

## SPRING HOME IMPROVEMENT

4

## EASTER IS ON SUNDAY

10

# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 33

WEDNESDAY, MARCH 31, 2021

NO. 13

### INSIDE YOUR FORUM

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#### NEWS



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PHONE: (510) 614-1560



PHOTO BY LINDA SANDSMARK

Castro Valley's Acorn A's Ford Classic Car Club has been meeting Monday mornings at 9 o'clock in the parking lot at Rudy's Donuts on the Boulevard. Last week they showed off two of their Livermore member's Model A's, the country's first practical automobile. Nearly five million were produced in the '20s and '30s.

## Half-Century Tribute to Ford's Model A

By Linda Sandmark  
CASTRO VALLEY FORUM

This year marks the 50th anniversary of Castro Valley's Acorn A's Ford classic car club, which has managed to keep meeting through the pandemic in the parking lot of Rudy's Donuts.

The group found the perfect spot to meet every Monday morning, grabbing a donut, coffee and camping chairs to sit safely socially-distanced behind the popular shop.

"My husband and I have been going to Rudy's since we were in high school, and we're 74 now," says the club's secretary Judy Satariano. "It's just a fun place to go."

The club is all about fun — including touring and decorating their cars to join in parades. Over the years they've participated in the Rowell Ranch Rodeo Parade, the Dublin St. Patrick's Day Parade, San Leandro's Cherry Festival, and tours to places like Half Moon Bay and Las Vegas. And they're invited to events like the Memorial Day ceremonies at Lone Tree Cemetery, to add a vintage touch. The group even took a cruise together.

"If I hadn't been with them, I wouldn't have gone to any of the places we've been," says Dahlia Amaral, 82.

The past year has been a bit tougher, working around COVID-19.

"We used to get together once a month for a dinner and meeting," says Satariano. "The pandemic slowed everybody down. We've more or less missed a whole year. But we decorated the cars and went on a St. Patrick's Day drive to Sunol. We had a socially-distanced outdoor picnic down there."

Member George Diamante, who joined 50 years ago at age 22, says the lure of the Model A is that it was the first practical car in the United States. He says its predecessor, the Model T, was "basically a bench and a motor."

The Model A was larger, had a bigger engine, four-wheel brakes, shock-resistant bumper, electric starter and upholstered seats.

On the other hand, club mem-

bers report that driving the Model A (almost 5,000,000 of which were produced from 1927 to 1932) can be quite a physical activity.

"There's no power brakes, no power steering, no heater and no air conditioning," says member Jim Rodrigues.

Satariano adds, "They are cars you have to pay attention to. My husband Carl says you have to 'herd it down the road.' And you've really got to jump on those brakes and leave a good distance between you and the car ahead of you."

The club's president, Tony Shull of San Leandro, says that just driving the Model A's locally seems to give a boost to the community.

see **TRIBUTE** on page 10

## Outreach For Asian Residents

By Michael Singer  
CASTRO VALLEY FORUM

Recent attacks against Asian Americans have prompted Alameda County law enforcement to step up their outreach to and protection of those most vulnerable in Asian communities, such as seniors.

Sheriff Greg Ahern spoke with the Chamber of Commerce in Oakland's Chinatown last week following recent incidents of hate, violence, harassment, discrimination and bullying against Asian Americans and Pacific Islanders in the U.S. Stories of these incidents have caught the national attention in recent weeks.

According to a Pew Research Center survey, three in 10 Asian Americans (31%) report having experienced racial slurs or racist jokes since the beginning of the pandemic last year.

"Sheriff Ahern essentially let the Chamber know that the Alameda County law enforcement community supports Asian Americans and will protect them. He has also discussed with his command staff the need for increased foot patrols where deputies can talk to people in Asian communities," said Alameda County Sheriff's Office spokesperson, Sgt. Ray Kelly.

Additionally, District Attorney Nancy O'Malley announced the creation of a special response unit focused on crimes against Asians, and particularly older Asians.

"Stop AAPI Hate," a coalition created last year to address anti-Asian racism issued statements this week that increased violence against Asian Americans and Pacific Islanders are stark reminders that businesses, government, and the community need to come together to immediately support victims of these incidents and work together to create long-lasting solutions that empower our communities with resources, support, and education.

"We are outraged by the disturbing incidents we've seen where Asian American elders have been attacked in the San Francisco area," said ASIAN on back page

## COVID Vaccinations for All by April 15

By Michael Singer  
CASTRO VALLEY FORUM

It's no joke. Starting tomorrow (April 1) if you are 50-years and older, you are eligible to get a COVID-19 vaccination no matter where you work or your current health condition.

Last week, Gov. Gavin Newsom extended California's Covid vaccination eligibility for those born in 1971 or earlier. The governor additionally announced that Californians aged 16 and older will be eligible for the coronavirus vaccine starting April 15.

That totals more than 1.2 million people in Alameda County, according to county health spokesperson Neetu Balram.

"Vaccine supply continues to be the greatest challenge for vaccinating more Alameda County residents and workers," Balram told The Forum. "More than 309,000 residents in Alameda County, or nearly 24 percent of all residents age 16-plus, are fully vaccinated."

As of last week, more than 680,000 vaccine doses were delivered to county residents with 446,968 residents receiving at least their first dose.

Currently, all three federally approved vaccines (Pfizer, Moderna, Johnson & Johnson) are available through supersites such as the Oakland Coliseum and Alameda County Fairground as well as in localized distribution sites such as the Castro Valley Library. County health officials say they're looking forward to receiving even more doses to comply with federal and state goals.

"Masks are still required for everyone when outside their home, even if you've been fully vaccinated. When it's your turn, we encourage you to get vaccinated."

see **COVID** on page 3

### BY THE NUMBERS

Castro Valley  
Confirmed Cases = 2,423

Alameda County  
Vaccinations = 808,611  
Confirmed Cases = 83,243  
Deaths = 1,399

California  
Vaccinations = 17,356,911  
Confirmed Cases = 3,564,468  
Deaths = 57,778

as of March 29, 2021





**RAISING HOWL IN THE NEIGHBORHOOD:** Front row from left, Ernie Lopez, Buddy (the dog), Sue Lopez, Haley Hung, Tristan Hung, and Connie Hung; back row, Evan Li, Eric Li, Lucas Li, Cara Jacob, Noah Jacob, Delilah Jacobs, and Marie Davies.

## Sounds of the Times: Neighbors Howl to Ease Quarantine Woes

On March 27, 2020 at 8:00 p.m. the neighborhood on Aylesbury Court in Castro Valley howled like coyotes to energize themselves from social distancing.

March 27, 2021, 8:00 p.m., marked one year that they have experienced the primal sounds of coyotes howling every night.

Chabot Park is near Aylesbury Court. A resident of the court, Ernie Lopez, heard the coyotes howling on March 26, 2020 and howled with them. He saw a TV news report about a neighborhood in Marin County howling that night. He notified his neighbors to howl the next evening at 8:00 p.m.

The rest is history as a tradition was established. The children and some child-like adults navigated

toward howling as a fun escape valve from being cooped up all day during the pandemic.

There are triplets at the top of the court who were 10 years old when the howling began. They are now 11. Twins in the middle of the court were eight and are now nine. There is a new child who just moved in who is only five and likes to howl.

Twice in the past few weeks, the real coyotes were howling at the same 8:00 p.m. time that the neighborhood was howling. The twins have a true coyote sound between them, so one could not tell the difference from the human to the real coyote sounds those nights.

The pandemic opened us up as

to who we are a nation. Our human senses need a break. This tradition of howling will be carried over as a positive memory for the children on Aylesbury Court.

By the way, our howling has been coordinated and consistent this past year due to a group text being sent to the neighborhood at 7:59 p.m. to remind us to go out at 8 to howl. We howl for one minute and then greet each other a good evening.

We are considering stopping the howling on July 4th, 2021 after our annual block party, provided the sheltering-in-place recommendations have been lifted by then. We'll see what happens.

