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MARCH 17

ST. PATRICK'S DAY



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YEAR 32

WEDNESDAY, MARCH 11, 2020

NO. 10

INSIDE YOUR FORUM

OUR TOWN



Election Results

See how voters made their voices heard on local ballot measures

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HEALTH



Heart Health

Questions to ask to find out if you are at risk of cardiovascular disease

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LIVING



You're in Luck

Tasting these recipes will make you feel like you've found a pot of gold

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EDEN MEDICAL CENTER

Preparing for Coronavirus

By Linda Sandsmark
CASTRO VALLEY FORUM

This cold and flu season the Eden Medical Center staff is also preparing for COVID-19, known as the Novel Coronavirus.

Preparations include close coordination with state and local health departments, as well as the Centers for Disease Control and Prevention (CDC).

As of yesterday, there were 93 confirmed cases of the coronavirus in the Bay Area, 153 cases in California, and 2 confirmed deaths in the state.

"As always, the health and safety of our patients, care providers and the communities we serve remains our top priority," Dr. William Isenberg, Sutter Health's chief safety officer, said in a statement.

"Another important component of our preparedness measures is helping ensure the careful and appropriate use of personal protective equipment (PPE), especially given national concerns about PPE shortages. Our facilities are making N95 masks and other required protective equipment available to clinical staff as appropriate, and will continue to do so.

"We are also communicating with staff about when and how to use personal protective equipment for those patients that require that level of protection," Dr. Isenberg's statement continued.

Coronavirus alert notices are posted in several languages at entrances to Eden Hospital and adjoining Sutter Health

see EDEN on page 8



PHOTO BY LINDA SANDSMARK

MAC MEETING

Marketplace Set to Open Next Month

By Amy Sylvestri
CASTRO VALLEY FORUM

If all goes according to plan, the Castro Valley Marketplace should be open for business by the end of next month, the Castro Valley Municipal Advisory Council (MAC) heard at Monday night's meeting.

MAC member Ken Carbone gave a brief update on the highly anticipated specialty food market project (the site of the former Daugherty's building), saying that he has heard that an invite-only pre-Grand Opening event is scheduled for April 17 and the marketplace will be open to the public by the end of the month following several delays.

"The actual opening of the marketplace is still to be determined and probably closer to the end of April," said Carbone. "It's getting closer."

In other MAC news, the council turned down a proposal to allow a chiropractic clinic in the Castro Village Shopping Plaza, saying that there would be too much traffic for the parking lot to handle and that the Village should be kept to retail purposes as much as possible for as long as possible.

"Do you think you have capacity for another 100 cars a day?" MAC Chair Marc Crawford asked the applicant. "The tenants that we hear from are complaining about

see MAC on page 8

Dryer Winter Could Mean Summer Drought, Fires

By Michael Singer
CASTRO VALLEY FORUM

Despite the sprinkling of rain Castro Valley received last week, a drier than expected January and February means we could be bracing for water and fire alerts this summer and early fall.

U.S. Drought Monitor data released last Thursday reveals that moderate drought conditions are now expected in Alameda County. That's an increased severity condition from just a week ago when forecasters reported lighter drought conditions for several cities in the East Bay.

February was such a dry month—third driest on record—that Castro Valley received less

than 3 inches this year. Compare that to 2017 when the Bay Area recorded 45 inches in two months.

California's current index for precipitation is 49% of the average for this time of year and its snow-pack level is 44% of normal, according to the California Department of Water Resources.

"People are wondering are we ever going to see rain again and I want to point out every winter California experiences a three to six-week dry spell," Michelle Mead, a meteorologist with the National Weather Service in Sacramento said in a statement.

East Bay Municipal Utility District (EBMUD) reports its reservoirs are at 77% capacity but won't consider any changes to its

2020 water plan until it looks at precipitation levels in April.

"We always ask our customers to use water wisely," says EBMUD Senior Public Information Representative, Andrea Pook. "If precipitation levels fall below a certain threshold, we may ask for voluntary conservation but it's still too early."

In the meantime, EBMUD is asking customers to turn their irrigation systems off and check them for leaks. If plants look dry, the preferred method is to spot water them in the morning or after dusk.

Even if March does produce a good amount of rainfall, experts are already coming to grips that the 2020 wildfire season may arrive sooner than expected.

California Department of Forestry and Fire Protection (Cal Fire) management is watching precipitation levels and monitoring specific zones in the state and preparing in advance.

"We are using this time to make sure our aircraft are maintained and ready to go in case we're needed," Scott McLean, Cal Fire's deputy chief of communications told the Castro Valley Forum. "In addition to calling on our 2,000 seasonal firefighters, we are able to call for mutual aid from other states and areas to fight fires."

Cal Fire has already responded to 467 calls in its jurisdiction this year compared to 118 responses during the same period last year,

McLean says. While some are false alarms, at least 95% of the fires Cal Fire responds to are less than 10 acres in size.

PG&E is also sending postcards to more than 200,000 customers encouraging them to update their cell phone number, email addresses, and other key information so the company can contact them in advance should it become necessary to temporarily turn off power for safety this fire season.

"We are asking our customers to be sure we have their latest contact information so we can do our best to reach them in advance of a potential Public Safety Power Shutoff event," says PG&E's Chief Customer Officer Laurie Giammona.

Castro Valley Weather Mar. 11 - 15, 2020



Wednesday
Mostly Cloudy
High 68° Low 48°



Thursday
Mostly Sunny
High 70° Low 47°



Friday
Sunny
High 66° Low 49°



Saturday
Possible Showers
High 55° Low 46°



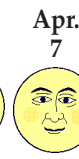
Sunday
Rainy
High 53° Low 40°

Almanac

Moon Phases



Past Week's Rain: 00.10
Season To Date: 05.22
Normal To Date: 15.90
Season Average: 21.22



Sun sets at 7:13 p.m. today, rises at 7:27 a.m. Thursday.

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CV SPORTS HALL OF FAME

Track Champion Jack Welch Triumphant in Races and Life

Fourteenth in a series profiling the 16 new members of the Castro Valley Sports Hall of Fame. The induction banquet will take place Sunday, April 26, at the Redwood Canyon Event Center. More info at castrovalleysportsfoundation.org.

By Dave Del Grande
SPECIAL TO THE FORUM



Jack Welch

Jack Welch's life was like one of his races: short, triumphant and memorable to those who shared his path.

The former Redwood Christian High track and cross country champion died in 2007 at the age of 21 as the result of brain damage suffered in a car accident that occurred nine days after his high school graduation in 2004. His legacy is still being felt in the Eagles' athletic program.

"He was just an unusually great young man," recalled Steve Gillette, who coached Welch in both his high school sports. "So often my best athlete was the biggest problem in the classroom. Not Jack. He was not a challenge for you. He was a great example for others. For years, we kept records on the wall at the school. Everyone used to compare their times with Jack. Everyone wanted to be like Jack. The way he carried himself. So humble."

In a record-setting prep career, Welch is remembered as part-standout, part-captain and part-recruiter.

"We didn't have a lot of runners when Jack joined the (cross country) team as a sophomore," Gillette recalled. "He was very good. But that wasn't enough for him. He went out and convinced others to join the team. By his junior year, we had 28 kids turn out. He was

the big reason why.

"Same thing in track. We are a very small school, but we had a lot of good athletes. He had a dream of winning the track championship. He had a vision ... he could see one guy was fast, one guy could jump, and he got them to join the team. Then we started winning championships. It wasn't because I was there. It was because Jack was there."

Welch, who lived in Venezuela and Puerto Rico as a youngster, then Danville before moving to Castro Valley during his freshman year at Redwood Christian, might have recruited good athletes to his teams. But none could keep up with him.

In cross country, he won three Private School Athletic League and two Central Coast Section championships and placed fourth or better at the State Meet twice, leading Redwood Christian to two league titles and one CCS title. Along the way, he set the course record at Coyote Hills in Fremont during the 2003 league championships.

In track, Welch set school records in the 400, 800, 1,600 and

3,200 meters while winning two league championships apiece in the 800 and 1,600. Redwood Christian won three league team titles in Welch's four seasons.

Welch's remarkable record was enough to earn him enshrinement in the 2020 class of the Castro Valley Sports Hall of Fame. But his impact on local track and cross country went well beyond his individual accomplishments.

Gillette recalled times when Welch, after he'd completed his race, retraced his steps on the course to encourage teammates to finish strong. That kind of attitude obviously caught the eye of more than his own coach.

"After the accident, his mom would get him in a wheelchair and take him to the cross country meets," recalled Gillette, noting that Welch had a younger brother (Andrew) and two younger sisters (Jo and Christina) who also ran for Redwood Christian.

"We were the house with four pairs of running shoes outside the front door," Welch's mother, Joanie Anguiano, interjected.

"There was a meet at Hayward (High)," Gillette continued, "where Will Matthews - he was the Hayward coach - saw Jack, then went home and got a medal from his (earlier) invitational and put it around Jack's neck. It was an amazing scene."

Welch did more than just watch his brother and sisters run.

"When I was going through my divorce, Jack worked 30 hours a week at Safeway when he was a senior," his mother recalled.

"He was afraid his brother Andrew (who was two years younger) wouldn't make the team. So when Jack went to Stanford for

see FAME on page 8

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MARCH 3 LOCAL ELECTION RESULTS

Castro Valley Unified School District Measure I to levy \$96 per parcel per year for six years to retain and attract teachers and fund academic programs. A two-thirds (66.67 percent) super-majority vote was required for the approval.

Yes: 4,731 60.95%
No: 3,031 39.05%

Alameda County Measure C, authorizing the county to levy an additional sales tax of .5% for Children's Health and Child Care. A simple majority was required to approve.

