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PAGES
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CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 31

WEDNESDAY, APRIL 3, 2019

NO. 13

INSIDE YOUR FORUM

OUR TOWN



CommUNITY

A Unity Walk will be held this Friday to celebrate diversity in Castro Valley
Page 3

LIVING



Super Food

Beans: simple yet super in nutrition. These recipes are healthy and tasty
Page 8

NEWS



Old Batteries?

How to properly recycle any old batteries you might find laying around
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PHONE: (510) 537-1792

First Baby Girl of Girl Scout Week 2019

Girl Scouts from Castro Valley and Hayward celebrated the organization's 107th anniversary this month by honoring the first baby girl born at Eden Medical Center during Girl Scout Birthday Week.

Alaya Valdes born at 5:17 a.m. on Sunday, March 10, to proud parents Kevin and Raquel Valdes of Hayward. She weighed in at 7 pounds 1 ounce and is 20 inches long.

The family received gifts, including baby blankets, clothes, toys, diapers, and bath supplies, which were donated by various local Girl Scout Troops.

This is the 14th year for honoring the first baby girl born during Girl Scout Week at Eden Medical Center, a tradition originally started by Castro Valley Troop No. 30711 and which is now sponsored by Girl Scouts of the Chabot Service Unit.

Girl Scouts was founded on March 12, 1912 by Juliette Gordon Low with a commitment to helping girls grow strong in developing character, leadership skills, social skills, individual strength while performing service to the community.

For more information about Girl Scouts, call the council office at (510) 562-8470 or e-mail info@girlscoutsnorcal.org.



Girl Scouts pictured from left, Laney Vaughn, Shelby Vaughn, and Cassie Vaughn from Troop No. 30839 with proud dad Kevin Valdes, Baby Alaya and big sister Ariel.

Katie Ward-Crummey Crowned 'Miss Rowell Ranch Rodeo Queen'

Katie Ward-Crummey of the small town of Acampo near Lodi, was crowned Miss Rowell Ranch Pro Rodeo Queen on March 23 at the rodeo's kick-off dinner event in Hayward.

Ward-Crummey's coronation was the culmination of a full-day of competition that began with horsemanship in the morning followed by interviews and speeches during the banquet program.

Rodeo has always been a part of Katie's life and taught her many of the values and strong work ethic that has helped her succeed. She is 22 years old and attended Galt High School before moving on to Lincoln Tech Academy for their Medical Assisting Program.

She started showing halter horses at the American Quarter Horse Association competitions and later added Showmanship, Western Pleasure, Trail and English riding to her list of accomplishments. An accomplished rider she also rode for a Roping and Cow horse Trainer.

The Rowell Ranch Rodeo had three top cowgirls competing for the honor of being the 99th Rowell Rodeo queen. Also competing were Katie Spies of Castro Valley and Alexa Parco from Tracy.

Each year, the Queen Contest is held to select a young lady who has the desire and enthusiasm to serve as an ambassador for the Rowell
see QUEEN on page 5



PHOTO COURTESY OF ROWELL RANCH PRO RODEO
Queen Katie Ward-Crummey

CV MARKETPLACE

Businesses Filling Up Building

By Michael Singer
CASTRO VALLEY FORUM

While the stark-white building outside looks nearly unchanged, there is a flurry of activity going on inside the Castro Valley Marketplace project in preparation for its opening this summer.

Any given day, work crews can be seen buzzing inside and on top of the three-story, 44,900-square-foot building, each with their specific upgrades to the former Daughtrey's Department Store on Castro Valley Boulevard.

This week, contractors are cleaning the cement floors in preparation for an industrial-grade high-polish finish. The walls have been stripped down to the studs in many places and some markers visible to identify the new tenants.

In a month or so, workers will build a new entranceway closer to the west parking lot to accommodate the building designs.

While renovations are expected to last through the summer with an official opening eyed for August, locals are chomping at the bit for the Marketplace to open.

"I'm so excited to finally have a place to build community where people can come together and hang out and find a bunch of things that we haven't seen in our area that we would like to see," says Bridget Galli, co-owner of Castro Valley Yoga. "I'm looking forward to the fresh bread and fresh meat. I think what they have planned is awesome."

Main Street Property Services, which oversees the renovation, recently reported that the property is 90 percent leased to grocers, restaurateurs, and artisans. The remaining 10 percent of the available space is on the ground floor and the mezzanine.

Building management says it is currently looking for a florist, local makers for pop-ups, and one last restaurant.

The latest map of the Marketplace shows two spaces — 448-square-foot areas apiece — available near the entrance on Castro Valley Boulevard and a half dozen 10-foot by 10-foot kiosks that local makers can lease to show their wares.

In the mezzanine gallery upstairs, there is a 1,635-square-foot space available for lease right next door to the Night Owl, a craft cocktail lounge run by the same owners of the Gogi Time and
see MARKETPLACE on page 15

Castro Valley Weather April 3 - 7, 2019



Wednesday
Cloudy, Showers
High 65° Low 53°



Thursday
Showers
High 64° Low 54°



Friday
Occasional Rain
High 60 Low 50°



Saturday
Cloudy
High 63° Low 52°



Sunday
Partly Cloudy
High 72° Low 55°

Almanac



Past Week's Rain: 00.70
Season To Date: 21.46
Normal To Date: 20.05
Season Average: 21.22

Moon Phases



Sun sets at 7:34 p.m. today, rises at 6:52 a.m. Thursday.

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RCS FOOD COLLECTION FOR RUBY'S PLACE



Redwood Christian Schools Teacher Lynn Conley, left, and School Superintendent Emeritus Bruce D. Johnson, right, with RCS students who led a food collection for Ruby's Place, Alameda County's largest shelter for survivors of human trafficking and domestic violence, which moved to Castro Valley earlier this month. Students and their parents responded enthusiastically by bringing nine grocery bags full of food for those at the shelter.

Castro Valley 'Booklegger' Orientation Next Monday

If you like books and are looking for a volunteer opportunity, consider becoming at Castro Valley "Booklegger."

These trained volunteers visit K to 5 classrooms in the Castro Valley Unified School District to share their love of reading of all kinds of books with the next generation in every school across the District.

Those interested in volunteering should attend an Orientation Meeting that will take place from 10 to 11 a.m. next Monday, April 8, where you will hear from current Bookleggers, learn about the

training program and understand the commitment necessary to be an outstanding Booklegger.

During the training, which starts the following week on April 15, you'll learn booktalking and storytelling skills. You'll pair those skills with your talents and passion to connect kids and books.

Please RSVP for the Orientation Meeting by emailing croos@aclibrary.org

The Castro Valley Booklegger Project is a partnership of the Castro Valley Unified School District and the Alameda County Library.



In Uniform

Private Tres Bennett of Castro Valley graduated from U.S. Marine Corps Boot Camp in San Diego on March 15.

A 2017 graduate of Castro Valley High School, he is the son of Tia Sharp and Raymond Bennett of Castro Valley, and big brother to sister, Raegen Bennett.

While at Boot Camp he received the Marksman Award for Rifle and a National Service Ribbon.

Following 10 days of leave he will report back to Camp Pendleton for 29 Days of additional training, then will report to Pensacola, Florida for a year of Aviation Electronics Technician Training where he will learn basic electronics, Aircraft Navigation and Communication Systems.

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A	L	I	A	S	C	G	I	S	E	T
C	L	O	G	S	T	A	D	T	R	Y

CV Sports Hall of Fame Nominations

The Castro Valley Sports Foundation is accepting nominations for its sixth Sports Hall of Fame class, which will be honored Sunday, April 26, 2020, at a banquet at the Redwood Canyon Event Center.

Candidates for the Castro Valley Sports Hall of Fame must have participated in athletics, coached or officiated athletics, served in an athletic administrative position, or otherwise significantly contributed to athletics at a Castro Valley school or athletic organization, or must have resided in Castro Valley for a significant period of time.

To nominate someone for the 2020 Hall of Fame class, visit: castrovalleysportsfoundation.org, click on the Hall of Fame link, print and fill out a nomination form and mail the completed form to the address listed on it. Nominations must be received by July 31, 2019. A committee appointed by the Sports Foundation will review all nominations and make its selections. All committee decisions are final.

The Castro Valley Sports Hall of Fame currently includes 80 members, 16 from each of the first five classes. The first class was inducted in 2010, with subsequent class inducted every two years since then. The list of Hall of Fame members is included on the website with short biographies of each.

—Lowell Hickey



Unity Walk Friday: Celebrate Diversity

The Community Alliance will celebrate diversity in Castro Valley with a Unity Walk from 6 to 7:30 p.m. this Friday, April 5.

The public is invited to join with the organizations that make up the Alliance at the Castro Valley Library at 6 p.m. followed by a walk along Castro Valley Boulevard beginning at 6:40 p.m.

The vision of the Castro Valley Community Alliance is to promote a diverse community that is welcoming, and where everyone is safe, respected and valued.

Organizers say Friday evening's event is the kind of local action that can help galvanize a community to create a more inclusive environment for everyone. Not In Our Town, an organization that works with communities nationwide to stop hate and bullying, is proud to document this spirited action.

No advanced registration is required.

Parking at the Library will be limited. Please consider other transportation options such as walking, biking, and carpooling. For more info, visit bit.ly/CastroValleyCommunityAlliance

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Drug Store Cowboy

Sunday, March 31: at 8:52 p.m., Sheriff's deputies arrested a 36-year-old man on suspicion of violating the terms of a restraining order preventing the man from entering any CVS pharmacy, violating the terms of his parole, and three warrants issued for his arrest. The man was spotted in the pharmacy on Castro Valley Boulevard near Yeandle Avenue when the store manager called to report a suspicious person. Deputies confirmed the warrants related to shoplifting and possession of stolen property and took the man to Santa Rita Jail pending \$15,000 in bail.

Shoplifters Caught Down the Boulevard

Saturday, March 30: at 9:45 p.m., two people were arrested on charges of petty theft and violating the terms of their paroles. Deputies caught up with the transient couple in the parking lot of a grocery store on Redwood Road near Castro Valley Boulevard after a report of shoplifting at a drug store on Castro Valley Boulevard near Marshall Street. A 32-year-old woman and a 33-year-old man were handcuffed and taken into custody.

