LIVING

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PG 5

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YEAR 31 | WEDNESDAY, FEBRUARY 20, 2019 | NO. 7

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PHONE: (510) 537-1792

County's Homeless Numbers Increasing

By Amy Sylvestri
CASTRO VALLEY FORUM

A census of people living on the streets of Alameda County late last month will likely show that more than 6,000 homeless people reside in the county, though the exact count won't be available until summer.

The census was conducted by EveryOne Home, a nonprofit dedicated to ending homelessness.

To make the count, more than 600 volunteers scoured the streets, creeks, and freeway overpasses countywide with the help of homeless and formerly homeless guides during the early morning hours of Jan. 30, while outreach groups counted people in their shelter beds that night.

The count is taken every two years to helps cities and homeless charities determine where services are needed the most and their eligibility for federal funds, according to Elaine de Coligny, director of EveryOne Home.

The number of homeless people in all of Alameda County rose by nearly 40 percent to 5,630 between the 2015 and 2017 counts, and de Coligny says that she expects another increase when the 2019 results are finalized.

"It's clear there will be an uptick in numbers from the last survey," she said.

PHOTO BY DEBBIE TEE

A homeless encampment near Center Street and Grove Way in Castro Valley.

The census is a "point-in-time count" that happens during the peak winter cold season when more people seek shelters or warming centers, giving a more accurate count. But even with the most thorough methodology they can manage, it's difficult to count every homeless person.

"There are a portion of people who are unsheltered who live in encampments," said de Coligny. "We consider an encampment an area with two or more individuals living in tents of makeshift structures. That's probably about one-fifth of the homeless population and they've become increasingly visible in recent years. Others are in their cars or on the streets."

County officials say there are encampments at Cull Canyon in Castro Valley, along San Lorenzo Creek and one by the railroad tracks on Springlake Drive near Washington Ave. in San Leandro.

After the census, the next step is a more detailed survey of people living on the street and in shelters. de Coligny says her colleagues ask people about their histories, how long they've lived in Alameda County, the reasons behind their being on the street, and more.

According to the 2017 survey, the number one cause was money problems, with 57 percent saying that was keeping them from a permanent residence.

Mental health issues caused 12 percent of the cases and substance abuse accounted for another 12 percent.

Nearly half said they had some disability that limited their ability to maintain work or housing. The most common self-reported conditions were psychiatric (41 percent), post-traumatic stress disorder (29 percent), and physical disability (27 percent).

Over 80 percent said they lived in Alameda County before becoming homeless.

In December, the Alameda County Board of Supervisors approved a three-year "homelessness action plan" specifically for the unincorporated area, including Castro Valley, San Lorenzo, Cherryland and Ashland.

The plan would include dedicated parking sites for people living in their cars, tiny homes, a mobile hygiene unit, two winter shelters, a downtown street litter team, and more.

The board announced plans to spend $10.5 million beginning in 2019 on services for the estimated 440 homeless people living in the unincorporated area.

If you are having a housing crisis or in need of other support, 211 is a toll-free phone number that provides info and referrals on housing and health and social services. Information is also available at www.211AlamedaCounty.org.

Strongest Storm of Season Hits State

Last week's storm, the strongest of the season to hit Northern California, knocked out power at spots around the Bay Area, sent creeks and rivers over their banks, flooded roads, and caused dangerous landslides. The California Highway Patrol was kept busy clearing up accidents and spinouts.

In the Sierra, traffic was backed up for miles on Interstate 880 as lanes were closed several times on Sunday. Heavier-than-expected snow flurries bombarded the higher elevations and chains were required at Colfax for cars heading east.

Hail was reported in several East Bay areas Sunday evening. The storm even brought snow for a few hours to Castro Valley's hills last week. *(See page 3)*

The good news is skiing is great on many California's slopes and, combined with all that rain, more water is in East Bay reservoirs.

Castro Valley rainfall totals now exceed the average for this date by 2-plus inches and surpasses last year's totals at this time by more than 11 inches.

While possible afternoon showers are forecast for today, the next few days will likely be dry, cool and mostly sunny through at least next Wednesday.

PHOTO BY ALAMEDA COUNTY FIRE DEPARTMENT

HERE'S THE HOLE STORY: A broken water main created a sinkhole last Wednesday morning on a busy stretch of Somerset Ave., between Santa Maria Ave. and Redwood Road. One car got stuck in the sinkhole shortly after 8 a.m. and the Alameda County Fire Department, Sheriff's Office, a Public Works crew and the East Bay Municipal Utility District were all called to the scene. There were no injuries and the driver was able to safely get out of the car with help from the fire fighters.

Castro Valley Weather Feb. 20 - 24, 2019

Wednesday	Thursday	Friday	Saturday	Sunday
Possible Showers	Partly Sunny	Mostly Sunny	Partly Cloudy	Partly Sunny
High 59° Low 54°	High 58° Low 46°	High 53 Low 43°	High 55° Low 42°	High 55° Low 38°

Almanac

Past Week's Rain: 02.88
Season To Date: 17.87
Normal To Date: 15.83
Season Average: 21.22

Sun sets at 5:54 p.m. today, rises at 6:51 a.m. Thursday.

Moon Phases

Feb. 26 · Mar. 6 · Mar. 14 · Mar. 20

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CV ROTARY SPEECH CONTEST WINNERS

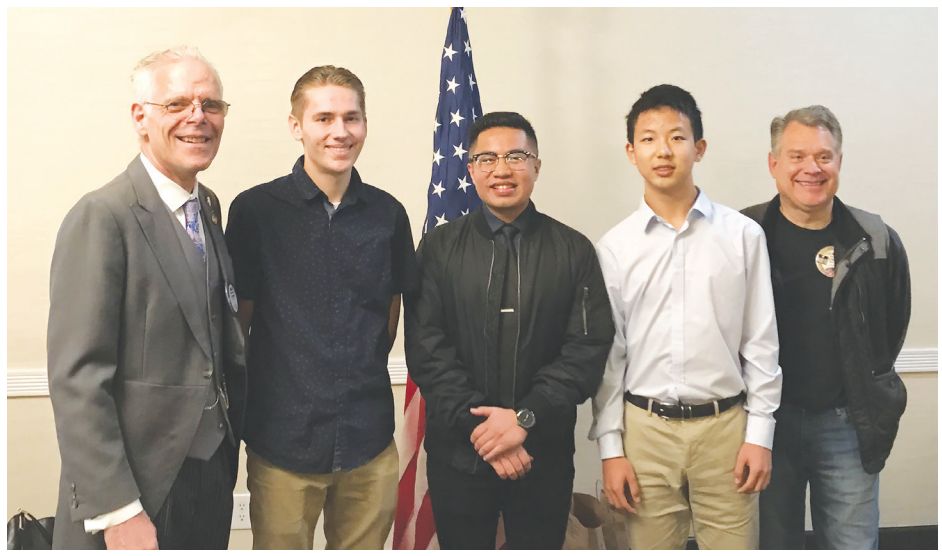

PHOTO BY BRUCE D. JOHNSON

From left, Rotary Club President Charles Mortimer, Jacob Shupp, JD Duscusin, and Oliver Zhang, and Speech Contest Chair Jeff Moore. John-Daniel (JD) Ducusin, a senior at Redwood Christian High School, won Castro Valley Rotary's 2019 Speech Contest held Feb. 12. Oliver Zhang, a sophomore at Castro Valley High School, finished second and Jacob Shupp, a senior at Redwood Christian, finished third. Ducusin's next competition is the Area Contest next week in in Pleasanton. The theme for this year's Richard D. King Annual Youth Speech Contest was "Be the Inspiration."

HAHS Launches Family Crafts Program

Starting next month, the Hayward Area Historical Society will launch a new, recurring program for children and families.

Family Crafts at McConaghy House (18701 Hesperian Blvd. in Hayward) will be held on the first Saturday of the month, from 11 a.m.-2 p.m., and will include crafts and activities for children on the front porch of the historic home that's brimming with period furniture and accessories to explore.

Upcoming themes include Transportation and The Teddy Bear's Picnic. Next Family Crafts program dates are March 2, April 6, May 4.

The program is included in the cost of a guided tour of the house: $5 for adults, $3 for students and seniors, free to HAHS members and children 4 and under.

For more information about events at HAHS, visit www.haywardareahistory.org or call 510-581-0223.

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CV SCIENCE OLYMPIAD CONTESTANTS: back row from left, Abigail Leung, Candice Chen, Karissa Chu, Natalie Ma, Tony Mei and Elliot Wallis; front row, Samantha O'Brien, Colin Leung, Maya Dughi, Anna Dughi, Tomi Chen, Nikolas Sommerhalter, Mathew Jewell, Jad Yehia.

CV Science Olympiad's Debut

In its invitational debut at the Christensen Science Olympiad tournament in Livermore on Feb. 2, Creekside Middle School took home the 3rd place overall trophy out of 23 teams among some very tough competition.

Contributing to Creekside's win were individual event medalists: Anna Dughi & Maya Dughi, 1st place in Boomilever; Tomi Chen & Matthew Jewell, 1st place in Circuit Lab; Adim Rai & Nikolas Sommerhalter, 2nd place in Potions and Poisons; Tony Mei & Adim Rai, 3rd place in Anatomy; Kerry Chen & Samantha O'Brien, 3rd place in Road Scholar; Hagan Kwong & Elliot Wallis, 4th place in Fossils; Jad Yehia & Maya Dughi, 4th place in Heredity; and Samantha O'Brien & Jad Yehia, 4th place in Thermodynamics.

