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# VALENTINE'S DAY



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PAGE 6

# CASTRO VALLEY FORUM

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YEAR 31

WEDNESDAY, FEBRUARY 13, 2019

NO. 7

## INSIDE YOUR FORUM

### NEWS



#### Big Savings

East Bay Community Energy already saving customers \$3 million

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### LIVING



#### Soup-er Supper

Is there anything that can't be made with Campbell's tomato soup?

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### HEALTH



#### Chronic Pain?

To get the right treatment, it is important to find the source of the pain

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PHONE: (510) 537-1792

## GoFundMe for CVHS Athlete With Leukemia

On Friday, February 1, Bryce Turner was taken to the Doctor after his mom noticed an odd rash and some bruising. However, not in a million years did she nor the family expect to hear that Bryce has cancer.

The 15-year-old 6-foot-4 football and basketball sophomore standout at Castro Valley High school, who was just at school being "silly Bryce," has cancer.

Tests would later confirm and determine that Bryce has childhood Acute Myeloid Leukemia (AML), a very aggressive and fast-growing cancer if not treated promptly.

The aggressive nature of this disease has immediately placed Bryce in the hospital for the next four to five months while he undergoes intensive chemotherapy with a multitude of tests and procedures.

If you know Bryce you know he has a million-dollar smile, has the sweetest and silliest personality, and loves to hang out with his friends.

This amazing family is part of our community... and they need us more than ever right now.

We are asking for any help as this family endures every parent's worst nightmare, and all the associated medical cost that will incur during a five-month hospital stay and the life-saving medications and treatments.

If you are unable to donate monetarily, please help lift this family in thoughts, prayers and love, and let them know they are not alone!

We, together can help cover this family in love! #battleforbryce or [www.gofundme.com/f/battle-for-bryce-turner](http://www.gofundme.com/f/battle-for-bryce-turner)

—from the Bryce Turner  
GoFundMe page



### MAC MEETING

## CV 'Tiny Homes' On Hold

By Amy Sylvestri  
CASTRO VALLEY FORUM

Castro Valley's Municipal Advisory Council (MAC) continued an item related to the proposed "tiny homes" project at its Monday night meeting.

While plans are moving forward for the creation of the project designed to house some of the town's homeless on the parking lot of First Presbyterian Church at 2490 Grove Way, general plan and zoning changes will be required in order for the tiny homes or other similar projects to be sanctioned.

Council members said they needed to be cautious in order to create a clear precedent moving forward.

"I don't want to make this overly complicated but it's open season," said MAC member Ken see MAC on back page



## Gleaning, Swapping and Fixing During Zero Waste Week

The Castro Valley Sanitary District hosted its 4th Annual Zero Waste Week last Wednesday through Sunday with a variety of activities aimed at reducing the amount of waste going to landfills.

Above at left, some three dozen volunteers visited 20 different properties of generous homeowners on Wednesday, gleaning 1,895 pounds of oranges, tangerines, grapefruit and lemons that other-

wise might have gone to waste.

The fruit went to food pantries at Faith Lutheran and the Greek Orthodox churches in Castro Valley.

On the right, Zero Waste Week

concluded on Sunday afternoon at the Castro Valley Library with two popular events — the Clothing Swap 'N Sew and "Fix-It Clinic." The community repair workshop attracted a lot of owners

of small, non-working appliances of every sort, from computers to space heaters and vacuum cleaners to smart phones to learn how to keep them from going into the trash can.

## Castro Valley Weather Feb. 13 - 17, 2019



Wednesday  
Rain & Wind  
High 59° Low 54°



Thursday  
Rain & Wind  
High 58° Low 46°



Friday  
Cloudy, Rainy  
High 53 Low 43°



Saturday  
Showers  
High 55° Low 42°



Sunday  
Rain Possible  
High 55° Low 38°

### Almanac



Past Week's Rain: 01.23  
Season To Date: 14.99  
Normal To Date: 14.14  
Season Average: 21.22

Sun sets at 5:47 p.m. today, rises at 7:01 a.m. Thursday.

### Moon Phases



Feb.  
19



Feb.  
26



Mar.  
6



Mar.  
13

SATURDAY, FEBRUARY 23

# Sun Kings Return to CV Center For the Arts by Popular Demand

By Terry Liebowitz  
SPECIAL TO THE FORUM

"All You Need Is Love," and there will be that in abundance as the Sun Kings perform at the Castro Valley Center for the Arts, Saturday night, February 23 at 7:30 pm.

The Sun Kings are California's premier Beatles' tribute band. This is their second appearance in the Castro Valley Arts Foundation Series, brought back by popular demand.

No wigs, costumes or fake Liverpool accents — it is all about the music. The Sun Kings' attention to detail and ability to capture the authenticity and vitality of the music has gained respect and critical acclaim among Beatles purists everywhere.

Note for note, the group recreates the Beatles' recordings using the same vintage instruments: Rickenbacker, Gretsch, Gibson, and Epiphone guitars, the Hofner Bass and Ludwig Drums.

Their concerts are ener-



**BACK BY POPULAR DEMAND:** The Sun Kings, the premier Beatles' tribute band, returns to the stage of the Castro Valley Center for the Arts at 7:30 p.m. on Saturday, Feb. 23.

gy-packed, reminiscent of the joy and excitement at a 1960's Beatles concert.

The Sun Kings repertoire contains over 150 Beatles songs spanning their entire catalogue.

"If the audience is with us, singing along and dancing and giving

off good energy, we become one big happy family, say leader Drew Harrison."

For ticketing information see: [www.cvartsfoundation.org/shows](http://www.cvartsfoundation.org/shows).

Terry Liebowitz is a founding member of the Castro Valley Arts Foundation.

## COMMENT

# Under the Umbrella Word ART

By Bruce Roberts  
SPECIAL TO THE FORUM

People become members of an organization because they have a common interest. For members of the Hayward Arts Council, that interest coalesces under the umbrella word ART.

But under that umbrella, the interests of every member are very different.

This is amply demonstrated at Arts Council's Members' Show, now on display at the Community Gallery of the Hayward Area Historical Society. Thirty-five artists have entered one piece each to show off their interest, and talent.

From sculpture to quilting to pottery, graphite drawing, watercolors, acrylics, digital photography, oil painting, mixed media and poetry, the members of the Hayward Arts Council are a diverse group with diverse interests, but all unified by the love of art.

For example, two gorgeous, yet very different, quilts—"Curves" and "Hanging Gourds II"—were created by sisters Julia Vitero, and Delores Vitero Presley, showing that even within the same medium, and same family, artistic styles can differ greatly.

"Mni-wiconi," is Lakota Sioux for "Water for Life," title of a beautiful blue ceramic sculpture by Carolina Grainey-Vejar, that shapes an unborn baby cradled within a drop of water.

Karla Lopez's "Ocelots" depicts in vivid watercolor every close-up detail of two striking jungle cats.

The interesting "City Skyline,"

by Renea Turner, digitally photographs outlines of large buildings through the added texture of a fine screen.

In short, there are many outstanding pieces that highlight this exhibit from Hayward Area's artistic world. Please visit the HAHS Community Gallery at 22380 Foothill Blvd. Hayward, open Wednesdays through Sundays, until March 31, from 10 a.m. to 4 p.m. This is a wonderful show.

Bruce Roberts is Hayward Poet Laureate and HAC Board Vice President. Visit [www.hayward-artsCouncil.org](http://www.hayward-artsCouncil.org) for more art exhibits and events.

## Mat Room Ribbon Cutting

A public ribbon cutting will be held next Tuesday, Feb. 19, for the new Mat Room at Creekside Middle School. The modernization was one of many funded by

Measure G, a \$123-million Bond approved by Castro Valley voters in the June 7, 2016 election.

For a list of other projects, visit: [bit.ly/cvUSD-measureg](http://bit.ly/cvUSD-measureg)

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# Progress on CV Veterans Center

By Amy Sylvestri  
CASTRO VALLEY FORUM

Plans are progressing on the campaign to turn the old library on Redwood Road into a veterans' resource center and meeting hall, according to an update presented at last week's meeting of the Castro Valley Municipal Advisory Council (MAC).

There are now plans to move up to six staff members of the County General Services Agency who work with veterans to the old library building, according to Agency Director Willie Hopkins. That could give the county a vested interest in aiding the project.

The plan will next be heard by the Board of Supervisors at their March 19 retreat.

"We'll present a couple option on how we can move this project forward," Hopkins told the MAC.

The project to convert the old library into a veterans' center has been in the works since at least 2017 and has faced issues including funding and construction remodeling obstacles, but now



Castro Valley's old library building at 20055 Redwood Road.

appears ready to go ahead with the county's help

MAC Chair Marc Crawford said that the current status of the project was "better than anything we'd hoped for up to this point."

## 2020 Census Coming Up

The MAC also heard several other general interest items at the Tuesday evening meeting, including an update on the 2020 census.

Sandy Rivera from Alameda County Community Development Agency told the MAC that preparations for the census are underway and it is a major undertaking.

"The census is required by the Constitution and it's the largest public operation other than war in terms of governmental operations," said Rivera. "It's huge."

see PROGRESS on page 15

# EBCE Already Saving Residents \$3 Million

In its first six months of service, East Bay Community Energy (EBCE), which provides electricity to Castro Valley and most of Alameda County, has already saved residents nearly \$3 million, according to County Supervisor Scott Haggerty, who is chairman of EBCE's Board.

EBCE serves more than 550,000 accounts and about 1.4 million people in the county. Residents were automatically enrolled in the service based on city

councils and the County Board of Supervisors voting to join the program last June, for its cleaner energy sources and lower costs.

Its standard service, called "Bright Choice" costs 1.5 percent less than for the same service from PG&E.

