

MONDAY
MAY 27

TO ALL PAST AND PRESENT MILITARY MEMBERS: THANK YOU

MEMORIAL DAY



CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 31

WEDNESDAY, MAY 22, 2019

NO. 20

INSIDE YOUR FORUM

NEWS



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Rowell Ranch Pro Rodeo fans looking forward to 100th celebration

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PHONE: (510) 537-1792



PHOTO BY DEBBIE TEE

"VOCES DEL VALLE": The 120 students in the Castro Valley School District's Mariachi Program, who will be performing this Friday evening at the Castro Valley Center for the Arts.

A Night for Mariachi Music

By Linda Sandsmark
CASTRO VALLEY FORUM

One hundred and twenty youngsters from all over Castro Valley will perform in a district-wide Mariachi celebration this Friday, May 24 at the Center for the Arts.

"Voces del Valle" (Voices of the Valley) enrichment program, now in its third year, includes students from all ethnicities.

The musical performance will feature vocals and five instruments: trumpet, violin, vihuela, guitar and guitarron.

Participants range from third grade through high school. The young musicians will play and sing a variety of songs, including "La Bamba."

"Our Mariachi program provides participating students in grades 3 to 12 additional music instruction from classically trained musicians after school. Just as important is the opportunity for our students to learn about and celebrate the Latino heritage, culture and music," says Superintendent Parvin Ahmadi.

Nancy Nodal, the district's par-

ent/community liaison, adds that the program provides the opportunity to play an instrument for students who might not otherwise be able to afford one of their own.

"I really wanted to join the Mariachis," says third grader Samantha De Santiago. "This is my first year. I learned chords on the vihuela, which is the smaller guitar. I'm also a soloist."

Fifth grader Sebastian Sandoval has been able to use his Mariachi musical skills in school as well. He played his guitar, accompanied by his brother on the violin, at the

Jensen Ranch Elementary School talent show.

"I'm learning guitar because I thought it would be a fun experience to learn a new instrument and learn about my culture," says Sandoval.

The students have been practicing for this performance since October of 2018. The advanced group has already played at the Latino Achievement Awards night at Castro Valley High School, and at Proctor Elementary School's multi-cultural fair.

see MARIACHI on back page

Sen. Wieckowski to Run for Congress

California State Senator Bob Wieckowski announced his candidacy for California's 15th Congressional District on Tuesday.

The 10th Senate District he currently represents in the State Legislature overlaps with the 15th Congressional District, and covers most of eastern Alameda County,

including Castro Valley.

The district is currently represented by Democrat Eric Swalwell, who previously announced his candidacy for president and has said he would not seek reelection to Congress.

Wieckowski is a former bankruptcy attorney who served as

Vice Mayor of Fremont, and as a member of the State Assembly before his election to the State Senate.

He received his B.A. from the University of California and his J.D. from Santa Clara University Law School. He lives in Fremont with his wife, Sue.



MAC MEETING

CV Sign Is Still in Limbo

By Amy Sylvestri
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) heard updates on everything from potholes to the future of Cull Canyon at their Monday night meeting.

The first subject was picking a design for what the county is calling the "Eden Area signage" project.

Castro Valley, San Lorenzo, Cherryland, Ashland, and Fairview will all have their own unique color-coded signs on major thoroughfares and near freeway exits directing people to libraries, shopping areas, and other amenities.

Jaimie Orfanos, the county's economic and civic development manager, said that most other communities have already picked a small, simple image as logo of sorts for their signs though an informal public surveying process, but Castro Valley residents weren't too happy with the suggestion of a hawk in flight so no design has been selected yet.

San Lorenzans have picked a line drawing of the art deco Lorenzo Theater; a lone tree was selected for Fairview; an ash leaf was chosen for Ashland; and cherries and Meek Manor were chosen for Cherryland.

The MAC didn't care for Orfanos' hawk or other suggestions of Lake Chabot or a redwood tree that were generated by an Oakland-based municipal design consultant.

Orfanos said that a formal call for artists to offer new proposed images would be a lengthy and costly process and Crawford suggested asking people in the community to share their designs for free.

Crawford said he already received one alternative design from a resident — a canoe, which he said was "hilarious." Of course, the poorly-received "Welcome to Castro Valley" sign featuring a canoe became the town's most

see MAC on page 15

Castro Valley Weather May 22 - 26, 2019



Wednesday
Partly Cloudy
High 68° Low 52°



Thursday
Partly Sunny
High 72° Low 54°



Friday
Partly Sunny
High 70° Low 55°



Saturday
Showers
High 62° Low 50°



Sunday
Poss Showers
High 66° Low 53°

Almanac



Past Week's Rain: 02.86
Season To Date: 24.75
Normal To Date: 20.48
Season Average: 21.22

Sun sets at 8:18 p.m. today, rises at 5:54 a.m. Thursday.

Moon Phases



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Students Direct, Act in 'Crimes of the Heart'

High School juniors Molly Brennan and Alisha Grewal are already veteran actors with multiple plays under their belts. When they recently teamed up to take on a new role — that of play director — it was the realization of a dream for the two young artists.

Brennan and Grewal directed Castro Valley Dramatic Arts Academy's recent production of Beth Henley's Pulitzer Prize-winning play, "Crimes of the Heart," which played to adoring audiences last Friday and Saturday at the Douglas Morrison Theatre.

"I have wanted to direct a play ever since my first show in high school," said Brennan. "Then Alisha and I got to talking and we both realized how much we wanted to give back to the Dramatic Arts Academy after all it has done for us."

"I've always wanted to try directing," added Grewal, "but I had always expected that opportunity to show up much later in my life. I am extremely grateful to have had the opportunity now."

Before rehearsals could begin, Brennan and Grewal set a goal to raise the \$5,000 needed to build custom sets, and to pay for theatre rental, costumes and other expenses.

"We began raising money through a bake sale," explained Grewal. "This bake sale alone raised \$600. After that, we began spreading the word about our



PHOTO BY CINDY DOVE

Molly Brennan and Alisha Grewal direct a scene from "Crimes of the Heart" with Castro Valley Dramatic Arts Academy actors Izabela Baker and Anna Wesner.

show and the fundraiser through social media. We reached out to friends and family to ask for donations and to promote the show. I am extremely proud to say that we were able to raise our set goal!"

"Crimes of the Heart" is a tale about a trio of Southern belle sisters, and was adapted to a major motion picture in 1986 starring

Diane Keaton, Jessica Lange and Sissy Spacek.

"For us, finding a play with female leads by a female playwright was very important," said Brennan. "We love the show's vibrant characters and intricate relationships. The constant ups and downs of life are brilliantly captured throughout the play."

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PHOTO BY CATHY BRESLOW PHOTOGRAPHY

Rowell Ranch Pro Rodeo Results

By **Alfreda Sebasto**
SPECIAL TO THE FORUM

Rodeo fans from throughout the Bay Area, showing their enthusiasm for the professional sport, came out to watch some of the best cowboys and cowgirls carry on the American tradition of rodeo in Castro Valley over the weekend.

This year's event included a win for All Around Cowboy Brushton Minton in tie-down roping and team roping. Austin Foss took an 89-point ride in bareback on Flood Light while Jack Clark and Spencer Wright showed why they are champions with their tie for first place in Saddle Bronc.

Clark rode for 76 points on Flying U Rodeo's Hail Mary and Wright took his 76-point ride on Professional Choice. Dalton Massey took home the steer wrestling event's top spot with a 6.3 second run and Wes Moore and Brushton Minton took their winning team roping run with a time of 5.5 seconds.

Cowgirl Syd Wheeler took her turn in the arena for the winning time in the barrel racing event of 16.66 seconds, while Allie Jordan just missed catching her with a run of 16.70 seconds.

The weekend closed with a win for bull rider Tyler Bingham with his 89-point ride on Racketeer.

CHAMBER NOTES

Renewing Members

- Knudsen's Ice Creamery
- Jr's Discount Liquors
- Garden of Eden Cooperative
- Our Lady of Grace Church
- Congregation Shir Ami
- American Legion
- Castro Valley Post #649
- Bay IC Repair
- Vanderbilt Family Builders, Inc.
- North American Title Company

New Members

- Orangetheory Fitness of Castro Valley
- Rachel Grace Salon

The Castro Valley / Eden area Chamber of Commerce is located in Suite 224 at 3160 Castro Valley Blvd., phone 510-537-5300

For the rodeo committee and a dedicated group of volunteers in the community the annual rodeo is a commitment to preserving the western traditions started almost 100 years ago by Harry and Maggie Rowell.


It was important to the Rowells that they leave their hometown with a piece of their heritage that would bring the community together in celebration annually; reminding them about the importance of their roots as they forged ahead.

The Rowell Ranch Pro Rodeo not-for-profit association was formed in 1977 to preserve the

historic community rodeo begun by local rancher and businessman Harry Rowell.

Proceeds from the annual rodeo and related events provide much needed funding to many local charitable organizations including Special Olympics, Tough Enough to Wear Pink Breast Cancer Awareness Program, 4-H, Future Farmers of America (FFA), Hayward Rotary and the Castro Valley Breakfast Lions Club.

The Rowell Ranch Pro Rodeo, committee members are already working hard on the event's 100th celebration to take place May 15-17, 2020.



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SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Suspicious Person Arrested

Monday, May 20: at 2:30 a.m., Sheriff's deputies arrested a 33-year-old man from San Leandro on suspicion of possession of methamphetamine drugs and drug paraphernalia. The man was hanging outside an apartment on Santa Maria near the Boulevard when someone called 911 to report a suspicious person. Deputies found the man with a 2.6 grams of crystal meth in his possession and a pipe in which to smoke it. The man was taken into custody.

Shoplifter 'Likely to Continue'

Saturday, May 18: at 12:44 p.m., deputies arrested a 59-year-old woman with no permanent residence on suspicion of shoplifting from a drug store on Castro Valley Boulevard near Yeandle Avenue. Store security detained the woman after she walked out with unpaid merchandise. Deputies noted the woman was "likely to continue" this behavior and took her into custody.

