

CELEBRATE TUESDAY
WITH TASTY PANCAKE
RECIPES TO FLIP FOR

Mardi Gras

PAGE 5

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 31

WEDNESDAY, FEBRUARY 27, 2019

NO. 8

INSIDE YOUR FORUM

NEWS



Hall of Fame

Fourteen local women to be recognized at awards ceremony next month

Page 2

NEWS



Youth Leadership

CV Rotary showcases six leaders of the future at luncheon meeting

Page 3

AUTO



Nice Ride

Lexus rolls out its flagship sedan: the LS500 and the hybrid LS 500h

Page 7

CV BART BENCH AT CENTER OF LOCATION FRUSTRATION

By Michael Singer
CASTRO VALLEY FORUM

There is a concrete bench just outside the entrance to the Castro Valley BART station where people can sit while waiting for a ride. But it's the colorful ceramic mosaic adorning the seat that is catching people's attention of late.

Three tiles at the top read out, "Hayward," "Farmers," and "Market."

"It's very unfortunate that the bench says Hayward when the weekly Castro Valley Farmers' Market is held about 100 feet away from this bench," Castro Valley resident Pamela Boyver told the Castro Valley Forum. "It's hard enough to get signs around town that say Castro Valley, so this is very frustrating."

Boyver is one of a dozen community organizers who is hoping to swap out the single tile or even replace the bench entirely to correctly reflect its Castro Valley address. The group has been haggling with BART and the artist for the last five years only to realize the bench and its Hayward tile are staying put for now.

The bench was a gift from East Bay Paratransit, which is why it sits at the foot of the pickup and drop off sign outside of Castro Valley BART, according to BART see **BENCH** on page 6



PHOTOS BY DEBBIE TEE



The concrete bench just outside the entrance to Castro Valley BART station reads: Hayward Farmers Market.

PHOTO COURTESY OF CASTRO VALLEY MATTERS



Recently, handwritten notes reading "Castro Valley" have been spotted covering the Hayward tile.

Apartment Project Approved for San Lorenzo Village

By Amy Sylvestri
CASTRO VALLEY FORUM

The Alameda County Planning Commission voted to approve a new apartment complex with retail stores in San Lorenzo Village last week, despite a last-minute push from a trade union group opposing it.

But some San Lorenzans are happy to see any development on the site, which has been empty in the middle of town for the past 25 years.

Developer Demmon Partners got the go-ahead to build an art deco style mixed-use project with 163 market-rate units in five build-

ings along Hesperian Boulevard and Via Arriba at the old Mervyn's site, which has been empty since 1994.

The 5.1-acre parcel would be developed with three- and four-story apartment buildings, a pool, dog park, open space on the rooftop and a shuttle to BART.

Demmon has plans for 233 off street spaces, including 109 spots in the garage. There would be 33 parking spaces for the retail shops and 60 on-street spots along Via Arriba and Via Mercado.

There will be 12,000-square-feet of retail space on the corner of Hesperian Boulevard and Paseo Grande, with room for at least six

different shops ranging from 1,300 to 2,600-square-feet. As part of the project, developer Terry Demmon said they will also remodel the marquee on the Lorenzo Theatre across the street.

The Planning Commission approved the project by a 4-1 vote, with Commissioner Jim Goff dissenting. Goff said he wasn't completely satisfied that the project was best for the area and thought San Lorenzans might want more of a community hub in the centrally-located site.

Public speaker Randy Wage suggested that more of the community could benefit from the see **PROJECT** on page 7



An art deco apartment building will be constructed in the vacant space in San Lorenzo Village where the Mervyn's store was demolished 25 years ago. The 5-acre parcel will have apartments, a pool, dog park and a shuttle to BART.

INDEX

Auto	7
Classified Ads	8
Community Calendar ...	4
Crosswords	10
East Bay Living	5
Homes	11
Horoscope	10
Obituaries	10
Sports	6
Weather	2

PHONE: (510) 537-1792

Castro Valley Weather Feb. 27 - March 3, 2019



Wednesday
Showers
High 63° Low 48°



Thursday
Partly Cloudy
High 57° Low 40°



Friday
Partly Sunny
High 58 Low 44°



Saturday
Rain
High 56° Low 48°



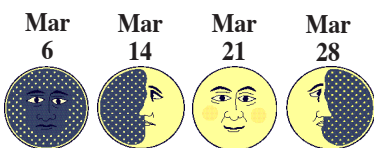
Sunday
Mostly Cloudy
High 61° Low 34°

Almanac



Past Week's Rain: 00.30
Season To Date: 17.90
Normal To Date: 17.09
Season Average: 21.22

Moon Phases



Sun sets at 6:00 p.m. today, rises at 6:43 a.m. Thursday.

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

ESTATE LIQUIDATION
Estate Sales & Consignments
Cell- 882-3242

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

COMMIT YOUR FAMILY TO BE FIT!

*We Are Different From Other Fitness Clubs.
We Have A Family Atmosphere!*

**Full Gym • Over 40 Group Exercise Classes • Lap Swimming Year-round
Aqua Aerobics • Swim Lessons • Pro Tennis Lessons • Kids Pool
Pickleball & \$1Babysitting**

NO INITIATION FEE!*

**Save \$400 - \$800
& FEBRUARY FREE**

*When you join early and pay
your first 2 months dues.
Subject to change without notice.
Offer exp. 3/1/19

GUEST TICKETS HALF PRICE.
Offer Exp. 2/28/19



**1 FREE
Pro Tennis Lesson
for Child/Adult**

**Join Our Club Where
Everyone Knows Your Name.
Be A Part Of Something!**

Bay-O-Vista



**Private Family Fitness,
Gym, Swim & Tennis Club**

**Check Us Out on Facebook or Our Web-
site. Look for All Features & Benefits.
WWW.BOVSWIM.COM**

**LIMITED
AVAILABLE
SLOTS**

**FREE* 20 Hour
Babysitting Card**
With New Feb. Membership

Monthly Dues for
Families = \$218

Monthly Dues for
Singles = \$212

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

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

510-357-8366 • swim@bovswim.com



The Castro Valley Sanitary District staff and board members accept the "Collection System of the Year" award from the California Water Environmental Association.

CVSan Receives Two Awards

The Castro Valley Sanitary District (CVSan) recently received two state-wide awards recognizing its efforts in maintaining a high quality sewer system and preventing workplace injuries.

On Jan. 18, the district was named the California Water Environmental Association's "2018

Collection System of the Year" in the San Francisco Section Small Collection System Category.

The award recognizes CVSan's outstanding efforts and achievements in servicing and protecting its sewer system, which have resulted in there being no sewer overflows in the past year.

The following week, CVSan received the California Sanitation Risk Management Authority's 2018 Workers' Compensation Excellence Award, for its safety procedures to reduce workplace hazards which have resulted in CVSan staff not losing any time due to a workplace injury in over 12 years.

14 Local Leaders to be Inducted Into the Women's Hall of Fame

Fourteen local women, representing Alameda County's diversity and remarkable range of achievement, will be inducted into the county's Women's Hall of Fame at its 26th Annual Awards Ceremony March 30 in Oakland.

This year's inductees are:

- Kristin Groos (Business & Professions), co-founder and CEO of Revolution Foods in Oakland.

- Moina Shaiq (Community Service) of Fremont, who launched the "Meet a Muslim" program to dispel common misunderstandings about the Islamic faith.

- Carol A. Zilli (Culture & Art), founder and Executive Director of Music for Minors II, a volunteer program that provides music enrichment to elementary students in and around her hometown of Fremont.

- Margaret Dixon (Education), who parlayed her love for teaching and police work into a career serving residents of her native Oakland.

- Kimberly Larson (Emerging Leader), an Alameda County firefighter who mentors young women who are interested in careers in the fire service.

- Erica Mackie (Environment), co-founder and CEO of GRID Alternatives of Oakland, the nation's largest nonprofit installer of solar power equipment.

- Maria G. Hernandez, Ph.D. (Health) president of Impact4Health, an Oakland consulting firm that leverages innovation and community engagement to address healthcare disparities.

- Spojmie Nasiri (Justice) of Pleasanton, a leading immigration attorney who conducts free clinics in jails and in the community, while representing people affected by the federal travel ban.

- Thi Bui (Non-Traditional Careers), an award-winning cartoonist and author whose debut graphic memoir honors her family's immigration journey from war-torn Vietnam to the U.S.

- Peggy Saika (Philanthropy), CEO of the Oakland-based Common Counsel Foundation, which provides philanthropic support to those working for justice, equity and a healthy, sustainable environment.

- Susan Hubbard, Ph.D. (Science), an internationally recognized earth and environmental and Associate Laboratory Director for Earth and Environmental Sciences at the Lawrence Berkeley National Laboratory.

- Teri Johnson (Sports and Athletics), a teacher and coach at Union City's James Logan High School and a legendary figure in high school and youth softball coaching.

- Laura Savio (Youth), a senior at Mission San Jose High School in Fremont who, in the face of significant challenges at home, has become a community leader by educating others about teen dating violence and healthy relationships.

- Akemi Williams (Youth, a senior at Dublin High School and volunteer who has given her time to community projects throughout Alameda County, and in Haiti and Ghana.

The Luncheon and Awards Ceremony will take place at 12:30 p.m. on Saturday, March 30, at the Greek Orthodox Cathedral, 4700 Lincoln Ave., Oakland. For tickets (\$100), visit whof.acgov.org.

Proceeds of OLG's 'Penny War' to Benefit Fire Victims

Our Lady of Grace School in Castro Valley raised \$1,516.62 for the victims of last fall's devastating California wildfires, during a week-long "war" of a different sort at the school's Catholic Schools Week observance at the close of January.

Students in TK through Grade 3 squared off against the students in Grades 4-8 in a Penny War, with both sides filling their respective jug with pennies and bills.

However, each side could toss in nickels, dimes and quarters into the other side's jug, which meant a deduction from that side's eventual total.

When all the coins were tallied and subtractions were made, it was the younger students who prevailed with a net total of \$515.57, earning a longer lunch period and a sweet treat for their efforts. Students in grades 4-8 mustered a net total of \$292.60.



PHOTO BY JIM NEGRI

AT CASTRO VALLEY ROTARY: Back row, from left, CV Rotary President Charles Mortimer, RCHS Senior Joseph Carlton, RCHS Senior Vanessa Harris, CVHS Junior Nick Bellison, CVHS Senior Jada Liu, and Camp RYLA Program Chair Bruce D Johnson; front row, CVHS Junior Jessica You and RCHS Senior Madison Shasky.