As reported in the Forum on Jan. 23, PG&E bills have puzzled many residents who may think they are being double charged or that their bill has increased. The EBCE charge is a new item on electric

bills, but it replaces what PG&E would have charged customers.

On the PG&E portion of the bill, residents will still see electric "Transmission" and "Distribution" delivery charges from PG&E, which have always been a part of the bill. They will also see a "Generation Credit" from PG&E

see EBCE on page 10

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Arrested Twice in Two Days

Sunday, February 10: at 3:29 a.m., Sheriff's deputies arrested a 26-year-old man from Castro Valley on suspicion of being a public nuisance. The man was loitering and harassing passersby outside a fast food restaurant on the Boulevard near Nunes Avenue. Deputies report the same man was arrested the night before outside a fast food restaurant on Strobbridge Avenue near Castro Valley Boulevard on suspicion of interfering with the business and violating the terms of his probation. The man was taken to Santa Rita Jail pending \$2,500 although, deputies reported that the man was "likely to continue" disrupting these businesses.

### Tried to Flee

Friday, February 8: at 2:15 p.m., a 41-year-old man from San Leandro was arrested on suspicion of trying to flee the scene after deputies attempted to stop him for questioning. Deputies report the man was wanted as part of a warrant issued for his capture and tried to serve the warrant. The man ignored the sirens but was pulled over on Norbridge Avenue near Redwood Road. Deputies took the man to Santa Rita Jail pending \$50,000 in bail.

### Caught Doing Drugs

Thursday, February 7: at 11:04 p.m., deputies arrested a 36-year-old man with no permanent address on suspicion of possession

of illegal narcotics, illegal drug paraphernalia, and violating the terms of his parole. The man had been at a fast food restaurant on Castro Valley Boulevard near Wilbeam Avenue when the manager noticed the man had been locked in the bathroom for a long time. Deputies discovered the man had been doing drugs. The man was taken into custody.

### Colorado Man on the Run

Wednesday, February 6: at 11:40 p.m., a 42-year-old man from Longmont, Colorado was arrested on suspicion of driving under the influence of alcohol, felony possession of a stun gun, driving with an expired license, possession of illegal identification, and possession of methamphetamine drugs. Deputies pulled the man over in a parking lot on Santa Maria Avenue near Castro Valley Boulevard after they noticed the man was driving with a busted headlight. The man smelled of alcohol and provided deputies with a false ID. Deputies also found a stun gun under the driver's seat and a baggie of meth drugs in the car. The man had prior warrants for his arrest in California. He was taken to Santa Rita Jail pending \$57,500 in bail.

### Public Intoxication

Wednesday, February 6: at 11:57 p.m., deputies arrested a 22-year-

old man from Castro Valley on suspicion of public intoxication. The man was hanging outside a business on Norbridge Avenue near Redwood Road when deputies stopped him for questioning and smelled alcohol on his breath. The man failed his field sobriety test and was taken into custody.

### Wanted Man

Wednesday, February 6: at 9:30 p.m., a 48-year-old man from Castro Valley was arrested as part of a warrant issued for his arrest and suspicion of possession of illegal drug paraphernalia. Deputies served the warrant at a mobile home park on Castro Valley Boulevard near Marshall Street after the man's roommate opened the door and let deputies in. The man was handcuffed, taken to Santa Rita Jail and held without bail.

### Can't Stay Away

Thursday, February 7: at 2:13 a.m., deputies arrested a 37-year-old man with no permanent address on suspicion of violating the terms of his parole and a restraining order. The man was spotted walking on Heyer Avenue near Redwood Road but within 100 yards of an address, he was supposed to stay away from. Deputies took the man to Santa Rita Jail and held him without bail.

see REPORTS on page 10

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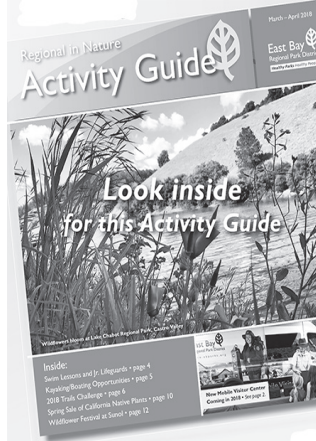
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This issue of the Castro Valley Forum contains the East Bay Regional Park District March - April 2019 Activity Guide.

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



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## The Week Ahead

### ● Wednesday, February 13: Neuropathy Support Group

Those suffering from peripheral neuropathy (a disease with typical symptoms of chronic numbness, pins and needles tingling) are encouraged to attend the monthly free meeting of the Neuropathy Support Group at 1:30 p.m. today in the library of First Presbyterian Church at 2490 Grove Way, Castro Valley. For info, call Greg at 510-886-6758.

### ● Wednesday, February 13: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting at 7 p.m. today in the boardroom at 4400 Alma Avenue. For the agenda and board packet, visit [bit.ly/CVUSD-BoardMeetings](http://bit.ly/CVUSD-BoardMeetings)

### ● Saturday, February 16: Crab & Shrimp Feed Fundraiser

Enjoy a Crab & Shrimp Feed while helping to raise funds for the Veterans Memorial Expansion Project, this Saturday at the Moose Lodge, 20835 Rutledge Road. No host bar at 5 p.m., dinner starts at 6:30, plus raffle prizes. For tickets (\$50 presale only, none at the door) call Kasey Warner at 530-391-3330 or Pat Flanagan at 510-459-6177.

### ● Saturday, February 16: All Saints Crab Feed

All Saints Episcopal Church, 911 Dowling Blvd., San Leandro, invites you to the 46th Annual All Saints Crab Feed for all-you-can-eat salad, vegetarian pasta, bread and crab, from 5 to 9 p.m. this Saturday. Get tickets (\$10-\$50) online at [tinyurl.com/2019crabfeed](http://tinyurl.com/2019crabfeed)

### ● Saturday, February 16: Eden Area Village Coffee

Join Eden Area Village for coffee at the Cannery Cafe, 22380 Foot-hill Blvd. in Hayward at 9 a.m. this Saturday and learn how we are working together to help seniors remain in their homes and engaged in their community. Visit [edenareavillage.org](http://edenareavillage.org) for more info.

### ● Monday, February 18: Lions Club 'Tips for Change'

Enjoy a great Italian Meal while supporting a worthy cause, from 5 to 8 p.m. on Monday at Gianni's Italian Bistro, 2065 San Ramon Valley Blvd. in San Ramon. Members of the Castro Valley Breakfast Lions Club will be serving meals and collecting "Tips for Change" that will go to such organizations as Meals on Wheels, the Salvation Army, FESCO the Food Bank and other local charities. It's a Win-Win!

### PRESIDENTS DAY SCHEDULES Monday, February 18, 2019

#### Government Operations

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

#### Business Offices

Financial institutions, stock exchanges and some business offices will be closed. The Forum office will be open.

#### Stores & Restaurants

Most will be open, but check ahead to be sure.

#### Public Transportation

BART will run on a Saturday schedule; AC Transit buses will operate on a Sunday schedule.

#### Garbage Collection

Recycling, organics, and garbage collection services will operate as usual on Monday. Castro Valley Sanitary District (CVSan) offices will be closed Monday.

### ● Tuesday, February 19: Quake Preparedness Workshop

The Hayward Fault is overdue for another big shake. Statewide, there is a 75% chance of an earthquake larger than a magnitude of 7.0 or larger occurring in the next 30 years. A free workshop on earthquake preparedness and insurance will be presented by the California Earthquake Authority and the Hayward Chamber of Commerce next Tuesday, Feb. 19, 10 a.m. to noon at Hayward City Hall Council Chambers, 777 B St., Hayward. To register, email [kimh@hayward.org](mailto:kimh@hayward.org)

### ● Tuesday, February 19: Rotary: Leadership Awards Students

The Castro Valley Rotary Club's Youth Leadership Awards students will describe their activities during the past year at a buffet lunch from noon to 1:30 p.m. Tuesday at Redwood Canyon Golf Course, 17007 Redwood Road. The cost of lunch is \$15 and reservations must be made by 9 p.m. on Sunday, Feb. 17, by contacting Rotary at [cvrotary@iCloud.com](mailto:cvrotary@iCloud.com) or 510.402.5123. More information is available at [castro-valleyrotary.org](http://castro-valleyrotary.org)

### ● Tuesday, February 19: Toastmasters Club Open House

Castro Valley Toastmasters will hold its annual International Speech & Evaluation Contests from 7 to 8:30 p.m. next Tuesday at Baywood Court, 21966 Dolores Street. Members will compete utilizing skills they have learned in Toastmasters for prepared and impromptu speeches. If you are curious about Toastmasters, come to this free event. All are welcome! For more info, visit [961.toastmastersclubs.org/](http://961.toastmastersclubs.org/)

## ...and Beyond

### ● 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 next Wednesday of the CV Women's Club, 18330 Redwood Road. For info, call 510-461-7692 or visit [castrovalleywomensclub.weebly.com](http://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. Feb. 20 at the Lake-side 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](http://www.eastbayroses.org)

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

Dr. Aumatna 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. Feb. 20 at Keller Williams office space, 3160 Castro Valley Blvd., Suite 100. Free, open to all.

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

Join the Castro Valley High Boosters Club 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](http://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. on Feb. 23, at Sulphur Creek Nature Center, 1801 D St., Hayward. To register (required) for Program No. 7065 (\$20), visit [www.HaywardRec.org/register](http://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. on Feb. 23 at the Castro Valley Library. Time travel to such places as ancient Egypt, Palestine, Rome and Greece, Renaissance Italy, pre- and post-World War II Europe and the United States. Discover the tarot's links with numerous academic, social, cultural, political, religio-spiritual movements and events. To register (required), call 510-667-7900.

