



CASTRO VALLEY FORUM

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YEAR 31

WEDNESDAY, MAY 8, 2019

NO. 18

INSIDE YOUR FORUM

NEWS



Science of Magic

Free neuroscience talk and performance at the Center for the Arts

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NEWS

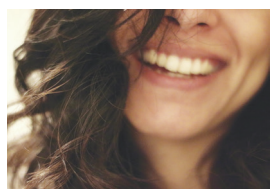


World Premier

Castro Valley Dramatic Arts will present 'Wastrel' this Friday and Saturday

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HEALTH



Women's Health

Recognize Mother's Day and National Women's Health Week

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PHONE: (510) 537-1792

Holy Macaroni! They've Added Something New to the Cook-Off

By Michael Singer
CASTRO VALLEY FORUM

Castro Valley's annual Rowell Ranch Rodeo kicks off this week with the usual pomp and circumstance and a little unexpected twist.

In addition to the popular Chili Cookoff—Friday night starting at 5 p.m.—event organizers added a Mac and Cheese competition to encourage homegrown chefs to show off their talents.

"This is the 23rd year that the Rotary Club has sponsored the Chili Cookoff, so we wanted to mix things up a bit," CV Rotary Club member and Chili Cookoff co-chairperson Kern Lewis told the Castro Valley Forum.

"We have five entrants this year, so we're excited to see what they can come up with. Mac and cheese is really popular with the kids and you can do all sorts of things with it to make it unique."

The Chili Cookoff at the Rowell Ranch Rodeo grounds will spotlight 20 entrants, each with their own style and range of spices and heat.

Making 10 gallons of chili is



PHOTO BY GARY BOSLEY

Chili lovers of all ages congregate at Rowell Rodeo Park during last year's Chili Cookoff.

a big commitment for the cooks, Lewis notes. Each contestant must also bring their own booth and decorate it in addition to making the chili and serving it up for hungry fans.

"Some entrants are local busi-

nesses and groups who take it very seriously," Lewis says. "The Football Sportsman's Club holds little mini competitions amongst its own members. The winning recipe goes up against the rest of the community. They always place as

one of the top contenders."

The rodeo theme for 2019 is, "Be The Inspiration," which coincides with the Rotary Club International's community message this year.

see ROWELL on page 7

Your Phone Number to Get Longer

Pretty soon, you'll have to dial 11 digits to make any phone call, even if you're just calling across town.

Next month, a new area code—341—will be added to the same area that is now 510 in an "overlay," according to the California Public Utilities Commission (CPUC).

The number of available prefixes (the first three numbers after the area code) are expected to run out soon, so the new 341 area code will start being assigned to new phone accounts in mid-July.

The change goes into effect on June 22, but the CPUC recommends that you start dialing all 11 digits now to get used to it.

If you have a 510 number, you'll keep the same number, but you'll have to dial 1-510 before any call, even if it is to another 510 number.

Now is the time to update any speed-dial 7-digit phone numbers to include all 11 digits. And make sure personal stationery, bank checks, emergency contact numbers and pet ID tags, all have the area code included.

Service numbers such as 911, 211, or 511 will remain 3-digit numbers.

Two Armed Carjackings End in Violent Crashes

By Amy Sylvestri
CASTRO VALLEY FORUM

Two teenage boys have been arrested and two more are wanted following two armed carjackings which both ended in violent collisions last week.

The teens who have been arrested are not being identified by police because they are minors, ages 16 and 17, according to Sgt. Ray Kelly of the Alameda County Sheriff's Office.

The incident began in San Leandro shortly before midnight on May 2 when a man sitting in his parked car and talking on the phone in the lot of the Main Library at 300 Estudillo Avenue saw four suspects in dark clothing approach his car and hand smash a back window, according to San Leandro Police Lt. Isaac Benabou.

The victim got out of the car and the suspects demanded his keys and cell phone.

When the victim reached into his car to retrieve his dog, he was stabbed in the back of his leg with a small knife, Benabou said.

The victim was then kicked to the ground and assaulted until he gave up his keys and phone. The suspects then got in the car and drove off, but did give the man his dog and phone back.

The victim called 911 and paramedics arrived at the scene to treat his stab wound, which was not life-threatening.






About 30 minutes later, the suspects went to a home on the 4800 block of Seven Hills Road in Castro Valley where they threatened a woman sitting in her car in her driveway with a knife, again de-



PHOTO BY CARL LAWLER PHOTOGRAPHY

The house on Parsons Avenue that was heavily damaged after a carjacked vehicle crashed into it early Friday morning. The home's two occupants were not injured.

Castro Valley Weather May 8 - 12, 2019

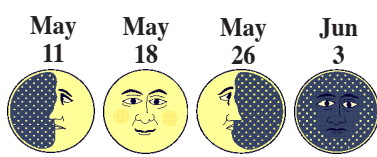
				
Wednesday Partly Sunny High 71° Low 54°	Thursday Mostly Sunny High 69° Low 54°	Friday Partly Sunny High 72 Low 54°	Saturday Partly Sunny High 70° Low 54°	Sunday Partly Sunny High 72° Low 53°

Almanac



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

Moon Phases



Sun sets at 8:06 p.m. today, rises at 6:06 a.m. Thursday.

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SCIENCE & DECEPTION COMING MAY 23

Behold, The Science of Magic!

By Eric Yao
SPECIAL TO THE FORUM

Mark Twain once said, "Don't part with your illusions; when they are gone, you may still exist, but you have ceased to live."

It seems we all have a propensity to be deceived. We even enjoy it. For example, the very act of watching a movie is to accept the illusion of the simulated motion of still pictures.

The same can be said for a magic show, where we willingly walk in to a series of innocent deceptions, and are amazed by how fluidly the magician can trick our senses.

The Science of Magic is a neuroscience talk and performance happening on Thursday, May 23, at the Center for the Arts in Castro Valley, where a dynamic trio of scientists and magicians will explain this human feature of ours, to be deceived, with active demonstrations. Admission is free, but please register at bit.ly/cvmagic8

The Science of Magic presentation will showcase a dynamic trio of talent. The neuroscientist (who

doubles as a magician) at the event will be Dr. Luigi Anzivino. He has a PhD in behavioral neuroscience and will unlock the secrets of how we process information and how tricksters manipulate our senses.

Marc "Zeke" Kossover is an educator at the Exploratorium who will be enlightening us with real-world physical phenomenon (natural magic) that charlatans have used to deceive us. Zeke was selected to be an Albert Einstein Distinguished Educator Fellow at the National Science Foundation.

The professional magician to confound our senses will be Robert Strong. He has performed in

47 countries, in all 50 states, and twice at the White House. He was twice voted San Francisco's 'Best Magician' and resident magician at TEDx SF.

Coupled with our ability to be deceived is our ability to lie.

It's shocking but we seem to be wired to lie and to be deceived. We're so good at it, we can even fool ourselves. The term cognitive dissonance comes to mind. In other words, we reinforce what we want to believe and ignore evidence that doesn't fit our narrative.

Have you ever eaten a doughnut
see MAGIC on page 8

CV Man Dies in I-880 Crash

A Castro Valley man was killed last week while driving south on I-880 near the Davis Street exit, according to the California Highway Patrol.

Ruben Castro, 32, was pronounced dead at the scene after his car hit the wall on the right shoulder of the freeway at 7:15 a.m. on Monday, April 29.

No other cars were involved in the accident. The CHP said no drugs or alcohol were believed to be involved and they are investigating whether Castro had a medical emergency before the crash.

A Sig Alert was issued after the crash and one lane was closed during the investigation, but all lanes were reopened by 9:30 a.m.

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MAY 17-19

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SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Shoplifter Caught
Sunday, May 5: at 11:34 a.m., Sheriff's deputies arrested a 31-year-old woman from Oakland on suspicion of violating a court-issued restraining order. The woman was spotted inside a grocery store on Castro Valley Boulevard near Redwood Road. Deputies report the woman was under suspicion for shoplifting at a clothing store in the Castro Village and fled the scene. The woman was taken into custody.

Can't Stay Away
Saturday, May 4: at 12:00 p.m., a 26-year-old man with no permanent residence was arrested on suspicion of violating a restraining order and violating the terms of his parole. Deputies responded to a call about a suspicious person

outside a home on Sweet Lane near Strobridge Avenue when they identified the suspect. The man was handcuffed and taken into custody.

Joy Ride Ends in Arrest
Friday, May 3: at 12:55 p.m., deputies arrested a 38-year-old man from San Francisco on suspicion of driving a stolen vehicle. The man was also wanted as part of a warrant issued for his arrest. Deputies pulled the man over on Lake Chabot Road near Rizzo Avenue and positively identified his warrant. The man was taken to Santa Rita Jail and held without bail.

Cowboy Rides Waving A Loaded Gun
Saturday, May 4: at 3:06 a.m., a 47-year-old man from Castro Val-

ley was arrested on suspicion of driving while under the influence of drugs and brandishing a loaded firearm in public. Deputies pulled the man over while he was driving on Castro Valley Boulevard near Redwood Road. The man was reportedly wearing a cowboy hat and a black vest. Deputies took the man into custody.