Yes: 103,509 61.30%
No: 65,355 38.70%

Alameda County Fire Department Measure D, a \$90 million bond to repair and replace outdated fire stations. A two-thirds (66.67 percent) super-majority vote was required for the approval.

Yes: 7,950 64.50%
No: 4,375 35.50%

California Assembly District 20

Bill Quirk (D-incumbent)	14,535 (46.5%)
Son Nguyen (R)	7,401 (23.7%)
Alexis Villalobos (D)	6,397 (20.5%)
Vipin Bajwa (D)	2,948 (9.4%)

15th U.S. Congressional District

Eric Swalwell (D-Incumbent)	38,486 (56.5%)
Alison Hayden (R)	13,678 (20.1%)
Peter Liu (R)	6,230 (9.1%)
Samantha Campbell (D)	5,958 (8.7%)
Tuan Phan (D)	2,057 (3%)
Don Grundmann	936 (1.4%)
Austin Intal (D)	818 (1.2%)

CV MAC Has One Opening

Alameda County Supervisor Nate Miley is accepting applications for appointment to the Castro Valley Municipal Advisory Council (MAC) to fill the vacancy when Sheila Cunha leaves the council.

Those who may be considered for appointment must either be residents of Castro Valley or be business-owners here for at least five years.

The Council consists of seven members serving four-year terms. The members advise the Board of Supervisors on matters concerning the Castro Valley area, as defined within the boundaries established by the town's General Plan.

Meetings are generally held on the 2nd, 3rd and 4th Mondays of the month at 6 p.m. in the Castro Valley Library.

Those on the 2nd and 4th Mondays are designated as Land Use meetings. The 3rd Monday is designated as a General Purpose meeting. Special meetings are held as necessary.

Council members receive a \$50 stipend per meeting.

Visit www.acgov.org/bnc to complete an online application. For more information, contact Paul Sanftner at 510-670-5967 or at paul.sanftner@acgov.org.

Applications will be accepted through Tuesday, March 31, 2020.



PHOTO COURTESY OF GARLAHD DUGH

Creekside science and engineering students won First Place in the Mission Possible event in which Rube Goldberg devices keep golf balls in motion.

Creekside Students Going to the Olympiad for 2nd Year in a Row

Castro Valley continues its legacy of top science and engineering students with fantastic results at the Bay Area Regional Science Olympiad Competition at Cal State East Bay on Feb. 29.

After seizing victory at the Christensen Invitational, Creekside's two teams put an exclamation point on it by taking 3rd and 9th place at Regionals among

a competitive field of 31 Bay Area overachievers.

In diverse events including anatomy, fossils, computer game programming, meteorology, oceanography, and circuits, Creekside's Team Cobalt earned its way to the State Finals for the second year in a row, with its two teams racking up an astounding 33 Top-10 finishes in 23 events and garnering 21 medals.

Students advancing to state are: Sean Chen, Tomi Chen, Anna Dughi, Maya Dughi, Matthew Jewell, Natalie Ma, Samantha O'Brien, Adim Rai, Lillian Sequeira, Nikolas Sommerhalter, Vilis Staraitis, Arthur Tatarkhanov, Kate Tyreman, Jad Yehia, and Joyce Xu.

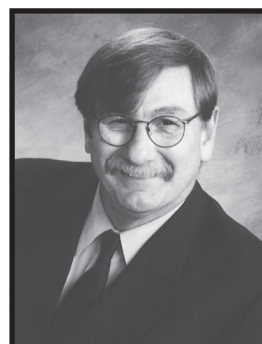
Creekside showed dominance in the build events, earning 1st see *OLYMPIAD on page 9*

SHERIFF'S REPORTS ON PAGE 8



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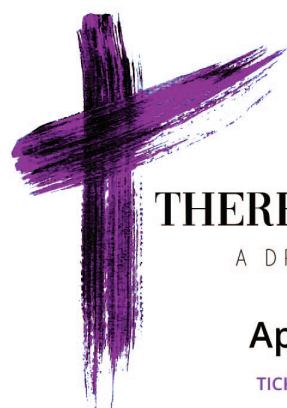
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The Week Ahead

● Wednesday, March 11: Neuropathy Support Group Meeting

Those suffering from peripheral neuropathy are encouraged to attend the monthly free support group meeting at 1:30 p.m. today, March 11, at First Presbyterian Church, 2490 Grove Way, Castro Valley. We meet every second Wednesday. For more info, call Greg at 510-886-6758.

● Thursday, March 12: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting at 7 p.m. tomorrow in the boardroom at 4400 Alma Avenue. The Board intends to consider conveyance of a roughly 680-square-foot portion of District property in fee simple, currently a portion of District property known as Stanton Elementary School at 2644 Somerset Ave. For the agenda and board packet, visit bit.ly/CVUSDBoardMeetings

● Saturday, March 14: Hearing Loss Association Meeting

Retired police officer David Reimers, one of our members, will discuss "When the police officer asks you to pull over," at the next meeting this Saturday. Refreshments at 9:30 a.m., meeting at 10 at Oakland Kaiser Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. Parking garage on Howe is free on Saturday. For more info, call 510-221-6080 or visit info@hearinglosseeb.org

● Saturday, February 8: Amador Valley Quilters Meeting

Suzi Parron will be the guest speaker at this Saturday's general meeting of the Amador Valley Quilters. She will focus on the barn quilt trail movement initiated by Donna Sue Groves of Ohio in 2001 to honor the quilting art of her Mother. More than 100 barn quilt photos and some of their stories will be presented. The Amador Valley Quilters are temporarily meeting at Phoebe Hearst Elementary School, 5301 Case Ave. in Pleasanton on the second Saturday of the month from 1:30 to 4 p.m. until further notice. Guests are welcome!

● Saturday, March 14: Marine Corps League Meeting

The Marines of the First Lt. Frank Reasoner Detachment No. 919 are looking for a few good men to meet at 9 a.m. on the 2nd Saturday of each month at the San Leandro Veterans Hall, 1103 Bancroft Avenue. We support all Marines and FMF Corpsman, active, retired and former. Come and check us out. For info, call Bill Smith at 925-997-8041.

● Sunday, March 15: Purim Celebration

Tri-Valley Cultural Jews invite you to a Purim Celebration with food, entertainment, crafts and activities from 10:30 a.m. to 12:30 p.m. this Sunday at the Bothwell Arts Center, 2466 8th St, Livermore. Also a Purim play, costume parade and a kids' contest. Free to members, \$10 for others. Families are asked to bring along some hamantaschen (with a list of ingredients) to share. Everyone is asked to bring canned food for the food bank to distribute to the needy.

● Sunday, March 15: Introduction to Unconscious Bias

"Implicit bias," "Intersectionality" "and Racial Signaling" are terms we hear more about as our society continues to grapple with racism and its impacts on our society. Castro Valley Library will present an educational workshop in which you can actively investigate these concepts this Sunday from 2 to 4 p.m. This free program is part of *Castro Valley Reads 2020* with the goal of giving the community an opportunity to understand how we form attitudes and stereotypes that affect our interactions with others. and will be presented by Deb Sica, founder of the Library's Justice, Equity, Diversity and Inclusion group.

● Tuesday, March 17: Rotary Topic: Bay Wetlands Restoration

Dave Halsing, executive director of South Bay Salt Ponds Restoration Project, will describe the efforts to restore the Bay wetlands at the next buffet lunch meeting of the Castro Valley Rotary Club on Tuesday from noon to 1:30 p.m. at Redwood Canyon Golf Course, 17007 Redwood Road. Lunch is \$15 and reservations must be made by 9 p.m. this Sunday by contacting Rotary at cvrotary@iCloud.com or 510-4025123. More info at castrovalleyrotary.org

● Tuesday, March 17: "Seeking Alien Civilizations"

A search is underway to find intelligent life in the universe. Can SETI researchers detect radio, infrared, or optical signals from other civilizations? Current and future SETI projects, including the new \$100-million "Listen" project, may provide an answer. UC astronomer Dan Werthimer, Chief Scientist at Berkeley SETI Research Center, will describe the rationale for past and future searches and will show how new technologies are revolutionizing SETI, at 7 p.m. Tuesday at Castro Valley Library (just a 5-minute walk from BART). Register now at bit.ly/find-aliens2

● Wednesday, March 18: Castro Valley Women's Club

"Nevertheless, She Persisted" is the topic of the next meeting from 1 to 3 p.m. on March 18 at the clubhouse, 18330 Redwood Road, as the

club honors the 100th anniversary of women gaining the vote in 1920. Included will be a slide presentation, a review of the book "Hidden Figures" and a panel by members discussing their personal struggles for equal pay and treatment from the '60s onward. Members of the Aitkens Senior Center Book Club plan to attend. The public is invited. For more information, visit www.castrovalleywomensclub.weebly.com

● Saturday, March 21: Soroptimist Fashion Show Luncheon

Join Soroptimist of the East Bay for their Annual Fundraising Luncheon & Harper Greer Fashion Show, from 11:30 a.m. to 3:00 p.m. on March 21 at Crow Canyon Country Club, 711 Silver Lake Drive in Danville. For tickets (\$45), call Billie Knight 510-825-7389 and be a part of the solution as the money raised will provide support to women and their families through education and supportive services.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

● **"Chicago the Musical"** (High School Edition) will be presented by Castro Valley High School Drama and Music departments at the Center for the Arts at 7 p.m. on March 13, 14, 20 and 21, and at 2 p.m. on March 15 and 22. This edition is more family appropriate but still features all of the huge hits including "All that Jazz", "All I care about is Love," "Roxy," "Mr. Cellophane," "Cell Block Tango," "Reached for the Gun," and many more. It is the longest running American Broadway musical in Broadway history. *For tickets (\$18-\$21), see above.*

● **Free Band Concert** will be presented by the Castro Valley Adult School Band at 7 p.m. on Wednesday, March 25.

