

New Law Makes Major Changes to IRAs and Other Retirement Plans

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YEAR 32

WEDNESDAY, FEBRUARY 19, 2020

NO. 8

INSIDE YOUR FORUM

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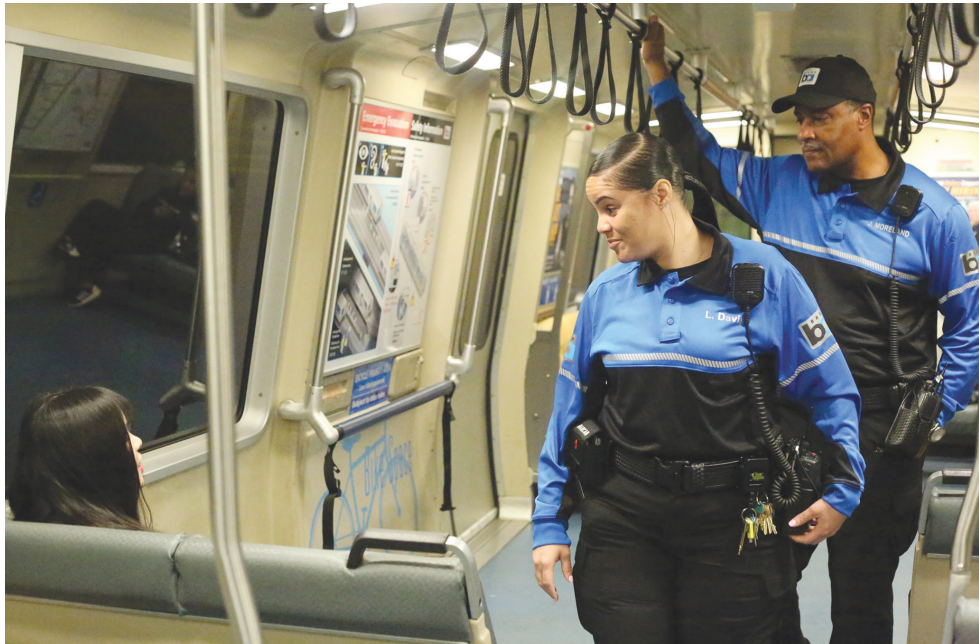


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BART launched a pilot ambassador program last week to increase the presence of uniformed personnel on trains to address customers' concerns about safety and security.

BART RIDERS WELCOME 'AMBASSADOR' PATROLS

BART police quickly responded Saturday to a report from a passenger about a domestic disturbance aboard a train in which the man appeared to have a gun. Officers arrived at the El Cerrito del Norte Station around 2 p.m., just a minute and a half after the call and confronted the male suspect who fled the train and ran onto the trackway where he produced the gun. That's when police fired at the man, seriously wounding him, according to BART Police Chief Ed Alvarez. The suspect was transported to a nearby hospital with critical injuries, but is expected to survive. The incident shut down that station and Richmond Station until

after 10 p.m. Saturday night, occurring at the end of the first week of stepped-up security during which BART's new corps of "ambassadors" had begun patrolling trains, walking in teams of two, seven days a week from 2 p.m. until midnight. The 10 ambassadors were recruited from the ranks of the BART Police Department's Community Service Officers, non-sworn personnel who perform a variety of police services. All have received training on a variety of subjects, including de-escalation and anti-bias training. The patrols are being focused on the most heavily-travelled section of the system, the transbay corridor between 12th St. Oakland and San

Franisco's Civic Center stations. The Ambassadors wear easily-identifiable uniforms distinct from those of Community Service Officers or Fare Inspectors. They are equipped with radios to report safety and security concerns or biohazards. The Ambassadors are also trained to respond to customers' questions, complaints or requests for service. Riders seemed to like the patrols. At BART's annual board of directors workshop last Thursday and Friday, new Ambassador Lateefa Davis spoke about her first week on the job. "Just having our presence in the train, people really do appreciate that we get out and patrol the platform and people are happy to see us," she said.

Early Voting Now Underway

Early Voting for the March 3 Presidential Primary Election is now underway at the Alameda County Registrar of Voters' Office weekdays from 8:30 a.m. to 5 p.m. The Vote by Mail period for this election continues through next Tuesday, Feb. 25. Voters may request a Vote by Mail ballot at any time between now and then by:

- completing the application on

the back of their Voter Information Pamphlet,

- sending an email, sending a written request via fax to 510-272-6982, mailing a request to the Registrars' Office, or by calling 510- 272-6973, to request that a ballot be mailed to you.
- completing the online Vote by Mail application at www.acvote.org/vbm. All Vote by Mail ballot requests must be received no later

than 5 p.m. on Feb. 25. Only the registered voter may apply for his or her Vote by Mail ballot. An application made by any person other than the registered voter is a criminal offense. The Alameda County Registrar of Voters' Office is located in Room G-1 at 1225 Fallon St., Oakland, CA 94612 For more information, visit acvote.org or call 510-272-6973.

Local Healthcare in 2020: A Perspective By Dev Mahadevan

Editor's note: this is the first in an occasional series of interviews with influencers in the Castro Valley area.

By Michael Singer
CASTRO VALLEY FORUM

Healthcare has become a central concern for families. A recent Harris Poll of more than 3,600 Americans found 7 in 10 adults (69%) say keeping healthy and staying out of the emergency room is a significant source of stress.

And while hospitals are very effective, they are no longer the only way to receive quality care. More and more clinics and community health centers have become the standard for non-emergency treatment.

To get some perspective on how healthcare facilities should serve the public, the Forum interviewed Eden Health District interim CEO Dev Mahadevan to get his viewpoint on healthcare in 2020 and beyond. Mahadevan spent nine years as the full-time CEO until 2017. He has more than 40 years of healthcare experience.

"Our mandate is to promote preventative medicine to keep people out of the emergency room," Mahadevan told the Forum. "Before the ACA (Affordable Care Act), Medicare would pay for your heart bypass, but it would not cover a cardiac rehab program that costs 1 percent of the cost of a bypass to make sure you didn't have a second heart attack or another bypass surgery.

"We would rather people pay \$10 on preventive care to avoid \$100,000 in hospital care later."

The primary function of Eden Health District (formerly known as the Eden Township Healthcare District) is overseeing the Community Health Fund, an endowment which distributes grants



Dev Mahadevan

from \$5,000 to \$25,000 for health education, prevention and intervention programs as well as services to such high-risk and special needs populations as children and the elderly.

Grant recipients in 2019 included Meals on Wheels, Crisis Support Services of Alameda County, Building Futures with Women & Children, and the Mercy Brown Bag Program.

The district generates revenue from various rental investments in the East Bay including doctor's offices along Lake Chabot Road.

