the two nearby cannabis shops were open for business. We Are Hemp on East Lewelling Boulevard in Ashland and Garden of Eden on Foothill Boulevard in Cherryland had big crowds of customers all day. "We are extremely busy right now," a woman at Garden of Eden told the Forum by phone. "It's chaotic."

The California Highway Patrol said DUI arrests were up 22 percent statewide over the three-day New Year's holiday with officers arresting 936 people statewide who were allegedly under the influence of alcohol, drugs, or both.

On Jan. 19, the first ten of BART's new train cars went into



POT TOPIC: New Year's Day was the first day for legal recreational marijuana sales in California and two nearby cannabis shops were open for business.

service, promising a quieter and more comfortable ride.

The following day, hundreds of women and men marched from Castro Valley to join a rally of around 50,000 people at the Alameda County Court House followed by a march in support of women's rights and against the Trump administration.

During the last week of January, Alameda County Supervisor Nate Miley held his first live-streamed "State of the District" speech in which he declared Alameda County was "in good health financially."

continued on page 3



Supervisor Nate Miley held his first live-streamed "State of the District" speech.

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FEBRUARY

Traders Sporting Goods, a longtime, family-owned sporting goods store that specialized in gun safes, ammunition, and supplies for hunting and fishing, announced it was shutting its doors for good after 60 years in the community.

Andrew Stanculescu, a senior at Redwood Christian High School, was winner of the 2018 Castro Valley Rotary Club Speech Contest held on Feb. 20.

Planetary Scientist Dr. Pascal Lee, internationally recognized for his study of Mars, attracted a standing-room-only crowd at the Center for the Arts for his speech, "Mission: Mars—Toward the First Human Journey to the Red Planet."

MARCH

Retired longtime Alameda County Sheriff Charles Plummer passed away peacefully at his home on March 4, at the age of 87.

The Castro Valley Sanitary District's proposal that homeowners pay for repairs to the lateral (sewer) lines which extend from their homes to the larger municipal



Hundreds of Castro Valley activists joined a massive rally against gun-violence at San Francisco's Civic Center Plaza.

pipes was soundly criticized by the Castro Valley Municipal Advisory Council. CVSan said the issue isn't sewer water getting out, but rather rain water getting in and overwhelming the system.

Becca Savery of Hayward was crowned Miss Rowell Ranch Pro Rodeo Queen on March 17 at the annual rodeo kick-off dinner and queen coronation.

Congratulations were in order for the Castro Valley Varsity Competition Cheer Team, under the direction of Coach Eileen Drury, for advancing to the finals at the USA

Nationals and bringing home a 3rd Place trophy.

Hundreds of Castro Valley activists including students, parents and teachers, joined a massive rally against gun-violence at San Francisco's Civic Center Plaza on March 24.

Winda Shimizu of Castro Valley was inducted into the Alameda County Women's Hall of Fame for her contributions to culture and art., at a luncheon and awards ceremony on March 24 at the Greek Orthodox Cathedral in Oakland.

continued on page 8

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Back to Jail

Thursday, December 27: at 10:29 p.m., Sheriff's deputies arrested a 56-year-old man with no permanent address on suspicion of possession of illegal narcotics, illegal drug paraphernalia, and violating the terms of his probation. The man was hanging outside a fast food restaurant on Strobbridge Avenue near the Boulevard when deputies stopped him for questioning and discovered his stash. The man was taken into custody.

Can't Stay Away

Thursday, December 27: at 7:49 a.m., a 34-year-old man with no permanent address was arrested on suspicion of violating a court-issued restraining order preventing him from being within 100 yards of a business on the Boulevard near Redwood Road. Deputies also report the man had an outstanding warrant for his capture. The man was taken to Santa Rita Jail pending \$10,000 in bail.

Wanted for Battery

Thursday, December 27: at 10:18 a.m., deputies arrested a 36-year-old man with no permanent address as part of a warrant issued for his capture. The man had previously been charged with assault and battery. Deputies spotted the man in front of a park on Grove Way near Tanglewood Drive and transported him to Santa Rita Jail pending \$1,500 in bail.

Petty Theft

Wednesday, December 26: at 3:41 p.m., a 20-year-old woman from Oakland was arrested on suspicion of petty theft outside a business on Castro Valley Boulevard near Anita Avenue. Deputies were called to the scene after the store manager stopped the woman from leaving without paying. The woman was handcuffed and taken into custody.

Too Much Merry

Tuesday, December 25: at 9:19 a.m., deputies arrested a 55-year-

old man with no permanent address on suspicion of public intoxication. The man was found hanging outside a gas station on Lake Chabot Road near Castro Valley Boulevard in an inebriated state. Deputies also report the man was wanted as part of a warrant issued for his arrest. The man was taken to Santa Rita Jail pending \$50,000 in bail.

Holiday Home Hassle

Tuesday, December 25: at 12:10 a.m., a 52-year-old woman from Castro Valley was arrested on suspicion of public intoxication. Her mother called deputies to report someone breaking and entering into a home on Plymouth Drive near Cristy Way. The suspect was accused of being under the influence of alcohol and accused of throwing items around the house. Deputies say the woman failed her field sobriety test and was taken into custody.

see REPORTS on back page

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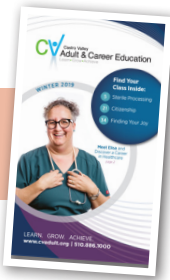
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● **Wednesday, January 2:** *Pirate Escape Room Adventure*

● **Saturday, January 5:** *Meet Your Christian Neighbor*

● **Tuesday, January 8:** *Ohlone Audubon Meeting*

● **Tuesday, January 8:** *Buon Tempo Family-Style Dinner*

● **Tuesday, January 8:** *Genealogy Research Class*

● **Tuesday, January 8:** *Castro Valley Rotary Lunch*

● Monday, January 14: CV School Bond Update

● **Tuesday, January 15:** *Castro Valley Rotary Lunch*

● **Saturday, January 19:** *'Gefilte Fish and Chips*

● **Saturday, January 19:** *Knights of Columbus Crab Feed*

● **Wednesday, January 9:** *Neuropathy Support Group*

● **Wednesdays, Jan. 9, 16, 23:** *Gift of Imperfection*

● **Thursday, January 10:** “*Science Fair*” Movie Screening

● **Saturday, January 12:** *Hearing Loss Association*

● **Saturday, January 12:** *Education Funding Rally*

REGULAR GOVERNMENT MEETINGS

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-

Little Brussels Sprouts: Big on Flavor and Nutrition

As the baby in the cabbage family, Brussels sprouts, are one of the world's healthiest foods. But not the most popular.

A big reason why they're so unliked by so many is because of over-cooking, which leaves them soft and gray, bitter-tasting and with an unpleasant odor. When boiling or steaming, three to six minutes is usually enough time to cook them sufficiently, while retaining some crispness.

There are an abundance of recipes championing the use of sprouts in cooking. One of these just might turn around the sprouts-hater in your family.

STEAMED BRUSSELS SPROUTS

1 pound fresh Brussels sprouts
4-6 tablespoons butter
1/2 onion, chopped
Salt and Pepper
1 teaspoon fresh-squeezed lemon juice
1/4 cup toasted slivered almonds

Remove ragged or old-looking outer leaves on the brussels sprouts and discard. Steam the Brussels sprouts for 3 minutes or until just tender. They should be almost cooked all the way through (split one in half to test). Place the sprouts in a bowl of ice water, this will keep their color bright green. Cut the sprouts into halves.

Heat 2-3 tablespoons of butter in a large sauté pan on medium heat. Add the onions and cook until translucent, about 4-5 minutes. Add 2-3 tablespoons more of butter and the brussels sprouts halves. Increase the heat to medium high and cook for several more minutes. Salt and pepper to taste, while the brussels sprouts are cooking.

Remove the pan from the heat, stir in the lemon juice and half of the toasted almonds. Add salt and pepper to taste. Place in serving dish and garnish with the rest of the toasted almonds. Serves 6-8.

GRATIN OF BRUSSELS SPROUTS

1-1/2 cup whipping cream
2 pounds Brussels sprouts
Salt and pepper to taste
3 slices of bacon



Pinch freshly grated nutmeg
3 tablespoons grated Gruyere cheese

Preheat oven to 450°F. Lightly butter a medium-size gratin dish.

In a small saucepan, simmer cream over medium heat until it is reduced to 3/4 cup, about 10 minutes. Trim base of sprouts, discard tough outer leaves and rinse well.

Place sprouts in a medium-size saucepan with salt to taste and water to cover. Bring to boil and continue to boil for 1 minute. Drain and refresh sprouts under cold running water.

Saute bacon in small skillet until lightly browned. Drain on paper towels and chop coarsely.

Combine sprouts and bacon in buttered gratin dish and season with salt, pepper and nutmeg. Pour cream over sprouts and sprinkle with cheese. Bake until nicely browned and crispy on top, about 15 minutes. Yields 4 servings.

STIR-FRIED BRUSSELS SPROUTS

4 slices bacon, cut into 1/2-inch pieces
10 ounces Brussels sprouts, trimmed and sliced
3 ounces shiitake mushrooms, wiped, stems removed and discarded, cut into thick slices
8 scallions, including most of the green parts, sliced
2 tablespoons Sherry
1-1/2 tablespoons soy sauce
1 tablespoon toasted sesame oil
Pinch of red pepper flakes

In a large wok, heat bacon over medium heat until fat covers the bottom of the pan, 2 to 3 minutes. Add Brussels sprouts and stir-fry until they are bright green, 2 to 3

minutes, stirring constantly. Stir in shiitakes and scallions and stir-fry 3 minutes more.

Add Sherry and soy sauce, raise heat to high, and cook 2 minutes longer, stirring often. Stir in sesame oil and pepper flakes. Serves 4.

PAN-BROWNED BRUSSELS SPROUTS

1/2 pound Brussels sprouts
2 large garlic cloves
1-1/2 tablespoons butter
1 tablespoon olive oil
2 tablespoons pine nuts

Trim Brussels sprouts and halve lengthwise. Cut garlic into very thin slices. In a 10-inch heavy skillet, melt 1 tablespoon butter with oil over moderate heat and cook garlic, stirring,

until pale golden. Transfer garlic with a slotted spoon to a small bowl.

