



CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, MARCH 28, 2018

NO. 13

INSIDE YOUR FORUM

OUR TOWN



Song and Dance
'Little Women' musical opens next Friday at Chanticleers Theatre
Page 3

NEWS



Numbers Game
If you're unsure what your blood pressure should be, you're not alone
Page 5

NEWS



The Dalton Gang
Bocce team of four World War II Veterans to be honored at Adobe Park
Page 16

INDEX

Classified Ads	12
Community Calendar ...	4
Crosswords	14
East Bay Living	6
Homes	11
Horoscope	14
Obituaries	14
Our Town	3
Sports	10
Weather	2

PHONE: (510) 537-1792



PHOTOS COURTESY OF PROBONOPHOTO

GUNNING for CHANGE

Hundreds of Castro Valley activists including students, parents and teachers joined a massive rally against gun-violence at Civic Center Plaza in San Francisco (above) and at more than a dozen other spots around the Bay Area on Saturday afternoon. The March For Our Lives was centered in Washington, D.C., but similar demonstrations were held in cities across the U.S. and around the world in the wake of last month's shooting at a Florida high school in which 17 people died. At right, Castro Valley teen Isabella Ruiz, a member of the Women's March Huddle, holds a poster at the San Francisco rally. Huddle lead person Erin Cambra said she was inspired by the large number of youth at the march. "It gives me hope that young people are getting active and staying engaged - and they will vote!"



Becca Savery Crowned Rowell Ranch Rodeo Queen

Becca Savery of Hayward was crowned Miss Rowell Ranch Pro Rodeo Queen on March 17 at the annual rodeo kick-off dinner and queen coronation. It was a full day of competition for Savery, beginning with horsemanship that morning followed by interviews, impromptu questions and speeches during the evening program. Savery is a 24-years-old graduate of Hayward High School and Chabot College who currently

works in retail management. She fuels her love for horses and all things western by participating in a number of horse events including gymkhana, barrel racing, team penning and roping. You'll often see her running sponsor flags at local rodeos as well, on one of her three horses Bella, Big Chief and Blue. In her spare time she enjoys hunting, training her dog Cali and leather tooling. Each year, the Rowell Ranch

Pro Rodeo Queen Contest is held to select a young woman with the enthusiasm to serve as an ambassador for the Rowell Ranch Pro Rodeo, the sport of professional rodeo and the Castro Valley-Hayward community. The competition is based on poise, personality, interview skills and horsemanship. Savery will receive more than \$1,000 in scholarships and prizes and will represent the Rowell Ranch Pro Rodeo and the community for the coming

year at events and rodeos throughout the West. The 98th Rowell Ranch Pro Rodeo will take place May 18-20 at Rowell Ranch Rodeo Park in Castro Valley. Tickets range in price from \$17 to \$30. Tickets can also be purchased at the gate the day of the performance. To purchase tickets or for details about how you can take part in the full cowboy experience and a complete calendar of rodeo activities, visit: rowellranchrodeo.com

MAC MEETING

New Art Projects Coming

By Amy Sylvestri
CASTRO VALLEY FORUM

The art installation planned for underneath the I-580 overpass over Redwood Road will be extended, as similar designs will be used to decorate 10 utility boxes on Redwood Road and Castro Valley Boulevard.

The Castro Valley Municipal Advisory Council (MAC) heard from the Alameda County Arts Commission Director Rachel Osajima about the project. The designs will be based on the "Castro Valley" identifier mural which will be painted on the overpass later this year, with a depiction of rolling hills and a blue sky.

As with the overpass project, MAC member Chuck Moore once again expressed his concern about the project, saying that the county's money could be better spent on sidewalks or roads. Osajima again replied that the money was earmarked specifically for art.

Other MAC members were more enthusiastic.

"I think it's an enhancement in our community," said Linda Tangren. "It leads to getting a better perspective on who we are."

The designs will be vinyl wraps and will be completed before the mural itself. There are plans for having up to 30 utility boxes decorated in the future.

Also at Monday night's MAC meeting, the council approved a variety of projects.

see MAC on page 15



Becca Savery of Hayward, newly-crowned Rowell Ranch Pro Rodeo Queen.

Castro Valley Weather Mar. 28 - April 1, 2018



Wednesday
Sunny
High 75° Low 49°



Thursday
Sunny
High 76° Low 50°



Friday
Mostly Sunny
High 74° Low 50°



Saturday
Mostly Sunny
High 71° Low 49°



Sunday
Partly Sunny
High 68° Low 48°

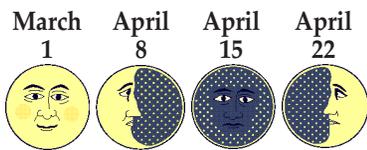
Almanac



Past Week's Rain: 01.78
Season To Date: 13.47
Normal To Date: 20.05
Season Average: 21.22

Sun sets at 7:29 p.m. today, rises at 6:58 a.m. Thursday.

Moon Phases



Michele Markovich Antiques
20407 Santa Maria Ave. and 2510 San Carlos Ave.
michele.estatesales@gmail.com

ESTATE LIQUIDATION
Estate Sales & Consignments
Cell- 882-3242

GOT A NEWS TIP? CALL (510) 537-1792
OR EMAIL: fredz@ebpublishing.com

Holistic Approach for Your Mind and Body

By Linette Escobar
SPECIAL TO THE FORUM

According to the American Holistic Health Association, holistic health is "an approach to life."

Rather than treating a part of the body or a sickness, it looks at the whole person and "emphasizes the connection of body, mind and spirit."

In fact, the World Health Organization defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

This spring Castro Valley Adult & Career Education is offering several classes that support this type of wellness.

Reduce Your Body's Toxic Load

The environment is filled with toxins from food, water and even our daily personal care products. Nutritionist Susan Blanc is teaching a three session course cover-

ing how a three-week eating and lifestyle plan can help in reducing digestive problems, fatigue, skin problems and more.

The course will also help you identify hidden toxins to avoid them.

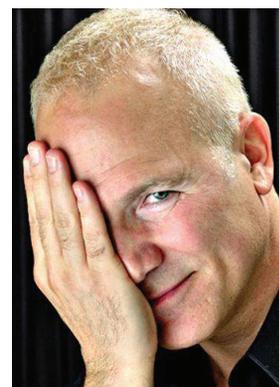
Blanc is also offering a cooking class to use the power of food to support your liver and kidneys in clearing accumulated pollutants, excess hormones and chemicals that disrupt your metabolism.

Healing Wisdom Across Cultures and Through Ages

Dr. Van Zino brings her years of experience and medical training at Stanford to explore spirituality across the ages as a way to improve physical, emotional and spiritual health. The three-session course begins April 12.

Improve Your Brain With Meditation

UCLA researchers found that meditation preserves the aging brain by preserving more gray matter. *see HOLISTIC on page 5*



'Phantom' In CV on Saturday

Franc D'Ambrosio, who held the record for the longest run (2,300 performances) in the Phantom role of "Phantom of the Opera" brings his one-man show to the Castro Valley Center for the Arts at 7:30 p.m. this Saturday, March 31. For tickets to this special performance, visit: www.cvcfa.com

ANNIVERSARY SPECIAL 60 Years of Serving Local Families & Communities

Kids & Adults Can Exercise & Play All in One Place!

Full Gym • Over 40 Group Exercise Classes • Open Lap Swim
Water Exercise Classes • Kids Pool • \$1 Babysitting • Kid Fit-plus & More!

NO INITIATION FEE!*

Save \$400 - \$800

*When you join early and pay your first 2 months dues. Subject to change without notice. Offer exp. 3/31/18

1 Mo. Free in MAR. 2018 when you join early.

Go To OUR Website
See Our Club's Features List
WWW.BOVSWIM.COM

Stop-bye on the way home,
workout, beat the
traffic going home!

Join Our Club
Where Everyone
Knows Your Name

ALL FORMER MEMBERS WELCOME to return in March 2018
Can't combine with other offers.

Bay-O-Vista

Private Family Fitness,
Gym, Swim & Tennis Club

LIMITED AVAILABLE SLOTS

Monthly Dues for Families = \$207

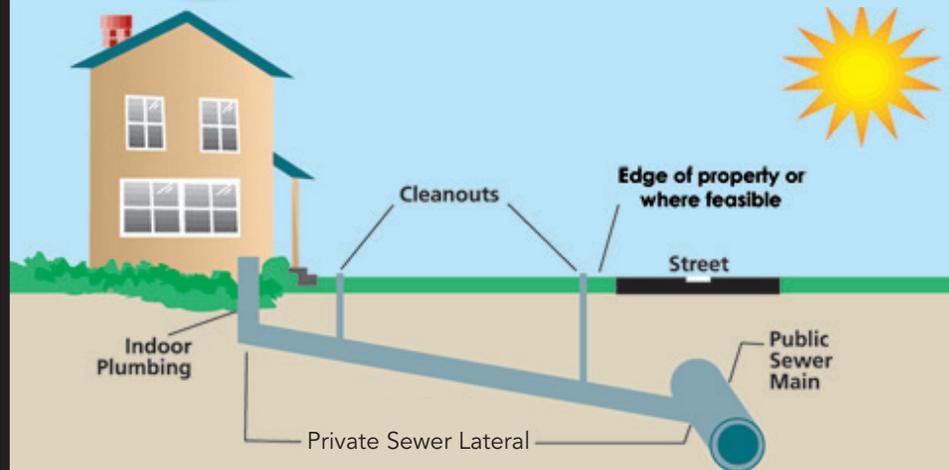
Monthly Dues for Singles = \$201

Membership includes the whole family up to 6 members. Lockers \$9.

Located on corner of 1881 Astor Dr. & Lake Chabot Rd., San Leandro
510-357-8366 • email: swim@bovswim.com

Private Sewer Lateral Program Public Meeting

Castro Valley Library
3600 Norbridge Avenue
Tuesday, April 24, 2018
6:00 p.m. - 8:00 p.m.



Castro Valley Sanitary District (CVSan) is hosting a townhall meeting to review and answer questions on a proposed Private Sewer Lateral Program. This program would require all properties within CVSan's boundaries, built more than 20 years ago, to have their sewer laterals inspected and repaired, if necessary, when the property is transferred. If a sewer lateral was replaced less than 20 years prior, it would not have to be inspected.

CVSan is considering implementing this program to reduce the amount of flow its treatment plant receives during wet weather. Currently, there is a large number of cracked and damaged sewer laterals connected to CVSan's wastewater collection system. These damaged pipes allow rainwater to enter the wastewater collection system, causing more flow during rainy weather than the system was designed to handle.

Visit www.cvsan.org/PSL for more information on the proposed Private Sewer Lateral Program. CVSan welcomes input on this proposed program at any time. To submit public comments, email Public Outreach Specialist Natalie Croak at natalie@cvsan.org.

CASTRO VALLEY SANITARY DISTRICT

Effective Environmental Services since 1939

510-537-0757 | www.cvsan.org

This ad was funded by WW Outreach

CVSan





PHOTO COURTESY OF CHANTICLEERS THEATRE

From top left, Jordana Meltzer (Beth), Chloe Angst (Jo), Georgia Lee (Marmee), (floor) Riley Hyde (Amy), and Heather Warren (Meg) as they appear in "Little Women, The Musical" which opens next Friday at Chanticleers Theatre in Castro Valley.

'Little Women,' with Song, Dance Opens Next Week at Chanticleers

The novel "Little Women" by Louisa May Alcott comes alive as a captivating all-new Broadway musical adaptation, opening Friday, April 6, at Chanticleers Theatre in Castro Valley.

This high-energy production is co-directed by Chanticleers' Artistic Director, John Baiocchi, and choreographer, Todd Aragon, with musical direction and conducting by Luis Zuniga — the same creative team behind last season's hit, "The Addams Family: A New Musical."

"Little Women" follows four sisters — independent, aspiring writer Jo, romantic Meg, pretentious Amy, and kind-hearted Beth, all under the watchful eye of their beloved mother, Marmee, while their father is away serving in the Civil War.

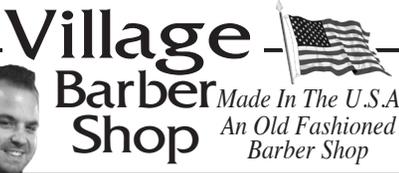
Each sister follows a different

path but not necessarily what is expected. This coming-of-age tale is filled with drama, romance, humor and music.

Chanticleers' "Little Women, The Musical," music by Jason Howland and lyrics by Mindi Dickstein, soars with vibrant and sweeping song and dance, featur-

ing Chloe Angst (Jo), Georgia Lee (Marmee), Heather Warren (Meg), Riley Hyde (Amy), Jordana Meltzer (Beth), Judy Beall (Aunt March), Roger Caetano (Professor Bhaer), Darrien Cabreana (Laurie), Carl R. Smith Jr. (Mr. Brooke), and Matt Beall (Mr. Laurence).

see **LITTLE** on page 5



Village Barber Shop *Made In The U.S.A. An Old Fashioned Barber Shop*

In The Village Shopping Center
3372 Village Dr., Castro Valley
881-9555
Just Walk In
Open: Tuesday-Friday 9am - 5:30pm
Saturday 8am - 4pm
www.villagebarbershop.com

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Two Arrested for Thefts and Conspiracy to Commit a Crime

Sunday, March 25: at 12:30 p.m., Sheriff's deputies arrested two men with no permanent address relating to possession of stolen property and other charges. A 25-year-old man and a 36-year-old man were detained after security at a retail store on Village Drive in the Castro Village shopping center. The younger man was charged with two counts of possession of stolen property, conspiracy to commit a crime, possession of illegal narcotics, illegal amounts of marijuana, illegal drug paraphernalia, contempt of court, and assault and battery. Deputies report that the younger man was also wanted as part of a warrant issued for his capture. The younger man was taken to Santa Rita Jail pending \$85,000. The older man was charged with possession of illegal property and conspiracy to commit a crime. Deputies took him into custody.