"For the last five to seven years, we've provided education and focus on the two long-term conditions that if managed properly can improve the health of a community – diabetes/hypertension and mental health," said Mahadevan. "The earlier you start, the better chance you have at keeping them out of the hospital. It's a very expensive place to get care."

Currently, the District oversees the hiring of the chief executive and board of Baywood Court Retirement Community in Castro Valley. There are currently discussions to open a second retirement community in Dublin as well as expanding its clinics there.

Eden Health District is not Eden *see MAHADEVAN on page 11*

MAC Meeting Coverage

MAC Meetings were scheduled for yesterday evening (after the Forum's press deadline) and also next Monday evening. The Forum will have coverage of both meetings in it's Feb. 26 edition.

Castro Valley Weather Feb. 19 - 23, 2020



Wednesday
Mostly Sunny
High 64° Low 42°



Thursday
Partly Cloudy
High 65° Low 44°



Friday
Poss Showers
High 69° Low 44°



Saturday
Mostly Sunny
High 63° Low 47°



Sunday
Poss Showers
High 60° Low 37°

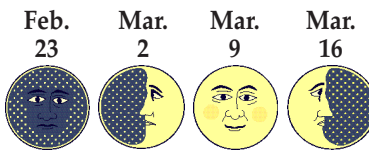
Almanac



Sun sets at 5:52 p.m. today, rises at 6:35 a.m. Thursday.

Past Week's Rain: 00.00
Season To Date: 05.12
Normal To Date: 12.96
Season Average: 21.22

Moon Phases



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CV SPORTS HALL OF FAME

Ayla Granados, a Late Bloomer, Is Still Improving Her Running

Eleventh in a series profiling the 16 new members of the Castro Valley Sports Hall of Fame. The induction banquet will take place Sunday, April 26, at Redwood Canyon Event Center. For details, please visit www.castrovalleysportsfoundation.org.

By Lowell Hickey
SPECIAL TO THE FORUM



Ayla Granados

You might call Ayla Granados a late bloomer. Coming out of Castro Valley High in 2009, Granados, by her own admission, was just “walk-on material” – good enough to be invited to “walk on” to college cross country and track teams, but not good enough to be offered an athletic scholarship.

A decade and two college records later, Granados is running professionally for Hoka, an athletic shoes and apparel company, and is close to qualifying for this summer's Olympic Trials in Eugene, Oregon.

Her best times in her two Olympic events – the 1500 meters and 5000 meters – have been run in the past eight months.

“I’m more confident now than ever,” Granados said recently.

“I’m no longer just trying to compete in USA Championships. I want to finish in the top 10 – or top five.”

She finished fifth in a USA meet in New York last year, proving to herself that she can compete with the top runners in the country. She recently was elected to the Castro Valley Sports Hall of Fame.

Granados set the school record in the 5000 meters (17:40) at Butte College and won Northern California Junior College titles in both the 1500 and 5000, gaining the attention of some four-year schools, including Chico State.

She suddenly was more than “walk-on material.” She accepted an athletic scholarship offer from Chico and rewarded the Wildcats by setting a school record in the 1500 meters (4:21), a mark that still stands. She earned All-American honors in both cross country and track at Chico.

The Castro Valley runner dove right into the professional scene out of Chico.

“Maybe I should have taken some time off,” she said in retrospect. Granados was competing against former NCAA Division I athletes, a formidable challenge, but her times kept improving.

Granados thinks perhaps her relative late start in running may have helped in the long run. A competitive swimmer all through grammar school and middle school, she first went out for cross country as a junior at Castro Valley High -- “to keep in shape for swimming” -- and fell in love with running.

“Peter Brewer (former CVHS track coach) helped start that fire,” she said.

Ayla soon traded her swim suit for running apparel and her late start in the sport meant that she was fresh while some others, who had been running competitively since grade school, were burning out.

“Maybe that’s why I’m still improving,” she said.

That may be part of it, but Granados also noted that distance runners often peak in their late 20s or early 30s, and even later.

“The media seems to emphasize the young athletes, but I’ve met so many runners training for the Olympic Trials who are in their mid-30s,” said Granados, who is 28.

see FAME on page 11

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PHOTO BY MURLINE MONAT

ROTARY SPEECH MEET: From right, Coordinator Bernie Kempen, Olivia Clausen, Oliver Zhang, Jackson Leonard, and Castro Valley Rotary President Todd Anglin.

Rotary Speech Contest Winners

The local club level of the 2020 Rotary District 5170 Richard D. King Speech Meet was held by the Rotary Club of Castro Valley on Feb. 11.

Five local high school students made presentations speaking to the topic "Rotary Connects the World." Bernie Kempen served as Master of Ceremonies.

The winner of the five contestant competition was Castro Valley High School Junior Oliver Zhang ("From California to Cambodia, Rotary Connects the World").

Second Place was won by Redwood Christian High School (RCHS) Senior Olivia Clausen ("A Child's Voice") and Third Place finisher was RCHS Senior

Jackson Leonard ("Medical Services for All").

Other finalists were RCHS Senior Daniel Barquero ("Aiding the Underserved") and Noelle Tilly ("Rotary Connects the World: Human Trafficking"). Oliver Zhang moves on to the next level of competition on Thursday, March 5, at Castlewood Country Club.

Creekside Middle School Takes Home First Place Overall Trophy From Science Olympiad Invitational

Creekside Middle School took First Place overall at the Christensen Middle School Science Olympiad Invitational in Livermore on Saturday, Feb. 1.

It was the first time Creekside has ever won such a competition and puts the team in good position for the upcoming Regional Competition, where it will compete for a slot at State level competition.

Creekside Cobalt beat 27 other teams, including powerhouses Thornton Junior High (Fremont), Kennedy Middle (Cupertino) and

teams as far away as Ukiah.

In addition, Creekside Gold team took 8th place, Canyon Red Team was 9th and Canyon White was 18th. Creekside took home 20 individual medals (top 6) in 23 events.

