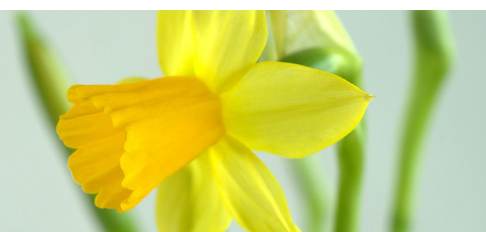


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# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 31

WEDNESDAY, MARCH 6, 2019

NO. 9

## INSIDE YOUR FORUM

### LIVING



#### The Grain Event

See how rice can be  
much more than just a  
bland side dish

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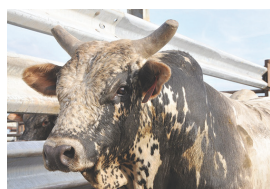


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Find out if you're required  
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### YOUNG MAN IN A HURRY



Castro Valley native Joshua Thomas Weed graduated from Castro Valley High School on March 1st by taking extra credits so he could ship off to join the U.S. Marine Corps on his 18th birthday. Awarded "Student of the Year" by the Castro Valley School Board, he will leave for boot camp on March 25, the day before his 18th birthday. He has been doing physical training with the Marines for the past four months. He is the son of Jacob and Serena Weed of Castro Valley.

## Swalwell Risks Safe Political Future if he Seeks Presidency

Rep. Eric Swalwell, a regular on the cable news networks over the past two years, says he will not run for re-election to Congress if he decides to make a bid for the White House.

Last week Swalwell, whose district office sits behind the KFC restaurant on Castro Valley Blvd., told Chronicle political columnist Joe Garofoli, "I would want people to know that I'm putting my all into this and I don't have a life insurance policy."

Swalwell, a Democrat, says he wouldn't resign his influential seat (he's on the House Judiciary and

Intelligence committees) if he decides to make a run for president, but that his name would not be on the next 15th Congressional District ballot if he does.

It is generally assumed that he would coast to an easy victory for a fifth term in Congress in 2020.

The 38-year-old Swalwell is married to Brittany Watts, an executive with Ritz-Carlton in Half Moon Bay and has two young children.

He told Garofoli the impact on his family would play an important role in his decision on whether to seek the presidency.



Rep. Eric Swalwell

## Urban Shield Changes Proposed

By Amy Sylvestri  
CASTRO VALLEY FORUM

Last week, the Alameda County Board of Supervisors heard a report on several proposed changes to Urban Shield, the regional emergency preparedness exercise where law enforcement, firefighters, paramedics and other first responders act in response to staged scenarios at sites all over the county.

Past Urban Shield exercises have included SWAT teams re-

sponding to a terrorism incident at the Oakland Airport and an active shooter on a BART train.

Volunteers wear fake blood and sport realistic make-up wounds and role-play as if the scenario is real as law enforcement attempts to secure the site and rescue them.

Among the recommendations made by the Board was changing the name of the exercise and switching the focus to responses to natural disasters, rather than active shooting scenarios or other criminal matters.

Emergency responders say that Urban Shield is valuable in training them in intense emergency scenarios. But the concept of Urban Shield has proved controversial as some opponents say the exercise promotes the militarization of local police forces.

Also among the recommendations was to increase sensitivity about police using military language or gear.

Funding for Urban Shield is largely provided by a \$4.9 million see *CHANGES* on page 8

## Coldest February in the East Bay Since 1949

By Mike Pechner  
SPECIAL TO THE FORUM

It's be a remarkable winter so far for all of California. The entire state has been removed from the "drought" category by the National Weather Service.

Rainfall is well above normal from the Bay Area to San Diego, and record snowfall in the Sierra has filled all of the East Bay Municipal Water District lakes ensuring an adequate supply of water for next year.

Both Comanche and Pardee reservoirs are at 83% capacity and are certain to spill with the spring snow melt. In the East Bay, Chabot, Briones, Lafayette, San Pablo and Upper San Leandro all

average around 87% of capacity. The Sierra snowfall is even more impressive with the Caples Lake area showing 125-inches of snow on the ground, which is 168 percent of normal (the average for this date is 76 inches).

Unofficial data shows that this past February was the coldest on record at the Oakland Airport since the establishment of the weather station there in the 1930's.

The 10 to 16 day forecast from the National Weather Service for the East Bay shows near to above normal for precipitation and near normal temperatures.

Mike Pechner operates Golden West Meteorology, a private long-range forecasting service.



PHOTO: CALIFORNIA DEPT. OF WATER RESOURCES

Blizzards have pounded the Sierra Nevada, burying the mountain range in massive amounts of record level snow.

## LARGE SCALE CVHS DRILL TOMORROW

Tomorrow, March 7, Castro Valley High School and Eden Medical Center will be participating in the "Every 15 Minutes" program.

This exercise simulates a crash with multiple rescue agencies responding and a helicopter evacuation of a mock trauma patient designed to teach students the dangers of driving under the influence.

The public is reminded that any sirens or helicopter landing you hear at or near the high school are part of the simulated drill.



## Castro Valley Weather March 6 - 10, 2019



Wednesday  
Occasional Rain  
High 63° Low 48°



Thursday  
Mostly Cloudy  
High 57° Low 40°



Friday  
Mostly Cloudy  
High 58 Low 44°



Saturday  
Occasional Rain  
High 56° Low 48°



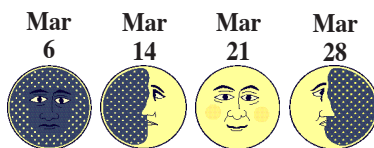
Sunday  
Mostly Cloudy  
High 61° Low 34°

### Almanac



Past Week's Rain: 01.07  
Season To Date: 18.97  
Normal To Date: 18.40  
Season Average: 21.22

### Moon Phases



Sun sets at 6:08 p.m. today, rises at 6:31 a.m. Thursday.

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### SCIENCE LECTURE

## Close Encounters of the Creepy Kind Coming Next Wednesday

**By Tucker Hiatt**  
SPECIAL TO THE FORUM

Vernard Lewis has some rude, low-life friends. In fact, he may know creepy-crawly, six-legged, home-invaders as well as any two-legged Earthling.

Dr. Lewis is a PhD-toting entomologist who has studied — and fought — insect infestations around the world.

Next Wednesday evening, March 13, Dr. Lewis will present “Insects: the Good, the Bad, and the Ugly” at 6:30 p.m. in the Multipurpose Room at Castro Valley High School.

For 26 years, Lewis was Cooperative Extension Specialist in Urban Entomology at UC Berkeley’s Department of Environmental Sciences, Policy, and Management. He retired from that position last year, but has retained emeritus status as his passion for insects—and public science outreach—continues.

Dr. Lewis’s history with bugs runs deep. When he was 4, his adoptive parents in Minneapolis sent him to live with grandparents in Fresno. He hunted grasshoppers and fed them to harvester ants.

He’d trap bees, butterflies, and black widows. Upon bringing some critters home, his grandmother told him to “release those creatures.” Vernard did — on the



**Dr. Vernard Lewis**

living room floor. His defiance earned him a spanking, but that didn’t stop him.

Six years later, Vernard returned to Minneapolis to a home where he was the eldest of 10 children. “I remember six in a bed. Had to walk ’em to school when mom and dad were working, and cook their dinner,” Vernard says.

After Vernard graduated from high school, a guidance counselor told him he wasn’t college material.

“I asked the counselor what was the best university in the land, and he said UC Berkeley. So, on the last day of August 1969, I got a one-way ticket to San Francisco, \$300 in my wallet, a suitcase, and a box of clothes; I was outta there.”

Lewis couldn’t get into Berkeley, so he enrolled at Laney College. After two years, Vernard transferred to Cal, and ultimately earned three degrees, including a PhD in entomology.

Dr. Lewis visited 40 countries to study and advise on insect infestations, and even survived the 2011 Japanese earthquake and tsunami while on sabbatical from Cal.

His successful life in entomology has focused on eradicating structural pests — mostly termites, bedbugs, and beetles.

Over the years, he has published some 150 papers, given over 600 presentations, and chaired the United Nations’ Global Termite Expert Group. In 2017, Dr. Lewis was inducted into the Pest Management Professionals Hall of Fame. He is one of the rare African-American entomologists in North America and the first at UC Berkeley.

The public will get to meet Dr. Lewis — along with his collection of good, bad, and ugly insects, both dead and alive — on March 13th. This free event is sponsored by the Castro Valley Education Foundation, Castro Valley Science, and Wonderfest, the nonprofit Bay Area Beacon of Science.

To learn more or to register, visit [bit.ly/cvbugs1](http://bit.ly/cvbugs1)

*Tucker Hiatt is Executive Director of Wonderfest.*

## Local Blood Drive Being Held In Memory of Sheriff Plummer

The Alameda County Sheriff’s Office is partnering with the American Red Cross for a blood drive in memory of Sheriff Charles Plummer.

Sheriff Plummer dedicated 20 years of his life to serving his community as Alameda County Sheriff and 54 years total to law enforcement service.

In addition, Sheriff Plummer was a committed blood donor with the Red Cross. Throughout his lifetime, he gave 124 pints of blood. He passed away a year ago at age 87.

To honor his legacy of giving, the community is invited to give

the gift of life in his memory at a Red Cross blood drive.

There is no substitute for donated blood, and every two seconds someone in the U.S. needs a blood transfusion. Blood products can help many different kinds of patients including accident and burn victims, heart surgery patients, organ transplant patients, and those receiving treatment for leukemia, cancer, sickle cell disease, and many other conditions.

All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver’s license or two other forms of ID are required at check-in.

The blood drive will take place now through Friday, March 8 at the following nearby locations:

- Red Cross Fremont-Newark Blood Donation Center, 39227 Cedar Boulevard, Newark
- Red Cross Oakland Blood Donation Center, 6230 Claremont Ave., Oakland
- Red Cross Pleasanton Donation Center, 5556-B Springdale Ave., Pleasanton

To make an appointment, visit [RedCrossBlood.org](http://RedCrossBlood.org), call 1-800-RED CROSS (1-800-733-2767), or download Blood Donor App and use sponsor code PLUMMER.

## Meeting on Old Caltrans Land Next Week

The future of 23 acres of property previously owned by Caltrans in two locations in Castro Valley and Hayward will be discussed at a special meeting next Thursday, March 14, in Hayward.

Parcel Group 8 is near Grove Way, and Parcel Group 9 is at Apple and Oak Streets.

Hayward City staff and consultants will provide an overview of

the planning process and present updates on potential development ideas for these properties. Castro Valley will be represented by Paul Sanftner, Staff Liaison for the Castro Valley Municipal Advisory Council.

The meeting will provide an opportunity for the community to provide feedback on what new development of these properties

should look like and what public amenities and benefits should be included and prioritized.

The 238 Route Lands Project Community Meeting will begin at 7 p.m. at the Douglas Morrison Theater, 22311 N 3rd Street in Hayward. Additional 238 Project Information is available online at 238 Route Lands Project Community Meeting.





PHOTO BY SHANNON PACE

Castro Valley Dramatic Arts Academy actors (from left), Colby Bettis, Ariana Rivas, Lola Reed and Santiago Sena-Guerra rehearse a scene from "Meet Me at the Edge of the World," to be presented at the Douglas Morrisson Theatre this Friday and Saturday.

## "Meet Me at Edge of the World" Premieres this Friday, Saturday

Castro Valley Dramatic Arts Academy will present a new original play, "Meet Me at the Edge of the World," on March 8 and 9 at 7 p.m. at the Douglas Morrisson Theatre in Hayward.

Written by CVDAA founder and local playwright, Michael Lushington, the work centers on Winston, played by Santiago Sena-Guerra, who embarks on a cross-country road trip with three friends to spread his sister's ashes in the ocean.

What happens when you put four teens in a car for six days?

Witty banter, surprising revelations, and an exploration of what happens when we can't help someone we love, but still need to stand by and bear witness to what's happening.