Jailed for False Report
Thursday, May 2: at 12:33 a.m., deputies arrested a 30-year-old man from CV as part of a warrant issued for his capture. The man had been previously charged with filing false police reports. Deputies served the warrant at a home on Joseph Drive near Maffey Drive. The man was taken to Santa Rita Jail pending \$15,000 in bail.
see REPORTS on page 7

NEXT GENERATION OF FIREFIGHTERS?



PHOTO COURTESY OF THE ALAMEDA COUNTY FIRE DEPARTMENT

Alameda County Fire Department Station 25 in Castro Valley recently celebrated "Take Our Daughters and Sons to Work Day" with a special visit to the station house.



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By Rob Rosas

IF YOU suffer from lower back pain and sciatica, you are among four out of five Americans who will suffer with this crippling spinal condition.

Shooting, stabbing and burning pains from the lower back region, often teamed with pain through the buttocks and down the legs are all classic symptoms of Sciatica or "pinched nerves".

In severe cases, it often leads to muscle wasting and or numbness with a constant tingling down to the tip of the toes. Left untreated, the intense pain can rapidly wear you down and drain the joy out of life.

New Treatment Discovery

Recent advances in the treatment of sciatica and lower back pain have led to the development and huge success of Non-Surgical Re-Constructive Spinal Care.

The excellent results of this treatment have been published in major medical journals. Success rates as high as 90% now have some leading back surgeons recommending their patients to try this treatment first before considering back surgery.

In Pleasanton, you can try Non-Surgical Re-constructive Spinal Care at the Intero Chiropractic – the office of the man who has dedicated helping hundreds of people with low back pain and sciatica.

Jerry and his team of fully trained spinal care specialists have helped hundreds of patients find relief from their agonizing back pain and sciatica.

Special CASTRO VALLEY FORUM Reader Offer

Got a Painful Nerve?

Is your Sciatic nerve causing you crippling leg and lower back pain?

According to Jerry, "We use a combination of ultra-advanced technology, not found elsewhere in Pleasanton, for precisely diagnosing the cause of your lower back pain and sciatica. From this, a unique program for reconstructing the damaged area causing the pain is designed; this means superior long-term results for most people."

Personal Tailored Recovery Plan

Because the treatment is non-surgical, safe and easy, most patients report an almost immediate relief from their pain.

Patient Hector H. says, "My back pain was unbearable but the worst thing was the searing burning pain I felt in my buttock and leg.

I couldn't work or do anything useful and the drugs my GP prescribed hardly did anything.

My wife insisted I respond to one of these ads, I thought it would be a total waste of time, but I'm so glad she kept on at me.

Thank goodness I called your number, I'm so much better in just a couple of weeks."

Your invitation for a comprehensive consultation and examination to pinpoint the cause of your lower back pain and sciatica...

Rossmoor News has teamed up with the spine therapy specialists at Intero Chiropractic to help readers find relief from their persistent back and sciatic pain.

All you have to do to receive a thorough diagnostic examination with their advanced technology and a comprehensive easy to understand report on your state of health is call (925)255-5805.

- **Mention this article CODE: BOS20SCMS7b and Jerry will happily reduce his usual consultation fee \$100 to just \$20.**
- **That's a saving of \$80 - So hurry, due to obvious reasons - this is a time limited offer**
- **Only 100 reader consultations available at this exclusively discounted rate.**

My advice, don't suffer a moment longer...

Find out if Non-Surgical Re-Constructive Spinal Care can help you, book a consultation with Peter and his team now by calling (925)255-5805, they are waiting to take your call today.

They actually treat the cause of your health problem, not just your symptoms.

That's why hundreds of grateful patients tell them "You gave me back my life!"

Over the years, they've treated hundreds of patients with back

problems and sciatica. The vast majority of them have enjoyed a superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

Why Prolong Your Agony?

Call them now and get a full and thorough examination to pinpoint the cause of your problem for just \$20, the normal cost of such an exam is \$100!

Don't suffer from the pain and immobility any longer. Discover the natural treatment that can eliminate the cause of your problem and give you the safe, lasting relief you deserve.

Call them now at (925)255-5805 and cut out or tear off this valuable article to take to your appointment. You'll be entitled to a comprehensive examination to diagnose the cause of your problem - and you'll be on your way to lasting relief! Don't delay your important diagnosis and treatment another moment!

Please note, if you call during the week, they are very busy, so if they don't pick up straight away leave a message. You can even call at the weekend and leave a message to secure your spot.



Dr. Jerry Hsieh, DC says, "I've never seen a treatment as effective as Non-Surgical Re-Constructive Spinal Care for patients with sciatica or lower back pain."

They can't help everyone at this reduced price, so please call **NOW** to secure your special opportunity.

Special Reader Opportunity is limited to the first 100 reader consultations. Don't delay, call (925)255-5805 and Quote Special Offer Code BOS20SCMS7b.

PAID ADVERTISEMENT

The Week Ahead

● Thursday, May 9: 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/CVUSDBoardMeetings

● Friday, May 10: Boy Scouts Recruiting Event

Boy Scout Pack No. 765 is hosting an open house for kids in Kindergarten through 4th Grade at Golden Oak Montessori School, 2652 Vergil Court in Castro Valley, from 6-7:30 p.m. this Friday. Cub Scouts lets kids have fun while teaching them skills that last a lifetime. Come see what scouting is all about! Cub scouts promotes the development of self, understanding our place within our community and the world. In scouting, everything has a purpose.

● Saturday, May 11: Youth Orchestra Spring Concert

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

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

Want to hike atop Half Dome, climb Mount Whitney, or trek atop Mount Tallac? Local author Matt Johanson will talk about his new book "Sierra Summits" at Castro Valley Library this Saturday May 11 at 2 p.m. Featuring mountain adventures achievable by non-mountain climbers from all over the Sierra Nevada range, the book includes color photography, history and appeal for all who enjoy the Sierra Nevada on any level. The guide suggests outings for cyclists, families with children and hikers with dogs. Johanson, a Castro Valley native and teacher, will share mountain climbing stories, photography from the book, and suggest a variety of hikes for different regions and ability levels.

● Saturday, May 11: Hearing Loss Association Meeting

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

● Saturday, May 11: Amador Valley Quilters Meeting

Six members of the UFO Challenge group will lead a panel discussion of their motivation and learning experiences created by this year-long program at the next meeting from 1:30 to 4 p.m. Saturday at Pleasanton Middle School, 5001 Case Ave., Pleasanton. For more info, visit www.amadorvalleyquilters.org

● Sunday, May 12: Solving Climate Change

The Art and Science of Solving Climate Change: Art Exhibit and Panel Discussion will be held this Sunday, May 12, from 1:30 to 3:30 p.m. at the Castro Valley Library, 3600 Norbridge Avenue.

● Tuesday, May 14: Learn & Share Speaker Series

Join the Castro Valley Mothers' Club and listen to Phoebe Ju speak about work-life integration, and all the roles and hats mothers wear, and how to achieve balance at the next Learn & Share at 6:30 p.m. May 14 at the Keller Williams office space, 3160 Castro Valley Blvd. The event is free and open to all.

● Tuesday, May 14: Rotary Topic: Career Coaching

Career Coach Marty Nemko, PhD, will describe what he has learned about people from three decades of career coaching at the next buffet lunch meeting of the Rotary Club of Castro Valley from noon to 1:30 p.m. Tuesday at Redwood Canyon Golf Course, 17007 Redwood Road. The cost of lunch is \$15 and reservations must be made by 9 p.m. on Sunday, May 12, by contacting Rotary at cvrotary@icloud.com or 510-402-5123. More info is available at castrovalleyrotary.org

● Wednesday, May 15: East Bay Rose Society Meeting

Agriculturist Roger Kubalek, former Rosarian at the Berkeley Rose Garden, will give an overview of the garden's history and development including archive photos, at the next meeting at 7:30 p.m. on May 15 at the Lakeside Garden Center, 666 Bellevue, Oakland. Kubalek oversaw a major restoration and rejuvenation of the garden. Come and learn more about one of the Bay Area's key public rose gardens, enjoy snacks and enjoy the show. More info at www.eastbayroses.org

● Saturday, May 18: Arroyo High Boosters Car Show

The 18th Annual Arroyo High Athletic Boosters Car Show benefiting the student athletes will be held from 9 a.m. to 3 p.m. on May 18 at Arroyo High School, 15701 Lorenzo Ave., San Lorenzo, featuring hot rods, customs, classics, street rods and trucks plus BBQ, live music, raffles and prizes. Admission is \$5 at the gate, kids under 12 free. Our goal is to keep the student-athletes on the fields, in the gyms, and on the courts.

● Saturday, May 18: Trinity Christian Fellowship Picnic

Join an outdoor picnic and meet your neighbors and local community for a fun-filled afternoon with free games, hot dogs and a jumper from 11 a.m. to 2 p.m. on May 18! Volunteers from our English, Spanish and Chinese churches will be on site to facilitate. Free and open to all! Trinity Christian Fellowship Church is located at 20307 Marshall St. in Castro Valley. For more info, call 510-581-2480 or visit trinitycv.org

● Sunday, May 19: Big Gardens in Small Spaces

If you don't have a lot of space but want to grow your own food, join Lori Caldwell (the Compost Gal) for this excellent class in container gardening from 2 to 3:30 p.m. May 19 at the Castro Valley Library. She will cover such topics as maintaining soil fertility, choosing the best plants for container gardens, and rotating crops. The program is free and no advanced registration is required.

