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5

CASTRO VALLEY FORUM

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YEAR 32

WEDNESDAY, OCTOBER 7, 2020

NO. 41

INSIDE YOUR FORUM

NEWS



The Search is On

Join upcoming interactive program to find intelligent life in the universe

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NEWS



Registered?

Local schools partnering with Registrar of Voters to help get votes out

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SENIORS



Don't Fall Victim

Seniors are the preferred target of scammers. Don't fall for their tricks

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PHONE: (510) 614-1560



Longtime CV residents Ed and Bonnie Bovee celebrated their 72nd wedding anniversary with their favorite treat — pineapple upside down cake. They were married on Sept. 4, 1948.

CV Couple Celebrate Their 72nd Wedding Anniversary

Ed and Bonnie Bovee just celebrated a very rare milestone, their 72nd wedding anniversary on September 4, 2020. Ed met Bonnie through her mother who was a crossing guard. Ed asked Bonnie to a dance and soon after, as they say, the rest is history. They were married on September 4, 1948.

They have enjoyed traveling

over the years and have visited 23 different countries. Ireland holds a special place in their hearts.

Ed and Bonnie have four children, five grandchildren and one great-grandchild. The couple remain very active in their church, Castro Valley Church of the Nazarene, where Bonnie started a cookie ministry over 20 years ago with

the help of other church volunteers. Bonnie delivers the cookies to firefighters, nursing homes and wherever else she feels someone needs to know they are appreciated.

Ed and Bonnie are extraordinary people and Castro Valley is blessed to have them as long-time residents.

Schools Cleared To Reopen But Most Will Wait

By Michael Singer
CASTRO VALLEY FORUM

Alameda County health officials have cleared the way for younger students to return to classroom instruction as early as next week, but the majority of both public and private schools say they will hold off for now.

Elementary schools (transitional kindergarten through 5th Grade) that meet health and safety requirements will be able open as of next Tuesday, Oct. 13, according to public health officials.

The County moved into the so-called Red Tier of the State's color-coded reopening plan two weeks ago when testing showed fewer people were becoming infected with the coronavirus. The County said its daily case rate is now 4.1 per 100,000 residents.

Elementary schools still need to post their reopening plans to their school or school district website, submit their plan to the County Office of Education, and notify the County Health Care Services Agency.

"We know it is hardest for younger children to spend all day learning online," said County Health spokesperson Neetu Balram. "Returning elementary students to classrooms balance-

es the potential risk of increased COVID-19 transmission with the impact of distance learning on both students' mental health and their ability to learn."

The county is leaving the decision of when to open with each school and each school district.

In a letter to parents and staff last week, Castro Valley School District Superintendent Parvin Ahmadi explained that Castro Valley is moving forward with opening technology hubs where students could participate in distance learning while at a school.

"With these hubs, we want to provide services and support to students who are at the risk of experiencing difficulties, such as those related to technology," Ahmadi said.

see **SCHOOLS** on back page

Castro Valley
Confirmed Cases = 559

Alameda County
Confirmed Cases = 21,746
Deaths = 425

California
Confirmed Cases = 826,784
Deaths = 16,149

as of October 5, 2020

SAFER AC TRANSIT BUSES TO END FREE RIDES



AC Transit will resume collecting fares and front-door boarding on its fleet of buses on Monday, Oct. 19. The agency introduced a number of changes in the wake of the coronavirus pandemic, including free rides and rear-door boarding to facilitate social distancing. The installation of hand sanitizer dispensers and protective shields will be completed by the end of next week, including outfitting buses with a protective barrier to help safeguard operators and riders by the farebox area while buses are in service. For more info, visit actransit.org or call the customer call center at 510-891-4777.

Wildfires Mark Grim Milestone

As of Sunday, a record 4 million acres have burned in California during this year's wildfire season, according to Cal Fire. To date, the total number of fatalities statewide is 31. Some 8,700 structures have been destroyed.

More than 16,600 firefighters continue to work towards containment on 23 major wildfires that continue to rage. The largest is the August Complex Fire which has blackened more than 985,000 acres in Mendocino, Humboldt and five other counties since it was

touched off by lightning 50 days ago.

The Glass Fire, which started 10 days ago, continues to burn in the North Bay counties of Napa and Sonoma, and has covered some 64,000 acres. It was 17% contained as of yesterday.

Since the beginning of the year, there have been over 8,300 wildfires in California.

One hopeful note — weather forecasters say there is a chance of rain in parts of Northern California by the end of the week.

Castro Valley Weather Oct. 7-11, 2020



Wednesday
Clouds then Sun
High 70° Low 57°



Thursday
Mostly Sunny
High 67° Low 57°



Friday
Cloudy & Rain
High 64° Low 59°



Saturday
Showers
High 71° Low 56°



Sunday
Mostly Sunny
High 76° Low 53°

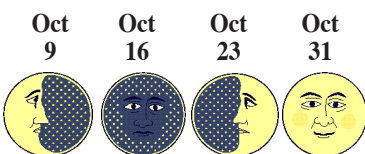
Almanac



Sun sets at 6:43 p.m. today, rises at 7:12 a.m. Thursday.

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

Moon Phases



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SETI PHOTO

SETI: Looking for Aliens in the Dark

A search is underway to find intelligent life in the universe. Can SETI (Search for Extraterrestrial Intelligence) researchers detect radio, infrared, or optical signals from other civilizations?

Current and future SETI projects, including the new \$100-million "Listen" project, may provide an answer.

Join world-renown astronomer Dan Werthimer, Chief Scientist at the U.C. Berkeley SETI Research Center, who will describe past and future searches and will show how new technologies are revolutionizing the search for intelligent signs of alien life in the universe.

This special Castro Valley Science interactive program will be held at 4 p.m. on Saturday, Oct. 17. Register now at bit.ly/aliens-101 to be notified of the conference link as the talk approaches.

Coming up at 8 p.m. on Oct. 29: "What Lurks in a Nightful Sky." Join San Francisco's "Urban Astronomer" Paul Salazar and KPOO's DJ Marilyn for a virtual guided tour of the glorious night sky. Information at wonderfest.org/share-the-night-sky/

NEWS BRIEFS

Fees Capped on Food Delivery Services

The Alameda County Board of Supervisors has temporarily capped at 15 percent the fees charged to restaurants by delivery businesses for food deliveries in Castro Valley and other unincorporated areas of the county. The emergency ordinance, which affects such companies as Door Dash, GrubHub and Uber Eats, is intended to ease the stranglehold shelter-in-place restrictions have had on local restaurants and is similar to ordinances passed in Hayward and San Leandro.

Law Signed to Save Kids from Hot Cars

A new Assembly Bill that becomes effective Jan 1, 2021, gives immunity to Good Samaritans who break car windows to rescue children ages 6 and younger who are trapped inside. Young children are particularly at risk as their bodies heat up three to five times faster than an adult's body. Temperatures inside a car can rise 19 degrees in as little as 10 minutes.

UPS to Hire Thousands of Seasonal Bay Area Workers

United Parcel Service says it expects to hire over 3,000 seasonal employees in the Bay Area to handle an expected increase in package volume that will begin this month and continue through January. Driver jobs start at \$28 per hour and \$23 for driver-helpers. Pay for package handlers starts at \$16 per hour. Hiring will be at facilities in Oakland, San Ramon, San Francisco and other Bay Area locations. Interested applicants should apply at www.upsjobs.com.

