

# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 31

WEDNESDAY, SEPTEMBER 18, 2019

NO. 37

## INSIDE YOUR FORUM

### NEWS



#### Coastal Cleanup

Volunteers needed to pick up litter on local beaches this Saturday

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### LIVING



#### Fall Favorites

These recipes are to fall for. Celebrate fall's arrival with these favorites

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#### Senior Care

Geriatricians can help seniors determine their long-term care needs

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PHONE: (510) 614-1560

## CV School Improvements Greet Returning Students

The Castro Valley Unified School District welcomed some 9,300 students on August 13 with a number of Measure G improvements that were completed over the summer.

They included modernization of 83 classrooms at eight schools, 19 playgrounds at nine elementary schools, new student lockers at Castro Valley High and Canyon Middle schools, new artificial turf field and synthetic track at CVHS, upgraded heating, ventilation, and air conditioning systems at three elementary schools, power and technology upgrades, and modernization of four school libraries, to name just a few.

And more are on the way.

Among current projects that are under construction are five new high school classrooms that will be completed this fall, dozens of classroom modernizations, and the new CVHS Health & Wellness Center that will be finished next February.

"The Wellness Center on the CVHS campus has seen exponential growth over the last 18 months, with over 2,000 student visits last school year," said Marian Meadows, Coordinator of Behavioral Health Services. "We see *SCHOOL* on back page



PHOTOS COURTESY OF CASTRO VALLEY UNIFIED SCHOOL DISTRICT  
**UNDER CONSTRUCTION:** The new Castro Valley High School Health & Wellness Center scheduled for completion next February.

## First Look at Anita Avenue Design Options

By Michael Singer  
CASTRO VALLEY FORUM

People living along Anita Avenue got their first look at a street and sidewalk improvement project whose goal includes making it safer for kids to get to schools in the neighborhood.

Engineers and staff with the Public Works Agency (PWA) of Alameda County presented two design options before a small crowd this past Thursday at Castro Valley Library. The process is expected to begin in the fall of 2020 with groundbreaking targeted for the summer of 2022.

"We want to hear directly from the people who live on these streets," PWA spokesperson Halima Anderson told the Castro Valley Forum. "It's important that they have a say in the features and safety of these improvements. We're reaching out to as many residents in a 100-foot radius of Anita Avenue because road improvements impact them as well."

The project will stretch along both sides of Anita Ave. between Somerset Ave. and Castro Valley



Blvd. and will impact the back entrance to Castro Valley Elementary and Our Lady of Grace Catholic schools, and Growing Years Preschool.

Funding will come from SB-1 state road and repair budgets. Curbed sidewalks, eco-friendly drainage, crosswalk safety features, and new trees are included.

Similar projects in Castro Valley include Center Street, Santa Maria Avenue, and the soon-to-begin sidewalk construction on Stanton Avenue.

Unlike the other local street projects, Anita Avenue's biggest challenge is the space available to make improvements. Most Castro Valley streets were built with a 50-foot right of way — the distance needed to accommodate the road

see *ANITA* on page 10



PHOTO BY BOB SWANSON

**ID FOR CV:** Supervisor Nate Miley and other county officials joined artist Robert Minervini on Saturday morning for the symbolic ribbon-cutting to celebrate the Castro Valley Community Identifier located on the Redwood Road overpass of I-580.



## Castro Valley Weather Sept 18 - 22, 2019



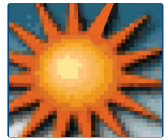
Wednesday  
Drizzle/Showers  
High 74° Low 56°



Thursday  
Mostly Sunny  
High 76° Low 54°



Friday  
Sunny, Warm  
High 80° Low 55°



Saturday  
Sunny, Warm  
High 82° Low 56°



Sunday  
Mostly Sunny  
High 78° Low 57°

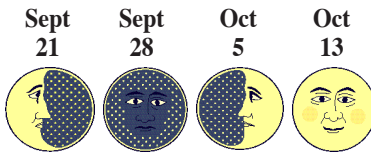
### Almanac



Sun sets at 7:13 p.m. today, rises at 6:54 a.m. Thursday.

Past Week's Rain: 00.38  
Season To Date: 00.38  
Normal To Date: 00.00  
Season Average: 21.22

### Moon Phases



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## Ten Sports to Represent in Hall of Fame

By Lowell Hickey  
SPECIAL TO THE FORUM

Athletes and coaches representing 10 different sports, plus a thoroughbred horse trainer and a media celebrity, make up the 2020 Castro Valley Sports Hall of Fame class.

Former Laney and Chabot College baseball coach Don Christiansen, current Castro Valley High track and field coach Dooney Jones and Castro Valley Track Club founder and coach Jim Phillips represent the coaching fraternity in the latest class of 16.

Athletes include soccer star Miranda Nild, swimming standout Carson Sand, team handball Olympian Steve Goss, tennis professional Jamie Pawid Haas, basketball phenom Denise Nolereth Bunker, track and cross country stalwart Calvin Gaziano, golf champion Matt Kern, football running back John Willits, All-American distance runner Ayla Granados, all-around athlete Amanda Medrano and the late cross country and track standout Jack Welch.

Rounding out the star-studded class are veteran thoroughbred trainer Bob Hess, Sr., and well-known print and broadcast journalist Monte Poole.

see **SPORTS** on page 8



## Coastal Cleanup Day

You can help beautify and preserve East Bay shorelines during the 35th Annual Coastal Cleanup Day this Saturday, Sept. 21.

The East Bay Regional Park District has selected 10 sites for cleanup, including bayside beaches, shoreline trails, and inland lakes. Volunteers will join park district staff to pick up litter and recyclables.

Participants are encouraged to bring a refillable water bottle, bucket for trash, hat, gloves, and sunscreen, and wear closed-toe shoes and layered clothing. Snacks, water, and trash bags will be provided. All events are drop-in with no registration required. Children under 16 years old must be accompanied by an adult.

### NEARBY CLEANUP SITES Saturday, Sept. 21 • 9 a.m. to noon

- Bay Trail at Encinal Beach, Alameda (behind Encinal High School)
- Crown Memorial State Beach, Alameda, near Park St. and Shoreline Drive
- Del Valle Regional Park, Livermore, Fiesta Grande Picnic Site
- Hayward Regional Shoreline, Hayward, West Winton Ave. Staging Area
- MLK, Jr. Regional Shoreline, Oakland - Oakport Street Staging Area
- Point Isabel Regional Shoreline, Richmond - Rydin Road Staging Area
- Point Pinole Regional Shoreline, Richmond - Giant Road Staging Area

For more information, visit [www.ebparks.org/coastalcleanup](http://www.ebparks.org/coastalcleanup) or call 510-544-2515.

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\*For this special we are going to welcome back all former members this month. Can't combine with any other offers.



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Knows Your Name**



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HERE THIS  
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Monthly Dues for  
Singles = \$212



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## Our Lady of Grace Festival 2019

3433 Somerset Ave., Castro Valley (Enter on San Miguel for parking)

**Saturday, Sept. 28 • 12pm - 10pm**

**Sunday, Sept. 29 • 11am - 7pm**

**Live Entertainment • Carnival Games • Snack Shack**  
**Gourmet Food • Flea Market • Beer, Wine & Margaritas**

**Join Us for the CHILI COOK OFF - Sunday, Noon - 4:00pm**

**Pancake Breakfast - Sunday, Sept. 29 • 8:30 am - 12 am**

For more information: [www.olgfestival.com](http://www.olgfestival.com)



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From left, Rotary Club of Castro Valley President Todd Anglin, CV Rotarian Carol Bigelow, Ruby's Place Executive Director Sophora Acheson, and CV Rotarian Bruce D. Johnson.

## Rotarians Donate to Ruby's Place

Last week, Castro Valley Rotary President Todd Anglin presented a check for \$300 to Sophora Acheson, Executive Director of Ruby's Place, to assist the organization's efforts to combat spousal and child abuse and human trafficking.

Acheson presented an overview of the mission and vision of Ru-

by's Place and thanked the Club for its past support.

Ruby's Place offices are located in Castro Valley with a shelter in Hayward for women and children who have experienced domestic violence or human trafficking, as well as a shelter in Oakland for adult men who have experienced human trafficking.

The Castro Valley Rotary regularly collects canned foods for Ruby's Place, and its sheltered families are guests at the Club's annual Children's Christmas Party, including transportation to and from the event. Canned food and cash donations can be dropped off at the offices of Ruby's Place at 20880 Baker Road, Castro Valley.

## 'Friday Night Lights II' on October 4

Hayward High School will host an alumni "Mega Raffle Friday Night Lights II" on Friday, Oct. 4, with a tailgate party at 3 p.m. followed by a football home game at 7 p.m.

The school, at 1633 East Ave., has 1,700 students, many of whom live in Castro Valley.

Last year the event raised over \$25,000 and this year the school hopes to surpass that total. Cash donations are welcome. Hayward High's non-profit tax ID # is 941693499.

Money raised will go toward student sports, academics, clubs and support services. Tailgate BBQ tickets are \$20, raffle tickets are \$10 each or three for \$25. Prizes include golf at Blackhawk and Stonebrae courses, four plane tickets anywhere Alaska or Southwest flies, a Gary Clark original painting and more.

see **LIGHTS** on page 5

**HAVE A COOL  
CV PHOTO?**

WE WANT TO SEE IT! EMAIL:  
[fredz@ebpublishing.com](mailto:fredz@ebpublishing.com)

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Unlucky Petty Thieves with Illegal Drug Paraphernalia

Friday, September 13: at 12:12 a.m., Sheriff's deputies arrested two men on suspicion of petty theft and possession of illegal drug paraphernalia. The men—ages 37 and 40 who gave no home address—were loitering outside a grocery store on Castro Valley Boulevard near Redwood Road when deputies stopped them for questioning. Deputies report the men were trying to break into cars. The men were handcuffed and taken into custody.

### Wanted Man

Thursday, September 12: at 2:40 p.m., a 21-year-old man with no permanent residence was arrested as part of a court-issued warrant for his arrest. Deputies served the warrant to the man outside a business on Castro Valley Boulevard near San Miguel Avenue. The man resisted arrest at first but went along without incident. Deputies took the man to Santa Rita Jail pending \$7,500 in bail.

### Illegal Narcotics at BART Parking Lot

Thursday, September 12: at 11:16 a.m., deputies arrested a 30-year-

old woman from Castro Valley on suspicion of possession of illegal narcotics. The woman was parked at the Castro Valley BART station on Norbridge Avenue when deputies stopped her for questioning and discovered her stash. The woman was taken into custody.

### Robbery and Threatening Violence

Wednesday, September 11: at 5:28 p.m., a 31-year-old man from Castro Valley was arrested on suspicion of robbery and threatening violence. Deputies were called to a grocery store on Castro Valley Boulevard near Redwood Road after store managers say a customer threatened to harm a clerk unless they gave him money and then he ran out the door. The man was stopped by store security until deputies arrived and taken into custody.

### Wanted for Breaking And Entering

Wednesday, September 11: at 11:25 a.m., deputies arrested a 26-year-old man on suspicion of possession of illegal narcotics. The man was also wanted as part of a warrant issued for his capture related to charges of breaking and

entering a home. Deputies caught up with the suspect on North 4th Street near Leila Street where they served the warrant. The man was taken to Santa Rita Jail and held without bail.

### Caught Hiding on Cull Canyon

Tuesday, September 10: at 6:33 p.m., a 40-year-old man with no permanent residence was arrested as part of a warrant issued for his capture. The man was previously charged in another county with assault and battery. Deputies caught up with the man on Cull Canyon just south of Fox Valley Farms. The man was handcuffed and taken to Santa Rita Jail pending \$10,000 in bail.

### Wanted for Attempted Home Robbery

Tuesday, September 10: at 2:10 p.m., deputies arrested a 24-year-old man from San Leandro as part of a warrant issued for his capture. The man was previously charged with breaking and entering a home. Deputies caught up with the man on Middleton Avenue near Lake Chabot Road. The man was taken to Santa Rita Jail and held without bail.



Eden Health District

presents

## Saving Lives - Myths and Realities of Teen Depression

An Evening for High School  
Students at the Barbara Lee  
Center for Health and Wellness

2251 Bancroft Avenue  
San Leandro

Wednesday, September 25, 2019

6:00pm - 7:30pm

**FREE Admission and Pizza!**

Friends, Family, Schools and Community Partners  
can all contribute to a Life Worth Living!