Reduce heat to low and arrange sprouts in skillet, cut sides down, in one layer. Sprinkle sprouts with pine nuts and salt to taste. Cook sprouts, without turning, until crisp-tender and undersides are golden brown, about 15 minutes.

With tongs, transfer sprouts to a plate, browned sides up. Add garlic and remaining 1/2 tablespoon butter to skillet and cook over moderate heat, stirring, until pine nuts are more evenly pale golden, about 1 minute. Spoon mixture over sprouts and sprinkle with freshly ground black pepper. Serves 2.

BRUSSELS SPROUTS CRANBERRY & ALMOND SALAD

1/4 cup good olive oil
3 tablespoons cider vinegar
3 tablespoons honey
Salt and pepper to taste
3 cups very thinly sliced Brussels sprouts, trimmed
1/3 cup minced red onion
1/3 cup dried cranberries
1 (12-ounce) package salad greens
1/2 cup slivered almonds, toasted

Whisk together oil, vinegar, salt and pepper in a large bowl. Add Brussels sprouts, onions, cranberries and salad greens, tossing well to coat. Cover and refrigerate for 1 hour. Toss with almonds just before servings. Serves 4 to 6.

ROASTED BRUSSELS SPROUTS

1-1/2 pounds Brussels sprouts
3 tablespoons good olive oil
3/4 teaspoon salt
1/2 teaspoon black pepper

Preheat oven to 400°F.

Cut off the brown ends of the Brussels sprouts and discard any yellow or ragged outer leaves. Mix sprouts in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more salt and serve immediately. Yields 6 servings.

BRUSSELS SPROUTS SOUP

1/2 onion - finely chopped
1 tsp crushed garlic
1 tsp crushed ginger
1 tbsp olive oil
2-1/2 cups milk - warmed
2 cups chopped cooked brussels sprouts
1-1/2 cups chopped cooked potatoes
1 tbsp dry sherry
1/2 cup crumbled blue cheese
Nutmeg, salt and pepper to taste

Saute onion, garlic & ginger in olive oil for 10 minutes or until onion is soft.

Add the chopped vegetables to the warmed milk and stir to combine. Add vegetables and milk to onion, garlic and ginger. Blend to puree.

Add crumbled blue cheese and dry sherry. Season with nutmeg, salt and pepper to taste. Re-heat until cheese melts and soup is hot. Do not boil. Serves 6.

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Smart Home Devices Help Seniors Age-in-Place

Handling Parents' Finances

By Jim Miller
SPECIAL TO THE FORUM

There are a wide variety of affordable smart home devices you can add to your home that can help make it safer and easier to live in as you age. Here's what you should know.

Smart Home Technologies

While most Americans today use technology and enjoy the conveniences they provide, there are millions of seniors who still don't have much use for it. But you don't have to like technology or be tech-savvy to benefit from the many different smart home automation devices that can help seniors age-in-place.

Smart home devices can also give family members and caregivers the ability to electronically keep tabs on their elder loved one when they can't be there, which provides peace-of-mind.

If you're interested in adding some smart home products to your house, you need to know that these devices require home Wi-Fi, and for many of the products, you'll need either a smartphone, tablet or voice-enabled assistant to operate them.

Here are some popular aging-in-place smart home products to help you get started.

- **Voice-enabled assistant:** Popular products like the Amazon Echo (Amazon.com/echo), Google Assistant (Assistant.google.com) or Apple HomePod (Apple.com/homepod) will let you operate compatible smart home products with simple voice commands.

These devices can also play your favorite music, read audiobooks, make calls, set timers and alarms, provide reminders for medications, appointments and other things, check traffic



Smart lights can turn on and off by voice command, smartphone or tablet. You can program them to turn on and off whenever away.

and weather, ask questions, and much more – all done by voice commands.

- **Smart lights:** Falls are

common concerns among elderly seniors, which are often caused by fumbling around a dark room looking for a light switch. Smart light bulbs like the Philips Hue (MeetHue.com) can turn on and off the lights by voice command, smartphone or tablet. These bulbs can also dim the lights and you can program them to turn on and off whenever you want.

There are also smart electric plugs like the Wemo Mini (Wemo.com) that offer remote control automation for lamps, fans, or other electrical devices.

- **Video doorbell:** Safety is also a concern for seniors who live alone. Smart doorbells like the Ring video doorbell (Ring.com) would allow you to see, hear and speak to someone at her door (via smartphone, tablet, Google smart displays, Amazon Echo Show or Spot) without having to open it.

- **Stovetop shut-off:** To help seniors prevent home cooking fires, stovetop shut-off devices like the iGuard-Stove (IGuardFire.com) uses motion sensors to turn off electric and gas stovetops when left unattended for a predetermined amount of time. It will also alert family

members via text.

- **Medication management:** Seniors on a complex medication schedule can benefit from a smart medication tracking system like the PillDrill (PillDrill.com) that reminds you when pills are due, tracks that you've taken them, and notifies loved ones.

- **Home monitoring:** Family members can keep tabs on older loved ones from afar with smart home video cameras like Lighthouse AI (Light.house/elderly-care) or a smart home sensor system like TruSense (MyTruSense.com).

- **Other options:** Some other helpful smart home products to consider include smart door locks like Kwikset Kevo (Kwikset.com), smart thermostats such as the Nest (Nest.com), and smart night-lights like Aladin (Domalys.com), which detects falls and alerts caregivers.

The costs for most smart home products range anywhere from a few dollars to several hundred dollars and can be found in many local home improvement stores as well as online.

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

Q: My siblings and I don't know much about our elderly parent's financial situation or their wishes if something happens to them. When mom broke her hip last year, it got me thinking we need to be better prepared. What's the best way to handle this, and what all should we know?

By Jim Miller
SPECIAL TO THE FORUM

A: Many adult children don't know much about their elderly parent's financial situation or end-of-life plans, but they need to.

Getting up to speed on their finances, insurance policies, long-term care plans and other information is important because some day you might have to help them handle their financial affairs or care, or execute their estate plan after they die. Without this information, your job becomes much more difficult.

Here are some tips that can help.

see FINANCES on page 7



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Finances: Secure Legal Documents

continued from previous page

Have the Conversation

If you're uncomfortable talking to your parents about this topic, use this column as a prompt or start by talking about your own finances or estate plan as a way to ease into it. Also see TheConversationProject.org, which offers free kits that can help you kick-start these discussions.

It's also a good idea to get your siblings involved too. This can help you head off possible hard feelings, plus, with others involved, your parents will know everyone is concerned.

When you talk with your parents, you'll need to collect some information, find out where they keep key documents and how they want certain things handled when they die or if they become incapacitated. Here's a checklist of areas to focus on.

PERSONAL & HEALTH INFORMATION

Contacts: Make a list of names and phone numbers of their doctors, lawyer, accountant, broker, tax preparer, insurance agent, etc.

Medical information: Make a copy of their medical history (any drug allergies, past surgeries, etc.) and a list of medications they take.

Personal documents: Find out where they keep their Social Security card, marriage license, military discharge papers, etc.

Secured places: Make a list of places they keep under lock and key or protected by password, such as online accounts, safe deposit boxes, safe combination, security alarms, etc.

Pets: If they have a pet, what are their instructions for the animal's care?

End of life: What are their wishes for organ or body donation, and their funeral instructions? If they've made pre-arrangements with a funeral home, get a copy of the agreement.

LEGAL DOCUMENTS



You'll need to collect some information, find out where key documents are kept and how they want certain things handled when they die or if they become incapacitated.

Will: Do they have an updated will or trust, and where is it located?

Power of attorney: Do they have a power of attorney document that names someone to handle their financial matters if they become incapacitated?

Advance directives: Do they have a living will and a medical power of attorney that spells out their wishes regarding their end-of-life medical treatment? If they don't have these documents prepared, now's the time to make them.

FINANCIAL RECORDS

Debts and liabilities: Make a list of any loans, leases or debt they have – mortgages owed, car loans, medical bills, credit card debts. Also, make a list of all their credit and charge cards, including the card numbers and contact information.

Financial accounts: Make a list of the banks and brokerage accounts they use (checking, savings, stocks, bonds, mutual funds, IRAs, etc.) and their contact information.

Company benefits: Make a list of any retirement plans, pensions or benefits from their former employers including the contact information of the benefits administrator.

trator.

Insurance: Make a list of the insurance policies they have (life, long-term care, home, auto, Medicare, etc.) including the policy numbers, agents and phone numbers.

Property: Make a list of the real estate, vehicles or other properties they own, rent or lease and where they keep the deeds, titles and loan or lease agreements.

Taxes: Find out where they keep copies of past year's tax returns.

For more tips, see the Eldercare Locator publication "Let's Talk: Starting the Conversation about Health, Legal, Financial and End-of-Life Issues" at N4A.org/files/Conversations.pdf.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org.

An Important Resolution for the New Year: Create an Estate Plan

Q My wife and I created our estate planning documents about 10 years ago and we really have not even looked at them since. Do you have any thoughts about when we should consider updating them?

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

A Yes, I do. I would tie a review and update into a New Year's Resolution.

Many of us resolve to eat healthier and exercise more in the New Year. I would suggest another resolution: persons who have not created an estate plan should resolve to create one; and those who have already created one, such as yourself, should resolve to update them as need and changes in the law may now require.

A very basic estate plan would typically consist of the following legal documents: a "Living Trust", a backup Will, a Durable Power of Attorney, an Advance Health Care Directive, and a HIPAA Release for each person.

These legal documents are designed to be reviewed, modified and updated as circumstances change. Benchmarks for updating them might include: changes in family structure, such as births, deaths, divorces and marriages; changes in your finances or asset ownership; changes in your ability to manage your own affairs and/or the onset of incapacity; the need for long-term care;

the disability of a spouse or child; and changes in tax law.

However, as much as we encourage clients to review and update their estate planning documents, too few actually take that advice.

In fact, I have seen wills of deceased parents, prepared two or three decades earlier, which still refer to their children as minors, and others that mention only one child when the parents subsequently had more children.

Outdated documents can sometimes be more problematic than none at all.

If it has been 10 years or so since you created your documents, you very likely have provisions in them which were designed with old tax law in mind, and which would now might make administration of your estate unduly cumbersome.

