

Are You Ready...  
For A New Decade?



WEEKEND WEATHER		FRIDAY	SATURDAY	SUNDAY
<b>SHOWERS</b>		Mostly sunny		
HIGHS: 51-56				
0 10 20 30 40 50 60 70 80 90 100 110				
LOWS: 39-44				

# San Leandro Times

AN INDEPENDENT HOMETOWN NEWSPAPER SERVING SAN LEANDRO, ASHLAND, SAN LORENZO AND SHEFFIELD VILLAGE

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THURSDAY, DECEMBER 26, 2019

SAN LEANDRO • CALIFORNIA



PHOTOS BY JIM KNOWLES

Firefighters arrived at the fire in Williams Street last Friday and quickly put out the blaze.

## Fire Contained On Williams Street

Alameda County Firefighters put out a fire in a mobile home behind a house on Williams Street last Friday at about 11:30 a.m.

Flames could be seen from the street as black smoke billowed from the back yard of a house at 163 Williams Street. The fire consumed a mobile home and an attached shed, according to Brian Centoni of the Alameda County Fire Department.

Five fire trucks arrived at the scene.

Firefighters got into the backyard with hoses and were able to contain the fire so it didn't spread to an apartment building just behind the property.

There were no injuries. One person was displaced and the Red Cross was dispatched to provide assistance, Centoni said.

The house on the property was also damaged and had a red "Unsafe to Occupy" sign posted on the front window after the fire.



## San Leandrans Plan to Fight Climate Change

By Mike McGuire  
San Leandro Times

Involving all of San Leandro's residents in fighting climate change is the goal of a new organization, San Leandro 2050, working with an \$83,000 grant from the California Air Resources Board.

Group co-founder Emily Breslin said that many of the choices around climate change policies have been made by relatively well-off, educated and often white residents in a city that is diverse in both ethnicity and income.

She and her mother, Patty Breslin, founded the group earlier this year to bring the rest of the city's residents into developing climate change activities and policies.

"The focus of the work is bringing in all voices to the conversation about how our response to climate change can reduce air pollution to improve health and the quality of life for all residents in the community," said Patty Breslin.

"We want to ask people in those neighborhoods what they actually need as we look at making changes to deal with climate change," Emily Breslin, executive director of the group, and a transportation planner for the City of San Jose. "Is transit lacking in their neighborhood? Is there interest in solar panels, or do people in the neighborhood need EV chargers so they can use electric cars?"

The group already knows

that lower-income neighborhoods need more trees planted to counteract the "heat island" effect, said Emily Breslin. This

see CLIMATE, page 10

## Year in Review, Part Two

By Jim Knowles  
San Leandro Times

### July

• A fire destroyed two apartments in a 15-unit building in the 900 block of Juana Avenue, displacing four people. There were no injuries.

• Smithfield Foods shut down the Saag's Products sausage factory on Factor Avenue, laying off 81 workers. A Saag's worker of 28 years called the \$1,000 severance pay a "spit in the face."

• Police seized over a ton of fireworks at a storage facility at StorQuest Storage on Davis Street. The haul included 5-inch barrel bombs, Roman candles and M-80s.

• The San Leandro Improvement Association (SLIA), a special tax district in the downtown area, said it would give back a \$285,000 loan from the City of San Leandro it intended to use for

see REVIEW, page 12

## San Leandro Students Invited to Apply for Martin Luther King Oratorical Festival and Poetry Slam

Students are invited to perform an original or well-known essay, speech, or poem that celebrates Martin Luther King, Jr.'s message of peace, tolerance, and social justice.

The Recreation and Human Services Department is currently accepting entry forms for the Martin Luther King, Jr. Oratorical Festival and Poetry Slam 2020.

Students in 3rd through 12th grades attending San Leandro schools are invited. Students can win gift card prizes (\$100 first place, \$50 second place) in their grade category.

The City's annual celebration will take place on Monday, Jan. 20, beginning at 10:30 a.m. at the Senior Community Center, 13909 East 14th St.

The event commemorates the birthday of the great American leader Martin Luther King, Jr. and his lifelong work toward equality and peace. Perform an original or well-known essay, speech, or poem.

Students must submit an entry form that includes the piece they intend to perform. For details and to complete the

entry form, visit <https://bit.ly/MLKjr2020>.

Entry forms must be submitted by Jan. 10, or until 25 entry forms are received.

This event is made possible by a generous donation from the San Leandro Optimist Club.

For more information, call Liz Hodgins, at 510-577-3473 or [ehodgins@sanleandro.org](mailto:ehodgins@sanleandro.org).

## INSIDE YOUR TIMES

### COMEDY

Top comics coming to SL for New Year's Eve. **Page 2**

### CRIME

Burglars break into pot shop. **Page 3**

### FOOD

Here's a recipe if you latch onto some crab. **Page 7**

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### MEETING SCHEDULES

CITY COUNCIL

Council meets on the first and third Monday of each month at 7 p.m. in City Council Chambers, City Hall, 835 E. 14th St., San Leandro. For more information, call the City Clerk at 577-3367.

SAN LEANDRO SCHOOL BOARD

Board meets on the second Tuesday of each month at 7 p.m. in the City Council Chambers, City Hall, 835 E. 14th St., San Leandro. For more information, call Michelle Mayfield at 667-3522.

San Leandro Times

An independent hometown newspaper serving San Leandro, Ashland, San Lorenzo and Sheffield Village

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PETS OF THE WEEK

Dottie

Dash

The Pets of the Week at the Hayward Animal Shelter, 16 Barnes Court in Hayward, are Dottie the bunny and Dash the bunny.

Dottie, a Blanc de Hotot mix, is a sweet and a bit shy bunny. Despite that, she's okay with handling, although sometimes she can be wiggly. She loves nibbling on chew toys and snacking on parsley and timothy hay.

Dash is a friendly and outgoing French Lop bunny. He loves exploring and is quite insistent on getting where he wants to go when something interests him. He loves basil and timothy hay. Dash is easy to handle and pick up. For more information on Dottie or Dash, call the Hayward Animal Shelter at 510-293-7200.

Sing for Your Life to Close Out the Year

The 18th Annual "Sing For Your Life" will be on Monday, Dec. 30, from noon to midnight at First Congregational Church, 2501 Harrison St. in Oakland.

All are invited to join the circle, at any point, from noon to midnight (12 hours of non-stop singing) with world famous and local stars of CircleSinging.

"Sing For Your Life" typically draws 400 people. It's directed by world-renowned performer David Worm, and facilitated by local stars of vocal improv, with guest artists including members of Bobby McFerrin's Voicestra, Gimme5, We Be3, and SoVoS6.

Sing or listen—no experience necessary. All are welcome to this family-friendly event. Come and go or stay the entire time.

See interactive altars by community artists. Drinks and snacks are available in the Café or share what you bring.

Tickets online at CircleSing.org or at the door: \$25. A portion benefits Living Jazz.

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Ten Top Comics Coming to San Leandro for New Year's Eve Show

Brian Copeland and friends will put on a New Years Eve comedy show on Tuesday, Dec. 31, at 7 p.m. at the San Leandro High Performing Arts Center, 2250 Bancroft Ave.

The lineup of ten comics for the "Lighten Up New Year's Eve" show will include Arroyo High alum Mark Pitta, along with Joe Klocek, Justin Lockwood and Jann Karam, among other top comedians.

The show ends at 9:30 p.m. so there's still time to be home or at a party when the clock strikes twelve.

Pitta has performed on *The Tonight Show* with Johnny Carson, Jay Leno and Jimmy Fallon. He's opened for dozens of performers, including James Brown, Celine Deon and Rob Schneider.

Lockwood was a finalist at the San Francisco International Comedy Competition and has written and directed many plays.

Jann Karam was described by the Los Angeles Times as "a woman blessed with looks, talent, and a gift of restraint." She has performed on *The Tonight Show*, *The Late Show* with David Letterman, toured with Dana Carvey and studied at The Second City in Chicago.

Karam has written a half-hour pilot script, *Me & Tata*, about a sweet, naive grandmotherly Syrian immigrant, based on her own grandmother.