**6:00pm - 6:40pm You will hear from:**

**John Bass, LMFT, School Based Therapist &  
Damon Eaves, LCSW, Assistant Director, Child & Young Adult  
System of Care, Alameda County Behavioral Health Care**

- Identifying the signs and symptoms of depression vs normal teen moodiness (hormones)
- Know what causes teen trauma and what to look for: divorce, drugs, abuse
- How to prevent your teens mental health issues from getting worse/know when to get help
- How to use your extended family and community to help your teen find help

**6:40pm - 7:15pm You will hear from:**

**Cheryl A. Theis, MA, Education Advocate, DREDF (Disability Rights Education and Defense Fund)**

- How "invisible disabilities" like mental health challenges can make school difficult
- How to individualize your education through an IEP/504 with supports, services & placements
- Who to contact when problems/issues arise & how to contact school staff
- How to protect your privacy (FERPA)

**7:15pm - 7:30pm Q&A session**

**Seating is Limited - Call (510) 538-2035 to Register  
PARENTS ARE WELCOME**

Partners in Health

Alameda County Behavioral Health Care Services - Disability Rights Education & Defense Fund (DREDF)  
San Leandro Unified School District - Barbara Lee Health & Wellness Center - Crisis Support Services of Alameda County

To learn more about the Eden Health District go to [www.ethd.org](http://www.ethd.org)

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\*All sharps containers should be made of heavy-duty plastic; able to close with a tight-fitting, puncture resistant lid without sharps being able to come out.



## The Week Ahead

### ● Wednesday, September 18: East Bay Rose Society Meeting

Burling Leong, a hybridizer who has successfully introduced miniature and miniflora roses, will present an illustrated talk on the process, from parent selection through pollination and seed harvesting, at the next meeting of the East Bay Rose Society at 7:30 p.m. this evening at the Lakeside Garden Center, 666 Bellevue, in Oakland. Come enjoy snacks and the show. Info at [www.eastbayroses.org](http://www.eastbayroses.org)

### ● Thursday, September 19: Fairview Fire Station Open House

The Fairview Fire Protection District, which serves the Fairview and Five Canyons communities, will host an Open House at its Fire Station at 25862 Five Canyons Parkway from 3-7 p.m. tomorrow. Meet your firefighters, tour the Fire Station, enjoy snacks and refreshments. Check [fairviewfiredistrict.org/](http://fairviewfiredistrict.org/) for more information.

### ● Friday, September 20: CVHS 40th Reunion

Rick Vanderbilt, Castro Valley High School Class of 1979, is leading the team putting together the official Castro Valley High School Class of 1979 40th reunion this Friday at Canyon Lakes Golf Course & Brewery, 640 Bollinger Canyon Way in San Ramon. Tickets and more info at [www.cvhsclassof79.com](http://www.cvhsclassof79.com). For more information you can also contact Rick at [www.cvhsclassof79@gmail.com](mailto:www.cvhsclassof79@gmail.com)

### ● Saturday, September 21: Free ACT Practice Test

Teens are invited to partake in a free ACT practice test administered by The Princeton Review at the Castro Valley Library from 10 a.m. to 1:30 p.m. this Saturday. In preparation for what might be the most important test of your life, this 4.5-hour workshop will offer you the opportunity to practice and find out how you would score on the new test. Get realistic practice and try your hand at the types of questions you'll face on the actual exam. You will also receive a personalized score report pinpointing your strengths and weaknesses. Registration is requested. Sign up by phone 510-745-1401 or in person.

### ● Saturday, September 21: International Day of Peace

The Eden Interfaith Council, in partnership with East Bay Regional Parks, and Samuel Merritt School of Health Science, is sponsoring a 9 a.m. Multicultural Wellness Walk, followed by a program of song, talks about the Climate crisis, and interfaith prayer at 11:30 a.m. this Satur-

day at the Cove Picnic area at Lake Chabot, 17600 Lake Chabot Road. Refreshments will be served and limited free boat rides offered at 1 p.m. Parking is free to participants. Kids are welcome. This free event is one of many activities taking place during an international Week of Climate Action. Email questions to [info@edeninterfaith.org](mailto:info@edeninterfaith.org)

### ● Saturday & Sunday, Sept 21-22: Dinner Theater

Starr King Unitarian-Universalist Church at 22577 Bayview Ave. in Hayward invites you to enjoy "The Legend of Ratbone," a western musical comedy and dinner, this weekend. On Saturday, doors open at 6, curtain at 6:30 p.m.. On Sunday, doors open at 2, curtain at 2:30 p.m. Tickets for dinner and the show (adults \$35; kids up to 16 \$20; under 10 free ) available online at [www.eventbrite.com/emystery-dinner](http://www.eventbrite.com/emystery-dinner) or at the door, for this fundraising theater event.

### ● Saturday, September 21: Eden Area Village Coffee

Join Eden Area Village for coffee at the Cannery Cafe, 22380 Foothill Blvd., Hayward at 9 a.m. on Saturday for the monthly coffee and learn how we are working together to help seniors remain in their homes. For more info, visit [edenareavillage.org](http://edenareavillage.org)

### ● Saturday, September 21: Memory Loss Workshops

People with mild cognitive impairments or early stage dementia and their primary care partners are invited to participate in 2-1/2 hour equine guided workshops on Sept. 21, 29 and Oct. 5 at Rancho de los Amigos, 12350 Cull Canyon Road in Castro Valley. No prior experience with horses is necessary. Participants will be engaging with horses from the ground, no riding. For more info, call Judy at 925-708-0067 or visit [onectedhorse.com/contact](http://onectedhorse.com/contact)

### ● Saturday, September 21: Living with Dementia

Hope Hospice, at 6377 Clark Ave., Suite 100 in Dublin presents a new one-time class in its Living With Dementia education series for family caregivers, from 10 a.m. to 11:30 a.m. this Saturday. Advance registration is required by calling 925-829-8770. This free class, by Jim and Helen Whitworth, experts in Lewy Body Dementia and Parkinson's Disease, is applicable for all dementias regarding non-drug interventions for dementia-related behaviors.

### ● Saturday, September 21: San Leandro Creek Cleanup

Groups and individuals are welcome to help clean up San Leandro Creek, meeting at the south side of the bridge over the creek on Hegenberger Road in Oakland at 9:30 a.m. and continuing to 12:30 p.m. this Saturday. Bring gloves, wear heavy shoes and clothing. Trash bags and vinyl gloves will be provided.

### ● Sunday, September 22: Eden Church "Welcome Home"

Eden Church at 21455 Birch St., Hayward, is hosting Bluegrass band Roanoke Revival playing in the church lobby from 11:30 a.m. to 12:30 p.m. Sunday (following 10 a.m. worship) and a free BBQ lunch on the patio at noon, with a bouncy house, carnival games and face painting for children. Enjoy a pop-up cafe, quilt display and take a tour of the church. Come find out what a progressive, fun-loving, LGBTQ+ affirming church looks like! For more info, call 510-582-9533.

### ● Sunday, September 22: Hayward Airport Open House

Hayward Executive Airport invites you to its annual Open House from 10 a.m. to 4 p.m. this Sunday, celebrating Women in Aviation. Free entry and parking at the airport, 20301 Skywest Drive. Dozens of airplanes, from vintage models to business and military jets, helicopters and other aircraft will be on display, as well as classic cars and emergency response vehicles. Featured this year are low-cost airplane rides for adults and children. For more info, visit [www.haywardairport.org](http://www.haywardairport.org)

### ● Sunday, September 22: Holistic Healing Arts

Tynan Davis, a therapeutic art and mindfulness life coach, multimedia artist, and consciousness researcher, explores how expressive art and mindfulness play a role in gaining proper balance in life and help us achieve optimal health. He will discuss the principles and benefits of holistic medicine and mindfulness-based health care from 2:30 to 4:30 p.m. this Sunday at the Castro Valley Library. No tickets are required for this free event.

### ● Monday, September 23: Eden Garden Club Meeting

Pete Veilleux a master designer, nurseryman and photographer, will be speaker at the next meeting at 9:30 a.m. on Monday at the Moose Lodge, 20835 Rutledge Road. Pete owns East Bay Wilds in Oakland and grows natives and rare plants and is a reservoir of information on how to succeed with them. Plants will be available for purchase. Meetings are free, guests are welcome. Call 510-397-1268 for more info.

### ● Tuesday, September 24: Rotary Mixer

The Rotary Club of Castro Valley invites you to join their mixer at JP's Restaurant on Castro Valley Blvd. from 5:30 to 7:30 p.m. on Sept. 24. (No luncheon meeting.) For info, visit [castrovalleyrotary.org](http://castrovalleyrotary.org)

## ...and Beyond

### ● Wednesday, September 25: Fraud Targeting Seniors

Faith Lutheran Church at 20080 Redwood Road will present a free talk by non-profit HICAP Legal Assistance for Seniors on common

scams and forms of consumer fraud targeting seniors, how to recognize them and where to get help, from 10:30 a.m. to noon on Sept. 25.

### ● Friday, September 27: 27th Annual Cop Shop BBQ

The Alameda County Sheriff's Office will hold its annual Cop Shop BBQ (tri-tip, chicken and hot links with salad, dessert, beverages and great raffle prizes) on Friday, Sept. 27, from 5:30 to 9 p.m., at First Presbyterian Church, 2490 Grove Way in Castro Valley. For tickets (\$12 adults, \$6 kids 12 and under) call 510-667-7770 (or \$15 at the door).

### ● Saturday, September 28: Community Blood Drive

Redwood Chapel will host a Red Cross Community Blood Drive from 9 a.m. to 2:30 p.m. in the Gym at 19300 Redwood Road. To schedule your appointment, visit [redcrossblood.org/give.html/find-drive](http://redcrossblood.org/give.html/find-drive) and enter sponsor code: Redwood, or call 1-800-733-2767.

### ● Saturday, September 28: 11th Annual Bocce Tournament

The public is invited to the Buon Tempo Italian American Club's 11th Annual Big Salami Shoot Bocce Tournament Sept. 28 at the Ken Martin Bocce Courts on San Miguel Ave. For a \$5 donation to the George Mark Children's House, you'll have a chance to win some great prizes: Mens haircuts donated by the Barber Al Proietti, a gift certificate from R&J Cleaners, Al's Food Market, The Ice Creamery, Big Apple Bagels, Plaza Bottle Shop, a gift card from The Cobbler's shoe store. Win Family dinners for two at the Buon Tempo Italian American Club, and more great gifts. No age limit or bocce skills required.

### ● Saturday, September 28: Free SAT Practice Test

Teens are invited to partake in a free New SAT practice test administered by The Princeton Review at the Castro Valley Library from 10 a.m. to 1:30 p.m. on Sept. 28. In preparation for what might be the most important test of their life, this 3.5-hour workshop will offer you the opportunity to practice and find out how you would score on the new test. Get realistic practice and try your hand at the types of questions you'll face on the actual exam. You will also receive a personalized score report pinpointing your strengths and weaknesses. Registration is requested. Sign up by phone 510-745-1401 or in person.

### ● Tuesday, October 1: Retired Teachers Lunch

The Fall Gathering of the California Retired Teachers Association (CalRTA) Division 59 will be held from 11:15 a.m. to 2 p.m. Oct. 1 at the Castro Valley Masonic Center, at Castro Valley Blvd. and Crown Canyon Road, with a delicious lunch for \$12 and entertainment. For reservations, contact Ruth before Sept. 27 at 510-364-9211.

## Arts & Entertainment

### CASTRO VALLEY CENTER FOR THE ARTS

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

● **"Like,"** a documentary about the impact of social media on our lives, will be presented at the Castro Valley Center for the Arts at 6:30 p.m. this evening, Sept. 18, followed by a brief panel discussion, sponsored by Murline Monat, Compass Realtor. Seats are limited, first come, first serve.

### OTHER THEATRICAL & MUSICAL PERFORMANCES

● **Kent Ludwig's "The Three Musketeers"** is kicking-off the 40th Anniversary season at the Douglas Morrisson Theatre. This adaptation, which was commissioned by the Bristol Old Vic in England, is based on the timeless swashbuckler by Alexandre Dumas, a tale of heroism, treachery, close escapes and above all, honor. Performances are at 8 p.m. Fridays and Saturdays, and 2 p.m. on Sundays through Sept. 29 at the theatre, 22311 N. Third St., Hayward. For tickets (\$10 preview, \$29 general), call 510-881-6777.