Harassing Customers

Saturday, May 18: at 8:26 a.m., a 38-year-old man from Castro Valley was arrested on suspicion of disrupting the flow of business at a restaurant on Castro Valley Boulevard near San Miguel Avenue. Deputies responded to a call from the manager about the man harassing customers. The man was also wanted as part of a warrant issued for his arrest. Deputies took the man to Santa Rita Jail pending \$2,500 in bail.

Warrant and Burglar Tools

Saturday, May 18: at 6:02 p.m., deputies arrested a 53-year-old man from San Francisco on suspicion of attempted petty theft and possession of burglar tools at a clothing store on Jamison Way near the Castro Village shopping center. Store managers stopped the man from walking away with unpaid merchandise. The man also had three warrants for his arrest in connection with shoplifting. The man was taken to Santa Rita Jail pending 32,000 in bail.

Deadly Weapon at Eden

Friday, May 17: at 3:30 p.m., a 28-year-old man from Hayward was arrested on suspicion of brandishing a deadly weapon at Eden Medical Center on Lake Chabot Road. Deputies responded after hospital staff spotted the man had a weapon on his person. The man was handcuffed and taken into custody.

see **REPORTS** on page 7

NEW! CURBSIDE TEXTILE RECYCLING



RESIDENTS: RECYCLE YOUR TEXTILES

CVSan will begin accepting textiles curbside from all residents during the first full week of June and October.

UPCOMING COLLECTION: June 3-7, 2019.

INSTRUCTIONS: Between June 3rd-7th, place bagged textiles on the curb for no additional fee. Single-family residents, set out textiles on your normal collection day. Multi-family residents, check with the property manager for your textile collection day.

WHAT ARE TEXTILES? Items such as clothing, towels, linens, bath mats, curtains, stuffed animals (clean and good condition), etc.

NOT ACCEPTED: Textiles that are wet, moldy, or have human biowaste, blood, toxic chemicals, or motor oil on them. No light-up shoes or clothes.



Textiles will also be accepted at CVSan's Recycles Day events. Customers will not receive a tax deductible receipt.

Questions? Call Alameda County Industries at 510-483-1400.

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The Week Ahead

● Wednesday, May 22: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting at 7 p.m. today in the boardroom at 4400 Alma Avenue. For the agenda and board packet, visit bit.ly/CVUSDBBoardMeetings

● Wednesday, May 22: Seminar: How to Spot a Stroke

Join the Eden Medical Center Community Outreach Program for a free educational lecture about stroke, how to identify it and what you can do to prevent it, from 11 a.m. to noon today at the Aitken Senior & Community Center, 17800 Redwood Road in Castro Valley.

● Thursday, May 23: The Science of Magic

Human history is littered with liars and grifters of every sort, from pickpockets to thieves to scam salesmen to televangelists to politicians. These charlatans knowingly take advantage of our weakness to be deceived. The Science of Magic is a neuroscience talk where a dynamic trio: a neuroscientist, a physicist and a magician, will explain this human frailty, our ability to be deceived, with live magic demonstrations at 6:30 p.m. tomorrow at Center for the Arts. Register at bit.ly/cvmagic8

● Thursday, May 23: CASA Annual Fundraiser

Join us at Chabot Space & Science Center for a night full of joy, in-

CASTRO VALLEY FORUM

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MEMORIAL DAY SCHEDULES

Monday, May 27, 2019

Government Operations

All Federal, State, County and City offices will be closed, except for emergency services.

Business Offices

Banks, stock exchanges and most business offices, including The Forum, will be closed.

Stores, Pharmacies, Restaurants

Some will be open. Check ahead to be sure of hours.

Public Transportation

BART trains and AC Transit buses will operate on a Sunday schedule.

Garbage Collection

Recycling, organics, and garbage collection services will occur as scheduled on Monday by Alameda County Industries (ACI).

Castro Valley Sanitary District (CVSan) offices will be closed on Monday, May 28, in observance of Memorial Day. Call 510-506-5821 for sewer emergencies. For information regarding CVSan services and programs, visit www.cvsan.org.

spiration, and fun with our special guest speakers and a complimentary planetarium show from 6 to 9 p.m. tomorrow at the annual fundraiser for CASA (Court Appointed Special Advocates). Proceeds go to help every abused or neglected child to be safe and have a permanent home. Registration, ticket sales and info about sponsorship opportunities and raffle prizes can be found at casaofalamedacounty.org.

● Thursday, May 23: Nutrition and Cancer Treatment

Join Eden Medical Center and Cancer Support Community tomorrow from 5:30 to 7:30 p.m. when Registered Dietitian Tinrin Chew discusses Nutrition & Cancer Treatment. Tinrin is also an Oncology Dietitian. This *free* workshop will be held at Eden Medical Center's Medical Office Building, 2nd floor at 20101 Lake Chabot Road in Castro Valley. For more info, or to register, call 925-933-0107.

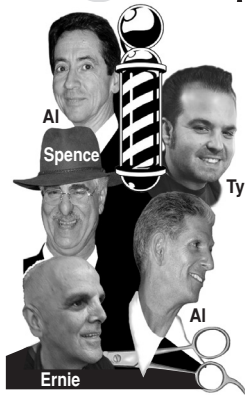
● Thursday, May 23: Scenes from "The Greatest Showman"

The public is invited to "The Greatest Showman Play" from 1 to 2:30 p.m. tomorrow at Sorensdale Recreation Center (Multipurpose Room) at 275 Goodwin St. in Hayward. Sorensdale Center provides opportunities for people with intellectual disabilities to achieve greater independence. The students will perform six scenes from The Greatest Showman. For more information, visit www.HaywardRec.org or call 510-881-6778.

● Friday, May 24: Jenny Lin Memorial Service

At the 25th anniversary of the loss of Jenny Lin, her family is hosting a memorial service on May 24 at the Castro Valley Library to honor the teenage girl, beginning with a reception at 6:15 p.m. Alameda County District Attorney Nancy O'Malley, and Sheriff Greg Ahern will both deliver remarks to the family and friends of Jenny. A candlelight walk in downtown Castro Valley will follow at 7 p.m.

Village Barber Shop



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Submissions To The Forum

The Community Calendar is for publicizing activities of non-profit organizations, government agencies, charities and community groups. It is not intended to be used for advertising commercial events, whether admission is charged or free. Items for the Community Calendar as well as news submissions must be received by 6 p.m. Friday for inclusion in the following Wednesday's newspaper. Send information in an email to: fredz@ebpublishing.com
Do not send flyers or posters as we cannot use them.

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● Saturday, May 25: Castro Valley Pride 2019 Fundraiser

Enjoy performances by Sweet & Sticky, Quiet Des, Fresno Fab, Ava LaShay and DJ & MC Billy Ray from noon to 3 p.m. Saturday at the World Famous Turf Club, 22519 Main Street in Hayward. Also a BBQ, amazing raffle prizes and dancing. Tickets (over 21 please) \$20 in advance at castrovalleypride.org or \$25 at the door.

● Sunday, May 26: Flutes & Ukuleles Spring Concert

Two local groups, Flute Fantasia and Jay Lai Ukulele Ensemble, will present a spring concert of eclectic musical styles from 2 to 4 p.m. on May 26 at the Castro Valley Library. Flute Fantasia's repertoire ranges from medieval to modern, Danny Boy to Debussey. Yi-Chieh Jay Lai has performed across Asia, Europe, and the U.S. at cultural festivals. Her first album, "Transformation," was nominated as Best Folk Music Album of the Golden Melody Awards.

● Tuesday, May 28: Rotary Topic: What's New at CVSan

Roland Williams, Executive Director of the CV Sanitary District, will talk about the new ACI contract and the sewer lateral initiative, at the next buffet lunch meeting of the Rotary Club of Castro Valley on Tuesday at Redwood Canyon Golf Course, 17007 Redwood Road, from noon to 1:30 p.m. The cost of lunch is \$15 and reservations must be made by 9 p.m. on Sunday, May 26, by contacting Rotary at cvrotary@iCloud.com or 510-402-5123. More info is available at castrovalleyrotary.org

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

● **Canyon Middle School Spring Concert** will be presented this evening, May 22, at 7 p.m. featuring movie music and more by Canyon's Jazz Band, Intermediate Band, and Advanced Band. *For advance tickets (\$5-\$7) see above (Prices go up at the door).*

● **"We'll Rise Up,"** a Spring Concert, will be presented by the Creekside Middle School Choir at 7 p.m. on Tuesday, May 28. *For tickets (\$5-\$7), see above.*

● **"Ignite,"** a Canyon Middle School Pops Concert, will be presented at 7 p.m. on Wednesday, May 29. The Treble Choir and Choral Ensemble light up the stage with their spring concert music. *For tickets (\$5-\$7), see above.*

● **Free Castro Valley Community Band Concert**, with a variety of musical styles, will be presented at 7:30 p.m. on Wednesday, June 12, at the Center for the Arts. If you need a little more music in your life, grab a friend and make the week more special.

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"Other Desert Cities,"** a funny and searing play by Jon Robin Baitz and one of the hottest tickets on Broadway, will be presented by Chanticleers Theatre through May 26, with shows at 8 p.m. on Fridays and Saturdays, and 2 p.m. on Sundays. For tickets (\$25 general; \$20 Seniors/Students) visit chanticleers.org or call 510-733-5483. Chanticleers Theatre is in Castro Valley Community Park at 3683 Quail Ave.

ART GALLERIES & ART INSTRUCTION

● **"7+1 Collective,"** will be on public display through Aug. 2 at the John O'Lague Galleria in Hayward City Hall, 777 B Street, sponsored by the Hayward Arts Council.

REGULAR GOVERNMENT MEETINGS

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

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

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

• Alameda County Board of Supervisors meets every Tuesday at 10:45 a.m. in the Supervisors Chambers in Oakland.

HOROSCOPE by Salomé

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ARIES (March 21 to April 19) There's nothing an Aries Lamb likes less than having to tackle a humdrum task. But finding a creative way to do it can make all the difference. A more exciting time awaits you this weekend.



TAURUS (April 20 to May 20) Finishing up a job on time leaves you free to enjoy your weekend without any Taurean guilt pangs. A romantic attitude from an unlikely source could take you by surprise.