Rotary Hosts Student Leaders

The Rotary Club of Castro Valley showcased leaders of the future as it hosted six students from Castro Valley and Redwood Christian high schools at last week's luncheon meeting.

The club had sponsored the students' attendance at the week-long, 2018 Camp RYLA (Rotary Youth Leadership Award) in Scotts Valley. The student campers presented an outstanding program regarding how Camp RYLA was personally significant to each of them.

They shared not only a typical day at the venture, but the various

life lessons that they learned as campers and how those experiences are helping them now as well as shaping their future.

Camper Nick Bellison collected video and pictures from the campers and Rotarians Jim Negri and Bruce D. Johnson presented a tremendous video presentation for Club members to experience.

The Rotary Club of Castro Valley is committed to training, supporting, and challenging leaders at all levels, especially high school students. Both Negri, past president of the club, and Johnson, who is the RYLA coordinator, attend

the end-of-camp BBQ each year.

"RYLA is an outstanding learning experiences for these students," said Negri. "It is truly amazing to watch 200 high school students come together for the week and bond while developing their leadership. I always return from RYLA knowing that the future is in good hands."

The "payback" for the Rotary Club of Castro Valley and the community will be the tremendous impact that these students will have as future leaders.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Wanted Man

Saturday, February 23: at 9:04 p.m., Sheriff's deputies arrested a 62-year-old man from Castro Valley as part of a warrant issued for his capture. The man was smoking a cigarette outside a home on Sprague Court near Somerset Avenue when deputies stopped him for questioning. The man was previously charged with possession of stolen property. Deputies took the man to Santa Rita Jail pending \$5,000 in bail.

Domestic Assault

Saturday, February 23: at 5:18 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on James Avenue near La Casa Lane. There, they arrested a 52-year-old woman from CV on suspicion of assault on a family member. Deputies took the woman into custody. The victim was treated at the scene.

Friday Night Foot Patrol

Friday, February 22: at 7:45 p.m., deputies arrested a 51-year-old man with no permanent address on suspicion of possession of illegal narcotics. The man was hiding behind a grocery store on the Boulevard at the same time deputies were conducting a foot patrol in the area. The man was also wanted as part of a warrant issued for his capture. He was taken to Santa Rita Jail pending \$2,500 in bail.

Public Intoxication

Saturday, February 23: at 2:10 a.m., a 57-year-old man from Hayward was arrested on suspicion of public intoxication. He also had a warrant issued for his arrest. Deputies stopped the man for questioning outside a gas station on Castro Valley Boulevard near Redwood Road after they noticed him having a hard time standing up straight. The man was handcuffed and taken to Santa Rita Jail pending \$5,000 in bail.

Drunken Spousal Abuse

Friday, February 22: at 10:00 a.m., deputies arrested a 65-year-old man from Castro Valley on suspicion of spousal assault and public intoxication. The man was in front of an apartment on Center Street near Grove Way when deputies arrived. The wife said the suspect kicked her to the ground and showed a bleeding hand. The man failed his field sobriety test and was taken into custody. The victim was treated at the scene.

Malt Liquor Mayhem

Friday, February 22: at 10:12 p.m., a 42-year-old man with no permanent address was arrested on suspicion of public intoxication at a grocery store on Redwood Road near Castro Valley Boulevard. He was also wanted as part of a warrant issued for his arrest. Deputies were flagged down by a store employ-

ee who said the man was walking around, drinking from a tall can of malt liquor, and refusing to leave the store. Deputies handcuffed the man and took him to Santa Rita Jail pending \$2,500 in bail.

Trio Doing Drugs In the Parking Lot

Friday, February 22: at 10:27 a.m., three people were arrested on drug-related charges in the parking lot of the 580 Market Place shopping center. Deputies stopped the trio for questioning after a passerby noticed they were taking drugs in a parked car. A 44-year-old man from San Lorenzo, a 36-year-old woman from Livermore, and a 24-year-old man from Pleasanton were arrested in the incident and all taken into custody.

Couple's Quarrel Reveals ID Scams

Thursday, February 21: at 6:59 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Somerset Avenue near Alvertus Avenue. There they found a 28-year-old man from Castro Valley and a 31-year-old woman from Hayward engaged in a heated and physical altercation. Deputies also found the couple with an extensive collection of stolen identification cards, counterfeit passports, and ID-making devices. Both suspects

see **REPORTS** on back page

'Stocks: The Nuts and Bolts' Workshop Offered March 12

Edward Jones & Company in Castro Village will present a workshop on the basics of investment strategies from 5 to 6 p.m. on March 13 at the 20640 Patio Drive.

The session will cover the differences between common and preferred stock, dividends and different ways to own stock. Seating is limited. Register by March 11 at 510-886-3636.

FREE In-Home Consultation!



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

"Quality Home Theater at a Reasonable Price"

510-473-2887

Castro Valley

brian@nextstepae.com | www.nextstepae.com



NextStep
AUDIO ENHANCEMENT

HTM HARDSCAPE

ALL TYPES OF CONCRETE WORK

-DRIVEWAY & WALKWAY

-PAVERS

-ARBORS

-RETAINING WALLS

CALL DAVID FOR FREE ESTIMATE

(650) 471-5483

LIC.#867115



Tender Loving Care Pet Grooming

26 Years Experience

Walk-Ins Welcome

DOG GROOMING: Just

Sm. Dog \$40+ Med. Dog \$50+ Lrg. Dog \$65+ Includes: Bath, Haircut, Ear Cleaning, Anal Cleaning, Nail Trimming, Brush Teeth

BATH: Only

Sm. Dog \$30+ Med. Dog \$40+ Lrg. Dog \$45+ Nail Trimming Only, \$5 to \$8

CAT GROOMING: \$65 (Exp. 3/31/19)

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

16242 E. 14th Street, San Leandro

PAMPER PALACE HAIRCUT & BEAUTY

15% Off Skincare
Regular Prices

Gigi Chen 芝 芝 510-305-6291

Rowena 510-538-8897

Open: Tuesdays to Sundays

22156 Redwood Rd, Castro Valley

HAIR STATION FOR RENT

HUGE COMMUNITY-WIDE

RUMMAGE SALE

FOR CHARITY



MARCH 2 - 9AM - 3PM

MARCH 3 - 12PM - 4PM

FIRSTPRES HAYWARD - GYM
2490 GROVE WAY
CASTRO VALLEY, CA 94546

WWW.GIVE2023.ORG

Old World Charm



ONLY \$249 BOTH PIECES

2-Piece Desk & Chair
Old-World Map Leatherette desktop

"Make your house a Dupree's home"
Dupree's FURNITURE

EASY LAYAWAY & FINANCING AVAILABLE
44 Years Experience 1900 E. 14th St. • San Leandro
357-3000

www.Duprees-Furniture.com

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

The Week Ahead

● Wednesday, February 27: Senior Driver Safety Seminar

Seniors can stay safe and save money by registering for the Castro Valley Library's popular senior driving program from 1 to 3 p.m. today. Conducted by the California Highway Patrol, the seminar will include Compensating for Age-Related Changes, Tuning-Up Driving Skills, Rules of the Road, Safe Driving Tips; and more. On completion, participants will receive a certificate for completing the course which may entitle them to an automobile insurance discount. To register (required) for this free class, call the Library Information Desk at 510-667-7900.

● Thursday, February 28: Cancer Workshop / Yoga

Eden Medical Center is kicking off its 2019 cancer workshops with Yoga for Self-Care from 5:30 to 7:30 p.m. tomorrow at the Medical Office Building at 20101 Lake Chabot Road, 2nd floor. This workshop is open to people with cancer, those who have already completed treatment, and caregivers and families. Learn how to reduce stress. Call Cancer Support Community for information or to register, at 925-933-0107

● Thursday, February 28: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting at 7 p.m. tomorrow in the boardroom at 4400 Alma Avenue. For the agenda and board packet, visit bit.ly/CVUSDBBoardMeetings

CASTRO VALLEY FORUM CASTROVALLEYFORUM.COM

ESTABLISHED: 1989 • CIRCULATION 22,500
© 2019 EASTBAY PUBLISHING CORPORATION - ALL RIGHTS RESERVED

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

Fred Zehnder, Editor & Publisher
fredz@ebpublishing.com

Howard Morrison, Assoc. Publisher
howardm@ebpublishing.com

Helen Burkett, Advertising Design Mgr.
helenb@ebpublishing.com

Moxie Morrison, Layout Design
moxmore@yahoo.com

Claudette E. Morrison, Business Mgr.
cm@ebpublishing.com

Patrick Vadnais, Classified Ads / Obituaries
patrickv@ebpublishing.com

Mary Florence, Advertising Sales
861-3270 Maryflorence798@gmail.com

Linda Nakhai, Advertising Sales
510-915-1513 lnakhai@comcast.net

Amy Sylvestri, News
amys@ebpublishing.com
510-614-1561

Jim Carrizo, Sports
jimcvsports@gmail.com
510-967-3759

Contributing Writers:

Linda Sandsmark
Michael Singer
Gene Osofsky
Carl Medford
Terry Liebowitz
Amy Ramos
Linette Escobar
Thomas Lorentzen
Buzz Bertolero

● Friday, March 1: Eden Area Village Public Outreach

Join Eden Area Village at Hayward City Hall at 2 p.m. this Friday and meet some of the members, and hear about how they are working to help seniors in the Castro Valley/Hayward/San Lorenzo area to remain in their homes and engaged in our community. Visit edenareavillage.org

● Saturday, March 2: Big Spring Flea Market

The Aitken Senior & Community Center at 17800 Redwood Road will hold its Annual Indoor Spring Flea Market from 8 a.m. to 1 p.m. this Saturday, at 17800 Redwood Road. More than 50 vendors will be selling one-of-a-kind items, great bargains and unique treasures. There will also be a snack bar with goodies, so bring your appetite. Everyone is invited to this free event. For more info, call 510-881-6738.

● Saturday, March 2: Community Garden Open House

See what your neighbors are growing at Paradise Community Garden, 20095 Mission Blvd., Hayward from 10 a.m. to 4 p.m. Saturday. Julio Contreras of Joe's Honey will present a free workshop "The Buzz About Beekeeping" at 11 a.m. Live music, snacks and coffee, Chamber of Commerce pop-up mixer, crafts, body work, native plant sale. Rent your own garden box. Questions? Rick Hatcher 510-909-4077.