"(The play) will resonate with you, whether you connect with a certain character or something that they're going through," said Emily O'Dwyer, who plays Dallas. "There's not a person who

won't relate to something in the show."

Performances of "Meet Me at the Edge of the World" are Friday and Saturday, March 8 and 9 at 7:00 p.m., at the Douglas Morrisson Theatre in Hayward.

Tickets are a suggested donation of \$25 and will benefit CVDAA, a non-profit youth theatre program. To learn more about CVDAA or to purchase advance tickets, visit [www.cvdAA.org](http://www.cvdAA.org).

—Cindy Dove

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Hiding a Machete And Packing Drugs

Monday, March 4: at 1:33 a.m., Sheriff's deputies arrested a 28-year-old man from Castro Valley on suspicion of possession of illegal narcotics, drug paraphernalia, and concealing a knife longer than 4-inches in length. The man was riding his bike along Castro Valley Boulevard near Stanton Avenue when deputies stopped him for questioning. They discovered the man had an outstanding warrant issued for his arrest. During questioning, deputies found two syringes full of heroin, two small bags of methamphetamine drugs and a large machete in his jacket. The man was taken to Santa Rita Jail pending \$17,500 in bail.

### Expired Registration

Saturday, March 2: at 6:45 p.m., a 26-year-old man from San Lorenzo was arrested as part of a warrant issued for his arrest. Deputies pulled the man over on Redwood Road near Grove Way for an expired registration. The man was wanted on a previous charge of possession of stolen property. Deputies took the man to Santa Rita Jail pending \$5,000 in bail.

### Traffic Stop Ends in Cuffs

Friday, March 1: at 8:39 p.m., a 41-year-old man with no permanent address was arrested on suspicion of driving while under the

influence of drugs and alcohol and driving with a suspended license. Deputies report the man also had a warrant issued for his arrest on charges of violating a restraining order. The man was traveling on Grove Way before the onramp to Eastbound Interstate 580 when deputies pulled him over, the man was taken to Santa Rita Jail pending \$30,000 in bail.

### Wouldn't Get Off Porch

Thursday, February 28: at 6:47 p.m., deputies arrested a 57-year-old man from Hayward on suspicion of public intoxication. A call from a business owner on Redwood Road near Grove Way complained of a man loitering on the front porch who would not move when asked to. Deputies report the man smelled of alcohol but refused a field sobriety test. The man was taken to Santa Rita Jail.

### Domestic Assault

Thursday, February 28: at 7:46 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to an apartment on Wilbeam Avenue near Castro Valley Boulevard. There, they arrested a 24-year-old woman from Castro Valley on suspicion of assault on a family member. The

woman was handcuffed and taken into custody. The victim was treated at the scene.

### Wanted Man at Eden

Thursday, February 28: at 1:03 p.m., deputies arrested a 58-year-old man with no permanent address as part of a warrant issued for his capture. The man was visiting Eden Medical Center on Lake Chabot Road when deputies positively identified the man against his warrant. The man was taken to Santa Rita Jail and held without bail.

### Cell Phone Disabled During Family Fight

Thursday, February 28: at 3:26 p.m., a 58-year-old man from Castro Valley was arrested on suspicion of spousal assault and damaging a cell phone used to call for help. Deputies responded to an emergency call from a neighbor about an altercation at a home on Proctor Road near Redwood Road. The man was taken into custody. The victim was treated at the scene.

### Suicidal Man

Thursday, February 28: at 11:28 p.m., deputies arrested a 29-year-old man on suspicion of suicidal ideation. The man was taken to Santa Rita Jail pending \$5,000 in bail. *see REPORTS on back page*

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

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

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## The Week Ahead

### ● Friday, March 8: *International Women's Day Celebration*

"Education Transforms the Lives of Women and Girls" is the theme of the Hayward International Women's Day Celebration from 5-8 p.m. this Friday at Hayward City Hall (free parking at garage across Watkins Street) featuring an evening of dynamic speakers and fellowship. Co-sponsored by the AAUW of Hayward and Castro Valley. RSVP at [www.hayward-ca.gov/womensday19](http://www.hayward-ca.gov/womensday19)

### ● Saturday, March 9: *Fault Line Blues Band*

Enjoy an afternoon of authentic Blues with the Fault Line Blues Band live at the Castro Valley Library from 2 to 3:30 p.m. this Saturday. The band has played clubs, fairs, breweries and anywhere else the Blues is welcome. No reservations are required. For more information see Events at [www.aclibrary.org/branches/CSV](http://www.aclibrary.org/branches/CSV) or call 510-667-7900.

### ● Saturday, March 9: *Hearing Loss Association Meeting*

Michael Gavin from Community Resources for Independent Living will speak at the March 9 meeting, presenting and demonstrating adaptive equipment with a focus on hearing loss. Refreshments at 9:30 a.m.; program at 10: Oakland Kaiser Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. Parking garage on Howe is free on Saturday. [info@hearinglosseb.org](mailto:info@hearinglosseb.org) or 510-221-6080.

### CASTRO VALLEY FORUM CASTROVALLEYFORUM.COM

ESTABLISHED: 1989 • CIRCULATION 22,500  
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Published every Wednesday by EastBay Publishing Corp.  
2060 Washington Ave., San Leandro, CA 94577  
Corporate Address: P.O. Box 2897, Alameda, CA 94501  
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## HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** Although you tend to bore easily and leave others to finish what you start, this is one time when you'd be wise to complete things on your own. Then you can move on to something new.



**TAURUS (April 20 - May 20):** Your indecision about a personal situation might come out of those mixed signals you're getting. Best not to make any commitments until you have a better sense of how things are going.



**GEMINI (May 21 - June 20):** A dispute appears to be getting out of hand. But you should be able to step in and bring it all under control soon. Be patient. News about a potential career move might be delayed.



**CANCER (June 21 - July 22):** Career obligations could interfere with important personal plans. But using a combination of common sense and compromise helps resolve the dilemma to everyone's satisfaction.



**LEO (July 23 - August 22):** A stressful situation drains some of your energy reserves. But you soon bounce back in time to finish your tasks and enjoy a well-deserved weekend getaway.



**VIRGO (August 23 - Sept. 22):** This is a good time to throw a party for friends and colleagues, and surprise them with your dazzling domestic skills. You also might want to reconsider that career move you put on hold.



**LIBRA (Sept. 23 - October 22):** A sudden change of mind by someone you relied on could cause a delay in moving ahead with your plans. But those whom you've helped out before are prepared to return the favor.



**SCORPIO (October 23 - November 21):** You start the week feeling too shy to speak up in front of others. However, your self-assurance soon takes over, giving you the confidence you need to make yourself heard.



**SAGITTARIUS (Nov. 22 - Dec. 21):** One way to deal with a pesky personal dilemma this week is to meet it head-on. Insist on an explanation of why the situation reached this point and what can be done to change it.



**CAPRICORN (Dec. 22 - Jan. 19):** The creative Capricorn finds several outlets for her or his talents this week. Also note that while a romantic connection looks promising, remember to allow it to develop on its own.



**AQUARIUS (Jan. 20 - Feb. 18):** You stand out this week as the best friend a friend can have. But be careful that you don't take too many bows, or you might see gratitude replaced with resentment.



**PISCES (Feb. 19 - March 20):** What seems to be an ideal investment should be checked out thoroughly before you snap at the offer and find yourself hooked by an expensive scam.

### ● Saturday, March 9: *Amador Valley Quilters Meeting*

Guest speaker Nancy Brown will present a lecture and photos of hand-applied animal portrait quilts at the next meeting of the Amador Valley Quilters this Saturday, March 9, from 1:30 to 4 p.m., at Pleasanton Middle School, 5001 Case Ave., Pleasanton. She will share the techniques used to create this collection of quilts produced over the past 20 years. Guests are welcome! Visit [www.amadorvalleyquilters.org](http://www.amadorvalleyquilters.org)

### ● Saturday & Sunday, March 9-10: *Book Sale*

Friends of the San Lorenzo Library will hold a weekend booksale from 10 a.m. to 4 p.m. on Saturday, and 1 p.m. to 4 p.m. on Sunday, at the San Lorenzo Library, 395 Paseo Grande with lots of books, CDs, DVDs for sale. Most book prices range from 10 cents to \$1 with some specialty books priced individually. Free admission. This is a fundraiser for community programs. E-mail [kwebb1956@gmail.com](mailto:kwebb1956@gmail.com) for info.

### ● Sunday, March 10: *Social Justice Film Screening*

"The Resettled," a half-hour documentary calling attention to the international refugee crisis, will be shown at 2 p.m. and followed by a panel discussion this Sunday at the Castro Valley Library, presented by the Castro Valley Community Alliance. Frank, honest and respectful dialogue among community members ages 11 and up about the experiences of immigrants and refugees is welcome. More info at [bit.ly/CastroValleyCommunityAlliance](http://bit.ly/CastroValleyCommunityAlliance)

### ● Monday, March 11: *Eagles' Bingo Luncheon*

Eagles Auxiliary 1139 will have a St. Patrick's Day luncheon at noon on March 11 at 21406 Foothill Blvd. in Hayward, with corned beef and cabbage. For a donation of \$8 you will also receive one bingo card. For more info, call 510-584-1568.

### ● Tuesday, March 12: *Rotary: East Bay Community Energy*

Feby Boediarlo of EBCE will discuss the new power alternative for most of Alameda County, at the next meeting of the Rotary Club of Castro Valley Tuesday. A buffet lunch and the program take place at Redwood Canyon Golf Course, 17007 Redwood Road, from noon to 1:30 p.m. The cost of lunch is \$15 and reservations must be made by 9 p.m. on Sunday, March 10, 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)

## ...and Beyond

### ● Wednesday, March 13: *Bugs: The Good, Bad and the Ugly*

Entomologist Dr. Vernard Lewis will present a lively talk about the latest research on the biology, detection, and control of the villainous house guests that occupy the crevasses of our homes, at 6:30 p.m. in the Castro Valley High School Multipurpose Room. Please register for this special science lecture at [bit.ly/cvbugs1](http://bit.ly/cvbugs1)

### ● Wednesday, March 13: *Finding the Best in Yourself*

Faith Lutheran Church at 20080 Redwood Road invites you to a free class, "Finding & Loving the Best in Yourself," using the Enneagram, a powerful map bridging psychology and spirituality, to explore one's greatest gifts and greatest challenges. The class will be held from 7 to 8 p.m. on five consecutive Wednesdays beginning March 13, in the Graydon Room. All are welcome. For more info, call 925-337-3500.

### ● Wednesday, March 13: *Neuropathy Support Group*

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

### ● Thursday, March 14: *Family Crafts & Toddler Time*

Hayward Area Historical Society's thriving Toddler Time and Family Crafts program are a program of songs, stories and activities geared towards children ages 1-5 years old and their caregivers on the second Thursday of each month from 10:30-11:30 a.m. at the HAHS museum,

22380 Foothill Blvd. in Hayward. There is a \$5 program fee per each adult for attending Toddler Time, while HAHS Members are free.

### ● Saturday, March 16: *Crab Feed Fundraiser*

The Alameda County Deputy Sheriffs' League invites you to enjoy a Crab Feed while supporting the DSAL competitive soccer program, at 7 p.m. on Saturday, March 16, at the Moose Lodge, 20835 Rutledge Road in Castro Valley. Full bar for purchase, red and white wine at \$12/bottle. Doors open at 5 p.m. Purchase tickets (\$55) at [acdsl.org](http://acdsl.org)

### ● Saturday, March 16: *St. Patrick's Day Dinner*

The Kiwanis Club of San Leandro invites you to enjoy its 30th Annual Corned Beef and Cabbage Dinner at 7 p.m., with a traditional Irish Band, live auction, social and silent auction at 5:30 on Saturday, March 16, at the San Leandro Senior Center, 13909 E. 14th Street. All proceeds benefit the club's charitable projects. For tickets (\$30), call Terri Neumann at 510-895-4425.