● Sunday, May 19: Stroke Prevention Fair

Eden Medical Center will host a free Stroke Prevention Fair from 2 to 5 p.m. on May 19 at the Ashland Community Center, 1530 167th Ave. in San Leandro, which will include diabetes education, carotid ultrasound, cholesterol testing, blood pressure monitoring and more. Open to all members of the community. For more information, visit www.sutterhealth.org/eden/services/neuroscience/stroke-neurovascular

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

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

● "Singin' in the Rain Jr.," will be presented at the Center for the Arts by Canyon Middle School (Monday Cast) this Saturday, May 11 at 4 p.m. and Sunday, May 12, at 7 p.m., and (Wednesday Cast) Saturday at 7 p.m. and Sunday at 2 p.m., and by Creekside Middle School (Tuesday Cast) on Saturday at 10 a.m. and Sunday at 4 p.m., and (Thursday Cast) on Saturday at 2 p.m. and Sunday at 10 a.m. Purchase tickets at bachtheatre.org/classes/tickets/CVUSDmiddleschool

● Canyon Middle School Concert, with the Beginning Choir and the Condor Choir, will be presented at 7 p.m. on Tuesday, May 14 at Center for the Arts. For tickets (\$5) see above.

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

● Castro Valley High School Spring Band Concert will be presented at 7 p.m. on Thursday, May 16. For advance tickets (\$5-\$10) see above (Price go up at the door).

● Castro Valley High School Orchestra Spring Concert will be presented at 7 p.m. on Friday, May 17. For advance tickets (\$5-\$10) see above (Prices go up at the door).

● CV Adult School Orchestra Concert will be presented at 2 p.m. Sunday, May 19. For tickets (\$5-\$10) see above.

● Canyon Middle School Spring Concert will be presented at 7 p.m. on Wednesday, May 22, featuring movie music and more by Canyon's Jazz Band, Intermediate Band, and Advanced Band. For advance tickets (\$5-\$7) see above (Prices go up at the door).

OTHER THEATRICAL & MUSICAL PERFORMANCES

● "Other Desert Cities," a funny and searing play by Jon Robin Baitz and one of the hottest tickets on Broadway, will be presented by Chanticleers Theatre through May 26, with shows at 8 p.m. on Fridays and Saturdays, and 2 p.m. on Sundays. For tickets (\$25 general; \$20 Seniors/Students) visit chanticleers.org or call 510-733-5483. Chanticleers Theatre is in Castro Valley Community Park at 3683 Quail Ave.

ART GALLERIES & ART INSTRUCTION

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

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

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ARIES (March 21 to April 19) Untangling personal problems might take more time than the impatient Lamb expected. But it's important to hang in there until all those knotty situations are straightened out.

TAURUS (April 20 to May 20) You still need to work out last-minute snags in your dealings with a rival. Hold your ground despite a perceived lack of support. Things should turn around before you know it.

GEMINI (May 21 to June 20) Best not to delay preparing for that upcoming family event. The sooner you get things started, the better chance you have of finding potential problems and making needed changes.

CANCER (June 21 to July 22) The romantic Moon Child might be reluctant to see the reality behind that "ideal" situation. But by midweek, the practical Crab emerges to help clear away the moonbeams.

LEO (July 23 to August 22) Although the Big Cat might be receptive to more "purr-suasion" to get you to agree to a workplace change, make sure you can distinguish the fine line between facts and flattery.

VIRGO (August 23 to September 22) Your positive attitude in the workplace helps to get you noticed by the right people. Now go ahead and use some of that new self-confidence to help shore up a personal relationship.

LIBRA (September 23 to October 22) Although you might still have to work out some problems with a business partner, things go more smoothly on the home front. An investment opportunity might need more study.

SCORPIO (October 23 to November 21) Don't be reluctant to act on your suspicion. Even if others see nothing wrong, the astute Scorpio could sense an underlying problem that isn't always obvious on the surface.

SAGITTARIUS (November 22 to December 21) A new opportunity presents some obstacles that need to be dealt with as soon as possible. Delaying action in hopes that the problems will go away could be counterproductive.

CAPRICORN (December 22 to January 19) A friend or family member's request might carry some hidden factors that could later create problems. Be sure you know all the facts before you make your decision.

AQUARIUS (January 20 to February 18) A setback in implementing a plan could turn out to be a blessing in disguise. Use the downtime to rework your original concepts and see where changes could be made.

PISCES (February 19 to March 20) You might not be consciously fishing for compliments, but admit it -- won't you feel great when your efforts are noticed? So accept the praise gracefully. You earned it.

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Breakfast for a Special Mom

Eggs Benedict is a classic —though fussy—Mother's Day breakfast treat. But the recipe isn't recommended for dads or kids who are inexperienced in the kitchen.

In that case, you just better settle for the scones, pancakes or French toast.

EGGS BENEDICT

- 8 eggs
- 1 teaspoon distilled white vinegar
- 8 strips Canadian-style bacon
- 4 English muffins, split
- 2 tablespoons soft butter

Hollandaise Sauce:

- 4 egg yolks
- 3-1/2 tablespoons lemon juice
- Pinch ground white pepper
- 1/8 teaspoon Worcestershire sauce
- 1 tablespoon water

- 1 cup butter, melted
- 1/4 teaspoon salt

To make hollandaise: Fill the bottom of a double boiler part-way with water. Make sure that water does not touch the top pan. Bring water to a gentle simmer.

In the top of the double boiler, whisk together egg yolks, lemon juice, white pepper, Worcestershire sauce, and 1 tablespoon water. Add the melted butter to egg yolk mixture 1 or 2 tablespoons at a time while whisking yolks constantly.

If hollandaise begins to get too thick, add a teaspoon or two of hot water. Continue whisking until all butter is incorporated. Whisk in salt, then remove from heat. Place a lid on pan to keep sauce warm.

Preheat oven on broiler setting. To poach eggs: Fill a large saucepan with 3 inches of water. Bring water to a gentle simmer, then add vinegar. Carefully break eggs into simmering water, and allow to cook

for 2-1/2 to 3 minutes. Yolks should still be soft in center. Remove eggs from water with a slotted spoon and set on a warm plate

While eggs are poaching, brown the bacon in a medium skillet over medium-high heat and toast the English muffins on a baking sheet under the broiler.

Spread toasted muffins with softened butter, and top each one with a slice of bacon, followed by one poached egg. Place 2 muffins on each plate and drizzle with hollandaise sauce. Sprinkle with chopped chives and serve immediately. Makes 4 servings.

WORLD'S BEST RAISIN SCONES

- 1 cup sour cream
- 1 teaspoon baking soda
- 4 cups all-purpose flour
- 1 cup white sugar
- 2 teaspoons baking powder
- 1/4 teaspoon cream of tartar



PHOTO BY JON MOUNTJOY

- 1 teaspoon salt
- 1 cup butter
- 1 egg
- 1 cup raisins

In a small bowl, blend the sour cream and baking soda, and set aside.

Preheat oven to 350°F. Lightly grease a large baking sheet.

In a large bowl, mix the flour, sugar, baking powder, cream of tartar, and salt. Cut in the butter. Stir the sour cream mixture and egg into the flour mixture until just moistened. Mix in the raisins.

Turn dough out onto a lightly floured surface, and knead briefly. Roll or pat dough into a 3/4 inch thick round. Cut into 12 wedges, and place them 2 inches apart on the prepared baking sheet.

Bake 12 to 15 minutes in the preheated oven, until golden brown on the bottom. Yields 12.

BLUEBERRY PANCAKES

- 1-1/4 cups all-purpose flour
- 1/2 teaspoon salt
- 1 tablespoon baking powder
- 1-1/4 teaspoons white sugar
- 1 egg
- 1 cup milk
- 1/2 tablespoon butter, melted
- 1/2 cup frozen blueberries, thawed

In a large bowl, sift together flour, salt, baking powder and sugar. In a small bowl, beat together egg and milk. Stir milk and egg into flour mixture. Mix in the butter and fold in the blueberries. Set aside for 1 hour.

Heat a lightly oiled griddle or frying pan over medium high heat.

Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on

both sides and serve hot. Makes about 6 servings.

BRANDIED BUTTER FRENCH TOAST

- 4 eggs
- 2 tablespoons plus 1 teaspoon sugar
- 1/2 teaspoon salt
- 1 cup whole milk
- 1/4 teaspoon vanilla extract
- 12 hick slices of bread
- Butter
- Powdered sugar, optional

Brandied Lemon Butter:

- 1/2 cup butter
- 1 cup sugar
- Juice of 2 lemons
- 3 ounces brandy
- 4 teaspoons grated lemon rind

In a shallow dish, beat eggs, sugar, salt, milk and vanilla. Soak bread in mixture.

Heat butter over medium high heat and cook each slice of bread until slightly brown on each side.

Serve with brandied lemon butter and lemon slices. Sprinkle with powdered sugar, if desired.

