



SENIORS

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IS MORE IMPORTANT
THAN EVER BEFORE

NO BUTTS

5



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YEAR 32

WEDNESDAY, AUGUST 19, 2020

NO. 34

INSIDE YOUR FORUM

OUR TOWN



Pack the Bags

CV Rotarians gather to assemble backpacks for local students

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NEWS



Congratulations

\$18,000 in scholarships awarded to employees of Baywood Court

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NEWS



This Rocks!

All-new Metallica Drive-in concert set for August 29 at County Fairgrounds

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PHONE: (510) 614-1560



PHOTO BY FRED ZEHNDER

Triple-digit temperatures inland brought out a surge of beach-goers to Crown Beach in Alameda on Saturday in search of a cool bay breeze.

Weird Weekend of Weather

By Linda Sandsmark
CASTRO VALLEY FORUM

Mother Nature surprised the East Bay this past weekend with a combination of scorching temperatures, rolling blackouts, high humidity, booming thunderstorms and an amazing display of lightning.

The National Weather Service issued a rare "Excessive Heat Warning" for our area running from last Thursday through today, according to private meteorologist Mike Pechner. He added that this period of hot weather might rival the heatwave of July 2006.

"It is very unusual for a Heat Warning to last this long. The fog tends to show up after a few days," said Pechner. "Friday was the hottest day in the East Bay since 2015 with Downtown Oakland topping 103 degrees."

Residents were awakened early Sunday morning by explosive flashes of lightning and window-rattling thunder. Alameda County Fire Department reported numerous lightning-strike fires following the overnight lightning and thunderstorm event.

"Your Alameda County Firefighters would like to advise the community that the weather went



ELECTRICAL LIGHT SHOW: Photographer Debbie Tee captures a bolt of lightning over Castro Valley early Sunday morning.

from extreme heat to a Red Flag Warning," said Fire Department spokesperson Brian Centoni. He said that all fire stations remain fully staffed, and that anyone who sees smoke should call 911 immediately. Residents were cautioned to stay informed, remain hydrated, keep a list of emergency contacts, and maintain a buddy system with folks who are elderly or have mobility issues.

An unexpected power outage Friday night caused 50,000 gallons of untreated sewage to spill into the Oakland Estuary because the East Bay Municipal Utilities District was unable to pump the raw sewage to its Oakland wastewater plant. The district posted warnings to stay out of the Estuary and notified regulatory agencies.

With local temperatures in the
see WEATHER on page 4

COVID-19

More Testing and Tracking Needed

By Michael Singer
CASTRO VALLEY FORUM

County Health officials are asking residents to participate in more testing and tracking capabilities to help prevent the spread of COVID-19.

Dr. Nicholas Moss, Alameda County's interim Public Health Officer, says his team is working hard to do outreach to communities that have been hit hard by the spread of the virus, with testing sites being set up in such areas as the Fruitvale District and the northern part of San Leandro.

"Case numbers are partly driven by how much testing we can do," Dr. Moss said. "We know there is transmission out there that is happening that we have not detected yet. We know the more that we test, the more cases we will find."

Public Health ramped up its testing beginning in May and currently has a seven-day average of 4,100 tests conducted at hospitals, clinics, and drive-through sites. As a result, the County was able to see trends in infection rates, including

people in their 30s and those who tested positive but were asymptomatic.

"It confirms for us that there are a large number of people who do not have symptoms, which is why we are asking people to participate in more testing," Dr. Moss said.

The County has seen a leveling off of testing this month, likely the result of increased outdoor and back-to-school activities.

Alameda County has performed 347,159 tests so far, with 18,197 positive results – an infection rate of about 5.2 percent.

see COVID on back page

Castro Valley
Confirmed Cases = 401

Alameda County
Confirmed Cases = 15,123
Deaths = 221

California
Confirmed Cases = 628,031
Deaths = 11,242

as of August 17, 2020

MAC MEETING

Project Leaders Give Update on Massive I-238 Development

By Amy Sylvestri
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) heard an update from project leaders from the City of Hayward this week regarding the massive I-238 project.

The I-238 project involves a 300-acre swath of land from Cherryland to South Hayward that was once set for an expansion of state route 238 (Mission Boulevard) and is currently being transformed- largely into housing.

Caltrans bought the land in the

1960s for what was once termed the "Foothill Freeway," but the 14-mile project never materialized and the City of Hayward eventually bought the land, which is divided into 10 parcels located both within the city limits and in the unincorporated area.

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

Some of the parcels are much closer to being developed than others with construction already
see MAC on page 2





Packed and Ready for School

While students may be starting school online, they'll still need those pens, erasers, glue sticks, colored pencils, crayons, scissors, binders, folders, highlighters and two new items this year – hand sanitizer and face masks! So (at right) Castro Valley Rotarians and family members gathered on a recent Sunday morning to assemble new backpacks with those necessities that were purchased by club member Dr. Heidi Hausauer. The backpacks will go to students who need them at the Castro Valley School District and Redwood Christian School. Rotary President Gary Howard acknowledged this has been a tough year for everyone. "We are happy to be able to make it a little easier for some students who need a little help," he said. Above, from left, Tania, Todd and Natalie Anglin; Parvin Ahmadi; Gary Howard; Jase, Cole, and Lance Brede; and Gavin, Dan, and Ian Willits. Not pictured was Pam Tavani who was the photographer.



SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Breaking into Storage Site

Sunday, August 16: at 3:45 p.m., Sheriff's deputies arrested a 42-year-old man from Castro Valley on suspicion of breaking and entering into a storage container at a business on Grove Way near Idena Avenue. The man triggered a silent alarm and was trying to load stolen merchandise into his vehicle. Deputies charged the man with breaking and entering, possession of stolen property, possession of burglar tools, and possession of illegal drug paraphernalia. Deputies took the man into custody.

restraining order. The woman was spotted outside a home on Cindy Way near Titan Way that fit the description of a suspicious person report. Deputies matched the woman's identification and found she was in violation of a 100-foot restraining order. The woman was taken into custody.

Wanted Man Had Weapons

Tuesday, August 11: at 1:01 a.m., a 57-year-old man from Castro Valley was arrested as part of a warrant issued for his arrest. Deputies stopped the man for questioning outside a drug store on Castro Val-

ley Boulevard near Marshall Street when they positively identified him for the warrant. The man was additionally charged with possession of illegal knives and carrying concealed weapons. Deputies took the man to Santa Rita Jail pending bail.