*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 to [fredz@ebpublishing.com](mailto:fredz@ebpublishing.com)*

## 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.*

● **"Mamma Mia!"** The Musical, will be presented by Castro Valley High School at 7 p.m. on March 15, 16, 22, 23, and at 2 p.m. on March 17 and 24 at Center for the Arts. This smash hit, based on the songs of ABBA, follows the adventures of Sophie, a young woman who wants to discover the identity of her father. Bring the whole family and be prepared to have the time of your life! *For tickets (\$18-\$21) see above.*

### OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"Meet Me at the Edge of the World,"** a new original play, will be presented by the Castro Valley Dramatic Arts Academy at 7 p.m. this Friday and Saturday, March 8 and 9, at the Douglas Morrisson Theatre in Hayward. The show centers on Winston who embarks on a cross-country road trip with three friends to spread his sister's ashes in the ocean. What happens when you put four teens in a car for six days? Tickets are a suggested donation of \$25 and will benefit CVDAA, a non-profit youth theatre program. To learn more about CVDAA or to purchase advance tickets, visit [www.cvdAA.org](http://www.cvdAA.org)

● **"The Great and Glorious Mr. Toad,"** will be presented by the East Bay Children's Theatre at 1:00 and 3:00 p.m. this Sunday, March 10, at the Douglas Morrisson Theatre in Hayward. This is a brand new musical comedy take on Kenneth Grahame's timeless classic "The Wind in the Willows." Adventure awaits just around every bend...along with a desperate jailbreak, a band of bumbling bobbies, and a pack of felonious weasels. For a list of additional performances, and to purchase tickets (\$12-\$20), visit [www.EBCTonline.org](http://www.EBCTonline.org). Advance purchase is recommended, as performances will sell out.

● **"Umi: Ode to Minamata and Confluence,"** a World Premiere, presented by OnenessButoh and Rain Ensemble from 7:30 to 10 p.m. on Saturday, March 23, and from 2 to 4:30 p.m. on March 24 at the Douglas Morrisson Theatre, 22311 N. Third St. in Hayward. Ode to Minamata is a Butoh dance production performed in collaboration with Rain Ensemble, a Taiko drumming group. Paying homage to the resilient spirit of the Japanese residents of a small seaside fishing village in Minamata, Japan, Ode to Minamata shines a spotlight on a catastrophic environmental disaster. For tickets (\$25-\$30) cash only at the door, or go online to [www.brownpapertickets.com/event/4061458](http://www.brownpapertickets.com/event/4061458). For more info, visit [onenessbutoh.wixsite.com/onenessbutoh/current-productions-umi](http://onenessbutoh.wixsite.com/onenessbutoh/current-productions-umi)

### ART GALLERIES & ART INSTRUCTION

● **Watercolor Painting Class** is being offered by the San Lorenzo Adult School on the next 12 Wednesday mornings beginning March 13, taught by Monica Satterthwaite. All levels are welcome, beginners to experienced painters. The cost is \$75 plus materials. Register in person at the school, 820 Bockman Road. For more info, call 510-317-4200.

● **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.

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## Rice: The Long and Short of It

Rice has been around for a long time. It dates back to at least 7000 B.C., feeding billions of people and becoming the staple for half the world's population.

It arrived in the U.S. a little over 300 years ago, but it has never earned the respect here that this nourishing grain deserves. For many, it is just a bland side dish that sops up gravy.

Grown in nearly every part of the world, it has become an important crop in California, although it has fallen into disfavor among many because of the amount of water required to grow it. Nevertheless, California's harvest has increased the world's supply by 200 percent.

Technically a grass, rice is long-, medium- or short-grained.

Short-grain rice is high in starch and stickier than other rices and is often used in Asian cooking. Arborio, a prized short-grain rice, is a mainstay in risotto.

Medium-grain rice is slightly sticky. It cooks up tender and plump with a mild flavor and can be used in a variety of dishes.

Long-grain white rice is the most common variety used in America. It has a neutral taste and firm texture, and remains separate and fluffy when cooked.

Such long-grain rices as jasmine and basmati are aromatic and are good paired with stir-fry and other Asian and Indian dishes, or

used in pilafs.

Brown rice only has the hull removed. The bran layers left on the grain give it a tan color, a nutty flavor, and a slightly chewy texture.

Precooked or instant rice is available in both white and brown.

Converted rice is treated by a steam-pressure process before milling to make the white cooked grain extra fluffy.

Wild rice is used like rice but is the long, dark brown or black, nutty-flavored seed of a marsh grass. There are many varieties.

### MUSHROOM RICE

- 1/2 cup sliced mushrooms
- 1 tablespoon butter
- 1 cup long-grained rice
- 1 teaspoon salt
- 2 cups chicken stock

Cook mushrooms in butter in large, heavy saucepan until tender and any liquid is absorbed. Add rice, salt and chicken stock and stir. Bring to boil, cover lightly and cook over very low heat until rice is tender and stock is absorbed, 15 to 20 minutes. Serves 4 to 6.

### CHINESE RICE WITH VEGETABLES

- 1 cup uncooked white rice
- 2 cups water
- 2 tablespoons soy sauce
- 1 tablespoon vegetable oil
- 2 cups any combination of:
  - fresh or frozen peas

- frozen mixed vegetables
- julienned carrots
- chopped green pepper
- broccoli flowerets
- Black pepper
- Salt

Combine rice, water, soy sauce and oil in 2 to 3-quart saucepan. Bring to a boil. Stir once or twice. Reduce heat, cover, and simmer 15 minutes. Add vegetables. Cover; simmer 5 minutes or until rice and vegetables are tender and liquid is absorbed. Season to taste. Serves 6.

### SPANISH RICE

- 1 medium onion, chopped
- 1 (28-ounce) can chopped tomatoes
- 1 green pepper, finely chopped
- 6 slices bacon
- 1 cup water
- 3/4 cup long grain rice
- 1 tablespoon brown sugar
- 5 drops hot sauce
- 1 tablespoon Worcestershire sauce
- Pinch of ground pepper
- 1 teaspoon salt
- 1 teaspoon chili powder

In a large skillet, cook bacon until crisp, then drain on paper towels. Crumble the bacon and set it aside. Save 2 tablespoons of the bacon drippings and add the on-

ion and green pepper. Cook until tender but still crispy. Stir in the can of tomatoes with juice, cold water, long grain rice, brown sugar, Worcestershire sauce, salt, chili powder, pepper and hot sauce.

Reduce heat to low, cover with a tight fitting lid, simmer 30 minutes until rice is done. Top with bacon.

### DIRTY RICE

- 1/2 pound bacon
- 1/2 pound ground pork
- 1 pound ground chicken livers
- 1 large onion, finely diced
- 1 green bell pepper, diced
- 2 ribs celery, finely diced
- 3 cloves garlic, minced
- 2 cups chicken broth
- 1 bay leaf
- 1/2 teaspoon ground thyme
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 5 cups cooked rice, at room temperature
- 4 green onions, including tops, minced
- 1/4 cup parsley, minced

In a heavy Dutch oven, sauté bacon, pork and livers until very brown. Let the meat stick to the skillet a bit before stirring. Add onion, bell pepper, celery and garlic and cook until they are wilted.

Add chicken broth, bay leaf, thyme, cayenne pepper, salt and pepper. Simmer for 30 minutes. Remove bay leaf. Add rice and toss the mixture until rice is hot. Stir in green onions and parsley. Adjust seasonings. Yields 8 to 10 servings.

### RISOTTO WITH BACON & LEEKS

- 2-2/3 cups long-grain rice
- 1 pound chopped bacon
- 1 (14-ounce) can peeled tomatoes
- 3 teaspoons vegetable oil
- 3-3/4 cups chicken stock
- 4 leeks, cleaned and chopped
- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1 teaspoon black pepper
- 1 teaspoon cayenne pepper
- 1 teaspoon grated lemon rind

Soak rice in cold water for 30 minute and drain.

In a medium skillet, fry bacon over moderate heat for 6 to 8 minutes or until most of the fat is gone and it is crisp and brown. Remove bacon and set aside.

Add oil to skillet and heat over medium heat. When hot, add leeks and fry for 12 minutes, stirring oc-

asionally. Stir in rice and fry for 5 minutes, stirring frequently.

Stir in the canned tomatoes with juice, grated lemon rind, cumin, cayenne pepper, salt and black pepper. Pour in the chicken stock and bring to a boil.

Add the bacon back into the mix, then reduce heat to low and let simmer for 15-20 minutes or until the rice is cooked and tender and the liquid is absorbed. Let the mixture cool down for 5 minutes then serve. Serves 4.

### RICE SALAD

- 1 (6.9-oz) package chicken-flavored rice and vermicelli mix
- 1 teaspoon vegetable oil
- 12 stuffed green olives, sliced
- 4 green onions, thinly sliced
- 1/2 green pepper, chopped
- 2 (6.5-oz) jars marinated artichoke hearts, drained, liquid reserved
- 1/3 cup mayonnaise
- 1/2 teaspoon curry powder

Prepare rice mix according to package directions, except substitute 1 teaspoon oil for butter called for. Cool.

Add olives, green onions and green pepper; toss to mix. Cut the artichokes into quarters and add to rice mixture; set aside.

In a small bowl, combine mayonnaise, curry powder and reserved marinade; blend well. Pour over rice mixture; toss to mix. Cover and chill for at least 2 hours. Serves 6.

### RICE & BROCCOLI CASSEROLE

- 2 cups cooked rice
- 3 tablespoons melted butter
- 1/2 cup onion, diced
- 1/2 cup celery, diced
- 1/2 cup evaporated milk
- 1 can cream of chicken soup
- 2 packages chopped broccoli (thawed if frozen)
- Grated Cheddar cheese

Preheat oven to 325°F.

Combine first 7 ingredients and put in baking dish. Sprinkle the grated cheese on top.

Bake for 30 minutes. Serves 8.

### OLD-FASHIONED RICE PUDDING

- 1/2 cup of long grain rice
- 1/2 cup of sugar
- 6 cups whole milk, divided
- 1 teaspoon vanilla
- 1 beaten egg
- Pinch of salt (optional)
- Ground cinnamon

Pour hot water over uncooked rice. Drain and put rice into saucepan. Add sugar and 4 cups of the milk and bring to a boil uncovered. Turn heat down to simmer for 45 minutes, stirring occasionally.

Add one teaspoon of vanilla, pinch of salt, one beaten egg and two cups of remaining milk. Bring to a boil for a few minutes. Pour into serving dish and sprinkle with cinnamon. Yields 6 servings.

### RICE FRITTERS

- 2 cups cold, cooked rice
- 1/2 cup dried bread crumbs, plus extra
- 1/2 cup shredded Cheddar cheese
- 2 tablespoons flour
- 1 tablespoon chopped parsley
- 1 teaspoon prepared mustard
- 1/4 teaspoon salt
- 3 eggs, separated, at room temperature
- Vegetable oil

Combine first 7 ingredients and egg yolks; mix well. In small bowl, beat egg whites until soft peaks form. Fold into rice mixture. In 4-quart saucepan, heat 2 inches of oil to 375°F.

Shape rice mixture into a dozen 3-by-4-inch logs. Roll logs in additional dried bread crumbs. Fry a few at a time in hot oil until golden.

Drain on paper towels and serve warm. Makes 12 fritters.

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## Choosing A Home Stair Lift

By Jim Miller  
SPECIAL TO THE FORUM

A good home stair lift is an excellent solution for those with mobility challenges who have trouble with steps.

A stair lift will carry you up and down the stairs in a safe seated position, providing easy access to the second story or basement level of your home.

To help you choose a quality stair lift that meets your needs and budget, here are a few shopping tips, along with some top-rated companies that make them.

### Types of Lifts

There are two basic types of stair lifts that are sold today: straight and curved. The type you need will depend upon the design of your staircase.

A straight stair lift is one that see **LIFT** on page 7



A stair lift will carry you up and down the stairs in a safe seated position, providing easy access to the second story or basement level of your home.

## Do I Need to Cash in Annuities If I Go into a Nursing Home?

**Q** I have three annuities. If my wife or I need to go into a nursing home, do we need to cash them in to be eligible for a Medi-Cal subsidy?