For Brandied Lemon Butter: Melt butter over low heat. Spoon off any foam that forms. Pour into a dish, leaving behind any sediment in the pan.

Wash pan, pour butter back in the pan and add the sugar. Stir constantly until sugar dissolves. Add lemon juice, rind, and brandy; stir until smooth. Pour over hot French toast.

FRUIT SANGRIA

- 6 cups assorted fruits (such as mango, pineapple, sliced or cut into chunks)
- 1/4 cup thinly sliced peeled fresh ginger
- 1 to 1-1/2 cups fresh basil or mint leaves
- 1/2 cup orange liqueur, such as Cointreau
- 1 bottle crisp white wine, such as Sauvignon Blanc
- Juice from 1 lemon

In a large bowl or pitcher, combine fruit, ginger, basil or mint, and orange liqueur. Mash gently with the back of a wooden spoon until basil is bruised and fruit releases juices. Add wine and lemon juice and stir to combine. Refrigerate 1 hour (or up to 1 day). To serve, fill eight glasses with ice and top with sangria. Serves 8.

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Teriyaki Steak
Fried Chicken
Fried Prawns
Baked Seafood
Smoked Salmon
Lasagna
Garlic Bread
Desserts
Fresh Fruit
Cheesecake
Pudding
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Mother's Day Menu
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Soup ~ Chicken with Asparagus
Salad ~ Mixed Greens w/Bay Shrimp
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WORLD PREMIERE OF 'WASTREL' FRIDAY, SATURDAY



Castro Valley Dramatic Arts Academy will present the World Premier of a new original play, "Wastrel," on May 10 and 11 at 7 p.m. at the Douglas Morrisson Theatre in Hayward. Written and directed by CVDAA teacher Kane Ashton, the play intertwines two stories: "Latchkeyland," which will be performed at 6 p.m. by the elementary school cast, and "Meritocalypse," which will be performed at 7 p.m. by the middle school cast. Tickets, for a suggested donation of \$25 for both casts, will benefit CVDAA, a non-profit youth theatre program. To learn more about CVDAA or to purchase advance tickets, visit www.cvdaa.org.

Rowell: Kickoff Festivities

continued from front page

One of the unsung heroes of the Chili Cookoff is Rotarian Bobbi Aufdermauer, who stocks a table full of cookies, brownies, and other treats for sale.

Aufdermauer uses the proceeds along with a matching fund from her company, Chevron, to fund the Rotary Club's college scholarships through the Castro Valley Education Foundation. Last year, the scholarship received \$3,000 as a result.

Other pre-rodeo festivities include the Art & Essay Contest and the Pancake Breakfast at the Alameda County Fire Station No. 4 on San Miguel Avenue on Saturday morning.

This year's Rowell Ranch Rodeo Parade—Saturday starting at 10 a.m.—will spotlight about 100 entries with community groups, horse riders, local businesses, car clubs, and student groups.

The Castro Valley Sports Foundation was chosen as the official parade marshal this year. Honorary parade marshals and parade sponsors include Redwood Christian Schools and Eden Medical Center.

Reports: CV

continued from page 3

Illegal Drugs

Wednesday, May 1: at 6:57 p.m., a 62-year-old man with no permanent residence was arrested on suspicion of possession of illegal narcotics. Deputies responded to a report of a vagrant outside a coffee store in the Castro Village Shopping Center near Castro Valley Boulevard. The man revealed to deputies that he did have drugs in his pocket and was taken into custody.

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PHOTO BY JARED DARLING

Sydney Burnama (middle) won the MVP for her third year in a row at Castro Valley High School's annual Powder Puff football game, as the sophomore/senior team beat the freshman/junior team by a final score of 14-6 on Friday night.

ATHLETE OF THE WEEK

Marcus Young

This week's Athlete of the Week is Marcus Young, a junior at Castro Valley High School. Young shot a round of 3-over par, 74, took second place in the individual scoring, and took honors in the long drive competition, at the San Leandro High School's Invitational golf Tournament, held at Monarch Bay golf course, in April.

Young had a great regular season and was named to the Western Alameda County Conference (WACC) First Team All-League golfers. He helped CV win the league championship as they finished their regular season with an undefeated record (14-0). He shot an 81 in the WACC Championship Tournament, where CVHS finished with a score of 397 for five golfers over 18-holes, beating second place Bishop O'Dowd by 7 strokes.

Next, Young will compete with his team in the North Coast Section (NCS) Division 1 Championships on Monday, May 13 at Monarch Bay Golf Course.



Magic: Inability to Detect Illusions and Lies

continued from page 2

and told yourself you'd compensate by skipping a meal? "I have good reasons to choose my presidential candidate, but other people are misinformed." We tell ourselves stories to achieve a certain inner harmony. That's cognitive dissonance at play.

So, is the ability to lie a feature or a flaw? Human history is littered with liars and grifters of

every sort, from pickpockets to thieves to scam salesmen to televangelists to politicians.

These charlatans knowingly take advantage of our weakness to be deceived for selfish gain. Product marketers employ deception to take advantage of our willingness to buy. They would not do it if we weren't so receptive to deception. We are both victims and perpetrators.

Con artists take advantage of our inability to detect illusions and lies. It behooves us to understand the trickery that distorts our perceptions into "seeing" things that don't happen. Science is a decoding tool to reveal the frailties of our minds.

Eric Yao, a software engineer, is the Chairman at Wonderfest and Director on the Board of Castro Valley Science.

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Castro Valley Yoga offers a donation-based ongoing Teen Yoga class on Tuesdays and Thursdays from 4 to 5 p.m. at 3160 Castro Valley Blvd. in CV. All donations

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The classes are taught by 2012 CVHS graduate Joelle Rude-Lemming, a certified level 3 instructor.

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Castro Valley Companion Animal Hospital has a new addition to our team!

Introducing Dr. Melissa Hardy. A graduate of Purdue University in 2010, Dr. Hardy has a big heart and deep love for animals. In her free time she volunteers for several East Bay organizations focused on animal welfare. She is an avid dental care enthusiast and has a soft spot for French Bull dogs. Come on in and meet our newest veterinarian!

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PHOTO BY JIM CARRIZO

The Castro Valley Girls Softball League hosted a BBQ on Saturday, which included food, bounce houses, games and fun for everyone, while league softball games were played.

A GREAT WAY TO RECOGNIZE MOTHER'S DAY

Help Support Women's Health

By Dr. Eva Balint
SPECIAL TO THE FORUM

To recognize Mother's Day and National Women's Health Week (May 12-18), here are tips to consider to support the health of all women, especially expectant and new mothers:

- **Mammograms Matter:** One in eight American women will get a breast cancer diagnosis at some point in her lifetime, and most cases are detected by a mammogram before symptoms appear.

According to the National Institutes of Health, the five-year breast cancer survival rate has increased significantly in recent years, now reaching more than 90 percent. For patients diagnosed with early-stage breast cancer, the five-year survival rate is close to 100 percent.

- **Take Charge of Your Health:** This means eating well, staying active, getting sufficient sleep and limiting stress as much as possible.

For expectant mothers, the U.S.

Surgeon General advises that no amount of alcohol is safe during pregnancy, and smoking is unsafe for you and your baby.

For support, your health plan may have programs and online services at no additional cost that can help you adopt a healthier lifestyle or, if needed, improve the management of chronic conditions, which is especially important for expectant women.

- **Avoid Early or Elective Deliveries:** For expectant mothers, it is important to understand the risks associated with elective deliveries before 39 weeks of pregnancy and their potential impacts.

Studies have shown that early, non-medically indicated cesarean (C-section) deliveries are linked to a higher risk of complications, including infection, hemorrhage or blood clots, and admission to the neonatal intensive care unit (NICU).

Babies born before 39 weeks are more likely to have respiratory problems and developmental

delays, according to a published study.

- **Know Your Maternity Benefits and Rights at Work:** If you work full time and plan to return to your job after your baby is born, it is helpful to know your company's maternity leave policy.

The Family and Medical Leave Act (FMLA) enables mothers and fathers who have worked at least one year for a company with 50 or more employees to take up to 12 weeks of unpaid time off, while many employers offer full or partial paid leave.

Under the law, your employer is required to give you the same – or the substantially equivalent – job back after your leave.

We've celebrated Mother's Day for more than 100 years. By considering this information, we can continue supporting the health of women and honor them for their important contributions to our communities.

Dr. Eva Balint is Medical Director of UnitedHealthcare.

Nutrition Important in Cancer Treatment

By Joanne Sexton
SPECIAL TO THE FORUM

For most people who have cancer, it is a very challenging time. You are learning about your diagnosis and all the different treatment options; you are seeing a variety of physicians and scheduling multiple appointments.

There are certain things you may not think about like what you are going to have to eat?

Nutrition plays a big part in helping you maintain and regain

your health. Join Eden Medical Center and Cancer Support Community on Thursday, May 23 from 5:30 to 7:30 p.m. when Registered Dietitian, Tinrin Chew, discusses Nutrition & Cancer Treatment. Tinrin is also an Oncology Dietitian.

This free workshop will be held at Eden Medical Center's Medical Office Building, 2nd floor at 20101 Lake Chabot Road, Castro Valley. For more information, or to register, please call 925-933-0107.