GEMINI (May 21 to June 20) Moving in a new career direction might be seen by some as risky. But if you have both the confidence to see it through and the facts to back you up, it could prove rewarding.



CANCER (June 21 to July 22) Holding back on a decision might be difficult, considering how long you've waited for this opportunity. But until you're able to resolve all doubts, it could be the wiser course to take.



LEO (July 23 to August 22) You still need to move carefully where financial matters are concerned. Better for the Lion to move slowly than pounce on a "promising" prospect that doesn't keep its promises.



VIRGO (August 23 to September 22) A rejection of an idea you believe in can be upsetting. But don't let it discourage you. Get yourself back on track and use what you've learned from the experience to try again.



LIBRA (September 23 to October 22) The early part of the week could find you looking to balance your priorities between your family obligations and your career responsibilities. Pressures begin to ease by week's end.



SCORPIO (October 23 to November 21) An associate's problem could cause unavoidable delays in moving ahead with your joint venture. If so, use the time to look into another project you had previously set aside.



SAGITTARIUS (November 22 to December 21) Although a financial problem could be very close to being resolved in your favor, it's still a good idea to avoid unnecessary spending for at least a little while longer.



CAPRICORN (December 22 to January 19) Support for some unwelcome workplace decisions begins to show up, and continues to build, so that by week's end, the gregarious Goat is as popular as ever.



AQUARIUS (January 20 to February 18) Congratulations. Deciding to attend a social function you might have earlier tried to avoid could turn out to be one of the best decisions you've made in a long time.



PISCES (February 19 to March 20) Getting into a new situation could prove to be a more difficult experience than you expected. Don't hesitate to ask for advice in coping with some of the more irksome challenges.

'Silverling Lining' Cabaret

Join "The Silver Lining," a female a cappella group formed by Lisa Silver nine years ago, on Sunday, June 9, at 2 p.m. at Chanticleers Theatre in Castro Valley for an afternoon of outstanding musical talent, decadent desserts, fantastic raffle prizes and a few hours of inspiration.

The headlining act is the talented vocalist Clif Payne accompanied by Larry Dunlap on keys, with a special tribute titled "The Soul of Sinatra."

All proceeds benefit The Prostate Cancer Foundation, an organization focused solely on research in finding a cure for prostate cancer.

This event is dedicated to John, the husband of musical director Martie Muldoon. John lost his battle to this disease on Thanksgiving Day, 2018.

To date, The Silver Lining has raised over \$100,000 for various cancer charities and in 2019 they focus their fund-raising effort on men's health.

Your \$30 per person ticket not only provides your entrance to an incredible show featuring prominent Bay area performers, but also unlimited sweets and one complimentary raffle ticket. Visit The Silver Lining Fifth Annual Cabaret & Desserts to make your reservation.

STUDENT NEWS

Taylor Wade of Castro Valley has been named to the Emerson College Dean's List for the Spring 2019 semester. Wade is majoring in Musical Theatre and is a mem-

ber of the Class of 2019. Emerson College is located in Boston, Massachusetts, opposite the historic Boston Common and in the heart of the city's Theatre District.



Chabot College Football Reunion

A reunion of football players from the years 1962 (above) to 1978 will be held on Sunday, July 28 from 2 to 6:30 p.m. at the Shannon Community Center in Dublin. Former football players, coaches and special guests for years 1962 to 1978 only. For more information, visit chabotfootballreunion62-78 or call Dr. Keith Calkins at 949-244-4419.

LEGAL NOTICES

FILED
APRIL 11, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 557776

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:
Baywood Court Residents Association located at 21966 Dolores St., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Baywood Court, 21966 Dolores St., Castro Valley, CA 94546. This business is conducted by a corporation. This business commenced on 06-18-1990.
/s/Baywood Court
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires APRIL 11, 2024
MAY 8, 15, 22, 29, 2019
0075-CVF

FILED
APRIL 23, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 558284

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:
Tavo's Minerals N More located at 20948 Chester St., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Octavio Huizar, 20948 Dolores St., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on 03-09-12.
/s/Octavio Huizar
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires APRIL 23, 2024
MAY 8, 15, 22, 29, 2019
0080-CVF

FILED
APRIL 11, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 557750

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:
Alameda Engineering located at 18857 Almond Road, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Lance D. Capilla, 18857 Almond Road, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced in 1989.
/s/Lance D. Capilla
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires APRIL 11, 2024
MAY 8, 15, 22, 29, 2019
0084-CVF

FILED
APRIL 25, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 558414

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:
Retail Center Maintenance located at 4682 Chabot Dr., Pleasanton, CA 94588, in Alameda County is hereby registered by the following owner(s): WDC management, LLC, 20869 Ashfield Ave., Castro Valley, CA 94546. This business is conducted by a limited liability company. This business commenced in N/A.
/s/WDC management, LLC
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires APRIL 25, 2024
MAY 8, 15, 22, 29, 2019
0085-CVF

FILED
MAY 14, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 559140

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:
Bowenwork by Nancy located at 5334 El Caminito Ct., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Nancy Vick, 5334 El Caminito Ct., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on January 2014.
/s/Nancy Vick
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MAY 14, 2024
MAY 22, 29, JUNE 5, 12, 2019
0088-CVF

FILED
APRIL 15, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 557901

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:
Vy's Hair & Nails located at 15291 Hesperian Blvd., San Leandro, CA 94578, in Alameda County is hereby registered by the following owner(s): Trinh Thingoc Phan, 20253 Concord Ave., Hayward, CA 94541. This business is conducted by an individual. This business commenced on 04/15/2019.
/s/Trinh Thingoc Phan
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires APRIL 15, 2024
MAY 15, 22, 29, JUNE 5, 2019
0089-CVF

FILED
MAY 15, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 559191

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:
Harmonic Wellness LLC located at 4557 Lawrence Drive, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Harmonic Wellness LLC, 4557 Lawrence Drive, Castro Valley, CA 94546. This business is conducted by a limited liability company. This business commenced on N/A.
/s/Harmonic Wellness LLC
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MAY 15, 2024
MAY 22, 29, JUNE 5, 12, 2019
0091-CVF

FILED
APRIL 25, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 558435-6

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:
(1) Strategy Labs Inc (2) A Davis Research located at 18025 Center Street, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Strategy Labs Inc, 18025 Center Street, Castro Valley, CA 94546. This business is conducted by a corporation. This business commenced on 05/29/2009.
/s/Strategy Labs Inc
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires APRIL 25, 2024
MAY 22, 29, JUNE 5, 12, 2019
0092-CVF

NOTICE TO NATALIE REAGAN and JASON REAGAN as an heir of CHARLES ELMER REAGAN, who died in Winston, Oregon, on August 19, 2018. Testate probate proceedings, bearing the clerk's file number 19PB07585, have been commenced and are now pending in the Douglas County, Oregon, Circuit Court. Your rights may be affected by this proceeding. Larry L. Reagan was duly appointed on October 8, 2018 and is now serving as personal representative. Additional information may be obtained from the court records or the personal representative, Larry Reagan, c/o Sarah Wolf, Attorney, 727 SE Cass Ave. #318, Roseburg OR 97470.
MAY 8, 15, 22, 2019
0079-CVF

Starting a New Business?

File your Fictitious Business Name Statement with the Castro Valley Forum

Stop by or call Patrick V. at (510) 614-1558
2060 Washington Ave, San Leandro, CA 94577

Getting Fired Up for the Weekend

The coming holiday weekend is the unofficial start of the summer cookout season, so now may be the right time to brush up on the do's and don'ts of grilling.

1. Preheat the grill. If cooking grates aren't hot enough, food will stick and won't have a chance of searing properly or developing grill marks. Even if a recipe calls for medium or low heat, you should preheat the grill on high first to at least 500° F.

2. Don't start with dirty grates. Leftover gunk on the grates acts like glue, binding both your new food to the old and all of it to the grates. After preheating the grill for about 10 minutes, brush the grates off with a sturdy, long-handled brush with stainless steel bristles. Clean grates will provide a smooth surface to perfectly grill steaks, burgers, chicken and more.

3. Get your act together. Bring everything you need near the grill before grilling. If you



have to run back into the kitchen while your food is cooking, you might overcook or burn the

food.

4. Give yourself at least two heat zones. If you set up your grill for one type of heat only, your options are limited. Have at least two heat zones – one for direct heat (where the fire is right under the food) and one for indirect heat (where the fire is off to the side of the food).

Many foods, such as steaks, are seared quickly over direct heat and then finished over indirect.

5. Don't overcrowd the grill. Packing too much food into a tight space restricts your flexibility. Leave at least a quarter of the cooking grates clear, with plenty of space between food for easy maneuverability.

6. Use the lid. When the lid is closed, the cooking grates are hotter, the grilling times are faster, the smoky tastes are stronger and the flare-ups are fewer. So put a lid on it. Just don't forget to open the charcoal grill's lid vent at least halfway to allow proper airflow.

7. Don't touch the food much. Most people like food seared to a deep brown color with plenty of beautifully charred bits. The trouble is, many move their food so often it doesn't get enough time in one place to reach that color and flavor. In nearly all cases, turn food just once or twice.

8. Take charge of the fire. A charcoal fire climbs to its hottest temperatures first and then loses heat either quickly or slowly, depending on the type of charcoal and how you tend the fire. Refuel before losing too much heat, rearrange coals, sweep away the ashes that could clog the bottom vents, and adjust the vents on the lid for ideal airflow.

9. Don't serve rubbery chicken. A correctly grilled chicken breast should gently yield when you press the surface with your fingertip. Get an instant-read thermometer for an even more reliable test of doneness.

10. Do use the grill for more than grilling. It used to be that grilling meant one thing: meat charred over open flames. Today, everything from fruits and vegetables through desserts can be prepared on a grill.

GRILLED PORK CHOPS

- 4 pork rib chops, about 1-1/4 inches thick each
- Marinade:**
- 1/4 cup plus 1 tablespoon fresh lemon juice
 - 3 tablespoons soy sauce
 - 1 olive oil
 - 1/2 teaspoon light brown sugar
 - 1/4 teaspoon chopped fresh rosemary
 - 1/4 teaspoon salt
 - 1/4 teaspoon black pepper

Marinade: In a medium bowl whisk together the marinade ingredients.