### AT THE CHABOT CINEMA, 9/18 - 9/27

● **"It Chapter Two"** (R) AD; CC; DVS  
Wed & Thu: (3:45), 7:20

● **"Brittany Runs a Marathon"** (R) AD; CC; DVS  
Fri: (1:15), (3:50), 6:20, 8:50  
Sat & Sun: (1:45), (4:30), 7:00, 9:25  
Mon - Thu: (1:45), (4:30), 7:00

● **"The Rocky Horror Picture Show"** (R) AD; CC; DVS  
Fri: 11:55 p.m.

*Items for the Community Calendar as well as news submissions must be received by 6 p.m. Friday for the following Wednesday's newspaper. Send to [fredz@ebpublishing.com](mailto:fredz@ebpublishing.com)*

### CASTRO VALLEY FORUM CASTROVALLEYFORUM.COM

ESTABLISHED: 1989 • CIRCULATION 22,500  
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Published every Wednesday by EastBay Publishing Corp.  
2060 Washington Ave., San Leandro, CA 94577  
Corporate Address: P.O. Box 2897, Alameda, CA 94501  
Tel: 510-614-1560 • Fax: 510-483-4209

Fred Zehnder, Editor & Publisher  
[fredz@ebpublishing.com](mailto:fredz@ebpublishing.com)

Howard Morrison, Assoc. Publisher  
[howardm@ebpublishing.com](mailto:howardm@ebpublishing.com)

Helen Burkett, Advertising Design Mgr.  
[helenb@ebpublishing.com](mailto:helenb@ebpublishing.com)

Moxie Morrison, Layout Design  
[moxmore@yahoo.com](mailto:moxmore@yahoo.com)

Claudette E. Morrison, Business Mgr.  
[cm@ebpublishing.com](mailto:cm@ebpublishing.com)

Patrick Vadnais, Classified Ads / Obituaries  
[patrickv@ebpublishing.com](mailto:patrickv@ebpublishing.com)

Mary Florence, Advertising Sales  
861-3270 [Maryflorence798@gmail.com](mailto:Maryflorence798@gmail.com)

Linda Nakhai, Advertising Sales  
510-915-1513 [lnakhai@comcast.net](mailto:lnakhai@comcast.net)

Amy Sylvestri, News  
[amys@ebpublishing.com](mailto:amys@ebpublishing.com)  
510-614-1561

Jim Carrizo, Sports  
[jimcvsports@gmail.com](mailto:jimcvsports@gmail.com)  
510-967-3759

#### Contributing Writers:

Linda Sandsmark

Michael Singer

Gene Osofsky

Carl Medford

Terry Liebowitz

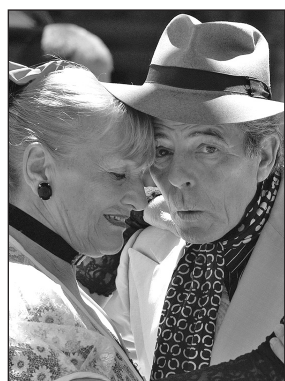
Amy Ramos

Linette Escobar

Thomas Lorentzen

Buzz Bertolero

## Soiree Seniors Invite You to Join the Fun!



Soiree Seniors, a non-profit organization that provides social and recreational activities for adults over 55, invites you to participate in their breakfast, dinners, social hours, coffee breaks, picnics and BBQs. Members get together for movies, board games, garden parties, dances, walks, bowling and bocce. Seniors can participate until the end of the year with no dues. Those wishing to receive the group's newsletter listing monthly activities should contact the New Membership Chairperson at **510-581-0316** or **510-303-1055**.





Visitors waited in line Saturday for a look inside Hayward's new 21st Century Library which, after several delays, opened its doors for regular operations and an Open House celebration.

PHOTOS BY FRED ZEHNDER

## New Hayward Library Opens

After a number of delays, Hayward's new 21st Century Library and Community Learning Center opened its doors for regular operations and a community open house Saturday morning.

"We are very excited to finally be able to invite our local residents into this amazing building and start offering our services in a downtown location once again," said Hayward Library Director Jayanti Addleman.

Construction of the new library at 888 C Street and the new Heritage Plaza on the site of the old main library across the street — a combined \$60 million project — are being financed through a half-cent sales tax passed by Hayward voters in 2014.

Together, the new library and plaza set a new standard for environmentally sustainable design. The building will be a net-zero-energy facility, meaning 100-percent energy self-sufficient.

Once fully operational, the new



When fully operational, the new three-story, 58,000 square-foot library at 888 C Street will house 50 percent more books and other materials than its predecessor.

three-story, 58,000 square-foot library will house 50 percent more books and other materials than the old library, plus dozens of computers, 3D printers, robotics and textiles, a digital media lab; multiple community meeting rooms, a café,

and a Homework Support Center.

Saturday's opening was celebrated with live music, and library tours conducted in English, Spanish and Mandarin Chinese, free gifts from the Friends of the Library and much more.

## Niles Canyon Road Closes On Sunday

Niles Canyon Road will be closed to motor vehicles this Sunday, Sept. 22, to give full roadway access to hikers, runners and bicyclists, and to raise awareness about a proposed new public trail through the scenic Canyon.

To make way for "The Niles Canyon Stroll and Roll," automobiles will be barred from a stretch of Niles Canyon Road between Mission Blvd. in Fremont and Main Street in Sunol from 7 a.m. to 2 p.m. From 7 to 8 a.m., the road will be open to bicyclists only.

Participants in the unusual event also will have the chance to discuss proposals to enhance public access to Niles Canyon with staff from Alameda County and the East Bay Regional Park District.

A project study completed in 2017 suggested that a 10-foot-wide paved pathway running mostly along the north side of Niles Canyon Road would be the preferred way to enhance access to the Canyon for pedestrians, bicyclists and possibly equestrians.

In October 2015, County Supervisors Scott Haggerty and Richard Valle co-sponsored the first "Niles Canyon Stroll and Roll," which was so successful it was repeated in 2017. Organizers of this year's Stroll and Roll say they are preparing for as many as 10,000 people to participate.

Proposals for a public trail through Niles Canyon are driven by the canyon's breathtaking scenery, accessible only via Niles Canyon Road, a winding two-lane portion of State Highway 84.

Bicyclists have repeatedly called for a trail due to safety concerns related to sharing the narrow roadway — which has no shoulder in some sections — with automobiles.

Visit [www.84strollroll.com](http://www.84strollroll.com) to learn more about the Niles Canyon Multi-Use Trail proposal and Sunday's roadway closure.



Above from left, Former Kiwanis Lt. Governor, Joe Wu, current Lt. Governor Denise Gasti, and Club President Zuberi Johnson. Below, President Johnson and Club Members Emmanuel Escobal and Ken Batalao.



## Local Kiwanis Club Installs New Officers

The Hayward-Castro Valley Kiwanis Club installed its 2019-2020 officers last week on September 10th at the Joyful House restaurant in Castro Valley.

With a theme of "Take Me Out to the Ballgame," President Zuberi Johnson, Vice President Dave Wilhite, Treasurer Lynne Tierney, and Secretary Bill Mulgrew were installed by former Kiwanis Lt. Governor Joe Wu.

Johnson pledged to increase the emphasis on youth leadership in the community while creating new and impactful programs to serve the needs of local children.

Seven current and former Lt. Governors were present to welcome the new officers.

The Kiwanis Club has been active in the community for 79 years, and meets every Tuesday at 6:30 p.m. at the Joyful House restaurant in Castro Valley.

## Lights: Friday, October 4

continued from page 3

The school is reaching out to the community for support, including raffle items or cash donations. Raffle items may be donated through Linda Veon at 510-504-3833 or Greg Olberg at 510-258-2113. Donations of food

or beverages for the tailgate may be arranged with Frank Haro at 510-909-4040.

Tickets to the tailgate BBQ and raffle are available through eventbrite, Facebook at [haywardhighalumfridaynightlights](https://www.facebook.com/haywardhighalumfridaynightlights) and Instagram: [haywardhighalum](https://www.instagram.com/haywardhighalum).

### CROSSWORD PUZZLE ANSWERS

|           |           |        |
|-----------|-----------|--------|
| PAY       | DOH       | ELUDE  |
| LIE       | ARE       | LASER  |
| URN       | DAMASCENE |        |
| MET       | STAGE     |        |
| BRAG      | ENE       | SKEW   |
|           | HUD       | DAMONE |
| IDIOT     |           | GUIDE  |
| DAMSEL    | GAR       |        |
| SWAT      | ODE       | FOAL   |
|           | BUENO     | FRO    |
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## HOROSCOPE by Salomé

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**ARIES (March 21 to April 19)** Travel plans could be interrupted by the re-emergence of a workplace problem that was never quite fully resolved. Deal with it at once, and then take off on that well-deserved trip.

**TAURUS (April 20 to May 20)** Aspects favor cultural activities for sensuous Bovines. Attend a concert or an art show. Better yet, create something yourself (a poem, perhaps?), and dedicate it to someone special.

**GEMINI (May 21 to June 20)** Respect any doubts you might now be feeling about a new situation. They could be reflecting your inner awareness that some essential information might be missing. Check it out.

**CANCER (June 21 to July 22)** It's important to start the new month with as clean a slate as possible. Either complete all those unfinished tasks or pass them on to others who would be more than happy to take them on.

**LEO (July 23 to August 22)** This is a good time to cut down on expenses and tame that urge to splurge. Applying some financial discipline now could help the Big Cat ride out a possible monetary crunch later on.

**VIRGO (August 23 to September 22)** Money matters are dominant this week. Recheck your accounts and make sure they're up-to-date. Also, pay more attention to personal issues before they become major problems.

**LIBRA (September 23 to October 22)** You might be tempted to employ the same tactics as your adversary, but that could backfire. Better to use the same balanced approach that has worked for you before and could again.

**SCORPIO (October 23 to November 21)** A changing workplace environment could stir up confusion as well as apprehension. Best to ignore the rumors and get the facts. You could find that the changes bring positive elements.

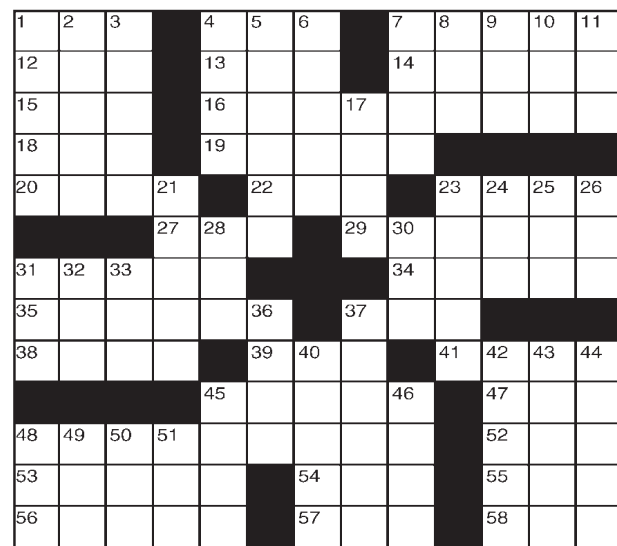
**SAGITTARIUS (November 22 to December 21)** Communication is easier this week with people ready and eager to hear what you have to say. Also, check for possible technical problems before you start your new project.

**CAPRICORN (December 22 to January 19)** Aspects favor change for the usually traditional Goat. Opening your mind to possibilities you had ignored could lead you to make decisions you once considered improbable.

**AQUARIUS (January 20 to February 18)** Making personal as well as professional adjustments to changing conditions might be easier with more information explaining the "hows" and "whys" of the situations in question.

**PISCES (February 19 to March 20)** With a growing tide of positive reactions to buoy your confidence, this could be the right time to put the finishing touches to your new project and get it well and truly launched.

