



# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, APRIL 11, 2018

NO. 15

## INSIDE YOUR FORUM

### H&F



**That Gut Feeling**  
If you develop persistent digestive difficulties, you should see your doctor  
**Page 9**

### LIVING



**Here's a Tip**  
These asparagus recipes are so delicious, you'll forget that their healthy  
**Page 10**

### NEWS



**Hard at Work**  
Discover the hardworking woodpeckers of the East Bay this Saturday  
**Page 15**

## INDEX

|                        |    |
|------------------------|----|
| Classified Ads .....   | 12 |
| Community Calendar ... | 4  |
| Crosswords .....       | 14 |
| East Bay Living .....  | 10 |
| Homes .....            | 11 |
| Horoscope .....        | 14 |
| Obituaries .....       | 14 |
| Our Town .....         | 3  |
| Sports .....           | 8  |
| Weather .....          | 2  |

PHONE: (510) 537-1792



PHOTO BY LINDA SANDSMARK

The steady downpour on Friday drenched Castro Valley shoppers and pedestrians around Castro Valley. The powerful storm, which began Thursday night and continued through Saturday morning, boosted local rainfall totals by more than 3 inches.

## MORE THAN 'April Showers'

A subtropical "atmospheric river" of moisture streaming from Hawaii drenched the East Bay with record rainfall from Thursday night through Saturday morning.

Castro Valley recorded more than 3 inches of rain during the storm, bringing the season total to \_\_\_ inches. Some spots in Northern California received over 6 inches of rain.

"This is a very unusual event in

the sense that the rainfall amounts would be more representative of winter and not April," Meteorologist Mike Pechner told the Forum. He said the pounding storm, dubbed the "Pineapple Express," was the result of tropical remnants of a Pacific typhoon.

The steady downpour caused minor flooding and scattered traffic accidents in the East Bay as well as flight delays and three cancellations at Oakland International

Airport.

The storm recharged East Bay Municipal Utility District reservoirs around the Bay and eased drought concerns a bit for next year.

There was not much change in the Sierra snowpack. Rain occurred at higher elevations, but did not melt much of the snow.

Drizzle and showers remain in forecast for Castro Valley today and at times during the next week.

### MAC MEETING

## Church Proposes Tiny Homes for CV's Homeless

By Amy Sylvestri  
CASTRO VALLEY FORUM

A church in town wants to build six "tiny homes" on their property to temporarily house homeless people. The Castro Valley Municipal Advisory Council (MAC) heard their preliminary plans at Monday night's meeting.

"There have been numerous times brothers and sisters come to our door needing blankets," said Pastor Jake Medcalf of the First Presbyterian Church, located next to Trader Joe's. "Sending them out in the cold and wet is hard to do. People are people. Everybody has a name, everybody has a story."

So to help out, Medcalf says that his church operates a warming center for the homeless in the winter, lets people who live in their cars park in their lot for safety, serves 80 to 100 people a free breakfast every Sunday, and lets 30 to 50 people shower in their gym.

But he wants to do more, which is where the tiny houses come in.

The church has received \$200,000 from Alameda County to build the infrastructure of the project – the six small structures, fencing, and security cameras.

The East Bay Municipal Utility District has said they will waive water connection fees and the Castro Valley Sanitary District is offering a steep discount for its services.

Last year, the county estimated that there are about 50 homeless people currently living in Castro Valley, with many in encampments by the creek, but there are no exact figures on the homeless population.

The plan at the First Presbyterian tiny home community would be to allow people to stay in the homes for no more than 18 months, with rent increasing the longer they stay.

They'd start out paying \$200 per month which just covers the upkeep of the home. By the end of the 18-month period, they'd be paying \$800 per month and the

church would take \$200 for expenses and keep the rest in a savings account.

A tenant who stays the whole 18 months would leave with \$6,000 from that saving account to put a deposit on a place of their own.

All tenants would have to undergo a background check and would have to have a job or other source of income in order to live there.

Supervisor Nate Miley was at the meeting to lend his support to the idea, which he said could be used all over the county.

### TOWN HALL MEETING ON TINY HOMES IDEA WEDNESDAY, APRIL 18

"If this works, we want to take this model and use it at other churches throughout the unincorporated areas and the county. We want this to be a model."

But not everyone is thrilled with the idea. A couple of neighbors who live in the area spoke up, saying they were worried the houses would take up already limited parking at the church and lead people to park on the streets and that there would be a lot more traffic in the area.

One woman said she felt it was "shady" that the county would give money to a religious institution in any context.

MAC Chair Marc Crawford said he idea was good but he had concerns about how the infrastructure would function.

"This is a land-use decision for us, this isn't about 'is it worthy?'" said Crawford. "I'm not trying to put a bunch of obstacles in front of it, but I'm not trying to approve it just because it's a good cause."

The tiny home issue was a discussion item only at Monday night's meeting and the MAC made no determination to approve or disapprove the homes.

The First Presbyterian Church will be holding a town hall meeting on their tiny home idea on Wednesday, April 18 at 7 p.m. at their church at 2490 Grove Way.

## Hundreds of Loyal Readers Respond with Subscriptions

To date, more than 1,400 readers of the Castro Valley Forum and the San Leandro Times have purchased Loyal Reader Subscriptions which will enable the two community newspapers to publish advertising not available in the past.

The Forum and Times depend

entirely on ads to stay in business, so the additional revenue will be important as this industry struggles with increasing costs and against the shift in advertising from print to the internet.

On pages 6 and 7 of this week's Forum, you will find the names of subscribers of both newspapers

that were received as of Monday.

Those received after Monday will be printed in next week's edition.

If you subscribed but your name doesn't appear in the list, or if your name was misspelled, please contact the publisher, Fred Zehnder, at fredz@ebpublishing.com



## Castro Valley Weather April 11 - 15, 2018



Wednesday  
Mostly Cloudy  
High 60° Low 45°



Thursday  
Partly Sunny  
High 59° Low 43°



Friday  
Sunny  
High 66° Low 48°



Saturday  
Mostly Sunny  
High 69° Low 48°



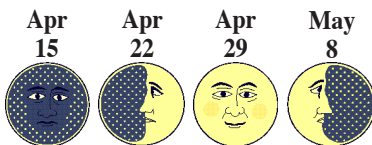
Sunday  
Showers  
High 63° Low 46°

### Almanac



Past Week's Rain: 03.30  
Season To Date: 16.77  
Normal To Date: 20.36  
Season Average: 21.22

### Moon Phases



Sun sets at 7:42 p.m. today, rises at 6:37 a.m. Thursday.

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

## Technology Classes on i-Devices Offered at Castro Valley Library

Do you have a new iPhone or iPad and want to learn more about it?

The Castro Valley Library is offering free classes for adults during the month of April to help you get the most from your mobile device.

(1) iPad/iPhone 101, a two-part class, will be held from 10:30 a.m. to 12:30 p.m. on the Saturdays of April 14 and 21. The two classes will help you get the most from your device. You will learn how

to use screen gestures, customize your device, use Siri, the virtual keyboard, shortcuts, manage and use apps to learn how to surf the web.

(2) There's an App for That! Saturday, April 14, 1:30 p.m. to 3:30 p.m. get to know the most popular and useful apps that come on your iPhone or iPad. Learn how to download, install and use new apps from the App Store to make your iPhone/iPad experience rewarding and fun.

(3) iPad/iPhone Tips & Tricks, Saturday, April 21, 1:30 p.m. to 3:30 p.m. Discover many of the hidden features you didn't know existed! Easily learn these useful tricks to help enhance your iPhone/iPad experience. There will be time for Q & A.

Bring your fully-charged device, iTunes credentials and device passcode to class.

Registration is required. Register at the Library Information Desk or call 510-667-7900.

## Two Elementary Schools Receive Awards

Two Castro Valley elementary schools – Independent and Proctor – have received the 2018 California Distinguished Schools Award.

Known last year as the Gold Ribbon Award, it recognizes schools that have made significant gains in implementing the academic content and performance

standards adopted by the State Board of Education.

The achievements included standards for English Language Arts and Mathematics, California English Language Development Standards, and the Next Generation Science Standards.

Superintendent Parvin Ahmadi congratulated the students, staffs

and families of the two schools.

"This recognition is the result of strong focus on student achievement, teaching and learning, support services available to students, and wonderful parent involvement," Ahmadi said.

For more information, please visit [www.cde.ca.gov/nr/ne/yr18/yr18rel24.asp](http://www.cde.ca.gov/nr/ne/yr18/yr18rel24.asp)

## 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. 4/30/18

**1 Mo. Free in APRIL 2018**  
when you join early.

Go To OUR Website  
See Our Club's Features List  
[WWW.BOVSWIM.COM](http://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 APRIL 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

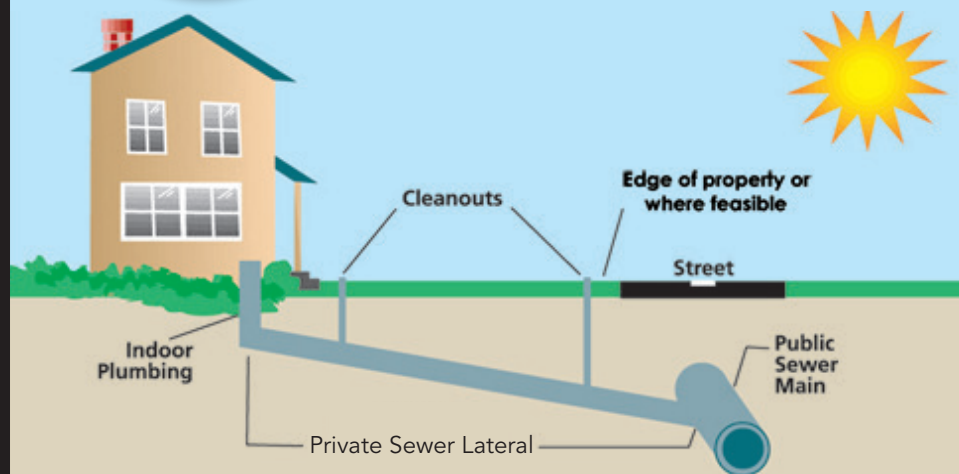
Membership includes the whole family  
up to 6 members. Lockers \$9.

Located on corner of 1881 Astor Dr. & Lake Chabot Rd., San Leandro

**510-357-8366 • email: [swim@bovswim.com](mailto: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 town hall 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 or replaced, 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](http://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](mailto:natalie@cvsan.org).

**CASTRO VALLEY SANITARY DISTRICT**

Effective Environmental Services since 1939

510-537-0757 | [www.cvsan.org](http://www.cvsan.org)

This ad was funded by WW Outreach







PHOTOS BY AMY SYLVESTRI

## Protecting Our Water Supply

East Bay Municipal Utility District last week demonstrated the quake-resistant plastic transmission pipes it has been installing over the past few years to replace old cast iron water pipes. Above, one of the new flexible pipes was draped over a loading dock bay and was bent more than five feet by heavy equipment only to spring back (below) to allow water to continue to flow through it.



## Candidates Sought for CV School Board

The Castro Valley Teachers Association (CVTA) will interview potential candidates for the Castro Valley Unified School District Board of Education on May 2.

Two of the board's five seats are

up for election in 2018.

"We hope to interview and support the best possible candidates in the community to serve our students," said Association President Roger Kim.

The CVTA invites potential candidates to schedule an interview by contacting Matt Johanson, chairman of the teachers' political action committee, at matt.johanson@sbcglobal.net.

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



**Illegal Drug Paraphernalia**  
Sunday, April 8: at 2:59 a.m., Sheriff's deputies arrested a 54-year-old woman from Castro Valley on suspicion of possession of illegal drug paraphernalia. The woman was traveling on Watson Street near Redwood Road when deputies stopped her for questioning and discovered her stash. Deputies took the woman into custody.

**One Too Many**  
Saturday, April 7: at 5:54 p.m., a 29-year-old man from San Ramon was arrested on suspicion of public intoxication. Deputies found the man in front of an apartment complex on Strobbridge Avenue near the I-580 Freeway. The man failed his field sobriety test and was taken to a sobering center.

**Wanted Man**  
Saturday, April 7: at 12:57 a.m., deputies arrested a 25-year-old man from CV as part of a court-issued warrant for his capture. The man was at a home on Cortez Court near Wisteria Street when deputies arrived to serve the warrant. He was previously charged with assault on a family member. Deputies took the man to Santa Rita Jail pending \$50,000 in bail.

**Assault on Family Member**  
Thursday, April 5: at 11:36 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Strobbridge Ave. near South Lake Chabot Road. There, the arrested a 39-year-old man from CV on suspicion of assault on a family member, false imprisonment, and resisting arrest. Deputies handcuffed the man and took him into custody. The victim was treated at the scene.

**Can't Stay Away**  
Thursday, April 5: at 6:17 p.m., deputies arrested a 29-year-old man with no permanent address on suspicion of violating a court-issued restraining order. The man was spotted outside a property on Crow Canyon Road just east of the San Ramon city border. Deputies took the man into custody.

**Back to Jail**  
Thursday, April 5: at 12:44 p.m., a 36-year-old man from CV was arrested on suspicion of public intoxication and violating the terms of his probation. Deputies spotted the man outside a home on Heyer Avenue near Holland Place. The man was positively identified but failed his field sobriety test. Deputies took the man into custody.

**Stolen Property and Animal Tranquilizers**  
Thursday, April 5: at 2:40 p.m., deputies arrested a 49-year-old woman from Castro Valley on suspicion of possession of stolen property and possession of animal tranquilizers without the proper licensing or prescription. The woman was hanging out in a parking lot near an animal hospital on Castro Valley Boulevard near Stanton Avenue when deputies stopped her for questioning and discovered her stash. The woman was taken into custody.

see **REPORTS** on back page

## Help Sought in Cold Case

The Alameda County Sheriff's Office is seeking the public's help in solving a cold case homicide which occurred on April 4, 2005.