Wanted Man

Saturday, March 24: at 8:11 p.m., a 28-year-old man from Saint Mary's, Maryland was arrested on suspicion of contempt of court and failure to appear before a judge. Deputies caught up with the man as he was traveling on Redwood Road near Norbridge Avenue. The man was also reported to have a warrant issued for his capture. Deputies handcuffed the man and took him to Santa Rita Jail pending \$30,000 in bail.

Brass Knuckles and Drug Paraphernalia

Friday, March 23: at 8:18 p.m., deputies arrested a 63-year-old man with no permanent address on suspicion of illegal possession of brass knuckles and illegal drug paraphernalia. The man was traveling on Castro Valley Boulevard near Marshall Street when deputies stopped him for questioning and discovered the weapon. Deputies took the man into custody.

One Too Many

Friday, March 23: at 10:35 a.m., a 60-year-old man who gave no home address was arrested on suspicion of public intoxication. Deputies caught up with the man in front of a fast food restaurant on the Boulevard near Nunes Avenue. The man failed his field sobriety test and was taken into custody.

Illegal Narcotics

Wednesday, March 21: at 8:33 p.m., deputies arrested a 42-year-old man from Berkeley on suspicion of possession of illegal narcotics. The man was hanging outside a grocery store on Redwood Road near Grove Way. Deputies report questioning the man and discovering his stash. The man was taken into custody.

Drug Bust

Thursday, March 22: at 4:30 a.m., a 52-year-old woman from Castro Valley was arrested on suspicion of possession of illegal narcotics. Deputies took the woman into custody. *see REPORTS on back page*

An Important Message to Our Readers...

For nearly 30 years, the Castro Valley Forum has arrived at the doorstep of nearly every home in Castro Valley as well as parts of Oakland and Unincorporated Alameda County. And it hasn't cost a penny!

For those who weren't born when the first issue of the Forum rolled off the press in 1989 and who now have kids of their own, it must seem like the Forum has been around forever. And, if all goes well, there will continue to be a home-owned local newspaper for you to enjoy with your Wednesday morning coffee.

But the time has come to ask for a little help from our friends, by buying a Loyal Reader Subscription to the Forum.

The cost of nearly every phase of publishing and delivering a newspaper has gone up dramatically in the past 30 years, while advertising revenue — our sole means of existence — has declined. That's a bad combination.

Here's our problem. Some ads aren't available to us unless we can demonstrate that a portion of the public is willing to subscribe to the paper. That's hard to prove when the Forum has always been delivered free.

So, if you value the Forum, we're asking that you make a small one-time-only investment of \$10 to help keep the presses rolling. It's the number of subscribers that's important.

We can't give you a free toaster or an umbrella with your subscription — just the satisfaction that you helped keep your hometown newspaper around for awhile.

You can subscribe online at castrovalleyforum.com or use the coupon below. Make checks payable to Castro Valley Forum.



Please enter my Loyal Reader Subscription to the Castro Valley Forum.

I am enclosing a check for \$10.

Name: _____

Address: _____

City/State/Zip: _____

Mail to: Castro Valley Forum, 2060 Washington Ave., San Leandro, CA 94577.

Coldwell Banker's Annual Easter Egg Hunt

Saturday, March 31, 10 am, Adobe Park
20195 San Miguel Ave., Castro Valley

Proudly presented by:



Kim Pettigrew
Vice President of Mortgage Lending
Kim.Pettigrew@grarate.com
510.888.6355
21060 Redwood Rd., Castro Valley
NMLS ID: 288484



- FACE PAINTING
- BALLOON ARTIST
- ARTS & CRAFTS TABLE
- PICTURES WITH THE EASTER BUNNY
- SWEET & MELLOW FOOD TRUCK
- EGG HUNT



Kathy Anderson
REALTOR®
(510) 684-4200
Dre 01320061



Robert Leon
REALTOR®
(510) 566-4484
Dre 02018761



Rebecca Sayami
REALTOR®
(510) 888-6330
Dre 01461001



Greg Ricchini
REALTOR®
(510) 909-2728
Dre 00942267



Danielle Keil
REALTOR®
(510) 381-7451
Dre 01280917



Nick Asturias
REALTOR®
(925) 344-5506
Dre 01872321

The Week Ahead

● **Wednesday, March 28: Learn Healthier Eating**

Celebrate April National Nutrition Month by learning how to lower your risk for heart disease with a plant-based diet, at a program presented by Eden Health District, from 6 to 7:30 p.m. this evening at the Castro Valley Library. Live demonstrations and tastings included. Limited seating, call 510-538-2035 to register. For more information, please visit www.ethd.org

● **Saturday, March 31: Flea Market**

Eagles Auxiliary No. 1139 will be holding a "My Sister's Closet" Flea Market from 8 a.m. to 3 p.m. this Saturday with clothes, knick-knacks, tools and etc. at 21406 Foothill Blvd. in Hayward. For more information, call 510-584-1568.

● **Saturday, March 31: Bunco Luncheon Fundraiser**

The Castro Valley Women's Club invites you to a "Bunco Luncheon" fundraiser from 10 a.m. to 3 p.m. this Saturday at the Clubhouse, 18330 Redwood Road. Guaranteed fun and prizes for a \$20 donation. All proceeds benefit SOS Meals on Wheels. Call 510-461-7692 for tickets.

● **Saturday, March 31: Free Spring Plant Exchange**

The Spring Plant Exchange is a free, one-day event where gardeners, landscapers, urban farmers, educators, and enthusiasts all come together to exchange plants, equipment and information about ways to make our urban environment more sustainable, taking place from noon to 4 p.m. this Saturday at 4500 Lincoln Ave. in Oakland. (theplantexchange.org)

● **Saturday, March 31: Meet a Scientist – Dr. Deborah Yager**

As part of the Castro Valley Library's *Community Reads Lab Girl* program, please join us for the final session in our Meet a Scientist series from 2 to 3 p.m. this Saturday. You're invited to learn about the life experiences of scientist and local Castro Valley High School teacher Dr. Deborah Yager who will discuss her 25-plus years as a research scientist in the field of bioengineering, and her transition to the head of the classroom. For more information, call 510-667-7900.

● **Tuesday, April 3: Ohlone Audubon Meeting**

Ed Harper and his superb bird photographs and humor are back for our April's membership meeting at 7:30 p.m. April 3 at Castro Valley Adult School, 4430 Alma Ave. Guess the identification of birds in partial or obstructed views. No admission charged and refreshments served. For more information, visit www.ohloneaudubon.org

...and Beyond

● **Thursday, April 5: Parkinson's Support Group**

The San Leandro Parkinson's Support Group will hear from a speaker about the Parkinson Institute at the next meeting at 10:30 a.m. on April 5 at the San Lorenzo Community Church, 945 Paseo Grande in San Lorenzo. For information call Lona White at 510-276-3119.

● **Friday, April 6: Eden Area Village Outreach Meeting**

Join us at Hayward City Hall (777 B St.) at 2 p.m. on April 6th to hear about how we are working together to help seniors remain in their homes, engaged in our community. For info, visit edenareavillage.org

● **Saturday, April 7: Buon Tempo Celebrates 60 Years**

Everyone is invited to celebrate Buon Tempo Club's 60th anniversary at 6 p.m. on April 7 at Transfiguration Church, 4000 E. Castro Valley Blvd., with a 6-course dinner prepared by Chef Joseph Sotello as the Castro Valley Adult Orchestra and Band play tunes from the Big Band era, jazz and pop favorites. The dinner-dance includes a free beverage – red and white wine, coffee, soda, and comes with a souvenir wine glass commemorating the event. For reservations (\$25 members and family, \$30 for guests), call 510-483-6929. Doors open at 5 for happy hour.

● **Saturday, April 7: Flute Fantasia & Chabot Guitar Ensemble**

Enjoy live music as a professional flute ensemble and the Chabot College Guitar Ensemble present an eclectic program of musical styles from medieval to modern from 2 to 4 p.m. on April 7 at the Castro Valley Library. The groups have performed throughout the Bay Area, including at the 44th annual National Flute Association convention. No reservations required. For more info, visit www.aclibrary.org

● **Saturday, April 7: Free New SAT Practice Test**

Teens are invited to partake in a free New SAT practice test administered by Kaplan Test & Prep at the Castro Valley Library from 10 a.m. to 1:30 p.m. on April 7. In preparation for what might be the most important test of your life, this 4.5-hour workshop will offer you the opportunity to practice and find out how you would score on the new test. Get realistic practice and try your hand at the types of questions you'll face on the actual exam. You will also receive a personalized score report pinpointing your strengths and weaknesses. Registration is requested. Sign up by phone 510-745-1401 or in person.

● **Sunday, April 8: Free Poetry & Music**

Enjoy a Sunday afternoon concert of poetry and music from 2 to 3 p.m. on April 8 at the Castro Valley Library. Chris Lee and Colleen O'Brien blend vibes, cello and voice to perform poetry that has been set to music, composed to poetry in celebration of National Poetry Month. No advance registration required. For more info, call 510-667-7900.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events listed below are available online at www.cvcfa.com; 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.

● **"Franc D'Ambrosio Broadway,"** a critically acclaimed one-man show, will be presented at 7:30 p.m. this Saturday, March 31. Ambrosio is best known for his long running role of the masked Phantom in Phantom of the Opera. For a decade he held the record for the longest run of the Phantom - 2,300 performances. Today he tours extensively in the United States, Europe and South America. For tickets (\$29-\$35), see above.

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"Little Women, The Musical,"** an all-new Broadway high-energy musical adaptation, will be presented by Chanticleers Theatre, 3683 Quail Ave. in Castro Valley, at 8 p.m. on Friday and Saturday nights and at 2 p.m. on Sundays (no show on April 8) from April 6 to May 6. Opening night on April 6 features the traditional complimentary hors d'oeuvres, desserts and beverages. On Bargain Night, April 7, all tickets are \$18. For tickets (\$25, \$20), visit chanticleers.org or call 510-733-5483.

AT THE GALLERIES

● **"Art IS Education Exhibition,"** featuring the works of 100 students of the Hayward School District in a variety of media including ceramics, photography, pastels, oils, graphite, sculpture, metal, acrylics, and mixed media will be on display from March 23 through May 25.

● **"For the Love of Trees"** – Matthew Plexman presents uncomforably beautiful, large format, panoramas of clear-cuts in Northern Ontario, Canada. Glenn Hemanes works with found wood to create small vessels inspired by provenance. John Dotta, photographs each tree as an individual, approaching them as a portrait photographer would. See their exhibition through April 9 at PhotoCentral Gallery, 1099 E St. in Hayward.

● **Hayward Art Council Members' Works,** is now on display at the Community Gallery of the Museum of History and Culture, 22380 Foothill Blvd. in Hayward, highlighting 60 artists in a dynamic collection of media.

● **Hayward Arts Council Member Show** will be on display through May 27 in the Community Gallery at the HAHS Museum of History & Culture, 22380 Foothill Blvd. in Hayward. For more information, visit www.haywardartscouncil.org

● **"The View From Here,"** featuring Bay Area artists, showcasing the way they see with their unique perspective, is on view at the Adobe Art Gallery in Castro Valley, a variety of two- and three-dimensional media including acrylic, watercolor, clay and photography. Gallery hours (during exhibits) are Thursday, Friday and Saturday 11 a.m. to 3 p.m. and by appointment, at 20395 San Miguel Ave., Castro Valley.

● **#Climate Change: An Unfolding Emergency** featuring the works of more than 20 artists is being presented by Sun Gallery, 1015 E St. in Hayward. An artists' reception with free appetizers and beverages will be held from 1 to 4 p.m. Saturday, April 14, including a dance performance by Andrea Spearman on the gallery's stage in the courtyard. For more info on the exhibit, call the Sun Gallery at 581-4050 or visit www.SunGallery.org

CASTRO VALLEY FORUM
CASTROVALLEYFORUM.COM

ESTABLISHED: 1989 • CIRCULATION 22,500
© 2018 EASTBAY PUBLISHING CORPORATION - ALL RIGHTS RESERVED

Published every Wednesday by EastBay Publishing Corp.
2060 Washington Ave., San Leandro, CA 94577
Corporate Address: P.O. Box 2897, Alameda, CA 94501
Tel: 510-537-1792 • Fax: 510-814-9691

<p>Fred Zehnder, Editor & Publisher fredz@ebpublishing.com</p> <p>Howard Morrison, Assoc. Publisher howardm@ebpublishing.com</p> <p>Helen Burkett, Advertising Design Mgr. helenb@ebpublishing.com</p> <p>Moxie Morrison, Layout Design moxmore@yahoo.com</p> <p>Claudette E. Morrison, Business Mgr. cm@ebpublishing.com</p> <p>Patrick Vadnais, Classified Ads / Obituaries patrickv@ebpublishing.com</p> <p>Mary Florence, Advertising Sales 861-3270 Mpominville4582@aol.com</p> <p>Linda Nakhai, Advertising Sales 915-1513 lnakhai@comcast.net</p>	<p>Amy Sylvestri, News amys@ebpublishing.com 510-614-1561</p> <p>Jim Carrizo, Sports jimcvsports@gmail.com 510-967-3759</p> <p><i>Reporters & Writers:</i></p> <p>Linda Sandsmark</p> <p>Michael Singer</p> <p>Gene Osofsky</p> <p>Carl Medford</p> <p>Terry Liebowitz</p> <p>Linette Escobar</p> <p>Thomas Lorentzen</p> <p>Buzz Bertolero</p>
--	---



Find More Local News in the Forum

ONLY ONE LOCALLY OWNED NEWSPAPER GOES TO 99% OF HOMES AND BUSINESS IN CASTRO VALLEY!

