

## EASTER SUNDAY

Traditional foods for the upcoming holidays of Passover and Easter

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## PARENTS GUIDE

The importance of exposing babies and young children to the world of books

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# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 31

WEDNESDAY, APRIL 17, 2019

NO. 15

### INSIDE YOUR FORUM

#### OUR TOWN



#### Rally Ready

Eric Swalwell kicks off presidential bid at a rally at Dublin High School

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#### Palliative Care

How underutilized palliative care services can help relieve symptoms of pain

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#### NEWS



#### Take a Hike

Hope Hospice's Annual Hike for Hope fundraiser returns May 4

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## CV Mom is 'Lethally Blonde' on Wheels

By Michael Singer  
CASTRO VALLEY FORUM

By day, Liz Vincent is a Castro Valley mom and a labor and delivery nurse. But by night, she's a roller derby queen known as "Lethally Blonde."

"I can be a real bad ass," Vincent told the Castro Valley Forum. "I'm very gentle with my patients and of course my kids, so it's really a stress relief to strap on my boots and get out there and get physical."

Skating for the Oakland Outlaws since 2008 (except for a few years off to have kids), Vincent is also a member of the Castro Valley Mother's Club.

"I skate because I love it," Vincent says. "I've been having so much fun and I'm hoping to inspire more moms to get involved. I have a few Castro Valley moms in mind who I think would be great roller derby skaters."

Vincent got inspired to skate in a circle because of her father and great grandmother who attended live derby bouts in Los Angeles in the '50s and '60s. Vincent saw a story about a league playing at Fort Mason in San Francisco more than 10 years ago and decided to join soon after.

"We have an 8- to 10-week boot camp class that can get anyone in shape to roll with us," Vincent says. "I was not a good skater at first but now I'm pretty good."

The Outlaws are a part of the Bay Area Derby league (or BAD) and compete locally with two other Bay Area Teams (The San Francisco Shevil Dead and The Berkeley Resistance).



PHOTOS COURTESY OF WILL TOFT

Liz Vincent, at far right, battles for position on the Oakland Outlaws.

The three local teams will often bout against other Northern California teams including Santa Cruz, Sacramento, and even Humboldt, but the Bay Area Derby teams consistently have the best record. Skaters from all three teams make up the Bay Area All-Stars, a Top 20 ranked team which competes around the country.

The derby is a volunteer organization made up of women of all demographics and professions. Some are former roller skaters and ice hockey players. The flamboyance *see WHEELS on back page*



Liz Vincent with her two boys.

### MAC MEETING

## Homeless Population Increasing

By Amy Sylvestri  
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) heard an update on the problems of homelessness in the area, with an emphasis on unsheltered youth and families at their Monday night meeting.

Jennifer Ellis from the Family Emergency Shelter Coalition (FESCO) told the MAC that there are approximately 5,600 homeless people in Alameda County and 711 of them are part of a family unit, with about 9 percent of the total homeless population under the age of 18.

Later, Castro Valley Unified School District Superintendent Parvin Ahmadi told the MAC that there are an estimated 95 homeless students attending schools in town.

Homeless in the case of many of the students doesn't necessarily mean living on the streets; they could be living in a car or couch-surfing with friends or family, but they don't have permanent accommodations.

"This is an increasing problem, more people need more help," said Ellis. "Folks are one crisis away, living paycheck to paycheck. One \$400 bill could take them off their path."

see MAC on page 3

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PHONE: (510) 537-1792

## Local Gas Prices Soar

Average pump prices in the East Bay increased by as much as 20 cents for regular this past week, pushing past the psychological \$4 benchmark to a point not seen since the summer of 2014.

At least two Castro Valley service stations posted prices above \$4.15 over the weekend, according to Gas Buddy analyst Dan McTeague who said several factors in California were the cause for the sharp increases.

Six of the state's 10 major refineries have had work disruptions or scheduled maintenance, or are switching to summer gas blend

production that's taken them offline over the past few weeks.

As of midday Tuesday, most Castro Valley stations were selling regular at well below the \$4 mark. According to Gas Buddy, these were the cheapest: \$3.67 at Stop N Save, 20570 Stanton Ave.; \$3.69 at Quik Stop, 2881 Grove Way; \$3.70 at Quik Stop, 20757 Lake Chabot Road; and \$3.79 at ARCO, 22141 Center Street.

Keep in mind that gas prices are volatile and things may have changed by the time you are reading this on Wednesday.

## BART's General Manager Grace Crunican Announces Retirement

In an abrupt announcement last week, BART General Manager Grace Crunican, announced she would be retiring as of July 6. She had led the transit system for nearly eight years.

In her statement, which came during the agency's Thursday board meeting, Crunican, 63, said her partnership with the directors had "put in place essential elements which will help the Agency to thrive in the next decade."

"The entire rail car fleet is being replaced and expanded," she said. "The train control system, nearly 30% of the power system and billions in other infrastructure components are either scheduled or are being replaced."

Her announcement came just days after BART's Police Chief, Carlos Rojas, announced he would be stepping down next month. BART has some 425,000 riders each day and operates with a \$2.3 billion budget.



BART GM Grace Crunican



## Castro Valley Weather April 17 - 21, 2019



Wednesday  
Sunny  
High 71° Low 49°



Thursday  
Mostly Sunny  
High 78° Low 52°



Friday  
Partly Cloudy  
High 71 Low 51°



Saturday  
Mostly Sunny  
High 65° Low 48°



Sunday  
Partly Sunny  
High 69° Low 48°

### Almanac



Past Week's Rain: 00.08  
Season To Date: 21.89  
Normal To Date: 20.48  
Season Average: 21.22

### Moon Phases



April 19



April 26



May 4



May 11

Sun sets at 7:47 p.m. today, rises at 6:32 a.m. Thursday.

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## 2019 EDEN AWARD WINNERS



This year's Eden Award winners were celebrated on Saturday evening, April 6, at Our Lady of Grace Church. From left, Ted Riche of the Castro Valley Sports Foundation, sponsored by Hayward Area Recreation District; Aisha Knowles of the Alameda County Fire Department, sponsored by Redwood Christian Schools; Ann Villegas, San Lorenzo Teacher of the Year, sponsored by Kaiser Permanente; Barbara Andersen, Castro Valley Teacher of the Year, sponsored by Sutter Eden Medical Center and Foundation; and Janet Lemmons of Rowell's Saddlery & Western Wear, sponsored by the Rowell Ranch Pro Rodeo. The annual awards presentation is sponsored by the Castro Valley / Eden Area Chamber of Commerce.

## CVHS Class of 69 to Reunite in September

Members of the Castro Valley High School Class of 1969 will be celebrating their 50-year reunion on September 14, 2019.

The event will be held at the DoubleTree Hotel in Pleasanton.

Join your classmates to reminisce, and enjoy seeing people you knew many years ago.

The organizers are planning a fun, energy-filled event, a casual time to visit, reconnect and discov-

er what has been happening for the last 50 years.

Tickets for the event must be purchased in advance. For more information please send an email to: cvhs69reunion@yahoo.com

## OPEN HOMES

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A	2-4	—	1535 141st Ave.	\$619,000	3/2	Rinetti & Co. RE	De-Anna Ramirez	510-384-2298
A	1-4	1-4	300 Harlan St.	\$665,000	2+++2	Compass RE	Michelle Miller	510-701-3442
SH	2-4:302-4:30	—	127 Coving St.	—	3/2	Marvin Gardens	Greg Novak	510-472-4770

### CITY GUIDE

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



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## HOMETOWN RALLY



About a thousand supporters greeted Rep. Eric Swalwell as he kicked off his presidential bid Sunday afternoon at a rally at Dublin High School in the town where he grew up. His speech was carried live nationwide on cable news channels and CSPAN.

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Three Conspire to Commit a Crime

Saturday, April 13: at 12:42 p.m., Sheriff's deputies arrested three Central Valley women on charges of possession of stolen property and conspiracy to commit a crime. Two 28-year-old women from Fresno and a 30-year-old woman from Stockton were apprehended outside a drugstore on Castro Valley Boulevard near Marshall Street after store security saw them walk out with unpaid merchandise. Deputies handcuffed the trio and took them into custody.

### Drugs at Encampment

Friday, April 12: at 11:02 p.m., a 41-year-old man with no permanent address was arrested on suspicion of possession of illegal drug paraphernalia. Deputies conducted a probation search of a homeless encampment on Grove Way near the Eastbound entrance to Interstate 580 and noticed a few needles strewn nearby where the man was sleeping. The man was taken into custody.

### Family Fight in Produce Aisle

Friday, April 12: at 5:41 p.m., deputies arrested a 19-year-old man from Castro Valley on suspicion of assault on a family member, mental torture, and violating the terms of a court-issued restraining order. The man was spotted in a grocery store on Redwood Road near Cas-

tro Valley Boulevard harassing the victims when deputies were dispatched to the scene. The man was handcuffed and taken into custody. The victims were treated at the scene.

### Busted for Drugs

Friday, April 12: at 9:30 a.m., a 36-year-old man from Hayward was arrested on suspicion of possession of illegal narcotics, drug paraphernalia, and violating the terms of his probation. Deputies stopped the man for questioning on Redwood Road near the westbound entrance to Interstate 580 and discovered his stash. The man was taken into custody.

### She Fought the Law

Friday, April 12: at 1:33 p.m., deputies arrested a 25-year-old woman with no permanent address on suspicion of possession of illegal narcotics and resisting arrest. The woman also had a warrant issued for her capture. Deputies served the warrant at a home on Jamison Way near Redwood Road, but the woman became combative. Deputies found the drugs in her pockets and took her to Santa Rita Jail pending \$10,000 in bail.

### Harassing Motel Guests

Thursday, April 11: at 9:23 p.m., a 50-year-old man with no permanent address was arrested on suspicion of public intoxication.

Deputies were called to a motel on Castro Valley Boulevard near Stanton Avenue following complaints by motel guests that a man was verbally harassing them. The man smelled of alcohol and failed his field sobriety test and was taken into custody.

### Wanted Woman Refuses To Leave Store

Thursday, April 11: at 3:12 p.m., deputies arrested a 60-year-old woman with no permanent address on suspicion of loitering at a convenience store on Redwood Road near Grove Way. The woman was also wanted as part of a warrant issued for her capture. A store manager reported the woman was just hanging out in the store for nearly an hour and refused to leave after being asked. Deputies confirmed the warrant and took the woman to Santa Rita Jail pending \$5,000 in bail.

### Parked and Pickled

Wednesday, April 10: at 7:17 p.m., a 39-year-old man from Dixon (Solano County) was arrested on suspicion of public intoxication. Deputies found the man passed out in a parked car on East Castro Valley Boulevard near Palo Verde Road with several empty cans of Coors Light on the floor. The man admitted to drinking and claimed he had been there for hours. The *see REPORTS on back page*

## MAC: Homeless Students at CV Schools

*continued from front page*

Ellis said that FESCO focuses on homeless people in mid-Alameda County and is financially dependent on grants from the county as well as cities including Hayward and San Leandro. She added that individual donations are also vital and to that end, she invited everyone to participate in their largest fund-raiser of the year, the "FESCO Shuffle."

The shuffle is a one-mile walk around the San Leandro Marina on Saturday, May 4 from 9 a.m. to noon. The public is invited and anyone can pre-register or make an online donation at fescoshuffle.org.