Also, mark your calendar! Eden

Medical Center's Community Cancer Screening event will be held at the Ashland & Cherryland FamFest on Saturday, June 8.

Working with the Carol Ann Read Breast Health Program, we will be offering screening mammograms with their mobile mammography van that will be at the event. If you have not had your annual screening mammogram, this may be an opportunity to check it off your to-do list. Look for more information and registration details as it gets closer.

Joanne Sexton, CTR, is manager of Tumor Registry/Cancer Data Services at Eden Medical Center.

Class for Family Caregivers

When facing the incapacity of a loved one, reliance on professionals will ensure that families receive the most accurate information about options and protection.

To help family caregivers navigate common questions, Hope Hospice presents Exploring Legal and Financial Issues on Saturday, May 18, from 9:45 a.m. to noon, at

the Hope Hospice 2nd floor conference room, 6377 Clark Ave. in Dublin. There is no cost to attend, but preregistration is requested.

Anyone engaged in the role of family caregiver or expecting to soon become a caregiver is invited to attend. Please register online at: HopeHospice.com/classes-resources, or call 925-829-8770.



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RESPECTING NATURE



Adventure Time students at Independent Elementary School made it their mission to bring attention to the plight of endangered animals all over the world. Covering recycled materials with papier-mâché and paint, they produced sculptures of endangered animals during the before-and-after-school program. The sculptures will be displayed at the Castro Valley Library this summer.

—Jennifer Loe, Adventure Time Art Specialist

CVSan Movie Wins Award

For more than 20 years, Castro Valley Sanitary District has been presenting field trips to local third graders, allowing students to learn about Zero Waste and the 4Rs (Reduce, Reuse, Recycle, and Rot) hands-on.

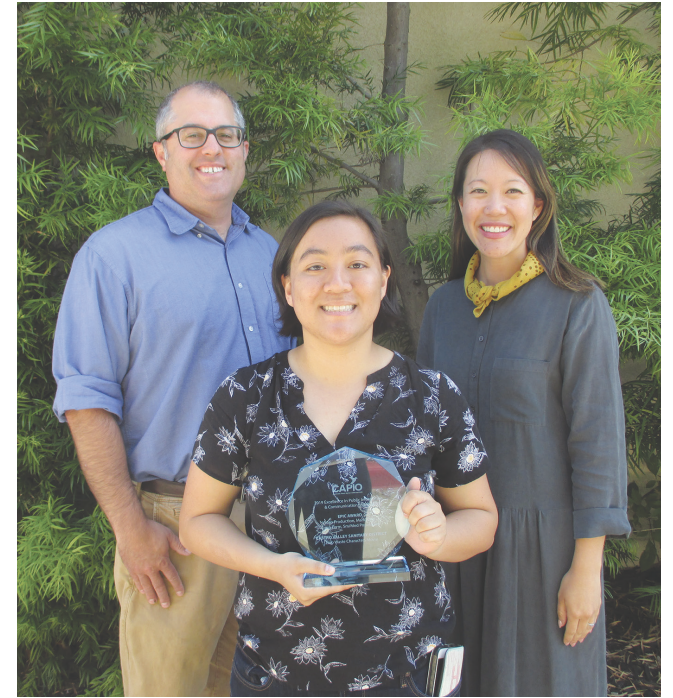
Last year the district added a new element to its field trips – an animated movie featuring its Zero Waste characters.

Zero Waste Supervisor Naomi Lue and Zero Waste Specialist Jordan Figueiredo, along with Castro Valley High School student Angelina Retodo, conceptualized, story-boarded, designed, developed, edited, and animated the six-minute movie. Retodo joined the program through an internship program organized by Castro Valley/Eden Area Chamber of Commerce.

On April 10th CVSan was honored to receive the California Association of Public Information Officials (CAPIO) 1st place EPIC Award for Video Production for its Zero Waste Characters movie.

CAPIO is a statewide membership organization serving more than 600 professionals who work in public sector communications.

To view CVSan's award-winning video, visit bit.ly/CVSanFieldTrip



CVSAN PHOTO

MOVIE AWARD WINNERS: From left, Zero Waste Specialist Jordan Figueiredo, CVHS student Angelina Retodo and Zero Waste Supervisor Naomi Lue.

LEGAL NOTICE

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

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

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

/s/David L. Earney
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MARCH 26, 2024
APR. 17, 24, MAY 1, 8, 2019
0062-CVF

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

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

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

/s/Jose Olivarez
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires APRIL 2, 2024
APR. 17, 24, MAY 1, 8, 2019
0065-CVF

FILED
MARCH 27, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 557022

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Malakoff & Associates located at 20444 Redwood Road, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Master Wealth, LLC, 1527 Asterbell Drive, San Ramon, CA 94582. This business is conducted by a limited liability company. This business commenced on 1/1/2018.

/s/Master Wealth, LLC
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MARCH 27, 2024
APR. 24, MAY 1, 8, 15, 2019
0067-CVF

FILED
APRIL 16, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 558002

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: CLC Tile located at 335 Hampton Rd., Hayward, CA 94541, in Alameda County is hereby registered by the following owner(s): Carlos L. Cardoso, 335 Hampton Rd., Hayward, CA 94541. This business is conducted by an individual. This business commenced on 6-2-03.

/s/Carlos L. Cardoso
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires APRIL 16, 2024
APR. 24, MAY 1, 8, 15, 2019
0071-CVF

FILED
MARCH 20, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 556730

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Bay Towns Construction located at 17966 Joseph Dr., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Lloyd Andrew Birky, 17966 Joseph Dr., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on N/A.

/s/Lloyd Andrew Joseph
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MARCH 20, 2024
MAY 1, 8, 15, 22, 2019
0074-CVF

CHAMBER NOTES

Renewing Members:

- MTC Commercial Real Estate Brokerage
- Heidi K. Hausauer, DDS
- Kravon's Gallery
- Accurate Ledgers Bookkeeping
- Berkshire Hathaway Drysdale Properties – Daniel Craver
- Birthright of San Lorenzo
- Above and Beyond Travel
- Castro Village Bowl

The Castro Valley / Eden area Chamber of Commerce is located in Suite 224 at 3160 Castro Valley Blvd., phone 510-537-5300

JUSTICE COURT
CLARK COUNTY, NEVADA
CASE NO. 19C005513 DEPT. NO. 6

ALLSTATE INSURANCE COMPANY as subrogee of Amado Ombao, Plaintiff,
v. STEPHEN DE LA CRUZ; ALISA REGO; and DOES I through X, inclusive, Defendants.

SUMMONS

NOTICE! YOU HAVE BEEN SUED. THE COURT MAY DECIDE AGAINST YOU WITHOUT YOUR BEING HEARD UNLESS YOU RESPOND WITHIN 20 DAYS. READ THE INFORMATION BELOW. TO THE DEFENDANTS: STEPHEN DE LA CRUZ; ALISA REGO A Civil Complaint has been filed by the plaintiff against you for the relief set forth in the Complaint. Object of Action: This is a Subrogation Action. 1. If you intend to defend this lawsuit, within 20 days after this Summons is served on you exclusive of the day of service, you must do the following: a. File with the Clerk of the Court, whose address is shown below, a formal written response to the Complaint in accordance with the rules of the Court. b. Serve a copy of your response upon the attorney whose name and address is shown below. 2. Unless you respond, your default will be entered upon application of the plaintiff and this Court may enter a judgment against you for the relief demanded in the Complaint, which could result in the taking of money or property or other relief requested in the Complaint. 3. If you intend to seek the advice of an attorney in this matter, you should do so promptly so that your response may be filed on time. CLERK OF COURT, s/ Suzan Baucum, DEPUTY CLERK, Date 4/15/2018, County Courthouse, 200 South Lewis Ave., Las Vegas, Nevada 89155. Issued at direction of: LISA A. TAYLOR, ESQ., Nevada Bar No. 008283, 5664 N. Rainbow Blvd., Las Vegas, Nevada 89130, (702) 645-0150, Lisa@Ltaylorlaw.com, Attorney for Plaintiff
Published in Castro Valley Forum, Castro Valley, CA
0070-CVF APRIL 24, MAY 01, 08, 15, 2019

NOTICE TO NATALIE REAGAN and JASON REAGAN as an heir of CHARLES ELMER REAGAN, who died in Winston, Oregon, on August 19, 2018. Testate probate proceedings, bearing the clerk's file number 19PB07585, have been commenced and are now pending in the Douglas County, Oregon, Circuit Court. Your rights may be affected by this proceeding. Larry L. Reagan was duly appointed on October 8, 2018 and is now serving as personal representative. Additional information may be obtained from the court records or the personal representative, Larry Reagan, c/o Sarah Wolf, Attorney, 727 SE Cass Ave. #318, Roseburg OR 97470.

MAY 8, 15, 22, 2019
0079-CVF

FILED
APRIL 11, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 557776

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Baywood Court Residents Association located at 21966 Dolores St., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Baywood Court, 21966 Dolores St., Castro Valley, CA 94546. This business is conducted by a corporation. This business commenced on 06-18-1990.