He Fought the Law

Saturday, March 30: at 10:05 a.m., deputies arrested a 24-year-old man with no permanent address on

suspicion of violating the terms of his parole and resisting arrest. The man was hanging outside a convenience store on Redwood Road near Grove Way when deputies stopped the man for questioning. The man had outstanding warrants for his capture but became aggressive when deputies tried to handcuff him. Deputies took the man to Santa Rita Jail pending \$5,000 in bail.

Friday's Five Finger Discount

Friday, March 29: at 2:05 p.m., an 18-year-old woman from Hayward was arrested on suspicion of shoplifting from a grocery store on Redwood Road near Castro Valley Boulevard. Deputies were called

to the scene after store managers spotted the woman leaving with an undisclosed amount of unpaid merchandise. The woman was taken into custody.

Can't Stay Away

Friday, March 29: at 12:48 a.m., deputies arrested a 33-year-old man from Hayward on suspicion of violating the terms of a court-issued restraining order. The man was loitering outside a convenience store on Redwood Road near Grove Way when the store manager called to complain. Deputies positively identified the man as the one in the restraining order and then took him into custody.

see **REPORTS** on back page

Sunday Bike Ride to Open Drive for CVHS Counselor

The Castro Valley Educational Foundation (CVEF) will launch a campaign this Sunday, April 7, to raise \$95,000 to hire a dedicated college and career counselor at Castro Valley High School.

It will be kicked-off with a fund-raising inaugural "Bike for Education" ride Sunday morning, followed by a BBQ and entertainment in the afternoon.

Bike rides will be staged in three categories: a 62-miler beginning at 8 a.m. to Dublin and Liv-

ermore, an 18-mile fun ride at 9 a.m., and finally at 4-mile kid ride at 9:20 a.m. The event will be for the entire community, not just for bike riders. A community BBQ, games and raffles will follow from noon to 2 p.m.

To sign up for the event, go to www.cvef.org, and click on "Sign up Now." To contribute to the goal, visit www.cvef.org and donate (via credit card or PayPal), or mail a check to P.O. Box 2693, Castro Valley, CA 94546.

CV School District Names 'Teacher of Year' Nominees

Redwood High School English teacher Joshua Wheeler was Castro Valley School District's selection for the Alameda County Office of Education "Teacher of the Year" award for 2019.

Named Masonic "Teachers of the Year" were Tamara Reneau from Jensen Ranch Elementary and Candice Tigerman from Castro Valley High School

This year's nominees were Jessica Vuong, Castro Valley Elementary; Sue Israel, Chabot Elementary; Diana Saliba, Independent Elementary; Tamara Reneau, Jensen Ranch Elementary; Kevin Gillmore, Marshall Elementary; Megan Catarata, Palomares Elementary; Jason Townsend, Stanton Elementary; Andrea Danko, Vannoy Elementary; Michelle Koo,

Canyon Middle School; Kellee Louderback-Gibson, Creekside Middle School; Candice Tigerman, Castro Valley High School; and Joshua Wheeler, Redwood High School.

"We applaud all Castro Valley Unified School District teachers for their unparalleled commitment to children and public education, and are grateful for their tremen-

dous impact on our future generations," Superintendent Parvin Ahmadi said in a statement.

The Castro Valley School Board will be recognizing all Teachers of the Year at its board meeting on May 9. The Masonic Teacher of the Year Banquet will be held on April 18 and the Alameda County Teacher of the Year Awards will be held October 3.

Happy Spring to Everyone!



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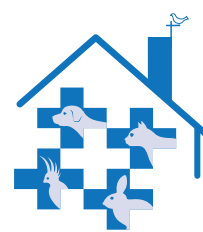
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Dr. Melissa Hardy



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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Serving Our Community Since 1987

The Week Ahead

● Wednesday, April 3: Fall Prevention Series

Beginning today, Eden Medical Center will present an 8-part series on preventing falls, from 10 a.m. until noon on Wednesdays at the Medical Office Building, 20400 Lake Chabot Road. Space is limited and registration is required. Call Trauma Injury Prevention at 510-727-8485.

● Wednesday, April 3, 10, 17: Class “Gift of Imperfection”

The Aitken Senior Center at 17800 Redwood Road is offering a new class, “The Gift of Imperfection: Living With Your Whole Heart” facilitated by Liz Breshears, PhD, from 10:15 to 11:45 a.m. on the Wednesdays of April 3, 10 and 17, exploring what we know about happiness and how to live a fulfilling life. The class focuses on authenticity, practicing gratitude and compassion. There is a \$2 drop-in fee.

● Thursdays, April 4 to 25: Yoga Class

The Aitken Senior Center at 17800 Redwood Road is offering Yoga on Thursday mornings from 9:30 to 10:30 a.m. The next session will be tomorrow and costs \$18, or drop in for \$8 per class. Yoga increases your ability to focus, remain mentally sharp and creates energy while having a calming effect. For info, call 510-881-6738.

● Thursday, April 4: Tri-Valley Fishers Meeting

Not too long ago there were 3 different types of fly lines; today there are hundreds. Choosing the right one can be confusing and downright daunting. Zach Miller will discuss selecting the right equipment at the next meeting of the Tri-Valley Fishers at 7 p.m. tomorrow at the Livermore Pleasanton Rod and Gun club, 4000 Dagnino Road, Livermore. Email Al at president@tri-valleyflyfishers.org for more information.

● Friday, April 5: Community Walk Celebrating Diversity

Join the many organizations that are part of the Castro Valley Community Alliance in celebrating the diversity of our community with a Unity Walk from 6 to 7:30 p.m. this Friday. From 6 to 6:40 p.m. meet at the Castro Valley Library to share stories about the community, then walk along Castro Valley Boulevard. For more information, please visit: bit.ly/CastroValleyCommunityAlliance

● Friday, April 5: Eden Area Village Member Forum

Join Eden Area Village Outreach at Hayward City Hall, 777 B St. at 2 p.m. this Friday to meet some members, and hear about how they are working to help seniors in the Castro Valley, San Lorenzo and Hayward areas remain in their homes and engaged in their community. More info at edenareavillage.org

● Friday, April 5: Mr. Castro Valley Talent Show

Join the fun and excitement of the 19th Annual Mr. Castro Valley Talent Show at 7 p.m. this Friday in the Castro Valley High School Cafeteria, when the Class of 2019 seniors put on a lively show that displays their charm and special talents as they compete for the coveted title. This is one show you won’t want to miss. Buy tickets (\$15 adults, \$10 students) in the CVHS Finance Office or at the door the night of the show. Sponsored by the CVHS Spirit Team.

● Saturday, April 6: 2019 Eden Awards

The Castro Valley / Eden Area Chamber of Commerce presents the annual Eden Awards to those business people, volunteers, first responders and other heroes for their contributions to the community, from 6 to 10 p.m. on April 6 at Our Lady of Grace Church, 3433 Somerset Ave. For tickets and information, call 510-537-5300.

● Saturday, April 6: Community Garden Open House

See what your neighbors are growing at Paradise Community Garden, 20095 Mission Blvd. in Hayward this Saturday from 10 a.m. to 3:00 p.m. A healing and drum circle with didgeridoo at 12:30, a worm farm demonstration at 2:00, live music, snacks and drinks. Visit vendor booths for organic vegetable starts, local honey, body work, native plants, jewelry sale, handcrafted soaps and more. Questions? Call Rick Hatcher 510-909-4077.

● Saturday, April 6: Flute Choir, Guitar Ensemble

Enjoy live music at the Castro Valley Library at 2 p.m. this Saturday, when two Chabot College groups—the Flute Choir and Guitar Ensemble—will present an eclectic musical program. Both groups include Chabot students and community members who wish to hone their playing skills. The Flute Choir performs on alto, bass and C-flutes and piccolo. The Guitar Ensemble, directed Rick Flores, has performed throughout the Bay Area. For more info, call 510-667-7903, or see Events at www.aclibrary.org/branches/csv

● Saturday, April 6: Cyber Security: Safety on the Web

You may have heard about “phishing,” but not everyone knows what it is, or how to avoid online scams. To learn more about phishing, vishing, how to detect a phony email, tips for creating strong passwords and other security measures, attend this free class from 10:30 a.m. until noon this Saturday at the Castro Valley Library. No registration is required—just drop in.

● Saturday, April 6: E-Waste Collection Fundraiser

Palomares Elementary School at 6395 Pablo Verde Road in Castro Valley will hold an e-waste drive from 9 a.m. to noon this Saturday. Most electronics, old computers, televisions, cell phones and other devices will be accepted for a suggested donation of \$5. Some older devices (tube TVs, etc.) may require additional payment for e-waste collection.

● Tuesday, April 9: Rotary: Advances in Stem Cell Biology

Kevin McCormack, Director of Public Communications for the Cal-

ifornia Institute of Regenerative Medicine, will describe advances in stem cell biology at the next buffet lunch meeting of the Rotary Club of Castro Valley at Redwood Canyon Golf Course, 17007 Redwood Road, from noon to 1:30 p.m. on Tuesday. The cost of lunch is \$15 and reservations must be made by 9 p.m. this Sunday, April 7, by contacting Rotary at cvrotary@iCloud.com or 510/402/5123. More information is available at castrovalleyrotary.org

● Wednesday, April 10: Neuropathy Support Meeting

Those suffering from symptoms of peripheral neuropathy (chronic numbness, pins and needles tingling, sharp pains in the feet and/or hands) are encouraged to attend the monthly free meeting of the Neuropathy Support Group at 1:30 p.m. next Wednesday in the library of the First Presbyterian Church, 2490 Grove Way, Castro Valley. For more information, call Greg at 510-886-6758.

● Thursday, April 11: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting which includes collective bargaining agreements, at 7 p.m. next Thursday, April 11, in the boardroom at 4400 Alma Avenue. For the agenda and board packet, visit bit.ly/CVUSDBBoardMeetings

● Wednesday, April 10: Sons in Retirement Meeting

Pat MacHoll from HiCap will discuss “Health Insurance for Seniors” at the next luncheon meeting of SIR Branch 26. Happy hour at 11 a.m., lunch at noon, at the Fairview Event Center at Metropolitan Golf Course, 10051 Doolittle Drive in Oakland. Reservation forms will be available for the May Ladies Day Luncheon to be held May 8. For more info, call Ken at 510-537-4804.