The MAC then heard from the school district who discussed the measure they're taking to support homeless students attending Castro Valley schools.

Assistant Superintendent Dr. Jason Reimann reiterated that there are 94 unhoused students in the

district this year, out of a total enrollment of around 9,350 students.

Reimann said that not only is the number disturbing, the figure has increased dramatically since the beginning of the school year.

"We began the year with only 64 students who qualified as homeless, so that's a 50 percent increase we've seen and it has not even been an entire school year," said Reimann. "That's a pretty substantial shift that obviously no one wants to see. It's not only the number but the rate of growth we are concentrated within our community."

Reimann said that every single student who is experiencing housing instability is personally contacted by the district's counseling staff and that put in touch with resources.

Every homeless student directly contracted by counseling staff.

Student Services Director Jim Kentris told the MAC that Mar-

shall and Stanton have non-perishable food banks and the district office has a freezer which holds perishable meat and produce for those who need food.

Kentris said everyone is working hard to do all they can, but he believes they are at a disadvantage being in an unincorporated area without direct resources from a city, which can result in red tape *see MAC on page 6*

**Happy Easter, Happy Passover!**

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## The Week Ahead

### ● Wednesday, April 17: Rose Society Meeting

Join East Bay Rose Society's meeting this evening at the Lakeside Garden Center, 666 Bellevue, Oakland at 7:30 p.m. when the topic will be "Simple Elegance the Japanese Way: Enjoying Flower Arranging with Shuji Ikeda." Ikeda, a Senior Professor of the Ikenobo School of flower arranging. More info at [www.eastbayroses.org](http://www.eastbayroses.org)

### ● Friday, April 19: Ecumenical Good Friday Service

All Saints Episcopal Church at 911 Dowling Blvd. in San Leandro will host its annual Good Friday Service at noon this Friday, with familiar hymns and clergy from different congregations throughout San Leandro. A special collection will be taken to support Davis Street's services to low income residents of our community. All are welcome.

### ● Saturday, April 20: Screening: "The Reluctant Radical"

The documentary "The Reluctant Radical" will be screened at the Castro Valley Library at 1 p.m. this Saturday, followed by a community discussion. The film follows activist Ken Ward as he confronts his fears and puts himself in the direct path of the fossil fuel industry to combat climate change. The film reveals both the personal costs and the fulfillment that comes from following one's moral calling – even if that means breaking the law. Free, no registration required.

### ● Saturday, April 20: Climate Reality Talk

Attend a presentation on the causes and impacts of climate change, and hear some solutions with a special focus on electric vehicles, during a special presentation at the Castro Valley Library from 11 a.m. to noon this Saturday, April 20. Learn about the significant changes we're already seeing and hear a message of hope for a brighter future from Climate Reality Leader and automotive writer Steve Schaefer of Castro Valley. You can learn more at: [realityhub.climateproject.org](http://realityhub.climateproject.org). No reservations are required for this free event.

### ● Saturday, April 20: Eden Area Village Coffee

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

### ● Saturday, April 20: Art & Woodshop Showcase

The Hayward Area Senior Center will be hosting a free Art & Woodshop Showcase from 10 a.m. to 1 p.m. this Saturday at 22325 North Third Street. Come check out all of the cool things we do — everything from handcrafted jewelry and ceramics to hand-carved wood items. Mingle with the artists. Some items available for sale. Call 510-0881-6766 for more info.

### ● Monday, April 22: Eden Garden Club Meeting

Jim Ryugo from Kitasawa Seed Company of Oakland, the oldest Asian seed company in America, will talk about Asian vegetables and what sells best, at the next meeting at 9:30 a.m. on April 22 at the Moose Lodge, 20835 Rutledge Road in Castro Valley. Meetings are free and guests are always welcome. Call 510-397-1268 for more info.

### ● Tuesday, April 23: Rotary Topic: County Civil Grand Jury

Robert Warren, Assistant District Attorney and legal adviser to the Alameda County Civil Grand Jury, will describe the activities of the civil grand jury at a CV Rotary Club buffet lunch at Redwood Canyon Golf Course, 17007 Redwood Road, from noon to 1:30 p.m. on Tuesday. The cost of lunch is \$15 and reservations must be made by 9 p.m. on Sunday, April 21, by contacting Rotary at [cvrotary@iCloud.com](mailto:cvrotary@iCloud.com) or 510-402-5123. More info is available at [castrovalleyrotary.org](http://castrovalleyrotary.org)

## ...and Beyond

### ● Wednesday, April 24: Social Justice Documentaries

See thought-provoking movies and share fellowship and discussion at Our Lady of Grace movie nights sponsored by the Pax Christi/Social Justice group. On April 24, "The Resettled," a 30-minute film that puts a human face on the refugee crisis will be screened at 7 p.m. in Stack Hall in back of the church at 3433 Somerset Avenue. For more info, call Dennise at 510-538-6071.

### ● Wednesday, April 24: Wild Goose Qigong Class

The Aitken Senior Center at 17800 Redwood Road in Castro Valley is offering Wild Goose Qigong classes from 9:15 to 10:15 a.m. on the Wednesdays of April 24 through May 22 for \$30. Wild Goose Qigong is a mind-body practice that promotes the healthy functioning of the whole body. Class is appropriate for all abilities and can be done while sitting.

### ● Friday, April 26: 'Spice of Life' Quilt Show

United Methodist Church women are holding a "Spice of Life" quilt show with more than 100 quilts on display, and a country store of hand-made items, from 7 to 9 p.m. April 26 at 19806 Wisteria St., Castro Valley. Two Quilts of Valor quilts will be presented to former service members at 11 a.m. Admission is \$5. High Tea will be served Saturday, April 27, from 11 a.m. to 2 p.m. for \$15.

### ● Saturday, April 27: 5th Annual Acorn Festival

Golden Oak Montessori at 2652 Vergil Court in Castro Valley invites you to its 5th Annual Acorn Festival from 11 a.m. to 4 p.m. The focus will be to host STEAM inspired booths with activities for everyone to participate in. Admission to the event is free and there will be food for sale. For more info, visit [www.facebook.com/events/2455656281328732/](http://www.facebook.com/events/2455656281328732/)

### ● Saturday, April 27: Dahlia Tuber & Cutting Sale

Plant now for summer color! The San Leandro Dahlia Society is holding its annual tuber and cutting sale from 9 a.m. until noon on April 27 at Root Park, 1033 E. 14th Street in San Leandro. Both tubers (roots) and rooted cuttings are ready to be planted. Dahlia society members will be on hand to answer any questions or give advice. Dahlias grow well in our area as long as they have at least six hours of sunlight. Come early for best selection. Visit [sanleandrodahliasociety.org](http://sanleandrodahliasociety.org) for more information.

### ● Saturday, April 27: Soroptimist Garage Sale

Soroptimist International of the East Bay will hold a fundraising garage sale supporting scholarships and local programs that support women and their families from 8 a.m. to 4 p.m. (weather permitting) at 3841 Somerset Avenue in Castro Valley. Come and shop for clothes, tools, kids' stuff, household goods and treasures while knowing your purchase will help others. For more information, call 510-593-7377.

### ● Tuesday, April 30: Start Smart Teen Driver Safety Class

The California Highway Patrol and the Castro Valley Library present "Start Smart," a teen-driver safety class at 6 p.m. on April 30, at the Library for new and future licensed teenage drivers between the age of 15-19 and their parents. CHP officers will talk about traffic collisions, their causes and avoidance techniques, seat-belt usage and driver responsibilities. Call 510-581-9028 (CHP) or 510-667-7900 (Library) to register.

## 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.

● "Suessical Kids," presented by the Performing Academy in partnership with Jensen Ranch Elementary School at 7 p.m. tomorrow, April 18, at the Center for the Arts. Enjoy Suessical Kids in their own telling of the fantastical, magical, musical extravaganza! For tickets (\$12-\$10), see above.

● Castro Valley School of Music Recital, showcasing the talent of our students and teachers alike on Tuesday, April 30 from 5 to 9 p.m. Join us as we celebrate the accomplishments of our students at the Center for Arts for the very first time. For tickets (\$10), call 510-397-0721 or visit [cvsom.com](http://cvsom.com)

### ART GALLERIES & ART INSTRUCTION

● Superhero Drawing Class, intended for 10- to 13-year-olds, will be held from 2:30 to 3:30 p.m. Saturday, May 4, at the Adobe Art Center (\$5). In this intro class, we'll go over key basics on how to draw Superheroes. You'll practice looking at the details and drawing the shield, swords, and action figures in the Superhero Still Life. We'll watch videos with professional comic artists and get a handout to practice at home. Bring a pencil, and blank white paper or sketchbook. First come first seated, limited seating. All are welcome! Youth under age 9 must be accompanied by parent or guardian.

● PhotoCentral Spring Exhibition: "Celebrating HARD," through May 11 at two locations: (1) HARD District Office, 1099 E St. in Hayward, Upstairs Gallery Monday-Friday 9 a.m. to 5 p.m. and Downstairs Monday 5-10 p.m., Tuesdays and Thursdays from 10 a.m. to 1 p.m., and (2) Adobe Art Gallery, 20395 San Miguel Ave., Castro Valley, open 11 a.m. to 3 p.m.. Contact PhotoCentral - Geir Jordahl, 510-881-6721 or email [info@photocentral.org](mailto:info@photocentral.org) for more information.

### CASTRO VALLEY FORUM CASTROVALLEYFORUM.COM

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

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

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

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

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

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

Mary Florence, Advertising Sales  
861-3270 [Maryflorence798@gmail.com](mailto:Maryflorence798@gmail.com)

Linda Nakhai, Advertising Sales  
510-915-1513 [lnakhai@comcast.net](mailto:lnakhai@comcast.net)

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

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

#### Contributing Writers:

Linda Sandsmark

Michael Singer

Gene Osofsky

Carl Medford

Terry Liebowitz

Amy Ramos

Linette Escobar

Thomas Lorentzen

Buzz Bertolero

### HOROSCOPE by Salomé

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**ARIES (March 21 to April 19)** You might need to do a bit more investigating before making a career move. You do best when you come armed with the facts. A personal matter still needs tending to.



**TAURUS (April 20 to May 20)** Your creativity plus your good business sense once more combine to give you an important advantage in a difficult workplace situation. An ally proves his or her loyalty.



**GEMINI (May 21 to June 20)** Avoid rushing into something just because it offers a break from your usual routine. Take things a step at a time to be sure you're moving in the right direction.



**CANCER (June 21 to July 22)** Bouncing back from a disappointing incident isn't easy, but you should find a welcome turn of events emerging. Spend the weekend with someone special.



**LEO (July 23 to August 22)** An incomplete project needs your attention before someone else takes it over and uses it to his or her advantage. There'll be lots of time for fun and games once you get it done.



**VIRGO (August 23 to September 22)** Doubts involving a potential career change need to be resolved quickly so they don't get in the way when you feel you're finally ready to make the big move.



**LIBRA (September 23 to October 22)** Looking to blame someone for a workplace problem could backfire if it turns out you've got the wrong "culprit." Best to get more facts before acting on your assumptions.



**SCORPIO (October 23 to November 21)** Patience might still be called for until you're sure you finally have the full story that eluded you up till now. A trusted associate could offer valuable guidance.