Not to be outdone, Canyon Middle School finished a respectable 8th place overall, with medals going to Olen Dempsey & Jishnu Sanyal, 2nd place in Dynamic Planet; Hudson Lim & Joshua Mak, 2nd place in Fossils; and Andrew Lee & Matthew Lee, 3rd place in Mystery Architecture.

One week later, on Feb. 9, CVHS came away with 5 medals in 23 events at the prestigious Golden Gate Invitational against a National-caliber field of rivals, including many state champions. Among the 52 teams competing, the CVHS teams earned these medals: Jackie Thibault & Aparna Anandkumar, 2nd place in Boomilever; Kaylee Yang & Christopher Ng, 2nd place in Boomilever; Jack Qin & Yuri Overton, 2nd place in Sound of Music; Lauren Lee & Kaitlyn Wong, 6th place in Write it-Do it; Justin Lui & Jessica Lu: 2nd place in Wright Stuff.

Both of these tournaments were a very promising glimpse into our teams' preparation ahead of the Bay Area Regional Competition, which will be held March 2 at Cal State in Hayward. The public is welcome to attend.

All 9 of the Science Olympiad teams (135 students) are supported by Castro Valley Science, a non-profit that supports science in our community, including competitions, science lectures, and high school scholarships.

Please visit: www.cvscience.us for more information.

—Bruce Dughi

SNOW? IN CASTRO VALLEY?

Castro Valley photographer Ed Gervasoni took this photo of the blanket of white covering East Bay hills last Tuesday morning from the 2600 block of Somerset Avenue.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM

No Love at Taco Bell

Thursday, February 14: at 7:34 p.m., Sheriff's deputies arrested a 57-year-old man with no permanent address as part of a warrant issued for his arrest. The man was loitering at a fast food restaurant on Redwood Road near Redwood Court when deputies called to complain. The man had previously been charged with assault and battery as well as disrupting a business. Deputies served the warrant and took the man to Santa Rita Jail pending $2,500 in bail.

Deadly Weapon

Thursday, February 14: at 3:31 a.m., a 40-year-old man from San Leandro was arrested as part of a warrant issued for his capture. The man had previously been charged on suspicion of assault with a deadly weapon. Deputies stopped the man for questioning at a gas station on Redwood Road near Castro Valley Boulevard. The man was taken to Santa Rita Jail pending $7,500 in bail.

Charged with Embezzlement

Wednesday, February 13: at 1:00 p.m., deputies arrested a 32-year-old woman from Hayward on suspicion of embezzling from a clothing retailer in the Castro Village shopping center. The report did not specify if the woman was an employee or an accomplice nor the amount embezzled. Deputies responded after a call from store management. The woman was handcuffed and taken into custody.

Shoplifter Caught

Tuesday, February 12: at 4:56 p.m., a 29-year-old man from Oakland was arrested on suspicion of shoplifting from a drug store on Castro Valley Boulevard near Yeandle Avenue. Deputies responded to the scene after a call from the store manager. The man was handcuffed and taken into custody.

Wanted Woman Fought the Law

Tuesday, February 12: at 1:08 p.m., deputies arrested a 44-year-old woman from Bellflower, Calif. (Los Angeles County) as part of a warrant issued for her capture. The woman was stopped for questioning in front of a business on Redwood Road near Grove Way. When deputies tried to serve the warrant, the woman became confrontational and fought back. Deputies subdued the woman and took her to Santa Rita Jail pending $5,000 in bail.

Illegal Narcotics and Drug Paraphernalia

Tuesday, February 12: at 10:19 a.m., a 26-year-old woman from Castro Valley was arrested on suspicion of possession of illegal narcotics and drug paraphernalia. Deputies stopped the woman for questioning outside a home on Sweet Lane near Lake Chabot Road. The woman was found with drugs and needles in her pockets and was taken into custody.

Selling Cannabis to Minors

Monday, February 11: at 1:13 p.m., deputies arrested a 48-year-old woman from Hayward on suspicion of petty theft, shoplifting, selling cannabis to a minor, and violating the terms of her parole. The woman was caught in the act at a clothing retailer in the Castro Village Shopping Center. Deputies were dispatched to the scene following a call from the store manager. The woman was taken to Santa Rita Jail and held without bail.

Shopping on Drugs

Monday, February 11: at 6:59 p.m., a call from a manager about a woman shopping on drugs sent deputies to a grocery store on Redwood Road near Castro Valley Boulevard. There, they questioned the woman and found illegal narcotics and drug paraphernalia in her possession. The woman denied having owned either. Deputies took the woman into custody.

Wanted Man Robs CV Grocery Store

Monday, February 11: at 6:30 p.m., deputies arrested a 54-year-old man from Redwood City on suspicion of robbing a grocery store on Redwood Road near Castro Valley Boulevard. The man was also wanted as part of a warrant issued for his capture on a previous charge of the negligent firing of a loaded weapon. Deputies were called to the scene following a silent alarm. The man was also found to have illegal narcotics and drug paraphernalia in his possession. The man was taken to Santa Rita Jail pending $25,000.

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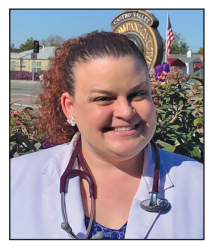

Castro Valley Companion Animal Hospital has a new addition to our team!

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

Come on in and meet our newest veterinarian!

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Community Calendar

The Week Ahead

● **Wednesday, February 20:** ***CV Women's Club/Sulphur Creek***

The public is invited to hear about Sulphur Creek Nature Center's work with guest speaker Wendy Winstead, and to meet a few of the animals that make their home at Sulphur Creek at the 1 p.m. meeting today of the CV Women's Club, 18330 Redwood Road. For info, call 510-461-7692 or visit castrovalleywomensclub.weebly.com

● **Wednesday, February 20:** ***East Bay Rose Society Meeting***

Tom Bressan, founder of the Urban Farmer, will talk about new irrigation products — smart timers, controllers and improved emitters, at the next meeting of the Rose Society at 7:30 p.m. this evening at the Lakeside Garden Center, 666 Bellevue, Oakland. He will cover basics of designing systems for roses, their maintenance, and increasing their efficiency. Come enjoy snacks and meet people who talk roses. For more info, visit www.eastbayroses.org

● **Wednesday, February 20:** ***Get a Handle on Your Hormones!***

Dr. Aumatma Shah speaks on Hormone Flux during life's big transitions such as pregnancy and postpartum, at the Castro Valley Mothers Club Learn & Share speaker series, 6:30 p.m. today at Keller Williams office space, 3160 Castro Valley Blvd., Suite 100. Free, open to all.

CASTRO VALLEY FORUM
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HOROSCOPE by Salomé

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ARIES (March 21 to April 19) Your efforts in behalf of a colleague do not go unnoticed, let alone unappreciated. Meanwhile, arrange to spend more time investigating that troubling fact you recently uncovered.

TAURUS (April 20 to May 20) Devoting a lot of time to a current career move means having less time for those in your private life. But once you explain the circumstances, they should understand and be supportive.

GEMINI (May 21 to June 20) Organizing your many duties in order of importance should help you get through them pretty quickly. Additional information puts that still-to-be-made decision in a new light.

CANCER (June 21 to July 22) Lingering bad feelings over a recent misunderstanding should fade as reconciliation efforts continue. Meanwhile, vacation plans might need to be revised because of new developments.

LEO (July 23 to August 22) Love dominates the Lion's heart this week, with Cupid shooting arrows at single Leos and Leonas looking for romance. Partnered pairs also enjoy strengthened relationships.

VIRGO (August 23 to September 22) "Getting to Know You" should be the single Virgo's theme song as you and that special person discover more about one another. That workplace situation needs looking into.

LIBRA (September 23 to October 22) You might be upset at having your objectivity questioned in the handling of a dispute. But it would be wise to re-examine your feelings to make sure you're being fair with both sides.

SCORPIO (October 23 to November 21) A family dispute creates mixed feelings about how you hope it will be ultimately resolved. Best advice: Stay out of it and let the involved parties work it through by themselves.

SAGITTARIUS (November 22 to December 21) Making an effort to smooth over even the smallest obstacles now will go a long way to assuring that things run smoothly once you're set to move on with your plans.

CAPRICORN (December 22 to January 19) A challenge to your authority can be upsetting, but your longtime supporters want you to defend your position so you can win over even your most adamant detractors.

AQUARIUS (January 20 to February 18) Being unable to get involved in a friend's problem calls for an honest approach. Provide explanations, not excuses. Another friend might be able to offer support for your decision.

PISCES (February 19 to March 20) You find yourself swimming in circles, looking for some way to get back on a straight course. But things get easier once you're able to refocus your energies.

● **Saturday, March 23:** ***CVHS Boosters' Crab Feed***

Join the Castro Valley High Boosters Club this Saturday for a fun community event that will include raffle baskets, live auction, and a crab, pasta and salad dinner at the Castro Valley Moose Lodge, 20835 Rutledge Road. Meals will be served by CVHS athletes. No-host bar at 5 p.m., dinner at 6. Visit squareup.com/store/cvhs-athletic-boosters-club?t=merchant-fb for tickets ($55 per person). Proceeds from this event will benefit the CVHS Athletic Teams.