● **Castro Valley Orchestra Concert** will be presented at 2 p.m. on Sunday, March 29, at the Center for the Arts, 19501 Redwood Road. The orchestra will present harp soloist, Jessica Schaeffer in Saint Saens' "Morceau de Concert," and Franz Schubert's "Tragic" Symphony #4, and "A Song of Hope for the Refugees," by composer and orchestra violist, Thomas Baker, and perhaps a surprise or two. Tickets (\$10, or \$5 for students with ID) are available at the Castro Valley Adult School offices, 4430 Alma Ave., phone 510-886-1000. Tickets at th door will be \$14 and \$8. There will be a silent auction at the concert.

● **Bee Gees Gold**, presents the songs we remember — "Stayin' Alive," "How Deep Is Your Love?" and "Night Fever" at the Center for the Arts at 7:30 p.m. Saturday, April 4. The disco ball will be twirling as the band recreates the look and sound of the Bee Gees, with their unique falsettos that made them legends. *For tickets (\$38/\$40), see above.*

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"The Aristocats KIDS,"** based on the beloved Disney animated film, is a non-stop thrill ride of feline fun, complete with unbelievable twists and turns. In the heart of Paris, a kind and eccentric millionairess wills her entire estate to Duchess, her high-society cat, and her three little kittens. Laughs and adventure ensue as the greedy, bumbling butler pulls off the ultimate catnap caper. The show will be performed at Vannoy Elementary School at 7:30 p.m. on March 26 and at 10 a.m. on March 29, and at Stanton Elementary School at 7:30 p.m. on March 27 and March 29. For tickets (\$10-\$20) visit bac theatre.org/tickets/spring/cvusd. Be sure to click on the correct school that you want to see.

ART GALLERIES, RECEPTIONS & ART INSTRUCTION

● **Watercolor Painting Demonstration:** Monica Satterthwaite will describe her techniques in painting realistic and expressive subjects during a free demonstration from 2 to 4 p.m. this Saturday, March 14, in the Redwood Studio of the Adobe Art Center, 20395 San Miguel Ave. in Castro Valley. Color is dominant, but can be arbitrary and subtle — the combinations setting the mood for the viewer. Monica, who has created illustrations for highly regarded corporations and civic facilities, currently teaches art history at Los Positas College and San Lorenzo Adult School. This demonstration is sponsored by A.R.T., Inc.

AT THE CHABOT CINEMA

● **Onward** (PG)

Wed 3/11 — 3:55 6:30

Thu 3/12 — 1:15 3:55 6:30

Fri-Sun 3/13-3/15 — 1:00 3:45 6:30

Mon-Tue 3/16 & 3/17 — 3:45 6:30

CASTRO VALLEY FORUM

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ARIES (March 21 - April 19): Disappointed about something that didn't go your way? Cheer up. Look at the reasons it happened, and you could find a valuable lesson about what to do (or not do!) the next time.



TAURUS (April 20 - May 20): It's a good time to do some reassessing of plans and goals -- even how you considered redoing your bathroom. The point is to be open to change if change can improve things.



GEMINI (May 21 - June 20): Take some time to learn who is the right person (or persons) to approach and discuss your ideas with for your new project. Also, reserve time to prepare for an upcoming family event.



CANCER (June 21 - July 22): Dealing with a demanding situation, as you recently did, could drain much of your own emotional reserves. Take time to relax and indulge yourself in some well-earned pampering.



LEO (July 23 - August 22): The regal Lion might feel that she or he is above emotional displays. But showing your feelings can be both liberating for you and reassuring for someone who has been waiting for you to do so.



VIRGO (August 23 - Sept. 22): An emotionally needy person might make more demands than you can cope with. Best to ask for some breathing space NOW, before resentment sets in and makes communication difficult.



LIBRA (Sept. 23 - October 22): An unexpected spate of mixed signals could cause serious schedule setbacks. Best to focus on straightening everything out as soon as possible and get everyone back on track.



SCORPIO (October 23 - November 21): Be aware that someone in the workplace could try to use a disagreement with a colleague against you. If so, be prepared to offer your side of the story with the facts to back you up.



SAGITTARIUS (Nov. 22 - Dec. 21): An unexpected challenge to a previous decision can be unsettling. But your reservoir of self-confidence -- plus your loyal supporters -- should help carry the day for you. Good luck.



CAPRICORN (Dec. 22 - Jan. 19): While the idea of making some sort of major move in the near future continues to interest you, don't overlook a new possibility that could be emerging closer to home.



AQUARIUS (Jan. 20 - Feb. 18): Be careful not to base an upcoming decision on gossip or anything you might hear if it can't meet provable standards. That's true regardless of whom the source might be.



PISCES (Feb. 19 - March 20): You might still need to do some solid reassessing early in the week before you can close that sensitive situation. A new job-related opportunity could present itself later in the week.

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5 Signs You're Entering Menopause

By Dr. Arianna Sholes-Douglas
SPECIAL TO THE FORUM

Menopause is a natural part of aging for women, but there is no predictable pattern or timeline for the symptoms.

While hot flashes, irritability and weight gain are generally well known, symptoms like anxiety, hair loss, and incontinence can catch a woman by surprise and cause concern, even though they're normal.

Many myths exist about what to expect when going through menopause. It's important to know your body well enough to know what's happening and get reassurance that what's going on is normal.

Five normal menopausal symptoms women can watch for:

- Anxiety/depression. Depression and anxiety shouldn't be ignored; they can appear as your body changes, and need to be treated. If you have a history of anxiety and/or depression, you are likely to experience it again in perimenopause – the menopause transition.

Decreasing progesterone and overactive adrenals may be partially responsible for the anxiety you're feeling, and progesterone has been implicated in depression, too. So, don't think depression and anxiety are just "all in your head."

- Hair loss and hair growth. Hormone changes can cause hair growth where you least want it. At the same time, these hormone changes – specifically, decreasing estrogen and the changing ratio of estrogen to testosterone – are responsible for thinning hair on the scalp, especially on the crown and near the forehead."

- Behavioral changes. Behavior can tip off a woman to menopausal symptoms. If you're not feeling like yourself and your partner has complained about you treating them differently, it could be an indication of lower estrogen levels. Estrogen is actually a key driver of women's nurturing behavior and desire to take care of others. When levels decline in perimenopause, women can find themselves thinking, feeling and behaving in a way that's unfamiliar.

- Appearance of vagina. Age and hormones affect the appearance of the vagina. The pubic hair can go gray, thin, or disappear altogether; the skin can change color; and the labia minora can lengthen or sag. All of these changes are completely normal.

- Incontinence. Decreasing estrogen is responsible for the thinning of the vaginal walls and that means the urethra doesn't have the support it used to in order to hold urine in. Urine leakage is very common; around 50% of women will experience some form of incontinence in their lifetime.

Every woman is different, but there's no need to worry and suffer in silence. Talk with your gynecologist to learn more about the symptoms, discuss what you're experiencing, and ways to treat them.

Dr. Arianna Sholes-Douglas (www.drarianna.com) is author of *The Menopause Myth: What Your Mother, Doctor, And Friends Haven't Told You About Life After 35*, and the founder of Tula Wellness Center, in Tucson, Ariz.



Keeping Your Heart Healthy

CARDIOVASCULAR DISEASE (CVD) is the leading cause of death for adults in the United States, resulting in some 610,000 deaths each year. That's roughly one in every four deaths, but you can protect yourself.

The most common and serious types of heart disease are heart attack and stroke.

Here are questions you can ask yourself — and your doctor — to find out if you are at risk and how you can prevent CVD.

- What are your risk factors?

An important part of preventing heart disease is knowing your risk factors. Nearly half of American adults have at least one of the three major risk factors: high blood pressure, smoking, and high cholesterol.

There are several ways your doctor can help you determine your risk of having a heart attack or stroke in the next 10 years.

- Are you getting your blood pressure checked?

Blood pressure measures the force of blood pushing against the walls of the arteries as the heart

All adults should be screened for high blood pressure, and this is often done during a visit to your doctor's office. If your blood pressure numbers are high, talk to your doctor about additional monitoring

pumps blood around the body. High blood pressure (also known as hypertension) is a condition in which blood pressure rises and stays high for an extended time, and it raises a person's risk for CVD.

All adults should be screened for high blood pressure, and this is often done during a visit to your doctor's office. If your blood pressure numbers are high, talk to your doctor about additional monitoring to see if you have hypertension or another health condition and if you need treatment.

- Should you make lifestyle changes?

There are several risk factors for CVD that you can change, and your doctor can help. These risk factors include smoking, poor diet, and lack of physical activity.

If you smoke, talk to your doctor about getting help and medications that can improve your chances of quitting.

Your body mass index (or BMI) is also an important risk factor. During an office visit, your doctor will weigh you and, if you are overweight, your doctor can offer ways to help you lose weight and may also screen for other conditions, such as diabetes, that are related to weight.

To keep your heart and whole body healthy, eat plenty of vegetables, fruits, fiber, and whole grains, and eat meals that are low in salt, red meat, and saturated fats.

At least 2.5 hours of moderate physical activity or 75 minutes of intense physical activity each week is also recommended. Moderate physical activity can include such things as riding a bike, swimming, or doing yard work or home repairs. Intense physical activity can include jogging or running, playing tennis, or hiking uphill.

Even if you are healthy and simply want to stay that way, ask your doctor about how you can develop heart-healthy habits.

- Are statins right for you?