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

**A** Well, like many things in life, it all depends. If your annuities are held inside an IRA owned by you or your wife, and you are both over age 70 1/2 and receiving Minimum Required Distributions under IRS rules, then you won't need to cash them in. Otherwise, you will need to consider the following:

- **Deferred Annuities:** If the annuity payouts have been deferred ("Deferred Annuities"), then Medi-Cal will count their cash value. The next question is whether their cash values, when combined with your other savings and investments, puts you over the Medi-Cal

resource ceilings: \$126,420 (married individual); single individual, \$2,000 (for 2019).

We sometimes call this as being "over resourced."

If they do put you over, then you will need to take action. Some possible planning strategies:

(1) **Opt to Start Payouts:** If you opt to begin receiving "periodic payments of principal and interest," in equal monthly payments, and provided that the pay-outs are scheduled to fully exhaust each annuity within the actuarial life expectancy of the owner, then their remaining values won't count as a Medi-Cal resource.

(2) **Cash In & Make Exempt Purchases:** You might cash in one or all of the annuities, as necessary, and then use those proceeds to make purchases which Medi-Cal considers exempt, such as: home improvements, home mortgage



pay-down, purchase of cemetery plots, funeral plans, or household furnishings.

(3) **Convert Annuities:** Convert the annuities with cash value into income-only immediate annuities without cash value (see below).

(4) **Cash In & Gift Away:** Cash in the annuities which put you over the resource ceiling and then make what I call "strategic gifts" to your children or other trusted family members, but subject to the following CAUTION: if you choose this gifting option, you are very strongly urged to do so only under the strict guidance of an elder law attorney with experience in these matters.

Why? Because gifting in this context is very "tricky" and requires careful compliance with the Medi-Cal rules, which are actually designed to discourage gifting.

If you attempt a gifting program on your own, and you do so incorrectly, you may actually end up see **OSOFSKY** on page 7



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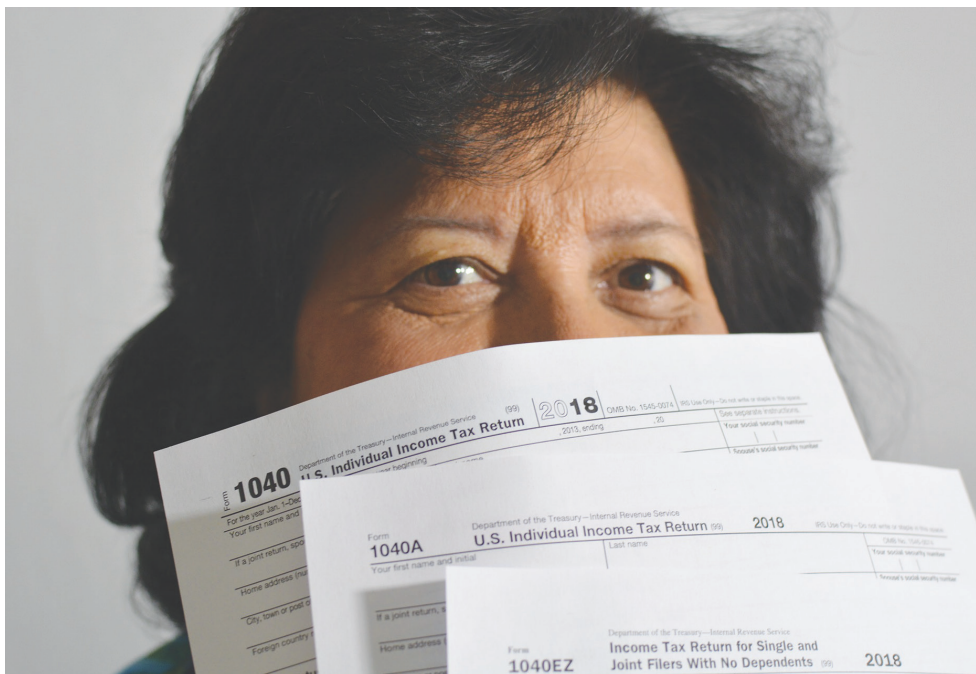
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## IRS Requirements: Do I Need To File Tax Return This Year?

By Jim Miller  
SPECIAL TO THE FORUM

Whether or not you are required to file a federal income tax return this year actually depends on several factors: how much you earned last year (in 2018); the source of that income; your age; and your filing status.

Here's a rundown of this tax season's IRS tax filing requirement thresholds.

For most people, this is pretty straightforward. If your 2018 gross income – which includes all taxable income, not counting your Social Security benefits, unless you are married and filing separately – was below the threshold for your filing status and age, you may not have to file. But if it's over, you will.

- Single: \$12,000 (\$13,600 if you're 65 or older by Jan. 1, 2019).
- Married filing jointly: \$24,000 (\$25,300 if you or your spouse is 65 or older; or \$26,600 if you're both over 65).
- Head of household: \$18,000 (\$19,600 if age 65 or older).

Qualifying widow(er) with dependent child: \$24,000 (\$25,300 if age 65 or older).

To get a detailed breakdown on federal filing requirements, along with info on taxable and nontaxable income, call the IRS at 800-

829-3676 and ask them to mail you a free copy of the "Tax Guide for Seniors" (publication 554) or see [IRS.gov/pub/irs-pdf/p554.pdf](https://www.irs.gov/pub/irs-pdf/p554.pdf).

### Check Here Too

There are, however, some other financial situations that can require you to file a tax return, even if your gross income falls below the IRS filing requirements.

For example, if you earned more than \$400 from self-employment in 2018, owe any special taxes like an alternative minimum tax, or get premium tax credits because you, your spouse or a dependent is enrolled in a Health Insurance Marketplace (Obamacare) plan, you'll need to file.

You'll also need to file if you're receiving Social Security benefits, and one-half of your benefits plus your other gross income and any tax-exempt interest exceeds \$25,000, or \$32,000 if you're married and filing jointly.

To figure all this out, the IRS offers an interactive tax assistant tool on their website that asks a series of questions that will help you determine if you're required to file, or if you should file because you're due a refund. It takes less than 15 minutes to complete.

You can access this tool at [IRS.gov/filing](https://www.irs.gov/filing) – click on "Do I Need to File?" Or, you can get assistance over the phone by calling the IRS helpline at 800-829-1040. You can

also get face-to-face help at a Taxpayer Assistance Center. See [IRS.gov/localcontacts](https://www.irs.gov/localcontacts) or call 800-829-1040 to locate a center near you.

### Tax Preparation Help

If you find that you do need to file a tax return this year, you can get help through the Tax Counseling for the Elderly (or TCE) program. Sponsored by the IRS, TEC provides free tax preparation and counseling to middle and low-income taxpayers, age 60 and older. Call 800-906-9887 or visit [IRS.treasury.gov/freetaxprep](https://www.irs.gov/treasury.gov/freetaxprep) to locate a service near you.

Also check with AARP, a participant in the TCE program that provides free tax preparation at around 5,000 sites nationwide. To locate an AARP Tax-Aide site call 888-227-7669 or visit [AARP.org/indtaxhelp](https://www.aarp.org/indtaxhelp). You don't have to be an AARP member to use this service.

## Lift: Features, Cost and How to Purchase

*continued from previous page*  
travels in a straight line up a flight of stairs uninterrupted by landings, bends or curves, and costs between \$2,500 and \$5,000 installed.

Curved lifts, however, are much more elaborate and will go around corners, bends and changes in direction. Curved lifts are also much more expensive, typically running between \$8,500 and \$15,000 or more depending on the complexity of the installation.

You also need to know that all stair lifts mount to the stair treads, not to the wall, so they are very sturdy and can be installed in almost any home.

If you are a large person, you may need to get a heavy-duty lift with a wider seat and bigger lifting capacity – all companies offer them. Or, if you're tall, find out about raising the seat height during installation.

Most stair lifts available today also have seats, armrests and footplates that fold up out of the way, and swivel seats that make getting into and out of the chair easier.

They also come with standard safety features like seatbelts, breaking systems and footrest sensors, push-button or rocker-switch controls located on the armrest for easy operation, and "call send" controls which allow you to call or send the unit to the other end of the stairs. Make sure the lift you choose has all these features.

Depending on the company, you may also have the option of choosing between an electric (AC) and a battery powered (DC) stair lift. Battery powered units charge at the base station (some recharge anywhere on the track) are quieter, smoother and better than electric lifts, and will work even if there's a power failure in the home.

### Where to Shop

While there are many companies that make and sell stair lifts, two of the best, based on reputation and customer satisfaction ratings,

are Bruno (Bruno.com, 800-454-4355) and Stannah (Stannah-Stairlifts.com, 888-465-7652).

Unfortunately, original Medicare does not cover stair lifts nor do Medicare supplemental (Medi-gap) policies, but some Medicare Advantage plans may help pay. There are also many states that offer Medicaid waivers that will pay for lifts to those that qualify, and the VA offers cash grants to veterans with disabilities for home safety improvements.

To save some money, you may want to consider purchasing a

used or refurbished model. Or, if you need a stair lift for only a short period of time, consider renting one. Most companies offer these options, and many offer financing programs too.

To get started, contact some stair lift companies who will put you in touch with a dealer in your area. All dealers provide free in-home assessments and estimates and can help you choose an appropriate lift.

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

## Osofsky: Annuities Quite Tricky in Medi-Cal Context

*continued from previous page*  
disqualifying yourselves from a Medi-Cal subsidy.

• Immediate Annuities: If your annuities are irrevocable, income-only "immediate annuities" without cash value, and provided that they are designed to pay out to their owner the full value within his/her actuarial life expectancy, then they will not count against the Medi-Cal resource ceilings. However, the income that you thereby receive from them may count toward your monthly "Share of Cost" (co-pay) for nursing care.

On the other hand, if these immediate annuities are not so designed, then the funds used to purchase them may be considered a disqualifying transfer of assets. This is a bit different from being "over-resourced," but has a similar effect: If so construed, you may be found ineligible for a Medi-Cal subsidy under the transfer penalty rules, and this ineligibility may extend for a lengthy period

of time.

To be sure, the whole subject of annuities in the Medi-Cal context is quite tricky. Your best bet is to seek guidance from an experienced elder law attorney before you take any action.

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

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## ATHLETES OF THE WEEK

### CVHS Varsity Cheer Competition Team

This week's Athletes of the Week are the members of the Castro Valley High School's Varsity Cheer Competition Team.

The team began practicing at the end of September and all of the hard work paid off at the USA Spirit National Cheer Competition, where they received a trophy for placing third in the nation, in Anaheim over the weekend of February 22-24.

Top row from left, Renee Guillaume, Amanda Lippi, Nicole Dommaschk, Ben Chen, Sabrina Machado, Kristen Chan, Olivia Warren, Chelsea Craig and Sonya Ross; middle row, Lindsay Be-



rio, Alyssa Delosso, Rachel Chin, Jennifer Tang and Owen Rocha; front row, Gianna Leogrande, Melanie Huang, Alix Skinner, Lexi Kwon, Lexi Rardin, and Mya Barnes.