● **Saturday, February 23:** ***Nature Class: Singing Tree Frogs***

Enjoy a tree frog serenade as you discover why these amphibians sing, how they can outsmart their enemies, and how they inform scientists about their environments, while meeting some of Sulphur Creek's native frogs and salamanders at this special adult nature program from 2 to 3:30 p.m. this Saturday, at Sulphur Creek Nature Center, 1801 D St., Hayward. To register (required) for Program No. 7065 ($20), visit www.HaywardRec.org/register or call 510-881-6700.

● **Saturday, February 23:** ***History & Mystery of Tarot***

Join Amber for a fascinating and educational slide show and narrated journey through the tarot's long and mysterious history, from 1:30 to 4:30 p.m. this Saturday at the Castro Valley Library. Time travel to such places as ancient Egypt, Palestine, Rome, pre- and post-WW II Europe and the U.S. Discover the tarot's links with with numerous academic, social, cultural, political, religio-spiritual movements and events. To register (required), call 510-667-7900.

● **Tuesday, February 26:** ***Rotary Lunch: County Ombudsman***

Denyse McCowan, Alameda County Ombudsman Program Director, will describe how her department serves the elderly in long-term care facilities, their families and caregivers, at the Rotary Club of Castro Valley lunch from noon to 1:30 p.m. Tuesday at Redwood Canyon Golf Course, 17007 Redwood Road, Castro Valley. Cost of lunch is $15 and reservations must be made by 9 p.m. on Sunday, Feb. 24, by contacting Rotary at cvrotary@iCloud.com or 510-402-5123. More information is available at castrovalleyrotary.org.

● **Tuesday, February 26:** ***Toastmasters Open House & Potluck***

Castro Valley Toastmasters will host an open house from 6:45 to 8:30 p.m. Tuesday at Baywood Court, 21966 Dolores St., beginning with a free potluck. Members will compete for prepared and impromptu speeches. All are welcome. See what Toastmasters can do for you. For more info, visit 961.toastmastersclubs.org

● **Wednesday, February 27:** ***Canadian Consul General Lunch***

Rana Sarkar, Consul General of Canada, will speak at an international trade luncheon from 11:30 a.m. to 1 p.m. on Feb. 27 at the Golden Peacock Banquet Hall, 24989 Santa Clara St., Hayward. For tickets ($25) visit www.hayward.org or call 510-537-2424. (No tickets at door.)

● **Wednesday, February 27:** ***Senior Driver Safety Seminar***

Seniors can stay safe and save money by registering for the Castro Valley Library's popular senior driving program from 1 to 3 p.m. next Wednesday. Conducted by the California Highway Patrol, the seminar will include Compensating for Age-Related Changes, Tuning-Up Driving Skills, Rules of the Road, Safe Driving Tips; and more. On completion, participants will receive a certificate for completing the course which may entitle them to an automobile insurance discount. To register (required) for this free class, call the Library Information Desk at 510-667-7900.

● **Thursday, February 28:** ***Cancer Workshop / Yoga***

Eden Medical Center is kicking off its 2019 cancer workshops with Yoga for Self-Care from 5:30 to 7:30 p.m. on Feb. 28 at the Medical Office Building axt 20101 Lake Chabot Road, 2nd floor. This workshop is open to people with cancer, those who have already completed treatment, and caregivers and families. Learn how to reduce stress. Call Cancer Support Community for information or to register, at 925-933-0107

● **Saturday, March 2:** ***Community Garden Open House***

See what your neighbors are growing at Paradise Community Garden, 20095 Mission Blvd., Hayward from 10 a.m. to 4 p.m. on March 2. Julio Contreras of Joe's Honey will present a free workshop "The Buzz About Beekeeping" at 11 a.m. Live music, snacks and coffee, Chamber of Commerce pop-up mixer, crafts, body work, native plant sale. Rent your own garden box. Questions? Rick Hatcher 510-909-4077.

● **Saturday & Sunday, March 2-3:** ***Rummage Sale Fundraiser***

A huge community-wide rummage sale benefiting kids in the Philippines and Brazil will be held from 9 a.m. to 3 p.m. on Saturday, March 2, and from noon to 4 p.m. on Sunday, March 3 at the First Presbyterian Church Gym at 2490 Grove Way in Castro Valley. Cash and credit cards accepted. $10 early-bird from 8 yo 9 a.m. on Saturday.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

● **The Sun Kings,** California's premier Beatles' tribute band, returns to the Center for the Arts at 7:30 p.m. this Saturday, Feb. 23, for a concert spanning the entire Beatles' Epoch from Hamburg to the Rooftop, with spot-on arrangements and vocal harmonies delivered with a driving energy, joy and vitality that recall the earliest Beatles performances, using the same vintage instruments. *For tickets ($40, $34), see above.*

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"The 39 Steps,"** a comedy, farce, melodrama and mystery all mix in this hilarious stage adaptation of the 1935 Alfred Hitchcock movie which continues through Sunday, Feb. 24, at Chanticleers Theatre, 3683 Quail Ave. in Castro Valley. Curtain time is 8 p.m. on Fridays and Saturdays and 2 p.m. on Sundays. For tickets ($25 general, $20 seniors/students), call 510-733-5483 or visit chanticleers.org

● **"Ah Wilderness,"** a nostalgic coming-of-age story by Eugene O'Neill that introduces the Miller Family on the 4th of July in 1906, will be presented by the Douglas Morrisson Theatre, 22311 N. Third St., Hayward through March 3. The play offers a backward glimpse into middle-class family life in turn-of-the-century America, providing a tender, retrospective portrait of small town family values, teenage growing pains, and young love. Showtimes are 8 p.m. Fridays and Saturdays, 2 p.m. on Sundays and on Saturday, March 2. For tickets ($29, senior discounts available), call 510-881-6777.

● **"Odd Man Out,"** an original show featuring popular radio host and author Marty Nemko, takes the audience on an amazing journey from his earliest years as a lonely kid to his life today, will be presented as a benefit for Chanticleers Theatre at 3683 Quail Ave. in Castro Valley Community Park for one night only, March 3 at 7 p.m. at the theatre. For tickets ($25-$20), visit chanticleers.org or call 510-733-5483.

ART GALLERIES & ART INSTRUCTION

● **"Art of Peace"** and **"Hernandez Art & Tattoo"** are now on view at Sunset Gallery at Hayward Center/Adult School, 22100 Princeton St. Room H2, in Hayward through Feb. 28. "Hernandez Art & Tattoo" is a collection of works inspired by Meso-American culture to traditional American tattoo by Adolfo Hernandez, a member of the Hayward Art Council's board. "Art of Peace" is an exhibit featuring artwork made from guns and bullets collected as evidence in crimes. Gallery hours are 10 to 4 Tuesdays, Wednesdays and Thursdays.

● **"New Beginnings,"** A.R.T., Inc.'s members-only unjuried (all submissions are accepted) exhibit, is currently on view at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. The judge is Edward Bertolet. The exhibit ends on March 9.

● **"Celebrate Women!"** presenting the works of over 50 accomplished artists, writers, and musicians, is being showcased at the John O'Lague Galleria in Hayward City Hall until Friday. It is the second regional exhibit of the Northern California branch of the National League of American Pen Women.

● **Artist Open Studio Every Thursday:** Join this informal gathering of artists working together in a friendly and helpful atmosphere. Adobe Art Center hosts provides tables, chairs and easels. $3. Thursdays 10 a.m. to 2 p.m. in the Redwood Studio 1 at the Adobe Art Center, 20395 San Miguel Ave, Castro Valley.

Guacamole remains one of the most popular ways to enjoy avocados, used here to top a baked potato.

Most fruits and vegetables must be picked within a few days of reaching maturity, no matter what price they will bring. However, a ripe avocado can hang on the tree for six to eight months, just waiting for the right market.

Avocados are, of course, year-round fruits, but the peak supplies are in the spring and early summer and that's when the prices are lowest. Nearly all are raised here in California in small groves averaging less than 10 acres each.

One medium size avocado is rich in nutrients with more than 10 essential vitamins and minerals. It also has about 300 calories, the majority of which are from fat, which gives it an unmistakable buttery texture.

Fortunately it is mostly mono-unsaturated, which is the "healthy" kind of fat.

MEXICAN GUACAMOLE

2 ripe, fresh avocados, halved and pitted
1 teaspoon minced serrano chile, seeded
1/2 medium tomato, diced
1-1/2 tablespoons chopped fresh cilantro
1-1/2 tablespoon red diced onion
1/2 fresh lime
1/4 teaspoon Mexican oregano, crushed
Salt and white pepper to taste

Scoop avocado into a medium mixing bowl. With a fork, coarsely mash. Add other ingredients except the lime. Lightly blend. (Mexican guacamole is chunky, not puréed.) Squeeze in lime juice and mix gently. Taste for seasoning adjustment. Makes 1 serving.

AVOCADO-GRAPEFRUIT SALAD

Bibb Lettuce
Watercress
2 ripe avocados, peeled and sliced
2 cups grapefruit sections
1 cup fresh raspberries
Prepared sweet vinegar and oil dressing

Line serving platter or individual salad plates with lettuce and watercress. Arrange avocado, grapefruit and raspberries over and sprinkle with dressing. Serves 4.

