

BEGINS  
FRIDAY

# Hello, Summer



# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 31

WEDNESDAY, JUNE 19, 2019

NO. 24

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PHONE: (510) 537-1792

## Village Barber Hangs Up its Scissors

By Michael Singer  
CASTRO VALLEY FORUM

The Village Barber—a mainstay in the Castro Village shopping center since 1950—shut its doors this past Saturday with an uncertain future.

A sign posted on the window of the iconic shop announced the closure with instructions to contact individual barbers for their next shave or trim.

“We want to thank all our loyal customers for your support and friendship over the years. Call your favorite barber for news about your next haircut. We’ll see you soon: not retiring, just relocating!”

Al Proietti, who has owned the business since 1999, told the Castro Valley Forum the time was right for him to close and leave the location in favor of cutting hair elsewhere in town.

In a message posted online, Proietti says the barber shop was facing an upgrade to provide disability access and that the Village management’s group (Crosspoint Realty Services) was willing to extend his lease. However, after 20 years of managing the business, Proietti says that it is a good time for he and his wife to have some personal time with their four grand kids and two great-grand kids before he gets behind the chair again.



END OF A TRADITION: Al Proietti gives a haircut to Jeff Stone, his first customer at the Village Barbers. At left is Bill Rogers who got the final haircut from Proietti at the shop.

“We’ve had a lot of laughs and tears sometimes, but mostly the laughs,” Proietti says. “So many people have come through those doors. We’ve even cut hair for famous baseball players like Castro

Valley High School alumnus Jason Castro (Minnesota Twins).”

Originally opened in 1950, the barbershop is known for its four haircut stations where patrons line up to discuss the news of the day

while getting a beard trim, straight razor shave, or even a hot towel.

The Village Barber was also a “first” tradition destination for families. The shop regularly issues **BARBER** on page 7

### AITKEN COMMUNITY CENTER

## Celebrating 30th Year This Friday

Looking for a place to brighten your day? Maybe a guitar jam, an active fitness class, belly dancing, a game of table tennis or pool, or just a quiet time to read?

All that and a lot more are available at the Kenneth C. Aitken Senior and Community Center at 17800 Redwood Road in Castro Valley.

Known for its variety of activities, whether for recreation or learning, the center also hosts a variety of seasonal events — an ice cream social luau is coming up on July 11th — and it serves as a polling place during elections. It’s annual flea markets, “high teas”

and holiday parties attract guests from all over the East Bay.

The public is invited to celebrate the center’s 30th anniversary as a key part of the Hayward Area Recreation District (HARD) this Friday from 1 to 3 p.m. with cake, punch and live music, hosted by Recreation Coordinator Jennifer Tibbetts and her staff.

“It has been a real honor for me to watch the Kenneth C. Aitken Senior and Community Center evolve and grow throughout the years, and I am very proud of the staff and volunteers for making all this possible,” says Tibbetts, who’s see **AITKEN** on page 15



PHOTO BY FRED ZEHNDER

Recreation Coordinator Jennifer Tibbetts has overseen the busy operation and wide variety of activities at the Kenneth C. Aitken Community and Senior Center for the past 13 years.

### MAC MEETING

## Public Services Stretched

By Amy Sylvestri  
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) heard a variety of updates on Monday from organizations that provide services around town, including the Faith Lutheran Church food pantry, the California Highway Patrol, the Alameda County Sheriff’s Office, Alameda County Code Enforcement, and AC Transit.

### Food Pantry

Faith Lutheran pantry coordinator Teri Donat told the MAC that more and more working poor are using the pantry’s services for food — there has been an 18 percent increase people seeking help in the past year. As of the end of May, they distributed 60,000 pounds of food to 5,175 people.

The pantry gives out two days’ worth of food for low income families and individuals every Thursday evening and also accepts referrals from the Alameda County Food Bank on Mondays, Wednesday, and Friday when they pack up two days’ worth of food made available the same day the person seeking help phones the food bank.

They also receive donations of fresh unsold produce from the San Leandro Farmers’ Market, Donat said.

“No one gets turned away,” said Donat. “Everybody gets something. We are trying to make the most with the few resources we all have. Our goal is to serve our clients with dignity.”

### CHP Staffing

Next up was CHP Lt. Stephen Perea, who told the MAC that the Castro Valley CHP office is struggling with staffing, due to the high cost of living in the area and that some of his officers live as far away as Roseville and Fresno.

MAC Chair Marc Crawford said one idea would be a dorm of sorts for officers for use while on duty in Castro Valley.

“It almost sounds like we need a CHP halfway house to house our officers during the week,” said Crawford.

see **MAC** on page 14

## Castro Valley Weather June 19 - 23, 2019

				
Wednesday Mostly Sunny High 78° Low 57°	Thursday Mostly Sunny High 72° Low 54°	Friday Mostly Sunny High 77 Low 54°	Saturday Sunny High 78° Low 55°	Sunday Mostly Sunny High 76° Low 55°

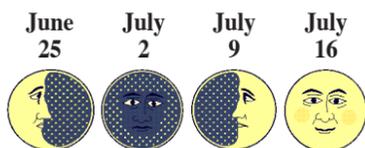
### Almanac



Sun sets at 8:34 p.m. today, rises at 5:48 a.m. Thursday.

Past Week's Rain: 00.00  
Season To Date: 24.80  
Normal To Date: 21.07  
Season Average: 21.22

### Moon Phases



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## As the Weather Heats Up, Take Rattlesnake Safety Precautions

As the weather heats up, rattlesnakes become more active in many of local parks, which is their natural habitat.

They like to explore when the weather gets warm which can lead to more encounters with humans and dogs. The East Bay Regional Park District is advising that the public take snake safety precautions when visiting Regional Parks.

### Safety Tips

- Always hike with a friend so you can help each other in case of emergency.
  - Look at the ground ahead of you as you are walking.
  - Look carefully around and under logs and rocks before sitting down.
  - Avoid placing your hands or feet where you can't see clearly.
- Check the area around picnic tables, campsites, and barbecues before using them. If you encounter a rattlesnake in these areas, notify park staff.
- Keep pets on the designated trails and away from snakes if they see one.
- Bring plenty of water for yourself and your pets as many parks do not have a direct water supply.



**WARM WEATHER BRINGS WARNING:** The East Bay Regional Park District is advising that the public take snake safety precautions when visiting Regional Parks.

### If You See a Rattlesnake

Leave it alone; don't try to capture or harm it. All park wildlife is protected by law. If you see a snake on a trail, wait for it to cross and do not approach. Then move carefully and slowly away.

### What to Do If Bitten

If bitten by a rattlesnake, stay calm and send someone to call 911. Remain calm by lying down with the affected limb lower than the heart.

see SNAKE on back page

## Library to End Overdue Book Fines July 1

The Castro Valley Library will eliminate fines on all library materials effective July 1.

Nearly 80,000 cardholders in the Alameda County Library system have outstanding fines that prevent them from checking out materials. Of these, more than 20,000 are children and teens.

The County Board of Supervisors voted in May to approve the county libraries' proposal to eliminate daily fines on all past overdue fines on library materials.

The experience of other libraries that have eliminated fines has shown that library fines are not an effective tool in encouraging library members to return borrowed items on time, and the fees account for less than two percent of the library's revenue.

"Eliminating overdue fines will strengthen our communities by restoring library access to tens of thousands of people, including those who need our services the most," said Cindy Chadwick,

County Librarian.

Eliminating overdue fines is becoming a trend for libraries. Contra Costa and San Mateo counties, and the cities of Berkeley and Oakland, have already done away with fines.

Library members will still be expected to return library materials on time and will be billed for lost or damaged items.

Visit [aclibrary.org](http://aclibrary.org) to learn more about its new fine-free borrowing policy.



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# EBMUD Infrastructure: Higher Water Bills Coming Next Month

Water rates are about to go up again.

The East Bay Municipal Utility District last week approved a two-year \$2.3 billion budget to pay for infrastructure improvements in the East Bay.

To help fund these improvements, water rates will increase 6.5 percent on July 1, and 6.25 percent on July 1 next year.

On the wastewater side, the typical homeowner will see a 3 percent increase this July 1st, and an additional 4 percent increase in 2020.

The effect on your bill will depend on how much water you use.

An average household using 200 gallons a day will see an increase of \$3.62 per month starting next month, and an additional increase of \$3.73 per month the following year.

A low water user (100 gallons daily) would see an increase of \$2.56 per month for the first year and an additional \$2.64 per month starting July 2020.

The bill for a high water user (averaging 600 gallons daily) will go up \$9.86 per month the first year and an additional \$10.05 starting July 2020.

For wastewater, the increased charges and fees for the average homeowner will be under \$1 per month for fiscal year 2020 and an additional \$1.24 in 2021.

Fixing the infrastructure is expensive. According to EBMUD, a typical mile of pipeline costs roughly \$2.5 million to replace. In the next two years this latest budget will fund more than \$800 million of capital improvements.

A surge in expensive infrastruc-



EBMUD PHOTO

Replacing typical pipeline costs about \$2.5 million per mile.

ture work is planned throughout EBMUD's service area, including \$110 million for pipeline replacement, \$110 million to replace large water transmission pipes that bring water from the Sierra foothills to the East Bay, and \$170 million for improvements at water treatment plants, pumping plants and local reservoirs.

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Death Threats Behind Business

Friday, June 14: at 1:52 p.m., Sheriff's deputies arrested a 38-year-old man with no permanent residence on suspicion of interfering with a business, shouting verbal threats of death at passersby, and violating the terms of his probation. The man was spotted behind a clothing store in the Castro Village shopping area on Village Drive after customers complained to the store manager the man was shouting death threats at them. Deputies handcuffed the man and took him into custody.

### Reckless Thief Caught Outside BART

Saturday, June 15: at 7:49 p.m., a 20-year-old man from Hayward was arrested on suspicion of reckless driving, driving with a loaded firearm, driving with a suspended license, and possession of illegal drug paraphernalia. Deputies responded to a robbery at a drug store on the Boulevard. The man fitting the description was pulled over in the BART parking lot on Norbridge Avenue and Redwood Road. The man also had an outstanding warrant for his capture. Deputies took the man to Santa Rita Jail pending \$11,500 in bail.

### Illegal Drugs in Eden Lobby

Saturday, June 15: at 2:30 p.m., Deputies arrested a 24-year-old man who refused to give an address on suspicion of possession of illegal narcotics. The man was detained by hospital security at Eden Medical Center on Lake Chabot Road after they observed him trying to take the drug in the lobby area. Deputies handcuffed the man and took him into custody.

### Wanted Man

Tuesday, June 11: at 11:00 p.m., an anonymous tip about a man fighting in public sent deputies to a home on Mountain Court near Cold Water Drive. There, they spotted a 31-year-old man from Castro Valley working on his vehicle in front of the home. Deputies report the man had an outstanding warrant issued for his capture.

The man was found to have illegal narcotics in his possession and was taken to Santa Rita and held without bail.

### Spousal Assault

Tuesday, June 11: at 11:48 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Lawrence Drive near Joseph Drive. There, they arrested a 38-year-old man from CV on suspicion of spousal assault and violating a court-issued restraining order. The man reportedly pinned his wife to the floor at the throat and punched her in the face till she nearly lost consciousness. The woman managed to grab a knife and cut the man in self-defense. Deputies handcuffed the man and took him into custody. The victim was treated at the scene.

see REPORTS on page 5

## CVHS Class of '69 Reunion

The Castro Valley High School Class of 1969 will be celebrating its 50-year reunion on Saturday, Sept. 14, at the DoubleTree Hotel in Pleasanton.