A Reminder from the Alameda County Sheriff's Office: Protect Yourself from Property Crime

A string of package thefts in the Five Canyon's area this past week has rattled neighbors. One such crime was caught on camera and see **REPORTS** on back page

Two Arrested in Family Fight

Friday, August 14: at 11:18 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to an apartment on Redwood Court near Redwood Road. There, they arrested a 48-year-old woman from Castro Valley on suspicion of spousal assault. A 40-year-old man from Castro Valley at the scene was also arrested on suspicion of possession of methamphetamine drugs and related drug paraphernalia. Deputies handcuffed both individuals and took them into custody. The victims were treated at the scene.

Contempt of Court

Friday, August 14: at 2:37 p.m., deputies arrested a 30-year-old woman from Castro Valley on suspicion of violating a court-issued

Apply for Vacancy on Health District Board

The death of Eden Health District Director Charles Gilcrest earlier this month has created a vacancy on the district's board.

Originally established in 1948 to build and operate Eden Hospital, the Eden Township Healthcare District's purpose today is to advance the health and well-being of residents of Castro Valley (where it is headquartered), San Leandro, San Lorenzo, Hayward, Ashland, Cherryland, and Fairview

To be eligible for appointment to fill the vacancy, a person must live within – and registered to vote

in – the District. The term of the appointment will expire at noon on Dec. 4, 2020.

For more info, or to be considered for appointment, contact District Clerk Barbara Adranly at badranly@ethd.org. Applications can be found at: ethd.org/wp-content/uploads/2020/08/Board-Vacancy-Application-2020.pdf and should be submitted to badranly@ethd.org no later than 5:00 p.m. next Wednesday, Aug. 26.

Information about Eden Health District, its mission and purpose, can be found at www.ethd.org.

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BAYWOOD COURT PHOTO

\$18,000 IN SCHOLARSHIP AWARDS: Employee recipients of this year's Baywood Court Annual Scholarship Fund Awards each received \$1,200 to further their education.

Baywood Court Holds 22nd Annual Scholarship Awards

Baywood Court in Castro Valley presented \$18,000 in scholarship awards last week at its 22nd Annual Scholarship Fund Awards. Funded through donations from Baywood residents, the awards went to 15 of the senior community's employees to help further their education.

This year's recipients are Marwa Alocozy, Yemi Ruiz de Chavez, Manpreet Kaur, Oscar Leiva, Torin Newcomb, Stefani la Rosa, Austin Saechao, Kimberly Sanchez, Angel Serrano, Deep-

shika Shenal, Micaella Suarez, Tiana Tanjoco, Marvin Tayo, Tullimalefoi Tualalelei, and Clarissa Walker. Each will receive \$1,200 towards their higher education.

"We're thrilled to be able to help these 15 amazing employees in their educational pursuits," said Baywood CEO Matt Neal. "Thank you to our residents for their contributions, and a big congratulations to all the recipients."

Scholarship applications are invited each spring from qualified Baywood Court employees. The

Residents Association Board appointed its first Scholarship Committee in 1999 to encourage young people to realize their vocational goals. The residents also fund other annual charitable events including the "Reading Buddies" program — where residents have volunteered at elementary schools to read, interact, and bond with students from kindergarten through second grade — and donating care packages to the homeless.

For more information, visit www.baywoodcourt.org

4-H Cake Booth Survives Fair Closure

Alameda County 4-H youth programs rely on the 4-H Cake Booth at the annual Alameda County Fair for all of its fundraising. But with the cancellation of the fair this year due to coronavirus, 4-H programs faced financial risk... until now.

You can help raise the needed \$50,000 at a "Virtual Cake Booth!" Your support will allow Alameda County 4-H to continue such programs as the Small Animal Field Day, Horse Show, Fashion Revue, Film & Photo

Festival, 4-H Camp, Scholarships and more.

Please lend a hand and visit: ucanr.edu/4hcakebooth to see how you can contribute to sustain this important youth leadership organization.

Weather: CV Residents on Extreme Heat

continued from front page
triple digits, Castro Valley residents were surprised by the intensity and duration of this heat wave.

"Previous hot spells lasted just a few days. We're just not used to this extreme heat. The thunderstorms and rain were nice, since it helped clear the air, except now its humid," said Blanche Grover.

Her husband Dave agreed.

"I hate the heat and thank goodness for air conditioning!" he said. "No pool, but we're staying cool."

Energy Usage

Meantime, the Governor's Office is warning that over the next few days, California will continue to face a historic heatwave that will put pressure on the energy grid. Residents are being asked to reduce energy usage in order to prevent service interruptions.

It is especially important to limit use of electrical power from 3 p.m. to 10 p.m. including air conditioning, electric car charging and other energy-intensive technology. Postpone using major appliances like the oven, dishwasher, clothes washer, until cooler times of the day.

PG&E Webinar Today

To keep customers informed, PG&E is hosting a safety webinar on steps the company is taking to reduce the impact of Public Safety Power Shutoff (PSPS) events on customers and communities.

The webinar, scheduled for 5:30 to 7 p.m. this afternoon, Aug. 19, will feature a brief presentation and an opportunity for participants to ask questions and provide feedback. Click this link to join: <https://bit.ly/2WxivQp>

For Toll-Free Attendee Dial-in: 1-866-501-6088, Conference ID: 3567527

For current Watches, Warnings or Weather Advisories, visit: alerts.weather.gov/cap/ca.php?x=1



Members of the local Kiwanis Club, assisted by student members of Circle K, assembled dozens of backpacks last week for the Salvation Army to deliver to local students.

Kiwanis Provide Backpacks

Six members of the Hayward-Castro Valley Kiwanis Club were joined last week by members of Cal State's Circle K to assemble 70 backpacks for the Salvation Army Hayward Corps to give to local children.

This was part two of a Kiwanis project that included assembling 30 backpacks in late June for delivery to Castro Valley Schools. Backpacks for high school students contained Ti-30 calculators. The projects were made possible by a \$500 grant from the Kiwanis Cal-Nev-Ha Children's fund.

"It is wonderful that the Kiwanis Club of Hayward-Castro Valley and the Kiwanis Cal-Nev-Ha Children's Fund have provided backpacks and school supplies," said Captain Carlos Armendariz of the Hayward Salvation Army Corps and a Kiwanis member. "Children will face an unprecedented school year and we want them to be prepared and successful. We thank the Kiwanis Club and Children's Fund for their generosity and help in providing children in need the best start to this school year."

Low-Cost Senior Lunches

Take-away low-cost lunches are available curbside for seniors 60 and over at United Methodist Church, 19806 Wisteria St. in Castro Valley on Tuesdays and Fridays from noon to 12:30 p.m. A donation of \$3.75 per meal is suggested. Participants must be registered for the program at www.SpectrumCS.org (or, pickup a registration form on-site). Please call 3 business days in advance to 510-881-6768 and leave a message with your name, phone number, the day(s) you want to reserve a meal and the location.