Place the chops in a large, resealable plastic bag and pour in the marinade. Press the air out of the bag and seal tightly. Turn the bag to distribute the marinade, place in a bowl and refrigerate for 30 minutes. Remove the chops from the bag and discard the marinade.

Sear the chops over direct high heat (500°F) for 6 minutes, turning once halfway through searing time. (The best way to gauge the temperature is to set an oven thermometer on the grate.) Continue grilling over Indirect Medium heat until the juices run clear, 6 to 8 minutes. Season with salt and pepper. Serves 4.

BBQ CHICKEN

- 5 to 6 pounds assorted frying chicken pieces
- 1/4 cup olive oil

A Record Weekend for Travel Begins Tomorrow

Californians are expected to kickoff the unofficial start of summer this weekend in record-breaking numbers again this year.

According to AAA's first travel forecast of the summer, more than 5.4 million Californians are projected to travel over the upcoming three-day weekend.

This is the highest number on record for Memorial Day travel in the Golden State. Nationwide, 42.8 million Americans are expected to travel, the highest forecast since 2005.

"Despite local gas prices rising above \$4 a gallon for the first time since 2014, Californians aren't slowing down travel plans," said Michael Blasky, AAA spokesman for Northern California.

More than 4.5 million Californians will drive to their destinations with another 549,000 taking to the skies.

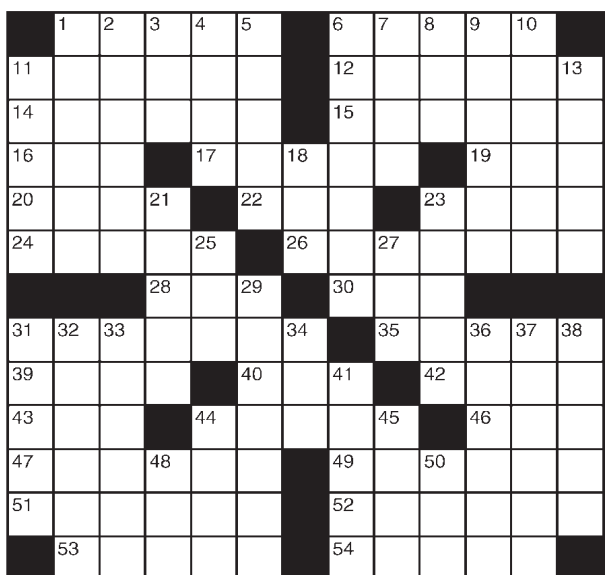
Avoiding worst times on Bay Area roads

For those traveling by car, transportation analytics company INRIX predicts drivers will experience the greatest amount of congestion tomorrow and Friday in the late afternoon as commuters leave work early and mix with holiday travelers.

Saturday, May 25, is projected to be the busiest total travel day in the East Bay.

The five-day Memorial Day holiday travel period begins tomorrow morning and ends Monday night.

THE FORUM CROSSWORD



ACROSS

- 1 Macbeth's title
- 6 Hot dog side dish
- 11 Tar
- 12 Bay windows
- 14 Mr. Ed's owner
- 15 President Woodrow ____
- 16 Suitable
- 17 Aristocratic
- 19 Pair
- 20 Fishing need
- 22 U.K. fliers
- 23 Ball of yarn
- 24 Gold-finger?
- 26 Copious oil wells
- 28 Water barrier
- 30 Mainlander's memento
- 31 Outstanding
- 35 Kitchen lure
- 39 Apiary house
- 40 Tease
- 42 Strait-laced
- 43 Commotion
- 44 Olympian's award
- 46 Mound stat
- 47 Infamous middle name
- 49 "Die Hard" star
- 51 Taxed
- 52 Loud sounds
- 53 Fight
- 54 Villain's look

DOWN

- 1 Taiwan's capital
- 2 Having a handle
- 3 Priestly garment
- 4 It may be a proper subject
- 5 Slip-up
- 6 Cereal quantity
- 7 Canal of song
- 8 Have a bug
- 9 Get snug and cozy
- 10 Not as fast
- 11 Honey bunch?
- 13 Hemingway's "The ____ of Kilimanjaro"
- 18 Satchel
- 21 Tureen accessory
- 23 Tweet
- 25 7-Down's mule
- 27 Red or Black
- 29 Copes
- 31 Wrap
- 32 Neatens (up)
- 33 Develop
- 34 Disencumber
- 36 Threatening conclusion
- 37 More like a mud pit
- 38 Accumulate
- 41 Sunrises
- 44 Encounter
- 45 Narnia's Aslan, e.g.
- 48 DIY buy
- 50 Perjurer's pronouncement

ANSWERS ON PAGE 14

Health Day Spa

FACIAL\$40

HOT STONE 60 minutes....\$50

FOOT & BODY TREATMENT 70 minutes....\$40 • 90 minutes....\$45

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(510) 581-0220

Reports: Shoplifter; Domestic Battery

continued from page 3

Can't Stay Away
Thursday, May 16: at 10:37 p.m., deputies arrested a 37-year-old man from Castro Valley on suspicion of violating the terms of a restraining order and public intoxication. The man was hanging around a business on Castro Valley Boulevard near Forrest Avenue when deputies stopped him for questioning. The man failed his field sobriety test and was taken into custody.

Hiding Near the Creek
Thursday, May 16: at 9:15 a.m., a 35-year-old woman from Castro Valley was arrested on suspicion of shoplifting from a store on Castro Valley Boulevard near Redwood Road. Deputies found the woman hiding near the creek next to the library and realized she had an outstanding warrant issued for her arrest. The woman was taken to Santa Rita Jail pending \$5,000 in bail.

Electric Scooter, Narcotics, And Burglar Tools
Thursday, May 16: at 2:00 a.m., deputies arrested a 30-year-old man from San Lorenzo on suspicion of possession of burglar tools, prescription narcotics not in his name, and an electric scooter reported missing. The man was hanging outside a home on North 4th Street near Leila Street when deputies stopped him for questioning. The man was found to be in violation of his parole. A search of his car resulted in finding the scooter, drugs, and a bolt cutter. The man was taken into custody.

Suicidal Transient Found with Drugs
Wednesday, May 15: at 9:19 p.m., a 26-year-old man with no permanent residence was arrested on suspicion of violating the terms of a restraining order, violating the terms of his parole, and possession of illegal drug paraphernalia.

Deputies responded to a call about a man with an injured leg talking about ending his life. The man was determined not to be a risk to himself but was found inside the 100-foot perimeter of his stay-away order with a pipe used for smoking drugs in his pocket. Deputies took the man to Santa Rita Jail and held him without bail.

Traffic Stop Ends in Arrest
Tuesday, May 14: at 9:30 p.m., deputies pulled over and arrested a 61-year-old man on suspicion of driving with an expired license, driving under the influence of alcohol, and driving without an ignition interlock device required by the court. The man was traveling on Watson Street near Idena Avenue when deputies pulled him over. The man was additionally wanted as part of a warrant issued for his capture. Deputies took the man to Santa Rita Jail pending \$25,000 in bail.

Domestic Battery
Tuesday, May 14: at 9:43 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Ray Avenue near Center Street. There, they arrested a 53-year-old man from Castro Valley on suspicion of spousal battery. The man was taken into custody. The victim was treated at the scene.



This recently constructed clinic near Eden Medical Center was sold for \$7 million by a San Ramon developer.

Castro Valley Outpatient Clinic Near Eden Sold For \$7 Million

San Ramon real estate developer Meridian recently sold its out-patient clinic in Castro Valley to a Northern California firm for \$7 million, the company announced on Friday. The nearly 10,000-square-foot building, surrounded by multi-tenant medical and dental buildings, sits at the base of Sutter's Eden Medical Center at 20359 Lake Chabot Road.

Meridian acquired the .72-acre parcel of vacant land in the fall of 2014 as a requirement for a client. After a long hold period, Meridian completed construction of the building last year in just six months. "The small, compact site was relatively odd-shaped and had challenging topography," said John Pollock, Meridian CEO. "We worked very closely with the

county and the surrounding community to make sure that this project would be a valuable addition to the community and integrate well into the neighborhood." Meridian currently owns and manages healthcare properties throughout the western United States and is currently pursuing acquisitions and developments throughout California, the Southwest and the Pacific Northwest.

Things for Sale? Flea Market Seeks Vendors for August 17

United Methodist Church at 19806 Wisteria St. in Castro Valley is looking for vendors for the church's flea market to be held on Saturday Aug. 17. Indoor and outdoor spaces are available. Please e-mail to: umw1945@gmail.com or call 510-207-2699



HAVING TROUBLE HEARING?

How Do You Score On This Quick Checklist?

- Do people – especially younger people – seem to mumble?
- Do you find yourself frequently asking people to repeat themselves?
- Are telephone conversations becoming increasingly difficult for you?
- If you answered "yes" to any of these questions, it's time to have your hearing tested by a professional.



Request An Appointment Today!

Visit a hearing center near you and have your hearing screened for FREE.



20126 Stanton Avenue, #205
Castro Valley, CA 94546

510-901-0192

ATHLETES OF THE WEEK



This week's Athletes of the Week are the members of the Castro Valley High School boys golf team. They won the league championship by finishing the regular season with an undefeated record of 14-0, then won the Western Alameda County Conference (WACC) Championship Tournament with a score of 397 for five golfers over 18-holes, beating second place

Bishop O'Dowd by 7 strokes. Travis Miller, a junior, was medalist for the tournament, shooting a 1-over score of 72 and taking WACC Player of the Year honors. Solid rounds were also turned in for the Trojans by WACC First Team All-League golfers Niccolo Delucchi (79), and Marcus Young (81). Seth Saffell (82) and Christian Romero (83) rounded out the scoring.

CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



**Youth Baseball and
Flag Football Programs**
www.CVSPORTSLEAGUE.org



CVSan ANNUAL CONTRACTORS MEETING

Castro Valley Sanitary District (CVSan) will host its annual Contractors Meeting on Wednesday, June 5, 2019 from 8:00 – 10:00 a.m. The meeting will be held in the Board Room at CVSan's main office, located at 21040 Marshall Street, Castro Valley, CA 94546. Coffee and breakfast pastries will be served.