Class members are invited to attend to reminisce and enjoy see-

ing people you knew many years ago. A fun, energy-filled event, a casual time to visit, reconnect and discover what has been happening for the last 50 years. Tickets must be purchased in advance. Email: cvhs69reunion@yahoo.com

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<b>6/23</b>	<b>The Simms Band</b>	<b>Sun. 3pm</b>
<b>6/28</b>	<b>Re-wind, That 80's Band</b>	<b>Fri. 8pm</b>
<b>6/29</b>	<b>The Kaye Bohler Show</b>	<b>Sat. 6pm</b>
<b>6/30</b>	<b>Fault Line Blues Band</b>	<b>Sun. 3pm</b>
<b>7/5</b>	<b>Friends of Ken Band</b>	<b>Fri. 8pm</b>
<b>7/6</b>	<b>Touch of Class</b>	<b>Sat. 6pm</b>
<b>7/7</b>	<b>The Simms Band</b>	<b>Sun. 3pm</b>
<b>7/12</b>	<b>Dee Coco &amp; Co.</b>	<b>Fri. 8pm</b>
<b>7/13</b>	<b>The Mark Banning Band</b>	<b>Sat. 6pm</b>
<b>7/14</b>	<b>The Golden Gate Blues Society Blues Jam</b>	<b>Sun. 3pm</b>

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O	R	I	O	L	E	S	A	T	I	N		
Y	O	M	A	O	R	I						
D	I	M	S	B	A	N	K	N	I	T		
E	R	A		O	R	T	E	G	O			
B	A	R	B	S	C	I	A	T	O	M		
Z	I	L	C	H	U	S						
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## The Week Ahead

### ● Wednesday, June 19: East Bay Rose Society Meeting

Master Rosarian Joe Truskot, president of the Monterey Bay Rose Society, will discuss Crown Gall disease at 7:30 p.m. today at the Lakeside Garden Center, 666 Bellevue, Oakland. This bacterium, hiding in all our gardens, is waiting for a chance to infect a rose, entering at any point where the plant has been injured. Learn how to protect your roses, identify if you have galls, treat an occurrence and reduce future outbreaks. More info at [www.eastbayroses.org](http://www.eastbayroses.org)

### ● Wednesday, June 19: School Board Subcommittee Meeting

The Castro Valley School Board Policy Subcommittee will hold a meeting at 5 p.m. today at the District Headquarters, 4400 Alma Avenue to discuss all policies the district is considering.

### ● Thursday, June 20: Downtown Hayward Street Party

The 2019 Downtown Hayward Street Party season opens its 20th year tomorrow, June 20, with a popular combination of bands, car shows, street entertainers, food, and family fun from 5:30 to 8:30 p.m. on B Street.

### ● Friday, June 21: Celebrate Aitken Center's 30th Year

The Aitken Senior & Community Center at 17800 Redwood Road is celebrating its 30th anniversary from 1-3 p.m. Friday! Come celebrate

and share your wonderful memories! Entertainment will be provided by The Dreamers, a popular vocal trio from Stagebridge who perform music from the 1920s to the '50s, plus cake and punch. This is an all ages, free event. RSVP to the Senior Center at 510-881-6738.

### ● Saturday, June 22: Soroptimist Flea Market

Help Soroptimist International of the East Bay help our community. Come and enjoy a shopping experience (clothes, tools, kids' stuff/toys, household goods, treasures) while knowing your purchase will help provide scholarships and local programs that support women and their families, from 8 a.m. to 4 p.m. this Saturday at 3841 Somerset Ave., Castro Valley. For more information, call 510-593-7377.

### ● Saturday, June 22: Cyber Security, Email Security

We all rely on and take email for granted in our day-to-day lives. Unfortunately, email is also widely used by scammers to commit individual or large-scale fraud, identity theft, or other crimes. To learn how to keep your email safe and stay ahead of scammers, attend a free workshop at the Castro Valley Library in the Learning Center from 10:30 to noon this Saturday. No registration is required – just drop in.

### ● Saturday, June 29: College Application Head-Start

All U.C. schools and most private colleges require a personal statement as a major part of their admission criteria. Get a head-start writing your personal statement for fall college applications by writing your statement(s) this summer. A free class, from 10:30 to 11:30 a.m. on June 29 at the Castro Valley Library, will provide students and parents with tips for applying and writing applications and scholarships for college. Let the library know you're coming. Register at [www.aclibrary.org](http://www.aclibrary.org) or call 510-667-7900.

### ● Saturday, June 29: Red, White & Blue Pet Adoptions

Adopt a pet on Saturday, June 29, from 1 to 5 p.m. at the Hayward Animal Shelter and Santa Con Hayward will pay adoption fee (Hayward residents pay a \$17 licensing fee for dogs). Lots of kittens, dogs, puppies, cats, bunnies and Guinea pigs are looking for good homes. Swing by the shelter, at 16 Barnes Court near the Hayward DMV, and pick up a 4th of July tip sheet, learn about renting with pets, and learn about the myths and facts about Pit bulls. For more information, visit [www.facebook.com/haywardanimalshelter](http://www.facebook.com/haywardanimalshelter)

### ● Sunday, June 30: Water-Wise Gardening

Join Lori Caldwell, the CompostGal, to learn permaculture and sustainable gardening practices for your home garden in a workshop on water and gardening from 2 to 4 p.m. June 30 at the Castro Valley Library. Caldwell will cover the benefits of using mulch and compost, how to hydrozone your garden with drip irrigation, and she'll recommend native plants that provide food for birds, butterflies and color year round. An EBMUD representative will be available to discuss their Landscape Upgrade Rebate Program. Please register for this free program on the Library's web site or call 510-667-7900.

### ● Thursday, July 4: Fourth of July Celebration

You're whole family is invited to join a free community celebration of Independence Day 2019 at historic Meek Park at 240 Hampton Road in Hayward, where you'll learn about the Meek Family history, get a peek inside this local landmark, enjoy games, crafts and patriotic activities. Grab a hot dog and listen to the music of Johnny Mahalo and the Wild Coconuts. Bay Area BikeMobile will be there and will give free bake repairs to the first 20 sing-ups that day.

### ● Wednesday, July 10: Sons in Retirement Luncheon

Sons in Retirement (SIR) Branch 26, an organization of retired men, will meet July 10 for a social hour at 11 a.m. and lunch at noon at the Fairview Event Center at Metropolitan Golf Course, 10051 Doolittle Drive, Oakland. Truman Howard, a docent at Blackhawk Museum, will speak on changes being made at the Museum. Luncheon is \$25, payable by checks to SIR Branch #26. Sponsored guests are welcome at meetings on the second Wednesday of each month. Call Ken at 510-537-4804 for information.

### ● Thursday, July 11: Ice Cream Social Luau

Come beat the heat and enjoy an ice cream sundae with your friends and family at the Aitken Senior & Community Center, 17800 Redwood Road from 1:30 to 3 p.m. on July 11. \$1.50 per sundae, please bring exact change.

### ● Saturday, July 13: Castro Valley Pride

Castro Valley Pride returns for their 9th year, once again transforming the Castro Valley High School Redwood Road parking lot into a fun-filled space with food trucks, vendors, and live entertainment on two stages. Join them from noon to 5 on July 13 as they create a safe and welcoming space for the LGBTQ community, their friends, family, neighbors, and allies to enjoy a beautiful summer day together. For booth opportunities please visit [www.castrovalleypride.com](http://www.castrovalleypride.com)

## ...and Beyond

## Arts & Entertainment

### CASTRO VALLEY CENTER FOR THE ARTS

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

● "The Great American Sh\*t Show," monologues on life in the age of Trump, written by Brian Copeland and Charlie Varon and performed by them at 7 p.m. on Saturday, Aug. 17, at the Center for the Arts as a therapy session for progressives who've been quietly going insane. Developed with and directed by David Ford. For more info or tickets (\$40), visit [www.cvcfa.com](http://www.cvcfa.com)

### OTHER THEATRICAL & MUSICAL PERFORMANCES

● "The Complete Works of William Shakespeare (Abridged)" will be hitting the stage of TwiningVine Estate Winery, 16851 Cull Canyon Road, this Friday through Sunday, June 21-23. Can 3 actors really cover 37 Shakespeare plays in less than two hours? This fast-firing comedy does just that! Enjoy food, drinks and a hilarious Shakespearian comedy under the stars. Tickets selling fast at [Plethos.org](http://Plethos.org)

● "Newsies," the Disney musical, will begin the 53rd season of the Woodminster Summer Musicals July 5-7 and 11-14 at Woodminster Amphitheater in Joaquin Miller Park in the Oakland Hills. The play was inspired by the real-life "Newsboy Strike of 1899," when newsboy Kid Blink led a band of orphan and runaway newsies on a two-week-long action against Pulitzer, Hearst and other powerful newspaper publishers. Filled with one heart-pounding number after another, it's a high-energy explosion of song and dance you don't want to miss. All performances at 8 p.m. For tickets or more info, visit [www.woodminster.com](http://www.woodminster.com)

### ART GALLERIES & ART INSTRUCTION

● "7+1 Collective," will be on public display through Aug. 2 at the John O'Lague Galleria in Hayward City Hall, 777 B Street.

### Submissions to The Forum

The Community Calendar is for publicizing the activities of non-profit organizations, local government agencies, charities and community groups. It is not intended to be used for the advertising of commercial events, whether admission is charged or free. Items for the Community Calendar as well as news submissions must be received by 6 p.m. Friday for inclusion in the following Wednesday's newspaper. Send information in an email to: [fredz@ebpublishing.com](mailto:fredz@ebpublishing.com). Please do not send flyers or posters as we cannot capture text from them.

### CASTRO VALLEY FORUM CASTROVALLEYFORUM.COM

ESTABLISHED: 1989 • CIRCULATION 22,500  
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Published every Wednesday by EastBay Publishing Corp.  
2060 Washington Ave., San Leandro, CA 94577  
Corporate Address: P.O. Box 2897, Alameda, CA 94501  
Tel: 510-614-1560 • Fax: 510-483-4209

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### HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** Get your facts together and become familiar with them before you have to face up to that interview. The better prepared you are, the easier it will be to make that important impression.

**TAURUS (April 20 - May 20):** New information might warrant changing your mind about a recently made decision. Never mind the temporary confusion it might cause. Acting on the truth is always preferable.

**GEMINI (May 21 - June 20):** Creating a loving atmosphere for those you care for could pay off in many ways. Expect to hear some unexpected but very welcome news that can make a big difference in your life.

**CANCER (June 21 - July 22):** Stepping away from an old and seemingly insoluble problem might be helpful. Use the time to take a new look at the situation and perhaps work out a new method of dealing with it.

**LEO (July 23 - August 22):** You're still in a favorable goal-setting mode. However, you might need to be a little more realistic about some of your aims. Best to reach for what is currently doable. The rest will follow.

**VIRGO (August 23 - Sept. 22):** A setback is never easy to deal with. But it could be a boon in disguise. Recheck your proposal and strengthen the weak spots. Seek advice from someone who has "been there and done that."

**LIBRA (Sept. 23 - October 22):** Coming up with a new way of handling a tedious job-regulated chore could lead to more than just a congratulatory memo once the word reaches the "right people." Good luck.

**SCORPIO (October 23 - November 21):** What you might call determination, someone else might regard as stubbornness. Look for ways to reach a compromise that won't require a major shift of views on your part.

**SAGITTARIUS (Nov. 22 - Dec. 21):** You're still in a vulnerable mode vis-a-vis "offers" that sound too good to be true. So continue to be skeptical about anything that can't be backed up with provable facts.

**CAPRICORN (Dec. 22 - Jan. 19):** Thrift is still dominant this week. What you don't spend on what you don't need will be available for you to draw on should a possible (albeit temporary) money crunch hit.

**AQUARIUS (Jan. 20 - Feb. 18):** Staying close to home early in the week allows for some introspection about your social life. Sort out your feelings before rejoining your fun-time fellows on the weekend.

**PISCES (Feb. 19 - March 20):** It can be a bit daunting as well as exciting to find yourself finally taking action on a long-delayed move for a change. It helps to stay with it when others rally to support you.

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## Castro Valley Women's Club Installs its Officers

The Castro Valley Women's Club installed its 2019-2020 officers on May 29 at the Acqua e Farina Ristorante in Hayward: President Carolyn Willkie, 1st Vice President Michelle Asplund, 2nd Vice President Lois Ingellis, Secretary Linda Perotti, and Treasurer Liz Hartman.