Statins are medications that see *HEART* on back page

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A Dinner Fit For a Saint

Unless you're a vegetarian, it's very likely that you'll be eating corned beef and cabbage next Thursday. It's a St. Patrick's Day staple – at least in the U.S. – and it will be on most restaurants' menus that day.

Though cabbage has long been an Irish food, corned beef only began to be associated with St. Patrick's Day at the beginning of the 20th Century when Irish immigrants living on New York City's Lower East Side began substituting corned beef for their traditional dish of Irish bacon to save money.

Because corned beef is made from the beef brisket, a less-tender cut, it's best when cooked for a few hours (remember "low and slow" when cooking *any* less tender cuts of beef).

That's about all you need to know when it comes to preparing this simple St. Patrick's Day meal.

If you're lucky enough to have some leftovers, corned beef hash and poached eggs make a splendid Sunday morning breakfast.

Or get some sauerkraut and Swiss cheese and fix Reuben sandwiches for lunch.

TRADITIONAL CORNED BEEF & CABBAGE

- 3 pounds corned beef brisket with spice packet
- 10 small red potatoes
- 5 carrots, peeled and cut into 3-inch pieces
- 1 large head cabbage, cut into small wedges

Rinse corned beef, then place it in large pot or Dutch oven and cover with water. Add the spice packet that came with the corned beef.

Cover pot and bring to a boil, then reduce to a simmer. Simmer approximately 50 minutes per pound or until tender.

Add whole potatoes and carrots, and cook until the vegetables are almost tender. Then, add cabbage and cook for 15 more minutes. Remove meat and let rest 15 minutes.

Place vegetables in a bowl and

cover. Add as much broth (cooking liquid reserved in the Dutch oven or large pot) as you want. Slice meat across the grain. Yields 5 servings.

Cook's Tip: If seasoning packet is not included with corned beef brisket, substitute 1-1/4 teaspoons pickling spice, or just add 15 peppercorns, 8 whole cloves and a bay leaf.

IRISH SODA BREAD

- 4 cups all-purpose flour
- 4 tablespoons white sugar
- 1 teaspoon baking soda
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 cup margarine, softened
- 1 cup buttermilk
- 1 egg
- 1/4 cup butter, melted
- 1/4 cup buttermilk

Preheat oven to 375°F. Lightly grease a large baking sheet.

In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg.



Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet.

In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.

Bake in preheated oven for 45

to 50 minutes, or until a toothpick inserted into the center of the loaf comes out clean, about 30 to 50 minutes.

You may continue to brush the loaf with the butter mixture while it bakes. Yields about 16 servings.

For each serving, warm a mug with hot water for a few minutes, pour out water and add 1 shot of Irish whiskey and a teaspoon of sugar.

Fill mug to just below rim with strong, hot coffee. Float a heaping tablespoon of whipped cream on top. Don't stir—the coffee is sipped through the cream.

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ATHLETES OF THE WEEK



Marcus Miller



Gabriella Vinciguerra



Leikela Lunt

This weeks Athletes of the week are three Castro Valley High School seniors who have received scholarships to play their respective sports at the next level. They are shown above as they signed letters of intent to participate in collegiate athletics on February 2, 2020.

Marcus Miller signed to play football for the University of Nevada at Las Vegas, Gabriella Vinciguerra signed to play soccer for Hastings College in Nebraska. Leikela Lunt signed to play soccer for Briar Cliff University in Iowa. Congratulations to all three athletes!

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Fame: The Jack Welch Memorial Award

continued from page 2

a running camp, he paid for his brother to go. He was very generous like that. He earned it from working at Safeway."

Fittingly, when Welch earned a scholarship to Westmont College, it was a rival coach – Jack Dixon of Valley Christian – who had recommended him.

Today, Redwood Christian honors its most inspirational athlete each year with the Jack Welch Memorial Award.

Welch didn't play sports as a youth. His mother admitted not knowing how good her older son was in cross country until attending a race one day in Half Moon Bay.

"Jack came down this hill and there was nobody around him. I was like: What's going on here?" she recalled. "There were 150 or 200 boys in the race, and nobody else appeared for a couple of minutes. It was incredible. I was flabbergasted."



Redwood High's Jack Welch leads the pack – his usual position during a stellar high school career.

MAC: Approval of Tire Choice Signage

continued from front page

the parking. The council needs to stand up for their community, make the hard decisions, and preserve the Village for retail for as long as we can."

MAC Member Carbone added that Castro Valley is poised to

make changes in the near future and that using retail space for a medical office would be "selling it short."

The MAC also voted to allow Tire Choice at 3430 Castro Valley Boulevard to replace and re-face their signage, approved the removal

of an existing cell tower and its replacement with a new 45-foot fake tree cell tower at 3906 Brookdale Boulevard, and approved the continuing operation of an existing community facility (Neighborhood Community Church) at 20600 John Drive.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Assault on Family Member

Monday, March 9: at 1:07 a.m., Sheriff's deputies arrested a 22-year-old man from Castro Valley on suspicion of assault on a family member. An anonymous tip sent deputies to an apartment complex on Center Street near Grove Way. The man was handcuffed and taken into custody. The victim was treated at the scene.

Attempted to Drive Drunk

Sunday, March 8: at 3:54 a.m., a 28-year-old man who gave no address was arrested on suspicion of public intoxication. Deputies stopped the man for questioning in front of a home on Wisteria Street near Somerset Avenue. The man's friend reported that he tried to stop the man from driving home drunk. The man refused to submit to a field sobriety test and was taken into custody.

Heroin and Weapons

Thursday, March 5: at 10:20 p.m., deputies arrested a 30-year-old man with no permanent residence on suspicion of possession of illegal narcotics including heroin and related drug paraphernalia, possession of nunchakus, and violating multiple terms of his probation. The man was found behind a grocery store on East Castro Valley Boulevard at the 580 Market Place with heroin and unprescribed Xanax. Deputies took the man to Santa Rita Jail pending bail.

Two Caught with Drugs

Thursday, March 5: at 10:50 a.m., two people from Castro Valley on suspicion of possession of illegal narcotics and related drug paraphernalia. Deputies discovered the pair during a probation search of a business on Castro Valley Boulevard near Baker Road. A

29-year-old man and a 24-year-old woman with a warrant issued for her capture were handcuffed at the scene and taken to Santa Rita Jail pending as much as \$7,500 in bail.

He Choked His Wife

Thursday, March 5: at 11:12 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Sherman Drive near Pineville Circle. There, they arrested a 60-year-old man on suspicion of assault on his wife. A witness told deputies the man thought his wife had been cheating on him, strangled her around her neck, and threw her to the ground. Deputies found the woman's wounds consistent with the report. The man also surrendered his registered firearm at the home. Deputies took the man to Santa Rita Jail pending \$50,000 in bail.

see REPORTS on back page

Eden: Virus

continued from front page

clinics instructing those with a fever, chills or body aches not to enter, but to return to their vehicle and call 510-247-6395 for further information.

Anyone entering the hospital who, in the last 14 days, has traveled from affected areas, or has been in contact with someone who has, is requested to ask for a mask. Affected areas includes China, South Korea, Japan, Iran, and Italy.

There is no vaccine for Coronavirus, so preventing the spread of it and other respiratory illnesses is important. The following measures are recommended for everyone:

- Wash hands frequently with soap and water, including between fingers. If soap and water aren't available, use hand sanitizer.
- Avoid touching your face with your hands, especially eyes and nose.
- Stay home if you feel sick, to prevent exposing others.
- Sneeze into tissues or your elbow, and wash hands after sneezing.
- Avoid contact with ill persons if possible.
- Contact a medical provider before coming to a hospital or doctor's office.

The Coronavirus has symptoms similar to the flu, including possible shortness of breath. Getting a flu shot can help rule out the flu if similar symptoms occur.

Coronaviruses are in the same virus family as the common cold, typically causing mild symptoms. A lab test can be done to determine if the illness is Coronavirus.

The CDC recently listed cleaning products that can help combat the Coronavirus. These include Clorox, Lysol, Sani-Prime and Purell disinfectant wipes and cleaners. More specific information is available at cdc.gov



"March The Fifth" cooking up beats for the lab - a monthly intimate group of artists sharing music and songwriting.

What's Up at Smalltown

Looking to have a gathering or party? Even an off-site meeting for your team? Smalltown offers a unique and artistic space perfect for intimate groups to rent out by the hour. Visit <https://www.smalltownsociety.com/space-rental> to book! Email info@smalltownsociety.com with any questions. The space is perfect for photo shoots, off-site meetings, parties of up to 40 people, private showcases.

Upcoming events to look out for:

- March 21 at 7:30 p.m. Live music at The Monkey House in Berkeley with Skye Alexander, Graham Hill & Wilson Wong \$10-20
- April 4 at 7 p.m. Live music at Caffè Chiave with Graham Hill & Safiyah Hernandez 7PM - Free
- April 30 (not March 30 as misprinted last week) Workshop 101: Building Tiny Homes, hosted by Supervisor Nate Miley 8:30 a.m. to noon at the Castro Valley Library - Free

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

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PHOTO COURTESY OF THE CV WOMEN'S CLUB

Honoring Women's History

A display by the Castro Valley Women's Club at the Castro Valley Library (above) titled "Nevertheless, She Persisted" features works that celebrate women and honor their accomplishments, past and present. The League of Women Voters' Eden Area display in the adjoining showcase describes the 19th Amendment giving women the right to vote and the history of the League, both celebrating the 100th anniversary. The displays continue all month.