AVOCADO STUFFED BAKED POTATOES

3 potatoes
1 cup sour cream
1/2 cup diced ripe avocado
2 teaspoons salt
Fresh ground black pepper
Butter

Bake potatoes till done. Halve the potatoes lengthwise and scoop out the insides carefully, retaining the skins. Whip the potato pulp with sour cream, avocado dice, salt and pepper. Fill the potato skins. Add bits of butter on top and bake in preheated 375°F oven for about 10 minutes or until lightly browned. Serves 6.

AVOCADO PUDDING

3/4 cup instant dry milk
3 tablespoons sugar
3 tablespoons cornstarch, measured without packing it down
1/4 teaspoon salt
3/4 cup milk
1-1/4 cups water
1 egg, beaten
1 teaspoon vanilla
1 avocado, mashed with a little lemon juice
1 tablespoon butter, cut into bits

Mix dry milk, sugar, cornstarch and salt into heavy saucepan and slowly whisk in milk and water. Cook, stirring, over moderate heat until pudding thickens and bubbles form around edges. Cook 2 minutes longer, stirring constantly. Remove from heat.

In small bowl, add vanilla to beaten egg. Stir in avocado. Add 1/2 cup of hot pudding to this mixture and stir. Return mixture to saucepan and whisk until blended. Whisk in butter bits. Pour into 4 individual serving dishes. Cover with plastic wrap and chill.

AVOCADO CAKE

1-1/3 cups sugar
1/2 cup (1 stick) butter
2 eggs
1-1/2 mashed avocados
1/2 teaspoon cinnamon
1/2 teaspoon allspice
1/2 teaspoon nutmeg
1/2 teaspoon salt
1/2 teaspoon baking soda
1/2 cup buttermilk
1/2 cup chopped dates
1/4 cup raisins
1/2 cup chopped walnut
1-1/2 cups flour

Cream sugar, butter, eggs and avocado until light and fluffy. Beat in cinnamon, allspice, nutmeg, salt and baking soda. Add buttermilk, dates, raisins and walnuts and mix well. Stir in flour until thoroughly mixed. Batter will be quite stiff.

Spread in greased 9-inch-square glass baking dish. Bake at 300°F until toothpick inserted in center comes out clean, about 1 hour. Cool and serve plain or with whipped cream. Serves 6.

GRILLED AVOCADOS

6 firm avocados
Salt and black pepper
1 tablespoon grapeseed oil
3 tablespoons balsamic vinegar
1/2 teaspoon salt
1/8 teaspoon black pepper
1 teaspoon Dijon mustard
1/4 cup packed fresh flat-leaf parsley leaves, plus a few small sprigs for garnish
3 garlic cloves, lightly crushed and quartered
3/4 cup olive oil

Preheat the grill.

Quarter the avocados and remove the seed. Season with salt and pepper, to taste, and brush with grapeseed oil.

Grill the avocado slices over indirect heat, leaving undisturbed for the first 2 to 4 minutes or so to let the seasonings integrate into the surface and to allow the caramelization process to begin. Then, flip the avocados, remove from grill and let rest.

Through the feed opening of a running blender add, 1 at a time, the vinegar, salt, black pepper, mustard, parsley, and garlic. Leaving the blender running add the olive oil through the feed opening in a slow thin stream.

Serve the grilled avocado with enough of the dressing to coat and garnish with fresh parsley sprigs. Serves 6-12.

Local radio host and author Marty Nemko presents his original show "Odd Man Out," an amazing personal journey from a lonely kid to his life today as an accomplished entrepreneurial educator, at 7 p.m. Saturday, March 2 at Chanticleers Theatre, 3683 Quail Ave. in Castro Valley. All proceeds go to benefit the Chanticleers Theatre.

BENEFIT PERFORMANCE

Nemko's 'Odd Man Out' Live March 2

Bay Area career expert, radio host and author Marty Nemko will be presenting "Odd Man Out," a humorous and engaging account of his most unusual life story told in words and song, at Chanticleers Theatre at 7 p.m. on Saturday, March 2.

The show is a one-night-only benefit with all proceeds going to Chanticleers Theatre.

Nemko, the son of a holocaust survivor, will take you on an amazing personal journey from his earliest years as a lonely, misunderstood kid living in a Bronx tenement to his life today as an accomplished entrepreneurial educator and counselor.

Marty is joined on stage by his wife, Dr. Barbara Nemko, a professional educator in her own right. Her role, he says, is "to give me hell."

Tickets ($25-$20) to this remarkable theatre experience are available online at chanticleers.org, by calling 510-733-5483, or at the door. Anyone who adds a donation of $150 or more to Chanticleers Theatre will be treated to a specially arranged dinner out with Marty and Barbara Nemko.

LEGAL NOTICE

FILED
JANUARY 18, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By----------, Deputy
FILE NO. 554251

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:
LifeStyle Reset Health & Fitness Coaching located at 20579 Santa Maria Ave., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Aileen Cancino, 4809 Woodbridge Way, Antioch, CA 94531. This business is conducted by an individual. This business commenced on 01-18-19.
/s/Aileen Cancino
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JANUARY 18, 2024

FEB. 6, 13, 20, 27, 2019
0001-CVF

FILED
FEBRUARY 06, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By----------, Deputy
FILE NO. 554995

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:
Call W1 located at 15765 Via Arroyo, San Lorenzo, CA 94580, in Alameda County is hereby registered by the following owner(s): Emmanuel V. Cabigao, 15765 Via Arroyo, San Lorenzo, CA 94580. This business is conducted by an individual. This business commenced on N/A.
/s/Emmanuel V. Cabigao
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires FEBRUARY 6, 2024

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ATHLETE OF THE WEEK

Victoria Nelson

This week's Athlete of the Week is Victoria Nelson a senior at Castro Valley High School, a member of the varsity girls basketball team and one of the team captains.

She finished her season almost averaging a double-double in rebounds and points (9.9 Rebounds and 9.5 points). Nelson amassed a total of 227 points and 238 rebounds with 32 steals for the season, and recorded a double double in games against California, San Ramon Valley, American, Lake Oswego, James Logan, Colfax, and Berkeley High Schools.

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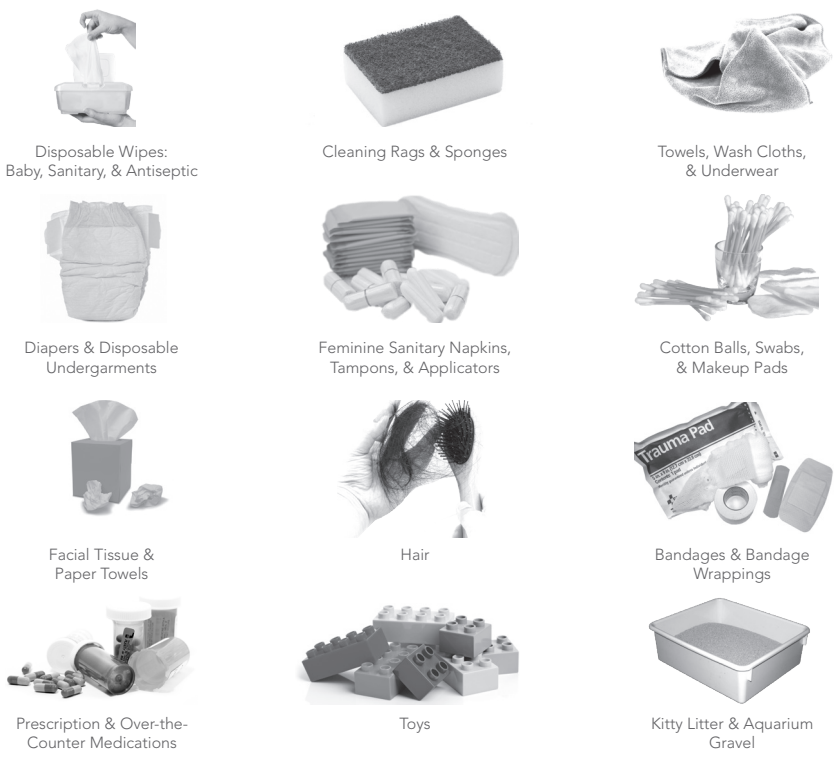

Toilets are only meant for one activity, and you know what we're talking about! When things other then **pee**, **poop**, and **paper** are flushed down the toilet, it causes problems in your home's lateral and the public sewer main pipelines. Results can include costly backups causing damage to private property and wastewater collection systems.

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Crossover Ends 31st Season

Crossover Basketball recently completed its 31st season serving our local community with recreational level competition for boys and girls, grades 2-12, while teaching Biblical values and good sportsmanship.

The season concluded with a season-ending celebration consisting of a free pizza dinner for the crowd of about 1,000 people (players, families, and friends) at Canyon Middle School, on Saturday, Feb. 9.

The speaker for the evening was Danielle Viglione; former professional basketball player with the WNBA's Sacramento Monarchs and international teams in Israel, Turkey and Italy. Viglione shared her story of sports and faith that has revolved around basketball. She was followed by Sacramento's Sky Dunk team that wowed the crowd with their acrobatic dunks.

Over 450 players and about 80 volunteer coaches and support team members dedicated their time and effort in this four month season which began in November.

Crossover Basketball is a sports ministry of Castro Valley First Baptist Church in partnership with First Presbyterian Church of Hayward, Redwood Chapel Community Church and 3 Crosses Church. It is an official affiliate of the Golden State Junior Warriors Program. For more information on how to participate next season, e-mail crossover@rcs.edu or call Patrick Lee at 510-889-7526 ext. 412.