## Arts & Entertainment

### CASTRO VALLEY CENTER FOR THE ARTS

*Tickets for Center for the Arts events listed below are available online 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 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. on 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.*

● **"Not a Genuine Black Man,"** Brian Copeland's legendary hit, comes to the Castro Valley Center for the Arts for one very special engagement at 7 p.m. this Saturday, Feb. 16. The show explores Copeland's childhood experiences as a member of one of the only African American families growing up in an almost all-white suburb of San Leandro. *For tickets (\$35 in advance, \$45 at the door), see above.*

● **Disney's "The Jungle Book Kids,"** will be performed by students from Stanton, Proctor and Palomares elementary schools at the Center for the Arts on Friday, Feb. 1, at 7 p.m.; on Saturday, Feb. 2 at 1 p.m, 4 p.m. and 7 p.m.; and on Sunday, Feb. 3 at 1 p.m. and 4 p.m. Come enjoy the show and support our budding young actors and actresses. *For tickets, visit [bactheatre.org/classes/tickets/cvusa](http://bactheatre.org/classes/tickets/cvusa)*

### 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 runs through 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](http://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 from Feb. 15 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

### 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.

### CASTRO VALLEY FORUM CASTROVALLEYFORUM.COM

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### Submissions To The Forum

The Community Calendar is for publicizing activities of non-profit organizations, government agencies, charities and community groups. Items for the Community Calendar as well as news submissions must be received by 6 p.m. Friday for inclusion in the following Wednesday's newspaper. Send information in an email to: [fredz@ebpublishing.com](mailto:fredz@ebpublishing.com)

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# A Guide to Understanding Electric Vehicles

By Steve Schaefer  
CASTRO VALLEY FORUM

**E**lectric vehicles are the future, because they contribute much less to global warming and climate change than gasoline-only models. But at just over two percent of the U.S. market in 2018, they are still not the choice of most drivers. They are more popular in California and in some other countries.

Here are my views on the advantages and disadvantages of EVs, followed by an explanation of the different types of EVs available today.

## EV Advantages and Disadvantages

Pure electric cars are clean and quiet, need nearly zero service, cost less to run, and provide great acceleration, but there are some disadvantages at the moment.

First of all, all-electric cars are not available in all sizes and models. There are no all-electric pickup trucks, for example, and handsome all-electric sedans are pretty much limited to Tesla.

Second, electric cars tend to be more expensive, because of the cost of batteries and having fewer units over which to spread development costs. This should change significantly in the next few years.

Third—and this is the deal breaker for many folks—electric cars have range limitations and charging the battery is still less convenient than pulling into a gas station.

## Four Kinds of Electric Vehicles

There are four types of electrified vehicles, and which one you pick should match what you plan to do with it.

Hybrids combine a gasoline engine and an electric motor to improve fuel economy. The motor has a small battery that uses electricity that's generated when you slow down or brake. The Toyota Prius is the poster child, although there are many others, including hybrid versions of familiar vehicles. Hybrids can get more than 50 miles per gallon, which is a big improvement over any regular gasoline car. You don't have to do anything special—just fill it up with gas and

go. But you'll do it less often.

Plug-in hybrids (PHEVs) have plugs and a larger battery, so you can charge them up and use only electricity for a limited range, anywhere from 11 to more than 50 miles. They still work like hybrids, and if you're commuting and running around town, you may not use gasoline at all sometimes. But—if you jump on the freeway you can drive across the country without a thought. For some people, this is ideal. The downside is that you still have to pay for gasoline-car maintenance and you are carrying both powertrains around all the time. If you don't plug the car in, it still acts like a regular hybrid, but if you do, you'll get to drive on electrons part of the time. The pioneering Chevrolet Volt is a good example and offers up to 53 miles of electric range. There are many PHEVs on the market today.

Battery-electric vehicles (BEVs) run on their battery only. You have to plug them in to drive them. They vary in range, and the newest ones can go more than 300 miles on a charge. You can charge them us-



The Nissan LEAF is one of the most popular BEVs (battery-electric vehicles).

ing household 120-volt current (very slow) or Level 2 (240-volt) at home or at charging stations (it takes a few hours to charge) or DC fast charging, which can take less than an hour to fill the battery. BEVs work best when you're not planning to travel long intercity distances regularly. Charging networks are growing, but most users normally charge at home or at work, which means never going to a gas station. Technological advances and range increases are coming. The most popular new BEVs are cars like the Nissan LEAF, Tesla Model 3, and Chevrolet Bolt EV.

Fuel-cell vehicles create their own electricity using compressed hydrogen gas as a fuel and emit only water. But there are drawbacks: hydrogen stations are few and far between, the fuel itself is expensive (although some manufacturers subsidize it) and is energy-intensive to produce. Today, there are only three choices in the marketplace—two sedans and one crossover. If you live near a hydrogen station and like the looks of the vehicles, you may be able to swing a lease deal on a Honda Clarity, Toyota Mirai, or the brand-new Hyundai Nexo.

## Which Kind of EV Should I Get?

If you are OK with driving locally and can borrow or rent another car for that once-a-year 2,000-mile trip, get a BEV. If you want to drive electric for



The Chevrolet Volt is a pioneer of plug-in hybrids.



The Toyota Prius, poster child for hybrids.

commuting and local errands but be able to take off and go to the mountains or visit your children in the next state every month, opt for a plug-in hybrid. If you want to do something about the climate crisis but live in an apartment and don't have any charging at work, try a hybrid.

Hybrids take half a car off the road, which is still a lot.

See next week's column for suggestions on buying a used EV.

Steve Schaefer lives in Castro Valley. He has been reviewing new car performance for more than a quarter of a century.

## Valentine's Day Messages

Julie

Happy Valentine's Day  
Our Adventures together continue for more than 40 years  
By Your Side ... I Love You!  
Dwight

CRAIGERS

Ti Amor Mi Amor  
My Hunka Hunka  
Burning Love  
XOXO ... Little Debi

Manuel Michael Jen Kai  
Michelle Ryan Raiden Taylor  
Jordan Donovan Isaiah ... The  
Loves of my Life. Love, Mom

Dorothy Wright

Happy Valentine's Day on our 61st  
Year Married. We'll be together  
always ... Love, Ken

RINKU

Happy Valentine's Day  
SWEETHEART!  
With Love, Mani XOXO

Brian O'Leary

To my Sweetheart in Heaven.  
You always sent me yellow  
roses, my favorite. I'll love  
you forever ... Karen

Nick

Thanks for 2 years of keeping  
me on my toes you dork

Sue Dirlam

Thanks for being my beautiful wife all  
these years. Your husband ... Dale

Sammy

Thank you for always having  
my back. I love you TAZ  
Your babydoll  
Always, Cheryl

MOM

Happy Valentine's Day!  
We Love You!  
D, H and M

MACKENZIE

Happy Valentine's Day!  
We're looking forward to  
you "driving" us crazy!  
Love, Mama, Papa, Granny,  
Cupcake & Pumpkin

HOWARD

Happy Valentine's Day!  
Here's to another 6 months!  
Love, Wise

Baby Bunny

Happy Valentine's Day!  
Love,  
Mama Bunny

TO MY VALENTINE  
ROBIN

Ti Amo Molto Bill

HAPPY ANNIVERSARY to our  
beloved neighbors Glen & Nor-  
een. You both enrich our lives.  
Respectfully, Kai & Michael

From Herford Deutschland KAI  
STOLTE to Castro Valley, Cali-  
fornia. Ist das Lieben Schon  
You've Brought Wunderbar  
Generosity to Pineridge  
Michael

To All of My  
Little Valentines  
I Love You!  
From, Mom/Grandmom Linda

GORDON OLSEN

I've loved you since the moment  
we met, and will continue to  
love you forever.  
Love, Jessica

GURO

Happy Valentine's Day to my  
beloved Marilynnda  
Nagi

Robert B

Mi Amore my Valentine and Alas-  
kan Shipmate Cruiser Forever  
Your babe, Donna G

GUGLIELMO

QUESTI SONO GIORNI BUI E  
FREDDI, MA LA PRIMAVERA  
STA ARRIVANDO!  
TI AMO, ROBIN

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## Is There Anything You *Can't* Make with Campbell's Tomato Soup?

The famous Campbell's Tomato Soup can, which first made its appearance more than a hundred years ago, has become an American icon, a pop-art subject and one of the most recognizable products in the world, as well as being a staple on pantry shelves in countless homes.

The reason: There are few other products that offer such versatility for the busy homemaker, who can make a last-minute casserole, salad dressing, cake or spaghetti from it.

Why, you can even use it to make a bowl of soup!



In skillet, brown chicken in shortening; pour off fat. Add remaining ingredients. Cover and cook over low heat 45 minutes. Stir now and then. Uncover and cook until sauce thickens to desired consistency. Serves 4 to 6.

### TOMATO SOUP MEATLOAF

- 1 (10-3/4 ounce) can Campbell's Tomato Soup
- 2 pounds ground beef or turkey
- 1 pouch Campbell's dry onion soup mix
- 1/2 cup dry bread crumbs

- 1/2 cup finely chopped celery
- 1 egg, beaten

In large bowl, mix thoroughly 1/2 cup of tomato soup, beef, onion soup mix, bread crumbs, celery and egg.

In 8x12-inch baking pan, firmly shape meat mixture into 8x4-inch loaf.

Bake at 350°F for 1-1/4 hours or until done. Spoon off 2 tablespoons of drippings; reserve.

In saucepan over medium heat, heat remaining soup and reserved drippings to boiling, stirring occasionally. Spoon over meat loaf. Serves 8.

### TOMATO SOUP SPAGHETTI SAUCE

- 1 pound ground beef
- 1 small onion, diced
- 1 green pepper, diced
- 1 small can mushroom pieces, drained
- 1 clove garlic, minced
- 1 can diced tomatoes
- 1 can Campbell's Tomato Soup
- 1 teaspoon sugar

Salt and pepper to taste

Brown ground beef in skillet over medium-high heat. Add next 4 ingredients and cook until the onion and peppers begin to soften.