Also on the bill are Chicago Steve, Clara Clay, Mickey Joseph, Nicole Tran, Ronn Vigh and Stephen B.

Chicago Steve Barkley is a 30-year veteran of stage and screen with an array of accents and sound effects. He's headlined comedy clubs all over the country and opened for Greg Allman, Ray Charles, Vince Gill and many others.

Clay has performed at the Punch Line in San Francisco, the Laugh Factory in Los Angeles, plus the Edinburgh Comedy Festival in Scotland.

Ronn Vigh performs at comedy clubs and colleges across the nation, and was a writer for Joan Rivers' E! Television show *Fashion Police*.

Stephen B was a \$10,000 winner on America's Funniest People, appeared on Showtime and HBO, and headlines comedy clubs, corporate events and military coups.

Tickets are \$70 advance, \$75 at the door (students \$15 advance, \$20 door. Advance tickets available at BrownPaperTickets or by calling 800-838-3006.

Jann Karam started out at the open mic night at Macayo's Mexican Restaurant in Scottsdale, Arizona where she was paid one chimichanga per joke.

Readers Roundtable Next Discussion

The San Leandro Readers Roundtable meets Saturday, Jan. 4, at 2 p.m. at the San Leandro Main Library, 300 Estudillo Ave., to discuss *Kitchen Confidential*, the late chef Anthony Bourdain's memoir about life in the culinary trade.

All are welcome, and all books discussed are available for purchase in the Library's Book-tique bookstore.

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# Manufacturing Healthy, San Leandro Gathering Told

By Mike McGuire  
San Leandro Times

San Leandro hosted a Dec. 10 regional meeting that aimed to boost manufacturing here and nearby at the Gate 510 center adjacent to the Davis Street Walmart.

"We're proud that we're a place where we're still making things," San Leandro Economic Development Director Katie Bowman told the Fall Convening of the Bay Area Urban Manufacturing (BAUM) initiative.

Gate 510 itself is a case in point, said Deborah Acosta, former city chief innovation officer who now heads her own company, We Accelerate Women's Impact, or WeAccel for short.

"Don't let anyone tell you manufacturing is dead in the U.S. The very fact that the largest private equity firm in the country would buy Gate 510 tells you



PHOTO BY MIKE MCGUIRE

**ShopCore Regional Manager Mike Jones speaks in Gate 510's Town Center at BAUM conference.**

something," Acosta said.

She was referring to Blackstone, whose subsidiary ShopCore purchased the building adjacent to Walmart on Davis Street for \$81 million in April.

Gate 510 had previously been

called West Gate. It had also once been a Chrysler car and truck plant and a Caterpillar farm equipment plant.

According to Acosta, whose firm is working with ShopCore on its project there, Gate 510

had been about 20 percent full of commercial tenants mostly carrying out arts-related production that was "difficult to monetize." They tended to be on leases a few months in length.

Tenants had been clustered on the lower floor, leaving the upper floor mostly used for storage, she said.

Now Gate 510 is 80 percent full of companies on one- and multiple-year leases producing products with more developed markets, Acosta said.

Leading uses of the space include research and development labs and small-scale manufacturing, said ShopCore's regional property manager Mike Jones. There is some 700,000 square feet of leasable space in the building's two floors.

Among tenants there are Drake's Brewery, 3-D real estate tour producer WALKIN-

TOURS, Zocalo Coffeehouse's roastery and Geltor, which produces collagen and bio-designed proteins.

The BAUM conference brought together economic development officials from throughout the Bay Area, all interested in helping new manufacturers get going and thrive

facturers, but they are often unaware of these or face barriers to using them, said officials from BAUM and CTMC.

Gil Gonzalez of CTMC's Go Biz program says their goal is to make sure every manufacturer, but especially every small manufacturer, knows these services are available.

Gonzalez also said his group offers up to 24 hours of no-cost consulting to help them solve common business problems, or problems unique to that business.

The group taking the lead in helping manufacturers in San Leandro and north along the Bay up to Richmond is SFMade, which is expanding from its original home in San Francisco.

SFMade CEO Kate Sofis invited manufacturers to contact them at 415-408-5605 or info@sfmade.org, or visit their website at www.sfmade.org for more information.

Aspiring or current manufacturers can also contact the City of San Leandro's Economic Development Department at (510) 577-3311.

**"Don't let anyone tell you manufacturing is dead in the U.S."**

— Deborah Acosta

in their communities.

Some 80 percent of California manufacturers have 50 employees or fewer, according to Cheryl Slobodian of the California Manufacturing Technology Consulting (CMTCC) nonprofit group.

Various kinds of government and nonprofit assistance are available to small manu-

## NUG Wellness Dispensary Burglarized

By Mike McGuire  
San Leandro Times

San Leandro's relatively new NUG Wellness cannabis dispensary at 3809 Teagarden St. was robbed early in the morning on Dec. 14.

This was just hours before a big bike giveaway at the Davis Street family Resource Center next door.

But burglars may have made off with less than they bargained for, according to San Leandro police Lt. Ted Henderson.

Burglars used a sledgehammer to break through a side window to gain entry and to open locked merchandise display cases inside, Henderson said.

They had been careful to park their getaway vehicle offsite, out of the view of surveillance cameras.

"They were in and out in 90 seconds," Henderson said.

What they probably didn't realize was that most of the apparent merchandise boxes in the display cases were empty, Henderson said.

Police received an alarm notification at 12:45 a.m. and were at the site in a few minutes, Henderson said, but the burglars were already gone.

"We do, however, have footage from surveillance cameras inside the store," Henderson said.

There are three suspects and despite their best efforts, their getaway vehicle was identified as a late-model Honda Odyssey SUV.

Henderson estimated damage to the building and display cases at about \$10,000 and said merchandise losses were minimal, although he did not have an exact figure.

NUG Wellness opened to the public Nov. 16.

Police throughout the state have said that cannabis dispensaries can make tempting targets for thieves, both for the merchandise and for the cash some dispensaries keep on hand because the federal cannabis ban prevents normal use of the banking system.

Most dispensaries, though, try to avoid keeping much cash on the premises.



PHOTO BY MIKE MCGUIRE

**The NUG Wellness marijuana dispensary on Teagarden Street that was burglarized Dec. 14.**

### CROSSWORD ANSWERS

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A	L	O	E	M	E	N	T	T	U	B
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### FOOD DRIVE FOR LOCAL FAMILIES with The Lovewell Team

We are proudly partnering with the Alameda Food Bank for the 2019 holiday food drive, which will run through January 2020. Please participate in aiding those in need by donating non-perishable food items. Checks made payable to Alameda County Food Bank are also welcome. Every \$1 donated allows the Food Bank to distribute \$7 worth of food. We invite you to drop off non-perishable food to our office: 3327 Castro Valley Blvd. or Call 510-351-5555 and we can come and pick it up.

*Thank you for your contributions in helping those in need in our communities!*

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*From the staff of the San Leandro Times*

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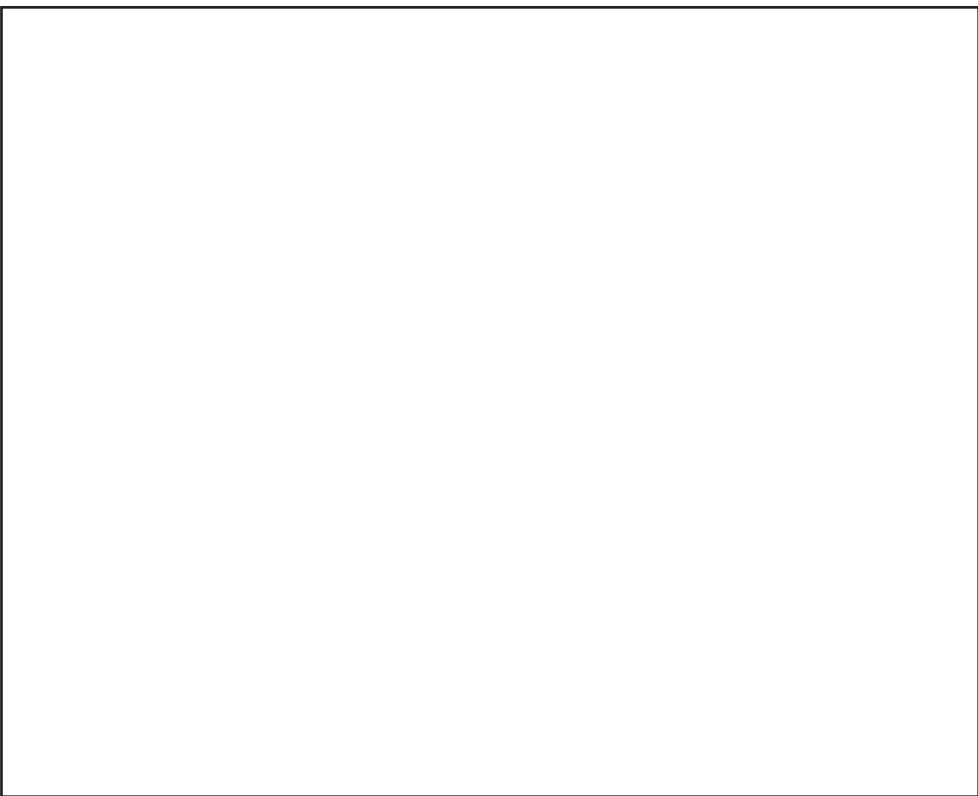
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# NEIGHBORS