PHOTOS BY PATRICK LEE

Former WNBA player Danielle Viglione was a guest speaker at the Crossover basketball's season ending celebration.

Members of the Sky Dunk team put on an acrobatic show that wowed the crowd.

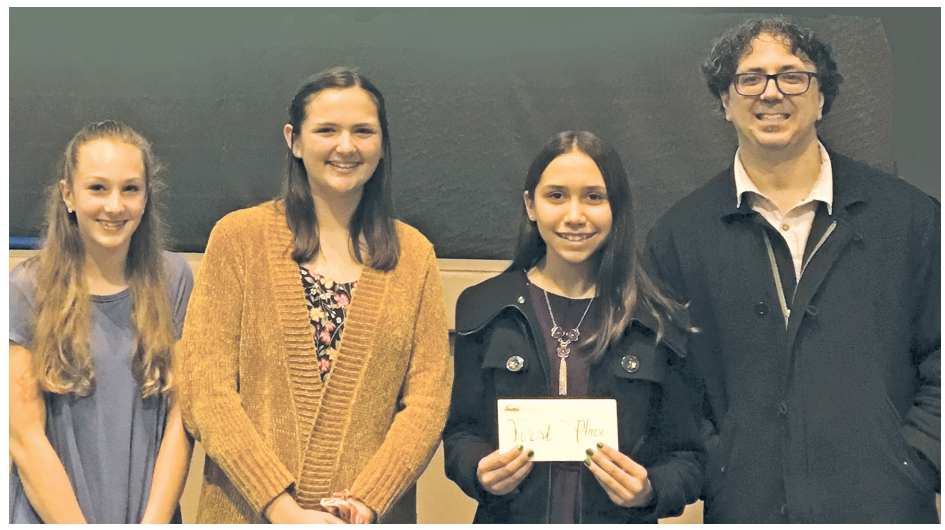


PHOTO BY TERESA HENDREN

RCS SCIENCE FAIR WINNERS: First place winners of the Redwood Christian Middle School Science Fair were, from left, students Lilia Enos, Abby Hague and Tori Hopken, with their science teacher John Wilcox. Students were required to demonstrate something in science and be accompanied by an actual working profect. The winners project, titled "Fingerprints Make Good Impressions" involved determining which surfaces are the easiest from which to remove fingerprints.

CV Students on Honor Lists

Meiling Zhang of Castro Valley, a Pharmacy major at Northeastern University in Boston, has been named to the University's Deans' list for the fall semester, which ended in December 2018.

Delaney Heller and **Myah Pace** of CV both earned First Honors in the fall semester of 2018 at the University of San Diego, a contemporary Catholic university.

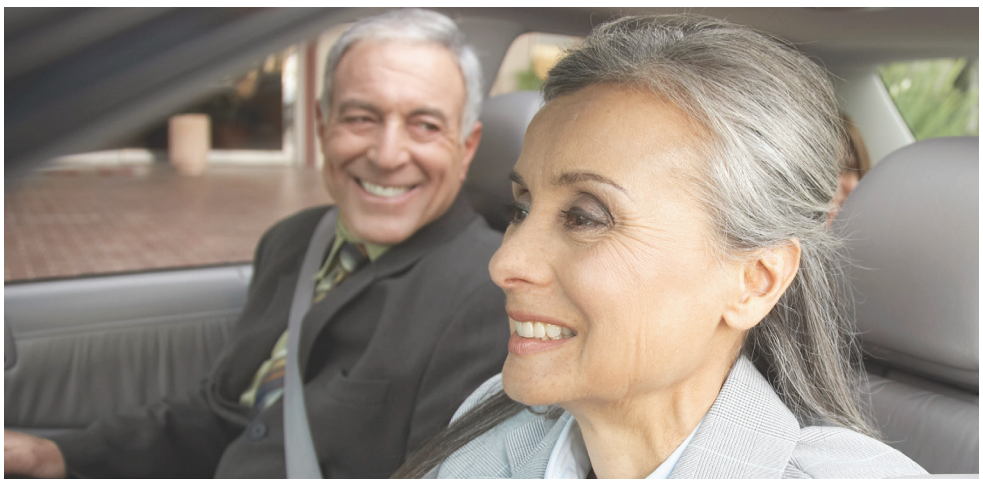
Raven Lynch of Castro Valley makes Dean's List at Rochester Institute of Technology for the 2018 Fall Semester. Lynch is in the administrative support technology program.

Four Castro Valley students — **John Breslow, Justine Brown, Calista Burnama** and **Esther Cho** made the academic Deans' List at Azusa Pacific College, an evangelical Christian university in Southern California.

SPORTS NOTE

Fundraiser

CV Wrestling Club is hosting their third annual crab feed. It will be held at the BJM Hall located at 21160 Ocean View Drive in Hayward, on Saturday, March 16. Social hour begins at 5:00 p.m. with dinner at 6:00 p.m. The price will be $50 and is a 21 and over event. For more information contact Denise Ramirez (510)909-4994 or email at nikyfamy1@aol.com



The California Highway Patrol and the Castro Valley Library are holding a Senior Driver Traffic Safety Seminar next Wednesday, February 27, at the library from 1 to 3 p.m.

Extend Your Driving Years

By Jim Miller
SPECIAL TO THE FORUM

With more than 40 million licensed drivers in the U.S. over the age of 65, there are lots of resources available today to help keep older drivers safe and behind the wheel longer. Here are some simple steps you can take to help keep driving safely.

Get your eyes checked: Because about 90 percent of the information necessary to drive is received through our eyes, getting your eyes checked every year to be sure his vision and eyewear is up to par is an important first step.

Check your meds: Do you take any medicine or combination of medicines that make you sleepy, light-headed or loopy? If so, make a list of all his medications (prescription and over-the-counter) and dietary supplements, and take it to his doctor or pharmacist for a review. You can also get help with this online at RoadwiseRX.com.

Evaluate your driving: To stay on top of any potential driving issues, have a friend take a ride with you from time-to-time watching for problem areas, such as: Do you drive at inappropriate speeds, tailgate or drift between lanes? Does you have difficulty seeing, backing up or changing lanes? Do you react slowly, get confused easily or make poor driving decisions?

For more tips, see the National Caregivers Library driving assessment checklist at SeniorDriverChecklist.org.

If you need a more thorough evaluation, you can turn to a driver rehabilitation specialist who's trained to evaluate older drivers. This type of assessment typically costs between $100 and $200. To locate a professional in your area, visit AOTA.org/older-driver or ADED.net.

Seminar Next Wednesday: The California Highway Patrol and the Castro Valley Library are holding a Senior Driver Traffic Safety Seminar next Wednesday, Feb. 27, at the library, 3600 Norbridge Avenue from 1 to 3 p.m. This seminar will include: Compensating for Age-Related Changes, Tune-Up Your Driving Skills, Rules of the Road, Safe Driving Tips; and more!

On completion, participants will receive a certificate for completing the course which may entitle them to an automobile insurance discount. Registration is required for this free program. To register, call the Library Information Desk at 510-667-7900.

see DRIVING on back page

Selling or Refinancing a Home When Your Spouse Can't Sign

Q. My husband has dementia and I wonder about my ability to refinance or even sell the home, as he cannot sign. The home is held in a Living Trust. Can you advise?

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

A. The short answer is that, under these circumstances, it may be easier for you to sell the home than it would be to refinance. Here's why:

Sale of Home: Your Living Trust probably provides that both of you are co-trustees, but that when one of you dies or becomes incapacitated the other becomes the sole trustee with full power to convey trust assets.

So, assuming that you can document your husband's incapacity as required by the terms of the trust, the trust terms would then typically permit you, as sole Successor Trustee, to convey clear title to the buyers on your signature alone. Then, as Successor Trustee, you would usually then be able to sell your home.

In these situations, title companies are usually willing to insure the passage of title to your buyer.

Refinance: However, if your goal were to refinance an existing loan on your home, this could be problematic.

Many lenders require that the home be removed from trust during the loan escrow and require that all loan documents be signed by both homeowners as individuals, rather than as trustees. Once removed from trust, your authority to sign would no longer be governed by the trust instrument.

Instead, it would be governed by a Durable Power of Attorney (DPOA) if one exists. However, your lender may not accept that DPOA, if, for example, it had been signed long ago, or it does not adequately identify your home, or it does not clearly give you authority to encumber the home to secure the loan.

Also, the lender may require that you obtain physicians' letters certifying both (a) that your husband had full capacity when the DPOA was originally signed years ago, and (b) that he currently is incapacitated. A letter certifying your husband's capacity years ago could be a problem if, for example, your husband's then physician is now unavailable.

Even lenders who do not require that the home be first removed from trust, may still require signatures by both the acting trusteed and by both homeowners as individuals. This appears especially true with regard to Reverse Mortgages.

So, again, even in this situation you may need a "friendly" lender and a DPOA that is acceptable to the lender.

Possible Work-a-rounds: Suggestions if you wish to refinance and encounter lender resistance: (A) shop around: some lenders, such as credit unions, may have more relaxed standards. For example, some may not require that you remove the home from trust in order to refinance and may accept your signature, alone, on all loan documents as sole successor trustee; and/or (B) consider a Petition to the Superior Court asking the judge to issue an order which substitutes for your husband's signature.

This procedure is available in

see SIGN on back page

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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 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.

NEED Gardening Service?
Check the advertisers in our "Home Servic Directory" and our "Classified Ads" for help!