● Saturday & Sunday, March 2-3: Rummage Sale Fundraiser

A huge community-wide rummage sale benefiting kids in the Philippines and Brazil will be held from 9 a.m. to 3 p.m. this Saturday, March 2, and from noon to 4 p.m., and on Sunday, March 3, at First Presbyterian Church Gym at 2490 Grove Way in Castro Valley. Cash and credit cards accepted. \$10 early-bird from 8 to 9 a.m. on Saturday.

● Sunday, March 3: Piano Concert

International First Lady of Piano, Dr. Teresa Walters, who captivates audiences with her astonishing playing, will perform works by Franz Liszt and J.S. Bach at 2 p.m. on March 3 at Faith Lutheran Church, 20080 Redwood Road, Castro Valley. All are welcome. Suggested donation \$20. For info, call (510) 582-0818.

● Tuesday, March 5: Buon Tempo Family Dinner

Chef Joseph Sotello and his crew will be serving a five course family style dinner of Corned Beef and Cabbage at Buon Tempo's family-style dinner on March 5 at 7 p.m. in Mt. Tabor Hall, Transfiguration Church, 4000 E. Castro Valley Blvd., Castro Valley (located across from the 580 Marketplace). Red and White Wine and soda are also included. Happy hour is at 6:00. The dinner is \$15 for members, and \$20 for non-members. Make reservations by Friday, March 1, by calling the Buon Tempo dinner line at 510-483-6929 (option 1). For more info about events or membership, visit www.buontempo.org

● Tuesday, March 5: Rotary: California Earthquake Authority

Lynda Foster with the CEA will discuss Protecting, Mitigating, and Recovery as well as retrofit programs for Californians after a major quake at the next Rotary Club of Castro Valley buffet lunch at Redwood Canyon Golf Course, 17007 Redwood Road, from noon to 1:30 p.m. Tuesday. The cost of lunch is \$15 and reservations must be made by 9 p.m. on March 3, by contacting Rotary at cvrotary@iCloud.com or 510-402-5123. More info at castrovalleyrotary.org

● Tuesday, March 5: Ohlone Audubon Meeting

Jill Hedgecock will speak on "Birds and Rhinoceros Poaching: The Best and Worst of South Africa and Botswana" at the next meeting at 7:30 p.m. in the Palo Verde Room at the Robert Livermore Community Center 4444 East Ave., Livermore. Free, refreshments served. For more info visit www.ohloneaudubon.org

● Thursday, March 7: Crash Simulation

A simulation of the aftermath of a car crash will be held on March 7 at Castro Valley High School. Be aware that any sirens or helicopter landings that you hear near the school will be fake.

● Friday, March 8: International Women's Day Celebration

"Education Transforms the Lives of Women and Girls" is the theme of the Hayward International Women's Day Celebration from 5-8 p.m. March 8 at Hayward City Hall (free parking at garage across Watkins Street) featuring an evening of dynamic speakers and fellowship. Co-sponsored by the AAUW of Hayward and Castro Valley. RSVP to www.hayward-ca.gov/womensday19

● Saturday, March 9: Hearing Loss Association Meeting

Michael Gavin from Community Resources for Independent Living will speak at the March 9 meeting, presenting and demonstrating adaptive equipment with a focus on hearing loss. 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 on Saturday. info@hearinglosseb.org or 510-221-6080.

● Saturday, March 9: Rotary's Texas Hold 'em Fundraiser

The Rotary Club of Castro Valley presents the 12 Annual Tournament and Dinner Dance, with music, dinner, dancing, drinks and professional dealers, at Stack Center, Our Lady of Grace Church, 3433 Somerset Ave. Doors open at 5, play begins at 6. Great prizes for the Top 10 finishers, including a vacation package, big-screen TV and more. \$200 entrance fee, \$100 buy-in options, \$60 dinner-only. Adults only. Registration closes tomorrow, February 28. For more information or to register, call 510-402-5123 or email michaelakt121668@gmail.com or visit www.castrovalleyrotary.com and click on the registration button.

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.

● **"Mamma Mia!"** The Musical, will be presented by Castro Valley High School at 7 p.m. on March 15, 16, 22, 23, and at 2 p.m. on March 17 and 24 at Center for the Arts. This smash hit, based on the songs of ABBA, follows the adventures of Sophie, a young woman who wants to discover the identity of her father. Bring the whole family and be prepared to have the time of your life! *For tickets (\$18-\$21) see above.*

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"Ah Wilderness,"** a nostalgic coming-of-age story by Eugene O'Neill that introduces the Miller Family on the 4th of July in 1906, will be presented by the Douglas Morrisson Theatre, 22311 N. Third St., Hayward through March 3. The play offers a backward glimpse into middle-class family life in turn-of-the-century America, providing a tender, retrospective portrait of small town family values, teenage growing pains, and young love. Showtimes are 8 p.m. Fridays and Saturdays, 2 p.m. on Sundays and on Saturday, March 2. For tickets (\$29, senior discounts available), call 510-881-6777.

● **"Odd Man Out,"** an original show featuring popular radio host and author Marty Nemko, takes the audience on an amazing journey from his earliest years as a lonely kid to his life today, will be presented as a benefit for Chanticleers Theatre at 3683 Quail Ave. in Castro Valley Community Park for one night only, March 3 at 7 p.m. at the theatre. For tickets (\$25-\$20), visit chanticleers.org or call 510-733-5483.

● **Youth Orchestra of Southern Alameda County** will present its Winter Concert at 3 p.m. this Sunday, March 3, at Cal State East Bay, Music Building, Recital Hall. YOSAC Concert Orchestra, Symphony Orchestra and the Horizons Ensemble will perform their works. For information or tickets (\$10 general, \$5 seniors/students), visit www.yosac.com. YOSAC was started by parents, teachers and music professionals to augment school instrumental programs.

ART GALLERIES & ART INSTRUCTION

● **Art, Space, Transcendentalism and Art, Part 1:** See a 30-minute video compilation exploring American Transcendentalism, Ralph W. Emerson, ideological roots in American Revolution and Romanticism in Europe, and how these ideas lead to the landscape painting of 1800s Hudson River School, plus open studio time for still life painting and drawing (\$5) from 2 to 4 p.m. this Saturday, March 2, at the Adobe Art Center, 20395 San Miguel Ave., Castro Valley. Part 2, on March 16, looks at influential philosophies from India, Zen and painting, and contemporary transcendental art and techniques.

● **"New Beginnings,"** A.R.T., Inc.'s members-only unjuried (all submissions are accepted) exhibit, is currently on view at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. The judge is Edward Bertolet. The exhibit ends on March 9.

● **Artist Open Studio Every Thursday:** Join this informal gathering of artists working together in a friendly and helpful atmosphere. Adobe Art Center hosts provides tables, chairs and easels. \$3. Thursdays 10 a.m. to 2 p.m. in the Redwood Studio 1 at the Adobe Art Center, 20395 San Miguel Ave, Castro Valley.

HOROSCOPE by Salomé

© 2018 King Features Synd., Inc.



ARIES (March 21 to April 19) Take time from your busy schedule to check out what's going on around you. You might find that someone has been secretly trying to pull the wool over those beautiful Sheep's eyes.



TAURUS (April 20 to May 20) Once again, the Bovine's boldness pays off in uncovering the source of a disturbing workplace situation. Your personal life calls for patience, as a certain matter plays itself out.



GEMINI (May 21 to June 20) Forget about going all out to impress someone in your personal life. Just being yourself is all that matters. A workplace decision will need more time. Don't rush into it.



CANCER (June 21 to July 22) Some supersensitive Crabs might take offense at what they perceive as a slight. But a closer look points to a simple misunderstanding. The weekend holds a welcome surprise.



LEO (July 23 to August 22) Sure, you can roar your head off over someone's failure to keep a promise. But the wiser course would be to ask why it happened. Be prepared for an answer that might well surprise you.



VIRGO (August 23 to September 22) A developing relationship needs time to find its direction. So please be patient and resist pushing things along. A recently cooled-down workplace situation could heat up again.



LIBRA (September 23 to October 22) Congratulations. Your well-thought-out proposal seems to be working. Someone who hasn't agreed with you on most things in the past could turn out to be one of your major supporters.



SCORPIO (October 23 to November 21) Things seem to be going well. However, you can still expect criticism -- some of it pretty heavy. But as long as you can back up your position, you'll be able to rise above it.



SAGITTARIUS (November 22 to December 21) Getting together with people who care for you is a great way to get that ego boost you might feel you need at this time. Things start to look brighter by week's end.



CAPRICORN (December 22 to January 19) You should be able to continue with your plans once you get past those temporary delays. Surprise, surprise. An offer to help comes from a most unlikely source.



AQUARIUS (January 20 to February 18) Prioritizing your tasks is important this week because of all those demands you have to deal with. The pressure eases in time for you to enjoy the weekend.



PISCES (February 19 to March 20) Save your energy and stay focused on what has to be done, despite all those distractions you're likely to face. You should see some evidence of real progress by week's end.



Birthright Of San Lorenzo

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

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

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

24-HOUR HELPLINE
1-800-550-4900

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

Check us out at: www.birthrightofsanlorenzo.com

Text and Email: info@birthrightofsanlorenzo.com

Get Out the Griddle...Pancake Day is Coming Up!

Next Tuesday is Mardi Gras (literally "Fat Tuesday"), or Shrove Tuesday – the last day to feast before Lent. But for most of us, it's just Pancake Day. Or Hot Cake day. Or Flapjack Day. (We report, you decide!)

Practically no one makes pancakes from scratch these days, but doing so yields a better cake than any packaged mix or frozen batter.

Making good pancakes depends on only three factors – mixing the batter to the right consistency, heating the griddle properly, and recognizing when to turn the cakes.

The batter should be stirred just enough to moisten the dry ingredients and should remain lumpy. Overmixing makes pancakes tough. For best results, cover the batter and refrigerate an hour or so (or overnight) so the flour expands and absorbs the moisture.

Preheat the griddle over medium heat. It's ready when a few drops of cold water sizzle and dance when sprinkled onto the surface. If the water sits and boils, the griddle isn't hot enough. If it evaporates instantly, reduce the heat.

Brush the griddle lightly with oil, butter or margarine (unless it has a nonstick surface).

Pour the batter close to the griddle surface to keep the pancake round.

Pancakes are ready to turn when bubbles form and begin to break on the upper surface and the edges look dry. Normally, the first side needs to cook two or three minutes, but the second side will cook in about half that time. Turn pancakes only once. They should turn out golden brown, light and tender. They're best served at once.