Add diced tomatoes, tomato soup and sugar. Let sauce heat through for a few minutes.

### TOMATO SOUP FRENCH DRESSING

- 1 can Campbell's Tomato Soup
- 1 cup salad oil
- 1/2 cup wine vinegar
- 1 cup sugar
- 1 teaspoon salt
- 1 teaspoon prepared mustard
- 1 teaspoon paprika
- 1 tablespoon garlic powder
- 1 tablespoon minced onion flakes
- 1 tablespoon Worcestershire sauce

This dressing is best prepared in advance, mixing ingredients, and storing in refrigerator overnight or at least several hours before serving. Shake well before serving.



PHOTOS COURTESY OF CAMPBELL SOUP COMPANY

### A moist Tomato Soup Spice Cake with Cream Cheese Frosting

#### TOMATO SPICE CAKE

- 2 cups all-purpose flour
- 1-1/3 cups sugar
- 4 teaspoons baking powder
- 1-1/2 teaspoons ground allspice
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon ground cloves
- 1 can Campbell's Tomato Soup
- 1/2 cup shortening
- 2 eggs
- 1/2 cup raisins (optional)
- 1/4 cup water

Grease and flour two 8-inch round cake pans.

In large bowl, combine all ingredients in the order given.

With mixer at low speed, beat until well mixed, constantly scraping bowl with rubber spatula.

Turn to high speed and continue to beat for 4 more minutes, stopping occasionally to scrape down sides of bowl.

Pour batter into prepared pans and bake in preheated 350°F oven for 35 to 40 minutes or until a wooden toothpick inserted in the center comes out clean.

Cool in pans on wire racks for 10 minutes. Remove from pans and allow to cool completely. Frost with Cream Cheese Frosting.

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## ATHLETE OF THE WEEK

### Bryce Turner

This week's Athlete of the Week is Bryce Turner a sophomore at Castro Valley High School. He has been a member of the Trojans' football and basketball teams his freshman and sophomore years.

Bryce was recently diagnosed with childhood Acute Myeloid Leukemia (AML), an aggressive form of Leukemia, and will have to spend the next 4-5 months in the hospital undergoing treatment.

His coaches have commented not only about Turner as a great athlete, but how he is a young man who is always so positive, respectful, thoughtful, caring, and an ultimate gentleman — someone who will do anything for anyone and always looks to lift people up.

Coach Knudsen said, "he has a goofy side too, and a smile that will light up any room."

Turner has a go fund me page in order to help pay for medical expenses. (See story on page 1.)



PHOTOS BY JARED DARLING

## Senior Night Celebration

The Castro Valley High School Varsity boys and girls basketball teams celebrated Senior Night prior to their games against Bishop O'Dowd on Wednesday, Feb. 6, at Castro Valley High School. Above, the three seniors on the varsity boys basketball team, from left, No. 4 Joseph Elliott, No. 20 Robert Chang, and No. 24 Jaden Evans. Below, the seven seniors on the Varsity girls basketball team, from left, No. 3 Mia Smith, No. 22 Sydney Burnama, No. 20 Payton Stanberry, No. 4 Olivia Gilman-Chun, No. 33 Monica Ovalle, No. 12 Samantha Martinez, and No. 23 Torrie Nelson.



### HEALTH & FITNESS

## Bothered By Chronic Pain? Its Source May Come as a Surprise

Pain that lingers or worsens is usually a signal to see a doctor. Medical professionals, however, don't always diagnose the problem correctly in the initial visit.

Chronic pain sufferers, in particular, may want to get a second opinion. Researchers at Johns Hopkins have reported that 40 to 80 percent of chronic-pain patients are misdiagnosed. Being misdiagnosed can lead to ineffective treatments and perhaps surgery the patient did not need.

One way to save time, money and worry — and most importantly, to receive the right treatment — is to find the source of the pain, says Dr. Victor Romano, an orthopedic surgeon and author of "Finding The Source: Maximizing Your Results — With and Without Orthopaedic Surgery."

"You treat the source, not the symptoms," Dr. Romano says. "Finding the source of pain can help cure a problem using non-surgical means, and it can change someone's life."

"It comes down to peeling back the layers to figure out what is contributing to the pain. Finding and treating the source of an injury helps determine whether surgery is warranted at that time."

Dr. Romano uses a patient evaluation tool called Autonomic Motor Nerve Reflex Testing (AMNRT) to identify the source of symptoms. Sometimes patients are surprised to learn the origin of their pain.

"The body compensates for injuries," Dr. Romano says. "For instance, a patient may have shoulder pain because they are adapting their stance to accommodate a back injury. Pain in one area of the

body is often associated with an injury on the other side."

For example, Dr. Romano points out that if you have a cold, allergies, or a deviated septum, obstructed breathing will contribute to weakness and pain in your back, shoulders, and hips. Improving your breathing — with nasal sprays or rinses and allergy medication, or fixing your crooked nose, will help improve your strength and relieve your pain.

Dr. Romano lists five common physical ailments that produce chronic pain, some possible sources for the pain, and non-surgical remedies to relieve it:

see PAIN on page 9

## Wrestling Club Fundraiser

The Castro Valley Wrestling Club is hosting their third annual crab feed. It will be held at the BJM Hall-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, please contact Denise Ramirez (510) 909-4994 or send an email at: nikyfamy1@aol.com

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## Achieving A Healthy Lifestyle

While people often think of the New Year as a time to set new goals for healthy eating and physical activity, weight management requires ongoing effort every day.

That's why the National Institutes of Health, is promoting simple tips and tools to help Americans start and maintain healthy habits.

"Why wait to start improving your health when you can start today?" asks Dr. Griffin P. Rodgers, director of National Institute of Diabetes and Digestive and Kidney Diseases. "It's never too soon or too late to achieve a healthy weight."

Reaching and maintaining a healthy weight through healthy food choices and regular physical activity may help lower the risk of developing health problems associated with obesity, such as heart disease, kidney disease and Type 2 diabetes.

About 40 percent of adults and 19 percent of children and teens in the United States are obese, according to recent data from the Centers for Disease Control and Prevention.

Continue or establish healthier eating habits, such as reducing the overall calories you consume and limiting your intake of foods and beverages with added sugars, fats and salt. Bringing healthier versions of your favorite dishes to gatherings, and choosing smaller portions of holiday treats and alcohol, may help with managing weight during this time of year.

Dr. Rodgers recommends making physical activity a priority for the whole family. Choosing a set time for physical activity and sticking to it may help you manage stress, improve your mood, and give you the energy to tackle your busy schedule.

If it's too cold to walk or run outdoors, take your workout to your favorite mall or indoor sports field. Even if you're pressed for time, doing some physical activity is better than skipping your workout and doing nothing.

Another tip to consider is to reduce screen time and time spent sitting. Watching TV for more than two hours a day has been linked to overweight and obesity.

To further encourage adults and youth to be active, the U.S. Department of Health and Human Services also recently released new Physical Activity Guidelines for Americans. The new Guidelines recommend that adults aim for at least 150 minutes of moderate-intensity activity each week, such as brisk walking or dancing.

To find more tips and resources for weight management and healthy living during the holidays and every day, visit [www.niddk.nih.gov/health-information/weight-management](http://www.niddk.nih.gov/health-information/weight-management).

—North American Precip Synd., Inc.



## Pain: Find the True Source

*continued from previous page*

**Tennis elbow.** "Why are you using more force on that elbow for gripping or lifting?" Dr. Romano asks. "Testing could reveal the hand is weak from carpal tunnel syndrome. Fix your carpal tunnel problem and your elbow pain will begin to heal on its own."

For therapy, he suggests self-manipulation of your wrists, grabbing the back of the hand while resting a forearm on your stomach, then pulling on the wrist and bending it downward.

**Slumping shoulder.** "Shoulder weakness can be associated with neck or back problems and obstructive breathing disorder," Dr. Romano says. "Lower back stretches and a pelvic stabilizing program can help."

**Runner's knee.** The medical term is patellofemoral pain syndrome, felt as vague pain around the kneecap from prolonged sitting

or more strenuous activities like stair climbing.

"The injury is thought to come from overuse, excess weight, or arthritis," Dr. Romano says, "but the true source for, say, right knee pain is often a weakness in the right hip flexor."

Physical therapy, stretching the outside structures and strengthening the inside muscles are often better solutions than surgery."

**Sciatica.** This affects about 40 percent of the population at some point. It's characterized by pain in the lower back going down the leg. There can be several non-obvious sources, such as obstructed breathing and its associated back problems or a tilted pelvis. Dr. Romano suggests a variety of stretches in yoga, along with rotational and hip flexion stretches.

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## COMMENTARY

# How Opioid Overdose, Death Health Crisis Can be Reversed

By **Patrice A. Harris, M.D.**  
SPECIAL TO THE FORUM

**O**PIOID-RELATED OVERDOSES have reached epidemic proportions, claiming more than 42,000 lives in the U.S. in 2016 alone.

Physicians on the front lines are working in their communities and with their patients to reverse this public health crisis.

The American Medical Association (AMA) created an Opioid Task Force in 2014, bringing together national and state medical organizations to come up with ways that practicing physicians could play a role in ending the epidemic.

For example, the task force urged physicians to enhance their education.

The latest AMA report shows a remarkable response. Last year, more than a half million physicians and other health care providers took courses related to opioid prescribing, pain management, treatment and related areas. Opioid prescribing decreased by 22 percent between 2013 and 2017.

Despite such progress, opioid-related deaths are still increasing. Why? Experts say no single policy approach can stop the epidemic.