Friday, Aug. 21 Menu: Sweet & Sour Chicken, Chow Mein Noodles, Baby Carrots, Green Beans, Seasonal Fresh Fruit

Tuesday, Aug. 25 Menu: Cauliflower, Carrot Coins, Pasta, Beef & Tomato, Seasonal Fresh Fruit

HARD's meal distribution, formerly at the Hayward Senior Center has moved to the Aitken Senior Center in Castro Valley. Other distribution sites are listed at www.SpectrumCS.org.

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Tel: 510-537-1792 • Fax: 510-814-9691

Fred Zehnder, Editor & Publisher
fredz@ebpublishing.com

Howard Morrison, Assoc. Publisher
howardm@ebpublishing.com

Kayla Steinorth, Advertising Design Mgr.
kayla@ebpublishing.com

Moxie Morrison, Layout Design
moxmore@yahoo.com

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

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

Mary Florence, Advertising Sales
861-3270 mpominville4582@aol.com

Linda Nakhai, Advertising Sales
lnakhai@comcast.net

Contributors:

Linda Sandmark

Michael Singer

Amy Sylvestri

Jim Knowles

Gene Osofsky

Carl Medford

Terry Liebowitz

Debbie Tee

Linette Escobar

Thomas Lorentzen

Buzz Bertolero

Bruce Roberts

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No Penalty Withdrawals From IRA?

Q: I hear that under the CARES Act, my wife and I may each be able to withdraw up to \$100,000 from our IRA's without penalty and without tax. Is that true?

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

A: Well, not quite. Here's the deal: Under the recently passed Coronavirus Aid, Relief, and Economic Security Act ("CARES Act"), Congress did recently pass legislation permitting IRA plan owners who experienced adverse financial consequences as a result of the COVID-19 Pandemic to each withdraw up to \$100K this year from their own retirement plans, (1) without having to pay the 10% penalty that would otherwise apply for those persons under age 59.5, and (2) to ultimately do it income tax free provided that they fully repay these withdrawals within 3 years (i.e., before 12/31/2023).

But here's the rub: Until those funds are repaid, the distributions would be taxable income, reportable on your Form 1040, and tax would have to be paid on them!

For those persons able to fully repay these distributions within the 3 year window, they would ultimately get to do it "tax free" if they then went back and amended each of their tax returns for years 2020, 2021, and 2022, to thereby recover the income tax paid in each of those 3 years.

In essence, they would then have received an interest free loan from their own IRA's.

However, my concern is that many folks who might opt for this withdrawal will later be unable to fully repay it, and will then be stuck with the income tax that they paid in each of those intervening three years. As I see it, that is the big downside.

That said, taking advantage of this benefit might make sense in the following limited situations:

(1) You are in dire need of funds and are OK with taking a loan from your IRA;

(2) You had lower income than usual in year 2020 due to loss of employment or reduced business income, so that your income tax would be less;

see IRA on page 11



Research shows that quitting, even after age 65, greatly reduces your risk of heart disease, stroke, cancer, osteoporosis and many other diseases including COVID-19.

NO BUTTS

RESOURCES TO QUIT SMOKING

By Jim Miller
SPECIAL TO THE FORUM

Smokers and vapers have a higher risk of severe COVID-19 infection as the coronavirus attacks the lungs. That's why quitting now is more important than ever before.

If you are a Medicare beneficiary, you'll be happy to know that Medicare Part B covers up to eight face-to-face counseling sessions a year to help you quit smoking.

And, if you have a Medicare Part D prescription drug plan, certain smoking-cessation medications are covered too. Here are some other tips that can help you kick the habit.

It's Never Too Late

According to the CDC, 12.5 percent of Medicare beneficiaries smoke. Many older smokers indicate that they would like to quit, but because of the nicotine, which is extremely addictive, it's very difficult to do.

Tobacco use is the leading cause of preventable illness, responsible for an estimated one-fifth of deaths in the United States each year. But research shows that quitting, even after age 65, greatly reduces your risk of heart disease, stroke, cancer, osteoporosis and many other diseases including COVID-19.

It also helps you breathe easier, smell and taste food better, not to mention saves you quite a bit of money. A \$6 pack-a-day smoker, for example, saves about \$180 after one month without cigarettes, and nearly \$2,200 after one year.

How to Quit

The first step you need to take is to set a "quit date," but give yourself a few weeks to get ready. During that time, you may want to start by reducing the number or the strength of cigarettes you smoke to begin weaning yourself.

Also check out over-the-counter nicotine replacement products – patches, gum and lozenges – to help curb your cravings (these are not covered by Medicare).

And just prior to your quit day, get rid of all cigarettes and ash – see BUTTS on page 11

A Guide to Settling A Loved One's Estate

Q: My aunt recently asked me to be the executor of her will when she dies. I'm flattered that she asked, but I'm not sure what exactly the job entails. What can you tell me about this?

By Jim Miller
SPECIAL TO THE FORUM

A: Serving as the executor of your aunt's estate may seem like an honor, but it can also be a lot of work. Here's what you should know to help you prepare for this.

As the executor of your aunt's will, you're essentially responsible for winding up her affairs after she dies. While this may sound simple enough, you need to be aware that the job can be time consuming and difficult depending on the complexity of her financial and family situation. Some of the duties required include:

- Filing court papers to start the probate process (this is generally required by law to determine the will's validity).
- Taking an inventory of everything in her estate.
- Using her estate's funds to pay bills, including taxes, funeral costs, etc.

- Handling details like terminating her credit cards and notifying banks and government agencies like Social Security and the post office of her death.

- Preparing and filing her final income tax returns.

- Distributing assets to the beneficiaries named in her will.

Be aware that each state has specific laws and timetables on an executor's responsibilities. Your state or local bar association may have an online law library that details the rules and requirements. The American Bar Association website also offers guidance on how to settle an estate. Go to AmericanBar.org and type in "guidelines for individual executors and trustees" in the search bar to find it.

Get Organized

If you agree to take on the responsibility as executor of your aunt's estate, your first step is to make sure she has an updated will and find out where all her important documents and financial information is located. Being able to quickly put your hands on deeds, brokerage statements and insurance policies after she dies will save you a lot of time and hassle.

If she has a complex estate, you may want to hire an attorney or tax accountant to guide you through the process, with the estate picking up the cost. If you need help locating a pro, the National Association of Estate Planners and Councils (naepc.org) and the National Academy of Elder Law Attorneys (naela.org) are good resources that provide directories on their websites to help you find someone.