—Article and photo submitted by Ernie Lopez.

### Castro Valley Weather Mar 31-Apr 4, 2021



Wednesday  
Sunny & Warm  
High 82° Low 51°



Thursday  
Mostly Sunny  
High 80° Low 48°



Friday  
Partly Cloudy  
High 68° Low 47°



Saturday  
Partly Sunny  
High 65° Low 47°



Sunday  
Mostly Sunny  
High 62° Low 46°

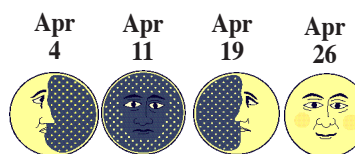
### Almanac



Past Week's Rain: 00.00  
Season To Date: 10.09  
Normal To Date: 17.30  
Season Average: 21.22

Sun sets at 7:32 p.m. today, rises at 6:56 a.m. Thursday.

### Moon Phases



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OR EMAIL: fredz@ebpublishing.com**

## 'Art IS Education Exhibition' Online Now Showcasing Best of Hayward Students

By Winda I. Shimizu  
SPECIAL TO THE FORUM

The pandemic has not stopped Hayward Unified School District art students from putting their best work forward in the annual "Art IS Education Exhibition."

Arts Education helps students learn to problem-solve, think creatively, think outside of the box, trust themselves, and trust their own creative voice. That has a ripple effect throughout their whole life.

For the last 11 years Hayward Arts Council and the Hayward School District have collaborated to present the Art IS Education exhibition. This collaboration has become stronger since the imple-

mentation of the HUSD Visual and Performing Arts Plan four years ago.

During these unusual times, Hayward Arts Council pivoted to present the fourth exhibition "Art IS Education Exhibition" online through May 14 showcasing the best artworks by K-12 Hayward students on view at haywardartscouncil.org

A total of 152 artworks including music performances, acrylics, watercolors, ceramics, poetry, pastels, oils, ink, photography, and digital design are sure to delight viewers of all ages. Students created these artworks and music performances while distance learning.

During this challenging year, arts and creativity continue to play an important role in helping us navigate the pandemic, amplifying the need for racial equity across the country, and creating an opportunity to come together in unified celebration of the power of the arts to change our lives for the better.

On February 23 the Alameda County Board of Supervisors presented the proclamation of March as Arts Education Month.

This marks the 21st year of the Art IS Education program, founded and presented by the Alameda County Arts Commission in partnership with the Alameda County Office of Education, with the overall goal of ensuring that the arts are a core aspect of high-quality and equitable education for all students.

And 2021 also marks the 11th year of the partnership between the Alameda County Arts Commission and Alameda County Library presenting free arts opportunities for county residents of all ages with the theme *Art is Everywhere*. A list of resources is available at the Castro Valley Library website.

Take a moment and enjoy the "Art IS Education" online exhibition at haywardartscouncil.org

Winda I. Shimizu is Executive Director of Hayward Arts Council.

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H.A.R.D. PHOTO

**VIA TOLEDO PARK OPENS:** The Hayward Area Recreation Dept. has just opened this new two-acre playground at 18651 Via Toledo in San Lorenzo. With a multi-purpose lawn area, half-court basketball, play and picnic areas, pathways and seating, its features were part of the requests made by the community during public meetings.

## COVID: 'We're Moving in Right Direction'

*continued from front page*

courage you to get the first vaccine offered to you," Balram said.

The even better news is that Alameda County is expected to enter Orange Tier 3 starting this week, which will open the doors to more indoor activities including restaurants, malls, and places of worship.

"We're moving in the right direction," Balram said. "When we do move to the Orange Tier, we expect to align with the State on permitted activities and restrictions for that tier."

Alameda County has been in the more restrictive Red Tier for the last three weeks but will move into its next, less-restrictive phase if it maintains fewer than 3.9 daily new cases per 100,000 people and fewer than 4.9% positive tests for the entire county.

Reaching the Orange Tier is due in large part to the increasing number of vaccinations and to residents continuing to take to preventative measures. The county has not been in the Orange Tier since last October.

One shift that may bring vac-

cines available to more neighborhoods is the shift in management from federal and state control to working with health insurance provider Blue Shield. The Alameda County Health Department has been negotiating the details of the transition, Balram said.

Starting this week, Blue Shield will work with the county to redistribute vaccines to their supported sites. This gives the county health officials a greater role in advising on vaccine allocation locally and making sure that highest risk communities get the doses they need.

## Final Call for CVSan Board Seat Vacancy

The Castro Valley Sanitary District is seeking candidates from the community to fill a vacant seat on the board.

Those interested must apply with a formal letter of intent and a resume by 3:00 p.m. next Friday, April 2.

Candidates should forward their information by email to Stacy@cvsan.org or deliver them to CVSan offices at 21040 Marshall Street, Castro Valley. Candidates must be a registered voter and live within the Castro Valley Sanitary District boundaries.

Finalists will be interviewed and a final candidate will be chosen and sworn in at a special board meeting on Tuesday, April 27, at 6:30 p.m. For more info, contact the Clerk of the Board, Stacy Marcoux, at 510-537-0757 ext. 106 or via email at Stacy@cvsan.org.

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Spousal Assault

Sunday, March 28: at 10:01 a.m., a 911 call about a loud and aggressive-sounding argument sent Sheriff's deputies to a home on Watson Street near Redwood Road. There, they arrested a 42-year-old man from Castro Valley on suspicion of spousal assault. The man was taken into custody. The victim was treated at the scene.

### Public Intoxication

Sunday, March 28: at 3:02 p.m., a 53-year-old man from Castro Valley was arrested on suspicion of public intoxication. Deputies stopped the man for questioning in front of an apartment on Wilbeam Avenue near Kerr Street when they smelled alcohol on his breath. The man failed his field sobriety test and was taken to a sobering center.

### Interfered with Eden Hospital Staff

Saturday, March 27: at 3:43 a.m., deputies arrested a 38-year-old man from Castro Valley on suspicion of interfering with nurses and doctors on duty at Eden Medical Center on Lake Chabot Road. Hospital security called for deputies to intervene after they saw the man walked through the emergency ward shouting at staff and causing a disruption. Deputies took the man into custody.

### Suspicious Person

Wednesday, March 24: at 9:20 a.m., a 66-year-old man with no permanent residence was arrested on suspicion of possession of illegal drug paraphernalia. Deputies stopped the man for questioning outside of a business on Charlene Way near Redwood Road following a suspicious person report. The man revealed he had a pipe used for smoking drugs in his possession and was taken into custody.

### Wrong Drugs at Eden

Wednesday, March 24: at 9:46 a.m., deputies arrested a 25-year-old woman from Castro Valley on suspicion of possession of illegal narcotics. The woman was visiting a friend at Eden Medical Center on Lake Chabot Road when she was stopped by hospital security and found to have the drugs in her purse. Deputies took the woman into custody.

### Family Fight

Tuesday, March 23: at 8:59 a.m., a 28-year-old woman from Castro Valley was arrested on suspicion of assault on a family member. Deputies responded to a call about an altercation at a home on James Avenue near Redwood Road. The woman was taken into custody. The victim was treated at the scene.

### Methamphetamines

Monday, March 22: at 9:42 a.m., deputies arrested a 30-year-old woman with no permanent residence on suspicion of possession of methamphetamine drugs and related drug paraphernalia. The

woman was traveling on Somerset Avenue near Anita Avenue when deputies stopped her for questioning and discovered her stash. Deputies took the woman into custody.

### Drunk with Drugs in Public

Monday, March 22: at 1:00 p.m., a 47-year-old woman with no permanent residence was arrested on suspicion of public intoxication and possession of illegal narcotics and related drug paraphernalia. Deputies were called to a home on Grove Way near Cape Eden Place following a call about the woman harassing others from the street. The woman failed her field sobriety test and was taken into custody.

