



CASTRO VALLEY FORUM

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YEAR 31

WEDNESDAY, MAY 1, 2019

NO. 17

INSIDE YOUR FORUM

NEWS



Green Thumb?

Senior Center is looking for volunteers to help with its garden program

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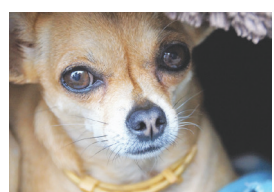


Money Talk

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Empty the Shelter

Hayward Animal Shelter volunteers to hold pet adoption event Saturday

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BART Beefing Up Its Security

In the face of millions of dollars in property losses annually, the Bay Area Rapid Transit District's Board of Directors last week unanimously approved the deployment of automated license plate readers at four of its 48 parking lots.

District officials say there has been an average of 930 auto break-ins, 354 car thefts, and more than a hundred catalytic converters thefts at BART parking lots since 2017, accounting for \$7 million in losses each year.

During the test period, four previously purchased license plate-reading cameras will be installed to capture data from vehicles entering and exiting at unspecified lots. The data will be stored for not longer than 30 days.

The board's action came Thursday, just the day after the transit system installed three emergency call boxes on its Coliseum Station platform as a pilot program that's part of a sweeping plan to improve rider security on the system.

The call boxes, located in the middle and at each end of the platform, provide a 9-1-1 style service to those who do not have a cell phone or cell reception.

Each call box has a direct intercom to BART Police dispatch and each is equipped with a camera that begins to record video whenever the intercom button is pushed.

The call boxes display a site location to the dispatcher and a flashing blue light when activated.

BART stations currently have white courtesy telephones that connect to the station agent booth, but emergency call boxes offer a much quicker connection to BART Police. BART also offers a free app that allows riders to discreetly communicate via text with police dispatchers about criminal or suspicious activity.

"Riders at Coliseum Station now have another way of immediately reaching BART Police," said Director Robert Raburn. "Dis-

see BART on page 3



BART PHOTO

One of the three emergency call boxes on the BART Coliseum Station platform in a pilot program to improve safety on the system. With the push of a button, a rider can immediately connect to BART Police and turn on video cameras.

CALTRANS LAND

Future of Land 'Up In the Air'

By Amy Sylvestri
CASTRO VALLEY FORUM

A 300-acre swath of land in the foothills once set for an expansion of I-238 will instead likely be turned into affordable housing. One Castro Valley resident is making sure that the large project doesn't interfere with San Lorenzo Creek.

In the 1960s, Caltrans bought the land for what was once termed the 14-mile "Foothill Freeway," but the project never materialized and the City of Hayward eventually bought the land, which is divided into 10 parcels.

Hayward describes the parcels as being in a pre-planning state and have earmarked large portions of it for affordable and market-rate, multi-family housing

Some of the parcels are much closer to being developed than

see LAND on page 12

Famed Quilter Marion Coleman Passes Away

By Linda Sandmark
CASTRO VALLEY FORUM

Internationally renowned Castro Valley quilter Marion Coleman passed away last Wednesday, April 24.

She leaves behind remarkable works of art that combine traditional quilting materials with beads, plastic, paint, and vintage and recycled materials of all types. Tributes to her standing in both the artistic and quilting communities are pouring in.

"Marion was a longtime colleague and friend of mine," says Alameda County Arts Commission director Rachel Osajima. "Everyone who knew her will miss her deeply."

"The artworks created by Marion that are in the Alameda County Art Collection, such as the quilts at the Castro Valley Library, will continue to be seen by thousands of people. Marion will live on through the beauty and inspiration of these artworks."

Joanne Lenigan, publicity chair for the Amador Valley Quilters, recalls Coleman as an extraordinary quilter and dynamic speaker. Having mastered the art of folk quilting, her works told important stories that celebrated African American culture, political trends, and affirmations of power.

"One quilt that I will never forget hung at the Alameda County Fair in 2017," says Lenigan. "It had a large 'dropped mic' in the foreground, and a tall African American man exiting through a door in the background. The words 'Miss me?' were applied in large red/orange letters. What a subtle, and yet powerful statement!"

Coleman was a social worker by profession, who cleverly combined social work with quilting. Born in Texas, Coleman learned to sew from her grandmother and great-aunts.

She moved to California where she earned a Bachelor's degree from U.C. Riverside and Master's

in Counseling from Cal State Hayward.

She united her 30 years of social service experience with quilt-making to provide community art education in schools, libraries, and even juvenile detention centers.

A prolific artist, her works have been displayed in prestigious venues around the world. These include the Underground Railroad Freedom Center (Ohio); Orange County History Center (Florida); Bullock Museum (Texas); Michigan State University Museum, and Museum of the African Diaspora, San Francisco, to name a few.

Internationally, her work has been exhibited in South Africa, Europe, Japan, Costa Rica and the U.S. Consulate in Jerusalem.

Locals may recall seeing her quilts at Castro Valley Center for the Arts, Castro Valley Library, Hayward Area Historical Society, Ashland Youth Center, and Kaiser Permanente Medical Center in San Leandro.

see COLEMAN on page 8



PHOTO BY FRED ZEHNDER

Internationally known quilt artist Marion Coleman at quilting demonstration at the Castro Valley Library in 2013.

Castro Valley Weather May 1 - 5, 2019



Wednesday
Sunny
High 72° Low 48°



Thursday
Partly Sunny
High 74° Low 50°



Friday
Partly Sunny
High 76° Low 51°



Saturday
Partly Sunny
High 73° Low 52°



Sunday
Cloudy, Shower?
High 69° Low 51°

Almanac



Past Week's Rain: 00.00
Season To Date: 21.89
Normal To Date: 20.48
Season Average: 21.22

Moon Phases



May 4



May 11



May 18



May 26

Sun sets at 8:00 p.m. today, rises at 6:14 a.m. Thursday.

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New Job?: What to Do With 401(k)

By Christy Smith
SPECIAL TO THE FORUM

The average American changes jobs 12 times in their lifetime. With each new job comes new offices, new co-workers – and possibly a decision about what to do with the 401(k) plan they started at their last job.

Selecting the right course of action for what becomes of that money can be crucial because the 401(k) has essentially replaced pensions as an employer-sponsored retirement savings vehicle.

You have to look at where you are in life. If you're in your 40s with many working years left, it might be better to roll the 401(k) into your new company's plan.

If you're just a few years from your planned retirement, putting the money into the new company's plan is possibly not the best thing."

Here are five 401(k) options to consider when taking a new job:

- Direct rollover to the new company's 401(k). A direct rollover is a transfer of assets that allows those retirement savings to grow and remain tax-deferred without interruption.

It goes directly into the new employer's retirement plan without ever passing through your hands. If you've got at least another 10-12 working years left with the job change, this is often a preferred route to take. One of the advantages is a 401(k) offers lower-cost or plan-specific investment options.

see JOB on page 8



Pretty Petals

Visit the East Bay Rose Society's 72nd Annual Rose Show this Sunday, May 5, from 1:30 to 5 p.m. at Lake-side Park Garden Center, 666 Bellevue Ave. in Oakland, where you'll see hundreds of blooms from local gardens, like the "Queen Sweden Edmunds" above. This year's theme is "English Roses in the Garden." Talk with growers and purchase rose plants. Admission is free. The Society's meetings, open to the public, are usually held at 7:30 p.m. on the third Wednesday of the month. Visit www.eastbayroses.org for more information on the show and the society.

Green Thumbers Needed at Senior Center

The Kenneth Aitken Senior Center at 17800 Redwood Road in Castro Valley is looking for volunteers to help with its garden program.

The staff will be replanting the center's garden on Wednesday, May 15 at 10:30 a.m. with new plants. If you can lend a hand and help tend the soil and plant new

crops, your assistance is needed and will be appreciated.

For more information, or to reserve your spot, call Jen at 510-881-6742.

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Grand Re-opening of Sports Park

After years of planning and designing, the Grand Re-opening of the Alden E. Oliver Sports fields and picnic area in Hayward took place last Saturday morning.

Originally dedicated on April 17, 2004, the park has been a beloved spot for local sports teams and leagues.

The Richard Sheridan soccer fields have always been a hot spot for the sports community around the area, offering playing time for youth and adult soccer, rugby, field hockey and youth football.

Between league play and drop-in programs, the fields provide playing time to over 100,000 youth and adults annually.

The total project cost was \$2.5 million and included new synthetic turf for two soccer fields, a 20-foot-tall fence, and picnic area improvements including new ta-

bles, grills, trash receptacles and a drinking fountain.

Parking and pathway lights were also updated to energy-saving LED light fixtures.

The original synthetic turf, installed in 2003, was well beyond its life expectancy. A rigorous evaluation process was conducted to find the best material to provide new fields that are better and safer for players.

The new synthetic turf has a cork infill material, and is a natural, renewable material that is

cooler by 5 to 10 degrees than the old SBR rubberized crumb infill.

This is the first completed project with funding from Measure F1, the \$250-million bond measure approved by 78% of the district's voters in 2016. The measure authorizes funding for needed repairs, upgrades, and new construction projects for the Hayward Area Recreation District's parks and facilities.

To view some other HARD projects, visit www.HaywardRec.org/HardatWork

Nicholas McMaster Named Director of Student Services

The Castro Valley School Board has unanimously appointed Nicholas McMaster to the position of Director of Student Services, replacing Jim Kentris who is retiring effective June 30.

McMaster began working in the Castro Valley School District in 2009, first as a math Teacher at Castro Valley High School and, since 2015, as the high school's assistant principal.

His time in the district actually began much earlier, as a student in elementary, middle and high schools in CV. He holds a Bachelor of Science in Business Administration from Cal State University East Bay and a Master of Education from National University.

The District will begin the hiring process to replace McMaster as the Assistant Principal for CVHS immediately.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Shooting Suspect with Drugs

Monday, April 29: at 3:28 a.m., Sheriff's deputies arrested a 35-year-old man from Pittsburg (Contra Costa County) on suspicion of possession of cocaine and driving with an expired license. The man fit the description of a suspect at a possible shooting at a hotel in San Leandro. Deputies pulled the man's black car to investigate and found he had cocaine in his front pocket. The man was taken into custody. The shooting suspects were never identified.

Petty Theft

Sunday, April 28: at 5:26 p.m., a 35-year-old man with no permanent residence was arrested on suspicion of petty theft, resisting arrest, possession of illegal drug paraphernalia and violating the terms of his parole. Deputies responded to a call about a theft in the parking lot of a bank on Castro Valley Boulevard near Redwood Road and spotted the subject. The

man became combative when deputies questioned him. He was taken into custody.

Arrested Twice in a Week

Saturday, April 27: at 10:59 p.m., deputies arrested a 28-year-old woman from Castro Valley as part of a warrant issued for her capture stemming from illegal possession of narcotics and possession of stolen property. The woman was traveling on Castro Valley Boulevard near Wisteria Street when deputies identified her and stopped her for questioning. Three days earlier, the same woman was arrested on possession of illegal drug paraphernalia outside a home on Grove Way near Center Street. Deputies took the woman to Santa Rita Jail and held her without bail.

Public Intoxication

Thursday, April 25: at 11:02 p.m., a report of an altercation involving four or five people sent deputies to a home on Redwood Court near

Redwood Road. There, they only found one man left who appeared to be intoxicated. The man reportedly said he did not know where he was, nor how he was getting home. Deputies report the man failed his field sobriety test and was taken into custody.

Driving Under the Influence

Thursday, April 25: at 8:27 p.m., deputies pulled over and arrested a 61-year-old woman from Oakland on suspicion of driving while under the influence of drugs and alcohol. The woman was found parked in the middle of the street on Waterford Place near Crow Canyon Road. Deputies report the woman had a warrant issued for her arrest. She admitted to drinking earlier in the evening and was taken into custody.

Tirade Caught on Video

Wednesday, April 24: at 8:25 p.m., a 911 call about a loud and see **REPORTS on back page**

BART: Ups Its Security

continued from front page

patchers will have a real time connection with riders through both audio and camera visuals to better understand what is happening. I'm looking forward to installations at other station platforms."