To advertise call
Mary Florence: 510-861-3270
Linda Nakhai: 510-915-1513

CASTRO VALLEY FORUM
www.castrovalleyforum.com



Birthright

Of San Lorenzo

A non-profit CRISIS PREGNANCY CENTER helping women to identify life-affirming resources and receive guidance in planning for her and her baby's future.

- Free Pregnancy Tests
- Volunteer Opportunities
- Medical Referrals
- Housing Referrals
- Free Maternity / Baby Clothes (as available)
- Friendship for Life

24-HOUR HOTLINE
1-800-550-4900

1048 GRANT AVENUE • SAN LORENZO • 510-481-9677

Check us out at: www.birthrightofsanlorenzo.com

Text and Email: info@birthrightofsanlorenzo.com

WE BELIEVE: "It is the right of every pregnant woman to give birth... and the right of every child to be born."



Health Day Spa

<p>FACIAL\$40</p> <p>HOT STONE 60 minutes....\$50</p> <p>FOOT & BODY TREATMENT 70 minutes....\$40 • 90 minutes....\$45</p>	<p style="font-size: 0.8em;">Bring In Ad Get</p> <p style="font-size: 1.5em; font-weight: bold; color: red;">\$5 Off</p> <p style="font-size: 0.8em;">On All Services over \$35</p> <p style="font-size: 0.8em;">Cannot be combined with any other offers. Exp. 4/3/18</p>
---	--

510-889-0268 • 10am - 9:30pm Daily
20660 Redwood Rd., Castro Valley
(Wells Fargo Plaza)

High Blood Pressure: Know Your Numbers

By Jim Miller
SPECIAL TO THE FORUM

If you're unsure what your blood pressure levels should be, you're not alone.

Recent changes in the hypertension guidelines made by the American Heart Association and the American College of Cardiology mean that roughly 30 million more Americans than previously thought are now considered to have high blood pressure (hypertension).

According to the new guidelines, anyone with a blood pressure reading above 130/80 is considered to have high blood pressure.

Previously, those with a blood pressure reading between 120/80 and 139/89 would have been put in the prehypertension category and wouldn't have been considered hypertensive until they got to 140/90.

But the new guidelines eliminate the prehypertension category, putting everyone with systolic pressure readings (top number) between 120 and 129 and a diastolic reading (bottom number) below 80 in a new "elevated" category. And those with a reading of 130/80 or higher fall in some stage of hypertension.

Here's a complete rundown of the new five category blood pressure ranges:

- **Normal:** A top number less than 120 and a bottom number less than 80;
- Elevated:** A top number between 120 and 129, and a bottom number less than 80;
- Stage 1:** A top number between 130 and 139, or a bottom number between 80 and 89;
- Stage 2:** A top number of 140 or higher, or a bottom number of 90 or higher;
- Hypertensive crisis:** A top number over 180 or a bottom number over 120.

Get Checked

Millions of Americans with high blood pressure don't know they have it because it usually has no outward signs or symptoms. But high blood pressure, over time, can damage your arteries and increase your risk for heart disease, stroke, kidney damage and even dementia.

To guard against this, everyone over the age of 40, as well as those younger with risk factors for hypertension should get their blood pressure checked at least once a year.

If you find that your blood pressure numbers fall in the "elevated" category, you should take steps now to get it under control.

Lifestyle changes like eating a healthy diet, losing weight, exercising, watching your salt intake, quitting smoking, and cutting back on alcohol is often all you need to get it back to normal.

Even if your blood pressure numbers are in the "stage 1" category, lifestyle changes are recommended first, unless you've had a heart attack or stroke, or you're at high risk for cardiovascular problems because you smoke, have high cholesterol or type 2 diabetes. Then medications may be prescribed.

But if your blood pressure falls in the "stage 2" or higher category, the new guidelines suggest medication, regardless of age, plus lifestyle changes.

There are several different kinds of drugs used to lower blood pressure. It usually makes sense to start with the oldest, safest, and least expensive drug: diuretics, or water pills, such as chlorthalidone or hydrochlorothiazide.

But these medications can drive up blood sugar levels, so if you have type 2 diabetes or are at risk of it, your doctor may prescribe another drug, such as an ACE inhibitor, ARB or calcium channel blocker.

You should also be aware that blood pressure drugs could cause side effects including dizziness, gastrointestinal problems, fatigue and headaches. They can also cause a decline in kidney function so make sure your doctor periodically monitors your potassium levels.

For more information, see the American Heart Association comprehensive Web page on high blood pressure at Heart.org/HBP.

Holistic: CVACE Courses

continued from page 2

meditation preserves the aging brain by preserving more gray matter. Johns Hopkins researchers have found that meditation can rival antidepressants in helping reduce feelings of depression and anxiety.

There is a wealth of research that promotes the benefits. If you need help formalizing a meditation practice, take Mindfulness Meditation for Better Health, Harmony and Happiness. Course starts April 26 and is designed for people with some experience of meditation.

Use Art and Music To Fight Disease

In 2015, UC Berkeley Researchers found that the more "wonder" a person experiences in

a day, such as by viewing powerful art, can fight inflammation that leads to disease.

What better way to unleash wonder than exploring your creativity through a creative writing, jewelry making, guitar, or singing in a vocal ensemble? They're all at CVACE.

Whether you want to "Zumba" your way to health, get your finances in order or even build a coffee table, there is great life-long learning at the adult school. Visit www.cvadult.org for the complete offerings or contact Castro Valley Adult & Career Education at (510) 886-1000.

Linette Escobar is Marketing Chair of Castro Valley Adult & Career Education.



Time Ticking Down: Three Tips as Tax Day Approaches

With Tax Day less than a month away, the Franchise Tax Board is offering tips to help Californians take charge of their taxes before the April 17 deadline:

Act now: The sooner you file your state return, the sooner you can receive any refund you have coming. If you lost your W-2 or other tax documents, now is the time to request duplicates.

If you choose to hire a tax preparer, do a little research and ask for credentials. State law requires anyone who prepares tax returns for a fee to be either an attorney, certified public accountant, California Tax Education Council-registered tax preparer, or enrolled agent.

Many taxpayers are eligible to file their state returns for free using CalFile. And free in-person tax preparation is available for low- to moderate-income taxpayers through the Volunteer Income Tax Assistance (VITA) program.

Protect yourself: Scammers are increasingly brazen in their efforts to commit identity theft and steal tax refunds, making it more important than ever for taxpayers to protect their personal information.

Be suspicious of anyone who calls or sends an email threatening you with jail time if you do not pay immediately. Hang up the phone and do not respond to the email. The Franchise Tax Board almost always communicates with taxpayers by letter several times before calling. It does not reach out by email.

Take advantage of CalEITC: The cash-back California Earned Income Tax Credit (CalEITC) has been expanded in a big way. Between CalEITC and a companion federal EITC, low-income families can boost their refund by as much as \$6,500.

Anyone earning \$22,300 or less may qualify for CalEITC. And for the first time, those who work for

themselves may be eligible.

Anyone earning \$54,000 or less may be able to receive the federal EITC. Learn more about these valuable credits at CalEITC4Me.org.

If you have questions about state income taxes, visit ftb.ca.gov or call 800-852-5711.

Little: Opens On April 6 at Chanticleers

continued from page 3

The principle characters are backed by live musicians and an ensemble of singers and dancers, including Francesca Cipponeri, Maitland Johnson and Jennifer Willis. This timeless tale about the power of family, friendship and romance will delight the entire family.

"Little Women" opens with Chanticleers' traditional complimentary hors d'oeuvres, desserts and beverage gala on April 6 and runs through May 6.

Curtain time for Friday and Saturday evening shows is 8 p.m. and Sunday matinees start at 2 p.m. (no show on April 8).

General admission is \$25; admission for seniors 60-plus and students of military is \$20. On Bargain Night, April 7, all tickets are \$18.

The Chanticleers Theatre Flex-Pass (gives you four tickets to use anytime during the season) is \$85 general and \$68 seniors/students/military.

Chanticleers Theatre is located within the Castro Valley Community Park at 3683 Quail Ave. in Castro Valley. Call 510-733-5483 or go to chanticleers.org for reservations/tickets.

TO ADVERTISE
Call: Mary Florence
510-861-3270 Or
Linda Nakhai
510-915-1513
WWW.CASTROVALLEYFORUM.COM

CROSSWORD PUZZLE ANSWERS

R	A	G	S	L	A	C	E	B	A	D
I	R	A	Q	E	R	A	S	R	A	D
M	E	N	U	M	A	R	T	O	R	E
S	A	G	A	O	B	I	S	W	A	P
	R	U	N		E	S	Q			
S	A	B	E	R	S	S	P	U	R	G
P	L	U	M	B		R	A	N	O	N
A	E	N	E	A	S	S	E	R	A	P
		A	N	Y		V	E	E		
F	O	O	L	L	E	E	D	A	D	A
A	P	T	O	V	A	L	E	X	A	M
V	E	T	F	A	S	T	A	L	T	O
E	D	O	A	N	T	E	L	E	E	K

Successful Financial Education Workshops

Tom Nohr CFP®
Comprehensive Financial Planning
for Your Lifestyle in Retirement since 1986
20632 Redwood Road Ste. E, Castro Valley
www.tomnohr.com
510-888-7171

Securities offered through Registered Representatives of Cambridge Investment Research, Inc., a broker-dealer member FINRA/SIPC. Advisory services through Cambridge Investment Research Advisors, Inc., a Registered Investment Adviser. Cambridge and Successful Financial Education Workshops are not affiliated.

O'BRIEN AFTER-HOURS URGENT CARE

NEW EXTENDED HOURS: M,T,TH,F 10AM-9PM • W 6-9PM • S/S 2-6PM

Private, Personal Care
(We don't store your records on the internet)
Sorry, no insurance contracts

20100 Lake Chabot Road • Castro Valley
510-914-0854 Across the street from Edén Hospital

Morris Day & The Time Concert

March 30, 2018

The Dramatics Concert

May 12 & 13, 2018
(Mother's Day Weekend)

The Manhattans

June 16, 2018
(Father's Day Celebration)

HISTORIC BAL THEATRE

FOR TICKETS, CONTACT
www.baltheatre.com
(510) 614-1224 Box Office
14808 E. 14TH STREET • SAN LEANDRO

County Marks Anniversary of Rebbe's Birth

The Alameda County Board of Supervisors presented a proclamation declaring yesterday, March 27, 2018, as "Education and Sharing Day" for all of the county citizens in honor of the 116th anniversary of the Lubavitcher Rebbe's birth, Rabbi Menachem Mendel Schneerson of righteous memory.

Established in 1978 by a joint Congressional Resolution and signed by every president each year, Education and Sharing Day U.S.A. focuses on the foundation of meaningful education: instructing our youth in the ways of morality and ethics.

The Lubavitcher Rebbe, the only rabbi to receive a Congressional Gold Medal, has emphasized that education should not be limited to the acquisition of wisdom and pursuit of a career.

Education, the Rebbe taught, must build character and ethics. It was with this in mind that the Rebbe established a network of several thousand schools and educational centers in America and across the globe, including right here in Alameda County.

"Thanks to his inclusive vision and unconditional love for humanity, leadership and dedication, countless lives have been touched and inspired, especially through the establishment of the various Chabad centers in this region," said Rabbi Shimon Gruzman of Chabad of Castro Valley.

"This Education and Sharing Day provides Americans the opportunity to pause and recognize our responsibility to ensure that our young people have the foundation necessary to lead lives rich in purpose and fulfillment.

"We each have the responsibility to prepare our youth to be the leaders of tomorrow by inspiring them of their moral and ethical

obligation to serve a cause greater than self and by the anchor of virtues, including courage and compassion," Rabbi Gruzman continued.

As the Rebbe said, "A child's character education should take priority over his academic education. All educational efforts are basically meaningless unless built on the solid foundation of good character."

Rabbi Gruzman added that in light of recent horrific events that have shaken our nation to the core, "we are all looking for answers to combat this type of hateful and negative behaviors.

"As we witness the outburst of both pain and courage from so many young teens across our country, it is prime time for us to reaffirm our commitment to an educational process that is not limited to the acquisition of knowledge and preparation for a career, rather focused on the building of character, with emphasis on the moral and ethical values that are the bedrock of society from the dawn of civilization."



Rabbi Menachem Mendel Schneerson, known to many as the Rebbe, was a Russian Empire-born American Orthodox Jewish rabbi, and the last rebbe of the Lubavitcher Hasidic dynasty. He is considered one of the most influential Jewish leaders of the 20th century.



The Importance of Matzos In the Passover Celebration

Passover, one of the most significant observances on the Jewish calendar, begins at sunset this Friday with the first Seder meal and continues until the evening of Saturday, April 7.

It celebrates the exodus of the Israelites from Egypt. During the Seder banquet, the Haggadah is read which reenacts the journey.

Food is a very important part of the celebration, with different foods representing historical events.

Eating anything that is leavened is forbidden during Passover. Matzo is a staple and the substitute for bread. Sandwiches are made with matzo instead of bread, and you can even make pizza with matzo!

MATZO BALL SOUP

Soup:

- 1 (5-pound) chicken
- 2 large celery stalks, chopped
- 2 large carrots, cut in chunks
- 1 onion, quartered
- 3 sprigs parsley
- Salt and pepper, to taste

Matzo Balls:

- 4 eggs, lightly beaten
- 4 tablespoons chicken fat (from the above soup)
- 1 cup matzo meal

- 2 teaspoons salt
- 1/4 cup hot water
- 12 cups salted water

Wash the chicken with water and place in pot. Cover with water and bring to a boil over high heat, skimming off bubbling foam as it forms. Add celery, carrots, onion, herbs, salt and pepper and simmer, half-covered at lower heat, for at least 45 minutes, until the chicken comes away easily from the bone.