Topics of discussion include, but are not limited to:

- Private Sewer Lateral Program (PSL Program)
- Online Permit Portal
- CVSan's Lateral Replacement Grant Program (LRGP)
- List of Qualified Contractors
- Inspection Availability and Requirements
- Alameda County Updates
- Code Updates
- Planned Projects for 2019/20

A finalized agenda will be available on Wednesday, May 29, 2019, which can be accessed online at www.cvsan.org/acm or via emailed request to evan@cvsan.org. Space is limited, and we highly encourage all contractors to pre-register to secure a spot.

For additional information, please contact Evan Choy at (510) 537-0757 ext. 131 or evan@cvsan.org.

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Adult School Students Shine With Support of Community

By Linette Escobar
SPECIAL TO THE FORUM

If you're a regular at BLVD Burger, you've probably been met with a cheery "hello" from Amelia Williams.

Amelia is a student in the Strides Program for Adults with Disabilities at Castro Valley Adult & Career Education.

There was a time when these students would have been underestimated and not been given the opportunity to work. The Adult School is working hard to support these students in getting jobs.

And Castro Valley employers are reporting that it is a great win-win situation for them as well. Recent studies back up that experience.

According to a 2017 article in the Sacramento Business Journal, customers like doing business with companies who hire a diverse workforce including people of intellectual disabilities.

However, it doesn't just make people feel good, these employees are great for the bottom line.

These businesses report less turnover. Amelia is a great example, having worked nearly four years in the food industry.

The article also states that employees with disabilities are more careful with safety protocols, take fewer sick days, show great en-



Adult School Student
Amelia at BLVD Burger



Adult School Student
Scott at TJ Maxx

thusiasm and dedication to the job and consistently rank well in both quality of work and relationships with the rest of the team.

Students in the Strides Program work with a job coach to learn their job and be set up for success.

The Castro Valley Chamber of Commerce has been a great advocate for hiring adults with disabilities. In addition to Amelia, students Angela Haskins, Noah Garcia, Kevin Mello and Scott Tanner are happily employed in Castro Valley.

Workplaces that have hired students include TJ Maxx, Don Jose's, BLVD burger and Mama Cho's in Lake Chabot Public Market.

Nguyen Lam, Strides Job Developer and Coach reports that employers have rave reviews for student's quality of work and reliability.

"We are so proud of our students and the community partners who made this possible," said Susie Passeggi, Castro Valley Adult & Career Education Director. "These students are proof that you can have high expectations for adults with disabilities, and they will be able to meet them with the right support."

If you are an employer interested in hiring an enthusiastic and motivated employee, the Strides program has other students who are eager to work.

Business owners interested in hiring an adult with a disability or learning more about the program should contact Nguyen Lam at 510-886-1000 or nlam@cv.k12.ca.us

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

Sports Note

The summer basketball camp will be held at Castro Valley High School's main gym and is open to boys and girls going into grades 4-9 in the fall.

It will begin on Monday, June 17, and will run through Thursday, June 20, from 8:30-10:30 a.m.

The camp objective: Green and Gold camp will develop basketball players in all aspects of their game. Sessions will focus on offensive skills, defensive fundamentals and overall knowledge of the game.

Players will leave with a better understanding of how to develop their own skill set as well as building offensive and defensive team principles.

Players will be grouped by divisions/grades to promote competitive teams.

There is a \$75 donation per camper. Make checks payable to: CVHS girls basketball.

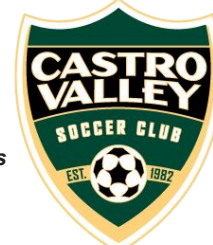
For more information contact Head Coach James Foster by email: cvfosterfamily@gmail.com

Register **NOW** for the 2019 Fall Soccer Season!

REGISTRATION CLOSING MAY 31st

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www.castrovalleysoccer.com



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ANIMAL
HOSPITAL**

Welcomes

Dr. Melissa Hardy



**Castro Valley Companion
Animal Hospital has a
new addition to our team!**

Introducing Dr. Melissa Hardy. A graduate of Purdue University in 2010, Dr. Hardy has a big heart and deep love for animals. In her free time she volunteers for several East Bay organizations focused on animal welfare. She is an avid dental care enthusiast and has a soft spot for French Bull dogs.

Come on in and meet our newest veterinarian!

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Safe storage of medicine is key in protecting against unintentional exposure.



Accidental Medication Exposure At Home Takes its Toll on Kids

By Pamela Stoker
SPECIAL TO THE FORUM

You've heard the warnings: put medicines out of reach of children, read all labels, take only what is prescribed in the manner it is prescribed.

Yet every year, nearly 60,000 kids under the age of 5 are accidentally exposed to medications, according to Consumer Reports.

So, what can be done?

Proper Disposal

Proper disposal of unwanted, unused or expired medicines is a great way to safeguard against unintentional exposure. But throwing unwanted medicines into the garbage, down the toilet, or other non-sanctioned means of disposal is not safe and poses both health and environmental hazards.

The safest way to dispose of medicines is to put them in special medication disposal kiosks where they are stored until they can be destroyed.

Working with the Alameda County Med-Project, Eden Medical Center now offers medication disposal kiosks to the community. The kiosks are conveniently located

in the hospital's lobby, open to the public, and free of charge for anyone to drop off unwanted or expired medications.

Safe Storage

Safe storage of medicine is key in protecting against unintentional exposure.

According to the new research report, "Medicine Safety: A Key Part of Child-Proofing Your Home," a disconnect exists between where people "store" their medications and where they "keep" their medications.

Medications that are not frequently used are "stored" in a safe location like a medicine cabinet or closet, whereas daily use prescriptions or over the counter medicines are "kept" in more convenient, easy to reach locations like the nightstand or countertop.

This disconnect creates a risk for unintentional poisoning.

To keep others safe, maintain all medications out of sight away from locations that are easily accessible — no matter how frequently you use them.

Working Together

In Alameda County, several agencies have come together to

outreach to the community for medication safety education and awareness.

Safe Kids Alameda County is a member of Safe Kids Worldwide, a global network of organizations dedicated to preventing unintentional injury.

They work to prevent unintentional childhood injury, the number one cause of death for children in the United States. Its members include Alameda County Emergency Medical Services, Alameda Health Systems, Sutter's Eden Medical Center, UCSF-Benioff Children's Hospital, Oakland, and many other local agencies.

Work is also being done by the Alameda County Meds Coalition, which meets monthly at Supervisor Nate Miley's office in Castro Valley.

The Coalition brings together various agencies to work on topics of medication safety including legislation and ease of safe disposal of medications, safe prescribing, and education/awareness on medication safety.

Pamela Stoker is a Trauma Injury Prevention Specialist at Eden Medical Center in Castro Valley.

Small Changes, Big Differences In Control of Blood Pressure

Almost half of the U.S. adult population has high blood pressure—that's any reading at or above 130 for the top number or 80 for the bottom number.

If you find yourself among them, it may be wise to consider four lifestyle evaluation questions:

1. How often do you eat fruits and vegetables?
2. How much salt you take in?
3. Are you at least moderately active for half an hour a day?
4. Are you at a healthy weight for your height?

What To Do

If your assessment reveals room for improvement, Michael Hochman, M.D. at the University of Southern California, has an encouraging message for you:

"Know this: Small changes can make big differences. You don't have to overhaul everything you do or eat. Tracking your blood pressure between health care visits lets you easily stay on top of your health."

"In 10 minutes or less, you can check your numbers. If you are learning for the first time that your blood pressure is creeping upward, small changes in your lifestyle—a bit more physical activity, a few more fruits and vegetables—could mean the difference between low vs. high risk for heart disease or stroke."

Here a checklist to help you make those small changes:

✓ 15–20 minutes of moderate aerobic activity per day can reduce the top number in your blood pressure reading, called systolic pressure, by 5 to 8 mmHg

✓ Reducing sodium intake by 1,500 mg/ per day can lower systolic pressure 5 to 6 mmHg

✓ A 10-pound weight loss could lower systolic blood pressure by 5 mmHg.

see BLOOD on back page

Workshop Tomorrow on Cancer Treatment, Diet

Eden Medical Center is continuing its collaboration with Cancer Support Community in presenting free 2019 cancer support groups and cancer workshops.

The first is tomorrow, May 23, from 5:30 to 7:30 p.m. at Eden Medical Center's Medical Office Building at 20101 Lake Chabot

Road on the 2nd floor, when Registered Dietitian Tinrin Chew will discuss "Nutrition & Cancer Treatment."

Tinrin is also an Oncology Dietitian.

Please call Cancer Support Community for more information or to register at 925-933-0107.



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Get Charged Up for the Hyundai Ioniq Electric

By Steve Schaefer
CASTRO VALLEY FORUM

As the electric car market grows, Hyundai is quietly, determinedly, building a wider assortment of choices. The Ioniq is the brand's direct competition with the ubiquitous Toyota Prius, and comes as a hybrid, plug-in-hybrid, or pure electric. You can identify the EV by its big black grilleless nose, unique headlamps and taillamps, and its own custom alloy wheels.

My Black Noir Pearl test car was the all-electric model. Since its debut as a 2017, it has made the case for how easy an EV is to live with. Not as outlandishly styled as the Prius, it employs the same tear-drop shape and clever wind-cheating tricks to get an aerodynamic 0.24 cd, slipping smoothly through the air.

The Ioniq EV's 88 kW motor equates to just 118 horsepower, but with a generous 218 lb.-ft. of torque, the 3,285-pound EV scoots along fine in traffic and never leaves you feeling frustrated. Hyundai brags that the Ioniq EV is the "most efficient electric vehicle sold in America," at 136 MPGe Combined (150 City, 122 Highway). Compare that to other EVs, such as the Chevrolet Bolt EV, at 119 MPGe Combined and the new Nissan Leaf at 108 MPGe.