## THE FORUM CROSSWORD



### ACROSS

- 1 Salary
- 4 Homer's outcry
- 7 Duck
- 12 Position
- 13 Exist
- 14 Eye surgery device
- 15 Grecian vessel
- 16 Syrian capitalist?
- 18 Encountered
- 19 Step
- 20 Boast
- 22 Compass pt.
- 23 Distort
- 27 Paul Newman movie
- 29 Crooner Vic
- 31 Dope
- 34 Steer
- 35 Maiden
- 37 Needlefish
- 38 Bat a gnat
- 39 Praise in verse
- 41 Young horse
- 45 Good, in Guadalajara
- 47 To and \_\_\_
- 48 Sinner's fate
- 52 Vat
- 53 Hunter in the sky
- 54 Prime meridian hrs.
- 55 Recede
- 56 Madrid mother
- 57 Ultramodernist
- 58 Aye undoer

### DOWN

- 1 Downright
- 2 Drying rack
- 3 Busybody
- 4 Root beer brand
- 5 Gave a talk
- 6 Macho type
- 7 Otherwise
- 8 Fond du \_\_\_
- 9 Work with
- 10 Lair
- 11 Preceding
- 17 On in years
- 21 Specter
- 23 Blue cartoon character
- 24 Japanese pond carp
- 25 Conclude
- 26 Teensy
- 28 Multipurpose truck
- 30 Khan title
- 31 Egos' counterparts
- 32 Margery of rhyme
- 33 "\_\_\_ Little Teapot"
- 36 LummoX
- 37 Human \_\_\_ Project
- 40 Condescend
- 42 Frequently
- 43 Caribbean resort island
- 44 Theater vestibule
- 45 Poison
- 46 Aware of
- 48 Comical DeLuise
- 49 Coach Parseghian
- 50 Central
- 51 Neither mate

ANSWERS ON PAGE 5

# Favorites for Autumn Appetites

This week's rain was a little reminder that fall is just a few days away.

As the days get shorter, the nights get colder, and leaves begin littering our sidewalks and yards, it's time for some delicious seasonal comfort foods.

## AUTUMN BISQUE

- 1 tablespoon olive oil
- 1 large onion, thinly sliced
- 1 (2-pound) butternut squash, peeled, seeded, cut into 1-1/2 inch cubes
- 1 (1.5-pound) trimmed celery root, peeled, cut into 1-inch cubes
- 6 cups chicken broth, skimmed
- 1/4 teaspoons grated nutmeg
- Salt & freshly ground pepper

Heat olive oil in a 3-quart pot over medium-high heat. Add onion, squash and celery root. Sauté, for about 12 minutes until very fragrant, stirring often to avoid scorching. Add stock and simmer, covered, until vegetables are very tender, about 25 minutes. Strain liquid from solids. Return liquid to pot. Purée solids in blender until smooth, then combine with liquid and stir well to combine. Add nutmeg and season to taste with salt and pepper. Makes 6 servings.

## ROSEMARY PORK ROAST

- 1-1/2 tablespoons fresh rosemary
- 2 teaspoons garlic salt
- 1/2 teaspoon dried thyme
- 1/4 teaspoon freshly ground black pepper
- 3-pound boneless pork loin roast
- Rosemary sprigs (optional)

Preheat oven to 350°F. In a large, resealable plastic bag, mix rosemary, garlic salt, thyme, and pepper. Place pork roast in the bag, seal, and toss until thoroughly coated with the garlic salt mixture. Transfer to a medium baking dish. Cook pork roast 1 hour in the preheated oven, or to an internal temperature of 160°F. Serve on platter garnished with rosemary sprigs. Serves 6.

## APPLE FRITTERS

- 1/2 cup plus 2 tablespoons sugar
- 3/4 teaspoon cinnamon
- 2 cups buttermilk
- 4 teaspoons vegetable oil, plus 2 cups for frying



A boneless pork loin roast coated with fresh rosemary, perfect for a fall dinner.

- 2 large eggs, lightly beaten
- 2 cups all-purpose flour (spooned and leveled)
- 2 teaspoons baking powder
- 1/2 teaspoon fine salt
- 4 medium tart apples, cored, peeled, and cut into 1/2-inch-thick rings

In a medium bowl, combine 1/2 cup sugar and cinnamon. In another medium bowl, whisk buttermilk, 4 teaspoons oil, and eggs. Stir in flour, 2 tablespoons sugar, baking powder, and salt.

In a large, heavy, high-sided skillet, heat 2 cups oil until it registers 375°F on a deep-fat or candy thermometer. (The oil should bubble rapidly when a drop of batter is added.)

In batches, coat apples in batter and fry until golden brown, about 4 minutes per batch, flipping halfway through. Transfer to a paper-towel-lined baking sheet to drain. Toss apples in cinnamon sugar and serve immediately. Yields 20.

## PUMPKIN BREAD

- 1 (15-ounce) can pumpkin puree
- 4 eggs
- 1 cup vegetable oil
- 2/3 cup water
- 3 cups white sugar
- 3-1/2 cups all-purpose flour
- 2 teaspoons baking soda
- 1-1/2 teaspoons salt
- 1 teaspoon cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves

- 1/4 teaspoon ground ginger

Preheat oven to 350°F. Grease and flour three 7x3-inch loaf pans.

In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans.

Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean. Yields 24 servings.

## CHEDDAR CORN CHOWDER

- 8 ounces bacon, chopped
- 1/4 cup olive oil
- 6 cups chopped yellow onions (about 4 large onions)
- 4 tablespoons butter
- 1/2 cup flour
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1/2 teaspoon ground turmeric
- 12 cups chicken stock
- 6 cups medium-diced white boiling potatoes, unpeeled
- 10 cups corn kernels (10 ears fresh, or 3 pounds frozen)
- 2 cups half-and-half
- 8 ounces sharp Cheddar cheese, grated

In a large stockpot over medium-high heat, cook the bacon and olive oil until the bacon is crisp, about 5 minutes. Remove the bacon with a slotted spoon and reserve. Reduce the heat to medium, add the onions and butter to the fat, and cook for 10 minutes, until the onions are translucent.

Stir in the flour, salt, pepper and turmeric and cook for 3 minutes. Add the chicken stock and potatoes, bring to a boil, and simmer uncovered for 15 minutes, until the potatoes are tender. If using fresh corn, cut the kernels off the cob and blanch them for 3 minutes in boiling salted water. Drain. (If using frozen corn you can skip this step.)

Add the corn to the soup, then add the half-and-half and cheddar. Cook for 5 more minutes, until the cheese is melted. Season, to taste, with salt and pepper. Serve hot with a garnish of bacon. Yields 10-12 servings.

## CRUNCHY PEAR-CELERY SALAD

- 4 stalks celery
- 2 tablespoons cider, raspberry or other fruit vinegar
- 2 tablespoons honey
- 1/4 teaspoon salt
- 2 ripe pears
- 1 cup finely diced white Cheddar cheese
- 1/2 cup chopped pecans
- Freshly ground pepper
- 6 cups butterhead or other lettuce

Soak celery in a bowl of ice water for 15-30 minutes. Drain, pat dry, and cut into 1/2-inch pieces.

Whisk vinegar, honey, and salt in a large bowl until blended. Add pears and gently stir to coat. Add the celery, cheese, and pecans, and stir to combine. Season with pepper. Divide the lettuce leaves among 6 plates and top with a portion of salad. Serve at room temperature or chilled. Yields 6 servings.

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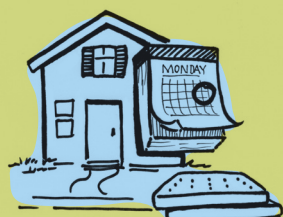


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OPTION 2

### Habitat for Humanity ReStore

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### Omega JV, Inc.

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### Hayward Transfer Station

3458 Enterprise Ave., Hayward, CA 94545

### Fremont Transfer and Recycling

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### City of Berkeley Transfer Station

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### Pleasanton Transfer Station

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See website for details.

## TAKE IT TO AN UPCOMING COLLECTION EVENT

OPTION 3

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Nov. 16, Dec. 21

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required

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Nov. 30, Dec. 28

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## ATHLETE OF THE WEEK

### Zach Sandoval

This week's Athlete of the Week is Zach Sandoval, a sophomore at Castro Valley High School and a member of the Trojans' Varsity football team where he plays running back and free safety.

CV defeated Dougherty Valley at home on Friday by a score of 42-7, where Sandoval had 4 rushes for 72 yards, with 2 touchdowns and had 4 catches for 94 yards.

In the first four games of the season, Sandoval has amassed 652 all-purpose yards, with 34 carries from scrimmage leading to 325 yards and 5 touchdowns, 11 receptions for 231 yards and 1 TD, 96 yards on 5 kick returns, and 2 interceptions. The Trojans will travel to Amador Valley this Friday for a game that starts at 7 p.m.



## CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

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



PHOTO BY BRUCE JOHNSON

**DAY ON THE GREENS:** from left, Cal Sakamoto (CV Sports Foundation Tournament Chair), Don Maestas, Brian Lundberg, Katie Ward-Crummey (2019 Rowell Ranch Rodeo Queen), Rick the Welder, Lee Slimm, and Brian Morrison (Rowell Ranch Rodeo Board).

## 'Day on the Greens' Tourney Raises Funds for CV Youth

The 3rd Annual Castro Valley Sports Foundation/Rowell Ranch Rodeo Parade "Day on the Greens" Golf Tournament was held Saturday at Redwood Canyon, where 80 golfers turned out to support youth athletics in Castro Valley and the Rowell Ranch Rodeo. Rowell Ranch Rodeo Queen Katie Ward-Crummey worked the tournament and assisted in presentation of awards.

"The Castro Valley Sports

Foundations commitment to support the student athletes in Castro Valley combined with the rich heritage of the Rowell Ranch Rodeo is a tremendous combination as we join forces to have a positive impact in the lives of those who will follow us and be tomorrow's moms and dads," said tournament Chairman Cal Sakamoto.

The First Place foursome of Brian Lundberg, Rick the Welder, Don Maestas and Lee Slimm shot a 57

in the best ball tournament; Second Place was won by the foursome of Rob Warren, Ed Chang, Dave Sinclair and Kevin Ikuma; Third Place was won by Chris Huston, Darrell Lavin, Mike Tong and Frank Lew. Individual skills winners were Longest Drive - Ashley Barbour (Ladies) and Darrell Lavin (Men); Closest to Pin (Ladies) Ashley Barbour and Brooke Fagundes; and (Men) Mike T., Rick Oakes and Brian Morrison.

## Sports: Nominations for the Hall of Fame

continued from page 2

Nominations for the Hall of Fame were solicited from the public and a seven-person committee appointed by the Castro Valley Sports Foundation has met regularly for the past eight months as part of the selection process.

The latest Hall of Fame class will be inducted on Sunday, April 26, 2020, at a banquet ceremony at the event center at Redwood Canyon. For tickets, email Ted Riche at: triche88@sbcglobal.net.

The Castro Valley Sports Hall of Fame has inducted a new class ev-

ery two years since 2010. Plaques recognizing the previous Hall of Fame inductees are on display at Knudsen's Ice Creamery on Castro Valley Blvd.

A 16-part series profiling each of the new inductees will run in the Forum beginning in December.

## SENIORS

## Who Needs to See a Geriatrician?

*What can you tell me about geriatrics doctors? My father, who's 82, takes eight different prescription drugs for different health issues but hasn't been feeling himself lately. I'm wondering if he would benefit by seeing a geriatrician in place of his regular primary care physician.*

By Jim Miller  
SPECIAL TO THE FORUM

**A** If your dad is dealing with a variety of health problems and is taking multiple medications, a visit to a geriatrician may be just the antidote to help get him back on track.

Here's a rundown of the different types of health conditions geriatricians treat and some tips to help you locate one in his area.

### • Geriatrics Doctors

For starters, it's important to know that geriatricians are family practice or internal medicine physicians that have had additional specialized training to manage the unique and, oftentimes multiple health concerns of older adults.

Just as a pediatrician specializes in caring for children, a geriatrician is trained to provide care for seniors, usually over age 75.

While most doctors, and even general practitioners, are trained to focus on a person's particular illness or disease, geriatricians are trained to look at all aspects that

can affect elderly patients – not just the physical symptoms.

They also often work with a team of other health care professionals like geriatric-trained nurses, rehabilitation therapists, nutritionists, social workers and psychiatrists to provide care. And, they will coordinate treatments among a patient's specialists.