Other pancake-making tips:

- Heavy-bottomed pans, such as seasoned cast iron, work best. Or, to cut calories and reduce sticking, use a nonstick pan.
- To cut down on cholesterol, substitute 2 egg whites for every whole egg and use low-cholesterol vegetable oil, such as canola.
- Cook a trial pancake first to

check the consistency of the batter. Typically, 1/4-cup of batter forms a 5-inch pancake.

- If necessary, keep already cooked pancakes warm on a cake rack set over a baking sheet in a 225°F oven.

GOLDEN PANCAKES

- 1-1/2 cups all-purpose flour
- 3-1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon sugar
- 1-1/4 cups milk
- 1 egg
- 3 tablespoons butter, melted

In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix just enough to moisten dry ingredients.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour the batter onto the griddle, using about 1/4 cup for each pancake. Brown on both sides and serve hot. Makes about 8 pancakes.

BUTTERMILK PANCAKES

- 1 cup flour
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1 egg
- 1 to 1-1/4 cups buttermilk
- 2 tablespoons butter, melted

Combine flour, sugar, salt and baking soda in bowl. Set aside.

In separate large bowl, beat egg and blend in 1 cup buttermilk. Add dry ingredients to egg mixture and blend until flour disappears. Blend in melted butter. Add up to 1/4 cup more buttermilk, if thinner pancakes are desired.

Pour 1/4 cup batter onto hot griddle, lightly greased with butter. Cook until edges look dry and bubbles form and begin to break on upper surface. Turn and cook second side. Makes about 14 (3-inch) pancakes.



For Blueberry Buttermilk Pancakes: Stir in 2/3 cup well-drained canned blueberries or 1 cup fresh or thawed frozen blueberries just before cooking. Serve with blueberry syrup or sour cream and additional blueberries.

BUCKWHEAT PANCAKES

- 3 eggs
- 1 teaspoon salt
- 2 tablespoons sugar
- 2-1/2 cups milk
- 2 cups cake flour
- 2 cups buckwheat flour
- 2 tablespoons baking powder
- 1/4 cup butter, melted

Blend together eggs, salt and sugar in bowl. Stir in milk. Sift together the flours and baking powder in a large bowl. Whisk in egg mixture. Add melted butter and mix until ingredients are well moistened.

Do not overmix!

Let stand for about 20 minutes. Batter will be thick.

Drop by scant 1/4 cupful onto lightly greased griddle and cook until underside is lightly browned and the top is starting to bubble. Turn and cook other side until brown and dry. Makes about 30 cakes (8 servings).

OVERNIGHT SOURDOUGH PANCAKES

- 2 cups buttermilk
- 3 slices dry whole-wheat bread
- 1 packet active dry yeast
- 1 cup flour
- 1 tablespoon sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 large eggs, lightly beaten
- 1 tablespoon melted butter or vegetable oil

Heat 1 cup buttermilk to lukewarm. Break the bread into pieces

and place in a large mixing bowl; sprinkle with yeast. Pour warmed buttermilk over, cover and let stand at room temperature 12 hours or overnight.

The next morning, sift flour, sugar, baking soda and salt. Add to bread mixture. Add eggs, remaining 1 cup of buttermilk, and the melted butter and mix.

Heat a lightly oiled griddle over medium heat. Use 1/4 cup batter for each pancake. Cook, turning once until golden on both sides. Makes 15 pancakes.

WHOLE-WHEAT PANCAKES

- 2 cups whole-wheat flour
- 2 teaspoon baking soda
- 1 teaspoon salt
- 2 cups buttermilk
- 2 eggs
- 2 tablespoons butter
- 2 tablespoons honey

Whisk together flour, baking

soda, and salt. In a separate bowl, whisk together buttermilk, eggs.

Melt butter and stir in honey until dissolved. Add to buttermilk.

Whisk wet ingredients into dry ingredients until just combined (mixture will be lumpy).

Heat a griddle or large cast iron skillet over medium heat. Grease lightly with oil.

Spoon batter onto griddle 1/3 cup at a time. Cook until edges are set, 3 to 4 minutes. Flip, and cook until golden brown, about 2 minutes. Yields 5 servings.

CORNMEAL PANCAKES

- 1/2 cup whole wheat flour
- 1/2 cup all purpose flour
- 1/2 cup cornmeal
- 2 tablespoons sugar
- 1-1/4 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1-1/2 cups buttermilk
- 1/4 cup whole milk
- 3 tablespoons butter, melted and cooled
- 1 large egg, lightly beaten

Whisk together flours, cornmeal, sugar, baking powder, baking soda and salt. In a separate bowl, whisk together buttermilk, milk, butter and egg.

Whisk wet ingredients into dry ingredients until just combined (mixture will be lumpy).

Heat a griddle or large cast iron skillet over medium heat. Grease lightly with butter.

Spoon batter onto griddle 1/3 cup at a time. Cook until edges are set, 3 to 4 minutes (bubbles won't appear as with traditional pancakes). Flip, and cook until golden brown, about 2 minutes. Repeat with remaining batter, adding more butter to griddle and keeping prepared pancakes warm on a baking sheet in the oven.

LEGAL NOTICE

FILED
JANUARY 18, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 554251

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

The name of the business:
LifeStyle Reset Health & Fitness Coaching
located at 20579 Santa Maria Ave., Castro
Valley, CA 94546, in Alameda County is
hereby registered by the following owner(s):
Aileen Cancino, 4809 Woodbridge Way, Antioch,
CA 94531. This business is conducted by
an individual. This business commenced
on 01-18-19.
/s/Aileen Cancino
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.
Expires JANUARY 18, 2024
FEB. 6, 13, 20, 27, 2019
0001-CVF

FILED
FEBRUARY 06, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 554995

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

The name of the business:
Call W1 located at 15765 Via Arroyo, San
Lorenzo, CA 94580, in Alameda County is
hereby registered by the following owner(s):
Emmanuel V. Cabigao, 15765 Via Arroyo,
San Lorenzo, CA 94580. This business is
conducted by an individual. This business
commenced on N/A.
/s/Emmanuel V. Cabigao
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.
Expires FEBRUARY 6, 2024
FEB. 13, 20, 27, MAR. 6, 2019
0002-CVF

On Sale in February!
American Heart Month!

NORDIC NATURALS

25% OFF

Since 1969

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

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

Health Day Spa

FACIAL\$40

HOT STONE 60 minutes....\$50

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

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

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

Cannot be
combined
with any
other
offers.
Exp. 3/5/19

NORMAN'S GRILL

Family Restaurant

- BREAKFAST
- LUNCH
- DINNER

BREAKFAST SERVED ALL DAY!

Serving Corned Beef & Cabbage Every Thursday
from March 14th to March 28th.

Lunch Special
With a **\$10⁵⁰**
Cup of
Soup & Pudding
or Jello
Not valid with any other offer.
No substitute. Expires 3/31/19

Dinner Special
\$14⁹⁹
With
Pudding or Jello
Not valid with any other offer.
No substitute. Expires 3/31/19

510-733-6300
3638 Castro Valley Blvd. Castro Valley
Gift Certificates Available
Open 7 Days: Mon-Sat 7am-8pm / Sun 7am-3pm

ATHLETE OF THE WEEK

Kennedy Jones

This week's Athlete of the Week is Kennedy Jones, a former athlete at Castro Valley High School and now a student athlete at Boston University.

She won a silver medal in the women's 60 meter hurdles with a time of 8.90 and won gold on her last attempt in the triple jump with a jump of 12.38 m.

Jones helped the Boston University Terriers women's track and field team win third place overall at the Patriot League Indoor Track and Field Championships on the weekend of February 16 and 17, at the Wesley Brown Field House, U.S. Naval Academy, Annapolis, MD.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



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



25TH ANNUAL ART SHOW

Parents, Students, Staff Enjoy Proctor Elementary Art Show

The Proctor Elementary community had a wonderful time on Thursday evening viewing the artwork displayed at the school's 25th annual Art Show.

Parents, students, and staff all look forward to this fun evening where the kids get to showcase their creations. Artwork from every class was featured, along with individual entries.

The classroom entries included American Gothic parodies, brightly colored watercolors of flowers and fruit, dotted pumpkins in the style of Yayoi Kusama, charcoal sketches, and so much more. For the individual entries, there were drawings, paintings, dioramas, 3-D art, mixed media collages, and even some Lego sculptures and Perler bead creations!

Everyone had a blast participating in the interactive installations, especially a Yayoi Kusama inspired "Obliteration Room." The room started off completely white, but got "obliterated" over the course of the evening as visi-



Lotsa Dots at Proctor Elementary School's Art Show.

tors were invited to place colorful dot stickers wherever they choose.

The art show and the classroom art program at Proctor (PAC) are

completely volunteer run, so thank you to everyone who helps the creative spirit thrive at Proctor.

—Proctor Parent Sarah Rees

Bench: A GoFundMe Page Made

continued from front page
Communications Department Manager, Alicia Trost.

The bench was originally manufactured for a Hayward location but ended up as surplus inventory. BART installed the bench in the median near the bus entrance for Paratransit passenger use, but anyone waiting for a ride from the station is welcome to use it.

"It is not our place to change or move what was a gift and the bench serves the important purpose of assisting people with disabilities while they wait for a ride," Trost told the Forum.

When asked if the single mosaic tile could be altered to read out Castro Valley, Trost replied that "the artist doesn't want it changed."

A GoFundMe page has now been set up under the "A Castro Valley Bench For Castro Valley BART." The group is looking for as much as \$10,000 to help build a new bench and pledges to work with BART to relocate the existing bench in favor of a new one.

"This is the only display of public art at the Castro Valley BART — it should reflect the Castro Valley community, not the city next door," the funding page reads.

In the meantime, the bench will continue to read out Hayward Farmers' Market. Recently, handwritten notes reading "Castro Valley" have been spotted covering the Hayward tile.

Illegal vandalism or defacement of public property is a misdemeanor, according to the Alameda County Sheriff's Department.



Poetry performance by Lyrical Opposition for Smalltown's February Gathering last Friday

This Week at Smalltown

● **Thursday, February 28:** The Lab: Songwriter and Poet Showcase & Workshop. Sign-ups for performances by email only: info@smalltownsociety.com.

We're Switching Things Up! Once an Open Mic, The Lab is evolving into a monthly gathering that allows songwriters and poets to workshop and collaborate on new and existing pieces through exercises and brief performances, in front of and among friends. Everyone is welcome! This month's featured artist is Michael Kim-Eubanks! 7:00-9:00 PM

● **Saturday March 2:** EAFA Workshops

● **Saturday March 30:** Smalltown Sessions @ Pampas: Join Smalltown and Pampas Cafe in the parking lot at Pampas, highlighting local art and the music of singer/songwriter Yiann Chou. Free, 10 a.m.-1 p.m., Pampas Café, 3483 Castro Valley Blvd.