Physicians are reducing the prescription opioid supply. But policies must also focus on prevention and treatment. About 90 percent of those needing addiction treatment are unable to get it.

The science shows what works: certain medications prescribed by

a physician or dispensed at federally certified opioid treatment programs. Combining that treatment with medical care, counseling and other services can help patients with substance use disorder lead satisfying and productive lives.

The numbers speak to a national tragedy. We need to act with resolve as we have with other public health epidemics. Our patients diagnosed with a substance use disorder deserve no less.

Most people agree that we need access to treatments that include medication but that is not readily available for many patients. This epidemic will not be reversed until we deal with access issues and stigma associated with opioid misuse.

Specific actions that should be taken include:

- Insurance providers should immediately remove barriers so patients can obtain affordable

medication treatment combined with counseling.

- Policymakers and regulators should enforce laws that require mental health benefits to be on par with other health benefits. This gives patients access to treatment related to mental health and opioid use disorders.

- Health insurance providers and pharmacy benefit managers should ensure that patients have access to affordable, non-opioid pain care.

- Physicians should register for and use electronic databases that track controlled substance prescriptions in their state. Using these databases allows physicians to make more informed prescribing decisions. When clinically appropriate, physicians should also co-prescribe naloxone, a life-saving drug that can reverse an opioid-related overdose.

*see OPIOID on back page*

## Eden Cancer Workshops

Eden Medical Center is kicking off its 2019 cancer workshops with Yoga for Self-Care on Thursday, Feb. 28, from 5:30 p.m. to 7:30 p.m., continuing its collaboration with Cancer Support Community.

This workshop is open to people with cancer, to those who have already completed treatment, and to caregivers and family because the emotional and physical toll on everyone involved, can be challenging even for the most resilient person.

Learn how to help reduce stress and alleviate feelings of exhaustion and fatigue.

Also, mark your calendars for Nutrition and Cancer Treatment on Thursday, May 23, and Urban Zen on Thursday, August 22. Both are from 5:30 to 7:30 p.m.

All workshops and meetings will be held at Eden Medical Center's Medical Office Building at 20101 Lake Chabot Road on the 2nd floor. Call Cancer Support Community at 925-933-0107 for more information or to register.

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## EVERY LITTLE LIFE MATTERS FOUNDATION



# Young Marines' Raise Funds

Members of the Golden Gate Young Marines of Hayward and the Every Little Life Matters Foundation at the foundation's first crab and shrimp feed fundraiser on Saturday, Jan 26. The Young Marines helped set up the fundraising event at Transfiguration Hall, served meals, and provided a Color Guard. The event raised money for East Bay Stand Down, Paws for Purple Hearts and VFW National Home for Children. For more information on the Young Marines or the foundation, contact goldengatemy@gmail.com and Jim Uhlik at info@ellmfoundation.org.

## EBCE: Bills

*continued from page 3*  
for not buying their electricity and a PG&E exit fee.

If residents are finding that their recent bills seem high, they should be aware that it is common for energy usage to increase due to winter heating needs. Therefore, when comparing bills, it is important to consider the season and additional usage.

In addition, residents should review the electric and natural gas portions of their bill separately. If they have gas heating, then their natural gas bill from PG&E may be higher than it was in the warmer months.

EBCE has a sample bill online at [ebce.org/residential-billing-page/](http://ebce.org/residential-billing-page/) with instructions on how customers can compare EBCE charges to what they would have paid with PG&E.

EBCE board meetings are held the first and third Wednesday of each month at 6:00 p.m. at Hayward City Hall and open to the public. Its Board Directors is listed at [ebce.org/ebce-board-of-directors/](http://ebce.org/ebce-board-of-directors/)



PHOTO BY TAMMY MACKIN OF CASTRO VALLEY

## IN UNIFORM

Class of 2017 Castro Valley High School Alumni Logan Bryan Matthews completed Army boot camp on January 25 and was an Honor Graduate at Naval School Explosive Ordnance Disposal on November 30. PFC Matthews is the son of Bryan and Dayna Matthews and brother to Taylor and Kara of Castro Valley.

## Reports: Assault With a Deadly Weapon

*continued from page 3*  
**Methamphetamines and Violating Restraining Order**

Tuesday, February 5: at 10:15 p.m., a 34-year-old man with no permanent address was arrested on suspicion of disrupting a business and violating the terms of his probation. Deputies were called to a restaurant on Castro Valley Boulevard near Wilbeam Avenue after the manager saw the man burst through the door, act strange, and then run into the women's restroom. The man admitted he had been taking methamphetamine drugs prior to his outburst. Deputies also report the man was violating a court-issued restraining order against him that prevented he be more than 300 yards from an ice cream store on Redwood Road. The man was handcuffed and taken into custody.

**Four Hours in the Bathroom Doing Drugs**

Tuesday, February 5: at 6:31 p.m., deputies arrested a 28-year-old man from San Ramon on suspicion of possession of methamphetamine drugs and illegal drug paraphernalia. The man was reportedly in a men's room of a business office upstairs from restaurants on Castro Valley Boulevard near San Miguel Avenue. A manager calling deputies to the scene reported the man had been there for four hours. Deputies found the drugs tucked away in the man's hat and a pipe used for smoking drugs in his pocket. The man was taken to Santa Rita Jail.

**Assault with a Deadly Weapon**

Monday, February 4: at 12:30 p.m., a 26-year-old man from Oakland was arrested on suspicion

of assault on a family member and assault with a deadly weapon. The man was also wanted as part of a warrant for his arrest. Deputies responded to an emergency call about a loud and aggressive-sounding argument at an apartment complex on Center Street near Grove Way. The man was handcuffed and taken to Santa Rita Jail pending \$80,000 in bail. Victim was treated at the scene.

## Park District's 2019 Officers

The East Bay Regional Park District Board of Directors has inducted new leaders for 2019. Ayn Wieskamp of Livermore will serve as president; Ellen Corbett of San Leandro will serve as vice president; Dee Rosario of Oakland will serve as treasurer, and Colin Coffey of Hercules will serve as secretary.

The additional Board members are Whitney Dotson of Richmond, Dennis Waespi of Castro Valley, and Beverly Lane of Danville. Leadership positions rotate annually.



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# REAL ESTATE GALLERY

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## The Middle Of The Market Is Disappearing

It is no secret that the process of buying and selling real estate has dramatically changed in the past few years.

While there have been a number of factors reshaping the real estate landscape, the primary change agent has been buyer access to online market information.

It is hard to imagine that Google has only been around since September 4th, 1998. While Realtor.com has been around since November 26th, 1996, Trulia was launched in September, 2005 and Zillow was born a few months later in February, 2006.

Shortly after, the first iPhone hit the market (June 29, 2007), Zillow debuted its iPhone app on April 29, 2009 and on April 30, 2010, Apple began selling iPads.

As these benchmarks accrued, each represented a milestone granting additional empowerment to buyers and contributed to the systematic process of moving the real estate process from brick and mortar structures out onto the Internet.

Another factor influencing real estate has been the deregulation of mainline television and the explosion of cable networks.

Launched on December 30th, 1994, HGTV has fully imbedded itself into the national consciousness and now dictates the housing and decorating tastes of emerging generations of homebuyers. HGTV and its accompanying bevy of housing-related programs has dramatically elevated buyer tastes and desires to the point where the level of preparedness for homes hitting the market has dramatically increased in the past few years.

All of which has introduced a significant dilemma to thousands of homeowners hoping to sell their properties.

Some background: the market

has three strata. The top tier features significantly improved homes selling for top dollar. The bottom level contains distressed properties purchased for substantially less by contractors and flippers. The middle level includes ordinary, dated homes with little or no improvements. These have historically sold at prices between the upper and lower levels.

With the reshaping of buyer tastes and inability of current generations to do home improvement work themselves, most buyers are ignoring the middle tier and looking instead for premium-quality homes for which

they are willing to pay superior prices.

Homes in the middle tier consequently spend a much longer time on the market and sell for prices closer to the bottom tier.

It is a hard pill to swallow for many sellers who find themselves in the middle tier with no desire or funding to improve their home and no immediate prospects willing to pay average prices.

Carl Medford is a licensed Realtor with Keller Williams Realty and a licensed general contractor. This article is sponsored by the Central County Marketing Association.



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## Moon, Zodiac Tell You When to Plant Potatoes

By Buzz Bertolero  
SPECIAL TO THE FORUM

As a kid, my grandmother planted potatoes by the moon. Is that still done today, and if so, when is the right time to do it?

"Gardening by the Moon" is kept alive today by a small group of rural gardeners.

It's being rediscovered by a new generation of urban gardeners who are using an old school approach to gardening. They're into organic cultural practices; such as composting, compost teas, cultivating for weed control, organic disease, and pest controls.

The moon dictates what and when to do almost all fundamental gardening activities. The influence of the moon and its different phases is twofold.

First, the pull of the lunar gravity along with the increasing and decreasing light of the moon affects plant roots and leaves. Second,

gardening activities, when to weed, what to plant, etc., are determined by which of the Zodiac signs the moon is traveling through.

From a scientific standpoint, the 'Gardening by the Moon' methodology has never been proven or disapproved, so you'll find supporters and those who think otherwise. That being said, I do publish a weekly 'To Do' based on the moon at [www.dirtgardener.com](http://www.dirtgardener.com). It's a different take on gardening activities.

This is not the weekend to plant potatoes by the moon. Your best opportunity is next week, Feb. 21 through the 24th. There is a full moon starting on Feb. 19, and Zodiac signs are Libra and Scorpio. This is an excellent time to plant for root growth.

Your next opportunity would be March 25 and 26 under the sign of Sagittarius. You could also be looking to plant radishes, turnips, beets, and carrots.

Potatoes are one of the easiest short-term crops for a home vegetable garden. They can be planted

in traditional raised beds and containers. Some of the more unorthodox planters include spare tires, a bed of straw or a bag of commercial potting soil or planting mix.