/s/Baywood Court
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires APRIL 11, 2024
MAY 8, 15, 22, 29, 2019
0075-CVF

FILED
APRIL 23, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 558284

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Tavo's Minerals N More located at 20948 Chester St., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Octavio Huizar, 20948 Dolores St., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on 03-09-12.

/s/Octavio Huizar
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires APRIL 23, 2024
MAY 8, 15, 22, 29, 2019
0080-CVF

FILED
APRIL 11, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 557750

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Alameda Engineering located at 18857 Almond Road, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Lance D. Capilla, 18857 Almond Road, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced in 1989.

/s/Lance D. Capilla
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires APRIL 11, 2024
MAY 8, 15, 22, 29, 2019
0084-CVF

REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



The Best Time To Sell Your Home

Want to know the best time to sell your home? Google it. In a nanosecond, you will have any number of websites that all basically say the same thing. The best time to list?

May. Overall, the logic is simple. Once Easter weekend has passed, spring is in full bloom, weather turns for the better and buyers start looking in earnest.

As we push into the summer months, buyers get preoccupied with end-of-school activities, vacations, team sports and more. As the season heads towards fall, we typically enter the home-selling doldrums.

According to Zillow, of the 35 major markets they track across the nation, the best listing period for 29 of them is between late March and Early June. By and large, most sellers know that spring is the best time to get their digs on the market and spend the first part of the year getting homes ready for a May launch.

My question is this: "If everyone knows that May is supposed to be the best time to sell, what happens if everyone puts their homes on the market at the same time?"

Last year, an active Southern Alameda County neighborhood, experiencing an average of 2 new listings a month, saw a sudden

surge of 17 homes going live in a 3-week period in May. It seems everyone got the same memo and decided May was do-or-die month.

As it turned out, "die" was the operative work: the sudden swell of listings completely killed local sales as buyers, overwhelmed with more inventory than they knew what to do with, became paralyzed and stopped buying altogether. In a classic display of supply-and-demand economics, values in the neighborhood plunged and, a year later, values have not fully recovered.

Talking to Realtors around the Bay, it has become apparent that we may be in for a "lather, rinse, repeat" scenario in 2019.

So far this month we've seen

an explosion of Central County homes hit the market and many agents I know are working feverishly to get signed listings ready for sale as quickly as possible so as not to miss May's window of opportunity.

Buyers have been waiting for the onslaught, aware that more inventory means greater choices and, if too many homes hit the market at the same time, less competition and lower prices. Coupled with the currently low interest rates, we should be in for an interesting month.

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.

Aphids Attack Pyracantha

By Buzz Bertolero
Special to the Forum

Q We have a very large Pyracantha that's covered with white cottony sticky clumps. My neighbor showed me the little bug that was inside the white stuff. Can you please direct me on how I can get rid of these bugs?

A The bug is called woolly apple aphid, one of many species of aphids. But this one is particularly unique as it can be found on woody plant parts as well as on the new growth. It can also attack at the crown or base of plants and along with the surface roots.

Woolly apple aphid is common on pyracantha, crabapples, apples, cotoneaster and other plants.

You will need to pick off the worst of the curly leaves and treat the rest of the plant with Insecticidal Soap or Neem Oil. Several applications a week apart are necessary and be sure you soak the limbs, trunk, and base of the plant.

Buzz Bertolero is an Advance California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com and questions can be sent

by email to buzz@dirtgardener.com or on Facebook at [Facebook.com/Buzz.Bertolero](https://www.facebook.com/Buzz.Bertolero)



Mortgage Rates Drop

According to Freddie Mac's weekly nationwide survey, fixed mortgage rates finally dropped after several weeks of rising. The 30-year FRM averaged 4.14 last week, up from the previous week at 4.20 percent. A year ago at this time, the FRM averaged 4.55 percent.

"Slightly weaker inflation and labor economic data caused mortgage rates to dip this week. Moving into summer, we expect rates to be about a quarter to half a percentage point lower than where they were last year, which is good news for the housing market. These lower rates combined with solid economic growth, low inflation and rebounding consumer confidence should provide a solid foundation for home sales to continue to improve over the next couple of months," said Sam Khater, Freddie Mac's chief economist.

Fifteen-year rates averaged 3.60 percent last week, and five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.68 percent.



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- Home of the Week
- Open Home Listings
- Agents in Action
- Classified Advertising

To Advertise Call:

Mary Florence 510-861-3270
Linda Nakhai 510-915-1513

OPEN HOMES SAT. & SUN. MAY 11th & 12th

CITY	SAT	SUN	ADDRESS	PRICE	BDR./BA.	REALTOR	AGENT	PHONE
S	2-4:30	2-4:30	739 Estudillo Ave.	—	4/3	Marvin Gardens	Greg Novak	510-472-4770
S	2-4:30	2-4:30	336 Marlow Dr.	—	3/2	Marvin Gardens	Greg Novak	510-472-4770
L	1-4	—	3956 California Way	\$749,000	3/2	J. Rockcliff RE	Kristy Peixoto	925-251-2536
A	—	4-6	1234 View Dr.	\$999,000	6/4	Robert Jones & Assoc.	Akram Morrar	510-357-0129

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

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

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

HOME of the WEEK

Just Move In this pristine Sandy Road, 1,675 sq. ft., single level, 3 bedroom, 2 bath home that has been lovingly updated throughout! Situated on a 8,064 sq. ft. creek side tree lined lot with patio, 3 decks and paths through many plants and trees, great for entertaining, gardening, play or just relaxing.



18640 Sandy Rd., Castro Valley - \$879,000

This home boasts formal living and dining room with fireplace and gleaming hardwood flooring, eat-in kitchen with Corian counter tops, tile back splash, skylight and gas stove that opens to family room with French doors to patio and yard. Master bedroom with French door to deck and yard with 2 closets and master bath with over sized shower and beautiful wood ceiling. Hall bath with pedestal sink, wainscoting and shower over tub. Laundry room, off kitchen, with multiple cabinets, sink and door to yard. Additional features include recessed lighting, solar tube, large 14' by 12' storage shed, new 50 year roof, gutter leaf guards, dual pane windows and so much more! Easy access to transportation, Bart, schools, shopping and restaurants. See why the Brent Team Sells More Homes!



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Wayne Licsak: 510-303-7765 / wayne.licsak@BHSDrysdale.com / DRE #01850870

Linda Neff: 510-557-9185 / linda@lindaneff.com / DRE #01495978

RECENT HOME SALES

San Leandro

536 Sterling Drive	94578: \$368,000	2 BD - 896 SF - 1986
1266 145th Avenue	94578: \$380,000	2 BD - 825 SF - 1923
16344 Blanco Street	94578: \$465,000	2 BD - 1,018 SF - 1947
2170 Somerset Avenue	94578: \$562,000	2 BD - 784 SF - 1947
1165 Camellia Court	94577: \$638,000	3 BD - 1,604 SF - 1947
1825 Dayton Avenue	94579: \$650,000	3 BD - 1,800 SF - 1954
872 Sybil Avenue	94577: \$650,000	2 BD - 1,213 SF - 1946
1186 Cherrybrooke Commons	94578: \$740,000	4 BD - 1,947 SF - 2005
824 Casanova Drive	94578: \$745,000	3 BD - 1,396 SF - 1954
1527 Purdue Street	94579: \$750,000	3 BD - 1,664 SF - 1953
767 Begonia Drive	94578: \$760,000	2,639 SF - 1979
14701 Oleander Street	94578: \$775,000	3 BD - 1,916 SF - 1978
15100 Shining Star Lane	94579: \$810,000	4 BD - 1,874 SF - 1997
15015 Zinnia Street	94578: \$812,000	3 BD - 1,916 SF - 1978
16518 Toledo Street	94578: \$850,000	3 BD - 2,222 SF - 1968

TOTAL SALES: 15
LOWEST AMOUNT: \$368,000 MEDIAN AMOUNT: \$740,000
HIGHEST AMOUNT: \$850,000 AVERAGE AMOUNT: \$663,666

Castro Valley

20653 Waterford Place	94552: \$700,000	3 BD - 1,794 SF - 1981
2312 Farley Street	94546: \$700,000	3 BD - 1,134 SF - 1947
21439 Rizzo Avenue	94546: \$765,000	3 BD - 1,134 SF - 1942
17941 Joseph Drive	94546: \$825,000	4 BD - 1,584 SF - 1958
18874 Walnut Road	94546: \$905,000	3 BD - 1,686 SF - 1960
22375 West Lyndon Loop	94552: \$943,500	4 BD - 2,379 SF - 1978
5478 Balkan Court	94552: \$1,043,000	2,262 SF - 1978
2433 Fox Ridge Drive	94546: \$1,325,000	4 BD - 2,588 SF - 1994

TOTAL SALES: 8
LOWEST AMOUNT: \$700,000 MEDIAN AMOUNT: \$865,000
HIGHEST AMOUNT: \$1,325,000 AVERAGE AMOUNT: \$900,812

5882 Cold Water Dr., Castro Valley

Open Sat. & Sun.