George Mark Children’s House provides gifts for local children with life-limiting illnesses and their siblings.

## George Mark Children’s House Hosts Candy Cane Lane

The holiday season just got a bit brighter for Bay Area children with life-limiting illnesses and their siblings. 179 children will receive gifts donated by local community groups, organizations, and individuals.

Young patients of George Mark Children’s House, their siblings, and bereaved sib-

lings of patients who have died received gifts as part of the House’s Candy Cane Lane effort. Parents and families visited George Mark to choose among several hundred gifts, including books, board games, video games, dolls, musical toys, arts and craft kits, and gift cards. Volunteers helped families se-

lect their items and wrapped the gifts.

This week, FedEx volunteers will deliver gifts to the front doors of the families who were unable to attend Candy Cane Lane in person.

“We cannot thank our community enough for supporting our pediatric patients and their siblings,” said Kyle Amsler, Child Life Coordinator at George Mark Children’s House. “The holidays can be a difficult time for many of our families, whether it’s financially, difficulty getting to a store to shop with a child with special healthcare needs, or deeply missing a child who has died. It is our hope that Candy Cane Lane can help ease some of these burdens.”

Set in the foothills with views of the Bay Area, George Mark Children’s House is the only freestanding pediatric palliative care facility in the United States. It provides children with limited lifespans and their families round-the-clock medical and emotional care in a home-like, life-affirming environment, regardless of their financial situation.

Officials with George Mark Children’s House want to thank the many individuals, community groups, and organizations who donated to Candy Cane Lane this year, including FedEx, Disney Pixar, WILD 94.9, Castro Valley Mother’s Club, Alamo Women’s Club, ConEX, American Honda Finance, Kortick, Aerotek, Sugar Bowl Bakery, Buon Tempo Italian American Club, The Taylor Family Foundation, and MB JESSEE.

## COMMUNITY CALENDAR



Deadline for Calendar Items is Friday for the Following Week

### ❖ Bayfair Toastmasters

Bayfair Toastmasters is a small, growing club seeking new members who want to learn the art of public speaking. All are welcome to the club’s weekly meetings every Wednesday from noon to 1 a.m. in the Bayfair Mall 2nd floor meeting room above the food court. Come through Entrance 5 facing the Century Theater. For more information, call Noreen at 538-6025 or Wayne at 407-0048.

### ❖ Cherry City Toastmasters Meetings

The Cherry City Toastmasters Club meets every Tuesday from 12:05 to 1:05 p.m. in the Trustees Room on the first floor at the San Leandro Main Library, 300 Estudillo Ave. Public speaking is said to be the number one fear in America. If this sounds familiar, you are not alone. Toastmasters offers a safe, supportive environment to grow your public speaking and leadership skills. Come and explore what Toastmasters is all about.

### ❖ San Leandro LeTip Meeting

Come see how LeTip can help your business sales grow. Meetings are held every Thursday at 7 a.m. at Denny’s Restaurant, 1803 Marina Blvd. in San Leandro. LeTip is a professional organization whose purpose is the exchange of business leads. Each business category can only be represented by only one person. For more information, call Robert West at 912-0555.

### ❖ A Singing Celebration

OneVoice CircleSingers present *Sing For Your Life!* 18th annual celebration on Monday, Dec. 30, from noon to midnight at the First Congregational Church of Oakland, 2501 Harrison St. in Oakland. 12 hours of continuous community singing with highly skilled improv artists sing out the old year, dream in a new year of resilience, in kindness and possibility, while celebrating life with our voices. Sing or listen, no experience necessary. All are welcome—a family-friendly event. Come and go or stay the entire time. Interactive alters by community artists. Drinks and snacks in the café and share what you bring. Tickets online at CircleSing.org or at the door: \$25 (no one turned away for lack of funds). Portion benefits Living Jazz and no one turned away for lack of funds.

### ❖ Holiday Tea at The Alta Mira Club

The Alta Mira Club, 561 Lafayette Ave. in San Leandro, will host a Holiday Vintage Tea Dance, featuring the Paul Price Society Orchestra playing music from 1890 to 1935, on Tuesday, Dec. 31, from 4 to 6 p.m. Hors d’oeuvres will be served. Tickets are \$20. For reservations, call Charlotte Smith at 650-438-1534 or 510-614-9680. Period attire optional.

### ❖ San Leandro Readers Roundtable

The San Leandro Readers Roundtable meets Saturday, Jan. 4, at 2 p.m. at the San Leandro Main Library, 300 Estudillo Ave., to discuss *Kitchen Confidential*, the late chef Anthony Bourdain’s memoir about life in the culinary trade. All are welcome, and all books discussed are available for purchase in the Library’s Booktique bookstore.

### ❖ Buon Tempo Club Family Dinner

The Buon Tempo Club is having a family dinner on Tuesday, Jan. 7, at 7 p.m. at Mt. Tabor Hall, Transfiguration Church, 4000 E. Castro Valley Blvd. in Castro Valley. Everyone is welcome. Chef John Tandi and crew will be serving a five-course family-style dinner of Chicken with

polenta. Red and white wine and soda are also included. Happy hour is at 6 p.m. The dinner is \$15 for members, \$20 for non-members. Make reservations by Friday, Jan. 3, by calling the Buon Tempo dinner line at 510-483-6929. For more information about events/membership, see the club’s website at [www.buontempoclub.org](http://www.buontempoclub.org).

### ❖ Star Party at First Presbyterian Church

The First Presbyterian Church of San Leandro, 180 Estudillo Ave. will have their annual Star Party on Wednesday, Jan. 8, from 4:30 to 7 p.m. There will be a fun star-themed science and art activities for the kids and all ages are welcome. Dinner is included, a \$5 donation would be appreciated but not required. Let us know if you plan to join us by calling the office at 510-483-2772 or visit the website at [www.FirstPresbyterianChurchSL.org](http://www.FirstPresbyterianChurchSL.org).

### ❖ I.D.E.S. Lunch & Bingo

I.D.E.S. St. John, 1670 Orchard Ave. in San Leandro, will have a roast beef lunch and bingo on Saturday, Jan. 11, at noon. Tickets are \$10 per person. Lunch includes roast beef, dessert and 4 bingo cards. Additional cards may be purchased for 25¢ each. Prize raffle. For more information or tickets, call Darlene at 510-589-6536, Willie at 510-635-6326.

### ❖ St. Felicitas Young @ Heart Luncheon

St. Felicitas Church Young at Heart senior luncheon is Wednesday, Jan. 15, at Monsignor McGinty Hall located behind the church at 1662 Manor Blvd. in San Leandro. Doors open at 11:15 a.m. and lunch is served at noon. January’s luncheon will feature meat loaf with dessert and a beverage including door prizes. Tickets can be purchased at the church office located to the right of the church. Last day to buy tickets is Friday, January 10 before noon. No ticket sales at the door. The cost is \$6. All seniors are welcomed. For more information, call 510-351-5244.