### Ignored Restraining Order

Monday, March 22: at 12:24 p.m., deputies arrested a 38-year-old man from Castro Valley on suspicion of violating the terms of a court-issued restraining order. The man was spotted within the agreed-upon 100-foot radius of a church on Grove Way near Redwood Road when deputies arrived. The man was taken into custody.

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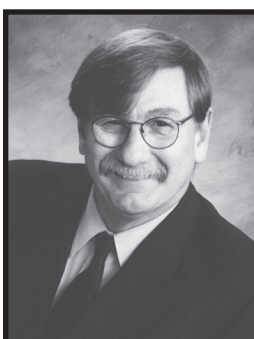
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Happy Passover!**



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NEW: HIKE WHERE YOU CHOOSE!

This year's format is a little different, but the goal is the same: to **raise \$100,000** for patient care and community programs, including grief support services, dementia education, and caregiver resources for local families.

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## On Shaky Ground: Many Older Homes in Need of Retrofitting

By Glenn Pomeroy  
SPECIAL TO THE FORUM

The ongoing pandemic has taught us to appreciate more than ever the roof over our heads as we continue to spend time indoors, waiting our turn for the Covid-19 vaccine.

In the same way many Californians are vulnerable to Covid-19, many of their older homes are vulnerable to earthquakes, which can occur anywhere, anytime, any day in the Golden State.

In Alameda County, the nearby Calaveras and Hayward faults extend up the east side of the San Francisco Bay. These and other major faults in the region are part of the San Andreas fault system and can cause major earthquakes like the Loma Prieta earthquake, which occurred in 1989 during the World Series between the Oakland Athletics and San Francisco Giants.

Older homes, especially those built before 1980, are more susceptible to earthquake damage because they were constructed before modern seismic building codes were put in place. According to U.S. Census data, more than 68 percent of the housing units in Alameda County fall into the category of being built before 1980 and could need to be retrofitted.

With a 99 percent chance of at least one major earthquake striking anywhere in California in the next 30 years, there has never been a better time to take action to strengthen your home against earthquake damage.

As renowned seismologist Dr. Lucy Jones once said on CNN, "The earthquake is inevitable, but the disaster is not. The disaster is what the earthquake does to human structures. We change those human structures, we can eliminate the disaster."

For many homeowners, the value

of their property and the equity they have in it represent the lion's share of their savings and retirement nest egg. A simple, relatively inexpensive seismic retrofit can significantly reduce the chances of an older home falling completely off its foundation – perhaps resulting in a total loss – even in a moderate earthquake.

One of the key self-help elements in strengthening your home is seismic retrofitting, a process which can be straightforward and often not as expensive as homeowners might think.

Depending on the type of retrofit needed, the work can usually be done in a couple of days, with costs ranging from \$3,000 - \$7,000. And importantly, as we continue the practice of social distancing during the pandemic, homeowners can remain inside their dwelling as workers do the job without entering the residence.

see *SHAKY* on page 5



## Home-Maintenance Checklist for Spring

✓ Clean Your Gutters, it's that time again to remove all the branches and leaves from your gutters.

✓ Examine roof shingles to see if any were lost or damaged during winter. If your home has an older roof covering, you may want to start a budget for replacement. Shingles that are cracked, buckled or loose or are missing granules need to be replaced. Flashing around plumbing vents, skylights and chimneys need to be checked and repaired by a qualified roofer.

✓ Examine the exterior of the chimney for signs of damage. Have the flue cleaned and inspected by a certified chimney sweep.

✓ Re-seal your driveway. Look for cracks and movement in your concrete and asphalt driveway. Fill cracks with a crack filler or sealer to prevent water from getting underneath your driveway. Re-seal your driveway to give it a fresh, new look.

✓ Get your patio or deck in tip-top shape for outdoor living. Sweep and hose it down. Remove patio furnishings from storage. Wipe down surfaces and vacuum cushions (or launder them if they're machine washable).

✓ Use a screwdriver to probe the wood trim around windows, doors, railings and decks. Make repairs now before the spring rains do more damage to the exposed wood.

✓ Remove firewood stored near the home. Firewood should be stored at least 18 inches off the ground at least 2 feet from the structure.

✓ Have a qualified heating and cooling contractor clean and service the outside unit of the air conditioning system. Clean coils operate more efficiently, and an annual service call will keep the system working at peak performance levels. Change interior filters on a regular basis.

see *SPRING* on page 5

## Paint 101: Tips from The Pros

Preparation is 90 percent of a successful paint job. Cover and protect furniture and floors with drop cloths, take some time to fill holes and cracks with spackle and then sand the area smooth.

Spot prime the spackled areas with paint-plus-primer in one and allow to dry. Next, wipe down all the surfaces with a damp cloth and apply painter's tape, such as Scotch-Blue Painter's Tape, to prevent paint from bleeding onto windows, doors and trim.

After prepping the space properly, you're ready to paint. Start by giving your paint a good long stir with a stirring stick until the paint is uniform in thickness and appearance.

When using a paintbrush, start by holding the metal band around the brush securely. Don't be timid and only dip the tip, but dip the brush about a third into the paint. Tap the brush lightly inside the can or bucket to prevent dripping.

Next, paint the wall with horizontal and vertical strokes in approximately 2-foot square sections at a time.

Brush from unpainted areas into freshly painting ones so that all the sections blend invisibly together.

Long, smooth strokes produce a better finish than short, choppy ones. Finish each stroke with a light, lifting motion toward the last wet edge to help prevent brushmarks. Brushing the paint out too thinly can reduce proper hiding qualities. As the brush begins to run out of paint, refill it.

For a roller, fill a tray with about one-half inch of paint and dip the roller into the paint using short strokes to ensure all areas of the roller are covered. Then, in three- to four-foot sections, apply the paint in a "W" pattern. Always finish with light vertical strokes.

## CVSan RECYCLES DAY BY APPOINTMENT ONLY

**CANYON MIDDLE SCHOOL**  
19600 Cull Canyon Road  
Saturday, April 24, 2021  
8:00 a.m. to 2:00 p.m.

**APPOINTMENTS REQUIRED**  
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### ACCEPTABLE ITEMS



Textiles



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### COVID-19 SAFETY

Event participants are required to follow all safety requirements below:

- **APPOINTMENTS REQUIRED.** Book an appointment at the website below.
- Face coverings required.
- Stay inside vehicle at all times.
- Keep vehicle windows rolled up.
- Place drop-off items in trunk of vehicle.
- Open trunk from inside vehicle if possible.

For full instructions and to register for an appointment, please visit [cvsan.org/RecyclesDay](https://cvsan.org/RecyclesDay).

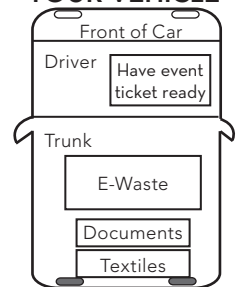
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Randy McFarland



## Five Tips for a Stress-Free DIY Project

Owning your own home is a life accomplishment for many adults, and keeping it looking sharp and adding your personal touches brings a sense of pride.

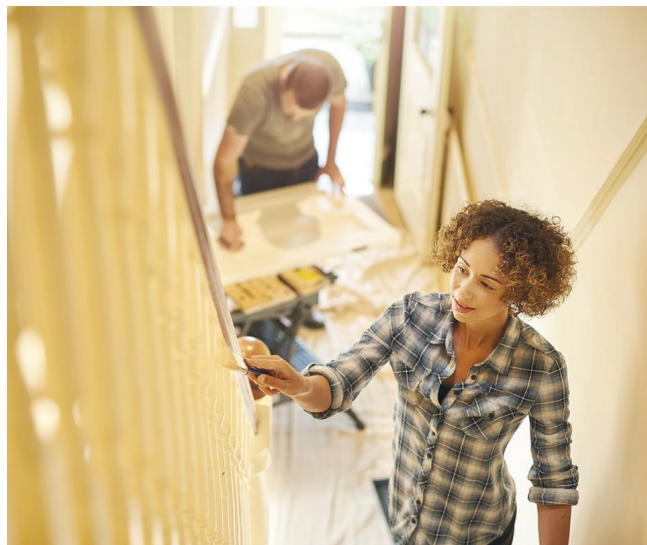
It seems there are always things you want to improve, so don't let a limited budget or lack of know-how hold you back from dreaming. There are plenty of ways to enhance a room or remake a space without breaking the bank, along with many resources out there to show you how.