Example: For married couples, it was common practice years ago, when the estate tax exemption was only \$1 million per person or less, of requiring asset splits and sub trust funding at the first spouse's death in order to minimize the estate tax bite for the survivor's estate.

Now, with the federal estate tax exemption increased to \$11.4 Million per person (for persons dying in 2019), and the corresponding option for married couples to double that amount by making a timely election, the need for burdensome sub-trust funding is no longer necessary for most couples.

If your 10 year-old plan falls into this category, you may wish to modify it by eliminating this sub-trust requirement and thereby make asset management easier for the survivor.

For those who have not created an estate plan, I would encourage them to do so. Sometimes setting a specific calendar deadline is helpful, such as by setting a goal of creating or updating your plan by March 31 of the New Year.

The New Year is a time for renewal. Why not add getting your legal affairs in order to your other resolutions? Your elder law or estate planning attorney can assist you in creating or updating your plan to meet your present circumstances.

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

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Smalltown Resident Artist Cia Gould's watercolors at Open Studio.

This Week at Smalltown

● Looking for more opportunities to highlight your music? Your art? Your voice? Smalltown Society is currently holding open auditions and reviewing portfolios for the 2019 season. Opportunities to perform at various gatherings and events, or showcase your work at various locations around the Eden area. Email: info@smalltownsociety.com for more info!

● Saturday, January 12: Open Studio

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

● Every Saturday, January 12- February 16: Project Cultiv8

Interested in building your own non-profit organization and implement your philanthropic innovations to improve your community? Come to our *free* workshops featuring executive philanthropists, with the opportunity to receive funding and mentorship to make your idea into a reality. Project Cultiv8 workshops are open to all high school students ages 14 and older. Free, 10 a.m.-12 noon. More info at www.projectcultiv8.org/castro-valley

● **Thursday, January 17: THE LAB:** Songwriter/Poet Showcase & Workshop. We're switching things up! Once an Open Mic, The Lab is evolving into a monthly gathering that allows songwriters and poets to workshop and collaborate on new and existing pieces through exercises and brief performances, in front of and among friends. Everyone is welcome! This month's featured artist is Sara Perry! Sign-ups for performances by email only: info@smalltownsociety.com. Free, 7-9 p.m.

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

APRIL

More than 200 worshipers gathered at the Nike Missile Site above Lake Chabot in Castro Valley on a brisk April 1 morning for the annual Easter Sunrise Service.

Redwood Road at mile marker 7.38 reopened after being closed for more than a year by the onslaught of heavy 2017 winter rains which caused a large section to slip away.

The Italian-American Buon Tempo Club celebrated its 60th anniversary with a big dinner on the first Saturday in April. The club has a long history of philanthropy including an annual open bocce tournament and dinner fundraisers to support the George Mark House, a children's hospice in San Leandro.

Castro Valley "Street Eats" and the Food Truck Mafia returned for the 2018 summer season on April 10 at the Adobe Art Center.

The Castro Valley MAC heard preliminary plans by First Presbyterian Church to build six "tiny homes" on its parking lot next to Trader Joe's for homeless people.

Palomares Elementary school celebrated its 150th anniversary on Saturday, April 14th, 150-years ago to the day that Palomares opened at the mouth of Eden Canyon. The school hosted a community celebration with more than 400 past and present students, staff, community members and distinguished guests attending.

Two Castro Valley teachers, Krista Samboy and Kelly Abbott, were honored on April 19 for their extra efforts in the classroom by the Crow Canyon Masonic Lodge.

The Student Citizens of 2018 from Castro Valley and Eden Area schools were honored on April 26 in ceremonies at Redwood Canyon.

MAY

Although the winter hadn't been very rainy, EBMUD reported that its water supply was in good shape with its the reservoir system at 109 percent of average and 89 percent of capacity.

There was singing, rapping, dancing, sketches, light-saber battles, and dancing avocados, but in the end only one Senior would be crowned "Mr. CV 2018" at the annual Castro Valley High School event. The coveted title went to Senior Class President Peter Mania, who performed a comedy sketch with a fellow senior under the



Worshipers gathered at the Nike Missile Site above Lake Chabot in Castro Valley on a brisk April 1 morning for the annual Easter Sunrise Service.

moniker of the "Avo-Ca-Dudes."

The 2018 Rotary Club's Annual Chili Cook-Off winner was Meals on Wheels, with second place going to Castro Valley Independent Sports League.

At the next day's Rowell Ranch Rodeo Parade, Payton Gilliam and her Horse "Dog" won the Dale Yearian Memorial Equestrian Sweepstakes.

Cheering fans at the 98th Rowell Ranch Pro Rodeo saw the rodeo close on May 20 with a 16.92 (seconds) ride by 2017 World Champion cowgirl Nellie Miller on her barrel horse of the year, "Sister," to take home the prize money.

Memorial services for the 24th anniversary of the loss of Jenny Lin were held on Friday, May 25, at the Castro Valley Library, followed by a candlelight walk in downtown Castro Valley to raise awareness of child safety and to honor the slain music student.

JUNE

Just a quarter of Alameda County's registered voters turned out for the June 5th California Primary Election which resulted in re-election wins for State Sen. Wieckowski, District Attorney O'Malley and Sheriff Ahern.

Nearly 700 Castro Valley High School graduates were honored at the June 7 commencement ceremony, which hosted a stand-



Several activist groups joined together in Castro Valley on Saturday, June 23, to protest the Administration's practice of separating immigrant children from their parents.

ing-room-only crowd in the football stadium.

Longtime community champion Ken Martin died on June 11 after an illness that left him wheelchair-bound in his later years. Martin, a member of several Italian-American clubs including Buon Tempo in Castro Valley, was instrumental in bringing bocce to the Adobe Park.

The Alameda County Fair opened Friday, June 15, with a second annual cattle drive through

downtown Pleasanton. More than 423,000 attended the fair during its 18-day run.

Castro Valley Rotarian Gary Bosley was named "Rotarian of the Year" at the club's annual banquet on June 19 at Rowell Ranch.

Several activist groups joined together in Castro Valley on Saturday, June 23, to protest the Administration's practice of separating immigrant children from their parents.

continued on page 15

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REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



4 Key Factors Affecting The 2019 Real Estate Market

With the holidays over and 2018 in the books, many are gazing questionably at 2019.

Since most pundits agree the real estate market crested in May, 2018 and then began a gradual corrective slide, the question on many minds is, "What can we expect going forward?"

In Alameda County, the average price at the market peak in June was \$1,127,655, with 1,130 homes sold (the majority went into contract in May).

In contrast, the average price for December, 2018* was \$958,230, with 604 homes sold. This represents a reduction in price of approximately 17.7% from the peak. It's important to realize, however, that the market usually has a seasonal dip at the end of the year and then rebounds in January.

In contrast, the 2017 peak was \$993,000 with 1,048 homes sold. December, 2017 saw 707 sales with an average price of \$956,000 – a seasonal decrease of only 3.8%. Clearly, we saw a significant market correction in 2018 compared with the previous year.

The good news is that even though we saw significant declines between June and December, 2018, the average sold price of \$958,230 in December, 2018 was still higher than the December 2017 average of \$956,000.

While it's obviously impossible to say with certainty where the market will go in 2019, there is enough data to make some educated guesses.

Overall, it is anticipated that the Bay Area market will stabilize and remain mostly flat for the entire year. The factors leading to this conclusion are as follows:

Inventory is up. Whereas the first part of 2018 was marked by an extreme shortage of homes for sale, it is projected that we will see more available homes in 2019.

Buyer numbers are down. While many buyers have been priced out of the market, a number are waiting for prices to lower before re-entering the market.

Interest rates are increasing. We have already seen the Fed raise rates, and more increases are projected for 2019, which will likely further reduce the number of potential buyers.

Stock market jitters are hin-

dering buyers. Many buyers use stock portfolios to buy homes – with the stock market down, some buyers have lost their purchasing power. When you factor in the increasing political uncertainty evidenced in recent weeks, we will most likely see continued ambiguity for the foreseeable future.

We wish you a Happy New Year and all the best in 2019.

*Data as of 12/18/2018

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.

Recovering a Vinyl Floor

By Samantha Mazzotta

Vinyl flooring can be the most economical material you put into your home. It's durable, resilient and relatively easy for new do-it-yourselfers to install.

If you're tired of vinyl, other flooring materials are perfectly fine. Ceramic tile, synthetic laminate (made to look like hardwood) and natural stone are popular choices for the kitchen. However, they typically cost more than vinyl sheets or tiles.

To replace your old floor, cut long strips into the vinyl and then pull the strips up. Use a wallboard knife and a solution of water and liquid dish detergent to loosen the backing. Scrape remaining flooring up using a floor scraper and the detergent solution, clear away all the debris, and vacuum with a wet-dry shop vacuum (put a bit of water in the vacuum to keep the dust down).

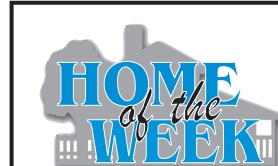
Inspect the exposed underlay-



ment – a sheet of plywood or cement board laid over the subfloor. This is the most important factor in a good-looking, durable vinyl floor. It provides a smooth surface for resilient flooring to adhere to. However, it can be damaged by water leaks and day-to-day use.

Replace damaged underlayment, and fill small holes and seams with latex patching compound. Check for squeaks or sags, and inspect the subfloor, joists and foundation to make sure they aren't deteriorating. If you see damage of any kind, consult a contractor. Repairs to the subfloor and supports may cost more than you had budgeted, but the long-term benefits are more than worth it.

Once the underlayment is deemed healthy, place the new vinyl flooring. Make the job easier by creating a cutting template – laying sheets of paper along the



Set down your roots in this wonderful neighborhood with Stunning Views! Tucked away on a peaceful private road this gem sits on 1.4 acres with 4 bedrooms, 3-1/2 bathrooms, 2-car garage and 2,785 sq. ft. Enjoy the fall colors in the gorgeous front yard adorned with flagstone driveway and walkways, fountain, fruit trees, roses, and lush plants.

Breathtaking views of the canyon from the sprawling family room or large master bedroom suite. Beautiful hardwood floors, dual pane windows, solar and zoned for horses. Great Castro Valley schools and easy access to major freeways, BART, shopping and entertainment.