### ❖ Veterans Art Project

A group exhibition of artwork created by local veterans and presented by the County Arts Commission and the Hayward Arts Council, will be on view at the John O’Lague Galleria at Hayward City Hall, 777 B St., through Jan. 17.

### ❖ Sons of Norway Lodge Crab Feed

The Sons of Norway Lodge 6-061 in Hayward will host its annual crab feed on Saturday, Jan. 25, at the Hill & Valley Club, 1808 B St. in Hayward. No-host social starts at 6 p.m. and dinner begins at 6:30 p.m., followed by music and dancing. Tickets are \$55 for Snorre Lodge members (13 and up), \$60 for non-members, \$25 for 12 and under, and under 5 admitted free. Send payment to club secretary Aunda Arndt, 1016 Apache St., Livermore, CA 94550.

### ❖ Kiwanis Club of San Leandro

The San Leandro Kiwanis Club will holding its annual crab feed on Saturday, Feb. 1, at the Marina Community Center, 15301 Wicks Blvd. in San Leandro. Social hour begins at 5:30 p.m. with dinner being served at 6:30 p.m. Tickets are \$50 per person, which includes all-you-can-eat crab, pasta, salad and hot garlic bread. Local band, The Kopi Katz, will provide classic rock ’n’ roll oldies for post-dinner dancing. The event is assigned seating only. To purchase tickets or for more information, call Terri Neumann at 510-895-4425. Proceeds support the San Leandro Kiwanis Club.

## HOROSCOPE by Salomé

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**ARIES (March 21 to April 19)** The New Year brings challenges that can change many things in your life. You need to be prepared not only to confront them, but also to deal with what happens afterward.



**TAURUS (April 20 to May 20)** You have what it takes to set your goals quite a bit higher this year. Learn what you need to know and put what you learn into your efforts. A partner offers loving support.



**GEMINI (May 21 to June 20)** In true Gemini Twin fashion, you’re conflicted about a decision you know you’ll have to make in this New Year. Best advice: Get the facts before you make any commitment.



**CANCER (June 21 to July 22)** A friend offers you an exciting opportunity for this New Year. Although your positive aspects are strong in most respects, caution is advised. Investigate before you invest.



**LEO (July 23 to August 22)** You can make this New Year a roaring success. Start by readjusting your goals to reflect the changes in the economy. Your den mate offers both wise and loving support.



**VIRGO (August 23 to September 22)** The New Year brings new opportunities for change. But you need to be ready to move from the comfortable status quo to the challenging unknown. It’s up to you.



**LIBRA (September 23 to October 22)** Your most important New Year’s resolution should be to work out problems with a family member in order to avoid continuing misunderstandings. Do it soon, for both of your sakes.



**SCORPIO (October 23 to November 21)** The New Year has much to offer the intensely determined Scorpion, who isn’t afraid to take on challenges and stay with them until they surrender their rewards.



**SAGITTARIUS (November 22 to December 21)** You’ll have many fine opportunities in this New Year. But be warned: Reject offers of “help.” You work best when you’re free to be your own creative self.



**CAPRICORN (December 22 to January 19)** The New Year offers changes that you might feel you’re not quite ready for. Best advice: Deal with them one step at a time, until you’ve built up your self-confidence.



**AQUARIUS (January 20 to February 18)** Travel is a dominant aspect of the New Year. This could mean relocating to another city (or even another country) in connection with your education or your career.



**PISCES (February 19 to March 20)** This New Year brings news about a change you’ve been anticipating. You might have a problem persuading a loved one about your new plans, but he or she will soon go along with them.



# HEALTH & FITNESS

## How to Help Avoid the Flu

By Dr. John Chang  
Special to the Times

A sore throat. A headache. Body aches. A persistent cough. We've all had those symptoms and it's easy to immediately chalk it up to a common cold.

But what if it's a more serious virus, like the flu?

Last year's widespread influenza season was the longest in 10 years, lasting 21 weeks and infecting more than 37 million Americans.

Preliminary results estimate the flu killed between 36,400 and 61,200 people, according to the Centers for Disease Control (CDC). It also resulted in nearly 650,000 hospitalizations.

Consider these tips on how to help yourself and those around you manage the flu season.

1. Don't wait. Get vaccinated.

Flu season continues through the winter and well into spring. Getting a flu shot right away is a good step to help protect yourself, your family and those around you.

To find a list of flu vaccine providers near you, visit the CDC's Flu Vaccine Finder. Keep in mind that it will take your body about two weeks after vaccination to develop protection against flu.

2. Avoid spreading germs.

To help avoid spreading germs, wash your hands regularly and cover your mouth (with the inside of your elbow, not your hands) when you cough or sneeze. A sneeze ejects 100,000 viral particles into the air that can travel 200 feet.

3. Feeling symptoms? Check it out.

If you think you might have

the flu, even if you received a flu shot, call your primary care physician, visit a convenience care retail clinic or urgent care clinic, or schedule a virtual visit.

Treatment for any viral illness starts with lots of rest, liquids and acetaminophen or aspirin (though aspirin should not be given to children).

People who are very sick or at high risk for serious flu complications may be treated with antiviral drugs such as oseltamivir, commonly known by the brand name Tamiflu. Your primary care physician can assess whether an antiviral medication is right for you.

4. If you're sick, stay home. If you suspect you have the flu, stay home to prevent spreading it to others. Most healthy adults may be able to infect others one



day before symptoms appear and up to seven days after becoming sick.

5. Know your risk level.

The flu is of greatest concern for the very young, the very old or those with co-existing medical conditions. Some examples of groups at risk and the steps they should consider taking when symptoms begin:

- Pregnant women should contact their obstetricians to

report their symptoms.

- People with diabetes, particularly those using insulin who develop difficult-to-control glucose levels, should contact their physician at first symptoms of the flu.

- Those with weakened immune systems should alert their physician of their flu symptoms.

- Those experiencing an increasing shortness of breath,

especially people with chronic asthma or heart failure, should go to an emergency room for treatment.

Symptoms of a cold are often similar to the flu. Make sure you know what to look for and when it's time to see a doctor or go to an urgent care clinic before it becomes serious.

Dr. John Chang is a senior medical director for United-Healthcare.

## How to Break Bad Habits You Didn't Know You Had

If you don't know you have a bad habit, obviously you have no motivation to break it. But it is the mysterious habits that we do subconsciously – or almost subconsciously – that can do the most damage to our lives.

"Sometimes bad habits can veer into addiction territory," says John Collopy, author of the book *The Reward of Knowing*. "The most dangerous bad habits are the ones we don't realize we have."

Collopy is a successful real estate broker today, but it was not an overnight success. He had a long uphill battle against demons he didn't know he had.

He thought he had moved past his troubled childhood with a dysfunctional family and abusive father. But when he became an adult, he quickly became dependent on alcohol to get through the day, and he also had anger management issues.

"Pinpointing bad habits is not as easy as diagnosing a drug or alcohol addiction," says Collopy. "Honing in on why we think the way we do, and why we do the things we do – that takes some deep reflection that many people won't take the time to do."

He says that it was only after he dived deep into his own soul that he realized he had subconscious bad habits and he needed to break the cycle. He says he makes a conscious effort each day to make choices that align with his personal life goals.

He offers these suggestions for those who may be struggling to understand why they continually seem to make the wrong decisions.

- Start with identifying where you are stuck. The first step is identifying the exact moment



you realized you were doing something that you knew you didn't really want to do.

- Find the trigger. As soon as you have located the exact moment you went off the rails, try to find out what triggered your behavior that you want to change.

- Ask yourself: is this behavior moving me towards my life's goals? By keeping your ultimate goals in mind, it will make it easier to take the smaller steps needed to obtain those goals.

- Don't let bad habits cause you to have a mediocre life. Sometimes bad habits are not as serious as alcohol or drugs, but

nonetheless they wear you down so you are not as productive and happy as you could be. Don't allow bad habits to make your life less fulfilling than it should be.

- Ask for help. If it is a small habit you are trying to break, just telling friends about it can help you internalize the need for change. If it is a big problem, don't be afraid to seek professional help.

"Our habits – good or bad – determine if we reach most of the goals in our lives," Collopy says. "What I've learned is that you have to identify the underlying cause of the bad habits before you can break them."