Kente Jones, 24, was shot and killed outside of the Quart House Liquors at 22596 Center Street near the Castro Valley border.

Jones was rushed by ambulance to Eden Hospital but did not survive his injuries.

Witnesses observed two black

men assaulting Jones in the liquor store parking lot next to his vehicle and, during the altercation, saw one of the men fire multiple shots at Jones before feeling the scene.

The Alameda County Sheriff's Office is asking anyone with information about the crime to call their cold case homicide unit at 510-667-3661 or you can call the department's anonymous tip line at: 510-667-3622.

## O'BRIEN AFTER-HOURS URGENT CARE

NEW EXTENDED HOURS: M,T,T,H,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 Eden Hospital

## U.S. AIR FORCE BAND OF THE GOLDEN WEST

presents two free  
**Concerts**  
by the  
**Travis Brass**

Tuesday, April 17 • at 7 p.m.  
All Saints Episcopal Church, 911 Dowling Blvd.,  
San Leandro, CA

Monday, April 23 • at 7 p.m.  
Bothwell Arts Center, 2466 8th St.,  
Livermore, CA



For more information, visit the Appearances page on the USAF Band of the Golden West website.  
[www.bandofthegoldenwest.af.mil/events/index.asp](http://www.bandofthegoldenwest.af.mil/events/index.asp)

## Get Up-Lifted!

ALL LIFT CHAIRS \$449  
NOW ON SALE...

& UP

**SPECIAL SAVINGS  
ON CURIOS**

Variety of Styles & Finishes  
to Choose From

**AREA RUGS, LAMPS  
& ACCESSORIES ON  
SALE NOW!**



**Dupree's  
FURNITURE**

"Make your house a Dupree's home"  
44 Years Experience  
1900 E. 14th St. • San Leandro  
**357-3000**  
[www.Duprees-Furniture.com](http://www.Duprees-Furniture.com)

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



## LARRY ROSA PHOTOGRAPHY

**WEDDINGS  
EVENTS  
PORTRAITS**

Booking for 2018

**Rosafoto.com**  
**415.860.2860**



## The Week Ahead

### ● Thursday, April 12: School Board Meeting

The Castro Valley Board of Education will hold a regular open board meeting starting at 7 p.m. tomorrow in the Boardroom at the Castro Valley School District, 4400 Alma Avenue. It will include proposals regarding collective bargaining agreements with the Castro Valley Teachers Association. The agenda and complete board packet are available at [bit.ly/CVUSDBBoardMeetings](http://bit.ly/CVUSDBBoardMeetings)

### ● Thursday, April 12: Redwood 4H Open House

Redwood 4H will hold an Open House for boys and girls ages 5-18, at 7 p.m. tomorrow at the Canyon Middle School Cafeteria, 19600 Cull Canyon Road in Castro Valley. We teach leadership, teamwork, public speaking and life skills through various projects like rocketry, camping, cooking, drama, hiking, and through animals as well.

### ● Friday, April 13: Tip-A-Cop

Support the Northern California Special Olympics East Bay Region by tipping Alameda County Sheriff's Office volunteers who will be celebrity waiters from 6 to 9 p.m. this Friday at the Elephant Bar Restaurant, 24177 Southland Drive in Hayward. For more information about the Special Olympics, visit [www.sonc.org](http://www.sonc.org) or call 925-944-8801 x224.

### ● Saturday, April 14: 'Dalton Gang' Bocce Bench Dedication

Because of storms on April 9, the dedication of a bench honoring the "Dalton Gang" bocce team has been rescheduled to this Saturday at 10 a.m. at the Adobe Park Bocce Courts in Castro Valley.

### ● Saturday, April 14: Hearing Loss Association Meeting

Dawn Abrahamson, from the Canine Companions for Independence Center, will discuss how to get a Hearing Ear Dog to alert the owner to a variety of sounds, at this Saturday's meeting. Refreshments at 9:30 a.m.; Program at 10; Oakland Kaiser Permanente Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. Park free on Saturday in garage across Howe. [athos.artist@att.net](mailto:athos.artist@att.net) or call Kay at 510/886-4717.

### ● Saturday, April 14: Working Woodpeckers

Come discover the hardworking woodpeckers of the East Bay at an adult nature program from 2:30 to 4 p.m. this Saturday at the Sulphur Creek Nature Center, 1801 D St. in Hayward. A woodpecker's job is unending – climbing trees, eating insects and providing habitat for other wildlife. Space is limited and advance registration (\$18) is required. Visit [www.haywardrec.org](http://www.haywardrec.org) for info or to register.

### ● Sunday, April 15: Screening: "One Survivor Remembers"

The Castro Valley Community Alliance and the Library, will be hosting "One Survivor Remembers," the story of Gerda Klein's account of surviving the Holocaust as a child, at 2 p.m. on April 15 at the Castro Valley Library, followed by a panel discussion of the Holocaust, antisemitism, and how these issues impact members of the community. Come early to visit Iris Bendahan's Exhibit: Chaim. For more information, visit [sites.google.com/cv.k12.ca.us/cvcommunityalliance/home](https://sites.google.com/cv.k12.ca.us/cvcommunityalliance/home)

### ● Monday, April 16: Deadline to Register for Earth Day Events

Register online at [www.cvsan.org/ED](http://www.cvsan.org/ED) by next Monday to participate in CVSan's Earth Day events that will take place on Saturday, April 28, following a free breakfast. Earth Day clean-ups will be held at various locations in Castro Valley.

### ● Monday, April 16: Municipal Advisory Council Meeting

The Castro Valley MAC will hold a land-use meeting at 6 p.m. next Monday at the Castro Valley Library. The agenda includes an update on HARD's Master Plan and the status of Stanton Elementary School Safe Routes to School Program. For the agenda, visit [acgov.org/bc/cvmac](http://acgov.org/bc/cvmac)

### ● Monday, April 16: Registration Opens for Ohlone for Kids

Ohlone for Kids and Teens Summer Enrichment Program is gearing up for another season of learning with more than 300 class offerings at high schools in Fremont and Newark beginning June 25 and running through Aug. 2. Registration opens at 9 a.m. on Monday, April 16 at [ohloneforkids.com](http://ohloneforkids.com). For more info, call 510-979-7597.

### ● Tuesday, April 17: Buon Tempo Family Dinner

Everyone is invited to the Buon Tempo Italian/American Club family dinner at 7 p.m. on April 17 in Mt. Tabor Hall at Transfiguration Church, 4000 E. Castro Valley Blvd. Chef Lisa Briones will be serving a 6-course dinner featuring canelloni, dessert and carafes of red and white wine. Happy hour at 6:30. The dinner is \$15 for members, \$20 for others. Reservations are required by Friday April 13 and may be made by calling 510-483-6929. For information about upcoming events and/or membership, visit [www.buontempoclub.org](http://www.buontempoclub.org).

### ● Tuesday, April 17: Legislation Impacting Castro Valley

The Rotary Club of Castro Valley will host Carolina Salazar, District Director for Assemblyman Bill Quirk, and Michael Kusiak from Castro Valley Matters will provide an update on Assemblymember Quirk's legislative agenda and how impacts Castro Valley at next Tuesday's meeting from noon to 1:30 p.m. at Redwood Canyon Golf Course, 17007 Redwood Road, Castro Valley. Reservations for lunch (\$20) must be made by 9 a.m. on Monday by contacting Rotary President Jim Negri at 650-996-9173 or [ciaojim\\_cvrotary.org](mailto:ciaojim_cvrotary.org). More information is available at [castrovalleyrotary.org](http://castrovalleyrotary.org).

### ● Tuesday, April 17: Escalation Workshop

More than one-in-three women, and one-in-four men will experience relationship violence in their lifetime. Watch a screening of "Escalation," an engaging film that transforms the way we view and discuss unhealthy relationships, during a workshop from 6 to 8 p.m. on April 17 at the Castro Valley Library. This free event, sponsored by the AAUW and the Library, will teach you to recognize the signs and show how to start a conversation that could save a life. No reservations required. For info call 510-667-7900, or see Events at [www.aclibrary.org/branches/CSV](http://www.aclibrary.org/branches/CSV).

### ● Wednesday, April 18: Castro Valley Women's Club

A handmade greeting-card demonstration will be part of the monthly Castro Valley Women's Club meeting at 1 p.m. on April 18 at the Clubhouse, 18330 Redwood Road. For more info, or if interested in joining, visit [castrovalleywomensclub.weebly.com/](http://castrovalleywomensclub.weebly.com/) or [facebookwww.comcvwc](https://www.facebook.com/cvwc) or call 510-461-7692.

### ● Thursday, April 19: Free Forum on Prop. 13

The League of Women Voters Eden Area will host a forum from 6 to 7:30 p.m. on April 19 in the Hayward City Council Chambers on Prop. 13— approved by voters in 1978 to limit increases in property valuations. A loophole allows big businesses to pocket billions of dollars annually. For more info, email [freemyheart@yahoo.com](mailto:freemyheart@yahoo.com)

### ● Saturday, April 21: Soroptimist Garage Sale

Help us to help our community at the Soroptimist International of the East Bay fundraiser Garage Sale from 8 a.m. to 4 p.m. on April 21 at 3841 Somerset Ave. in Castro Valley. Come and enjoy a shopping experience – clothes, tools, kids' stuff, household good and treasures, while knowing your purchases will help others. For more information, call 510-593-7377.

### ● Saturday, April 21: Ethnic Dance Festival

Eden Area Interfaith Council presents a festival featuring Folk Dances of North India: Gidda, American Square Dancing, Odissi Dance: Classical Dance of North India, and Jewish Folk Dancing (with audience participation), with international vegetarian cuisine, from 3 to 6 p.m. on April 21 at First Presbyterian Church, 2490 Grove Way, Castro Valley. Get tickets (\$20, \$35 families up to 4) at [brownpapertickets.com/events/3370423](http://brownpapertickets.com/events/3370423) or at the door. Proceeds support the Eden Area Interfaith Council. For info, email: [info@edeninterfaith.org](mailto:info@edeninterfaith.org)

### ● Tuesday, April 24: CVSan Town Hall on Sewer Inspections

The Castro Valley Sanitary District will hold a public town hall meeting from 6 to 8 p.m. on April 24 at the Castro Valley Library on the proposed Private Sewer Lateral Program which would require all properties built more than 20 years ago within the district's boundaries to have their sewer laterals inspected and – if necessary - repaired or replaced, when the property changes hands. Visit [www.cvsan.org/PSL](http://www.cvsan.org/PSL) for more information on the program.

## Arts & Entertainment

### CASTRO VALLEY CENTER FOR THE ARTS

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

● "Guys and Dolls," the Tony Award-winning musical, will be presented by Castro Valley High School's award-winning drama and music departments at 7 p.m. on April 20, 21, 27, 28 and at 2 p.m. on the Sundays of April 22 and 29, at the Castro Valley Center for the Arts. For tickets (\$15, \$20), 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 through May 6. For tickets (\$25, \$20), visit [chanticleers.org](http://chanticleers.org) or call 510-733-5483.

● "Death by Design," a comedy-mystery with surprising twists, is being presented by the San Leandro Players running through May 6 at the San Leandro Museum/Auditorium, 320 West Estudillo Ave. Show times are Saturdays at 8 p.m. and Sundays at 2 p.m., plus two Friday shows at 8 p.m. on April 27 and May 4. For tickets (\$20, \$15), visit [www.slplayers.org](http://www.slplayers.org)

### 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 through May 25.

● PhotoCentral Spring Exhibition, featuring photographs by the friends, patrons, and students of PhotoCentral, and showcasing the work of artists throughout SF Bay Area and beyond, opens with a public reception from 2 to 5 p.m. on Saturday, April 28, at the gallery at 1099 E Street in Hayward. PhotoCental is an outstanding facility for the dedicated photographic artist, with classes, workshops, darkrooms, digital workstations and matting facility. Upper Gallery Hours are Mon-Fri 9-5, Lower Gallery, Mon 5-10. For more info, visit: [www.photocentral.org](http://www.photocentral.org).

● 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](http://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](http://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

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

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

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

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

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

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

Mary Florence, Advertising Sales  
861-3270 [Mpominville4582@aol.com](mailto:Mpominville4582@aol.com)

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

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

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

#### Reporters & Writers:

Linda Sandsmark

Michael Singer

Gene Osofsky

Carl Medford

Terry Liebowitz

Linette Escobar

Thomas Lorentzen

Buzz Bertolero

### REGULAR GOVERNMENT MEETINGS

• Castro Valley Municipal Advisory Council (MAC) meets on land-use issues on the 2nd and 4th Mondays of the month, and holds general purpose meetings on most 3rd Mondays. Meetings are at 6 p.m. at the Castro Valley Library Chabot Room, 3600 Norbridge Avenue.

• Castro Valley School Board usually meets at 7 p.m. on the second and fourth Thursdays of the month at 4400 Alma Ave.

• Castro Valley Sanitary District (CVSan) meets at 6:30 p.m. on the first Tuesday of the month at the District Headquarters, 21040 Marshall St.

• Alameda County Board of Supervisors meets every Tuesday at 10:45 a.m. in the Supervisors Chambers in Oakland.

Free Estimates



15% OFF For New Customers

**Hardscape & Landscape**  
**SPECIALIZING IN:** 20 Years of Experience  
 • Concrete  
 • Pavers  
 • Brick & Flat Stone  
 • Landscape Installation  
**925-208-9916**  
**San Leandro**  
 Lic. #1030560



# Support Your Local **MERCHANTS**

## Chabot Haircuts



**Men's Hair Cuts \$12**  
**Women's Hair Cuts \$17**

Walk-ins Welcomed  
No Appointment Necessary  
Tues.-Fri: 9am-7pm • Sat & Sun: 9am-6pm  
Closed Monday

**510.582.2151**  
20392 Lake Chabot Rd.,  
Castro Valley

Across from Eden Hospital & Professional Bldg.