The success of this platform emergency call box pilot program will drive decisions related to systemwide implementation, which is estimated to cost under \$10 million dollars.

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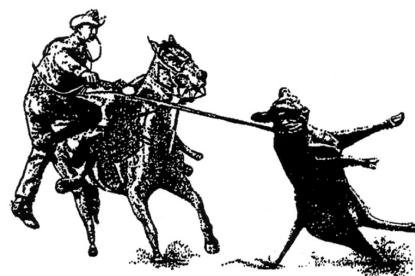
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—Cesar Chavez
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"Do animals feel fear? Nyaah, they don't feel fear. They're ANIMALS!"

—Russ Fields, president, Rowell Ranch Rodeo Association, in a 5/18/18 KGO-TV segment

"The single worst thing you can do to an animal emotionally is to make it feel afraid. Fear is so bad for animals I think it's worse than pain."

—Dr. Temple Grandin, world-renowned animal behaviorist

"Any form of violence is repugnant."

—Alameda County Supervisor Nate Miley, 2019 Spring Newsletter

Nearly every animal welfare organization in the country condemns rodeos due to their inherent cruelty, and for the terrible message that such mistreatment of innocent farm animals sends to impressionable young children (and insensitive adults). Animal injuries and deaths are routine.

Much of rodeo is bogus from the git-go. REAL working cowboys/girls never routinely bulls, or wrestled steers, or rode bareback, or practiced calf roping (babies!) as a timed event. Nor did they put flank straps on the horses and bulls, nor work them over with electric prods, spurs, kicks & slaps in the holding chutes. Some "sport"! True sport involves willing, evenly-matched participants. Rodeo does not qualify. It's a macho (and often sexist) exercise in DOMINATION.

We seem on the brink of a sea change regarding the use/abuse of animals in "entertainment": Orca shows banned at SeaWorld, demise of the Ringling Bros. Circus, outlawing of greyhound racing in Florida.... Rodeo has had its day, and now belongs in the Dustbin of History. R.I.P.

INFO: ACTION FOR ANIMALS, P.O. Box 20184, Oakland, CA 94620; email- afa@mcn.org. And see our website, "BUCKING TRADITION" - <https://www.actionforanimals-oakland.com/>

The Week Ahead

● Thursday, May 2: Parkinson's Support Group Meeting

Barbara Blaze from Magnolia Wellness will speak at the next meeting of the San Leandro Parkinson's Support Group at 10:30 a.m. tomorrow at San Lorenzo Community Church, 945 Paseo Grande. For info, call Lona White at 510-276-3119.

● Friday, May 3: Eden Area Village Member Forum

Join Eden Area Village at Hayward City Hall at 2 p.m. this Friday to meet some members and learn how the organization is helping seniors to remain in their homes and engaged in their community. More info at edenareavillage.org

● Saturday, May 4: Free New SAT Practice Test

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 May 4 at the Castro Valley Library 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 their strengths and weaknesses. Registration is requested. Sign up by phone (510-667-7900) or in person at the Library Information Desk.

● Saturday, May 4: Community Garden Open House

See what your neighbors are growing at Paradise Community Garden, 20095 Mission Blvd. in Hayward from 10 a.m. to 3 p.m. this Saturday. Free speaker series at 1:00 "California Native Plants Attract Beneficial Insects" by Sandra Nevala-Lee. Live music, snacks and drinks. Visit vendor booths. Rent your own garden box. Questions? Call Rick Hatcher (510) 909-4077.

● Saturday, May 4: 'Empty the Shelters' Pet Adoptions

The Hayward Animal Shelter Volunteers are holding "Chihuahua Palooza" and Empty the Shelters pet adoptions from 1 to 5 p.m. this Saturday, May 4, with dogs, puppies, cats, kittens, bunnies and Guinea pigs. Sponsored by the Bissell Pet Foundation, take advantage of a reduced \$25 adoption fee to qualified homes (Hayward residents also pay a \$17 licensing fee for dogs). For more information, call 510-293-7200 or visit www.HaywardAnimals.org and bissellpetfoundation.org/ets (to see participating shelters).

● Saturday, May 4: 'Raspberry Jam' at the Library

Interested in computer coding? Want to know what a Raspberry Pi is? Then check out our Raspberry Jam from 1 to 4 p.m. this Saturday at the Castro Valley Library — a gathering of those interested in learning about Raspberry Pi, a powerful micro-computer used for coding. It will involve tinkering, coding, electronics, and all-around fun! Whether you want to try out computer programming, hack some electronics or just have some fun inventing, we have something for everyone! Some equipment will be provided, but feel free to bring your own. No experience necessary, but registration is required; phone 510-667-7900.

● Monday, May 6: Rotary : CV & Hayward Joint Meeting

The annual joint meeting and buffet lunch of the Castro Valley and Hayward Rotary clubs will take place from noon to 1:30 p.m. on Monday at the Masonic Hall, 1074 B Street, Hayward. (No meeting on May 7.) For more info, visit www.haywardrotary.org/

● Tuesday, May 7: CVSan Sewer Service Charges Hearing

Castro Valley Sanitary District (CVSan) Board of Directors will hold a public hearing to consider adjustments to sewer service charges. The hearing begins at 6:30 p.m. Tuesday at the CVSan Board Room, located at 21040 Marshall Street. Visit www.cvsan.org/SSC for more information on the proposed rate adjustments and www.cvsan.org/BoardAandM for the meeting agenda.

● Tuesday, May 7: Genealogy Research Class

If you have an interest in researching your past but not sure where to start, the Aitken Senior Center at 17800 Redwood Road is hosting a Genealogy Research Class 2 to 3:55 p.m. on May 7 which will cover the basics of how to begin your research to discover your family history. There is a \$2 drop-in fee per person for the class which is facilitated by volunteers Linda & Bill.

● Tuesday, May 7: Ohlone Audubon Meeting

Ed Harper, who has traveled to all the continents to both bird and photograph bird life and who returned this past January from the Falkland Islands, will be guest presenter at the next meeting of Ohlone Audubon at 7:30 p.m. at the San Leandro Library, 300 Estudillo Avenue. No admission charge and refreshments served. For more information go to the website www.ohloneaudubon.org

● Tuesday, May 7: Buon Tempo Family Dinner

The Buon Tempo Club is having a family-style dinner at 7 p.m. May 7 at Mt. Tabor Hall, Transfiguration Church, 4000 E. Castro Valley Blvd. Chef John Tandi and crew will be serving a 5-course dinner of Pasta Pesto and Chicken with red and white wine and soda included. Happy hour is at 6:00. Dinner is \$15 for members, \$20 for non-members. Make reservations by May 3rd, by calling the Buon Tempo dinner line at 510-483-6929 (option 1). For more information about events/membership see our website at www.buontempoclub.org

● Saturday, May 11: Meet the Author: "Sierra Summits"

Meet author Matt Johanson and learn about his new book, "Sierra

Summits: A Guide to 50 Peak Experiences in California's Range of Light" from 2 to 4 p.m. on May 11 in the Castro Valley Library Chabot Room. Johanson has hiked, climbed, and skied the Sierra Nevada his entire life. He lives in Castro Valley and teaches social studies and journalism at Castro Valley High School. He will share some his insider tips for experiencing the Sierras. A book signing will follow. For more info see Events at www.aclibrary.org/branches/csv

● Saturday, May 11: Hearing Loss Association Meeting

Attorney Steven Derby, whose practice is devoted to people with disabilities, will tell how best to deal with unfair treatment in society. Refreshments at 9:30 a.m.; Program at 10, Oakland Kaiser Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. Parking garage on Howe is free Saturdays. info@hearinglosseeb.org or (510) 221-6080

● Saturday, May 11: Youth Orchestra Spring Concert

The Youth Orchestra of Southern Alameda County, Concert Orchestra, Symphony Orchestra and the Horizons Ensemble will present their Spring Concert at 3 p.m. May 11, at the Cal State East Bay Music Building in Hayward. Tickets are \$10 general, \$5 seniors/students. The Youth Orchestra (YOSAC) is a nonprofit organization started by parents, teachers and music professionals to augment school instrumental programs of Southern Alameda County. More info at www.yosac.com

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

● **"Always Keep This Close — A Spring Concert,"** Castro Valley High School choral program's final classical concert of the year, which includes our emotional send-off to our graduating class of 2019. Come hear these wonderful singers in a spectacular night of song at 7 p.m. on Thursday, May 9. *For tickets (\$10-\$12) see above.*

● **"Let's Play,"** a sixth grade instrumental music concert by Canyon Middle School's Beginning String Orchestra and Beginning Band performing songs for you to enjoy at 7 p.m. on Wednesday, May 15. *For advance tickets (\$5-\$7) see above. (Price go up at the door).*

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"Other Desert Cities,"** a funny and searing play by Jon Robin Baitz and one of the hottest tickets on Broadway, will be presented by Chanticleers Theatre from May 3 - 26, with shows at 8 p.m. on Fridays and Saturdays, and 2 p.m. on Sundays (no show on May 5). For tickets (\$25 general; \$20 Seniors/Students; \$18 on Bargain Night May 4) visit chanticleers.org or call 510-733-5483. Chanticleers Theatre is in Castro Valley Community Park at 3683 Quail Avenue.

● **CVHS Choirs & BYU Singers Perform** in a delightful evening of music under the direction of Dr. Andrew Crane at 7 p.m. this Friday, May 3, at Transfiguration Catholic Church, 4000 E. Castro Valley Blvd. Get your tickets (\$20 general, \$15 students) as soon as possible at singers.byu.edu/calendar/tour

ART GALLERIES & ART INSTRUCTION

● **"7+1 Collective,"** will be on public display from May 3 to August 2 at the John O'Lague Galleria in Hayward City Hall, 777 B Street, sponsored by the Hayward Arts Council. A public artists' reception will be held from 9 a.m. to 5 p.m. on Friday, May 10. Gallery hours are 9 a.m. to 5 p.m. weekdays.

● **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 Thursday 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 for more information.

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ARIES (March 21 to April 19) This is a good week to look at healing bruised feelings and re-establishing weakened relationships. It's also a good week to start new projects and make new job-linked contacts.



TAURUS (April 20 to May 20) Music and art dominate the week, giving the sensual Bovine a lot to appreciate. On the practical side, deal firmly, but fairly, with those who might try to undermine your work efforts.



GEMINI (May 21 to June 20) Good feelings continue to flow from your recent efforts to reconnect with family and friends. But be ready to defuse a dispute before it can disrupt all that peace and harmony.



CANCER (June 21 to July 22) A practical view of a romanticized situation could help to clarify some of its more confusing aspects before you make a decision that could be tough to undo later on.



LEO (July 23 to August 22) Pay more attention to what a recent spate of workplace criticism might say about your performance and not what you think it implies about you personally. Some flexibility might be called for.



VIRGO (August 23 to September 22) With new information, and new promises of support (not to mention growing self-confidence), this could be a good time to restart a project you couldn't quite handle before.



LIBRA (September 23 to October 22) Before you decide to close down a problem-loaded project and make a fresh start with someone else, try once more to reach a compromise with your balky partner. He or she might surprise you.



SCORPIO (October 23 to November 21) While you continue earning points for your sharp negotiating skills, be alert for an attempt to undercut your efforts. You'll need to provide solid facts and figures to stay in the game.



SAGITTARIUS (November 22 to December 21) A minor health problem might cause you to ease up on your usually busy schedule. But you'll soon be back in the saddle and ready to pick up the reins and charge ahead.



CAPRICORN (December 22 to January 19) The adventurous Sea Goat might be eager to take on a new challenge. But before you do, you might want to take some time to check out previously overlooked factors.



AQUARIUS (January 20 to February 18) A feeling of being overwhelmed by all that you have to do can be eased by setting priorities. Deal with the most urgent and time-sensitive situations first, and then work down the line.



PISCES (February 19 to March 20) Creating a calm, peaceful place for yourself in the middle of a roiling emotional whirlpool this week starts when you, and no one else, decide how to make decisions about your life.