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# REAL ESTATE GALLERY

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Times

GUEST COMMENTARY



## The Holiday Season Highlights the Homelessness Crisis

The most celebrated birth of all time took place a little over 2,000 years ago in a small town called Bethlehem of Judea. It is ironic it is also the most infamous homeless birth since, because there was no room in the inn, Jesus was born in a stable.

Joseph and Mary's trip to Bethlehem, even though she was full term, was to comply to a Roman demand to be counted for a census.

We still take censuses today: they are critical in helping governmental agencies implement programming to meet needs highlighted by the gathered data.

The latest census report reveals some shocking facts: the richest state in the Union, California, also leads the nation in poverty.

A quick drive around almost any part of the Bay Area will alert you to the fact that homelessness is a growing issue. 2018 numbers estimate approximately 130,000 homeless in California,

almost 25% of the national total.

Homeless encampments have sprung up everywhere and cities in every corner of the state are struggling to find effective solutions.

It is no secret that the primary contributing factor statewide is the high cost of housing. Not only are existing home prices exorbitantly high, we are not seeing new homes being built at the rate required to meet increasing demands.

This is exacerbated by rampant increases in the costs of labor and materials and the fact that municipalities across the state have been steadily tightening building regulations and increasing development fees.

Factor in the mandate to begin installing solar equipment on all new homes beginning in 2020 and some builders are concluding it no longer makes financial sense to build in California.

The Realtors of the Central County encourage you this

Holiday Season to be a part of the solution. The SF Homeless Project provides a directory of nonprofit groups focusing on the crisis who need donations to meet the ever-increasing needs (<https://projects.sfchronicle.com/sf-homeless/how-to-help/>). The website allows you to sort by region so you can identify East Bay organizations that are meeting needs locally here in the Central County.

This is the season of giving. We wish you and your families a very Merry Christmas and Happy Holidays. It is our sincere hope that you and your loved ones not only enjoy a wonderful, peace-filled season but that you also experience the joy that comes from giving to others and meeting them at their point of need.

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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## Prune Tree Roses Aggressively; What is the Correct Spray for Curly Leaf Disease?

By Buzz Bertolero  
Special to the Times

The bottom branches of my tree roses are extending out into the walkway. I'd like to prune them back so they don't interfere with the entrance to the house. How far back can I prune without damaging them?

Trees roses can be pruned back aggressively to keep them in bounds, just like any bush rose. Before pruning, locate the point where the rose is budded to its roots. This is called the bud union. With tree roses, you could have one or two bud unions. One is close to the ground while the other is three to four feet off the ground.

The desired rose variety grows above this point. Any growth below the bud union should be removed and is referred to as

sucker growth.

How much you cut the rose back is a judgment call on your part. It can be 12 inches to 12 feet, depending on the situation.

I'd cut it back to leaf buds that are pointing away from the walkway. If you strip away last year's leaves, you should find it on stems or rose canes.

In the spring and summer after flowering, you can keep the walkway accessible by pruning back these canes heavier than others.

The leaves on my dwarf lemon are a yellowish color, wrinkled, and some are torn. I've looked online as well as in some gardening books and don't find an answer. How do I green-up the leaves and what do I spray for the curly leaf diseases?

It's common for lemon leaves to curl, turn yel-

low and sometimes even defoliate with the winter from the cold temperatures. So, you do not have any type of leaf curl disease that requires treatment.

Also, the ripped and torn leaves are not a big problem. The leaves can take a battering with strong winds during major storms. Just remove the severely torn ones before the flush of spring growth in February or March.

The green leaf color returns when the days get longer and warmer. I'd encourage the new growth along with the green leaf color, lemons by feeding them with citrus food monthly, starting in February or March through October.

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

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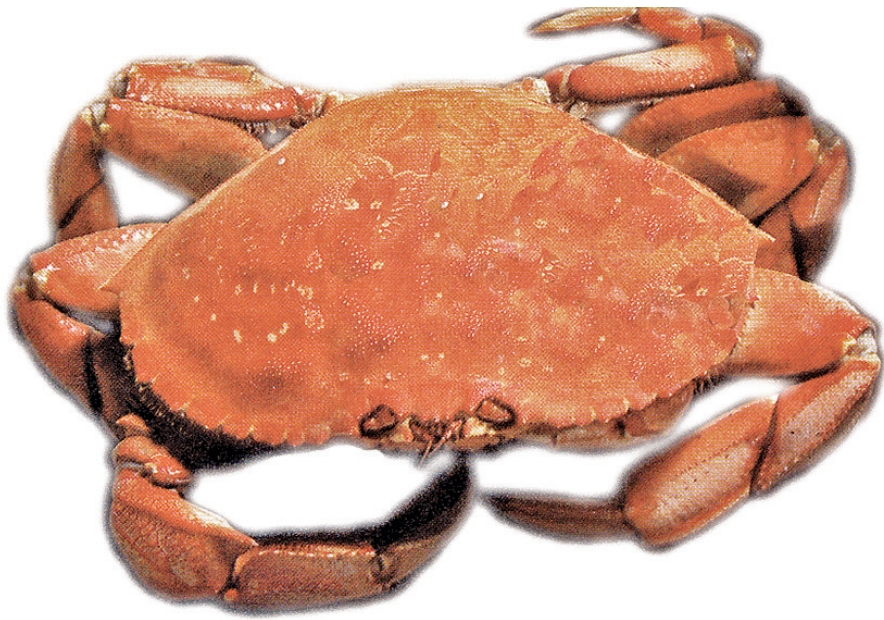
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## LIFESTYLE

## Get Your Claws On Some Fresh Crab!



The Dungeness crab season opens each year just as the holiday season begins, giving crab-lovers a double reason to celebrate.

It's hard to beat Dungeness crab in its plainest form, just plucked from the shell and eaten with fresh, crusty bread and white wine. But there are many other ways to prepare it, as you can see here.

In selecting a fresh cooked crab, pick one that feels weighty; a light crab has not filled out and will be less meaty. Fresh cooked crabs should have a clean, moist, bright orange shell with legs and claws intact.

## CRAB CAKES

- 1 pound crabmeat, picked free of shells
- 1/3 cup crushed Ritz Crackers
- 3 green onions (green and white parts), finely chopped
- 1/2 cup finely chopped bell pepper
- 1/4 cup mayonnaise
- 1 egg
- 1 teaspoon Worcestershire sauce
- 1 teaspoon dry mustard
- 1/2 lemon, juiced
- 1/4 teaspoon garlic powder
- 1 teaspoon salt
- Dash cayenne pepper
- Flour, for dusting
- 1/2 cup peanut oil
- Favorite dipping sauce

Be sure crab meat is picked free of shells.

In a large bowl, mix together all ingredients, except for the flour and peanut oil. Shape into patties and dust with flour.

Heat oil in a large skillet over medium heat. When oil is hot, carefully place crab cakes, in batches, in pan and fry until browned, about 4 to 5 minutes. Carefully flip crab cakes and fry on other side until golden brown, about 4 minutes. Serve warm with preferred sauce. Makes 4 to 6 servings.

## CRAB COCKTAIL

- 1/4 cup mayonnaise
- 1/4 teaspoon soy sauce

- 1/4 teaspoon Worcestershire sauce
- Few drops sesame oil
- 1/2 teaspoon wasabi paste
- 1/4-inch fresh ginger
- 1 lime, halved
- 1-1/2 cups white crabmeat
- Enough Chinese leaf cabbage to line 2 small plates when shredded
- 1 scallion
- 1 teaspoon pink peppercorns

In a bowl, combine the mayonnaise, soy sauce, Worcestershire sauce, sesame oil and wasabi. Peel and mince or grate the ginger into the bowl and add the zest of 1/2 the lime. Squeeze 1/2 teaspoon of lime juice into the bowl and mix everything together.

Toss the crab in the sauce, and then finely shred the Chinese leaf cabbage, arranging a bed of shredded cabbage on two plates. Divide the crab between them, piling it into the center of each

one. Finely chop the scallion and scatter over each plate, and then bash some pink peppercorns either in a pestle and mortar or put them in a freezer bag, close it and hit with a rolling pin and sprinkle these, too, over the crab cocktails.