Avoid Conflicts

Find out if there are any conflicts between the beneficiaries of your aunt's estate. If there are some potential problems, you can make your job as executor much easier if everyone knows in advance who's getting what, and

why. So, ask your aunt to tell her beneficiaries what they can expect. This includes the personal items too, because wills often leave it up to the executor to dole out heirlooms. If there's no distribution plan for personal property, suggest she make one and put it in writing.

Executor Fees

As the executor, you're entitled to a fee paid by the estate. In most states, executors are entitled to take a percentage of the estate's value, which often ranges anywhere from 1 to 5 percent depending on the size of the estate. But, if you're a beneficiary, it may make sense for you to forgo the fee. That's because fees are taxable, but Uncle Sam in most states doesn't tax inheritances.

For more information on the duties of an executor, get a copy of the book "The Executor's Guide: Settling A Loved One's Estate or Trust" at Nolo.com.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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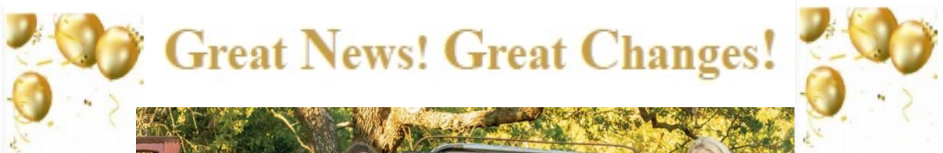
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Prior to joining Legacy Real Estate, The Kristy Peixoto Team was with J. Rockcliff REALTORS for 10 years, Coldwell Banker for 10 years and closed \$1.4 billion in sales volume.

The Kristy Peixoto Team, comprised of Kristy Peixoto, Nancy Valett, Kim Stanley and Dannie Baker, is a partnership of experts who represent over 20 years of real estate experience. They focus on luxury estates, ranches, single family homes and land sales in Alameda and Contra Costa Counties as well as throughout California. The Kristy Peixoto Team ranked #1 for most recommendations on Alignable 2018- 2019, ranked among the Top 5% of Realtors at their former company and among the Top 100 Realtors nationally.

The Kristy Peixoto Team is very involved in the community, including Alameda County and Contra Costa County planning, local schools, the Alameda County Fair, Palomares 4-H, Rowell Ranch Rodeo, Livermore Rodeo, AKC Dog Shows, the Cattlemen Association, the Cattlewomen Association, Rural Land and Ranchers, sponsor of the Miss Alameda County Scholarship Pageant and participated in Pleasanton Realtors Care Program. Kristy has been an active member of the Alameda County Creek Task Force and the Alameda County Agricultural Advisory Committee. Nancy in the past has been with the local 4-H Club in Alameda County. Kim is an active member of the Cattlemen Association, Cattlewomen Association and so is the Peixoto family. Dannie is involved in many sportsmen's activities, cattle and enjoys riding horses.

"We all love animals, spending time with family and friends and helping our clients achieve their Real Estate goals," said Peixoto. "We are all motivated, enjoy working with our communities and helping our friends with Luxury Homes, Ranches and Land"

We're excited & ready to help you today!

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



"Testing the Market" A Seriously Flawed Idea

Occasionally we encounter sellers wanting to "Test the Market." Translated: They want to list their home at an artificially high price to see if someone loves their property enough to pay more than it is worth.

While this idea might seem OK on the surface, it has serious flaws and can result in financial losses.

Buyers have extensive access to market data through online real estate portals and can typically gauge approximate values for any listing.

Even in a hot market, they will avoid homes they believe are overpriced, assuming the seller is unreasonable.

The best offers always come in the first few days a home is active. The higher the Days-on-the-Market, the more buyers assume something is wrong.

If offers are written, they will usually be much lower than asking price. If a seller lowers the price, offers most often come in even lower.

If a buyer is willing to pay the seller's high price, the required appraisal will typically come back low. Most buyers, once they see the appraisal, will want to renegotiate the price down to reality.

With current COVID-19 showing restrictions, buyers are only viewing homes that make sense to buy. So where did this idea of Testing the Market originate?

From manufacturers of cosmetics, soap, food products and more who hire marketing companies to go into targeted regions to "test" new ideas.

They gather groups of consumers and evaluate reactions to determine product effectiveness and potential pricing. If they fail

to get a good response, they will tweak the product and try again in a different region. They continue to readjust the product and keep testing until they either get it right or scrap the idea and move on.

If they determine the product is viable, they will again "test" the market by introducing in a few key markets at a low "Introductory" price to gain attention and market traction.

How does this compare to "testing the market" with your home?

Not at all. Whereas a manufacturer has extensive R&D and marketing teams, multiple chances to test a product in varied markets and the ability to "tweak" the product as they go, a home seller has ...

One house, one market, one chance.

If you do not get it right the first time, the only true test will be of your patience as you lose both money and – potentially – any sale.

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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RECENT HOME SALES

Castro Valley

6112 Mt. Rushmore Cir.	94552: \$669,000	2 BD - 1,563 SF - 1988
22080 Young Avenue	94546: \$685,000	3 BD - 1,000 SF - 1948
18915 Huber Drive	94546: \$780,000	3 BD - 1,616 SF - 1951
4804 Seaview Avenue	94546: \$805,000	3 BD - 916 SF - 1951
4327 Circle Avenue	94546: \$829,000	3 BD - 1,255 SF - 1953
25571 Foggy Glen Dr	94552: \$950,000	4 BD - 1,720 SF - 1998
20474 Crow Creek Rd	94552: \$975,000	3 BD - 2,346 SF - 1996
4788 Proctor Road	94546: \$1,030,000	3 BD - 1,044 SF - 1952
5738 Cedar Brook Ct	94552: \$1,365,000	4 BD - 2,776 SF - 1985
TOTAL SALES:	9	
LOWEST AMOUNT:	\$669,000	MEDIAN AMOUNT: \$829,000
HIGHEST AMOUNT:	\$1,365,000	AVERAGE AMOUNT: \$898,666