Arts and History Auction Now Underway Online

The Hayward Arts Council and Hayward Area Historical Society are currently holding an online auction through Oct. 30 to benefit both non-profit organizations. For more information, visit www.haywardartscouncil.org

DA to Speak to Rotary Club

Alameda County District Attorney Nancy O'Malley will talk about her office's efforts to stop human trafficking, at the next meeting of the Castro Valley Rotary Club at noon on Tuesday, Oct. 13, via Zoom. More information is available at castrovalleyrotary.org.

Vote by Mail or on Nov. 3rd



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COMPLIMENTARY EVENT

RSVP at SonRiseKids.org



The Priem Family Foundation



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Gold Medal Award

Max Williams of Castro Valley, a student at U.C. Berkeley, was recently awarded The Congressional Award Gold Medal. The award is the most prestigious award Congress bestows upon civilian youth for their commitment to voluntary public service as well as personal development and physical fitness. For his expedition, Williams spent five days in Yosemite National Park on a 50-mile backpacking trip during the summer. His group was the first to hike over Red Peak Pass, the highest mountain in the park. On the final day of their trek they summited Half Dome. The award was made during the program's first-ever virtual ceremony on Sept. 16



SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Caught for Vandalism

Friday, October 2: at 10:24 a.m., Sheriff's deputies arrested a 27-year-old CV man on suspicion of vandalism at a gas station on Castro Valley Boulevard near Redwood Road. The man was caught defacing a sign behind the station when deputies arrived. Deputies took the man into custody.

Domestic Violence

Friday, October 2: at 11:20 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Paradise Knolls near Center Street. There, they arrested a 40-year-old CV man on suspicion of assault on a family member. The man was handcuffed and taken into custody.

Fighting in Parking Lot

Wednesday, September 30: at 9:52 a.m., deputies arrested a 55-year-old CV man on suspicion of assault and battery outside a coffee shop on Center Street near Grove

Way. The manager called for assistance after seeing the man getting into an altercation with another customer. The man was handcuffed and taken into custody.

Held in Contempt of Court

Tuesday, September 29: at 1:37 a.m., a 49-year-old man with no permanent residence was arrested on suspicion of violating a court-issued restraining order. Deputies were called to a church on Lake Chabot Road near Somerset Avenue after a silent alarm revealed the man was trying to sleep in the back of the building. The man was taken into custody.

She Blocked a Deputy

Monday, September 28: at 7:02 a.m., deputies arrested a 36-year-old woman from Castro Valley on suspicion of obstructing a deputy from performing their duties. The woman was traveling on Center Street near Paradise Knolls when deputies stopped her for question-

ing. The woman refused to cooperate and resisted arrest. Deputies took the woman into custody.

Wanted Man, Served To Go

Monday, September 28: at 5:08 p.m., deputies arrested a 34-year-old CV man as part of a warrant for his capture. The man was previously charged with speeding and driving with a suspended license. Deputies served the warrant at a restaurant on the Boulevard near Yeandle Ave. The man was taken to Santa Rita Jail pending bail.

Threw Flammable Liquid

Monday, September 28: at 10:00 p.m., a 35-year-old CV man was arrested for throwing a flammable liquid at a person, possession of illegal narcotics, and resisting arrest. Deputies were dispatched to a home on Hillside Drive following reports of an argument. The victim claimed the man attacked by throwing a flammable liquid. Deputies took the man into custody.



Trick-or-Treat All Month Long!

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CASTRO VALLEY BOULEVARD AT SANTA MARIA AVENUE



CV Lions Club Disbands

The Castro Valley Lions Breakfast Club, which served the community for more than 40 years, is disbanding. Longtime member, Dr. Sue Thomas, generously bequeathed funds to the club to support local aid programs. Among the very grateful recipients were April Showers, Dig Deep Farms, Ruby's Place, Building Futures for Women and Children, Community Impact Lab and Western Service Workers Association. The club wishes to thank all of the community who supported them during those 40 years!



Schools Help Get Out Vote

Local school districts are partnering with the Alameda County Registrar of Voters to ensure everyone's vote is counted during the General Election season.

Alameda County began mailing ballots this week. Mailed ballots must be postmarked by Nov. 3, or may be returned to the Registrar of Voters office, a 24-hour drop-box, or any polling place before 8 p.m. on election night. To meet in-person voting demand and facilitate safe conditions for voters and staff alike, the Alameda County Office of Education and 11 additional public school districts have committed to hosting one or more polling locations at district facilities.

Early Voting, Same-Day Voter Registration and Ballot Drop-Off are all available from 9 a.m. to 5 p.m. through Nov. 2, and Election Day Voting can take place on Nov. 3 until 8 p.m. at these locations in Castro Valley:

- Canyon Middle School, 19600 Cull Canyon Road
- Castro Valley Library, 3600 Norbridge Ave. (24-hour ballot drop-off)
- Kenneth C. Aitken Senior Center, 17800 Redwood Road
- Palomares Hills Rec Center Club House, 6811 Villareal Drive

Visit registertovote.ca.gov to register to vote or check registration status. In California, future voters (ages 16 and 17) may pre-register to vote and have the registration become active automatically when they turn 18.



Duke James, performing at the first 'Castro Valley Street Eats' on September 17th

What's Up This Week at Smalltown Society

● Friday, October 9th:

Castro Valley Street Eats

The Chabot has partnered with The Food Truck Mafia and Smalltown Society to bring food trucks and live music every Friday night in October to the First Presbyterian Church of Hayward parking lot behind Trader Joe's. These are safe and socially-distant events with a portion of the profits supporting The Chabot while their doors are closed. You can also donate directly to The Chabot at these events;

every donation of \$50 will receive a complimentary movie pack filled with concessions to elevate your next movie night!

● Saturday, October 10th:

Live Riff-Along: "Daughter of Horror"

This week's movie is the 1955 noir-horror film 'Daughter of Horror,' in which a young woman wakes up in the middle of the night from a nightmare, then leaves her motel and proceeds to have

a nightmare of a night. Or does she? You can watch and comment along at 8 p.m. with your community at thechabot.com or from our Facebook page!

Support The Chabot Theater: Online Gift Cards and Merch available at TheChabot.com. Donations to The Chabot can be made via PayPal/Venmo: @thechabot. Donations to Smalltown Society can be made via PayPal/Venmo: @smalltownsociety

Virtual Bingo Presented by Senior Center

Enjoy virtual bingo in your home from 2 to 3 p.m. on the second and fourth Thursdays of the month starting tomorrow. Bingo cards can be picked up from the

Aitken Senior Center or mailed directly to homebound seniors by request. Join the games live on Zoom. Participants must have a computer, laptop or tablet and a

valid email address to log into the class. You must register for the class online at: haywardrec.org, class #15308 to receive the Zoom link.

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By: _____, Deputy
FILE NO. 572565

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

The name of the business(es):
ANGLIN, TODD DOUGLAS located at 2877 Grove Way, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Todd Douglas Anglin, 3316 Monika Lane, Hayward, CA 94541. This business is conducted by an individual. This business commenced N/A.
/s/ Todd Douglas Anglin
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires SEPTEMBER 01, 2025
SEPT 23, 30, OCT 07, 14, 2020
285-CVF

FILED
SEPTEMBER 01, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By: _____, Deputy
FILE NO. 572587

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

The name of the business(es):
BED ZONE located at 3959 East Castro Valley Blvd., Castro Valley, CA 94552, in Alameda County, is hereby registered by the following owner(s): MMM ZONE INC., 2140 Cristina Way, Brentwood, CA 94513. This business is conducted by a corporation. This business commenced N/A.
/s/ MMM ZONE INC.
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
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Published every Wednesday by EastBay Publishing Corp.
2060 Washington Ave., San Leandro, CA 94577
Corporate Address: P.O. Box 2897, Alameda, CA 94501
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CAMPAIGN 2020

Six Vying for Three Seats on Castro Valley School Board

The Forum invited each candidate to provide a photo, a brief bio, and a short statement of up to 100 words on why they are running to become a school trustee.