This light and bright 4 bedroom, 3 baths, 2,169 sq. ft. of living space on 13,651 sq. ft. lot with side access features vaulted ceilings, dual-pane windows, fresh interior/exterior paint, new carpeting and flooring, granite countertops and more. Lots of viewing glass. Enjoy the relaxing and peaceful feeling of the gorgeous, landscaped yard that includes many mature fruit trees. Offered at \$1,188,888



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www.castrovalleyforum.com
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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.)
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\$35 10 words
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MISC. FOR SALE
\$30 10 words
 (3 weeks)

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\$35 10 words
 (1 week)

SERVICES
\$30 10 words
 (1 week)

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

ANNOUNCEMENTS

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

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

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 San Leandro Times/Castro Valley Forum

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

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San Leandro Times HOME SERVICES GUIDE
Call 614-1558

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

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

EMPLOYMENT WANTED

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

FENCES/DECKS

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



CASTRO VALLEY

Columbia Neighborhood Annual Yard Sale Saturday, May 11, 9am-1pm. Follow **YELLOW ARROWS** from Columbia Drive and Cull Canyon to multiple homes with treasurers in Castro Valley,
MOVING SALE Saturday 5/11 9am-1pm. 12" Valco fishing boat, trailer w/Yamaha 15hp 4 stroke motor. \$3,800 firm. Household, tools, fishing and more! 17650 Columbia Drive, Castro Valley.

GARAGE SALES

Women's Boutique Sale Sat. 5/11, 9am... till it's all gone! Tons of clothing, costume jewelry, household & more! 17073 Columbia Drive, Castro Valley.

COMMUNITY WIDE YARD SALE at 5 Canyons Parkway, Sat. 5/18 and Sun. 5/19, 8:00am-4:00pm. Rain or Shine. Over 900 homes - 5 Canyons Parkway, Castro Valley. For a listing of participating homes please go to: www.fivecanyonshoa.org

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GARAGE SALE 5/11, 9am-3pm. Household Items and handmade earrings \$5-\$10 (just in time for Mother's Day!) 1745 - 143rd Ave., San Leandro.

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- Thank you -

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San Leandro Times/Castro Valley Forum

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

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CLASSIFIED AD DEADLINE:
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TOTAL CIRCULATION 60,500

Call Patrick at 614-1558 for details and rates.

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

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LETTERS to the Editor

Support Gay Pride at Tomorrow's School Board Meeting

Editor:
Castro Valley Pride is Saturday, July 13th, but June is the "official" Pride month.

At tomorrow's (May 9th) meeting of the Castro Valley Unified School District, the Board of Trustees will be discussing a proposal to declare June "Pride Month." Additionally, they will discuss a proposal to raise the rainbow flag at every school in Castro Valley.

If you support diversity and inclusion in our community, and if you want your LGBTQ students and neighbors to feel welcome, we encourage you to attend this meeting and show your support.

The meeting starts at 7 p.m. at the District Office located at 4400 Alma Ave. in Castro Valley.

If you are unable to attend, but would still like to voice your support, please email castrovalleypride@gmail.com.

—**Billy Bradford**
Castro Valley Pride

Thanks for Making 'Bike for Education' a Big Success

Editor:
Thank you to all who came to our Bike For Education event on Sunday, April 7th at Castro Valley High School.

After many weeks of rain, it was a beautiful day for our bikers and community. There were 42 riders battling the 62 mile route, 41 attacking the 18 mile ride,

and 21 participants doing the 4.5 mile family ride to the Japanese Gardens.

For all their hard work, riders were rewarded with a BBQ lunch, music and fun from DJ Billy Ray, and lots of raffle prizes.

Thank you to all the sponsors of the event: Fremont Bank, Law Offices of Phillips & Phillips, Team Anglin at State Farm, Assemblymember Bill Quirk, Adventure Time, Sherwood & Co., JP's, Eden Bicycles, Bike-Walk of CV, DJ Billy Ray and Jenn's Cupcakes.

—**Sara Mascio, Exec. Director**
CV Educational Foundation



PHOTO BY AISHA KNOWLES, ALAMEDA COUNTY FIRE DEPT.

Smoky Fire Discloses Illegal Pot Grow

Alameda County firefighters responding to a report of a house fire on the 20000 block of Santa Maria Ave. at 7:11 a.m. yesterday discovered a detached garage with smoke and flames visible and an illegal marijuana grow operation inside of the building. The 1-alarm fire was contained to the garage and extinguished within 15 minutes of firefighters arriving at the scene. There are no reports of injuries. The cause of the fire is under investigation.

A Response to the Chabad of Poway Shooting

By Rabbi Shimon Gruzman
SPECIAL TO THE FORUM

On Saturday morning, April 27, my colleague in Poway, California had a day that began similarly to that of many Rabbis. He welcomed a larger than normal crowd into his Synagogue.

It was Shabbat, Passover and a day on which Jews recite the Yizkor (memorial) prayer. He led the services and directed the Torah reading, all while welcoming Jewish people of all backgrounds into his congregation.

On Shabbat and Holidays, it is a tradition to read the "Haftora", a portion from the Prophets. On that day, we read from Isaiah (10:32-12:6). We read the prophet's vision that there will come a time when "a wolf shall live with a lamb, and a leopard shall lie with a kid."

We read about a future that we, as spiritual leaders, work every day to make a reality.

It was then that Rabbi Goldstein's day became markedly different than ours.

While we read about peace and redemption, he experienced violence and witnessed murder. While we envisioned the light at the end of the dark tunnel of our exile, he stared down the dark barrel of a terrorist's gun. While we looked forward to the time that our nation will finally be whole, his body was broken by bullets fired by an evil-doer.

In times of pain, people often turn to their Rabbis for comfort. But when we hear of these awful tragedies, as we do all too often these days, we are often at a loss for words.

When it is one of our own who suffered, when it could have been any one of us, it is even harder to know how to respond. What can we say in response to violence? What can we do to counter this hate?

This week Rabbi Goldstein responding in the way we were taught by the Rebbe, Rabbi Menachem M. Schneerson, and fought darkness with light.

In every interview, at every opportunity he asked that all of those listening do another Mitzvah. He asked men to put on the tefillin that he cannot lay on his bandaged arm. He asked women to light Shabbat candles in memory of his dear friend Lori Kaye, who can no longer bring that light into her own home. And he asked that all Jews #ShareShabbat, by going to Shul this Shabbat and bringing along a friend who might not be a regular.

Alongside steps that are being taken to stop these attacks in their tracks, there are things that we can do to prevent this evil from fostering in the first place.

The Rebbe encouraged schools to focus not just on the retention of knowledge and facts, but on character building with an emphasis on the universal moral and ethical values that are the basis of a peaceful and civilized society.

The Rebbe advocated for this cause because he believed that every single child can be trained to develop an appreciation for life, even if they are not getting an education that overtly addresses these values.

Students can think about their life mission, contemplate the value of life (their own and others), and reflect on their higher purpose as they will be taught at home.

We fight evil, with good. We fight hatred, with love. We fight ignorance, with education. We fight darkness, with light.

Rabbi Gruzman is the Director of Chabad of 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. We do not withhold names. Email letters to: fredz@ebpublishing.com or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

THE FORUM CROSSWORD

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ACROSS

- 1 Last few notes
- 5 Med. approval org.
- 8 Fall into a beanbag chair
- 12 Last write-up
- 13 Valentine misspelling
- 14 Actress Turner
- 15 Missing
- 16 Past
- 17 Spore cases
- 18 Pour wine
- 20 Time of discontent?
- 22 Cal's mama
- 23 Fresh
- 24 1/4 bushel
- 27 Not steadily
- 32 Vast expanse
- 33 Play with robots
- 34 Anonymous Richard
- 35 Discontinue
- 38 Nervous
- 39 Type of humor
- 40 Candle material
- 42 Chemical relative
- 45 Discount store
- 49 Ms. Moore
- 50 Blunder
- 52 Green land
- 53 Mideast nation
- 54 Cartoonist Browne
- 55 Kvetches
- 56 Queue
- 57 Chances, for short
- 58 Jog

DOWN

- 1 Frigid
- 2 Reed instrument
- 3 Record
- 4 Have at
- 5 Platyhelminth
- 6 Used a shovel
- 7 Acknowledge
- 8 Shaved a board
- 9 Debate closer
- 10 Previously
- 11 Duo
- 19 "Forget it!"
- 21 Hostel
- 24 Next-to-last letter
- 25 Still, in verse
- 26 Role for Julie, Eartha, Lee, Michelle, Halle or Anne
- 28 Rapa __ (Easter Island)
- 29 Museum pieces
- 30 Visibility hindrance
- 31 "30 Rock" star
- 36 White weasel
- 37 Catcher's place?
- 38 Range
- 41 Symbol for gold
- 42 "American __"
- 43 Big rig
- 44 Start over
- 46 Storyteller
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- 48 Criterion
- 51 Tear

ANSWERS ON PAGE 5

Obituaries

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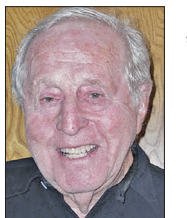
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Louie R. Pandolfo