"We appreciate the great support the community gives to us as we continue to contribute time and funds to various causes such as SOS Meals on Wheels, Castro Valley High School Scholarships

and Sulphur Creek," said President Willkie, who invited the public to attend the club's monthly meetings.

Awards for Membership went to Irma Glazer, Gloria Kearns and Carol Liley (5 years); Janet Medina-Grant (10 years); Jill Angel, Sandy Schneider, Donna Sire and Martha Maxson (20 years); Silvia Goble (25 years) and Marilyn Rapaport (60 years).

Visit: [castrovalleywomensclub.weebly.com/](http://castrovalleywomensclub.weebly.com/) for more information.

—Gloria Johanson

## Bob Wieckowski to Run For District 1 Supervisor

California State Senator Bob Wieckowski, who withdrew his run for Congress six days earlier, announced on Thursday that he will be a candidate for Alameda County Supervisor, District 1.

The seat was recently made open following an announcement by Supervisor Scott Haggerty that

he will not seek re-election to represent the district, which includes Dublin, Livermore, part of Fremont, and most of the unincorporated area of Livermore-Amador Valley.

Wieckowski currently represents the 10th District in the State Senate, which includes CV.



JUNE 28: Oakland band Lil Elephant fuses funk, rock n' roll, rap and classical influences.

## Coming Up at Smalltown Society

● Thursday, June 20: THE LAB: Songwriter and Poet Showcase & Workshop — Sign-ups for performances by email only: [info@smalltownsociety.com](mailto:info@smalltownsociety.com). THE LAB is a monthly gathering that allows songwriters and poets to workshop and collaborate on new and existing pieces through exercises and brief performances, in front of and among friends. Everyone is welcome! This month's featured artist is Duke James from 7 to 9 p.m.

● Saturday, June 22: Pampas Cafe Presents Smalltown Society Art Sessions. Join Smalltown and Pampas Cafe in the parking lot at Pampas, highlighting local art and the music of singer/songwriter Sara Perry. Free. 10 a.m. to 1 p.m., 3483 Castro Valley Blvd.

● Friday, June 28: Smalltown JUNE Gathering — Connect with your community, hear from local artists, musicians and advocates,

and experience the developing narratives of your neighborhood! The music of Lil' Elephant, the art of Julie Barrett, Plethos Productions, food, beer, wine & more! Free (suggested contribution \$15) 7:30-10 p.m. Doors open at 7 p.m.

For more details on events, visit: [www.smalltownsociety.com](http://www.smalltownsociety.com) or text "Smalltown" to 797979. Smalltown Society is located at 22222 Redwood Road, CV.

## Reports: CV Man Arrested For Assault

continued from page 3  
**Domestic Violence**

Tuesday, June 11: at 4:41 p.m., deputies arrested a 41-year-old man from Castro Valley on suspicion of assault on a family member. The man was found at an apartment on Center Street near Grove Way after deputies got a phone call about an argument. The man was taken into custody. The victim was treated at the scene.

**Stolen Property**

Monday, June 10: at 10:30 a.m., deputies arrested a 33-year-old man who refused to give a home address on suspicion of possession of illegal narcotics, stolen property, and lock-picking equipment. The man was waiting for a patient at the Eden Medical Center on Lake Chabot Road when deputies confirmed the man had a warrant issued for his capture. Deputies took the man to Santa Rita Jail pending \$30,000 in bail.



PHOTO BY VICTOR GARCIA

## Perfect Attendance Since Kindergarten

**HAVEN'T MISSED A DAY: Five Strobbridge Elementary School 6th grade students — from left, Karyme Noriega, Fernando Noriega, Dayanara Noriega, Karla Hernandez and Monica Aguirre — were recognized Friday for having had perfect attendance since Kindergarten.**

## LEGAL NOTICES

FILED  
MAY 29, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 559715

**FICTITIOUS BUSINESS NAME STATEMENT**  
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Artist Center located at 3742 Castro Valley Boulevard Ste A, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Monica Zeigler, 3272 Anita Court, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on July 30, 20.  
/s/Monica Zeigler  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires MAY 29, 2024

**JUNE 5, 12, 19, 26, 2019**  
**0099-CVF**

FILED  
MAY 16, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 559263

**FICTITIOUS BUSINESS NAME STATEMENT**  
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Al's Market located at 3550 Somerset Ave., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Al's Food Market, Inc., 3550 Somerset Ave., Castro Valley, CA 94546. This business is conducted by a corporation. This business commenced on N/A.  
/s/Al's Food Market, Inc.  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires MAY 16, 2024

**JUNE 12, 19, 26, JULY 3, 2019**  
**00105-CVF**

FILED  
JUNE 04, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 559898

**FICTITIOUS BUSINESS NAME STATEMENT**  
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Beefront located at 16470 Foothill Boulevard, San Leandro, CA 94578, in Alameda County is hereby registered by the following owner(s): Ji Sun Choi, 16470 Foothill Boulevard, San Leandro, CA 94578. This business is conducted by an individual. This business commenced on N/A.  
/s/Ji Sun Choi  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires JUNE 04, 2024

**JUNE 19, 26, JULY 3, 10, 2019**  
**00106-CVF**

FILED  
JUNE 05, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 559948

**FICTITIOUS BUSINESS NAME STATEMENT**  
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Seven Hills Baking Co. located at 3295 Castro Valley Boulevard, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Julien Wagner, 746 Dolores Ave., San Leandro, CA 94577. This business is conducted by an individual. This business commenced on 6/18/18.  
/s/Julien Wagner  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires JUNE 05, 2024

**JUNE 19, 26, JULY 3, 10, 2019**  
**00107-CVF**

FILED  
JUNE 10, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 560109

**FICTITIOUS BUSINESS NAME STATEMENT**  
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: ABC Yard and Lawn Care located at 1772 Knox Street, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Tyler Judkins, 1772 Knox Street, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on N/A.  
/s/Tyler Judkins  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires JUNE 10, 2024

**JUNE 19, 26, JULY 3, 10, 2019**  
**00108-CVF**

FILED  
MAY 22, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 559475

**FICTITIOUS BUSINESS NAME STATEMENT**  
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Arizona Care Home Inc located at 33051 Arizona Street, Union City, CA 94587, in Alameda County is hereby registered by the following owner(s): Arizona Care Home Inc, 33051 Arizona Street, Union City, CA 94587. This business is conducted by a corporation. This business commenced on N/A.  
/s/Arizona Care Home Inc  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires MAY 22, 2024

**JUNE 19, 26, JULY 3, 10, 2019**  
**00109-CVF**

FILED  
JUNE 12, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 560232

**FICTITIOUS BUSINESS NAME STATEMENT**  
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: M.A. Services General Contractor located at 3979 Alexia Place, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Michael A. Kolokithas, 3979 Alexia Place, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on 02/11/1999.  
/s/Michael A. Kolokithas  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires JUNE 12, 2024

**JUNE 19, 26, JULY 3, 10, 2019**  
**00110-CVF**

### SUMMARY OF ORDINANCE NO. 182

#### AN ORDINANCE OF THE CASTRO VALLEY SANITARY DISTRICT BOARD OF DIRECTORS AMENDING COMPENSATION FOR DIRECTORS AT MEETINGS

The Ordinance No. 182 amending Castro Valley Sanitary District Code Article II, Administration, Section 2106, Directors Fees was duly and regularly adopted by the Castro Valley Sanitary District Board of Directors at the Regular meeting of said Board held on June 4, 2019.

The ordinance amends Board member compensation for services rendered as a Director for each day's attendance at meetings to \$230.00 effective July 1, 2019.

The Castro Valley Sanitary District Board of Directors voted on June 4, 2019 at the Castro Valley Sanitary District Regular Board meeting to adopt the ordinance as follows: Akagi – Yes; Sadoff – Yes; Johnson – Yes; Appleton – Yes; McGowan – Yes.

The above summary constitutes the major highlights of Ordinance No. 182. A reading of the entire ordinance may be necessary to obtain a full understanding. The full text of the ordinance is available at the Castro Valley Sanitary District Main Office, located at 21040 Marshall Street, Castro Valley, California 94546.

**JUNE 12, 2019**  
**0102-CVF**

## Beat Summer Heat with a Crisp, Cool Salad

As we wend our way toward summertime weather, salads begin to take on greater importance in menu planning. And why not? They are light, filling and, when properly presented, they appeal as much to the eye as they do to the palate.

Stylish salads are always welcome whether they are the main dish or simply a side dish.

Some guidelines should be followed. Be sure the greens are thoroughly cleaned. The easiest way to wash greens is to place them in a large bowl full of cold water, swish them around for 30 seconds or so and lift them gently from the water so that the grit remains behind.

It is equally important that salad greens be well dried. Any water left on them will dilute the dressing and keep it from coating the greens as desired.

The easiest way to dry salad greens is to roll them up in a cotton towel or whirl them in a salad spinner.



PHOTO BY LINDA SANDSMARK

### Classics on Display

Hundreds of automobile enthusiasts came out Saturday for the 13th Annual Castro Valley Car Show on the Boulevard. More than 300 muscle, custom and classic were on display at the event, sponsored by the Hayward-Castro Valley Moose Lodge. Proceeds from the show go to community youth and charitable organizations.

### THE FORUM CROSSWORD

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- 5 Guy
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- 7 Lucy of "Elementary"
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- 11 Teller's partner
- 16 "Xanadu" band, for short
- 20 Clumsy craft
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- 26 Almond confection
- 27 Variety of 2-Down
- 29 "Where did \_\_ wrong?"
- 30 Huck's pal
- 35 Baby's cover-up
- 37 Off
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- 50 Burgle

ANSWERS ON PAGE 3

#### BLUEBERRY SALAD

- 8 cups mixed salad greens
- 2 cups fresh blueberries
- 1/2 cup crumbled Gorgonzola or blue cheese
- 1/4 cup chopped and toasted walnuts or pecans
- Vinaigrette dressing

Toss together first 4 ingredients; drizzle with desired amount of vinaigrette, tossing gently to coat. Makes about 6 servings.

#### Basic Vinaigrette

- 1/2 cup extra virgin olive oil
- 3 tablespoons or more of a good wine vinegar
- Salt and freshly ground black pepper to taste
- 1 heaping teaspoon Dijon mustard
- 1 large shallot, peeled and cut into chunks

Combine all ingredients except the shallot in a blender and turn the machine on. A creamy emulsion will form within 30 seconds. Taste and add more vinegar a teaspoon or two at a time until the balance tastes right.

Add the shallot and turn the machine on and off a few times until the shallot is minced within the dressing.

Taste, adjust seasoning and

serve.

This dressing is best made fresh, but will keep a few days in the refrigerator. Before using, bring back to room temperature and whisk briefly.

#### STRAWBERRY & SPINACH SALAD

- 1/4 red onion, thinly sliced
- 2 (6-ounce) bags baby spinach
- 1 (16-ounce) container strawberries, quartered
- 1 (4-ounce) package crumbled blue cheese
- 1/2 cup sliced toasted almonds
- Red wine vinaigrette (recipe follows)
- Salt and freshly ground pepper

Toss together red onion and next 4 ingredients in a large bowl. Drizzle with red wine vinaigrette; sprinkle with salt and pepper to taste. Serves 6.

#### Red Wine Vinaigrette

- 1/2 cup red wine vinegar
- 1-1/2 cups olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 teaspoon black pepper
- 1 teaspoon Dijon mustard
- 1/2 clove crushed garlic (optional)

Combine all ingredients in a glass jar with a screw-on lid. Tighten lid and shake vigorously for 1 minute before serving. Yields 2 cups.

#### BROCCOLI COLESLAW

- 2 (3-ounce) bags Ramen Noodle Soup
- 3/4 stick butter
- 1/4 cup slivered almonds
- 2 (12-ounce) bags broccoli cole slaw (in the salad greens produce section)
- 1/4 cup sunflower seeds
- Chopped green onions, for garnish
- Dressing Mix:*
- 3/4 cup canola oil
- 1/4 cup sugar
- 1/4 cup apple cider vinegar
- 1 Ramen noodle seasoning packet

Put the Ramen noodles in a bag and crush them with a rolling pin while melting butter in a large skillet over low heat. Add the crushed noodles and slivered almonds to the skillet and saute, stirring occasionally (keep temperature at low/medium heat).