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WEEKEND GARDENER

Roses

January is the month to prune your rose bushes as well as deciduous trees, shrubs, grape vines, kiwis and berries. Apply dormant oil spray after pruning, not before. Do *not* prune any spring-flowering trees or shrubs until they finish blooming.

Prune roses way back, using clean, sharp tools and protect your hands with heavy gloves. Make all cuts at 45-degree angles above an outside bud eye, about a quarter-inch above the eye. Take out twiggy and malformed growth.

For a moderate pruning, cut bushes 18 to 24 inches high with three to six canes left in place. Severe pruning produces larger, but fewer blooms. Floribundas and grandifloras often benefit from a light pruning.

On old garden roses, don't do anything until after the spring bloom. Prune tree roses and hybrid teas to a vase shape. Climbing roses bloom on mature canes, so don't be overzealous. Train their canes against a fence or trellis by attaching the canes to the structure in a horizontal position.

Slithery Pests

Snails and slugs love rainy weather and will be after young winter annuals. The quickest, safest way to get rid of them is to hand pick them at dusk using a flashlight. They can often be found clinging to the garden hose and along the side of sheltered bricks. Secure them in a plastic bag and put them in the garbage.

Mortgage Rates End 2018 Lower

Mortgage rates continued their downward trend last week to end the week and the year lower, according to Freddie Mac's nationwide survey.

"Rates continued their two-month slide and are currently hovering around the same level as the early summer, which was before the deterioration in home sales," said Sam Khater, Freddie Mac's chief economist. "The negative headlines around the financial markets are concerning but the economy remains healthy, so the drop in mortgage rates should stem or

even reverse the slide in home sales that occurred during the second half of 2018."

Thirty-year fixed-rate mortgages averaged 4.55 percent last week, down from 4.62 percent the week before. A year ago at this time, the 30-year fixed rate averaged 3.99 percent.

Fifteen-year loans averaged 4.01 percent, down from 4.07 percent a week earlier.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 4.00 percent, up from 3.98 percent.



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RECENT HOME SALES

Castro Valley

2878 Crystal Court	94546: \$576,000	3 BD - 1,294 SF - 1978
3773 Cottage Court	94546: \$700,000	2 BD - 942 SF - 1957
4380 Moreland Drive	94546: \$717,000	3 BD - 1,025 SF - 1950
4472 Edwards Lane	94546: \$750,000	3 BD - 1,070 SF - 1951
21480 Outlook Court	94546: \$760,000	3 BD - 1,610 SF - 1963
17200 Roberto Street	94546: \$830,000	3 BD - 2,028 SF - 1929
22366 Morales Court	94546: \$830,000	4 BD - 2,096 SF - 1958
19141 Crest Avenue	94546: \$840,000	3 BD - 1,632 SF - 1977
21168 Greenwood Circle	94552: \$860,000	3 BD - 1,561 SF - 1990
18973 Natalie Court	94546: \$865,000	3 BD - 1,645 SF - 1956
18047 Lamson Road	94546: \$900,000	4 BD - 1,927 SF - 1959
6420 Ridgewood Drive	94552: \$935,000	3 BD - 2,256 SF - 1990
4097 Krolup Road	94546: \$975,000	3 BD - 2,520 SF - 1969
19108 Kit Fox Place	94546: \$1,035,000	4 BD - 2,558 SF - 1998
7319 Starward Drive #37	94568: \$513,000	2 BD - 927 SF - 1970

TOTAL SALES: 15
LOWEST AMOUNT: \$576,000 **MEDIAN AMOUNT: \$830,000**
HIGHEST AMOUNT: \$1,035,000 **AVERAGE AMOUNT: \$809,933**

San Lorenzo

17437 Via Corona	94580: \$765,000	3 BD - 1,524 SF - 1951
1420 Via San Juan	94580: \$771,000	5 BD - 1,750 SF - 1951
33329 7th Street	94587: \$122,000	3 BD - 966 SF - 1955

TOTAL SALES: 3
LOWEST AMOUNT: \$699,000 **MEDIAN AMOUNT: \$765,000**
HIGHEST AMOUNT: \$771,000 **AVERAGE AMOUNT: \$745,000**

3 Upgrades that Could Lower Home Insurance Premiums

Home insurance rates continue to rise, but you shouldn't feel powerless. You can take matters into your own hands by lowering your risk profile.

Anything that changes the structure of your property can affect your rate.

Certain home improvements not only increase your property's value, but also make it more secure. Check out three upgrades that could lower your insurance premiums.

1. A new roof

Which home feature has one of the biggest impacts on your homeowners insurance rate? Look up.

When a bad storm hits, your roof may be the first item on your list of repairs. Insurance companies figure that a new roof should be able to withstand the elements better than an old one. Some providers only offer limited coverage if your roof is past a specific age.

The type of roof you have and where you live can also affect the cost of your insurance. If you live in an area prone to hail (like Texas)

or wildfires (like California), make sure your new roof offers special protection against those kinds of conditions.

Replacing a roof isn't cheap. But consider it an investment that will protect your house, loved ones and belongings. It could help you save energy and lower your tax bill, too.

2. A better security system

Insurers expect homeowners to make security a top priority. At the very least, your home should have locks on all windows and doors.

But why stop there? Going above and beyond to protect your home can reduce your chances of filing a claim and potentially lower your insurance rate.

Before you make changes, contact your provider. There may be a list of devices that can increase security and reduce your premiums, such as deadbolts and smoke alarms. Some companies lower your rate if you join a local neighborhood watch.

Beefing up security won't do
continued on next page



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Upgrades

continued from previous page

any good if you're not regularly testing your system to ensure it's in working order. If a burglar breaks into your home and your security measures weren't in use, your insurer may reject part or all of your claim.

3. Smart home additions

Smart homes have more to offer than a fridge that emails you when you need milk or thermostats you can adjust on your way home (though those are pretty cool, too). Smart home gadgets have the po-

tential to make your home safer and more efficient, which insurance companies like Hippo reward with lower insurance rates.

Consider purchasing a device that minimizes damage or an accessory that goes along with your security system, such as a video doorbell that deters crime. With a data feed from your home, your insurer could bring maintenance needs to your attention in advance.

Not every upgrade will save you money.

While there are many home upgrades that can lower your homeowners insurance premiums, the following changes can increase

your risk of loss and raise your insurance rate:

Home offices: Be sure to review your insurance policy before trying to create your own workspace at home.

An addition: Your policy accounts for the value of all of your home's livable square footage. So it's best to contact your provider before adding a basement or a third bedroom.

Solar panels: Installing solar panels is expensive and could increase your homeowners insurance rate. If that happens, hopefully the energy you save and your federal tax credit will help offset

the cost!

Keep in mind that any changes you make to your home will need to adhere to residential building codes. So if you're DIY, do your due diligence.

Don't forget the most important step.

Most homeowners don't update their insurance policy — or even look at it — until they incur a loss or move. Insurance companies, on the other hand, update their rates at the time of renewal every year.

If you don't mention any home upgrades, the only direction your premiums might go is up.

—Hippo Insurance Services

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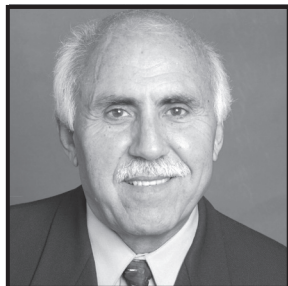
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www.RebeccaSayami.com
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www.homesbyswisher.com
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Ted Von Roll & Liz Dunbar
ReMax Accord Von Roll Team
vonrollrealestate.com
510-919-1234



Liz Lucero, Realtor
Senior Real Estate Specialist
Coldwell Banker
lizzilucero@sbcglobal.net
510-583-5444



Sharon Luther
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ReMax Accord
Sharon.Luther@comcast.net
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Lynn Levin
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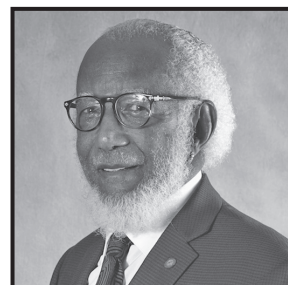
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510-303-7765



Kathi Townsend
Berkshire Hathaway Home Services
510-333-9404

Realtors... Your Picture could be here!

This Monthly Section will run the first Wednesday and Thursday of every month in the Castro Valley Forum and the San Leandro Times.

For information about advertising call:

Mary Florence: 510-861-3270 or
Linda Nakhai: 510-915-1513

www.castrovalleyforum.com



ADVERTISE WITH EAST BAY PUBLISHING AND REACH OVER 65,000

TO PLACE A CLASSIFIED AD

CALL 510-614-1558
FAX 510-483-4209
EMAIL Classifieds@ebpublishing.com
ONLINE www.ebpublishing.com

TO VIEW THE CLASSIFIED ADS

Visit our Websites 24 hours a day
www.sanleandrotimes.com
www.castrovalleyforum.com
 2060 Washington Ave., San Leandro, CA 94577

CLASSIFIED AD DEADLINE

New ads, cancellations or ad changes:
MONDAY BY 5:00 P.M.
 Call 510-614-1558 (Mon. - Fri., 9 a.m - 5 p.m.)
 VISA, MASTERCARD & DISCOVER ACCEPTED

AUTOS / TRUCKS

\$35 10 words
(3 weeks)

GARAGE SALES

\$30 10 words
(1 week)

HELP WANTED

\$35 10 words
(1 week)

MISC. FOR SALE

\$30 10 words
(3 weeks)

RENTALS

\$35 10 words
(1 week)

SERVICES

\$30 10 words
(1 week)

ALL CLASSIFIED ADS ALSO RUN FREE ONLINE! • AD MUST BE PREPAID WITH CASH, CHECK OR CREDIT CARD • ADDITIONAL WORDS ARE \$1.00 EACH

CLASSIFIED ADS RUN EVERY WEDNESDAY IN THE CASTRO VALLEY FORUM AND EVERY THURSDAY IN THE SAN LEANDRO TIMES

PLACE YOUR CLASSIFIED AD ON OUR WEBSITE AND SAVE \$5 PER WEEK OFF THE ABOVE PRICES!

ANNOUNCEMENTS

LANDLORDS - Advertise your units! A vacancy day is money lost forever ... R. Bowman

NEED - MUSIC LESSONS or PIANO TUNING?