San Leandro

680 Fargo Avenue	94579: \$435,000	2 BD - 850 SF - 1965
1132 Carpenter Street	94577: \$475,000	2 BD - 1,182 SF - 1983
14164 Outrigger Drive	94577: \$630,000	3 BD - 1,595 SF - 1988
14779 Harold Avenue	94578: \$638,000	3 BD - 1,107 SF - 1953
208 Lexington Avenue	94577: \$647,000	2 BD - 1,069 SF - 1940
1612 Renaissance Ln	94578: \$670,000	3 BD - 1,294 SF - 2004
1529 146th Avenue	94578: \$675,000	2 BD - 1,101 SF - 1945
14234 Tiburon Road	94577: \$725,000	3 BD - 1,126 SF - 1962
2496 Easy Street	94578: \$870,000	4 BD - 2,024 SF - 1949
12935 Neptune Drive	94577: \$870,000	2 BD - 1,113 SF - 1951
1637 View Drive	94577: \$870,000	3 BD - 1,973 SF - 1956
2150 Hillside Drive	94577: \$1,100,000	3 BD - 1,956 SF - 1975
TOTAL SALES:	12	
LOWEST AMOUNT:	\$435,000	MEDIAN AMOUNT: \$672,500
HIGHEST AMOUNT:	\$1,100,000	AVERAGE AMOUNT: \$717,083

Mortgage Rates Tick Up a Little

The average rate on 30-year fixed-rate mortgages rose last week to 2.96 percent from 2.88 percent the previous week, according to mortgage buyer Freddie Mac's nationwide survey.

A year ago at this time, the interest rate on the benchmark home loan averaged 3.60 percent.

Fifteen-year fixed-rate mortgages averaged 2.46 percent, up from 2.44 percent.

Five-year hybrid adjustable-rate mortgages (ARM)s averaged 2.90 percent, unchanged from last week.

"Even with this week's uptick, very low rates are providing a significant boost to the housing market that continues to hold up well during this time of uncertainty," said Sam Khater, Freddie Mac's Chief Economist.

Sunburned Leaves; Bee Guards

By Buzz Bertolero
Special to the Forum

Q The leaves at the top of my Fuyu persimmon tree looks sunburned, and the fruit is dropping off. This has been occurring for several years. I'm watering it two to three times a week with a slow drip of recycled washing machine water. What is the cause of these problems, and how do I correct it?

A Your water and watering-frequency are the causes of the problems. Water moves from the roots to the foliage and then released into the air, a process called transpiration.

Leaves act as a filtering system, catching the elements in the water. The harmful components or elements burn the foliage, especially with commercial laundry detergents like Tide. You can avoid this by using biodegradable laundry

products.

You might also have a problem with well water and water softeners.

The second issue is that you're watering too often. Persimmons are a drought-tolerant tree that don't require constant moisture. Once the rainy season concludes, they are watered every four to six weeks, depending on the weather.

You'll need to construct a six-inch-high watering basin around the tree extending from the trunk to beyond the canopy's dip line. Fill this basin two to three-time with each watering.

Summer fruit drop with persimmons is caused by excess nitrogen as well as your watering pattern.

Persimmons don't require much fertilizer. One application per year in the late fall or winter is sufficient. I'd use an organic fruit and shade tree fertilizer and apply one pound of fertilizer per inch of trunk diameter. Scatter it around the drip line, not piled

at the trunk. So, correct the problems you need to improve your water quality and water less frequently.

Q How can I keep the ants and bees away from my hummingbird feeder?

A Bees and ants are attracted to the sugary-based liquid nectar found in hummingbird feeders. It's a primary component of their diet, so it is a constant problem as the ants and bees search for food.

You can control the ants by trapping them in a two-inch-wide band of a clear, sticky resin, called Pest Barrier or Tanglefoot which is placed in the main travel path of the ants. Every couple of months, it may be necessary to clean off the old Pest Barrier and reapply, as the trapped ants could form a bridge over the resin.

Another option that's been

somewhat successful is coating the openings where the nectar flows with Olive Oil, as ants do not like the oily taste. Honey Bees are a primary problem in the spring and early summer, while Yellow Jackets are a nuisance during the late summer and fall.

Yellow jackets are attracted to the color yellow while red attracts hummingbirds. The simplest solution for Bees is to add a Bee Guard to your feeder which prevents the bees from getting to the nectar. Bee Guards are available at many garden centers along with pet supply retailers.

For Yellow Jackets, I'd set up a yellow jacket trap far enough to draw the wasps away from the feeders.

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



East Bay Realtors' Virtual Food Drive Raises \$6,000+ for County Food Bank

This past July, real estate professionals who participate in the weekly meetings of their local groups raised more than \$6,000 for the Alameda County Food Bank through a "virtual" food drive.

"This was an amazing collaborative effort by the marketing groups. The need that families have for food is far greater now than ever," said Realtor June Burckhardt, a member of the Board of Directors of Bay East Association of Realtors. "Every dollar raised is worth \$7 in food.

Our goal was \$4,900 and we raised more than \$6,000 which means almost \$50,000 in food."

Katherine Avila of the Alameda County Food Bank said it was the largest response that the food bank has gotten from the local real estate community in her eight years with the Food Bank.

"It will take all of us to step up to help and that's exactly what this food drive has done."

Avila was so impressed by the success of this virtual event that she will use it as a template for working with other groups.



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LETTERS
TO THE EDITOR
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'Day on the Greens Postponed until 2021

Due to Covid-19 and the safety of everyone involved in a golf tournament, the Castro Valley Sports Foundation/Rowell Ranch Rodeo "4th Annual Day on the Greens" Golf Tournament scheduled for Sept. 18 at Redwood Canyon has been postponed until 2021.

Entry and sponsor fees already paid will be refunded. Please plan now to participate in September 2021. Thank you for your continued support of the youth of Castro Valley!

—Bruce D. Johnson, Castro Valley
CV Sports Foundation/Rowell Ranch Rodeo Golf Committee

Chamber 'Pivots and Gets Creative'

As an organization that focuses on bringing the community and businesses physically together for the last 83 years, 2020 has made the Castro Valley/Eden Area Chamber of Commerce rethink how we do that virtually. Just like other businesses have had to pivot and get creative with outreach, the Chamber has done that as well. With the leadership of my Board of Directors and their dedication to the businesses and the community, we have brought people together with

our Facebook groups like the successful Eden Area Take Out and Delivery group with 2,700 members in it. We have weekly business roundtables and have hosted a few webinars.

Unfortunately we will not be able to have our beloved Fall Festival in person this year, but we will be having it virtually! Our event is called Fall Fest to combine Fall Festival and FamFest for a month long celebration of local artists, businesses, community groups and local businesses! This event is being led by co-chairs Amanda Rose (Desserts First) and Linda Tangren (Travel Key) and will kick off the weekend of what would have been the Fall Festival Sept. 11th and conclude the day of what would have been FamFest Oct. 10th.