With a little research and a weekend or two of elbow grease, your budget and your abilities are more than enough to take on many smaller jobs. When you're done, the satisfaction you'll experience from a successful DIY project will give you plenty of motivation to start the next improvement.

Before you launch your plans, here are a few tips for an affordable and stress-free DIY project.

### 1. Map it out

Prioritize the projects you'd like to tackle first. Whether it's painting the living room, replacing the



With a little research and a weekend or two of elbow grease, your budget and abilities can take on many smaller jobs.

kitchen countertops or retiling the bathroom, the project will be much less stressful when you have solid planning behind it.

Set a realistic schedule, gather your supplies in advance and be sure and review instructions before starting.

If you're making an improvement for a special event or out-of-town guests, give yourself ample time to complete it so you're not adding stress to the project.

### 2. Find ways to cover costs

Make a budget for your project that includes a list of expected expenses and add padding for the unexpected. Assess what funds you have available, and if you don't have enough, consider a savings plan so you can avoid paying interest and fees on a credit card.

### 3. Find available resources

If you're like most DIYers, you'll find online videos and home improvement websites are great sources for how-to tips and information. And if you're a novice, take advantage of the vast information that's available at your fingertips and review several sources so that you completely understand the process and are confident before your dive in.

Don't be afraid to tap friends, family members and neighbors who have completed similar projects, as they can be good advisers and may even offer to help! You can reward them by inviting them back to your newly improved home to just relax and enjoy.

### 4. Keep it light

Doing home improvement projects with a spouse or a family member can be fun if you take the right approach. When working alongside each other, it's all too easy to take a frustration out on each other.

Two-thirds of those surveyed in a recent survey said they do projects with others in their household, and 65 percent said they got into a disagreement during a home DIY project.

Minimize tension by creating clear expectations and give everyone a defined role. Take needed breaks and acknowledge accomplishments along the way. Keeping things calm and positive ensures everyone feels good about their contribution.

### 5. When mistakes are made

Most homeowners are not professional contractors and projects can — and do — go wrong.

If you make a mistake, do your best to correct it and don't beat yourself up.

Focus on the fact you're making progress in getting your house just the way you want it and saving money by doing it yourself. Next time, you will be that much more proficient!

According to the survey, 90 percent of homeowners say they feel a sense of pride after completing a DIY project. Pat yourself on the back and plan your next DIY endeavor!



## Hiring a Contractor?

In California, there must be a written contract for all home improvement projects over \$500.

A home improvement contract and any changes made to that contract must be in writing, be legible, be easy to understand, and inform the consumer of their rights to cancel or rescind the contract. If you are promised something orally make sure that it is included in writing.

- Hire only licensed contractors.
- Check contractor's license number online at [www.cslb.ca.gov](http://www.cslb.ca.gov) or by calling (800) 321-CSLB (2752).
- Get at least three bids.
- Get three references from each bidder and review past work in person.
- Make sure all project expectations are in writing and only sign the contract if you completely understand the terms.
- Confirm that the contractor has workers' compensation insurance for employees.
- Never pay more than 10% down of \$1,000, whichever is less. Don't pay in cash.
- Don't let payments get ahead of the work.
- Keep a job file of all papers relating to your project, including all payments.
- Don't make final payment until you're satisfied with the job.

—Contractors State License Board

## Shaky: Seismic Retrofitting

*continued from previous page*

Compared to the potential cost of repairing an earthquake damaged home, spending a smaller amount of money to help prevent damage can help avoid a much bigger repair bill after an earthquake. Whatever the cost, it is a relatively small price to pay to protect the value of your home and, more importantly, make it safer for your family.

The pandemic has forced all of us to become more personally and psychologically resilient. Think of seismic retrofitting as something you can do to make your home more resilient as well.

Learn more about the importance of seismic retrofitting homes at [www.strengthenmyhouse.com](http://www.strengthenmyhouse.com). Here you'll find helpful info about how to retrofit your home to mitigate against earthquake damage.

It is not a matter of if, but when the next big one will strike. So why not be better prepared and invest in your future? Take the path of most resilience by strengthening your home against earthquake damage today!

Glenn Pomeroy is the Chief Operating Officer of the California Earthquake Authority. For more information, visit [earthquakeauthority.com/](http://earthquakeauthority.com/)

## Spring: Seasonal Checklist

*continued from previous page*

✓ Check your gas- and battery-powered lawn equipment to make sure it is ready for summer use. Clean equipment and sharp cutting blades will make yardwork easier.

✓ Check for any holes in your siding and overhangs. These holes become the nesting points of various forms of wildlife. Over time the nests become deeper and more damaging as the animals make themselves more comfortable.

✓ Remember to clean or replace filters. Check and clean the dryer vent, air conditioner, stove hood, and room fans. Keep heating and cooling vents clean and free from furniture and draperies.

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# REAL ESTATE GALLERY



## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## Questions Sellers Ask Prospective Listing Agents

Sitting through numerous listing appointments over the years, I have encountered countless questions from sellers interviewing me as a potential listing agent.

Some of the questions are meaningful, including; "How many homes have you sold in the past 12 months?", "Can you provide a list of past clients I can contact?", "How do you plan to market the home?" and more.

Frequently, homeowners turn to the internet for help. As it happens, there is no end of lists of potential questions, many of which are similar. Sellers will frequently download the questions and then ask them line-by-line with prospective agents. Over the years I have encountered the same lists many different times.

While many of the questions on the lists are valid, others are not, especially in today's market. Here are two questions frequently asked in interviews that are actually invalid:

1. What is the average Days on Market (DOM) for your listings?

Sounds like a great question, right? The seller wants to know how long they can expect their

home to sit on the market. There are a few problems, however.

First, a Realtor's job is to coach the seller with an effective price to list their home. Some sellers, however, have an inflated idea of pricing and list way above current values. These homes typically languish on the market and run the DOM counter up and up.

Second, a home might get knocked out of escrow for any number of reasons and have to go back on the market, increasing the DOM.

Third, in this current overheated market with limited inventory, agents actually keep homes on the market longer than necessary to prime the pump for multiple offers with an offer deadline. It is not unusual for us to get calls within hours of putting a home on the market with requests to allow preemptive offers.

2. What Is Your List-to-Sale Price Ratio?

Again, there are problems. First, if a seller lists higher than the market, offers may come in lower, providing a negative list-to-price ratio. Second, some agents and/or sellers list homes artificially low to prompt a massive number of offers. Agents who use this tactic brag about

their homes selling significantly over asking and they highlight their staggering list-to-price ratios.

Personally, I think this practice is deceptive and skews the data.

Ready to interview agents? Use a list of questions – just make sure they are actually valid.

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.

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## Building Raised Beds; Kale

By Buzz Bertolero  
Special to the Forum

**Q** I'm looking to build several raised beds for a vegetable garden. Is pressure-treated lumber safe to use?

**A** Gardeners have been using pressure-treated lumber for decades for posts, retaining walls, and raised beds. Old-time gardeners will remember the popularity of railroad ties for projects.

Unfortunately, railroad ties were treated with pentachlorophenol and creosote, toxic wood preservatives. As the supply of railroad ties diminished, lumber treated with chromated copper arsenate (CCA) became available. It boasted longer life than untreated wood and improved longevity than redwood.

As we became more concerned with these chemical health issues, the Environmental Protection Agency in De-

cember of 2003 banned the sale of lumber treated with CCA for residential use. Copper-based wood preservatives were the replacement.