Besides the usual amendments and fertilizer, it's recommended to add sulfate of potash for the extra potassium. Seed potatoes are recommended to plant over potatoes sold as produce.

The yield from supermarket-purchased potatoes is unpredictable, as they have been treated with a growth inhibitor to limit the new shoots. That's not the case with seed potatoes, so you get a guaranteed yield.

Cut the potatoes in half or quarters depending on the size. The freshly cut ends should be dipped into soil sulfur to prevent rotting and left to air dry for 24 hours.

Local nurseries now have red, white and the large russet seed potatoes available for planting.

In the past, I've used Gardman Potato Tubs and grew them on my deck all summer long. I planted them in February and harvested 15 pounds of potatoes



in August. My granddaughter was wowed with the results.

Buzz Bertolero is an Advance California Certified Nursery Professional. The Dirt Garden-er'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) or on Facebook at [Facebook at Buzz.Bertolero](https://www.facebook.com/Buzz.Bertolero)



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17483 Vineyard Road	94546: \$800,000	2 BD - 1,472 SF - 1949
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## HOME SERVICES GUIDE

*Help for the homeowner means business for you!*

**To Place an Ad ...**  
**Call 614-1558**

## GARAGE SALES

### SAN LEANDRO

**\*FALL 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

**ESTATE SALE:** Saturday 2/16, 9AM-2 Tables, chairs, hi-fi, TV, bedroom set, washer/ dryer, household items. 1088-143rd Ave., San Leandro  
**NO EARLYBIRDS.**

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

# HOME SERVICES DIRECTORY

## Construction

**GOLDEN GATE ENTERPRISES, INC. GENERAL CONTRACTOR**  
 Additions / Remodels  
 Kitchens / Baths • French Drains  
 Foundations / Dry Rot / Stucco  
 Retaining Walls / Patios  
 Decks / Construction & Repair  
**(510) 909-8552**  
 FREE ESTIMATES Lic. #818840  
 www.bayareacontractor.com

## Construction

**REMODELING & CONSTRUCTION KITCHEN & BATH**  
  
**Miguel A. Salazar**  
**510-557-5768**  
 Bonded & Insured  
 Lic. #1016019  
 www.EastBayContractor.com

## 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

## HAVE SERVICES?

**Advertise with us today in the HOME SERVICES DIRECTORY**

## REACH OVER 60,000 READERS

Call today for ad rates and availability.  
  
**HOME SERVICES DIRECTORY**  
**Call 614-1558**

## 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

**Thank-You...**

**Coast Brushworks for advertising with us for over 2 years!**

Painting the Bay Area Since 1983  
**Coast Brushworks**  
 ■ Residential & Commercial  
 ■ Interior & Exterior Painting  
 ■ Drywall  
 ■ Home Restoration  
 ■ Custom Finishes  
**510-919-7903**  
 Coastbrushworks.com  
 Lic. #662915

**We truly appreciate all of our advertisers!**  
 San Leandro Times / Castro Valley Forum

## House Cleaning

**Tender Loving Care House Cleaning Service Family Owned Since 1980**  
**WEEKLY • BI-WEEKLY • MONTHLY**  
 EMPLOYEES COVERED BY WORKERS COMP STATE DISABILITY INSURANCE  
 Specializing in detailed cleaning tailored to your home  
**FREE ESTIMATES**  
 Email: PATTYATTLIC@AOL.COM  
 www.tlc-housecleaning.com  
**510-481-9193**  
 BONDED & INSURED • ALL TAXES PAID

## Painting

Painting the Bay Area Since 1983  
**Coast Brushworks**  
 ■ Residential & Commercial  
 ■ Interior & Exterior Painting  
 ■ Drywall  
 ■ Home Restoration  
 ■ Custom Finishes  
**510-919-7903**  
 Coastbrushworks.com  
 Lic. #662915

## Painting

**Diego Painting**  
 • Residential/ Commercial  
 • Interior/ Exterior  
 • Power Washing  
**FREE ESTIMATES**  
 Lic. #855054 • diegopainting@comcast.net  
 www.diegopainting.com  
**(510) 331-6152**

## 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

## REACH OVER 60,000 READERS

Advertise your services in both of our newspapers... at one low price!

CASTRO VALLEY FORUM  
 San Leandro Times

**HOME SERVICES DIRECTORY**

For More Information, Call 614-1558

## Roofing

Lic. #311818  
  
**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

## REACH OVER 60,000 READERS

Advertise your services in both of our newspapers... at one low price!

CASTRO VALLEY FORUM  
 San Leandro Times

**HOME SERVICES DIRECTORY**

For More Information, Call 614-1558



**GARDENING**

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

**\*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** Maintenance, Trimming, Clean-ups, Hauling, Sprinkler Repair/Timers. FREE Estimates. Insured. 510-299-9583

**Katsura Landscaping.** Professional hand pruning. Landscape design/ install/ consultation. Garden clean-up and redesign. Call Mike 510-828-4854. Contr. Lic.#858145 M/C & Visa Accepted

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

**GIVEAWAYS**

**VIEW** the Classified Ads Online at [sanleandrotimes.com](http://sanleandrotimes.com) or [castrovalleyforum.com](http://castrovalleyforum.com)

**IT'S EASY!** For more info call 614-1558

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

**HANDYMAN SERVICE**

**HOME IMPROVEMENT. FREE** Estimates. Residential Interior/Exterior. Roofing, Painting, Concrete, Sheetrock, Fencing, Ceramic Tile, Texturing, Decks, Siding Repair, Bathrooms/Kitchens, Remodeling, Carpentry, Hauling, Cleanups, etc. Jose Cruz 510-294-9017.

**KING CONSTRUCTION,** a Father & Sons Remodeling and Plumbing Company since 1972. Construction and Plumbing Specialists. Room Additions, Baths, Kitchens, Decks, Seismic Retrofits, Furnace, Hot Water Heaters, and ALL Home Repairs. Lic.#273546. Bonded/Insured. Call George King 510-483-7126 or 510-882-5169. [gwconstruction@gmail.com](mailto:gwconstruction@gmail.com)

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

**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.

**HELP WANTED****CHILD CARE**

**Child Care Assistant** needed (Am/Part-time) at Castro Valley bilingual child care. Call 510-709-5534.

**HELP WANTED****GENERAL****\*LOOKING FOR WORK?**

Check the **Help Wanted** ads in this newspaper.

**Also: Limited Time Offer!** If you are looking for a job 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)

**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 -



The City of San Leandro is now accepting online applications for:

**Principal Planner** - \$10,157.00 - \$12,345.00/monthly

**Street Maintenance Worker I** - \$4,734.00 - \$5,754.00/monthly

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 & On-Call Cook. Walk-ins welcomed. 1000 E. 14th St. or visit our website [www.CarltonSeniorLiving.com](http://www.CarltonSeniorLiving.com) to apply online.

**HELP WANTED**

**Delivery/ Warehouse** position (we train you). Part-time or full-time work available. We offer \$15/hr plus mileage reimbursement. Requirements: \*Must own reliable vehicle (compact vehicle) pickup truck with camper or minivan \*CA Driver's License Class C \*Liability Insurance \*Must provide a recent DMV print out (short form, 3 years). Call Lidia at 510-454-0166. You can apply in person at 1132 Beecher St., San Leandro, CA 94577 M-F between 9am-5pm.

**Christian Preschool** now hiring P/T/F/T preschool teacher with min. 12 ECE units and 1-yr experience. Dolores 510-483-3610.

**HEALTH CARE**

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

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

**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

**ANA'S House Cleaning Service.** Home or office. Ana 510-472-0103.

**Cristina House Cleaning,** free estimates, senior discount. Bus.-Lic. #121121. 510-825-0459.

**VICTORIA'S HOUSE CLEANING** Excellent references. Free estimates Reasonable rates. 510-715-1578 VictoriaGutierrez140@gmail.com

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

**HOUSE CLEANING**

**WALTON'S JANITORIAL** Licensed / Bonded / Local For a **SPARKLE CLEAN OFFICE** or Home Windows • Floors • Carpets • Restrooms **Phone 352-7948** Member of S.L. Chamber of Comm.

**MISC. FOR SALE****SPORTS**

**Razor Ripstik** Caster Board with lighted wheels, black with orange, in excellent condition. \$25. Call Patrick 510-517-3351.

**TRAILERS**

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

**VARIOUS ITEMS**

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:** 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.

**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. \$2,295. 510-582-8389. [www.bartplazaapartments.com](http://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

**RENTALS/ROOMS**

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

**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

**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

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

## Attention Classified & Home Services Directory Advertisers

Classified & Home Service ads run in both the Castro Valley Forum and San Leandro Times.

**TOTAL CIRCULATION 60,500**

Call Patrick at 614-1558 for details and rates.

## PLACE YOUR CLASSIFIED ADS ONLINE!

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

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



## 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**

## 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.

# HOME SERVICES DIRECTORY

**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

**HAVE SERVICES? CALL US**

REACH OVER  
**60,000**  
READERS BY  
ADVERTISING  
IN THE



**HOME SERVICES DIRECTORY**

**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**



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.