Olympiad: Creekside

continued from page 3

and 2nd place medals in Boomilever (where cantilevered beams are built to hold 2,000 times their weight), 1st place in Mission Possible (in which Rube Goldberg devices keep golf balls in motion), 1st place in Elastic Launched Gliders (where planes vie for longest hang time), 3rd in Mousetrap Vehicle (where mousetrap-powered cars race for braking accuracy) and 5th and 7th place in Ping Pong Parachute (where the goal is to keep a ping pong ball aloft).

Three teams from Canyon finished 10th, 12th and 15th, with 21 Top-10 finishes and 10 medals.

In the high school division, 3 teams from Castro Valley High School finished 7th, 10th and 18th, with 27 top-10 finishes and 16 medals.

State finals will be held at the Cal State campus in Turlock on April 18.

For more information about Science Olympiad visit <https://cv-science.us> or email sciencecastrovalley@gmail.com.

SUPERINTENDENT'S BIRTHDAY



Castro Valley School Superintendent Parvin Ahmadi blows out the candle on a unique birthday cake made of local business gift cards from the School Board and Cabinet. The gift cards will be donated to the CVHS Health & Wellness Center for students experiencing food insecurity. Ahmadi said she was thrilled to share her birthday by providing 42 meals to hungry students and to use this opportunity to highlight the issue of food insecurity in the Castro Valley community.



The Castro Valley Sanitary District (CVSan) is releasing a Draft Initial Study and Mitigated Negative Declaration (IS-MND) for CVSan's Operations and Engineering Building Project (project) for review and comment to all applicable agencies, organizations, and interested persons (reviewers). Reviewers should focus on the content and accuracy of the Draft IS-MND in discussing potential impacts upon the environment. This Notice of Intent (NOI) to Adopt a Draft IS-MND is in compliance with the California Environmental Quality Act (CEQA). The Draft IS-MND is being circulated for a 30-day review period. The specific posted comment period is from **March 11, 2020 to April 10, 2020 at 4:00 p.m.**

Project Title: Castro Valley Sanitary District Operations and Engineering Building

Project Location: The project site is located at 21195 Center Street and 4096 Castro Valley Boulevard in Castro Valley, in unincorporated Alameda County (County), at the northwest corner of Center Street and Castro Valley Boulevard. The project site is located on two assessor's parcels (APN 84C-650-1-3 and 84C-650-2-4) totaling approximately two acres and is owned and operated by CVSan. The project site also includes a portion of County-owned land at the corner of Castro Valley Boulevard and Center Street, which accounts for approximately 0.15 acres of the site.

Project Description: The proposed project involves the demolition of existing on-site structures and development of a new operations facility for use by CVSan. The facility would include an approximately 19,795 square-foot, two-story building that would provide office space and other facilities such as equipment



storage, conference and board rooms, amenities for employees (i.e., kitchen, break room, shower, and lockers), and a public counter for the CVSan Engineering Department. The project also includes vehicle maintenance facilities, a workshop, and materials storage areas in the same Operations and Engineering building, a separate hazardous material building to house chemical products, paint and emergency fuel, and an associated surface parking lot.

Environmental Impacts: The Draft IS-MND has been prepared for this project pursuant to the provisions of CEQA and demonstrates that the proposed project will not have any significant or unmitigable effects on the environment. As a result of the adoption of this document and the implementation of the proposed mitigation measures, the proposed project will not have any significant or unmitigable effects on the environment.

Public Hearing: A Public Hearing date and time is anticipated to be set for a June Board meeting in CVSan's Board Room at 21040 Marshall Street, Castro Valley, CA 94546, to obtain public input on the proposed project and the IS-MND.

Public Comment Period: The public review period for this project continues from **Wednesday, March 11, 2020 until Friday, April 10, 2020**. Public comments on the IS-MND are welcome. If you wish to comment on the IS-MND, please send written comments with your name and/or the name of your agency contact person (if applicable) to the following address or email address:

Evan Choy, Engineering Technician
Castro Valley Sanitary District
21040 Marshall Street
Castro Valley, CA 94546
Email: evan@cvsan.org

Document Availability: Copies of this IS-MND are available for public review at the CVSan offices at 21040 Marshall Street in Castro Valley, and at the CVSan website at <http://www.cvsan.org/CenterStreet>.

If the IS-MND is approved, CVSan will promptly file a Notice of Determination for the project with the Alameda County Clerk's Office. If you have any questions, please contact (510) 537-0757 or email Evan Choy, Engineering Technician at evan@cvsan.org.

REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Coronavirus' Impact on the Local Housing Market Mixed

With confirmed deaths in California, a quarantined cruise ship circling off San Francisco and Governor Newsome enacting a State of Emergency, the seriousness of the Coronavirus outbreak is beginning to be felt at home.

Literally. To help prevent the virus from spreading, some companies are asking employees to work from home. Numerous business-related trips have been cancelled as corporations are doing their part to limit exposure. Retailers, flooded with fearful customers, are seeing shelves emptied of toilet paper, paper towels, hand sanitizer, disinfecting wipes, all-purpose cleaners, masks and ... ramen.

Concerns over the impact of the virus on overseas manufacturing capabilities coupled with overall global uncertainty have injected insecurity into the stock market. The resulting chaos has investor emotions running amuck, causing markets to seesaw wildly. When asked what he planned to do to calm the markets, the director of the Office of Management and Budget, Mick Mulvaney stated, "What I might do today ... is tell people to turn their televi-

sions off for 24 hours."

The housing market, which has seen an unusually strong resurgence since the beginning of the year, has not yet seen any significant negative impact. In fact, a March 3rd, 2020 Bankrate.com article by Sarah Foster states, "The Federal Reserve cut interest rates by half a percentage point following an unscheduled meeting Tuesday, an emergency move designed to bolster the U.S. economy against the rapidly spreading coronavirus that's roiled financial markets." The result has been the lowest mortgage interest rates since 1971, the year Freddie Mac began tracking the numbers.

Realtors manning open houses this past weekend heard many homebuyer wannabees commenting on the low rates. Coupled with the current lack of inventory, multiple offers have reappeared across the region, forcing prices upward. The one negative for some buyers has been the negative impact of the stock market devaluations of their stock options, temporarily lowering their buying potential.

If anything, home sellers are the ones exhibiting the most fear. Concerned with who might be entering their homes, some are limiting access while

others have removed properties from the market altogether. Our recommendation is to make hand sanitizer available to all who are entering the home and wipe down surfaces such as doorknobs and light switches once the open house is over.

It is a scary time for sure, but if precautions are taken, we will weather this storm as we have others in the past.

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.



Amazing Views from this beautifully updated 2,844 sq. ft., 4 bedroom, 3 full bath family home. The moment you walk through the front door to the formal living room w/ vaulted ceiling, you will feel right at home! The kitchen has gleaming hardwood flooring, breakfast bar, double ovens, gas cook top, island & desk all opening to dining area & family room w/gas burning fireplace, wall of windows & slider to newly redone deck that runs across the expanse of the home, great for entertaining or just enjoying the view. There is also a bedroom & full bath w/shower over tub on the main level. On the lower level you will find a large master bedroom w/slider to lower deck, 2 walk in closets, master bathroom w/ tub & stall shower, 2 large bedrooms w/walk in closets, bathroom w/shower over tub & laundry room. Situated on a 6,763 sq ft lot w/a lower level gardening area. Additional items include a 3 car garage, all new paint, new carpeting, new water heater & heater.



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Kelly McCoy: 925-786-2681 / DRE #02095209



Feed Crape Myrtle in the Spring

By Buzz Bertolero
Special to the Forum

Q I need to prune my Crape Myrtle trees as they need to be shaped. Unfortunately, when I went out to prune, I found that they already had flower buds. If I prune the buds off now, will the trees bloom this summer?

A Yes, your trees will bloom this summer. Crape Myrtle does not set their flower buds at this time of the year. The flower buds form at the tip of the new growth that develops with the spring flush of growth. It's important to feed them

in the spring with an organic shade tree or all-purpose plant food. Those trees that are under-nourished fail to flower or flower poorly. Anytime now through the end of April is an ideal time.

I'd apply a half-pound of fertilizer per inch of trunk diameter, measured two feet off the ground. The fertilizer is evenly spread under the canopy of the tree. Now back to your question.

The structure you are seeing is the seed pods from last year's flowers. When mature, the pods shatter, and the seed is distributed by the wind everywhere. Fortunately, the seed is sterile, so you'll not have an abun-



dance of the seedlings germinating all over, like other trees.

Note: You'll find a picture of the Crape Myrtle seed pods at dirtgardener.com. Go to the Thanks for Asking tab and click on the column titled "Crape Myrtle Seed Pods & Pruning Camellias."