## CVHS VARSITY TENNIS RESULTS

The CVHS Trojans Varsity boys tennis team hosted the San Leandro Pirates at Castro Valley on Thursday, February 28. CV won 7-0, improving their season record to 4-0. The results of singles and doubles matches are as follow:

#### Singles

1. Edward Wang (CV) - Ben Duong 6-1, 6-0
2. Ethan Fang (CV) - Wesley Tat 6-2, 6-2
3. Spenser Lin-Jones (CV) - Kaho Moon 6-0, 6-2
4. Leon Chen (CV) - Irwin Dang 6-0, 6-2

#### Doubles

1. Micheal Chu / Colby Fong (CV) - Josh Rodriguez / Jeremiah Rodriguez 6-0, 6-0
2. Ashir Gupta / Victor Kindinger (CV) - Sonny Lew / Timothy Tran 6-2, 6-1
3. Garvey Li / Michael Lee (CV) - Phillip Mariam / Mohit Singh 6-0, 6-1



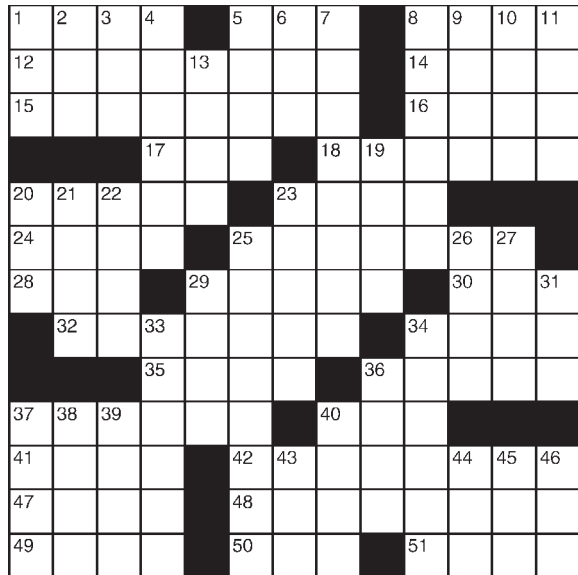
PHOTO COURTESY OF SUSAN JONES

**CORRECTION:** The picture and caption of last week's Athlete of the Week was incorrect. The picture above should have run with this caption: Kennedy Jones stands on the first place podium, wearing her gold medal) Castro Valley resident, Kennedy Jones, is finishing out her senior year at Boston University, where she is majoring in Psychology. She has been a member of the B.U. Terriers womens track and field team all four years after finishing four years as a member of the CVHS Varsity track and field team, where she capped off her senior year of high school by winning the 2015 California Interscholastic Federation (CIF) State Championship in the triple jump. Jones just finished her last Patriot League Indoor Championship meet where she left it all out there, winning a gold medal in the Triple Jump and taking second place, a silver medal, in the hurdles. Jones now begins her last outdoor season as a Boston University Terrier. Go Kennedy!

## Sports Note

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

## THE FORUM CROSSWORD



#### ACROSS

- 1 Final bio
- 5 Enervate
- 8 Venomous vipers
- 12 Hawaii's capital
- 14 Onetime head of Iran
- 15 "What Not to Wear" specialty
- 16 Greek vowel
- 17 "\_\_\_ the season to be jolly"
- 18 Improvised musically
- 20 Pacific or Atlantic
- 23 Presidential "no"
- 24 Drink all at once
- 25 Time between connecting flights
- 28 Pitch
- 29 Lively dance
- 30 Spot on a domino
- 32 Hollow pastry
- 34 Grown-up nits
- 35 Rewrite, maybe
- 36 Luxury boat
- 37 Forcible restraint
- 40 A billion years
- 41 Acknowledge
- 42 Morning-after ailment
- 47 Viral video, e.g.
- 48 Imagine in detail
- 49 Scruff
- 50 24 hours
- 51 Grandson of Eve

#### DOWN

- 1 Resistance unit
- 2 Squeezey snake
- 3 Pen pal?
- 4 ID on "CSI," maybe
- 5 Yukon and Tahoe, for ex.
- 6 Beer cousin
- 7 Seller of food, often
- 8 "I, Robot" author
- 9 Buy stuff
- 10 \_\_\_ de foie gras
- 11 Roe provider
- 13 Pork cut
- 19 On
- 20 Tenth mo.
- 21 Fellow
- 22 Franc replacement
- 23 Man's man
- 25 Bestowed profusely
- 26 Grand tale
- 27 Opulent
- 29 Pantheon group
- 31 Favorite
- 33 Paul Reubens' charac
- 34 Woolly
- 36 Boo-Boo's buddy
- 37 Rhett's shocking word
- 38 Eye layer
- 39 Cavort
- 40 A deadly sin
- 43 Literary collection
- 44 Moving truck
- 45 Id counterpart
- 46 Notes between dos and mis

ANSWERS ON PAGE 4

## Changes: To Urban Shield Program

*continued from front page*

grant from the U.S. Department of Homeland Security.

Sheriff Greg Ahern told the Board of Supervisors any drastic changes to the program could violate the agreement with Homeland Security and may jeopardize the grant.

The Board of Supervisors new direction for Urban Shield began last spring when they formed an ad hoc committee to examine the program. These current recommendations are based on the ad hoc committees findings.

The board has now directed Ahern to work with the committee before the grant deadline to see if they can find a compromise.

The Alameda County Sheriff's Office has been vocal about keeping Urban Shield as it is, accusing opponents of making false statements about the program in order to undermine the police.

"Opponent activism against Urban Shield is at an all-time high," wrote Sgt. Ray Kelly in a press release. "This is very concerning because a great deal of misinformation has been spread. We have tried to rebuke these false statements and have proven we are sensitive to community concerns. Despite these efforts, the future of Urban Shield is uncertain.

"First responders know the elimination or reduction of this program will make our region much less safe in responding to terror attacks, natural disasters, mass casualties and other critical incidents."

The Urban Shield issue is scheduled to go back before the Board at their March 12 meeting.

## School Superintendent Parvin Ahmadi 2019 Woman of Year

Castro Valley School Superintendent Parvin Ahmadi was named "2019 Woman of the Year for Senate District 10" on Monday by Sen. Bob Wieckowski during a ceremony at the State Capitol.

"Superintendent Ahmadi is a statewide educational leader who has dedicated her professional career to educating all students and enhancing their learning opportunities so they can achieve their goals," said Wieckowski. "Her commitment to public education, students of all ages and social justice is recognized throughout our community."

Ahmadi has been superintendent since 2015. She started her career as a teacher and later became the superintendent of the Pleasanton School District.

She is active in the Eden Area Chamber of Commerce, the American Association of University Women, the League of Women Voters and Castro Valley Rotary. Last year, she received an Alameda County Excellence in Human Relations Award.

Ahmadi founded the Castro Valley Community Alliance in 2016, a collaborative group of community and educational leaders, students and families advocating for compassion, understanding and acceptance.



**2019 WOMAN OF THE YEAR:** Senator Wieckowski and Superintendent Parvin Ahmadi during Monday's ceremonies on the Senate Floor.



# REAL ESTATE GALLERY

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## Coming Soon? Seller Beware

When meeting with sellers, I am frequently asked, "Will you be advertising our property as 'Coming Soon'?"

It's a valid question, and, while appearing beneficial on the surface, the practice is fraught with potential problems.

In fact, if not handled correctly, it can damage a seller's ability to get the highest price and best terms.

Real estate agents are fiduciaries, and, as such, have a duty to clients to (1) provide the highest possible standard of care, (2) place the client's interests ahead of their own and (3) to in all ways act in the client's best interests.

Consequently, when selling a home, a Realtor must ensure that every effort is made to market the property to its fullest capacity in order to gain the best possible outcome for the seller.

It can be argued that "Coming Soon" marketing can actually undermine this process by generating an offer before a home has been properly marketed or, in some cases, before it even appears on the Multiple Listing Service (MLS).

The California Department of Real Estate (DRE), in a recent article to Realtors titled, "'Coming Soon' Advertising: Be Sure to Maintain Fiduciary Responsibility for Your Client or Face Civil and Regulatory Liability" expressed valid concerns about the practice.

It is no secret that some agents use "Coming Soon" as a method of marketing a property before it hits the MLS in the hopes of securing a buyer themselves and "double-ending" a transaction. This is an obvious breach of an agent's fiduciary responsibility.

The DRE\* provides the following best practices for agents who, on their own initiative or at the insistence

of a seller, choose to employ a "Coming Soon" marketing strategy:

"Market the property via multiple listing services or other broad advertising means."

"Make sure the seller agrees to and understands how the property will be marketed."

"If using a 'Coming Soon' strategy, do not accept and act on offers until a property has been broadly marketed."

"If the property will not be fully marketed, obtain prior written permission from the seller that demonstrates they understand that such a "Coming Soon" strategy may not

result in receiving the best sales price."

"Avoid double-ending a property that is not fully marketed—it is best to refer potential buyers to another agent."

It's like many things: what might initially appear to be a good idea can, in fact, prove detrimental unless handled correctly.

\*Real Estate Bulletin, Department of Real Estate, Vol. 77, No. 4, Winter 2018

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.

## Time to Get Ready for Spring

By Samantha Mazzotta

We're finally into March, and it's time to start getting ready for the growing season that's about to begin.

Homeowners here need to start unpacking and preparing lawn-care equipment for use. This is a good time to bring the hedge trimmers, saws, rakes and other tools down from their pegs. Wipe off excess oil and dust from the handles and clean dirt or rust spots from the metal blades or tines. Sharpen trimmer and lawnmower blades using a metal rasp, or take them to a hardware store or service that will sharpen them for you.

Bring out the lawnmower and prepare it for its weekly bout. In the fall, you should have removed or emptied the gas tank, removed the spark plug, and removed the mower blades for cleaning and storage; now it's time to put those back on.

Start by installing the blades and brushing away old grass cuttings and dirt from the underside of the mower, then turn the mower upright and fill the tank with fresh gasoline or the correct gas-oil mixture. Install the spark plug. Roll the mow-

er outside, prime the motor (either using a priming button if it has one, or by tugging the starter cord twice), and start the lawnmower. Run it for a few minutes, testing the throttle and other settings, then shut it down and store it in an accessible place, ready to mow the lawn.

Now is also the time to dethatch the lawn, if needed, to allow that new growth more air and light. Any bare spots should be re-sodded, sprigged or dethatched and re-seeded. Protect newly seeded areas from birds by setting low stakes around the spot and crisscrossing the area with string, or tying strips of cloth to the stakes to keep them away.

Once the danger of hard frost

has passed, shrubs and small trees that were wrapped in burlap over the winter can be unwrapped. Any bulbs that were planted or went dormant in the fall, such as tulips, will begin showing green shoots soon. Trees are beginning to bud and bloom, so avoid pruning them until the leaves are fully open.

Spring can be an incredibly busy time for homeowners, so prepare your lawn-care tools now in order to hit the ground running.

*Home Tip:* Lost your lawnmower guide or operating manual? These are usually available online at the manufacturer's website and can be downloaded for free.

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Spacious 3 bedroom, 2 bath, 1800 sq. ft. home in great Castro Valley location. Living room with nice views, large light-filled family room with vaulted ceilings, master bedroom with private bathroom and walk-in closet. Upgrades include newer furnace, air conditioning, copper plumbing, dual pane windows, and roof. Wonderful backyard with roses, lavender, and fruit trees.

The neighborhood is adjacent to Lake Chabot Regional Park where you can explore scenic trails. Great Castro Valley schools, minutes to BART, Hwy 580/238, local parks, shopping and restaurants.



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## Coming Soon!



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## Mortgage Rates Continue Recent Decline

Mortgage rates maintained their recent slide last week, according to Freddie Mac's weekly nationwide survey. 30-year rate averaged 3.96 percent.

Fifteen-year loans averaged 3.99 percent, down from 4.04 percent.

Thirty-year fixed-rate mortgages averaged 4.52 percent last week, down from 4.55 percent a week earlier. Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.74 percent, down from 3.87 percent.