More details on these events and others visit www.smalltown-society.com or text "Smalltown" to 797979. Smalltown Society is located at 22222 Redwood Road, Castro Valley

Wrestling Club Fundraiser

The Castro Valley Wrestling Club is hosting their third annual crab feed. It will be held at the BJM Hall located at 21160 Ocean View Drive in Hayward, on Saturday, March 16. Social hour begins

at 5:00 p.m. with dinner at 6:00 p.m. The price will be \$50 and is a 21 and over event. For more information contact Denise Ramirez (510)909-4994 or email at nikyfa-my1@aol.com

**FIERCELY
FUN
FITNESS**

TRY US OUT WITH
3 DAYS FREE!

HURRY, OFFER ENDS 2/28!

awesome classes • tons of weights • personal & group training
miles of cardio • tanning & HydroMassage® • **#NOJUDGMENTS**

177 Lewelling Blvd • San Lorenzo, CA
510.924.4200 • CrunchSanLorenzo.com



Offer valid at the specified location only and expires 2/28/2019. Amenities and pricing vary by membership level and location. Additional fees and restrictions may apply. See club for details.
© 2019 Crunch IP Holdings, LLC

Project: Art Deco Style Apartments

continued from front page

project if it had more retail, but Demmon said that traditional brick and mortar stores are dying out and he wasn't comfortable with adding even more retail space.

"It's been about three years that we've worked on this project," said Demmon. "We've tried to reach out as best we can to get community input."

A few speakers addressed the Planning Commission in support of the project, saying they are tired of the central part of their town sitting empty so long.

"I'm living in an area that's become almost a ghetto," said San Lorenzo resident Mario Caseris. "It's been eroding throughout the years. When someone wants to build something nice, people come out and oppose it."

The opposition at last Tuesday night's meeting didn't come from neighbors, but from union representatives. Demmon said that he worked for months to try to reach an agreement with the trade unions, but could not.

John Dalrymple, political affairs consultant with Sheet Metal Workers Local 104, said that Demmon was looking to hire workers who make in the range of \$33,000 per year, while the union workers make \$45,000 annually.

Sarah Dudley of the Alameda County Residents for Responsible Development, a labor union coalition, urged the Planning Commission to reconsider the project's environmental impact report (EIR).

But the Planning Commission said the EIR was valid and the project could go forward.

Demmon Partners said that the unions were trying to stop the project not out of legitimate concern, but because it was non-union.

In the end, the Planning Commission decided to approve the Village Green and Demmon estimates that construction will take about two years.

Lexus Rolls Out Fuel-Sipping Flagship Sedan

By Steve Schaefer
CASTRO VALLEY FORUM

The Lexus LS 500 is a big, bold, beautiful flagship sedan, which competes with cars like the Mercedes-Benz S-Class and BMW 7 Series. Redone in 2018, it moves into 2019 with a few small updates. You can choose from the "regular" LS 500 or the hybrid LS 500h.

The wide-mouthed spindle grille and sharp details evoke a certain "Lexusness" that stands out well against the recognizable flavor of those German luxury leaders. Coming from the company that gave us the Prius hybrid, though, the LS 500h, while not a "green" car like a Tesla, does deliver significant fuel economy improvements.

The non-hybrid LS 500 uses a 3.5-liter twin-turbocharged V6 to provide 416 horsepower and 442 lb.-ft. of torque, for a 4.6-second zero-to-sixty time. Its EPA mileage numbers are 19 City, 29 Highway, and 23 Combined. The available all-wheel-drive model posts slightly lower numbers.

Compare that to the hybrid LS 500h, which uses a naturally-aspirated 3.5-liter V6 and two electric motor-generators powered by a compact, lightweight lithium-ion battery. The battery is charged up by regenerative braking. This model is a trifle slower from zero-to-sixty, at 5.1 seconds, but pushes the EPA fuel economy to 25 City, 33 Highway, and 28 Combined. It also boasts EPA green numbers of 7 for Smog and 6 for Greenhouse Gas. Range is an impressive 622 miles (varies depending on speed, weather, etc.).

That means that the hybrid version of Lexus' massive, 2-1/2-ton flagship car gets better fuel economy numbers than Lexus' non-hybrid smaller ES (26 mpg combined) and IS (24 mpg combined) sedans!

Naturally, there's room for five, and the LS 500h offers ev-



The LS 500h uses a naturally-aspirated 3.5-liter V6 and two electric motor-generators powered by a compact, lightweight lithium-ion battery.

ery amenity imaginable when you factor in the vast menu of options. Most notable is the Executive package, which adds the price of a base-model Camry to the total (\$23,080). But what you get is remarkable. Most visually striking is the first use of beautiful Kiriko glass in a car, on the doors. It gives the interior a shimmer, especially against the beautifully hand-pleated door trim with "floating" armrests that are back-lit at night.

The supremely comfortable quilted-leather seats offer an amazing 28-way power-adjustable driver's seat with multi-function massage. The rear seats recline, there's a four-way "climate concierge," and power side window shades.

Going along with the theme of large numbers, the stunning Mark Levinson audio system (\$1,940) features 23 speakers and 2,400 watts of power! The head-up display (\$1,200) stretches 24 inches



The interior of the LS is inspired by the omotenashi principle that welcomes and envelops passengers.

across the left half of the lower windshield.

Lexus uses a touchpad to control the numerous options on the large center display screen. I got pretty good at sliding and flicking my fingers to adjust things like the level of seat heating or audio selec-

tions. My car had Apple CarPlay integration, a handy feature that projects your phone content onto the main screen. You can use Siri to do verbal texting, phone calls, and other interactions. This car also had Alexa compatibility, but I didn't use it.

The Lexus Safety System is a \$3,000 option as well, although many safety features are part of every Toyota and Lexus today. I was saved by the pre-collision active braking. One night, as I backed out of a dark driveway, the car stopped suddenly, and red capital BRAKE flashed on the head-up display. Yes, there was a parked car behind me that I couldn't see. The cross-traffic alert notifies you of cars moving across your path ahead with bright green arrows moving in the long head-up display area. That's why they made it two-feet long.

There's more! The wheels on my car were upgraded to 20-inchers (\$2,450), and the Manganese Luster paint added an additional \$595.

The LS 500h is a smooth riding limo, especially with the optional adaptive variable air suspension (\$1,500). I can't say I thought much about it, but traveling was serene under any circumstances. If you want to configure your experience, on one of the two "horns" on the instrument panel you can twist to "ECO," comfort, and two higher-performance drive modes—Sport and Sport +. I stayed mostly in ECO mode, but sampled the others briefly. If you want to open up the LS 500h on a winding back road or on a freeway entrance ramp, the Sport settings will let you unleash yourself.

More big numbers come when pricing this special car. The base price is \$79,710, plus \$1,025 for delivery and handling. But with the long list of options, my car topped out at a knee-weakening \$118,010. But it's hard to imagine how you could pack more content and driving pleasure into a luxury sedan. While many people are moving to crossover sport utilities, there's still a viable sedan market, and the LS 500h is one of the fanciest ones you'll find, while still providing decent fuel economy.

Steve Schaefer lives in Castro Valley. He has been reviewing new cars in the Times for 27 years.

Hope Hospice Class: Living with Dementia

Focusing on the well-being of the person with dementia can be an effective strategy to address behavioral symptoms. To help caregivers with challenges they face, Hope Hospice presents "Living with Dementia: Enhancing well-being through person-centered care," on Saturday, March 9 from 9:45 a.m. to noon, as part of its Family Caregiver Education Series.

This class will give caregivers a better understanding of how to assess, interpret and respond to dementia-related behaviors in a manner that can help to promote meaningful connections. It will introduce the person-centered

care approach that is designed to promote optimal well-being and personal identity for the one living with dementia and maintain the overall health of the family caregiver.

Any community member engaged in the role of family caregiver or expecting to soon become a caregiver is invited to attend this class, which will be held at Hope Hospice, 6377 Clark Ave., Suite 100, Dublin (2nd floor conference room). Light refreshments will be served. Register online at HopeHospice.com or contact Hope Hospice Community Health Educator Debbie Emerson at debbee@hopehospice.com.

CENTER FOR THE ARTS VOLUNTEERS



Everyone knows that the Castro Valley Center for the Arts is a busy place. Part of its success is the fabulous volunteers that work the Box Office, usher, house manage and tend the garden. Castro Valley Arts Foundation recently celebrated these amazing volunteers at a luncheon. Box Office Manager, Theresa Gould, announced that 68 volunteers worked 1,728 hours in 2018. CVAF President Mary Ann DeGrazia said, "If we think about the work in monetary terms, at \$15 an hour, that's a gift to the Castro Valley School District of \$26,000. If we include the CVAF Board members, there is another gift of \$20,000 in time." If interested in joining this congenial, hard working group, call: 510-889-8961.

ADVERTISE WITH EAST BAY PUBLISHING AND REACH OVER 65,000

TO PLACE A CLASSIFIED AD

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

TO VIEW THE CLASSIFIED ADS

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

CLASSIFIED AD DEADLINE

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

AUTOS / TRUCKS

\$35 10 words
(3 weeks)

GARAGE SALES

\$30 10 words
(1 week)

HELP WANTED

\$35 10 words
(1 week)

MISC. FOR SALE

\$30 10 words
(3 weeks)

RENTALS

\$35 10 words
(1 week)

SERVICES

\$30 10 words
(1 week)

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

CLASSIFIED ADS RUN EVERY WEDNESDAY IN THE CASTRO VALLEY FORUM AND EVERY THURSDAY IN THE SAN LEANDRO TIMES

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

ALL NEW ADS

MG PAINTING. Interior/ Exterior
Painting. Free Estimates. Call Martin
925-309-9652.

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

ANNOUNCEMENTS

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

NEED - MUSIC LESSONS or PIANO TUNING?

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

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

ANTIQUES WANTED

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

AUTOMOBILES/TRUCKS CYCLES/TRAVEL TRAILERS

2000 Saturn SL2, auto, 4-dr, 4-cyl,
white, A/C, excellent condition.
Smogged. \$2,000. Call Patrick
510-517-3351.

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

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

AUTOMOBILES WANTED

I buy foreign and domestic vehicles.
If you want to sell your old vehicle
call Miller 510-209-7524.

CONCRETE SERVICE

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

CONTRACTOR SERVICE

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

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

CONTRACTOR SERVICE

NOTICE TO READERS

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

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

EMPLOYMENT WANTED

*LOOKING FOR WORK?