Village Barber Shop



881-9555
3372 Village Dr.,
Castro Valley

Submissions To The Forum

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

Summer Backyard Bucket List:

- ✓ Sip my favorite beverage
- ✓ Put my feet up and read a book
- ✓ Chat with friends
- ✓ Entertain
- ✓ Throw a ball for my four legged friend
- ✓ Play with the kids
- ✓ Watch the birds, butterflies and clouds
- ✓ Fire up the BBQ and smell the goodness

Hansen Landscape can help you achieve your bucket list! If you have put landscaping off thinking it will be too much work to interview and hire a company, all you have to do is call us: 510-537-0464 or email hansen.steve@comcast.net and let us know what your goals are. We can take it from there and guide you through the process!

For 38 years Hansen Landscape has been providing homeowners in Castro Valley and San Leandro with simple yard cleanups and touchups to full on new designed landscapes and spaces. We offer design and installation of all types of concrete including colored stamped, brick/block/flagstone, pavers, Redwood and Trex Decks, patio covers/arbors, real and synthetic lawns, planting, low voltage lighting, drainage and sprinkler/drip systems, water features, retainer walls, garden boxes and much more!

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Olé! Celebrating Cinco de Mayo

Sunday is Cinco de Mayo, an important and festive Mexican holiday, celebrating the victory of the Mexican Army over the French at the Battle of Puebla in 1862.

It is often called Mexican Independence Day – in error, since Mexico declared its independence on Sept. 16, 1810, some fifty years earlier.

It has evolved into the favorite celebration of Mexican culture and heritage in California, where Mexican food is arguably the state's most popular cuisine. Here are some favorites.

EMPANADAS

Shell:

- 2 cups flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 tablespoon salt
- 1/3 cup shortening
- 1/3 cup ice water

Filling:

- 1 medium sized onion, chopped
- 3 cloves garlic, minced

- 4 tablespoons vegetable oil
- 2 tomatoes, peeled
- 2 cups cooked beef, chopped
- 1/2 cup beef stock
- 1/4 cup raisins
- 1 teaspoon vinegar
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground cumin
- Salt and pepper, to taste

For the shell: Preheat oven to 375°F.

Sift together flour, sugar, baking powder and salt. Cut the shortening into the flour as though you were making a pie crust by working it in with your fingertips until the mixture resembles coarse crumbs.

Sprinkle dough with just enough ice water so that it will just hold together. Knead together briefly and allow to rest, covered about 10 minutes.

Roll dough out on a lightly floured board to circles about 3-4 inches in diameter.

Place a spoonful of empanada filling on one side of the circle. Moisten the edges of the circle with a small amount of water and fold the dough over the filling to

make a half circle. Press the edges together to seal.

Bake at 375°F for 15-20 minutes. Makes 1 dozen.

For the Filling: Sauté onions and garlic in hot oil until translucent.

Add meat, sauté 5 more minutes. Stir in tomatoes, stock and remaining ingredients. Simmer for 30 minutes.

SOUTHWEST CHICKEN SALAD

- 4 cups cubed rotisserie chicken
- 2 cups frozen corn, thawed
- 1 cup chopped roasted sweet red peppers
- 1 cup chopped red onion
- 1 cup minced fresh cilantro
- Dressing:*
- 3 tablespoons lime juice
- 3 tablespoons olive oil
- 4 teaspoons honey
- 2 teaspoons ground cumin
- 1 teaspoon salt
- 1 teaspoon chili powder
- 1/2 teaspoon coarsely ground pepper
- Torn mixed salad greens

In a large bowl, combine the first five ingredients. In a small bowl, whisk the dressing ingredients; pour over chicken mixture and toss to coat. Refrigerate until serving. To serve, top salad greens with chicken salad; sprinkle with sliced almonds, if desired. Yields 12 servings.

CHICKEN & CHEESE QUESADILLAS

- 8 burrito-size flour tortillas
- 2 cups shredded rotisserie chicken (without skin)
- 2 cups shredded Cheddar-Monterey Jack cheese
- 1/4 cup chopped fresh cilantro, plus extra for serving
- 2 teaspoons vegetable oil
- 1/4 cup Ranch Dressing
- 1/2 cup chunky salsa

On 4 tortillas, layer chicken, cheese and 1/4 cup cilantro. Top with remaining tortillas. Brush top of each quesadilla with about 1/2 teaspoon oil.

Heat 12-inch nonstick skillet over medium heat. Place 1 quesadilla in skillet oil side down; brush top side with about 1/2 teaspoon oil. Cook about 1 minute or until light golden brown.

Carefully turn quesadilla; cook 1 minute longer or until golden



Empanadas are pastry shell turnovers made by folding dough over a savory filling and sealing it. They are then baked or fried.

brown. Repeat with remaining quesadillas. Drizzle quesadillas with dressing and salsa. Sprinkle with 1 tablespoon cilantro. To serve, cut into wedges. Serves 4.

CARNE CON PAPPAS

- 2 teaspoons olive oil
- 4 medium potatoes, diced into 1-inch squares
- 1 medium onion, thinly sliced
- 1 (1-pound) thinly sliced beef sirloin tip steak
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1-1/2 cups mild salsa

Heat olive oil in large skillet.

Add diced potatoes and cook for 10-12 minutes, stirring occasionally, until potatoes begin to soften. Add onions, salt, pepper, sliced meat.

Cover and simmer for 5 minutes. Add salsa and stir. Simmer for 2-3 minutes.

Serve directly from pan or from a large bowl. Yields 4 servings.

MEXICAN RICE

- 3 tablespoons vegetable oil
- 1 cup uncooked long-grain rice
- 1 teaspoon garlic salt

- 1/2 teaspoon ground cumin
- 1/4 cup chopped onion
- 1/2 cup tomato sauce
- 2 cups chicken broth

Heat oil in a large saucepan over medium heat and add rice. Cook, stirring constantly, until puffed and golden. While rice is cooking, sprinkle with salt and cumin.

Stir in onions and cook until tender. Stir in tomato sauce and chicken broth; bring to a boil. Reduce heat to low, cover and simmer for 20 to 25 minutes. Fluff with a fork. Serves 4.

BEEF CHIMICHANGAS

Once you've tried these home-made chimichangas filled with tender, savory beef, your expectations of these fried burritos will never be the same.

- 1 pound ground beef
- 1-3/4 cups water
- 1 (1.5 ounce) package Ortega Burrito Seasoning
- 8 (8-inch) soft-taco-size flour tortillas, warmed
- 1 cup shredded Cheddar cheese

Vegetable oil
Salsa, mild
Guacamole (optional)

Brown beef; drain. Stir in water and burrito seasoning mix. Bring to a boil. Reduce heat to low; cook, stirring constantly, for 5 to 6 minutes

or until mixture is thickened.

Place beef mixture evenly on each tortilla; sprinkle with cheese. Fold into burritos; secure ends with toothpicks.

Add vegetable oil to 1-inch depth in medium skillet; heat over high heat for 3 to 4 minutes.

Place 1 or 2 burritos in oil; fry, turning frequently, for 1 to 2 minutes or until golden brown. Remove with slotted spoon; drain. Repeat with remaining burritos. Remove wooden picks.

Serve with salsa and guaca-mole. Yields 8 servings.

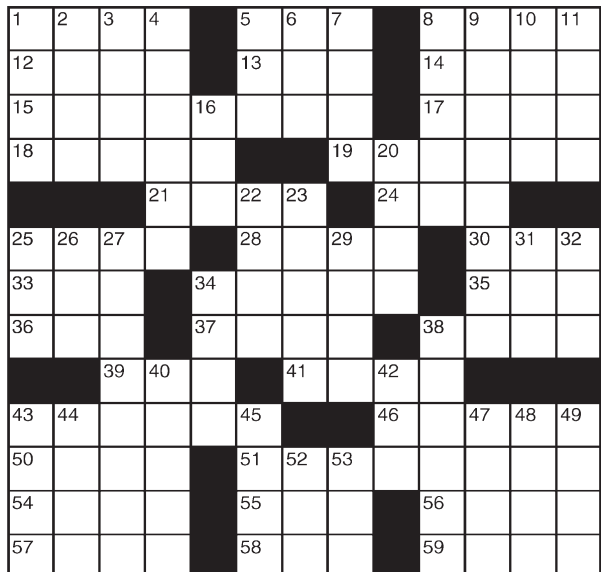
TOMATO SALSA

- 2 cups diced tomatoes
- 1/2 cup diced onions
- 1 to 2 tablespoons finely diced jalapeños
- 1 tablespoon oil
- 1 teaspoon vinegar
- 1 teaspoon lime juice
- 1/2 teaspoon Mexican dried leaf oregano
- 1/4 teaspoon salt
- 1/4 cup finely chopped cilantro

Dice tomatoes and onions into 1/4-inch pieces and combine with jalapeños, oil, vinegar, lime juice, oregano, salt and cilantro in large glass mixing bowl.

Taste and add additional salt if desired. Makes 4 servings.

THE FORUM CROSSWORD



ACROSS

- 1 Gaucho's weapon
- 5 Big Apple abbr.
- 8 Silenced "Hey!"
- 12 "Once -- a Mattress"
- 13 Debtor's letters
- 14 Duel tool
- 15 Delphinium
- 17 Rotate
- 18 Dismal
- 19 Snow White's pals
- 21 Put on the line
- 24 Everything
- 25 Pop flavor
- 28 Frogs' hangout
- 30 Make up your mind
- 33 Kinsman, for short
- 34 Drops from the payroll
- 35 Letter after 31-Down
- 36 Moment
- 37 From the start
- 38 Read cursorily
- 39 Barbie's companion
- 41 Teensy bit
- 43 Go directly downhill
- 46 Pacific porch
- 50 Desirous look
- 51 Rash
- 54 Sandwich treat
- 55 Sphere
- 56 Reclined
- 57 Marries
- 58 Bill
- 59 Pronto, in the ER

DOWN

- 1 Socket insert
- 2 October stone
- 3 Traditional tales
- 4 Turkey's capital
- 5 Pinch
- 6 Second person
- 7 Cottage cheese label word
- 8 Corolla component
- 9 Morgan of "Super Size Me"
- 10 Lowly laborer
- 11 Sawbucks
- 16 Half a Vail pair
- 20 Bankrolls
- 22 Rotate
- 23 "M*A*S*H" locale
- 25 Letterman's network
- 26 Raw rock
- 27 Big name in U.S. aircraft
- 29 Mr. Gingrich
- 31 Letter before 35-Across
- 32 Allen or Conway
- 34 Enthusiasts
- 38 T-shirt sizes
- 40 Continental money
- 42 Timeworn
- 43 Decelerate
- 44 Wrap in a waxy cloth
- 45 Attempt
- 47 Tidy
- 48 One side of the Urals
- 49 "-- It Romantic?"
- 52 Historic period
- 53 Recede

ANSWERS ON PAGE 20

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

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Become a Chabot Space Center Volunteer

Want to have fun, share your knowledge and enthusiasm and work hands-on with children and families and the general public? Consider becoming a Chabot Space & Science Center volunteer. By helping to lead engaging, hands-on activities in our newest exhibition spaces, you can help Chabot achieve its mission of providing opportunity and inspiration to students of all ages on the wonders of Earth and beyond. Chabot's exhibit guides are trained to work with children and families and lead daily activities in the exhibition galleries. Three of the newest exhibitions include a tinkering studio, and outdoor interpretive observation deck and an exhibition about how humans are pushing the boundaries of space exploration. Volunteers also help with popular events, like \$5-First-Fridays, lectures and special programs. Shifts are available Wednesday through Sunday, in the mornings, afternoons and evenings. Volunteers are asked to work 8 hours per month. Orientation will be held from 10 a.m. to 12:30 p.m. on Saturday, June 1. The center is located at 10000 Skyline Blvd. in the Oakland Hills. For more information on the volunteer program and to RSVP for orientation, visit chabotspace.org/ or contact the Volunteer Department by email at: volunteers@chabotspace.org

New Mattress Recycling Drop-Off Location

In an effort to end the illegal dumping of mattresses, the Mattress Recycling Council has teamed up with Habitat for Humanity to open a permanent drop-off location at the Habitat for Humanity ReStore 9235 San Leandro St. in Oakland. The site also accepts other donated household goods. Foam, steel, wood, cotton and other fibers from old mattresses can be recycled and turned into everyday products such as appliances, carpet padding, mulch and more. Up to 80% of an old mattress can be recycled. Established by law and operated by the non-profit Mattress Recycling Council, the Bye Bye Mattress Program is funded by a recycling fee collected on each mattress and box spring sold in California. The fee is used to establish free drop-off locations and collection events throughout the state, then transport collected units from these sites to companies that dismantle old mattresses and recycle the materials. Bye Bye Mattress diverts your old mattress from waste to recycling. California landfills are less crowded as old mattresses are recycled into new, useful products. For more information, please visit: ByeByeMattress.com or call 1-855-700-9973.