Dolly Adams

I am a 30 year CV resident, 29 years teaching - 21 in CVUSD, parent of two CV alumni, Master's of Science - Education Specialist

Dolly Adams is running for the Castro Valley School Board to represent students, fellow teachers, and parents. In addition to raising her two kids in Castro Valley schools, Dolly holds a MS from CSU East Bay, completing her thesis in computerized learning and is a curriculum expert. Dolly currently teaches Math, English, and Science. She is committed to closing the achievement gap among low income and students of color, while maintaining the excellence of CVUSD. Dolly is endorsed by the California Democratic Party, Castro Valley Democratic Club, Castro Valley Teachers Association, Assemblymember Bill Quirk and numerous community leaders.



Michael Kusiak

I am a parent and community organizer in Castro Valley with a nearly 20-year career in public higher education.

As the parent of two students in our public schools, I've experienced how our schools are the heart of Castro Valley. I'm a community organizer and advocate for CVUSD and Castro Valley with a deep knowledge about California public education and governance. My nearly 20-year higher education career at the University of California has prepared me to serve on the board, where legislative and policy analysis are essential. As your Trustee, I will tackle the challenge of COVID-19 learning loss, advocate for funding reform so that we can invest in our schools again, and encourage public engagement in CVUSD's governance.



Monica Lee

I am a 20-plus year CV resident with degrees in business and law. I am currently a Trustee with CVUSD.

Why I am running: I believe that children are our future. I am committed to providing CVUSD students with the best education possible. With other Board members, I have balanced the budget, managed finances so as to provide a modest raise to staff each year, reacted quickly to the COVID-19 school closures, and improved all campuses with Measure G funds. I am committed to the district motto of "All means All." If elected to a second term, I will work to solve our financial challenges, to help our students safely return to school, and to implement new, innovative programming for our students.



Sharon Parker

I am a 45-year Castro Valley resident with a 33-year teaching career in Castro Valley, Oakland, San Leandro and Hayward; Reading Specialist, History, Social Studies, Art

My goal will be to address the scholastic and cultural needs of our students, as well as providing parents more transparency regarding choices of curriculum and instructional resources. I've had the enriching experience of working with children, parents, teachers, and administrators from all backgrounds, cultures, ethnicities and religions. I want to be an agent of empowerment for our parents to directly and respectfully engage with leadership and to know that their deeply held values are being respected and that they have a say as to what their children are being taught and exposed to in our Castro Valley Schools.



Lavender Whitaker

Lavender's late husband, Nick "Dubb" Whitaker, was CVHS' Student Activities Director. She is once again endorsed by the Castro Valley Teachers Association.

My late husband, Nick "Dubb" Whitaker, was the Student Activities Director at CVHS. After he passed away from cancer, the community rallied behind me and my family and I remain forever grateful. Nick left a bold legacy and I'm proud to help build upon it. As a Board member, I've championed restorative justice practices, increased social/emotional supports for our most vulnerable populations, and ensured that students are not disproportionately disciplined based on the color of their skin, gender, or ability. As Board President, I helped pass an ethnic studies model to ensure that history is taught from a variety of perspectives.



Kristy Woerz

I have 30 years' experience at CVUSD as a special education teacher and program specialist with a degree in Business.

Why I am running? I'm running to lend a different voice. I'm not a politician but a teacher with a degree in Business who cares about our students and staff. My 30 years in education gives me a unique perspective that will benefit the District. My priorities: Equity and diversity within our curriculum and policies; addressing literacy for students; and, maximizing our limited resources so that we can provide the best education. I may not know the answers, but I know the questions to ask. This will benefit the Board in addressing these challenges. Learn more at kristy4cvschools.com

REPUBLICAN CANDIDATE

Hayden, Candidate for Congress

Republican Alison Hayden of Hayward is challenging Rep. Eric Swalwell to represent California's 15th Congressional District, which includes Castro Valley, San Leandro, San Lorenzo, Hayward, and other parts of Alameda and Contra Costa counties.

Hayden, 61, says she is concerned that the distresses due to the pandemic, California wildfires and civil unrest from Black Lives Matter and Antifa will spill over into suburban communities.

"We need to be prepared. I'm all about local planning, law enforcement and local preparedness," she says.

She also says Swalwell has gone too far left on issues such as gun control.

"The Second Amendment is not about deer hunting," says Hayden. "It's keeping the government in check." She also says firearms are necessary for self-protection when



Alison Hayden
Candidate for Congress

police can't respond immediately.

Hayden says she believes she has a lot to contribute to the district with her experience and background. She was born in Sacramento and raised in an Air Force

family stationed in Taiwan. She graduated from a boarding high school in Taiwan and attended U.C. Berkeley for her Bachelor's degree and London School of Economics for her Master's.

Hayden faces an uphill battle against Swalwell in the heavily Democratic district. She received 17 percent of the vote in the March 3 Primary against Swalwell's 59 percent. The other 24 percent was divided among one other Republican, one Independent, and three other Democrats. In addition, Swalwell has appeared frequently on cable news and the TV networks since the election of Donald Trump.

Hayden says that one of the greatest threats facing the country is that citizens are not getting timely, accurate information, because there is no standard or accountability for the media.

see HAYDEN on back page

DEMOCRATIC CANDIDATES

Quirk, Villalobos Vy for Assembly

By Michael Singer
CASTRO VALLEY FORUM

A former NASA scientist and nuclear physicist is matching up against a union labor manager and legal assistant to represent California's 20th Assembly District this November.

Incumbent Bill Quirk and challenger Alexis Villalobos, both Democrats, managed to get the two top votes in the 2020 primary back in March and are looking to lead Castro Valley, Hayward and the Eden Area out of the pandemic and into the future.

The top issues in California's 20th include addressing housing and homelessness, increasing funding for schools and teachers, and reducing our greenhouse gas footprint in a way that strengthens the economy.

The differences between the two candidates' plans are within the de-



Assemblymember Quirk

tails. Quirk is looking for housing fixes by increasing home building with low-cost loans. He also wants the state to enforce the regional housing needs allocation (RHNA) for what he calls "realistic zoning." Villalobos says he wants funds



Alexis Villalobos

for public schools, students, and teachers by closing corporate tax loopholes and reinvesting in public education. As his grandfather was a migrant who volunteered for the United Farm Workers, and *see ASSEMBLY on page 6*

Assembly: Two Democratic Candidates

continued from page 5

his father was a union construction worker in San Francisco, Villalobos wants more workplace democracy and to reduce wage theft.

Villalobos graduated from Hayward's public schools and became the first in his family to earn a college degree when he graduated from Occidental College in Los Angeles.

As an organizer for SEIU local 87, Villalobos led a successful campaign to reinstate a group of wrongfully terminated janitors at the San Francisco Superior Court-

house, and he worked on the ongoing campaign to win a contract for janitors at Equinox's luxury gyms in San Francisco.

Quirk has been serving in the Assembly since 2012. His 2014 bill made it easier to get domestic violence restraining orders in California. His 2017 bill took away local authority on the placing of 5G towers, and his 2018 bill sponsorship allowed PG&E to defray the cost of settlements related to the 2017 Northern California wildfires.