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

RECENT HOME SALES

Castro Valley

5326 Briar Ridge Dr	94552: \$670,000 3 BD - 1,619 SF - 1978
20290 Anita Avenue	94546: \$800,000 3 BD - 1,179 SF - 1952
20203 Catalina Drive	94546: \$805,000 3 BD - 1,332 SF - 1950
5217 Proctor Road	94546: \$835,500 3 BD - 1,596 SF - 1964
18248 Lamson Road	94546: \$840,000 2 BD - 1,696 SF - 1955
20089 Sapphire Street	94546: \$845,000 3 BD - 1,684 SF - 1950
19197 Almond Road	94546: \$883,000 3 BD - 1,420 SF - 1950
17716 Columbia Drive	94552: \$1,070,000 4 BD - 2,098 SF - 1986
TOTAL SALES:	8

LOWEST AMOUNT:	\$670,000	MEDIAN AMOUNT:	\$837,750
HIGHEST AMOUNT:	\$1,070,000	AVERAGE AMOUNT:	\$843,562

San Leandro

14835 East 14th St	94578: \$452,000 2 BD - 958 SF - 1997
2470 Belvedere Ave	94577: \$487,500 3 BD - 1,296 SF - 1972
746 Woodgate Court	94579: \$546,500 2 BD - 1,169 SF - 1975
1123 Martin Boulevard	94577: \$610,000 2 BD - 1,042 SF - 1942
915 Crespi Drive	94578: \$630,000 3 BD - 1,356 SF - 1954
1750 Castro Street	94577: \$650,000 3 BD - 1,026 SF - 1953
1158 Duzmal Avenue	94579: \$675,000 1,664 SF - 1980
2423 Fiji Way	94577: \$685,000 3 BD - 1,129 SF - 1961
16255 Calypso Court	94578: \$750,000 4 BD - 1,626 SF - 1994
120 Accolade Drive	94577: \$755,000 3 BD - 1,599 SF - 2003
16575 Toledo Street	94578: \$765,000 4 BD - 1,926 SF - 1949
833 Monterey Court	94578: \$862,000 2,324 SF - 1954
16265 San Remo Drive	94578: \$880,000 4 BD - 2,042 SF - 1964
2109 Hillside Circle	94577: \$950,000 3 BD - 2,040 SF - 1974
TOTAL SALES:	14

LOWEST AMOUNT:	\$452,000	MEDIAN AMOUNT:	\$680,000
HIGHEST AMOUNT:	\$950,000	AVERAGE AMOUNT:	\$692,714



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Flowers

Sow or transplant perennials such as coralbells, coreopsis, delphiniums, foxgloves, hollyhocks, lupines and Iceland poppies. A good selection of perennials is available in six-packs, 4-inch pots and one-gallon cans at local nurseries and garden centers.

Cuttings

Start some new plants by rooting 3-to-4-inch long stem cuttings of dianthus, dusty miller, spurge, blue marguerite, fuchsias, geraniums, lavenders, chrysanthemums, sedums and succulents. Pinch or cut off the lowest pair of leaves, then plant the cutting in a 2-inch pot mixture of moist peat and coarse sand. Put a clear plastic cup over the cutting to form a mini greenhouse until it roots. Keep the plant moist, but not soggy wet.

Proper Sanitation Prevents Blight

By Buzz Bertolero
Special to the Forum

Q I have several old Camellias that have become very sparse in the center. I've been lazy for the last three or four years and not fertilized them. How severely can I prune them, and should I still be feeding? Also, the flowers get a rusty color, like they are rotting from the inside out.

A The ideal time to prune Camellias is after they have completed their blooming cycle. If flowering isn't important than it's a judgment call on your part when to start.

While they can be cut back severely, I wouldn't because of the lack of nutrients. Instead, I'd prune it back a third and fertilize to encourage the new growth.

Next year, I'd remove another third or more depending on the new growth generated. Camellias, young or old, need to be fed on a regular schedule with

an Azalea, Camellia, and Rhododendron Food, April through October. Monthly applications are suggested.


The alternative is the time-release fertilizer, Osmocote. Two applications four months apart is sufficient for the year.

Camellia Petal Blight causes the center of Camellia blossoms to rot. This fungal disease is particularly damaging to pink, white and variegated varieties especially during wet winters. It's essential to keep the area

under Camellias clean of debris and spent flowers. The spores will overwinter in the soil under the canopy. Also, lightly scratch the soil surface with a rake to disturb the spore-producing structures and apply the fungicide.

Because of the dry conditions this winter, Camellia Petal Blight shouldn't be a big problem this year. However, proper sanitation is essential in preventing this disease.

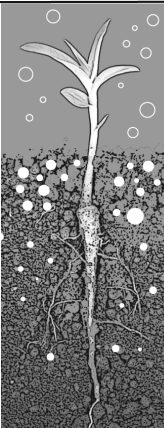
Buzz Bertolero is an Advance



Soil nutrients

Plants require six primary nutrients: carbon, hydrogen, and oxygen, and nitrogen, phosphorus, and potassium, which are found in soil. Nitrogen is needed for leaf growth and making plants greener. Phosphorus promotes root development and also increases bloom and fruit production. Potassium, also known as potash, helps the plant fight off diseases and withstand extreme temperatures and ward off disease.

— B. Weaver
Source: www.almanac.com



California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com or on Facebook at [Facebook.com/Buzz.Bertolero](https://www.facebook.com/Buzz.Bertolero)



Mortgage Rates Hit All-Time Low

Freddie Mac announced last week that mortgage rates averaged the lowest rate in our survey's history which dates back to 1971, according to the weekly nationwide survey.

"The average 30-year fixed-rate mortgage hit a record 3.29 percent this week, the lowest level in its nearly 50-year history. Meanwhile, mortgage ap-

plications increased 10 percent last week from one year ago and show no signs of slowing down," said Sam Khater, Freddie Mac's Chief Economist. "Given these strong indicators in rates and sales, as well as recent increases in new construction, it's clear the housing market continues to be a positive force for the broader economy."

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RENTALS/ROOMS

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San Leandro Times/Castro Valley Forum

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ACROSS

- 1 Symbol of intrigue
- 4 Jet forth
- 8 Faucet problem
- 12 Shade
- 13 Part of the foot
- 14 Solemn promise
- 15 Geological period
- 16 Silver salmon
- 17 Wrinkly fruit
- 18 Informal game
- 21 Absolutely
- 22 Deposit
- 23 Brilliance
- 26 Cotillion honoree
- 27 Blond shade
- 30 Proper subject?
- 31 Stop running
- 32 Toll road
- 33 Pooch
- 34 Cover
- 35 Bizarre
- 36 A mouse!
- 37 Donkey
- 38 Uncanny ability to make money
- 45 Memory unit
- 46 Tittle
- 47 Aye canceler
- 48 Practice pugilism
- 49 Heal, as a fracture
- 50 Little demon
- 51 Bouquet
- 52 Withered
- 53 Ball prop

DOWN

- 1 Sharpen
- 2 Continental coin
- 3 Bridges or Brummell
- 4 Potpourri bag
- 5 College lecturers, often
- 6 Reverberate
- 7 Yahoo!
- 8 Uncertainty
- 9 Sitarist's music
- 10 ___ have to do
- 11 Collins or Donahue
- 19 Greenish-blue
- 20 Bathroom fixture
- 23 Conclusion
- 24 Bill's partner
- 25 Drag along
- 26 Accomplished
- 27 Football fill
- 28 Go downhill rapidly?
- 29 Haw preceder
- 31 Long-snouted antelopes
- 32 Mexican moola
- 34 Mainlander's memento
- 35 Will subject
- 36 Nail smoother
- 37 Moving about
- 38 Recipe meas.
- 39 Syringe, for short
- 40 Greek vowels
- 41 Top-notch
- 42 Troop group
- 43 Arrived
- 44 Advertise

ANSWERS ON PAGE 16

LETTERS TO THE EDITOR

FREDZ@EBPUBLISHING.COM



GOP Blamed for 'Do Nothing' Congress

Editor:

In the February 26 issue of the Forum, Chris Scott seems to think that all Representative Swalwell and the rest of the House of Representatives did in 2019 was to address the impeachment of the President, implying that the failure to enact bills into law was a result of failure to "do [their] duty for [their] constituents."

As the Sheriff in the movie, *Cool Hand Luke* said, "I think what we have here is a failure to communicate." Or more correctly, a failure to apply facts.

The facts I refer to are documented in the Congressional Record (and I do hope that Chris doesn't think that the Congressional Records housed in the National Archives are "fake news"). Those facts being that by the end of November, 2019, the House passed nearly 400 bills on to the Senate for consideration.

The Senate with the "guidance" of Mitch McConnell refused to

consider, let alone debate, 80% of them, passing only 70 bills on to the President, ten of which involved renaming a Post Office or VA facility.

I think the numbers show that this Congress, the part currently overseen by the Democrats, has been anything but lax in efforts to enact laws that will benefit the People and the Nation.

The failure to have much of those efforts reach fruition, and the blame for a "do nothing" Congress, lies squarely in the lap of the Republican held Senate. Perhaps Majority Leader McConnell, Majority Whip Thune, Republican Policy Chairman Blunt, along with Senators Collins, Grassley, Cruz, and Graham and a few others might do well to look in the mirror and see if they have played any part in a "do nothing Congress".

—René Gandolfi, DVM, Castro Valley

How Much is Enough

Editor:

Reading a recent East Bay Times was quite depressing. Page B5 announces the memorial service for 12-year-old Lana Carios, killed here in CV by a 24-year-old driver.

Adjacent is an article about an 11-year-old boy in Antioch killed by another motorist. Flip to B6 and it's a CV cyclist who was struck by a speeding 19-year-old driver downtown.

I jumped on my triplet Friday, picked up my daughter at Creekside Middle, then pedaled up to Canyon Middle to pick up her BFF. The two-mile trip took me 17 minutes. No gas. No traffic jams. No parking problems. No pollution. No harm to others. I think I was the only cyclist on the road in a sea of smogmobiles.

So, I have a question for the multitude of young, healthy motorists out there doing these short-distance trips. How high does the environmental cost need to be, or how high does the body count have to go, before we start changing our behaviors? Is there no price too high for you? I would really like to know...

—Stacy Spink, Castro Valley

Cars Not the Only Way to Conduct Commerce

Editor:

At Monday's MAC meeting, the board denied an application for a business in the Village because it 1) could be described as a medical office and 2) would require too many parking spots.

The board wants to maintain retail as long as possible. Retail is quaint and nice, but unfortunately it is not the future. Our economy is moving to a skilled service economy whether CV likes it or not.

The proposed chiropractic office would provide more and better paying jobs than a retail shop.