Anatomy: 2nd (Sean Chen and Lillian Sequeira) and 5th (Terry Deng and Bryce Deng); **Boomi-lever:** 1st (Maya Dughi and Anna Dughi) and 3rd (Bryce Deng and Jillian Taylor); **Circuit Lab:** 1st (Arthur Tatarkhanov and Tomi Chen); **Crime Busters:** 3rd (An-

nika Luk and Terry Deng); **Density Lab:** 5th (Joyce Xu and Adim Rai); **Disease Detectives:** 6th (Lillian Sequeira and Sean Chen); **Gliders:** 4th (Sean Chen and Adim Rai) and 5th (John Tak and Lauren Yee); **Experimental Design:** 6th (Kate Tyreman, Anna Dughi, and Maya Dughi); **Fossils:** 2nd (Terry Deng and Sophia Chan) and 4th (Nikolas Sommerhalter and Arthur Tatarkhanov); **Game On:** 1st (Tomi Chen and Jad); **Heredity:** 2nd (Jad Yehia and Anna Dughi); **Machines:** 6th (Vilius Staraitis

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Suspicious Person with Drugs and Stolen Keys

Friday, February 14: at 2:33 a.m., Sheriff's deputies arrested a 29-year-old man with no permanent residence on suspicion of possession of heroin and a key to a car reported stolen. The man was spotted acting suspiciously in front of homes on Greenville Place near Pineville Circle. Deputies took the man to Santa Rita Jail after they found the drugs in the man's pocket. While at the jail, the man revealed a car key to a vehicle back at the address that was reported stolen.

Wanted Man Found With Illegal Narcotics

Wednesday, February 12: at 11:50 a.m., a 45-year-old man from San Leandro was arrested on suspicion of possession of illegal narcotics. The man was also wanted as part of a warrant issued for his arrest. Deputies served the warrant at a parking lot at the intersection of Castro Valley Boulevard and Anita Avenue. The man was handcuffed and taken to Santa Rita Jail pending \$5,000 in bail.

Refused to Stay Away From the Businesses

Tuesday, February 11: at 11:19 a.m., deputies arrested a 34-year-old man from Fremont on suspicion of failing to abide by a court-issued restraining order. The man was also wanted for a previous crime. Deputies responded to a nuisance call from a shopkeeper at the 580 Market Place shopping center. The man fitting the description was taken to Santa Rita Jail pending \$20,000 in bail.

Pepper Spray

Tuesday, February 11: at 9:04 p.m., a 25-year-old man from Castro Valley was arrested on suspicion of illegal possession of pepper spray by a person with a felony conviction record. Deputies were called to a home on San Miguel Avenue near Lux Avenue to provide a wellness check after the suspect's family had not heard from him in some time. The man was at home but also in possession of pepper spray. He was taken into custody.

Drug Possession in Front of Business

Tuesday, February 11: at 4:56 p.m., deputies arrested a 30-year-old woman with no permanent

residence on suspicion of possession of illegal narcotics in front of a store in the Castro Village Shopping area near Jamison Way. The woman was spotted in a vehicle taking the drugs in plain sight. Deputies took the woman into custody.

Spousal Assault

Monday, February 10: at 5:38 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Veronica Avenue near Center Street. There, they arrested a 26-year-old woman from Castro Valley on suspicion of spousal assault. Deputies took the woman into custody. The victim was treated at the scene.

Suspicious Person

Parked in Wrong Driveway

Monday, February 10: at 5:26 p.m., a 33-year-old man from Oakland was arrested on suspicion of violating the terms of his parole. Deputies responded to a report of a suspicious person parked in the driveway of a home on Baywood Avenue near Grove Way. The man was also found to have a warrant issued for his arrest. Deputies took the man to Santa Rita Jail and held him without bail.

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The Week Ahead

● Wednesday, February 19: *Castro Valley Women's Club*

Guest Speakers: Carolyn Darcey and René Besold of the Eden Area League of Women Voters will be guest speakers at the next meeting of the Castro Valley Women's Club on Feb. 19 from 1 to 3 p.m.. The public is invited. For info, visit www.castrovalleywomensclub.weebly.com

● Wednesday, February 19: *Rose Society Meeting*

Master Rosarian and president of the Monterey Rose Society Joe Truskot will speak on Rose Rosette Disease at the next meeting of the East Bay Rose Society at 7:30 p.m. on Feb. 19 at the Lakeside Garden Center, 666 Bellevue in Oakland. This disease is transmitted by microscopic mites and can devastate a rose garden. Truskot will show how to identify Rose Rosette and discuss ongoing research and potential remedies. Come and enjoy snacks. More info at www.eastbayroses.org

● Friday, February 21: *Music for Minors Concert*

Save the date — Feb. 21 — for the Music for Minors II Showase Concert from 7 to 8:30 p.m. on Feb. 21 at Harbor Light, 4760 Thorton Ave. in Fremont. Experience many children from MFMI schools coming together in music and movement, featuring the Kids Choir, Taiko drumming and more. Admission is \$5, children under 12 free (must be accompanied by an adult). More info at info@musicforminors2.org

● Saturday, February 22: *Native Plant Sale*

Bringing back the Natives Garden Tour Plant Sale Extravaganza! Local nurseries specializing in California native plants will be open from 10 a.m. to 4 p.m. this Saturday, Feb. 22. A percentage of all purchases made that day will go to support the Bringing Back the Natives Garden Tour. Green Thumb Works at 20095 Mission Blvd. in Hayward will host a pop-up sale of hard-to-find California native plants. Handmade soaps and pottery for sale plus solar oven cooking demonstration. Beekeeper meet and greet at 2 p.m. For info, visit www.bringingbackthenatives.net/native-plant-extravaganza

● Saturday, February 22: *Hill & Valley Club Flea Market*

Hill and Valley Club will hold its annual Flea Market from 9 a.m. to 2 p.m. this Saturday, at the clubhouse, 1808 B Street (at Linden) in Hayward, featuring household goods, clothing and accessories, jewelry, linens, appliances and electronics, books, toys, sewing and craft materials, and miscellaneous. We will also be serving lunch at our café. Funds raised will benefit several local charities. This is an indoor sale with plenty of parking available. Come early for the best selection!

● Saturday, February 22: *Basics of Tarot*

Do you have a nagging issue or question? It's been scientifically postulated that a change of perspective may raise one's IQ up to 80 points! Join practical-mystic, Amber Jayanti to possibly expand your perspective by playing a fun-filled, educational tarot board game designed to open participants to problem-solving and learning the basics of the Qabalistic Tarot's Ageless Wisdom from 1 to 4 p.m. this Saturday at the Castro Valley Library. Group size limited to 9.

● Sunday, February 23: *Free Climate Change Discussion*

Join Steve Schaefer, a Climate Reality Leader and auto columnist, for a discussion of the benefits and challenges of driving an electric vehicle., from 2-3 p.m. this Sunday at the Odd Fellows Hall at 950 B St. in downtown Hayward. Enter from the parking lot at the back of the building.