● Saturday, April 13: Bunco Madness

Hill and Valley Women’s Club at 1808 B St., Hayward presents Bunco Madness, a benefit for local charities, on April 13, 2019. Join us from 10:30 a.m. to 2:30 p.m. for a salad bar lunch and a lot of fun playing Bunco. Beginners are encouraged! For tickets (\$20, includes lunch), call Pat Keathley at 510-487-8827 no later than April 6th.

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.

● “Pops – Big Love,” a student project of the Castro Valley High School Choir Program, will be presented at 7 p.m. on Friday, April 12, and at 2 p.m. and 7 p.m. on Saturday April 13 at the Center for the Arts. Pops has a tradition of student leadership including choreography, design, original arrangements and compositions. This year’s show is focused on promoting change for the better in our country and around the world. For tickets (\$18-\$15) see above.

● “Suessical Kids,” presented by the Performing Academy in partnership with Jensen Ranch Elementary School at 7 p.m. on Wednesday and Thursday, April 17-18. at the Center for the Arts. Enjoy Suessical Kids in their own telling of the fantastical, magical, musical extravaganza! For tickets (\$12-\$10), see above.

● Castro Valley School of Music Recital, showcasing the talent of our students and teachers alike on Tuesday, April 30 from 5 to 9 p.m. Join us as we celebrate the accomplishments of our students at the Center for Arts for the very first time. For tickets (\$10), call 510-397-0721 or visit cvsom.com

ART GALLERIES & ART INSTRUCTION

● Acrylic & Oil Painting Class continues at the Adobe Art Center in Castro Valley on Thursday mornings from 10 a.m. to 12:30 p.m. or Thursday evenings from 6:30 to 9 p.m., or Friday mornings from 10 a.m. to 12:30 p.m. Learn techniques to create strong compositions while practicing the elements and principles of design. No previous experience is necessary. You can participate in either one of the classes, if you miss a session. To register, visit www.HaywardRec.org (age 60-plus ask for 25% discount). For more info, call 510-881-6700.

● PhotoCentral Spring Exhibition: “Celebrating HARD,” through May 11 at two locations: (1) HARD District Office, 1099 E St. in Hayward, Upstairs Gallery Monday-Friday 9 a.m. to 5 p.m. and Downstairs Monday 5-10 p.m., Tuesdays and Thursday from 10 a.m. to 1 p.m., and (2) Adobe Art Gallery, 20395 San Miguel Ave., Castro Valley, open 11 a.m. to 3 p.m.. For more info, contact PhotoCentral - Geir Jordahl, 510-881-6721 or email info@photocentral.org

CASTRO VALLEY FORUM CASTROVALLEYFORUM.COM

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Amy Ramos

Linette Escobar

Thomas Lorentzen

Buzz Bertolero

HOROSCOPE by Salomé

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ARIES (March 21 to April 19) Professional relationships grow stronger. But you might still need to ease some problems with someone in your personal life. One way could be to try to be less rigid in your views.



TAURUS (April 20 to May 20) You might be too close to that perplexing personal situation to even attempt to make a rational decision about it right now. Stepping back could help you gain a wider perspective.



GEMINI (May 21 to June 20) Being asked to choose between the positions of two friends is an unfair imposition on you. It's best to reject the “demands” and insist they try harder to work things out on their own.



CANCER (June 21 to July 22) A change of mind about a workplace decision might be called for once you hear more arguments, pro and con. A personal event suddenly takes an unexpected (but pleasant!) turn.



LEO (July 23 to August 22) Romance once again looms large for single Leos and Leonas, with Cupid favoring Taurus and Libra to inspire those warm and fuzzy Leonine feelings. Expect another workplace change.



VIRGO (August 23 to September 22) A surprise gift -- and, happily, with no strings attached -- could come just when you need it to avoid a delay in getting your project done. Expect education to dominate the week.



LIBRA (September 23 to October 22) Someone close to you might ask for your support as she or he faces a demanding personal challenge. Offer it, by all means. But be careful you don't neglect your own needs at this time.



SCORPIO (October 23 to November 21) An unexpected development could put your relationship with a partner or spouse to an emotionally demanding test. But your determination to get to the truth should save the day.



SAGITTARIUS (November 22 to December 21) A recent agreement appears to be coming apart over the surfacing of unexpected complications. You might need to have expert advice on how to resolve the situation.



CAPRICORN (December 22 to January 19) Your keen business sense helps you get to the truth about a suspicious business deal. Expect to have many colleagues rally to support your efforts in this important matter.



AQUARIUS (January 20 to February 18) Someone who once moved in and out of your life through the years might now want to come back in on a more permanent basis. Give yourself a lot of time to weigh your decision.



PISCES (February 19 to March 20) Showing frustration over a delayed workplace decision might get someone's attention, but not necessarily make him or her move any sooner. Best advice would be to be patient and wait it out.

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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. 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.



PHOTO COURTESY OF EAST BAY REGIONAL PARKS DISTRICT

Park leaders circa 1940, from left (unknown man), original Board of Directors members August Vollmer and Aurelia Reinhardt, and first Park District General Manager Elbert Vail.

‘Free Fridays’ for Park District’s Anniversary

For 85 years, the East Bay Regional Park District has preserved open space in Alameda and Contra Costa counties, and provided public access to regional parks, shorelines, and trails for hiking, biking, swimming, horseback riding, boating, fishing, picnicking, camping, and nature discovery.

To celebrate, the Park District has planned a number of special events and programs, including Free Park Fridays. Park entry and other fees will be waived every Friday in 2019 from April to December for day use parking, swimming, dogs, horse trailers, boat launching, and fishing permits.

The fee waiver does not apply to special event permits, reservations, camping or such state fees as fishing licenses and watercraft inspections. Fee waiver also does not apply to District concessions. Park entrance is subject to available occupancy.

Other free events include a Lake Chabot Concert in the Park on Saturday, June 22, in Castro Valley and concerts at Crown Beach in Alameda on July 12, Aug. 9 and Sept. 13.

The East Bay Regional Park District is the largest park district in the nation with 25 million visits annually.

School District’s ‘Classified Employees of Year’ Named

Six employees of the Castro Valley School District were named “Classified Employees of the Year” last week in a program sponsored by the State Department of Education to highlight employee contributions.

This year’s nominees are Ra-

quel Gonzalez (Child Nutrition), Frank Holyoake (Maintenance, Operations, & Facilities), Paula DelaRiva (Office & Technical), Laura Keyser (Para-Educator), Lauretta Mazur (Support Services & Security), Susan Barajas (Transportation).

i8 Roadster is an Electrified Supercar

By Steve Schaefer
CASTRO VALLEY FORUM

“It’s a BMW Ferrari!” Nothing says it better than this comment from a passerby when I was (carefully) parking BMW’s magnificent i8 plug-in hybrid sports roadster. It really grabs attention, even though most people probably have no idea that it’s partially motivated by electrons.

The i8 is one of BMW’s original two i-series electrified cars, along with the i3 hatchback. While the i3 comes with either an electric motor only or combined with a range-extending, battery-charging tiny engine, the i8 has always been a plug-in hybrid. It runs as far as 17 miles on pure electricity, which you can select using the E-Drive button. However, it normally switches back and forth from engine to motor—or uses both—to maximize performance and efficiency.

Believe it or not, the i8 uses a turbocharged three-cylinder engine—but it puts out 228 horsepower and 236 lb.-ft. of torque. Combined with the electric motor’s 141 horsepower and 184 lb.-ft. of torque, you get a nice 369 horsepower and 420 lb.-ft. of torque, good for a 4.6-second 0-60 sprint.

This drivetrain, with a six-speed automatic for the engine and two-speed automatic for the motor, makes the car something of a rocket, but I sensed a slight hesitation sometimes. It’s not the raw power of a V8, but the good news is in the numbers: 69 MPGe with electricity plus gasoline and 27 mpg when using gas only. I averaged 40.2 mpg per the car’s gauges, which I think is pretty amazing for a 3,516-pound sports car. EPA Green scores are a fine 8 for Greenhouse Gas but a mere 3 for Smog.

Charging is easy. Plug in at home using household current and you’re done in 4.5 hours. With Level 2 240-volt charging, it’s under 3 hours.



AN ELECTRIFYING DRIVING EXPERIENCE: The sealed fabric roof panel z-folds and drops vertically behind the front (and only) seats in less than 15 seconds—at up to 31 mph.

The car’s styling is definitely attention-grabbing. The nose wears the signature BMW twin-kidney grille, but the sides, as they sweep back, evoke the Batmobile, making curves not seen since the finned vehicles of the late 1950s. It’s about highly efficient airflow, but it also excites the eye no matter which angle you’re looking from.

The Roadster follows the original coupe and manages to convey much the same effect. However, its sealed fabric roof panel z-folds and drops vertically behind the front (and only) seats in less than 15 seconds—at up to 31 mph.

The i8 Roadster flaunts the same amazing scissor doors as the coupe. They combine with a high threshold—particularly important for a strong structure for the open top as well as carrying the battery below. Once you learn to sit on the wide edge and slide yourself into the bucket seat, it’s not much of a deal, but of the three people who shared my car (one at a time), my son slipped in easily, my wife hated the experience, and my 6-foot-4 bandmate was willing to put up with the discomfort to get to ride in the car.

You certainly won’t acquire the



Audio system features a 12 speaker 360 W Harman Kar-don HiFi system with HD tuner for digital radio reception.

i8 Roadster for any practical reasons. There is 3.5 cubic feet of space behind the pair of seats, but it’s not easy to access it. There is a microscopic 3.1-cubic-foot trunk that was good for holding one paper grocery bag and the charging cable.

Driving the i8 is very much a familiar BMW experience. My car had the E-Copper leather package inside, but beyond that, the dash, steering wheel, trim, and electronics looked familiar from the

sedans—and even the i3. This is a brand that finesses vehicle control and provides steering and road feel, and a sense of solid connection to the machinery.