Call me and  
we will get  
started on  
selling your  
home in  
Castro Valley  
**TODAY!**



**Serean Kimmel** Realtor®  
**510.512.2145**  
BRE# 01770629  
www.sereankimmel.com



## DAVE'S TAVERN TAXI SERVICE

**Mon - Sat 7am - 7pm**  
**Off Sunday**  
**Airports & Amtrack Transportation Open 24 Hours**  
With Prior Notice



**TO OAKLAND AIRPORT ONLY \$30**  
**TO OR FROM BART \$600 - \$12**  
**TO SF or SJ AIRPORT \$60**

**510-303-3478**

## Upper Grove Way Auto Repair

Bring this ad in for  
**10% Off LABOR**  
For Services of \$100 or more.

**CARMEN & JORGE ARE BACK!**

- Brakes • Diagnostic • Check Engine Light • Smog Test & Repairs



Since 1959  
**2932 Grove Way, Castro Valley**  
Hours: Mon. - Fri. - 8 a.m. to 5 p.m.

## R&J QUICK CLEAN CENTER

2522 CASTRO VALLEY BLVD • 510-581-9797

### LARGE & CLEAN Laundromat with:

- 16Lb., 25Lb., 50Lb. & 65Lb. commercial washers (Great for Bedspreads, Sleeping Bags, & Blankets!)
- Attendants Present
- Monitored Surveillance
- Free Wifi Internet
- Self-Service Pressing Station



**ANYTHING**  
Dry Cleanable  
Clothes, Drapes  
& More!

**Washed & Dry Services**  
• Sleeping Bags  
• Bedspreads  
\$14 - \$24  
• Blankets

**\$4.50**

Same Day Service  
When Available

**NOW OPEN 7 DAYS! 8am-8pm**

## Rose Motorcars

### AUTO DETAIL SPECIALS!

Starting At:

**\$49 WAX & POLISH**  
**\$99 EXPRESS DETAIL**  
**\$49 ENGINE CLEANED**  
**\$99 PAINT TOUCH-UP**  
**\$49 CARPET SHAMPOO**  
**\$149 MINI DETAIL**  
**\$199 EXTERIOR PLUS DETAIL**



**510-400-6042**

M-F: 10am-7pm/Sat: 10am-7pm • Sun: 11am-5pm  
2806 Castro Valley Blvd., Castro Valley

www.RoseMotorcars.com

## Lu Ann Boyce



Nail Care  
Specialist  
at Sola

FEATURING:

- ION Detoxifying Foot Cleanse
- Premium Hygiene Pedicures
- Complete Nail Care

Phone for Appointment: 510-918-7639

luannboyce@yahoo.com

**SOLA SALON STUDIOS**  
21060 Redwood Rd., Ste. #3  
Castro Valley, CA

Established in 1952



## DON'S Body Shop

- Insurance Specialists
- Free Estimates
- Lifetime Warranty
- Towing Available

**FREE Headlamp Polish**  
With Repairs

**(510) 581-2611**  
2944 Grove Way, Castro Valley  
Hours Mon. - Fri: 8a.m. - 5p.m.

## Thinking About Buying Or Selling Real Estate?

Put Ken's 35+ years of local professional experience to work for you!

Call Today

**Kremer & Company**

REALTORS®



**Ken Kremer**

CRS, GRI, e-Pro, ABR, SRES

**510-881-7000**

www.KremerCompany.com

BRE# 00550782

## ABC MUSIC

WWW.ABCMUSICCASTROVALLEY.COM

- Sales, Rentals & Repairs For All Instruments
- Private & Group Lessons For All Instruments, For All Ages
- One FREE LESSON with the Purchase of Guitar or Ukulele

**537-1861**  
3145 Castro Valley Blvd.

## ESCROW SERVICES

We are committed to offering our Clients the most comprehensive variety of Escrow Services available.

- For Sale by Owner
- Residential
- Refinance
- Private Financing
- Bulk Sale/Business Sale
- Liquor License Transfer
- Mobile/Manufactured Homes
- Document Preparation
- Notary & Recording Services

Call:  
**510-247-0741**

19131 Redwood Rd.,  
Ste. E & F, Castro Valley  
www.redwoodescrow.net

**Redwood Escrow Services, Inc.**

## VALLEY HAIR & NAIL DESIGN



Clean, Fun, Well  
Established Salon

**WANTED - 2 Hair Stylists**  
**2 Nail Techs - Skilled in**  
**sculpted nails & pedicures**  
**Experienced only**

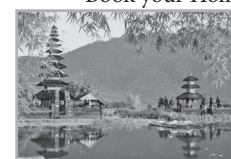
**Please Call 510-581-6528**  
3300 E Castro Valley Blvd.,  
Ste. E - Castro Valley

## Sayang Holidays

Your Passport to the Loveliest Places on Earth

Contact your local Travel Agency located in the Castro Valley Village to plan your next vacation. We can custom design your entire vacation based on your choice of hotels, International flights and pace of tour. Our friendly and dedicated team of destination experts are ready to serve the Castro Valley community.

Book your Holiday Travels now!



Destinations: Thailand Indonesia India Myanmar Vietnam Cambodia Laos Hongkong Singapore Philippines Bhutan Japan South Korea Malaysia Maldives Nepal Taiwan Tibet Sri Lanka

For More Information please call us at (510) 582-8800  
or visit our website [www.sayangholidays.com](http://www.sayangholidays.com)

C.S.T. 2074931-40



**ST. FRANCIS**  
**URGENT CARE**

**510.780.9400**

1649 INDUSTRIAL PARKWAY WEST  
HAYWARD, CA 94544

WWW.STFRANCISURGENTCARE.COM

**OPEN 7 DAYS A WEEK**

- PHYSICAL EXAMINATIONS (IMMIGRATION, DMV, EMPLOYMENT, SCHOOL, SPORTS)
- VACCINATIONS
- CARE FOR INJURIES (LACERATIONS, NECK & BACK, SPRAINS & FRACTURES, SPLINTING, ETC)
- INFECTION CARE (SINUS, EAR INFECTIONS, UTI) AND CARE FOR RESPIRATORY AILMENTS

- LAB TESTING/ SCREENINGS
- GENERAL MEDICAL CARE
- MINOR BURNS
- STD TESTING
- X-RAY SERVICES & EKG
- OCCUPATIONAL MEDICAL SERVICES
- WORKERS COMPENSATION

**HOURS**

**Mon. - Fri. 10am-8pm**  
**Saturday 9am - 5pm**  
**Sunday 10am-2pm**

**No Appointment Needed, Just Walk In**

Walk-in services are available for adult and pediatric patients.

Majority of Insurances Accepted

Discount Pricing for Cash Pay Patients



# Thank You Loyal Subscribers

Erma Smith  
Barry Miller  
Janet Meissner  
Virginia Christensen  
Barbara Jackson  
Karen Robertson  
Laura Michael-Cady  
Connie M Dias  
Coralyn K McGregor  
Ms. Robin Lunghi  
Gholam H. Jorjanitte  
Chris Selig  
Anthony Degroot  
Kristin Morch  
Jan Karlson  
Robert Harley  
John L. Hinkley  
Elsie Hinkley  
Steve Platt  
Joe Farias  
C. Beck  
Jerry Fontes  
Mary Warga  
Dolores Fernandes  
Virginia Degner  
Milagro Gregoris  
Pam Meyer  
Larry Vanderbilt  
Marie Austin  
Sharon Holmes  
Kathleen Clayworth  
Mi Eisenberg  
Jonathan Schumann  
Terry Liebowitz  
Mathew Liebowitz  
Dr. David Berke  
Bruce W. SAorel  
Kathy and Howard Appell  
Donald & Gina Yoffe  
Pauline Butler  
Blair S. Barnett  
Estelle Raderman  
Bruce Thompson  
S. and T. Swearengin  
Beverly J. Lindsay  
Shirlee Diamond Lustig  
Richard A. Purdee  
Ms. Yolanda Maldonado  
Christine Hussain  
Stephanie Shell  
Ilya Taran  
Ann Blank  
Lillian Kline  
Diane Dodd  
Dolores Barclay  
Patricia Benedetti  
Melinda DeGuzman  
Dorothy Santos  
Peggy Maurer  
Lucile De Soto  
Jo Loss  
Connie Borgerson  
Elaine Carvin  
Steve Lewis  
Jacqueline Kolm  
Rita Ronke  
Kennedy Golden  
Rose Finsch  
Mary Ann DeGrazia  
Karolyn Burkhart-Schultz  
Kathy Catanho  
Sandy Wigand  
Thomas Griep  
Ellen Kefer  
Ron Murray  
Kathryn A Lacy  
Martie Way Warmuth

David H. Warmuth  
Georgina Beyer  
Nellie Wang  
Lori O'Brien  
Mrs. Rose Mary Wiedeman  
Sharon P. Atkinson  
Adrienne Funnell  
Walsh  
Margaret Winkenbach  
Howard Hornig  
Shirley Fleming  
Carolyn Nystrom  
Marjie Nannini  
Jack T Dexter  
Cathy Purchio  
Margaret Canning  
Joanne Law  
Warren G. Galvin  
Wilma Glaess  
Maureen Richardson  
Barbara Lang  
Velma Sala  
Carol Ray  
James Ruebling  
Elaine Johnson  
Kenneth Hill  
Mark Perkins  
Kathleen Johnson  
Mike Folger  
Peter Post  
Ralph Yarnal  
Patricia Land  
Mellie Kakarigi  
Claudia Casson  
Judy Swanson  
Kate Hardwig  
Wayne Ainsworth  
James Holien  
Patricia DeWolk  
Katherine Devine  
Claudette DuPuis  
Cathy Althoff  
Sandra Hudgens  
Linda DeGusta  
Alan Cook  
Lydia Anderson  
Michelle Kapna  
Patricia Barker  
Cindy Carbonetti  
Danielle Wikler  
Beatrice Keegan  
Suzanne Williams  
Jo Cappa  
Gera Jorgensen  
Bruce Hammond  
Martha Soto  
Stephanie M. Bigelow  
Richard C. Ackerman  
Steven Rosenberg  
Tom Atkins  
Brenda Gianni  
Eugenia Szasz  
Ursula Seifert  
Brian L. Barber  
Len Herrero  
Laurel Herrero  
Don Markos  
Carol Markos  
Burt Rigley  
Pansy Lam  
William Eckes  
Erasmo Elias  
Margaret Cardoza  
Sandi Langstaff  
Linda Davis  
James Krysiak  
Leanne Johnson

Mike Van Houten  
Bev Cherkoff  
John Silva  
Vicki Stadelman  
Jeanne Dee Sartain  
Elizabeth Anhorn  
Mal May  
Paul Ambrose  
Robert Maddow  
Vallorie Kalos  
Steve Kalos  
Michael and Irma Ramos  
Mike Ostrowski  
Lisa Gentilen  
Pat Vanerwegen  
Larry & Deborah Walther  
Abel Garcia  
Ms Patricia Richardson  
Ruby Kuritsubo  
Joyce M. Chen  
Daniel H. Jow  
Jean E. Mitchell  
Barbara S. Meyer  
Mr. Millard Bi;ings  
John Santos  
Linwood L. Smith, JR.  
Kim Supriano  
Evelyn A. Mederos  
Katherine Endo  
Jean Bridgeman  
Carolyn Cady  
Elina K. Leis  
Robert Berio  
Desmond Fenelon  
April M. Stewart  
C. L. Gaffney  
Nancy L. Villarreal  
Sharon & Richard Reyes  
Elaine S. Hammer  
Richard Crane  
Kathy Green  
John Gouveia  
Vandana Makker  
Carrie OBoyle  
Penelope Drake  
Dale Davis  
Carla childers  
Larry Brewer  
Kevin Cooper  
Tazeen Mahtab  
Judith Shull  
Robert Valentine  
Kevin Scarbery  
Sharon Suzuki  
Gail Davies  
S McCoin  
Kurt Forsgren  
Nicholas Everson  
David Martin  
Denise Walters  
Susan Hall  
Joanne Lauer  
Ralph Holcombe  
Gayle Fahrbach  
Bradley Fritchman  
Cyril Vierra  
Donna Dernier  
Sharon Sagan  
Bethjoy Borris  
Sylvia Medeiros  
Marilou Ekholm  
Joni Figueroa  
Philip Girata  
Michael McCarthy  
R Lee  
William Magor  
Jonas Mok

Richard Rogers  
Michelle Niksich  
Kathleen Moisan  
Debbie Dommaschk  
Tony Huynh  
Matthew Bigler  
Bryan Daylor  
Mark Stafford  
Debbie Pfisterer  
Kristen Cinco  
Ben Warwick  
Susan Martin  
Kimberly Peterson  
Dorothy Moura  
Terry Downs  
Sid Ward  
Lydia Osias  
Molly Heekin  
Zelda Penton  
Denise Cooper  
Marie McGraw  
Jeanne Fazio  
Teresa Friend  
Bay East Legacy & Assoc.  
MaryEllen Reed  
Thomas Graves  
David Madej  
Donald Ratto  
Bruce Johnson  
Monique Pinkney  
Christine Wise  
Michael Gonzales  
Wendy Oglesby  
Cynthia Barclay  
Robert Snider  
Adrienne Osborne  
Robert Mayeda  
Mary Minor  
James Kramm  
Suzanne Arens  
Amy Powers  
Carl G. Owens  
Janice A. Nogle  
Colleen Lane  
Doris Shaw  
Barbara Wiles  
Yolanda Selmeczeki  
John Gray  
Theresa Chan  
Karen Stephens  
Pamela Gillespie  
Steve Helton  
Cheri Carson  
J. E. Harper  
Norma Ehlers  
Donald Anzilotti  
Mr. Jason Mass  
Patricia Lindsay  
Sharon Villarreal  
Jack Edwards  
Barbara J. Carrieria  
Elizabeth Dennett  
Leo L. Tuttle  
Susan Hersch  
Jan Ozuna  
Ray & Robin Parenti  
Lester & Luci Adams  
Carol Ann Davis  
Pat Alga  
Scott & Vicki Kinaman  
Christine Fussell  
Patricia Hood  
Susan Negrin  
Susan Simpson  
Jon Ilgen  
Jay Morgan  
Linda Boyce