## RECENT HOME SALES

### Castro Valley

2328 Farley Street	94546: \$610,000 2 BD - 1,377 SF - 1947
4758 Proctor Road	94546: \$660,000 5 BD - 2,676 SF - 1952
21474 Outlook Court	94546: \$700,500 3 BD - 1,688 SF - 1963
21235 Tyee Street	94546: \$705,000 2 BD - 1,016 SF - 1947
2355 Jeffer Street	94546: \$770,000 3 BD - 1,608 SF - 1948
22130 West Lyndon	94552: \$910,000 4 BD - 2,379 SF - 2000
25310 Gold Hills Drive	94552: \$1,193,000 5 BD - 2,527 SF - 1996
20226 Redwood Road	94546: \$1,720,000 3 BD - 2,052 SF - 1954
<b>TOTAL SALES:</b>	<b>8</b>
<b>LOWEST AMOUNT:</b>	<b>\$610,000</b>
<b>HIGHEST AMOUNT:</b>	<b>\$1,720,000</b>
<b>MEDIAN AMOUNT:</b>	<b>\$737,500</b>
<b>AVERAGE AMOUNT:</b>	<b>\$908,562</b>

### San Leandro

1440 Thrush Avenue	94578: \$399,000 2 BD - 820 SF - 1994
894 Lewelling Blvd.	94579: \$400,000 2 BD - 858 SF - 1987
700 Fargo Avenue	94579: \$427,000 2 BD - 840 SF - 1965
1306 Lillian Avenue	94578: \$460,000 3 BD - 1,287 SF - 1947
15434 Lark Street	94578: \$505,000 3 BD - 1,150 SF - 1926
1445 Timothy Drive	94577: \$506,000 3 BD - 1,028 SF - 1944
2052 Vestal Court	94577: \$556,000 3 BD - 1,028 SF - 1944
1016 Fargo Avenue	94579: \$573,000 3 BD - 1,156 SF - 1951
1648 Gardner Blvd	94577: \$600,000 3 BD - 1,538 SF - 1943
96 Begier Avenue	94577: \$635,000 2 BD - 995 SF - 1939
14868 Towers Street	94578: \$667,000 3 BD - 1,493 SF - 1948
1369 Santa Rosa Street	94577: \$680,000 3 BD - 1,338 SF - 2000
15535 Budge Street	94579: \$685,000 3 BD - 1,214 SF - 1959
497 Joaquin Avenue	94577: \$698,000 3 BD - 1,404 SF - 1932
97 Broadmoor Blvd	94577: \$715,000 4 BD - 1,994 SF - 1926
576 Blossom Way	94577: \$715,000 3 BD - 1,593 SF - 1938
<b>TOTAL SALES:</b>	<b>16</b>
<b>LOWEST AMOUNT:</b>	<b>\$399,000</b>
<b>HIGHEST AMOUNT:</b>	<b>\$715,000</b>
<b>MEDIAN AMOUNT:</b>	<b>\$586,500</b>
<b>AVERAGE AMOUNT:</b>	<b>\$576,312</b>



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## Grants Available for Home Repairs

Don't let your property deteriorate. Alameda County has grants available for qualifying homeowners for health and safety repairs in Castro Valley, Ashland, Cherryland and other unincorporated areas.

You may be eligible for grants for minor home repairs, accessibility improvements, mobile home repair, and lead hazard removal.

Learn more about the grants available in your area at a free one-hour workshop at 1 p.m. on

Tuesday, March 19, at the Castro Valley Library.

For more information, call the

Library at 510-667-7903, or see Events at [www.aclibrary.org/branches/csv](http://www.aclibrary.org/branches/csv).

## Zambrana-Ramirez Receives Century 21 Service Award

Century 21 Real Estate recently recognized sales affiliate Raquel Zambrana-Ramirez with its Quality Service Pinnacle Producer Award, according to Crystal Smith, broker-owner of the Century 21 Marquis office in Castro

Valley.

The annual award is based on results from the Century 21 Quality Service Survey which is e-mailed to consumers immediately after the purchase or sale of a home.

## OPEN HOMES

SAT. & SUN.  
MARCH 9<sup>th</sup> & 10<sup>th</sup>

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C	1-3	1-4	20294 Forest Ave.#1	\$562,500	2/2.5	Coldwell Banker	Trish Radovich	510-367-7999
Z	—	2-4	806 Taylor Ave.	\$829,000	2/1	Compass Real Estate	Jeff Goodman	510-407-0905

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

### CITY GUIDE

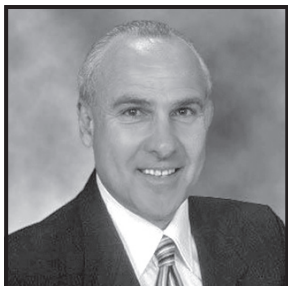
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L = LIVERMORE • M = MODESTO • O = OAKLAND • P = PLEASANTON • S = SAN LORENZO • Z = ALAMEDA



All real estate advertised in the Castro Valley Forum is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination because of race, color, religion, sex, handicap, marital status, national origin, or intention to make any such preference, limitation or discrimination. The Castro Valley Forum will not knowingly accept any advertisement for real estate that is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

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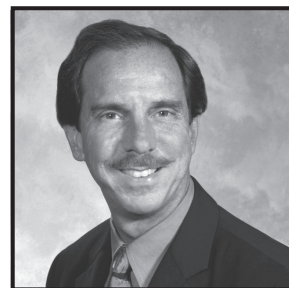
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## Don't Risk Adding Soil to Wisteria

By Buzz Bertolero  
SPECIAL TO THE FORUM

**Q** We would like to raise the soil level about one foot around four very old and lovely-blooming Wisterias. Our first choice would be to bury each plant. Is this possible? Our second option is to dig the plants up and replant them. The last thought is to install plant wells around each plant. What would you suggest?

**A** Of the three options, the least desirable is to bury the plants by raising the soil level, as it's a sure proof way to kill them.

The Wisterias could be transplanted to a new location, but given their age, it may not be feasible.

I think the most practical solution is to build permanent plant wells around each plant. They should extend from the trunk to beyond the drip line. This is where the majority

of the roots are located. You can use a variety of materials such as railroad ties, concrete blocks or moss rocks to hold back the soil.

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



Wisteria blossoms



FOR EXPERT ADVICE CONTACT ONE OF OUR LOCAL...

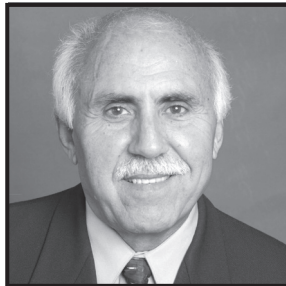
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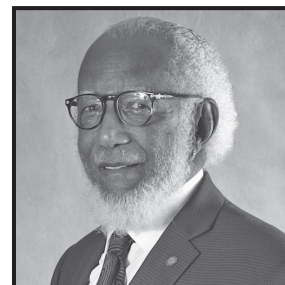
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## Realtors... Your Picture could be here!

This Monthly Section will run the first Wednesday and Thursday of every month in the Castro Valley Forum and the San Leandro Times.

For information about advertising call:

**Mary Florence: 510-861-3270 or  
Linda Nakhai: 510-915-1513**

[www.castrovalleyforum.com](http://www.castrovalleyforum.com)





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## TO VIEW THE CLASSIFIED ADS

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

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New ads, cancellations or ad changes:  
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Call 510-614-1558 (Mon. - Fri., 9 a.m. - 5 p.m.)  
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**AUTOS / TRUCKS**  
**\$35** 10 words  
(3 weeks)

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

**HELP WANTED**  
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**MISC. FOR SALE**  
**\$30** 10 words  
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**RENTALS**  
**\$35** 10 words  
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**SERVICES**  
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ALL CLASSIFIED ADS ALSO RUN FREE ONLINE! • AD MUST BE PREPAID WITH CASH, CHECK OR CREDIT CARD • ADDITIONAL WORDS ARE \$1.00 EACH

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

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**MG PAINTING.** Interior/ Exterior Painting. Free Estimates. Call Martin 925-309-9652.

**Roller Skaters** needed for Roller Derby games. 18-40 years old. 925-297-9541.

**WANTED:** Reel to reel tapes (I need blank tapes and recorded tapes). Call Patrick 510-517-3351.

### ANNOUNCEMENTS

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

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

### ANTIQUES WANTED

**RECORDS WANTED:**  
Jazz, Rock & Soul. Also Reel to Reel Tapes. Call 510-969-8988 or slsouth467@gmail.com

### AUTOMOBILES/TRUCKS CYCLES/TRAVEL TRAILERS

**2000 Chevy Silverado**, well maintained, 109,000 miles. \$3,500. Call 510-886-0773.

**2000 Saturn SL2**, auto, 4-dr, 4-cyl, white, A/C, excellent condition, very reliable, runs good. \$1,800 o.b.o. Smogged. Call Patrick 510-517-3351

**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

### CONCRETE SERVICE

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**CHECK OUT OUR CLASSIFIED ADS & HOME SERVICES FOR HELP!**

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

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

### EMPLOYMENT WANTED

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

### FENCES/DECKS

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

**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

### GARAGE SALES



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

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

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**GENERAL CONTRACTOR**

Additions / Remodels  
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FREE ESTIMATES Lic. #818840  
www.bayareacontractor.com

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**REMODELING & CONSTRUCTION**  
**KITCHEN & BATH**

**510-557-5768**  
**FREE ESTIMATES**  
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.

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Randy McFarland

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**LANDSCAPING, MAINTENANCE & TREE SERVICE**

- General Cleanup & Maintenance
- Lawn Mowing, Edging & Weeding
- Tree Removal, Topping & Trimming
- Hillside Cleanup, Hauling & Shaping
- Fence Repair, Flower Beds and Painting

CALL FOR A FREE ESTIMATE  
Unlicensed  
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**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.

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**Thank-You...**

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Coastbrushworks.com  
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**FREE ESTIMATES**  
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www.diegopainting.com  
**(510) 331-6152**

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**SOLID EXPERIENCE SINCE 2006**

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

**Call today for a free estimate!**  
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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

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Complete Residential & Commercial Roof Systems  
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**Call Now For A Free Written Roof Analysis & Estimate**  
Serving San Leandro & The Entire Bay Area. For Those Who Demand Superior Personalized Attention.  
SINCE 1975 / FULLY INSURED

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- Gutter Installation and Cleaning
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**510-798-9674**



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

**San Leandro Times / Castro Valley Forum**



## 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

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

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

**JAIME'S GARDENING** Maintenance, Trimming, Cleanups, 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  
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**ENRISA CONSTRUCTION.** Remodeling, Kitchens, Baths, Drainage, Foundations, Retaining Walls, Painting/ Landscaping. Lic.#1022942. FREE Estimates. Hablamos Español. Juan 510-798-2959  
[EnrisaConstruction@gmail.com](mailto:EnrisaConstruction@gmail.com)

**HANDY PEOPLE.** Any type of job. No job too small. 510-934-1251.

**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. Unlicensed.

**MG PAINTING.** Interior/ Exterior Painting. Free Estimates. Call Martin 925-309-9652.

**Specializing in repair Window & Door** repair. Also Painting. 510-934-1251.

### 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

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

## HELP WANTED

### GENERAL

#### Do you need some help at your business?

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

**Roller Skaters** needed for Roller Derby games. 18-40 years old. 925-297-9541.

**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

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**Current State Certification is REQUIRED,** either: CNA or Home HealthCare Aid. I am a quadriplegic male. Mon. - Fri., 8am-10am, (2-hours per day). Assist with personal care, dressing, cooking, bathing and house keeping. Near Oakland Zoo. Must like dogs. \$22/hr, call Glenn 510-636-1582.

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**\*CONNIE'S NATURAL CLEANING** Licensed/ Insured/ Bonded Make Your Home a Pleasant and Healthy Environment  
[www.conniesnatural.com](http://www.conniesnatural.com)  
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Windows • Floors  
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## LOST & FOUND

**LOST** - White gold wedding ring, around 2/5/19, in San Leandro. **REWARD.** 510-351-8984.

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

## MISC. FOR SALE

**Working** refrigerator \$50, 7' sofa in good condition \$50. 925-297-9541.

### AUTOMOBILES

**2000** Chevy Silverado, well maintained, 109,000 miles. \$3,500. Call 510-886-0773.

**2000** Saturn SL2, auto, 4-dr, 4-cyl, white, A/C, excellent condition, very reliable, runs good. \$1,800 o.b.o. Smogged. Call Patrick 510-517-3351

### SPORTS

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

### VARIOUS ITEMS

**VICTORY** 4-wheel electric scooter w/baskets, mirrors, head rest, lights, charger \$750. Scooter ramp \$200. 510-575-7366.

**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. FOR SALE" ads** run **3 WEEKS** for the price of **1 week.** Call **614-1558.**

## MISC. WANTED

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

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

**WANTED:** Reel to reel tapes (I need blank tapes and recorded tapes). Call Patrick 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.