EMPLOYMENT WANTED

***LOOKING FOR WORK?**
Check the **Help Wanted** ads on the next page of this newspaper.
Also: **Limited Time Offer!** You can run a FREE 15 word "Employment Wanted" ad. Ad runs in the San Leandro Times & Castro Valley Forum. Call **510-614-1558** to place an ad or for more info. (Some restrictions may apply)

FENCES/DECKS

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

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.

GARAGE SALES

VIEW the CLASSIFIED Ads Online at sanleandrotimes.com or castrovalleyforum.com
For help or for more info call 510-614-1558. E.B. Publishing

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GOLDEN GATE ENTERPRISES, INC.
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Foundations / Dry Rot / Stucco
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Decks / Construction & Repair
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www.bayareacontractor.com

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KITCHEN & BATH
Miguel A. Salazar
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San Leandro Times / Castro Valley Forum

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- Drywall
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- Custom Finishes

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Diego Painting
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- Power Washing

FREE ESTIMATES
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San Leandro Times
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Complete Residential & Commercial Roof Systems
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Serving San Leandro & The Entire Bay Area. For Those Who Demand Superior Personalized Attention.
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SAN LEANDRO

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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.

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***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.

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

JAIME'S GARDENING
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– A vacancy day is money lost forever –
To place an ad call **510-614-1558**

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VIEW the Classified Ads
Online at
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Check the Classified Ads under **"MUSICAL SERVICES"** for help.

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

HELP WANTED

GENERAL

Do you need some help at your business?
To place an Help Wanted ad call **510-614-1558**
Your ad will run in and the Castro Valley Forum on Wednesday and the San Leandro Times on Thursday.
Find help and support your local newspaper at the same time!
- Thank you -

Looking for all around General Maintenance person. Need to be flexible with time. 510-410-8341.

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HEALTH CARE

Experienced Health Care Manager needed at health care facility in Union City. Call 510-638-8070

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Make Your Home a Pleasant and Healthy Environment
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For a **SPARKLE CLEAN**
OFFICE or Home
Windows • Floors
• Carpets • Restrooms
Phone 352-7948
Member of S.L. Chamber of Comm.

MISC. FOR SALE

AUTOMOBILES

2000 Saturn SL2, auto, 4-dr, 4-cyl, white, A/C, excellent condition. 146K miles, smogged. $2,000. Patrick 510-517-3351.

SPORTS

Razor Ripstik Caster Board with lighted wheels, black with orange, in excellent condition. $20. Call Patrick 510-517-3351.

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1987 Coleman Tent Trailer. Awning, screen room, super shape. $1,500. 510-569-9104.

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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

I Pickup Mattresses, Boxsprings, Appliances, Televisions for $25 each. 510-830-5825.

WANTED: Old toys, pedal cars, license plates, old coins, etc. 510-886-3195.

WANTED: Reel to reel tapes (for tape recorder). Call Patrick at 510-517-3351.

MUSICAL SERVICES LESSONS

EAST BAY MUSICIAN - Lessons, Good with Kids. Call 510-427-3955.

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

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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

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Castro Valley 2-bedroom, 1-bath, Walk to BART and Village. Gated, laundry, pool, fitness. $2,295. 510-582-8389.
www.bartplazaapartments.com

Hayward 1-bedrooms $1,425 - $1,525, 2-bedrooms $1,695 - $1,795 (check availability). Patios, balconies, pool, ample parking, storage, spacious. 510-887-6633.

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

San Leandro (Pacific Avenue) 2-bedroom, 1-bath, balcony, AEK with dishwasher, near BART, water/ garbage paid. $1,850+ deposit+ credit check. 510-568-0929.

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

COTTAGES

San Leandro cottage $800, utilities included. Credit check. Prefer female. 510-316-6326 or 510-614-8230.

RENTALS/ROOMS

Castro Valley large room $900. Near BART. No pets/ drugs/ smoking. 510-305-9071.

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

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

NEED - MUSIC LESSONS or **PIANO TUNING?**
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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

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Online at
sanleandrotimes.com or castrovalleyforum.com
For help or for more info call **510-614-1558.** E.B. Publishing

PLACE YOUR CLASSIFIED ADS ONLINE!
CastroValleyForum.com
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 advertise any preference, limitation or discrimination because of race, color, religion, sex, handicap, marital status, national origin or intention to make any such preference, limitation or discrimination.

EQUAL HOUSING OPPORTUNITY

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 DIRECTO

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GENERAL CONTRACTOR
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Kitchens / Baths • French Drains
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Retaining Walls / Patios
Decks / Construction & Repair
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FREE ESTIMATES LIC. #818840
www.bayareacontractor.com

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KITCHEN & BATH
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***Reinforcement of existing fences is my only buisness, Rotted posts are my specialty.**
FREE ESTIMATES!
510-706-6189
Randy McFarland

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Advertise with us today in the
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Thank-You...

Wonderlin Roofing Systems for advertising with us for over 15 years!

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

$200.00 OFF
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One Coupon Per Customer Expires 3/31/19
(510) 538-1530
We Specialize in Residential Roofing

We truly appreciate all of our advertisers!
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Tender Loving Care
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Family Owned Since 1980
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EMPLOYEES COVERED BY WORKERS' COMP. STATE DISABILITY INSURANCE
Specializing in detailed cleaning tailored to your home
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Painting the Bay Area Since 1983
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- Custom Finishes

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Complete Residential & Commercial Roof Systems
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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

Help for the homeowner means business for you!

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

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.

CROSSWORD PUZZLE ANSWERS

D	A	M	■	B	E	T	A	■	Z	A	N	Y
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S	W	A	I	N	■	M	A	R	E	■	■	■
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S	E	N	D	■	H	E	R	D	■	S	A	D

CREMATION SERVICES

JAY SPENCER, DIRECTOR
42 Years Experience

DEERCREEK
Cremation & Burial Services
1700 Norbridge Ave., Castro Valley
(We are in Yellow Victorian House by McDonald's)
510-317-7890
www.DeerCreekCremation.com

A+ Rated
BBB ACCREDITED BUSINESS
FD 1505
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Obituaries

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Jess C. Spencer
Mortuary & Crematory
21228 Redwood Rd., Castro Valley
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Offering Personalized Memorial and Cremation Services.

FD 1168 CR49

Brenda Joy Garrett

January 8, 1953 – February 1, 2019
Married December 4, 1971

Brenda was born to Raymond and Lordis Baroman in Honolulu, Hawaii. As an Air Force family, the Baromans were sent to several locations around the world, from Colorado to Japan, and several places in between.

Brenda had 2 older brothers and 1 younger, John, who was born severely autistic and whom she cared for until her death.

In 1969, Brenda met Greg at Foothill High School in North Highlands, CA as he stumbled out of a bus and almost knocked her down. She gave a kind smile to ease Greg's embarrassment and she became the owner of his unworthy heart. Later that year he was her date when she was crowned Queen of the Junior Prom, and Greg has had the honor to try and keep up with the passion and acts of love that Brenda expected herself to perform every day for the following 50 years.

Soon after marriage, Brenda was told by her physician that she must have children early if she was to become a mother at all. She delivered 3 babies in 3 1/2 years and was blessed with one more delivery 10 years after the first.

A caring, generous and tough mother, Brenda's brood extended far beyond the immediate family – countless nieces, nephews, and neighborhood friends were honored to call her mom, and she loved them as her own children.

As a Grandmother, she was lovingly referred to as "Tutu" by her 7 grandchildren who kept her heart filled with a Joy that she considered both a reward and a new field for her nurturing.

She loved beautiful music, but the most beautiful of all were the songs she sang herself. Brenda was an accomplished singer with the voice of an Angel.

Brenda was so protective of her children's mental and spiritual development that, after trying several elementary schools, she removed her little ones from public schools and taught them at home until it was time for high school to prepare them for college.

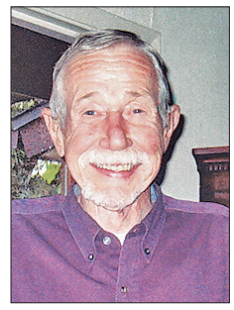
All 5 of them were accepted into and graduated from the University of California at Berkeley. A strong and proud woman, this was one of the accomplishments that Brenda was most proud of sharing with others. Ezra, Lisa, Woody, Sam and Lori will all tell you that it was Mom's strength and sheer willpower that made it possible for them to fulfill her own dream of attending and graduating from an institution that meant so much to her. As the birthplace of the Free Speech Movement, Cal was an inspiration to Brenda and greatly influenced her worldview.

As a result of her ceaseless focus on showing her children how to love, to become strong, and to succeed in life by serving the children of God wherever they may be, the world will still be a wonderful place despite God's decision to take Brenda Joy back to heaven. It is time now for others to practice serving through love and strength of soul. It is time now for her children to prepare their own children to live Joyfully and increase the light that Brenda added to our world.

Memorial services will be held at 10:00am on Friday, February 22 at Church of the Transfiguration, located at 4000 East Castro Valley Boulevard in Castro Valley, CA 94552. A reception will follow in Mt. Tabor Hall at the same location.

JOHN C. LIVERGOOD

October 17, 1938 – February 4, 2019



On Monday, Feb. 4th, 2019, John passed away peacefully at his home in Castro Valley, CA. John was born in Fresno, CA, to Buster and Pansy Livergood. He attended Live Oak High School in Morgan Hill and San Jose State University, earning a Bachelor of Arts and a Masters degree in European history. He started his teaching career at his alma mater Live Oak High School and later at Kennedy High School in Fremont, CA. John was a long-time resident of Castro Valley.