Ken Wright  
Winnie Wright  
Doreen Minter  
Elizabeth Enoch  
Sallianne Dale  
Ken Owen  
Ronald Ingram  
Jennifer Baria  
Geoffrey Gomes  
Bill and Jodi Davidson  
Earlene Jensen  
Eiichi Nakamura  
Lilli Hart  
Mrs. Roberta Champion  
Mr. Edwin and  
La Grange  
Matilda Toda  
Ting Fun Kim  
Richard Cassimus  
Carol Sublett  
Robin Robello  
Doris Short  
Maria Mc Partland  
Mrs. & Mrs Al Murdach  
Jane Kraut  
Terry King  
Steve Miranda  
Isabe Gryer  
Connie Medeiros  
Rhonda Steiner  
Katherine Bovee  
Grace Dickson  
Sally Clausen  
Virginia Layton  
Lena Calvert  
Barbara Bass  
Linda Barbaro  
Mike Barbaro  
Shirey Thornally  
Carolyn Sowa  
Barbara Barklind  
Norma Coldren  
Carol Reid  
Nancy Duman  
Stephanie Dorwad  
Jo Anna Collins  
Larry Lawton  
Scott Rasmussen  
Jerald Kitchel  
Alicd Kitchel  
Lois Pickett  
Janice Loudon  
Mel Ashford  
Patricia Jacobson  
Ann McClure  
Gerald Rapoport  
Margaret Sluus  
Kathleen Fogle  
Patricia Grasso  
Eden Medical Center  
Mr Lyle j Bogue  
Lawrence Gregori  
Faye Hook  
Teresa Hulten  
Robinson / Metzger  
Frances Horn  
Leta J. Schmitt  
Cheryl Pierson  
Richard E. Toney  
Steve Dyer  
Eleonora Scarpati  
Elvira Lewinsky  
Joann Reitan  
Brian Chou  
Donna Bouchia  
Jay Woidtke  
Abel Ferreira

Chris Fischer  
Daniel Maycock  
Ravi Bagai  
P.J. Vaughn  
Robert Shayler  
Pamela Lowe  
Carol Oakley  
18962 Marciel Court  
Shreya Singh  
Priscilla Andersen  
Margaret Sweeny  
Zachary Larsen  
Lillian Erickson  
Noreen Lindstrom  
Don Spruance  
Ruby Stanton  
Wayne Stoker  
Shirley Thornally  
Margaret Singson  
Stacey Zezza  
Luz Brown  
Jim Negri  
Margarita Dapkus  
Anglin  
Dwight Perry  
Ceta Dochterman  
Clifton Sherwood  
Gary Bosley  
Virginia Degner  
Dr. Heidi Hausauer  
Gary Howard  
Bruce Johnson  
Murline Monat  
Jeff Moore  
Bill Nott  
Jim Phillip  
Marjorie Ramos  
Randy Vanderbilt  
Carol Wikle  
John Aufdermauer  
Gerry Cockrill  
Carol Dixon  
Redgy Jackson  
Dolores Jackson  
Bill Mulgrew  
Amy Ortiz  
Bob Sater  
Wendy Sater  
Lynne Tierney  
Alexis Maia  
Wendy Sater  
Joanne Young  
Wendy Sater  
Osmond Kuhns  
Mary Wildensten  
Kyeong Wha Hong  
Ann Marie Lindner  
Jim Hiatt  
Terri Haines  
Jeannette Hall  
Arleen Perdue  
Barbara Hoffman  
William Strain  
Debra Hurtado  
Mona Jae Abrahamson  
Doug Dooley  
Ed & Nancy O'Grady  
Mary Barnes  
Fredric Kopperdahl  
Janice Ballard  
Melinda Kanthack  
James Brown  
Paul A. Lim  
YI-Jui Wu  
Mr. Rolf Orser  
Robert & Marie Hess  
Sherrill Mattson



# The Forum and the Times Gratefully Acknowledge Their Loyal Readers

|                        |                              |                          |                       |                            |                             |
|------------------------|------------------------------|--------------------------|-----------------------|----------------------------|-----------------------------|
| Mr. Rolf Orser         | Bonnie Brown                 | Dawne Teske              | Patricia Mazzeo       | Lori Beth Katz             | Peggy Simi                  |
| Robert & Marie Hess    | Leo West                     | Ann Evans                | Rita Millhouse        | Fred Miller                | Ms. Remedios G. Mercado     |
| Sherrill Mattson       | Maureen Mitchell             | Joyce Alarcon            | Dolores Gruenewald    | Denise Music               | Gary and Ellen Sadey        |
| Sue Tavernier          | Tenujo Matsugami             | Susan ChinVon Stade      | Raymond Avalos        | Robert Knoll               | Odette Jacques              |
| Virginia Campbell      | Ann Saccomanno               | Anne Becker              | Sandra Donahue        | Thomas Papka               | Lauro Mercado               |
| Kelly Lee              | Irene Hucks                  | Anna Wong                | Leslie Andrade        | Mary Marshall              | Teri Schlesinger            |
| Mary Cirimele          | Joyce Bass                   | Brad Cattel              | Marilyn Holt          | Daisy Murray               | Mary M. Burke               |
| Robert Cathey          | J. A. Sutton                 | Annabelle Piercy         | Edward Struble        | June Brown                 | J. Brooke                   |
| Kevin Hinkley          | Daniel P. Rogers             | Angus Obi                | Jennie Gisslow        | Rita David-Malig           | Tom & Glenda Fore           |
| Miloe McCall           | Ronald Noriega               | Myrna Jean Thomas        | Pat Crum              | Carol Kane                 | Bella Comelo                |
| Carolyn Mazzanti       | Rochelle A. Ramirez          | Norma J. Imwalle         | Carolyn Eccles        | Aaron Palajac              | Chris Gin                   |
| Sylvia Dekas           | Manuel & Mary Costa          | Minnie F. Viramontes     | Mary Ann Johnson      | Linda Stanley              | Earlene Jensen              |
| Melissa Kiland         | Harjeet & Becky Ghuman       | Douglas Walsh            | Shirley Carey         | A. Steven Jones            | Alanna Yan                  |
| Diane Johanson         | Margaret Pierce              | Janice Doolittle         | Evelyn M. Becker      | Garth Donoviel             | FE Corpuz                   |
| Elizabeth Furlong      | Eldon Brodie                 | Dorothy M. Himango       | Lynda Hartman         | Sheilah Stettler           | Susan Erb                   |
| Fe Montemayor          | 3Martin Ball                 | Charlotte Gerow          | Sherrie Penney        | Lucille Dutra              | Corrin Case                 |
| Halina Niklewski       | Marjorie Kornhauser          | Arlene Lum               | Margaret McCluckie    | John R. Petsche            | Kathy Harris                |
| Lisa Skinner           | George / Kris Brown          | Pamela Ball              | Henry Morones         | Irene Ciarlo               | Denise Bogush               |
| Arline Souza           | Colleen A Nelson             | Nancy Kikuchi            | O. Morones            | Geraldine H. Sampson       | Nida Ward                   |
| Kay Athos              | Jennifer Chang               | Morgan Stout             | Gail Abbate           | Gay Leonard                | Lynn Lin                    |
| Verna Normann          | Bernice sotel                | Maria C. Rocha           | Walter Johe           | Debbie Weinberger          | Mike Focha                  |
| Avis Logan             | Ellen & Ray Bryant           | Antoinette Alcalde       | Kenneth Domingos      | Rosella Jackson            | Jo Ann Silver               |
| Janet Hansen           | Julie A. Moreno              | Loranne Shoptaw          | Sabine Dietsch        | Margaret Kuzmicky          | Carolena Productions Plus   |
| Richard Johnson        | Charlotte A. Theis           | Christine Araneta        | Sandra Headley        | Margaret McLean            | Gilbert Roach               |
| Ken Shivey             | Fred Shinoda                 | Mary E. Schaefer         | Ellen Pelissero       | Irene Pinto                | Lila Roach                  |
| Simonette Mirande      | Mrs Ida Jurado               | Joyce e. Sauer           | Darlene Pasqual       | Diane Meck                 | Sharon L. Souza             |
| Robert Allen           | Charles Kelly                | Erma Lazzereschi         | Olga Bustillos        | Stacy Sterling             | Phil Wilders                |
| Yvonne Yu              | Marion Morgan                | Norma Powers             | Robert Rett           | Howard Beckman             | Janet Plankenhorn           |
| Toni Tingle            | Paul Ortiz                   | Rosalie Y. Chan          | La Vern Vales         | Opal Porritt               | Gary E. & Caryl Ann Symons  |
| Margaret Robideaux     | Mr. George Dini              | Barbara J. Mantle        | Helen Feick           | Marisela Castro            | Michelle Fugere             |
| Terri Neumann          | Nancy Morris                 | Cecilia Mafnas           | Matilda Clark         | Ellen Wang                 | C. J. Lee                   |
| Betty R. Quadros       | Carrolyn Bryant              | Brian Barber             | Leroy Robinson        | Donna Wang                 | Martha SchnorrTerri         |
| Esther L. Collier      | Jose R. Contreras            | Ruth DeBone              | Barbara Robinson      | Wendy Spector              | ZugnaniMark W. Witcher      |
| Mr Alfred F Boe        | Grant Gladman                | Virginia Harkins         | Catherine Guntrum     | Ms Geraldine Mellen        | All Saints Episcopal Church |
| Gail L. Conley         | Marge GladmanJoan            | Pelton Center Barbershop | Bruce Guntrum         | Patricia Quant             | Bob Burr                    |
| Howard b Isham         | Gerholdt                     | Barbara Sanford          | J. M. Belmondo        | Antonio Preciado           | Casandra A. Burr            |
| Paula J. Lundberg      | Janeth Marshall              | Barbara Han              | Shirley Carlson       | Muriel L. Morr             | Nancy Ardell                |
| A. E. Garcia           | Florence Dear                | Ernest M. English        | Sandra Young          | Ralph Martin               | Laurel Marks                |
| Alfred F. Cordano      | Robert Newman                | Maureen Barbano          | Michael Enos          | Doris Marciel              | W. Joyce Coger              |
| Sandra J. Salel        | Donna Schempp                | Eileen J. Weise          | Carol Audiss          | Frances Waters             | Mildred R. Loverro          |
| Holly Bingham          | James Yokomizo               | John Wagoner             | Abel Garcia           | Mr. & Mrs Donald Morrison  | Ronale Marten               |
| Barbara J. Kuhns       | Gloria Calegari              | Charlene Locke           | Barbara Bugna         | Sandro Dowdy               | Carolyn Lamb                |
| Sisters Carolann       | Sharon Du Frane              | Joseph Rys               | Robert Butler         | Nora Quigley               | Taryn Edwards               |
| Marie T. Anderson      | Daria Carpenter              | Joyce Dow                | Michael Murray        | Louis B. Winters           | Katherine L. Tollefsen      |
| Maria Elena Galeana    | Susan Franke                 | Matt Grajeda             | Linda Savage          | Ronald D. Winters          | Robert Madeline Shelby      |
| Robert M Bell          | Lucia Sweeney                | Bev Cherkoff             | Dale Lew              | Cynthia A. Demello         | Linda Baumwirt              |
| Lupe Lou Quesada       | Margaret Dambley             | Joanne Leonard           | Lorena Ruance         | Kathleen Demerddjian       | Leta Schmitt                |
| Barbara Holmes         | Jeanne Kinkella              | Mary Garcia              | Nancy Asmundson       | June E. Demerddjian        | Theresa D. Graham           |
| Robert W. Blackshere   | Cathy Gilfether              | Jerry Garcia             | John Bearden          | W & AL McGeorge SR.        | Patrick DeCarlo             |
| Sandra L. Coulter      | 3/9/18Kay Laney              | Bridget Keenan           | Leroy Vierra          | C. A. Marlin               | Jeannette DeCarlo           |
| Robert W. Blackshere   | Susan Teves                  | Dana Pong                | Roger Humphreys       | Barbara Gilkeson           | Marva Smith                 |
| Peter D Foott          | Roberta Guest                | Joshua Pong              | Virginia Silva        | Evelyn Tomei               | Moir Fry                    |
| Betty J, Foott         | John Atoigue                 | Antonina David           | Alfredo Ureta         | Betty Issacs               | Dixie Ferriera              |
| T Meyers               | Frances Atoigue              | Jim Knowles              | Robert Glenn          | W. P. Jensen               | Judy Yahn                   |
| Percival Aquino        | Sherrie Penney               | Ligia Chow               | Rosemary Gallegos     | Cathrine Bucher            | Mr. & Mrs. Charles Caison   |
| Jee Yeon Kim           | Mary Milton                  | Shirley Goodwin          | Lillian LaFrance      | Zora Randomich             | William Vintor              |
| Gary's Lite Flinders   | Leonora Laurence             | Gayle Marie Guhde        | Ru Feng Zhang         | Jeanne Powers              | Marcia Benjamin             |
| Eda W Dotzek           | Karlin Krug                  | Richard L. Parker        | Beverly Worthington   | Deborah Trujillo           | JoAnn Lewis                 |
| Dowd P. Chelucci       | Marilyn Taube                | Joyce De Jesus           | Joseph Lamnin         | Kevin Biddle               | Marilyn Bennett             |
| Jim Singleton          | Patricia Brouillette         | Pat Moore                | Marlene Lamnin        | A. Giangrasso              | Marilyn Tribble             |
| V. T. Gibbs            | Beverly Delsoldato           | Marilyn Flood            | Joseph Lamnin         | Alicia Cuellar             | Richard Jones               |
| Barbara Dittrich       | 3/12/18Debra Butler          | Jean Carico              | Marsha Macklem        | Manuel J. Silva            | Dee Davis                   |
| Helen Sullivan         | Jean Gancos                  | Florence Wright          | Kathryn Jegi          | Anna Connie Monteiro Stagg | Susan Rampa                 |
| Dorothy Bielaski       | Virginia Oliver              | Elizabeth Bulling        | R. E. Burnett         | S. Storch                  | Theresa Gee                 |
| Angelita M., Finlayson | Robert G. Clark              | Leta Bretschneider       | Michael Moreau        | Diane & Dennis McCarthy    | Blair & Jon Phillips        |
| Frank Galvan           | Thomas Baker                 | Adele Diaz               | Stuart Brown          | Ms. Janet Schumann         | Amy Cassidy                 |
| Scott Wagner           | Frank DeVille                | Carolyn Diaz             | Harpers               | Ron Robinson               | Stephen Cassidy             |
| Dale L. Dirlam         | Dominican Sisters of Oakford | Douglas Rigglin          | Marie Luisa Penaranda | Bette Peeters              | Alice Doolittle             |
| D. M. Fourby           | Leroy Diaz                   | Terry Garnier            | Barbara Neu           | Barbara Christianson       | Nancy McEachern             |
| Brooks Vail Finley     | Mary Ann WilliamsCarol A.    | Harpers                  | Russ & Janet Gabhardt | Norman Brandt JR.          | Kathryn Rawlinson           |
| Ann B. Schultz         | Matthews                     | Stuart Brown             | Anne Cawood           | Judy Coy                   | James Blaine                |
| Pamela Herrera         | Diane Clayton                | E. Ford Turping          | Iris P. Lacey         | Anita Lind                 | Wunan Lin                   |
| Samuel Young           | Maria L. Giuliano            | Margie Diaz              | Terri Cooper          | Marilyn Long               |                             |
| Jessie Young           | Lanette Jones                | Doris Marx               | Carolie Nobriga       | Ms. Antoinette Conde       |                             |
| Yvonne How             | Mary Jo KnuevenReba          | Sydney Winsor            | Dorothy Grushkowitz   | Pitricia Minnis            |                             |
| Violet Chancey         | Mattice                      | Ida Valenzuela           | Judy McGough          | Ruthann Haffke             |                             |