More importantly the MAC is not addressing the fundamental problem with our community infrastructure, the lack of parking. Or, put a different way, the lack of access. They denied this tenant because it would require 100 parking spots per day. Those 100 customers would be 100 customers for the surrounding businesses, a win-win.

We need a MAC board that is willing to ask, "How can we get 100 customers in our local businesses?" That requires a shift in thinking and letting go of our complete dependency on the automobile.

Last time a bike and pedestrian infrastructure plan was proposed to the MAC board it was shot down because (quoting Mark Crawford) "pedestrians and cyclists don't spend money."

Service businesses lend themselves very well to non-automobile traveling customers. If the MAC didn't make all their recommendations solely based on parking, CV could have both flourishing businesses and a walkable-rideable community.

As a side note I ran an experiment where I tracked all my purchases I made from my bike for a month. During that time I spent \$866 on groceries and things and spent \$470 on professional services and entertainment. Cars are not the only way to conduct commerce.

—Joseph N. Lamberti, Castro Valley

Join the AIDS/Lifecycle Fundraiser on March 29

Editor:

Hello my friends!

Team Bad Business Model Bikes (Ari, Kris, Sandy, Billy) are hosting an AIDS/Lifecycle fundraiser this month, with all proceeds going to the 2020 ALC ride coming up in June.

Our fundraiser is on Sunday, March 29th from 11 a.m. to 2 p.m. at Nido's Backyard restaurant, 104 Oak St. in Oakland near Jack London Square. We will feature Mexican bingo, drag performances, raffle prizes, and much more!

All money raised goes to support the life-saving services provided by AIDS/LifeCycle to end AIDS and assist those living with HIV. Enjoy signature drinks, amazing Nido's food, family friendly games, and have fun helping us meet our fundraising goals. What could be better?

If you can't be there in person, spread the word on social media!

Here is the FB event: www.facebook.com/events/513359412950600/
Nido's Backyard: www.backyardoakland.com/

Can't attend but you would like to help? Click tinyurl.com/wu2i9ma to visit my personal page.

—Billy Bradford, Castro Valley

Daughtrey Building Facelift Looking Great!

Editor:

I want to extend my congratulations to the architect for his/her design, and the skilled workers who have transformed the ugly cinder block Daughtrey's building into a beautiful terracotta colored commer-

Emergency Preparedness Trainings To Be Held on the Next 2 Saturdays

The office of Rep. Eric Swalwell will host Emergency Preparedness Trainings later this month in Dublin and San Lorenzo.

"California — particularly our 15th Congressional District — is a great place to live, but we're prone to certain risks," Swalwell said in a press statement. "We have earthquakes, wildfires, and mudslides; our beautiful Bay Area's international profile could make us a target for terrorism; and public health issues like the new coronavirus can impact our day-to-day lives."

"These aren't things we should worry about constantly, but they are things for which we should be prepared. To help you be ready, my office will host two Emergency Preparedness Trainings later this month."

The training sessions are scheduled for:

• Saturday, March 21, 10 a.m. to noon in the Community Room of the Dublin Library, 200 Civic Plaza, Dublin. Attendees can visit

www.eventbrite.com/e/emergency-preparedness-training-dublin-tickets-98517625871 to RSVP for the Dublin training.

• Saturday, March 28, 1–3 p.m. at the Greenhouse Community Room in the San Lorenzo Library, 395 Paseo Grande. Attendees can visit www.eventbrite.com/e/emergency-preparedness-training-san-lorenzo-tickets-98518604799 to RSVP for the San Lorenzo training.

The trainings will feature presentations from experts to guide attendees through four steps to prepare for emergencies or disasters, the actions people need to take now, and how people can use what they prepare. These are office-hosted events, Congressman Swalwell will not be present.

These trainings are free and open to all residents of California's 15th Congressional District, which includes Castro Valley, San Lorenzo, Hayward, Cherryland, Ashland and Fairview..

ONLINE SURVEY EXTENDED

Castro Valley Parks and Facilities Meeting No. 3 Set for March 21

Hayward Area Recreation District (HARD) will hold a third community meeting to gather feedback on prioritizing Castro Valley parks and facilities. This third meeting will be held from 1 to 2:30 p.m. on Saturday, March 21, at the Castro Valley Community Center, 18988 Lake Chabot Road.

HARD's Capital Bond staff along with the project consultants will be presenting the program which will include several hands-on interactive tables to share information and to obtain opinions and ideas for facility improvements. An overview of previous com-

munity feedback results will be included.

The online survey "Hey, Castro Valley!" will continue to be available through March 23, 2020 at <https://www.haywardrec.org> and click on Castro Valley Community Workshops and Survey.

The survey may be conducted online as well as on mobile devices. Paper copies of the survey are available at the Castro Valley Community Center and the Kenneth C. Aitken Community Center in Castro Valley. For more information about HARD and the capital bond projects please visit www.haywardrec.org

cial building.

While not yet complete, one can still see the great change to the building's design, and the potential it has to become a destination for all of Castro Valley.

—Zelda Thomas, Castro Valley

Democratic Socialism

Editor:

People, mostly Republicans, seem to think Democratic Socialism is a bad thing. Do they know Social Security is a socialist program, Medicare is a socialist program, police and fire departments are socialist programs, the Environmental Protection Agency is a socialist program.

All of these are examples of Democratic Socialism. All the things Americans love — minimum wage law, unemployment insurance, child labor laws — are Democratic Socialist programs.

If you disagree with these things and think they should be done away with, vote Republican. If you agree with them, then you are a Democratic Socialist and maybe you should star calling yourself one.

The Democratic Party is the party of compassion.

—Paul M. Wiley, Castro Valley

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

Obituaries

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Bruno Buti

Bruno Buti passed away peacefully at 97 years-young on March 2, 2020. He is survived by his two sons, Remo and Gary. Bruno was married to the lovely and late Delma Buti (Del Fava) for seventy-two years. He was a beloved grandfather, world traveler, and avid hunter and fisherman. Bruno authored several novels including "Rumbling Wine Barrels" and "Jackass Brandy", in which he recounted his childhood growing up in Crow Canyon, Castro Valley during the prohibition era. Over the course of his life, Bruno was successful in careers spanning farming, real estate development, and engineering. He was a man of many talents, deep humor, and a contagious smile. A private memorial will be held in the spring to celebrate his rich and full life.



Spectrum Senior Lunches

Low-cost lunches are available at the following Castro Valley locations at noon on the listed days. For lunch reservations, please call 24 hours in advance. Suggested donation is \$3.75. No registered senior over 60 will be refused a meal due to lack of funds.

- **United Methodist Church**
19806 Wisteria Street
Tuesdays
510-581-5073

• **Aitken Senior Center**
17800 Redwood Road
Monday thru Wednesday
510-881-6738

MENU

Monday, March 16

Turkey Sloppy Joe on wheat bun, Garden Salad, Apple

Tuesday, March 17

Corned Beef & Sauteed Cabbage, Rosemary Potatoes, Wheat Roll, Kiwi, Holiday Dessert

Wednesday, March 18

Kensley's Chicken & Leek Pie with a biscuit, Tossed Vegetable Salad, Tangerine



HOPE HOSPICE PHOTO

The 10th Annual Hike for Hope fundraiser, set for May 2 in Livermore, offers trail options of 2.6 miles or 4.4 miles along Lake Del Valle.

‘Hike for Hope’ Fundraiser May 2

Registration is now open for the 10th Annual Hike for Hope fundraiser for Hope Hospice that will take place on Saturday, May 2, at Del Valle Regional Park in Livermore.

The hike has a rolling start between 8:30 and 9:30 a.m., and concludes at 12:30 p.m.

There are two trail options: 2.6 miles – an easy walk along Lake

Del Valle (can be shortened to your preference) and 4.4 miles, which adds a moderate incline loop.

After the hike, enjoy your own picnic or a complimentary barbecue sponsored by the MCE Corp.

Register as a team or solo by visiting TheHikeForHope.com. Although walk-up registrants will be accepted on the day of the

event, it’s best to register prior to April 10 in order to secure your desired event t-shirt size.

All net proceeds from the event benefit Hope’s patient care and community programs, including grief support and family caregiver education.

For more information, or to inquire about corporate sponsorship opportunities, call 925-829-8770.

CHAMBER UPDATE

NEW MEMBERS

Rick Hatcher-JSW Insurance
Nixxit Junk Removal
Hope Hospice & Health
Schnookie's Cookies
Patelco

RENEWING MEMBERS

Bay East Association of Realtors
David Bohannon Organization
Assemblymember Bill Quirk
Aurora Catering
Chanticleers Theatre
State Farm Julie Sumiki
Eden Realty
Hayward Area Rec District
Dr. Heidi Hausauer DDS
Castro Valley Storage
Bank of the West
Galvan's Travel
Castle IT Services
McDermott-Costa Co, Inc
Keller Williams-Danielle Keil
Castro Valley Parent Nursery
KMC Cleaners

The Castro Valley/Eden Area Chamber of Commerce is located in Suite 224 at 3160 Castro Valley Blvd., phone 510-537-5100.

LEGAL NOTICES

FILED
FEBRUARY 04, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 568250

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Don's Barber Shop at 18557 Mission Blvd., Hayward, CA 94541, mailing address 24793 Mango St., Hayward, CA 94545 in Alameda County is hereby registered by the following owner(s): Aing Kaing, 24793 Mango St., Hayward, CA 94545. This business is conducted by an individual. This business commenced 11/1996.

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

Expires FEBRUARY 04, 2025

FEB 19, 26, MAR 04, 11, 2020
0227-CVF

FILED
FEBRUARY 10, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 568417

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Valerie Hetherington at 4439 Edwards Lane, Castro Valley, CA 94546 in Alameda County is hereby registered by the following owner(s): Valerie Hetherington, 4439 Edwards Lane, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A.