Check the Classified Ads under "MUSICAL SERVICES" for help.

AUTOMOBILES/TRUCKS CYCLES/TRAVEL TRAILERS

1972 Honda CL-450 Scrambler. Original paint & graphics, red. \$1,700. 510-878-2698.

SELL YOUR CAR OR TRUCK

with a Classified Ad
 For more info or to place an ad
 call 510-614-1558
 San Leandro Times/Castro Valley Forum

AUTOMOBILES WANTED

I buy used foreign and domestic running cars, trucks and vans. 510-209-7524.

CONCRETE SERVICE

***AFFORDABLE CONCRETE.** Driveways, Walkways, Patios, Retaining Walls, etc. Lic.#868589. 510-575-1163

CONTRACTOR SERVICE

Need Contractor Service? Check our HOME SERVICE & CLASSIFIED ads for help! Castro Valley Forum/San Leandro Times

Advertise your Home for rent in the San Leandro Times & Castro Valley Forum
DON'T LET ANOTHER WEEK SLIP BY!
 - A vacancy day is money lost forever -
 To place an ad call 510-614-1558

CONTRACTOR SERVICE

NOTICE TO READERS

California law requires that contractors taking jobs that total \$500 or more (labor or materials) be licensed by the Contractors State License Board. State Law also requires that contractors include their license number on all advertising. Advertisers appearing on this page without a license number indicate that the contractor is not licensed. You can check the status of your licensed contractor at www.cslb.ca.gov or (800) 321-2752. Unlicensed contractors taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

NEED - MUSIC LESSONS or PIANO TUNING?

Check the Classified Ads under "MUSICAL SERVICES" for help.

EMPLOYMENT WANTED

*LOOKING FOR WORK?

Check the **Help Wanted** ads on the next page of this newspaper.
Also: Limited Time Offer! You can run a FREE 15 word "Employment Wanted" ad. Ad runs in the San Leandro Times & Castro Valley Forum. Call 510-614-1558 to place an ad or for more info. (Some restrictions may apply)

Licensed preschool teacher can babysit evenings/ weekends. I have First Aid and CPR Training. Call Sherry 510-329-7267.

FENCES/DECKS

FENCE LEANING? Don't replace... repair and save! Call Randy 510-706-6189.

FENCES/DECKS

A.T. WOOD FENCES & DECKS
 Fence, Concrete, Tree, Lawns, Painting, Cleanups. 510-507-1457/ 510-507-0968.

GARAGE SALES



CLASSIFIED AD DEADLINE:
 Monday 5:00 p.m.

GARAGE SALES

SAN LEANDRO

***FALL CLEANUP!!!**
 Time to clean out your Attic, Garage, Basement (House)!!!
 Get your items together and place a **GARAGE SALE** ad in the San Leandro Times and the Castro Valley Forum for as little as \$30.
 To place an ad
 Call 510-614-1558

3 FAMILY MOVING SALE 1/5, 7:30am-5:00pm. Houseware items, decor, furniture, rugs, clothing (men/women sz 10-20:s/m/l/xl), and more! 2544 Benedict Drive, San Leandro.

LANDLORDS - Advertise your units!
 - A vacancy day is money lost forever -
 R. Bowman

HOME SERVICES DIRECTORY

REACH OVER 60,000 READERS

Call today for ad rates and availability.



HOME SERVICES DIRECTORY
 Call 614-1558

Construction

GOLDEN GATE ENTERPRISES, INC. GENERAL CONTRACTOR

Additions / Remodels
 Kitchens / Baths • French Drains
 Foundations / Dry Rot / Stucco
 Retaining Walls / Patios
 Decks / Construction & Repair

(510) 909-8552
 FREE ESTIMATES LIC. #818840
 www.bayareacontractor.com

Fences/Decks

Fence Leaning? Don't Replace... Repair & Save!

*Reinforcement of existing fences is my only business, Rotted posts are my specialty.

FREE ESTIMATES!
510-706-6189
 Randy McFarland

REACH OVER 60,000 READERS

Advertise your services in both of our newspapers... at one low price!

CASTRO VALLEY FORUM
 San Leandro Times

HOME SERVICES DIRECTORY

For More Information, Call 614-1558



Gardening/Landscaping

LANDSCAPING, MAINTENANCE & TREE SERVICE

- General Cleanup & Maintenance
- Lawn Mowing, Edging & Weeding
- Tree Removal, Topping & Trimming
- Hillside Cleanup, Hauling & Shaping
- Brick Work, Patios & Retaining Walls
- Fences, Flower Beds & Painting

CALL FOR A FREE ESTIMATE
510-712-4318

Thank-You...

Golden Gate Enterprises for
 advertising with us for over 13 years!

GOLDEN GATE ENTERPRISES, INC. GENERAL CONTRACTOR

Additions / Remodels
 Kitchens / Baths • French Drains
 Foundations / Dry Rot / Stucco
 Retaining Walls / Patios
 Decks / Construction & Repair

(510) 909-8552
 FREE ESTIMATES LIC. #818840
 www.bayareacontractor.com

We truly appreciate all of our advertisers!

San Leandro Times / Castro Valley Forum

HAVE SERVICES?



Advertise with us today in the
HOME SERVICES DIRECTORY

REACH OVER 60,000 READERS

Advertise your services in both of our newspapers... at one low price!

CASTRO VALLEY FORUM
 San Leandro Times

HOME SERVICES DIRECTORY

For More Information, Call 614-1558

Painting



- Residential & Commercial
- Interior & Exterior Painting
- Drywall
- Home Restoration
- Custom Finishes

510-919-7903
 Coastbrushworks.com
 Lic. #662915

Roofing

Lic. #311818



K REED ROOFING
 Complete Residential & Commercial Roof Systems

(510) 357-5116

Call Now For A Free Written Roof Analysis & Estimate

Serving San Leandro & The Entire Bay Area. For Those Who Demand Superior Personalized Attention.

SINCE 1975 / FULLY INSURED

Painting

Diego Painting

- Residential/ Commercial
- Interior/ Exterior
- Power Washing



FREE ESTIMATES
 Lic. #855054 • diegopainting@comcast.net
 www.diegopainting.com
(510) 331-6152

Plumbing

CAPELLI PLUMBING & DRAIN CLEANING

Compare Our Prices!

FREE ESTIMATES 24/7 SERVICE



BBB Military & Senior Discounts
 Family Owned & Operated
510-969-4358
 LIC. #904794

HAVE SERVICES? CALL US

REACH OVER
60,000
 READERS BY
 ADVERTISING
 IN THE



HOME SERVICES DIRECTORY

GARDENING

***BEAUTY GARDEN LANDSCAPING**
Design - Construction - Maintenance.
Cleanups, New Lawn, Artificial
Grass, Irrigation, Patios, Pathways,
Brick, Stone, Concrete Fence/
Decks. Free Estimates! Lic.#925130.
510-691-8852.

***NAVA'S COMPLETE GARDENING:**
Mowing, trees, cleanup/hauling.
FREE estimates. 510-512-5857

NEED Gardening Service?
Check the advertisers in our
"Home Servc Directory" and
our "Classified Ads" for help!

GIVEAWAYS

VIEW the Classified Ads
Online at
sanleandrotimes.com or
castrovalleyforum.com
IT'S EASY!
For more info call
614-1558

HANDYMAN SERVICE

ESCOBAR Home Improvements.
Tile setting, Custom trim, Drywall,
Painting, Decks, Plumbing, Fencing,
Electrical, Hardwood flooring/ Refin-
ishing, Framing, Kitchen cabinets,
Counter tops, and All Home
repairs. Call 510-712-8573.

HANDY PEOPLE. Any type of job.
No job too small. 510-934-1251.

NEED - MUSIC LESSONS or
PIANO TUNING?
Check the Classified Ads under
"MUSICAL SERVICES" for help.

HANDYMAN SERVICE

HOME IMPROVEMENT. FREE
Estimates. Residential Interior/
Exterior. Roofing, Painting,
Concrete, Sheetrock, Fencing,
Ceramic Tile, Texturing, Decks,
Siding Repair, Bathrooms/
Kitchens, Remodeling, Carpentry,
Hauling, Cleanups, etc. Jose
Cruz 510-294-9017.

TORRES, A PERFECT HANDYMAN
•Honest •Dependable •Responsible
Painting, Plumbing, Retaining Walls,
Fences, Tiles, etc. FREE Estimates.
510-305-3205

HAULING SERVICE

***SMALL/LARGE JOBS.** Wood,
trash, concrete, furniture. Low
rates. 510-268-1412/ 510-631-5463.

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

Residential/ Commercial Garage/
yard cleanups. Appliance/ furniture
removal. Insured. Same day service.
Low rates. Free estimates. 925-
899-5655.

HELP WANTED

GENERAL

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

HELP WANTED

**Do you need some help at
your business?**
To place an Help Wanted ad
call **510-614-1558**
Your ad will run in and the Castro
Valley Forum on Wednesday and
the San Leandro Times on Thursday.
**Find help and support your local
newspaper at the same time!**
- Thank you -

INVITATION TO BID
PROJECT: Water Pollution
Control Plant Dirt Relocation
2019 Project No. 2015.0300
Owner: City of San Leandro
Bid Date: Wednesday
January 23, 2019 at 2:00 P.M.

We are requesting quotes from
all qualified Subcontractors and
Suppliers:

SOIL SCREENING, SOIL AMEND-
MENT PROVIDERS, PORTABLE
SCALES, PUGMILL SOIL MIXING,
EQUIPMENT RENTALS (BARE
OR OPERATED), ONSITE
TRUCKING, OFFSITE TRUCK-
ING, STREET SWEEPING, TRAF-
FIC CONTROL AND LABOR
PROVIDERS.

Project Description:
The work to be done consists of
screening and remediating soil,
moving soil, removing debris; and
doing all appurtenant work in place
and ready for use. Note: all
subcontractors will be required
to comply with The City of San
Leandro Community Workforce
Agreement. A copy of the agree-
ment can be provided upon
request.

Please feel free to contact Innova-
tive Construction Solutions with
any questions concerning job
overview. We look forward to your
response.

Please send ALL Questions and/or
Quotes to estimating@icsinc.tv.
Project plans and specifications
will be provided to interested
parties upon request.