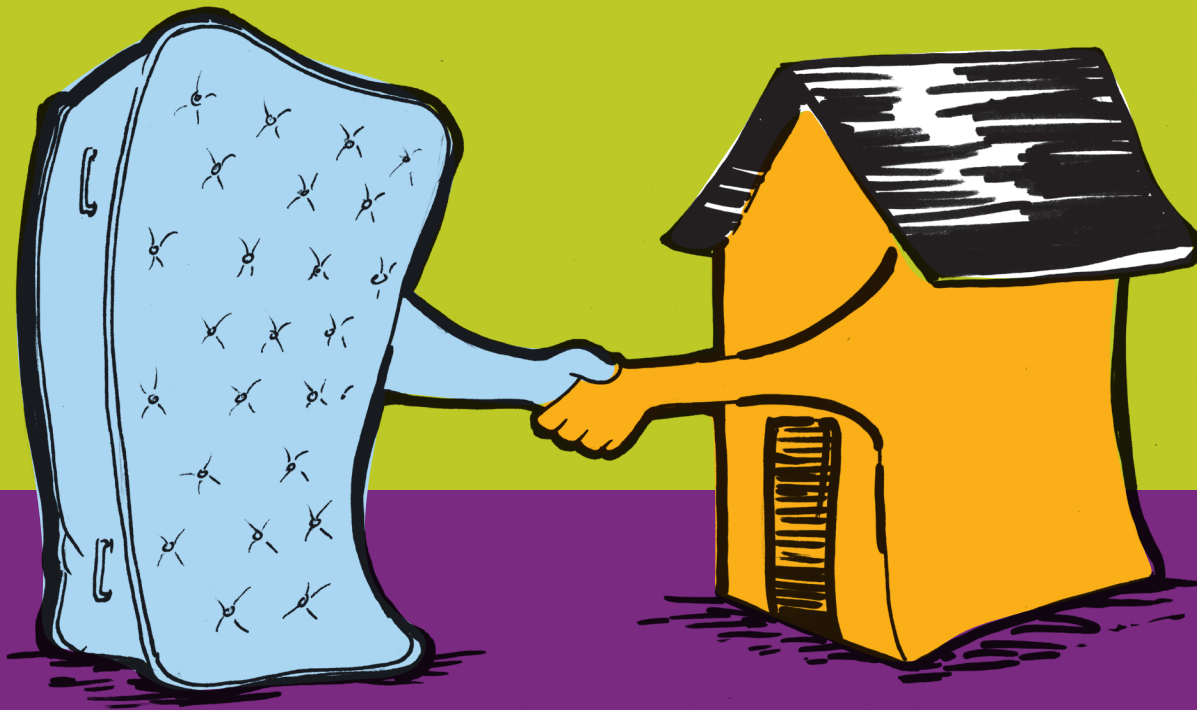
February 27, 1925 - April 25, 2019

Louie Pandolfo, a retired Teamster, is survived by Mary, his wife of 60 years; daughters: Kathy, Jeanna (Chris), Lisa (Andy); grandchildren: Amy (Anthony), Jamie, Christopher (Genny), Mindee, Darla, Ella, Jimmy, Nicholas, Dominik, Ayla and Ace.



Celebration of Life will be held Monday, May 13 from 6 p.m. - 8 p.m. and Internment Tuesday, May 14 at 10 a.m. at Holy Sepulchre.

Welcome to your one stop drop!



The Habitat for Humanity ReStore
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Recycle your old mattresses for
FREE and donate your other
household goods in one location.

When you recycle your mattress at the Habitat for Humanity ReStore,
you can also donate furniture, appliances, and more!
All donations support Habitat's mission to build affordable
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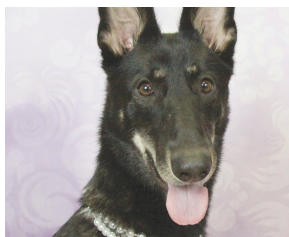
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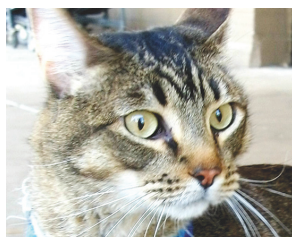
ADOPT-A-PET



CJ would love to go to a home with another playful dog who can help him build his confidence. He's a sweet and goofy 9-month old pup. Hayward Shelter: 510-293-7200.



NELLIE is a 2-year-old Kelpie/Malinois mix who needs a family willing to slowly expose her to new things and take her to training for new skills. Call Hayward Shelter: 510-293-7200.



KINGSLEY is a very handsome 4 year old Abyssinian mix. He's leash trained, very friendly and playful. He would do best as the only cat. Email: Loveallpawzrescue@gmail.com.



DARIUS is a sweet, 4 month old. He's very playful and affectionate, and would love a home with another young cat to play with. Email: Loveallpawzrescue@gmail.com.

End: Crimes

continued from front page
manding her keys. The woman struggled with the suspects and didn't not give them her keys until her 11-year-old daughter came out of the house.

The suspects took off again, this time in two different cars.

An officer spotted both cars driving together near James Avenue and Brickell Way in Castro Valley. More officers arrived on the scene and the car that was stolen from Castro Valley led police on a 12-mile high-speed chase before crashing into a fence in San Leandro.

Around the same time that car crashed, the car that was stolen from San Leandro wound up crashing into a home on Parsons Avenue in Castro Valley, severing electrical and gas lines. Two elderly women who lived there were home at the time, but were not injured. PG&E crews secured the damaged lines within minutes.

The passengers in both cars were arrested, but police are still looking for the drivers.

Anyone with any information on the case is asked to call 510-577-2740.



PHOTO COURTESY OF MARIE GRAY

Jared Gibbs Signs

Castro Valley High School Senior Jared Gibbs has signed his letter of intent to attend Simpson University and play baseball for the Red Hawks next year.

UPCOMING EVENTS AT SMALLTOWN

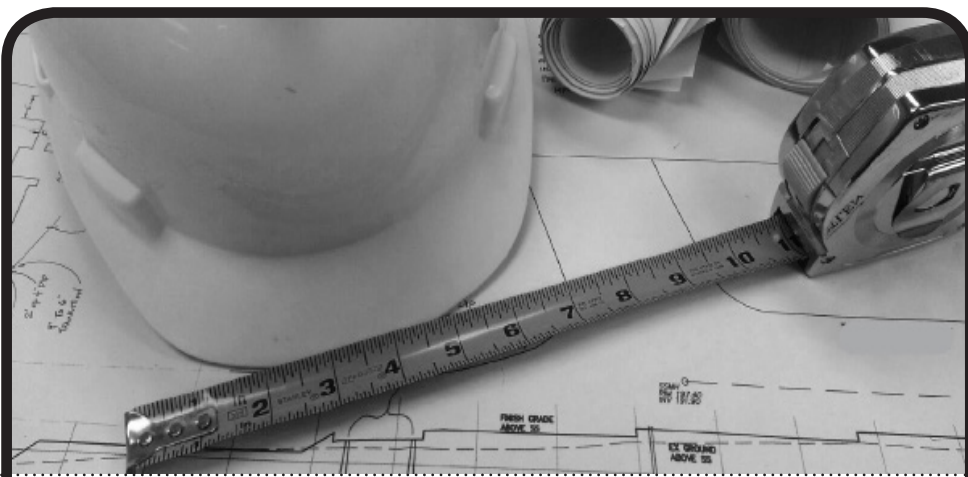
● Saturday, May 11: Smalltown Creative Hub

It's about People. It's about community. It's about collaboration. It's about random strangers and random events that somehow always seem to connect with you. It's about good stories, from good people, from all walks of life. It's about fun and creativity, justice and meaning. It's about the good things that bind us together. A free and open workspace/studio environment, a place to kick up your feet, view local art, create locals art, a place to build a better narrative. Free Wi-Fi. Bring some food, drink, a project you're working on, a book your reading, or a thought to share. Anyone is welcome. Come Join the Song *free* from 2 to 10 p.m.

● Thursday, May 23: THE LAB:

Songwriter and Poet Showcase & Workshop. Sign-ups for performances by email only: info@smalltownsociety.com. THE LAB is a monthly gathering that allows songwriters and poets to workshop and collaborate on new and existing pieces through exercises and brief performances, in front of and among friends. Everyone is welcome! This month's featured artist is Safiyah Hernandez! 7:00-9:00 p.m.

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



CVSan ANNUAL CONTRACTORS MEETING

Castro Valley Sanitary District (CVSan) will host its annual Contractors Meeting on Wednesday, June 5, 2019 from 8:00 – 10:00 a.m. The meeting will be held in the Board Room at CVSan's main office, located at 21040 Marshall Street, Castro Valley, CA 94546. Coffee and breakfast pastries will be served.

Topics of discussion include, but are not limited to:

- Private Sewer Lateral Program (PSL Program)
- Online Permit Portal
- CVSan's Lateral Replacement Grant Program (LRGP)
- List of Qualified Contractors
- Inspection Availability and Requirements
- Alameda County Updates
- Code Updates
- Planned Projects for 2019/20

A finalized agenda will be available on Wednesday, May 29, 2019, which can be accessed online at www.cvsan.org/acm or via emailed request to evan@cvsan.org. Space is limited, and we highly encourage all contractors to pre-register to secure a spot.

For additional information, please contact Evan Choy at (510) 537-0757 ext. 131 or evan@cvsan.org.

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