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

FENCES/DECKS

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

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

GARAGE SALES



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

HOME SERVICES DIRECTORY

Construction

**GOLDEN GATE
ENTERPRISES, INC.
GENERAL CONTRACTOR**

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

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

Construction

**REMODELING
& CONSTRUCTION
KITCHEN
& BATH**

**Miguel A. Salazar
510-557-5768**

Bonded & Insured
Lic. #1016019

www.EastBayContractor.com

Fences/Decks

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

*Reinforcement of existing
fences is my only business,
Rotted posts are my specialty.

**FREE ESTIMATES!
510-706-6189**
Randy McFarland

HAVE SERVICES?



Advertise with us
today in the
**HOME SERVICES
DIRECTORY**

REACH OVER 60,000 READERS

Call today for ad rates
and availability.



**HOME SERVICES DIRECTORY
Call 614-1558**

Gardening / Tree Service

**PEREZ
Gardening &
Maintenance**

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

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

Thank-You...

**Capelli Plumbing & Drain Cleaning for
advertising with us for over 10 years!**

**CAPELLI PLUMBING
& DRAIN CLEANING**

Compare
Our Prices!

FREE ESTIMATES
24/7 SERVICE



Military & Senior Discounts
Family Owned & Operated

510-969-4358

LIC. #904794

House Cleaning

Tender Loving Care

House Cleaning Service
Family Owned Since 1980

WEEKLY • BI-WEEKLY • MONTHLY

EMPLOYEES
COVERED BY
WORKERS
COMP. STATE
DISABILITY
INSURANCE

Specializing
in detailed
cleaning tailored
to your home

FREE ESTIMATES

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

510-481-9193

BONDED & INSURED • ALL TAXES PAID

Painting

Painting the Bay Area
Since 1983
Coast Brushworks

■ Residential & Commercial
■ Interior & Exterior Painting
■ Drywall
■ Home Restoration
■ Custom Finishes

510-919-7903
Coastbrushworks.com
Lic. #662915

Painting

Diego Painting

• Residential/
Commercial
• Interior/
Exterior
• Power Washing



FREE ESTIMATES

Lic. #855054 • diegopainting@comcast.net

www.diegopainting.com

(510) 331-6152

Plumbing

**CAPELLI PLUMBING
& DRAIN CLEANING**

Compare
Our Prices!

FREE ESTIMATES
24/7 SERVICE

BBB Military & Senior Discounts
Family Owned & Operated

510-969-4358

LIC. #904794

REACH OVER 60,000 READERS

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

CASTRO VALLEY FORUM
San Leandro Times

**HOME
SERVICES
DIRECTORY**

For More Information,
Call 614-1558

Roofing

Lic. #311818

K REED ROOFING
Complete Residential & Commercial
Roof Systems

(510) 357-5116

Call Now For A Free Written
Roof Analysis & Estimate
Serving San Leandro & The Entire
Bay Area. For Those Who Demand
Superior Personalized Attention.

SINCE 1975 / FULLY INSURED

REACH OVER 60,000 READERS

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

CASTRO VALLEY FORUM
San Leandro Times

**HOME SERVICES
DIRECTORY**

For More Information, Call 614-1558



GARAGE SALES

SAN LEANDRO

***FALL CLEANUP!!!**

Time to clean out your Attic, Garage, Basement (House)!!!

Get your items together and place a **GARAGE SALE** ad in the San Leandro Times and the Castro Valley Forum for as little as \$30.

To place an ad
Call 510-614-1558

GARDENING

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

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

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

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

Katsura Landscaping. Professional hand pruning. Landscape design/ install/ consultation. Garden clean-up and redesign. Call Mike 510-828-4854. Contr. Lic.#858145 M/C & Visa Accepted

NEED - MUSIC LESSONS or PIANO TUNING?

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

GARDENING

NEED Gardening Service?

Check the advertisers in our "Home Servc Directory" and our "Classified Ads" for help!

GIVEAWAYS

VIEW the Classified Ads
Online at
sanleandrotimes.com or
castrovalleyforum.com

IT'S EASY!

For more info call
614-1558

HANDYMAN SERVICE

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

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

MG PAINTING. Interior/ Exterior Painting. Free Estimates. Call Martin 925-309-9652.

Specializing in repair Window & Door repair. Also Painting. 510-934-1251.

Specializing in Window & Door repair. Also Painting. Call 510-934-1251.

HANDYMAN SERVICE

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

HAULING SERVICE

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

HELP WANTED

GENERAL

Do you need some help at your business?

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

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

House Cleaner needed P/T-F/T. Must have car, phone, driver's license & insurance. No evenings, no weekends. San Leandro through Fremont area. Tender Loving Care 510-481-9193.

SELL YOUR CAR OR TRUCK with a Classified Ad
For more info or to place an ad call **510-614-1558**

San Leandro Times/Castro Valley Forum

HELP WANTED



The City of San Leandro is now accepting online applications starting February 27, 2019 for:

Recreation Leader/ Recreation Specialist I - (2019 Summer Adventures and Teen Programs) - \$13.33 - \$21.18/hourly

The City of San Leandro will be accepting online applications starting February 28, 2019 for:

Recreation Supervisor I/II - \$5,480.00 - \$7,528.00/monthly

For more detailed information, please visit www.sanleandro.org. EOE

HOUSE CLEANING

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

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

VICTORIA'S HOUSE CLEANING
Excellent references. Free estimates Reasonable rates. 510-715-1578
VictoriaGutierrez140@gmail.com

VIEW the CLASSIFIED Ads Online at
sanleandrotimes.com or
castrovalleyforum.com

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

HOUSE CLEANING

WALTON'S JANITORIAL
Licensed / Bonded / Local

For a **SPARKLE CLEAN OFFICE** or Home

Windows • Floors
• Carpets • Restrooms

Phone 352-7948

Member of S.L. Chamber of Comm.

MISC. FOR SALE

AUTOMOBILES

2000 Saturn SL2, auto, 4-dr, 4-cyl, white, A/C, excellent condition. Smogged. \$2,000. Call Patrick 510-517-3351.

SPORTS

Razor Ripstik Caster Board with lighted wheels, black with orange, in excellent condition. \$20. Call Patrick 510-517-3351.

VARIOUS ITEMS

VICTORY 4-wheel electric scooter w/baskets, mirrors, head rest, lights, charger \$750. Scooter ramp \$200. 510-575-7366.

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

NEED - MUSIC LESSONS or PIANO TUNING?

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

MISC. WANTED

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

WANTED: Old toys, pedal cars, license plates, old coins, etc. 510-886-3195.

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

MUSICAL SERVICES LESSONS

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

PAINTING SERVICE

NEED PAINTING WORK?

Check the TIMES & FORUM Home Service ads for help. We really appreciate our advertisers! Patrick V.

REAL ESTATE AGENTS



Are you interested in buying or selling a home or property?

Would you like the help of a Professional Agent?

For assistance call ...

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

RENTALS

APARTMENTS

Castro Valley 2-bedroom, 1-bath, Walk to BART and Village. Gated, laundry, pool, fitness. \$2,295. 510-582-8389.
www.bartplazaapartments.com

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

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

SERVICES

SELL YOUR CAR OR TRUCK with a Classified Ad

For more info or to place an ad call **510-614-1558**

San Leandro Times/Castro Valley Forum

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

TREE SERVICE

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

YOUR INFO

Advertise your Home for rent in the San Leandro Times & Castro Valley Forum **DON'T LET ANOTHER WEEK SLIP BY!**

- A vacancy day is money lost forever -
To place an ad call **510-614-1558**

LANDLORDS - Advertise your units!

- A vacancy day is money lost forever -
R. Bowman

NEED - MUSIC LESSONS or PIANO TUNING?

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

Help for the homeowner means business for you!



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

ATTENTION LANDLORDS



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

THANK-YOU

for supporting the Castro Valley Forum and San Leandro Times!



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

CROSSWORD PUZZLE ANSWERS

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

HOME SERVICES DIRECTORY

Handyman

HANDYMAN SERVICES

Serving Castro Valley & San Leandro for 28 Years

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

Hardwood Flooring

FERREIRA'S HARDWOOD FLOORING

Sand • Install • Refinish
Glista • Oil Base

25 Years Experience

FREE ESTIMATES

Call Jeff Today!

510-366-6491

Lic. #803455

HAVE SERVICES? CALL US

REACH OVER
60,000
READERS BY
ADVERTISING
IN THE



HOME SERVICES DIRECTORY

Roofing

BANNER ROOFING CO.

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

WE CONTROL YOUR RAIN!

★★★★

ALL TYPES OF ROOF REPAIRS

★★★★

PROFESSIONAL WORKMANSHIP

★★★★

FREE ESTIMATES SENIOR DISCOUNTS
LIC # 657692 BBB A+

ROOFING TYPES

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

GUTTER TYPES

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

20% OFF

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

LICENSED / BONDED / INSURED 2424 CLEMENT ST., ALAMEDA

510-895-4433

Roofing



Castro Valley Lic. #642517 Insured/Bonded

FAMILY OWNED & OPERATED

Over 25 Years Experience
Reroofs • Repairs • Inspections
Dry Rot Repair • Seamless Gutters
(Pre-painted)

FREE ESTIMATES

\$200.00 OFF
COMPLETE REROOFING WITH TEAR-OFF
One Coupon Per Customer Expires 4/30/19

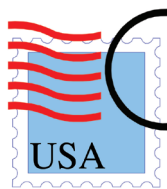
(510) 538-1530

We Specialize in Residential Roofing



LETTERS

TO THE EDITOR
FREDZ@EBPUBLISHING.COM



Calls for Protest Against 'Get Out of Juvie Free' Senate Bill 1391

Editor:

Our State Senator, Bob Wieckowski, recently sponsored a bill that is resulting in violent, unrepentant juvenile murders being given modest detention sentences.

I reference "SB-1391 Juveniles: fitness for juvenile court" and as an example, the recent case of Vincent Lising-Campos, the alleged gang member who slaughtered Alexandra "Allie" Sweitzer during a drug deal but will remain in custody in juvie for only 7 years.

He will be free at the age of 25 — even the judge agrees that he will likely remain a threat to society, but her hands were tied by "Wieckowski's Get Out of Juvie Free" law. Time to call his office: (510) 794-3900!

—Rick Kelly, Castro Valley

Support EBCE's Focus on 'Energy Democracy'

Editor:

The letter to the editor from Michael Lindstrom ("Urges Opt-Out of EBCE Electricity Service," Letters, Jan. 30), contains so many distortions that it could have emanated from the White House.