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

Expires FEBRUARY 10, 2025

FEB 19, 26, MAR 04, 11, 2020
0228-CVF

FILED
FEBRUARY 11, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 568493

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Western Pacific Trucking Inc. at 423 Morello Dr., Hayward, CA 94541 in Alameda County is hereby registered by the following owner(s): Western Pacific Trucking Inc., 423 Morello Dr., CA 94541. This business is conducted by a corporation. This business commenced 2013.

/s/ Western Pacific Trucking Inc.
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires FEBRUARY 11, 2025

FEB 19, 26, MAR 04, 11, 2020
0230-CVF

FILED
JANUARY 30, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 568059

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Sunshine Home Cleaners Services at 20020 Onyx Court, Castro Valley, CA 94546 in Alameda County is hereby registered by the following owner(s): Shawna Huerta, 20020 Onyx Court, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced 3-8-1988.

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

Expires JANUARY 30, 2025

FEB 19, 26, MAR 04, 11, 2020
0231-CVF

FILED
JANUARY 31, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 568148

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): (1) NorCal Care Community Services, (2) NorCal Care CS, (3) Individual Care CS at 4900 Hopyard Rd. Ste. 100, Pleasanton, CA 94588 in Alameda County is hereby registered by the following owner(s): Individual Care Community Services, Inc, 4900 Hopyard Rd. Ste. 100, Pleasanton, CA 94588. This business is conducted by a corporation. This business commenced N/A.

/s/ Individual Care Community Services, Inc
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires JANUARY 31, 2025

FEB 19, 26, MAR 04, 11, 2020
0232-CVF

FILED
FEBRUARY 20, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 568754

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Central Blueprint Company at 17132 E. 14th Street, Hayward, CA 94541 in Alameda County is hereby registered by the following owner(s): East Bay Blue Print + Supply Co, 1745 Fourteenth Ave., Oakland, CA 94606. This business is conducted by a corporation. This business commenced N/A.

/s/ Individual Care Community Services, Inc
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires FEBRUARY 20, 2025

FEB 26, MAR 04, 11, 18, 2020
0233-CVF

FILED
FEBRUARY 21, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 568807

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Christina Andrade's Skin Care at 20632 Redwood Road, Castro Valley, CA 94546 in Alameda County is hereby registered by the following owner(s): Christina Andrade Johnson, 936 Thornton St., San Leandro, CA 94577. This business is conducted by an individual. This business commenced 10/1/2014.

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

Expires FEBRUARY 21, 2025

FEB 26, MAR 04, 11, 18, 2020
0235-CVF

FILED
FEBRUARY 24, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 568830

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Cal-Fed Construction Company at 16846 Daryl Ave., San Lorenzo, CA 94580 in Alameda County is hereby registered by the following owner(s): (1) Xueyong Mei Chen, 718 Roverson Ct., San Ramon, CA 94582 and (2) Yu Ming Chen, 16846 Daryl Ave., San Lorenzo, CA 94580. This business is conducted by a general partnership. This business commenced 10/01/2003.

/s/ Xueyong Mei Chen, Yu Ming Chen
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires FEBRUARY 24, 2025

MAR 04, 11, 18, 25, 2020
0239-CVF

FILED
FEBRUARY 27, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 569041

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): DL International at 21550 Pheasant Woods Dr., Castro Valley, CA 94552 in Alameda County is hereby registered by the following owner(s): (1) Qian Li and (2) Lang Deng, 21550 Pheasant Woods Dr., Castro Valley, CA 94552. This business is conducted by a married couple. This business commenced N/A.

/s/ Qian Li, Lang Deng
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires FEBRUARY 27, 2025

MAR 04, 11, 18, 25, 2020
0242-CVF

FILED
FEBRUARY 26, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 569023

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): TriMed Billing Associates at 3847 Dartmouth Way, Livermore, CA 94550 in Alameda County is hereby registered by the following owner(s): (1) Kathie Vandiver, 20022 Meadowlark Drive, Castro Valley, CA 94546, and (2) Denise Roberts, 3847 Dartmouth Way, Livermore, CA 94550. This business is conducted by co-partners. This business commenced 10/712003.

/s/ Kathie Vandiver, Denise Roberts
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires FEBRUARY 26, 2025

MAR 11, 18, 25, APR 01, 2020
0243-CVF

FILED
MARCH 4, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 569260

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Smoke Industries at 19379 Lake Chabot Road, Castro Valley, CA 94546 in Alameda County is hereby registered by the following owner(s): Hernan Langerica Jr., 19379 Lake Chabot Road, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A.

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

Expires MARCH 4, 2025

MAR 11, 18, 25, APR 01, 2020
0244-CVF

Need to Place a Legal Notice?

CALL PATRICK:
(510) 614-1558

ADOPT-A-PET



FREYA is 10 months old that needs a patient family who're experienced dog guardians. She attended a training class and was a quick learner. Hayward Animal Shelter, 510-293-7200.



TIMOTHEE is a 10-years-young chihuahua. He loves toys, attention and warms up to you quickly. He's good with other dogs and older kids. Hayward Animal Shelter, 510-293-7200.



MAGNOLIA AND MEREDITH are two-year-old bonded sisters. Magnolia, a black and white Turkish Van with striking markings, is quite playful. Meredith, a gorgeous gray and white tuxedo is also very playful, with a touch of shyness. Spayed, vaccinated, microchipped, FIV/FelV negative. For more information, please email Loveallpawzrescue@gmail.com.



Heart: Health

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prevent cholesterol and fats from building up in your blood vessels over time, which lowers your cholesterol and reduces your chances of having a heart attack or stroke.

If you are age 40 to 75, talk to your doctor about statins.

- Should you take daily low-dose aspirin?

Taking a low-dose aspirin can also potentially help prevent CVD in some adults age 50 to 69, but there are some risks associated with taking low-dose aspirin every day, so make sure you talk to your doctor about whether aspirin is right for you.

Many of these recommendations were developed by the U.S. Preventive Services Task Force—an independent group of national experts in prevention. The Task Force makes recommendations, based on the latest science, about what works and what doesn't work when it comes to preventing disease and promoting good health.

For further information on these and other Task Force recommendations, visit www.uspreventiveservicestaskforce.org.

—North American Precis Synd., Inc



PHOTO BY ALYSSA WESTERLUND

Five Female Comics to Perform at JP's Restaurant in CV on March 28

For the first time ever, five hilarious female comics will be performing in a Plethos Productions stand-up comedy show at JP's Restaurant in Castro Valley on Saturday March 28 at 7 p.m.

Last year, an audience of numbering more than 80 enjoyed

Plethos' "That's What She Said," so the production is bringing it back with a whole new lineup.

The show will feature professional local comics - Athena Rodriguez, Jeen Yee, Jay Robinson, Alyssa Westerlund and will be headlined by Chey Bell.

These talented performers have

been seen on stages throughout the Bay Area including at Tommy T's, Cobb's, SF Sketchfest, The Punchline and many more!

Enjoy a full bar, along with a full menu of food options in the private banquet hall of JP's. Tickets are just \$10 if you buy online before March 21 at Plethos.org

ORGANICS CART TIPS



Place shredded paper in paper bags and then in the green organics cart.



Facial tissues, paper napkins, and paper towels belong in the green organics cart.

Visit www.cvsan.org/fsr for more information and helpful tips.

REDUCE REUSE RECYCLE ROT

CASTRO VALLEY SANITARY DISTRICT

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510-537-0757 | www.cvsan.org

This ad was funded by Measure D

CVSan



Shredded Paper: Did you know shredding shortens paper fibers which is not ideal for recycling? Long paper fibers are best for making high quality paper. Collect your shredded paper and small paper scraps in a paper bag to avoid litter during service, then place in the green organics cart. Alternatively, mix shredded paper with food scraps to absorb moisture.

Facial Tissues, Napkins, and Paper Towels belong in the green organics cart. They are made with short paper fibers which are not optimal for recycling. Please dispose of all paper contaminated with blood, animal waste, or cleaning chemicals in the garbage.

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Store Clerk Threatened by Unwelcome Customer

Tuesday, March 3: at 10:53 p.m., a 45-year-old man was arrested on suspicion of violating a court-issued restraining order and making death threats. Deputies were called to a grocery store on Redwood Road near Castro Valley Boule-

vard after store managers reported the man had threatened one of the clerks after the man had been asked to leave. The man was handcuffed and taken into custody.

Asked to Leave Fast Food Restaurant

Tuesday, March 3: at 9:15 a.m., deputies arrested a 36-year-old

man with no permanent residence on suspicion of violating a restraining order. The man had been loitering in the picnic area of a fast-food restaurant on Stanton Avenue near Castro Valley Boulevard. Deputies handcuffed the man and took him into custody.

Traffic Stop Ends in Arrest For Drug Possession

Monday, March 2: at 8:33 p.m., a 23-year-old woman from Elk Grove (Sacramento County) was arrested on suspicion of possession of methamphetamine drugs and related drug paraphernalia. Deputies pulled the woman over on Castro Valley Boulevard near San Miguel Avenue for a traffic violation. The woman was found to have a warrant issued for her capture and drugs in her purse. Deputies took the woman to Santa Rita Jail pending \$20,000 in bail.

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(Wells Fargo Plaza)

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ERA	COHO	UGLI
TOUCH	FOOTBALL	
YES	PUT	
ECLAT	DEB	ASH
NOUN	DIE	PIKE
DOG	LID	EERIE
EEK	ASS	
THEM	IDA	TOUCH
BYTE	IOTA	NAY
SPAR	KNIT	IMP
POSY	SERE	TEE