Range is a big issue with EVs, and that's where the Ioniq EV isn't ideal. It has 124 miles of range,

which is actually plenty for nearly everything most people do. But—if you want to travel 350 miles during the holidays to visit your aunt in the next state, you'd better plan to take a couple of long rest stops. At least the Ioniq comes with standard DC fast charging.

The Ioniq's 28 kWh lithium-ion polymer battery is under the rear seat, so it doesn't intrude that much on cargo space—you get a useful 23 cubic feet. The polymer in the battery means it's easier to shape to fit in specific areas. The range math is easy to do: a Chevrolet Bolt has a 60-kWh battery and earns an EPA range of 238 miles vs. 124 for the 28 kWh Ioniq EV.

As an all-electric vehicle, the Ioniq Electric gets perfect 10's from the EPA for Smog and Greenhouse Gas. With electricity much cheaper than gas, you'll spend only about \$500 a year on fuel.

One way that electric vehicles extend range is by regenerative braking. In most EVs, you can have either a lot of regeneration or none. Having it "on" means you can slow down and sometimes even stop without using the brake pedal. In the Ioniq Electric, as with other Hyundai and sister Kia EVs, you can set regeneration to four levels, from 0 to 3, with 3 being the strongest.

There are two trim levels — base and Limited. My tester, as a Limited, enjoyed the benefits of everything from chrome outside moldings to HID headlights, a power sunroof, a heat pump (great

in an electric car), 10-way power driver's seat, leather upholstery, BlueLink Guidance Package, fancy door sill plates, and a premium eight-speaker Infinity audio system.

Besides the luxury and convenience stuff, the Limited includes a package of electronic features that make it a much safer ride. These include Blind Spot Detection with Rear Traffic Alert (this feature has saved me numerous times over the last few years), Automatic Emergency Braking with Pedestrian Detection, and Lane Keep Assist (noisy, but keeps you in your lane). You also get the convenience of Smart Cruise Control (not available on any Bolt EV) and headlights with Dynamic Bending Light that can "see around corners." And don't forget about Driver Attention Warning, to keep you aware.

The mechanicals are the same in base and Limited, and the base still has loads of fine features, so if you can manage with less you can save a cool six grand. The base car starts at \$31,200 while the Limited is \$37,200. Both prices include shipping, and both qualify for California rebates and Federal tax credits, so the actual price could be as much as \$10,000 less if you buy.

Hyundai now offers the small Kona crossover as an EV, the Sonata large midsize sedan as a plug-in hybrid, and even the all-new Nexo hydrogen fuel cell vehicle. It's a pretty impressive lineup, and you get the advantage of style



The high-efficiency electric motor can operate at speeds up to 75 MPH and delivers instantaneous torque at low speeds, with available power-assist at higher vehicle speeds.

directed by the former Audi chief designer, Peter Schreyer. Hyundais are better looking than Audis these days!

Built in Ulsan, Korea of 91 percent Korean parts, the Ioniq Electric is well designed and well made, as the brand picks up good stats in the J.D. Power surveys for initial quality. For 2018, Hyundai came in third, ahead of Porsche and just behind siblings Kia and Genesis.

Other than its limited range, there's absolutely no reason you can't live contentedly with a Hyundai Ioniq Electric.

Steve Schaefer lives in Castro Valley. He has been reviewing new cars in the Times for 27 years.

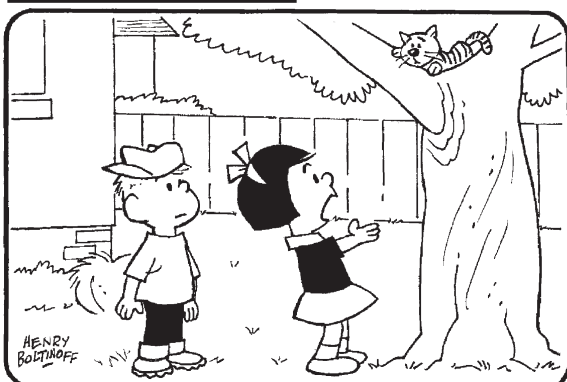


Interior materials were chosen with an ecologically-sensitive focus and are used to create a simple and clean look.

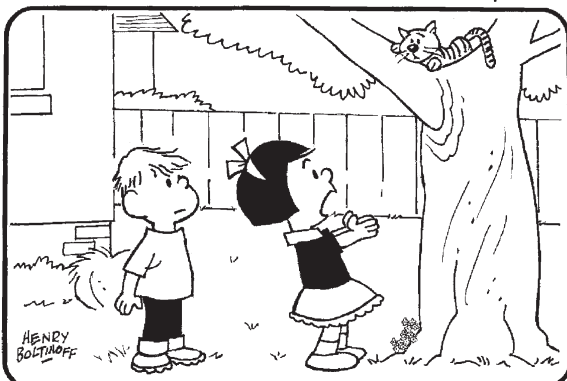
TIME OUT FOR FUN & GAMES

HOCUS-FOCUS

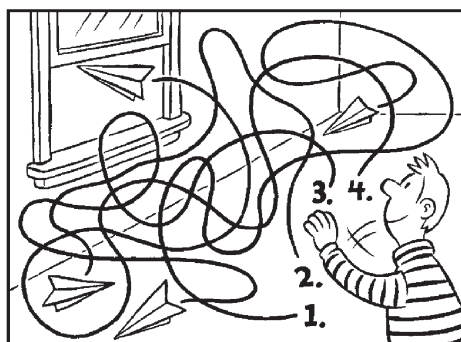
BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Boy's hat is missing. 2. Girl's skirt has ruffle. 3. Boy's left arm is hidden. 4. Flowers added near tree. 5. Cat's tail is longer. 6. Girl is extending both arms.



A WINDOW OF OPPORTUNITY! See if you can guess which paper plane made it to the outside world. You only get one try.

Answer: The fourth plane.

IN A SPIN!

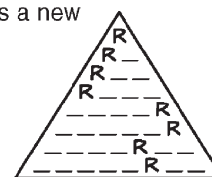
THE DAY BEFORE YESTERDAY, I WAS, LIKE, 17 YEARS OLD. NEXT YEAR, I'LL BE, LIKE, 20 YEARS OLD. HOW IS THAT POSSIBLE?



Answer: Today is Jan. 1. His birthday is on Dec. 31. So, the day before yesterday he was 17; yesterday he was 18; this year he'll be 19; and next year 20.

THE 'R' PYRAMID! As you move down the word pyramid shown here, each word contains the same letters as the word above it, plus a new letter. We give you all the R's. Here are some hints from the top down:

1. A chess piece (symbol).
2. In reference to. (Abbr.).
3. A primary color.
4. One who is ill-mannered.
5. In a lower position.
6. To break apart.
7. Something that lasts.
8. To be harshly criticized.

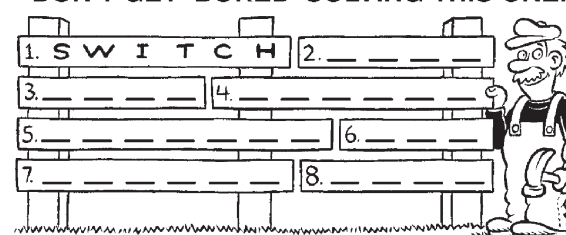


Answers: 1. R (Hook). 2. Re. 3. Red. 4. Rude. 5. Under. 6. Sunder. 7. Endures. 8. Censured.

Junior Whirl

by Charles Barry Townsend

DON'T GET 'BORED' SOLVING THIS ONE!



Our Junior Whirl carpenter built this fence using only "word planks" that ended with the word BOARD. The following hints should help you nail down the answers:

1. Used with telephones (given).
2. A place to advertise.
3. Right-side of ship.
4. Found around water.
5. Old-time cars had two.
6. Computers need them.
7. College professor's headgear.
8. Used in the Old West.

Answers: 1. Switchboard. 2. Billboard. 3. Starboard. 4. Diving board. 5. Running board. 6. Keyboard. 7. Mortarboard. 8. Buckboard.

REAL ESTATE GALLERY

Rentback Sticker Shock Changing Seller Options

Excited about receiving an offer on their home, a seller recently began the counter offer process, including requesting a provision to rent back the property from the buyer for up to 30 days after the close of escrow.

Rentbacks are common in Bay Area real estate transactions and can help sellers bridge the gap between the sale of their existing home and the move into their new property.

Since the seller is occupying the buyer's new home during the rentback period, it means the buyer pays their mortgage, taxes and insurance (PITI) on a home they cannot occupy during the rentback period.

To cover the buyer's out-of-pocket costs, the historic premise for these arrangements was to have the seller pay a per diem to the buyer of 1/30 PITI.

As an example, if a buyer has an 80% loan on a home that cost \$500,000, their monthly mortgage payment at 4% would be approximately \$1,909.66, or approximately \$64.00 a day. Property taxes on \$500,000 come out to \$17.36 a day and,

if homeowner's insurance is \$1,200/year, the daily amount is \$3.33. The combined per diem is \$84.69, or \$2,540.70 for the month.

Back when normal family homes were selling for reasonable amounts, the PITI per diems were manageable.

However, in many neighborhoods, a home that sold for \$500,000 a few short years ago could easily be selling for \$1,200,000 today, which means the per diem would be more in the range of \$203.26, or a monthly total of \$6,097.68.

When the market was red hot, many buyers were willing to cover the rentback costs just to secure the contract.

With the marketing softening, however, free rentback is disappearing, with the result that sellers are once again being asked to cover the costs of remaining in the home for a period of time after the close of escrow.

Many sellers, while excited about today's higher prices, are dismayed and shocked when they discover what their rentback will actually cost.

Consequently, many sellers,

unable to move into their new home when escrow closes on their existing property, are actively seeking other less expensive options.

While some stay with friends or relatives, others move into extended stay hotels or month-to-month rentals. Another option that is increasing in popularity is AirB&B.

Whatever the temporary destination, one thing is certain: sellers, faced with the increasing sticker price of rentback, are out looking for cheaper solutions.

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.