Pour soup through strainer to get a clear broth. Let cool. When broth has completely cooled, skim off the fat and save for the matzo balls.

In a mixing bowl, mix together 4 eggs and 4 tablespoons chicken fat. Stir in the matzo meal and salt. Add the 1/4 cup of hot water. Cover and refrigerate for at least 1 hour.

Form the matzo dough into balls the size of walnuts. Bring the salted water to a boil. Add the matzo balls, cover, and cook for 20 minutes. Bring the chicken broth to a simmer.

Remove matzo balls from hot water with a slotted spoon and add to the simmering chicken broth just a few minutes before serving.

GHIRARDELLI
CHOCOLATE

Hop into a
Ghirardelli Chocolate Outlet
for Easter Savings!

15% TOTAL CHOCOLATE OFF PURCHASE*

*Cannot be combined with any other discount or coupon.

GHIRARDELLI CHOCOLATE FACTORY OUTLET
1111 139th Ave San Leandro

PESACH SEDER

Enjoy the Holiday of freedom in the warm company of friends and family.
A Seder experience that will last a lifetime!

- Four-course gourmet Passover cuisine
- Hebrew/English Haggadahs
- Hand-made Shmura Matzah
- Inspirational & thought provoking holiday insights
- NEW! Interactive Children's Program!

FRIDAY, MARCH 30, 6:45 PM
AT CHABAD JEWISH CENTER 20912B REDWOOD RD
NO CHARGE!

Sponsor a person: \$36 Sponsor an entire table: \$300

RSVP @JewishCastroValley.org or call (510) 342-9326
To reserve for the Second Seder on March 31, please call us.

Spring Projects to Spruce Up Your Home

East Bay weather will soon be turning summerlike and many homeowners are itching to begin home improvement projects.

If you are one of them, consider these areas of your home when prepping for spring.

● **Windows and doors**

From a full window replacement to a simple coat of paint, updating your windows and doors can have a big impact on your home.

If your windows felt drafty during the winter, it may be time for replacements. Replace your old single-pane windows with energy-efficient double-pane windows.

Double-pane windows can help you save on heating and cooling bills; they help keep the temperature in your home consistent year-round and help protect your furniture, carpet and window treatments from the sun's fading rays.

Need to bring some fresh color into your home but don't want to paint? Try updating your blinds or shades. From different styles to colorful fabrics, blinds and shades can add a pop of color to your room. Motorized blinds and shades come in hundreds of style and color options so you can find the right fit for your home's decor.



Spring is a great time to start getting your A/C system ready.

Your front door is a major focal point of your home, enhancing your home's curb appeal. Make a bold statement and improve your home's energy efficiency with a new ENERGY STAR-certified front door.

Consider options with decorative glass accents, and sidelights to add more natural light while maintaining a sense of style and privacy.

Looking for something even easier? A new coat of paint to your existing door is a quick and easy way to give your home a fresh, new look.

● **Gutters and downspouts**

Excess water near your foundation can cause thousands of dollars in damages. Luckily gutter cleaning and downspout repair is fairly low-cost.

You'll want to make sure to

clean your gutters and clean out any debris that may keep spring rains from flowing freely through your downspouts.

Along with replacing damaged gutter or downspout sections, you'll also want to make sure you have added downspout extenders to ensure water is draining far away from your home's foundation. Extenders should reach at least five feet into your yard.

Gutter covers can also be added to minimize debris from gathering in gutters throughout the year.

● **Air conditioning**

Spring is a great time to start getting your cooling system ready. Often you have to call in the pros for air conditioning work, but things like spraying off any overgrowth or debris, cleaning coils and changing filters are fixes you can easily do on your own.

Also, trim back any shrubs that are near by. Keeping the outdoor unit clean from debris will boost your A/C system's efficiency. Keep your indoor duct work clean by removing register covers and wiping clean any of the visible parts. You'll need to contact a professional for a full duct cleaning.

For more home tips and design inspiration, visit Pella.com.

—BrandPoint

Reduce Stress During Home Improvements

If you're ready to hire someone for your first-ever home renovation, you're likely focused more on the result of the project, not the process.

If you could just get from Point A (your underwhelming kitchen, bath or living room) to Point B (a new, luxurious and useful new space), life will be so much better.

It's true that home renovation can deliver many benefits, including improved home value and livability. However, it's also one of the most stressful events you'll ever experience.

Seasoned renovators will tell you that even the most carefully chosen and brilliantly orchestrated renovation will require some major life adjustments. For first-timers, it's important to be prepared – financially, logistically and mentally.

If you're considering a major renovation, here are five pieces of advice home renovation veterans would likely give to first-timers:

1. Prior planning prevents poor performance. Some things in life can be over-planned, but renovation isn't one of them. Don't skimp on the planning process. You need to use patience and care when choosing a project that will increase your home's value and your enjoyment of the space.



You'll also need to decide how you will finance the project, select a contractor and deal with potentially major issues such as managing construction dust.

Homeowners also need to define what they want to accomplish. For example, do you just need an updated look or do you want an entirely new living space? You can glean ideas from publications, websites and other resources and also seek out professional assistance, such as from an interior decorator.

2. Your contractor is going to become your new roommate. Most homeowners continue to live in their homes during a major renovation, so you'll be spending a lot of time with your contractor. For that reason, eight in 10 home-

see *STRESS* on page 9

Free Estimates

15% OFF
For New Customers

ARP

Hardscape & Landscape

SPECIALIZING IN:

- Concrete
- Pavers
- Brick & Flat Stone
- Landscape Installation

20 Years of Experience

925-208-9916

San Leandro

Lic. #1030560

WORLEY'S

Home Design Center

"The One-Stop Decorating Store Since 1952"

Interior Design

- Custom Reupholstery
- All types Window Coverings
- Flooring of every type
- Bath/Kitchen Remodeling
- Cabinets/Wall Beds
- Base/Crown Moldings

- Antique Refurbishing
- Custom Draperies
- Custom Area Rugs
- Counter tops
- Wallpaper/Paintings
- Fireplace Refacing

510-582-6400

2751 Castro Valley Blvd., Castro Valley

www.Worleyshdc.com

R&S Overhead Garage Door Inc.

510-483-9700

www.rsdoors.com

WE CAN FIX IT TODAY!

Lic.# 321078

• Noisy Garage Door?

• Dented Steel Sections?

• Rotten Wood Panels?

• Broken Springs?

Tune-Up Special

\$89

New Customers Only

Exp. 6/30/18

- Complete Lubrication
- Tighten All Fasteners
- Operator Adjustment
- Adjust Springs
- Safety Check

With coupon. Not valid with any other offers.

Jefferson Landscape and Design

From Design to Finish

Jefferson Landscape and Design is a family owned and operated professional landscape contractor. Since 1994

Make your landscape an extension of your home! We will help you develop a well-balanced yard and make economic use of all your needs, including hardscape, softscape, waterscape and a nightscape.

- Landscape Design
- Outdoor Lighting
- Plantings
- Lawn
- Ponds & Waterfalls

- Stamped Concrete
- Arbors
- Artificial Grass
- Flagstone and More

510-861-0944

www.jeffersonlandscape.com

CA State Lic# 824650 • Bonded - Insured
Worker's Compensation • General Liability
Certified Water Feature Specialist

TELEVISION STAND SALE!

Chrome with black tempered glass (41 x 18 x 22)

\$139⁰⁰

"Make your house a Dupree's home"

Dupree's

FURNITURE

EASY LAYAWAY & FINANCING AVAILABLE

43 Years Experience

1900 E. 14th St. • San Leandro

357-3000

www.Duprees-Furniture.com

OPEN MONDAY-FRIDAY 10AM-6PM • SATURDAY 10AM-5PM • CLOSED SUNDAY

30% OFF On Any Budget Blinds Products

Great Selection of Attractive Styles to Handle Light, Privacy and Energy Issues.

We have the Best Warranties in the Business!

Shutters • Draperies • Wood Blinds
Honeycomb Shades • Roller Shades
Vertical Blinds • Silhouettes®
Woven Woods

Professional Measuring and Installation.
Quality, Convenience, Value!

925-216-4857

Lafayette, Moraga, Orinda, Oakland, Berkeley, Castro Valley & Hayward

FREE In-Home Consultation & Estimates
Locally Owned & Operated

a style for every budget.

www.budgetblinds.com

Stress: Tips

continued from previous page
owners say that livability is one of the most important factors during a remodeling project, according to a study by MMR Research Associates.

Your first step is to hire a professional contractor who is licensed, insured and certified. Look for a firm that is conscientious about everything it does, has an experienced team and is used to handling large projects.

To find an ideal firm, get referrals from friends and from the firm itself and look at company websites. During the interview process, talk to prospective firms about timeline, logistics, realistic expectations and budget management. It's important to understand the scope of the project and how your contractor proposes to handle any challenges that arise.

3. There will be dust. Dust will happen, guaranteed. Every phase of remodeling creates dust, and it's the top threat to livability during a renovation.

More than 80 percent of homeowners are concerned that dust will be an annoyance and inconvenience during a remodeling project, according to the MMR study. In addition to the nuisance of dust migrating throughout your home, demolition and remodeling dust can cause difficulty for people with existing respiratory problems such as asthma and it can damage your belongings.

Before you sign a contract, make sure the remodeler has a dust control plan for your project. Top contractors follow dust control best practices and use the latest technology to virtually eliminate worksite dust because they realize more than 90 percent of homeowners will have a higher satisfaction rate if dust is controlled.

4. It's the little things that get you. While your contractor is tearing down walls and re-creating your living space, life will still go on in your home. Piano lessons will continue, deliveries will take place, bedtimes will remain and meal prep will go on.

Meanwhile, your contractor's crews need somewhere to park their work vehicles and might not remember to put every tool away (and out of reach of your kids) at the end of a day. It's important to communicate with your contractor about these logistics and how you can work together to make the renovation go smoothly with as little disruption to your lives as possible.

5. It will be worth it. Your first priority in a remodeling project is to improve or enhance your living environment. You'll also get an added bonus, because most home renovations improve value.

For example, a major kitchen remodeling project recoups more than 74 percent of its cost at the time of resale, and adding an attic bedroom returns more than 84 percent, according to Remodeling Magazine's Cost vs. Value Report. In addition to financial considerations, completed renovations can improve curb appeal and livability.



SHOW YOUR TRUE COLORS

Always buy a sample can to make sure you are happy with the color before purchasing the amount you need. Check the sample color in various lighting conditions on the surface you want to paint.

Choosing Colors

Light colors reflect light, and make a room appear bigger. Blues and Greens are cool colors, and are ideal for a relaxing, calming atmosphere.

Reds and oranges are stimulating, and ideal for dining rooms or anywhere food is eaten.

Whites (of which there are hundreds!) are popular at the moment because minimalism is in fashion. They accentuate everything else in the room, which may include art or pieces of furniture.

Don't use pure white unless you are painting a medical clinic or a laboratory. Choose an off-white and the subtle tones will help you achieve what you want without being extreme.

see COLOR on back page

Are Hidden Leaks Damaging Your Home?

Home water leaks waste 1 trillion gallons of water per year, and 10 percent of American homes have leaks that waste 90 gallons of water a day, according to the EPA.

Fixing easily detectable leaks like dripping faucets and malfunctioning toilets can reduce water bills and water waste. But what do you do about the leaks you can't see?

Hidden leaks can be dangerous. Leaking pipes within walls can cause mold. Dripping faucets behind appliances can be a fire hazard. Leaking irrigation can cause significant lawn damage. And that's just the tip of the iceberg.

A national study of more than 300 homes found that 17 percent of homes have some type of leak. Of those leaks, half were from a broken toilet flapper. This type of common leak wastes 800 to 1,100 gallons of water each day!

Uncovering hidden leaks is important for your budget, your safety and to protect your property investment.

Here are some ways to easily detect hidden leaks so you don't have to worry:

Proactive Inspections: Look where hidden leaks commonly occur before you see signs of a problem. Early detection could prevent



10% of American homes have leaks that waste 90 gallons of water a day.

costly damage. Even new homes need this approach, since human error during construction could lead to hidden leaks later.

Inspect Systems: First check your irrigation system by walking around the yard, looking for signs of leaks, like puddles of water or depressions in the ground near sprinkler heads or lines. Also, inspect around your water heater for moisture. Remember to watch the water meter, too. An unexpected spike in a water bill could indicate a problem.

Technology: New advancements help detect leaks using intelligent-water technology, such as the Phyn Plus smart water assistant/shutoff.

Installed right after the meter on the main water line, this device analyzes your home's water use by measuring tiny changes in pressure at 240 times per second. This allows the device to shut off the water automatically, so the homeowners can rest assured that they won't come home to surprise water damage from a burst pipe.

Keep Your Home's Age in Mind: Older homes have older pipes and systems that may be more prone to leaks, so it's important to keep close attention on your home as it ages. That being said, new homes aren't immune to water leaks.

You may have heard stories of new homeowners hanging a picture on their wall, only to find a puddle on the floor the next day right below where the nail had punctured a pipe. Pipes and soldering can fail at any time, whether your home is brand new or 100 years old.

Use the Pros: When in doubt, hire a professional to get expert insight and workmanship.

It's important to detect hidden water leaks in your home. Learn more about water leaks and smart home technology by visiting: www.phyn.com.