Meanwhile, whisk together all the dressing ingredients in a small bowl. Place the shredded broccoli into bowl and toss with the noodles, almonds, and sunflower seeds.

Pour dressing over salad and toss to coat. Garnish with chopped green onions. Serves 10.

#### VEGETABLE-PASTA SALAD

- 8 ounces multicolored rotini pasta, uncooked
- 1 cup cut fresh broccoli
- 1 cup cut fresh cauliflower
- 1 yellow bell pepper, cut into short, thin strips
- 2 cups shredded Mozzarella
- 1 cup cherry tomatoes, halved

- 2 teaspoons dried basil
- 2 tablespoons minced sun-dried tomatoes
- 1/2 cup balsamic vinaigrette
- Salt and pepper to taste

Cook pasta according to package directions, adding broccoli, cauliflower and bell pepper during the last 3 minutes of cooking. Drain and rinse with cold water in colander. In large bowl, mix the pasta and vegetables with dressing. Add 1-1/2 cups of cheese, tomatoes, basil and sun-dried tomatoes; toss. Serve on lettuce with remaining cheese.

#### COBB SALAD

- 1/2 head iceberg lettuce
- 1/2 bunch watercress
- 1 small bunch curly endive
- 1/2 head romaine
- 2 tablespoons minced chives
- 2 medium tomatoes, peeled, seeded and diced
- 1 whole chicken breast, cooked, boned and diced
- 6 strips bacon, cooked, diced
- 1 avocado, peeled, diced
- 3 hard-cooked eggs, diced
- 1/2 cup Roquefort or blue cheese, crumbled

#### French Dressing

Chop lettuce, watercress, endive and romaine in very fine pieces, using knife or food processor. Mix together in large wide bowl. Add chives. Arrange tomatoes, chicken, bacon, avocado and eggs in narrow strips or wedges across top of greens. Sprinkle with cheese. Chill.

At serving time, toss with 1/2 cup French Dressing. Pass around remaining dressing. Yields 6 servings.

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CVHS Smart Environmental Club members: Chelsea Chan, Declan Galli, Ciara Bolt, Din Didic, Amanda Webster, Sarah Barton, Faith Franco, Lilit Shahbazian, Emerald Adeyan, Alexandro Olvera, Sterling Daly, Katy Siler. Faculty advisers: Erika Ikemoto and Nathan McCreary. Rotary Club members: Todd Anglin and Gary Howard.

## CVHS Smart Environmental Club Reaps Plentiful Harvest on Campus

The Smart Environmental Club has had a real impact on the campus at Castro Valley High School. Club members reaped their first harvest of fruits and vegetables this year, and they are continuing to plant flowers for the enjoyment of the students and staff.

The Club attempts to raise awareness of various environmen-

tal issues, such as climate change and the importance of recycling. Second, they work to beautify their own environment here at the school.

Recently, the Club received a donation for their efforts from the Rotary Club of Castro Valley. That \$300 will be put to good use to buy more plants, seeds, fertilizer,

and mulch.

"This is exactly the type of project that we like to support," said Todd Anglin, president-elect of the Rotary Club. "This school club has outstanding faculty support and an amazingly enthusiastic group of students. We look forward to seeing what they will accomplish next year."

## Barber: The Last Haircut

*continued from front page*  
sued a "First Haircut Certificate" to children getting their first trim. The barbers would periodically take a photo and send it to the family as a keepsake as well.

"Some babies that we cut their hair come back in with their own kids who have graduating from college," says Proietti. "If it wasn't for the little kids the job would not have been as interesting. I like to clown around with them and they do the same with me. I do little magic tricks with them and make it special."

The staff is a talented bunch. Proietti is also known for performing the Charlie Chaplin "Little Tramp" character. Al Martinez is a vegetarian and plays piano. Ernie Olivieri is a member of the Good Guys Auto Club. Spence Petsas also has a passion for classic cars and had been working at Village Barber since 1995. Ty Kemp—the youngest of the bunch—plays guitar in various bands.

Crosspoint Realty Services declined to confirm that it was working with a new owner or that it would renovate the space prior to re-opening with a new business.

Proietti says if the space does reopen as a barber shop, some of the guys will be staying, but it's not sure which ones.

## ADOPT-A-PET



**LUIGI** is an extremely handsome, 4 year old orange tabby who's easygoing, friendly and leans in for pets, ear rubs, and chin scratches. He's OK with being picked up and carried and makes "air biscuits" when he's content. Hayward Animal Shelter: 510-293-7200.



**KITTIES** 18 years young, was abandoned at a local park. She acts younger than her age and greets you when you stop by her shelter "suite". This young-at-heart gal truly deserves to live out her golden years with a loving family. Hayward Animal Shelter: 510-293-7200.



**SIBLINGS PEANUT AND HAKU:** Peanut is a seriously cute, playful and outgoing 3 month old tabby. He'd love a home with another playful kitten. Sibling Haku, an equally cute and handsome gray and white tuxedo, is good with cat friendly dogs and loves to cuddle. Neutered and vaccinated. For more information, please email: [Loveallpawzrescue@gmail.com](mailto:Loveallpawzrescue@gmail.com)

# IT'S OFFICIAL: Hearing Center of the Castro Valley has joined HearUSA!



Our hearing care providers and staff are dedicated to caring for our customers' hearing health. We are excited to offer the same benefits of a national company, within our local community.

### At HearUSA we offer:

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Hearing Center of the Castro Valley is now HearUSA.



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Castro Valley, CA 94546  
**510-901-0192**

## ATHLETES OF THE WEEK

### Creekside Girls Cross Country Team

This week's Athletes of the Week are the members of Creekside Middle School's girls cross country team.

The Creekside girls team placed first with 35 points beating the second place team, Bancroft, by 31 points at the Championship meet, held at Bancroft Middle School on Wednesday, May 15. This amazing accomplishment is even more impressive due to the fact that they raced with only sixth and seventh grade girls in a race for seventh and eighth graders.

At 5:58 min for the 1-mile course, sixth grader and first-place finisher Maya Dughi beat her sister Anna Dughi by 0.1 seconds and narrowly missed the sixth grade course record by 2 seconds on the rainy and windy day. They were bolstered by seventh grade teammates Madelyn Zavala, Delaney Rasmussen, Ariadna Estebanez, and sixth grader Fiona Padilla.

Coach Amy Conrad said "the girls put in a great effort and I couldn't be more proud of them"



## Relay for Life This Weekend

By Joanne Sexton  
SPECIAL TO THE FORUM

Join this year's Relay for Life of the East Bay! This is American Cancer Society's worldwide fundraiser to raise money for cancer patients and caregivers so they can receive FREE resources.

This 24 hour cancer walk will be held at Chabot College this Saturday, June 22 to Sunday starting at 9 a.m. Survivors will walk the first lap to kick off the event.

Bring your family, friends, and anyone who likes to walk, play games, win raffles and have fun. This important fundraiser provides cancer patients and caregivers free wigs, rides to appointments, support groups, and a wealth of information on every type of cancer.

Eden Medical Center's Cancer Program received a transportation grant at the end of 2018 so our patients who do not have local family receive free rides to and from their treatments.

Today, there are almost 17 million cancer survivors in the U.S. thanks, in part, to early cancer detection (screening mammograms, colonoscopies, PSA testing, etc.). But, there is much more to do.

Did you know one out of every 10 cancers could be prevented by modifying lifestyle behaviors, or that 50% of cancer deaths could be prevented?

The most obvious factor is smoking. Lung cancer is the number one cancer killer and the number two most diagnosed cancer. American Cancer Society offers free smoking cessation resources.

There is only one cancer vaccine available which is the Human Papillomavirus (HPV) vaccine which prevents 90% of HPV cancers. There are six types of HPV-causing cancers including cervical cancer and head & neck cancers. Both girls and boys should be vaccinated starting from ages 9-12.

Eating healthy foods, being active and limiting alcohol consumption are other factors to help reduce your risk of cancer. So come on out on Saturday and walk! Bring water and sunscreen, too.

Joanne Sexton, CTR, is Relay for Life team captain for "Heroes Helping Heroes" (Eden Medical Center).

### CV WRESTLING CLUB



PHOTO COURTESY OF RON MAES

At the USA Greco-Roman State Tournament in Fresno on June 1-2, Castro Valley Wrestling Club' Kris Darin placed third at 160 lbs., finishing with a 5-1 record for the day. With his third place finish, he qualified for the Greco National Tournament in July in Fargo, North Dakota. CV's Kyle Jeong place seventh at 113 lbs., Jason Oh placed seventh at 160 lbs., and CV's Dylan Vanerwegen placed eighth at 152 lbs.

### CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



Youth Baseball and  
Flag Football Programs

www.CVSPORTSLEAGUE.org



BOCCE TOURNAMENT WINNERS from left, Jim Cook (aka Jim Cookalini), Team Captain and play strategist Bruce Tobia, Team Jester Rich De Luca and Al Bronzini

## Buon Tempo Bocce Tourney Raises Thousands for Charity

The Buon Tempo Italian American Club hosted its 10th Annual Bocce Tournament, raising \$3,470 for the George Mark Childrens House on Saturday, June 8, at the Ken Martin Bocce Courts on San Miguel Avenue.

It was a day of competitive bocce and friendly family atmosphere with 12 teams competing for bragging rights and a trophy.

The team of "The Four Paesanos" claimed first place in the tournament.

A wonderful lunch was served by the ladies of our Bocce Group.

If you want to play bocce, come to the courts any Wednesday or Saturday at 10 a.m., no experience required.

—Al Bronzini

### OLG GIRLS WIN CYO CHAMPIONSHIP



PHOTO COURTESY OF JAYNE GATES DURAN

Our Lady of Grace's (OLG) seventh grade girls basketball team won the Catholic Youth Organization Oakland Diocese Championship on May 20, at Moreau Catholic High School. OLG beat St. John's of San Lorenzo 41-39. Pictured back row from left, Assistant Coach Paris Greenwood, Nyah Greenwood, Delaney Rasmussen, Head Coach Chris Duran, Lauren Giovannoni and Assistant Coach Steve Schirado; front row, Lillian Sequiera, Isabella Schirado, Jenna Nossier, Nicole Guzman, Malia Musson and Ariadna Estebanez.

## CVHS Football Hall of Fame Fundraiser

The 2019 Castro Valley High School Football Hall of Fame Induction will be held from 6-10 p.m. on Saturday, Aug. 3, at the Stack Center at Our Lady of Grace Church, 3433 Somerset Ave. in Castro Valley.

The event will honor Coach John Brosnan, Jeff Willits ('95), John Willits ('00), Marcus Cox ('04) and Mike Proulx ('07).

The induction ceremony will include cocktails, auctions and dinner, catered by Southern Comfort Kitchen.

For tickets (\$60 per person), visit squareup.com/store/cvhs-athletic-boosters-club. Corporate sponsorships are now available for this fundraiser.

All money raised from this event will go to purchasing of

safety equipment for the players, including pads and new helmets equipped with concussion detection technology.

"Player safety is a top priority of the coaching staff," says Head Coach Denny Molzen, a CVHS alum.

For more information, send an email to: castrovalleyfootball@gmail.com

# An Approach to Handling Legal Affairs When Spouse Can't Sign

*Q: My husband suffers from dementia and we have significant expenses for care in the home.*

*In order to help with these expenses, I have been thinking about selling our vacation property which we no longer use or cashing in one of his annuities. I would also like to set up a Living Trust and make Wills.*

*The problem is that my husband can't sign the necessary legal documents. Unfortunately, he does not have a Durable Power of Attorney which would allow me to sign for him. Is there some way to overcome this problem?*

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

**A:** Yes. There is a legal procedure whereby you can petition the superior court to make an order that takes the place of your husband's signature. It is called A Substituted Judgment and involves petitioning the court for an order that, in essence, asks the court to substitute its own judgment for your husband's.