ReSPONse to World Hunger

The Castro Valley High School ReSPONse Club (Serving the People of Naga) recently had its 10th and final 24-hour famine to learn about world hunger and raise money for the Jon Christian Elementary School in Manipur, India. The Naga people are ethnic tribes in the North Eastern part of India and Northwestern Myanmar. Above, members of the ReSPONse Club cleaned children's toys for New Life Christian Fellowship of Castro Valley. Over the years, the club has served hundreds locally and abroad and raised thousands for the Naga children's school.

LEGAL NOTICE

<p>FILED MARCH 22, 2019 STEVE MANNING County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 556862</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>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</p>	<p>FILED APRIL 1, 2019 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 557199</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>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</p>	<p>FILED MARCH 26, 2019 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 548999</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>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</p>	<p>FILED APRIL 2, 2019 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 557248</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>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</p>	<p>FILED MARCH 27, 2019 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 557022</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>The name of the business: Malakoff & Associates located at 20444 Redwood Road, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Master Wealth, LLC, 1527 Asterbell Drive, San Ramon, CA 94582. This business is conducted by a limited liability company. This business commenced on 1/1/2018. /s/Master Wealth, LLC This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires MARCH 27, 2024 APR. 24, MAY 1, 8, 15, 2019 0067-CVF</p>	<p>FILED APRIL 16, 2019 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 558002</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>The name of the business: CLC Tile located at 335 Hampton Rd., Hayward, CA 94541, in Alameda County is hereby registered by the following owner(s): Carlos L. Cardoso, 335 Hampton Rd., Hayward, CA 94541. This business is conducted by an individual. This business commenced on 6-2-03. /s/Carlos L. Cardoso This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires APRIL 16, 2024 APR. 24, MAY 1, 8, 15, 2019 0071-CVF</p>
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<p>FILED MARCH 20, 2019 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 556730</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>The name of the business: Bay Towns Construction located at 17966 Joseph Dr., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Lloyd Andrew Birky, 17966 Joseph Dr., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on N/A. /s/Lloyd Andrew Joseph This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires MARCH 20, 2024 MAY 1, 8, 15, 22, 2019 0074-CVF</p>	<p>JUSTICE COURT CLARK COUNTY, NEVADA CASE NO. 19C005513 DEPT. NO. 6 ALLSTATE INSURANCE COMPANY as subrogee of Amado Ombao, Plaintiff, v. STEPHEN DE LA CRUZ; ALISA REGO; and DOES I through X, inclusive, Defendants.</p> <p>SUMMONS NOTICE! YOU HAVE BEEN SUED. THE COURT MAY DECIDE AGAINST YOU WITHOUT YOUR BEING HEARD UNLESS YOU RESPOND WITHIN 20 DAYS. READ THE INFORMATION BELOW. TO THE DEFENDANTS: STEPHEN DE LA CRUZ; ALISA REGO A Civil Complaint has been filed by the plaintiff against you for the relief set forth in the Complaint. Object of Action: This is a Subrogation Action. 1. If you intend to defend this lawsuit, within 20 days after this Summons is served on you exclusive of the day of service, you must do the following: a. File with the Clerk of the Court, whose address is shown below, a formal written response to the Complaint in accordance with the rules of the Court. b. Serve a copy of your response upon the attorney whose name and address is shown below. 2. Unless you respond, your default will be entered upon application of the plaintiff and this Court may enter a judgment against you for the relief demanded in the Complaint, which could result in the taking of money or property or other relief requested in the Complaint. 3. If you intend to seek the advice of an attorney in this matter, you should do so promptly so that your response may be filed on time. CLERK OF COURT, s/ Suzan Baucum, DEPUTY CLERK, Date 4/15/2018, County Courthouse, 200 South Lewis Ave., Las Vegas, Nevada 89155, Issued at direction of: LISA A. TAYLOR, ESQ., Nevada Bar No. 008283, 5664 N. Rainbow Blvd., Las Vegas, Nevada 89130, (702) 645-0150, Lisa@Ltaylorlaw.com, Attorney for Plaintiff Published in Castro Valley Forum, Castro Valley, CA 0070-CVF APRIL 24, MAY 01, 08, 15, 2019</p>
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<p>SUMMARY OF ORDINANCE NO. 181</p> <p>AN ORDINANCE OF THE CASTRO VALLEY SANITARY DISTRICT BOARD OF DIRECTORS ESTABLISHING RATES FOR SEWER SERVICE CHARGES</p> <p>A public hearing will be held on May 7, 2019 by the Castro Valley Sanitary District Board of Directors to consider the adoption of Ordinance No. 181, which will amend Castro Valley Sanitary District Code Article IV, Section 4403, Sewer Service Charges Administrative Provisions - Schedule of Charges.</p> <p>The proposed ordinance will amend the schedule of charges for the classifications of use for the next two fiscal years (FY), FY 2019/20 and FY 2020/21, effective on July 1, 2019 and July 1, 2020.</p> <p>The adjustments to sewer service charges are for all classifications of use, including residential and non-residential categories. The average adjustment is 5 percent per year for residential categories and up to 10 percent per year for non-residential categories.</p> <p>The Castro Valley Sanitary District Board of Directors voted to adopt the draft ordinance and set the public hearing as follows: Akagi - Yes; Sadoff – Yes; Johnson – Yes; Appleton – Yes; McGowen – Yes.</p> <p>The above summary constitutes the major highlights of Ordinance No. 181. A reading of the entire ordinance may be necessary to obtain a full understanding of the ordinance. The full text of the ordinance and frequently asked questions are available at www.cvsan.org/SSC and at the Castro Valley Sanitary District main office, located at 21040 Marshall Street, Castro Valley, California 94546.</p> <p>APR. 24, MAY 1, 2019 0049-CVF</p>
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Job: Roll Over 401(k) to a Traditional IRA

continued from page 2

- Direct rollover to a traditional IRA. People roll over a 401(k) to an IRA to have wider investment options and more control over their money.

You don't pay taxes on IRA contributions or gains until withdrawing the money, which you can do starting at age 59-1/2. With a traditional IRA you contribute pre-tax dollars, and that money grows tax-deferred. This might be a better option for those closer to retirement. At that point you want lower-risk investments, and moving your money from a 401(k) to

an IRA will give you a variety of fixed-income options.

- Convert to a Roth IRA. Contributions to a Roth are taxed when they're made. The upside is you can withdraw contributions and earnings tax-free at age 59-1/2. If you have a relatively small 401(k), maybe it's worth it to convert to a Roth and pay the taxes up front. I certainly think Roth conversions can be a great situation, but they have to be done delicately.

- Leave it behind. Leaving your money in your former employer's plan may make sense if you like the investment options it offers,

or if you're taking time to explore other options. The downside is you're no longer contributing to it.

- Cash it out. This is almost never a good idea, due to the tax implications and the hit your overall retirement fund takes. People who have financial distress will take the 401(k) distribution, but if there's any way to avoid that they should. There's a 10% early withdrawal penalty if under age 59-1/2.

The exception to this rule is if you are leaving or losing a job at age 55 or later, but the distribution counts toward that year's taxable income.

Whatever one decides, the key considerations are continuing the tax-deferral of these retirement funds for as long as possible, and to avoid current taxes and penalties that can take big chunks out of what you've saved and invested."

Christy Smith is the founder and principal of Presley Wealth Management. She co-hosts a weekly radio show, "Your Money Matters," and has appeared in The Wall Street Journal, U.S. News & World Report, MarketWatch and Kiplinger.

20th Annual Battle of The Valley Next Week

Calling all Condors and Wildcats (new and old) to the 20th Anniversary of our beloved Battle of the Valley.

Yes it has been 20 years since that very first game where our Condors and Wildcats suited up for the first Battle of the Valley.

Come out and support as you have throughout the years our current athletes as they compete for the title of best in the Valley. The game will be Friday, May 10, starting at 6 p.m. in the Castro Valley High Stadium. Two schools, one city!



PHOTO COURTESY OF STEVE ARGYRES

Varsity tennis players, taken at the conclusion of the last match in the regular season against league rival Piedmont High, on Thursday, April 11.

Boys Tennis Undefeated Season

The Castro Valley 2019 boys tennis team completed an undefeated season in the Western Alameda County Conference 14-0, with an overall record of 17-0.

They will be competing in the North Coast Section team competition starting next Tuesday, May 7.

Senior Edward Wang was the Trojans' No. 1 singles player with

a league record of 12-1 and 15-1 overall. CV's other singles players all had successful seasons as well, with records as follow: Ethan Fang number 2, freshman, league 9-0, overall 11-0, Micheal Chu number 3, sophomore, league 9-0, overall 11-0, Spenser Lin-Jones number 4, sophomore, league 10-1, and overall 12-1.

Trojans doubles players also had very good seasons, with records as follow: Rohit Sinha (captain), junior, league 11-1, overall 14-2, Andrew Lottich, freshman, league 9-0, overall 12-0, Colby Fong, sophomore, league 8-4, overall 10-5, Leon Chen, senior, league 10-4 and overall 13-4, Ashir Gupta, senior, league 7-2, overall 9-2.

ATHLETES OF THE WEEK



Castro Valley High School Swim Teams

This week's Athletes of the Week are the members of the Castro Valley High School's swim teams. They continued their winning tradition this past weekend in the Western Alameda County Conference (WACC) Championships, held this past Friday and Saturday at Chabot College.

The Varsity boys finished in first place, winning their 16th consecutive league championship, with the Varsity girls finishing in second place to Alameda.

For the JV teams, the boys finished in first place with the girls taking second place in the WACC meet.

The Girls Varsity team had several top swims in the meet.

Senior Jacklyn Scheberies won both of her individual swims in the WACC Championship, with record times in the 200 and 500 Free.

Junior Kayla Craft finished first in both the 50 Free and 100 Back.

Junior Lauren Francis had the top swim in the 100 Breast.

Scheberies, Craft, Francis, and Junior-Elma Sabanovic were league champions in both the 200 yard Medley and Freestyle Relays, setting a new WACC record in the 200 Free Relay.

The boys Varsity team also had top swims, individually by junior Diego Agron in the 100 Backstroke. Agron, Junior-Caden Liang, sophomore Quentin Mognaga, and junior Tommy Ryken teamed up to win the 200 Medley Relay.

First place in the 200 Free Relay was won by

Ryken, sophomore Ian Woo, senior Andy Jerome, and Liang. In Swimming, all first place finishers earn First Team All WACC honors.

Senior Diver Carli Collopy finished second place in the 1-meter springboard, qualifying for the NCS Diving Championships tomorrow, May 2, in Concord.

Top CVHS Varsity girls finishers were: Jacklyn Scheberies: 1st 200 MR, 200 Free, 500 Free, 200 FR.

Kayla Craft: 1st 200 MR, 50 Free, 200 FR, 100 Back.

Lauren Francis: 1st: 200 MR, 200 FR, 100 Breast; 2nd: 200 IM.

Elma Sabanovic: 1st: 200 MR, 200 FR.

Ashley Sand: 2nd: 100 Breast; 3rd: 400 FR.