Patients who can benefit from seeing a geriatrician are elderly seniors with multiple health and age-related problems such as cardiovascular disease, stroke, confusion and memory problems, Parkinson's and Alzheimer's disease, diabetes, hypertension, depression, respiratory problems, or see **GERIATRICIAN** on page 9

## CVHS SPORTS SCHEDULE

### GIRLS TENNIS

- THURSDAY, SEPTEMBER 19, 3:30 P.M. CVHS VARSITY VS. BERKELEY AT CVHS
- TUESDAY, SEPTEMBER 24, 3:30 P.M. CVHS VARSITY VS. ARROYO AWAY

### FOOTBALL

- FRIDAY, SEPTEMBER 20, 7:00 P.M. CVHS VARSITY VS. AMADOR VALLEY AWAY

### GIRLS VOLLEYBALL

- THURSDAY, SEPTEMBER 19, 4:00 P.M. CVHS FRESHMAN VS. BERKELEY AT CVHS
- THURSDAY, SEPTEMBER 19, 5:00 P.M. CVHS JV VS. BERKELEY AT CVHS
- THURSDAY, SEPTEMBER 19, 6:00 P.M. CVHS VARSITY VS. BERKELEY AT CVHS
- TUESDAY, SEPTEMBER 24, 4:00 P.M. CVHS JV VS. TENNYSON AT CVHS
- TUESDAY, SEPTEMBER 24, 5:00 P.M. CVHS VARSITY VS. TENNYSON AT CVHS

### WATER POLO

- TUESDAY, SEPTEMBER 24, 6:00 P.M. CVHS BOYS VARSITY VS. ALAMEDA AWAY

## Home Sharing Helps Seniors Find Renters

By Jim Miller  
SPECIAL TO THE FORUM

Renting out a spare room in your house is a great way to generate some extra income and even get some help with chores around the house.

To find a good fit, older homeowners often turn to "home sharing programs" that will match an empty nester with someone needing affordable housing.

But be aware that home sharing isn't for everyone. You need to carefully consider the pros and cons of renting out a spare room in your house and make a list of what you want and don't want in a housemate/renter.

To help you figure this out visit SharingHousing.com, this a website dedicated to understanding home sharing and which offers a guide and workbook (\$25) to help you find and choose a good housemate.

### Finding a Match

If you decide to proceed in finding a housemate/renter, your first step is to seek out a home sharing program in your area.

Home sharing programs, usually non-profits, screen both homeowners and renters. They check references, handle background checks and consider lifestyle criteria when making matches.

They can also help you with the leasing agreement that the renter

would sign that covers detailed issues like smoking, pets, chores, overnight guests, use of common rooms, quiet hours, etc.

Most home sharing programs are free to use or request a small donation. Others, however, may charge the homeowner and potential renter a fee for this service. To look for a home sharing program in your area visit the National Shared Housing Resource Center website at NationalSharedHousing.org.

### Other Options

If you don't find a program that serves your area, you can also search for housemates through an online home sharing service like Silvernest.com or SeniorHome-shares.com.

These sites work more like online dating sites that require homeowners and home seekers to fill out a profile. Once a match is made, you'll be responsible for contacting and interviewing prospective renters and making the final agreement.

If you don't have any luck with any of these home sharing sites,

put a call in to your Area Agency on Aging (call the Eldercare Locator at 800-677-1116 for contact information) who may be able to offer assistance or refer you to local agencies or nonprofit organizations that offer shared housing help.

You can also check with your local senior or community center, or local church you attend to see if you can post an ad on their bulletin board or in their newsletter. Or, you can advertise in your local newspaper or online at Craigslist.org, SpareRoom.com or Room-Mates.com.

If you find someone on your own that you're interested in renting to, ask the prospective renter to fill out a rental application (see RentalLeaseAgreement.org to download and print one for free) and run a tenant screening and background check, and then call their references. Tenant screening/background checks can be done for free at Naborly.com.

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

## Senior Scams Discussion

Faith Lutheran Church at 20080 Redwood Road will present a free talk by non-profit HICAP (Health Insurance Counseling and Advocacy Program) Legal Assistance

for Seniors on common scams and forms of fraud targeting seniors, how to recognize them and where to get help, from 10:30 a.m. to noon on Sept. 25.



## Geriatrician: Long-Term Care Needs

*continued from previous page*  
teoporosis, arthritis, chronic pain, mobility issues, incontinence, vision and hearing impairment, and trouble with balance and falls.

Geriatricians are also particularly adept at tackling medication problems. Because many seniors, like your dad, take multiple medications at the same time for various health conditions, and because aging bodies often absorb and metabolize drugs differently than younger adults, unique side effects and drug interactions are not uncommon.

A geriatrician will evaluate and monitor you dad's medications to be sure they are not affecting him in a harmful way.

Geriatricians can also help their patients and families determine their long-term care needs, like how long they can remain in their own homes safely without assistance, and what type of services may be necessary when they do need some extra help.

But not all seniors need to see a geriatrician. Seniors who have fewer health problems are just fine seeing their primary care physician.

### • Find a Geriatrician

Unfortunately, there's a shortage of geriatricians in the U.S., so depending on where you live, finding one may be challenging.

To locate one in your area, use Medicare's online physician search tool. Just go to [www.medicare.gov/physiciancompare](http://www.medicare.gov/physiciancompare) and type in your ZIP code, or city and state in the Enter your location box, and then type in geriatric medicine in the Search box.

Or, you can also get this information by calling Medicare at 800-633-4227. The American Geriatrics Society also has a geriatrician-finder tool on their website at [HealthinAging.org](http://HealthinAging.org).

Keep in mind, though, that locating a geriatrician doesn't guarantee your dad will be accepted as a patient. Many doctors already have a full patient roster and don't accept any new patients. You'll need to call the individual doctor's office to find out.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org).



Learn about local programs and resources that can help older adults stay engaged and active in their communities.

## Ideas on Aging Well

Staying connected to the community is a key ingredient to healthy and successful aging. But for many older adults, staying connected can be difficult.

Fortunately, older adults and their caregivers can contact the Eldercare Locator to learn about local programs and resources that can help them stay engaged and active in their communities.

Programs funded through the Older Americans Act provide older adults with many ways to stay active and involved in the community.

For example, exercise classes, educational programs, volunteer opportunities and other health and wellness activities are available

to older adults in communities around the country.

Need more help than that? The Eldercare Locator can also connect you to local resources designed to help older adults maintain their independence at home, such as transportation, in-home assistance with daily needs, home modifications and assistance with healthy meals.

*The Eldercare Locator is a free service of the U.S. Administration for Community Living that is administered through the National Association of Area Agencies on Aging. Contact the Eldercare Locator at (800) 677-1116, 9 a.m. to 8 p.m. ET, Monday through Friday and online at [eldercare.acl.gov](http://eldercare.acl.gov).*

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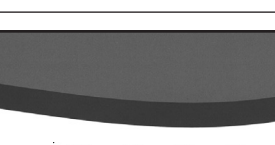
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## Nursing Home Discrimination Against Medi-Cal Beneficiaries

*Q: If I seek entry into a nursing home for my mother, will it be tougher to find a bed if she goes in as a Medi-Cal beneficiary?*

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

A: Unfortunately, that is a distinct possibility. See the following article published by California Advocates for Nursing Home Reform (CANHR), re-printed here with permission:

"Over the past 5 years, one of the most disturbing violations of state and federal laws has been the increase in discrimination against Medi-Cal beneficiaries who need nursing home care.

Call a nursing home and tell them that your mother, a Medi-Cal beneficiary, has dementia along with other medical issues and that her doctor has recommended a nursing home — good luck in finding a placement within 200 miles — or at all!

Tell them that your mother is in the hospital on Medicare, and your chance of finding a nursing home placement increases 100%. Because Medicare reimbursements are higher than the Medi-Cal daily rates, discrimination against accepting Medi-Cal eligible residents has become the preferred way for nursing homes to increase their profits.

Illegal? Yes, such discrimination is illegal under both state and federal laws. In fact, certification for Medi-Cal is totally voluntary and nursing homes who wish to participate in the Medi-Cal program must sign a provider agreement certifying under penalty of perjury that

they will adhere to all state and federal laws, which include a prohibition against Medi-Cal (Medicaid) discrimination.

Despite these laws, nursing homes have found numerous ways of discriminating to reduce their Medi-Cal population and free beds up for private pay or Medicare residents.

If a resident does happen to find placement as a Medicare patient, when Medicare days are terminated, the facility will often tell the resident or the resident's family that the resident must leave; that they only retain "short-term" residents; that they don't have any Medi-Cal beds; or that the resident — despite all evidence to the contrary — no longer needs the nursing home level of care.

These are falsehoods, of course, aimed at scaring residents out of the facility. The truth is that, in California, if a nursing home is certified for Medi-Cal, all the beds are Medi-Cal certified. There is no such animal as a "short-term" nursing home. If they have a bed at all, it's a Medi-Cal bed.

Because Medi-Cal does not pay for a private room, a common practice is to transfer the resident

to the Medi-Cal "ghetto," i.e., a section of the facility with 2-3 bed rooms all on Medi-Cal with limited staffing and no rehab services or to transfer the resident to the acute care hospital and refuse to readmit them, regardless of their right to a bed hold, the right to return to the facility and their right to the first available bed.

Nursing home discrimination against Medi-Cal beneficiaries and residents has become epidemic in California, and the state regulatory agencies do nothing to contain it."

For more information about discrimination and resident discharges, contact the CANHR office in San Francisco at 1-800-474-1116.

*Attorney's Note:* Often, the key is to enter a nursing home directly following a hospital stay of at least three nights' duration. This will trigger the preferred MediCARE coverage for a period between 20 and 100 days. Thereafter, the patient will need to pay privately or qualify for a Medi-Cal subsidy. But once in the nursing home, the patient may stay if the need for such care continues, although some advocacy may be needed to resist some of the above tactics.

Gene L. Osofsky is an estate planning and elder law attorney in Hayward. Visit his website at [www.LawyerForSeniors.com](http://www.LawyerForSeniors.com)



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# Excuses: 5 Ways To Stop Making Them

By John Collopy  
SPECIAL TO THE FORUM

Everyone makes excuses on occasion.

Late for work? “The traffic was killer.” Passed over for a promotion? “It’s office politics.”

But to be successful – in a career or in life in general – people need to put aside their reliance on excuses and instead strive for an excuse-free life.

Excuses may make us feel better about what does or doesn’t happen to us, but they never help us move closer to our goals. Just the opposite, in fact.

Excuses hold us back. They make us stagnate.

I know something about how seductive excuses can be – and also about making the most of opportunities life sends your way. I overcame a troubled youth and an addiction to alcohol on the way to

achieving extraordinary success as a real estate broker. Now I am dedicated to helping others take the right steps to achieve their dreams.

There are plenty of things in life you can’t control. Where you’re born. The family you’re born into. The opportunities you’re given.

Ultimately, though, as your life unfolds, how you handle each situation you face remains up to you.

I’ve had plenty of failures. I’ve had business failures, relationship failures, legal failures and moral failures. But do you know whose fault every one of those failures was? Mine. It wasn’t the economy. It wasn’t because I was cheated by someone, or because of any other bad break I had along the way. It was me.

To move past making excuses and to learn to take advantage of opportunities that present themselves, people should:

- Look forward. People often

use past mistakes to justify current failures, but that’s a bad habit to get caught up in.. Certainly, it’s important to learn from the past, but then your focus needs to be on moving forward.

- Be conscious of your “fallback” excuses. People often have “fallback” excuses, which serve as their go-to rationalizations for when things go wrong. They might say: “I don’t have enough time” or “I don’t have enough money” or “I’m too old (or young) to do that.”

The key is to put aside those excuses and seek solutions. You need to be aware of what your fallback excuses are, then you need to ask yourself how to move beyond them.

- Have confidence. It can be scary to take the leap and claim an opportunity that’s outside of your comfort zone, but the more you do it, the more confidence will grow.

see *STOP on back page*



Artist’s renderings of Anita Avenue improvements.



## Anita: Street Improvements Will Happen, Just a Matter of Which Design is Chosen

*continued from front page*  
and sidewalks. Anita has several sections that are as narrow as 40 feet. A right of way must include at least a 20-foot span to accommodate two vehicles driving in opposite directions, according to state regulations.

“The street improvements will happen, it’s just a question of which design the residents are most interested in,” says PWA supervising civil engineer, James Chu.

The first option takes into consideration the current width of the street and any existing sidewalks. The “fill in the gaps” design would eliminate some street parking to accommodate a minimum six-foot sidewalk on both sides of the street.

The second option creates a 50-foot right of way with an eight-foot sidewalk on both sides, making Anita Avenue a much straighter drive.

Public Works staff pointed out that this second option adds about 15 more street parking spaces because it eliminates bottlenecks near the south end of the road. To accommodate the extra width along the street, staff reported that 32 properties would need to pull back their property as much as five feet to make space for this 50-foot design. Negotiations with those property owners could start as early as next fall.

“As a temporary fix, Public Works could put down white paint on the sides of the street to define the spaces needed for kids to safely

walk to school, like they did on Stanton. Everyone would know to not cross the white line and it would separate the traffic from the pedestrians,” says CV resident Bruce Dushi.