Everything is included—a long list of electronics, safety equipment, and leather and carbon fiber throughout the cabin. It has high-tech propulsion and high-tech assembly, including use of 3-D printing. It has the first application of “non-dazzling BMW Laserlights,” see *AUTO* on page 15

Queen: 2019

continued from front page

Ranch Pro Rodeo and Castro Valley’s western heritage. The competition is based on poise, personality, interview skills and horsemanship.

The 2019 queen will receive more than \$1,000 in scholarships and prizes, and will represent the Rowell Ranch Pro Rodeo for the coming year at events and rodeos throughout California and Nevada.

The 99th Rowell Ranch Pro Rodeo will take place May 17-19 at Rodeo Park in Castro Valley. Tickets, ranging in price from \$17 to \$30, are on sale now at rowell-ranchrodeo and can also be purchased at the gate the day of the performance. Reserved seating is available.

For details about how you can take part in the full cowboy experience and a calendar of rodeo activities visit rowellranchrodeo.com.

LEGAL NOTICE

FILED
FEBRUARY 28, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 555856

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business:
Jazzercise located at 18631 Stanton Avenue, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Jan K. Hoehn, 18631 Stanton Avenue, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced in 1979.

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

Expires FEBRUARY 28, 2024
MAR. 13, 20, 27, APR. 3, 2019
0007-CVF

FILED
MARCH 08, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 556208

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business:
Dilly Dally Dollhouse located at 18417 Crest Avenue, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Rita Mariani, 18417 Crest Avenue, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on 01/19/2019.

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

Expires MARCH 08, 2024
MAR. 20, 27, APR. 3, 10, 2019
0008-CVF

FILED
MARCH 11, 2019
STEVE MANNING
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 556321

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business:
Valley Therapy Center located at 2881 Castro Valley Boulevard Suite 3V, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): (1) Phillip Aurelian Moise, (2) Marilou Dio Moise, 2427 Somerset Avenue, Castro Valley, CA 94546. This business is conducted by a married couple. This business commenced on N/A.

/s/Philip Aurelian Moise, Marilou Dio Moise
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires MARCH 11, 2024
MAR. 27, APR. 3, 10, 17, 2019
0009-CVF

FILED
MARCH 13, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 556462

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business:
Sigler and Associates Investigations located at 20283 Santa Maria Avenue #2731, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Juan Sigler, 3739 Rosalee Ct., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on 08-27-2012.

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

Expires MARCH 13, 2024
MAR. 27, APR. 3, 10, 17, 2019
0010-CVF

FILED
MARCH 25, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 556940

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business:
Almaraz Trucking LLC located at 2664 Jones St., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Almaraz Trucking LLC, 2664 Jones Street, Castro Valley, CA 94546. This business is conducted by a limited liability company. This business commenced on N/A.

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

Expires MARCH 25, 2024
APR. 3, 10, 17, 24, 2019
0051-CVF

Preventive Health Care: Seniors Maintain Health with Medicare

By Greg Dill
SPECIAL TO THE FORUM

You may have heard something lately about “preventive health care.” What does that mean?

At its most basic, it means living a healthy lifestyle: Eat a balanced diet. Exercise regularly. Maintain a healthy weight. And stop smoking.

Like anyone else, people with Medicare can benefit from healthy living habits. But Medicare covers a wide variety of shots to help you stay healthy. It also covers numerous tests to help detect diseases early, when they’re in their most treatable stages.

You pay nothing for most Medicare-covered preventive services if you get them from a doctor or other qualified healthcare provider who accepts Medicare as payment in full for their services.

For example, you pay nothing out-of-pocket when you get a “Welcome to Medicare” physical exam. This one-time exam is offered during the first 12 months after you’ve enrolled in Medicare Part B.

This visit includes a review of your medical and social history related to your health, and education and counseling about preventive services, including certain screenings, flu and pneumococcal

shots, and referrals for other care if needed.

If you’ve had Part B for longer than 12 months, you can get a yearly wellness exam. You pay nothing for this visit if your doctor accepts Medicare. And the Part B deductible doesn’t apply.

The wellness exam is designed to help prevent disease and disability based on your current health and risk factors. Your provider will ask you to fill out a questionnaire, called a “Health Risk Assessment,” as part of this visit.

Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit, which can also include:

- A review of your medical and family history.
- Developing or updating a list of providers and prescriptions.
- Height, weight, blood pressure, and other routine measurements.

see MEDICARE on page 7

Back Strengthening Class

The Aitken Senior Center at 17800 Redwood Road in Castro Valley is offering Back Strengthening Classes on Tuesdays and Thursdays from 1:45 to 2:45 p.m. Students taking this course will

engage in simple stretching and strengthening exercises to alleviate back discomfort. The class meets monthly for \$30 or you can drop-in for \$8 a class. For more information, call 510-881-6738.

ATHLETES OF THE WEEK



This week’s Athletes of the Week are the members of the Canyon Condors 8th Grade girls basketball team who finished their season undefeated, with a 12-0 record and as League Champions. The Canyon squad defeated Washington

Manor 39-36 in the semifinals game, then Dymonique Maxie led Canyon to a Championship victory with 15 points against Cesar Chavez to win 32-30, on Friday, March 22, at Edendale Middle School.

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PHOTO BY JIM BRAZIL

The Creekside Middle School wrestling team competed in the Harvest Park Invitational Tournament on March 16 in Pleasanton where 25 teams were in attendance. Creekside took 39 wrestlers to the tournament and came home with 26 medalists. Place winners were: Champions — Brandon Banuelos, Evan Joelsson, Mikayla Marquez, Taryn Pak, Justin Santos-Duncan, Camron Sualua and Caleb Yi. Second Place — Kaitlynn Dorland-Clements, Victoria Greene, Dylan Irby, Cooper Matthews, Jacob Oh, Evan Paasche, Natalia Perez Giselle Quintero, Noah Serrano and Brandon Twarowski. Third place — Alexandria Habriel, John Jacob and Mariah Montano. Fourth place — Samantha Darin, Bibiana Lazares, Alenea Loera, Elijah Montalvo, John Schlatter and Mason Yamat.

CVHS MENS' TENNIS RESULTS

**ARROYO AT CV ON THURSDAY, MARCH 28
CASTRO VALLEY 5, ALAMEDA 0**

SINGLES

1. EDWARD WANG (CV) - ETHAN KIM 6-0, 6-1
2. ETHAN FANG (CV) - NICO CHAE 6-0, 6-0
3. SPENSER LIN-JONES (CV) - WYATT KIM 6-2, 6-0
4. ANDREW LOTTICH (CV) - DANIEL LEE 6-1, 3-0 RAIN

DOUBLES

1. MICHEAL CHU / LEON CHEN (CV) - BRANDON FONG / STEFAN SCHNEIDER 6-1, 6-1
2. JEREMY CHEN / MATTHEW HUNG (A) - RYNA HUEY / VICTOR KINDINGER 6-2, 5-5 RAIN
3. MICHAEL LEE / BRANDON WING (CV) - RUBIN YI / LUKE WONZEN 6-2, 6-1

**BERKELEY AT CV ON TUESDAY, MARCH 26
CASTRO VALLEY 6, BERKELEY 1**

SINGLES

1. EDWARD WANG (CV) - SOHUN SANKA 6-2, 6-3
2. ETHAN FANG (CV) - MIKEY WRIGHT 6-4, 6-3
3. SPENSER LIN-JONES (CV) - ARI LIBENSON 6-2, 6-2
4. ROHIT SINHA (CV) - BORIS MOMITCHER 7-6 (4), 6-3

DOUBLES

1. MICHEAL CHU / ANDREW LOTTICH (CV) - RODERICK TAN / DIEGO RIVERBAY 6-2, 6-2
2. DASH TILLUT / FLYNN MAGER (B) - LEON CHEN / VICTOR KINDINGER 6-2, 6-2
3. COLBY FONG / GARVEY LI (CV) - MICHEAL ALHARAZY / ANDY ZHANG 6-3, 6-1

Medicare: For Health Maintenance

continued from previous page

- Detection of any cognitive impairment.
- Personalized health advice.
- A list of risk factors and treatment options for you.
- A screening schedule (like a checklist) for appropriate preventive services.

However, you may have to pay coinsurance, and the Part B deductible may apply if:

- Your doctor or other health care provider performs additional tests or services during the same visit.
- These additional tests or services aren't covered as Medicare preventive benefits.

Medicare also covers shots for flu, pneumococcal disease (which can cause pneumonia), and Hepatitis B. Flu, pneumococcal infections, and Hepatitis B can be life-threatening for older people. Flu and pneumococcal shots are recommended for people over age 65.

People with Medicare also can get screened for cardiovascular disease and different kinds of cancer, including breast, prostate, cervical/vaginal, and colorectal cancer.

For colorectal cancer, Medicare covers screening tests to help find precancerous growths or find cancer early, when treatment is most effective.

For people who have or are at risk for diabetes, Medicare covers screenings, certain supplies, and self-management training.

If you need help to stop smoking, Medicare pays for up to eight face-to-face counseling sessions per year with a doctor or other qualified provider.

Medicare also pays for tests for lung cancer, HIV, and bone mass (to see if you're at risk for broken bones.)

People with Medicare don't use preventive health services as much as they should. But getting screened can help you stay healthy and live longer – and save the government billions in healthcare costs.

It's a classic win-win.

Greg Dill is Medicare's regional administrator for California and other regions in the West. Get answers to your Medicare questions by visiting www.Medicare.gov or calling 1-800-633-4227.



Seniors' Driver Safety Seminar

Registration is underway for Castro Valley Library's popular senior driving program which will be held in two weeks.

The traffic safety seminar, conducted by the California Highway Patrol, will include such topics as Compensating for Age-Related Changes, Tuning-Up Your Driving Skills, Rules of the Road and Safe Driving Tips.

Table Space Available for Senior Fair

The Aitken Senior and Community Center at 17800 Redwood Road has table space available for its 13th Annual Senior Health & Wellness Resource Fair to be held from 9 a.m. to 2 p.m. on Thursday, May 2.

Table rentals are \$60 for non-profit organizations and \$85 for for-profit businesses. Event sponsorships are also available.