Alyssa Zaydman: 3rd: 100 Breast, 400 FR.

Kathryn Scheberies: 3rd 400 FR. Cynthia Le: 3rd: 400 FR.

Top Varsity boys finishers were:

Diego Agron: 1st: 200 MR, 100 Back; 3rd: 400 FR.

Caden Liang: 1st: 200 MR, 200 FR: 2nd: 100 Breast: 3rd: 200 IM.

Tommy Ryken: 1st: 200 MR, 200 FR: 3rd 50 Free.

Andy Jerome: 1st: 200 FR; 3rd 400 FR.

Quentin Mognaga: 1st: 200 MR. Ian Woo: 1st: 200 FR.

Drake Jackson: 2nd: 100 Back. Joseph Mole-tierri: 3rd: 500 Free.

Matt Walters: 3rd: 400 FR. Colin Sutedja: 3rd: 400 FR.

CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



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Coleman: Famed CV Quilter Passes Away

continued from front page

Last year Congressman Eric Swalwell entered a commendation for Coleman into the Congressional Record, recognizing her receipt of a National Endowment for the Arts National Heritage Fellowship, which is the nation's highest honor in the folk and traditional arts.

The Alameda County Board of Supervisors awarded her an Arts Leadership Award in 2009.

More information and a portfolio of Coleman's work and accomplishments may be seen on

her website, marioncoleman.com.

Marion Coleman has lived in Castro Valley since 1984. She is survived by four children and three grandchildren.

At her request, there will be no memorial service. However, the family welcomes donations in her memory to Alameda County Arts Commission (www.acgov.org/arts/pdfs/Foundation_Donation%20Form.pdf) or American Lung Association (action.lung.org/site/Donation2?df_id=31271&mfc_pref=T&31271.donation=form1).



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**GOT
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NEWS?**

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Old World Luxury Meets Electric Efficiency with New Range Rover

By Steve Schaefer
CASTRO VALLEY FORUM

The new Range Rover Sport HSE P400e stops any argument that electrified vehicles need to be small or funny-looking. As Land Rover's first plug-in hybrid, it offers potent off-road four-wheel drive, sublime comfort and luxury, and 27 miles of silent, all-electric motoring.

You might not expect that kind of efficiency from a brand known for ruggedness and exclusivity, but it's on its way. My weeklong test was of a pre-production 2020 model. The 2019 is not sold in the U.S. yet. In a jaunty Firenze Red, it stood out from the crowd, with only the badge giving a clue as to its battery-powered secret.

Under the tall hood you'll find a 2.0-liter, four-cylinder gas engine and an electric motor, the latter fueled by a 13.1 kWh battery tucked under the rear cargo area. With 398 horsepower and 472 lb.-ft. of torque, some of it delivered instantly from the motor, you can sprint from 0 to 60 in just 6.7 seconds.

While you fill the fuel tank from the usual side-mounted door, you need to flip up a section of the plastic grille to expose the J-1772 charging socket. The car likes to keep its EV side a secret. I had to look it up in the owner's manual to figure out where the plug was.

It takes about 7-1/2 hours to fill an empty battery on normal Level 1 household 120-volt current. If you use a Level 2 240-volt charger, it'll be under three hours.

As a plug-in hybrid, the P400e delivers the most efficiency if you don't take it on long trips. Its standard way of moving is as a parallel hybrid, which means that the engine and motor work together to deliver the "best" mix of power and efficiency. One or both will be working at any particular time. You can also set it up to run as an EV only—for as long as the battery has sufficient charge—even at freeway speeds. The Save feature lets you retain the battery charge until later, so you could use the engine on the freeway and drive in town with the motor, for example.

I got about 27 miles of electric range per charge, and the car delivered 24.7 miles per gallon during its stay. However, it was the kind of week where I took a couple of longer weekend trips. If I had just used the car locally, the miles-per-gallon number would surely have been better.

As it is, once you climb in, the electric drivetrain gives a strong and silent performance. Like other Land Rovers, you get the feeling of a powerful truck with lots of extra luxuries, all presented in a restrained, tasteful way. That means Windsor leather chairs, high-quality fittings throughout, and gesture-controlled blinds for the pan-

oramic roof. My tester featured a Meridian Surround Sound System with 18 speakers and 825 watts of power—and it wasn't even the top audio system they offer!

The plug-in hybrid has the famous rock-crawling capacity of its fellows, and in this case, you can do it silently with electric power. I didn't try this, but you can use the standard electronic air suspension to lower the car as much as 2 inches for freeway cruising but also raise it up to 3 inches above normal for off roading. How many electric or gas cars do you know of that can wade through 33.4 inches of water? The manufacturer recommends running the engine during dips to keep water out of the exhaust system.

The interior is traditional in design, but up-to-the-minute in features. Two 10-inch screens provide you with all the entertainment, navigation, climate, and app features you could want in 2019. With double screens, you can see a map and audio functions at the same time. The top screen has touch, swipe, and pinch-to-zoom features, like a tablet. The instrument panel features a 12-inch screen that you can configure in multiple ways.

This is one fancy car, but that doesn't mean you can't make it fancier. Starting at \$79,000 even, my tester had nearly \$13,000 worth of options, including a bunch of electronic safety features;



Under the tall hood you'll find a 2.0-liter, four-cylinder gas engine and an electric motor, the latter fueled by a 13.1 kWh battery tucked under the rear cargo area.

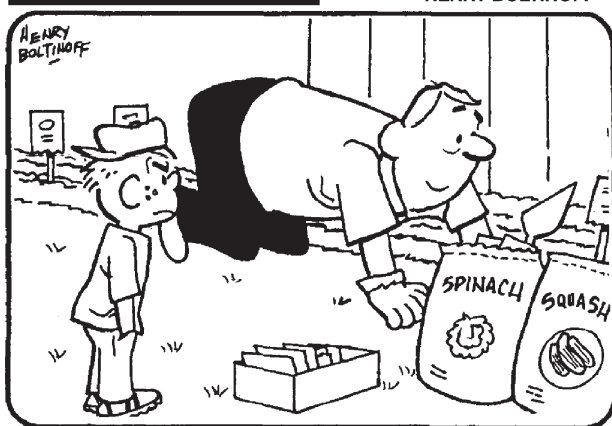


Two 10-inch screens provide you with all the entertainment, navigation, climate, and app features you could want.

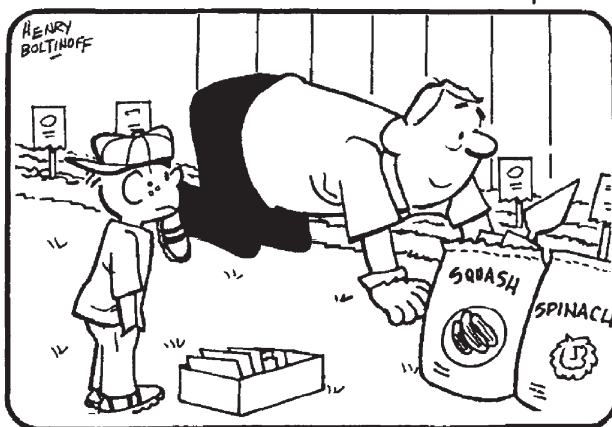
TIME OUT FOR FUN & GAMES

HOCUS-FOCUS

BY
HENRY BOLTINOFF

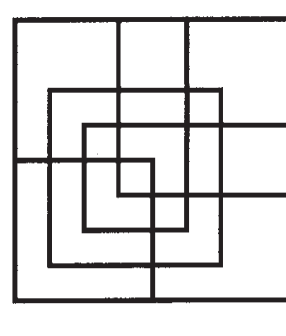


Find at least six differences in details between panels.



Differences: 1. Boy's cap is backward. 2. Bags have been switched. 3. Man's shoe is different. 4. Fence is longer. 5. Box is closer to boy. 6. Extra marker is in garden.

PUZZLE



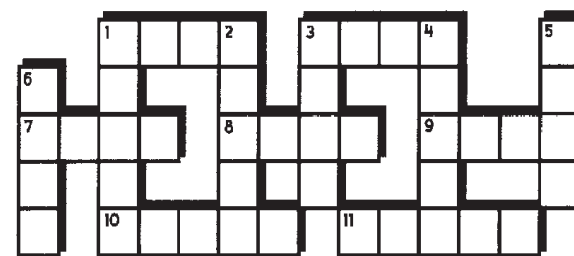
CARD

YOU HAVE TWO MINUTES to count all of the squares in the above drawing

Answer: 17 squares

Junior Whirl

by Charles Barry Townsend



A PET PARADE PUZZLE!

Pictured above is a crossword puzzle grid. Below are words pertaining to cats and dogs that you will need to complete the puzzle, using the trial-and-error method. Try to finish before chow time!

4-letter words	5-letter words	
BRED	SHED	FLEAS
BULL	SHOW	LEASH
HEEL	TAIL	LITHE
OBEY	YELP	SMELL
		WOOF

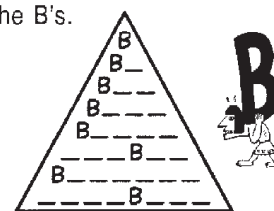
SEE IF YOU CAN make this math expression correct by inserting three plus signs and one minus sign between the numbers:

9 8 7 6 5 4 3 2 1 = 100

Answer: 98 - 76 + 54 + 3 + 21 = 100

THE 'B' PYRAMID! As you move down the word pyramid shown here, each word contains the same letters as the word above it, plus a new letter. We give you all the B's. Here are some hints from the top down:

1. Blood type (given).
2. To exist.
3. A wager.
4. To defeat.
5. A whining complaint.
6. Home to animals.
7. Shattered apart.
8. Type of trucks.



Answers: The words are b, be, bet, beat, beat, bleat, stable, blasted, flabbed.

Answers: (Across) 1. Show. 3. Bull. 7. Heel. 8. Obey. 9. Tail. 10. Leash. 11. Fleas. (Down) 1. Smell. 2. Woofs. 3. Bred. 4. Lithe. 5. Yelp. 6. Shed.

SOCIAL SECURITY

Make the Best Use Of Check

By Jeffrey Eglow
SPECIAL TO THE FORUM

If you're like most on Social Security, you need that check every month to buy groceries and to keep a roof over your head. But for a fortunate few that check is essentially bonus money, totally unnecessary for day-to-day survival.

That situation is not as unusual as many may think. Some people may have inherited an income, won a lottery or had investments that did really well.

But just because they don't need that Social Security money to live on, it doesn't mean they shouldn't make the most of it. There are some specific things they should do to make sure they are getting the maximum benefit.

see CHECK on page 11



Senior Day Trips

If you are looking for something fun and educational to do in your spare time, the Aitken Senior Center at 17800 Redwood Road offers a popular Day Trip Travel Program. Seniors can go to exciting points of interest around the Bay Area for nominal fees and not have the hassle of driving themselves on overcrowded freeways with lots of traffic! The Senior Center has space available on the following upcoming trips: Ghirardelli Square, California Hall of Fame, Angel Island, Kennedy Mine, Black Oak Casino and Muir Woods. Call the Senior Center at 510-881-6738 for more information.

2020 Census Offers Temporary Jobs Ideally Suited for Retirees

By Jim Miller
SPECIAL TO THE FORUM

The 2020 Census is a once-a-decade job opportunity is a great fit for retirees that have some free time on their hands who wouldn't mind earning some extra income while helping the community.

The U.S. Census Bureau is currently in the process of recruiting over 500,000 temporary workers to help carry out the upcoming 2020 Census national head count of every person living in the U.S.

The U.S. Census helps determine each state's representation in Congress, how funds are spent for schools, hospitals, roads, and provides information to guide many decisions made by government agencies, private businesses and institutions.

Jobs within the census vary from working in the field canvassing, updating maps, doing follow up interviews with citizens in your

community, or working in the office as a clerk doing administrative tasks or office operation supervisor, who oversees the field staff.

Some jobs will begin this summer, but the majority of positions will begin in late April 2020 and last a month or two.