**SAGITTARIUS (November 22 to December 21)** Look into your recent behavior to see if you could have caused the coolness you might now be sensing from a loved one. If so, apologize and set things straight.



**CAPRICORN (December 22 to January 19)** Easing up on your social activities allows you to focus more of your energies on a long-neglected personal matter. You can get back into party mode by the weekend.



**AQUARIUS (January 20 to February 18)** A dispute with a colleague can be resolved peacefully once you both agree to be more flexible about the positions you've taken and allow for more open-minded discussions.



**PISCES (February 19 to March 20)** Volunteering to take on added responsibilities could be a risky way to impress the powers-that-be. Do it only if you're sure you won't be swept away by the extra workload.

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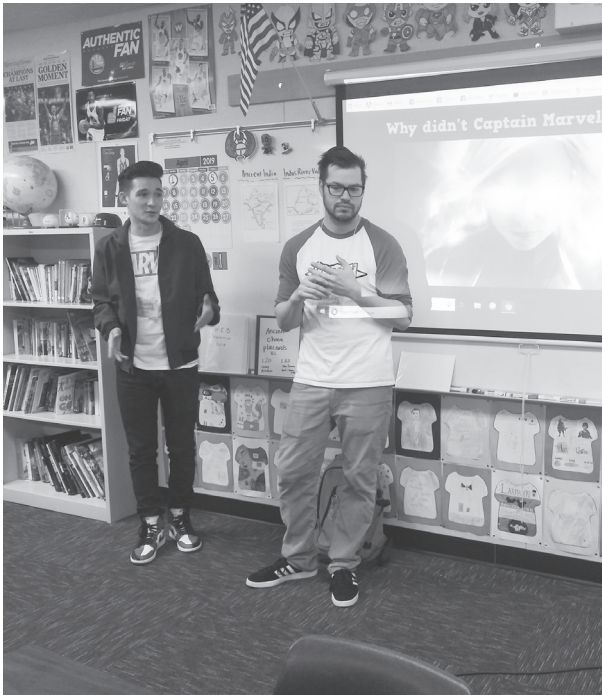


PHOTO BY ALEX MCMURRAY

Crush Comics owner Josh Hunter and friend of the shop Miles stopped by Creekside Middle School recently to visit with the Comic Book Club to answer burning questions about the upcoming Avengers: Endgame movie coming to Chabot Cinema on Thursday, April 25.

Host Families Wanted for Exchange Students

An exchange student program is looking for more host families to house 19 students from Spain who are coming to the Bay Area this summer.

Have a fun experience with your family learning about another culture, language and make a new lifelong friend. The students have studied English and want to experience life in an American home.

The students will stay for four weeks, June 28 through July 26. They range in age from 13 to 17 and will have their own spending money and insurance. A Spanish group leader is available for communication or to help with any problems.

Host families provide one student with their own bed, a place to keep belongings and meals. The students speak English and want to experience life in an American home. It's not necessary to speak Spanish to be a host family.

The 25 students in the group will go on three excursions each week to Great America, Alcatraz,



Like the group shown above from a previous program, students range in age from 13 to 17.

an Oakland A's game, and other attractions.

The excursions are all paid for by the program, as well as their ground transportation. Host fam-

ilies are welcome to join the students on any of the excursions at a discounted rate. An effort will be made to place students according to age, gender and interests.

To be a host family or for more information on this cultural experience, contact Carolyn or Larry Mazzanti at carolyn10757@aol.com or call 510-265-4929.

LEGAL NOTICE

FILED  
MARCH 25, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 556940

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

The name of the business:  
Almaraz Trucking LLC located at 2664 Jones St., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Almaraz Trucking LLC, 2664 Jones Street, Castro Valley, CA 94546. This business is conducted by a limited liability company. This business commenced on N/A.  
/s/Almaraz Trucking LLC  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires MARCH 25, 2024  
**APR. 3, 10, 17, 24, 2019**  
**0051-CVF**

FILED  
MARCH 22, 2019  
STEVE MANNING  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 556862

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

The name of the business:  
R + D Strike Zone Bowling Pro Shop located at 3636 Castro Valley Blvd. Ste 7, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): (1) Richard J. Montero Jr. and (2) Patricia A. Montero, 2390 Carter Lane, Castro Valley, CA 94546. This business is conducted by a married couple. This business commenced on March 21, 2019.  
/s/Richard J. Montero Jr., Patricia A. Montero  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires MARCH 22, 2024  
**APR. 10, 17, 24, MAY 1, 2019**  
**0057-CVF**

FILED  
APRIL 1, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 557199

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

The name of the business:  
Dave's Tavern Taxi Service located at 3619 Somerset Ave., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): John D. Johnson, 3619 Somerset Ave., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on 2010.  
/s/John D. Johnson  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires APRIL 1, 2024  
**APR. 10, 17, 24, MAY 1, 2019**  
**0058-CVF**

FILED  
MARCH 26, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 548999

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

The name of the business:  
All Star Concrete Pumping located at 20420 Marshall St., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): David L. Earney, 20420 Marshall St., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on N/A.  
/s/David L. Earney  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires MARCH 26, 2024  
**APR. 17, 24, MAY 1, 8, 2019**  
**0062-CVF**

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APRIL 2, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 557248

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

The name of the business:  
U.S. Karate School of the Arts located at 20023 Topaz Ct., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Jose Olivarez, 20023 Topaz Ct., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on N/A.  
/s/Jose Olivarez  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires APRIL 2, 2024  
**APR. 17, 24, MAY 1, 8, 2019**  
**0065-CVF**

FILED  
MARCH 11, 2019  
STEVE MANNING  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 556321

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

The name of the business:  
Valley Therapy Center located at 2881 Castro Valley Boulevard Suite 3V, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): (1) Philip Aurelian Moise, (2) Marilou Dio Moise, 2427 Somerset Avenue, Castro Valley, CA 94546. This business is conducted by a married couple. This business commenced on N/A.  
/s/Philip Aurelian Moise, Marilou Dio Moise  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires MARCH 11, 2024  
**MAR. 27, APR. 3, 10, 17, 2019**  
**0009-CVF**

FILED  
MARCH 13, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 556462

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

The name of the business:  
Sigler and Associates Investigations located at 20283 Santa Maria Avenue #2731, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Juan Sigler, 3739 Rosalee Ct., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on 08-27-2012.  
/s/Juan Sigler  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires MARCH 13, 2024  
**MAR. 27, APR. 3, 10, 17, 2019**  
**0010-CVF**



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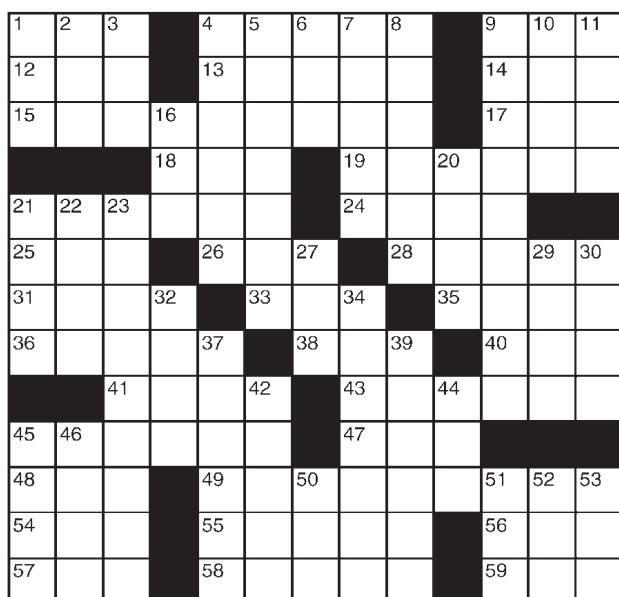
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## THE FORUM CROSSWORD



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- 4 Uses an old phone
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- 14 11-Down cousin
- 15 Woodworker
- 17 Fish eggs
- 18 Parisian pal
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ANSWERS ON PAGE 9

## Important Religious Holidays Coming Up



Matzos are integral parts of the Passover Seder and the key ingredient to a favorite soup

For Jews and Christians, the weekend ahead will be filled with some of the most important religious holidays of the year.

The eight-day Passover holiday begins at sundown on Friday, celebrating the redemption of the Jews from slavery in Egypt.

The basic rules for Passover are universal. Nothing that includes any leavening may be served during the eight days, including grains, cereals, bean and legumes. That's because the faithful identify with the Israelites who fled Egypt in such haste they had no time to let their bread rise.

Christians will observe Good Friday at the end of the week and Easter on Sunday, commemorating the Resurrection of Christ.

Although Easter has no particular ceremonial foods, baked ham has become the traditional fare for Sunday's dinner.

### Easter

Since most hams we buy today are fully cooked, creating a meal around one doesn't require all the preparation that the annual Thanksgiving turkey does.

To be served warm, a fully-cooked ham need only be reheated in a 325°F-oven until it

reaches an internal temperature of 140°F.

But there are many ways to "customize" the reheating process with glazes and sauces. Brush glaze on during the last 20 to 30 minutes of cooking time.

### LEMON-DIJON GLAZED HAM & PINEAPPLE

- 1 cup Dijon mustard
- 2/3 cup lemon juice
- 1/2 cup packed brown sugar
- 1 (6 to 8-pound) spiral-cut fully cooked ham
- 1 fresh pineapple, cored and sliced into 1/2-inch rings
- 1 tablespoon chopped fresh chives, optional

Blend mustard, lemon juice and brown sugar in small bowl for glaze. Reserve 1/2 cup.

Place ham flat side down in large non-aluminum roasting pan. Cover loosely with foil and bake at 325°F for 1 hour. Remove from oven; remove foil and turn ham onto its side.

Place pineapple slices in pan around ham. Generously brush ham and pineapple with glaze. Return to oven and bake 45 minutes longer or until meat thermometer inserted into the thickest part of ham reads

140°F, turning pineapple slices and brushing ham and pineapple with additional glaze.

Stir chives into remaining glaze if desired. Serve ham and pineapple with glaze. Serves 12 to 18.

### Passover

Matzo is one of the best-known Passover foods. Cakes, cookies and dumpling for Passover are made from either potato starch or matzo meal made from ground matzos or a more finely ground version called cake meal.

The Seder dinner, with its traditional dishes, is held on the first night of Passover and is the principal ceremony of the festival.

### MATZO BALL SOUP

- 4 large eggs
- 1/4 cup rendered chicken fat or vegetable oil (kosher for Passover)
- 1/4 cup chicken stock
- 1 cup matzo meal
- 1/4 teaspoon ground nutmeg
- 1 to 2 tablespoons freshly grated ginger
- 2 tablespoons finely chopped parsley, dill or cilantro

1 teaspoon salt, more for cooking  
Black pepper

In a large bowl, combine the eggs, chicken fat, stock, matzo meal, nutmeg, ginger and parsley. Season with 1 teaspoon salt and a few grinds of pepper. Gently mix with a whisk or spoon. Cover and refrigerate until chilled, about 3 hours or overnight.

To shape and cook the matzo balls, fill a wide, deep pan with lightly salted water and bring to a boil. With wet hands, take some of the mix and mold it into the size and shape of a Ping-Pong ball. Gently drop it into the boiling water, repeating until all the mix is used.