The resulting court order would then usually be accepted in lieu of your husband's signature by title companies, banks, insurers and others.

It could also authorize the creation of estate planning documents for both of you. This could be a perfect solution to your problem. For a married person, a formal conservatorship is not required to invoke this procedure.

Upon your petition, the court will assess your husband's situation to determine whether the proposed order seems reasonable under the circumstances and whether, if granted, your husband's interests will be protected and his ongoing needs for support and care met.

If the court is satisfied, an order will then usually be made in accordance with the petition.

Often, the court's decision is based upon your written petition and the written report of the court-appointed Guardian, and is frequently made without a formal hearing. Once granted, you would then be free to engage in the transaction that you propose.

This procedure is designed to provide the necessary consent for a particular transaction or series of transactions which involve, primarily, community property, but may also include your husband's separate property if the court finds "good cause."

However, the procedure has even broader application and can

also be used to help you handle other legal matters for him, such as the following: creating, modifying or revoking a A Living Trust, making a will, making gifts, selling real property, arranging a loan, exercising options under life insurance, annuity policies or retirement plans, and for other purposes.

In our practice, we have used the Substituted Judgment procedure very effectively to assist with asset preservation strategies and Medi-Cal planning for long-term care.

By the way, the Substituted Judgment procedure is also available to unmarried individuals, albeit in the context of a full-blown conservatorship, which typically requires ongoing court management and associated legal proceedings for the remainder of the incapacitated person's lifetime. By contrast, for a married couple, the procedure is much more streamlined and the court's powers are invoked by a petition which usually is resolved in one court hearing.

As you imply, had your husband previously signed a Durable Power of Attorney (ADPOA) with adequate powers when he had full mental capacity to do so, his DPOA might then have been used to achieve your goals. However, in situations such as yours, the Substituted Judgment procedure can be a very powerful tool to overcome legal impediments associated with incapacity.

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



Home monitoring can help you keep tabs on your blood pressure in a comfortable setting.

# Tips for Choosing and Using a Home Blood Pressure Monitor

*Q: I just found out I have stage 1 hypertension and my doctor recommended I get a home blood pressure monitor to keep an eye on it. Can you offer me any tips on choosing and using one?*

**By Jim Miller**  
SPECIAL TO THE FORUM

**A:** It's a smart idea! Everyone with elevated or high blood pressure – stage 1 (or 130/80) and higher – should consider getting a home blood pressure monitor.

Home monitoring can help you keep tabs on your blood pressure in a comfortable setting. Plus, if you're taking medication it will make certain it's working, and alert you to a health problem if it arises.

### Home Monitors

The best type of home blood pressure monitors to purchase are electric/battery powered automatic

arm monitors, which are more reliable than wrist or fingertip monitors.

With an automatic arm monitor, you simply wrap the cuff around your bicep and with the push of one button the cuff inflates and deflates automatically giving you your blood pressure reading on the display window in a matter of seconds.

Many monitors today also come with additional features like

irregular heartbeat detection; a risk category indicator that tells you whether your blood pressure is in the high range; a data-averaging function that allows you to take multiple readings and get an overall average; multiple user memory that allows two or more users to save their readings; and downloadable memory that lets you transmit your data to your computer or smartphone.

see **MONITOR** on back page

# Seniors: Say No to 'Free' Genetic Tests

**By Greg Dill**  
SPECIAL TO THE FORUM

If you're approached by someone who offers "free" genetic testing or cancer screening, turn them down.

Medicare doesn't cover such tests unless a doctor who's treating you orders them and they're medically necessary.

Laboratory representatives have allegedly been taking swabs inside the mouths of Medicare beneficiaries at health fairs, senior centers, residential complexes for older people, and veterans' centers.

Some seniors are getting cold calls about genetic testing kits. The caller usually offers to send a

"free" genetic testing kit and asks only that you return the completed kit with your insurance information – including a Medicare number.

Beneficiaries' numbers are then used to bill Medicare for thousands of dollars of medically unnecessary genetic testing.

Seniors are also being asked for the Medicare numbers and other private information after being brought into health-fair booths for DNA swabs of their cheeks.

In some instances, seniors are given gift cards and told that Medicare will be billed for the tests, even though there's no physician order for them.

see **TESTS** on back page

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# REAL ESTATE GALLERY



## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum



GUEST COMMENTARY

## Incorrect County Information Make Valuations Difficult

Called to go on a Central County listing appointment, a Realtor searched the county tax records for the property characteristics.

In addition to property condition and level of amenities, it is critical to know a home's total square footage along with bedroom and bathroom numbers to provide a current market evaluation.

In this case, the tax records showed the home to be a 3-bedroom, 2-bath home with 1,100 square feet.

Market analysis in hand, the agent showed up for the appointment, only to discover, upon touring the home, that it was a 4-bedroom 3-bath house with approximately 1,650 square feet.

It's a story repeated frequently in Alameda County. For any number of reasons, home characteristics can be different than shown on the county records. While more common in older homes, it occasionally happens with newer properties as well, typically the result of a clerical error.

Since appraisers rely on accurate property characteristics to provide correct valuations, it is important to determine why the property does not match the official records.

The worst-case scenario would be additions or modifications made without applicable

building permits. In these cases, any square footage/rooms added without proper approval is deemed a liability and cannot be included in any valuation.

In other cases, there are any number of reasons the records might be wrong.

In a perfect world, permitted upgrades, once completed, are signed off by building officials who then notify the county assessor's office of the changes. It should be no surprise, however, that these communications sometimes go awry.

Additionally, complete building records are simply not available for many older homes, especially in the unincorporated areas of Alameda County. Consequently, buildings modified years ago may have no building department records of any kind.

For homes that have been modified with the correct permits or are incorrect due to a clerical error, the process of correcting the county records is quite easy. The County Assessor's office provides a form entitled *Property Characteristic Change Form* which can be used to update the county information.

The form can be filled out online\* and submitted along with documentation verifying the correct configuration of the property. For more difficult situations, the county may send out an assessor to make an

onsite determination.

Once submitted, the changes, if approved, can take about 6 weeks to be finalized and should, going forward, clear up any doubts for anyone interested in the property.

\*www.acgov.org/forms/assessor/property\_characteristic\_change\_form\_owner\_requested.pdf

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

## HOME of the WEEK

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## Transplant Clematis Vines During Cool Mornings

By Buzz Bertolero  
Special to the Forum

I realize this is not an ideal time to transplant two Clematis "Jackmanii" vines. Unfortunately, they're in the way of a room addition. The vines are four-years old, already leafed out and in bloom. If I transplant them should I take as much of the vine as I can, or cut the foliage off at the ground and move only the root system? Is this even worth trying or is it a lost cause?

Yes, I'd take the time and energy to move the Clematis plants. There

isn't a lot to lose other than your time, as the plants are doomed by the project anyway.

The key in transplanting established Clematis is to take as large a root ball as possible. I'd cut the foliage back fifty to sixty percent or more to make the move more convenient.

The new holes should be pre-dug and amended. You don't want to expose the root ball to the elements for very long. The best time to transplant them is in the morning when it's cool. In addition, insulate the root balls with a two-inch layer of mulch.

A second option is to temporarily place them in containers and relocate them to their permanent home later. They're

going to look sad for a while and the growth may collapse so don't be overly concerned. The new shoots will develop from the base of the plants.

The watering requirements are drastically reduced with little to no leaves, so don't overwater them and place the containers in a location that is shady in the afternoon to protect them from the heat of the day sun.

Your transplanting success is going to be influenced by the daytime temperatures. Mild temperatures below eighty degrees work in your favor.

Several days before moving the vines, I'd take a number of cuttings. This is your back up plan in case the original plants do not survive. June is an excellent month to root Clematis cuttings.

Don't use the new or old growth. Instead, select that growth that is in between. It is often referred to as the semi-hard wood. You'll need a sharp knife, scissors, or hand shears to cut the shoots, as you don't want to crush the thin stems. The length of each cutting should be the distance between

one set of leaves.

When taking cuttings take more than you need, dip the ends in a rooting hormone and place the cuttings in a six-inch container of the moist potting soil or you could root them in individual pots. Place the pots on a Heating Mat (available at many independent garden centers) and place outdoor in filtered or morning sun.

Clematis doesn't root quickly. It may take six to eight weeks or longer for roots to form. You can replant them in their new location next spring. By October, you should have a pretty good idea on how the original plants are doing.

You'll find more information on rooting Clematis at <http://gardnofeaden.blogspot.com/2011/08/how-to-take-cuttings-from-clematis.html>

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



BUZZ BERTOLERO  
THE DIRT GARDENER

## RECENT HOME SALES

### Castro Valley

4368 Lawrence Drive	94546: \$550,000 3 BD - 1,614 SF - 1952
2218 Kipling Street	94546: \$610,000 3 BD - 1,314 SF - 1948
21980 Queen Street	94546: \$675,000 2 BD - 984 SF - 1947
21148 San Miguel Avenue	94546: \$685,000 3 BD - 1,215 SF - 1948
20340 Anita Avenue	94546: \$700,000 5 BD - 2,107 SF - 1935
2861 Jennifer Drive	94546: \$735,000 4 BD - 1,680 SF - 1964
5184 Cunningham Court	94546: \$925,000 4 BD - 1,901 SF - 1961
4736 James Avenue	94546: \$1,005,000 5 BD - 2,138 SF - 1948

TOTAL SALES:	8		
LOWEST AMOUNT:	\$550,000	MEDIAN AMOUNT:	\$692,500
HIGHEST AMOUNT:	\$1,005,000	AVERAGE AMOUNT:	\$735,625

### San Leandro

14376 Outrigger Drive	94577: \$125,000 3 BD - 1,595 SF - 1987
433 Harlan Street	94577: \$375,000 2 BD - 803 SF - 1964
1475 152nd Avenue	94578: \$395,000 2 BD - 1,098 SF - 1938
1427 153rd Avenue	94578: \$490,000 3 BD - 883 SF - 1947
14401 Seagate Drive	94577: \$525,000 2 BD - 1,202 SF - 1984
54 Chumalia Street	94577: \$550,000 3 BD - 1,362 SF - 1983
1702 Liberty Pointe Way	94578: \$590,000 2 BD - 1,227 SF - 1909
830 Broadmoor Boulevard	94577: \$629,000 2 BD - 954 SF - 1949
447 Elsie Avenue	94577: \$630,000 2 BD - 1,273 SF - 1948
1328 Advent Avenue	94579: \$650,000 3 BD - 1,438 SF - 1951
50 Preda Street	94577: \$665,000 3 BD - 1,657 SF - 1946
1290 Linton Street	94577: \$678,000 3 BD - 1,510 SF - 1952
13450 Aurora Drive	94577: \$700,000 4 BD - 1,720 SF - 1941
14573 Acacia Street	94579: \$705,000 3 BD - 1,559 SF - 1953
1535 141st Avenue	94578: \$716,000 3 BD - 1,568 SF - 1942
15371 Farnsworth Street	94579: \$726,000 4 BD - 1,660 SF - 1955
300 Harlan Street	94577: \$780,000 2 BD - 998 SF - 1926
14664 Midland Road	94578: \$800,000 4 BD - 2,232 SF - 1993
13877 School Street	94578: \$815,000 3 BD - 2,122 SF - 1956
907 Glen Drive	94577: \$895,000 2 BD - 1,456 SF - 1927
2527 Marineview Drive	94577: \$930,000 3 BD - 2,027 SF - 1963
114 Cambridge Avenue	94577: \$950,000 2 BD - 1,759 SF - 1920

TOTAL SALES:	22		
LOWEST AMOUNT:	\$125,000	MEDIAN AMOUNT:	\$671,500
HIGHEST AMOUNT:	\$950,000	AVERAGE AMOUNT:	\$650,863

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## Pruning Tips for Those Wild Bushes

By **Samantha Mazzotta**  
Special to the Forum

If you have hedges and bushes in your yard that haven't been pruned in several years, they've probably grown wild and ragged-looking.