These temporary part-time positions are located in every county throughout the United States and Puerto Rico. Some positions require evening and/or weekend shifts because you must be available to interview members of the

public when they're at home. And all positions require several days of online and classroom training.

The pay ranges between \$13.50 and \$30 per hour depending on position and location. To find the pay rates in your area, see 2020census.gov/en/jobs/locations.html.

Job Qualifications

To be able to work for the 2020 census you must be:

- Be at least 18 years old.
- Have a valid Social Security number.

see JOBS on page 11

CVHS Class of '69 Reunion

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

Please join us to reminisce and enjoy seeing people you knew many years ago. We are planning

a fun, energy filled event, a casual time to visit, reconnect and discover what has been happening for the last 50 years. Tickets must be purchased in advance.

For more information please send an email to: cvhs69reunion@yahoo.com

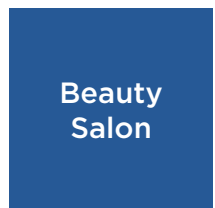


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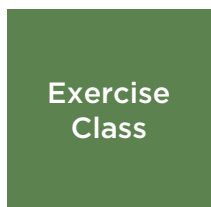
Garden Courtyard



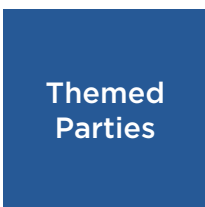
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CASTRO VALLEY FORUM



Will Medi-Cal Count Assets if Unaccessed Due to Dementia?

Q Our father is 90 years old and is being cared for in a nursing home, which costs about \$10,500 per month.

We need to apply for a Medi-Cal subsidy to help with the cost, but Dad has an old insurance policy with accumulated cash value which puts him over the \$2,000 Medi-Cal resource ceiling for a single person.

Our Problem: Dad has severe dementia, can't access it on his own, and we don't have authority to do it for him as Dad never signed a Durable Power of Attorney. Further, the insurance company won't even talk to us. Is there any way around this in terms of Medi-Cal?

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

A Yes, indeed! It's unfortunate that your father never created a Durable Power of Attorney (DPOA) which would now authorize you to access that policy on his behalf. But, so be it.

The good news is that Medi-Cal recognizes that these situations happen and provides a solution. However, some background:

It is generally known that Medi-Cal allocates an applicant's assets (which Medi-Cal calls "resources") into two categories: Those that are *exempt* (such as a home, furniture, and one automobile) and those that are *countable* (such as cash, savings, and investments).

Cash value in an insurance policy would normally be allocated to "countable" assets. And, you are correct, in that a single person over age 65 cannot have more than \$2,000 in countable resources

and qualify for a Medi-Cal Long Term Care ("Medi-Cal LTC") subsidy.

However, what is not well known is that there is actually a third category of resources, i.e. resources that are *unavailable*. Resources are unavailable when they cannot be accessed, such as when (1) there is a dispute pertaining to their ownership, (2) where there are various co-owners who object to sale or liquidation, and — apropos to your own situation — (3) where the owner is comatose or suffers from dementia, cannot access them himself and there is no DPOA which authorizes an agent to do so on his behalf.

Your situation would fall into the last example and be considered unavailable when tallying up your father's countable resources when seeking a Medi-Cal LTC subsidy.

Here's the good news: So long as an applicant's resources are unavailable, they are treated the same as resources that are exempt, i.e. they do not count when determining whether an applicant is under or over the Medi-Cal resource cap.

That is precisely your situation. Thus, the insurance policy cash value should not disqualify your father from a Medi-Cal LTC subsidy.

My suggestion is that you secure a doctor's letter attesting to your father's incapacity and corresponding inability to handle his financial affairs. Then, when



you submit his application for a Medi-Cal LTC subsidy, include that doctor's letter with the other required documents, advise that your father never created a DPOA which would authorize an agent to handle his financial affairs on his behalf, and assert that the insurance policy cash value should therefore be considered "unavailable."

Some Medi-Cal eligibility workers may be unfamiliar with this concept, and so you might do well to engage an Elder Law attorney with experience in these matters to help you.

The upside benefit of securing a Medi-Cal LTC subsidy can be quite dramatic and can relieve what would otherwise be tremendous financial stress to your family in finding a way to help pay for your father's care. Good wishes in your effort.

Gene L. Osofsky is an estate planning and elder law attorney in Hayward. Visit his website at www.LawyerForSeniors.com

Check: Social Security Money Strategies

continued from previous page

Many baby boomers see their investments and retirement income differently than they did before the 2008 recession. They are looking for sources of guaranteed income instead of more risky investments.

While Social Security is guaranteed income, if they are wise about how they leverage it, they can have even more guaranteed income, he says.

Strategies for people who are in this situation include:

- Don't take Social Security until you are 70. This is the best strategy since there are few investments that offer a similar low risk, guaranteed 8 percent annual growth.

By waiting until age 70 to receive benefits, your monthly payments may increase by as much as 32%, not including any cost of living increases that may be added to this amount. For example, someone who could get \$2,000 a month at the "full retirement age" of 66 would get \$2,640 if they

postponed taking Social Security until they were 70.

- Spend the Social Security check instead of 401(k) or IRA funds. Most people are taxed on only 50 percent to 85 percent of their Social Security benefit. But they are taxed on 100 percent of any withdrawals from traditional IRAs or 401(k) accounts.

- Give it to the kids. Use the Social Security checks to pay premiums on life insurance policies so your heirs will receive a larger inheritance. Your heirs will receive this death benefit tax free.

- Don't delay getting Social Security past 70. Since the benefit stops growing at 8 percent once the beneficiary reaches 70, it makes no sense to delay the start of getting the checks past that age. Even if some people don't need their Social Security check for day to day living, it is still foolish to not maximize its value so it can benefit them and their families.

Jeffrey Eglow is the Chief Investment Officer for Guardian Wealth Advisory and has more than 30 years of investment management experience.

Jobs: Suited for Retirees

continued from previous page

- Be a U.S. citizen.
- Have a valid email address.
- Complete an application and answer assessment questions.
- Be registered with the Selective Service System or have a qualifying exemption, if you are a male born after Dec. 31, 1959.
- Pass a Census-performed criminal background check and a review of criminal records, including fingerprinting.
- Commit to completing training.

- Be available to work flexible hours, which can include days, evenings, and/or weekends.

In addition, most census jobs require employees to have access to a vehicle and a valid driver's license, unless public transportation is readily available. And have access to a computer with internet and an email account to complete training.

How to Apply

The first step is to complete the online job application at 2020census.gov/en/jobs. The process takes about 30 minutes and will include questions about your education, work, and other experience.

If you're a veteran who would like to claim veterans' preference, which provides preference over nonveteran applicants, you'll need supporting documentation.

For more information on the 2020 Census, or if you have questions or problems with the application process call 855-562-2020.

After you apply, an interviewer will reach out to potential hires to conduct a phone interview, but not all applicants will be interviewed. Job offers are made verbally, but candidates will also receive a letter by email.

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

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'Empty The Shelters' Event This Saturday

This Saturday afternoon, May 4, the volunteers at the Hayward Animal Shelter will hold the "Chihuahua Palooza" and the Empty-the-Shelters event from 1 to 5 p.m. All kinds of pets — dogs, puppies, cats, kittens, bunnies and Guinea pigs — will be available.

Co-sponsored by the Bissell Pet Foundation, pet adoption fees will be reduced to \$25 to qualified homes, which includes shots, spaying/neutering and microchips for dogs and cats. Hayward residents also pay a \$17 licensing fee for dogs. Hayward residents will be able to obtain small dog spay/neuter vouchers.

The Hayward Shelter is located at 16 Barnes Court, near the DMV at Jackson and Soto Road.

For more information call 510-293-7200 or visit: www.HaywardAnimals.org. For other participating shelters, please visit: bissellpetfoundation.org/

Land: Construction Already Underway on Townhomes

continued from front page

others. In fact, construction is already underway on 472 townhomes on Parcel 1 near the south Hayward BART station. But the future of parcels 8 in Castro Valley and parcel 9 in Cherryland are still up in the air.

Parcel 8 consists of nearly 19 acres, with 13 acres in the unincorporated area, and runs between Grove Way and Carlos Bee Park. It's zoned for neighborhood commercial and residential uses of up to medium density and also for open space.

Parcel 9 is called the "Apple Oak parcel" and is 4 acres, with 1.5 acres in the unincorporated area. It's zoned for high-density residential and commercial office uses.

"There is not a set site plan yet," said John Stefanski, management analyst with the City of Hayward. "A large portion of the land is set aside for open space and we have no intention of doing anything to take away from that."

Stefanski stressed that there would be a lot of public outreach as the project moves forward.

"It's an open-ended conversa-

tion," said Stefanski. "We are still trying to work it out."

Bruce King of the Friends of the San Leandro Creek, says that now is the time to make sure that, whatever winds up happening with the I-238 lands, the creek is well-preserved.

"The difficulty with the project is that it deals with multiple justifications and I'm not seeing a consistent plan for the whole area," said King. "Hayward, the county, and HARD (the Hayward Area Recreation District) need to start working together and working with the community to preserve the land. More land next to the Creek is always better — not parking or dense housing."

Stefanski said that King has given the city lots of background information about creek preservation and that consideration for the creek and open space will be made as the project continues.

Whatever happens with the land, Hayward will need to finalize plans by 2022, or the property automatically will revert back to Caltrans as per terms of the contract.

Low-Cost Senior Lunches

The Kenneth Aitken Senior Center at 17800 Redwood Road in Castro Valley offers delicious lunches for senior adults 60 years of age or older provided by Spectrum Community Services Monday through Wednesday at noon.

The suggested donation is \$3.75 per person. Meals must be ordered no later than noon the day before. Join other seniors for a nutritious meal prepared by a dietician and meet new friends. For more information, please call 510-881-6738.



THIS WEEK At Smalltown

● Saturday, May 11: Smalltown Creative Hub

It's about people. It's about community. It's about collaboration. It's about random strangers and random events that somehow always seem to connect with you. It's about good stories, from good people, from all walks of life. It's about fun and creativity, justice and meaning. It's about the good things that bind us together.

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

● Friday, May 31: Smalltown MAY Gathering

Connect with your community, hear from local artists, musicians and advocates, and experience the developing narratives of your neighborhood! The music of Tyler Harlow. Plethos Productions, food, beer, wine & more! Free (suggested contribution \$10) 7:30-10 p.m., doors open at 7.

For more information on these events and others visit: www.smalltownsociety.com or text "Smalltown" to 797979. Smalltown Society is located at 22222 Redwood Road, CV

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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



California Association of Realtors Bolsters Disclosure Requirements

It is an age-old question asked by sellers preparing their homes for sale: "What exactly am I obligated to disclose?"

While some sellers willingly provide extensive details to prevent any possibility of ending up in a legal dispute, others, concerned that too much disclosure might actually harm their home's salability, prefer to disclose only what is absolutely necessary.

All sellers in California are required to disclose all known material facts about their property. In an effort to ensure sellers know their full obligations, the California Association of Realtors (C.A.R.) just released a new mandatory advisory that is now a required part of every listing agreement.

Titled *Disclosure Information Advisory* (Form DIA), it includes the following:

"Among the disclosure requirements, sellers have an affirmative duty to disclose to buyers all material conditions, de-

fects and/or issues known to them that might impact the value or desirability of the Property. Failing to provide those disclosures may lead to a claim or a lawsuit against you which can be very costly and time consuming."

To facilitate seller disclosure obligations, C.A.R. provides a number of forms that use a Q&A format designed to make the disclosure process as easy and complete as possible.

Here are some keys for completing the disclosures correctly: Read the forms carefully to fully understand each question. Completely answer every question – do not leave any blanks. If you do not know an answer, do not guess – write in "Do not know."

If you respond "Yes" to any question, write an explanation in the appropriate section.

You can only disclose those things for which you are personally aware. Avoid opinions and stick to the facts. Do not use subjective words such as "small",

"insignificant", "minor" and so on.

If you can hear any noise on your property, regardless of whether you are inside or outside, provide details. This includes traffic, airplanes, trains, BART, children playing, barking dogs and so on.