Quirk has served as Chair of

California's Environmental Safety Committee and sits on its Toxic Materials Committee. He serves on the Appropriations, Public Safety, Revenue and Taxation, as well as the Utilities and Energy Committees.

In the March Primary, Quirk raised \$515,457 over Villalobos' \$4,479. Quirk is endorsed by the American Federation of State, County and Municipal Employees (AFSCME), California League of Conservation Voters, California Democratic Party, California Teachers Association, the California Labor Federation, AFL-CIO, the International Association of Firefighters, and Service Employees International Union (SEIU).

Villalobos has support from the Proposition 13 reform organization, Evolve California; the California Progressive Alliance; and the local chapter of Bernie Sanders' Our Revolution organization. He is personally endorsed by Alameda County Board of Supervisor District 1 candidate, Vinnie Bacon, Oakland ACCE director Carroll Fife, and SEIU Local 87 Secretary Treasurer Olga Miranda.

SENIORS



Remember that we seniors are the preferred target of scammers. Don't fall for their tricks.

Scammers' Tricks Are No Treat

By Matilda Charles
SENIORS NEWSLINE

They never give up. Scammers are still taking every opportunity to steal our identity and separate us from our money, and the list keeps growing.

Here are a few of the scams out there now:

Seniors are getting calls from people who claim to be employees of the Department of Justice. Reports to the National Elder Fraud Hotline say that these scammers pretend to be investigators, and what they want is your personal information.

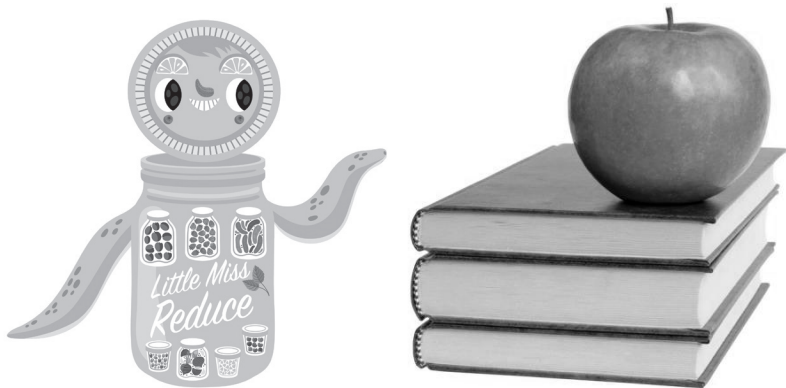
If you get a call like this, don't be concerned that it's an authentic

government call. It isn't. Just hang up.

Maybe you'll get a call wanting to sell you an air purifier. They'll claim it will clean any coronavirus out of the air in your home. Maybe they'll try to get you to put it on a credit card, or they'll claim it's Medicare approved and all you

see SCAMMERS on page 7

CVSAN STUDENT SCHOLARSHIP



Castro Valley Sanitary District (CVSan) is pleased to announce the 2020/21 CVSan Environmental Leader in Waste Reduction Scholarship for high school seniors. Up to two students who help their school to reduce waste and/or raise environmental awareness at school or in the community may each be awarded a \$1,000 scholarship.

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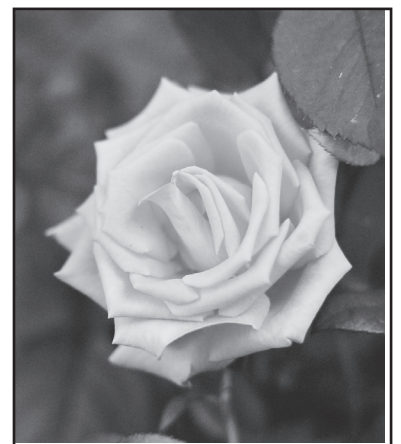
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The Real Deal: Helping Seniors Detect Fake News, Propaganda

Q: Are there any resources that you know of that can help seniors detect fake news? My 75-year-old mother shares a lot of misinformation with her family and friends that she sees on Facebook. I've talked to her about it, but for some reason she has a difficult time deciphering real news from fake news and propaganda.

By Jim Miller
SPECIAL TO THE FORUM

A: Unfortunately, the digital misinformation problem your mom is experiencing is not uncommon. According to researchers from Princeton and New York University, people aged 65 and older are up to seven times more likely to share fake news and dubious links on social media than their younger counterparts. Why? There are several theories.

The first is that many seniors started using social media sites like Facebook only within the past five or six years and may lack the digital literacy skills to identify false or misleading content.

Some other possible theories are that most seniors experience some cognitive decline as they age, making them more likely to fall for hoaxes.

Many older Americans also suffer from chronic loneliness which can cause them to share misinformation as an attempt to make connections with other people. And studies have shown that older people are generally more trusting than younger generations, which can make them more gullible.

All this is particularly concerning now as we sit in the midst of a global health pandemic and a 2020 election season, both of which are ripe with misinformation, rumors and conspiracy theories. And seniors are prime targets of this false/misleading information because they are much more likely to vote than their younger cohorts and are much more vulnerable to getting sick and dying if they contract COVID-19.

Where to Get Help

To help your mom detect and combat online misinformation there are several great resources she can turn to that offer free courses and tips.



According to research, people aged 65 and older are up to seven times more likely to share fake news and dubious links on social media than their younger counterparts.

One is MediaWise for Seniors, a project of the Poynter Institute, which offers two free online courses to help seniors detect and combat online misinformation – see Poynter.org/mediawise-for-seniors.

The first four-week course has already filled up, but your mom can still enroll in a self-directed course called “Hands-On Lessons to Separate Fact and Fiction Online.” It is hosted by Christiane Amanpour and Joan Lunden, and she can take the course anytime.

In addition, Poynter has worked with AARP to produce Fact Tracker interactive videos and a webinar on spotting and filtering misinformation at AARP.org/facttracker.

Some other free course options you should look into include Senior Planet, which is offering a one-hour online course on “How to Spot Fake News” at SeniorPlanet.org.

The News Literacy Project that provides the Checkology virtual classroom, which was initially created for middle and high school students, is now offering an independent learners option that is ideal for older adults – see Get.Checkology.org. Their lessons will help your mom detect the

difference between news, opinion and propaganda.

And Coursera, a free worldwide online learning platform, which offers an in-depth six-week course called “Making Sense of the News: News Literacy Lessons for Digital Citizens,” which she can access at Coursera.org/learn/news-literacy.

There are also many good websites, like PolitiFact.com, Snopes.com and FactCheck.org that will let your mom fact check a story to help her identify fact versus fiction. These sites have most likely already fact-checked the latest viral claim to pop up in her news feed.

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

CARES Act: Skip Required IRA Distributions This Year

Q: What options would I have this year regarding my IRA Required Minimum Distributions, which I would normally take by year end?

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

A: Good question. Here are three. While not intended as an exclusive list, they are top of mind for me:

Option No. 1: Skip RMD's Altogether This Year. This is a new option for IRA owners who would otherwise be required to take Required Minimum Distributions (RMDs).

In response to the Corona Virus Pandemic, Congress passed, and the President signed, three major bills this year aimed at lessening the economic impact of the COVID Pandemic and restoring economic vitality to the nation's economy.

One of them is called the Coronavirus Aid, Relief, and Economic Security Act (i.e., the “CARES Act”). One of its provisions allows IRA owners – who are of an age that would otherwise require them to take Required Minimum Distributions (“RMD's”) before year end – to skip their RMD withdrawal altogether this year. This is really something new.