HELP WANTED

General office clerical support for
CV based Hansen Landscape. Part
time 15-20 hours per week with some
flexibility to hours worked each day.
Answer phones, filing, misc paper-
work. Applicant must be willing to
learn computer payroll, accounts pay-
ables and receivables and have valid
CDL with acceptable DMV history.
\$16 to \$20/hr to start depending upon
experience. Pay will increase as you
learn our operations. Please email
your resume or info about yourself
and your availability to Steve Han-
sen at: hansen.steve@comcast.net
Please do not call.

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

HEALTH CARE

Direct Care Staff / DSP, to work
with D.D. Adults in care home in
San Leandro. Overnights, weekends
and afternoons available. Salary+
benefits. 510-563-5140.

HOUSE CLEANING

***CONNIE'S NATURAL CLEANING**
Licensed/ Insured/ Bonded
Make Your Home a Pleasant
and Healthy Environment
www.conniesnatural.com
Call **510-506-5053**

ANA'S House Cleaning Service.
Home or office. Ana 510-472-0103.

Cristina House Cleaning, free
estimates, senior discount. Bus.-Lic.
#121121. 510-825-0459.

LANDLORDS - Advertise your units!
- A vacancy day is money lost forever -
R. Bowman

HOUSE CLEANING

WALTON'S JANITORIAL
Licensed / Bonded / Local
For a **SPARKLE CLEAN**
OFFICE or Home
Windows • Floors
• Carpets • Restrooms
Phone 352-7948
Member of S.L. Chamber of Comm.

LOST & FOUND

PLEASE help us find our dog
"Snowball", 1 yr old male all white
15 lb mixed breed. Lost on 12/7/18 at
Stenzel Park in San Leandro. RE-
WARD. Call 415-652-2842.

MISC. FOR SALE

SPORTS

Razor Ripstik Caster Board with
lighted wheels, black with orange, in
excellent condition. \$25. Call Patrick
510-517-3351.

VARIOUS ITEMS

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

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

MISC. WANTED

I need at Hebrew tutor willing to
come to my San Leandro home.
Call 510-351-3219.

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

MUSICAL SERVICES LESSONS

EAST BAY MUSICIAN has moved to:
19067 Lowell Avenue, Hayward.
Lessons, Good with Kids. Call 510-
427-3955.

PAINTING SERVICE

NEED PAINTING WORK?
Check the TIMES & FORUM
Home Service ads for help. We
really appreciate our advertisers!
Patrick V.

REAL ESTATE AGENTS

**Are you interested in buying or
selling a home or property?**
**Would you like the help of a
Professional Agent?**
For assistance call ...

***SCOTT HARRISON** - Realtor
Coldwell Banker **510-388-4536**

RENTALS

APARTMENTS

Castro Valley 2-bedroom, 1-bath,
Walk to BART and Village. Gated,
laundry, pool, fitness. \$2,395. 510-
582-8389.
www.bartplazaapartments.com

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

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

LANDLORDS - Advertise your
units! A vacancy day is money
lost forever ... **R. Bowman**

CLASSIFIED AD DEADLINE:
Monday 5:00 p.m.

SERVICES

SELL YOUR CAR OR TRUCK
with a Classified Ad
For more info or to place an ad
call 510-614-1558
San Leandro Times/Castro Valley Forum

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

TREE SERVICE

***A CAREFUL TREE SERVICE.**
Certified. Arborist. Lic.#694067. Trim-
ming, Removals. **FREE Estimates.**
Bonded. Call 510-581-7377.

YOUR INFO

Advertise your Home for rent in the
San Leandro Times & Castro Valley Forum
DON'T LET ANOTHER WEEK SLIP BY!
- A vacancy day is money lost forever -
To place an ad call **510-614-1558**

CLASSIFIED AD DEADLINE:
Monday 5:00 p.m.

VIEW the CLASSIFIED Ads
Online at
sanleandrotimes.com or
castrovalleyforum.com
For help or for more info call
510-614-1558. E.B. Publishing

PLACE YOUR CLASSIFIED ADS ONLINE!

CastroValleyForum.com

SanLeandroTimes.com



Attention Classified & Home Services Directory Advertisers

Classified & Home Service ads
run in both the Castro Valley
Forum and San Leandro Times.

TOTAL CIRCULATION
60,500

Call Patrick at 614-1558
for details and rates.

ATTENTION LANDLORDS

**You may rent your property with
a sign in the window or with an
ad on the internet... But why not
also advertise your rental in both
the San Leandro Times & Castro
Valley Forum for as little as \$25,
and reach over 60,000 readers!**
TO PLACE AN AD, CALL 614-1558

THANK-YOU
for supporting the Castro Valley
Forum and San Leandro Times!



We greatly appreciate our many
advertisers who make it possible for
us to publish these newspapers.

HOME SERVICES DIRECTORY

Handyman

HANDYMAN SERVICES
*Serving Castro Valley &
San Leandro for 28 Years*
Big or Small —
We Do It All!
(925) 548-4202

Hardwood Flooring

FERREIRA'S HARDWOOD FLOORING
Sand • Install • Refinish
Glista • Oil Base
25 Years Experience
FREE ESTIMATES
Call Jeff Today!
510-366-6491
Lic. #803455

House Cleaning

Tender Loving Care
House Cleaning Service
Family Owned Since 1980
WEEKLY • BI-WEEKLY • MONTHLY
EMPLOYEES COVERED BY
WORKERS
COMP STATE
DISABILITY
INSURANCE
Specializing
in detailed
cleaning tailored
to your home
FREE ESTIMATES
Email: **PATTYATLTC@AOL.COM**
www.tlc-housecleaning.com
510-481-9193
BONDED & INSURED • ALL TAXES PAID

REACH OVER 60,000 READERS

*Call today for ad rates
and availability.*

HOME SERVICES DIRECTORY
Call 614-1558

**Whatever your specialty, the place
to advertise is in the...**
HOME SERVICES DIRECTORY
Delivered to 32,736 homes in
San Leandro, over
20,000 homes in
Castro Valley, and
another 8,264 are
delivered to
businesses and
libraries.

Roofing

Wonderlin ROOFING SYSTEMS
Castro Valley Lic. #642517 Insured/Bonded

**FAMILY OWNED &
OPERATED**
Over 25 Years Experience
Reroofs • Repairs • Inspections
Dry Rot Repair • Seamless Gutters
(Pre-painted)
FREE ESTIMATES

\$200.00 OFF
COMPLETE REROOFING WITH TEAR-OFF
One Coupon Per Customer Expires 2/28/19

(510) 538-1530
We Specialize in Residential Roofing

Roofing

BANNER ROOFING CO.

★ New Roofs ★ Re-Roofs ★ Roof Repairs ★
RESIDENTIAL & COMMERCIAL

WE CONTROL YOUR RAIN!
★★★★
ALL TYPES OF ROOF REPAIRS
★★★★
PROFESSIONAL WORKMANSHIP
★★★★
FREE ESTIMATES
SENIOR DISCOUNTS
LIC # 657692 BBB A+

ROOFING TYPES

- ASPHALT SHINGLES
- FIREPROOF TILE & SLATE
- CEDAR/SHAKE SHINGLES
- METAL ROOF SYSTEMS
- TAR & GRAVEL
- SINGLE-PLY SYSTEMS

GUTTER TYPES

- SEAMLESS ALUMINUM.
- PREPAINTED IN 20 COLORS
- GALVANIZED 5", 6" & 7"
- COPPER GUTTER SYSTEMS
- SHEETMETAL FABRICATION
- OVERHANG SOFFIT & FASCIA
- CLEANING & REPAIRS

20% OFF
20% OFF ANY OF OUR ROOFING & GUTTER SERVICES
20% OFF ANY COMPLETE OR PARTIAL ROOFING JOB
20% OFF ANY COMPLETE OR PARTIAL GUTTER JOB
20% OFF ANY ROOFING OR GUTTER REPAIR JOB
— ONE DISCOUNT PER HOUSEHOLD —

LICENSED / BONDED / INSURED 2424 CLEMENT ST., ALAMEDA
510-895-4433



A Perfect Gift for Nature Lovers

Regional Parks Foundation memberships are a great gift for any nature lover.

Memberships provide easy access to the Park District's 73 Regional Parks on 121,000 acres of open space, 55 miles of shoreline, and 1,250 miles of trails for hiking, biking, horseback riding, and nature learning.

Membership benefits including a personalized Membership Card, unlimited day-use parking, an annual dog pass (good for up to 3 dogs), free swimming during swim season, camping discounts, free admission to Ardenwood Historic Farm on non-event days, and free horse/boat trailer permits (boat launch fees still apply).

Give the gift of membership and the Regional Parks Foundation will handle the rest! The Regional Parks Foundation

will prepare a Gift of Membership package that can either be mailed directly to the recipient or back to you. Call 510-544-2220 or email Membership@ebparks.org. Each gift request is handled individually.

Memberships can be purchased online at www.RegionalParks-Foundation.org/Join. In-park purchases are available at parking kiosks and point of sale locations including Lake Chabot.

Donations are also a great way to support regional parks and programs, including sending underserved kids to camp, restoring natural wildlife habitat, repairing hill and shoreline trails, and transporting the disabled, seniors, and children from low-income neighborhoods to parks.

Visit www.regionalparksfoundation.org/donate to donate.

A NEW YEAR'S COMMENTARY

Three Tips For Making Better Ethical Decisions Every Day

By Dr. Christopher Gilbert
SPECIAL TO THE FORUM

News reports bring us plenty of examples of poor professional ethics being practiced in business, entertainment, and government.

But in terms of personal ethics as applied to everyday choices that we don't read about, what percentage of people lie, cheat, steal, cut corners, or take advantage of others?

Some studies show over 50 percent would cheat on their marital partner if they knew they wouldn't get caught, and well over 1 million cheat on their taxes annually.

Ethical transgressions some would consider small by comparison, such as accidentally denting a car door in a parking lot and then not leaving your contact information, or cutting someone off on the freeway, are just as important in living an ethical life.

That's because if we fail to make the correct ethical decisions and harm others in the little things, we can often rationalize that harm with the big things.

No corporate president walks into their boardroom and asks for a show of hands about scamming the consumer. They make immoral decisions and then, like us with the little stuff, rationalize so the choice seems fine — even good.