## DAKINE HOOPS



PHOTO COURTESY OF ARMANDO DELAROSA

## March Madness Champs!

With more than 200 teams participating, Dakine Hoops won the March Madness Shootout Championship on the March 24-25 weekend in Oakland. Fourteen teams were in the 12U Silver division. Dakine beat the SF Rebels 52-47, then competed against the East County Hornets winning 40-35. The third game was against the San Jose Thunderbirds with Dakine winning 26-18, to finish first in pool play. In Sunday's playoffs, Dakine played against Team United in the semi-finals game and won 48-36. In the Championship game against the Soldiers, Dakine finished with a victory of 58-38 to take first place in a 5-game sweep. Shown in front row from left, Edam Sandhu, James Ren, Jalen Tran, Porter Tien, Avi Rajbhandary and Riley La Rosa; back row, Curtis Nguyen, Joshua Racimora, Aadi Malali, Travis Simmons, Michael Li, Jai Robinson, Head Coach Armando and Coach John. Not pictured was Shriyans Vittal.

## CVSan's Earth Day 2018 Events

By Natalie Croak  
SPECIAL TO THE FORUM

For many of us, Earth Day is every day. We work to conserve water and energy, use cloth shopping bags and reusable water bottles, and recycle and compost to reduce what we send to landfill.

Every year, Castro Valley Sanitary District (CVSan) hosts Earth Day: Clean-Up and Recycle to provide a local opportunity for volunteers to show their spirit. Save the date for this year's event on Saturday, April 28th.

Register online at [www.cvsan.org/ED](http://www.cvsan.org/ED) by this coming Monday - April 16 - to participate in the Earth Day Clean-Up. Following a free continental breakfast, clean-ups will be held from 9 a.m.

to noon at the Castro Valley Arts Center, Cull Canyon Regional Recreation Area, Castro Valley Creek, Downtown Castro Valley, Lake Chabot Regional Park, and Rowell Ranch Rodeo Park.

Additional clean-up events will take place at various Castro Valley schools. To register for a school clean-up, contact the school's main office.

During registration, volunteers will have the opportunity to select a local charity to receive a \$5 donation on their behalf. This year's charity groups include Alameda County Food Bank, Kiwanis Club, and Rotary Club of Castro Valley.

These charities were selected by CVSan's Community Advisory Committee, a 10-member volunteer group that represents the com-

munity's interests by providing a voice directly to the CVSan Board of Directors.

CVSan customers are invited to recycle e-waste, used cooking oil, documents for shredding, and tires at Canyon Middle School from 8 a.m. to 2 p.m. For a complete list of accepted items, please visit: [www.cvsan.org/RecyclesDay](http://www.cvsan.org/RecyclesDay).

CVSan customers can also receive three bags of compost and a Construction & Demolition Voucher to drop off two cubic yards of materials at the Davis Street Transfer Station in San Leandro. Compost and vouchers will be distributed on a first come, first served basis.

Natalie Croak is Public Outreach Specialist at the Castro Valley Sanitary District.

## CVHS Sports Fundraiser is On Saturday

Bring your confidential documents and papers that want shredded in brown bags or cardboard boxes from 10 a.m. to 1 p.m. this Saturday in the Castro Valley High School Parking Lot.

Papers must be no larger than banker-size so the shredder can accommodate them. You can even watch them being shredded.

Suggested donations is \$5 per bag or \$10 per box. All proceeds benefit the CVHS Track and field team along with the girls basketball teams.

Contact Debbie Tee at [debbietee@gmail.com](mailto:debbietee@gmail.com) for track and field information, or Susan Jones at [Jsusan984@comcast.net](mailto:Jsusan984@comcast.net) for girls basketball.

## ATHLETES OF THE WEEK



## Canyon Condors Boys Soccer Team

This week's Athletes of the Week are the members of the Canyon Middle School boys soccer team who won the Southern Alameda County Middle School Athletic League Gold Division championship at San Leandro's Burrell Field on March 29.

Canyon beat Newark Junior High School 7-6 on penalty kicks, after regulation and overtime ended 0-0.

The game was highly contested as both teams attacked relentlessly, only to be thwarted by their opponent's defensive play. The game moved into penalty kicks and the first five players from each side scored their spot kick.

Finally, Canyon goalkeeper, Nate Scaboo, saved the seventh Newark penalty kick, an event poetically followed by younger brother Grey Scaboo scoring his kick to claim the match for the Condors.

The Canyon Condors were the No. 4-seed of

the four-team Gold Division, and peaked at just the right time during playoff and championship week, first beating No. 1 Cesar Chavez of Union City, 1-0, in the one-round playoff game on Tuesday, March 27, before moving on to the final match of the 2018 season.

The Condors maintained their intensity and team spirit throughout to prevail in the hard-fought match, and will now enjoy the display of the league trophy at Canyon Middle School, for the next year.

The Condors roster: Oswaldo Alcala-Venegas, Martin Avalos, Mason Bilodeau, Russell Chin, Nick Esqueda, FaviGonzalez, Quentin Hansen, Michael Karapetyan, Alex Maina, Cam Ogle, Gio Pinon-Alvarez, Alonzo Rochon, Grey Scaboo, Nate Scaboo, Jacob Shannon, Owen Vance, and Mateo Vergara.

The Condors were guided by Coach Mark Yin and Assistant Coach Andy Yang.

## CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



**Youth Baseball and  
Flag Football Programs**

[www.CVSPORTSLEAGUE.org](http://www.CVSPORTSLEAGUE.org)



## CV Soccer Club Referee Classes

The Castro Valley Soccer Club will hold referee classes from 6:30 to 9:30 p.m. at the Soccer Club office on Thursday, April 26 and Friday, April 27, and from 9 a.m. to noon on Saturday, April 28 the Canyon Middle School's football field.

This is a grade 8 class and upon successful completion, the student will receive a soccer referee license good throughout the USA. There is online studying and testing which must be completed before the above class times, and all student are required to attend all of the above sessions to receive their badge (license).

The class is open to all persons age 12 (by August, 2018) and above. Referees are generally paid for their services, so this is

both an excellent opportunity to be involved in soccer, serve the community and make some money.

If you are a parent or a coach, you might really enjoy learning about this side of the game. It'll help you coach more effectively, and bring you closer to what/why

your kids are doing on the pitch.

Castro Valley Soccer Club is sponsoring this class. Please note there is a class fee of \$15 for club members or \$20 for non members.

For sign-up info, or if you have questions, please send an email to: [referees@castrovalleysoccer.com](mailto:referees@castrovalleysoccer.com).

## Plans to Put Sheriff in Charge Of REACH Center Discussed

A controversial plan by Supervisor Nate Miley to reassign management of the REACH Ashland Youth Center from the county's Health Care Services Agency to the Sheriff's Office was discussed at a community meeting last night on the Eden United Church of

Christ Campus in Hayward.

Parents of REACH members are divided over the Supervisor's plan. Some are all for it. Others don't want the Sheriff's Office involved at all. The meeting was after the Forum's deadline. Coverage will be in next week's edition.

## CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

### LEGENDS BASEBALL

BUILDING A STRONG FOUNDATION

### TRAVEL BALL TRYOUTS

Sunday, April 15, 2018

8u - 12u at Marshall Field #1 at 1:00 p.m.

13u - 16u at Canyon Field #1 at Noon

5 Tournaments June - August

For more Information Contact

Tony or Lance at

[legends@cvisportsleague.org](mailto:legends@cvisportsleague.org)



**GOT CV  
SPORTS  
NEWS?**

**PLEASE SEND YOUR EMAILS:  
[JIMCVSPORTS@GMAIL.COM](mailto:JIMCVSPORTS@GMAIL.COM)**





## That Gut Feeling: Understanding Crohn's Disease, Ulcerative Colitis

If you or someone you care about is among the 1.6 million Americans with Crohn's disease or ulcerative colitis, there are a few facts you may find it helpful to know.

The conditions are collectively known as inflammatory bowel diseases, or IBD. They affect the gastrointestinal (GI) tract, the area of the body where digestion takes place.

The diseases cause inflammation of the intestine and can lead to ongoing symptoms and complications. Although there is no known cause or cure for IBD, there are many effective treatments to help control it.

Anyone can be diagnosed with IBD, but adolescents and young adults between the ages of 15 and 35 are the most susceptible. Ten percent of those afflicted develop symptoms before age 18.

Approximately 20 percent of patients have another family member with IBD, and families frequently share a similar pattern of disease.

IBD can vary from one person to the next, but often has a significant effect on quality of life. People often experience ongoing symptoms, reduced ability to work, social stigma and difficulty with physical activities.

### Symptoms and Complications

Ulcerative colitis involves the inner lining of the colon, while Crohn's disease involves all layers of the intestine and can occur in both the small intestine and colon. Here are four things to consider:

1. Symptoms range from mild to severe and can include any or all of the following:

- persistent diarrhea
- abdominal pain or cramps
- rectal bleeding
- fever and weight loss
- fatigue
- joint, skin or eye irritations
- delayed growth in children.

2. Crohn's disease and ulcerative colitis are unpredictable. Some people have no active symptoms for some time (also known as remission). Others require frequent hospitalizations and surgery. Symptoms may vary in nature, frequency and intensity.

3. Taking medications as prescribed by a doctor can help control symptoms, inflammation and any complications that may arise, such as malnutrition or anemia.

4. Regular colonoscopies are recommended in IBD patients to monitor inflammation and any growths that can potentially be removed, or changes happening within the colon.

### Treatments

There are medications currently available to help control disease symptoms and inflammation. The most commonly prescribed are aminosalicylates (5-ASA), corticosteroids, immunomodulators, biologic therapies, and antibiotics. Surgery is sometimes recom-



mended when medications can no longer control symptoms, when there are intestinal obstructions or when other complications arise.

### Emotional Factors

IBD does not only affect the body physically. There can also be effects on mental health.

Feelings of anxiety and depression can be very common in IBD, as patients learn to cope with everyday living. It is important not to ignore these invisible symptoms and to seek support or to talk to your doctor about any emotional concerns.

### Diet

There may be times when modifying a patient's diet can be helpful, particularly when symptoms are active, but there's no evidence that certain foods cause IBD. No single diet or eating plan works for

everyone with IBD. Diets are tailored to each patient.

### What's Being Done

There is critical research in areas of genetics, microbiome and environmental triggers that will help improve quality of life for patients, advance toward precision medicine and, ultimately, lead to new treatment and cures.

Learn More: You can get information, guidance, support, and the latest clinical and research news from the Crohn's & Colitis Foundation at [www.crohnscolitisfoundation.org](http://www.crohnscolitisfoundation.org). You can also join a nearby chapter, connect with others living with these diseases, and get involved. Call the IBD Help Center at 888-MY-GUT-PAIN (888-694-8872) or e-mail [info@crohnscolitisfoundation.org](mailto:info@crohnscolitisfoundation.org).

—North American Precis Synd., Inc.

## Heart Valve Disease: What You Should Know

Even serious cases of heart valve disease can occur without symptoms or go unnoticed or be mistaken for other conditions because symptoms develop slowly.

Al Ridgely figured his increasing shortness of breath and lagging stamina were symptoms of his emphysema and getting older, until a fainting episode led doctors to discover he was one of the 2.5 percent of Americans with heart valve disease (HVD).