WEEKEND GARDENER

■ Planting Seedlings

This month is a busy month for planting vegetable and flower seedlings from six-pack or individual pots into your garden. To avoid damaging the plants, don't pull them out by their tops. Instead, gently squeeze the bottom of the container while pushing up to force the plant up and out. If there is a mat of roots at the bottom, slice off about a quarter-inch of them. Plant seedlings at the same soil level as they were in their packs. Firm the soil with your hands to eliminate large air pockets, then thoroughly saturate the

root ball. For extra protection, use Vitamin B-1 in the water, according to directions. Bait for snails and slugs, since tiny seedlings can be destroyed overnight.

Mortgage Rates Drop

The average 30-year fixed-rate mortgage dropped slightly last week, according to Freddie Mac's weekly nationwide survey.

The 30-year fixed-rate mortgage averaged 4.07 percent last week, down from 4.10 percent a week earlier. A year ago at this time, the 30-year FRM averaged 4.61 percent.

"Modestly weaker consumer spending and manufacturing data, along with continued jitters around trade policy, caused interest rates to decline

throughout the yield curve. While signals from the financial markets are flashing caution signs, the real economy remains on solid ground with steady job growth and five-decade low unemployment rates, which will drive up home sales this summer" said Sam Khater, Freddie Mac's chief economist.

Fifteen-year rates averaged 3.53 percent last week, and five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.66 percent. A year ago at this time, the 15-year FRM averaged 4.08 percent.



7800 Coolidge Ct., Castro Valley
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What an opportunity to own an updated home in Prestigious Palomares Hills! This 4 bedroom, 3 bath home offers approx 2690 sq. ft. of living space and is updated and ready to move right in. An entertainer's delight with complete outdoor kitchen, fountains and lighting. Home backs up to open space with beautiful canyon views and access to the common area. Kitchen/family room combo with granite counters, center island, built in refrigerator, gas stove. Convenient bedroom and full bath downstairs, 3 garage spaces and much more. Retreat to the spacious Master suite to enjoy the jacuzzi tub and steam shower. New exterior paint, new fence, new carpet on stairs, hallway and master suite are just a few of the additional features of this home. Enjoy Resort style living with fantastic community amenities including Olympic sized swimming pool, walking trails, park, tennis and basketball courts, picnic facilities, clubhouse and security. Award winning CV schools.

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RECENT HOME SALES

Castro Valley

20150 Forest Avenue	94546: \$562,500 2 BD - 1,257 SF - 1985
21732 Ada Street	94546: \$650,000 2 BD - 905 SF - 1948
22158 North 6th Street	94546: \$701,500 3 BD - 1,288 SF - 1948
18470 Fleetwood Avenue	94546: \$768,000 3 BD - 1,042 SF - 1950
19113 San Miguel Avenue	94546: \$915,000 4 BD - 1,465 SF - 1949
20856 Glenwood Drive	94552: \$1,075,000 4 BD - 2,857 SF - 1994
9334 Crow Canyon Road	94552: \$1,100,000 2,068 SF -
7703 Pineville Circle	94552: \$1,132,000 3 BD - 1,547 SF - 1995
25589 Gold Ridge Drive	94552: \$1,250,000 4 BD - 2,672 SF - 1997
18925 Edwin Markham Dr	94552: \$1,340,000 3 BD - 3,058 SF - 1985

TOTAL SALES:	12		
LOWEST AMOUNT:	\$575,000	MEDIAN AMOUNT:	\$862,500
HIGHEST AMOUNT:	\$975,000	AVERAGE AMOUNT:	\$862,000

San Leandro

3840 Yorkshire Street	94578: \$420,000 2 BD - 918 SF - 1987
14781 Martell Avenue	94578: \$608,000 3 BD - 1,086 SF - 1953
15306 Dewey Street	94579: \$610,000 3 BD - 859 SF - 1950
14629 Craft Avenue	94578: \$610,000 2 BD - 957 SF - 1945
967 Castle Street	94578: \$630,000 3 BD - 1,714 SF - 1952
2168 Estabrook Circle	94577: \$718,000 3 BD - 1,460 SF - 1941
233 Begier Avenue	94577: \$879,000 4 BD - 1,861 SF - 1931
1289 Sherry Court	94577: \$880,000 3 BD - 2,285 SF - 1959
421 Warwick Avenue	94577: \$1,100,000 3 BD - 2,659 SF - 1925
345 Broadmoor Boulevard	94577: \$1,120,000 3 BD - 2,591 SF - 1926
142 Harlan Street	94577: \$1,200,000 2 BD - 1,242 SF - 1921

TOTAL SALES:	18		
LOWEST AMOUNT:	\$431,000	MEDIAN AMOUNT:	\$617,500
HIGHEST AMOUNT:	\$800,000	AVERAGE AMOUNT:	\$605,306

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4884 JAMES AVE. CASTRO VALLEY

NEW LISTING Offered at: \$859,000

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SAT. & SUN.
MAY 25th & 26th

CITY	SAT	SUN	ADDRESS	PRICE	BDR./BA.	REALTOR	AGENT	PHONE
H	—	1-4	2390 D St.	\$483,000	3/2.5	Re/Max Accord	Lovewell Team	510-351-5555
H	—	1-4	18956 Ricardo Ave.	\$575,000	3/1.5	Re/Max Accord	Lovewell Team	510-351-5555
A	—	1-4	15541 Oceanside Wy.	\$799,000	4/2.5	Better Homes	Julia Korpi	510-305-3913

One-Line Open Home Listings run Wednesdays in the Castro Valley Forum (22,500 circ.) and Thursdays in the San Leandro Times (38,500 circ.) for \$25. For more information and a listing form, call 614-1558. DEADLINE: TUESDAY AT NOON.

CITY GUIDE

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



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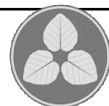
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LETTERS to the Editor

'Behind-the-Scenes' Workers Made for a Great Parade

Editor:

Thank you this past week for your coverage of the 2019 Rowell Ranch Rodeo Parade! It was a beautiful day in Castro Valley with excitement all around.

Large community events do not happen without dozens of people behind the scenes. The parade is a high energy, high intensity event made possible by so many working "behind the scenes."

Dozens of Castro Valley Rotarians joined with the following to ensure the pre-parade, parade and post-parade went smoothly, including:

- Fire Station No. 25 Firefighters for the tasty pre-parade breakfast;
- The Tinseltones for an outstanding pre-parade patriotic concert;
- Robert Souza of Castro Valley News for videotaping the parade and posting it;
- Mel Speed of Music Unlimited for his outstanding audio work;
- Members of the Community who served as Judges;
- Sergeant Oscar Perez and Reserve Lieutenant Darby Falkenstine and other members of the Alameda County Sheriff's Office as well as the California Highway Patrol volunteered their services to ensure that the parade was safe for participants and spectators;
- Linda Parker for pre-parade work on the announcer's notes and parade day organization of entries;
- Boy Scout Troop #708 for cleaning up after the horses in the parade and the BART parking lot;
- Naval Sea Cadets for their assistance throughout the day, including setting up and removing street barriers;
- The Castro Valley/Eden Area Chamber of Commerce (Ashley Strasburg, Executive Director) for support throughout all time frames of the parade, volunteering for any task needed, including marshaling and judging);
- Frank Ortiz Construction who setup all Norbridge Avenue and

doing whatever else was needed; and

- The Castro Valley Sanitary District (Roland Williams, General Manager) for assisting with safety.

Castro Valley is truly a community blessed with active, not passive, participation!

Thank you to everyone who worked to made the 2019 Rowell Ranch Rodeo Parade another memorable parade!

—Todd Anglin, Chair, 2019 Rowell Ranch Rodeo Parade

Questions Who is Being Persecuted

Editor:

Last week's letter writer Manny Morales ("Christianity Called 'Most Persecuted Religion in the World,'" Letters, May 15) made an interesting claim, so let's review the bloody history of the LGBTQ crusade and our terrible persecution of Christians.

It started in 1096 when we tried to retake the Holy Gay Land under the direction of "mighty real" Pope Sylvester. We murdered Jews and Muslims by the thousands with nine crusades over hundreds of years...wait! That was Christians.

But then there was the scary Gay Inquisition, when we ran around burning Christians at the stake for heresy, which mostly involved improper color coordination. I might be confused about some of those details, but I do remember that in 1954 we added the words "mostly gay" right after the word "indivisible" to our Pledge of Allegiance.

That IS right, isn't it?

OK, seriously, remember when we demanded that the phrase "In Gay We Trust" be placed on all American currency in 1956? That was us forcing our will on...ah, no. Christians again.

Speaking of "using the public schools" remember that in 2001 we took our case (Good News Club v. Milford Central School) to the Supreme Court to shove our way into all taxpayer-funded school buildings for our tax-free gatherings. Oh my goodness, that wasn't us either. That was Evangelical Christians and their lawyers. Look it up.

This Sunday you can drive by a number of Castro Valley public schools (and the Center for the Arts) and see Christians holding their "persecuted" services in buildings that the general public paid for and maintains.

And who can forget that in 2008 the Gay Crusade voters decided to deny Christians the right to a government issued civil marriage license at the county courthouse! Or not. But anyway, that's all ancient history.

Right NOW you can look West from anywhere in our valley and see three giant rainbow flags flying above the 580/880 interchange....oops. Those are Christian crosses. Massive steel crosses that sadly cry out "stop attacking us with your terrible gayness!"

But I will never stop. Not as long as many Christians keep pointing at the LGBTQ community as having some kind of morality problem. Not as long as people like Manny keep claiming persecution while wielding their bible like a hammer. Here I stand, I can do no other.

—Billy Bradford, Commander, Gay Crusades, Castro Valley

Hopes to See New Faces on the CVS San Board

Editor:

Well, the Castro Valley Sanitary Board is at it again, putting its hands in your pocket and mine! After recently voting to hire ACI and

raise our garbage rates, now they are back at it raising our sewer rates. These rates will increase 10% over the next two years, with commercial rates going higher.

There was no reason to send in a letter of opposition to this increase or to attend the May 7 Board meeting to express dissatisfaction, because they don't listen.

All you have to do is attend a meeting to see that is true. It is clear by their demeanor that they don't want to engage with residents nor hear their concerns.

Recently we got a glimpse as to how CVS San spends some of its money. We all received a very colorful, elaborate, expensive, multi-paged "Residential Curbside Services Guide."