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

## SERVICES

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

## 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

## TREE SERVICE

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

## YOUR INFO

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

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

**LANDLORDS** - Advertise your units!

- A vacancy day is money lost forever -

R. Bowman

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

Check the Classified Ads under "MUSICAL SERVICES" for help.

**VIEW the CLASSIFIED Ads** **Online at**

[sanleandrotimes.com](http://sanleandrotimes.com) or  
[castrovalleyforum.com](http://castrovalleyforum.com)  
For help or for more info call  
**510-614-1558.** E.B. Publishing

**BUY, SELL & SAVE**  
**HERE IN YOUR LOCAL**  
**MARKETPLACE**

[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**

## PLACE YOUR CLASSIFIED ADS ONLINE!

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

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



**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**

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Sand • Install • Refinish  
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25 Years Experience

#### FREE ESTIMATES

Call Jeff Today!  
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Lic. #803455

## HAVE SERVICES? CALL US

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



# HOME SERVICES DIRECTORY

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★★★★

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**PROFESSIONAL WORKMANSHIP**

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- SEAMLESS ALUMINUM,
- PREPAINTED IN 20 COLORS
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## David Jay Locey

July 18, 1946 - February 16, 2019

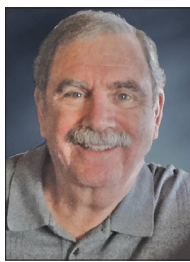
David Locey was born on July 18, 1946, in Montebello, California, as the second of three children to Daryl and Jane Locey. To the eternal sorrow of his family, he passed away suddenly from a heart attack on February 16, 2019, at the age of 72.

Dave was foremost a dedicated family man: everything he did was focused on helping his family and bringing happiness to their lives. He was an avid reader and life-long learner, an opera aficionado, highly-educated about history and geography, and he could fix almost everything. His amiable sense of humor was a constant delight and was highlighted in the wonderful videos he created for family and friends. He enjoyed the outdoors and the family spent idyllic vacations in Pismo Beach, Yosemite, Death Valley, and numerous other sites. He learned to play the cello in his forties so he could participate in family music-making, spending many happy hours practicing and growing his skills. A favorite pastime was solving crossword puzzles, the harder the better.

He is survived by his devoted wife of 40 years, Elke Sommer, his cherished daughters Alexis and Adrienne Sommer-Locey, his beloved son-in-law, Brian Kroijer, treasured sister Linda Corral and husband George, much-loved mother-in-law Erika Sommer, dear sister-in-law Linda Sommer-Wolff and husband Roland Wolff, and extended family in Southern California and Kentucky. He was predeceased by his parents and younger brother, Daniel Locey.

Dave's quiet strength, kindness, intelligence, and creativity were an inspiration; we contemplate and profoundly mourn the loss of the many ways he would have expressed them had he lived.

A memorial with friends and family will be held in the near future but there is no way to adequately capture his spirit and zest for living and the aching void of our loss.



## LETTERS

TO THE EDITOR  
FREDZ@EBPUBLISHING.COM

## BART Bench Not Serving its Intended Purpose

Editor:

I'm writing in response to front page article, "CV BART Bench at Center of Location Frustration," (The Forum, Feb. 27).

While the bench may not reflect the community of Castro Valley, I am more concerned about the function of this bench. The bench does not serve the purpose for which it was intended.

In the article, and the Letter to the Editor, it states the bench was a gift from East Bay Paratransit, for use by paratransit users, people with disabilities?!

I beg to differ! This bench is 25-plus feet away from where the East Bay Paratransit bus stop is actually located; the East Bay Paratransit stop is located at the blue pick up/drop off curb; marked blue for patrons that own a blue disability placard.

No Paratransit bus can get near this accessible disability blue curb drop off area, as there is typically a line of illegally parked cars with the drivers sitting in them, waiting to pick up their able-bodied family and friends.

Rarely do these drivers have a blue disability placard. Also, note the blue curb has an awkward island that no person in a wheelchair, scooter and or mobility device can access or safely navigate on or around.

Maybe we should consider a Go Fund Me to design and secure a truly accessible Paratransit blue curb pick up/drop-off area at Castro Valley BART.

A pretty bench with a few mislabeled tiles on it, might be problematic for some, but the *big* problem is the non compliance with ADA, the unsafe access for people with disabilities, paratransit travelers, who daily have to dodge the illegally stationed cars blocking their access to this poorly designed, blue disability curb area at Castro Valley BART.

—Maureen Gilhooly, Castro Valley

## Insulting BART Bench Sign Should Be Replaced

Editor:

Here we go again. We managed to get rid of a Castro Valley sign that was awful, and now BART wants to stick us with a bench marked with Hayward's name.

BART is also in Hayward so they should send it back there and give us a new bench. All these governmental agencies want to give us things which really seem to be an insult when one looks more closely.

When voting time comes, remember which BART director isn't willing to work this out.

—Catherine Wong, Castro Valle

## And What About that Other Controversial Sign?

Editor:

Are we, the tax-paying citizens of Alameda County and Castro Valley, still paying to house that canoe-reject "Welcome to Castro Valley" sign in a warehouse somewhere? And if so, how much are we, the tax payers, footing each year?

—Elizabeth Stump, Castro Valley

## Feds Should Confront Pot Regulators About Prop. 64

Editor:

As I watch the usual midday marijuana trafficking on my street, I know it's time for the feds to confront cannabis regulators about proposition 64.

The Adult Use of Marijuana Act-2016, or AUMA (prop. 64) is actually illegal because no state law (voter-approved or not) can ever contradict federal law (supremacy clause, Article 6 of the U.S. Constitution).

AUMA is also poorly regulated with 16% accountability of state marijuana production.

Since AUMA carries the provision of severability without voter approval, it can be amended to reflect the original spirit of the proposition which was to give adult marijuana users (21-plus) sanctioned access to *use* not *grow* marijuana.

Tobacco users don't grow their own tobacco plants, why should users grow marijuana? Marijuana cultivation and product manufacture is available domestically and internationally. Let *others* deal with the regulatory nightmare of producing a black-market drug.

California marijuana cultivation and production should return to a felony and violators should be issued fines equal to the market value of seized contraband.

Existing dispensary owners (DOs) should have their out-of-state orders delivered directly to cannabis regulators at hubs near state borders or ports (no live plants, no seeds). Orders are inventoried into a statewide database. DOs pickup orders at hub and receive a transportation allowance back to dispensary.

All marijuana sales occur through the database and must rec-

OPINION: Answering the Critics

Rowell Ranch Pro Rodeo  
Celebrating 99 YearsBy Russ Fields  
SPECIAL TO THE FORUM

The Rowell Ranch Pro Rodeo started out as a friendly competition amongst the ranches that, to this day, cover Alameda County.

Once a friendly contest between ranches to see who had the best cowboys, has become a growing professional sport across the United States. A sport where the health and safety of our livestock is always our first priority.

The rodeo is part of our community, entwined with our rich history it goes back to the early Spanish Ranches that became the ranches, orchards and city centers of today.

The Rowell Ranch Pro Rodeo committee takes the responsibility of preserving our history very seriously. As ranchers, we don't always do a very good job of telling our story and setting the myths straight. We tend to put our heads down against the wind and get our jobs done. Until so many myths have been put out there, we find it necessary to put forth the truth.

The truth about the Rowell Ranch Pro Rodeo is as a sanctioned rodeo of the Professional Rodeo Cowboys Association it doesn't matter if it is a professional event or not, all events are under their strict animal welfare guidelines.

A qualified rodeo veterinarian is always on-site during competition to make sure all animals are healthy. Our animals are not heading for slaughter – our animals are truly our livelihood and are very valuable.

To a rancher his livestock comes first – they eat before he does, they are properly bedded before he sleeps and always have plenty of water and food.

The equipment we use does not hurt the animals. It is made of soft materials and indicates to the animal how to do their job. Our stock is truly bred and trained for the sport of rodeo.

The truth is, the Hayward Area Recreation District reviews the rodeo annually and does not punt their responsibilities off to the Alameda County Board of Supervisors.

We appreciate the long-standing relationship we have with the HARD board members who have asked us the tough questions. We considered our relationship a partnership, and know the legacy of Harry and Maggie Rowell is something we work together to fulfill.

We consider it our responsibility to make sure the construction and maintenance of the Rowell Ranch Rodeo Park is an expense we share.

And events like Mutton Busting are an opportunity for our children to get outdoors and learn firsthand about rodeo and good sportsmanship.

Children between 5 and 7 years of age and weighing no more than 55 pounds can compete. The average sheep weights about 180 pounds. Riders wear protective helmets and vests.

In a combined 300 years of competition, eighteen rodeos surveyed in California have never had a sheep injured.

Help us celebrate the 99th Rowell Ranch Pro Rodeo May 17-19. Join us prior to each performance for the Cowboy Experience and learn firsthand about rodeo. We'll take you behind the chutes, answer your questions, encourage you to walk the arena and show you the animals and equipment.

Russ Fields is President of the Rowell Ranch Pro Rodeo Committee.

oncle with inventoried orders (+/- 3%) or risk losing their license. Dispensary sales should include sales tax only. Low regulatory costs encourage dispensary use instead of black market.

If California lawmakers refuse to amend AUMA, then cannabis regulators should face arrest for promoting and protecting unregulated residential manufacture of a schedule-1 drug. California HSC 11362.1 violates multiple federal drug laws and threatens the Safety, Health, and Welfare of the public.

Emails to the DOJ demanding back our federal drug protections should prompt action.

—Monica Shieman, Castro Valley

**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.





A scene from the new musical "The Great and Glorious Mr. Toad," which opens a series of runs by East Bay Children's Theatre this Sunday at Douglas Morrisson Theatre in Hayward.

## 'Great and Glorious Mr. Toad' This Sunday at the Morrisson

"The Great and Glorious Mr. Toad" is the latest musical from the celebrated East Bay Children's Theatre. The Bay Area's oldest continuously operating theatrical company steps on the gas in its 87th season with a brand new musical comedy take on Kenneth Grahame's timeless classic "The Wind in the Willows."

When the batty J. Thaddeus Toad is overtaken by motor mania, everybody had better dive for the ditches! Cantankerous Badger,

philosophical Rat and wide-eyed Mole vow to save their friend from himself, but how can Toad resist the lure of the open road?

Adventure awaits just around every bend... along with a desperate jailbreak, a band of bumbling bobbies, and a pack of felonious weasels.

Bay Area composer and playwright Ron Lytle has polished up this venerable vehicle with eight sparkling tunes, plenty of laughs and daffy new characters for this

World Premiere production. With The Great and Glorious Mr. Toad in the driver's seat, this is one road-trip you won't want to miss!

The cast is comprised of talent gathered from throughout the entire Bay Area, and includes: Terry Pink Alexander, Fatima Avila, Karen Fox, James Paul Gregory, Stephanie Kara, Benjamin E. Latham, Justin Lopez, Martha McDowell, Samantha Rasler, Howard Rosenberg, Shauna Sattnick, Wayne Steffen and Ken Woolfe.

Public performances of "The Great and Glorious Mr. Toad" will be presented at 1:00 and 3:00 p.m. this Sunday, March 10, at the Douglas Morrisson Theatre in Hayward.

For a list of additional performances, and to purchase tickets (\$12-\$20), visit [www.EBCTonline.org](http://www.EBCTonline.org). Advance purchase is recommended, as performances will sell out.

### FROM THE BOULEVARD

## Creativity and Spying and CV

By Thomas E. Lorentzen  
SPECIAL TO THE FORUM

As I write this article I am snowed-in at a friend's home on the Nevada side of the Sierras.

Snowflakes have been floating down unabated for four days. As they do, they create a visual ballet with their gentle movements and add a calm hue to the myriad of natural colors inherent within the landscape outside our front door.

These sensations, coupled with good coffee, provides a wonderful setting for thinking and writing. It is from here that this article is composed.

As I sit down to write about something relevant to Castro Valley an idea appears for adoption. It is about the creative value of small towns.