—BrandPoint



CLARK'S
Home & Garden
www.clarkshomeandgarden.net

<p>510-357-5220 14305 WASHINGTON AVE. SAN LEANDRO</p>	<p>510-471-0755 30132 INDUSTRIAL PKWY. SOUTH WEST, HAYWARD</p>
--	---

<p>COMPOST \$35 GARDEN MIX BLEND per cu. yd. Exp. 9/30/18</p>	<p>REDWOOD \$39 MULCH per cu. yd. Exp. 9/30/18</p>
--	---

WE DELIVER



Better Built By *Serving the Bay Area for 4 Generations*

Vanderbilt FAMILY BUILDERS Inc.
Complete Design & Building Services Available for:

- New Construction
- Remodeling
- Additions
- Kitchens/Baths

Lic. #637460
2555 Castro Valley Blvd., C.V. • 510-886-5450



PACHECO LANDSCAPE & CONSTRUCTION INC
40 years experience in Landscape and Design

PLC LANDSCAPE INSTALLATION MAY INCLUDE:

<ul style="list-style-type: none"> • Installation of Sod or Synthetic Turf • Lighting • Irrigation • Pavers 	<ul style="list-style-type: none"> • Decking • Retaining Walls • Arbors • Fountains • Drainage
---	---

FREE Rain Sensor Controller
With installation of landscape or irrigation system.

510-487-3580
www.Pachecolandcons.com
License #435415

FENCE LEANING?

Don't Replace...

Repair & Save!

CALL NOW FOR YOUR FREE ESTIMATE!

510-706-6189

Randy McFarland

FREE In-Home Consultation!

We help you improve your home entertainment and home automation systems one step at a time.

"Quality Home Theater at a Reasonable Price"



510-473-2887
Castro Valley



brian@nextstepae.com | www.nextstepae.com

Tender Loving Care

House Cleaning Service • Family Owned Since 1980

WEEKLY • BI-WEEKLY • MONTHLY

Specializing in detailed cleaning tailored to your home

FREE ESTIMATES

EMPLOYEES COVERED BY WORKERS' COMP. STATE DISABILITY INSURANCE

Email: PATTYATTLIC@AOL.COM
www.tlc-housecleaning.com

510-481-9193

BONDED & INSURED PL-PD ALL TAXES PAID



B.A. MORRISON

510.538.9817

GENERAL CONTRACTOR & HEATING/AIR SPECIALIST

Now Hiring All Construction & HV/AC Professionals

Free Estimates
Phone Quotes

27 Years of Service

QUALITY WORK AT THE RIGHT PRICE

RESIDENTIAL & COMMERCIAL

Sales - Service - Installation
All Makes & Models

Lic. # 603913
2544 Castro Valley Blvd.,
Castro Valley CA
www.bamorrison.com



ATHLETES OF THE WEEK



This week's Athletes of the Week are the members of the Bishop O'Dowd Dragons' Varsity girls basketball team.

The team finished undefeated in League, 10-0,

then went on to win the Division II, North Coast Section, defeating the number 1 seeded Miramonte 75-71, on Saturday, March 3, at St. Mary's College in Moraga.

CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



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



It Takes More than a Sign to Bring in Customers!

Advertise in the Castro Valley Forum & San Leandro Times

THE ONLY LOCALLY OWNED NEWSPAPERS DELIVERED
FREE TO 99% OF HOMES AND BUSINESSES IN CASTRO
VALLEY & SAN LEANDRO!



Call our Advertising Representatives Today!

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

CASTRO VALLEY FORUM

www.castrovalleyforum.com

San Leandro Times

www.sanleandrotimes.com

April is Stress Awareness Month: Three Ways Stress Takes its Toll

Did the latest challenge at work bring on a tightening in your stomach? Does constant worry about a loved one's health make you physically ill yourself?

Everyone at some point feels the effects of stress. Not everyone deals with stress in the best way, though.

"Often stressed-out people seek relief through alcohol, tobacco or drugs, but that just makes matters worse," says Richard Purvis, author of *Recalibrate: Six Secrets to Resetting Your Age*.

"Instead of relieving stress, those toxic substances tend to keep the body in a stressed state, causing even more physical problems."

April is Stress Awareness Month, a good time to reflect on how the demands and anxieties of daily life put a strain not just on our minds, but on our bodies as well.

Stress, of course, is not always a bad thing. It does serve a positive purpose.

"It can keep us alert and prepares us to avoid danger," Purvis says. "But stress becomes a negative factor when a person faces continuous challenges without any time mixed in for relief or relaxation."

As a result, he says, people become overworked, and stress-related anxiety and illness can occur. The strain leads them to suffer from such ailments as headaches, upset stomach, elevated blood pressure, chest pain and problems sleeping.

Purvis says a few examples of how stress can play havoc on our bodies include:

Musculoskeletal System

When we experience stress, it's natural for our muscles to tense up. "It's the body's way of guarding against injury and pain," Purvis says.

Usually, the muscles relax once the stressful event passes. But chronic stress keeps the muscles in a constant state of guardedness.

"When muscles are taut and tense for long periods of time other reactions in the body are triggered," he says. Chronic muscle tension in the shoulders, neck and head can lead to tension-type headaches and migraines.

Respiratory System

Stress causes people to breathe harder. "That's not a problem for most people," Purvis says. "But if you suffer from asthma or a lung disease such as emphysema, getting essential oxygen can be difficult."



Everyone at some point feels the effects of stress. Not everyone deals with stress in the best way, though.

He says some studies show that acute stress events – such as the death of a loved one – can trigger asthma attacks in which the airway between the nose and the lungs constrict. Also, rapid breathing associated with stress – or hyperventilation – can result in a panic attack in some people.

Gastrointestinal System

Sometimes people who are

stressed will eat much more than usual. Sometimes they will eat much less. Neither is healthy.

"You can get heartburn or acid reflux if you eat more food or different types of food, or if you increase how much alcohol you drink or tobacco you use," Purvis says.

When you're stressed, the brain sends alert sensations to the stomach. Your stomach can react with "butterflies," nausea or pain. "Severe stress can cause vomiting, diarrhea or constipation," he says. "If your stress becomes chronic, you might develop ulcers or severe stomach pain."

So what's to be done? Purvis points out that stress is a natural occurrence in life and happens to everyone.

"Since you can't avoid your job, bills, or other life experiences, the best thing to do is learn to manage stress," he says. "You won't avoid stress entirely, but it is possible to minimize the effects by eating healthy, exercising regularly, getting enough sleep, and taking care of yourself in general."

CVHS Tennis Results

**CV at Head Royce on Friday, March 23
Castro Valley 2, Head Royce 5**

SINGLES:

1. Edward Wang (CV) - Max August 6-2, 6-2
2. Dustin Fong (CV) - Cameron Braco 1-6, 2-6
3. Leon Chen (CV) - Samuel Thompson 1-6, 3-6
4. Colby Fong (CV) - Kemy Sirimongkolvit 3-6, 0-6

DOUBLES:

1. Ashir Gupta / Peter Maina (CV) - Tai Tran / Andres Martel 1-6, 0-6
2. Alexander Long / Brendan Soo (CV) - Sharad MHajan / Luca Snogy 2-6, 1-6
3. Garvey Li / Monaco Aulakah (CV) - Aaron Finkelstein / Will Yeh 6-3, 6-0

**Bishop O'Dowd at CVHS on Thursday, March 22
Castro Valley 5, Bishop O'Dowd 2**

SINGLES:

1. Edward Wang (CV) - Grant Craney 6-1, 6-0
2. Micheal Chu (CV) - Michael Jayasuriya 2-6, 6-4, 6-2
3. Spenser Lin-Jones (CV) - Cole Forth 6-1, 6-0
4. Brandon Khoo (BOD) - Leon Chen 7-6 (5), 6-2

DOUBLES:

1. Dustin Fong / Colby Fong (CV) - Aidan Forth / Tony Ma 6-2, 6-2
2. Gabe Priem / Alex Low (CV) - Bryce Suzuki / Freddy Bunkers 6-1, 6-1
3. Ethan Grossman / Justin Sin (BOD) - Ashir Gupta / Peter Maina 6-3, 7-5

CV School Board Appoints New Directors

The Castro Valley School Board has appointed Tricia Feucht as the Director of Business Services, Denise Hohn as the Director of Educational Services, and Nia Rashidchi as the Director of Educational Services.

Feucht, a 20-year employee of the district, began her career in Castro Valley as a substitute in

1988, and quickly moved into a permanent position at Creekside Middle School. During her tenure, she has continued to assume increased responsibility in the district's business department.

Denise Hohn was named as one of the two Directors of Educational Services which includes several departments supporting

the various aspects of curriculum, instruction, students services and special education. She has been an employee for more than 30 years.

Rashidchi, who was named Director of Educational Services, most recently served in several roles as Associate Superintendent of Educational Services in the West Contra Costa School District.

REAL ESTATE GALLERY



REAL ESTATE REALITY
By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Boomer Exits Could Spark Housing Crisis

Acknowledging Jerome Powell's debut as the new Fed Chairman, this past Wednesday the Fed approved the widely anticipated quarter-point hike, boosting the new benchmark funds rate to a target of 1.5% to 1.75%.

The question on everyone's mind: "How will this affect the Bay Area's sizzling hot real estate market?"

Not so much.

It is true that increasing interest rates affect long-term prospects. It's also noteworthy that current low rates are helping fuel the current market's climb.

In the short term, however, our current blistering local market is being driven primarily by an extreme shortage of available housing.

Issues such as the inability of California builders to produce new homes in the numbers required and aging Boomer homeowners choosing to age-in-place rather than sell will keep inventory low for some time to come

— some projections state until at least 2020.

Additionally, local tech companies (eg. Facebook, Apple, Netflix & Google) are currently on fire and hiring at unprecedented levels. Offering extraordinary compensation (the average software salary is hovering around \$200,000/year and many local households have 2 such incomes), it's no wonder there seems to be no end of buyers who can easily qualify for the jumbo mortgages required to purchase stratospherically-priced properties.

Even with the Fed increase, we will not necessarily see an immediate or significant jump in residential mortgage rates.

"We saw an initial flurry of activity in rates," explains Anna Ruotolo, Branch Manager & Senior Mortgage Originator for Finance of America, "but things have calmed back down."

She further explains, "Even if we saw a .25% increase from 4.636% to 4.885%, for a person

with 20% down looking to purchase a \$600,000 home, their loan payment for a \$480,000 loan would only increase \$72.00/month. At the end of a year," Ruotolo states, "the increase is only \$864-\$868/year."

To put this in perspective, if a prospective buyer hits a local barista 5 times a week on their way to work for a medium caramel frappa whatsit with double whip, their monthly bill is over \$100. Planning on dining out for two in a nice restaurant? You are lucky to get a restaurant tab of less than \$100.

Those hanging by a thread at the bottom of the income scale will be affected but, in reality, by curbing restaurant activity, they should still be able to get a property in which they can dine-in and celebrate ... their own home.

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.

Home Improvement as A Tax Ductions?

By Samantha Mazzotta
Special to the Times

The cost of certain home improvements can be deducted on your tax returns, but not all of them. And the rules for such deductions can change, so the deduction you are eligible for one year may not be available the next.

Some of the more compelling deductions are energy tax credits.

For example, if you install solar panels or a solar water heater, geothermal heat pumps, a small wind turbine or fuel cells in your existing or new home, you may be able to get a one-time, 30 percent tax credit on the cost of such systems (including labor and installation costs).

If you install energy-efficient windows and doors, you may be able to take a one-time credit of 10 percent. Installing new insulation or putting on a new roof also can qualify you for the credit, if the materials meet specific energy-efficiency guidelines.

These are detailed by the Internal Revenue Service, and you can visit its website or talk with a tax preparer to learn more.

If you make home improvements for medical reasons — such as installing wheelchair ramps and handrails, lowering cabinets, etc. — you may be able to deduct those improvements as medical expenses. Be careful about what you claim, however.

"Making a residence wheelchair accessible qualifies, but adding a sculpture garden does not," says a TurboTax guide.

Other deductions may be available, but read the tax guidelines carefully and fill out forms properly. Tax software or a professional tax preparer can help

you figure out which credits or deductions you can take.

Home Tip: Interested in installing an energy-efficient system such as solar panels? Get an installation estimate from a certified, licensed installer and ask about tax credits.

© 2018 King Features Synd., Inc.