—Ashley Strasburg, Executive Director
Castro Valley/Eden Area Chamber of Commerce

Common Sense vs. Wanton Disregard

I am tired of hearing that we shouldn't bother taking precautions against catching a very contagious virus because, hey, we take a chance of dying every time we get into a car, right? And there are such things as accidents at work and at play. So, never mind. Enjoy yourself without wearing a mask or keeping your distance from others.

That argument assumes that there is no difference between common sense efforts to stay safe and a wanton disregard of the workings of a virulent contagion. Yes, we can get into a car accident, but we buckle our seatbelts and obey the traffic rules, don't we? We try to stay alive and to keep others alive.

Even if I get killed by a drunk driver, only I or perhaps others in my car might die. But, and this is important, car deaths are not contagious.

And yes, there is such a thing as the annual flu season when some people get very sick and there are always a few deaths.

Please don't try to compare those deaths to the daily numbers of sickness and death that we have already lived through with this pandemic since January and which shows no sign of going away soon, "Poof! Just like that." That's not how contagions work.

We have seen what happens when people decide they need to lead a normal life by going in droves to the beach and to bars, with many young healthy people ending up in urgent care, saying this is the worst disease they have ever experienced, and they caution that we should take it seriously.

We must not open schools unless we intend to use our children as guinea pigs, as one mother said on TV. Let's do all we can to keep them and the teaching staff safe. Not to mention keeping safe all the people they all go home to.

—Kay Athos, Castro Valley

An Important Step in the Right Direction

I want to celebrate Rebecca Toporek's letter ("Disheartened by Voices of Hate," Letters, Aug. 12) as an example of what allyship (emphasizing social justice) looks like.

It's been a difficult year for everyone, in every part of this community. It's been especially hard on our Black and Brown brothers and sisters who carry the impact of COVID-19, a recession, and the divisiveness our country is experiencing... and on top of that have our sense of safety jeopardized.

When our own community, the place we call home, makes us feel unwelcome it breaks our spirit, making us wonder what about who we are is so easy to hate. We don't feel at home at home.

So hearing people like Rebecca speak up on our behalf is an important step in the right direction. I want to thank her and anybody else who welcomes people who don't look like them, love like them, or pray like them. We, like you, want to create a thriving community.

We all have that in common.

—Jaime Zepeda, Castro Valley

Obituaries

John Joseph Zebratski

John Joseph Zebratski was born May 20, 1915 to Frank and Mary Zebrasky in a small rural town in southwest Pennsylvania, Fairchance. He was the youngest of 7 children, four brothers and three sisters. His father was killed in a coal mining accident when John was just 5 years old and his mother raised the seven children by herself. John and his brothers were expected to work the land to raise food for the family and he did until he graduated from High School.

At the height of the Depression, John enlisted in the Navy to help support the family. He served in Cuba, Panama, Brazil, Newfoundland and then World War II came. John served aboard the aircraft carrier Essex throughout the war and then continued to serve until he retired in 1955 after 20 years of service. Upon retirement, John went to work for the Coca Cola company at the Hayward Bottling plant, retiring from Coca Cola in 1975.

In the 80's John and his wife, Mary, took in a young girl who they raised as their daughter. John's retired life revolved around his garden, church and his children, grandchildren and great-grandchildren, of which he had four. In 2014 his wife of 77 years passed and that was devastating for him, but with his faith he persevered.

John is survived by his son Bill, April, his grandchildren, and four great-grandchildren.

A private family service was held at the Holy Sepulchre Cemetery on August 17, 2020.

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LETTERS
TO THE
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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.

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CAR	TWEET	PIE
APT	ANGLE	
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VOILA	ROADS	
ENOUGH	JAN	
TENS	EGO	XMEN
	GRASP	IRE
SYLVESTER	LAW	
PAEAN	EPA	ATE
AMINE	SHY	NOR

Obituaries

Salomé C. Gomes

Salomé "Sally" (da Camara) Gomes, age 97, passed away peacefully in San Leandro, CA on February 26, 2019. She was born on Madeira Island, Portugal in 1922. At a young age, she was taught to sew and embroider from her mother. As she grew older, she put those skills to use by making clothes professionally, earning money to attend college

in Lisbon. After graduating college, she immigrated to the United States where she met her husband, Anthony Gomes, and studied further to earn her teaching credentials.

Incredibly professional and skilled in her craft, she taught adult sewing classes for the Oakland Unified School District and worked as a dressmaker and tailor on the side. She was well-respected by her friends and colleagues, even after she retired. She continued to sew until the day she died. While she was best known for her sewing, paying excellent attention to detail and fit, she was also well known for her green thumb and love for flowers.

Salomé's husband, Anthony Gomes, passed away nine months later in November, 2019. She is survived by her son and daughter-in-law, Alfredo and Erin Gomes, granddaughter, Sarah Gomes, and several nieces and nephews. Among many things, Salomé was ambitious, outgoing, funny, energetic, caring, and kind. We will never forget her contagious smile and the way she lit up a room. Her memory will be carried in our hearts forever.



Matilda C. Ballard

Matilda Adeline (Cordeiro) Ballard "Tillie" peacefully passed away on Sunday, July 19, 2020 at the age of 96. Matilda was born in Kauai to Raymond Ortiz Cordeiro and Leopoldina (Pauline) Cabecinha Cordeiro. She lived in Kauai until her family moved to Hayward, CA.

Tillie graduated from Hayward High School then worked for Pacific Bell where she met her husband, Ernest Ballard, sharing 54 wonderful years together before he passed. They had four children and lived in Castro Valley. She was kind and caring and loved by all. You will always be missed and "Forever in our Hearts".

Matilda is survived by children: Karen (Steve) Loyd, Janice Ballard, Sandra Keding and Randall (Maria) Ballard. Sister: Alvina Pfister and many grandchildren, great-grandchildren and loved family members.

A "Celebration of Life" will be held in the future. For her story and to share memories please visit oakland.chapelofthechimes.com

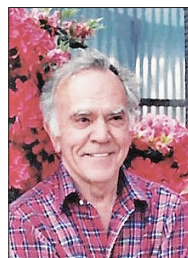


Anthony Gomes

Anthony "Tony" Gomes, age 97, passed away peacefully in his home in San Leandro, CA on November 15, 2019. He was born in Oakland, CA in 1922 and grew up in San Leandro and Cambria, CA before joining the army.

Upon his return, he started Gomes Nursery in Oakland with his father in 1942, where he worked alongside his son, Alfredo Gomes, until he retired. He was well-respected for his lifelong commitment to raising plants with meticulous, loving care. Gomes Nursery is best known for providing award-winning specimen azaleas and rhododendrons for the Macy's Flower Show in San Francisco from 1946 to 2019. Aside from nursery work, he also taught Horticulture classes at the Piedmont Adult School in Oakland.