Deposits are non-refundable and space is limited to tables on hand. This event will sell out, so register early. For more information, please call (510) 881-6742.

It will be held from noon to 2 p.m. on Wednesday, April 17.

On completion of the seminar, participants will receive a certificate for completing the course which may entitle them to an automobile insurance discount.

While the seminar is free, registration is required. Call the Library Information Desk at 510-667-7900 to register.

The Castro Valley Library is a branch of the Alameda County Library system and is located at 3600 Norbridge Avenue, Castro Valley. The Library is wheel chair accessible. An ASL interpreter will be provided with ten days' notice. For more info, call the Library at 510-667-7900, or see Events at www.aclibrary.org/branches/csv.

What is a Special Needs Trust?

Q: One of my grandchildren has a disability and receives SSI and Medi-Cal. I would like to leave him a bequest from my estate when I pass. But won't doing so cause him to lose his public benefits?

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

A: Not if you plan correctly. As you probably know, your grandson cannot have more than \$2,000 in savings or other nonexempt assets and still remain eligible for these benefits. Thus, the receipt of an inheritance would likely put him over that ceiling and terminate his eligibility.

However, the law permits you to create a Special Needs Trust ("SNT") to receive his inheritance without jeopardizing his public benefits. The law's purpose is to allow you to set aside "private funds" to supplement his SSI and Medi-Cal, and to thereby enhance his quality of life in a kind of public-private partnership.

You would create the SNT as part of your own estate plan, and you would designate someone other than your grandson to be the trustee, such as another family member or even the trust department of a bank.

So long as properly created and managed, the funds in the SNT would supplement his needs by direct payment to third-party providers of goods and services, while still preserving your grandson's public benefits.

Currently, a single individual on SSI, living independently, would receive \$932 per month in California and \$988 if blind (in 2019). Since the SSI program is designed to cover only food and housing expense, it would be best for the SNT to pay for expenses which are not food or housing, e.g. transportation, cell phone, computer, recreation, etc.

Reason: payments for expenses which are not food or housing result in no reduction in his SSI or Medi-Cal benefits.

However, the SNT could even assist with the cost of food or housing, but in exchange for only a modest reduction in SSI.

Example: if the cost of an apartment for him were \$1500 per month, your grandson could pay, say, \$200 of the cost out of his SSI, and the SNT could pay the \$1,300 balance directly to the lessor. Your grandson's SSI would then only be reduced by a modest \$277 per month. Not a bad trade-off.

Further, if the SNT had sufficient assets, it could actually pay much more than \$1,300 per month to providers of goods and services for his benefit, and here's the beauty about how this works: no matter how much the SNT pays toward his monthly housing or food expense, the maximum reduction in his monthly SSI benefit, in any

single month, would never exceed \$277 (in 2019).

Thus, a well endowed SNT could generate a substantial benefit to a person with a disability, with only a modest reduction in his or her SSI and usually none to his or her Medi-Cal eligibility. The SSI rules which govern here are referred to as the "ISM Rules", where ISM stands for "In Kind Support and Maintenance".

Caution: the SNT should never distribute money directly to your grandson, as there would then be a dollar for dollar reduction in his SSI. Rather, payments should always be made to third-party providers of goods and services on his behalf.

Readers with a family member receiving public benefits, such as SSI or Medi-Cal, should always consider creating an SNT as part of their estate plan and thereby preserve their loved-one's continuing access to those benefits while still providing funds for his or her supplemental needs.

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

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Free Massages for Seniors

The Kenneth Aitken Senior Center at 17800 Redwood Road offers free 10-minute massage appointments with a trained massage and certified acupressure practitioner for seniors 60 and older.

Appointments are available ev-

ery other month on the 2nd Monday from 1:00-3:30 p.m. and are available for next Monday, April 8. To schedule, call 510-881-6738.

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Note: One pound of dry noodles will produce a cooked amount of 5 cups. Other pasta shapes may be substituted for the pound of noodles, however, a different amount (about 10 ounces) is needed as one pound of macaroni, spaghetti, penne, etc. equals 8 cups cooked volume.

NAVY BEAN SOUP

3 cups (1-1/2 pounds) dried navy beans
1 (14-1/2 oz.) can diced tomatoes, undrained
1 large onion, chopped
1 meaty ham hock or 1 cup diced cooked ham
2 cups chicken broth
2-1/2 cups water
Salt and pepper to taste
Minced fresh parsley

Rinse and sort beans, then place them in a Dutch oven or soup kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 to 4 hours or until beans are softened.

Drain and rinse beans, discarding liquid. Place in a large Dutch oven or soup kettle. Add the tomatoes with juice, onion, ham hock, broth, water, salt and pepper. Bring to a boil. Reduce heat; cover and simmer until beans are tender, about 1-1/2 hours.

Add more water if necessary. Remove ham hock and let stand until cool enough to handle. Remove meat from bone; discard bone. Cut meat into bite-size pieces; set aside. (For a thicker soup, cool slightly, then puree beans in a food processor or blender and returned to pan.) Return ham to soup and heat through. Garnish with parsley. Yield: 10 servings (2-1/2 quarts).

BBQ BEEF & BEANS

1-1/2 pounds ground beef
1-1/2 teaspoons garlic salt
4 medium onions, cut into 1-inch chunks

Cooking Beans: The Basics

There are two ways to soak beans:
In a large kettle, combine beans and enough water to cover (2 to 3 cups for each cup of beans). Bring to a boil, reduce heat and simmer for 2 minutes. Remove from heat, cover and let stand for 1 hour or longer.

Or, soak beans overnight in a covered pan. In either case, discard the soak water and cover beans in at least 2 inches of fresh water, bring to a full boil, reduce heat and simmer gently.

You can add seasonings and spices, but do not add salt or acidic ingredients, like vinegar, tomatoes or juice, as they will slow the cooking process. Instead, add these ingredients when the beans are cooked.

The beans will take anywhere from an hour to two hours to cook. If water runs low, add more boiling water (not cold water).

Beans are done when they can be easily mashed with a fork. Always test a few beans in case they have not cooked evenly.

When beans are tender, let them cool in the cooking liquid until lukewarm.

For convenience, cook up a big batch, cover and chill as long as four days, or freeze for six months.



Beans: Simple, But Super

Once considered "peasant" food, beans are one of today's super foods – rich in fiber, protein, calcium, phosphorus and iron – yet low in sodium and fat, and completely cholesterol-free.

For the most part, any canned or dry-packaged bean variety

can be substituted for another, according to the American Dry Bean Board.

All types of beans blend well with a variety of foods and spices as they absorb flavors from other ingredients. Cooking times may differ if substituting one type of dry-packaged bean for another.

THREE BEAN PASTA

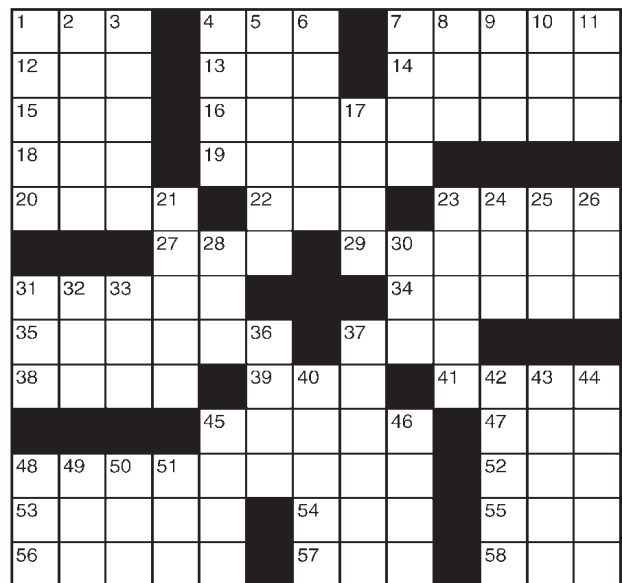
1 pound medium or wide egg noodles, uncooked
1 (15-ounce) can kidney beans, rinsed and drained
1 (15-ounce) can chickpeas, rinsed and drained
1 cup frozen green beans, thawed
1 small red onion, chopped
1 red bell pepper, seeds and ribs removed, chopped
3 tablespoons Dijon mustard
2 tablespoons vegetable oil
3 tablespoons red wine vinegar
3 tablespoons chopped fresh parsley

Prepare pasta according to package directions; drain. Rinse under cold water and drain again.

In a large bowl, stir together the pasta, kidney beans, chickpeas, green beans, onion and bell pepper. In a small bowl, stir together the remaining ingredients.

Toss pasta with dressing and serve. Serves 4 to 6.

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ACROSS

1 \$ dispenser
4 "-- Miserables"
7 Trounce
12 Commonest English word
13 Matterhorn
14 Worn unevenly
15 2012 movie bear
16 Savage
18 Midafternoon, in a way
19 Long-legged shorebird
20 Pull an all-nighter
22 Freudian concept
23 Use a keyboard
27 Moreover
29 Rodeo outcries
31 Strong adhesive
34 Meal for Oliver Twist
35 Moral principles
37 Larry's pal
38 Runs from the fuzz
39 Shooter ammo
41 Sharpen
45 Tureen accessory
47 Inseparable
48 Marian, in "The Music Man"
52 "Monty Python" opener
53 Wanted-poster datum
54 Hi-tech SFX
55 Prepared
56 Thick-soled shoes
57 Slight amount
58 Attempt

DOWN

1 Storage story
2 "-- Finest Hour"
3 TV, radio, etc.
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7 Vegan's no-no
8 Bobby of hockey
9 Luau side dish
10 "Born in the --"
11 Corral
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21 Long skirts
23 Pitched
24 Second person
25 "Ulalume" writer
26 Immigrant's study (Abbr.)
28 Big Apple letters
30 Past
31 Moray or conger
32 Sch. org.
33 Resistance measure
36 Practice pugilism
37 Sweet Spanish wine
40 Proclamation
42 Jack
43 Go in
44 Irritable
45 Glaswegian girl
46 Novelist Bagnold
48 Varnish ingredient
49 Under the weather
50 Life story, for short
51 Tatter

ANSWERS ON PAGE 2

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REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Leaking Underground Storage Tanks Affect Most Real Estate Transactions

After many attempts, East-Bay buyers finally secured a contract on a home and began excitedly planning their relocation. As they began going through the disclosure package and reading the fine print, they called their agent in a panic, stating they felt that they may need to cancel the transaction. "We just read the Natural Hazard Disclosure," they said, "And it states we are within a half-mile of 20 leaking underground storage tanks. This is bad, right?"