Trying to tackle all of the shrubbery and trees in your yard can be daunting. The best thing to do is take an initial tour of your yard with notebook in hand. Mentally split the yard into several sections, and then note what needs to be done in each: trimming, pruning or even removal of foliage.

Next, tackle each section one at a time. Depending on your schedule, you may need to do one section each day. A particularly foliage-heavy section may take an entire weekend.

You might need help from friends or relatives to take care of large or excessively high hedges, meaning you'll need to plan a time for them to come over. And if a tree needs complex trimming – for example, its branches are encroaching on the roof or on power lines – you'll need to arrange for

a professional tree trimmer to inspect it, provide an estimate and do the work.

Pruning on your own takes a little practice, but don't worry too much about mistakes, as they will eventually grow out. Plants that have already bloomed can be pruned without a problem, and plants or trees that are still blooming are, by this time of year, safe to trim.

As you'll likely be piling up a lot of branches and limbs, check with your local government about proper disposal of yard waste.

Most have programs in place, such as scheduled pickup dates during the growing season, and guidelines for containers or bags that the trimmed branches should be placed in.

If you hire a tree trimmer, be sure to ask how branches will be disposed of, and if that cost is included in the estimate.

**Home Tip:** Keep hedge and tree-trimming equipment sharp, clean and lightly oiled so that they cut branches cleanly and efficiently.

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The **rose** plant itself is said to be around 35 million years old; it has a very long history as a symbol for love and beauty and for politics and war. Cultivation of roses began some 5,000 years ago, probably in China. During the Roman period, they were used as confetti at celebrations, for medicinal purposes, and as a source of perfume. Roman nobility established large public rose gardens in their cities.

— B. Weaver

Sources: www.adirondackalmanack.com, onlinelibrary.wiley.com

## Water Container Plants Frequently During Heat Waves

By **Buzz Bertolero**  
Special to the Forum

**Q** I enjoy gardening in medium to large size plastic pots, however I'm concerned about the roots when the temperatures get hot. Will the heat permeate through the plastic pots and burn the roots? Other than buying clay pots, what else can I do?

**A** This is a legitimate concern. It's a bigger issue for those plants growing in the same container for several growing seasons than with new plantings.

Over time, roots reach the sides and fill the container while the insulating soil layer disappears. Plastic containers have a thin wall and the heat transfers directly through it when hit by the sun, damaging any of the roots next to the wall.

I'd be concerned with established Japanese maples, camellias, citrus, roses and other ornamentals. Containers with established plants are difficult to keep moist during hot, dry weather. There is little soil to

hold moisture and lots of roots so water stress occurs quickly.

The late afternoon sun is the most critical as this is when the temperatures are peaking. The heat factor is influenced by the color of the container. White or other bright colors will reflect heat while earth tones and dark colors absorb the heat.

When the temperatures are over 75°, water frequently. Be sure to fill the containers to the brim and empty the water from any saucer; better yet, remove the saucer altogether. It's almost impossible to overwater plants in containers when the water flows out the bottom.

Root rot and other problems are more likely to occur from the constant wicking action when water is left in a saucer, not to mention the West Nile Virus concern from breeding mosquitoes.

The best time of the day to water plants is in the morning before 11. With 90°F or higher temperatures, water daily. A second application may be necessary in the late afternoon for those plants in the heat of the day sun.

It's advisable to apply a wet-

ting agent such as Grow More E-Z Wet or a similar product to increase the water flow through a root bound plant.

Besides frequent watering, here are some other things you can do. Move those containers in the afternoon sun to a shadier location when the temperature is over 90°F. These plants can survive temporarily in shady conditions since our typical heat spells only last a couple of days.

Planting dollies or walkers with wheels make this a simple task and are available at your favorite garden center. Another option is to place the plastic pot inside a larger container, the so-called pot in pot method. You need to leave at least a two-inch space between the containers that is then filled with small bark to increase the insulation.

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



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A	1-4	1-4	14413 Seagate Dr.	\$520,000	2/1	United Brokers RE	T. Lee/M. Yan	510-305-8827
C	—	1-4	3088 Massachusetts St.	\$1,850,000	lot	Coldwell Banker	Trish Radovich	510-367-7999

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

#### CITY GUIDE

A = SAN LEANDRO • B = BERKELEY • C = CASTRO VALLEY • D = DUBLIN • F = FREMONT • H = HAYWARD  
L = LIVERMORE M = MODESTO • S = SHEFFIELD VILLAGE • P = PLEASANTON • SLZ = SAN LORENZO • Z=ALAMEDA



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

**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  
 (1 week)

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

**HELP WANTED**  
**\$35** 10 words  
 (1 week)

**MISC. FOR SALE**  
**\$30** 10 words  
 (1 week)

**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!**

**ALL NEW ADS**

**AUTOMOBILES/TRUCKS  
CYCLES/TRAVEL TRAILERS**

**CONTRACTOR SERVICE**

**EMPLOYMENT WANTED**

**GARAGE SALES**

**GARAGE SALES**

Saunders Tree Service Inc. Lic.# 1052458. Tree Removal/ Pruning/ Stump Grinding. FREE Estimates. 925-200-9057.

'87 Toyota Daulfin Motorhome, 4-cyl, runs great. \$3,500 o.b.o. 510-575-6780.

**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.

**\*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)



**FUNDRAISER for Cancer Patient - 3-FAMILY GARAGE SALE** 6/22 & 6/23, 8am-4pm. Dining room side-board, filing cabinet, Armoire, TV's, antique Zenith Radio/Phono, etc. 18538 Carlwyn Drive (1st street off Seven Hills from Lake Chabot) Castro Valley.

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

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

**Need Contractor Service?**  
 Check our HOME SERVICE & CLASSIFIED ads for help!  
 Castro Valley Forum/San Leandro Times

**FENCES/DECKS**

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

**CASTRO VALLEY**

**MULTI HOME YARD SALE** on Cohoe Ct at Tyee Ct & Northridge Ave. Housewares, tools, furniture, scrap booking items, and much more. 6/22, from 8am-2pm. Castro Valley.

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

**SAN LEANDRO**

**COLOSSAL YARD SALE** 6/22, 8am-1284 Terra Ave., San Leandro.

**\*SUMMER CLEANUP!!!**  
 Time to clean out your Attic, Garage, Basement (House!!!)  
 Get your items together and place a **GARAGE SALE** ad in the San Leandro Times and the Castro Valley Forum for as little as \$30.  
 To place an ad **Call 510-614-1558**

**ANNOUNCEMENTS**

**CONCRETE SERVICE**

**\*MP CONCRETE.** Driveways, Patio, Retaining Walls, Stamped Concrete, Asphalt, Hauling. Lic.#1004427. Milo 510-502-9336.

**M.C. CONCRETE.** FREE Estimates. Excellent Quality Work. All Types. 25-years experience. Lic.#870781. 510-772-2537.

**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.

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

**HOME SERVICES DIRECTORY**

**Concrete**

**CONCRETE WARRIOR**  
**LOCAL CONCRETE**  
 Driveways • Sidewalks  
 Bricks • Stamp • Fence  
 Drainage • Decks  
 Asphalt & More!  
  
**(510) 387-8276**  
 Lic. #1024814

**Construction**

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

**Construction**

**A to Z REMODELING & CONSTRUCTION**  
**KITCHEN & BATH**  
**510-557-5768**  
**FREE ESTIMATES**  
 Bonded & Insured  
 Lic. #1016019  
 www.EastBayContractor.com

**Fences/Decks**

**Fence Leaning? Don't Replace... Repair & Save!**  
 \*Reinforcement of existing fences is my only business, Rotted posts are my specialty.  
**FREE ESTIMATES!**  
**510-706-6189**  
 Randy McFarland

**Gardening**

**BEAUTY GARDEN LANDSCAPING**  
 • Dry Garden Design and Installation  
 • Artificial Grass, Patio Pavers and more!  
**FREE Estimates (510) 691-8852**  
 20% OFF (Expires 5/31/19)  
 LIC. #925130

**Gardening/Landscaping**

**LANDSCAPING, MAINTENANCE & TREE SERVICE**  
 • General Cleanup & Maintenance  
 • Lawn Mowing, Edging & Weeding  
 • Tree Removal, Topping & Trimming  
 • Hillside Cleanup, Hauling & Shaping  
 • Fence Repair, Flower Beds and Painting  
**CALL FOR A FREE ESTIMATE**  
 Unlicensed  
**510-712-4318**

**Thank-You...**  
*Ridout Roofing Co. for advertising with us for over 15 years!*

**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

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

**Landscaping**

**HANSEN LANDSCAPE CONTRACTOR**  
**Call us today and enjoy your new yard this year!**  
 Come visit our beautiful 1/2-acre outdoor educational landscape show yard!  
**Call 510-537-0464**  
 www.hansenlandscape.com  
 CA LIC. # 440372 Bonded/Insured

**Painting**

**5-COUNTY PAINTING**  
 SPRING EXTERIOR SPECIALS  
 Fast, Professional Service at Reasonable Rates  
 30 Years Serving the Bay  
**FREE ESTIMATES (510) 329-3876**  
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*Painting the Bay Area Since 1983*  
**Coast Brushworks**  
 ■ Residential & Commercial  
 ■ Interior & Exterior Painting  
 ■ Drywall  
 ■ Home Restoration  
 ■ Custom Finishes  
**510-919-7903**  
 Coastbrushworks.com  
 Lic. #662915

**Painting**

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

**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**

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

**HAVE SERVICES? CALL US**

**REACH OVER 60,000 READERS BY ADVERTISING IN THE HOME SERVICES DIRECTORY**

**GARAGE SALES**

**HUGE ESTATE SALE** Thur. 6/20, 8am-2pm, Fri. 6/21, 8am-3pm, Sat. 6/22, 9am-4pm. Items have been stored at this location... untouched. We need to empty this building! Antiques, Bedroom sets, couches, rugs, artwork, Hot Wheels, Deco chairs, Dressers, etc. 296 MacArthur Blvd., San Leandro.

**SAN LORENZO**

**BIG YARD SALE** 6/22 & 6/23, 8am-5pm. 1625 Via Barrett, San Lorenzo.

**GARDENING**

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

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

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

**JAIME'S GARDENING** Maintenance, Trimming, Cleanups, Hauling, Sprinkler Repair/Timers. FREE Estimates. Insured. 510-299-9583

**Landscape/ Pruning** Japanese landscape design/install. Professional hand pruning. Call Mike Uchida 510-828-4854. Contr. Lic. #858145. M/C & Visa Accepted.

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

**GIVEAWAYS**

**VIEW the Classified Ads Online at**  
[sanleandrotimes.com](http://sanleandrotimes.com) or  
[castrovalleyforum.com](http://castrovalleyforum.com)  
**IT'S EASY!**  
For more info call  
**614-1558**

**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

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

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

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

**HAULING SERVICE**

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

**HAULING SERVICE**

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

**HELP WANTED**

**GENERAL**

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

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

**PT** experienced cook needed for nursing home. Must be able to work weekends and Holidays. \$18/hr. Please call 510-886-2448, ext. 229.

**PT DRIVER NEEDED**

**SOS Meals on Wheels**  
Local Area  
Wages + Mileage.  
M-F 9am-Noon  
Own Car w/Current  
Registration, Ins.  
**CLEAN DMV RECORD**  
**510-582-1263**

**Do you love helping people?**  
Carlton Senior Living is the place for you! Now Hiring Care Givers & On-Call Cook. Walk-ins welcomed. 1000 E. 14th St. or visit our website [www.CarltonSeniorLiving.com](http://www.CarltonSeniorLiving.com) to apply online.

**A/P, A/R, ERP, Data Entry**  
3 years Excel preferred.  
Send resume to:  
[HR@appliedfusioninc.com](mailto:HR@appliedfusioninc.com)

**HELP WANTED**

**Mechanical Technician**

Job duties for Mechanical Technician:

- Operate tire recycling machines on a daily basis, including but not limited to forklifts, scissor lifts, bobcats, and tire shredding/baling machines
- Check motor, pumping, and conveyor equipment regularly and correct wherever necessary to ensure smooth and safe mechanical operation
- Comply with company safety guidelines and procedures
- Repair and perform preventive maintenance as per established standards
- Handle, record, and index job orders in accordance with Company's regulation
- Work all shifts flexibly when job demands.