We can often look for information or knowledge that helps us rationalize making a wrong choice, but if we follow the Golden Rule consistently and treat others the way we want to be treated, the ethical decision is clear.

Some thoughts about understanding and practicing good personal ethics:

Ethics are best understood when they are personalized. People often become conflicted in situations demanding an ethical decision. What helps the most? Personalize the choice.

For example: If you dent a stranger's car door in some parking lot, don't think of them as a stranger. Instead, ask yourself, "What if this was my best friend's or my sister's car?" Or, what if you returned to your own car and saw it scratched, with no note left behind. Don't you wish the perpetrator had identified their responsibility to you?

The ability to practice "right" when it involves those we know, and "wrong" against those we don't, means our ethics only protect those we already care for. If that's true, no stranger should ever do a good deed for us, either. So much for the Good Samaritan, or being of service to others."

Ethics bridge the gap between your knowledge and your wisdom. Knowledge isn't wisdom. How someone uses their knowledge is an indicator of their wisdom.

Wisdom is making the right choice, sometimes despite the knowledge you have. Our ethics are the bridge between what we know and what we should do about it.

Wisdom stands on three pillars: rational intelligence (Knowing the right thing to do), emotional intelligence (Feeling right about what we do), and spiritual intelligence (Actually doing right).

Ethics combine empathy and compassion. Most people know the story of the Good Samaritan. In order to be ethical, strangers help strangers even in the worst of times.

What's the difference between those that stop to help and those that take care of themselves? It's the way they framed their ethical choice. To the selfish, the important question is, "If I stop to help this man, what will happen to me?" To the empathetic and selfless, the important question is, "If I don't stop to help this man, what will happen to him?"

The second question evidences all three pillars of wisdom.

Ethical decisions increase our trustworthiness, unethical choices erode that trust. Since trust is the foundation of all human virtues examining your ethical standards, our ethics aren't philosophical, or about codes or laws. They are at the heart of all our relationships."

Dr. Christopher Gilbert, the author of "There's No Right Way To Do the Wrong Thing," is an international ethics consultant and senior consultant. He completed work for the Bill and Melinda Gates Foundation on a sustainable food-security program across four nations of sub-Saharan Africa, and he has been a professor of business ethics who taught at universities on four continents.

LETTERS TO THE EDITOR

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

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): Romantic aspects are high at this time for single Lams looking for love. Warm and fuzzy feelings also are at enhanced levels for Rams and Ewes in paired relationships.



TAURUS (April 20 - May 20): This week favors what Taureans dote on -- namely, love and money. Look for more meaningful relationships for both singles and pairs, as well as an improved financial outlook.



GEMINI (May 21 - June 20): All lingering shreds of that recent bout with boredom are dissipated as you eagerly accept a challenging offer. Your positive mood persuades others to join you in this venture.



CANCER (June 21 - July 22): You might need validation for a possible solution to a situation involving someone close to you. Consider asking a trusted friend or relative to help you with this problem.



LEO (July 23 - August 22): Investigate carefully before agreeing to assist a friend or colleague with a personal problem. There might be hidden factors that could emerge later that will create problems for you.



VIRGO (August 23 - Sept. 22): Your decision to work with an associate rather than go it alone, as you first proposed, brings an unexpected bonus. Be careful not to be judgmental. Allow for free and open discussion.



LIBRA (Sept. 23 - October 22): A loved one's health problem could, once again, make demands on your time and attention. But this time, make some demands of your own, and insist that others pitch in and help.



SCORPIO (October 23 - November 21): This is a good time for the traditionally staid Scorpion to plan adjustments in your day-to-day schedules. Be more flexible and allow for more impromptu, off-the-cuff actions.



SAGITTARIUS (Nov. 22 - Dec. 21): Avoid creating unnecessary fuss over a situation you don't approve of. If it's going to work, it will do so despite your objections. If it fails, it will do so without a push from you.



CAPRICORN (Dec. 22 - Jan. 19): Working with a trusted colleague could open your mind to exploring some considerations you previously dismissed out of hand. The weekend brings news from a loved one.



AQUARIUS (Jan. 20 - Feb. 18): Resolving a recent problem leaves you in a good position to strengthen your influence on how things get done. But continue to encourage ideas and suggestions from others.



PISCES (Feb. 19 - March 20): A new friend suggests an interesting opportunity. But check it out before you snap at it. It might be a good deal for some people, but it might not work in helping you reach your goals.

Obituaries

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JULY

Northern California's rainy season officially ended with Castro Valley precipitation totals measuring four inches below normal and less than half of what they were on July 1, 2017.

Castro Valley Pride was back for its 8th annual celebration on Saturday, July 14, at Castro Valley High School, with a lineup of entertainers, speakers, food trucks and more than 70 vendors and community groups.

After 20 years of hosting classic Cadillacs, Thunderbirds, Camaros, and Woody Wagons, the Redwood Chapel Car Show rallied its final event on Saturday, July 14. Jerry Gamez, who started the show back in 1998, credited the nearly 100 volunteers who kept the show's engine running smoothly.

Around 275 people, 90 of them First Responders, attended the 19th annual Castro Valley "Night of Honor" hosted by Redwood Chapel on July 30.

AUGUST

CVSan held its 2018 recycles day, collecting tons of hazardous and e-waste, on Saturday, Aug. 4, at Canyon Middle School.

This year's Relay for Life, a combined effort of the Castro Valley, San Leandro, Hayward and San Lorenzo organizations, raised more than \$100,000 for the American Cancer Society. Close to 1,000 people participated in the 24-hour event, held at the Alden E. Oliver Sports Park in Hayward.

Due to extreme fire conditions, Cal Fire has banned all outdoor burning in early August in all East Bay Regional Parks and all other areas of state responsibility in Alameda County.



Dozens of Castro Valley residents took a short hike up Ten Hills Trail off Redwood Road on August 13 to discuss fire danger along the valley's many parkland areas.

Castro Valley residents were invited to take a look at the downtown's past and future on Aug. 9, when the old Daughtrey's building offered tours and presentations on its upcoming renovation as the Castro Valley Marketplace with expectations of bringing new life to the downtown area.

Dozens of Castro Valley residents took a short hike up Ten Hills Trail off Redwood Road on Aug. 13 to discuss fire danger along the valley's many parkland areas with representatives from Cal Fire, East Bay Regional Parks District, the Alameda County Fire Department, East Bay Municipal Utility District and Castro Valley Municipal Advisory Council (MAC) participated.

A reminder of decades past in Castro Valley returned on Saturday night, Aug. 25, when hundreds of drivers hit the Boulevard from Stanton Ave. to Norbridge in their classic and exotic cars in a sort of salute to "American Graffiti."

Nearly 9,200 students returned or started classes in Castro Valley's public schools in August. Another 215 students enrolled at Our Lady of Grace Catholic School and 700 students began attending Redwood Christian Schools.

SEPTEMBER

More than 5,600 visitors turned out to enjoy Labor Day at Lake Chabot Regional Park, hiking,

boating, fishing, relaxing and, of course, cooking and eating. The weather was perfect for the late summer season.

Throngs of people came to Castro Valley over the weekend of Sept. 8-9 to enjoy the 46th Annual Fall Festival, the food and the free musical entertainment.

The Buon Tempo Club hosted its 10th Annual Big Salame Bocce Tournament at Adobe Park on Sept. 15, renaming it the Ken Martin Memorial Big Salame Shoot Bocce Tournament in memory of its founder, the late Ken Martin.

VFW Post 9601 held a Patriot Day remembrance ceremony on Sept. 11 at the Castro Valley Community Center's Veterans Memorial.

Hundreds of residents turned out Friday, Sept. 21, for the 26th Annual Cop Shop BBQ hosted by the Alameda County Sheriff's Office at First Presbyterian Church. The popular annual event helps pay the rent for the Sheriff's community policing satellite office in Ashland as well as many other community programs.

OCTOBER

BART's Board of Directors voted to crack down on fare evaders by hiring 10 additional inspectors to increase police presence on-board trains and platforms, and help send a message to customers that everyone must pay to ride the trains.

A new drumline program was launched by the Alameda County Deputy Sheriff's Activities League for young people ages 12 to 21 called the "Rhythm Cadets" that emphasizes teamwork, commitment and leadership.

Officials from the Castro Valley and Oro Loma sanitary districts broke ground for a new \$19-million state-of-the-art treatment plant in San Lorenzo to improve water quality and the health of the bay.

Fans of the printed page turned out Oct. 27 to celebrate Castro Valley Library's 100th birthday, with cake, ice cream and entertainment sponsored by Friends of Castro Valley Library, a volunteer organization that raises money to support Library endeavors.

NOVEMBER

The General Election on Nov. 6 brought out about two-thirds of Alameda County's registered voters, with incumbents winning most of the contested races.

Firefighters from all over the

Bay Area have been dispatched to the devastating wildfires that burned in Northern and Southern California, including personnel from Fire Station 25 in Castro Valley, who were sent to the Woolsey Fire in Ventura County.

Alameda County firefighters were able to quickly contain a grass fire along Cull Canyon Road in CV on Oct. 10 that briefly threatened several homes — a reminder of the local high fire danger.

Protesters filled all four corners of the intersection of Castro Valley Blvd. and Redwood Road on Nov. 8 in response to President Trump's ouster of Jeff Sessions as Attorney General, fearing that replacement Matthew Whitaker would derail the Mueller investigation into Russian interference with the 2016 election.

As firefighters and sheriff's officers from Alameda County continued to provide mutual aid in the deadly wildfires that were plaguing the state, a dirty, smoky haze shrouded Castro Valley and nearly all of the Bay Area, closing schools and canceling the already-postponed Christmas Light Parade as well as most other outdoor events.

Meantime, stacks of donated food and household supplies from Castro Valley residents were loaded into cars and onto trucks for delivery to fire victims who were living in shelters in Butte County.

On Nov. 19, the Hayward Area Historical Society announced that it was putting its showplace building — The Museum of History and Culture on Foothill Blvd. — up for sale as part of a financial restructuring.