Cover the pan, reduce heat to a lively simmer and cook matzo balls about 30 to 40 minutes for al dente, longer for light. If desired, the cooked matzo balls can be transferred to chicken or vegetable soup and served immediately. Alternatively, they may be placed on a baking sheet and frozen, then transferred to a freezer bag and kept frozen until a few hours before serving; reheat in chicken or vegetable soup or broth.



Baked ham is a traditional Easter Sunday favorite.

## MAC: Art Project Questioned

continued from page 3

when contacting various service providers.

"I'm finding out that being that we are in an unincorporated area, we don't have the same resources," said Kentris. "There is a lot of great intentions out there and a lot of different groups out there, but it's not coordinated."

### Other business

Also at Monday Night's meeting, the MAC approved designs for 40 proposed utility boxes which will be covered in decorative vinyl wraps all over town.

MAC member Chuck Moore has long been critical of the \$117,000 public art project, saying he appreciates the skill of the artists and hard work of the county staff, but believes the public's money could be better spent else-

where, a point he reemphasized this week after hearing the presentations on homelessness.

"I sat here and listened to the homeless issue and the problems we have," said Moore to Alameda County Arts Commission Director Rachel Osajima. "Nothing against the wonderful job you've done, I think it's nice. But I think it's the wrong-spend for our dollars where there are so many homeless people and people who need money."

Osajima said that installation of the box art is set to begin in June and also told the MAC that the "community identifier" mural which is set to be painted on the I-580 overpass at Redwood Road is also expected to be installed over the summer.



# 'Spice of Life' Quilt Show to Open April 26 Featuring Local Quilter Elizabeth Taylor

This year's biennial quilt show at the Castro Valley United Methodist Church on April 26 will feature talented local quilter Elizabeth Taylor (known as Beth) who comes from a quilting family.

She spent many a day as a child under quilt frames helping with needles and thread or playing, while her relatives and friends worked their magic.

Born in New Brunswick, Canada, Beth's family moved just across the border to Maine when she was quite young. Because the move wasn't very far, she often crossed the border to visit and shop. She still has relatives on both sides of the border.

Following in the tradition of her mother, grandmother, and great-grandmother, Beth made her first quilt at age 9.

After high school she joined the US Army and, after trained as a Clinical Laboratory Scientist, was sent to the 97th General Hospital in Frankfurt, Germany.

Elizabeth moved to California in 1970 and to Castro Valley in 1998. She has been very active in the Amador Valley Quilt Guild and the American Quilt Society for over 10 years.

Traditional patterns are Elizabeth's favorite quilting. She favors making scrappy, over-appliqued quilts and has made some 800 quilts, most given away for gifts and as community quilts through the Amador Valley Quilt Guild and other organizations.

Beth values hand-sewn quilts above all. She has many from her mother and grandmother that are hand sewn.

Beth has support for her beloved occupation of quilting from her husband, Larry, and their six children and grandchildren.

The United Methodist Church women's "Spice of Life" quilt show with more than 100 quilts on display, and a country store of handmade items, will be open from 7 to 9 p.m. Friday, April 26 at 19806 Wisteria St., Castro Valley.



Elizabeth Taylor, the featured quilter for the show. Her quilt is called Elm Creek Christmas.

## Spring, Easter, Passover Celebration

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## ATHLETES OF THE WEEK



### Creekside Middle School Wrestling Team

This Week's Athletes of the Week are the members of the Creekside Middle School wrestling team. They participated in the East Bay Coastal League Championships, taking 37 wrestlers and brought home 29 medals at Albany High School, on Saturday, March 23. The Creekside seventh grade boys and girls divisions were team tournament Champions. Place winners were as follow: CHAMPIONS- Mason Yamat, Evan Joelsson, Caleb Yi, Camron Sualua, Dylan Irby,

Mikayla Marquez, Kaitlynn Dorland-Clements, Kaira Willits, Natalia Perez. Second place- Jacob Cook, Cooper Matthews, Gustavo Barrera, Mia Wierzba, Victoria Greene, Taryn Pak. Third place- Elijah Montalvo, Brandon Banuelos, Noah Serrano, Salvador Figueroa, John Jacob, Julian Valadez-Garcia, Justin Santos-Duncan, Maya Trujillo, Bibiana Lazares, Giselle Quintero. Fourth place- Bea Hayes, Samantha Darrin, Alexandria Habriel, Kevin Pena Esquivel.

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## Composite Mountain Bike Team

The Hayward Composite Mountain Bike Team which consists of middle school and high school boys and girls from Castro Valley, Hayward, and San Leandro, is part of the National Inter-scholastic Cycling Association (NICA).

With a growing interest in this sport, the mountain bike team has

doubled in size since last year, offering five races during the season leading up to the State Championship.

The team has competed in three races so far this year and each race has had 54 riders. The results for the Castro Valley sophomore boys in the first three races are as follow:

**RACE 1:** first place: Kyle Dommaschk. Seventh place: Riley Clark. Fifteenth place: Andrew Merrigan. Seventeenth place: Danny Ornelas. Twenty-sixth place: Peter Zulim.

**RACE 2:** Third place: Kyle Dommaschk. Fourth place: Riley Clark. Twentieth place: Andrew Merrigan. Thirtieth place: Danny Ornelas.

**RACE 3:** First place: Kyle Dommaschk. Fifth place: Riley Clark. Fifteenth place: Andrew Merrigan. Nineteenth place: Danny Ornelas. Twentieth place: Peter Zulim.

## PARENTS GUIDE

# Economics 101: How Much Do Your Kids Know About Money?

With consumer debt on the rise and many failing to adequately save for the future, experts say that financial illiteracy is a major problem for Americans — and one that communities and parents have a joint responsibility to address, starting in childhood.

And right now, most children are coming up short in this area.

Over 62 percent of the 15- to 18-year-olds tested by the National Financial Educators Council received either a "D" or "F" on the 2017 National Financial Literacy Test. Without intervention, these young people could grow up without the skills needed to manage credit cards, loan debt or savings goals.

If you're a parent, you've likely already instilled in your children the importance of good grades and healthy decisions, but if you aren't also discussing concepts like overall saving, budgeting and the importance of having an emergency fund, now is the time to start.

Children are never too young to learn skills needed for a secure financial future. To get started, consider these tips:

- Teach young children money basics by playing "store" at home. Take turns being the customer and the cashier. Play board games involving money exchanges to practice addition and subtraction.

- Give children an allowance and help them create a budget. Stress the difference between needs vs. wants to help them make smart decisions when it comes time to shop for clothes, school supplies, toys and more.

- Offer children incentives to save, promising to match any money they sock away so they'll learn how invested money grows.



**Children are never too young to learn how to spend responsibly and save for the future. Get started now.**

- Encourage teenagers to get part-time jobs, then help them make smart decisions about how to allocate their income, whether that's saving for big-ticket items, putting money away for college or donating to charity.

- Review free, online financial education materials together that are geared for school-age children, such as those found at [PurchasingPower.com](http://PurchasingPower.com) and [JuniorAchievement.org](http://JuniorAchievement.org).

"Purchasing Power has been helping adults learn to manage their money in smarter, more flexible ways for years," says Richard Carrano, Purchasing Power CEO. "Expanding these efforts to include resources for young people empowers parents to put their kids on the right path in their formative years."

- Seek out community initiatives helping to combat financial illiteracy. For example, Purchasing Power, LLC, a workplace voluntary benefit that allows US workers to buy brand-name products and services interest-free through payroll deduction versus traditional high-interest credit options, partners with Junior Achievement USA, an organization dedicated to giving young people the knowledge and skills they need for economic success.

"Financial illiteracy and confusion over money matters is a national problem that won't be solved overnight," adds Carrano. "However, families, employers and communities can take proactive steps to raise money-smart kids and foster healthy financial futures."

—StatePoint

## Important Nutrition Ideas for Children

Childhood obesity in this country has more than tripled over the past 30 years, according to the Centers for Disease Control and Prevention. But you can help your family get the right nutrition and exercise to stay healthy.

"Not only is it extremely important for kids to get all the vitamins, nutrients and physical activity they need to stay healthy, but habits formed early in life — both good and bad — can last a lifetime," says Dr. Thomas McInerney, president of the American Academy of Pediatrics (AAP).

The AAP is offering some healthy living tips for parents to help kids get on the right track.

### Improving Eating Habits

- You may have bad childhood memories of being forced to sit at the table until you cleaned your plate. Don't perpetuate this method of mealtime management! It sends the wrong message by emphasizing quantity over quality and can lead to significant overeating. Foster a healthier attitude



**Always eat meals at the table and eating as a family is best.**

toward food by focusing on what you serve in the first place.

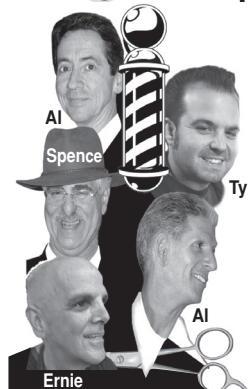
- Establish a routine with regular meal and snack times. Always eat meals at the table. Children who eat meals with their family consume more fruits, vegetables, fiber, calcium-rich foods and vitamins.

- Once kids are old enough, encourage self-feeding as much as possible.

- Avoid soda, which is full of empty calories or artificial sweeteners. Milk and water are the best drink choices for your child. Offer whole milk or 2 percent milk to children ages 12 months to 2 years old, unless your pediatrician recommends low-fat milk. After age 2, offer low-fat milk. Limit juice to four to six ounces a day.

see **NUTRITION** on page 9

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## Nutrition: To Foster Health In Household

*continued from previous page*

- Kids can be picky at first, but don't let a refusal of a new food stop you from trying again. Offer new foods multiple times in multiple ways. For infants, you may need to even try 10 to 15 times over several months. Parents are extremely influential and can serve as a child's best role model. Eat a variety of foods of different flavors, colors and textures.

### Encourage Active Play

- Don't let a full day go by without active play. Take trips to the park, play in the yard, go for walks and make physical activity a part of your family's daily routine. Reduce the amount of time spent in devices that restrain movement, such as strollers and bouncy seats.

- Limit screen time, including TV, video games and computers, to less than two hours a day. Avoid placing computers or television sets in children's bedrooms so they can get the best sleep possible.

- Encourage your kids to take part in sports teams, gymnastic and dance classes, and other activities that will get them moving.

More ideas about healthy living can be found at [www.healthychildren.org/growinghealthy](http://www.healthychildren.org/growinghealthy).

"No matter how old your child is, it's never too early to establish household routines that foster healthy habits," says McInerney.

—StatePoint



## Teen Driver Safety Class This Month

The California Highway Patrol and Castro Valley Library present the popular Start Smart: Teen Driver Program at 6 p.m. on Tuesday, April 30 at the Library.

The Start Smart program is a driver safety education class which targets new and future licensed teenage drivers between the age of 15 - 19 and their parents/guardians.

CHP officers will discuss traffic collision avoidance techniques, collision causing factors, driver/parent responsibilities, and seat-belt usage. Additionally, testimonies will be provided by officers who have investigated fatal collisions involving teens, and family members who have lost loved ones in traffic collisions.

The Castro Valley Library is located at 3600 Norbridge Avenue and is wheelchair accessible. For more information or to register, call the Library at 510-667-7900 or visit [www.aclibrary.org](http://www.aclibrary.org) or call the CHP at 510-581-9028.