The National Gardening Association addressed this change with the following statement: "The newest method for treating wood is Micronized Copper Quaternary (MCQ). It is chemically different than the old CCA treatments. It is made of tiny (micro) particles of copper. These particles are forced into the wood cells or pores during the pressure cycle. Once in, they stay in, also forming a barrier keeping in the quaternary.

"The leaching of chemicals out of MCQ is practically non-existent, and using the treated lumber for a vegetable bed is safe because the chemicals do not leach out into the soil."

It's still the standard today. A simple precaution would be to line the sides of the bed with plastic sheeting. This preventive

barrier would also guard against any leaching from the wood. However, for those who want to grow organic edible, do not use pressure-treated lumber at all. You should choose a different material such as basalt blocks or moss rock.

Wood Acetylation is a new technology on the horizon. It's a technique that uses acetic acid as in vinegar to make wood resistant to rot and insects. It's hard to say when it will be widely available.

Note: You shouldn't panic if your raised garden beds have arsenic-treated wood. Plants will not take up the arsenic leached into the soil unless the soil is deficient in phosphorous. This shouldn't be a problem if you add additional amendments and vegetable food each season.

In addition, you could supplement the garden area with 0-10-10 or Superphosphate, 0-20-0. I also discovered treating wood with canola oil (3 parts), and vinegar (1 part) makes a super wood sealant, protecting wood from borrowing

insects, wear, and water.

**Q** I eat a lot of kale and would like to grow it in pots. Could you give me some hints on how to grow it successfully?

**A** There is no reason why you couldn't grow kale in containers. The biggest issue is the timing. Kale is a cool-weather crop that grows in full sun. When the temperatures get around 80° you should move it into afternoon shade. It also "bolts," i.e. goes to seed quickly with warm temperatures, so you should discontinue growing it during the summer months until the fall.

With all different container sizes, you should allow eight square inches of growing space per plant. This then guides you to how many to plant per container.

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is [www.dirtgardener.com](http://www.dirtgardener.com) and questions can be sent by email to [buzz@dirtgardener.com](mailto:buzz@dirtgardener.com).



### RECENT HOME SALES

#### Castro Valley

22033 Vergil Street	94546: \$740,000 3 BD - 1,020 SF - 1949
21895 Vernetti Way	94546: \$820,000 3 BD - 1,282 SF - 1954
18345 Crest Avenue	94546: \$850,000 4 BD - 1,572 SF - 1950
4370 Edwards Lane	94546: \$932,000 3 BD - 1,603 SF - 1947
21508 Gail Drive	94546: \$935,000 3 BD - 1,766 SF - 1960
25567 Foggy Glen Dr	94552: \$950,000 3 BD - 1,374 SF - 1998
18828 Parsons Avenue	94546: \$998,000 3 BD - 1,674 SF - 1952
19057 Helton Street	94546: \$1,000,000 3 BD - 1,801 SF - 1975
4020 Meadowview Drive	94546: \$1,025,000 5 BD - 1,480 SF - 1952
17627 Almond Road	94546: \$1,120,000 1,624 SF - 1959
3093 Massachusetts St	94546: \$1,552,000 4 BD - 2,929 SF - 1986
TOTAL SALES:	11
LOWEST AMOUNT:	\$740,000
HIGHEST AMOUNT:	\$1,552,000
MEDIAN AMOUNT:	\$950,000
AVERAGE AMOUNT:	\$992,909

#### San Leandro

14461 Doolittle Drive	94577: \$415,000 2 BD - 865 SF - 1979
1907 Placer Drive	94578: \$500,000 2 BD - 1,327 SF - 1943
15550 Lark Street	94578: \$645,000 2 BD - 938 SF - 1920
2245 Buena Vista Ave	94577: \$660,000 2 BD - 1,035 SF - 1948
487 Olive Street	94578: \$695,000 2 BD - 865 SF - 1947
2021 Eveleth Avenue	94577: \$700,000 3 BD - 1,431 SF - 1952
926 Douglas Drive	94577: \$700,000 3 BD - 950 SF - 1942
2069 Horne Street	94578: \$725,000 2 BD - 1,359 SF - 1948
3847 Monterey Blvd	94578: \$730,000 3 BD - 1,076 SF - 1954
1136 139th Avenue	94578: \$775,000 3 BD - 1,525 SF - 1952
837 Portola Drive	94578: \$825,000 3 BD - 1,142 SF - 1956
3453 Monogram Road	94577: \$840,000 3 BD - 2,014 SF - 2000
350 Bristol Boulevard	94577: \$850,000 3 BD - 1,390 SF - 1944
830 Kenyon Avenue	94577: \$876,000 2 BD - 1,194 SF - 1949
446 East Merle Court	94577: \$885,000 2 BD - 1,189 SF - 1932
1360 Lake Chabot Rd	94577: \$950,000 3 BD - 1,620 SF - 1949
15911 Gramercy Drive	94578: \$1,025,000 4 BD - 1,895 SF - 1952
2484 Marina Boulevard	94577: \$1,261,000 8 BD - 4,260 SF - 1956
TOTAL SALES:	18
LOWEST AMOUNT:	\$415,000
HIGHEST AMOUNT:	\$1,261,000
MEDIAN AMOUNT:	\$752,500
AVERAGE AMOUNT:	\$780,944

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## 4 Ways to Prepare Your Home for Bug Season

Spring is the official start to bug season, making it important to prepare your home. Here are four steps you can take to keep bugs at bay:

1. Do a spot check: Check window and door screens for tears to prevent flying bugs from getting in the home and make repairs where necessary. Also, take a quick look around for areas with standing water and try to eliminate them. Standing water creates a breeding ground for mosquitos. Lastly, even the sturdiest garbage bags can't entirely prevent leaks and spills, and over time, your trash bins can begin to accumulate residue inside and around the rim. Bugs, especially flies, love leftovers, so give your garbage cans a thorough rinse.

2. Be ready: Put an effective pest control product in your shopping cart early in the season so you're ready when you see the first sign of bugs in your home. If you see one cockroach,

chances are there are more hiding in nooks and crannies. It's hard to put a pin on how many, but an old saying is that for every one you do see, there are 10 more you don't. Striking at the first sign of ants or roaches can help you avoid big problems down the line, as these insects can multiply very quickly. One solid choice is Zevo Instant Action Bug Killer Spray. Zevo's BioSelective Technology targets and shuts down biological pathways found in bugs, not in people or pets. Easy to use, just spray on pests, then wipe up the dead bugs, as well as any excess product. Zevo is now available nationwide at The Home Depot and Target, and online at zevoinsect.com.

3. Protect your trees: Prepare for the upcoming visit of the 17-year cicadas. In many parts of the country, billions of cicadas will swarm and the females will scrape small twigs to lay their eggs under bark.



Protect small and vulnerable trees (ones that are under 4 or 5 feet tall) with cheesecloth to spare them from attack.

4. Keep an eye on pets. Pets are liable to gobble up large helpings of dead cicadas. While not toxic, too many cicadas could cause some digestive issues for furry friends. Help keep them healthy by watching what they eat!

During the spring season, it is necessary to take steps both to keep bugs out, and to be ready if they do invade.

-Statepoint

## Mortgage Rates Jump

Long-term fixed mortgage rates jumped to their highest level since last June, according to Freddie Mac's weekly nationwide survey.

The 30-year fixed-rate loan averaged 3.17 percent for the week ending March 25, up from 3.09 percent the week before. A year ago at this time, the 30-year FRM averaged 3.50 percent.

Fifteen-year fixed-rate mortgages averaged 2.45 percent, up from 2.40 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 2.84 percent, up from 2.79 percent.

"During the course of the pandemic, 'home' has become more important than ever. As a result, strong purchase demand continues—but buyers also outnumber

the sellers," said Sam Khater, Freddie Mac's Chief Economist. "Since January, mortgage rates have increased half a percentage point from historic lows and home prices have risen, leaving potential homebuyers with less purchasing power. Unfortunately, this has disproportionately affected the low end of the market, where supply is the slimmest."