● Tuesday, February 25: *Rotary Topic: What's New at the Zoo*

Joel Parrott, DVM and executive director of the Oakland Zoo, will update the Castro Valley Rotary Club on the latest news at the Zoo during the next buffet lunch meeting from noon to 1:30 p.m. next Tuesday at Redwood Canyon Golf Course, 17007 Redwood Road. The cost of lunch is \$15 and reservations must be made by 9:00 p.m. on Sunday, February 23, by contacting Rotary at cvrotary@icloud.com or 510-402-5123. More info is available at castrovalleyrotary.org

● Thursday, February 27: *Cancer Workshop on Yoga*

Eden Medical Center will present a workshop on Gentle Retorative Yoga for those going through cancer treatment and on the road to recovery from 5:30 to 7:30 p.m. on Feb. 27 at the Medical Office Bldg. on the second floor at 20101 Lake Chabot Road. Learn how breathing and gentle movements promote healing and restore the body. Yoga is also one of the best ways to fight fatigue and restore strength and balance. Registration is encouraged by calling 925-933-0107.

● Saturday, February 29: *Meditation Workshop*

You're invited to a lively and entertaining workshop, "Meditation: A Common-Sense Approach" with Dr. Marshall Zaslove at the Castro Valley Library at 2 p.m. on Feb. 29. Meditation has become popular in recent years and is now mainstream, but a lot of misunderstanding, misinformation and just plain nonsense about it have left many people confused. Dr. Zaslovewil guide you through the maze of myths and instruct you in a firsthand experience of accurate meditation. No reservations are required for this free program.

● Saturday, February 29: *Veterans Memorial Crab Feed*

The public is invited to a fundraising Crab Feed in support of Castro Valley's Veterans Memorial Expansion Project to be held at the Castro Valley Moose Lodge, 20835 Rutledge Road on Feb. 29. For reservations (no tickets will be sold at the door) call VFW Post 9601 Commander Steve West at 510-432-4346, Kasey Warner at 530-391-3330 or Pat Flanagan at 510-459-6177.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events (unless otherwise listed) are available at www.cvcfa.com; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. (phone 510-889-8961), or at the Castro Valley Adult School, 4430 Alma Ave.

● **Biotech Engineering**, a free science lecture, will be given at 7 p.m. tomorrow, Thursday, Feb. 20.

● **"Chicago the Tribute,"** with a group of 9 musicians, creates the powerful horns, rich vocals and the rockin' rhythm section needed for "Saturday in the Park," "Does Anybody Really Know What Time It Is?" and their many other legendary hits, at 7:30 p.m. this Saturday, February 22, at the Center for the Arts. *For tickets (\$38/\$40), see above.*

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"Steel Magnolias,"** Robert Harling's poignant comedy-drama, continues through March 1 at Chanticleers Theatre, 3683 Quail Ave., in the Castro Valley Community Center Park. Through the clouds of hairspray and the buzz of blow dryers, six Southern spitfires swap gossip, wisecracks, and wisdom in this hilarious and heartwarming comedy that explores the bonds of friendship and the strength of women. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. For tickets (\$22-\$27), visit chanticleers.org/ or call 510-733-5483.

ART GALLERIES, RECEPTIONS & ART INSTRUCTION

● **Studio 820**, the San Lorenzo Adult School Watercolor Class, will exhibit students' watercolor paintings at the San Leandro Main Library through March 27.

● **PhotoCentral Gallery Annual Juried Exhibition** continues thru March 7 at the gallery (part of the Hayward Area Recreation District) at 1099 E Street in Hayward. A closing party will be held on Saturday, March 7, from 2 to 4 p.m. The exhibit is in both galleries. For more info, visit www.photocentral.org

AT THE CHABOT CINEMA

● **Sci-Fi Rewind**, the week-long series of four classic movies all made in the '70s and '80s at the Chabot Cinema will conclude tomorrow, Feb. 20. This evening, Feb. 19, there will be a raffle after the 7 p.m. showing of "Close Encounters of The Third Kind." Prizes include film-related memorabilia, and a record player donated by One Bad Apple Records. Matinee prices will apply to every showing for anyone with a current student ID.

● **E.T. The Extra-Terrestrial** (PG)
Wed 2/19 — 2:00

● **The Last Starfighter** (PG)
Wed 2/19 — 4:35, Thu 2/20 — 4:45

● **Close Encounters of the Third Kind**, (PG)
Wed 2/19 — 7:00, Thu 2/20 — 2:00

● **The Call of the Wild** (PG)
Thu 2/20 — 7:00
Fri 2/21 & Sat 2/22 — 1:15, 3:55, 6:30, 8:55
Sun 2/23 — 1:15, 3:55, 6:30
Mon-Thu 2/24 to 2/27 — 3:55, 6:30
Fri & Sat 2/28 & 2/29 — 1:15, 3:55, 6:30, 8:55

Listings for the Community Calendar and A&E Calendar must be received by the Friday before publication date.
Send information to: fredz@ebpublishing.com

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HOROSCOPE by Salomé

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ARIES (March 21 to April 19) There could be some negative reaction to your tough stance when making a recent decision. But overall, your efforts result in well-earned recognition and all that can follow from that.



TAURUS (April 20 to May 20) Your financial situation seems confusing, even for the fiscally savvy Bovine. Maybe it's the conflicting advice you're getting. Check it out before things get too tangled to unknot.



GEMINI (May 21 to June 20) A relaxed attitude goes a long way in helping you deal with any of life's irritants that might be popping up this week. You're also a reassuring role model for others in the same situation.



CANCER (June 21 to July 22) Your aspect favors creativity, which should persuade you to work on your artistic projects. If time is a problem, prioritize your commitments so that your work isn't compromised.



LEO (July 23 to August 22) Scrutinize all the job offers that interest you. Most are honest and worth considering. But a few might not be completely forthcoming about what the job is and what the salary and benefits are.



VIRGO (August 23 to September 22) An unexpected snafu could delay the completion of a project you're eager to finish. Find out what's causing it, fix it, and if you need help, don't be shy about asking for it. Good luck.



LIBRA (September 23 to October 22) An idea that could be helpful to you comes from an unlikely source. Listen to it. Discuss it. If necessary, adjust it. If it looks as if it might work out quite well, go ahead and use it.



SCORPIO (October 23 to November 21) Be careful about allowing someone to share a very personal secret with you. This could cause problems down the line with others who are involved in that person's private life.



SAGITTARIUS (November 22 to December 21) A cooling down of a relationship could be the result of neglect, unintended or not. To save it from icing over, you need to warm it up with a large dose of hot Sagittarius passion.



CAPRICORN (December 22 to January 19) This is a good time to get involved with a number of family matters that involve money and other issues that might jeopardize the closeness between and among family members.



AQUARIUS (January 20 to February 18) Cheer up. That difficult person who appears to be deliberately stalling your project might just need to be reassured of the value she or he brings to it.



PISCES (February 19 to March 20) Good news! Expect to feel re-energized now that you've gone through that stressful energy-depleting period involving a lot of changes. Now, go out there and show them what you can do.