Cut the remaining lime half into wedges and put on the side of the plates for extra spritzing.

## CRAB-STUFFED AVOCADO

- 2 large Hass avocados
- 1-1/2 cups fresh cooked Dungeness crab meat
- 1/4 cup chopped celery
- 1 tablespoon chopped green pepper
- Few drops of onion juice
- 4 tablespoons mayonnaise
- 1 cup Mascarpone cheese or cream cheese thinned with 4 teaspoons of cream
- 1 teaspoon nutmeg
- Salt to taste
- Paprika
- 2 teaspoons capers

- 1 lemon, wedged into quarters

Wash the avocados in cold water. Cut the avocados in half lengthwise. Remove the seed and leave the skin on. Place the avocado on a bed of Romaine leaves with a wedge of lemon.

Mix the crab meat, celery, green pepper, onion juice, Mascarpone cheese and mayonnaise together; add nutmeg, salt and paprika. Heap this on the avocado half and decorate with capers

## FISHERMAN'S WHARF CRAB PASTA

- 1 large onion, chopped finely
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 2 (28-ounce) can ground tomatoes with purée
- 3 cups water
- 1/3 cup red wine
- 2 teaspoons oregano leaves
- 2 teaspoons basil leaves
- 1/4 teaspoon red pepper flakes
- Salt to taste
- 1-1/2 pounds cooked spaghetti or vermicelli
- 2 whole fresh crabs, cleaned and cracked

Sauté onion in oil until golden. Add garlic and cook 1 minute. Add tomatoes, water, red wine and seasonings. Bring to a boil. Reduce to simmer and cook 30-45 minutes, stirring occasionally. Adjust seasonings to taste.

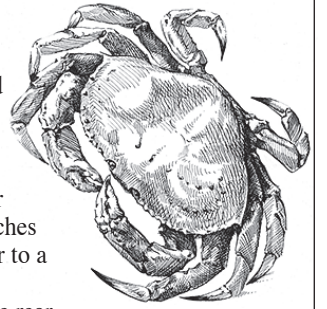
## Cooking Crabs

Find a pan large enough to hold the crabs, leaving about 4 inches of clearance below the rim of the pan.

Fill the pan with enough water to cover the crabs by about 3 inches of water. Cover and bring water to a boil over high heat.

Grasp crabs carefully from the rear end between the legs and plunge them headfirst into the boiling water. Cover pan and start timing. When water resumes boiling, reduce heat to simmer.

Cook crabs that weigh from 1-1/2 to 2-1/2 pounds for 15 minutes. Cook 3-pound crabs for about 20 minutes.



Serve sauce hot over cooked pasta, arranging crab pieces on top. Serves 4 to 6.

## HOT CRAB DIP

- 1 tablespoon olive oil
- 1 cup chopped onions
- 1 cup chopped red bell peppers
- 1 tablespoon minced garlic
- 1-1/2 teaspoons salt
- 1 tablespoon plus 1 teaspoon Emeril's Original Essence
- 1 pound cream cheese, at room temperature
- 1 cup mayonnaise
- 1/4 cup chopped fresh parsley
- 1 tablespoon minced scallions
- 1 tablespoon fresh lemon juice
- 1 pound lump crabmeat, picked through for shells and cartilage
- 1/2 cup saltine cracker crumbs
- 2 tablespoons butter, melted

Preheat oven to 350°F.

Heat olive oil in a large skillet over medium heat. Add onions, bell peppers, garlic, 1 teaspoon salt, and 1 teaspoon Essence. Cook, stirring, until vegetables are soft, 2 to 3 minutes. Remove from heat and set vegetables aside.

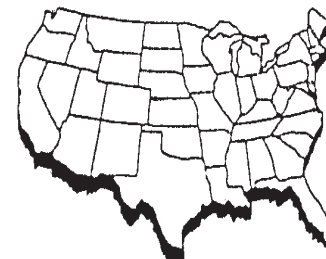
Place cream cheese, mayonnaise, parsley, scallions, lemon juice, remaining teaspoon salt, and remaining tablespoon Essence in the bowl of a food processor; process until smooth. Transfer mixture to a large bowl; fold in cooked vegetables and crabmeat. Transfer to a 2-quart baking dish.

In a small bowl, mix together breadcrumbs and melted butter; stir to combine. Spread breadcrumb mixture over crabmeat mixture and bake until hot and bubbly, about 30 minutes.

Serve with crackers. Yields 16 servings.

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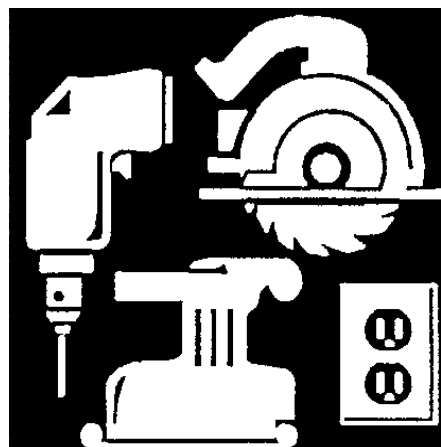
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Season's Greetings & Sincere Wishes for a Safe & Joyful New Year

From the staff of the Castro Valley Forum



# Climate: Group plans more public events to develop climate plan

continued from front page

happens when buildings are clustered relatively close together and add heat to the atmosphere from using fossil fuels for heating and electricity for production and lighting.

Mother and daughter had been following the news on climate change issues, getting increasingly concerned.

They were inspired to take action by Congressional proposals for a Green New Deal to remake the U.S. economy to be more environmentally sustainable. They

also saw climate change activism elsewhere that they wanted to add it here.

They found a ready ally in the City of San Leandro's Sustainability Manager, Dr. Hoi-Fei Mok, who was already working on involving San Leandro's immigrant and minority communities in the city's sustainability efforts.

The Breslins applied for and received a state grant funded by the money the state receives from the cap-and-trade anti-pollution program.

Mok said that the first steps under the grant are to find out what different neighborhoods and different people's needs are, followed by contacting different community groups, schools and churches.

Parent groups and people of color are particularly important to involve, Mok said.

Neighborhoods that Mok and San Leandro 2050 particularly want to involve are Davis East and West, Washington Manor, Eastshore, Floresta Gardens, Halcyon/Foothill and Bonaire Gardens.

High school students are valuable as translators and for outreach to immigrant communities, and the group is now working to train them.

"It's a two-way communica-

tion strategy we're trying to follow here," Emily Breslin said. "A lot of our initial work is figuring out what a city could do on its

**"It's a two-way communication strategy we're trying to follow."**

— Emily Breslin

own to fight climate change."

Some outreach to schools is already underway, Breslin said. There's a climate change board

game that's already been brought to classes at both San Leandro High School and Monroe Elementary School.

That board game is the centerpiece of a Jan. 25 public climate change event, details of which are being finalized. One can get details once finalized at [www.EventBrite.com](http://www.EventBrite.com).

San Leandro 2050's kickoff public event was back in April, when they held a town hall-style meeting at the SL Station work station, near the downtown Safeway.

San Leandro 2050 is expecting to have more public

events by late spring, and urge San Leandrans to keep checking back with their frequently updated website, [www.SanLeandro2050.org](http://www.SanLeandro2050.org).

Mok said work continues on updating San Leandro's Climate Action Plan, first written in 2009. The next public meeting to discuss the Climate Action Plan will be on Feb. 20 at the Senior Community Center at 13909 East 14th St.

San Leandro residents wanting to get involved in climate change or sustainability efforts can contact Mok at [SustainableSL@sanleandro.org](mailto:SustainableSL@sanleandro.org).

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**Alta Mira Club to Host Holiday Tea**

The Alta Mira Club, 561 Lafayette Ave. in San Leandro, will host a Holiday Vintage Tea Dance, featuring The Paul Price Society Orchestra playing music from 1890 to 1935, on Tuesday, Dec. 31, from 4 to 6 p.m. Hors d'oeuvres will be served. Tickets are \$20. For reservations, call Charlotte Smith at 650-438-1534 or 510-614-9680. Period attire optional.