Let's start with, "What is the Natural Hazard Disclosure?"

Wikipedia explains: "The Natural Hazards Disclosure Act, under Sec. 1103 of the California Civil Code, states that real estate seller and brokers are legally required to disclose if the property being sold lies within one or more state or locally mapped hazard areas.

The law specifies that the six (6) required hazards be disclosed on a statutory form called the Natural Hazard Disclosure Statement (NHDS).

Required Risks Include: (1) A Special Flood Hazard Area, (2) Dam Inundation, (3) Very High Fire, (4) Wildland fire, (5) Earthquake Fault Zone and (6) A Seismic hazard.

The following supplemental hazards are commonly reported as well: (a) Radon Gas exposure, (b) Airport influence area, (c) Megan's Law disclosures and (d) Military ordnance.

Some reports also include Sites with Known Environmental Concerns, including hazardous waste sites (any business that stores/uses materials deemed hazardous, including pesticides, solvents, paint, etc.), storage and treatment sites (eg. a dry-cleaning business) and businesses/facilities with underground hazardous materials (think 'fuel storage') tanks (gas stations, any company with a

fleet of vehicles, manufacturing companies, etc.). In fact, one report I read listed leaking underground tanks at a post office and elementary school.

Because leaking tanks can pollute local soils and ground water, California laws are very strict about leaking underground tanks. Tanks are highly regulated and tested; any tank identified as leaking must be remedied, typically by replacing it with a new tank and by treating surrounding soils.

Even though a leaking tank has been remedied and the site cleaned, it remains on the list

of leaking tanks reported to consumers through the NHDS. State agencies prefer that you know that tanks are there, even if they are no longer a risk to the environment.

Live in a city? Like it or not, you have any number of underground tanks near you. The NHDS reports their location and current condition — it's a part of Bay Area life.

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.

Two Different Pests Causing Lemon Issues

By Buzz Bertolero
Special to the Forum

Our lemon bush is loaded with lemons, but some of them are covered with a black mold along with the stems, leaves, and branches. I can wash the mold off with a little bit of scrubbing. What can I do to prevent the mold from forming? Also, I'm noticing that a few of the lemons are an odd shape.

The odd-shaped lemons and the black mold are two unrelated problems both caused by two different pests.

The black mold forms on the clear, and sometimes sticky, secretions from sucking insects such as aphids and scale. These insects suck the plant juices out of the tissue and then pass it in the form of secretions that drops to whatever is below.

Aphids are active on the new growth during the spring while scale is present year round.

There are several types of scale, and they're found on the leaves and older stems of the host plant. It can be found to be a problem on oleanders, pyracan-



thas, podocarpus, cherry trees and escallonias.

Horticultural and Neem Oil are safe, organic controls for aphids and some types of scale and it can be applied to citrus year round.

Lemons tend to flower and have maturing fruit most of the year, so spraying is a bit of a challenge. You'll have to pick a time when there are just a few flowers on the bush or be content with fewer lemons for a while.

It's easier with oranges, and other citrus as they have one primary blooming period. The oil sprays control the insects, but it does not clear or remove the existing mold from the vegetation. It disappears in time.

It is recommended to feed often with Citrus Food to encourage the new growth that in turns mask or covers over the unattractive foliage. There is an old saying

certainly then applies this situation "Out of site out of mind." Citrus bud mite (Eriophyes sheldoni) or herbicide damage are the primary causes of the funny looking or distorted lemons. It would be a broadleaf herbicide usually used in turf for dandelions and other weeds. These products increase cell division to a rapid pace causing herbaceous plants to collapse and die.

With woody ornamental plants like lemons you would see distortion in varying degrees; hence, the odd shapes. Citrus bud mite is difficult to detect because the mites are so tiny they cannot be seen with the naked eye.

"Eureka" lemons and "Washington Navel" oranges are the most common hosts for the mite, but all citrus may be attacked. The mite has been a coastal problem, but it is starting to move



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19141 Parsons Avenue	94546: \$720,000 2 BD - 902 SF - 1948
4210 Forest Glen Place	94546: \$809,500 3 BD - 1,704 SF - 1989
17793 Vineyard Road	94546: \$845,000 3 BD - 1,427 SF - 1957
2960 Sydney Way	94546: \$850,000 3 BD - 1,688 SF - 1952
25533 Foggy Glen Drive	94552: \$885,000 4 BD - 1,720 SF - 1998
5345 El Caminito Court	94546: \$956,000 4 BD - 1,848 SF - 1965
18451 Clifton Way	94546: \$1,014,000 5 BD - 3,240 SF - 1955
6140 Bellingham Drive	94552: \$1,060,000 4 BD - 2,296 SF - 1987

TOTAL SALES:	9
LOWEST AMOUNT:	\$550,000
HIGHEST AMOUNT:	\$1,060,000
MEDIAN AMOUNT:	\$850,000
AVERAGE AMOUNT:	\$854,388

San Leandro

1639 153rd Avenue	94578: \$431,500 1 BD - 616 SF - 1924
2364 Belvedere Avenue	94577: \$539,000 3 BD - 1,296 SF - 1972
14877 Washington Ave	94578: \$570,000 3 BD - 1,240 SF - 1954
619 Tiffany Road	94577: \$585,000 2 BD - 1,138 SF - 1948
2475 Jamaica Way	94577: \$599,500 3 BD - 1,129 SF - 1961
1209 Coe Avenue	94579: \$615,000 3 BD - 1,147 SF - 1951
1350 Chapel Avenue	94579: \$646,000 3 BD - 1,402 SF - 1951
14999 Portofino Circle	94578: \$715,000 3 BD - 1,582 SF - 1984
458 Diehl Avenue	94577: \$820,000 3 BD - 1,659 SF - 1926
195 Broadmoor Blvd	94577: \$1,000,000 2 BD - 2,034 SF - 1939
1844 Starview Drive	94577: \$1,075,000 3 BD - 2,667 SF - 1964

TOTAL SALES:	11
LOWEST AMOUNT:	\$431,500
HIGHEST AMOUNT:	\$1,075,000
MEDIAN AMOUNT:	\$615,000
AVERAGE AMOUNT:	\$690,545

San Lorenzo

1098 Elgin Street	94580: \$151,000 4 BD - 1,560 SF - 1900
15752 Via Esmond	94580: \$537,500 3 BD - 1,400 SF - 1955
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A	—	2-4	907 Glen Dr.	\$744,569	3/2	Rinetti & Co. RE	Carrie Miles	510-735-5223
A	—	2-4	595 Begier Ave.	\$779,000	3/3	Rinetti & Co. RE	Tianne/Perry	510-326-0378
A	—	1-4	1401 Dutton Ave.	\$798,000	3/2	Compass Real Estate	Michelle Miller	510-701-3442
A	1-3	—	954 Lee Ave.	\$880,000	3/1.5	Robert Jones & Assoc.	Bob Jones	510-357-0120
A	1-3	—	393 Dowling Blvd.	\$1,099,000	5/3.5	Robert Jones & Assoc.	Matt Jones	510-357-0120

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M = MODESTO • O = OAKLAND • P = PLEASANTON • SLZ = SAN LORENZO • Z = ALAMEDA • SH = SHEFFIELD VILLAGE

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**Mortgage Rates See
Biggest One-Week Drop in a Decade**

The average 30-year fixed-rate mortgage dropped 22 basis points last week, according to Freddie Mac's weekly nationwide survey.

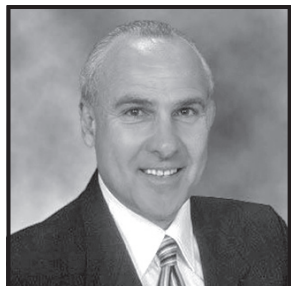
The 30-year fixed-rate mortgage averaged 4.06 percent last week, down from 4.28 percent a week earlier. A year ago at this time, the 30-year FRM averaged 4.40 percent.

"The Federal Reserve's concern about the prospects for slowing economic growth caused investor jitters to drive down mortgage rates by the largest amount in over ten years," said Sam Khater, Freddie Mac's chief economist. "Despite negative outlooks by some, the economy continues to churn out jobs, which is

great for housing demand. We have recently seen home sales start to recover and with this week's rate drop we expect a continued rise in purchase demand."

Fifteen-year rates averaged 3.57 percent last week, and five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.75 percent.

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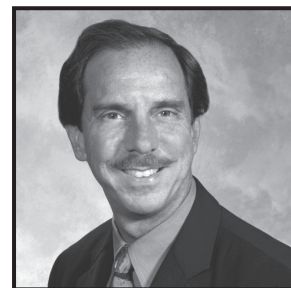
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Water Around the Toilet? Locate Source of Leaks

By Samantha Mazzotta
Special to the Forum

It's sometimes difficult to pinpoint where the water is coming in from when there's a leak in a toilet tank, especially if the tank tends to sweat a bit.

Try to find the source of the leak by visually checking the tank and the bowl for cracks. Most toilets are pretty sturdy, so it's unusual for them to crack for no reason, but do check.

The tank is more likely to

crack, and if so, it needs to be completely replaced. At least it's easier than replacing the bowl.

If you don't find a crack, check the shutoff valve (usually what looks like a faucet handle jutting from the wall below and behind the toilet) and its attached inlet tube for leaks. Flush the toilet so that the tank begins filling, and observe the inlet components.

You may also need to run your hand along the valve, inlet tube and the inlet connection at the bottom of the tank, checking if

any water is leaking and running down the inlet tube or the back of the toilet, out of sight.

Next, test for a silent leak to confirm whether the leak is happening in the tank or not. Take the tank top off. Flush the toilet and let the tank refill completely. Then, take a crayon or wax pencil and mark the high-water point with a small line. Check back in 10 minutes to see if the water is still at that point or has gone down. If it has fallen below the line, mark the new water

point and leave it for another 10 minutes. Check again to see if the water level continues to fall.