For IRA owners who can afford to do so, and who would prefer to see their IRA grow and/or would prefer to forego the additional taxable income this year, this may be an excellent choice.

If you have already taken your distribution and would prefer to return that to your IRA, check with your financial advisor or IRA Custodian to find out if you can still do so, as there are special rules that would apply in that situation.

Option No. 2: Make A Qualified Charitable Donation With Your RMDs: You can arrange to allocate all or some of your IRA RMD's to a charity of your choice.

The distribution will then not be included in your taxable income. However, there are special rules that would apply: Notably, the contribution must be made directly from your IRA to the charity; it cannot be made to you initially, with you later turning around and sending the funds off to the charity.

Check with your IRA custodian to see if it offers this service. I understand that Fidelity, Vanguard, T. Rowe Price, Charles Schwab and Wells Fargo offer this option to their customers.

Important Note: the charity must receive the contribution and cash the check before the end of the tax year to make this work. Although you will later receive a Form 1099-R, it is up to you – not

your IRA custodian – to properly report the contribution as a non-taxable Qualified Charitable Donation.

Option No. 3: Fund a 529 Plan for Your Grandchild. If you have been thinking of funding, or contributing to, a 529 educational plan for your grandchild, this might be an excellent place for the money.

True, this distribution will be taxable income to you initially, but once you fund your grandchild's 529 plan, the contribution will grow, and can ultimately be withdrawn, income tax free so long as used for qualified educational purposes.

If none of these appeal to you, check with your financial advisor, as there may be other options for you to consider.

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

Scammers: Just Hang Up

continued from previous page
need to do is give them your Medicare number. Don't fall for either of these tricks.

Scammers will try these same tactics with miracle cures for COVID, masks that are “guaranteed” to protect you, face shields, vitamin supplements, free COVID tests, low-cost prescription drugs and much more.

Sometimes scammers pretending to be from the government will try to get your personal information by saying they want to send you a stimulus check, or maybe they claim to need Census 2020

information. Sometimes it's about an expired warranty on your car or lower interest rates.

Just hang up. Don't press 1 or any other number to have your number taken off their list. All that it does is give them another opportunity to convince you to give up personal information.

If someone you don't know leaves a message about any of these topics, ignore it.

Remember that we seniors are the preferred target of these scammers. Don't fall for any of their tricks.

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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Top 10 Buyer Turnoffs Preventing Buyers From Visiting

As the pandemic continues to limit access to listings, buyers are relying on the Internet to shortlist homes. Sellers and their agents must work hard to ensure those Internet views result in actual visits.

To maximize online views, avoid these Top 10 buyer turnoffs:

Horrible pictures: With lousy pictures the No. 1 reason buyers skip listings, a professional photographer is a great investment. The Internet is clogged with poor listing photos – make sure yours sizzle.

Clutter: If a buyer cannot see a room for the clutter, they will not hang around. Clear out extraneous items BEFORE the home hits the market.

Dirt: Would you want to visit a dirty home in today's COVID-19 environment? If needed, hire a professional cleaner.

Lack of light: Dark rooms are a huge turnoff. Remove heavy curtains or other coverings preventing light from filling a space. Install enough lighting fixtures to ensure well-lit rooms.

Religious items: In this multicultural area, it is best to remove crosses, items with religious sayings or bible verses.

Additionally, rooms or closets converted to temples, grottos and prayer rooms should have all religious symbols, icons and so on removed.

"Retro" rooms: Most homebuyers today do not want to upgrade a home after the purchase and will pay a premium for turnkey homes with modern amenities. Updated kitchens and baths are considered "must-have" features for today's buyers. They are also looking for hardwood or laminate floors, dual pane windows and ceilings with "popcorn" removed.

Outdated countertops: Today's buyers want quartz or granite. If a home has tile or laminate counters, some buyers will not be willing to pay the cost of upgrading and will move on to the next listing.

Bizarre paint colors: Bright orange, canary yellow, firetruck red, Barney purple, shocking pink, neon green, charcoal black and, ironically, stark white are usually immediate turnoffs. While color is currently "in," buyers are looking for soft, warm shades, not eye-peeling hues.

Wall coverings: For the most part, wallpaper and wood paneling are usually dated and provide an excuse for buyers to

move on to other listings.

Unkempt exteriors: Wild landscaping, dead grass, overgrown patches, clogged gutters with standing weeds and other issues present buyers with challenges many will avoid.

Savvy sellers understand their home must resonate with today's buyer's preferred tastes. Be ruthless and remove obstacles that will prevent buyers from actually visiting.

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

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Remove Stalk After Flowers Yellow

By Buzz Bertolero
Special to the Forum

Q After my Naked Ladies Amaryllis Belladonna have finished blooming, are you supposed to cut the stalk or do you leave it on until it dries like the leaves? Also, when is the best time to transplant Amaryllis bulbs?

A The only purpose of the flower stalk is to support the flower. You can remove it anytime after the bloom is spent or with the flowers when used as a cut

flower. I prefer to do it soon after the flower fades. Amaryllis is best transplanted after the flowering and foliage have turned yellow. This is when they go dormant.

Note: Amaryllis Belladonna is known as Belladonna lily. They produce rosy pink fragrant flowers in the summer without any foliage; hence, the other name Naked Lady. This bulb is drought tolerant with strap-like leaves grows in any of soil and is long-lived.

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt



Gardener's website is www. can be sent by email to buzz@ dirtgardener.com and questions dirtgardener.com.

RECENT HOME SALES

Castro Valley

20480 Wisteria Street	94546: \$516,000 2 BD - 1,141 SF - 1977
19179 Garrison Ave	94546: \$710,000 2 BD - 844 SF - 1949
4393 Gem Avenue	94546: \$755,000 3 BD - 1,276 SF - 1949
18042 Redwood Road	94546: \$775,000 3 BD - 1,447 SF - 1952
20641 Center Street	94546: \$775,000 3 BD - 1,062 SF - 1950
21315 Outlook Court	94546: \$800,000 3 BD - 1,430 SF - 1958
3979 Westbury Road	94546: \$910,000 4 BD - 1,932 SF - 1934
4794 Proctor Road	94546: \$975,000 3 BD - 1,589 SF - 1952
18069 Vineyard Road	94546: \$985,000 4 BD - 1,991 SF - 1960
17676 Garland Court	94546: \$990,000 4 BD - 1,888 SF - 1954
18755 Walnut Road	94546: \$1,020,000 3 BD - 1,616 SF - 1955
18735 Brickell Way	94546: \$1,100,000 2 BD - 1,524 SF - 1952
TOTAL SALES:	15
LOWEST AMOUNT:	\$516,000
HIGHEST AMOUNT:	\$1,100,000
MEDIAN AMOUNT:	\$855,000
AVERAGE AMOUNT:	\$859,250