**Roofing**

**Wonderlin ROOFING SYSTEMS**  
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 3/31/19

**(510) 538-1530**

**We Specialize in Residential Roofing**



## LEGAL NOTICE

FILED  
JANUARY 18, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 554251FICTITIOUS BUSINESS  
NAME STATEMENTPursuant to Business and  
Professions Code  
Sections 17900-17930The 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, An-  
tioch, 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. 554995FICTITIOUS BUSINESS  
NAME STATEMENTPursuant to Business and  
Professions Code  
Sections 17900-17930The 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

FEB. 13, 20, 27, MAR. 6, 2019

0002-CVF

## LETTERS

TO THE EDITOR  
FREDZ@EBPUBLISHING.COMSurprised to Learn that  
Soccer Star Lima is from  
Castro Valley

Editor:

What a pleasant surprise  
for me to see Nick Lima's  
photo on the front page of the  
Feb. 6th issue of the Castro  
Valley Forum newspaper. I had  
no idea he was from Castro  
Valley!My wife and I make it to at  
least a couple of Earthquake  
games every year and I was  
fortunate enough to have  
attended the friendly match be-  
tween the United States Men's  
National Team and Costa Rica  
at Avaya Stadium just this past  
weekend.Seeing a member of The San  
Jose Earthquakes playing with  
the national team was fantastic.  
And with that Earthquakes'  
player being Nick Lima, it's  
possible we might see someone  
from my town at the World  
Cup someday representing The  
United States.That is just too cool, thank  
you CV Forum. By the way  
on something of an interestingside note I recently learned that  
congressmen Eric Swalwell  
(who's district includes Castro  
Valley) was himself quite an  
avid soccer player at one time.—David Holsey  
Castro ValleyWants to See Alternate  
Candidates for the CVSan  
Board on the Next Ballot

Editor:

When is an opportunity re-  
ally not an opportunity? Well,  
it's when the Castro Valley  
Sanitary District invites the  
community to their February  
5 meeting to share concerns  
about the upcoming rate  
increases, and then tells us that  
ultimately our opposition really  
doesn't matter because they  
already signed a 10-year con-  
tract back in June 2018 with  
Alameda County Industries  
(ACI)!It was clear that the meeting  
was just a legal formality and  
that the Board was not open to  
considering other options.Thanks to the approximately  
70 members of the community  
who wrote letters of opposition  
to the rate increases. I am sure  
the Board didn't even read  
them because they weren't go-  
ing to consider them anyway.Thanks also to those who  
spoke at the meeting asking  
the Board to vote against the  
rate increases and consider  
additional companies and bids.  
CVSan Board's response = no  
comment, no discussion. How  
disrespectful to the members of  
our community!Remember, this CVSan  
Board works for us, or do  
they? I don't have much  
confidence in their ability  
to negotiate contracts in the  
best interest of Castro Valley  
homeowners, nor with the  
CVSan staff headed by Roland  
Williams. According to them,  
they only considered the bids  
given by our current carrier  
Waste Management and ACI.As you will note, the flier  
you received with the new in-  
creases doesn't show anywhere  
how and why ACI was chosen.  
There are many neighboring  
cities that pay far less for  
service than CV will now pay.  
Just look at page 10 of your  
new CVSan calendar.Three of the CVSan Board  
members are up for re-election  
in 2020 – McGowan, Aka-  
gi, and Sadoff. I urge you to  
consider alternate candidates  
as I am not sure this current  
Board has been acting in our  
best interest. I think there has  
been a lot of rubber stamping  
going on.—Karen Robertson  
Castro Valley

GOT A NEWS TIP?

Email it to

fredz@ebpublishing.com

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

## Obituaries

SARA L. ENNOR  
LAWYER

- Wills & Trusts
- Benefits, ERISA
- QDROs

510-633-9985

Since 1965  
**Jess C. Spencer**  
Mortuary &  
Crematory  
21228 Redwood Rd.,  
Castro Valley  
581-9133Offering  
Personalized  
Memorial and  
Cremation  
Services.

FD 1168 CR49

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

## CREMATION SERVICES

JAY SPENCER, DIRECTOR  
42 Years Experience

## DEERCREEK

Cremation &amp; Burial Services

1700 Norbridge Ave., Castro Valley

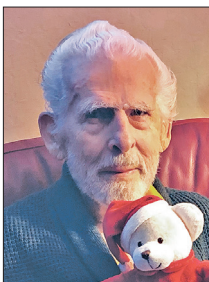
(We are in Yellow Victorian House by McDonald's)

510-317-7890

www.DeerCreekCremation.com



## Bob Walter

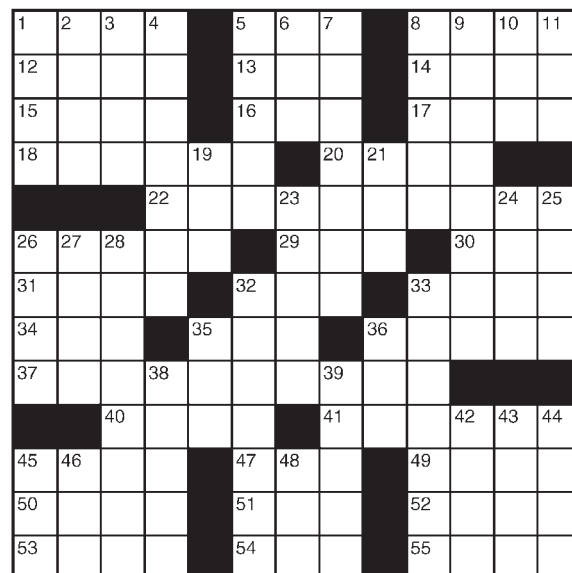
Bob Walter, a 60 year resident  
of Castro Valley, passed away on  
Sunday, February 10, 2019. A proud  
Marine veteran, Bob served his  
country with distinction and honor.  
Bob was an avid car enthusiast. He  
was a member of the Castro Valley  
Church of the Nazarene.He is survived by his wife Lie Lan and his children  
Lorena Whitney and her husband Scott of San Diego, Elliot  
Walter of San Diego, Cheri Walter of Santa Clara and Lyle  
Walter of Castro Valley and 6 grandchildren.A public viewing will be held on Fri., Feb. 15 from 5  
p.m. - 8 p.m. with a memorial service on Sat., Feb. 16 at 2  
p.m. Spencer's Mortuary in Castro Valley, 21228 Redwood  
Road, Castro Valley.

## HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** Try to say as little as possible about  
the work you're doing through the end of the month. Then you can make  
your announcement and accept your well-deserved plaudits.**TAURUS (April 20 - May 20):** You face a more difficult challenge  
than you expected. But with that strong Taurean determination, you  
should be able to deal with it successfully by week's end.**GEMINI (May 21 - June 20):** Before you act on your "feelings" about  
that upcoming decision, it might be wise to do a little fact-checking first.  
You could be very much surprised by what you don't find.**CANCER (June 21 - July 22):** A recent workplace success can open  
some doors that were previously closed to you. On a personal level, expect  
to receive some important news from a longtime friend and colleague.**LEO (July 23 - August 22):** Put your wounded pride aside and do  
what you must to heal that misunderstanding before it takes a potentially  
irreversible turn and leaves you regretting the loss of a good friend.**VIRGO (August 23 - Sept. 22):** One way to kick a less-than-active  
social life into high gear or rebuild an outdated contacts list is to throw one of  
your well-organized get-togethers for friends and associates.**LIBRA (Sept. 23 - October 22):** Getting out of an obligation you didn't  
really want to take on can be tricky. An honest explanation of the circumstances  
can help. Next time, pay more attention to your usually keen instincts.**SCORPIO (October 23 - November 21):** Use your Scorpion logic to  
push for a no-nonsense approach to a perplexing situation. This could help  
keep present and potential problems from creating more confusion.**SAGITTARIUS (Nov. 22 - Dec. 21):** A friend's problem might take  
more time than you want to give. But staying with it once again proves the  
depth of your Sagittarian friendship and loyalty.**CAPRICORN (Dec. 22 - Jan. 19):** The Sea Goat can benefit from an  
extra dose of self-confidence to unsettle your detractors, giving you the  
advantage of putting on a strong presentation of your position.**AQUARIUS (Jan. 20 - Feb. 18):** You might want to ask a friend or  
relative for advice on an ongoing personal matter. But be careful not to  
give away information you might later wish you had kept secret.**PISCES (Feb. 19 - March 20):** Use the weekend for a creativity break  
to help restore your spiritual energy. Once that's done, you'll be back and  
more than ready to tackle whatever challenge you need to face.

## THE FORUM CROSSWORD



## ACROSS

- 1 Departed
- 5 Id counterpart
- 8 Unclear view
- 12 Hebrew month
- 13 High-arc shot
- 14 Leak slowly
- 15 Wrinkly fruit
- 16 Biden, Cheney, etc.
- 17 Earth
- 18 Flood
- 20 Diner employee
- 22 Brains of the operation
- 26 Missteps
- 29 Individual
- 30 Neither mate
- 31 Apiece
- 32 Tin Man's prop
- 33 Old portico
- 34 Rd.
- 35 Nintendo console
- 36 Lost in reverie
- 37 Visa rival
- 40 Retain
- 41 Handy
- 45 Rivers or Collins
- 47 Make a choice
- 49 Oxen's onus
- 50 Doing
- 51 Pi follower
- 52 English river
- 53 Antelope's playmate
- 54 "\_\_\_ the season ..."
- 55 Equal

## DOWN

- 1 Praise highly
- 2 Lip
- 3 Autumn
- 4 Win
- 5 Pole staff?
- 6 Republicans
- 7 X-rated
- 8 \_\_\_ buddy (close pal)
- 9 Investigate
- 10 Submachine gun
- 11 Kin (Abbr.)
- 19 Petrol
- 21 Raw rock
- 23 Poisonous
- 24 Midday
- 25 Small wagon
- 26 Line of fashion?
- 27 Volcanic outflow
- 28 Emulate Johnny Weir
- 32 Logan or LAX
- 33 Fizzy drink
- 35 Teensy
- 36 "\_\_\_ Doubtfire"
- 38 Barbershop quartet member
- 39 Cars
- 42 Sad
- 43 Misplace
- 44 Basin accessory
- 45 "Oklahoma!" baddie
- 46 Unclose, in verse
- 48 \_\_\_ Beta Kappa

ANSWERS ON PAGE 4

## This Week at Smalltown

Looking for more opportunities to highlight your music? Your art? Your voice? 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 various locations around the Eden area. Email: [info@smalltownsociety.com](mailto:info@smalltownsociety.com) for more info!