East Bay Community Energy is providing electric customers in Alameda County with an alternative to PG&E, the utility which has been convicted of several felony crimes related to their killing scores of people and incinerating thousands of homes.

PG&E's actions have proved they are focused on only two objectives: paying their top managers millions of dollars per year, and making billions of dollars of profit for

their stockholders.

East Bay Community Energy is focused on energy democracy, where the generation and purchase of electrical energy is controlled locally, by people who are in touch with the local users and their needs, and who stress obtaining energy from local renewable sources, rather than from large facilities up to hundreds of miles away, which is the strategy of PG&E's managers in their ivory tower in San Francisco.

EBCE's basic direction was set by an Alameda County advisory committee, based on sound principles developed over many years in similar operations in seven states. EBCE's Board of Directors includes local professionals who are in touch with local electric customers. The first person they hired was Nick Chaset as the CEO, who shares his many years of experience as an energy professional.

PG&E was so unethical in 2010 as they fought against the first movement toward energy democracy by a local entity (Marin Clean Energy), the California legislature passed a Code of Conduct (SB 790) in 2011 which forbids PG&E from using the many unethical practices they used to fight MCE.

Since PG&E can't use those unethical practices themselves anymore, numerous shills have been doing PG&E's dirty work for them, including sending distorted letters to various editors.

—Frank Burton, Hayward

Urges Getting Your Family Vaccinated

Editor:

Your body has an amazing natural defense system against vaccines, but sometimes it gets overwhelmed before it can fight back.

If you warn your immune system about a disease by showing it a dead version of those viruses, it figures out how to defend itself and you don't get sick. If you skip the vaccine and get sick, you end up supporting the medico-industrial complex by putting others who catch your disease into the system.

"Big pharma" makes money off sick people. If they were smarter (from a business perspective) they would not make vaccines. They make significantly more money treating people who get measles than selling them the less-expensive vaccines.

Support your natural immune system and "stick it to big pharma" by getting your family vaccinated.

—C. Conrad Cady, Castro Valley

Farmers' Market Deserves Better Sinage in BART Parking Lot

Editor:

The Castro Valley Farmers' Market is one of this community's treasures. We appreciate the vendors' perseverance on so many chilly Saturdays.

Unfortunately, an artistic tile bench 200 yards away, at the Castro Valley BART Station near the entrance, and serving those waiting for auto pickups, is visibly labeled in ceramic tile "Hayward Farmers Market."

We met with BART recently regarding our concerns. We were told the bench could not be corrected or moved to Hayward BART. The artist, who was compensated for the bench, has not been cooperative.

As community members, we ask that BART correct this small, unfortunate, mistake to reflect the bench's true purpose: a welcome to the Castro Valley Farmers' Market and a respite for BART and Paratransit travelers. We believe that our Farmers' Market and community deserve better signage at our BART station.

—Pamela Boyver, Christine Tengan, Linda Willis
Castro Valley Matters, Placemaking Committee

Where Were the American Flags On Presidents' Day?

Editor:

Why weren't the 103 businesses (I'm counting The Village as 1 business) along Castro Valley Blvd. flying the American flag on February 18th President's Day?

There were only 11 honorable businesses who did fly the flag! Have we gotten so complacent that we take our Federal Holidays for granted?

There was a day when Castro Valley Blvd. had flags flying all along the boulevard on every holiday! Let's show our patriotism and bring back a symbolic celebration that we as American citizens honor our country!

—Lydia Anderson, Castro Valley

Says Enery Innovation Act Would Help Solve Worsening Effects of Climate Change

Editor:

Sunday I toured the area of the immense and deadly Paradise fire including the rubble of the former home of

a lifelong friend. You cannot imagine the scope of this tragedy unless you see it and it made me realize we are not immune from this happening in Castro Valley.

Fortunately there is something we can do to start to remedy the problem and that is to pass a new bill that has been introduced in the House of Representatives, H.R. 763, the Energy Innovation and Carbon Dividend Act (EICDA).

This legislation could go a long way toward solving the worsening effects of man-made global climate change. The worsening fires in California are a direct result of accelerating climate change and we can't delay action any longer.

EICDA would add a \$15 dollar a ton fee to carbon that will increase each year by \$10 per ton. The policy would immediately encourage the investment in and development of alternative renewable energy sources. If enacted, H.R. 763 is expected to reduce emissions by 40% within 12 years.

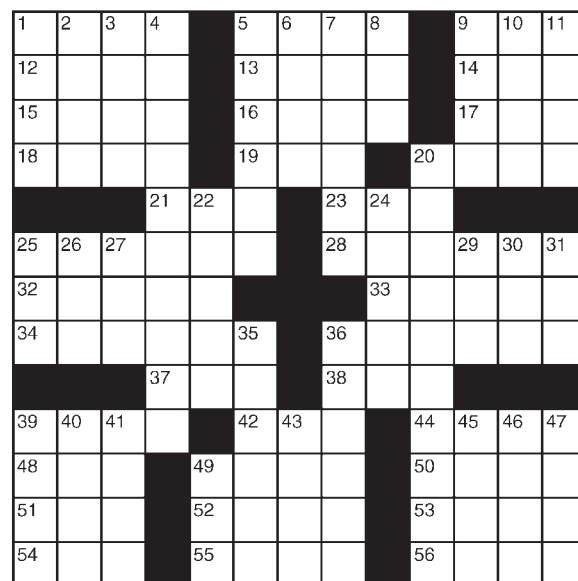
All money collected from this added fee would be returned as an estimated \$300 monthly check to each American citizen older than 18. The non-partisan legislation is revenue neutral, it is good for the environment, will save millions of American lives and create millions of jobs. I ask you to contact your elected representative to encourage their support of H.R. 763.

—David Siegel, Castro Valley

Letters to the Editor

must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. We do not publish unsigned or anonymous letters. Email Letters to: fredz@ebpublishing.com or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

THE FORUM CROSSWORD



ACROSS

- 1 Banner
- 5 Ayes' opponents
- 9 Water barrier
- 12 Continental coin
- 13 Squashed circle
- 14 "___ Got a Secret"
- 15 First victim
- 16 Stage statuary
- 17 Still, in verse
- 18 Peruse
- 19 Squid squirt
- 20 Mentor
- 21 Will Ferrell Christmas movie
- 23 Swelled head
- 25 PBS dinosaur
- 28 Intertwine
- 32 Underwater gear
- 33 Hatred
- 34 Swear (to)
- 36 Refines, as ore
- 37 Devoured
- 38 Coop denizen
- 39 Rude one
- 42 Expert
- 44 Birthday party essential
- 48 Clumsy boat
- 49 Start a garden
- 50 One side of the Urals
- 51 Tavern
- 52 Be in charge of
- 53 Dregs
- 54 ___ carte
- 55 Catch sight of
- 56 Top pick, slangily

DOWN

- 1 Dread
- 2 Garage job
- 3 Vicinity
- 4 Nicklaus nickname, with "The"
- 5 Inform
- 6 Shakespeare's river
- 7 Northerner
- 8 Crafty
- 9 God, in Grenoble
- 10 State
- 11 Waiter's handout
- 20 Aaron's idol
- 22 Minimum
- 24 Travelocity mascot
- 25 Merit-badge org.
- 26 Performance
- 27 Trench
- 29 Have a bug
- 30 Snip
- 31 Type measures
- 35 Reservation residences
- 36 Cheaply imitative
- 39 Ali ___
- 40 Exam format
- 41 Gumbo need
- 43 Harvest
- 45 On the briny
- 46 Ukraine's capital
- 47 Facility
- 49 The girl

ANSWERS ON PAGE 9

Obituaries

Since 1965

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

Offering
Personalized
Memorial and
Cremation
Services.

FD 1168 CR49

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

SARA L. ENNOR LAWYER

- Wills & Trusts
- Benefits, ERISA
- QDROs

510-633-9985

CREMATION SERVICES

JAY SPENCER, DIRECTOR
42 Years Experience

DEERCREEK

Cremation & Burial Services

1700 Norbridge Ave., Castro Valley
(We are in Yellow Victorian House by McDonald's)
510-317-7890
www.DeerCreekCremation.com



REAL ESTATE GALLERY



HOME of the WEEK

Opportunity abounds in this exclusive home in the desirable Proctor neighborhood. Nestled near the end of a cul-de-sac, this home offers peace and privacy. Four bedrooms, 2.5 baths in approximately 1584 sq. ft. of living space with a parklike backyard perfect for the buyer who loves to entertain. Hardwood floors are covered with carpet, spacious kitchen with open concept, downstairs room with 1/2 bath and separate entrance can be used as family room, master retreat or in-law unit. Nearby walking trails, parks, recreation, shopping, dining, BART, freeway access and award-winning Castro Valley schools make this an extra convenient location.



17941 Joseph Dr., Castro Valley • Call for details

LESLIE PETERSON TEAM
"Making Dreams Come True One Home at a Time"

Call the Leslie Peterson Team for more information!
Leslie Peterson
510-697-1208
CAL BRE #01452724

THE RE/MAX COLLECTION
RE/MAX Accord

leslie@lesliepetersonteam.com • www.lesliepetersonteam.com

Mortgage Rates Head Lower

Mortgage rates continued on their downward pattern last week, according to Freddie Mac's weekly survey.

The 30-year fixed-rate mortgage averaged 4.35 percent, down from the previous week when it averaged 4.37 percent. A year ago at this time, the 30-year FRM averaged 4.40 percent.

Fifteen-year loan rates last week averaged 3.78 percent, down from 3.81 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.84 percent, down from 3.88 percent.

WEEKEND GARDENER

Flowers

Transplant perennials such as coralbells, coreopsis, delphiniums, foxgloves, hollyhocks, lupines and Iceland poppies.



The Esmeier Team
James, Rosalyn, Rachel & Jamie
Shamrock Realtors - Going Above and Beyond
James Esmeier, Broker Associate - DRE#01363681

(510) 909-8344

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



California Paves the Way for Additional Dwelling Units – Part 2

In an effort to ease California's housing crisis, state lawmakers enacted legislation reducing restrictions on ADUs, paving the way for development of new units.

Often called "Granny Flats" or "In-Law Units," ADUs (Accessory Dwelling Units) are fully independent living quarters constructed on properties that are already developed with a single-family residence, and are subordinate in size, location, and appearance to the main residence on the property.*

To qualify as an ADU, it must have a finished living space with a kitchen and bathroom. Bedrooms are optional.