If the tank is leaking, check some possible sources of the leak. First, make sure the flapper valve at the bottom of the tank is completely closed. This is one of the biggest causes of a slow leak from a tank.

Next, check the seal at the base of the flush assembly, and any other visible seal, for deterioration.

Finally, consider that small

amount of condensation on the tank. Could it be the cause? Try insulating the interior of the tank, or sliding a tank cover over the outside (both available at home improvement stores) to reduce the condensation.

Once you've eliminated all the smaller reasons for the puddle of water on the floor, it's time to look at a more serious possibility: that the seal between the base of the toilet and the floor has begun to fail. It's not a particularly difficult or time-consuming repair,

but the toilet will have to be lifted off the base in order for the wax ring, which acts as the main sealant, to be replaced. If you don't have much experience with toilet repairs, this is where a plumber would come in.

Home Tip: To keep the seals and other parts of a flush assembly in top shape for years, avoid placing a bleach-based toilet cleaner cake in the tank. Bleach can corrode the assembly components.

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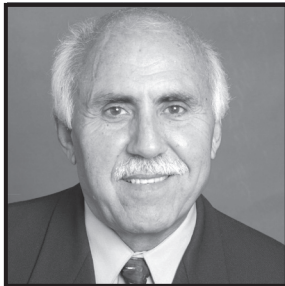
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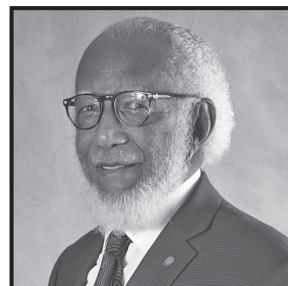
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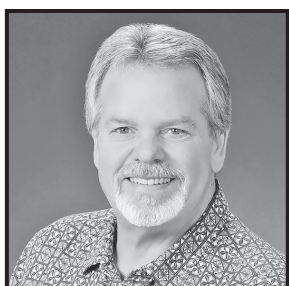
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Find help and support your local newspaper at the same time!
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LANDLORDS - Advertise your units! A vacancy day is money lost forever ... R. Bowman

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San Leandro Times/Castro Valley Forum

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CLASSIFIED AD DEADLINE:
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R. Bowman

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LETTERS

TO THE EDITOR
FREDZ@EBPUBLISHING.COM

End of Bingo Lunches at Eagles Hall

Editor:

Beginning Monday, April 8, 2019 there will unfortunately be no more Auxiliary bingo luncheons at the FOE Eagles Hall, 21406 Foot-hill Blvd., Hayward.

We thank you all so much for your support of the local charities that benefited from our luncheons, however the Aerie portion of our Eagles organization will not be able to provide these luncheons at this time. Perhaps in the future.

Again thank you very much for enjoying our luncheons with us! Have a great 2019!

—Marilou Kerns, Hayward

Urges Support for Green New Deal

Editor:

The Intergovernmental Panel on Climate Change (IPCC), a consortium of over 6,000 scientists, has issued an October 2018 report that details how we absolutely must limit the global temperature rise to 1.5 degrees centigrade (it has already risen 1 degree).

This will take aggressive and bold action by all nations to limit CO2 emissions. The IPCC concludes that implementing this program would provide a way to develop a more sustainable and equitable society.

The Green New Deal (GND), only a resolution at this time, has been introduced in the House of Representatives by Alexandria Ocasio-Cortez and in the Senate by Ed Markey. The GND, fashioned after the New Deal of FDR in the 1930s, would resolve that all Americans should have health care, good jobs and access to clean air, water and food and to adequate housing to comply with what our founding fathers stated in the United States Constitution.

Those who are concerned with the costs of such programs should consider the cost of climate disasters like Superstorm Sandy and the Camp Fire on our cities and towns. And the costs

of health care and in lives for hundreds of millions.

Americans must come to support the proposed GND and quickly as we have no time to waste. The Energy Innovation and Carbon Dividend Act (EICDA), H.R. 763, legislation that is already written, could serve as a significant stepping-stone to kick off and implement part of the GND.

Note a correction to the information about the EICDA dividend in the February 27, 2019 Forum. The dividend would start as an estimated \$300 monthly check to each family of 4 and children under 18 would get a half share.

I strongly urge you to contact your elected representatives to support both the GND and EICDA.

—David Siegel, Castro Valley

Time to Recognize Important of Mental Health Services In Treatment of Opioid Addiction

Editor:

The article, "How Opioid Overdose, Death Health Crisis Can be Reversed" (Page 9, The Forum, Feb. 13) by Patrice A Harris, M.D. raises some important issues and solutions to this continuing issue.

As a nursing student, I am taught first hand about the prevalence of this issue and the dangers of overusing opioid medications. Many precautions are taken including better communication between providers to prevent over prescribing, strict and specific dosing instructions, and conversations between patients, family, and providers regarding the proper use of opioid medications.

I agree that one important factor contributing to this issue that fails to be addressed is awareness and accessibility to proper mental health services.

There is a notion that exists in many of us that "this could never happen to me," which only contributes to the continuation of this serious issue. Addiction is a mental illness and, like any physical illness, is to be treated with a variety of interventions to ensure good health.

No one should feel the need to deal with these issues on their own without help from counselors, medical professionals, and family support systems. And it is time that our policies recognize that.

—Vanessa Watson, Castro Valley

Supports Classroom Lessons About Students Learning from Their Mistakes

Editor:

I could not agree more with Ms. Swartzendruber ("The Importance of Children Learning from their Mistakes," Letters, March 20).

Here is a teacher who is not only teaching her students, but is also giving them lessons about life and the effect we can have on others. She states she has on her classroom wall, (F)irst (A)ttempt (I)n (L)earning. Brilliant way to keep her students awake. She is reminding her them about failure at one time or another. God knows how many times I have failed at one attempt or another.

When rules or laws are broken, those who have broken them must pay in some form. Breaking a classroom rule is a learning experience. Can anyone reading my letter in all honesty say to others, or themselves, they have not broken a rule or law?

Ms. Swartzendruber knows from teaching for many years just how her students will react to certain broken promises or rules. The parents of her students, not all, but a few, just do not understand what Ms. Gail is teaching? As parent, be thankful their is a teacher is doing her very best for *your* child.

One last comment: do you not have guide lines at your place of work? Of course you do. Just as you have guide lines in your homes. For your children to follow those guide lines, so must you.

—Dick Purdee, Castro Valley

Obituaries

CASTRO VALLEY FORUM OBITUARIES

may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209. Include a phone number. Brief notices are published free. Longer obituaries, including pictures, are available for a fee. For help, call Patrick Vadnais at 510-614-1558

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Andree G. Occhipinti

February 14, 1926 - March 19, 2019

Andree G. Occhipinti was born in Paris, France on February 14, 1926. She passed away on March 19, 2019.

Andree was raised in Corsica and worked for the Red Cross in France during World War II. She met her husband, Andrew Occhipinti in 1948. They moved to Canada before settling in San Francisco and then Castro Valley in 1965. Andree was an exceptional mother, cook and oil painter. Her sense of humor and joie de vivre will be sorely missed.

Andree was preceded in death by her daughter Rita Occhipinti Adsit and her husband, Andrew Occhipinti. She is survived by her daughter Sylvana Occhipinti, sons Gary, Ron and Glenn Occhipinti, along with numerous grand and great-grandchildren.

A Mass will be held on Thursday, April 11, 2019 at 12 p.m. at Saint Margaret Mary Church in Oakland with reception immediately following.



Jeanne Marie Squires

Jeanne Marie Squires passed away on March 26, 2019 in Castro Valley. She was 91 years old.

Jeanne Squires was born and raised in Douglas, Wyoming. After she graduated high school, she attended Stephens College in Columbia, Missouri, and the University of Wyoming. She graduated from U.S.C. with a degree in business and worked for several companies before she returned to Southern California to get her teaching credential from U.C.L.A. Jeanne taught at Castro Valley High School beginning in 1956, the first year the school opened. As Jeanne like to say, she taught PE until it got too cold outside, and then she taught social studies. She retired from Castro Valley High School in 1983.

Jeanne enjoyed adventurous travel after retiring. She was interested in archaeology and went to Peru twice, once as a tourist and once on a dig with scientists from the University of California. She also worked on an archaeology dig in the Four Corners area of New Mexico. Jeanne was very interested in whales. She went to San Ignacio Lagoon in Baja, Mexico, the breeding ground for gray whales. But she still wanted to pet a whale, and took another trip, to the Sea of Cortez where she did.

Jeanne was an active member of the National Association of Investors. Jeanne also enjoyed her RV on monthly outings with her group RV Friends.

Jeanne is survived by her wife, Edith Davidson, and her twin nieces Roxy Squires and Suzy Squires, who both live in Ft. Collins, Colorado. She very much enjoyed their annual trips to Willow Creek in Castro Valley, where Jeanne lived for six years. Jeanne is also survived by her nephew Wayne Squires, who lives in Douglas, Wyoming.

There will be a family scattering of ashes in late May. In lieu of flowers, her favorite charities were Girls Incorporated of Alameda County and the Oakland SPCA.

Sandra Roszell

Long time Castro Valley resident Sandie Roszell, 78, passed peacefully on March 7, 2019 in Maplewood, NJ. Sandie was many things. Loving wife, mother and grandmother. Amazing friend. But also an accomplished painter, hat maker and small business owner.

Quick to make friends and never one to lose them, people she knew for more than 70 years and just 70 days lined up to say their goodbyes. Sandie's kindness and hospitality were well-known, and her doors (and meals) were always open to family, neighbors, and friends. Strong in faith but never preachy or judgmental, she was a member of the Presbyterian Church, who she affectionately called "The Frozen Chosen." A soothing presence, fussy grandchildren would fall asleep once in her arms. And she could tap dance and sway a mean hula — and was proud of it.

Married for 58 years, Sandie leaves behind her husband, Dennis, and children Jennifer and Matt. She is also survived by her four grandchildren; two sister-in-laws; brother-in-law; two cousins; three nieces; and countless friends-who-are-like-family. She was preceded by her mother, Wilma; father, Charles; and nephew, Rick.