If you have made any repairs or improvements with or without applicable permits, make sure you provide all the details.

If you are aware of any changes in your neighborhood or community that will affect future property values, fully disclose.

If in doubt, disclose.

If selling, when filling out the listing documents you will be presented with C.A.R. form DIA. It has been designed to protect you – read it carefully, and then ... disclose.

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.



Charming 2 bedroom home in Assumption Parish neighborhood. Beautifully remodeled kitchen has quartz countertops, upgraded cabinetry and stainless steel appliances. The oversized backyard has a large deck, utility shed and a cute finished shed for your office, workout room, man cave or whatever suits your needs. This move-in ready home also features a new roof installed in 2019, fresh paint and dual pane windows. Just minutes to BART, Hwy 580/238, local parks, shopping and restaurants.



1770 142nd Ave.
San Leandro
\$650,000



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Mortgage Rates Continue to Climb for Fourth Week

According to Freddie Mac's weekly nationwide survey, fixed mortgage rates posted a fourth consecutive week of increases. The 30-year FRM averaged 4.20 last week, up from the previous week at 4.17 percent. A year ago at this time, the FRM averaged 4.58

percent.

"Despite the recent rise in mortgage rates, both existing and new home sales continue to show strength – indicating the lagged effect of lower rates on housing demand. This, along with improved affordability, should push housing activity higher in the coming months,"

said Sam Khater, Freddie Mac's chief economist.

Fifteen-year rates averaged 3.64 percent last week, and five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.77 percent. A year ago at this time, the 15-year FRM averaged 4.02 percent and the 5-year ARM averaged 3.74 percent.

Irregular Watering, Cool Weather Can Cause Problems for Melons

By Buzz Bertolero
Special to the Forum

This will be my third attempt in growing melons. Previously, melons formed, but turned yellow, shriveled up and died, or they remained small and never matured. What do I need to do to prevent this from occurring this year?

May is a great month to plant all types of melons along with pumpkins. You'll find a good selection of varieties available from seed and transplants at your favorite garden center. Melons require warm summer temperatures.

So mild conditions are not favorable and could be a reason for your problems. The average summer temperature should be in the mid to high seventies with six hours or more of direct sun per day, preferably in the afternoon.

The blossom rot or drop on melons as well as pumpkins, cucumbers, and squash is called Blossom End Rot.

On tomatoes and peppers,

Blossom End Rot causes the bottom of the fruit to develop a brown and or tan colored blotch. This disease is not caused by a pathogen. A calcium deficiency is one cause.

You can correct the calcium problem by supplementing your soil amendments with Oyster Shell Lime, Dolomite Lime or Agricultural Lime but not Hydrated Lime at the time of planting.

For those plants already in the ground, Bonide Rot-Stop can be applied to the blossom during blooming.

The primary cause of the majority of the cases of Blossom End Rot is irregular watering. Melons like to be kept moist but not soggy wet.

The addition of soil amendments can't be emphasized enough. With our heavy clay, we need to be generous with the addition of organic matter as it significantly aids in having a soil the drains efficiently.

We tend to be creatures of habit and water April through September the same, regardless of the weather conditions. Because our summer weather changes

from cool to hot, you need to adjust the watering pattern. You need to monitor the weather forecasts and adjust the frequency that is how often you water.

This can be challenging as wet soil or soil that goes from wet to dry can cause Blossom End Rot. There is no set rule as the variables such as the soil drainage and temperature vary from location to location.

You should determine what the average temperature is for your yard and how often you would normally water. This serves as a baseline or norm. You would increase the frequency when it's hotter and reduce in when it's

cooler.

While the frequency changes the volume remains constant. You change the watering pattern base on the weather. The five to seven day or longer forecast available online, on TV, newspaper, etc. should give you a great idea as what to expect.

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](https://www.facebook.com/Buzz.Bertolero)



RECENT HOME SALES

Castro Valley

19440 Lake Chabot Road	94546: \$650,000	2 BD - 1,070 SF - 1962
2351 Farley Street	94546: \$655,000	2 BD - 996 SF - 1948
19951 Lorena Circle	94546: \$660,000	3 BD - 1,660 SF - 1995
23119 Canyon Terrace Dr	94552: \$778,000	4 BD - 1,607 SF - 1996
4973 Audrey Drive	94546: \$785,000	3 BD - 1,544 SF - 1953
2345 Somerset Avenue	94546: \$800,000	5 BD - 2,080 SF - 1962
4635 Emily Court	94546: \$805,000	3 BD - 1,153 SF - 1958
18901 Walnut Road	94546: \$855,000	3 BD - 1,272 SF - 1955
19623 Betrose Court	94546: \$909,000	3 BD - 1,558 SF - 1954
17527 Kingston Way	94546: \$941,000	3 BD - 1,260 SF - 1954
18029 Joseph Drive	94546: \$1,000,000	4 BD - 2,488 SF - 1957
18128 Columbia Drive	94552: \$1,335,000	5 BD - 2,830 SF - 1981
TOTAL SALES:	12	
LOWEST AMOUNT:	\$650,000	MEDIAN AMOUNT: \$802,500
HIGHEST AMOUNT:	\$1,335,000	AVERAGE AMOUNT: \$847,750

San Leandro

740 Fargo Avenue	94579: \$421,000	2 BD - 840 SF - 1965
1078 Cumberland Avenue	94579: \$445,000	3 BD - 988 SF - 1950
936 Thornton Street	94577: \$525,000	3 BD - 1,125 SF - 1923
224 Bellevue Drive	94577: \$620,000	3 BD - 1,477 SF - 1927
1571 Randy Street	94579: \$675,000	3 BD - 1,204 SF - 1960
15504 Farnsworth Street	94579: \$680,000	3 BD - 1,190 SF - 1956
1682 Hickory Avenue	94579: \$689,000	3 BD - 1,096 SF - 1953
14666 Acacia Street	94579: \$700,000	4 BD - 1,750 SF - 1953
473 Lewis Avenue	94577: \$715,000	2 BD - 1,212 SF - 1924
16105 Carolyn Street	94578: \$720,000	2 BD - 1,277 SF - 1949
14764 Sylvia Way	94578: \$730,000	3 BD - 1,335 SF - 1945
15962 Gramercy Drive	94578: \$850,000	4 BD - 1,468 SF - 1956
1924 Marineview Drive	94577: \$965,000	3 BD - 2,398 SF - 1967
TOTAL SALES:	13	
LOWEST AMOUNT:	\$421,000	MEDIAN AMOUNT: \$689,000
HIGHEST AMOUNT:	\$965,000	AVERAGE AMOUNT: \$671,923

1st Annual Zumbathon

May 11, 2019 @ 11am

- Boys & Girls Club of San Leandro
- 401 Marina Boulevard
- San Leandro, CA 94577
- Tickets: \$15/Person
- Live DJ
- Door Prizes
- Raffle



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MAY 4th & 5th

CITY	SAT	SUN	ADDRESS	PRICE	BDR./BA.	REALTOR	AGENT	PHONE
S	2-4:30	2-4:30	739 Estudillo Ave.	\$980,000	4/3	Marvin Gardens	Greg Novak	510-472-4770
S	2-4:30	2-4:30	745 Estudillo Ave. (Lot)	\$350,000	—	Marvin Gardens	Greg Novak	510-472-4770
SLZ	—	1-4	16113 Via Olinda Ave	\$568,000	2/1	Re/Max Accord	Lovewell Team	510-351-5555
A	—	1-4	2424 Harborview Dr.	\$949,975	3/2	REeBroker Group	Antonio Cardenas	510-326-4263

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

CITY GUIDE

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



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Fertilizer Contains Nutrients for Plant Growth

By Buzz Bertolero
Special to the Forum

plants bloom? Won't they bloom on their own?

Q I'm new to gardening and I'm wondering why one must fertilize container plants frequently. If you buy good plants, have good soil and take care of them, why then is fertilizer necessary?

Also, why does 0-10-10 help

A Plants require nutrients to grow and thrive. Without them, they struggle and eventually die.

One of the functions of roots is to absorb nutrients. The nutrients are then transported upward throughout the plant.

Nutrient depreciation or loss

in containers is rapid because every time you water, which is frequently, water carries them away as the container drains.

It's important to recognize that container plants have perfect drainage versus those planted in our clay or adobe soil that drains poorly. Also, the roots are restricted to a pre-defined area, the pot size, while those

see FERTILIZER, page 15

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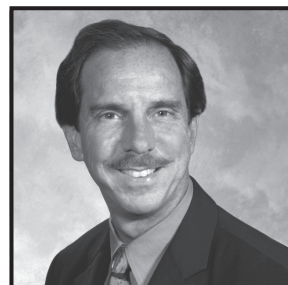
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YOUR NAME
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HERE!

Fertilizer: Many options to choose from; no bad options

continued from previous page
plants in the ground have plenty of room to expand beyond their canopy.

Soil microorganisms are also present absorbing organic matter and converting them into nutrients. Over time the volume of soil disappears in containers and is replaced with roots while this is not the case with those planted in the ground.

The three primary elements necessary for plant growth are

Nitrogen (N), Phosphorus (P) and Potassium (K), also known as NPK. There are 10 or more secondary elements like Boron, Iron, Sulphur, Copper, Magnesium, and others needed in lesser amounts.

Nitrogen is necessary for growth and lush green foliage. It leeches quickly from soils because it is a mobile element, so it needs to be replaced frequently. Phosphorus and Potassium are for fruit and flower

production, aids in the general plant hardness, and remains longer in our soils.

The nutrient/fertilizer analysis is on every bag of fertilizer and is expressed as a percentage. The first number is always Nitrogen (N), next is the Phosphorus (P) and finally Potassium (K). On the back of every fertilizer bag, you'll find a detailed listing of all the elements including the secondary ones.

Some plants fail to bloom

when they are growing too vigorously while others are not affected by the growth cycle.

Light and temperature are two other strong influences in flowering. Low or no nitrogen type fertilizers like 0-10-10 help plants bloom and are applied during the winter months to Bearded Iris, Citrus and others. Gardeners will switch to 0-10-10 with Fuchsias, Tuberous Begonias, and other flowering plants once the desired size has

been reached to maximize color.

Today, we're spoiled as we have many different types of fertilizers to choose from, such as time release, organic, water-soluble and synthetic. They're all right answers, but which one is the best?

I prefer the time-release fertilizers. I then only have to feed a couple times a year to keep plants thriving. For you and your yard, the Nursery Professional at your favorite

garden center is the resource for plant-specific fertilizers and fertilizing.

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](https://www.facebook.com/Buzz.Bertolero)





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Hayward - Larger than you have ever seen YARD SALE 5/4 and 5/5, 9 a.m.-. Here is just a short list of some of the items. Tools, gardening and electrical, tool boxes, drills, socket sets, etc. Furniture, wooden chairs, lot's of dishes, crystal, MOVIES, DVD'S, CD'S 33-1/3, 45's, 78's, record player, picture frames, dolls, 3XL men's clothing, odd's and end's, & MISC. Located at 22608 Madrone St. (X St. "B") Hayward.

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Obituaries

CASTRO VALLEY FORUM OBITUARIES

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

John Charles Starkweather

October 26, 1934 – April 22, 2019

John was born October 26th, 1934 as the son of George Peyton and Enid Gertrude Starkweather. He passed two days after his 68th wedding anniversary to the love of his life, his late wife, Loretta Mae Starkweather. He is survived by his three sons – John Jr. (Ramona), Richard (Penny), and Michael (Shyla). Also surviving him are daughters, Frankie Hunter (Layne), Angelika Carter (Randy), daughter-in-law Courtney, and Glenda Springer, as well as many grandchildren, great grandchildren and great-great grandchildren. He was preceded in death by his son Anthony Lawrence, his parents, two brothers, and one sister.

John was a painting contractor for over 50 years and taught his boys the trade. He was a man of faith, being an example to all who knew him. One of his many pleasures was serving in the Oakland California Temple of the Church of Jesus Christ of Latter-day Saints with his wife Loretta. He also enjoyed the time he spent with the Boy Scouts, the Liahona Club and anything he could do for the betterment of the community.