## Importance of Raising Young Readers

By Melissa Martin  
SPECIAL TO THE FORUM

Why is it important to expose babies, toddlers, and younger children to the world of books? Why is it important to read aloud to babies and toddlers? Why is it important to make reading fun for children?

"Children are made readers on the laps of their parents," surmised Emilie Buchwald. I agree.

Parents are a child's first teachers, first role models, and first communicators; talking, listening, singing, making sounds, smiling, laughing, and hugging. Homes are the building blocks of society.

In a 2016 Scholastic Study, the results revealed three out of four parents who have children ages 5 and younger start reading aloud before their child reaches his first birthday. And 40 percent of parents reported they started reading when their child was less than three months old. [www.scholastic.com/](http://www.scholastic.com/).

I give a round of applause to these parents. And the reading tip of the day is to make reading fun for younger children so they will read for pleasure in the future.

Family experiences with books prepare children for learning long before they start school. Kids need to develop an emotional connection to reading materials.

Reading books with children can help with empathy skill-building as they identify with the characters and relate to their feelings. And reading exercises a child's

brain like movement exercises her body. Imagination and creativity dance together in book-reading. And books are downright entertaining!

Think about your favorite picture books of childhood. How do you feel about these books? I remember the Little Golden Books and The Tale of Peter Rabbit by Beatrix Potter.

Learning to read and write doesn't start in kindergarten or first grade. Developing language and literacy skills begins at birth through everyday loving interactions, such as sharing books, telling stories, singing songs and talking to one another.

Does technology hinder or help toddlers' learning? In our modern

lives with technological devices, children can become overly dependent on television, videogames, and table computers (just like adults). That's why it's important to make books the centerpiece of learning and limit screen time for younger children.

Should parents read an electronic book or a paper book to children? Balance is the word of the day. Holding a paper book adds the sensation of touch and children like to turn the pages.

Make your public library a frequent stop as you encourage the love of learning via books.

Melissa Martin, Ph.D., is an author, columnist, educator, and therapist. [www.melissamartinchildrensauthor.com](http://www.melissamartinchildrensauthor.com).

## Free SAT Practice Tests

Teens are invited to partake in a free new SAT practice test administered by The Princeton Review from 10 a.m. to 2 p.m. on Saturday, May 4 at the Castro Valley Library, 3600 Norbridge Avenue, in preparation for what might be the most important test of their lives.

This workshop will offer teens

realistic practice and the opportunity to find out how they would score on the new test. They will also receive a personalized score report pinpointing your strengths and weaknesses.

Registration is requested. Sign up by phone (510-667-7900) or in person at the Library Info Desk.

## CROSSWORD PUZZLE ANSWERS

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A	D	E	E	G	R	E	T	A	L	E
C	A	R	P	E	N	T	E	R	R	O
R	A	C	K	E	T	S	A	G	O	
A	G	A	D	E	W	M	O	O	N	S
C	U	R	B	R	A	J	G	L	E	E
K	E	P	I	S	G	U	M	E	A	R
	A	L	P	S	N	O	O	D	L	E
N	I	C	K	E	L	I	L	L		
A	B	C	A	R	P	E	D	I	E	M
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July 8-12 Fairytales kings and queens, pigs and porridge, mother goose, etc.

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Questions? Please call our membership line at 510-569-5360 or email our Summer Camp Coordinator at [summer@broadmoorpreschool.org](mailto:summer@broadmoorpreschool.org)



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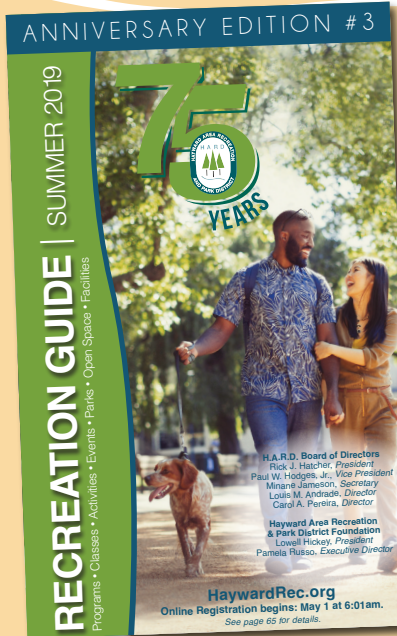
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# Palliative Care for Pain Relief

*Q: What can you tell me about palliative care? My husband suffers from lung disease and is receiving radiation for prostate cancer but is not terminally ill. I've heard that palliative care can help him with his pain and discomfort. What can you tell me?*

By Jim Miller  
SPECIAL TO THE FORUM

A: Palliative care is a very effective service that can help patients relieve the symptoms and stress that often comes with serious illness. But unfortunately, most people don't know about it, or don't understand how it can help them. Here's what you should know.

## What is Palliative Care?

Most people hear the words "palliative care" and think "hospice," but they are different types of care. Hospice is reserved for when curative treatments have been exhausted and patients have less than six months to live.

Palliative care, on the other hand, is a medical specialty that focuses on providing relief from the symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, trouble sleeping and even depression. It



**Palliative care focuses on providing relief from the symptoms such as pain, shortness of breath, fatigue and more.**

can also help patients deal with the side effects of medical treatment.

Anyone with a serious illness can benefit from palliative care, including those with cancer, heart disease, lung disease, kidney disease, Alzheimer's, HIV/AIDS, amyotrophic lateral sclerosis (ALS), multiple sclerosis, Parkinson's and more.

Palliative care is provided by a team including palliative care doctors, nurses, social workers and other specialists that work with your doctor to provide an extra layer of support and care.

It is appropriate at any age and

at any stage in a serious illness, and it can be provided along with curative treatment.

Palliative care teams are trained to help patients understand all their treatment options as well as the quality of life ramifications, so they can make informed decisions about what's best for them.

Often patients assume their doctors will take care of their pain and stress, but most doctors in our specialized medical system have not been well trained in pain and symptom management. That's why palliative care is invaluable.

see PAIN on page 15

## SENIOR Q&A

# Incapacity 'Trigger' in POA, Trust: Two Doctors or One?

*Q I am in my late 80's and am updating my estate plan. I find I have an important decision to make: in my Power of Attorney ("POA") and my Trust, if I ever lose mental capacity should I require the opinion of two doctors, or just one, to certify my incapacity before duties transfer to my Agent or Successor Trustee?*

*Requiring two doctors to sign off would seem to give me greater protection against a "wrong call" by only one. What do you think?*

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

**A** That is really an excellent question and my compliments for giving it special thought.

A bit of background: The most common choice in these matters is to require that two (2) physicians must render an opinion on mental incapacity before responsibility shifts to one's designated successor.

This approach may make sense for younger individuals, who

might reasonably believe that requiring two medical opinions will protect against a "wrong call" by a single physician.

Hence, the "two doctor" requirement is typically the default approach in most estate plans.

However, for older persons, or those who – in the future – may need care in a facility, this two-doctor requirement could pose a big problem for one's family, probably at a time of stress, and may actually make managing one's financial affairs much more difficult.

Here's why: When and if incapacity becomes an issue, it is likely that you, the principal, will then be residing in a care facility, such as a nursing home.

In the nursing home and in some other care facilities, typically only one physician covers the entire facility, visits each patient at a prescribed interval, and directs his or her care.

In those situations, it is very difficult to arrange for a visit by a second physician, as there is typically no second doctor who also makes those rounds.

Thus, to comply with a "two doctor requirement" in one's POA or Trust, your family would need to search for a physician outside the facility who makes "house calls" to nursing home patients, and who is willing to assess you for legal capacity and write an opinion letter based upon that assessment.



It would also be an expense that would not likely be covered by private insurance, Medicare or Medi-Cal.

This process can be very difficult for one's family, especially at a time of stress, and can actually impede the prompt and smooth transfer of responsibility for financial affairs to one's designated successors.

For these reasons, in our practice we consistently recommend that our clients only require the opinion of only one (1) physician to establish their incapacity.

By doing so, we believe that we make the process easier down the road for the client's family, help to smooth transition to his or her designated successors, and thereby help ensure uninterrupted management of our client's financial affairs.

In this regard, we typically provide in our legal documents that the client's incapacity, if it ever occurs, is to be "established by the opinion of one (1) physician, licensed in the state in which the principal then resides, who has examined the principal, and who renders an opinion in writing that the principal is incapable managing his or her own financial affairs."

You may wish to discuss this matter with your family and with your attorney and consider using the "one (1) physician" requirement for the reasons discussed.

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

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# REAL ESTATE GALLERY



## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## Vacant Homes Targets For Squatters

As California's housing crisis increases, opportunistic individuals are capitalizing on a weak link in the housing market. Looking for vacant properties being prepared for sale or already in escrow, they move themselves in.

Think "Squatters."

Last week in Hayward, sellers were horrified to discover that their vacant property, due to close in a week, had been broken into and occupied by an individual claiming to be the new owner. When challenged, he produced a fake purchase agreement, showing how far some will go in their attempts to secure housing.

Without a proper key, this person had used a prybar to gain access through a brand-new rear window, doing extensive damage in the process.

The sellers contacted the police, who, upon determining that the person had indeed entered illegally, arrested him and secured the property. The sellers are now faced with repairing the damage and cleaning up the mess so they can close escrow.

This is not an isolated incident, and is a reminder that sellers need to be extremely diligent in protecting vacant homes during the sale process.

Not only is harm done to the property itself, it can also traumatize buyers who, hoping they were moving into a safe neighborhood, discover that their future home has been broken into.

We have seen a number of these incidents over the past few years. Vacant homes are ripe

targets as they typically have the utilities turned on, have often been upgraded and can even be fully furnished with staged furniture.

While some dwellings have been occupied for temporary shelter, others have been accessed by those claiming to be property managers who in turn have rented the property to unsuspecting tenants, pocketing a damage deposit and monthly rent payments.

We advise the following:

Check vacant properties regularly. Frequent visits can deter those who might be monitoring a prospective residence.

If a squatter is allowed to occupy a home for a prolonged period of time, it is much more difficult

to extricate them, and may end up involving the legal system.

Install an alarm system.

If it appears your home has unwelcome occupants, contact the police and allow them to access the home.

Consider marketing your home without a For Sale sign out front. In some neighborhoods, the sign might be viewed as a welcome mat.

These are crimes of opportunity – your ongoing diligence will be your best protection.

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

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## Home Garden Tomatoes Not Genetically Engineered

By Buzz Bertolero  
Special to the Forum

How would I know if the hybrid vegetable seed I've planted has been genetically engineered? I've planted several hybrid crosses along with some heirloom tomatoes, and now I'm concerned that they may be unhealthy.

This should not be an issue nor would I pull the plants and discard them.

For generations, plant breeders have been cross-breeding the genes of compatible plants. Their goal is to create a new plant with

the best traits from both parents such as early maturity, early flowering, disease resistance, etc.

The new plants are called F-1 Hybrids or just Hybrids. Seedless watermelons and pluots are recent examples of popular hybrids along with a countless number of tomatoes, other vegetables, and seasonal color plants.

If you're a seed saver, hybrids have a significant drawback; they're very unpredictable in the next generation, so it's generally recommended not to waste your time saving the hybrid seed. Instead, you want to save open-pollinated varieties.

Open-Pollinated varieties are simply those varieties that are

capable of producing seeds that will produce seedlings just like the parent plants. They breed true year after year because of the natural selection.