Anthony Gomes was preceded in death by his wife, Salomé Gomes, nine months before his passing. He is survived by his daughter, Carmel Gomes, son and daughter-in-law, Alfredo and Erin Gomes, granddaughter, Sarah Gomes, and sister, Dolores Van Aken, as well as several nieces and nephews. Anthony Gomes was an honorable, dedicated, and hard-working man who cared deeply for his family. He had a great sense of humor and will be sorely missed by all who loved him. His memory will be carried in our hearts forever.





The crew of the USS Kickstart, led by Captain Pirk

What's Up at Smalltown

● **Tonight! Wednesday, August 19th:** Smalltown Takeover: Brittany Williams, AKA "B-Spoke It the Poet," is Atlanta-based but spent years in the Bay Area honing her craft as an artist. Join her at 9 p.m. for an evening of live music and poetry from the Smalltown Society Instagram page: @smalltownsociety

● **Friday, August 21st:** Smalltown Takeover: Jazz musician and composer, and Castro Valley community member, Tyler Harlow, will be performing live from the Smalltown Society Instagram page. Join him at 9 p.m. for both exciting and relaxing tunes.

● **Saturday, August 22nd:** Live Riff-Along of 'Star Wreck: The Chabot' is hosting its weekly Live Riff-along where you get the opportunity to watch a free movie, and also make fun of it in the comments! This week's film is the 2005 'Star Trek' parody "Star Wreck: In The Pirkinning," in which Captain Pirk becomes stranded in the 21st century and has to come up with a plan to save the world! Head to thechabot.com or to The Chabot's Facebook page this Saturday at 8 p.m. to join in on the fun!

● **Monday, August 24th:** Smalltown Takeover: Local songwriter, Safiyah, will be performing new music live! Watch at 9 p.m. at the Smalltown Society Instagram Page: @smalltownsociety

● **Tuesday, August 25th:** Smalltown Takeover: Lacy Nguyen Lacy has been writing poems for years, but after spending her summer 2019 in the East Bay, began to write and perform spoken word more seriously. Join her on the Smalltown Society Instagram page for an evening of poetry at 9PM. IG: @smalltownsociety

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

Butts: Quit

continued from page 5

trays in your home, car, and place of work, and try to clean up and even spray air freshener. The smell of smoke can be a powerful trigger.

Get Help

Studies have shown that you have a much better chance of quitting if you have help. So, tell your friends, family, and coworkers of your plan to quit. Others knowing can be a helpful reminder and motivator.

Then get some counseling. Don't go it alone. Start by contacting your doctor about smoking cessation counseling covered by Medicare and find out about the prescription antismoking drugs that can help reduce your nicotine craving.

You can also get free one-on-one telephone counseling and referrals to local smoking cessation programs through your state quit line at 800-quit-now or call the National Cancer Institute free smoking quit line at 877-44u-quit.

It's also important to identify and write down the times and situations you're most likely to smoke and make a list of things you can do to replace it or distract yourself.

The intense urge to smoke lasts about three to five minutes, so do what you can to wait it out. It's also wise to avoid drinking alcohol and steer clear of other smokers while you're trying to quit. Both can trigger powerful urges to smoke.

For more tips on how to quit, including managing your cravings, withdrawal symptoms and what to do if you relapse, visit 60plus.SmokeFree.gov. There are also a variety of helpful quit smoking apps you can download like SmokeFreeApp.com and QuitGenius.com.

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



Metallica

All-New Metallica for 'Drive-In Night' Concert Set for August 29

Metallica, one of the most influential and successful rock bands in history, will be featured in the "Encore Drive-In Nights" series, with a full set showing on Saturday, Aug. 29 at the Alameda County Fairgrounds in Pleasanton.

The show will be shot specially for the series at a location near the band's Northern California headquarters, with a special guest performance by Three Days Grace.

The concert, the band's first show in nearly a year, will feature material from throughout their near four-decade career and provide Metallica fans with an intimate, unique and memorable concert experience.

Tickets are available at ticketmaster.com/encore-metallica. Every ticket – which admits one carload of up to six people – will include four digital downloads of

Metallica's S&M2, the long-awaited album documenting the two historic concerts that reunited the band and San Francisco Symphony for the first time in 20 years.

The Alameda County Fairgrounds will adhere to CDC recommended guidelines as well as all state and local health mandates. For a full list of procedures that the Encore Drive-In Nights is employing, visit encorenights.com.

NOTICE INVITING BIDS

Notice is hereby given that sealed bids will be received by the Castro Valley Sanitary District in their office located at 21040 Marshall Street, Castro Valley, CA 94546-6098, at any time prior to 2:00 p.m., on Thursday, August 27, 2020 for furnishing all labor, materials, equipment, and services for the construction of improvements designated as:

SANTA MARIA AVENUE AND REDWOOD ROAD REPAIR PROJECT, CVSan ANNUAL PROJECT (2018-02),

Bids will be publicly opened, examined, and declared on said day and hour, and will be referred to the CVSan Board of Directors for subsequent action.

A pre-bid conference will be held at 2:00 p.m. on Thursday, August 13, 2020 through virtual video conference. Please contact CVSan at 510-537-0757 ext. 109 for virtual video conference details.

All of said work is to be done in accordance with the Contract Documents, at the places and in the particular locations, of the form, sizes and dimensions of the materials, and to the lines and grades and at the elevations as shown on the Plans and Specifications made and approved by CV San.

Physical copies of the Contract Documents will be available by mail from the Castro Valley Sanitary District, 21040 Marshall Street, Castro Valley, CA 94546 where they may be obtained for a non-refundable \$85.00 charge. Contract Documents mailing charges will be waived for this project.

Each Bid must conform and be responsive to the invitation, the Plans and Specifications, and all documents comprising the pertinent Contract Documents. Each Bid shall be presented under sealed cover and shall be accompanied by a certified check, cashier's check, cash or bidder's bond, made payable to CVSan, in an amount not less than ten percent (10%) of the bid. The said check shall be given as a guarantee that the Bidder will execute the Contract in conformity with the form of agreement contained within the Contract Documents and will furnish bonds and insurance policies as specified within five days after notification of the award of the Contract to the successful Bidder.

CVSan reserves the sole right to reject any and all Bids and to waive any informality in a Bid.

No Bidder may withdraw its bid for a period of 60 days after the date set for the opening thereof.

At the successful Contractor's option, securities may be substituted for the required retention, in accordance with the provisions of Section 22300 of the State of California Public Contract Code.