San Leandro

1132 Carpentier Street	94577: \$400,000 2 BD - 1,182 SF - 1983
14957 Western Avenue	94578: \$400,000 2 BD - 1,042 SF - 1946
398 Parrott Street	94577: \$490,000 2 BD - 1,102 SF - 1976
616 Cascade Road	94577: \$538,500 2 BD - 780 SF - 1948
15396 Hesperian Blvd	94578: \$555,000 3 BD - 1,376 SF - 1979
16218 Lindview Drive	94578: \$570,000 2 BD - 1,639 SF - 1950
923 Alice Avenue	94577: \$645,000 2 BD - 1,111 SF - 1926
15699 Wicks Blvd	94579: \$672,500 3 BD - 1,092 SF - 1958
871 Casanova Drive	94578: \$690,000 3 BD - 1,076 SF - 1954
2119 Orchard Avenue	94577: \$703,000 3 BD - 1,020 SF - 1952
190 California Avenue	94577: \$825,000 2 BD - 1,552 SF - 1925
15501 Jutland Street	94579: \$830,000 4 BD - 1,377 SF - 1956
2070 Hillside Circle	94577: \$870,000 2 BD - 1,733 SF - 1975
93 Williams Street	94577: \$900,000 3 BD - 1,306 SF - 1924
1042 Begier Avenue	94577: \$950,000 2 BD - 1,651 SF - 1940
231 Sunnyside Drive	94577: \$1,050,000 4 BD - 2,194 SF - 1923
1595 Graff Avenue	94577: \$1,050,000 2 BD - 2,674 SF - 1959
TOTAL SALES:	17
LOWEST AMOUNT:	\$400,000
HIGHEST AMOUNT:	\$1,050,000
MEDIAN AMOUNT:	\$690,000
AVERAGE AMOUNT:	\$714,058

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Bring Personalized Expression into Kitchen Design

Personalizing a kitchen's design is an opportunity to showcase true individuality. The space will feel like a true reflection of self when finished with handpicked details. Adding special touches throughout a space, from unique materials to striking statement pieces, can work together to form that cohesive, yet individualized feel.

Merged aesthetic

Merge classic and modern design elements, such as wood cabinetry or richly veined marble, with smaller personalized touches that help to bring the room together. To unite varying design elements, consider adding a mixed stone backsplash to complement a central color scheme. By rooting the color palette in opulent shades of white, the space will evoke a sense of comfort. Warmer shades add

polished neutrality, allowing striking details to shine against casement windows for a flood of natural light.

Streamlined synergy

Select integrated appliances that seamlessly blend into the kitchen, rather than distract. Adding a stove-side niche places all essential seasonings within reach, while a mounted pot rack above the range keeps cookware in close proximity. Refresh existing storage options with brass and marble shelves to elevate traditional kitchen shelving.

Customized expression

Embrace elements that bring individuality into the space by opting for customizable, functional statement pieces. The Odin Kitchen Collection by Brizo provides expansive options for versatility, with seven warm-to-cool finishes, each creating a

distinctively different expression. Additionally, maintain the clean, simple and functional Scandinavian design of the Odin Kitchen Collection by integrating personalized touches. A variety of handle options, from all-metal - matching finish or split finish - to wood, offer the ability to tailor the look.

Contemporary nuances

Choosing impactful lighting, such as oversized, contemporary golden pendants, helps to guide the eye and create a primary focal point. Complete the kitchen with chic counter stools that create a sleek, sophisticated edge. The kitchen should reflect just the right amount of expression with accent pieces, letting the space tell a personalized story through sophisticated touches that speak for themselves.

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Pruning Trumpet Vines Too Early Could Bode Ill

By Buzz Bertolero
Special to the Forum

Q I planted several trumpet vines three years ago to cover a very long fence. I recently cut it back to remove all the dead undergrowth of twigs, stems, leaves, and other debris. Now, all that is left is bare stems and trunks. What can be done to improve its looks, or is it dead?

A Trumpet vines are aggressive growers, so it common for them to grow on top of themselves. When this occurs, all the undergrowth turns brown from

the dark shady conditions; however, this doesn't mean that the plants are dead.

If you scratch the stems with your fingernail, you will notice that the tissue underneath is green or a yellow/cream color. But if the branches are brittle and snap off when bent, then they are dead.

New growth should develop off the bare stems. How much depends on how soon winter arrives. Usually, I'd suggest feeding to encourage the new growth but not at this junction of the year.

Unfortunately, the timing of your pruning was poor. The growing season concludes with

the first Sunday in November when Daylight Savings Time ends. So the vines are going to look unattractive until the spring.

The plants are very slow in producing a new set of leaves, with the days getting shorter and the nights cooler. Late spring to early early summer is the ideal time to prune trumpet vines severely. This gives you a much longer growing season for the vines to re-establish themselves.

My other concern is the new growth may not be mature enough to survive cold temperatures. Passion vines are a tropical plant and suffer

damage when the temperatures drop below 40°F, much like bougainvilleas, hibiscus, mandevilla's, and others.

In past years, the mature leaves acted as an umbrella protecting the plant from the cold, but that is not the case this year. The plant's basic structure is now exposed and could suffer severe damage depending on how cold it gets. An application of Cloud Cover or Wilt Stop could help, but that's about all you can do other than crossing your fingers and wait until the spring to see what happens.

Buzz Bertolero is an Advanced California Certified

Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com.



Ranging from Pennsylvania and New Jersey to Ontario, Quebec and the Canadian Maritimes, this shrub is noted for filling the forests with color and for the delicate beauty of each flower. Mass explosions of pink appear in the lower wetlands in May. By mid-June, flowering has moved to the higher-elevation areas of northern New England and Canada, where it is found along woodland trails and mountaintops. Its woody seed pods split in autumn, allowing the winter winds to scatter them.

- Brenda Weaver

Source: www.fs.fed.us



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Mortgage Rates Dip Again

The 30-year fixed-rate mortgage averaged 2.88 percent for the week ending Oct. 1, down from the previous week when it averaged 2.90 percent. A year ago at this time, the 30-year rate averaged 3.65 percent.

Fifteen-year fixed-rate mortgages averaged 2.36 percent, down from 2.40 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 2.90 percent, unchanged from a week earlier.

As a result of low mortgage rates that have stayed under three percent since July, the housing market has seen a strong, upward trajectory during a very uncertain time, according to Sam Khater, Freddie Mac's Chief

Economist.

"We're seeing potential home buyers who now have more purchasing power and many current homeowners who have the option to refinance their loan for a better rate. However, several factors could disrupt this activity including high home prices, low inventory and lender capacity," said Khater.



WEEKEND GARDENER

Bulbs

Fall bulbs for spring bloom are in abundance at nurseries and garden centers. Daffodils (narcissus), bearded iris and fragrant freesias should be planted as soon as possible. Hold off on anemone, ranunculus and tulips until the soil cools in late October and November.

For the vegetable garden, look for onion sets for yellow, white or red onions.

Vegetables

Harvest winter squash and pumpkins when the vines are dry and the rinds are hard. Cut the stems rather than breaking or tearing them, and leave 2 inches of stem attached to the squash. Let them cure in a dry, well-ventilated area at room temperature for two weeks. Squash and pumpkins should keep for about six months.



FOR EXPERT ADVICE CONTACT ONE OF OUR LOCAL...

AGENTS IN ACTION



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RE/MAX ACCORD REALTY
serean@remaxaccord.com
510-512-2145



Jon & Leslie Foster
J & L Real Estate Group
www.jonandleslie.com
510-397-0696



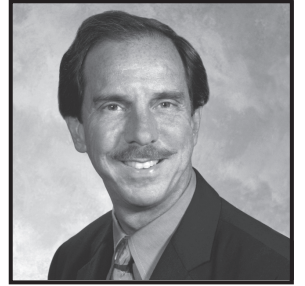
Lourdes Beaty
RE/MAX Accord
DRE #01275365
510-289-9171



Bob Frey
Broker Associate
Re/Max Accord
BobFreyHomes@gmail.com
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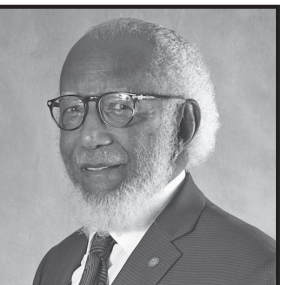
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925-222-0461

Castro Valley Outreach Raising Funds

Castro Valley Outreach (CVO), the nonprofit organization that provides Thanksgiving turkeys, pies and food gift cards for local families in need, has created a fundraising campaign for the entire month of October.