RECENT HOME SALES

Castro Valley

4358 Gem Avenue	94546: \$520,000	3 BD - 827 SF - 1949
19705 Lake Chabot Road	94546: \$870,000	3 BD - 1,844 SF - 1957
19712 Mabel Place	94546: \$950,000	3 BD - 1,971 SF - 1981
20563 Yeandle Avenue	94546: \$450,000	2 BD - 1,090 SF - 1973
20907 Sherman Drive	94552: \$1,055,000	4 BD - 1,940 SF - 1999

TOTAL SALES: 5
LOWEST AMOUNT: \$450,000 MEDIAN AMOUNT: \$870,000
HIGHEST AMOUNT: \$1,055,000 AVERAGE AMOUNT: \$769,000

San Leandro

23965 2nd Street	94541: \$626,000	2 BD - 1,514 SF - 1947
20553 Hathaway Ave	94541: \$598,000	1 BD - 853 SF - 1924
20907 Locust Street #C	94541: \$535,000	3 BD - 1,465 SF - 1980
24081 Madeiros Avenue	94541: \$456,000	4 BD - 2,372 SF - 1956
22822 Optimist Street	94541: \$650,000	3 BD - 1,079 SF - 1950
124 Poplar Avenue	94541: \$444,000	2 BD - 825 SF - 1927
22400 Rockaway Lane	94541: \$3,140,000	N/A BD - N/A SF - N/A
226 Sullivan Way	94541: \$715,000	4 BD - 1,860 SF - 2011
1271 Terrace Avenue	94541: \$580,000	2 BD - 1,144 SF - 1912
21961 Victory Drive	94541: \$615,000	3 BD - 1,020 SF - 1943
21712 Westfield Avenue	94541: \$625,000	3 BD - 1,216 SF - 1941
25833 Bryn Mawr Ave	94542: \$550,000	2 BD - 888 SF - 1950
93 Carrick Circle	94542: \$1,090,000	4 BD - 2,647 SF - 2007
2602 Dobbell Place	94542: \$929,000	5 BD - 2,547 SF - 2008
27715 Fairview Avenue	94542: \$4,581,818	4 BD - 3,110 SF - 2005
26975 Hayward Blvd	94542: \$689,000	3 BD - 1,606 SF - 2007
25761 Spring Drive	94542: \$695,000	3 BD - 1,522 SF - 1951
725 Auburn Place #113	94544: \$365,000	2 BD - 1,000 SF - 1980
566 Beechmont Lane	94544: \$600,000	5 BD - 1,620 SF - 1955
181 Goodwin Street	94544: \$650,000	3 BD - 1,107 SF - 1952
25445 Southwick Drive	94544: \$520,000	2 BD - 1,500 SF - 1991
329 Tennyson Road	94544: \$537,000	3 BD - 1,050 SF - 1952
27187 Tyrrell Avenue	94544: \$950,000	8 BD - 2,688 SF - 1962
28829 Vista Grande Dr.	94544: \$1,140,000	N/A BD - N/A SF - N/A
28832 Vista Grande Dr.	94544: \$1,143,500	N/A BD - N/A SF - N/A
363 Warner Avenue	94544: \$611,000	3 BD - 927 SF - 1951
1614 Welford Circle	94544: \$832,000	4 BD - 1,901 SF - 2004
1266 Westwood Street	94544: \$565,000	3 BD - 1,053 SF - 1953
2227 American Avenue	94545: \$2,925,000	N/ABD - 10,450 SF - 1969
2400 Catalpa Way	94545: \$740,000	4 BD - 1,358 SF - 1963
24055 Monument Blvd.	94545: \$750,000	4 BD - 2,249 SF - 1978
1628 Trowville Lane	94545: \$605,000	3 BD - 1,119 SF - 1956

TOTAL SALES: 21
LOWEST AMOUNT: \$385,000 MEDIAN AMOUNT: \$700,000
HIGHEST AMOUNT: \$4,581,818 AVERAGE AMOUNT: \$1,425,738



Rare, affordable living in Palomares Hills...



6037 Mount Rushmore, Castro Valley
Offered at \$725,000

Move right in to the this tastefully remodeled townhome in Prestigious Palomares Hills. Bright, open floor plan, beautiful laminate floors, fresh paint.

Remodeled kitchen features Quartz counters, stainless appliances, gas stove and new cabinets. Two spacious upstairs bedrooms with jack and Jill bath. Private backyard with deck. Conveniently located near extra guest parking, walking trails and park. Community amenities include two pools, tennis and basketball courts, clubhouse and miles of walking trails. Award winning Castro Valley School District.



LESLIE PETERSON TEAM
Making Dreams Come True
...One Home at a Time
BRE #01452724



Call the Leslie Peterson Team for more information!

Leslie Peterson
510-697-1208

leslie@lesliepetersonsteam.com
www.lesliepetersonsteam.com



OPEN HOMES

SATURDAY & SUNDAY
MARCH 30TH &
APRIL 1ST



CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
A	1-4	1-4	2354 Belvedere Ave.	\$450,000	2/1.5	United Brokers RE	Tere Lee	510-305-8827

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

CITY GUIDE A = SAN LEANDRO • B = SAN LORENZO • C = CASTRO VALLEY • D = DUBLIN • F = FREMONT • H = HAYWARD • K = BERKELEY
O = OAKLAND • P = PLEASANTON • S = SHEFFIELD VILLAGE • SR = SAN RAMON • W = WALNUT CREEK • 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 based on 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.

4 WAYS TO ADVERTISE IN THE FORUM

Real Estate Gallery

- DISPLAY ADVERTISING
- HOME OF THE WEEK
- OPEN HOME LISTINGS
- AGENTS IN ACTION



To Advertise call:

Mary Florence
510-861-3270
Castro Valley
Mpominville4582@aol.com

Linda Nakhai
510-915-1513
Castro Valley
LindaN@ebpublishing.com

ADVERTISE WITH EAST BAY PUBLISHING AND REACH OVER 65,000

TO PLACE A CLASSIFIED AD

CALL 510-614-1558
FAX 510-483-4209
EMAIL Classifieds@ebpublishing.com
ONLINE www.ebpublishing.com

TO VIEW THE CLASSIFIED ADS

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

CLASSIFIED AD DEADLINE

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

AUTOS / TRUCKS

\$35 10 words
(3 weeks)

GARAGE SALES

\$30 10 words
(1 week)

HELP WANTED

\$35 10 words
(1 week)

MISC. FOR SALE

\$30 10 words
(3 weeks)

RENTALS

\$35 10 words
(1 week)

SERVICES

\$30 10 words
(1 week)

ALL CLASSIFIED ADS ALSO RUN FREE ONLINE! • AD MUST BE PREPAID WITH CASH, CHECK OR CREDIT CARD • ADDITIONAL WORDS ARE \$1.00 EACH
CLASSIFIED ADS RUN EVERY WEDNESDAY IN THE CASTRO VALLEY FORUM AND EVERY THURSDAY IN THE SAN LEANDRO TIMES

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

NEW ADS

Light House Cleaning Services. \$40 for 2-2.5 hours. Consultation is free and recommended for planning. Please call 510-394-8680. Peace and blessings to you!

WANTED: Reel to reel music tapes (new or used), tape recorded and lawn mower needed. Call Patrick at 510-517-3351.

WANTED: Reel to reel music tapes (new or used), tape recorded and lawn mower needed. Call Patrick at 510-517-3351.

ANTIQUES WANTED

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

BEAUTY SALONS/STATIONS

Hair Salon Station for rent in C.V. Good opportunity. 538-8897.

CONCRETE SERVICE

***AFFORDABLE CONCRETE.** Driveways, Walkways, Patios, Retaining Walls, etc. Lic.#868589. 510-575-1163

***MP CONCRETE.** Driveway, Patio, Retaining Wall, Asphalt, Hauling. Lic.#1004427. Milo 510-502-9336.

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

CONTRACTOR SERVICE

NOTICE TO READERS

California law requires that contractors taking jobs that total \$500 or more (labor or materials) be licensed by the Contractors State License Board. State Law also requires that contractors include their license number on all advertising. Advertisers appearing on this page without a license number indicate that the contractor is not licensed. You can check the status of your licensed contractor at www.cslb.ca.gov 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.

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

ELECTRICAL SERVICE

Home Electrical Repairs
Reasonable Rates
Call 925-548-4202

EMPLOYMENT WANTED

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

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

FENCES/DECKS

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

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

PLACE YOUR CLASSIFIED ADS ONLINE!

CastroValleyForum.com

SanLeandroTimes.com



GARAGE SALES



WAREHOUSE SALE 3/28 - 4/5, 9am-4pm daily. Tools, scales, antiques, clothes, household, misc. 1129 San Leandro Blvd., San Leandro. 510-917-3474.

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

HOME SERVICES DIRECTORY

Fences/Decks

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

CALL NOW FOR YOUR FREE ESTIMATE!

510-706-6189
Randy McFarland

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

HOME SERVICES DIRECTORY

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



Gardening/Landscaping

LANDSCAPING, MAINTENANCE & TREE SERVICE

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

CALL FOR A FREE ESTIMATE
510-712-4318

Gardening / Tree Service

PEREZ Gardening & Maintenance TREE SERVICE

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

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

Hardwood Flooring

FERREIRA'S HARDWOOD FLOORING

Sand • Install • Refinish
Glista • Oil Base
25 Years Experience
FREE ESTIMATES
Call Jeff Today!
510-366-6491
Lic. #803455

Heating & A/C

NORTH PACIFIC HEATING AND A/C

Since 1994
• Duct Repairs
• Mechanical
• Replacement
• Central Heating
• New Additions
• Floor & Wall Heaters
A/C & Furnace Repair
510-715-9382
LIC. #885035



Thank-You...

San Leandro Painting & Roofing for advertising with us for over 4 years!

San Leandro Painting & Roofing

Family Owned Since 1966 • Bonded & Insured • Lic. #883326
• Residential and Commercial Roofing • Re-roofing • Certified Roof Inspections
• Roof Repair • Rain Collection Systems • Attic Ventilation
• Gutter Installation and Cleaning
• Painting
510-798-9674



We truly appreciate all of our advertisers!

San Leandro Times / Castro Valley Forum

Painting • Int./Ext.

LIC. #880049
Aris Painting

SOLID EXPERIENCE SINCE 2006
Our experience, combined with the highest quality paints and materials will provide your home with a durable finish that will last for years to come.
Call today for a free estimate!
(510) 685-1152

Plumbing

CAPELLI PLUMBING & DRAIN CLEANING

Compare Our Prices!
FREE ESTIMATES 24/7 SERVICE
BBB Military & Senior Discounts
Family Owned & Operated
510-969-4358
LIC. #904794



Roofing & Painting

San Leandro Painting & Roofing

Family Owned Since 1966 • Bonded & Insured • Lic. #883326
• Residential and Commercial Roofing • Re-roofing • Certified Roof Inspections
• Roof Repair • Rain Collection Systems • Attic Ventilation
• Gutter Installation and Cleaning
• Painting
510-798-9674
20% OFF WITH THIS AD



Roofing / Gutters / Solar

RIDOUT ROOFING CO.
~ SINCE 1922 ~

ALL TYPES OF ROOFING & GUTTERS
P.V. SOLAR / SKYLIGHTS
FREE ESTIMATES SENIOR DISCOUNTS
VISA (510) 351-1922 MASTERCARD
621-A WILLIAMS • SAN LEANDRO
STATE CONTRACTORS LICENSE NUMBER 260176

Roofing

Lic. #311818
K REED ROOFING
Complete Residential & Commercial Roof Systems
(510) 357-5116
Call Now For A Free Written Roof Analysis & Estimate
Serving San Leandro & The Entire Bay Area. For Those Who Demand Superior Personalized Attention.
SINCE 1975 / FULLY INSURED



Roofing

Wonderlin ROOFING SYSTEMS
Castro Valley Lic. #642517 • Insured/Bonded
FAMILY OWNED & OPERATED
Over 25 Years Experience
Reroofs • Repairs • Inspections
Dry Rot Repair • Seamless Gutters (Pre-painted)
FREE ESTIMATES
\$200.00 OFF
COMPLETE REROOFING WITH TEAR-OFF
One Coupon Per Customer • Expires 5/31/18
(510) 538-1530
We Specialize in Residential Roofing



GARDENING

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

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

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

GARCIA'S FENCE & TREE SERVICE & LANDSCAPING. Free Estimate Call Anytime 24/7. All Work Guaranteed. Call 510-210-2716.

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

LOSOYA TREE SERVICE

Residential/ Commercial. 18-years experience. Pruning, Removal, Cleanups, etc. Free Estimates. Insured. Gustavo 510-302-9675, unlicensed.

LUIS GARDENING & HAULING SERVICE.

Maintenance, Mowing, Weeding, Cleanups, Hauling, etc. Insured. Unlicensed. 510-499-5453

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

GIVEAWAYS

FREE - Queen size bed with headboard in great condition. Also free computer desk. You pickup. Call at 510-612-2824.

FREE - Redwood & Pine tree cuttings (truck loads only). Also scrap construction wood (good for camping/ outdoor burning only). Iso construction leftovers firewood for indoor burning. Call 7:30am - 3:30pm, 7 days a week at 510-909-6182, San Lorenzo. Will not accept restricted phone numbers.

White (1.6 gallon) toilet with seat, tank, and lid, in excellent condition. Call 510-247-3364.

HANDYMAN SERVICE

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

HOME IMPROVEMENT. FREE

Estimates. Residential Interior/ Exterior. Roofing, Painting, Concrete, Sheetrock, Fencing, Ceramic Tile, Texturing, Decks, Siding Repair, Bathrooms/ Kitchens, Remodeling, Carpentry, Power Washing, etc. Jose Cruz 510-294-9017.

I'm Back!

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

TORRES, A PERFECT HANDYMAN

•Honest •Dependable •Responsible
Painting, Plumbing, Retaining Walls, Fences, Tiles, etc. FREE Estimates. 510-305-3205

HAULING SERVICE

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

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

HELP WANTED

**Job Opportunity
Sales Person needed**

San Leandro Times and the Castro Valley Forum newspapers are looking for a highly motivated career oriented, sales rep. Experienced preferred.

If interested fax resume to:
510-483-4209 or email to:
howardm@ebpublishing.com

Do you love helping people? Carlton Senior Living is the place for you! Now Hiring, various positions and schedules. Walk-ins welcomed 1000 E.14th St. or visit our website www.CarltonSeniorLiving.com to apply online.

HOUSE CLEANING

***CONNIE'S NATURAL CLEANING** Licensed/ Insured/ Bonded Make Your Home a Pleasant and Healthy Environment www.conniesnatural.com
Call 510-506-5053

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

Dolly's House Cleaning. Free Estimates. Reliable/ Licensed/ Bonded & Insured. Call 510-969-4611.

HOUSE CLEANING

Light House Cleaning Services. \$40 for 2-2.5 hours. Consultation is free and recommended for planning. Please call 510-394-8680. Peace and blessings to you!