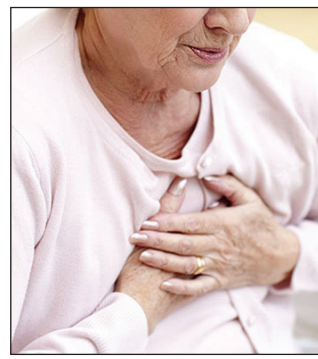
The American Heart Association is working to raise awareness about the symptoms, risks and treatments for the condition, in which one or more of the heart valves have been damaged, disrupting blood flow by not opening or closing properly. HVD becomes more prevalent with age, affecting one in 10 adults age 75 and older.

Ridgely underwent open-heart surgery to repair both his mitral and tricuspid valves and encourages others to talk to their health care providers about any health changes, rather than just assume it is part of aging.

"It never entered my mind that I could have heart disease," said Ridgely, who is now 83. "As I get older, it can be hard to recognize what's aging and what's something more serious."

Dr. Romeatrius Moss, an American Heart Association volunteer, said understanding HVD and making lifestyle changes are crucial for protecting heart health, especially in African Americans, where the disease is more prevalent.

"In the black community, we need to understand what our risks are and follow up with necessary



**Symptoms of heart valve disease can include chest pain or palpitations, shortness of breath and fatigue.**

testing," said Dr. Moss, founder, president and chief executive of Black Nurses Rock, the nation's largest minority nursing association.

While HVD is relatively common, three out of four Americans reported knowing little to nothing about the condition, and six in 10 heart valve patients didn't have or didn't recognize their symptoms, according to surveys released by the Alliance for Aging Research.

Medical advancements mean HVD can often be successfully treated either through repair or replacement; however, an estimated 25,000 people die from the condition each year.

According to the American Heart Association, some people, even those with serious HVD, may have no symptoms, while others have symptoms that change very slowly over time or come on quickly. Symptoms can include chest pain or palpitations, short-

ness of breath, fatigue, weakness or inability to maintain regular activity level, light-headedness or loss of consciousness, or swollen ankles, feet or abdomen.

In addition to age, risk factors for HVD include a history of rheumatic fever or infective endocarditis, heart attack, heart failure, arrhythmia, or previous heart valve conditions from birth, called congenital heart defects.

Those previously diagnosed with a heart murmur, mitral valve prolapse or other mild form of HVD should maintain regular checkups with a health care provider and watch for any changes should the condition worsen over time, Dr. Moss said.

She was diagnosed with a heart murmur as a child, but didn't realize it could pose significant health risks until a physical for the Air Force revealed she had mitral valve prolapse.

Thirteen years later, Dr. Moss gets regular checkups with her health care provider and watches for signs that her condition may be worsening. She also exercises regularly and watches her diet to minimize her risks.

"Know your body and know how you can protect yourself," Moss said. "Sometimes, patients have to lead this discussion and as nurses we try to help our patients advocate for themselves."

Learn More: For further fact about heart valve disease, including risk factors, symptoms and treatment, visit [www.heart.org/heartvalves](http://www.heart.org/heartvalves).

—North American Precis Synd., Inc.

**On Sale in April**  
**Nature's Way**  
**Herbs**  
**25% OFF**

**HEALTH UNLIMITED**  
— NATURAL FOODS —  
**San Leandro**  
182 Pelton Center  
(510) 483-3630

**Castro Valley**  
3446 Village Dr.  
(510) 581-0220

Since 1969

**25% OFF**

**25% OFF**

**25% OFF**

**Health Day Spa**

**FACIAL .....\$40**

**HOT STONE**  
60 minutes....\$50

**FOOT & BODY TREATMENT**  
70 minutes....\$40 • 90 minutes....\$45

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

**Bring In Ad Get \$5 Off On All Services over \$35**

**Cannot be combined with any other offers. Exp. 4/17/18**

**Ahh... Massage**

**The Healthiest Addiction Career at Your Fingertips**

**50% OFF Every Massage**  
with Intern Reg. \$70

**510-886-0893**  
2881 Castro Valley Blvd, Suite #1

**School of Healing Touch**

Experience Health!  
Pain relief!  
Better Moods!

**Castro Valley Acupuncture**

Nutritional Therapy and Acupuncture for emotional and physical health

**Caryn Goldman**  
R.N., L.Ac. M.S./TCM  
2881 Castro Valley Blvd., Ste. D, Castro Valley  
**510-727-1238**



**Need a Simple Way to Build Your Business?**

**Advertise in the CASTRO VALLEY FORUM!**

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

To Advertise in the Castro Valley Forum call  
**Mary Florence: 510-861-3270 or Linda Nakhai: 510-915-1513**

**CASTRO VALLEY FORUM**  
[www.castrovalleyforum.com](http://www.castrovalleyforum.com)



# REAL ESTATE GALLERY



## HOME of the WEEK

Entertain in Style from this updated throughout Mid Century Modern Ranch style 2,077 sq. ft., 4 bedroom, 2.5 bath home, situated on a .26 acre tree lined lot with valley views.

This home boasts a one level, open concept floor plan with vaulted ceilings, formal living room, kitchen with quartz countertops, walls of windows including 5 sliders to wrap around patio, newly refinished parquet flooring, gas burning fireplace, inside laundry room and so much more. Relax, garden, entertain or play in your low maintenance yard with access throughout the home. All this and so much more!

See why the Cathy Brent Team Sells More Homes!



**18690 Capricorn Ct., Castro Valley • \$949,000**

Open Saturday & Sunday 1 - 4pm



**Cathy Brent Team**  
510-381-1065  
Cathy@CathyBrent.com  
CalBRE #01088138  
www.cathybrent.com



**Kathi Townsend: 510-333-9404 / kathi.townsend@BHHSDrysdale.com / CalBRE #01409032**  
**Wayne Licsak: 510-303-7765 / wayne.licsak@BHHSDrysdale.com / CalBRE #01850870**

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Times

GUEST COMMENTARY



## Condo Buyers Beware of Potential HOA Issues

An investor purchased a condo in a local development. A few months later, his agent received a call.

"The HOA has levied an assessment to each unit," the investor stated, obviously upset. "They need to resolve significant structural issues in the development," he clarified, "and they want to assess each owner over \$80,000.00."

How could a Homeowner's Association (HOA) get into a situation like that? Easier than you might imagine.

When the recent foreclosure crisis descended, it hit condo developments particularly hard. Countless owners, unable to pay escalating mortgage payments, chose to let their units go into foreclosure or short sales. One constant in either case: they stopped paying their monthly HOA dues.

With the sudden escalation of HOA fee defaults, Home Owner Associations across the country quickly entered financial difficulty. Many went into bankruptcy. The result was a complete halt to

all ongoing development maintenance.

Associations that had responsible leadership, decent financial reserves and facilities that were in good condition to begin with managed to weather the financial storm and emerge relatively whole at the end of the crisis. Others did not.

Most developments realized that they would need to raise monthly HOA fees to return to financial health, and so the recovery years following the financial meltdown saw average HOA fee amounts increase dramatically from an average pre-crisis fee of \$250/month to the current average of well over \$400/month.

Unfortunately, developments in poor condition prior to the collapse discovered that higher HOA fees alone would not be enough to bail them out of difficulty.

Consequently, their only recourse was to introduce special assessments to bring them back from the brink. In many cases, the assessments ranged between \$5,000 to \$10,000. In extreme situations,

however, the assessments were larger. In some cases, much larger.

While many condos are wonderful places to live, buyers need to perform due diligence when buying.

Carefully examine the entire HOA package. Scan the minutes for any suggestions of future assessments. Go over the financial statements to ensure strong reserves are in place. Walk through the development and look for obvious issues such as dry rot, peeling paint, asphalt in poor condition or weathered roofs.

If the development looks like it needs a lot of work, walk away.

In a classic case of buyer beware, we recommend you carefully examine everything before signing the final closing papers. The cash you save will be your own.

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.

## Make Your Water Go Farther This Year

Northern California homeowners looking to maximize the efficiency of their outdoor water use are turning to drip irrigation systems as a solution for keeping weeds, diseases, garden pests, scorching heat and high water bills at bay.

Drip irrigation systems are easily set up by even a novice gardener and will deliver an immediate water savings as they place the exact amount of water slowly and evenly at the plant's roots where it's needed most.

Here are some drip basics to help you save water:

1. Start by estimating the water needs of your plants. Knowledgeable and helpful staff at a garden center can assist you in determining just how much water your plants need to be healthy.

Different plants will have different requirements depending on their variety and the conditions of your yard, such as sun exposure and soil type.

2. Drip systems can either be incorporated into an existing automatic sprinkler system or through a manual connection to an outdoor hose faucet. A manual hose-end connection can also be easily automated by using a battery-operated timer.

3. For optimum performance, keep your water pressure under control with a pressure regulator. These simple devices keep your water pressure in the ideal range of within 20 to 50 psi. Drip systems are most efficient when operating at the correct pressure.

4. Include a filter in your system to prevent clogging. Drip uses smaller diameter openings than traditional sprinklers, so tiny bits of dirt and debris may clog your system if you don't use a filter. The good news is that filters are

relatively inexpensive and easy to install.

A well-designed drip irrigation system will lose practically no water to runoff, deep percolation or evaporation. Steady, consistent watering can also lower plant stress, which leads to healthier and

happier plants while lowering your water bill.

An online step-by-step guide to drip irrigation in addition to interactive demos and a drip calculation program is available at [www.rainbird.com](http://www.rainbird.com).

—North American Precip. Sydn., Inc.

## RECENT HOME SALES

### Castro Valley

|                         |       |             |                        |
|-------------------------|-------|-------------|------------------------|
| 4053 Greenacre Road     | 94546 | \$760,000   | 3 BD - 1,071 SF - 1952 |
| 2855 Jennifer Drive     | 94546 | \$925,000   | 4 BD - 2,112 SF - 1964 |
| 18347 Redwood Road      | 94546 | \$500,000   | 2 BD - 1,255 SF - 1950 |
| 1828 Riverbank Avenue   | 94546 | \$701,000   | 2 BD - 1,186 SF - 1947 |
| 21053 San Miguel Avenue | 94546 | \$680,000   | 3 BD - 1,537 SF - 1948 |
| 4174 Seven Hills Road   | 94546 | \$1,020,000 | 4 BD - 2,417 SF - 1991 |
| 19811 Wisteria Street   | 94546 | \$1,205,000 | 6 BD - 2,330 SF - 1945 |
| 37789 Palomares Road    | 94552 | \$1,650,000 | 3 BD - 2,120 SF - 1976 |
| 20009 Shadow Creek      | 94552 | \$960,000   | 4 BD - 1,820 SF - 1999 |

|                        |                    |
|------------------------|--------------------|
| <b>TOTAL SALES:</b>    | <b>9</b>           |
| <b>LOWEST AMOUNT:</b>  | <b>\$500,000</b>   |
| <b>HIGHEST AMOUNT:</b> | <b>\$1,650,000</b> |
| <b>MEDIAN AMOUNT:</b>  | <b>\$925,000</b>   |
| <b>AVERAGE AMOUNT:</b> | <b>\$933,444</b>   |

### San Leandro

|                        |       |           |                          |
|------------------------|-------|-----------|--------------------------|
| 251 Castro Street      | 94577 | \$326,500 | 1 BD - 860 SF - 1967     |
| 2443 Cheshire Court    | 94577 | \$550,000 | N/A BD - 1,723 SF - 1977 |
| 1482 Daily Drive       | 94577 | \$940,000 | 3 BD - 1,993 SF - 1958   |
| 538 Dutton Avenue      | 94577 | \$788,000 | 3 BD - 2,041 SF - 1924   |
| 239 Foothill Boulevard | 94577 | \$535,000 | 2 BD - 864 SF - 1942     |
| 211 Garcia Avenue      | 94577 | \$650,000 | 2 BD - 1,179 SF - 1927   |
| 931 Kenyon Avenue      | 94577 | \$550,000 | 3 BD - 1,302 SF - 1948   |
| 2447 Longview Drive    | 94577 | \$860,000 | 3 BD - 1,898 SF - 1963   |
| 2201 West Ave135th     | 94577 | \$680,000 | 3 BD - 1,380 SF - 1972   |
| 15225 Central Avenue   | 94578 | \$655,000 | 3 BD - 1,649 SF - 1947   |
| 14052 Reed Avenue      | 94578 | \$455,000 | 2 BD - 1,084 SF - 1973   |
| 16024 Wellington Way   | 94578 | \$560,000 | 2 BD - 1,134 SF - 1947   |
| 1761 Boxwood Avenue    | 94579 | \$421,000 | 3 BD - 1,400 SF - 1954   |

|                        |                  |
|------------------------|------------------|
| <b>TOTAL SALES:</b>    | <b>11</b>        |
| <b>LOWEST AMOUNT:</b>  | <b>\$326,500</b> |
| <b>HIGHEST AMOUNT:</b> | <b>\$940,000</b> |
| <b>MEDIAN AMOUNT:</b>  | <b>\$560,000</b> |
| <b>AVERAGE AMOUNT:</b> | <b>\$613,115</b> |



KEEP YOUR COMMISSION

**90% Split!**  
**Call 510-914-6917**

## Panoramic view in Palomares Hills



**22335 West Lyndon Loop in Castro Valley • \$939,000**  
**Open House Sat. & Sun., April 14 & 15, 1 to 4pm**

It comes with 2328 sq. ft. of living space, 3 bedrooms, 2.5 bathrooms, 2 car garage and large rooms filled with natural light. Built in 2000.