While it contained information, most of which we already have, it would have been more cost-effective to share this information through our local Forum. These pamphlets were reviewed and trashed – let's hope they went in recycle bins.

The last ad (page 15 on May 15) says ACI will begin curbside textiles pickup, which WILL NOT include a tax deductible receipt. Are you kidding me? I can get curbside service from a number of non-profit organizations who will pick up textiles, and more, for which I WILL receive a receipt.

We're now paying more in garbage rates for this perk service, that is not needed! Thank you Sanitary Board for putting rate-payers first!

I agree with Ken Owens, who has written to the editor recently, and exposed this Board for who they are. I hope there will be others stepping forward to run for the Board in 2020 to replace some of the current members who clearly do not have Castro Valley residents' best interests in mind!

—Karen Robertson, Castro Valley

Presidential Election: Calls for "a Change for Good"

Editor:

What's in a number? Regarding Charles Scott's letter ("New Economic Data a Problem for Democrats to Run Against Trump," Letters, May 15), how do those quoted economic indicators stack up to the reality on the street?

Well they don't. Employment may be up, but everyone knows that wages for a mostly service industry job is a fraction of what union factory workers used to make.

Did they also change the criteria for determining if you are employed? I heard if you now work just one hour a week you're considered "employed."

GDP is also too heavily weighted by market gains which only benefits the top 10 or so percent. If the economy is doing so good, why — according to the Federal Reserve — are 4 in 10 people unable to afford a \$400 emergency?

Tariffs can be a good thing to bring jobs back to the US but they need to be implemented as part of a well thought out plan. No company is going to consider building a plant in the US if tariffs can be just as easily be revoked by the next president using an executive order.

Tariffs need to be passed by the congress to give them some staying power.

We need a democratic-socialist agenda such as Bernie's or Warren's, not just back to Obama with a Bidden presidency. Why did so many Bernie voters vote for Trump? We need a change for good not for more bad.

—Craig Linford, Castro Valley

Warns "Don't Be Fooled by Trump's Deceptive Rhetoric"

Editor:

When Donald Trump boasts over and over about how transparent he is, does that mean that stopping and hiding all investigations relating to him shows transparency?

We don't think so. Transparency usually means revealing all the facts.

Trjmp actually goes to extremes to hid the facts about himself, including the Mueller Report and his taxes. Those who lie and misrepresent, definitely do have a lot to hide.

Don't be fooled by Trump's deceptive rhetoric.

—Paul & Flo Wiley, Jr., Castro Valley

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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. We do not withhold names. Email letters to: fredz@ebpublishing.com or mail to: The Forum P.O. Box 2897, Alameda, CA 94501.

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L	E	V	I	E	D	N	O	I	S	E	S
S	E	T	T	O	S	N	E	E	R		

THIS WEEK AT SMALLTOWN



PHOTO BY CHERIE ZULIM

● **Thursday, May 23:** THE LAB: Songwriter and Poet Showcase & Workshop — Sign-ups for performances by email only: info@smalltownsociety.com. THE LAB is 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 Safiyah Hernandez from 7 to 9 p.m.

● **Saturday, May 25:** Pampas Cafe Presents Smalltown Society Art Sessions. Join Smalltown and Pampas Cafe in the parking lot at Pampas, highlighting local art and the music of singer/songwriter Safiyah Hernandez. Free, 10 a.m. to 1 p.m.

● **Friday, May 31:** Smalltown May Gathering: Connect with your community, hear from local artists, musicians and advocates, and experience the developing narratives of your neighborhood! The music of the Tyler Harlow Quartet. Plethos Productions, food, beer, wine & more! Free, suggested contribution \$15. Doors open at 7:00 pm. 7:30 to 10 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

MAC: District Wants to Create Trails at Cull Canyon

continued from front page
instantly infamous piece of public art back in the 1990s.

MAC member Chuck Moore described the hawk, lake, and tree designs as too generic and applicable to many other towns. He suggested something to do with Castro Valley's agricultural history.

"I looked at these pictures and they really don't tell me that I'm in Castro Valley or anything about Castro Valley," said Moore.

In the end, the MAC voted unanimously to have the community development agency start a process to ask for volunteers and advertise for a new design to present to the council at a later date.

Public Works Report

The county's Public Works agency also delivered its annual report to the MAC on Monday evening. Public Works director Daniel Wollesenbet said that 2018 saw almost \$21 million in transportation projects in Castro Valley, including \$9.3 million for pavement management.

The state of roadways are ranked on "pavement condition index" or PCI of 1-to-100 the PCI in the unincorporated area is 73, which Wollesenbet says is much better than neighboring cities including San Leandro and Hayward. He identified 75 streets in Castro Valley which received pavement improvements last year.



ALAMEDA COUNTY PUBLIC WORKS DEPT.

CULL CANYON: Once native plants are established, trails and benches will be built and the area will look more like a natural habitat than a manicured park.

Wollesenbet also shared a summary of smaller Public Works activities preformed in Castro Valley in 2018: 8,700 miles of streets were swept, 211 trees were trimmed, 83 pieces of graffiti were removed, and 1,436 pot holes were repaired.

Later, Hank Ackerman of the Alameda County Flood Control District gave an update on Cull

Canyon. In 2016, the dam there was modified to create a creek. Eventually, the district wants to create trails for walking and hiking.

That will likely be a few years in the future because the California Fish and Wildlife Service and the San Francisco Bay Regional Water Quality Control Board requires that native trees,

grasses, and shrubs be planted in the area.

Right now, the land which will eventually become the trails is fenced off so the native plants can fully take root.

Once the plants are established, the trails and benches will be built, according to Ackerman. The area will look more like a natural habitat than a manicured park.



Open Board of Trustee Seat
Seeking Applications!

The Board of Trustees of the Chabot-Las Positas Community College District is soliciting applications from community members in **Trustee Area 4 (Castro Valley and parts of Oakland) who are interested in serving as an appointed member of the Board** until the next regularly scheduled general election for governing board members in November 2020.

The Board of Trustees is responsible for the governance of Chabot College in Hayward and Las Positas College in Livermore.

The Board seeks a candidate who has the ability and time to fulfill the responsibilities of a Trustee. Sample responsibilities are listed below:

- Participate fully in the work of the Board; attend all meetings and some college events;
- Study issues and agenda items and participate in Trustee education programs;
- Be knowledgeable about the communities served by the colleges and be willing to act on behalf of those communities;
- Be committed to Chabot College and Las Positas College and their missions; understand educational, social, and economic policy issues;
- Engage in balancing the needs of many diverse groups; be able to contribute to and build consensus;
- Participate as one Trustee and support the authority of the Board as a whole.

The Board of Trustees meets the third Tuesday of each month, at 6:30 p.m. Please note that some meetings may start as early as 4 p.m., and workshops and additional meetings will be scheduled as needed.

Application materials are available on the District website at www.clpccd.org

Application deadline is Wednesday, June 19, 2019 at 4 p.m.

For additional information, please contact:
Debra Nascimento,
Executive Assistant/Board Coordinator, Chancellor's Office
(925) 485-5207 or dnascimento@clpccd.org

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HANNAH is a sweet, 15 week old black and white tuxedo. She's energetic, curious, affectionate and playful. Spayed, vaccinated, chipped and FIV/FelV negative. Email: Loveall-pawzrescue@gmail.com.



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Blood: Avoid BP Raisers

continued from page 9

Little-Known BP Raisers

If you do have high BP, consult your health care provider or pharmacist about the safety of your over-the-counter medicines.

Some OTC pain relievers, known as nonsteroidal anti-inflammatory drugs, or NSAIDs—such as naproxen and ibuprofen—may raise blood pressure. Acetaminophen may be a better choice for pain. Drugstore cold and flu medicines that contain decongestants can also raise blood pressure.

To avoid these BP raisers, read medication labels and discuss alternative pain, fever or cold medicine with your doctor. A quick guide to BP raisers is at heart.org/BPtools.

• Take It Home

Monitoring at home can help confirm a diagnosis and determine how well your lifestyle changes and medications are working to reduce your blood pressure.

The American Heart Association's efforts to improve healthy choices related to living with high blood pressure are proudly supported by Tylenol.

—North American Precip Synd., Inc.



PHOTO BY LINDA SANDSMARK

Students in Castro Valley Unified School District's Mariachi Program rehearse "La Bamba" for their May 24 concert. There is no charge for the concert, but space is extremely limited.

Mariachi: Concert Friday at Arts Center

continued from front page

Director of the Mariachi program is Felipe Garcia, assisted by maestros Jorge Rodriguez, Miguel Chavez on guitar, Victor Singh on trumpet, and maestra Monique Valenzuela as voice instructor.

Chavez says, "It's always been a passion of mine. I grew up doing a lot of music, and having the opportunity to pass the tradition to the next generation gives me joy."

Parent Anita Arechiga is pleased with the Voces del Valle program. Her daughter, Gabriela, is in her third year playing the large guitarron (bass). Gabriela is a student at Canyon Middle School.

"It's a good program. It's exposed her to an instrument, one that they don't play at school," says Anita.

Voces del Valle's Mariachi Pro-

gram End-of-the-Year Celebration will be held this Friday from 6:30 to 8 p.m. at Castro Valley Center for the Arts, 19501 Redwood Road.

There is no charge for the concert, but space is extremely limited due to the large number of participants.

More about Voces del Valle is viewable online at <https://vimeo.com/272422488>

'The Greatest Showman Play' Tomorrow

The Hayward Area Recreation District (HARD) invites the community to enjoy "The Greatest Showman Play" from 1 to 2:30 p.m. tomorrow, May 23, at Sorensdale Recreation Center (Multipurpose Room) at 275 Goodwin St. in Hayward.

Sorensdale Center provides opportunities for persons with intellectual disabilities to achieve greater independence. The drama program focuses on abilities rather than disabilities and on a positive sense of self-worth.

This year, drama teacher Kristi-

na Brown and Sorensdale students will perform six scenes from the movie, "The Greatest Showman," the 2017 original musical inspired by the life of P.T. Barnum.

For more information please call 510-881-6778 or visit www.HaywardRec.org

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