During this time, community members, past donors, and school

and parent organizations are being asked to donate via a CVO Paypal option (paypal.com/biz/fund?), a Go Fund Me account (charity.gofundme.com/o/en/campaign/2021holidaycvcoutreach), or by sending a check to CV Outreach, P.O. Box 20367, Castro Valley, CA 94546).

Obituaries

CASTRO VALLEY
FORUM OBITUARIES

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

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Wanda Clinton Larsen

August 3, 1949 - October 2, 2020

Wanda Larsen died peacefully at home with her family at her bedside on October 2, 2020 in Castro Valley, CA at the age of 71.

Wanda was born on August 3, 1949 in Grand Rapids, MI to Melvin and Jayne Clinton. She moved to Castro Valley in the 2nd grade and became a staple of a couple of Castro Valley establishments. Wanda took excellent care of her customers at Dinos for over 30 years, and she will never be replaced as a bartender at Krayons. Wanda loved her vacations with her dear friend Martha and golfing as often as she could with friends Rick and Liz Ahern.

She was known and loved by many but most of all her family. She is survived by her granddaughters, Makenna Cooper and Karlee King; daughter, Kellee Cooper; sister, Jayne Hester, and her predeceased siblings, Ruth McNally and Mark Clinton; and her nine nieces and their children. Wanda lived with her full heart, and generously shared her love, spirit, and strength with everyone who was blessed to have her in their life. She will be missed, but not forgotten.

In lieu of flowers, to honor Wanda's memory, her family requests you consider helping a neighbor, volunteering your time, or making a donation in her honor to the National MS Society.



LETTERS

TO THE EDITOR
FREDZ@EBPUBLISHING.COM

Why Measure X is Needed

Editor:

After gathering feedback from a thousand residents living in the unincorporated area of Alameda County, the County Board of Supervisors unanimously placed Measure X, the Alameda County Fire Department's Fire Safety Bond, on the November 3, 2020 ballot to address inadequate fire facilities in the unincorporated communities we serve.

If enacted, Measure X will help maintain life-saving services, improve emergency communications and response, and enhance wildfire and disaster protection services residents in our unincorporated communities rely on.

Inadequate funding has affected our unincorporated communities, including the closure of one local fire station. Nearly 80% of our local 911 calls are for medical emergencies like heart attacks, strokes, and car accidents.

If enacted, Measure X funding will be used to upgrade fire stations in our unincorporated communities so that we can ensure efficiency when responding to emergencies.

Measure X will upgrade aging and outdated fire stations that are at least 30 years old, including two that are over 70 years old.

If enacted Measure X will repair and replace aging fire stations to assist in:

- Reducing 911 emergency fire and medical response times
- Enhancing wildfire protection and disaster response

The estimated cost of Measure X is 1.6 cents per \$100 of assessed value.

For more information about Measure X, please visit our website at <https://acgov.org/fire/measurex/> to see our Frequently

Asked Questions and visit the additional links on this page. If you have any questions, feel free to call my office at: 510-632-3473.

—William L. McDonald, Chief
Alameda County Fire Dept.

Calls Flag Thief a 'Terrorist'

Editor:

Early Sunday morning, Sept. 27, an individual drove around Castro Valley and stole dozens of American Flags from the homes.

Crossing lawns, climbing porches and blatantly trespassing, this person not only stole the flags but actually tore them off the poles and damaged the mounting brackets as well. How could someone feel so empowered to do such a thing? I find it so sad that some people's myopic thinking links love of our amazing nation with anything other than that. I truly hope this vandal and "terrorist" is found and dealt with appropriately.

—Mike Wallace, Castro Valley

Drive-Thru Ice Cream Social for Adults 50-Plus

Reconnect and re-energize at a Drive-Thru Ice Cream Social at the Kenneth Aitken Senior Center, 17800 Redwood Road, from 11:30 a.m. to 12:30 p.m. next Tuesday, Oct. 13. Drive up to the front of the building, remain in your car, and the staff will bring it to you. Say "Hi" to the senior center staff and receive health education and fun giveaways. Please wear something purple to show a united front for well-being during COVID-19. Reserve your ice cream treat by calling Jen at 510-881-6742 by this Friday, Oct. 9. A special thanks to event sponsor: Aetna.

Urges a 'No' Vote on Barrett

Editor:

I hope Castro Valley residents join me in my desire for the United States Senate to replace Ruth Bader Ginsburg with a new justice who has a proven track record of supporting gender equity.

Just because a judge is a woman, does not mean this person will support equal rights for women. For example, black civil rights leader Thurgood Marshall was replaced by Black Justice Clarence Thomas. However, Thomas is not a civil rights advocate, and his record on the Supreme Court proves this.

We do not want to go backwards in time. Amy Coney Barrett claims to have a strict "textual" interpretation of the Constitution. She believes, like her mentor

Antonin Scalia, that only things mentioned in the Constitution should be considered.

Scalia even said once there is no protection against gender discrimination in the Constitution. This strict interpretation of the Constitution is wrong because there are many current issues that are not addressed in the Constitution. It is the spirit of the Constitution that justices need to consider.

Please take action by calling your senators and asking them to vote no on Amy Coney Barrett as a Supreme Court Justice, and urge family and friends that have Republican senators to do the same.

—Malin Johansson
Co-President

CVHS's Girls Learn International

SUSTAINABLE
HOME

Used Motor Oil and Filters



Do you change your own oil?

Single-family residents:

Recycle used motor oil and filters curbside! Place oil in a screw-top gallon container and filters in a zipper-lock style bag. Then, place them on the curb next to the recycling cart on your collection day.

Multi-family residents:

Drop off used motor oil and filters at a Certified Collection Center.

For more information, visit cvsan.org/UsedOil.

Check out CVSan's 2020 Calendar for more tips on cultivating a sustainable home, available online at www.cvsan.org/car.



Visit cvsan.org for an updated schedule of all CVSan events.

Visit selectmyxpath.org for more zero waste tips.