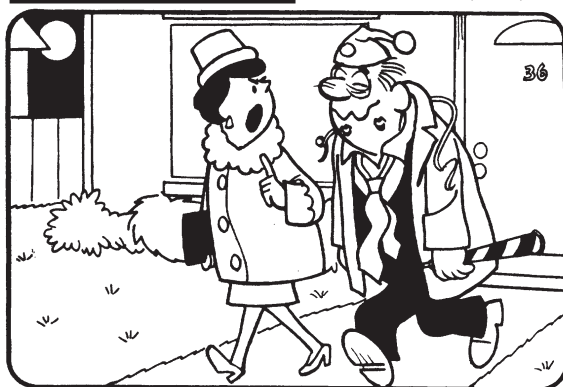
More than 500 people were on hand for the Nov. 24th Grand Opening of the Bruce D. Johnson Gymnasium on the Redwood Christian Schools campus in San Lorenzo.

continued on back page

TIME OUT FOR FUN & GAMES

HOCUS-FOCUS

BY HENRY BOLTINOFF

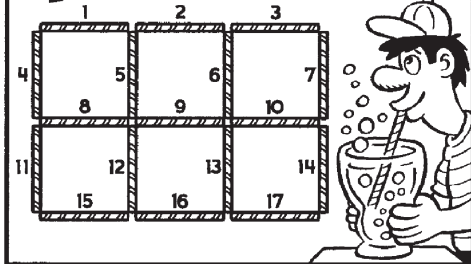


Find at least six differences in details between panels.



Differences: 1. Moon is missing. 2. Streamer is longer. 3. Coat is different. 4. Hom is missing. 5. Streamer is longer. 6. Number is transposed.

PUZZLE CARD



A BUBBLY BAFFLER! Your problem is to remove six straws from the 17 shown here and have two squares left.

Answer: If you remove straws 5, 8, 9, 12, 14 and 17, you will be left with one large square and one small square. Did you "fizz" out? Try to solve this one?

ODD MAN OUT! To the right is a list of five words. Can you figure out which word doesn't belong on the list?

Answer: Depot. The other words all contain boys' names. (2. Lyle. 3. Earl. 4. Alan. 5. Saul.)

A THANKSGIVING WORD FEAST! See if you can pass around the four five-letter words needed on the right to fill in our word square. There is a helping of definitions for each. All words must read the same across and down.

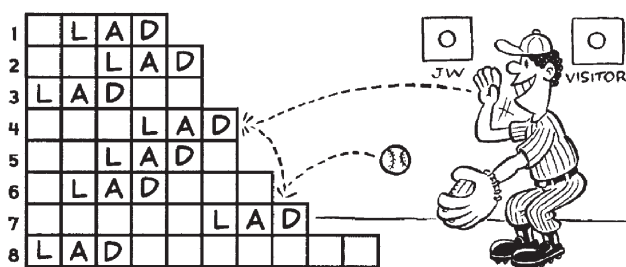
1. Holiday centerpiece (given). 2. Where everyone lives. 3. They call it debating. 4. Worthless closet items. 5. It's also called stealing.

Answers: 1. Feast. 2. Earth. 3. Earth. 4. Earth. 5. Theft.

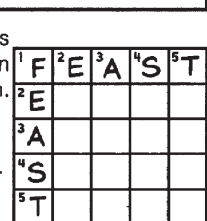
Junior Whirl

by Charles Barry Townsend

NINE 'LADS' MAKE A TEAM!



Illustrated by David Coulson



This lad is waiting for his pals so they can play baseball. The grid above has room for eight words that contain "LAD." Try to field his team in less than three minutes. Hints: THIS LAD ...

1. ...is all dressed up.
2. ...comes from the garden
3. ...will serve the soup.
4. ...is very romantic.
5. ...can make you sick.
6. ...can make you happy.
7. ...was in the Civil War.
8. ...goes with strawberries for dessert.

Answers: 1. Clad. 2. Salad. 3. Ladle. 4. Ballad. 5. Malady. 6. Gladden. 7. Ironclad. 8. Ladyfinger.

ATHLETE OF THE WEEK

Elena Lottich

This week's Athlete of the Week is Elena Lottich, a junior at Castro Valley High School. Lottich plays tennis and finished her season at the 2018 NCS/Les Schwab Tires Division 1 girls tennis singles championships on Monday, December 3.

Lottich faced Camilla Tarpey of Tamalpais and won the first match 6-3, but lost the next two 3-6, and 1-6. Her first two years, she was voted all-league as a singles player. In addition to her excellence on the court, Lottich has been a Scholar Athlete during her career as a CVHS Varsity tennis player.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



Youth Baseball and Flag Football Programs

www.CVSPORTSLEAGUE.org



HOLIDAY TREE COLLECTION

January				
M	T	W	Th	F
7	8	9	10	11
14	15	16	17	18



- Place trees next to carts for pick-up on your regular collection day.
- Please remove ornaments, tinsel, nails, and stands. Cut tall trees into lengths no longer than six feet.
- Flocked trees will be collected, but not composted.
- Multi-family residents: place in general collection area.



Questions? Contact Waste Management of Alameda County, Inc. at (510) 537-5500.

OTHER HOLIDAY RECYCLING TIPS & REMINDERS:

- Save holiday bows and ribbon and reuse them next year. Bows and ribbons that can no longer be reused must go in the garbage.
- Recycle wrapping paper with no foil or glitter in the blue recycling cart or white recycling bin.
- Compost uneaten holiday leftovers (all food scraps and food-soiled paper) in the green organics cart.

For Zero Waste party tips, visit www.SelectMyPath.org.

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School: Have a New Year's Resolution?

continued from front page

If your creativity is in the kitchen, there is a new batch of cooking classes including truffles, homemade yogurt and cake decorating.

You can also delve deep into your psyche with classes in dream interpretation and understanding personality through storytelling.

Do you want to keep your mind sharp? Castro Valley Adult & Career Education's Italian and Spanish teachers create a fun group atmosphere that will delight your inner armchair traveler or get

ready for that summer trip.

Who Wants to Be a Millionaire?

While Castro Valley Adult School can't promise you millions, it can help you get your finances in order. Have you ever wanted to sit down with a CEO? Dev Mahadevan former CFO and CEO of both Eden Hospital and Kaiser Permanente returns with his popular 3 session "Taking Control of Your Finances" class.

Are you ready to work on estate and trust planning? James Phillips teaches a one day class and is a

certified specialist in estate planning, probate and trust law. Both classes offer a cost effective way of working with a pro and getting going on that plan you've been "meaning to do."

Who doesn't want to be happier?

If you find yourself so busy there is no time to relax, give yourself the gift of an hour a week in "Meditation for Busy People." There's also a new class, "Finding Your Joy" by Victoria O'Kane, the author of Journey to Joy: 13 Steps to Heal Your Self Esteem to help you create more joy and self-confidence in your life.

And, of course, healthier?

Do you catch every cold or flu in town? Take "Boost Your Immune Defenses" with nutritionist Susan Blanc. Commit to exercise with a pilates, Zumba, Qigong, or yoga class. For those with limited mobility there is "Nice and Easy Movement" class and chair yoga, too.

Whatever your New Year's resolution, Castro Valley Adult & Career Education has a class. Visit their website at www.cvadulthood.org or call 510-886-1000.

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

Reports: Child Molester

continued from page 3

Shoplifting Conspiracy

Monday, December 24: at 8:26 p.m., deputies arrested two homeless people on charges related to suspicion of shoplifting and conspiracy to commit a crime at a drugstore on Castro Valley Boulevard near Yeandle Avenue. A 41-year-old woman and 39-year-old man were detained in the Castro Valley BART Station parking lot following reports of two individuals stuffing unpaid merchandise into a bag and then leaving the store without paying for them. The woman was additionally charged with illegal possession of pepper spray. The man was found to have

burglar tools in his pockets and a warrant issued for his arrest out of Solano County. The couple were taken to Santa Rita Jail for processing.

Child Molester Arrested

Monday, December 24: at 3:44 p.m., a 57-year-old man from Hayward was arrested on suspicion of molesting a child in front of a fast food restaurant on Castro Valley Boulevard near Rutledge Road. Deputies were called to the scene following a suspicious person call. The man fitting the description was handcuffed and taken into custody. The victim was treated at the scene.

DECEMBER

The Castro Valley Christmas Tree Farm on Redwood Road was a busy place as cars lined up to enter and cut fresh trees for the holidays.

Rabbi Shimon Gruzman of the Chabad of Castro Valley and Congressman Eric Swalwell greeted celebrants at a large Menorah set

up on the Boulevard near Castro Valley Creek on the first night of Hanukkah. About 80 people turned out for the service.

Santa Claus and his helpers arrived at the Adult School by fire engine, with sirens blaring and lights flashing, as the Rotary Club of Castro Valley hosted its annual Children's Christmas Party for kids and families living in local shelters.



IN UNIFORM

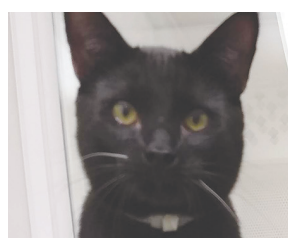
U.S. Air Force Airman Sebastian Vreeburg graduated from basic military training at Joint Base San Antonio-Lackland, at San Antonio, Texas.

He is the son of Julie and Gregory Vreeburg of Castro Valley.

Airman Vreeburg completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training also earn four credits toward an associate in applied science degree through the Community College of the Air Force.

ADOPT-A-PET



BUBBLES AND AGENT: Bubbles, a brown tabby, and Agent, a sleek black kitten, are two cool cats who love hanging out together. They are playful, social, and cuddly. Bubbles is 9 months old and Agent is 8 months old. They are eager to find a home where they can play, lounge, and get into kitty shenanigans together. Info: Hayward Animal Shelter (510) 293-7200.



JEDI AND SKYWALKER: Jedi is a sleek black and white tuxedo kitten and his brother Skywalker, with jet black fur, were born in a foster home on 7/27/18. Both are super sweet and playful. They are very bonded to each other and would love to be adopted together. Neutered, microchipped, vaccinated and FIV/FelV negative. Email: Loveallpawzrescue@gmail.com.

CROSSWORD PUZZLE ANSWERS

O	K	R	A	V	I	S	A	O	W	L
D	I	E	S	A	V	E	R	N	E	E
O	N	T	H	E	M	E	N	D	T	V
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