**Requirements:**

- Bachelor's degree or foreign equivalent in Mechanical Engineering, Electronic Engineering, Auto Design Checker, Automation Engineering, Control Systems Engineering, Design Engineering, Development Engineering, Electric Motor Mechanic, or closely related field
- At least two years of experiences in operating/maintaining tire baling and shredding equipment and lifting/loading machines

Call 510-887-8473 or Email:  
[info@bayareatirerecycling.com](mailto:info@bayareatirerecycling.com)

**General labor work** with Long's Concrete. \$20+ per hour. Send an email to Dan Long at: [longsconcrete@sbcglobal.net](mailto:longsconcrete@sbcglobal.net)

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

**HELP WANTED**

**RESTAURANT**

**EL BURRITO LOCO** in Castro Valley hiring Mexican food Cook, Prep Cook & Cashier. \$12 - \$17/hr depending on experience (plus tips). 20859 Redwood Rd. 510-695-7544 or [elburritolococa@gmail.com](mailto:elburritolococa@gmail.com)

**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.

**VICTORIA'S HOUSE CLEANING**  
Excellent references. Free estimates  
Reasonable rates. 510-715-1578  
[VictoriaGutierrez140@gmail.com](mailto:VictoriaGutierrez140@gmail.com)

**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.

**LOST & FOUND**

**FOUND** in San Leandro: Cockatiel. Call 510-331-5203

**MISC. FOR SALE**

**VARIOUS ITEMS**

**All private party ads** are prepaid (paid in advance). Use your M/C, VISA or DISCOVER card, mail in your payment, or stop by our office to place an ad.

**MISC. WANTED**

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

**MUSICAL SERVICES LESSONS**

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

**PAINTING SERVICE**

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

**REAL ESTATE AGENTS**



Are you interested in buying or selling a home or property?  
Would you like the help of a Professional Agent?  
For assistance call ...

**\*SCOTT HARRISON** - Realtor  
Coldwell Banker 510-388-4536

**RENTALS**

**Hayward** 1-bedroom, quiet location near 580/880. A must see! \$1,450. 510-276-5363.

**APARTMENTS**

**Castro Valley** 2-bedroom, 1-bath, Walk to BART and Village. Gated, laundry, pool, fitness. \$2,495. 510-582-8389.  
[www.bartplazaapartments.com](http://www.bartplazaapartments.com)

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

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

**RENTALS**

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

**RENTALS/ROOMS**

**Castro Valley** - Elder Gentleman looking for housemate. Some care required. Terms negotiable. Call 925-788-3076.

**San Leandro** remodeled master bedroom w/private bath. Sunny/quiet. \$900. 510-386-3743.

**SERVICES**

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

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

**TREE SERVICE**

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

**Saunders Tree Service Inc.** Lic.#1052458. Tree Removal, Pruning, Stump Grinding. FREE Estimates. Family run. 925-200-9057.

**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**

**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.

**PLACE YOUR CLASSIFIED ADS ONLINE!**

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



**ATTENTION LANDLORDS**

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

**THANK-YOU** for supporting the Castro Valley Forum and San Leandro Times!

We greatly appreciate our many advertisers who make it possible for us to publish these newspapers.

**HOME SERVICES DIRECTORY**

**REACH OVER 60,000 READERS**  
Call today for ad rates and availability.  
  
**HOME SERVICES DIRECTORY**  
Call **614-1558**

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

**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

**MUSICAL SERVICES LESSONS**  
**EAST BAY MUSICIAN** - Lessons, Good with Kids. Call 510-427-3955.  
**PAINTING SERVICE**  
**NEED PAINTING WORK?**  
Check the TIMES & FORUM Home Service ads for help. We really appreciate our advertisers!  
Patrick V.

**Painting • Int./Ext.**  
LIC. #880049  
**Aris Painting**  
**SOLID EXPERIENCE SINCE 2006**  
Our experience, combined with the highest quality paints and materials will provide your home with a durable finish that will last for years to come.  
Call today for a free estimate!  
**(510) 685-1152**

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

**Roofing**  
**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+  
**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**

**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  
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**Hayward** 1-bedroom, quiet location near 580/880. A must see! \$1,450. 510-276-5363.

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[www.bartplazaapartments.com](http://www.bartplazaapartments.com)  
**Hayward** 1-bedrooms \$1,425 - \$1,525, 2-bedrooms \$1,695 - \$1,795 (check availability). Patios, balconies, pool, ample parking, storage, spacious. 510-887-6633.  
**Hayward** spacious 1-bedroom \$1,200+, 2-bedroom \$1,500+. Balcony, patio, pool. 510-581-4702.

**Roofing**  
  
**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 8/31/19  
**(510) 538-1530**  
**BBB**  
We Specialize in Residential Roofing

## Mary Ellen "Maureen" Brosnan

September 8, 1934 - June 10, 2019

Maureen passed away peacefully at home in San Lorenzo on June 10 at the age of 84.

Born in Oakland on September 8, 1934 to James and Bridget Smith of Ireland. Loving wife of John Brosnan for 62 years. Devoted mother of Sue and Tom Gannon, Maureen "Mo" Brosnan, and Kathy and Richard "Woody" Wood. Beloved grandmother of James and Patty Casarotti, Carrie and Manny Mendez, Kelsey, Michaela, and Erica, and great-grandmother of Hailey, John and Isabelle. Loving sister and sister-in-law of Patricia Lydon, John and Rosemarie Smith, Jim Noonan, and Patrick and Patricia Brosnan. Preceded in death by her parents, sister Claire Noonan, brother Jimmy Smith, brother-in-law Daniel Lydon, and sister- and brother-in-law Emma and Jorge Orozco. Maureen loved her large family which included numerous cousins, nieces and nephews. She was a great friend to many.

Maureen attended St. Elizabeth's grammar and high school where she met many lifelong friends. She and her classmates planned high school reunions for 50 years. After high school she went to work for the phone company. She was a dedicated parishioner of St. John's Church where she taught 2nd grade CCD for 40 years and held many roles at church. She was a member of St. Gerard's Women's Club, lector and eucharistic minister, and led the children's Christmas and Easter mass for many years. Maureen worked in Human Resources at Macy's Bayfair for 30 years. Her unmistakable laugh will be missed.

We want to thank all her many caregivers especially Ngozi, Esther, Louie Fe, Raven and Sophia.

Visitation 4:00pm - 8:00PM and Vigil at 7:00PM on Thursday, June 20 at Grissom's 267 E. Lewelling Blvd, San Lorenzo. Funeral mass Friday, June 21 at 10:00AM at St. John's Church 264 E. Lewelling Blvd, San Lorenzo. Burial to follow at Holy Sepulchre Cemetery 26320 Mission Blvd Hayward.



LETTERS  
to the  
EDITOR  
will return next week.

### 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. Email Letters to: fredz@ebpublishing.com, or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

## MAC: DUIs

*continued from front page*  
**Marijuana-Related DUIs**

Perea said that a major trend he's noticed in law enforcement recently is the increase in marijuana-related DUIs.

He said the Golden Gate CHP has made 7,713 DUI stops where they detected marijuana so far this year, compared to 9,000 in all of 2018. Perea added that in Castro Valley specifically, 435 people were pulled over and found to have the odor of pot, but not arrested due to a lack of evidence of intoxication.

There was also a 58 percent increase in property damage marijuana DUI collisions (with no injuries), according to Perea.

"People are getting more complacent about smoking and getting behind the wheel," said Perea. "The marijuana issue continues to grow and I don't see any end to it whatsoever."

### Crime Trends

Alameda County Sheriff's Office Commander Colby Staysa then spoke about crime trends his office has noticed in Castro Valley, including the prevalence of homeless encampments.

Staysa said that because many drug arrests have been essentially decriminalized or lowered from felonies to misdemeanors, many of the addicts who used to be forced in to treatment programs are now living on the streets instead.

"All these misdemeanor crimes people aren't staying in custody for, what I've seen as the jail population decreased, the homeless population had a similar increase," said Staysa.

Staysa also spoke about Urban Shield, the public safety training exercise that the Alameda County Board of Supervisors decided to end this year after public outcry about the militarization of police.

Staysa said that, although Urban Shield will no longer take place, the sheriff's office will continue training in order to keep the public as safe as possible.

"The sheriff is very committed to the safety of his stall and the community," said Staysa. "The sheriff is not going to let his community down so we still train, but not at that level. Always looking for new ways and best practices to serve."

### Code Violations

County Code Enforcement officers told the MAC that the most common violations they are seeing in Castro Valley include unapproved home businesses, unapproved garage conversions into living spaces, unapproved signs and banners, and unapproved storage of RVs, boats, and trailers.

Code enforcement is complaint-based, meaning residents have to tell the county about the issue before an officer is assigned to the case.

If a violation isn't corrected after an officer issues a notice if violation fees can be assessed. For example, if you get dinged for leaving your trash cans out all week, you get a warning and then a \$100 fine. If those cans still aren't put away, the third notice is a \$200 fine and then each subse-

see MAC on page 15

## Obituaries

### CASTRO VALLEY FORUM OBITUARIES

may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209. Include a phone number. For help, call Patrick Vadnais at 510-614-1558

■ Mary Ellen "Maureen" Brosnan ■ Erma "Davy" Hawley  
■ Geraldine Engelman-Rogers ■ Peter Robert Normann

## Erma "Davy" Hawley

Erma lived in Washington and moved to California with her Mom and Brother, Mike, at the age of 16. She met Howard "Dick" Hawley in high school. They married in 1949 and had three children, Jeffrey, David and Julie. They moved to Castro Valley in 1959 where they raised their family. During her 59 years of marriage, she supported Howard "Dick" throughout his career. After he retired, they traveled with friends to many places in the US and Europe. They maintained an active social life.

After being widowed in 2003, Erma "Davy" kept busy with family and friends including the addition of 8 great-grandchildren.

She is preceded in death by Ethel Lewis, her mother, and Howard "Dick" Hawley, her husband. She is survived by her children Julie and Jeffrey Johnson, David and Sue Hawley, Jeffrey and Chris Hawley, her grandchildren Clifford, Meagan, Clint, Derek, Olivia Hawley, Daniel and Eric Johnson and her eight great-grandchildren.

In lieu of flowers, please make donations to Rooms of Hope, 231 Market Place #350, San Ramon, CA 94583. Services are June 29th @ 11:00, Chapel of the Chimes, Hayward



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## Geraldine (Jerry) Engelman-Rogers

July 17, 1935 - May 30, 2019

Jerry Engelman-Rogers, (84) passed away peacefully surrounded by her family and close friends at home after a noble fight with cancer.

Jerry Kramer was born in Blue Island, Illinois to Charles & Veronica Kramer (nee Stachowicz) and raised in Harvey, Illinois. She graduated from Thornton High School at the age of 16, and entered college at Illinois State University- Normal, where she majored in English with a Spanish minor. There she met her first husband Robert Sizemore, the father of her children. They relocated to the San Francisco, Bay Area. Jerry eventually became a single mother of her three children, Mark, Steve & Susan.

Jerry worked at Villa Peluso's and helped open and manage The Blue Dolphin Restaurant, San Leandro where she remained for several years. She met and married John Engelman and became a second mom to his four children, Karen, Mark, Lori, and Greg. Later, she welcomed her brother's son, Michael into her home, totaling eight children.

After all her kids left home, Jerry spent her second career in real estate financing and started a business which she ran successfully until she retired. She met Charles W. Rogers in 1986 on a golf blind date and they married in 1998 after a twelve-year engagement. She was loved by him and she loved him dearly for the past 33 years. They relocated to Jensen Beach, Florida in 2012 in order to be close to their two grandchildren Amanda-Grace and Trevor LaPorte, whom she adored.