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New Law Makes Big Changes to IRA's

Q: I heard that there is a new law which makes major changes to IRAs and other retirement plans. Can you comment?

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

A: Sure. The new law, signed by President Trump on December 20, 2019, and effective January 1, 2020, is called the "Setting Every Community Up for Retirement Enhancement Act" or the "SECURE Act" for short.

It was designed to promote more saving for retirement, but it may require seniors to rethink some of their estate planning. Following are the major changes:

- **Stretch IRAs Limited.** The biggest change eliminates "stretch" IRAs for many beneficiaries. Under former law, your Designated Beneficiary (DB) could choose to take distributions over his or her lifetime and to pass what was left, after the DB's death, onto future generations (called the "stretch" option).

The required minimum distributions were then withdrawn each year based upon the beneficiary's life expectancy. This allowed the IRA to grow tax-deferred over the course of the beneficiary's life and to be passed on to his or her own beneficiaries, potentially "stretching" the payout over two or more generations.

Unless the beneficiary is a member of one of five (5) favored categories (see below), the SECURE Act requires beneficiaries who inherit retirement accounts to withdraw all the money within 10 years of the original owner's death.

In many cases, these withdrawals will now occur during the beneficiary's highest tax years, meaning that the elimination of the "stretch" option is effectively a tax increase for many beneficiaries.

This provision will apply to those who inherit retirement plans on or after January 1, 2020.

- **Stretch IRAs Still Available For Certain Beneficiaries:** The "stretch option" is still permitted for the following beneficiaries: (1) the surviving spouse of the account owner; (2) Children of the owner, but only until they reach age 18; (3) Disabled persons; (4) Chronically Ill persons, and (5) Beneficiaries not less than 10 years younger than the account owner.



A new law designed to promote more saving for retirement may require seniors to rethink some of their estate planning.

- **Required minimum distributions.** Under prior law, the owner was required to begin taking distributions from his IRA beginning when he reached age 70-1/2. Under the new law, individuals can now wait until age 72 to begin taking distributions.
- **No Age Cap on Contributions.** The new law allows workers to continue to contribute to an IRA after age 70-1/2, eliminating the former age cap.
- **Annuities.** The new law removes roadblocks that made employers wary of including annuities in 401(k) plans by eliminating some of the fiduciary requirements used to vet companies and products before they could be included in a plan.
- **Withdrawals.** The new law al-

lows an early withdrawal of up to \$5,000 from a retirement account without penalty in the event of the birth of a child or an adoption. Formerly, there was a 10 percent penalty for early withdrawals in most circumstances.

Given these changes, retirement plan owners should review their estate plans, especially if they relied upon "stretch" options as an estate planning tool.

One way some did this was to name a trust as the beneficiary of their IRA. Those trusts should now be reviewed to determine if they need to be reformed to conform to the new law. If an IRA "stretch option" is part of your estate plan, you may wish to consult with your attorney or tax advisor to determine if you need to make changes.

Gene L. Osofsky is an estate planning and elder law attorney in Hayward. Visit his website at www.LawyerForSeniors.com. He wishes to thank Harry Margolis, Esq. of MA for permission to use and modify his original article on topic.



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REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



There May Be Trouble Ahead

Along with death and marriage, selling a home is one of life's most stressful events. Now a new Harris poll confirms what many have known all along. It is not only a taxing experience, it can produce conflict.

The survey, using data culled from real estate transactions over 10 years, reveals that 77% of homebuyers and 71% of sellers have argued with a loved one as a result of the buying/selling process.

As an agent who has worked with countless couples, I have seen firsthand how nerve-racking it can actually be.

I've seen couples almost come to blows over disagreements and, in one extreme case, I recommended that a couple stop searching for a home and start looking for a marriage counselor. They took my advice: it would have been a real tragedy to help them buy a house only to sell a short while later due to a divorce.

The survey also reveals those issues which cause tension.

- 54% of couples disagreed over the style or size of a property,

- 47% clashed over what constituted "must haves" or "deal breakers,"
- 42% argued over location and neighborhood,
- 37% quarreled over budget issues and
- 29% sparred over the condition of the home they were willing to buy.

Age was also a significant factor, with Millennials topping the "Willing to Argue" leader board at a whopping 85%. The numbers were much lower for older couples – either because they had learned to negotiate at a higher level or had previous buying/selling experience and consequently had different expectations.

On the listing side of the equation, the highest percentage disagreement was no surprise at all: 69% of couples disagreed over the list price. Personally, I've lost count of the number of times I've sat through those "animated discussions."

I'm often asked which transactions have the most disagreements.

The answer: couples negotiating divorces. Selling a home because of divorce is always a lose-lose proposition: frequently one party either does not want

the divorce or wants to stay in the family home.

While some couples manage to keep it civil, others use the selling process to "get back" at the other party. In some cases, both sellers, totally frustrated with each other, turn and vent their frustrations at their Realtor, moving it from lose-lose to lose-lose-lose.

Buying or selling will be stressful. Nat King Cole's advice? "There may be trouble ahead ... let's face the music and dance."

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.



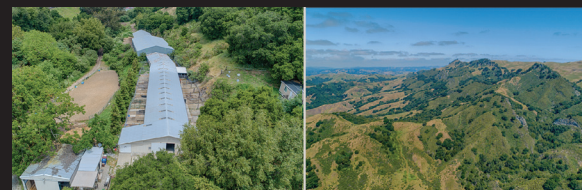
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Water Stress Keeps Plants from Growing

By Buzz Bertolero
Special to the Forum

Last spring, I planted two staked Star Jasmine into a container about the size of a 5-gallon pot. I wanted them to climb over and cover an arbor. They were watered weekly, but have shown almost no new growth, and the foliage is a dull green color with brown spots. Boy, was I disappointed! How do I go about pruning them now for more growth this year?

Pruning is not the answer to your problem; increasing the water frequency and nutrients is.

Your watering schedule wasn't adequate last year during the summer and fall months. Water stress, from going dry in between watering, hampered your plants' growth potential.

When temperatures are over 75°F, new plantings are typically watered every other day. This year I would water daily. The



water must flow out the bottom of the container otherwise root rot becomes a problem.

This assumes that the pot size is adequate for the plant. In your case, it's not.

Star Jasmine become root-bound quickly in a 5-gallon pot. The pot size is critical as this is not a short-term planting.

There is a direct relationship between the amount of top growth and the root mass necessary to support itself. The bigger the root mass the less soil there is in a container. With less soil, water stress becomes more severe when the days grow longer and warmer.

I would replant the Star

Jasmine into pots the size of a wine barrel or larger. A container with detachable sides would be ideal; however, it would have to be custom-built. The removable side container allows you to keep the plants thriving, indefinitely in the same container.