**Suzanna Chew**  
Serving the East Bay since 2004  
**(510) 326-4125**  
[schew@rockcliff.com](mailto:schew@rockcliff.com)  
BRE#01440818

## OPEN HOMES SATURDAY & SUNDAY APRIL 14TH & APRIL 15TH

| CITY | SAT | SUN | ADDRESS              | PRICE       | BDRMS/BATHS | REALTOR               | AGENT            | PHONE        |
|------|-----|-----|----------------------|-------------|-------------|-----------------------|------------------|--------------|
| A    | 1-4 | 1-4 | 14525 Flagship St.   | \$525,000   | 2/2.5       | United Brokers RE     | Tere Lee         | 510-305-8827 |
| A    | 1-4 | 2-5 | 106 Euclid Ave.      | \$629,000   | 4/2         | Fracisco Realty       | Patrick Fracisco | 925-337-3750 |
| C    | 1-4 | 1-4 | 22335 W. Lyndon Loop | \$939,000   | 3/2.5       | J. Rockcliff RE       | Suzanna Chew     | 510-326-4125 |
| C    | 1-4 | 1-4 | 18690 Capricorn Ct.  | \$949,000   | 4/2.5       | Berkshire Hathaway    | Cathy Brent      | 510-381-1065 |
| C    | —   | 1-4 | 35600 Palomares Rd.  | \$1,275,000 | 4/3         | J. Rockcliff RE       | Kristy Peixoto   | 925-251-2536 |
| C    | —   | 1-4 | 33803 Palomares Rd.  | \$1,280,000 | 3/2         | J. Rockcliff RE       | Kristy Peixoto   | 925-251-2536 |
| O    | —   | 1-3 | 9001 McGurrian Rd.   | \$1,333,888 | 4/4.5       | Robert Jones & Assoc. | Matt Jones       | 510-357-0120 |

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



# 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

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

## 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.

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

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

## CONTRACTOR SERVICE

### NOTICE TO READERS

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

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

## EMPLOYMENT WANTED

### \*LOOKING FOR WORK?

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

## FENCES/DECKS

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

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

## GARAGE SALES



**Multi Family Sale Friday/Saturday** April 13/14, 8am-12pm. Honda Generator, English Saddle, household, linens, tools. 2860 Castro Valley Blvd., Castro Valley.

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

## GARAGE SALES

**INDOOR ESTATE/ YARD CONTINUING** each week-end until ALL merchandise is sold. Different items added each sale. 1944 - 103rd Ave., Oakland, 9am-2pm.

## 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.

## GARDENING

**\*NANA'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

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

# HOME SERVICES DIRECTORY

## Construction

### GOLDEN GATE ENTERPRISES, INC. GENERAL CONTRACTOR

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

**(510) 909-8552**  
FREE ESTIMATES • LIC. #818840  
www.bayareacontractor.com

## Fences/Decks

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

**CALL NOW FOR YOUR FREE ESTIMATE!**

**510-706-6189**  
Randy McFarland

## Gardening/Landscaping

### LANDSCAPING, MAINTENANCE & TREE SERVICE

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

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

## Gardening / Tree Service

### PEREZ Gardening & Maintenance TREE SERVICE

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

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

## Handyman

### HANDYMAN SERVICES

*Serving Castro Valley & San Leandro for 28 Years*

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

## Hardwood Flooring

### FERREIRA'S HARDWOOD FLOORING

Sand • Install • Refinish  
Glist • Oil Base

*25 Years Experience*

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

# Thank-You...

*Golden Gate for advertising with us for over 13 years!*

### GOLDEN GATE ENTERPRISES, INC. GENERAL CONTRACTOR

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

**(510) 909-8552**  
FREE ESTIMATES • LIC. #818840  
www.bayareacontractor.com

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

*San Leandro Times / Castro Valley Forum*

## Painting

### Diego Painting

- Residential/ Commercial
- Interior/ Exterior
- Power Washing



**FREE ESTIMATES**  
Lic. #855054 • diegopainting@comcast.net  
www.diegopainting.com  
**(510) 331-6152**

## Plumbing

### CAPELLI PLUMBING & DRAIN CLEANING

**Compare Our Prices!**

**FREE ESTIMATES 24/7 SERVICE**

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

## 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**

**(510) 351-1922**  
621-A WILLIAMS • SAN LEANDRO  
STATE CONTRACTORS LICENSE NUMBER 260176

## Roofing

### 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

**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

## GIVEAWAYS

**FREE** - Computer desk. You pickup. Call at 510-612-2824.

**FREE** - Computer/office chair (black) in fair condition. Call 510-276-1251.

**FREE** - Mattress pad twin size memory foam 3" thick. 510-813-7864.

**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

**I'm Back!**  
**HONEST RELIABLE HANDYMAN**  
(510) 385-1544  
Lmramos@comcast.net

## HANDYMAN SERVICE

**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](http://www.CarltonSeniorLiving.com) to apply online.

**Build your massage therapy practice.** Rent room in Chiropractic office. Patient referrals. 510-499-1514, Dr. Maria Manibog.

## HOUSE CLEANING

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

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

### WALTON'S JANITORIAL

Licensed / Bonded / Local  
For a **SPARKLE CLEAN**  
OFFICE or Home  
Windows • Floors  
• Carpets • Restrooms

**Phone 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.

**BROTHER** fax machine Model# 2800 in good condition (includes extra toner cartridge & manual) \$40. Cash only. Patrick 510-517-3351.

**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.

## MISC. WANTED

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

**WANTED:** Two quiet rooms suitable for acupuncture/massage+ 1 small office. ADA accessible, Caryn 510-727-1238.

## 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](http://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

## YOUR INFO

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

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

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

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

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

## 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**

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

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

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



**Help for the homeowner means business for you!**



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

**PLACE YOUR CLASSIFIED ADS ONLINE!**

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

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



## YOUR INFO

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

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

**VIEW ALL CLASSIFIEDS ONLINE!**

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

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



All real estate advertised in the **CASTRO VALLEY FORUM** and **SAN LEANDRO TIMES** is subject to the Federal Fair Housing Act, which makes it illegal to 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

## 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

## House Cleaning

**Tender Loving Care**  
House Cleaning Service  
Family Owned Since 1980

**WEEKLY • BI-WEEKLY • MONTHLY**

EMPLOYEES COVERED BY WORKERS' COMP STATE DISABILITY INSURANCE

Specializing in detailed cleaning tailored to your home

**FREE ESTIMATES**  
Email: [PATTYATTLIC@AOL.COM](mailto:PATTYATTLIC@AOL.COM)  
[www.tlc-housecleaning.com](http://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 • SOD 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](http://Coastbrushworks.com)  
Lic. #662915

## 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...**

Randy McFarland for advertising  
with us for over 13 years!

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

CALL NOW FOR YOUR FREE ESTIMATE!

**510-706-6189**  
Randy McFarland

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

San Leandro Times / Castro Valley Forum



# LETTERS TO THE EDITOR

FREDZ@EBPUBLISHING.COM



## Says Critic of Japanese Internment Article Got it Wrong

Editor:

This is in response to Lawrence Reindl's letter "Page One Article on Japanese Internment Exhibition Called 'Somewhat Disengenous'," Letters, March 21/18

To answer his first question: Over 120,000 Japanese American citizens were incarcerated at 10 different "relocation centers" across the United States. What were called "relocation centers" should've been named prisons because of the inadequate health care, armed guards (who did shoot and kill several Japanese Americans), and poor housing conditions among many other things that failed to acknowledge basic human needs.

Secondly, to his point that internment has nothing to do with race, discrimination, or country of origin: It actually had everything to do with all three of these factors.

The Congress appointed Commission of Wartime Relocation and Internment of Civilians (CWRIC) to study the effect of internment on Japanese Americans. The CWRIC's report, Personal Justice Denied, found that incarceration had not been justified by military necessity and was based on "racial prejudice, wartime hysteria, and a failure of political leadership."

But one factor Reindl did miss was profit. According to the Washington Post, internment "was partially initiated by California corporate agribusiness interests hoping to satisfy their own lust for land while ridding themselves of competition from the state's most productive family farms" (Bitter Harvest, A.V. Krebs). The Post cites pre-WWII, more than 40 percent of California's commercial vegetable crop came from Japanese American-owned farms.

Mr. Reindl's comments dismiss the suffering of 120,000 Japanese Americans and suggest it was deserved. This dangerous kind of thinking puts many other people of color at risk of imprisonment and deportation.

What should be realized is the US government has a history of instilling unwarranted fear, racism, and a "they deserve it" mentality to veil decisions made for profit. Example: Trump's detainment of immigrants fuels the corporate prison industry and provides low-wage prison labor.

We appreciate the Hayward Area Historical Society's efforts to share the effects of internment on local Japanese American families. We encourage all to visit the "Loyal Americans: Japanese American Imprisonment During World War II" exhibit to learn and help ensure that future generation's civil liberties are protected.

Thank you to the CV Forum for sharing our story's front page. We

feel welcome when we are seen as a part of this community and our experiences are validated.

—Ed Oda, Eden Township JACL President

## A Traffic Nightmare on Marshall Street

Editor:

We have a problem on Marshall Street in front of Marshall School at 2:50 p.m.

During the week, parents of students attending Marshall School are stopping in the middle of the street on Marshall in order to turn left into the turn-around lane which holds maybe five cars waiting for their students to get out of class and make their way to their parents' cars.

Cars coming from side streets and Castro Valley Blvd. going toward Marshall St. and being forced to stop and wait in a long line of cars just to drive up Marshall St. or being forced to go around stopped cars in the oncoming traffic. Other cars just stop and honk. The people picking up their kids do not move.

Marshall Street is not only for parents of students attending Marshall School. Other people should be allowed to use the street without this inconvenience. We all have somewhere to go.

The parents of Marshall School are being very rude and inconsiderate to sit and force others around them.

I've notified the sheriff with no results. I've notified the Highway Patrol and was told they do not care. I've notified Marshall School and was told there are two staff members patrolling the traffic. I've only seen one crossing guard and it is not her job. She is too far up the street to monitor the turn-around traffic.

Can someone please find a positive solution for this problem affecting so many people?

—Diane Kuta, Castro Valley

## Thankful for Man Who Gave Her a Ride to the Hospital

Editor:

I just wanted to thank the man who gave me a ride to Eden Hospital on Easter morning. It warmed my heart to know that there are still gentlemen in the world.

Also wanted him to know that I "Played It Forward" by paying for the lady's drink behind me at Jamba Juice. So he brightened two people's lives on Easter.

Thanks once again to that special man on Edwards Avenue. I made it just in time before surgery.

—Linda Perez, Castro Valley

## Is GOP Congressional Candidate Planning to be a Rebel?

Editor:

I was greatly amused at Swallowwell challenger Rudy Peters' reason for running: "Doing the right thing and not continuing the current standard in Washington, doing absolutely nothing except engaging in polarizing politics."

Mr. Peters does know that his Republican party has a majority in

## HOROSCOPE by Salomé

© 2018 King Features Synd., Inc.



**ARIES (March 21 to April 19)** Rumors of a change in the workplace could make you a mite uneasy about going ahead with implementing your ideas. Best advice: Ignore the talk and proceed as planned.



**TAURUS (April 20 to May 20)** Everyone has an opinion on how to handle a recent business suggestion. Thank them for their advice. Then go ahead and follow your own fine instincts.



**GEMINI (May 21 to June 20)** While home is your main focus this week, new issues in the workplace need your attention as well. Take things step by step. Pressures ease in time for weekend fun.



**CANCER (June 21 to July 22)** Be less rigid when handling a relationship problem. You might believe you're in the right, but try to open your mind to the possibilities of facts you're currently not aware of.



**LEO (July 23 to August 22)** Leos and Leonas run at a hectic pace throughout much of the week. But by the weekend, the Lions' Dens become a purrrfect place for you Fine Felines to relax in.



**VIRGO (August 23 to September 22)** Change is favored early in the week. This should make it easier for you to reassess your plans for handling a troubling professional relationship. Good luck.



**LIBRA (September 23 to October 22)** A suggestion from a colleague could give your professional project that long-needed boost. Meanwhile, someone close to you still needs your emotional support.



**SCORPIO (October 23 to November 21)** Before complying with a colleague's request, check to see that the action benefits all, not just one person's agenda. Continue firming up those travel plans.



**SAGITTARIUS (November 22 to December 21)** Your social life is on the upswing, and the only problem is deciding which invitations to accept. Enjoy yourself before settling down for some serious work next week.



**CAPRICORN (December 22 to January 19)** With your creative aspects on high, you might want to restart your work on that novel or painting you put aside. Your efforts will bring a surge in your self-esteem.



**AQUARIUS (January 20 to February 18)** While you're generous with others, be sure you're not overlooking your own needs. Take time to assess your situation and make adjustments where necessary.



**PISCES (February 19 to March 20)** Being applauded for your achievement is great. But watch out that you don't start acting like a star. It could lose you valuable support with your next project.

both the House and Senate doesn't he? It is members of his own party who are jamming things up. Perhaps he is planning to be a rebel, and actually listen to and compromise with the Democrats? Probably not.

—Robert S. Thomas, 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.

## Amanda Nicole Korbass



It is with great sadness that we announce the passing of our beloved daughter, Amanda Nicole Korbass. Amanda died in a tragic automobile accident on March 29, 2018 during Spring Break in Puerto Penasco, Mexico.

Amanda was a 2015 graduate of Castro Valley High School and had previously attended Proctor Elementary and Creekside Middle School. She was preparing to graduate from UC San Diego with a degree in International Business this June. She had accepted a position at Walt Disney World through the Disney College Program. A lifelong Disney fan, she was excited to begin her long dreamed of career at Disney.

Amanda was active in many campus activities at UCSD and was a proud member of the Kappa Alpha Theta sorority. In Castro Valley she had been active in Girl Scouts, Awana, Irish Dancing and had been a proud member of the Castro Valley High School Madrigals choir. She had earned her Private Pilot's license this last summer and had fallen in love with the man of her dreams, Arthur Wong Roberts.

Amanda touched so many hearts in her short 20 years on this earth and will be greatly missed by her family and friends. She leaves behind her father and mother, Anton and Crystal Korbass, and her brother, Alexander.

A celebration of life is scheduled for 1 p.m., Saturday, April 14th, 2018 at 3Crosses Church, 20600 John Dr. in Castro Valley. All are invited to attend and help us honor our Disney Princess. Lunch will be served immediately following the ceremony.