Jerry is survived by her husband Charles (Chuck) Rogers, her children, Mark Sizemore, Novato, CA, Steven Sizemore, Salt Lake City, UT, and Susan (James) Sizemore-LaPorte of Jensen Beach, Florida. She is further survived by her beloved sister, Charlene (Dale) Spencer of Eagle, Wisconsin, her stepchildren, and her dearest life-long friends, Lavada-Jo Townsend of Tennessee, Fred and Judy Martin of Florida, and Ruby and Dale Norton of Illinois, along with so many others. She was preceded in death by her brother Milton Kramer and sister June Kramer-Schaeffer. She was a mom to so many more and she was adored by many. Rest now our sweet mother, wife, sister, friend... You will live in our hearts until the day the Lord reunites us. We love you.

A Catholic Mass was celebrated by Father Joseph Rogers, Jerry's nephew, at St. Martin de Porres Catholic Church's Chapel in Jensen Beach, Florida on June 17th.

If considering a memorial gift, please support Jerry's favorite charity, St. Jude Children's Research, 501 St. Jude Place, Memphis, TN 38105. All County Funeral Home & Crematory of Jensen Beach is serving the family.



## Peter Robert Normann

July 6, 1938 - June 12, 2019

Peter Robert Normann, long time resident of Hayward, passed away peacefully at home on June 12, 2019. He was born July 6, 1938 in San Leandro CA. After graduating from San Leandro High School, he completed his AA in Business at Oakland City College. There, he met his wife of 58 years, Verna.

Pete enjoyed meeting his friends for morning coffee and conversation. He was a member of the Hayward Exchange Club and served the city of Hayward community as a member and president of the Hayward Rotary Club. Pete was a 3rd generation carpenter and a 2nd generation general contractor who built many homes in Hayward, Castro Valley, and throughout the Bay Area.

Vacationing up at Lake Tahoe in the summertime was a must. When Pete retired, he and Verna would take their trailer to the beautiful campgrounds at south shore. He would spend the entire summer riding his bike, talking with his fellow campers, and sitting by the lake in his beach chair. Pete also enjoyed teaching and taking his kids, grandchildren, and their friends waterskiing.

Pete loved to serve at both of his Presbyterian churches and the children of their communities. He would do anything that was needed around the church and really enjoyed serving dinner and washing dishes for the children's programs.

Pete was predeceased by his parents, Peter and Vita Normann, his infant daughter, Anne Marie, and his wife, Verna. He is survived by his son Rob Normann (Kristen), his daughter Tami Stinnett (Shawn), his brother Richard Normann (Helga), and grandchildren, Amber, Paige, Peter, Courtnie, and Tyler.

A service to celebrate the lives of Pete and Verna will be held at First Presbyterian Church San Leandro on Saturday July 13th at 2:00 pm. In lieu of flowers, please donate to Sleep in Heavenly Peace (Alameda County Chapter), a nonprofit that makes sure that no child sleeps on the floor. Checks may be sent to Sleep in Heavenly Peace, 4429 Stein Way, Castro Valley, CA 94546.





Bridge Club members are regulars at the center.



A line dance class at the Aitken Center on Friday.

## Aitken: Celebrating 30th Year This Friday

*continued from front page*  
overseen the center's dizzying array of activities for 13 years.

Originally named the Redwood Senior and Community Center, it

was dedicated by HARD to provide a state-of-the-art facility for a variety of activities and ages on June 23, 1989 at a cost of \$2.8 million.

In the fall of 1992 it was re-dedicated and renamed for Kenneth C. Aitken, who had served as a HARD Board member from 1961 to 1992.

## MAC: Transit Series of BART Fare Increases Next Year

*continued from previous page*  
quent notice is \$400.

Other ongoing issues include overgrown weeds, piled up trash — especially mattresses and furniture — graffiti, and inoperable vehicles parked permanently on streets.

### AC Transit Changes

Finally, AC Transit representatives spoke to the MAC, detailing changes to their lines that went into effect this past weekend (a full list of changes available at bit.ly/2lp5UrR). They also said that bus fares will increase by 25 cents as of July 1 but discounts will be available if you get a Clipper card.

After a meeting that went on for hours, the BART Board of Directors on Thursday approved a \$2.3 billion budget for Fiscal Year 2020 and a series of fare increases that will begin next year.

A 5.4% inflation-based fare increase will take effect on January 1, 2020 as part of a program first approved by the BART Board in 2003 and renewed for a second series in 2013.

The BART Board also approved a third series of inflation-based fare increases that will go into ef-

fect in 2022, 2024 and 2026.

Fare revenue is BART's largest source of revenue, with \$479 million of rail fare revenue forecast for fiscal year 2020, a decrease of \$5.6 million from 2019, reflecting a lower ridership forecast.

The budget includes funding for service enhancements that will ease crowding. Most notably, by next February, BART expects to have 160 "Fleet of the Future" train cars which will allow the system to run all 10-car trains on the four Transbay routes.





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## CONGRATS!



**2018/2019 GREEN RIBBON SCHOOLS**

### 2018/2019 GREEN RIBBON SCHOOLS

On June 4<sup>th</sup>, these 16 Castro Valley schools were certified as Green Ribbon Schools for the 2018/2019 school year:

- Canyon Middle
- Marshall Elementary
- Castro Valley Adult
- Our Lady of Grace
- Castro Valley Elementary
- Palomares Elementary
- Castro Valley High
- Proctor Elementary
- Chabot Elementary
- Redwood High
- Creekside Middle
- Stanton Elementary
- Independent Elementary
- Sterling West
- Jensen Ranch Elementary
- Vannoy Elementary



In 2007, CVSan developed the Green Ribbon Schools Program to help schools practice the 4Rs - Reduce, Reuse, Recycle, & Rot. To achieve annual certification, these schools completed a minimum of 40 activities and, on average, diverted 82% of materials from landfill. Congratulations and thank you for helping make Castro Valley a sustainable place to live!

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**RELAY FOR LIFE THIS WEEKEND**

SEE PAGE 8

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## Monitor: How to Measure Blood Pressure

*continued from page 9*

You can find these monitors at pharmacies, medical supply stores or online, and you don't need a prescription. Prices typically range between \$40 and \$100.

In most cases, original Medicare will not cover a home blood pressure monitor, but if you have a Medicare Advantage plan or a private health insurance policy it's worth checking into, because some plans may provide coverage.

Some of the best automatic arm monitors as recommended by Consumer Reports are the Omron 10 Series BP786N (\$75); Rite Aid Deluxe Automatic (\$60); Omron Evolv BP7000 (\$70); and A&D Medical UA767F (\$45).

### How to Measure

After you buy a monitor, it's a good idea to take it to your doctor's office so they can check its accuracy and make sure you're using it properly.

Here are some additional steps to follow to ensure you get accurate readings at home.

- **Relax:** Don't exercise, smoke or drink caffeinated drinks or alcohol for at least 30 minutes before measuring. Sit quietly for at least five minutes before you take a measurement and remain quiet during the test.

- **Sit correctly:** Sit with your back straight and supported (on a dining chair, rather than a sofa). Your feet should be flat on the floor and your legs should not be crossed. Your arm should be supported on a flat surface (such as a table) with the upper arm at heart level.

- **Make sure the middle of the cuff is placed directly above the bend of the elbow.** Check your monitor's instructions for an illustration.

Put the cuff directly on your bare skin: Putting it over clothes

can raise your systolic (upper) number by up to 40 mmHg.

- **Measure at the same time every day:** It's important to take the readings at the same time each day, such as morning and evening. It doesn't matter whether you do it before or after taking medication. Just be consistent.

- **Go to the bathroom:** A full bladder can raise your systolic pressure by 10 to 15 mmHg.

- **Take multiple readings and record the results:** Each time you measure, take two or three readings one minute apart and record the results by writing them down, or using an online tracker (see [CCTracker.com](http://CCTracker.com)).

For more information on high blood pressure numbers and how to accurately measure it at home, visit [Heart.org/HBP](http://Heart.org/HBP).

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

## Apply Now for Youth Leadership Academy

Applications are being accepted for Alameda County's 2019 Youth Leadership Academy, a free educational opportunity for local 11th and 12th grade students.

Within the Academy, students learn about local government, developing leadership skills and networking with peers.

Youth from high schools across

the county will participate in five Saturday morning sessions in September and October that will allow them to learn about county programs, engage with county staff and elected officials, and build skills to help solve community problems.

The dates are Sept. 14, 21, 28 and Oct. 12 and 19.

Applications will be accepted from Alameda County residents through Aug. 16 on a first-come, first-served basis with consideration given to geographic location.

To apply for the 2019 Youth Leadership Academy, or to learn more, visit [www.acgov.org/youth-leadership/](http://www.acgov.org/youth-leadership/).



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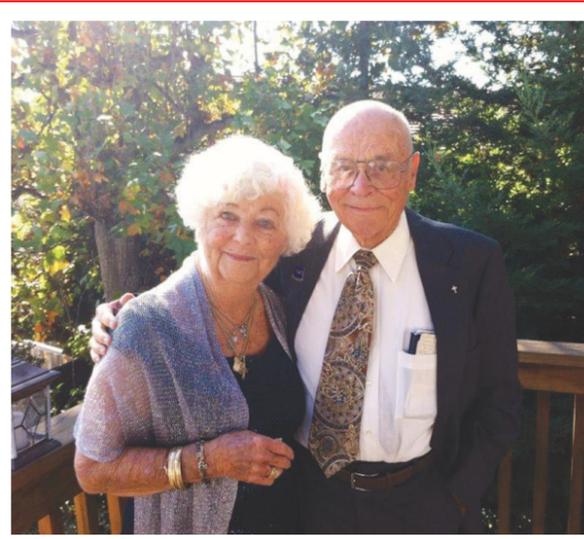
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## Songey's Celebrate 70th Anniversary

Howard and Marie Songey of Castro Valley, who met on a blind date, celebrated their 70th wedding anniversary on Tuesday, June 11. Married in Oakland, they have lived in Castro Valley since 1950 where they raised a family of 8 children. They received a special blessing on Saturday at Our Lady of Grace Church where they were founding parishioners, followed by a celebratory dinner with their family. Howard and Marie have been a loving example of an extraordinarily blessed marriage to their family, their friends and their community.

## Tests: Don't Give DNA to A Stranger

*continued from page 9*

Remember:

- **Don't give your DNA away to a stranger!** Beware of people who cold-call you or show up at your front door uninvited to push genetic tests and cancer screenings. Watch out for people who claim such tests are "100% covered by Medicare."

- **Look for charges on your Medicare Summary Notice statements for unnecessary tests or screenings that you didn't want or weren't ordered by your doctor.**

In general, don't give out your Medicare number or Social Security number to anyone you don't know and trust. Be cautious of unsolicited requests for your Medicare or Social Security numbers. If your personal information is compromised, it may be used in other fraud schemes.

Medicare will never contact you out of the blue and ask for your Medicare number or other personal information. If you think you've been a victim of fraud, we want to hear from you. Please call us, toll-free, at 1-800-MEDICARE (1-800-633-4227).

You can also report suspected fraud at 1-800-HHS-TIPS.

One last tip: enter your phone number on the Do Not Call Registry AT <https://www.donotcall.gov>.

*Greg Dill is Medicare's regional administrator for California. You can always get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227).*

## Snake: What To Do If You Are Bitten

*continued from page 2*

Do not waste precious time on tourniquets, "sucking," or snake bite kits. If you are by yourself, walk calmly to the nearest source of help to dial 911. Do not run.

If bitten by any other kind of snake, wash the wound with soap and water or an antiseptic and seek medical attention.

If you are not sure what kind of snake bit you, check the bite for two puncture marks (in rare cases one puncture mark) associated with intense, burning pain. This is typical of a rattlesnake bite.

Other snakebites may leave multiple teeth marks without associated burning pain.

Snakes are an important resource in the natural environment. They are prime controlling agents of rodent, insect, and other reptile populations. They must be viewed from afar and left where they are found.

It is illegal to collect, kill, or remove any plants or animals from the East Bay Regional Park District.

*Additional information is available at: [www.ebaparks.org/parks/safety/#Snakes](http://www.ebaparks.org/parks/safety/#Snakes).*



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