Every two to three years, you would remove the sides, reduce the root mass by root pruning and add fresh soil. It's nearly impossible to root prune a Star Jasmine or any other vining, container plant without cutting off all the top growth. How else would one be able to slide the plant out of the existing pot?

I would also revisit if you need two plants. For nutrient replenishment, I would apply Osmocote twice a year four months apart. Osmocote will release a little bit of fertilizer with every watering.

There are many other fertilizers that will work, but you need to be diligent with the follow-up applications. Nutrients, along with soil, will leach out the bottom of the containers when you water.

Buzz Bertolero is an Advance California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com or on Facebook at [Facebook.com/Buzz.Bertolero](https://www.facebook.com/Buzz.Bertolero)

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FROM THE BOULEVARD:

A Sunday Night in Castro Valley

By Thomas E. Lorentzen

*"Language is the dress of thought."
—Samuel Johnson*

It is late on a Sunday night here in Castro Valley. As a 74-year-old man I am preparing for surgery in two days. As I do, I reflect upon things in the quietude of my living room.

Calm music plays in the background. A glass of wine adds to the spirit of the moment. Dozens of memories dance within my mind, placing both life and this moment in time in perspective.

Although I had no plan to write tonight, a longtime CV resident comes to mind. It is someone I don't know. Her name is Janice Loomer. She wrote a recent letter to the Forum, expressing her appreciation for my writings, and urging more frequent ones.

It is because of her that I make this attempt to capture my thoughts and feelings tonight. She provides inspiration, as does someone whose essays provide added inspiration from several centuries ago – Michael Montaigne. He was a lead essayist who wrote adroitly about his own reflections and observations about life. I am not in his league, yet Montaigne's effort to capture the poetry in life, including its ups and downs, provided a model for many of us to attempt to emulate.

It was just one week ago that I received a phone call from an old friend. We were best friends at CV High between 1959-1963. Our friendship, however, began before then at Marshall Elementary School and continued through Earl Warren Junior High.

There were many years between our communications with each other as our lives took us in disparate directions. It was good to hear from him, although the news was difficult. He had recently had part of a leg amputated. He was sedated, but coherent.

Times are tough for him, which made my upcoming surgery seem minor in comparison. He called again yesterday. We reminisced and even laughed at some of our meanderings from decades ago.

After each conversation I shed tears. We can't visit because of our

mutual circumstances, yet our friendship, born six decades ago, now means more than it ever did before. The aphorism that "you can make new friends, but not old ones," comes to mind.

The feelings within me are hard to capture, but worth an effort. As they play within my mind, added experiences of the day enter the streaming process. Although my attendance at church is irregular, I went this morning for added reflection and thought.

What I experienced at church was "scout day." More than two dozen boy and girl scouts were there in their uniforms. Their ages appeared to be between about 12-15. The sermon was given by one of them – a young man of 15 named Victor Lan. He was good – intelligent, thoughtful and reflective. He also applied wit, which revealed wisdom. The other scouts displayed similar traits. They were all impressive, which made me reflect upon my friend and his amputation. The diversity of these stories floated about – diverse and complex as they were.

And, then tonight, the Academy Awards is happening. I am not watching it on TV. Yet, I am rooting for recognition for the movie "1917." It is because of an old friend that I buried in Reno in 1974 – Willie Morin. He was in the trench warfare of WWI.

I listened to his stories. He was homeless, and I looked after him for the last three years of his life. In his memory I hope the tragedy of this European war receives the attention it deserves (it didn't).

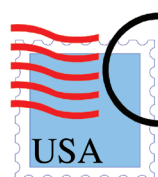
As all these thoughts and feelings play within me on a Sunday night in Castro Valley, I realize that there is a continuity and commonality to the human experience. It is difficult to see and hard to capture with language. Yet, it exists within us.

As I end this article, I hope that I don't let Janice Loomer down, or my friend with his amputation or Willie from the trench warfare of 1917. Although Montaigne was a master at capturing thoughts and feelings, I hope that he understands that I am only a modest contributor to the cause of writing about life as viewed by all of us. We are all limited in what we know and understand, yet somehow, there does appear to be a continuity and a commonality to all of us.

Tom Lorentzen lives in Castro Valley. He formerly served on the board of the Institute of Museum & Library Services and the Advisory Board to Southern Oregon University, and has served three Presidential Administrations.

LETTERS TO THE EDITOR

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A Great Win

Editor:

The scene at Castro Valley High School on Valentine's Day is one that I will remember for a long, long time. It was Senior Night for both varsity basketball teams and the end of a difficult season. The Trojans were looking to score their first league victory and the girls got things off to a rousing start, putting away the Monarchs quite handily.

The boys rallied from 6-points down with 1:29 to play and got within 1-point thanks to senior Arquil Hill who scored on a Monarchs turnover. CV had to foul Mt. Eden with just 9 seconds to go forcing them to the foul line with they missed the free throw. We got the rebound and a foul was called with 3.6 seconds to go. Senior Keti Goss calmly sank BOTH free throws and the Monarchs' desperation shot at the buzzer missed.

Throughout the game, the student body section of the crowd gave their signature chants: "I believe that we will win! I believe that we will win!" When the buzzer sounded, Keti was lifted onto the shoulders of the student body section that swarmed the court in celebration of the night's victory. Hugs, handshakes, and high fives in a joyous celebration before the team excited ran off to the locker room.

Behind the scorer's table, I was the PA announcer this season. I'm sure I lost my voice on the final call. But one of the parents at the table let me know before the second free throw by Goss, "If he makes this, I may be giving you a bear hug!" And sure enough, we embraced as I yelled the final score: "60 points for Mount Eden! Castro Valley: 61 points, for a Senior Night victory!"

A great win for the entire community! Congratulations, Coach Terrierre and gooooooooooooo Trojans!

— Alex McMurray

PA Announcer, Teacher at Creekside

Congressman Swalwell's Book

Editor:

So, I see our liberal Congressman Swalwell has written a book. I hope for his sake it sells better than his bid to be our next president.

The book is clearly not based on fact, but Swalwell's personal hatred for President Trump. His own quote, "our effort to hold him (Trump) accountable was the beginning of the end of his corrupt presidency."

Really! Not only is Trump still our president, the latest Gallup poll has his approval rating up to 49%. In contrast, the same poll gives Congress a dismal 23% approval number.

The American public is a lot smarter than you give them credit for, congressman. We the people can smell a fraud. We know the real corruption came from Pelosi, Schiff and Nadler and the overwhelming democratic congress Swalwell is a member of.