In accordance with the provisions of California Public Contract Code Section 3300, CVSan has determined that the Contractor shall possess a valid Class A - General Engineering; Class C-34- Pipeline Contractor; or Class C-42-Sanitation System contractor License.

In accordance with the provisions of California Business and Professions Code Section 7028.15, a Bid submitted to CVSan by a Contractor who is not licensed in accordance with Chapter 9 of the California Business and Professions Code all be considered nonresponsive and shall be rejected by CVSan.

A full version of the Notice Inviting Bidders is available online at www.cvsan.org/oan for review.

By Roland P. Williams, Jr., General Manager
Castro Valley Sanitary District
Date: August 4, 2020

IRA: Taxes

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(3) You had business losses that exceeded income, so that your income was negative and not subject to tax.

Consider, also, the possibility that income tax rates in years 2021–2023, might be higher than they are now, thereby obligating the IRA owner who is unable to repay the "loan" for even more tax than under current law.

In any event, I would strongly recommend that you seek the advice of your tax or financial advisor before going down this path. In most situations, one would need to be especially disciplined about timely repayment to make the withdrawal worthwhile.

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

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): A relaxed mood early in the week could give way to high-temperature disputes. The Aries Lamb should resist being pulled into heated quarrels that could really singe your wool.



TAURUS (April 20 - May 20): Satisfy that practical obligation first, then you can feel free to indulge in your creative endeavors. Also, check for hidden or overlooked areas where repairs might be long overdue.



GEMINI (May 21 - June 20): Home is still the Twins' major focus this week. But outside matters begin to take on added importance, especially those involving possible career moves. Stay alert for signs of change.



CANCER (June 21 - July 22): A travel plan might need to undergo some considerable adjustment because of unexpected changes. Keep an open mind and let the facts guide you on how you want to handle this.



LEO (July 23 - August 22): Playing cat and mouse with a matter you don't really want to tackle wastes time, energy and, most important, an opportunity. Ask someone with experience to help you get started.



VIRGO (August 23 - Sept. 22): A shift in policy might not please you, but before you put up a "no go" wall of resistance, examine the circumstances. You might be quite pleasantly surprised by what you find.



LIBRA (Sept. 23 - October 22): Yesterday's critiques about your methods might have already evolved into today's praise for your achievements. Good for you. Now go on and continue to build on your credibility.



SCORPIO (October 23 - November 21): An occasional temperamental flare-up might occur as you continue to help get things back to normal. Stay with it. You should soon get some idea of where to take things next.



SAGITTARIUS (Nov. 22 - Dec. 21): A negative reaction to what you believe was a well-deserved request might mean that you need to reconsider your position and make changes accordingly.



CAPRICORN (Dec. 22 - Jan. 19): There's always room for someone new at the Sea Goat's table. And the someone new this week could bring a message you've been waiting a long time to hear.



AQUARIUS (Jan. 20 - Feb. 18): A pile-on of personal matters this week might seem too overwhelming to deal with. But handling them on a one-by-one basis could have you out from under it by the weekend.



PISCES (Feb. 19 - March 20): A friend might need your good advice regarding a matter. Be supportive. But unless you can be absolutely sure you have all the facts, be careful about any suggestions you might be asked to offer.

STOP THE SPREAD
WEAR YOUR MASK

ATHLETE OF THE WEEK



Elma Sabanovic

Elma Sabanovic is our Athlete of the Week. Elma is a recipient of the Herculean Award having played four years on the Varsity Girls Water Polo Team, three years on the Varsity Girls Soccer Team, and three years on the Varsity Girls Swim Team.

She received the First All-League Team WACC award for swim her junior year and for soccer her senior year, she also received the Second All-League Team WACC award during her junior year for soccer.

Sabanovic competed in the State competition for Varsity Swim Team in a free relay and broke a league record.

COVID: ICU Admissions Trend Down

continued from front page

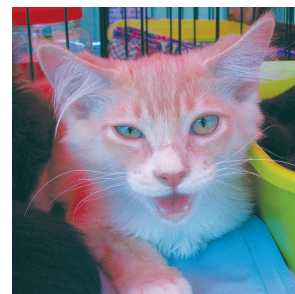
The county could benefit from more contact tracing, but currently only keeps in contact with patients in phone interviews.

"We ask them questions about their outdoor activities and whom they may have come in contact with, but we limit questions to COVID because we want people to feel safe to talk to health professionals," Dr. Moss said.

Public Health officials recently put out a call for staff who can speak Spanish, Vietnamese, and other languages to help make calls.

While Alameda County remains on California's watch-list for counties that have rampant infections, hospitalizations and ICU admissions in the state are trending in the right direction, according to Governor Newsom.

"We have experienced a 21 percent decline in hospitalizations over a 14-day period," Newsom said at his press briefing on Monday.



LUCA is a 5 month old pale orange tuxedo girl. She's energetic, curious and enjoys playing with the other kittens. Spayed, vaccinated, chipped and FIV/FelV negative. Email Loveall-pawzrescue@gmail.com.



RUBEN is a sweet and adorable 4 month old tabby. He was the runt in the litter. He's playful and friendly. Ruben is neutered, vaccinated, chipped and FIV/FelV negative. Email Loveall-pawzrescue@gmail.com.

Reports: Property Crimes

continued from page 3

with three men cruising through the area. One man was seen snatching a box off a porch and throwing it in the back with other boxes before the car drove off.

"Every agency in the Bay Area has seen an uptick in theft-related crimes," said Sgt. Ray Kelly with the Alameda County Sheriff's Department.

Kelly said thefts and property crimes are up 12 percent. He said a neighborhood being targeted by a group of thieves isn't surprising, but what is surprising is the fact these thieves were being so conspicuous in the middle of the day. Anyone with information about a theft in Alameda County is encouraged to contact the Sheriff's Office at 510-667-7721.

CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



Youth Baseball and Flag Football Programs
www.CVSPORTSLEAGUE.org



SUSTAINABLE HOME

Buying in Bulk



Lori and Kristopher show their daughter, Olivia, how to store bulk items in glass jars. They purchase items in bulk in order to reduce packaging waste. Buying from a bulk bin allows them to buy smaller quantities or various products so they can try different products without wasting anything.

Bulk bin tips for less waste:

Bring clean containers or bags for filling at the store. Weigh empty containers and bags and record the weight. When purchasing packaged bulk food, avoid bulk products with individually wrapped items.



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

Visit selectmypath.org for more zero waste tips.

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Claudette Morrison
510-614-1559
San Leandro
ClaudetteM@ebpublishing.com