Any variety that has been around a minimum of 50 years — an arbitrary number — are then called an "heirloom" variety. These terms are often used interchangeably. F-1 Hybrids and Open-Pollinated varieties should not be confused with the modern-day gene splicing or genetically engineered plants.

To be really technical, USDA considers any plant, animal or microorganism produced through any type of genetic modification as to be a genetically modified

organism (GMO's).

While a hybrid plant is a GMO, it's not genetically engineered. Genetically engineered varieties combine atypical genes that are not found in nature. The only way for them to occur is by human intervention and manipulation.

Plants like corn that has the pesticide Bt engineered into its genetic makeup to make it resistant to certain pests is an example.

Bt is a natural pesticide, but it would never naturally find its way into corn seed. They're created using molecular genetics techniques such as gene cloning, splicing, and protein engineering. Another example, is herbicide

resistant soybean, cotton, canola, and alfalfa, so you control broad spectrum grasses and broadleaf weeds without damaging the original plant. These varieties have no application in home gardens. So you will not encounter any packets of genetically engineered seed in home and garden catalogs or in the seed rack at their favorite garden centers.

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

## RECENT HOME SALES

### Castro Valley

3025 Grove Way	94546: \$520,000 2 BD - 1,042 SF - 1992
20115 Redwood Road	94546: \$520,000 2 BD - 866 SF - 1988
18233 Carlton Avenue	94546: \$565,000 3 BD - 1,338 SF - 1955
20345 Stanton Avenue	94546: \$580,000 3 BD - 1,349 SF - 1949
18662 Stanton Avenue	94546: \$630,000 3 BD - 1,014 SF - 1952
3288 Barlow Drive	94546: \$650,000 3 BD - 1,020 SF - 1952
2224 Lessley Avenue	94546: \$670,000 3 BD - 1,141 SF - 1948
4874 Crow Canyon Rd	94552: \$750,000 3 BD - 1,578 SF - 1950
4250 Nando Court	94546: \$820,000 3 BD - 1,530 SF - 1957
1848 Knox Street	94546: \$825,000 3 BD - 1,389 SF - 1953
3712 Seven Hills Road	94546: \$850,000 3 BD - 1,774 SF - 1955
18646 Capricorn Court	94546: \$875,000 4 BD - 1,974 SF - 1961
17624 Walnut Road	94546: \$935,000 3 BD - 1,866 SF - 1954
22698 Princeton Place	94552: \$1,075,000 3 BD - 2,082 SF - 2000
6043 Skyfarm Drive	94552: \$1,185,000 4 BD - 2,310 SF - 1987

TOTAL SALES: 15  
LOWEST AMOUNT: \$520,000 MEDIAN AMOUNT: \$750,000  
HIGHEST AMOUNT: \$1,185,000 AVERAGE AMOUNT: \$763,333

### San Leandro

16890 Ehle Street	94578: \$295,000 1 BD - 624 SF - 1929
1470 Thrush Avenue	94578: \$356,500 2 BD - 749 SF - 1994
1531 Thrush Avenue	94578: \$405,000 1 BD - 638 SF - 1946
14721 Fisk Court	94579: \$540,000 3 BD - 1,459 SF - 1951
13867 Seagate Drive	94577: \$585,000 3 BD - 1,595 SF - 1988
14628 Acacia Street	94579: \$620,000 3 BD - 1,096 SF - 1953
14378 Outrigger Drive	94577: \$680,000 3 BD - 1,957 SF - 1987
2012 Arctic Street	94577: \$712,000 3 BD - 1,522 SF - 1950
14283 Tiburon Road	94577: \$768,000 5 BD - 1,584 SF - 1963
271 Williams Street	94577: \$825,000 4 BD - 2,089 SF - 1917
705 Arbor Drive	94577: \$838,000 3 BD - 2,097 SF - 1931
1642 San Leandro Blvd	94577: \$3,000,000 9 BD - 3,670 SF - 1966

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LOWEST AMOUNT: \$295,000 MEDIAN AMOUNT: \$650,000  
HIGHEST AMOUNT: \$3,000,000 AVERAGE AMOUNT: \$802,041

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BRE# 00550782

Happy Easter.  
Happy Spring  
Thank you for all our Blessings!

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Visit our Websites 24 hours a day  
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**www.castrovalleyforum.com**  
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**\$35** 10 words  
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**\$30** 10 words  
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**\$35** 10 words  
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## MISC. FOR SALE

**\$30** 10 words  
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## RENTALS

**\$35** 10 words  
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ALL CLASSIFIED ADS ALSO RUN FREE ONLINE! • AD MUST BE PREPAID WITH CASH, CHECK OR CREDIT CARD • ADDITIONAL WORDS ARE \$1.00 EACH

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

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

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

## AUTOMOBILES/TRUCKS CYCLES/TRAVEL TRAILERS

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

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

## CONTRACTOR SERVICE

### NOTICE TO READERS

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

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

## EMPLOYMENT WANTED

### \*LOOKING FOR WORK?

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

**Certified** Salesforce database administrator and copywriter/copy editor seeking part-time or project work. Call 510-692-6154.

## FENCES/DECKS

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

## GARAGE SALES



## NEED - MUSIC LESSONS or PIANO TUNING?

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

**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

## GARAGE SALES

### SAN LEANDRO

### \*SPRING CLEANUP!!!

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

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

# HOME SERVICES DIRECTORY

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Driveways • Sidewalks  
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### GOLDEN GATE ENTERPRISES, INC. GENERAL CONTRACTOR

Additions / Remodels  
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 Retaining Walls / Patios  
 Decks / Construction & Repair  
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 FREE ESTIMATES Lic. #918840  
[www.bayareacontractor.com](http://www.bayareacontractor.com)

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 FREE ESTIMATES  
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### RODRIGUEZ CONSTRUCTION

Honest Reliable Reasonable  
 ★ Stucco Repairs  
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**(510) 388-6736**  
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# Thank-You...

Golden Gate Enterprises for  
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**(510) 909-8552**  
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**We truly appreciate all of our advertisers!**

San Leandro Times / Castro Valley Forum

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### FERREIRA'S HARDWOOD FLOORING

Sand • Install • Refinish  
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 25 Years Experience  
**FREE ESTIMATES**  
 Call Jeff Today!  
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 Lic. #803455

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Family Owned Since 1980  
 WEEKLY • BI-WEEKLY • MONTHLY  
 EMPLOYEES COVERED BY WORKERS' COMP. STATE DISABILITY INSURANCE  
 Specializing in detailed cleaning tailored to your home  
**FREE ESTIMATES**  
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[www.tlc-housecleaning.com](http://www.tlc-housecleaning.com)  
**510-481-9193**  
 BONDED & INSURED • ALL TAXES PAID

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Painting the Bay Area Since 1983  
 ■ Residential & Commercial  
 ■ Interior & Exterior Painting  
 ■ Drywall  
 ■ Home Restoration  
 ■ Custom Finishes  
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[Coastbrushworks.com](http://Coastbrushworks.com)  
 Lic. #662915

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• Residential/Commercial  
 • Interior/Exterior  
 • Power Washing  
**FREE ESTIMATES**  
 Lic. #855054 • [diegopainting@comcast.net](mailto:diegopainting@comcast.net)  
[www.diegopainting.com](http://www.diegopainting.com)  
**(510) 331-6152**

## REACH OVER 60,000 READERS

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

CASTRO VALLEY FORUM  
 San Leandro Times

## HOME SERVICES DIRECTORY

For More Information, Call 614-1558

## Roofing

Lic. #311818

### K REED ROOFING

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

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Family Owned Since 1966 • Bonded & Insured • Lic. #883326  
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 • Roof Repair • Rain Collection Systems • Attic Ventilation  
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 • Painting  
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**\*BEAUTY GARDEN LANDSCAPING**  
Design - Construction - Maintenance.  
Cleanups, New Lawn, Artificial  
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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

**ARBOR VISION, INC. TREE SERVICE.** Residential/ Commercial. 18-years experience. Pruning, Removal, Cleanups, etc. Free Estimates. Insured. Lic#1045914. Gustavo 510-302-9675.

**JAIME'S GARDENING**  
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**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 or**  
**castrovalleyforum.com**  
**IT'S EASY!**  
For more info call  
**614-1558**

## HANDYMAN SERVICE

**Do you need a HANDYMAN?**  
We do almost everything. FREE  
Estimates. Call 510-828-4241.

**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.

**TORRES, A PERFECT HANDYMAN**  
•Honest •Dependable •Responsible  
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## HAULING SERVICE

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

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

## HELP WANTED

**EXPERIENCED TIRE TECH** needed. Full-time position. Hourly and Commission. Contact Mario at Big-O-Tires 510-351-5022 or email: Bigotires5017@att.net

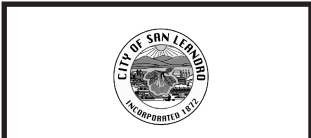
## GENERAL

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

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

## HELP WANTED

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



**The City of San Leandro** will be accepting online applications starting April 16, 2019 for:

**Equipment Mechanic -**  
\$5,898.00 - \$7,169.00/month

**The City of San Leandro** will be accepting online applications starting April 17, 2019 for:

**Accountant II -**  
\$7,169-\$8,713/month

For more detailed information, please visit [www.sanleandro.org](http://www.sanleandro.org)  
EOE

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

## HEALTH CARE

**HealthCare** for quadriplegic male. Work - personal care. Week nights: Mon, Wed, Fri.: 7pm. - 10pm. Weekend mornings: Saturday: 8am and 10am. Sunday: 8am - 11am total=14 hours \$18.00/hr. Near Oakland Zoo. 510-636-1582 - Glenn or Brenda.

## 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.

**EDITH'S HOUSE CLEANING**  
Excellent references. Free estimates. Low rates. 510-314-7030.

**VICTORIA'S HOUSE CLEANING**  
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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.

## 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.

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

## MISC. WANTED

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

## 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

**CWP**  
**Your Professional Property Management Team** - Established 1967  
198 Juana Ave. **510-352-6310**  
[www.cwpmgmt.com](http://www.cwpmgmt.com)  
**FREE RENTAL LISTINGS**  
**FREE** Online Tenant/Owner Access

## APARTMENTS

**Castro Valley** 2-bedroom, 1-bath, Walk to BART and Village. Gated, laundry, pool, fitness. \$2,295. 510-582-8389.  
[www.bartplazaapartments.com](http://www.bartplazaapartments.com)

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

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

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

## RENTALS/WANTED

**WANTED:** Senior woman and adult male seeking affordable room(s) to rent. 510-919-8231.

## SERVICES

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

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

## TREE SERVICE

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

## YOUR INFO

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

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

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

## YOUR INFO

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

## 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**

## VIEW ALL CLASSIFIEDS ONLINE!

**CastroValleyForum.com**  
**SanLeandroTimes.com**



## Need Remodeling? How about a new kitchen or bath?



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

## PLACE YOUR CLASSIFIED ADS ONLINE!

**CastroValleyForum.com**  
**SanLeandroTimes.com**



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

**CastroValleyForum.com**  
**SanLeandroTimes.com**



## THANK-YOU

for supporting the Castro Valley Forum and San Leandro Times!  
 We greatly appreciate our many advertisers who make it possible for us to publish these newspapers.