We love you, Amanda, and we were blessed to have had you in our lives. You are greatly missed.

## Obituaries

### Michael Randy Heinz

January 31, 1948 - March 26, 2018



Michael Randy Heinz, born on January 31, 1948 in Peoria, Illinois, to the late Dorothy Heinz and the late Francis "Doc" Heinz, passed away at age 70 on March 26, 2018 in Sun City West, Arizona.

Michael graduated from Northern Illinois University in 1970. He was the beloved husband of Cher Grande. In addition to his parents he was preceded in death by his sister, Mary Jean Keeney. Michael is survived by his son, Matthew Heinz (Beth); daughter, Megan Vincent (Scott); stepsons, JW Sible (Amy) and Michael Sible; twin brother, Stephen Heinz (Helen); and grandchildren, Nick, Clara, Evan, Austin, Brady, Saylor, and Novella.

He enjoyed hockey, golf, civil war and military history, astronomy, and RC airplanes. He formerly lived in Castro Valley, California, for almost 30 years and was an avid Little League coach for many years. Michael also had an over 25 year career at Peter Tractor Inc. in San Leandro, California.

Donations in Michael's name to Hockey Fights Cancer and Civil War Preservation Trust are welcome and appreciated. Despite his 18 month battle with Metastatic Pancreatic cancer, Mike showed his family and loved ones how to fight with never-ending hope, love and humor, bringing a smile to every nurse and doctor that crossed his path. His smile and laugh were infectious and have left a loving impression on so many.

### FORUM OBITUARIES

may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209. Include a phone number. The deadline is noon Tuesday for that week. Brief notices are published free. Longer obituaries, including pictures, are available for a fee. For assistance, please call Patrick Vadnais at 510-614-1558

### SARA L. ENNOR LAWYER

- Wills & Trusts
- Benefits, ERISA
- QDROs

510-633-9985

### HEINZ, Michael Randy KORBAS, Amanda Nicole



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

**Louise Barco  
Reyes Estropia**  
Born  
December 30, 1958  
Entered Into Rest  
April 2, 2018



FD 1168 CR49





A woodpecker's job is never done! A typical day includes climbing trees, drumming, eating insects, territorial signals and providing habitat for other wildlife. Discover the hard-working woodpeckers of the East Bay at an adult nature program from 2:30 to 4 p.m. this Saturday, April 14, at Sulphur Creek Nature Center, 1801 D St. in Hayward. Advance registration (\$18) is required. Visit: [www.haywardrec.org](http://www.haywardrec.org) for more information or to register.

OPINION

# Count Me In

By Amy D. Ramos  
SPECIAL TO THE FORUM

"I'm just a bill....I'm just a bill...and I'm sittin' on Capitol Hill!" Ahhh the joys of Schoolhouse Rock!

Two bills currently up for discussion today on the assembly floor are AB 2808 and AB 3136. I'm asking for you to take a look at these bills, and if they win your favor please email your support to Senator Bob Wieckowski ([senator.weickowski@sen.ca.gov](mailto:senator.weickowski@sen.ca.gov)), Assemblymember Bill Quirk ([assemblymember.quirk@assembly.ca.gov](mailto:assemblymember.quirk@assembly.ca.gov)), and Assemblymember Patrick O'Donnell ([assemblymember.odonnell@assembly.ca.gov](mailto:assemblymember.odonnell@assembly.ca.gov)).

Why would you email support for these bills?

AB 2808 is in support of increasing the LCFF, Local Control Funding Formula. This is a main funding source for our students and was created to have accountability for what programs and initiatives the funds are used for.

At this point the average for California students is \$7,309 per student per year which ranks 42nd in the United States.

The top 10% of states are funded an average of \$12,599 per student per year. Bill 2808 seeks to re-establish the

baseline for LCFF to meet the national average.

While this isn't ideal for California, (a state that has been called the the sixth largest economy in the world as of 2016 by Stephen Levy, head of the Center for Continuing Study of the California Economy states), it is at least a start.

Bill AB 3136 is seeking to increase the funding for SELPA, Special Education Local Plan Area.

SELPA was originally established in 1974 and has historically been underfunded. Special Education has mandates from federal and state laws. SELPA is not adequately funded to meet those mandates which causes a pull on general funds.

Even if you do not have a student who utilizes special education something to keep in mind is that every single student, regardless of their individual educational needs, deserves an appropriate and free public education. Every single student.

Join me in emailing them today! Let's talk about what we can do, not what we can't.

Amy Ramos is a resident of Castro Valley, Co-Vice President of Stanton Parent Club and a School District parent. You can contact her at [adramos@mac.com](mailto:adramos@mac.com)



PHOTO COURTESY OF CHANTICLEERS THEATRE

## 'Little Women' Musical

Jordana Meltzer as Beth, Chloe Angst as Jo, Georgia Lee as Marmee, Heather Warren as Meg, and Riley Hyde as Amy as they appear in the new Broadway musical adaptation of Louisa May Alcott's novel "Little Women" currently playing at Chanticleers Theatre in Castro Valley. For performance and ticket info, see A&E Calendar on page 4.

**Golden Rice-A-Roni** **\$1.49** Ea.  
Assorted Variety & Sizes

**Heinz® B-B-Q Sauce** **\$1.99** Ea.  
Assorted Variety & Sizes

**Mahatma® Long Grain Rice** **\$3.19** Ea.  
3 Lbs.

**Mezzetta® Pasta Sauce** **\$4.99** Ea.  
Assorted Variety 25 Oz.

**S&W® Beans** **99¢** Ea.  
Assorted Variety & Sizes

**Hunt's® Tomato Sauce** **69¢** Ea.  
Reg., Roasted Garlic, No Salt 8 Oz.

**Hunt's® Tomatoes** **\$2.39** Ea.  
Petite Diced, Whole Peeled & Whole w/Basil 28 Oz.

**Tree Top® Apple Sauce** **\$1.59** Ea.  
100% Natural & Reg. 23 & 24Oz.

**Post® Raisin Bran Cereal** **\$3.39** Ea.  
20 Oz.

**Quaker® Instant Oatmeal** **\$3.69** Ea.  
Assorted Variety & Sizes

**AL'S FOOD Market** *Spring Savings!*

3550 Somerset Ave., Castro Valley • 510-582-6625  
Open Daily Monday through Sunday 8 am to 9 pm

**Meat**

Center Cut Applewood Smoked Bacon **\$6.99** Lb.

Smoked Ham Shanks **\$4.99** Lb.

**Meatloaf** **\$3.99** Lb.  
Ready to cook

Baby Back Pork Loin Ribs **\$4.99** Lb.

Stuffed Bell Peppers **\$4.99** Lb.  
Ready to cook

**Deli & Frozen**

Jello® Gelatin & Pudding **\$1.99** Ea.  
Asst. Variety & Sizes

Kraft® Philadel-Cream Cheese **\$2.99** Ea.  
Assorted Variety 7.5 & 8 Oz.

Kraft® American Cheese Singles **\$3.79** Ea.  
12 Oz.

Cracker Barrel® Cheddar Cheese **\$3.69** Ea.  
Assorted Variety 8 Oz.

Simply Fresh® Potatoes **\$1.99** Ea.  
Assorted Variety 20 Oz.

**SAGRA® Extra Vir-OLIVE OIL** **\$8.99** Ea.  
1 Liter

**ITALBRAND® Artichoke Hearts** **\$1.69** Ea.  
Quartered & Marinated 6 Oz.

**Arrowhead® Sparkling Water** **79¢** Ea.  
Reg. & Assort Flavors 1 Liter

**Knudsen® Dairy Sour Cream** **\$2.49** Ea.  
Hampshire & Light 16 Oz.

**Clorox® Formula 409 Cleaner** **\$2.99** Ea.  
Assorted Variety 32 Fl. Oz.

**Gladware® Bowls** **\$2.79** Ea.  
Assorted Variety & Sizes

**Downy® Fabric Softner** **\$3.49** Ea.  
Reg. & Clean Breeze 64 Fl. Oz.

**Old Spice® Body Wash** **\$3.69** Ea.  
Assorted Variety 16 & 18 Fl. Oz.

**Langer's® Juice** **\$2.59** Ea.  
Assorted Variety 64 Fl. Oz.

**Rega® San Marzano Tomato** **\$3.99** Ea.  
18 Oz.

**Maxwell House® International Cafe** **\$3.49** Ea.  
Assorted Variety & Sizes

**New York Style Flatbread** **\$2.39** Ea.  
Everything, Pumpernickel, Sesame 5 Oz.

**Crystal Geyser® Alpine Spring Water** **\$2.99** Ea.  
16.9 Fl. Oz./24 Pack

**Lagunitas® The Waldos' Special Ale** **\$11.99** Ea.  
6 Pack +CRV & Tax



## ADOPT-A-PET



**SADIE** is a sweet, reserved 2-year-old pup who'll gently lean against her person for pets, enjoys playing fetch and going for walks. Info: Hayward Animal Shelter: (510) 293-7200.



**SAMANTHA** is a calm, sweet bunny who's easy to handle. She loves snacking on veggies and an occasional piece of apple. Mor info: Hayward Animal Shelter: (510) 293-7200.



**CHARLIE** is a handsome, sturdy little one-year-old dog, about 20 lbs. He may be a mix of Corgi and terrier. He is neutered and fully vaccinated. For more info, visit: [dustypawsrescue.org](http://dustypawsrescue.org)



**OWEN** is a handsome white 6-month-old kitty with black patches and tail, and with lots of white hairs running through the black and in his ears. More info, visit: [dustypawsrescue.org](http://dustypawsrescue.org)

## 'Dalton Gang' Dedication Rescheduled

Predictions of heavy rains on Saturday, April 7, washed out plans for the dedication of a permanent bench at the Adobe Park Bocce Courts honoring the "Dalton Gang."

Teams are formed at the courts 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.

The dedication has been rescheduled to 10 a.m. this Saturday, April 14.



**GREAT MINDS:** Members of the local Odyssey of the Mind team from Castro Valley and Danville prepare for the statewide competition that they won last month. They will compete next month in the World Finals in Iowa.

## CV 'Odyssey' Team On to World Finals

A local seven-member Castro Valley-Danville team has won the California Odyssey of the Mind Division 2 competition and will compete in the World Finals next month.

Odyssey of the Mind is an international educational program that provides creative problem-solving opportunities for students from kindergarten through college.

Sponsored by Sycamore Lodge 29 of Odd Fellows in Hayward, the winning team was composed of five members from Canyon Middle School and two from Danville.

The statewide competition was held at U.C. Riverside. The challenge was to build a balsa wood structure that weighed less than 15 grams that would support as much weight as possible. The local Division 2 team's structure held the highest at 805 pounds.

On May 23-26, the best of thousands of teams from throughout the U.S. and two dozen other countries will compete for the World Finals at Iowa State University at Ames.

To learn more about Odyssey of the Mind, visit [www.odysseyofthemind.com](http://www.odysseyofthemind.com).

## Reports: CV Arrests This Past Week

*continued from page 3*

### Illegal Narcotics Possession

Tuesday, April 3: at 1:55 p.m., a 40-year-old man from Dublin was arrested on suspicion of possession of illegal narcotics, methamphetamine drugs, and illegal drug paraphernalia. Deputies also report the man had an outstanding warrant issued for his capture. The man was stopped outside a business on the Boulevard near Marshall Street when deputies approached and discovered his stash. Deputies took the man to Santa Rita Jail and held without bail.

### Driving Drugged

Tuesday, April 3: at 1:55 p.m., deputies arrested a 28-year-old man from Hayward on suspicion of driving under the influence of a controlled substance. The man was driving on Forrest Avenue near Forrest Circle when deputies spotted him swerving in traffic. The man failed his field sobriety test and was taken to Santa Rita Jail and held without bail.

### She Fought the Law

Tuesday, April 3: at 10:37 p.m., a 25-year-old woman from Hayward was arrested on suspicion of assault on a peace officer and resisting arrest. Deputies were asked to help assist hospital staff at Eden Medical Center on Lake Chabot Road after the woman became combative with nurses. The woman was still in her hospital gown when she became violent with deputies. The woman was eventually taken into custody.

## DID YOU KNOW?

**IN THE PAST 5 YEARS,**

**113** 

**CASTRO VALLEY MULTI-FAMILY COMPLEXES STARTED FOOD SCRAP RECYCLING!**

Multi-family complexes (including apartments, townhomes, and mobile homes) generate **11%** of materials sent to the landfill!

Reduce waste and start a Food Scrap Recycling Program at your complex today. Contact CVSan at 510-537-0757 ext. 112 for free assistance. We offer two free food scrap pail options and flyers showing what can be composted.



**REDUCE REUSE RECYCLE ROT**

**CASTRO VALLEY SANITARY DISTRICT**  
Effective Environmental Services since 1939  
510-537-0757 | [www.cvsan.org](http://www.cvsan.org)  
This ad was funded by Measure D.



## CV Schools Awarded as 'Exemplary'

The Castro Valley Unified School District has been recognized as a California Exemplary District for 2017-2018 school year by the State Department of Public Instruction. The award celebrates the achievements of districts whose practices have had a sustainable and positive impact on student achievements.

"We are grateful for this important recognition and are very proud of our students for their perseverance and hard work and applaud our staff's relentless efforts to ensure that students are provided the supports needed to fulfill their aspirations," Superintendent Parvin Ahmadi said in a press statement.



PHOTO: ALAMEDA COUNTY SHERIFF'S OFFICE

**HANDGUN CONFISCATED:** Alameda County Sheriff's deputies found this 9 mm Glock with a 50 round drum magazine during a routine probation search of a convicted felon in Ashland last Tuesday.

**ALL LOCAL, ALL THE TIME:**  
**CASTROVALLEYFORUM.COM**