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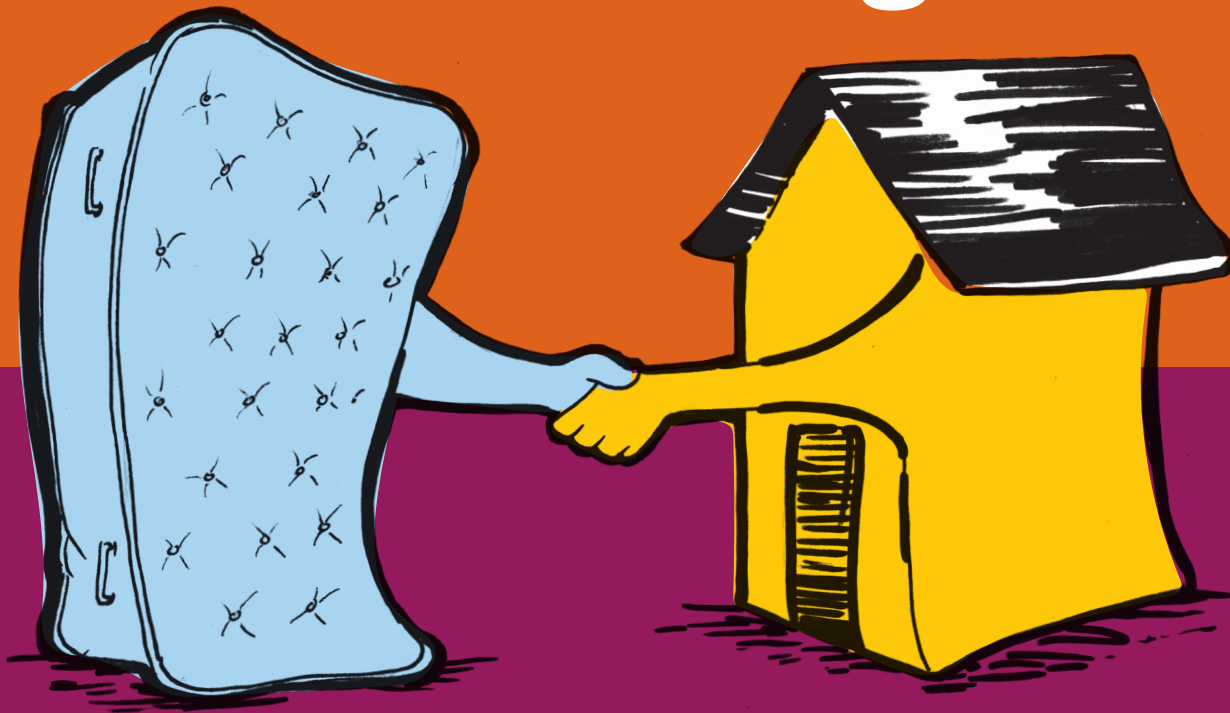


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ANSWERS

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Turn Your Old Mattress Into Something New



The Habitat for Humanity ReStore
9235 San Leandro Street, Oakland, CA 94603

Now offering \$3 cash or \$5 in-store credit

When you drop off your old mattress or box spring at the Habitat for Humanity ReStore, the Mattress Recycling Council's Bye Bye Mattress program recycles it. The steel, foam, fibers and wood become something new like carpet padding, construction rebar, insulation or mulch. In return, you can use your cash or in-store credit for something new to you and support Habitat's mission to build affordable housing in the Bay Area.

\$3 cash or \$5 ReStore store credit provided per mattress. Maximum 5 units per vehicle per day. Voucher provided upon drop-off and must be redeemed same day. Offer only valid at the Habitat for Humanity ReStore in Oakland, CA.



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A Program of the Mattress Recycling Council®

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ByeByeMattress.com

BayAreaReStores.org

ATHLETE OF THE WEEK



Sports Hall of Fame Legend John Brosnan

Our Athlete of the Week is "Coach" John Brosnan. A Trojan Sports Hall of Fame legend who passed away on September 30 after a short illness. Brosnan was a physical education teacher at Castro Valley High School between 1962 and his retirement in 1994. In addition to coaching football, Brosnan served as the Trojans' athletic director from 1980 to 1994, its golf coach for seven years, the Junior Varsity Baseball coach for eight seasons, and Boys Varsity Baseball coach for one season (1970). He twice was named NCS Athletic Director of the Year ('84 & '88).

CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



Youth Baseball and Flag Football Programs
www.CVSPORTSLEAGUE.org



Schools: In-Person Education Planning

continued from front page

While all of the 23 Catholic elementary schools in Alameda County submitted applications to the waiver process, no Catholic schools will be opening next week, according to Helen Osman, Interim Director of Communications for the Oakland Diocese.

"We've been very diligent and intentional in planning with teachers, staff and parents," Osman told the Forum. "Since each school's enrollment, facilities and staffing considerations are unique, each school will have a different process in returning to in-person instruction."

"Since each school's enrollment, facilities and staffing considerations are unique, each school will have a different process in returning to in-person instruction."

—Helen Osman

The County Public Health Department said it will begin to consider permitting middle and high school students to return to in-person education in four to

12-week phases as long as health conditions allow. Realistically, both Castro Valley and San Leandro say with the later time frames being discussed by public health, they are not expecting any upper grades to return before January 2021.

In related news, the County Public Health Department eased restrictions for indoor activities that operate under a reduced capacity of as much as 25 percent. Hotels, museums, libraries, gyms and fitness centers, and personal care services such as nail salons have been added to the permitted list.

Hayden: Shares Views on National Issues

continued from page 5

"People are upset with each other, but is it real?" she asks. She says most people actually have a lot in common, and just want to live the best kind of lives they can.

"Strength is from the family and the local level, not the state," she says.

On national issues, Hayden's website advocates completing the

border wall, funding and supporting law and order, ensuring transparency about the way tax money is spent, and creating protections against technologies and inputs authored by antagonistic regimes.

She says that we don't have enough correct information to determine if climate change exists or is caused by carbon dioxide, but that there are Nobel Peace Prize

winners who think it's "malarkey." She says she does not support abortion unless the woman's life is in danger.

More information on Alison Hayden is available on her website: alison-hayden-for-congress1.contantcontacsites.com/. She can be reached by e-mail at Alison-Congress2020@protonmail.com for comments and questions.

VOTE
on
November 3rd!

The Castro Valley Democratic Club is pleased to announce the following locally endorsed candidates for the November 3rd election

The Castro Valley Democratic Club supports Democratic Candidates to State and Local offices and fosters continuing action in the Castro Valley community. If you are interested in becoming a member, please contact John Maher at JFMlIrish@gmail.com



Rick Hatcher, Incumbent

Hayward Area Recreation and Park District Board

- Leverage bond funding with grants and matching funds
- Recreational Programming for our diverse community
- Enhance relationships with School Districts, Supervisors and other Agencies

Hatcher4Hard@gmail.com



Pam Russo, R.N./Incumbent

Eden Township Healthcare District Board

- Supporting clinics, hospitals, mental health services
- Providing COVID-19 testing/education
- Investing in health services for entire District

PamRussoEdenHealth.com



Dolly Adams, Teacher, M.S. Education Specialist

Castro Valley Unified School District Board

- Maintain high quality schools
- Experienced with CV MAC and CV Teachers Association
- Committed to providing an equitable education for all

DollyAdams4kids.com

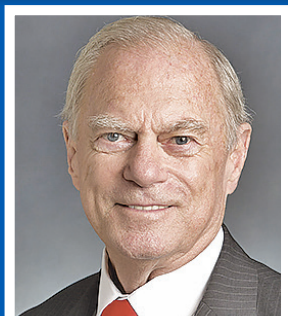


Peter Rosen, Licensed Landscape Contractor

Hayward Area Recreation and Park District Board

- Advocate for increased access to facilities/parks
- Strengthen collaborative partnerships between H.A.R.D. and local agencies
- Create opportunities for communities to thrive

PeterRosen4HARD.org



John McPartland, Incumbent

BART Board of Directors

- Maintain BART COVID-19 protocols while reestablishing routine service quickly and safely
- Make BART safe by partnering with community service agencies to provide housing and health services for those in need

mcpartlandforbart2020.com



Lavender Whitaker, President

Castro Valley Unified School District Board

- Smart/transparent decisions backed by data and science
- Increase support services for vulnerable students, especially students of color, ESL and those with disabilities

whitakerforcv.com

Paid for by Castro Valley Democratic Club; Dolly Adams for Castro Valley School Board 2020, FPPC#: 1425676; McPartland for BART 2020, FPPC#1311002; Peter Rosen for H.A.R.D. Board of Directors 2020, FPPC#1425688; Pam Russo for Director 2020, FPPC#1426942; Whitaker for Castro Valley Unified School District 2020, FPPC# 1430210