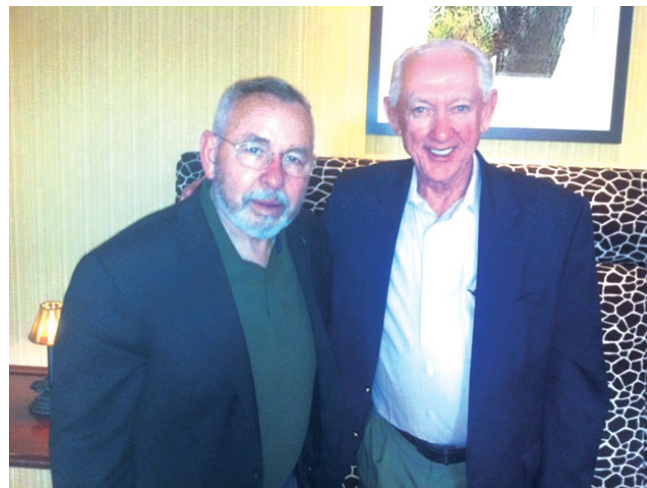
Several years back I discovered that the popular American artist, Thomas Kinkade, grew-up in Placerville. It made me wonder about whether there was something I had underestimated about small towns being incubators of creative talent.

This suspicion was further enhanced by an opportunity I had to become a friend of Tony Mendez. He was from a small town in Nevada named Eureka. It has maintained its population of about 500 for a century.

He was an artist – creative with his painting skills. He also became an artist in terms of becoming one of America's greatest spies (he was the real person portrayed by the actor Ben Affleck in the Academy Award winning movie "Argo"). He is one of the very few honored in the CIA Hall of Fame at their national headquarters.

When we first met for dinner a few years ago, I felt privileged to be with him, as I did about his wife, Jonna (also a top CIA figure). Among the things I learned from him was that his talents as a painter and as a spy were all learned in his hometown of Eureka.

Although he never expected to work for the CIA and become



The late Tony Mendez, left, with Tom Lorentzen. The photo was taken a few years ago before Parkinson's ravaged the CIA master spy. Mendez was portrayed by Ben Affleck in the Academy Award-winning movie "Argo," based on his life.

a spy, the skills that he applied during his career were all learned in his hometown.

He elaborated that in a small town most everybody knows everybody. It is hard for a kid to do what kids do in terms of normal childish mischief. In order for him to do so he had to become very creative, which is an art form.

It was what he learned in Eureka that was pivotal to his efficacy as a spy. When coupled with his talent for painting he became a master of creating disguises, both for himself and other CIA operatives. The end result was that he became one of America's greatest spies, but his skills were all dependent upon his creativity, which were all birthed in his hometown of 500 people.

I share this story because although Castro Valley has grown, it does remain largely a small town its character and demeanor. It may be that similar nutrients reside within our town's soil that fosters similar creative talents among us.

Although being a master spy is not a career that one seeks out, it is one that a person can perform upon with the creativity and skills that can be learned in a town like ours. Tony and Jonna felt this way.

It was that you can learn things in small towns that you cannot in larger cities.

Small towns like Eureka in Nevada or CV here in California can indeed become incubators of great talent and creativity.

As I end this column, I sadly note that Tony died a few weeks ago. His passing and his life received national and even international attention.

He was an American hero of major proportion. He came from a small town and he remained grateful and loyal to the town that fostered his life and career. But he also knew that small towns can be centers of creativity – that their importance can be much greater than commonly recognized and can impact the direction and outcome of national and world affairs.

As a result, an admonition is birthed: Don't underestimate a place like Castro Valley. It is a hamlet to be appreciated.

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

## Actors Wanted for Comedy

Plethos Productions in Castro Valley is kicking off its second season by holding auditions for "Shakespeare Abridged" on Monday, March 18.

You're invited to audition for this comedy in which only three actors will perform all the works of Shakespeare in just 90 minute,

or at least try. Prepare a one-minute comedic monologue (no singing or dancing required).

Performances will take place at Twining Vine Winery in Castro Valley June 14-23. Auditions will be held at 7 p.m. March 18 at Smalltown Society in CV. Reserve your audition slot at [plethos.org](http://plethos.org).



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MELISSA WILK  
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ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 555426

#### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business:

Love, Art and Beauty by Vera located at 21060 Redwood Road #200 Suite #17, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Vera Jaene Astorga, 659 Black Pine Drive, San Leandro, CA 94577. This business is conducted by an individual. This business commenced on N/A.

/s/Vera Jaene Astorga

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

Expires FEBRUARY 19, 2024

MAR. 6, 13, 20, 27, 2019  
0005-CVF

FILED  
FEBRUARY 13, 2019  
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ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 555246

#### FICTITIOUS BUSINESS NAME STATEMENT

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Professions Code  
Sections 17900-17930

The name of the business:

Chabot Carwash located at 20735 Lake Chabot Road, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Daryl Strom, 18416 Center Street, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on 03-01-2010.

/s/Daryl Strom

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Expires FEBRUARY 13, 2024

MAR. 6, 13, 20, 27, 2019  
0006-CVF

FILED  
FEBRUARY 06, 2019  
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ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 554995

#### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and  
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Sections 17900-17930

The name of the business:

Call W1 located at 15765 Via Arroyo, San Lorenzo, CA 94580, in Alameda County is hereby registered by the following owner(s): Emmanuel V. Cabigao, 15765 Via Arroyo, San Lorenzo, CA 94580. This business is conducted by an individual. This business commenced on N/A.

/s/Emmanuel V. Cabigao

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

Expires FEBRUARY 6, 2024

FEB. 13, 20, 27, MAR. 6, 2019  
0002-CVF

FILED  
JANUARY 29, 2019  
STEVE MANNING  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 554582

#### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and  
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Sections 17900-17930

The name of the business:

H11 Group located at 25537 Foggy Glen Drive, Castro Valley, CA 94552, in Alameda County is hereby registered by the following owner(s): Thomas Hauschild, 25537 Foggy Glen Drive, Castro Valley, CA 94552. This business is conducted by an individual. This business commenced on N/A.

/s/Thomas Hauschild

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

Expires JANUARY 29, 2024

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0003-CVF

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FEBRUARY 27, 2019  
STEVE MANNING  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 555757

#### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business:

Chabot Smog located at 20747 Lake Chabot Road, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): 1. Emran Hassan and 2. Sabana Hassan, 2728 Barlow Drive, Castro Valley, CA 94546. This business is conducted by a married couple. This business commenced on 10-16-2013.

/s/Emran Hassan, Sabana Hassan

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

Expires FEBRUARY 27, 2024

MAR. 6, 13, 20, 27, 2019  
0004-CVF





A group of Alameda County officials gathered last week to celebrate the Board of Supervisors' proclamation recognizing the 19th year of Art IS Education.

## 'Art IS Education' Month

Alameda County's "Art IS Education Month" is marking its 19th anniversary of advancing all art forms as an essential part of a high quality and equitable education.

Founded in 2000 by the Alameda County Arts Commission and the County Office of Education, the County Library later joined the program to present free arts events to more than 140,000 community members at eleven Li-

brary locations across the County.

These events include a wide range of workshops, performances, concerts, movies, art contests, exhibitions, and storytime activities for all ages. All library events are listed at [www.aclibrary.org](http://www.aclibrary.org).

Arts, Culture and Creativity Month is the first annual statewide advocacy event that recognizes the crucial role of arts, culture and creativity in the lives of everyone in

California.

This month-long event is being organized by Californians for the Arts. Community members and arts organizations throughout the State are participating.

Also in March and April, the Alameda County Arts Commission will present the annual Youth Art Exhibition at the Alameda County Administration Building as part of the Art In Public Spaces program.

## Reports: CV Family Fight; Illegal Drugs

*continued from page 3*

old man on suspicion of evading arrest, driving with an expired license, and a warrant issued for his arrest. A 911 call about a man threatening his parents with suicide sent deputies to the TJ Maxx parking lot in the Castro Village Shopping Center. There they positively identified the man with two warrants charging him with operating as a contractor without a license, consulting without a permit, and receiving funds for contract work without a license. Deputies noted that the man was a risk to himself and took him into custody.

### Wanted Man with Drugs In Traffic Median

Wednesday, February 27: at 1:58 p.m., a 29-year-old man without a permanent address was arrested on suspicion of possession of illegal drug paraphernalia and a warrant issued for his arrest. The man was previously charged with possession of stolen property. Deputies stopped the man for questioning as he was standing at a traffic island median on Castro Valley Boulevard near the entrance to Westbound Interstate 580. The man was taken to Santa Rita Jail pending \$10,000 in bail.

### Charges Filed in Family Fight

Tuesday, February 26: at 9:39 p.m., deputies arrested a 25-year-old man from Castro Valley at a home on Wilbeam Avenue near Castro Valley Boulevard on suspicion of assault on a family member. His girlfriend of 10 months filed an assault charge at the Sheriff's Department showing bruises on her legs and pictures of a bloody nose she received from the suspect two weeks prior. The man admitted to the assault and was taken into custody.



Michael Kim-Eubanks performing at The Lab last Thursday night.

## This Week at Smalltown

### ● Saturday, March 9: Smalltown Creative Hub

It's about people. It's about community. It's about collaboration. It's about random strangers and random events that somehow always seem to connect with you.

It's about good stories, from good people, from all walks of life. It's about fun and creativity, justice and meaning. It's about the good things that bind us together.

A free and open workspace/studio environment, a place to kick up your feet, view local art, create local art, a place to build a better narrative. Free Wi-Fi. Bring some food, drink, a project you're working on, a book your reading, or a thought to share. Anyone is welcome. Come Join the Song... free 2-10 p.m.

### ● Thursday, March 28: The Lab: Songwriter and Poet Showcase & Workshop

Sign-ups for performances by email only: [info@smalltown-society.com](mailto:info@smalltown-society.com). The Lab is evolving into a monthly gathering that allows songwriters and poets to workshop and collaborate on new and existing pieces through exercises and brief performances, in front of and among friends. Everyone is welcome! This month's featured artist is Ted (Brother Theodore) Gould! 7-9 p.m.

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



## IMPORTANT DISPOSAL INFORMATION:

Fats, Oils, and Grease (FOG) are used to aid in or is produced during the preparation of food. FOG affects the sewer system performance by clogging sewer lines which can cause sanitary sewer overflows (SSO). Over time, FOG can build up and block entire pipes, leading to property damage, health hazards, and increases in operation and maintenance costs for CVSan, resulting in higher sewer bills.

- **For proper FOG disposal:** please do **not** pour cooking/fryer oil or grease scraped from cookware down the drain or in the garbage. It can be temporarily collected in a compostable container (paper milk or ice cream carton) and disposed of in small amounts in your green organics cart, or pour the grease directly into your cart (it's best to pour on top of leaves, grass clippings, or other yard trimmings).

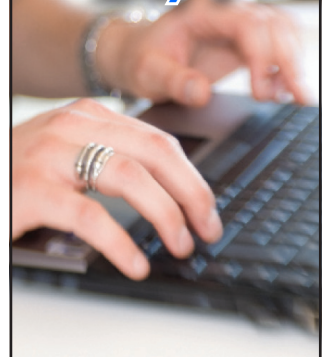
Thank you for your cooperation in disposing of FOG properly. For more information, please visit our FOG web page at [www.cvsan.org/HowToDisposeofFOG](http://www.cvsan.org/HowToDisposeofFOG).

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**BEN** is an affectionate 7-month-old who just wants your love. He rolls over for belly rubs and loves feather toys. Neutered, vaccinated, chipped and FIV/FelV negative. Email [Loveall-pawzrescue@gmail.com](mailto:Loveall-pawzrescue@gmail.com).



**COPPER** is a beautiful, petite 18 month old calico. She's a sweet, friendly lap kitty who loves to play fetch. Spayed, microchipped, vaccinated and FIV/FelV negative. Email [Loveall-pawzrescue@gmail.com](mailto:Loveall-pawzrescue@gmail.com).