The recent polling data shows that America is none too pleased with the witch hunt that spent the tax payers dollar or with you congressman Swalwell.

—Steven Anticevich

LETTERS TO THE EDITOR

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

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Fame: Ayla Granados as Track Coach

continued from page 2
Granados currently lives across the bay in Belmont where she is assistant cross country and track coach for the men’s and women’s teams at Notre Dame de Namur College. Her personal coach, Sean Smith, is the head coach at Notre Dame de Namur, which is convenient.

“I try not to have my season conflict with my coaching,” Granados said. The college track season runs in the spring and most of Ayla’s races are in the summer, although she will be competing this spring in a number of meets trying to qualify for the Olympic Trials. Fortunately, some of those meets are in California.

Granados thinks it will take a 4:10 in the 1500 and 15:30 in the 5K to qualify for the Trials. Her best times, respectively, are 4:13 and 15:53.

“It’s getting harder and harder,” she noted. “The sport is getting faster.” She has from April to June to make a qualifying time and, as training, will be running some 70 to 80 miles per week, rarely taking a day off.

Some of her running can be combined with coaching, as she and her students often run together. “Coaching helps,” she explained. “With pro running you can get caught up with yourself. That’s not healthy. Coaching lets you concentrate on your athletes. You put your energy into them and you don’t have time to worry about yourself.”

CORRECTION:

The photo caption for the 2020 RCHS Homecoming Court on page 10 of the Feb. 12 edition of the Forum should have listed both Xavier Cherry and Netanya Buenrostro as being from Oakland (not San Leandro), and listed Freshman Princess Pilar Portillo (whose name was omitted) from San Lorenzo.



Fifth Grade Teacher Amy Neal (top left) and Superintendent Emeritus Bruce D. Johnson (top right) with Mrs. Neal’s students and their bags of food for Ruby’s Place.

PHOTO BY MEGAN SINISI

RCS Students Support Ruby’s Place

At their Valentine’s Chapel on Feb. 14, students at Redwood Christian Elementary Schools brought from home for Ruby’s Place, a local agency that provides prevention and supportive services to those impacted by domestic violence or human trafficking.

Chapel speaker RCS Superintendent Emeritus Bruce D. Johnson spoke on the topic “What

Does Trust Mean,” including our responsibility to help care and provide for others who need our help. Notice of the need for food by Ruby’s Place was sent to parents earlier in the week.

The students and their parents responded by bringing 24 grocery bags full of food - more than doubling the amount collected last year.

Principal Dale Huemoeller knew what to expect.

“This was our second opportunity to support the great work of Ruby’s Place,” said Huemoeller. “I was confident that the Redwood Christian Elementary community of families would respond enthusiastically when asked to lend a helping hand and consider it a privilege to help those who need it.”

Mahadevan: Technology, Environmental Sustainability

continued from front page
Medical Center and hasn’t been since 1998 when Sutter Health came in and made Eden Hospital an affiliate. Sutter replaced the old facility with the new medical center in 2012.

“This District was responsible for the new building being in Castro Valley, otherwise, it would have been in Dublin, Pleasanton, or Livermore,” Mahadevan said, adding that the agreement required building a new hospital on the existing site. Eden Health District eventually covered more than \$50 million in extra costs to keep hospitals running in Castro Valley and San Leandro.

The other major changes in healthcare pioneered by Eden

Health District Mahadevan noted were inpatient experience, adding comfortable seating for family members, and designing patients’ rooms to maximize the amount of window size.

Outside of patient care, Mahadevan says Eden Health District also focuses on environmental sustainability including making sure waste products are disposed of properly by the clinics. He says he’s also very impressed with the improvements in technology

“It’s amazing the advances I’ve seen over the years,” Mahadevan says. “You can have a doctor in one clinic overseeing a procedure in another clinic and you still feel like you are getting that personalized care.”

Climate Change Discussion

Climate Reality Leader Steve Schaefer will lead a discussion on “Climate Change — Impacts and Solutions” from 2 to 3 p.m. this Sunday, Feb. 23, in Hayward.

Schaefer was trained by Al Gore to present the former vice president’s Climate Crisis slideshow from the documentary, “An Inconvenient Truth.” He is also an

auto reviewer for the San Leandro Times and an electric car advocate.

This free event will be held at the IOOF Hall at 950 B St. in Hayward. Enter in the rear of the building through one of the two red doors. Park in Municipal Lot No. 1 between Mission, Main A and B streets. For more information, visit: HaywardLodge.org.

LEGAL NOTICES

FILED
JANUARY 3, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567104

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

The name of the business(es):
Math Matters Mentoring at 5259 Proctor Road, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Kristine Humphreys, 5259 Proctor Road, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A.
/s/ Kristine Humphreys
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JANUARY 3, 2025

**JAN 29, FEB 05, 12, 19, 2020
0214-CVF**

FILED
JANUARY 24, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567839

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

The name of the business(es):
D'Works at 4549 Edwards Lane, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Bedard Tax Service LLC, 4549 Edwards Lane, Castro Valley, CA 94546. This business is conducted by a Limited Liability Company. This business commenced Jan. 2, 2020.
/s/ Bedard Tax Service LLC
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JANUARY 24, 2025

**FEB 05, 12, 19, 26, 2020
0216-CVF**

FILED
JANUARY 9, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567394

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

The name of the business(es):
Rogue Heart Tattoo at 4243 Omega Ave., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Marie A. Scherping, 4243 Omega Ave., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced Jan. 9, 2020.
/s/ Marie A. Scherping
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JANUARY 9, 2025

**FEB 05, 12, 19, 26, 2020
0217-CVF**

FILED
JANUARY 24, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567840

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

The name of the business(es):
Feng Shui Made Simple at 7416 Oxford Circle, Dublin, CA 94568, in Alameda County is hereby registered by the following owner(s): Elissa Palmer, 7416 Oxford Circle, Dublin, CA 94568. This business is conducted by an individual. This business commenced N/A.
/s/ Elissa Palmer
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JANUARY 24, 2025

**FEB 05, 12, 19, 26, 2020
0220-CVF**

FILED
JANUARY 24, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567832

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

The name of the business(es):
Boulevard Burger 2 at 3714 Castro Valley Boulevard, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): SQUID Inc., 16121 Maubert Ave. Apt. B, San Leandro, CA 94578. This business is conducted by a corporation. This business commenced 05/02/12.
/s/ SQUID Inc.
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JANUARY 24, 2025

**FEB 12, 19, 26, MAR 04, 2020
0224-CVF**

FILED
JANUARY 15, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 567587

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

The name of the business(es):
anaisabelinterpreting at 4848 Seven Hills Road, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Ana Isabel Beltran-Wells, 4848 Seven Hills Road, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A.
/s/ Ana Isabel Beltran-Wells
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JANUARY 15, 2025