When you think of John Starkweather you think of Loretta, because they were one. They lived a great love story that everyone should strive to live up to. They will forever be remembered and loved for the examples they set, the memories shared, and the love they gave unconditionally.

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Geraldine (Theis) Jorgensen

December 18, 1934 - April 22, 2019

On April 22, 2019 Gera went home to the Lord and met up again with her beloved husband Harold Jorgensen. Born December 18, 1934 in Chicago, she made her way to California in the 1940s.

She will be dearly missed by sons and daughters Gail, Alan (deceased), Eric, Kim, Mark, Frank, Vince, Julie. Grandchildren Jeni, Tiffany, Matthew, Michael, Jacqueline, Andrew, Hailey, and Kate. Great-grandchildren Aviana, James, Gunner, and all extended family and friends.

Gera loved all children. In lieu of flowers, please donate in her memory to Save the Children.org or other charity.

Please join us for a Celebration of Life Service Sat. May 18th, 11am, CV First Baptist Church, 18550 Redwood Road, Castro Valley.

John Joseph Crone

May 7, 1919 - April 5, 2019

John Joseph Crone of San Leandro, CA passed away on April 5, 2019, in Castro Valley, CA, 32 days short of his 100th birthday. John was born on May 7, 1919, in San Francisco, CA to the late Mildred and Walter Crone. He was the third of eight children and was the last surviving child.

John grew up in Willows, CA graduating from Willows High School in 1937. He then went on to attend the University of San Francisco. Prior to WWII, John started working for International Harvester (IH). During the war he worked in the San Francisco Shipyards. When the war was over, John returned to International Harvester Trucks working in the Parts Department, then as a Field Representative, and eventually becoming the West Coast Regional Parts Manager until retiring in 1978 with 37 years of service. Not ready to fully retire, he went to work for Bayshore International as a manager until retiring in 1984.

John was the husband of the late Lorraine (Smith); and the beloved husband of Mary (Waite) Crone for 72 years. He was preceded in death by his son, James Michael Crone. John is survived by his seven children; sons, Robert Crone (Susan) and Christopher Crone (Pamela); daughters, Patricia Carroll (Thomas), Gail Simmons (Peter), Rosemary Menard, Barbara Hemenez (William), and Deborah Crone-Palio (Richard); his 13 grandchildren, Jon Crone (Lisa), Roger Ficklin (Jennifer), Thomas Carroll (Nicole), Stephen Carroll (Tracy), Meegan Decker (Andy), Kerry Wynn (Marvin), Ryann Shoaf (Paul), Matthew Crone, David Sanford, Travis Hemenez (Carrie), Monica Hemenez, Katherine Crone, Stephanie Crone and 19 great-grandchildren.

John's favorite hobby was woodworking. He made beautiful baby cradles, plant stands, wine racks, cutting boards, rocking horses, and much more for family and friends. The most famous thing he and Mary built was the Crone Family Cabin in Lake Mont Pines, Arnold, CA. He did this with the help of his brothers and many dear friends they met at St. Alphonsus Liguori Catholic Church in San Leandro, CA. John also enjoyed deer and elk hunting in California and Colorado and fishing, especially to Alaska, with family and friends. He and Mary traveled the United States and cruised the world together – there were few places they had not been to. He was an avid A's fan, did two crossword puzzles a day in the newspapers and loved playing poker with the guys. John was also a Third Degree Knight with the Knights of Columbus Council 1615. John and Mary were happiest at the Crone Cabin where they spent many weekends, summers and holidays with family and friends.

All are welcome to attend the Celebration of Life Service at Transfiguration Catholic Church, 4000 E. Castro Valley Blvd., Castro Valley, CA on Saturday, May 11, 2019, at 12:30 p.m., followed by a lunch reception in the hall. Please wear bright colors! In lieu of flowers, please make a contribution to Shriners Hospitals for Children, Attn: Office of Development, 2900 N. Rocky Point Drive, Tampa, FL 33607, or FACE (Family Aid – Catholic Education), 2121 Harrison Street, #100, Oakland, CA 94612.

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LETTERS to the Editor

Fears Soil from Construction Sites will Contaminate Water

Editor:

I, as a Boy Scout of Troop 722 in Castro Valley, have participated in, and even led, many environmental projects around our town.

However, when I attended a MAC meeting on Monday, April 8, for the Communication merit badge, I heard of the prospect of large farmers near Palomares Road dumping soil to help level out their fields.

This soil is sourced from construction sites in Oakland and South San Francisco and is contaminated, seeping into the water table and ruining the ecosystem. As residents of Castro Valley, please speak out against this, and stop pollutants from harming the aquifers and ecosystems of Alameda County.

—Olen Dempsey, Castro Valley

Calls for CVSan Board of Directors to Resign

Editor:

The Castro Valley Sanitary District (CVSan) Board of Directors will be raising our sewer service rates at the May 7th Board Meeting. Residential rates will increase 10% over the next two years (\$439 effective 7/1/2019 and \$458 effective 7/1/2020). Certain commercial rates will increase by 21% over the next two years (e.g. eating places \$6,791 effective 7/1/2019 and \$7,741 effective 7/1/2020).

Also alarming is that CVSan added a new category to be charged sewer service fees: Partial dwelling units such as garages, workshops, and pool houses will also be charged additional residential rates (((\$439 effective 7/1/2019 and \$458 effective 7/1/2020).

Unlike school districts and other local districts, CVSan will never experience a budget crisis. They artificially approve inflated budgets

Letters continue on page 20

Obituaries

Marilyn Jane Leach

April 22, 1926 - April 24, 2019

Marilyn Jane Leach, 93, passed away peacefully on April 24, 2019. Marilyn was born on April 22, 1926 to Frank & Emelia Butler in Oakland CA. Marilyn attended the University of Redlands then transferred to UC Berkeley. In 1952 she married the love of her life, David Leach. Marilyn and Dave had 3 children, Suzanne, Gary & Diana.

Marilyn worked outside the home after the kids were in school. With her strong math skills and organizational talents, she worked in the accounting department at Daughtrey's Department Store in Castro Valley and was a property manager at Lotz Realty in Hayward.

Marilyn had a busy social life meeting friends to play bridge, Women's Club, Y Wives, and attending church at First Presbyterian Church in Castro Valley.

Marilyn also worked to stay fit with exercise and swimming classes, walking around Castro Valley, even occasional golf games with Dave. Marilyn had musical talents as well, playing the piano since she was a child. Marilyn loved to travel with Dave throughout their lives together.

Most of all, Marilyn loved her family - her children (Sue, Gary, and Diana), son-in-law Rick Walters and daughter-in-law LaDonna Leach, grandchildren (Kari, Justin, Katie, Ashley, Kelli, Chanelle, and Carly), their spouses, and her great-grandchildren (Kelton, Brooklyn, Kaiden, Braelyn, Carter, Nola, Ross, Lucas, Seth, and Baby Cardella). She was a wonderful and caring mother and grandmother. The sudden and unexpected loss of her beloved daughter Diana took a tragic and emotional toll on her, but she continued to be a source of strength, love, and care for her entire family.

Through all her years, Marilyn loved to laugh. We will always remember Marilyn's big laugh with her beautiful smile and hold dearly all the memories with her.

A Celebration of Life service will be held on Friday, May 3 at 11 a.m. at the First Presbyterian Church in Castro Valley.

In lieu of flowers, please consider a donation to Hope Hospice who took very good care of Marilyn in conjunction with The Parkview.
www.hopehospice.com



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Children's Memorial Ceremony

The Children's Memorial Statue and Flag at Hayward City Hall was the site of the annual Children's Memorial Ceremony Friday afternoon, which began with a tribute to the children who lost their lives to violence in Alameda County, which included nine children in 2018, adding to a total of about 450 grieving families in the county since the ceremony started in 1996. This number is dwarfed by the nationwide record of child murders which is about 4,000 each year.

Reports: 2 Box Cutters & Meth Pipe

continued from page 3

aggressive-sounding argument sent deputies to a home on Alana Road near Edwards Lane. There, they arrested a 22-year-old woman from Castro Valley on suspicion of damage to private property. The woman admitted she was at a home of a 10-year-plus associate and involved in an argument but denied kicking in a screen door or breaking a window. The victim showed deputies a video of the suspect doing just that. The woman was taken into custody.

Hit with a Bottle

Thursday, April 25: at 2:51 a.m., deputies arrested a 38-year-old woman from Castro Valley on suspicion of assault with a deadly weapon. A call about a loud argument sent deputies to an apartment on Center Street near Grove Way. There they found the woman had been in a relationship argument with her significant other and had hit that person with a bottle on the head. Deputies took the woman into custody. The victim was treated at the scene.

Two Box Cutters And Meth Pipe

Tuesday, April 23: at 8:30 p.m., a 26-year-old man from Castro Valley was arrested on suspicion of possession of illegal drug paraphernalia. Deputies responded to a call from an apartment manager on Wilbeam Avenue near Kerr Street calling to complain about a man wandering around the complex in a shower cap and mumbling to himself. The man was stopped for questioning and found with two box cutters and a glass pipe used for smoking methamphetamine drugs in his

LETTERS to the Editor

Continued from page 18

to justify increasing the rates. While the budget will typically show a deficit, CVSan has had a surplus at the end of each audited fiscal year. The surplus usually ranges from between \$3 million to \$4 million. This surplus is put into CVSan's reserve account to fund extravagant and unnecessary projects. CVSan currently has over \$24 million in deposits. Over \$15 million is in cash deposits with a local bank. The new corporation yard at Center Street will cost the ratepayers over \$10 million.

In spite of all these cash reserves, the Board of Directors recently issued a 30 year \$7.8 million bond. The debt service is \$450,000 per year for the next 30 years. CVSan is also currently repaying a \$4.3 million loan for 20 years with an average debt service of \$215,000 per year.

Our sewer service rates will, without a doubt, be unanimously approved at the May 7th Board meeting. The Board of Directors, as our public servants, should resign, as they do not have the ratepayers' best interests at heart.

—Ken Owen, Castro Valley

ADOPT-A-PET



SIBLINGS HANNAH AND DONOVAN 3 months old, are active, playful and love to wrestle. Hannah, a beautiful black and white tuxedo, loves to run around with a toy mouse in her mouth. Donovan is a handsome black striped tabby. Vaccinated, chipped, FIV/FeLV neg. Both will be neutered in May. For more information, please email: Loveallpawzrescue@gmail.com.

WELCOME ACI!

Beginning today, Alameda County Industries (ACI) will provide recycling, organics, and garbage collection services for the CVSan area.



Upsize Your Carts for Free

CVSan single-family residents can increase the size of recycling and organics carts to the largest 96-gallon size at no extra charge. Additionally, residents can also request a **second 96-gallon recycling cart** at no extra charge!



ORGANICS



RECYCLING

New Items Accepted in Recycling & Organics Carts

- Palm and cactus are now accepted in organics carts.
- Shelf-stable (foil-lined) cartons like soy milk containers and juice boxes are now accepted in recycling carts. Refrigerated cartons will still be accepted in organics carts.



Recycling Guides Coming Soon

All residences and businesses in CVSan boundaries will be mailed guides explaining all the services that ACI will provide.



Contact ACI

www.alamedacountyindustries.com/cvsan
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General Questions:
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Friday, May 10

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Rowell Ranch Rodeo

May 11-19

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*Parade Theme

Public Intoxication at Adobe

Monday, April 22: at 1:05 p.m., deputies arrested two men from Castro Valley for public intoxication at the Adobe Park on San Miguel Avenue near Castro Valley Boulevard. The men were hanging out near the back of the park when deputies arrived. A 27-year-old man was taken without incident. A 25-year-old man was additionally charged with resisting arrest and violating the terms of his parole. Both men were taken into custody.

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S	E	C		A	N	E	W		S	K
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S	C	H	U	S	S		L	A	N	A
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O	R	E	O		O	R	B		L	A
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