John was dedicated to offering alternatives to the local education system. In 1970 he and his wife Joyce founded Shady Grove school, a small private high school serving grades 7-12 in a non-traditional setting which they ran out of their home. John taught with a zeal for hands-on learning through the application of real-world skills and challenging the status quo. His students will remember John for his willingness to provide educational experiences out in the world, not just through books and classrooms. Additionally, John received several Fulbright scholarships and enjoyed a variety of studies. His passion was Shakespeare and Literature.

Shady Grove closed in 1998 and John moved to "The Land" in Ahwahnee, Ca. He loved living there and the nature that surrounded his home. He knew the name of every plant and animal on his place. He took great pride in the undisturbed beauty of his property and was a keen observer of all things in the natural world. John spent many hours volunteering at the Oakhurst public library (FOBL) and was especially helpful with book sales. He was an active member of the Oakhurst chapter of the Democratic club. He also enjoyed participating in his local book group. During his 20 years living in the Sierra foothills he made many lifelong friends.

He is survived by his daughters Jenét Roman and husband Emmanuel of San Ramon, Jocelyn Girard and husband Bart of Castro Valley and sons Jeff Livergood of Murphys and John Davis and wife Laurey of San Ramon. His siblings Larry Livergood of Pahrump, NV, sister Sue French and husband David of Clovis, CA and brother Robert Andrews and wife Karen also of Clovis, Ca. His grandchildren are Corrine and Allison Girard, Ian and Connor Davis and Justin and Ashton Roman.

In 2018 John moved back to Castro Valley to be closer to his children and grandchildren. In accordance with John's wishes, there will be no service. John's family would like to express their gratitude to Kaiser Hospice for their quality and compassionate care during the last weeks of his life. Please remember him when you visit your local library, work in your garden or catch sight of a bird at the feeder.

CASTRO VALLEY FORUM OBITUARIES

may be emailed to:
obits@ebpublishing.com
or faxed to:
510-483-4209.
Please include a phone number.

Brief notices are published free. Longer obituaries, including pictures, are available for a fee.

For help, call Patrick Vadnais at 510-614-1558.

The Forum is delivered to more than 99% of homes in Castro Valley.

LETTERS to the Editor

Calls on CVSan Board of Directors to Resign

Editor:

The Castro Valley Sanitary District (CVSan) Board of Directors approved Ordinance No. 180 at the Feb. 5th Board Meeting, which raised our garbage rates by more than 15% beginning May 1, 2019, and at least 6% per year for the following nine years. Cost-based annual rate increases can be even higher than 6% in years 3, 7 or 8. This rate increase was based on a 10-year $13M contract with Alameda County Industries entered into on June 13, 2018. Our current garbage collector, Waste Management of Alameda County, was terminated.

CVSan's garbage rate is more than double that of the Oro Loma Sanitary District and is one of the highest in the Bay Area! Go figure! So much for people on fixed incomes!

At the Feb. 5th Board Meeting, after hearing statements by a number of ratepayers opposing the rate increases, including myself, Board Member McGowan stated that if the Board did not raise the rates, CVSan would go bankrupt to cover the costs of the new contract. Approving a contract that could possibly bankrupt CVSan is fiscally incompetent.

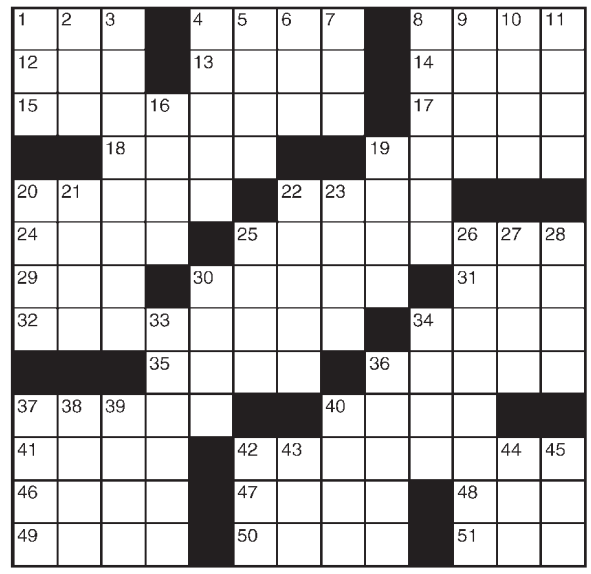
Moreover, the rate increases failed to comply with the notice requirements under Proposition 218. Upon my request, the Board refused to certify that the Notice of Public Hearing was properly made under Proposition 218. The Board did adopt an Order that the Notice of Public Hearing was properly made by posting the Notice in three public places under Health and Safety Code section 6490, which is improper under Proposition 218.

The Board of Directors, as our public servants, should resign, as they are incompetent and do not have the ratepayers' best interests at heart.

—**Ken Owen**, *Castro Valley*

LETTERS TO THE EDITOR may be emailed to fredz@ebpublishing.com, or mailed to: The Forum, P.O. Box 2897, Alameda, CA 94501.

THE FORUM CROSSWORD



ACROSS

1 Beavers' structure
4 Second letter
8 Wild and crazy
12 Indivisible
13 Mideast airline
14 Sheltered
15 Gin, e.g.
17 Grad rags?
18 First murderer
19 Iron
20 Suitor
22 Paddock parent
24 Long-running Broadway musical
25 Pheasant or grouse
29 Fuss
30 Dental filling
31 Ultramodern (Pref.)
32 Backyard attraction
34 Somewhere out there
35 Feedbag fodder
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37 Engine
40 Unwanted email
41 On in years
42 Morning garb
46 Entreaty
47 "Super-food" berry
48 Grecian vessel
49 Transmit
50 Group of cattle
51 Despondent

DOWN

1 "What's up, __?"
2 Literary collection
3 16th-century cartographer
4 Start
5 Verve
6 Highland hat
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9 Shaving cream additive
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44 Lingerie item
45 Conclusion

ANSWERS ON PAGE 9

REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY

California Paves the Way for Additional Dwelling Units – Part 1

While showing homes in the Central County, it is not uncommon to come across homes with an additional dwelling tucked away in the rear.

Falling under the names "Granny Flats" or "In-Law Units," these buildings are called Accessory Dwelling Units (ADUs) and, in many cases, are unpermitted.

Read, "illegal."

Built to house family members or provide additional rental income, unpermitted units have been a conundrum for years. It has been estimated that LA County alone has up to 50,000 illegal ADUs.

While there are currently no numbers for Alameda County, it is no secret that many illegal units exist, posing serious issues for owners, county and city building departments and potential buyers.

Confronted with an increasing statewide housing crisis, January 2017 saw California enacting legislation reducing restrictions on ADUs and paving the way for both development of new units and possible permitting of existing, illegal units. Consequently, applications for ADUs have dramatically increased in many cities across California.

The Community Development Agency for Alameda County has a website dedicated to ADUs.*

It explains, "ADUs are fully independent living quarters, constructed on properties that are already developed with a single family residence, and are subordinate in size, location, and appearance to the main residence on the property. ADUs add to the local rental housing stock, can make home rentals and ownership more affordable, allow opportunities for aging in place and may reduce greenhouse gas emissions when constructed in areas near public transit and services."

While a path has been cleared to allow for new ADUs, it goes without saying that properties must meet specific criteria before a unit will be allowed. Proposed units also face size restrictions.

All of which brings up the question, "What about existing illegal units?"

While possible to legalize some existing ADUs, many have been constructed outside the acceptable parameters and can never be legalized. Anyone owning a home with an illegal ADU can be forced by county or city officials to remove the unit.

These units often come to the attention of local officials when a permit is pulled to upgrade a property, a neighbor complains or is noticed when officials visit nearby properties or view satellite pictures.

Looking to buy a home with an ADU? Check with local officials to make sure it's permitted. If not, you may get additional square footage, but will also incur significant liability. It is classic caveat emptor: buyer beware.

Part 2 Next Week

*www.acgov.org/cda/planning/landuseprojects/secondary-units.htm

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.

Using Organic Weed Controls For Your Vegetable Garden

By Buzz Bertolero
SPECIAL TO THE FORUM

Q I'm going to plant a small vegetable garden in April or May. A field of weeds nearby is a big headache. I'd like to wipe them out with a natural herbicide. Do you know of any?

A I'm not sure of what types of weeds are growing, so controlling the unwanted vegetation is a difficult question to answer.

The easiest solution is to plow the growth under before they go to seed. Another option is to mow them periodically and wait for them to die once the rainy season concludes. I'm assuming the field isn't irrigated, so the unwanted vegetation will die in the late spring and shouldn't return until it rains in the fall.

You can find several organic herbicides that kill the actively growing vegetation or the dormant seeds but not necessarily both. There is a nonselective, natural citrus oil product for the actively growing weeds while corn gluten is used as an organic pre-emergent herbicide.

They're effective in killing the seasonal shallow rooted grasses and weeds while iffy with deep-rooted perennials such as Bermuda Grass.

BUZZ BERTOLERO
THE DIRT GARDENER

In your vegetable garden, hand cultivating and mulching is a very effective method of controlling weeds especially while they are tiny. I'd consult the nursery professional at your favorite garden center for a specific recommendation.