## WEEKEND GARDENER

### Irrigation Systems

Although the rainy season isn't probably over, warm weather is headed our way. Check drip irrigation systems and sprinklers to see that they are working properly and watering where and when they are supposed to. Replace broken or damaged parts.

### Vegetables

When planting radishes, corn carrots and lettuce, do so in successive plantings to lengthen the harvesting period. Remember that corns should be planted in blocks, not single rows, since they are wind-pollinated. If you started vegetable seeds already, thin them to prevent overcrowding when the plants are two or three inches tall.

### Lawns

Your lawn needs attention this spring if you want it to reach its full potential in the months ahead. Aerate, if needed, but definitely fertilize on a regular basis.



Jon & Leslie  
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## Spring for a Ham

Christians will observe Good Friday this week and Easter on Sunday. While Easter has no particular ceremonial foods, baked ham has become the traditional fare for Sunday's dinner.

Since most hams we buy today are fully cooked, creating a meal around one doesn't require all the preparation that the annual Thanksgiving turkey does. To be served warm, a fully-cooked ham need only be reheated in a 325°F oven to an internal temperature of 140°F.

But there are many ways to "customize" the reheating process with glazes and sauces. The glaze should be brushed on during the last 20-30 minutes of cooking time.

### PINEAPPLE-GLAZED HAM

- 1 (6-pound) fully-cooked bone-in ham
- 1 fresh pineapple
- 2 (6-ounce) cans pineapple juice
- 1 cup brown sugar

Preheat oven to 325°F.

Place the ham, cut side down, into a roasting pan.

Cut skin off the pineapple with a sharp knife. Remove any brown spots of skin and slice into 1/2-inch slices, cutting the cores out of the slices. Pin the slices onto the ham with toothpicks.

Bake ham in the preheated oven until a meat thermometer inserted into the thickest part of the ham reads 140°F, about 1-1/2 to 2 hours.

While the ham is baking, mix the pineapple juice and brown sugar in a microwave-safe bowl and microwave on medium power until the glaze is boiling and slightly thickened. Be careful, as the glaze will be very hot and sticky.

Pour about half the glaze evenly over the ham and pineapple about 1 hour before the end of baking; pour the rest over the ham about 30 minutes before the end of baking.

Serves about 18.

## PG&E Says Scams Are On the Rise

With utility scams on the rise during the current pandemic, it is more important than ever for customers to be vigilant and to keep from becoming a victim.

Throughout the Covid pandemic, scammers have gotten deceptively creative with increased calls, texts, emails, and even in-person contacts with utility customers asking for immediate payment to avoid service disconnection.

These impostors can be convincing and often target those who are most vulnerable, including senior citizens and low-income communities.

As a reminder, PG&E will never contact a customer within one hour of a service disconnection, and will never ask for payments with a debit or gift card, or any kind of third-party digital payment applications.

Customers can take these steps to protect themselves against being victimized:

Visit PGE.com and register for My Account. Signing in will provide instant access to balance information, payment history and other account details and will provide a first line of defense against scammers. Customers can also call PG&E Customer Service at 800-743-5000 if they think that they are being targeted by a scam.

### Signs of a potential scam

- Scammers may say that it is "an apology call," and that your utility company overbilled you and owes you a refund, or that you are entitled to a rebate.

- Scammers may aggressively demand immediate payment for an alleged past due bill. If this occurs, customers should hang up the phone, delete the email, or shut the door. Customers with delinquent accounts receive an advance disconnection notification, typically by mail and included with their regular monthly bill.

- Scammers are now able to create authentic-looking 800 numbers which appear on your phone display. The numbers don't lead back to PG&E if called back, however, so if you have doubts or have seen any of the above warning signs of a scam, hang up and call PG&E at 1-800-743-5000.

If customers ever feel that they are in physical danger, they should call 911. If they suspect that they have been victims of fraud, they should call local law enforcement.

For more information about scams, visit [www.pge.com](http://www.pge.com) and [www.utilitiesunited.org](http://www.utilitiesunited.org).

## COMMUNITY CALENDAR

### April 1-21:

#### Entries Accepted for Juried Art Show

Members of A.R.T., Inc. and other artists are invited to enter a new online show, "For Art's Sake," in April. It will be juried by Paul Kratter. Entries may be submitted online from April 1 to 21. The virtual exhibit will run from Apr. 28 to July 31. Non members become A.R.T., Inc. members automatically with their show entry fee. Members may enter one piece free. Non-members pay \$15. All entrants may enter a second piece for \$10. For more information, visit [artinc.org](http://artinc.org).

### Tuesday, April 6:

#### Rotary Topic: "All About Pleasanton"

Mayor Karla Brown of Pleasanton will speak to the Rotary Club of Castro Valley about new developments in her city during the noon meeting on April 6 from noon to 1:30 p.m. via Zoom. More information is available at [castrovalleyrotary.org](http://castrovalleyrotary.org)

### Wednesday, April 7:

#### Virtual Fashion Show Fundraiser

Join Davis Street at 6 p.m. on Wednesday, April 7 for a Virtual Fashion Show Fundraiser to support the well-being of the 121 disabled adults served by the Davis Street Developmental Disabilities Program. The show will highlight art pieces and the artists, with mosaics, clothing and jewelry for sale via silent auction and raffle. The event will stream live at [davisstreet.org/index.php/fashion-show/](http://davisstreet.org/index.php/fashion-show/)

### Friday, April 16:

#### Chanticleers Theatre's "Almost, Maine"

Chanticleers Theatre opens its 2021 season with an online streaming of John Caiani's comedy "Almost, Maine" on April 16. One cold, clear Friday night in the middle of winter, Almost's residents find themselves falling in and out of love in the strangest ways. It's love. But not quite. For tickets (\$20), go to: [chanticleers.org/almost-maine/](http://chanticleers.org/almost-maine/) or call 510-733-5483 (you will have to provide an email address). Tickets and instructions will be sent to your email. Access the video any time between April 16 to May 9.

## Tribute: Ford Model A Cars

### continued from front page

"During the summer doldrums last year we would get out and just drive around. It was always worth it when people saw the cars. It's something that's still fun even during the pandemic," Shull says. "We're like a little rolling event."

You don't even have to own a Model A to join the Acorn A's. Many members don't own one, but they appreciate the look and history of the cars. Judy Satariano says she likes to picture folks driving the early Model A's out from Oklahoma in the late 1920s, with kids inside and furniture tied to the top.

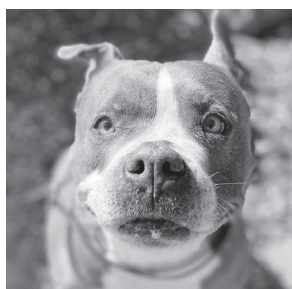
The club is always looking for new members. Contact Bill Bidell at 510-582-6207 or stop by Rudy's Donuts (3692 Castro Valley Blvd.) Monday mornings at 9 a.m.

Also, if anyone has a Model A in need of repair, club members would be happy to help. The Acorn A's are part of the larger Model A Ford Club of America (MAFCA), which in non-pandemic years sponsors state and national meets and competitions.

## ADOPT-A-PET



**Nyx** is a 1-year-old female who enjoys observing without engaging. She needs a family that will be patient while she decides if she wants attention. To adopt, please call Hayward Animal Shelter (510) 293-7200.



**Lola** is 12-years-young, super sweet, and a charming vocalist. Lola is working on losing a few pounds to help alleviate her arthritis, and enjoys short, leisurely walks. Call Hayward Animal Shelter (510) 293-7200.

## Free Art Demonstration by Artist Julie Cohn on April 10

A.R.T., Inc.'s members and friends are welcome to a free demonstration by artist Julie Cohn from 2 to 3:30 p.m. on Saturday, April 10.