# HOME SERVICES DIRECTORY

## Gardening

**MY GARDENER**  
  
**Get your yards ready for summer enjoyment!**  
English Speaking  
One-time Yard Cleanups  
Weekly, Monthly & Quarterly Services  
**Call 510-537-0464**  
License #769174 • Insured

## REACH OVER 60,000 READERS

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

## 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**

## 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

## 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**

## 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**

## Roofing

**Wonderlin ROOFING SYSTEMS**  
Castro Valley Lic. #642517 Insured/Bonded  
FAMILY OWNED & OPERATED  
Over 25 Years Experience  
Reroofs • Repairs • Inspections  
Dry Rot Repair • Seamless Gutters (Pre-painted)  
**FREE ESTIMATES**  
**\$200.00 OFF**  
COMPLETE REROOFING WITH TEAR-OFF  
One Coupon Per Customer Expires 5/31/19  
**(510) 538-1530**  
**We Specialize in Residential Roofing**  
  
**BBB**



## LETTERS to the Editor

## Thanks to All Who Supported Shriners Hospital Drive

Editor:

On January 27, 2019 I held a drive collecting items for teenagers who are hospitalized at Shriners Hospital Northern California. I organized this drive for two reasons.

First, as a Boy Scout in Troop 726 my final requirement was to organize my Eagle Project. This drive fulfilled that requirement.

Second, and probably more importantly, was to give back to an organization that has done so much for my family and me. I have been a patient of Shriners Hospital since I was 6 weeks old. I am eternally grateful for all they have done for me.

In order for this drive to be a success I needed the support of my community. I was absolutely amazed at the outpouring of generosity from the citizens of Castro Valley. There are so many people to thank.

First I would like to thank all the scouts and parents from Troop 726. Without them there is no way I could have made it all happen. I would also like to thank Safeway of CV and Pete's Hardware for allowing me to pass out fliers advertising my drive.

I would also like to thank my principal at CVHS, Mr. Torpey, for allowing us to use the parking lot at the high school for the drive, and also for sending out a digital flier regarding my drive to all the students and parents at CVHS.

Thank you also to The Castro Valley Forum for published an article about my drive. In addition, I am so thankful for all the support and help from my family and friends. Lastly, I want to extend my gratitude to everyone that came out and donated! It would never have been as successful without you! At the drive I collected over \$700 in cash donations, \$290 in gift cards, and 2 truckloads of donated items which would value for over \$5,000.

This will go a long ways in making life a bit more bearable for the teens in the hospital. Again, thank you to all for your support in this drive! It means a lot to me, but more importantly you have made a huge impact on teenagers who really need it.

— Luke Martin, Castro Valley

## Family Keepsake Stolen During CV Car Burglary

Editor:

Early Sunday morning, my son's car was broken into in the Lancewood Condominiums on Briar Ridge Dr in CV.

The thieves broke a window and took a box of mail with the last name of Hansen. They also took an old tattered Home Depot painting cap that belonged to my son's Grandpa who passed away this past November and that my son kept in his car as a remembrance of projects they did together. Also taken was a birth year of his grandpa 1931 Mercury head time.

If you know anything about this incident or those responsible and you don't report it, you are no better than them. Please contact the Alameda County Sheriff's office regarding "Hansen car break in 4-14-10).

If the thief that did this, reads this, we would appreciate your digging deep to find some morals and return the \$3.00 (worthless to others) painting cap from where you took it.

—Steve Hansen, Castro Valley

## EHD Renews as Diamond Sponsor of 36th Trail Challenge

Editor:

Castro Valley Sports Foundation is pleased to announce that Eden Health District (EDH) will be the event's Diamond sponsor for the 2019 Lake Chabot Trail Challenge Half Marathon & 5K fundraiser on Sunday, June 2.

Eden Health District's early renewal and commitment as a Diamond sponsor shows the success of our partnership and their continued support of driving our mission.

The Sports Foundation is honored to once again partner with EHD and we look forward to continuing our joint efforts to improve the lives and health of our families and youth and impacting the Castro Valley community in a positive way.

The foundation would be remiss if we did not recognize and thank the sponsors below for sponsoring this event as well. Their sponsorship dollars and in-kind donations will make this event a special and successful celebration. Visit the event page and register today at [runsignup.com/lakechabotchallenge](http://runsignup.com/lakechabotchallenge).

Bronze Sponsors: Cardino's Produce, Nestle Waters, TranSports, Creative Dimensions in Dentistry (M.Marc Chhina, D.D.S.), Marciel Realty, Nate Miley, District 4 – Alameda County Board of Supervisors, 24-7 UK Soccer Academy, Frank Mellon, EBMUD Director, East Bay Regional Park District

If you are interested in sponsoring, please contact Rachel Lunt at [teamlunt07@gmail.com](mailto:teamlunt07@gmail.com).

—Rachel Lunt, President of the Board  
Castro Valley Sports Foundation

## Try Walking or Cycling on Your Next Short Trip

Editor:

A couple of people mentioned the "Green New Deal" in previous letters. I want to make people aware of our own little Green New Deal in the form of the Alameda County Climate Action Plan (just Google it). It is top secret and seldom discussed but approved by the Board of Supervisors a few years ago with input from Public Works.

It is one of the most comprehensive road maps to reducing green house gases of all the municipalities in our area. Since 60% of our green house gases come from driving, the document identifies 7 different transportation targets, including walk mode share of 2.3% and bike mode share of 1.5% by 2020.

A recent Senate Bill 150 Report reveals that California regions are not on track to meet 2020 green house reduction targets. Apparently, regions like Unincorporated Alameda County are not implementing their plans for more bike lanes and sidewalks fast enough.

Green house gases from driving are increasing even as electric vehicles become more popular because everyone is driving more. People need to reduce their driving in order to reduce green house gases and other harmful pollutants.

Try walking or cycling on your next short trip, especially the regular trips like school or groceries.

Active transportation also improves health which reduces health care costs for everyone. The less your insurance company has to spend on others, the more cash you get to keep in your pocket. Even if you do not exercise, you should encourage others to walk and ride.

—Bruce Dughi, Castro Valley

## Obituaries

## Lee M. Shilts

September 25, 1950 - March 11, 2019



A kind and generous soul joined the band of angels on March 11, 2019, with the unexpected passing of Lee M. Shilts. Born in Oakland, CA on September 25, 1950, Lee was the second of five children born to parents Harold Shilts and Sadie Joseph. Although his childhood was often difficult, Lee persevered and created an exceptional life for himself. Not sure of what to do after graduating from Sunset H.S. in Hayward, Lee joined the Navy and became a gunners mate aboard the U.S.S. Floyd B. Parks destroyer during the Vietnam war. After his 4 years of service, he returned to Hayward and attended Chabot College. He completed his Bachelor's Degree in Construction Management from Cal State Sacramento and went to work. In 1978 he started his own small, but highly successful, construction business, Hilt Construction. He worked throughout the greater Bay Area, mostly remodeling residential properties. With his fine attention to detail and utmost professionalism, Lee brought beauty and enjoyment into the lives of his lucky customers.

Although his first marriage to Elaine Solum Dexter was not successful, they maintained a unique friendship over the years. Together they raised their daughter, Elida, while Elaine worked as Lee's bookkeeper. Lee was a devoted father and loyal cheerleader as he attended Elida's various dance recitals and competitions and volleyball matches. From her early days in elementary school into her adulthood, Lee could be seen in the bleachers supporting her through victories and defeats. No one could ask for a better father. They recently shared a special trip to Disneyland for Elida's 36th birthday.

Lee decided to give love another chance when he met Susan Klas in 1993. He hung on for dear life as the two embarked on a wonderful life for the next 25+ years! They traveled the world and spent many happy times with the extended (and always expanding) Klas family. Lee's own family gatherings of aunts, uncles, siblings, nieces, nephews and cousins were always a special occasion, with annual picnics, camping trips and holiday celebrations. He loved unconditionally and, as was stated above, was generous beyond measure. Besides work, Lee enjoyed cooking, baking, reading, and woodworking. Everyone looked forward to receiving his annual Christmas cookies. His woodworking projects of cutting boards, toy boxes, lamps, clocks, chairs, mirrors, etc., adorn the houses of his family and friends.

Lee leaves behind a long list of broken hearts. His wife of 20 years, Susan Klas, daughter Elida, sisters Connie Hickerson, Karen (Stan) Silva, Anita Wasoski, and brother Greg (Anna) Shilts being joined by a multitude of nieces, nephews, cousins, aunt, in-laws, and friends. He was preceded in death by his parents, Harold and Florence Shilts, Sadie and Dick Shannon and step-brother, Ray Dengler.

A Vigil Service and Celebration of Life will take place at Our Lady of Grace Catholic Church, 3433 Somerset Avenue, Castro Valley, CA. Vigil will be Friday, April 26, 2019 at 7:00 P.M. and Memorial Mass will be Saturday, April 27, 2019 at 10:30 A.M., followed by a lunch reception. In lieu of flowers, please make a contribution to your favorite charity or Lee's, St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

## CASTRO VALLEY FORUM OBITUARIES

may be emailed to: [obits@ebpublishing.com](mailto:obits@ebpublishing.com) or faxed to 510-483-4209. Include a phone number. Brief notices are published free. Longer obituaries, including pictures, are available for a fee. For help, call Patrick Vadnais at 510-614-1558

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## Dorothy "Dotty" Adele Bremer

August 3, 1923 - April 6, 2019

Dorothy, a long-time resident of the Hayward area, passed away suddenly on Saturday, April 6, 2019. She grew up in Jersey City, NJ where she graduated from Fairleigh Dickenson High School. In 1949, she received her degree from Christ Hospital School of Nursing. In 1950, she accepted an appointment with the US Air Force as a 2nd Lieutenant. During her military career she was stationed in Miami, Phoenix, England, Germany, and California. Her last assignment was at Travis Air Force Base where she was the Nursing Supervisor for the OR staff. In 1977, she retired at the rank of Colonel after 27 years of service. She is survived by her nephew Robert, his wife Barbara, and their 2 children Jessie and Eric.

Services will be held at San Leandro Funeral Home on Thursday, April 18th; visitation 9am, service 10am following with a graveside service at Lone Tree Cemetery, Hayward. In lieu of flowers, donations can be made to the Guide Dogs for the Blind.

- BREMER, Dorothy
- SHILTS, Lee M.

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East Bay native Duke James to perform at Pampa's on Saturday

## THIS WEEK At Smalltown

● **Thursday, April 18: 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 Yiann Chou 7-9 p.m.

● **Saturday, April 20: Pampas Cafe Presents Smalltown Society Art Sessions.** Join Smalltown and Pampas Cafe in the parking lot at Pampas. Local art and the music of singer/songwriter Duke James. Free 10 a.m. to 1 p.m. at 3483 Castro Valley Blvd.

● **Friday, April 26: Smalltown April Gathering**

Connect with your community, hear from artists, musicians and advocates, and experience the developing narratives of your neighborhood! The music of Brother Theodore. A conversation on the Housing Crisis, food, beer, wine & more! Free, suggested contribution \$10. 7:30 - 10 p.m. Doors open at 7 p.m.

## Concert Joins Rowell Ranch Event Lineup

A concert with Country Music's award-nominated group, *Love and Theft*, has been added to the Rowell Ranch Rodeo event line-up on Saturday evening, May 11.