While ADUs can be a great solution for families needing additional space, they are surrounded by a bit of confusion. In reality, an ADU can be a separate detached dwelling, an addition to existing property with its own entrance, a converted garage or a reconfiguring of existing space in a home - to name a few.

All of which can lead to uncertainty when trying to provide a valuation.

"According to FNMA (Fannie Mae) guidelines, any dwelling unit, area, room, etc., that is not accessible from the interior of the home is treated as an asset (ie. swimming pool)," states David Nolting,

certified appraiser, "and not included in the gross living area of the main house."

Nolting continues, "Appraisers separate the living area of any detached units from the main house living area. An ADU can be attached to the home, but, if there is no access from the main home, it will be separated."

And therein is the rub: unless the ADU is attached with internal access between the primary home and the ADU, it will be treated as an asset instead of living space and will consequently be valued for less than the primary residential space.

Nolting continues, "Generally, most assets have a value of approximately 50% of the cost to build, give or take 10%, as it depends on the neighborhood, price point of the homes in the area, and so on."

This begs the question of whether or not an ADU can be considered to be a duplex. "Definitely not," states Andrew Dyckman, Community Development Technician with the Fremont Building Department.

"Duplexes have entirely different rules and cannot be confused with ADUs, even if the ADU has a separate address. The property must be zoned for a duplex for it to qualify and meet significant other criteria."

Confused? You are not alone. Hopefully clarity will emerge as ADUs become more common.

*www.acgov.org/cda/planning/landuseprojects/secondary-units.htm

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.

SERVICE • SALES • RESULTS DRIVEN

510-637-8136

David C. Adams

dave@daveCadams.com

Coldwell Banker

BRE # 01740758



COLDWELL BANKER

CASTRO VALLEY

Proudly Congratulates its 2018 Top Producers



GREG RICCHINI
CalRE#00942267



TRISH RADOVICH
CalRE#00523595



DAVE ADAMS
CalRE#01740758



JUAN JOSE CERVANTES
CalRE#01410052



VANESSA KLEIN
CalRE#01319331



SCOTT HARRISON
CalRE#00966212



MARK VAN METRE
CalRE#00665683



TESS SANTOS
CalRE#01172628



DONALD HUEY
CalRE#01440404



LUCY VENEGAS
CalRE#01485350



LYNN GYGAX
BRANCH MANAGER
CalRE#01020026

COLDWELL BANKER

RESIDENTIAL BROKERAGE
21060 Redwood Road, Suite 100
Castro Valley

510-583-5400

ColdwellBankerHomes.com

WWW.CASTROVALLEYFORUM.COM

OPEN HOMES SAT. & SUN.
MARCH 2nd & 3rd

CITY	SAT	SUN	ADDRESS	PRICE	BDRM./BA.	REALTOR	AGENT	PHONE
A	—	1-4	872 Sybil Ave.	\$675,000	2/1	Coldwell Banker	Trish Radovich	510-367-7999
A	—	1-4	954 Lee Ave.	\$920,000	3/1.5	Robert Jones Assoc.	Bob Jones	510-357-0120
B	—	1-4	10 Drury Ln.	\$999,000	3/2	Re/Max Accord	Lovewell Team	510-351-5555
A	1-3	—	393 Dowling Blvd.	\$1,188,000	5/3.5	Robert Jones Assoc.	Matt Jones	510-357-0120

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 = DANVILLE • F = FREMONT • H = HAYWARD • K = CONCORD
L = LIVERMORE • M = MODESTO • O = OAKLAND • P = PLEASANTON • S = SAN LORENZO • Z = ALAMEDA



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

Reports:
Petty Theft

continued from page 3

were also in violation of their probation. Deputies handcuffed the pair and took them into custody.

**Petty Theft and
Illegal Narcotics**

Thursday, February 21: at 2:39 a.m., deputies arrested a 46-year-old man from San Leandro on suspicion of petty theft as well as possession of illegal narcotics and drug paraphernalia. The man also had a warrant issued for his arrest on a previous charge of breaking and entering with intent to steal. Deputies caught up with the man outside a gas station on Lake Chabot Road near Castro Valley Boulevard after the store manager caught the man leaving with unpaid merchandise. In their report, deputies noted that the man was "likely to continue" and took him to Santa Rita Jail pending \$2,500 in bail.

**Family Fight Ends in
Drunk Driving Arrest**

Tuesday, February 19: at 8:06 p.m., a 38-year-old man from San Lorenzo was arrested on suspicion of driving while intoxicated outside a home on Strobridge Avenue near Hobert Street. Deputies were already on the scene following a call about a heated argument between a mother and one of her sons. During questioning, the suspect drove by and yelled out obscenities. The brother noted that his sibling was drunk prompting an arrest by deputies. The suspect failed his field sobriety test and was taken into custody.

**Knife-Wielding Attacker
Is Her Neighbor**

Monday, February 18: at 8:25 p.m., deputies arrested a 28-year-old man from Castro Valley on suspicion of threatening someone with a deadly weapon. A call about an attempted attack sent deputies to a home on Stanton Avenue. The victim said the suspect was wearing a black hat, a dark hooded sweatshirt, and black pants. Deputies pursued the suspect to a home a few blocks away to question him. The man initially denied his involvement but eventually confessed to the crime and allowed deputies to search his home, where they found the knife. The man also had a warrant issued for his arrest. Deputies took him to Santa Rita Jail pending \$5,000 in bail.



Coast Guard Auxiliary Air Observers receive intensive aviation training in such fields as communications, aerial photography and search and rescue.

**Coast Guard Auxiliary
Seeking Air Observers**

Since the 9/11 attack, Auxiliary aviation has experienced a considerable increase in mission and operational assignments, increasing the need for Air Observers.

While a background in aviation is welcome, no experience is required as observer candidates are trained in all facets of the Coast Guard mission.

As an observer, you belong to the smallest-unit contingent in the Auxiliary where you are trained in observation technique, patrol log management, communications, search and rescue, aerial photogra-

phy and more.

Flying as an observer you become a vital part of Team Coast Guard and the Department of Homeland Security over the coast and inland waterways of the San Joaquin delta region.

The Coast Guard Auxiliary is the civilian component of the U.S. Coast Guard. Candidates must be physically fit, meet height and weight metric requirements and prepared for an intensive aviation training program.

To apply, contact R.L. Darcey at Aerotools 510-727-1263.

CVHS Materials for Preview

The Castro Valley Unified School District is in the process of adopting course materials for Castro Valley High School on "Hospitality and Culinary Arts."

Through March 23, the public is invited to preview *Hospitality Today, An Introduction and Hospitality & Tourism* instructional materials proposed for district adoption.

The materials aren't available

for check-out, but are viewable in district's Educational Services Office at 4400 Alma Ave. weekdays from 8 a.m. to 4 p.m.. Please sign in with Administrative Assistant.

For more information visit bit.ly/CVUSDPublicNotices or call Denise Hohn at 510-537-3000 ext. 1278. An adoption decision is expected at the March 28 school board meeting.

**SATURDAY
APRIL 13TH!****CVSan's Earth Day Clean-Up & Recycles Day****VOLUNTEER from
9:00 a.m. - 12:00 p.m.****Community
Clean-Up Sites:**

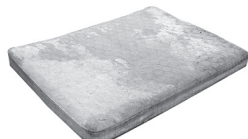
Adobe Park, Cull Canyon Recreation Area, Castro Valley Creek, Downtown Castro Valley, and Lake Chabot.

Free continental breakfast provided and a \$5.00 donation to one of three local charities will be made on your behalf after volunteering.

**Register by Monday
April 1st at**
www.cvsan.org/ED.

**RECYCLE at Canyon
Middle School from
8:00 a.m. - 2:00 p.m.**

E-Waste



Mattresses



Cooking Oil

Sensitive Documents
for Shredding

Limits and instructions at
www.cvsan.org/RecyclesDay

FREE COMPOST AND C&D VOUCHERS:

This event is for CVSan residents and businesses only. Bring photo ID or WMAC/utility bill to event. Three 1-cubic foot bags per household or business. 600 Construction & Demolition (C&D) debris vouchers available. Supplies are limited — 1st come, 1st served. For complete details and instructions, visit www.cvsan.org/ED.

Presented by:



CASTRO VALLEY SANITARY DISTRICT
510-537-0757 | www.cvsan.org

This ad was funded by WM Collection Events

Clean-Up sponsored by:



KARIN JOHNSON
Specialty Cakes and Pastries



East Bay
Regional Park District

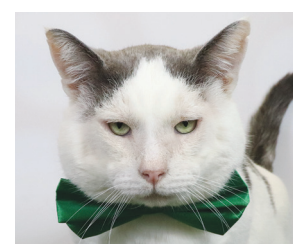
**DAVE'S TAVERN
TAXI SERVICE**

Mon - Sat Airports & Amtrack
7am - 7pm Transportation
Off Sunday Open 24 Hours

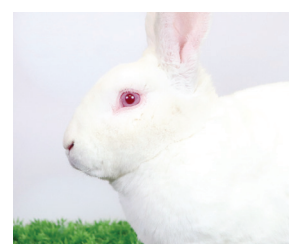


With Prior Notice

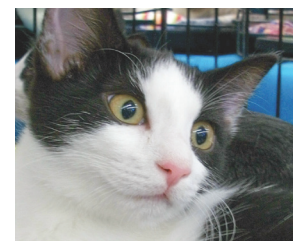
TO OAKLAND AIRPORT Only \$30
TO/FROM BART \$600 - \$12
TO SF or SJ AIRPORT \$60
510-303-3478

ADOPT-A-PET

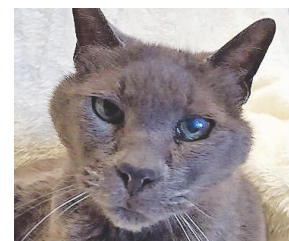
JULIAN is a sweet, cuddly 7-yr-old lap kitty. He'd love to lay in a window to soak up the sun and sights, or in your lap receiving all your love. Info: Hayward Shelter, 510-293-7200.



ELDRIDGE a young bunny, had a tough life. He was found cold, wet and covered in engine oil barely surviving. He needs a patient, loving family. Info: Hayward Shelter, 510-293-7200.



DEVON is a beautiful 7 month old tuxedo girl, the smallest of 5 siblings. She loves to wrestle with them. She's spayed, vaccinated, chipped. Email Loveall-pawzrescue@gmail.com.



OLIVE, an 11-yr-old Russian Blue mix, is confident and friendly. She's on thyroid meds and takes them easily. Spayed and chipped. Email: Loveall-pawzrescue@gmail.com.