Both designs also open themselves to any improvements needed from other utilities such as East Bay Municipal Utility District, PG&E, and CV Sanitary, which could add construction time to the project by as much as a year.

Public Works will make the final design determination, but only after meeting with a few other groups including a local bike coalition, Alameda County Supervisors, and a report to the CV MAC. Residents are asked to submit their feedback at [acpwa.org/contact](http://acpwa.org/contact).

## LEGAL NOTICES

FILED  
JULY 29, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 561663

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

The name of the business:  
Studio 18 at 21060 Redwood Road, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Tone Lowry, 20048 Leroy Drive, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on N/A.  
/s/ Tone Lowry  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires JULY 29, 2024  
**AUG 28, SEPT 04, 11, 18, 2019**  
**0141-CVF**

FILED  
AUGUST 20, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 562512

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

The name of the business:  
Rae Talbot Salon, LLC at 20627 Rustic Drive, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Rae Talbot Salon, LLC, 20627 Rustic Drive, Castro Valley, CA 94546. This business is conducted by a Limited Liability Company. This business commenced on 7/1/2019.

/s/ Rae Talbot Salon, LLC  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires AUGUST 20, 2024  
**SEPT. 11, 18, 25, OCT. 2, 2019**  
**0147-CVF**

FILED  
SEPTEMBER 03, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 563008

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

The name of the business:  
MARRS MAINTENANCE at 25200 Santa Clara St. 224, Hayward, CA 94544, in Alameda County is hereby registered by the following owner(s): (1) Anthony J. Marhx, (2) Marian Rodriguez, 25200 Santa Clara St. 224, Hayward, CA 94544. This business is conducted by a married couple. This business commenced on 9-1-19.

/s/ Anthony J. Marhx, Marian Rodriguez  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires SEPTEMBER 03, 2024  
**SEPT 11, 18, 25, OCT 02, 2019**  
**0148-CVF**

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FILED  
MARCH 26, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 548999

**STATEMENT OF ABANDONMENT  
OF THE USE OF FICTITIOUS  
BUSINESS NAME**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

Abandonment of the business name:  
All Star Concrete Pumping located at 20420 Marshall St., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): David L. Earney, 20420 Marshall St., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on N/A.

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

Expires MARCH 26, 2024  
**SEPT 19, 26, OCT 03, 10, 2019**  
**0062-CVF**

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|------|-----|-----|---------------------|-------------|----------|-----------------------|-----------------|--------------|
| SLZ  | —   | 1-4 | 1978 Boxer Ct.      | \$699,000   | 4/2      | Re/Max Accord RE      | Lovewell Team   | 510-351-5555 |
| A    | 1-4 | 1-4 | 885 Glen Dr.        | \$1,095,000 | 3/3      | Compass RE            | Michelle Miller | 510-701-3442 |
| A    | 1-4 | 1-4 | 1725 Estudillo Ave. | \$1,499,000 | 4/4      | Robert Jones & Assoc. | Matt Jones      | 510-357-0120 |

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

### CITY GUIDE

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# REAL ESTATE GALLERY

**REAL ESTATE REALITY**  
By Carl Medford, CRS  
SPECIAL TO THE FORUM

GUEST COMMENTARY



## Rise of Illegal Entry Into Vacant Homes Highlights Insurance Issues

A recent census of homeless residents in Alameda County confirmed what everyone knows: the numbers are up dramatically in the past two years.

Not only are homeless population numbers increasing, the number of visible encampments is also on the rise, a clear indication of the rapidly escalating housing crisis in California.

Sellers marketing empty homes are being caught in the crosshairs as break-ins of vacant properties are increasing.

One East Bay Realtor has had three of his listings occupied by homeless individuals in the past year alone. In two of the cases, significant damage was done.

In the third extreme case, the property was boarded up after numerous break-ins in which solar panels were stolen, holes were punched in walls, paint was sprayed on windows to obscure visibility into the interior and more. Even with the home boarded shut and an alarm installed, the illegal entries continued.

Making matters worse is the reticence of some insurance companies to provide satisfactory coverage on empty homes.

Insurers are concerned that unattended homes can be accessed without the owner's knowledge and used for illegal activities. They are also aware that damage may occur without the owner's knowledge and, if left unchecked, cause significant damage (eg. broker water pipes).

One insurance agent I talked to stated the number of claims on vacant homes is significantly higher than for occupied properties.

In many cases, sellers, without carefully reading their homeowner's insurance policy, have relocated to replacement homes, leaving their existing policy in place on the now

vacant property, assuming everything was fine.

In a recent case, a seller, their property vandalized, was told their policy only covered damage for the first 30 days after they vacated. Another seller, preparing her home for the market, was shocked to discover that her current insurance company did not provide vacant property insurance of any kind.

Here are 3 key facts when insuring your vacant home:

- Call your insurance company once you know the home will be vacant.

- Vacant property insurance is typically more expensive and

less comprehensive than for occupied homes.

- When shopping for insurance, carefully read the policy to see what is actually covered. Many shop only for price, not realizing lower cost policies may have significant omissions.

While it is much easier to market properties when vacant, savvy sellers will be prepared in the event their home becomes a target for unintended occupants.

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.

## Gopher or Mole?; Containing Canna Lillies

By Buzz Bertolero  
SPECIAL TO THE FORUM

What's the difference between a mole and a gopher? I believe I have a gopher in my garden; however, others say it's a mole. Plants are disappearing, and the roots on one of my roses have been eaten.

In California, moles and gophers are two different rodents with different controls. This is not the case in many other states, like Washington.

Gardeners and non-gardeners will refer to them interchangeably. The Nursery Professional at your favorite garden center is an excellent resource to help with conflicting information.

There are some physical differences between them, but few get that close, so here is how to separate the two.

Moles do not eat plants. Their diet is protein-based, so they forge and tunnel the soil surface for insects, grubs, and earthworms. The best way to control moles is to eliminate

the food source, forcing them elsewhere.

Bonide Mole Med is a granular repellent made with Castor Oil. It coats the soil bugs making them not very tasty. Another option is Beneficial Nematodes, which seek out and destroy grubs and soil insects, but not earthworms. They're both safe for people, pets, and the environment.

Gophers, on the other hand, do eat plants and are known to pull them underground. They live in burrows, travel about two feet under the soil in runs and come to the surface in exit holes.

Gophers are much more challenging to control than moles. Flooding, trapping, and gas are the primary methods of controlling gophers. Also, there are hundreds of home remedies. Unfortunately, there is no 100% sure proof answer. It's all trial and error.

The major mistakes people make with gopher controls is not wearing gloves. Traces of human scent alerts the gophers. Also, the controls need to be placed in the major runs, not

the exit holes. You are correct suspecting a gopher.

I removed a patch of out-of-control canna lillies. My problem now is that I didn't get rid of all of them. They're starting to shoot up between in newly planted areas. Any suggestion on an herbicide I can use?

Canna Lillies can become a nuisance when left to grow unattended. They're contained by dividing the clumps every three years or so in the fall or spring. You don't have to be particularly careful about it either.

You can protect desirable plants with a cardboard plant shield, or you can use any type of plastic cylinder like a beverage container.

You'll have to be persistent as it's a battle of attrition, but you should win it.

Buzz Bertolero is an Advance 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).



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| 22080 Young Avenue     | 94546: | \$375,000   | 3 BD - 1,000 SF - 1948    |
| 21937 Dolores Street   | 94546: | \$635,000   | 2 BD - 1,122 SF - 1948    |
| 2668 Totten Street     | 94546: | \$650,000   | 3 BD - 1,020 SF - 1949    |
| 2204 Lobert Street     | 94546: | \$655,000   | 2 BD - 886 SF - 1948      |
| 6065 Mt. Rushmore Cir. | 94552: | \$700,000   | 2 BD - 1,571 SF - 1988    |
| 6216 Mt. Rushmore Cir. | 94552: | \$760,000   | 3 BD - 1,561 SF - 1989    |
| 4043 Meadowview Drive  | 94546: | \$780,000   | 3 BD - 1,094 SF - 1952    |
| 18177 Judy Street      | 94546: | \$800,000   | 3 BD - 1,860 SF - 1955    |
| 20554 Crow Creek Road  | 94552: | \$1,000,000 | 4 BD - 2,655 SF - 1995    |
| 4792 Hillside Drive    | 94546: | \$1,020,000 | 2,832 SF - 1957           |
| 4597 Edwards Lane      | 94546: |             | \$1,135,000               |
| 5966 Greenridge Road   | 94552: | \$1,375,000 | 5 BD - 1,979 SF - 1963    |
| 5761 Tree Lane         | 94552: | \$1,735,000 | 4 BD - 4,670 SF - 1990    |
| TOTAL SALES: 14        |        |             |                           |
| LOWEST AMOUNT:         |        | \$291,000   | MEDIAN AMOUNT: \$770,000  |
| HIGHEST AMOUNT:        |        | \$1,735,000 | AVERAGE AMOUNT: \$850,785 |



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**FAX 510-483-4209**  
**EMAIL Classifieds@ebpublishing.com**  
**ONLINE www.ebpublishing.com**

## TO VIEW THE CLASSIFIED ADS

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

## CLASSIFIED AD DEADLINE

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

### AUTOS / TRUCKS

**\$35** 10 words  
(1 week)

### GARAGE SALES

**\$30** 10 words  
(1 week)

### HELP WANTED

**\$35** 10 words  
(1 week)

### MISC. FOR SALE

**\$30** 10 words  
(1 week)

### RENTALS

**\$35** 10 words  
(1 week)

### SERVICES

**\$30** 10 words  
(1 week)

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

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

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

## ANNOUNCEMENTS

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

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

## AUTOMOBILES/TRUCKS CYCLES/TRAVEL TRAILERS

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

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

## CONCRETE SERVICE

**\*MP CONCRETE.** Driveways, Patio, Retaining Walls, Stamped Concrete, Asphalt, Hauling. Lic.#1004427. Milo 510-502-9336.

**\*NAI CONCRETE & LANDSCAPING** Patios, Driveways, Walkways, Asphalt, Foundations, Stamp-Concrete, Paving, Retaining Walls, Paving, Landscaping, Sprinklers, Tree Service, Drainage, Fencing. Lic.#570826. 510-967-2447.

## CONTRACTOR SERVICE

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

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

## CONTRACTOR SERVICE

### NOTICE TO READERS

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

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

## FENCES/DECKS

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

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

## GARAGE SALES



## GARAGE SALES

### CASTRO VALLEY

**GARAGE SALE** 9/21, 10am-4pm. Costumes, Holiday items & misc. 4116 Nichandros Street, Castro Valley.

**COMMUNITY WIDE YARD SALE** at 5 Canyons Parkway, Sat. 9/21 and Sun. 9/22, 8:00am-4:00pm. Rain or Shine. Over 900 homes — 5 Canyons Parkway, Castro Valley. For a listing of participating homes please go to: [www.fivecanyonshoa.org](http://www.fivecanyonshoa.org)

### SAN LEANDRO

**GARAGE SALE** 9/21, 8:30am-1:00pm. Many household and decorator items. 14369 Nassau Road, San Leandro.

**ESTATE SALE** Fri. 9/20, 9am-5pm & Sat. 9/21, 9am-4pm. Variety of stuff! 2061 Whelan Ave. (off Sybil) San Leandro.

## GARAGE SALES

### \*SUMMER CLEANUP!!!

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

## GARDENING

**\*ANY YARD WORK.** Cleanups and Maintenance. Free Estimates. Call 510-798-1833.

**Landscape/ Pruning** Japanese landscape design/install. Professional hand pruning. Call Mike Uchida 510-828-4854. Contr. Lic. #858145. M/C & Visa Accepted.

# HOME SERVICES DIRECTORY

## Concrete

### CONCRETE WARRIOR LOCAL CONCRETE

Driveways • Sidewalks  
Bricks • Stamp • Fence  
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Asphalt & More!  
Prodeck  
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## Construction

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

**(510) 909-8552**  
FREE ESTIMATES LIC. #918840  
[www.bayareacontractor.com](http://www.bayareacontractor.com)

## Construction

full carpentry // building service  
Fully licensed // bonded // insured since 1992

### KEVIN BIDDLE Owner

CA Lic # B 659828  
Kevin@Biddlebuilders.com  
510-359-6632

**BIDDLE BUILDERS LLC**

## Fences/Decks

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

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

**FREE ESTIMATES!**  
**510-706-6189**  
Randy McFarland

## Gardening

### BEAUTY GARDEN LANDSCAPING

• Dry Garden Design and Installation  
• Artificial Grass, Patio Pavers and more!