WALTON'S JANITORIAL

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

MISC. FOR SALE

Hanging Ship Art Piece ... \$175



An art piece of a ship made of wood with a thousand tiny white lights when it is turned on. It's a conversation piece for home or the boat industry. All hand made. Call Mary 510-861-3270.

Cocktail table & matching end table (gold/silver chrome with glass top) in very good condition. \$50 each. 510-220-1348.

Fax machine (with paper, ink and manual) \$40. Cash only. Call Mary 510-861-3270, Castro Valley.

VICTORY new 3-Wheel electric scooter, baskets, mirrors, head rest, cushion, charger. \$1,000. Call 510-575-7366.

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

MISC. WANTED

WANTED: Reel to reel music tapes (new or used) and tape recorder. Call Patrick at 510-517-3351.

MUSICAL SERVICES LESSONS

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

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

Castro Valley 2-bedroom, 1-bath, Walk to BART and Village. Gated, laundry, pool, fitness. \$2,195. 510-582-8389.
www.bartplazaapartments.com

Hayward 1-bedrooms \$1,325 - \$1,425, 2-bedrooms \$1,595 - \$1,695 (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

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

ATTENTION LANDLORDS



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

YOUR INFO

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

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

Complete Garage Sale Kit Included

with the purchase of any Garage Sale ad in the San Leandro Times and Castro Valley Forum. **Call 614-1558** or place your ad online at www.sanleandrotimes.com or www.castrovalleyforum.com Only \$20 (10 words or less - \$1.00 for each additional word). For more information, call Patrick at 614-1558.



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



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

SELL YOUR CAR OR TRUCK NOW!

Runs for 3 weeks in both the San Leandro Times & Castro Valley Forum for only... **\$25**

10 word maximum (\$1.00 for each additional word). Private party ads only (no dealers). Some restrictions may apply. For more information, call Patrick at 614-1558.

Need Remodeling? How about a new kitchen or bath?



CHECK OUT OUR CLASSIFIED ADS & HOME SERVICES FOR HELP!

Attention Classified & Home Services Directory Advertisers

Classified & Home Service ads run in both the Castro Valley Forum and San Leandro Times. **TOTAL CIRCULATION 60,500**
Call Patrick at 614-1558 for details and rates.

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

House Cleaning

Tender Loving Care
House Cleaning Service
Family Owned Since 1980

WEEKLY • BI-WEEKLY • MONTHLY
Specializing in detailed cleaning tailored to your home
EMPLOYEES COVERED BY WORKERS' COMP. STATE DISABILITY INSURANCE
FREE ESTIMATES
Email: PATTYATTL@AOL.COM
www.tlc-housecleaning.com
510-481-9193
BONDED & INSURED • ALL TAXES PAID

Landscaping

Oakland Landscaping
ESTABLISHED 1976
COMMERCIAL & RESIDENTIAL IRRIGATION SYSTEMS/DRAINAGE
BRICK • CONCRETE • MASONRY
DROUGHT-TOLERANT LANDSCAPES
GARDEN LIGHTING • FENCING • SOO LAWNS
EROSION CONTROL
RETAINING WALLS: ROCK • STONE • WOOD • BLOCK
FREE ESTIMATES
CA Lic. #662406
SINCE 1976
510-917-8033
5900 COLISEUM WAY • OAKLAND, CALIFORNIA

Painting

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

Painting

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

Roofing

BANNER ROOFING CO.

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

WE CONTROL YOUR RAIN!

★★★★
ALL TYPES OF ROOF REPAIRS

★★★★
PROFESSIONAL WORKMANSHIP

★★★★
FREE ESTIMATES SENIOR DISCOUNTS
LIC # 657692 BBB A+

ROOFING TYPES

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

GUTTER TYPES

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

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

LICENSED / BONDED / INSURED • 2424 CLEMENT ST., ALAMEDA
510-895-4433

Thank-You...

Perez Gardening & Maintenance for advertising with us for over 12 years!

PEREZ Gardening & Maintenance
TREE SERVICE
Pruning, Topping, Removing, Synthetic Grass Installation, Planting, New Lawns & Lawn Care, Sprinkler Systems, Lots & Hill-sides Cleaned & Planted, Drainage/Gutters, Fences, Decks, Patios, Arbors, Concrete, etc.
CALL 510-385-2122
FREE ESTIMATES
EXCELLENT REFERENCES / SINCE 1994
INSURED / ALL WORK GUARANTEED / UNLICENSED

We truly appreciate all of our advertisers!

San Leandro Times / Castro Valley Forum

LETTERS TO THE EDITOR

FREDZ@EBPUBLISHING.COM



Calls CVSan's Lateral Inspection Program 'A Reasonable Compromise'

Editor:

When we bought our house in Castro Valley, we had no idea our sewer lateral was badly damaged. We didn't even know to ask about it. But it kept clogging up, and after countless Roto-Rooter visits an inspection camera revealed it was in pieces, full of roots, and didn't even connect to the sewer main!

Since we, as homeowners, are legally responsible for maintaining our sewer lateral, we'd have appreciated knowing its sorry state before we bought the property.

We also didn't know, before reading Mr. Williams' helpful article ("CVSan Proposes Sewer Pipe Check At the Time Old Homes are Sold," Page One, The Forum, March 21) that damaged sewer laterals let copious amounts of rainwater into the sewer system.

As water shortages become more common, it doesn't make sense to take good fresh rainwater and add chemicals to it, and turn it into sewage. Everyone with a leaky sewer lateral is contributing to this.

As citizens who care about the environment, let's ensure we have only sewage in the sewer system and let clean rainwater flow into the water table or the Bay.

And because Castro Valley is a big bowl that collects water, during heavy rains we have the potential for sewer system overflows. These are an environmental mess and make CVSan (which means us) liable for heavy fines.

We could ask CVSan to overbuild the system to have capacity for all the rainwater leaked in by old crappy sewer laterals, but that seems really stupid. The answer is to maintain our sewer laterals to avoid all these issues.

I personally favor periodic mandatory inspection of all sewer later-

als, but an inspection at time of sale seems a reasonable compromise. This would also protect sellers from potential lawsuits for failing to reveal the damaged condition of a sewer lateral.

—Beth Ogilvie, Castro Valley

Takes Issue with Proponent of Arming School Teachers

Editor:

For your expertise in guns, Peter Hauer ("Calls Arguments Against Gun-Carrying Teachers 'Bogus,' Letters, March 7), the Stoneman Douglas High School kids in Florida should have just read your letter to the editor in the Forum – how to solved the mass shootings in America!

OK, so I'm coming down a hallway at a school and see a gunman coming with a AR-15. I then reach for my handgun and kill him. Over and done with. No kids get killed! Wow, I should have thought of this instead of making a law, "Ban All Automatic Weapons."

—Jack Gayle, Castro Valley

Flag at Post Office Missing Again on Another Rainy Day

Editor:

Once again, I drove by the Castro Valley Post Office on March 22 at approximately 11 a.m. Guess what? Yup, the American Flag was again M.I.A. Yes, it was sprinkling. Really? Please show some Respect. Put a raincoat on and bite the bullet. Put (our) Flag up and realize this is a small sign that the USPS cares for all Americans. (I Care) Thank You.

—Thomas B. Fentress
USAF Vietnam Veteran 1970-76
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 withhold names or print unsigned letters. Email letters to: fredz@ebpublishing.com, or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

HOROSCOPE by Salomé

© 2018 King Features Synd., Inc.



ARIES (March 21 - April 19): Congratulations, Lamb. This is the week to finish your project and then bask in your well-earned approval. (And if you like, you also can say "bah" to all those detractors.)



TAURUS (April 20 - May 20): The bold Bovine could find a new opportunity too intriguing to be ignored. But don't charge into it. Go slowly so you see how things develop as you get more involved.



GEMINI (May 21 - June 20): You might try to soften your stand on that important issue. A little more flexibility actually could get you what you're looking for. A new friend enters the picture midweek.



CANCER (June 21 - July 22): Your inner voice is on the mark when it advises you to tackle that family problem now! The sooner you're able to come to terms with it, the better it will be for everyone.



LEO (July 23 - August 22): Someone reveals important news about a longtime associate. But before you decide how to deal with this information, make sure it's reliable, and not simply self-serving.



VIRGO (August 23 - Sept. 22): Some intensive soul-searching early in the week can help you reach a decision by week's end that should please both you and the other person involved. Good luck.



LIBRA (Sept. 23 - October 22): The possibility of a career change is intriguing. Learn more about what it can offer and what it cannot. Weigh everything carefully. And ask questions.



SCORPIO (October 23 - November 21): Work is your priority this week as you try to make up for lost time. Expect help from someone who cares about you. Things take a welcome turn by the weekend.



SAGITTARIUS (Nov. 22 - Dec. 21): A health problem causes some anxiety early in the week. But prompt medical attention soon eases everyone's concerns. Enjoy an arts-filled weekend.



CAPRICORN (Dec. 22 - Jan. 19): As much as you might resent it, a changing situation could require you to adjust your plans accordingly. The good news: An associate agrees to cooperate.



AQUARIUS (Jan. 20 - Feb. 18): That old problem is finally resolved, just in time for you to take on a new work-related project. This one could be the super door-opener you've been looking for.



PISCES (Feb. 19 - March 20): The early part of the week presents some difficult hurdles. But once you get over them, you can start to focus on matters that are more important to you.

Obituaries

CASTRO VALLEY FORUM OBITUARIES

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

Stephanie Jean Rosevear

Resident of Castro Valley
April 22, 1943 – March 23, 2018



Stephanie Jean Rosevear passed away on Friday, March 23, 2018. She devoted her life to her family and friends. Her caring heart and generosity toward others brought her comfort through-out her life.

She is survived by her loving husband, Jim; her daughter, Jennifer, of Mesa, Arizona; her sister, Kathy Maixner, of Portland, Oregon and her Aunt Mary Teleen Corti, of Livermore.

Friends and family are invited to a Rosary on Wednesday, March 28, at 9 a.m. at Holy Sepulchre Funeral Center in Hayward followed by a Funeral Mass at 11 a.m. at Our Lady of Grace Catholic Church, Castro Valley. In lieu of flowers, donations are requested to the Parkinson's Foundation.

John I. Dumitriu

March 19, 1932 – March 15, 2018
Resident of Castro Valley



John I. Dumitriu passed away peacefully Thursday morning, March 15th 2018, at the Kaiser Facility in Roseville, California. He was born in Eastern Romania and immigrated to the US, together with his wife, in December 1971. His beloved wife Stella passed away almost four years ago in Castro Valley, they were married for over 60 years. He has now re-united with his lovely wife.

He started working early in his life in Romania, for the Electric Co. in Bucharest until he immigrated to the United States. He arrived in New York City in 1971 and moved to Cleveland, Ohio shortly after. He made his permanent move to California in 1975. He started working for the Southern Pacific Railroad Company in Oakland as an Electrician and later he became a successful business owner. He had been retired for a few years and enjoyed traveling, fishing and playing chess daily. He was a Castro Valley resident since 1986. He will be sorely missed. Rest in peace John!

A memorial service will be held Saturday, March 24th at 1:30 p.m. at Chapel of the Chimes in Hayward, California.

Since 1965
Jess C. Spencer
Mortuary &
Crematory
21228 Redwood Rd.,
Castro Valley
581-9133

Offering
Personalized
Memorial and
Cremation
Services.



FD 1168 CR49

- CHRISTIANSEN, Nancy
- ROSEVEAR, Stephanie Jean
- DUMITRIU, John I.

SARA L. ENNOR LAWYER

- Wills & Trusts
- Benefits, ERISA
- QDROs

510-633-9985

Nancy Christiansen

Oct. 23, 1939 – Mar. 21, 2018
Resident of Castro Valley since 1972



It is with sad hearts that we announce the passing of a beloved wife, mother and grandmother. Nancy went to be with the Lord March 21st with family at her side. Nancy is survived by her husband Don of 52 years, her three daughters Julie Allizadeh, Lesley Kesser and Debbie Freilicher, and six grandchildren Camille, Christian, Danny, Miles, Sara, and Alex.

Celebration of life was held on March 26th, at Castro Valley First Baptist Church in Castro Valley, California.

In lieu of flowers you may donate to Susan G. Komen Breast Cancer Foundation or Castro Valley First Women's Ministry.

THE FORUM CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	
12				13					14		
15				16					17		
18				19				20			
			21	22		23	24				
25	26	27				28			29	30	31
32							33				
34				35		36					
			37			38					
39	40	41		42	43			44	45	46	47
48				49				50			
51				52				53			
54				55				56			

ACROSS

- 1 Old clothes
- 5 Chantilly, for one
- 9 Wicked
- 12 Persian Gulf nation
- 13 History chapters
- 14 Wish otherwise
- 15 Options list
- 16 Shopping area
- 17 Raw rock
- 18 Long story
- 19 Japanese sash
- 20 Trade
- 21 Operate
- 23 Barrister's abbr.
- 25 Tools for duels
- 28 Poinsettia family
- 32 Downright
- 33 Wouldn't shut up
- 34 Trojan War hero
- 36 Siesta cover
- 37 Whatever amount
- 38 Victory sign
- 39 Put something over on
- 42 Shelter
- 44 Arp's style
- 48 Likely
- 49 Elliptical
- 50 Physical
- 51 Dog's doc
- 52 Rapid
- 53 Choir voice
- 54 Tokyo's old name
- 55 Start the pot
- 56 Welsh emblem

DOWN

- 1 Optician's selection
- 2 Vicinity
- 3 Jets or Sharks
- 4 One of a daily trio
- 5 Slot machine losers
- 6 Spirited horse
- 7 Tooth decay
- 8 "Guinness Book" suffix
- 9 Forehead
- 10 Emanation
- 11 Profound
- 20 Roosevelt program
- 22 City-related
- 24 Binge
- 25 Health resort
- 26 Hearty brew
- 27 Burger holder
- 29 Genetic abbr.
- 30 Red-staters' org.
- 31 Away from WSW
- 35 Forest-related
- 36 Slim and trim
- 39 Most popular, for short
- 40 Pundit's column
- 41 "Beetle Bailey" dog
- 43 Sunrise site
- 45 Wheelbase terminus
- 46 Birth certificate info
- 47 Uncontrolled
- 49 Son-gun link

ANSWERS ON PAGE 5

'Art IS Education Exhibition': Hayward Art Students Let Their Creativity Shine

By Winda I. Shimizu
SPECIAL TO THE FORUM

We as adults get to visualize the creativeness of the younger generation at the "Art IS Education Exhibition" featuring works by students of the Hayward School District in the John O'Lague Galleria.