**THE TIMES CROSSWORD**

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**ACROSS**  
1 Variety of lettuce  
5 "Eureka!"  
8 Book of prophecies  
12 Lotion additive  
13 Chaps  
14 Toothpaste container  
15 Anger  
16 Conventional  
18 One up?  
20 Western occurrence  
21 Leopold's codefendant  
23 Four qts.  
24 One of Monopoly's light-blue sages  
28 Speech impediment  
31 Great noise  
32 Disrobe  
34 Female deer  
35 Bird of peace  
37 Decoration  
39 Finish  
41 Ireland  
42 Secular  
45 Servile  
49 Form a union  
51 Top  
52 Isn't well  
53 Calendar abbr.  
54 Prolonged sleep  
55 Run away  
56 Automaton, for short  
57 Slaughter of baseball

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4 Pvt. Bailey  
5 Cherub, in art  
6 The girl  
7 Picnic invaders  
8 Musically keyless  
9 Flood aftermath, per-haps  
10 Reed instrument  
11 Send a naughty message  
17 Embrace  
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22 Wilkes- --, Pa.  
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44 Owl's perch  
46 PC picture  
47 Magazine contents  
48 Meadows  
50 Menagerie

**ANSWERS ON PAGE 3**

## LOCAL DEATHS

**Justina Medeiros Furtado**


Justina Medeiros Furtado, loving wife, mother, grandmother, sister and aunt passed away peacefully in Castro Valley (formerly of San Leandro), California at the age of 93 after a long battle with Alzheimers.

Justina, one of nine children, was born on March 23, 1926 in Sao Miguel, Acores, Portugal and immigrated with her husband, Francisco, her young son, Mario, her brother, David, and her sister-in-law, Rosa to the United States in search of a better life and to live the American dream. Justina was a proud American who never forgot her roots, culture or her beloved home country. She was a devout Catholic who was very involved with her church and with the Portuguese community. Her greatest passions were her faith and spending time with her family. Over the years, she could be found enjoying the flowers in her garden, knitting, crocheting, crafting, baking, watching telenovelas, attending festas, taking walks and playing card games with her siblings. Justina is preceded in death by her husband, Francisco Furtado (1919-1997), siblings Manuel, Maria, Jose, Maria dos Anjos, Francisco, Ernesto, Maria do Carmo, and David, their spouses, and her nieces Guida and Theresa. Justina is survived by her children, son, Mario, daughter, Olivia, son-in-law, Adolfo, her beloved granddaughter, Samantha and numerous nieces and nephews. Justina will be greatly missed by her family and friends.

Services will be held on Thursday, December 26 at Santos-Robinson Mortuary. Visitation starts at noon and the Rosary at 6:30 pm. Funeral mass will be held on Friday, December 27 at 9:30 am at St. Leander's Church followed by Committal at Holy Sepulchre Cemetery.

**SAN LEANDRO TIMES OBITUARIES**  
may be submitted online at [ebpublishing.com](http://ebpublishing.com), emailed to [obits@ebpublishing.com](mailto:obits@ebpublishing.com) or faxed to 510-483-4209. Please include your phone number. A fee will apply depending on the length. A photo can be added for an additional cost. For assistance, call 510-614-1555.

**Michael F. Wong**  
*August 5, 1943 - December 10, 2019*



Michael passed away from pancreatic cancer at the Palo Alto VA hospice. He is missed by his wife of 46 years, Yvonne, son Brian, daughter Becky, brother Larry Wong, and family and friends. He was active in the Disabled American Veterans (DAV 77), Veterans of Foreign Wars (VFW Post 819), National Active and Retired Federal Employees (NARFE 511), VA Voluntary Services for 20 years and BMW Car Club of America since 1973. He was a Castro Valley resident for 31 years. You may email memories/photos to [remembering.michael.wong@gmail.com](mailto:remembering.michael.wong@gmail.com). Donations may be sent to the VAPAHCS Oncology Department in memory of Michael F. Wong. Address: VA Palo Alto Health Care System, Attn: Voluntary Services, 3801 Miranda Ave., Palo Alto, CA 94304.





BART installed portable light stands running on diesel generators in the parking lot around the San Leandro BART Station after the parking lot lights lost power when a line was damaged.

PHOTO BY JIM KNOWLES

## Parking Lot Lights Out At SL BART Station

Temporary lights were installed in the parking lots at the San Leandro BART Station earlier this month after a power line was accidentally struck in a construction area.

BART brought in portable outdoor light stands for the parking lots of the station after the regular lights lost power.

The cause of the power outage was construction in the bus zone of the station that damaged a power line that feeds the parking lot light fixtures, said BART spokesman Jim Allison.

"A power line was inadvertently struck in the bus intermodal area," Allison said.

— By Jim Knowles

## Join the Happy Stampers

If you like crafts, join the Happy Stampers who use rubber stamps to make greeting cards. The club meets on the second

Monday of each month at the San Leandro Main Library, 300 Estudillo Ave. For more information, call Janie at 483-0389.

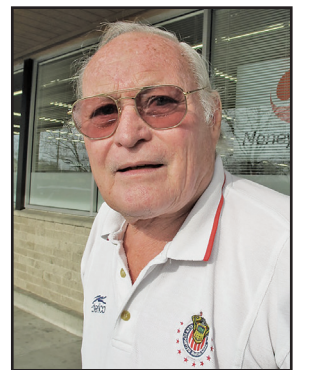
## INQUIRING REPORTER

*Your main accomplishment of the decade?*

— Asked at Greenhouse Marketplace

Moving back to the United States from Belgium where I was doing work in global thermonuclear warfare for the Air Force the decade prior. Peacetime brought me back home.

**Jim Hayes**  
San Lorenzo



Completing my master's degree in counseling and receiving licensure in marriage and family therapy.

**Janet Plankenhorn**  
San Leandro

Finishing cosmetology school through California Training Benefits, while raising my now 5-year-old daughter.

**Mariana Donahue**  
San Leandro



Being alive after being diagnosed with Stage IV lung cancer in 2012. My Arabian horse Cheyenne and going to work at his barn every day has enhanced my life, because I've learned to realize the importance of being present in each moment.

**Sidney Simpson**  
San Leandro



Staying alive and following my passion for music by singing with the Carmen Jones' Ultimate Teena Marie Tribute Band.

**Queen Senegal**  
Oakland



## OPINION

### LETTERS to the EDITOR

Letters must include the writer's name, address and phone number, and **must be under 300 words**. We reserve the right to edit as necessary. E-mail letters to: [letters@ebpublishing.com](mailto:letters@ebpublishing.com) or fax to: 510-483-4209, or send by mail to: The Editor, San Leandro Times, 2060 Washington Ave., San Leandro, CA 94577.

#### Lead in School Drinking Water

Editor:

I have known for decades that lead can cause lower IQs and behavioral issues, especially when ingested by children. Still, California health code has allowed the use of lead-bearing parts in plumbing systems as late as 2010. Statewide, schools have found over 2,000 water outlets contaminated by lead and local testing in our schools has shown we are no exception.

Most states follow the current federal "action level" which tolerates lead in drinking water up to 15 parts per billion. Because no amount of lead is safe, doctors say we should not allow more than 1 part per billion of lead in our water.

It's true that there's a cost involved with replacing lead-bearing parts, but it's nothing compared to the damage caused to our children if we continue to allow lead in the water. We, as parents and educators, must require school officials to take action now. As there are currently filtration systems available which can adequately mitigate the problem at the drinking fountain, until more thorough replacement can be afforded, it is essential that work needs to begin as soon as possible on cleaning up our school's water outlets.

As a parent of two entry level college students in the San Lorenzo Unified School District and president of their previous high school's PTSA in unincorporated San Lorenzo, I was distressed to learn recently that their school, among others, not only in our district but throughout the state, is subject to lead contaminated drinking water.

I want, and should expect, to have safe drinking water at school where they and

their classmates learn and play.

To make sure that happens, I'm urging the board of the San Lorenzo Unified School District to expedite the protection of students by committing to the pediatrician-recommended 1 ppb standard with the installation of appropriate filtration.