**FREE Estimates**  
**(510) 691-8852**  
[beautygardenlandscaping.com](http://beautygardenlandscaping.com)  
20% OFF (Expires 10/31/19)  
LIC. #925130

## Gardening

### MY GARDENER

**Get your yards ready for winter enjoyment!**

English Speaking  
One-time Yard Cleanups  
Weekly, Monthly & Quarterly Services

**Call 510-537-0464**  
License #769174 • Insured

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Handyman Services for  
advertising with us for over 11 years!

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Serving Castro Valley & San Leandro for 28 Years

**Big or Small —  
We Do It All!**  
**(925) 548-4202**

**We truly appreciate all  
of our advertisers!**

San Leandro Times / Castro Valley Forum

## REACH OVER 60,000 READERS

Call today for ad rates and availability.



HOME SERVICES DIRECTORY  
Call **614-1558**

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### Diego Painting

• Residential/ Commercial  
• Interior/ Exterior  
• Power Washing

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Lic. #855054 • [diegopainting@comcast.net](mailto:diegopainting@comcast.net)  
[www.diegopainting.com](http://www.diegopainting.com)  
**(510) 331-6152**

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### RIDOUT ROOFING CO. ~ SINCE 1922 ~

ALL TYPES OF ROOFING & GUTTERS  
P.V. SOLAR / SKYLIGHTS

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621-A WILLIAMS • SAN LEANDRO  
STATE CONTRACTORS LICENSE NUMBER 260176

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### K REED ROOFING

Complete Residential & Commercial  
Roof Systems

**(510) 357-5116**

**Call Now For A Free Written  
Roof Analysis & Estimate**

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

SINCE 1975 / FULLY INSURED

Whatever your specialty, the place  
to advertise is in the...

# HOME SERVICES DIRECTORY

Delivered to 32,736 homes in  
San Leandro, over  
20,000 homes in  
Castro Valley, and  
another 8,264 are  
delivered to  
businesses and  
libraries.



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### San Leandro Painting & Roofing

Family Owned Since 1966 • Bonded & Insured • Lic. #883326

• Residential and Commercial Roofing • Re-roofing • Certified Roof Inspections  
• Roof Repair • Rain Collection Systems • Attic Ventilation  
• Gutter Installation and Cleaning  
• Painting

**510-798-9674**





## GARDENING

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

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

## HANDYMAN SERVICE

**ENRISA CONSTRUCTION.** Remodeling, Kitchens, Baths, Drainage, Foundations, Retaining Walls, Painting/ Landscaping. Lic.#1022942. FREE Estimates. Hablamos Español. Juan 510-798-2959  
EnrisaConstruction@gmail.com

**HONEST RELIABLE HANDYMAN**  
(510) 385-1544  
Lmramos@comcast.net

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

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

## HAULING SERVICE

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

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

## HEALTH CARE SERVICES

Home aide available. Good prices/ references. Lic. #00283431. Maria 510-978-6098.

## HELP WANTED

## GENERAL



The City of San Leandro is accepting online applications for:  
**Library Assistant:**  
\$4,192.00 - \$5,094./month  
**Plans Examiner:**  
\$7,528.00 - \$9,149./month  
**Public Safety Dispatcher:**  
\$6,042 - \$7,344/month

For more detailed information, please visit [www.sanleandro.org](http://www.sanleandro.org)  
EOE

**Do you love helping people?**  
Carlton Senior Living is the place for you! Now Hiring Care Givers & all positions. Walk-ins welcomed. 1000 E. 14th St. or visit our website [www.CarltonSeniorLiving.com](http://www.CarltonSeniorLiving.com) to apply online.

## HEALTH CARE

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

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

## HOUSE CLEANING

**\*CONNIE'S NATURAL CLEANING**  
Licensed/ Insured/ Bonded  
Make Your Home a Pleasant and Healthy Environment  
[www.conniesnatural.com](http://www.conniesnatural.com)  
Call 510-506-5053

**CRISTINA HOUSE CLEANING.**  
Free Estimates, Senior Discount.  
Bus.-Lic. #121121. 510-825-0459.

**WALTON'S JANITORIAL**  
Licensed / Bonded / Local  
For a SPARKLE CLEAN  
OFFICE or Home  
Windows • Floors  
• Carpets • Restrooms  
**Phone 510-851-2328**  
Member of S.L. Chamber of Comm.

## MISC. FOR SALE

## MUSIC

Piano for sale... George Steck upright, burgundy with bench. \$1,400. 925-963-9932.

## VARIOUS ITEMS

**HONDA FRC800 Rototiller**, 3-speed transmission & reverse, excellent condition. \$1,650. Call John 510-821-0355.

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

## MISC. WANTED

**WANTED:** Reel to reel music tapes (blank tapes or recorded tapes). I am also looking for a used tape recorder. Call Patrick 510-517-3351.

## PAINTING SERVICE

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

## REAL ESTATE AGENTS



Are you interested in buying or selling a home or property?

Would you like the help of a Professional Agent?  
For assistance call ...

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

## RENTALS

## APARTMENTS

**Castro Valley** 2-bedroom, 1-bath, Walk to BART and Village. Gated, laundry, pool, fitness. \$2,495. 510-582-8389.  
[www.bartplazaapartments.com](http://www.bartplazaapartments.com)

**Castro Valley** 2-bedroom, 2-bath, gated building, covered parking, water & garbage included. \$2,200+ deposit. 510-581-4728.

**Hayward** 1-bedrooms \$1,575 - \$1,675, 2-bedrooms \$1,800 - \$1,950 (check availability). Patios, balconies, pool, parking, storage, spacious. 510-887-6633.

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

## RENTALS

**San Leandro** fully remolded 1-bed-room, 1-bath downstairs unit. \$1,695+ \$1,700 dep. BSR Realty, Inc. 510-481-7575.

## RENTALS/ROOMS

**Hayward** room w/full house privileges, shared all utilities. \$750. 916-667-8267.

## SERVICES

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

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

## TREE SERVICE

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

## YOUR INFO

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

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

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

VIEW the CLASSIFIED Ads  
Online at  
[sanleandrotimes.com](http://sanleandrotimes.com) or  
[castrovalleyforum.com](http://castrovalleyforum.com)  
For help or for more info call  
510-614-1558. E.B. Publishing

## VIEW ALL CLASSIFIEDS ONLINE!

[CastroValleyForum.com](http://CastroValleyForum.com)

[SanLeandroTimes.com](http://SanLeandroTimes.com)



Help for the homeowner means business for you!



San Leandro Times  
HOME SERVICES GUIDE  
Call 614-1558

**NEED REMODELING?**  
How about a new kitchen or bath? Check the TIMES "Classified Ads" & The TIMES "Home Service" ads for help!

VIEW the CLASSIFIED Ads  
Online at  
[sanleandrotimes.com](http://sanleandrotimes.com) or  
[castrovalleyforum.com](http://castrovalleyforum.com)  
For help or for more info call  
510-614-1558. E.B. Publishing

## ATTENTION LANDLORDS



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

Help for the homeowner means business for you!



ADVERTISE YOUR BUSINESS IN OUR HOME SERVICES DIRECTORY  
CALL 614-1558

**Need Remodeling?**  
How about a new kitchen or bath?



CHECK OUT OUR CLASSIFIED ADS & HOME SERVICES FOR HELP!

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



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

**PLACE YOUR CLASSIFIED ADS ONLINE!**

[CastroValleyForum.com](http://CastroValleyForum.com)

[SanLeandroTimes.com](http://SanLeandroTimes.com)



All real estate advertised in the CASTRO VALLEY FORUM and SAN LEANDRO TIMES is subject to the Federal Fair Housing Act, which makes it illegal to discriminate because of race, color, religion, sex, handicap, marital status, national origin or intention to make any such preference, limitation or discrimination.



EASTBAY PUBLISHING, INC. will not knowingly accept any advertisements for real estate that is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

# HOME SERVICES DIRECTORY

## Gardening/Landscaping

### LANDSCAPING, MAINTENANCE & TREE SERVICE

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

CALL FOR A FREE ESTIMATE  
**510-712-4318**

## Gardening / Tree Service

### PEREZ Gardening & Maintenance

**TREE SERVICE**  
Pruning, Topping, Removing, Synthetic Grass Installation, Planting, New Lawns & Lawn Care, Sprinkler Systems, Lots & Hill-sides Cleaned & Planted, Drainage/Gutters, Fences, Decks, Patios, Arbors, Concrete, etc.

CALL 510-385-2122  
FREE ESTIMATES  
EXCELLENT REFERENCES / SINCE 1994  
INSURED / ALL WORK GUARANTEED / UNLICENSED

## Handyman

### HANDYMAN SERVICES

Serving Castro Valley & San Leandro for 28 Years

**Big or Small — We Do It All!**  
**(925) 548-4202**

## Hardwood Flooring

**FERREIRA'S HARDWOOD FLOORING**  
Sand • Install • Refinish  
Glista • Oil Base  
25 Years Experience

**FREE ESTIMATES**  
Call Jeff Today!  
**510-366-6491**  
Lic. #803455



## Painting • Int./Ext.

### Aris Painting

SOLID EXPERIENCE SINCE 2006

Our experience, combined with the highest quality paints and materials will provide your home with a durable finish that will last for years to come.

Call today for a free estimate!  
**(510) 685-1152**

LIC. #880049

## Plumbing

### CAPELLI PLUMBING & DRAIN CLEANING

Compare Our Prices!  
FREE ESTIMATES  
24/7 SERVICE

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



## Roofing

### BANNER ROOFING CO.

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

**WE CONTROL YOUR RAIN!**

★★★★  
**ALL TYPES OF ROOF REPAIRS**  
★★★★

**PROFESSIONAL WORKMANSHIP**  
★★★★

**FREE ESTIMATES**

**SENIOR DISCOUNTS**

LIC # 657692 BBB A+

#### ROOFING TYPES

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

#### GUTTER TYPES

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

**20% OFF**

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

LICENSED / BONDED / INSURED 2424 CLEMENT ST., ALAMEDA

**510-895-4433**

## Roofing



Castro Valley Lic. #642517 Insured/Bonded



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

**\$200.00 OFF**  
COMPLETE REROOFING WITH TEAR-OFF  
One Coupon Per Customer Expires 11/30/19

**(510) 538-1530**

We Specialize in Residential Roofing



## Obituaries

- Richard Burgard      ■ Geraldine Masculine
- Eloise Gleeson      ■ Corbit Alden Ray

### Geraldine H. Masculine

Geraldine entered into rest on Sept. 6th, 2019. She was born in Lancaster, SC., the daughter of Roy & Verdie Hinson.

Geraldine was preceded in death by her husband of 52 years James, and two sons Gary and Joe.

Geraldine is survived by her son John Masculine and wife Wendy. She is also survived by her sister Aunt Bill (Hinson) Eaddy of South Carolina.

Geraldine was the proud grandmother of seven grandchildren and eight great-grandchildren and numerous nieces and nephews.

Geraldine worked for over 30 years for California State University of Hayward. With hard work she was eventually promoted to manager of the accounting dept. of the University.

As a young lady she enjoyed playing tennis. Geraldine loved reading and flowers. She also liked working on her family's genealogy. Most of all she loved and cared for her family.

Geraldine will be inurned with her husband James at Chapel of the Chimes, Sanctuary Circle, row-North Tier-1, west Niche-v3, Hayward, CA.

A memorial service will be announced at a later date to celebrate her life and memory.



## Obituaries

### 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

### Eloise Gleeson

On Saturday, August 3, 2019, Eloise Gleeson, our loving mother, grandmother, great-grandmother and friend, passed away peacefully surrounded by her family. She was 97 years old.

We would like to sincerely thank the Baywood Health Center staff and the Vitas Healthcare staff for the care and support they provided Eloise and our family.

Family and friends are invited to share in a celebration of Eloise's life on Saturday, September 14th at 1:30 p.m. at: Baywood Court Retirement Community, 21966 Dolores Street, Castro Valley, CA 94546. Donations in her memory can be sent to: Lions KidSight USA Foundation, P.O. Box 833, Corning, NY 14830.



### Richard A. Burgard

June 7, 1927 - September 7, 2019

Richard A. Burgard passed away at home peacefully surrounded by his family in Castro Valley, CA.