A celebration of life for Sandie will occur on April 7 from 1-4 p.m. at the Bridges Golf Club in San Ramon, Calif. Instead of flowers, the family asks that you donate to the National Alzheimer's Association or to the Juvenile Diabetes Research Foundation.



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

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Marketplace: External Work on Building to Begin Soon

continued from front page
Blind Tiger in North Oakland.

In addition to the Night Owl, other businesses expected to open at the Marketplace include:

- Castro Valley Natural Grocery, started by Donna Layburn
- Barons Quality Meats
- Seven Hills Baking Co.
- Pop Out Kitchen, cooking school
- Lab 200, a dedicated co-working space
- Good Common Sense Naturals, skincare

• Akemi Japanese Cuisine
• Cannery Kitchen and Tap
Daughtrey's redesign is the largest and most significant update to the face of the downtown community since the Castro Valley Boulevard "Streetscape" makeover.

"It will be phenomenal and a hubbub of activity for the downtown," says Castro Valley Municipal Advisory Council chairman Marc Crawford noted at the March 25 staff update.

Businesses interested in leasing space are encouraged to visit: castrovalleymarketplace.com.



PHOTO BY FRED ZEHNDER

Soon, work crews are expected to begin external work to the building, including constructing a mosaic near the entrance and adding in additional patio space on the boulevard that may require the removal of a planter.

Auto: BMW i8 Roadster

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which illuminate the road farther ahead than the normal bulbs.

The LifeDrive vehicle architecture combines lightweight aluminum Drive Module components with a carbon fiber reinforced plastic (CFRP) passenger cell Life Module. You don't get that kind of high technology in ordinary cars.

With eye-popping style, sprightly performance, and exclusivity, the i8 Roadster is highly prized, but it's also highly priced. My tester, with the \$2,500 copper leather package and \$995 destination, came to \$166,795. Wow.

BMW offers plug-in hybrid capability in other vehicles that are much more practical, but that's really missing the point. The i8 Roadster is a halo vehicle from a legendary brand that hardly needs one. It gives sex appeal and desirability to BMW's electric i-series, which the more affordable but polarizing i3 can't. I'd really like to see an all-electric BMW sports car that looks like the i8. Stand by for many more electrified vehicles from BMW in the coming years.

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

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Do you currently have auto-pay for your garbage bill?

BEGINNING MAY 1, 2019

Alameda County Industries (ACI) will be the new service provider for Castro Valley Sanitary District (CVSan) for recycling, organics and garbage collection.

If you currently have auto-pay with Waste Management and would like to continue with automatic paperless billing, you must sign up with Alameda County Industries by May 1, 2019.

CONTACT US:
PHONE: (510) 483-1400

EMAIL: info@AlamedaCountyIndustries.com
We will respond within one business day.

WEBSITE: www.AlamedaCountyIndustries.com
Click on the CVSan box and select "SIGN UP FOR AUTO-PAY".



Alameda County Industries

We are proud to be your service provider for **Recyclables, Organics & Garbage.**



ADOPT-A-PET



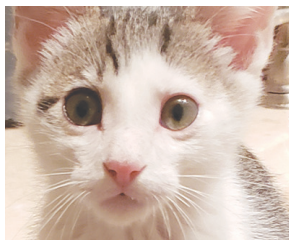
GABRIELLA is a sweet senior gal whose guardian passed. While a bit shy at first, she loves head and cheek scratches and will purr. She was used to being a lap kitty and is looking for a quiet home with a lap to warm. For more info, call Hayward Shelter: 510-293-7200.



HERMANN is a smart 3-year-old pup who learned to sit, shake and use an agility ramp. He needs an experienced family who'll continue working on his leash training and general manners. He should do OK with teens +. For more info, call Hayward Shelter: 510-293-7200.



KITTEN SEASON CONTINUES: Brothers, Diego, an adorable orange and white tabby, and Darius, an equally adorable tabby with white and gray markings, were born in early January. Both are sweet, funny, playful and friendly. Meet the kittens on April 6th at a Love All Pawz adoption event at Pet Food Express in Castro Valley. More info: Email Loveallpawzrescue@gmail.com.



Eden Awards on Saturday

Presentation of the 2019 Eden Awards will be made this Saturday, April 6, from 6-10 p.m. at Our Lady of Grace Church in Castro Valley, sponsored by the Castro Valley / Eden Area Chamber of Commerce.

The recipients include Aisha Knowles, Alameda County Fire Department; Ted Riche, Castro Valley Sports Foundation; Teachers of the Year Barbara Andersen (Castro Valley), and Ann Villegas (San Lorenzo) and Janet Lem-

mons of Rowell's Saddlery & Western Wear.

Tickets are available for purchase at the Chamber of Commerce office, 3160 Castro Valley Blvd., phone 510-537-5300.

The following businesses are contributing to Saturday's presentation:

Steve Montes Special Events, TMC Productions, Breslow Imaging, Jenn's Cupcakes and Parties, Aurora Catering, TMC Productions & Halo Branded Solutions.

Recycle Your Old Batteries

Now that spring is here, many of us will be working to declutter our homes.

Make sure you know how to properly recycle any old batteries you might find laying around.

Castro Valley Sanitary District residents can recycle dry-cell batteries – AAA, AA, B, C, D, 9V, and small "button" batteries – by placing them in a sealed heavy-duty plastic bag on top of your blue recycling cart and set out for curbside pick-up.

side pick-up.

Liquid batteries, such as automobile batteries, and lithium-ion batteries are not accepted for curbside pick-up. Please bring these batteries to any Alameda County Household Hazardous Waste Facility. For locations and hours, visit www.CVSan.org/HHW.

You can also bring batteries to CVS's Recycles Day events. More information is available at www.CVSan.org/RecyclesDay.

Administrator Recognitions

The Association of California School Administrators is recognizing these administrators in the Castro Valley School District for their contributions and dedication to educational excellence: Tracie Christmas (Marcus Foster Award), Patrinia Redd (Valuing Diversity Award), Marian Meadows (Student Services Administrator of the

Year), Blaine Torpey (Secondary Administrator of the Year), Nic McMaster (Secondary Co-Administrator of the Year), Jennifer Tomita (Elementary Administrator of the Year), Suzy Chan (Business Services Administrator of the Year).

The School Board will be recognizing these administrators at its board meeting on May 22.

Free Seminar on Investing

A free seminar "Tax-Free Investing: It's Not What You Make, It's What You Keep" will be held from 5 to 6 p.m. on Thursday,

April 11, at Edward Jones' Castro Valley Branch, 20640 Patio Drive, Castro Valley. For more information, call 510-886-3636.

Reports: Assault on Family

continued from page 3

Assaulted Her Ex In the Doorway

Tuesday, March 26: at 8:41 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to an apartment on Marshall Street near Meadowview Drive. There, they arrested a 30-year-old woman from Castro Valley on suspicion of assault on a family member and false imprisonment.

The woman was also wanted as part of a warrant issued for her capture. Deputies report that the woman was in a verbal altercation with her ex-boyfriend and tried to leave the apartment. When the man wouldn't budge, the suspect reportedly grabbed his arms and forced her way past him. Deputies took the woman to Santa Rita Jail pending \$25,000 in bail. The victim was treated at the scene.



A collaboration at Smalltown's Open studio.

THIS WEEK At Smalltown

● Saturday, April 13: Smalltown Creative Hub

It's about People. It's about community. It's about Collaboration. It's about random strangers and random events that somehow always seem to connect with you. It's about good stories, from good people, from all walks of life. It's about fun and creativity, justice and meaning. It's about the good things that bind us together. A free and open workspace/studio environment, a place to kick up your feet, view local art, create locals art, a place to build a better narrative. Free Wi-Fi. Bring some food, drink, a project you're working on, a book your reading, or a thought to share. Anyone is welcome. Come Join the Song. Free from 2 to 10 p.m.

● Saturday, April 13: "Then They Came for Us"

Join us in a presentation and discussion about government restrictions, detainment, internment, and deportation of Americans during WWII and now. Watch short film clips about those detained, restricted, interned, and deported during World War II, followed by a panel discussion. This is a program of the Castro Valley Community Alliance. Free, 2-4 p.m. at the Castro Valley Library.

FOR MORE DETAILS ON THESE EVENTS AND OTHERS, PLEASE VISIT: WWW.SMALLTOWNSOCIETY.COM OR TEXT "SMALLTOWN" TO 797979. SMALLTOWN SOCIETY IS LOCATED AT 22222 REDWOOD ROAD, CV

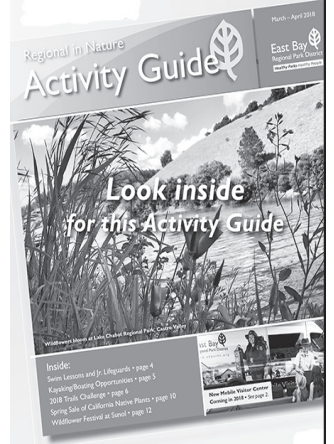
Disposal of Two Textbooks

The Castro Valley School District is planning to dispose of two surplus textbooks: *Beginning Auto Cad 2013* by Cheryl R. Shrock, and *Drafting and Design*, by Kicklighter & Brown 7th Edition.

The School Board is expected to adopt the Resolution of Disposal at the May 22 regular board meeting. For more info, call Denise Hohn, Director of Educational Services at: 510-537-3000 ext. 1278.

This issue of the Castro Valley Forum contains the East Bay Regional Park District May - June 2019 Activity Guide.

If your copy of the Forum does not include the EBRP Activity Guide, call 510-614-1555 or stop by the Forum office (2060 Washington Avenue, San Leandro, CA 94577) between 9:00 a.m. and 5:00 p.m. Monday through Friday to obtain one.



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Castro Valley Rotary
Rowell Ranch Rodeo

Parade

Saturday, May 11

RowellRanchRodeoParade.com

Castro Valley Rotary
Chili Cook-Off

Friday, May 10

CVChiliCookoff.com



Rowell Ranch Rodeo

May 11-19

RowellRanchRodeo.com

*Parade Theme