**FEB 12, 19, 26, MAR 04, 2020
0225-CVF**

FILED
FEBRUARY 04, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 568250

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

The name of the business(es):
Don's Barber Shop at 18557 Mission Blvd., Hayward, CA 94541, mailing address 24793 Mango St., Hayward, CA 94545 in Alameda County is hereby registered by the following owner(s): Aing Kaing, 24793 Mango St., Hayward, CA 94545. This business is conducted by an individual. This business commenced 11/1996.
/s/ Aing Kaing
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires FEBRUARY 04, 2025

**FEB 19, 26, MAR 04, 11, 2020
0227-CVF**

FILED
FEBRUARY 10, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 568417

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

The name of the business(es):
Valerie Hetherington at 4439 Edwards Lane, Castro Valley, CA 94546 in Alameda County is hereby registered by the following owner(s): Valerie Hetherington, 4439 Edwards Lane, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A.
/s/ Valerie Hetherington
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires FEBRUARY 10, 2025

**FEB 19, 26, MAR 04, 11, 2020
0228-CVF**

FILED
FEBRUARY 11, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 568493

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

The name of the business(es):
Western Pacific Trucking Inc. at 423 Morello Dr., Hayward, CA 94541 in Alameda County is hereby registered by the following owner(s): Western Pacific Trucking Inc., 423 Morello Dr., CA 94541. This business is conducted by a corporation. This business commenced 2013.
/s/ Western Pacific Trucking Inc.
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires FEBRUARY 11, 2025

**FEB 19, 26, MAR 04, 11, 2020
0230-CVF**

FILED
JANUARY 30, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 568059

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

The name of the business(es):
Sunshine Home Cleaners Services at 20020 Onyx Court, Castro Valley, CA 94546 in Alameda County is hereby registered by the following owner(s): Shawna Huerta, 20020 Onyx Court, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced 3-8-1988.
/s/ Shawna Huerta
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JANUARY 30, 2025

**FEB 19, 26, MAR 04, 11, 2020
0231-CVF**

FILED
JANUARY 31, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 568148

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

The name of the business(es):
(1) NorCal Care Community Services, (2) NorCal Care CS, (3) Individual Care CS at 4900 Hopyard Rd. Ste. 100, Pleasanton, CA 94588 in Alameda County is hereby registered by the following owner(s): Individual Care Community Services, Inc, 4900 Hopyard Rd. Ste. 100, Pleasanton, CA 94588. This business is conducted by a corporation. This business commenced N/A.
/s/ Individual Care Community Services, Inc
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JANUARY 31, 2025

**FEB 19, 26, MAR 04, 11, 2020
0232-CVF**

ATHLETES OF THE WEEK

Dot Theodore and Billy Bradford of CV

Dot Theodore and Billy Bradford, two local riders from Castro Valley participating in the AIDS/LifeCycle this June, are this week's Athletes of the Week.

Theodore will ride with a team affiliated with Eden Bicycles with members coming from, Castro Valley and other local cities. When she is not bicycling, Theodore is a Trustee on the Castro Valley Unified School District and is passionate about civic engagement.

Bradford will lead his Bad Business Model Bike's team, which will include riders from Castro Valley and other local cities. Bradford has operated Bad Business Model Bikes out of his Castro Valley home with one goal in mind: building and repairing bicycles using donated parts and giving them away for free to people who need it. In the past several years, Bradford has repaired and given away more than 500 bicycles.



Dot Theodore



Billy Bradford

From May 31 to June 6, 2020, about 3,000 cyclists will be participating in AIDS/LifeCycle. This is a 545-mile journey from San Francisco to Los Angeles to raise funds for the life-saving services offered by the San Francisco Foundation at against AIDS and the LGBT center in Los Angeles.

We wish both teams happy riding and the best of luck!

CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

Youth Baseball and Flag Football Programs
www.CVSPORTSLEAGUE.org

Auditions For 'Matilda, The Musical'

Stage 1 Theatre in Newark seeks boys and girls to perform this summer in "Matilda, the Musical."

Casting four boys and four girls who appear to be between 7 and 12 years old. Double casting the role of Matilda. Looking for a diverse cast.

Auditions will be held on Sunday and Monday, March 1 and 2, from 6 to 9 p.m. at Newark Memorial High School. Sign up for auditions on the website: stage1-theatre.org.

Rehearsals will be held at Newark Memorial High School on Saturdays and on two evenings a week from 6:30 to 8:30 p.m. beginning on May 18.

After June 15, rehearsals will be held four nights a week and will end at 10 p.m.

Performances will run from July 11-26 (three weekends). Evening shows are at 8 p.m. and Sunday matinees are at 2:30 p.m.

ADOPT-A-PET



TIMOTHEE is a sweet, 10-year-old chihuahua. He loves toys and warms up to you quickly. Good with dogs of all sizes and older children. Hayward Animal Shelter: 510-293-7200.



MINNIE is a timid, 10-years-young Min-Pin mix who needs a patient family to help bring her out of her shell. OK with teens and older. Call Hayward Animal Shelter: 510-293-7200.



LITTLE G is an active, friendly 5-month-old kitten. Spayed, vaccinated, microchipped, FIV/FelV negative. For more information, please email Loveall-pawzrescue@gmail.com



ALYSSIA is a beautiful, 9-month-old black and white tuxedo who's sweet and playful. Spayed, vaccinated, microchipped. Email Loveallpawzrescue@gmail.com.

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Offer valid on all memberships at the specified location and expires 2/29/2020. Pricing and amenities may vary by membership and location. Guest pass is only valid for a first time guest and must be used for 3 consecutive days. A valid local form of ID must be presented to redeem. Additional fees and restrictions may apply. See club for details. © 2020 Crunch IP Holdings, LLC



THE TOILET IS NOT A TRASH CAN

DON'T FLUSH THESE DOWN THE DRAIN

DIRTY DOZEN SEWER BLOCKERS



Disposable wipes: baby, sanitary, & antiseptic



Facial tissue & paper towels



Diapers & disposable undergarments



Hair



Prescription & OTC medications



Bandages & bandage wrappings



Cotton balls, swabs & makeup pads



Kitty litter & aquarium gravel



Cleaning rags & sponges



Towels, wash-cloths & underwear



Feminine sanitary napkins, tampons & applicators



Toys

Toilets are only meant for one activity, and you know what we're talking about! When things other than **pee, poop, and paper** are flushed down the toilet, it causes problems in your home's lateral and the public sewer main pipelines. Results can include costly backups, and damage to private property and wastewater collection systems.

CASTRO VALLEY SANITARY DISTRICT

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