Born June 7, 1927, Strasburg, N.D. Son of Joseph & Eva Burgard (deceased). Attended schools in Aberdeen S.D. Richard enlisted in the U.S. Navy at age 17 in 1944. He was assigned to LST 904 (landing transport) at anchor in Marshall Islands. Aboard the 904, his shipmates participated in the invasion of Okinawa.

In 1951, Richard graduated with a bachelors degree from Armstrong University where he met his future wife, Barbara. They were married in 1952 and had three children: Richard Burgard, Jr. (deceased); Roslyn (Terry) Bell, Livermore; Randall Burgard, Hayward. Grandchildren: Jessica (Eddie) LeRoy, Pleasanton; Melissa Bell, Livermore; Randy L. Burgard, Hayward; Tyler Burgard, Las Vegas, Nevada; Ashley Burgard, Oregon. Great-grandchildren: Trew, Tilly, and Willie LeRoy. Surviving siblings: Betty Heinz, Aberdeen, S.D.; Sally (Jim) London, Minneapolis, MN. Predeceased siblings: Henry, Leo, John & Eddie Burgard, Mary Tadlock & Helen Heinen.

Richard is survived by Barbara, his devoted wife of 67 years.

Most of Richard's career was spent as a regional sales manager for various manufacturers. In recent years he worked in sales of coin laundry businesses. He served as President of the Golden State Laundry Association. He was also past president of the local chapter of United Republicans. He held a life membership in the Masonic Lodge, Crow Canyon #551 as well as life membership in the VFW.

Richard was an avid reader of Historical Events. He will be missed and forever in our hearts. The family would like to acknowledge the loving, compassionate caregivers from Crossroads Hospice.

A memorial service will be held on September 25, 2019 at 11:00 a.m. at Three Crosses (Chapel), 20600 John Dr., Castro Valley. Richard will be interred into rest at San Joaquin National Cemetery in Santa Nella, CA on September 26, 2019, 32053 McCabe Rd., Santa Nella, 95322 at 1:00 p.m.

Donations to the American Diabetes Assoc.



### Corbit Alden Ray

Corbit Alden Ray entered into rest: 2 February 2019.

Corbit was born in Hemingway, South Carolina. He grew up on a Tobacco farm, where they also raised pigs.

His lineage can be traced back to the Mayflower.

Corbit was difficult to get to know, but once he befriended you, there was nothing he wouldn't do for you. He always had an infectious smile and always waved when he saw someone he recognized. It is a common courtesy that has been forgotten in our tech age...

Corbit joined the United States Marine Corps at age 17 to get away from the meanest s-o-b he knew (his father)!

He toured the world, stopping in Paris, Naples, Egypt and many other countries travelling through both canals, even though he was not a "seagoing" Marine.

He was present when Chiang Kai-Shek exited China in 1946, manning a 5-inch gun trained on the boarder station for Kai-Shek's safe retreat after Mao took control of China.

He was part of a special Marine unit that tested wartime equipment in the extreme cold of Greenland.

During combat he carried a Browning Automatic Rifle, even though he was the smallest man in the company (owing to beating his sergeant at his first game of dice and taking all his money!)

With four days left of his enlistment, Corbit was told to plan on mobilizing. He was being extended for the Korean War!

Corbit was part of the Inchon landing and a member of the Chosin Few. He lost his right arm in battle at the Chosin Reservoir but not before earning the Silver Star for Valor and a purple heart, among other awards.

Upon his return to the states, he married his sweetheart Betty Cecile. They were married for 65 years. Betty was from North Carolina, but they relocated to Castro Valley in 1952. They raised two children Susan (Wynn) and Thomas Ray.

Corbit learned to use his prosthetic arm well and was offered and accepted a job at Oak Knoll Naval Hospital in Oakland; later with the SF VA Hospital teaching other amputees how to use their prosthetics. He rose to the rank of Department manager working there.

An avid hunter and fisherman, he never let his lack of a right arm slow him down. His favorite hunting dog was a German Shorthaired Pointer and litter runt named Sargent. Sargent once held a point for 10 minutes, since he alerted on a bird before hunting was legal that morning and the Sheriff was there watching.

Dedicated to his country and community, Corbit was involved in many civic organizations throughout his life, including the Masons, AmVets and Veterans of Foreign Wars.

He is survived by his sister Marjorie Ray of Charleston, SC; daughter Susan (Bradley) Wynn; granddaughter Taylor (James) Geldert and great-grandson, Thomas Finney Geldert. He was preceded in death by his son Thomas and wife Betty.

A memorial service will be held at the Masonic Hall Castro Valley at 11:15 am on Thursday 26 Sep 2019.



## LETTERS TO THE EDITOR

### Changing Attitudes About Animals

Editor:

America seems on the brink of a sea change regarding public attitudes about the use/abuse of animals in so-called "entertainment."

Witness the ban on SeaWorld's orca shows; the demise of the Ringling Bros. Circus; the bans on use of wild animal acts in



circuses in New Jersey, Hawaii, and California; the outlawing of greyhound racing in Florida via ballot initiative; and the current push to outlaw thoroughbred racing due to the thousands of annual deaths on U.S. race tracks. Can rodeo be far behind?

Most of rodeo is bogus from the get-go. Real working ranch hands never routinely rode bulls, or wrestled steers, or rode bareback, or barrel-raced, or practiced calf roping (terrified babies) as a timed event.

Nor did they put flank straps on the horses and bulls, nor work them over with painful "hotshots" in the holding chutes. Some "sport!" Indeed, rodeo is not a "sport" at all.

That word denotes willing, evenly-matched participants. Rodeo does not qualify. Rather, it is a macho exercise in domination. It needs to go, and legislation is in order.

—Eric Mills, coordinator  
Action for Animals, Oakland

**Letters to the Editor** must include writer's first and last names, phone number, city of residence, and must be under 300 words. Not every letter can be printed. We reserve the right to edit as necessary. Email Letters to: fredz@ebpublishing.com or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

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## Obituaries

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Smalltown Artist  
Safiyah Hernandez

## Coming Up at Smalltown

● **Saturday, September 21:** "Safiyah" album release party! Announcing the release of Smalltown Artist Safiyah Hernandez's album "Safiyah" this Saturday. You can grab tickets to the release party at The Space at [SafiyahHernandez.com](http://SafiyahHernandez.com)! Safiyah will be accompanied by Bay Area band Lil' Elephant, and special guest Tyson Amir. Drinks by Cafe Rumi 7-10 p.m.

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

## BART Headquarters Finds New Building

BART directors last week approved buying a building at 2150 Webster Street in Oakland and moving its headquarters there in Spring 2021, a move they say will save millions of dollars in the long-term and improve efficiency.

The lease of the current headquarters at 300 Lakeside Drive expires in July 2021 with the cost of leasing the space set to increase by 60 percent.

"The 2150 Webster building will keep our headquarters in Oakland, still be near 19th St. BART Station, but will have the advantage of a ground-floor board room that is more publicly accessible," said BART Board President Bevan Dufty.

BART is currently leasing 14 floors of office space and a separate building for its board room. The new building has 10 floors and will have fewer private offices and more conference areas.

The \$142 million purchase of

the building with closing costs and \$85 million in interior construction would be financed by a 25-year sales tax bond. BART stands to save at least \$210 million in public funds over the 25-year period by purchasing this building compared to staying in its current location.

Issuing the bonds does not require voter approval and will not create new taxes or fare increases.

The purchase of this building doesn't utilize funds that otherwise would be used to operate the system.

BART's administrative headquarters have been located at 300 Lakeside since 2003, when the agency was forced to move to a leased space after the original headquarters building it owned at Lake Merritt Station was determined to be seismically unfit.

Most of BART's approximately 4,100 employees work in stations, on trains or in the rail yards and maintenance shops.



BART PHOTO

**BART'S NEW HEADQUARTERS:** This 10-story office building at 2150 Webster Street in Oakland will become BART's new headquarters in the spring of 2021.



# Thank You!



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## ADOPT-A-PET



**TIMBER** is a male 4-year-old Affenpinscher mix who loves meeting new people and dogs. He may do well with families with younger children. Hayward Animal Shelter, 510-293-7200.



**ALYSSA** is a Florida White bunny with a calm temperament. She is a super sweet and easy to handle bunny with silky-soft fur. Spayed. Hayward Animal Shelter, 510-293-7200.



**ESTER** is a handsome 10-years-young boy. He truly deserves a second chance to live out his golden years with a loving family. Email: Loveallpawzrescue@gmail.com.



**SABRINA** is a gorgeous 7-years-young tabby, that loves to hang out with her person and watch TV. Spayed, current on vaccines. Email: Loveallpawzrescue@gmail.com.

## Stop: Excuse

*continued from page 10*

• Decide what you really want in life. Sometimes it's easier to see opportunities when you're looking for them. For example, if you've relegated yourself to staying in an unsatisfying career, you're less likely to see opportunities for change. But make sure your goals are clear so you can take actionable steps toward achieving them.

• Stop comparing yourself to others. There's no need to dwell on how your accomplishments measure up to others. That does nothing more than give you fodder for disappointment – and give you an excuse to come up with more excuses.

Overcoming the urge to make excuses is almost like beating an addiction, and it can be just as powerful. If you want to live your best life, you've got to start by believing you can and stop telling yourself all the reasons you can't.

*John Collopy, a successful real estate broker and author of the book The Reward of Knowing (www.johncollopy.com). He lives in Minnesota with his wife and children.*



Soroptimist Members with some of their donation recipients: from left, Lynne Clifton, Donna Whitehouse, Lynn Levin, Katy McClelland (Grateful Garment Project), Billie Knight, Marian Rojo, Eleanor Vogelsang (Close-Up Foundation), Sandra Johnson and Sandra Garrett.

## Soroptimist International– Building a Stronger Community by Giving Back

Soroptimist International of the East Bay is a local volunteer women's organization which conducts a number of fundraising events that contribute to community programs with a mission of making a difference in the lives of women and their families.

This year Soroptimist International of the East Bay will give

away over \$10,000 to these outstanding local non-profits: Ruby's Place (\$2,000), Close Up Foundation (\$2,000), Girls Empowerment Program (\$2,000), Progressive Transitions (\$2,000), and Grateful Garment Project (\$2,000).

In addition, we awarded individual scholarships to girls to continue their education with a total of \$16,500 distributed this year.

The organization needs additional volunteers because community needs are always there. Doing something for others can be fulfilling so the public is invited to attend a meeting held at the Englander on the 2nd Thursday of each month.

Anyone wishing to attend should call Lynn Levin at 510-593-7377.

# Contain it

### CVSan's FILTER EXCHANGE PROGRAM

Do you change your own oil and live in a single-family home? If so, participate in CVSan's Filter Exchange Program to receive a coupon for a new filter!

#### Program Dates:

- October 7, 2019 - November 15, 2019

#### How It Works:

During the program dates, contact Alameda County Industries (ACI) at least 24 hours prior to setting out used filter(s) curbside. A coupon\* will then be sent to you in the mail from ACI for a new filter.

- Contact ACI's Customer Service Department:  
By phone: Monday - Friday, 7:00 a.m. - 6:00 p.m. at (510) 483-1400.  
By email: [info@alamedacountyindustries.com](mailto:info@alamedacountyindustries.com)

Filters must be set out by 6:00 a.m. on your collection day. Visit [www.cvsan.org/UsedOil](http://www.cvsan.org/UsedOil) for more information.

\*Coupon is for a limited time only and expires on November 23, 2019. Full details on the coupon. CVSan reserves the right to alter or cancel the program at any time for any reason.

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A new CVHS classroom, completed over the summer.

## School: Improved by Measure G Funding

*continued from front page*

are quickly outgrowing the two current portables and are looking forward to the new buildings that will include additional indoor and outdoor space to serve students."

Grace Boyd, high school student representative to the school board, said the changes were long overdue and will be an asset to the CVHS for years to come.

"Although students find the longer walk to their temporary classrooms grueling in the midst of improvements and construction, the CVHS community is greatly improved by the benefits that Measure G provides," Boyd said.

A fifth-grader at Castro Valley Elementary School called her new playground "awesome." "A lot of



A modernized science classroom at Canyon Middle School.

people love the new stuff like the caterpillar seesaw and the rock climbing wall."

To view the complete update on

the status of the \$123 million Measure G Bond that was presented to the School Board on Aug. 22, visit [www.cv12.ca.us/MeasureG/](http://www.cv12.ca.us/MeasureG/)