### ● THURSDAY, 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, Wilson Wong and local songwriter Graham Hill. Come support live music 7-9 p.m., Octopus Literary Salon: 2101 Webster St. Oakland.

### ● FRIDAY, FEBRUARY 22: SMALLTOWN FEBRUARY GATHERING!

This month Smalltown is partnering up with San Francisco based poetry collective "Lyrical Opposition" for a night of poetry and hip-hop. Also featuring, Artist Rebecca Im, 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. 7:30-10:00 p.m.

### ● THURS., FEB. 28: THE LAB: SONGWRITER, POET SHOWCASE

Performance sign-ups by email only: [info@smalltownsociety.com](mailto:info@smalltownsociety.com).

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



Shyanna Bryan from Plethos Productions performing at Smalltown's January gathering.

## Progress: East Bay Energy

*continued from page 3*

The year 2020 will be the first time the census is taken online. People will receive a postcard in the mail directing them where to log on and take the survey.

An accurate census count is vital because the information gathered determines where federal funds are allocated for things like for housing, road infrastructure, and healthcare.

Rivera said that around \$1,900 in federal funding is lost per uncounted resident. Rivera said that children under 19 and seniors over 65 are most likely to go uncounted.

Another population that sometimes doesn't get included are foreign born people (which account for 23 percent of Castro Valley's demographics) and renters (31 percent of Castro Valley residents).

Rivera said an estimated 63,000 people live in Castro Valley so if significant portions don't report in the census, that's a lot of money left on the table. "If we lose \$1,900 per year for the next ten years for each person not counted, that's significant."

### East Bay Energy

The MAC also heard from East Bay Community Energy (EBCE), the new agency that recently became the energy provider for over half a million Alameda County homes.

Nobody in Alameda County signed up for it: it's opt-out, not opt-in.

"We heard about it when it showed up on our bills," said MAC member Sheila Cunha. "It was news."

Deidre Sanders, EBCE director of government and community affairs, told the MAC that people will actually be saving a couple of dollars each month over PG&E energy because EBCE is a non-profit governmental agency.

You can leave the EBCE and stick with PG&E by visiting [www.ebce.org](http://www.ebce.org) and selecting the "opt out" tab at the top of the screen. You'll have to enter your PG&E account number, name, and zip code. You can also opt out by calling 1-833-699-EBCE.

If you opt out before June 1, there is no fee but EBCE will charge a \$5 exit fee after that date.

## CVSAN BUSINESSES & MULTI-FAMILY COMPLEXES:

# You will be hearing from us soon!

In the coming months, representatives from ACI and CVSan will be contacting CVSan businesses and multi-family complexes to review their current collection program(s)\*



**Alameda County Industries**

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

**BEGINNING MAY 1, 2019**, Alameda County Industries (ACI) will be the new service provider for Castro Valley Sanitary District (CVSan) for recycling, organics and garbage collection.

\*Please note: customers taking advantage of current bundled collection services may have adjustments made to billing and services.

**Please visit our website for more information and a list of frequently asked questions.**

### CONTACT US:

website: [www.AlamedaCountyIndustries.com](http://www.AlamedaCountyIndustries.com) • phone: 510-483-1400 • email: [info@AlamedaCountyIndustries.com](mailto:info@AlamedaCountyIndustries.com)

## NEW BINS & NEW COLORS!

*If you currently use metal bins for collection services, they will be switched out for new ACI bins in April 2019.*



**RECYCLING**



**ORGANICS**



**GARBAGE**

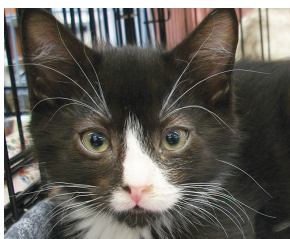
## ADOPT-A-PET



**CHARLIE** is a spunky, intelligent, year-old pup. He's very active and needs a family who can keep up with his energy. Good with other dogs. Hayward Animal Shelter: 510-293-7200.



**FROGGY** is a 3-year-old pup with a sweet disposition. Friendly and playful. Good with handling and a quick-study with agility equipment. Hayward Animal Shelter: 510-293-7200.



**PIERRE** is a 4-month-old tuxedo. He's very playful, affectionate, and loves to play with his buddies. Neutered, vaccinated and chipped. Email Loveallpawzrescue@gmail.com.



**BEN** is 6-months-old, affectionate and playful. He loves to snuggle and wrestle with his buddies. Neutered, vaccinated and chipped. Email Loveallpawzrescue@gmail.com.

## Events at CV Senior Center

The Kenneth Aitken Senior Center at 17800 Redwood Road in Castro Valley is offering these additional activities in the weeks ahead:

- A Caning & Furniture Refinishing/Restoration Class on Mondays from 9 a.m. to noon. This ongoing class accommodates beginners through advanced and costs \$2 per day drop-in.

If interested, stop in and bring your project for evaluation.

- Billiards/Pool Tables Mondays through Fridays from 8:30 a.m. to 4 p.m. The Daily drop-in fee is \$1.50. Two pool tables are available for and beginning through advanced players. Come enjoy the sportsmanship and socialize with new friends.

- Table Tennis on Mondays from 1 to 3:45 p.m. and Thursdays from 12:30 to 3:45 p.m. Table Tennis delivers fitness and fun. Improve your hand-eye coordination and develop your agility. This program is for all levels and costs \$3 to drop-in.

For more info on any of these activities, call 510-881-6738.



PHOTO BY PETER TOMITA

**IT'S A JUNGLE OUT THERE:** Opening Night with Palomares Elementary student cast under director and choreographer Dave J. Abrams.

## Big Lights, Big Stage for Young Performers at CV Center for Arts

On Superbowl weekend, the gridiron play in Atlanta wasn't the only highly anticipated show going on.

The Center for the Arts was the grand stage for Castro Valley's Palomares, Proctor and Stanton elementary schools' opening night of the adaptation of Disney's "The Jungle Book - Kids!"

Performing Arts is back in the Castro Valley Unified School

District and available to all schools.

Under the planning, passion, hard work, drive and organization of Stanton Elementary Parent Club President Amy Ramos and the support, assistance and collaboration of the district, the CV Education Foundation, the Center for the Arts and the parent groups of the three elementary schools, students were able to obtain the

professional teaching and direction from the Bay Area Children's Theater.

After 10 weeks of after-school rehearsals on each campus before their big performance, each school put on two shows over the weekend. But that's not all. Look forward to Canyon and Creekside middle schools to put on the Broadway hit, "Singing In The Rain," on May 10th and 11th!

## MAC: Land Use Agenda Items Continued

*continued from front page*

Carbone. "We have a model and we have no idea if it's going to work. Until it is actually functioning, we won't know."

MAC Chair Marc Crawford said things like allowable locations, spacing regulations between units, and more have all yet to be determined.

"We need to take a look at the list of our zoning designations and

see where we want it," said Crawford. "The way that this is worded right now, it's carte blanche."

The MAC also continued three land use agenda items to a later date.

The board said a proposal to build eight-and-half foot tall retaining walls and fencing at 18701 Walnut Road was negatively affect the line of sight to the road and sent it back to the drawing board.

An application to allow two new wall signs at 3223 Castro Valley Boulevard (the former Milk-cow ice cream shop) was delayed to later this month. And a plan to subdivide a parcel at 4749 Mira Vista Drive into four parcels for potential residential development was deemed too dense. The MAC told the property owner to come back with a design that would accommodate just three lots.

## Opioid: How Epidemic Can be Reversed

*continued from page 9*

- Patients and physicians should have conversations about safe storage and disposal of opioids and all medications.

- All Americans can help remove the stigma around this epidemic, advocating for comprehensive care for patients in pain and

those with opioid use disorder.

There are many reasons to be optimistic. Physicians are leading in the areas where we can have an influence, but unfortunately, we cannot bring an end to the epidemic alone. Much work remains to be done and we'll continue to work with federal and state gov-

ernments, law enforcement, insurers, educators and others to make headway.

Patrice A. Harris, MD, is president-elect of the American Medical Association. For more about efforts to end the opioid epidemic, visit: [end-opioid-epidemic.org](http://end-opioid-epidemic.org)

—StatePoint

## Invitation to Student Performers for 'Best of Expressions' Show March 8

Every year East Bay Arts High School holds a "Best of Expressions" event where the favorite performance and visual arts pieces from their annual Expressions Project are chosen to share with the community.

This year they're teaming up with San Leandro's Curtain Call Performing Arts to hold their "Best

of Expressions" at the Historic Bal Theatre, 14808 E. 14th St. in San Leandro at 7 p.m. Friday, March 8.

Through this partnership, they have created a larger community event by inviting other high school and middle school students from the area to join them.

They are still looking for bands, singers, dancers, spoken word,

theater scenes, or any other type of performing arts to showcase on the big stage.

For more information, or to audition your act, contact Jennifer Lyell at East Bay Arts High School at 510-317-4404 or email [jlyell@slzusd.org](mailto:jlyell@slzusd.org). To RSVP for your free ticket, visit [www.BALTheatre.com](http://www.BALTheatre.com) and or call 510-614-7700.



## Big Changes for Hesperian Blvd.

The Alameda County Public Works Agency will start construction next month on a \$22 million upgrade to Hesperian Blvd. beginning with utility undergrounding from Grant Ave. to A Street. By next January, the agency says it will have widened and re-surfaced the street, added upgraded traffic signals, decorative sidewalks, LED lighting, bicycle lanes and landscaped medians, as shown in this artist's sketch.

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