Cohn has lived in the Bay Area all of her life, discovering her passion for art at age 10. She has had extensive classical training

in drawing and painting at U.C. Berkeley, where she received her Bachelor of Arts, and at California College of the Arts, where she graduated with a Bachelor of Fine Arts.

She has painted subjects from observation for many years. In most of her current work, she

chooses to cull from her memory bank of images to depict subliminal worlds that emerge abstractly, revealing her strong connection to nature and humanity.

Her paintings have been featured in numerous exhibits in the U.S. and are included in many private collections. Her art studio and gal-

lery are in Berkeley.

An art instructor for more than 30 years, Cohn enjoys helping others to find and develop their own creativity.

For more info and to participate in the April 10 demonstration, email for registration by Thursday, April 8, to: [artincv@gmail.com](mailto:artincv@gmail.com).



Artist Julie Cohn

## BART Trains for A's Games

BART will provide additional trains after regular BART service ends for fans departing Oakland A's night games at the Coliseum.

They will all be long trains to ensure social distancing. Masks are required while riding.

Because tomorrow's (April 1) opening night game has a later start time at 7:07 p.m., BART will offer a one-time-only special service plan tomorrow that will have event trains running after the game is over. One train per BART route will be standing by once the game

ends.

For the rest of the season, A's night games will begin at 6:40 p.m. BART will provide one extra batch of trains after regular BART service ends, timed to allow fans to stay only the average length of a nine-inning game. For full details and times of these last trains of the evening, visit the BART website.

The location of Oracle Park prevents BART from providing extended service after Giants' games at this time.

## School Board Appointment

The Castro Valley School Board appointed Meighen Eberly to become Assistant Principal of Castro Valley Adult and Career Education last week. She will replace Sharon Travers who is retiring from the position at the end of June.

Eberly began her career in Castro Valley in 1999 as a teacher at Creekside Middle School, then

went on special assignment to support literacy at the secondary schools. In 2017, she joined the San Ramon School District as an assistant principal.

Adult School Director Beth Cutter said that she is "excited to have Ms. Eberly join the administrative team and bring her vast knowledge and passion for serving students to their programs."



FROM THE BOULEVARD:

# Spring Awakening

By Tom Lorentzen  
SPECIAL TO THE FORUM

*"Adversity is the first path to truth."  
—Lord Byron*

Spring is always a welcome friend from the family of seasons. As we depart from Winter, new warmth and sunlight hearten our days.

My early mornings are often greeted with a musical performance from outside my bedroom window. It is the enthused chirping of a bird. Although I have never seen the bird, the voice is nice as is the melody.

It is one I heard many decades ago here in Castro Valley. It was during the 1950s – a bird from generations long ago would do a similar performance for the young boy I once was. Like now, the singer would awaken me each morning with a cheerful greeting.

It makes me wonder, is the bird that now performs related to the one that used to serenade me decades ago? Although it is very unlikely, I like to think that it is true. The thought of a continuum adds value to the music once again being performed.

As our Spring awakens, we see a light at the end of the dark tunnel we have been in for a dozen months. The yearlong endeavor – our "Covid Condition," has been an unpleasant season that challenged and darkened the days of our lives. Our daily routines were forced to change. New disciplines needed to be adopted and practiced.

In so doing, we became isolationists. As social creatures we were unaccustomed to this type of behavior. We were untrained and unprepared.

Instead of being with others we were told to develop "bubbles" of safe harbors among family and close friends. We were told to masquerade whenever outside our homes. Our enemy was a virus we could not see, nor ever met before. A crisis was created and became ubiquitous. It was on the outside of our lives, as well as inside of us.

Yet, the virus trolled like a hawk among us looking for victims to infect. With that, many tragedies, including loss of lives, happened.

Now, however, there is evidence that we are emerging from one of the darkest winters of our lives. With knowledge and hard lessons, the evil virus is being contained and curbed.

With continued discipline among ourselves and the perpetuation of vigilance, the winter of our discontent may now be fading away. With that, we may be awakening to a new Spring for the seasons of our lives.



Tom Lorentzen

Given our painful journey, the return of a bird to once again chirp outside my window in the morning marks the return of an old friend. The song is ancient, yet it sounds new and fresh.

If we are closing the door on an unpleasant season upon the ways of our lives, reflections are deserved of what we have learned. The negatives are known, but the positives need to be identified. What the bird reveals is that we have perhaps learned how to nest among ourselves.

In a way, we have rediscovered the value of being at home.

Our backyards and gardens have been rediscovered for the tranquility they can provide. And perhaps we have rediscovered the value of the written word through books long unread. The same with random phone calls to old friends to check on them and share the commonalities of the problems being faced.

Here in Castro Valley, our town is a village composed of

many hamlets. Family, close friends, and neighbors have been revealed for their true importance. Whether we have been "nesting" or residing within a "bubble," we have rediscovered the meaning of our own hamlets.

If we are now returning to the future of our recent past, we should not forget lessons we have learned. Our main wealth is not in our bank accounts. It resides in our physical and mental health, which can be protected and enhanced in back-

yards with neighbors, family and friends.

As the unseen bird sings in the mornings ahead outside my window, these thoughts will dance along with the melody being sung. With hope, it is Spring again, here in Castro Valley.

*Tom Lorentzen lives in Castro Valley. He formerly served on the board of the Institute of Museum & Library Services and the Advisory Board to Southern Oregon University, and has served three Presidential Administrations.*

## HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** Regarding your upcoming challenges, the Aries Lamb should very quickly size things up and allow you to make the best possible use of whatever resources you have on hand. Good luck.



**TAURUS (April 20 - May 20):** You rarely blame others for missteps that worked against you. But this time you need to lay out all the facts and insist that everyone acknowledge his or her share of the mistakes. Then start again.



**GEMINI (May 21 - June 20):** You might want to start making vacation plans. And don't be surprised by unexpected family demands. Maintain control. Be open to suggestions, but don't get bogged down by them.



**CANCER (June 21 - July 22):** Work with both your Moon Child and Crab aspects this week to keep both your creative and your practical sides balanced. Your intuition sharpens, giving you greater insight by the middle of the week.



**LEO (July 23 - August 22):** The Big Cat finally should have all the information needed to move on with a project. If not, maybe you'll want to give everything a new and more thorough check before trying to move on.



**VIRGO (August 23 - Sept. 22):** Too much emotional pain caused by someone you can't win over as a friend? Then stop trying to do so. You have other things you need to work on this week. Go to it, and good luck.



**LIBRA (Sept. 23 - October 22):** It's a good time to reassess where and how your strengths can help you build, and where your weaknesses can hinder you. Remember to build on your strongest foundation.



**SCORPIO (October 23 - November 21):** That personal matter that seemed so hard to deal with should be less confusing now. Don't rush. Let things happen easily, without the risk of creating even more puzzlement.



**SAGITTARIUS (Nov. 22 - Dec. 21):** Change continues to be a strong factor in many important areas. Keep on top of them, and you won't have to worry about losing control. A personal situation takes on a new look.



**CAPRICORN (Dec. 22 - Jan. 19):** A business offer sounds intriguing. But if you don't check it out thoroughly, you could have problems. Take a set of questions with you when you attend your next meeting.



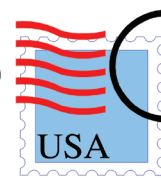
**AQUARIUS (Jan. 20 - Feb. 18):** Your self-confidence should be coming back. That's good news. But it might be a bit over the top right now, so best to let it settle down before you start making expensive decisions.



**PISCES (Feb. 19 - March 20):** Your life, your decisions. Good enough. But be sure you have all the facts you need to put into the decision-maker mixing bowl and hope it will come out as it should.

# LETTERS

TO THE EDITOR  
FREDZ@EBPUBLISHING.COM



## Recalls Wisdom of Cesar Chavez

Editor:

March 31 is the birth date of Cesar Chavez (3/31/27-4/23/93), co-founder (with Dolores Huerta) of the United Farm Workers. Currently, 10 states celebrate "Cesar Chavez Day": California, Arizona, Colorado, Illinois, Michigan, New Mexico, Texas, Utah, Wisconsin and Rhode Island. Many believe that Chavez deserves a National Holiday.