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

RECENT HOME SALES

Castro Valley

2787 Cortez Court	94546:	$487,500	2 BD -	1,141 SF -	1977
17116 Rolando Avenue	94546:	$560,000	2 BD -	1,019 SF -	1940
19246 Pinehaven Place	94546:	$625,000	2 BD -	1,272 SF -	1968
4758 Proctor Road	94546:	$650,000	5 BD -	2,676 SF -	1952
21238 Kahlert Street	94546:	$699,000	3 BD -	1,452 SF -	1950
20977 Center Street	94546:	$700,000	3 BD -	1,268 SF -	1956
21354 Rizzo Avenue	94546:	$720,000	2 BD -	1,455 SF -	1947
3462 Wyndale Drive	94546:	$785,000	3 BD -	1,557 SF -	1961
18666 Summit Court	94546:	$815,000	3 BD -	1,256 SF -	1952
22020 Chaparral Lane	94552:	$878,000	4 BD -	1,996 SF -	1988
4194 Krolop Road	94546:	$915,000	3 BD -	2,010 SF -	1947
22255 West Lyndon Loop	94552:	$928,000	4 BD -	2,379 SF -	2000
5933 Charter Oaks Drive	94552:	$1,000,000	3 BD -	1,645 SF -	1988

TOTAL SALES: 13

LOWEST AMOUNT: $487,500 MEDIAN AMOUNT: $720,000
HIGHEST AMOUNT: $1,000,000 AVERAGE AMOUNT: $750,961

Fixed-Rate Mortgages

Fixed-rate mortgages fell last week to the lowest levels since early 2018, according to Freddie Mac's weekly nationwide survey.

"The combination of cooling inflation and slower global economic growth led mortgage rates to drift down to the lowest levels in a year," said Sam Khater, Freddie Mac's chief economist.

Thirty-year fixed-rate mortgages averaged 4.37 percent last week, down from 4.41 percent a week earlier. A year ago at this time, the 30-year FRM averaged 4.38 percent.

Fifteen-year fixed-rate loans averaged 3.81 percent, down from 3.84 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.88 percent, down from the week before when it averaged 3.91 percent. A year ago at this time, the 5-year ARM averaged 3.63 percent.

OPEN HOMES SAT. & SUN. FEB. 23rd & 24th

CITY	SAT	SUN	ADDRESS	PRICE	BDRM./BA.	REALTOR	AGENT	PHONE
A	—	2-4:30	433 Harlan St.	$389,000	2/2	Highland Partners	Giuseppe Zumbo	510-331-5153
A	1-4	1-4	872 Sybil Ave.	$675,000	2/1	Coldwell Banker	Trish Radovich	510-367-7999
B	—	1-4	10 Drury Ln.	$999,000	3/2	Re/Max Accord	Lovewell Team	510-351-5555
A	—	1-4	954 Lee Ave.	$920,000	3/1.5	Robert Jones Assoc.	Matt Jones	510-357-0120
A	—	1-4	1120 Glen Dr.	$1,195,000	3/1.5	Varos Real Estate	Jeff Mihaly	510-501-0415

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

CITY GUIDE A = SAN LEANDRO • B = BERKELEY • C = CASTRO VALLEY • D = DANVILLE • F = FREMONT • H = HAYWARD • K = CONCORD L = LIVERMOREO • M = MODESTO • O = OAKLAND • P = PLEASANTON • S = SAN LORENZO • Z=ALAMEDA

EQUAL HOUSING LENDER

All real estate advertised in the Castro Valley Forum is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination because of race, color, religion, sex, handicap, marital status, national origin, or intention to make any such preference, limitation or discrimination. The Castro Valley Forum will not knowingly accept any advertisement 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.

CONGRATULATIONS: Castro Valley School District honored two students from Castro Valley Adult & Career Education, Sergio Ratinho (left) and David Lau in ceremonies on Jan. 24. Ratinho was recognized for his excellent work as a student in the Clinical Medical Assisting program. A father of 7 children in Castro Valley schools, he achieved his dream and is now working in the medical field. Lau is a student in the English as a Second Language program and received a certificate honoring his work as a volunteer at the school's ESL registrations. He speaks both Cantonese and Mandarin. Participating parents in the pre-school and parenting education programs also shared how those programs have positively impacted their families and children's success.

Driving: Tips For Seniors

continued from page 7

Also, AAA and AARP both have older driver refresher courses that can help tune-up your driving skills, and learn how to adjust for slower reflexes, weaker vision and other age-related changes that affect driving.

To locate a class, contact your local AAA (AAA.com), or AARP (AARP.org/drive, 888-227-7669). Most courses cost around $15 to $30 and can be taken in the classroom or online.

Another good resource to look into is CarFit. This is a free assessment program that will help you adjust your vehicle for a better fit, making it easier and safer to drive. CarFit events are held around the country in select locations. See Car-Fit.org to look for one near you.

Make some adjustments: Recognizing your driving vulnerabilities and making small changes on when and where you drive can go a long way in helping keep safe and driving longer. Adjustments may include not driving after dark or during rush hour traffic, avoiding major highways or other busy roads, and not driving in poor weather conditions.

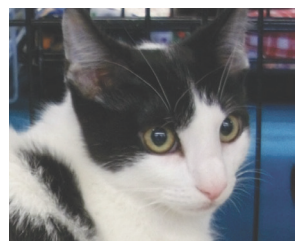
You can find more tips at AAA Senior Driving at SeniorDriving.AAA.com.

And finally, when it gets to the point that your driving isn't safe anymore and you need to quit, The Hartford Financial Services Group and MIT AgeLab offers two helpful resources. Go to TheHartford.com/lifetime – click on "Publications" on the menu bar – and download or order the "At the Crossroads" and/or "We Need to Talk" guides.

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

ADOPT-A-PET

MOMO & FEEFEE, 7 years young, are a bonded sister and brother pair. Both are sweet, laid back and seem to be OK with other cats. Both love attention from people. Momo enjoys cheek and neck rubs but prefers people not pet her back end. FeeFee meows for attention and loves behind the ear scratches. For more information, call Hayward Animal Shelter: 510-293-7200.



TIKI & SUNDANCE: Tiki, a handsome Turkish Van mix boy, and sibling Sundance, a beautiful black and white Tuxedo girl, are sweet, playful and gentle 7 month old kittens. They're comfortable around other cats and cat-friendly dogs. Both are fixed, current on vaccines and negative for FIV. They hope to fill your home with love and laughter soon. Email Loveallpawzrescue@gmail.com.

This Week at Smalltown

Looking for more opportunities to highlight your music or art? Smalltown Society is currently holding open auditions and reviewing portfolios for the 2019 season. Opportunities to perform at various gatherings and events, or showcase your work at locations around the Eden area. Email: info@smalltownsociety.com

● **Thurs., Feb. 21: Live at the Octopus Literary Salon**

The first Songwriter Showcase of 2019 hosted by local singer-songwriter Wilson Wong. Smalltown artists Safiyah Hernandez, Paul Keim, and Wilson Wong along with local songwriter Graham Hill. Come support live music! 7-9 p.m. Octopus Literary Salon: 2101 Webster St. Oakland

● **Fri., Feb. 22: Smalltown February Gathering!**

This month Smalltown is partnering with San Francisco-based poetry collective "Lyrical Opposition" for a night of poetry and hip-hop. Also featuring Plethos Productions, Nestor Castillo, food by Eden Urban Farms, beer & wine, and more! Connect with your community, hear from local artists, musicians and advocates, and experience the developing narratives of your neighborhood! Free, suggested contribution $10. Doors open at 7 p.m. 7:30-10 p.m.

More details on Smalltown events at: smalltownsociety.com or text "Smalltown" to 797979. Smalltown Society is located at 22222 Redwood Road, CV.

Sign: Home

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California under what is called a Petition for Substituted Judgment, so named because it asks the court to substitute its judgment for that of your husband. In most cases, the lender would then accept the resulting court order in lieu of your husband's signature.

Whether you seek to sell, or refinance, I recommend checking out these issues with one or more title companies and/or lenders early on and before you get too committed to a specific course of action.

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

OPTIONS FOR PROPER RECYCLING:

1. CVSan single-family residents can place their used motor oil (up to three gallons) and oil filters (up to three) between their carts at the curb for collection. Call WMAC at (510) 537-5500 if you need a motor oil and filter recycling kit, or pick up a kit at CVSan's main office at 21040 Marshall Street, Castro Valley.

2. Single-family and multi-family residents can drop off used motor oil and used motor oil filters at the following Certified Collection Centers (CCCs) located in or near Castro Valley:

- **O'Reilly Auto Parts**, 2990 Castro Valley Blvd., 510-881-0761
- **Jiffy Lube**, 2492 Castro Valley Blvd., 510-582-7677
- **Boulevard Auto**, 3940 Castro Valley Blvd., 510-247-9700
- **Certified Tire & Service Ctr**, 3430 Castro Valley Blvd., 510-886-9500
- **Kevin Hinkley Auto Tech**, 5269 Crow Canyon Rd., 510-881-1052
- **O'Reilly Auto Parts**, 15604 Hesperian Blvd., 510-276-7822

Visit **www.cvsan.org/UsedOil** for more information.

CASTRO VALLEY SANITARY DISTRICT
Effective Environmental Services since 1939
510-537-0757 | www.cvsan.org
This ad was funded by a grant from CalRecycle

CVSan 80th Anniversary 1939-2019 Castro Valley Sanitary District