Tickets are on sale now at [rowellranchrodeo.com](http://rowellranchrodeo.com) for this exciting concert at Rowell Ranch Park directly off of I-580 in Castro Valley, leading up to the 99th Rowell Ranch Pro Rodeo May 17-19.

Nashville's popular, award-nominated duo *Love and Theft* first galvanized fans in 2009 with the Top 10 hit "Runaway." That breakthrough success set the stage for their debut album *World Wide Open*, which also produced the hit single "Dancing In Circles."

Stephen Barker Liles and Eric Gunderson, who make up the duo, scored their first No. 1 single with "Angel Eyes," which was featured on their self-titled second album, along with the hits "Runnin' Out of Air" and "If You Ever Get Lonely."

Tickets are \$40 for general admission seating only and available at [www.rowellranchrodeo.com](http://www.rowellranchrodeo.com). Gates will open at 5 p.m. and the concert will start at 7. Plenty of food and beverages will be available with proceeds benefiting local area non-profits.

Guests are encouraged to take advantage of the free shuttle service from the Castro Valley BART station. There is also a designated Uber and Lyft drop-off and pick-up area at the Rodeo Park. Parking is available at the rodeo grounds.



Hike for Hope participants enjoy beautiful views of the five-mile-long lake that's surrounded by 5,000-acre Del Valle Regional Park land in Livermore.

## Hope Hospice's Annual 'Hike for Hope' Fundraiser Returns May 4

Gather your family, friends and co-workers, or come solo, for Hope Hospice's 9th Annual Hike for Hope on Saturday, May 4, at Del Valle Regional Park in Livermore.

Participants can check-in at the Fiesta Grande picnic area and start their hike from 8:30 to 9:30 a.m. The event ends at 12:30 p.m.

The Hike for Hope is a memorial hike and fundraiser. All net proceeds are used to care for the more than 2,000 area residents the hospice serves each year, continuing its nearly 40 years of providing comfort and compassion to patients and their families at the end of life.

Registration fee for the Hike for Hope is \$45. Children 12 and younger may hike for free, but must register. Hikers can learn more about the event or register by visiting [TheHikeForHope.com](http://TheHikeForHope.com) or by calling 925-829-8770 for a printed registration form.

Hope Hospice relies on the generous support of the event hikers and the community to make this fundraising effort a success.

Two trail options are available:

One is an easy 2.6 mile roundtrip route (which can be easily shortened) traveling along the lake, turning around at the Hetch Hetchy Group Camp. The other route is a 4.4 mile loop hike with a moderate incline. It follows along the Ridgeline and Hetch Hetchy trails, providing spectacular views of the valley, lake and surrounding hills.

Participants can form teams to build camaraderie or engage in a spirited competition with other organizations and businesses.

This year, all hikers are invited to enjoy a complimentary barbecue sponsored by MCE Corp., or they can pack a picnic lunch to eat following their hike.

## April 27 is National Prescription Drug Take-Back Day

Have unwanted or expired prescription medications? Officers from the State Health Department will be collecting unwanted medications at the Castro Valley Library from 10 a.m. to 2 p.m. on Saturday, April 27.

Residents are urged to bring in unused or out-of-date medications,

no questions asked, as part of the Drug Enforcement Administration's National Prescription Drug Take-Back Day.

Expired, unused and unwanted prescription drugs and other medications can be a source of supply for illegal use and an unacceptable risk to public health and safety.

Many Americans are not aware that medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away – both potential safety and health hazards.

For more info, call the Library at 510-667-7900, or see Events at: [www.aclibrary.org/branches/csv](http://www.aclibrary.org/branches/csv).

## Pain: Get Palliative Care

*continued from page 10*

Palliative care was developed in the United States in the 1990s but only became a formal medical subspecialty in 2008. Today, three-quarters of U.S. hospitals with more than 50 beds have a palliative care program, and 90 percent of hospitals with 300 beds or more offer it.

### How to Get Care

There are around 6 million people in the U.S. that have a need for palliative care, according to the Center to Advance Palliative Care, but most patients don't know to ask for it.

If you feel that a palliative care specialist could help your husband, start by talking to his doctor and ask for a referral. If your doctor isn't helpful, go to [GetPalliativeCare.org](http://GetPalliativeCare.org), where you can search for a specialist in your area.

Palliative care can be provided in a variety of places, including hospitals, long-term care facilities, doctor's clinics and at your home.

Most private insurance plans, as well as Medicare and Medicaid, cover palliative care services.

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

## Play Pool at The Aitken Senior Center

The Aitken Senior Center at 17800 Redwood Road offers Billiards/Pool Tables from 8:30 a.m. to 4 p.m. weekdays with 2 pool tables for beginning through advanced players. The daily drop-in fee is \$1.50. Come enjoy the sportsmanship and socialize with new friends. For more information, call 510-881-6738.

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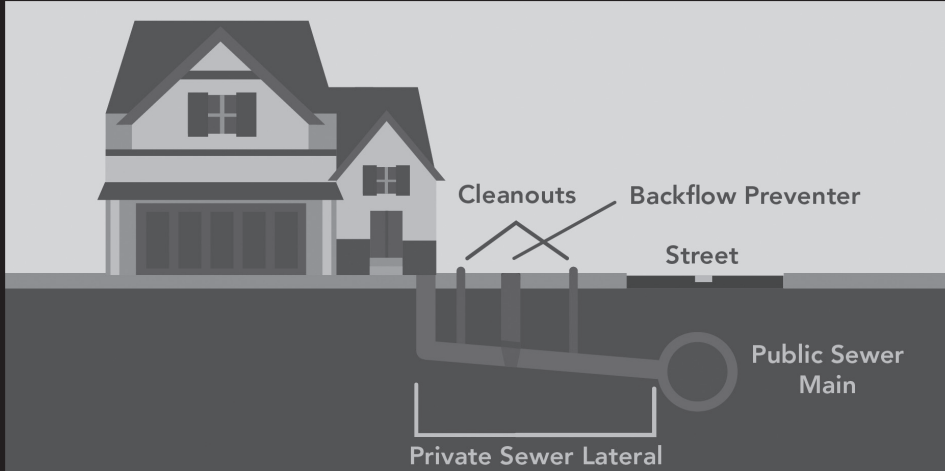


PHOTO BY CINDY DOVE

## 'Almost, Maine' Opens Friday

Cast members of the Castro Valley Dramatic Arts Academy — from left, Charlie Pace, Prisha Grewal, Bradley Cooper, Bella Stuewe, Colby McCloud and Claire Wicks — will present John Cariani's beloved play "Almost, Maine" at 7 p.m. this Friday and Saturday, April 19 and 20, at the Douglas Morrisson Theatre in Hayward. Visit [cvdaa.org](http://cvdaa.org) for tickets and information.

## NEW REQUIREMENTS FOR PROPERTY SALES STARTING JULY 1<sup>st</sup>



On July 1<sup>st</sup> a new Castro Valley Sanitary District (CVSan) ordinance (Ordinance No. 179 passed in September 2018) will go into effect requiring all residential, commercial, and industrial properties to have a sewer lateral compliance certificate when they are sold. This certificate shows that the property's sewer lateral is in good working order.

Properties that have a sewer lateral built less than 30 years ago, or have had at least 50% of their sewer lateral replaced since July 1, 2009, already have a compliance certificate on file.

Properties that do not fall into these two categories will be required to have their sewer lateral inspected by closed-circuit television (CCTV) prior to sale. If the CCTV inspection shows that the sewer lateral needs to be repaired or replaced, the completed repair work must be approved by an authorized CVSan inspector before the property is sold.

For more information on this ordinance, visit [www.cvsan.org/PSL](http://www.cvsan.org/PSL) or contact CVSan at [evan@cvsan.org](mailto:evan@cvsan.org) or (510) 537-0757 ext. 131.

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## Reports: CV

*continued from page 3*

vehicle was cold, but the man failed his field sobriety test and was taken to Santa Rita Jail to sober up.

### Stolen Car and Black Tar

Wednesday, April 10: at 3:05 a.m., deputies arrested a couple from Danville outside a business on Baker Road near Castro Valley Boulevard. An anonymous tip about a couple smoking illegal substances in a parked car sent deputies to the scene. The driver, a 28-year-old man, was charged with possession of a stolen vehicle. The passenger, a 23-year-old woman, was charged with possession of illegal narcotics. Deputies later determined the substance was black tar heroin in a foil container. The couple was taken into custody.

### Waking the Neighborhood

Wednesday, April 10: at 12:25 a.m., a 911 call about a woman running around screaming in the neighborhood sent deputies to a home on Vannoy Avenue and Clemans Drive. There, they arrested a 29-year-old woman from Castro Valley on suspicion of public intoxication. The woman claimed to have been in a confrontation with her boyfriend and took off running at some point. Deputies took the woman to Santa Rita Jail to sober up.

### Burglar Alarm Ends in Arrest

Thursday, April 11: at 12:22 a.m., deputies responded to a burglar alarm on Redwood Road near Watson Street but ended up arresting a 39-year-old man for possession of methamphetamine drugs and a pipe to smoke it. The man was hanging outside the building when deputies showed up. Deputies found the drugs in his pockets during questioning. The man was taken into custody.

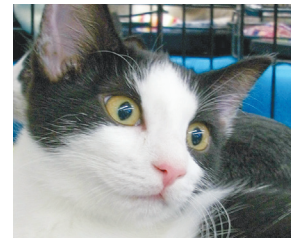
## ADOPT-A-PET



**BISCOTTI** is a sweet, lovable tabby with medium-length orange fur. He arrived at the shelter with an old fracture that didn't heal properly. Now his leg is fixed, he's neutered, up to date on vaccinations and ready to go home! Info: Hayward Shelter: 510-293-7200.



**CASPER** is a cute black bunny who had a difficult start. Given as a gift to a family who wasn't prepared for a bunny, she became ill and underweight. With TLC she's gained weight and is healthy. She's also getting better with handling. Call Hayward Shelter: 510-293-7200.



**DEVON AND SUNDANCE** are bonded 9 month old sisters who want to stay together. Both beautiful tuxedos are energetic, playful and sweet. OK with other cats and cat-friendly dogs. Spayed, vaccinated, chipped, FIV/FelV negative. For more information, please email: [Loveallpawzrescue@gmail.com](mailto:Loveallpawzrescue@gmail.com).

## Wheels: Bay Area Derby

*continued from front page*

ant nicknames and bold fashions are all part of the fun. Fans can sit rink side and feel the whoosh of the skaters as they whiz by.

The Bay Area has a rich roller derby heritage. In the mid-50s, the San Francisco Bay City Bombers were the crown of the National Roller Derby League with stars like "Blond Bomber," Joan Weston and "Banana-Nose" Ann Calvello.

League owner, Jerry Seltzer negotiated television contracts with KTVU in the 1960s and fans could see their local stars battle crews from other cities in venues as large as the Cow Palace and Oakland Coliseum.

Nowadays, the three Bay Area teams currently hold bouts at the Palace of Fine Arts. Member dues, fan gear, concessions, and tickets help pay for rink time.

The season opens this weekend (April 20) with local bouts scheduled for June 1 and July 13. The season culminates during the Championship Game on August 24 at the Palace of Fine Arts. To join one of the teams or watch the action, visit [BayAreaDerby.com](http://BayAreaDerby.com)

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