Chavez was a champion of the downtrodden, human and non-human alike. Along with Dr. Martin Luther King, Jr., Chavez was a disciple of Gandhi and his philosophy of non-violence. Chavez was also a vegetarian, for ethical, not health reasons. Following is an excerpt from a letter the great man wrote to me in 1990, words more timely now than ever:

"Kindness and compassion towards all living things is a mark of a civilized society. Conversely, cruelty, whether it is directed against human beings or against animals, is not the exclusive province of any one culture or community of people. Racism, economic deprival, dog fighting and cock fighting, bullfighting and rodeos are cut from the same fabric: violence. Only when we have become nonviolent towards all life will we have learned to live well ourselves."

Words to live by. R.I.P., Cesar. You are sorely missed. Si se puede!

—Eric Mills, Coordinator  
Action for Animals  
Oakland

**Letters to the Editor** must include writer's first and last names (a first name initial is not acceptable), phone number, city of residence, and must be under 300 words. Not every letter can be published. We reserve the right to edit as necessary. We do not publish unsigned or anonymous letters. Email letters to: fredz@ebpublishing.com or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

## Obituaries

### Patricia Ball

January 24, 1925 ~ March 23, 2021

Pat was born in Griggsville, Illinois to Thomas and Hazel (Sleight) Ball. She was a 3rd generation public school teacher whose family put a high value on education and public service.

Pat loved her adventurous childhood which enabled her to explore the entire community on her bicycle. Whether enjoying her tree house with one of her best friends or hours down at the local Wabash railroad station with Boone Stead, the station master, watching the huge steam locomotives pass through. It was a wonderful, memorable time.

Pat's elementary school years were highlighted by her experiences as a Girl Scout from 5th to 9th grades. Summer Scout camps increased her interests in birding and environmental aspects of her world. These would continue throughout her life.

Pat graduated from Griggsville High School in 1943 and enrolled in Western Illinois State College pursuing her interest in US History. After graduation in 1947 with a BA and began her teaching career at a small Illinois town.

In 1950, Pat moved to California to continue her teaching career. First in Oroville, and then in 1958 she moved to Castro Valley. She taught in Castro Valley and then at Pacific High in San Leandro she taught US History. Pat also earned two Masters Degrees from Stanford in elementary education and California State University Hayward in US History.

After 33 years in teaching, Pat retired in 1982. She traveled several programs through Elderhostel with her decades-long friend, Marilyn Sundberg. They also attended the Shakespeare Festival in Ashland Oregon for many years.

She was a 50 year+ member of the Eden United Church of Christ, American Association of University Women (life member), American Civil Liberties Union, League of Women Voters, and several environmental groups including the Nature Conservancy, Save The Redwoods League and others.

Pat passed away peacefully at Baywood Court, Castro Valley on March 23, 2021. She will be interred in her family plot in Griggsville, Illinois.



CASTRO VALLEY FORUM OBITUARIES may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209. Include a phone number. For help, call Patrick Vadnais at 510-614-1558

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## ATHLETE OF THE WEEK



PHOTO: JARED DARLING

## Michael Lewis

Our Athlete of the Week is Michael Lewis. This Castro Valley High School Senior is a running back and linebacker for the Varsity Football Team and a team captain. This is Michael's third year as a starter for the Trojans. He currently holds a 4.0 GPA. His coach, Denny Molzen calls Lewis, "a tremendous young man of outstanding character," and says he "worked extremely hard the entire pandemic on and off the field. He has trained as hard as anyone over the past year." In the season opener last Friday against Piedmont High School, Lewis had 29 carries for 152 yards, two rushing touchdowns, and five catches for 22 yards while playing every snap on defense and recording five tackles. Unfortunately, the Trojans lost to the Highlanders by a score of 20-14.

## Asian: Crime

*continued from front page*

Bay Area. These violent assaults have a devastating impact on our community as they are part of an alarming rise in anti-Asian American hate during the COVID-19 pandemic," Manjusha Kulkarni, Executive Director of Asian Pacific Policy and Planning Council said in a joint statement with Stop AAPI Hate.

The trend, according to Sgt. Kelly is to target those most vulnerable such as seniors who often are reluctant to report crimes to law enforcement.

"This might be an elderly person, often a grandmother who carries cash or valuables because they pay with cash when they shop and they may not go to banks," Sgt. Kelly said.

Chinese are the largest ethnic group (42.2%) that report experiencing hate, according to national statistics gathered by Stop AAPI Hate, followed by Koreans (14.8%), Vietnamese (8.5%), and Filipinos (7.9%). Businesses are the primary site of discrimination (35.4%), followed by public streets (25.3%), and public parks (9.8%). Online incidents account for 10.8% of the total incidents.

Last week, the Hayward City Council unanimously adopted a resolution denouncing racism, xenophobia and violence against Asian American and Pacific Islander people and communities.

San Leandro Mayor Pauline Cutter issued a statement last week condemning recent anti-Asian attacks.

"Diversity is one of San Leandro's greatest strengths with 32% of San Leandro residents of Asian descent, including many City employees. There is no room for racist remarks or violence directed toward any minority group," Mayor Cutter said.



PHOTO COURTESY OF HOPE HOSPICE

**TAKE A HIKE:** A pre-Covid "Hike for Hope" at Del Valle Regional Park in Livermore.

## Hope Hospice Revives 'Hike for Hope' Event With New Format

Hope Hospice has opened registration for the 2021 "Hike for Hope," the non-profit's biggest fundraiser of the year. The 10th annual hike had to be called off last year because of the pandemic, shorting Hope of more than \$100,000 in anticipated revenue.

The 2021 event will have a different format to encourage physical distancing and health safety. Instead of gathering as a group at Del Valle Regional Park as in years past, participants will hike in a location of their choosing, but only with those in their household or social bubble.

The public can register now at [TheHikeForHope.com](http://TheHikeForHope.com). The

early bird registration fee, valid through April, is \$39 per hiker age 13 and up. The fee increases to \$45 on May 1. Child hikers and 12-and-under participate for free, but they need to be registered. Registration fees include an event T-shirt.

The concept is to solicit support from one's friends and family, asking that they donate to the Hike for Hope in the participant's name.

There are two ways to participate: (1) follow the regular style of a single-day excursion on Saturday, June 5 or (2) go the extra mile and accept the weeklong Champion Challenge. Set a mileage goal for the week of May 29-June 5

and log progress at [TheHikeForHope.com](http://TheHikeForHope.com).

An online closing party called The Jamboree will be held on June 5 from 4 to 6 p.m. offering live music and engaging activities via Zoom.

Proceeds from the annual hike raise support for hospice patient care and community programs, including grief support services, dementia-care education, and family caregiver resources.

Programs are available to the local public at no charge, and are made possible through donations, grants, and fundraising events.

For more information please visit [www.hopehospice.com/](http://www.hopehospice.com/)

FILED  
MELISSA WILK  
FEBRUARY 16, 2021  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 576646

FICTITIOUS BUSINESS  
NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es):  
S & K Enterprise located at 116 Ratto Road, Alameda, CA 94502, in Alameda County, is hereby registered by the following owner(s): (1) Stephen V Sum Jr and (2) Kathleen M Sum, 116 Ratto Road, Alameda, CA 94502. This business is conducted by a married couple. This business commenced 1/22/2021.

/s/ Stephen V Sum Jr, Kathleen M Sum  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires FEBRUARY 16, 2026  
MAR 10, 17, 24, 31, 2021  
329-CVF

FILED  
MELISSA WILK  
MARCH 2, 2021  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 576823

FICTITIOUS BUSINESS  
NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es):  
R & J Quick Clean Center located at 2522 Castro Valley Blvd, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Chris Lorge, 2511 San Carlos Ave, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced 1962.

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

Expires MARCH 2, 2026  
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