We get to see how the children interpret the world around them, and how their truth is reflected through these works.

"This exhibition benefits youth and families alike, and it is our pleasure to have these works on display in the John O'Lague Gal-

leria at Hayward City Hall" said Heather Reyes, President of Hayward Arts Council's Board of Directors.

One hundred students are exhibiting a variety of media including ceramics, photography, pastels, oils, graphite, sculpture, metal, acrylics, and mixed media.

"Art IS Education Exhibition" will be on display through May 25. Mt. Eden High, Tennyson High, Hayward High; Ochoa Middle School; Eldridge, Bowman, Faith Ringgold, Harder, and Burbank Elementary Schools are among the participating schools in the exhibit.

"The arts are essential part of developing students to become creative, collaborative critical thinkers," said Geoff Landreau, art teacher at Mt. Eden High School. "I strongly encourage everyone in the community to come out to support our upcoming artists."

"Art IS Education Exhibition" is a collaboration with Hayward Unified District, the City of Hayward, and the Alameda County Arts Commission, and is sponsored by the Hayward Arts Council, which encourages interest and participation in visual and performing arts.

Come experience the talent of our students. John O'Lague Galleria is open to the public Monday to Friday, 9 a.m. to 5 p.m.

Visit www.haywardartscouncil.org, call 510-538-2787 or email hac@haywardartscouncil.org for more exhibits and events.

Winda I. Shimizu is Hayward Arts Council Executive Director and Art Curator at John O'Lague Galleria.



Family Travel

Led by millennials, some 88 million Americans plan to take family vacations this year.

According to the latest research from AAA Travel, 44 percent of millennials are planning a family getaway, more than members of Generation X or baby boomers.

Family trips abroad are expected to be a hot trend in 2018. Of families who will take a trip this year, 35 percent plan to visit an international destination – a nine percentage point increase from just two years ago.

For families staying stateside, expensive gas prices – the highest prices seen since 2014 – are not stopping vacation planners from packing up their cars for a road trip. They remain the most popular option for family vacations, with nearly two-thirds (64 percent) of those planning a trip expected to hit the roads.

MAC: Projects

continued from front page

They gave the go-ahead to some preliminary designs at the Castro Valley Marketplace at the old Daughtrey's property.

MAC Chair Marc Crawford said the Marketplace project has the potential to be one of the most exciting in Castro Valley and that he trusted developer Craig Semmelmeier to guide its future.

"There is a quality above what we've experienced in this," said Crawford. "I want to give them as much leeway as possible."

The MAC also unanimously approved a new spa in town called "The Floatery" at 2678 Castro Valley Boulevard. Patrons will float in salt water tubs which, the owners say, have therapeutic properties.

Tangren asked if the business would be subject to similar regulations as massage parlors, some of which have come under fire in Alameda County for illegal practices. She was told that no employees have any physical contact with patrons at The Floatery, so the circumstances are different.

"We haven't run into any floating prostitutes yet, so it's not an issue," said Crawford.

The MAC also unanimously gave the go-ahead to a retailer selling alcohol at 22058 Center Street and an application to continue running a preschool at 20121 Santa Maria Avenue.

New GM for Wastewater

Jacqueline T. Zipkin has been appointed General Manager of the East Bay Dischargers Authority, a public agency that provides wastewater treatment services for approximately 900,000 residents of Alameda County.

Member agencies include the

cities of Hayward and San Leandro, as well as the Castro Valley, Union City and Oro Loma sanitary districts.

The CVSan Board of Directors welcomed the newly-appointed Zipkin at their March 6th regular meeting.

CONVENIENT PLACES FAMILIAR FACES



LIFE IS BUSY. That's why you need a shopping center that has everything from lattes to loans. For more than 60 years, our friendly faces have provided you with the eateries, stores and services that your heart desires — and so close by too! So next trip, think convenience, shop familiar, stop by Castro Village Shopping Center.

A WOMANS TOUCH CHIROPRACTIC
AMERICA'S BEST CONTACTS & EYEGLASSES
ARAN'S COLOR & GLAZE
AROMA CUISINE OF INDIA
BANK OF THE WEST
CASTRO VILLAGE BOWL
CHEESE STEAK SHOP
CHEF EXPRESS CHINESE CUISINE
DON JOSE'S
DRIED & TIED
EDEN BICYCLES
EDWARD JONES INVESTING
EUROPEAN WAX CENTER
GIFT EXPRESS

HABIT BURGER – COMING SOON
HEALTH UNLIMITED
ISUSHI
LIME LEAF THAI
LINDA'S HAIR & NAILS
LINDA'S NAILS
LOARD'S ICE CREAM
MASSAGE ENVY SPA
MEL'S SHOE CLINIC
MERLE'S HALLMARK SHOP
MOD PIZZA
MOUNTAIN MIKE'S PIZZA
MR. PICKLE'S
POSH BAGEL

RAE TALBOT SALON
RIGATIONI'S
ROBIN'S NEST
ROSS
SEE'S CANDIES
SHARI'S RESTAURANT
STARBUCKS
TJ MAXX
U&I PHONE REPAIR
VILLAGE BARBER SHOP
VISION GALLERY OPTOMETRIC CENTER
VITALITY BOWLS
WALGREENS
WORLD WIDE ART



CASTROVILLAGE.COM

CASTRO VILLAGE



ADOPT-A-PET



SADIE is a 2-year-old pup looking for a family who'll include her in all their activities. She's already spayed and ready to go. Info: Hayward Animal Shelter: (510) 293-7200.



GEMMA is waiting, since last October, for a loving family. A bit timid, she'd do great in a home where she can relax and be herself. Info: Hayward Animal Shelter: (510) 293-7200.



MITTY is a lovable, outgoing 6-month-old kitten. He loves people, and gets along with other cats and with dogs too. For more information, please visit: dustypawsrescue.org



RODNEY is a handsome, 11-month-old grey and white cat with intense green eyes. He is a quiet little guy who appreciates attention and affection. Visit: dustypawsrescue.org

Color: What Shade Paint To Choose?

continued from page 9

Darker colors or feature walls can be dramatic, and can make a room feel cozy and warm. Use them sparingly.

Consider the furniture or artwork you already have in the room. Choose complimentary or contrasting shades to highlight their colors. It's easier to pick a color that matches your furniture than to buy new furniture to match your walls.

Trims such as doors and windows should not be features, so try to pick a color for them that you can carry through the building and tie all the rooms together with a common theme. If you don't, you risk making your interior look too busy, and it will cost you a lot more in extra labor and materials.

If you have a large room or high ceilings, don't be afraid to be bold with color. Conversely, if the interior is small be careful about how many colors you use. Three is enough for any room, and yes, ceiling white is a color!



PHOTO COURTESY OF AL BRONZINI

THE DALTON GANG, from left, Roy Evans, Ed Steinbach, Bud Adams and Jake Dalton, all WWII Veterans.

'Dalton Gang' Bocce Team to be Honored

In 2009, the Hayward Area Recreation District constructed two regulation Bocce Courts on the grounds of the Castro Valley Elementary School at Adobe Park.

The courts have become a popular place for people of all ages to meet and socialize over a friendly game of Bocce.

Teams are formed every year to compete in fund-raiser tournaments in support of the George Mark Children's House as well as for just a good time getting together with friends.

Four World War II Veterans formed a Bocce Team called "the Dalton Gang," headed up by former

WW II US Army Air Corps Paratrooper Jake Dalton, his team mates Ed. Steinbach, Roy Evans and Bud Adams were Navy guys.

At an average team age well into their nineties, they had become everybody's favorites. In tournament play, when they often got into the finals, even family members of other teams were rooting for the Daltons.

On Saturday April 7th at 10:00 a.m. a permanent bench will be installed and dedicated at the Adobe Park honoring those great men who contributed so much for our freedom. The dedication ceremony is open to the public

—Velio (Al) Bronzini

Become a Booklegger

If you love kids and books and you're looking for a flexible volunteer opportunity, consider becoming a Booklegger.

Bookleggers make magic! They are a group of volunteers dedicated to promoting independent reading by children.

Bookleggers visit K to 5 classrooms in the Castro Valley School District to share great books, including exciting adventures, suspenseful mysteries, hilarious comedies and eye-popping nonfiction.

In the past year, Bookleggers have presented in more than 60 classrooms across the District. The teachers and students love it when the Bookleggers come to visit.

The Orientation Meeting will take place on Tuesday, April 10, from 10:30 to 11:30 a.m. At the meeting you will meet library staff, get a demonstration of Booklegging, learn about the training program, and understand the commitment necessary to be an outstanding Booklegger.

During the training, which starts the following week on April 17, you'll learn booktalking and storytelling skills. You'll pair those skills with your talents and passion to connect kids and books.

Email: cselig@aclibrary.org to RSVP for the Orientation Meeting.

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



CANYON MIDDLE SCHOOL
19600 Cull Canyon Road
Saturday, April 28, 2018
From 8:00 a.m. to 2:00 p.m.

DO YOU HAVE CONSTRUCTION OR DEMOLITION DEBRIS?

If you are a CVSan resident and have any of the following materials, obtain a Construction & Demolition (C&D) Voucher from the CVSan Recycles Day event on Saturday, April 28th. C&D materials include:

- Rock, stone, concrete, asphalt
- Brick, masonry, tiles, stucco, porcelain
- Carpet, finishing, wood, lumber
- Soil, fines, dirt
- Ceiling, drywall, roofing
- Doors, windows, glass



These materials will not be collected at the event on April 28th.

600 residential households, first come, first served, are eligible to receive a C&D Voucher to drop off 2 cubic yards (per household) at the Davis Street Transfer Station (DSTS) in San Leandro at no charge. Please note: DSTS staff will not unload materials; please be prepared to unload materials yourself. Details about the drop off will be provided on the voucher.

C&D materials are not accepted in the blue recycling or green organics carts, or in the annual on-call Bulky Goods Pick-Up. Clear out these materials from your garage or backyard and deliver them to DSTS for processing, recycling, and diversion from landfill!

CASTRO VALLEY SANITARY DISTRICT
Effective Environmental Services since 1939
510-537-0757 | www.cvsan.org



This ad was funded by WM Collection Events

Reports: Two Cases of Domestic Assault

continued from page 3

of possession of two counts of methamphetamine, and illegal drug paraphernalia. Deputies caught up with the woman outside a meeting hall on Crow Canyon Road near Castro Valley Boulevard. The woman was also wanted as part of a warrant issued for her capture. Deputies took the woman to Santa Rita Jail pending \$5,000 in bail.

Date Night Fight Lands Couple in Jail

Wednesday, March 21: at 12:13 a.m., a 911 call sent deputies to an apartment on Center Street near Grove Way. There, they arrested a 23-year-old woman and a 28-year-old man from Castro Valley on suspicion of assault on a family member. Deputies report that they could not determine which of the two was the primary aggressor, so

they took both parties into custody. Both suspects were also wanted as part of a warrant for their arrest. Deputies took the couple to Santa Rita Jail pending \$50,000 apiece. The argument reportedly started because the man got into an argument with the woman's new husband and the husband's friend for staying at the residence.

Domestic Assault

Wednesday, March 21: at 5:18 a.m., a 29-year-old man from Castro Valley was arrested on suspicion of assault on a family member. Deputies were called to the scene after an anonymous tip about an altercation at a home on Winnifred Drive near Rahlves Drive. The woman was charged with assault and taken into custody.



Tender Loving Care Pet Grooming

25 years Experience

Walk-Ins Welcome

DOG GROOMING: Just
Sm. Dog \$40 / Med. Dog \$45 / Lrg. Dog \$55
Includes: Bath, Haircut, Ear Cleaning, Anal Cleaning, Nail Trimming, Brush Teeth

BATH: Only
Sm. Dog \$25 / Med. Dog \$30 / Lrg. Dog \$40
Nail Trimming Only, \$5 to \$8

CAT GROOMING: \$55 (Exp. 4/30/18)

To make an appointment call:
510-589-6801
Sat. - Thur.: 9am-5pm
Closed Friday

16242 E. 14th Street, San Leandro

Castro Valley Mobil® Gas Station

Must Present Coupon At The Time Of Write-Up.

18950 Lake Chabot Rd.,
Castro Valley
510-888-1334

\$10.00 OFF

STAR Certified

6 Days/Week
Mon-Sat 8:30am-5:30pm

SMOG TEST

5¢ OFF EVERY WED.
Quality Gas At OFF BRAND PRICES!
Reg. & Unleaded Gas

DAVE'S TAVERN TAXI SERVICE

Mon - Sat 7am - 7pm
Off Sunday

Airports & Amtrack Transportation
Open 24 Hours

With Prior Notice



CAB

TO OAKLAND AIRPORT Only \$30

TO/FROM BART \$600 - \$12

TO SF or SJ AIRPORT \$60

510-303-3478