—**Michael Freed**  
Cherryland

#### Impeachment: Too Little Too Late

Editor:

Today, the national headlines shouted out, almost in unison, "Trump Impeached." While this is a positive development for this nation in particular and the whole world in general, I am afraid that it is too little, too late.

America has been exposed. America's facade of enlightenment and exceptionalism has been shredded and exposed as just a phony facade. The whole world now knows the truth. Donald Trump has proven that a considerable percentage of Americans are gullible, bigoted, and not very smart.

The only positive thing that could come from all of this is the fact that America can no longer look down its collective nose at and pontificate about how others should live. I don't hold out a lot of hope for America's ability to recover from this. There has been too much hypocrisy and self delusion for decades.

America was an idea. Too bad it didn't work.

—**Vernon S. Burton**  
San Leandro

#### No Abuse of Congress

Editor:

Fact: Mars is a planet

Fact: The President of Ukraine said Trump did not apply pressure on him for anything.

Fact: Jupiter is a planet.

Fact: Taking a dispute between Congress and the Executive Branch to Court to resolve a disagreement is not Abuse of Congress.

Still in doubt? Consult Wikipedia

—**James Forsberg**  
San Leandro

#### Trauma in Chile

Editor:

Usually, when reading letters to the editor from Leo T. West, I feel revulsion from his opinions and nasty personal comments. But, since reading about his life history in the Oct. 3 San Leandro Times, I have felt more sympathetic.

By luck, I left Chile just weeks before the military assassinated President Allende and instituted harsh repression in which some of my friends were imprisoned and one was killed.

I can imagine what fear, dread and hardship West suffered for five years in Argentine prisons for being a labor organizer. Perhaps that life trauma would explain why he now advocates for corrupt authoritarian presidents and policies.

My reaction to the trauma of Chile losing its democracy was to work with fellow liberals at Amnesty International, volunteering time and money to free political prisoners. Ironically, Mr. West was one for whom Amnesty International successfully secured release.

—**Bruce Joffe**  
Piedmont

#### Football Loyalty 'All Used Up'

Editor:

Orphaned Raider fan (twice) wishes adoption by NFL team. Will root, shout, boo if necessary, but appreciate you. But can't give you loyalty it has been all used up.

Please adopt me. Love football.

—**Sylvia Johnson**  
Oakland



# Review: Man uses phone app to sell Mercedes and loses car

continued from front page

a landmark sign. But it turned out the sign would cost much more.

## August

- A survey found that there are 418 homeless people in San Leandro and 8,022 homeless in Alameda County.

- Residents in the Assumption neighborhood rallied against PG&E for cutting down trees on a block of School Street under the high-voltage lines. Later in the year, residents around Northern California would rally against PG&E for not doing enough to make power lines safe.

- The City of San Leandro fined Keona Mulgrew a total of \$4,000 for an illegal fence on her property on the corner of 140th Avenue and Lark Street. Although, all four houses on that same corner have fences the same height as Mulgrew's.

- The Boys & Girls Club broke ground on a \$10 million project to remodel its building on Marina Boulevard.

## September

- A group of San Leandrans held a rally at Root Park against gun violence. The city unveiled a remodeled dog park by the bay. And dahlia growers displayed hundreds of variations of the beautiful flower at the annual dahlia show at the Main Library.

- The Arroyo High School football team's defense dug in and the Dons shut down visiting American High, 6-0.

- A San Leandro man was among the dozen people charged by the district attorney's office of robbing UPS and Fed-Ex drivers as they were making deliveries to

cellular telephone stores.

- School crossing guard Connie McWilliams keeps an eye out for the little ones as they cross busy East 14th Street in front of McKinley School, as she has done for a half century.

## October

- The San Leandro High vs. McClymonds High football game at Burrell Field was canceled for "safety reasons" after the police warned of a threat.

- Ambrosia, famous for their hit song "You're the Only Woman," played the Bal Theatre. Vivienne Fawcett celebrated her 104th birthday with family and friends at Paradiso Restaurant.

- The completion of a new Farrelly Pool was delayed another year, now scheduled to open in the summer of 2021, extending the pool's closure to five summers.

- Kathy Maier was named Teacher of the Year by the San Leandro school district. Maier said her 40 years as a music teacher have brought her great joy.

## November

- San Francisco mayor candidate Ellen Zhou held a news conference and campaign rally at The Englander Pub on Parrott Street, bringing along the candidate's controversial billboard of San Francisco mayor London Breed.

- The City Council voted to spend a total of \$8.5 million to build a new Farrelly Pool. The San Leandro school board voted to put a \$104 million bond on the March 3 ballot. A navy veteran from San Leandro was honored

at the annual Veterans Day ceremony held at the Senior Center.

- Ghirardelli Chocolate presented a \$200,000 check to the Boys & Girls Club, the proceeds from its annual golf tournament.

- Police arrested five suspects in a series of robberies that targeted elderly Asian residents of San Leandro. The police also recovered 15 guns in several incidents where suspected stolen cars were stopped and where police were called to a scene of a man brandishing a gun at Toyon Park.

- The murder suspect in a stabbing on a BART train in Hayward had just walked away from San Leandro Hospital an hour earlier where he was supposed to be confined.

## December

- The Metropolitan Transportation Commission announced plans to install toll lanes on I-880 from Hegenberger Road to Fremont.

- The annual "It's a Wonderful Night" downtown holiday festival was canceled due to a storm that night.

- A San Leandro man using a phone app to sell his Mercedes



TIMES FILE PHOTO

The San Leandro Swim team won a tri-meet at home in July against teams from Castro Valley and Fremont

met a prospective buyer at the Denny's on Marina Boulevard, seeing it as a well-lit public place. He handed the prospective buyer

the keys, the man got in the car, locked the doors and took off. • A San Leandro High student won an award for her project

that teaches her fellow students about the misleading advertising that entice young people to take up vaping.

## LEGAL NOTICES

FILED  
NOVEMBER 20, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 565639  
**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
Drift Plants located at 19577 Center Street,  
Castro Valley, CA 94546, in Alameda County,  
mailing address 5385 Elaine Ct., Castro  
Valley, CA 94546, is hereby registered by  
the following owner(s): Drift Succulents LLC,  
5385 Elaine Ct., Castro Valley, CA 94546.  
This business is conducted by a limited liability  
company. This business commenced N/A.  
/s/ Drift Succulents LLC  
This statement was filed with the County  
Clerk of Alameda County on date indicated  
by file stamp above.  
Expires NOVEMBER 20, 2024  
**DEC 19, 26, 2019 JAN 02, 09, 2020**  
**0198-SLT**

FILED  
DECEMBER 04, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 566077  
**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
Onward Painting located at 1418 Marybelle  
Ave., San Leandro, CA 94577, in Alameda  
County, is hereby registered by the following  
owner(s): Deagean Painting Inc., 1418 Marybelle  
Ave., San Leandro, CA 94577. This business is  
conducted by a corporation. This business  
commenced N/A.  
/s/ Deagean Painting Inc.  
This statement was filed with the County  
Clerk of Alameda County on date indicated  
by file stamp above.  
Expires December 04, 2024  
**DEC 12, 19, 26, 2019 JAN 02, 2020**  
**0190-SLT**

FILED  
DECEMBER 09, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 566233  
**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
Saeology located at 14036 Reed Ave., San  
Leandro, CA 94578, in Alameda County,  
is hereby registered by the following owner(s):  
Chan Saetern, 14036 Reed Ave., San Leandro,  
CA 94578. This business is conducted by an  
individual. This business commenced 08/01/18.  
/s/ Chan Saetern  
This statement was filed with the County  
Clerk of Alameda County on date indicated  
by file stamp above.  
Expires DECEMBER 09, 2024  
**DEC 26, 2019 JAN 02, 09, 16, 2020**  
**0196-SLT**

FILED  
NOVEMBER 14, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 565425  
**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
Studio HX located at 4748 Mira Vista Drive,  
Castro Valley, CA 94546, in Alameda County,  
is hereby registered by the following owner(s):  
Wei Wu, 4748 Mira Vista Drive, Castro Valley,  
CA 94546. This business is conducted by an  
individual. This business commenced N/A.  
/s/ Wei Wu  
This statement was filed with the County  
Clerk of Alameda County on date indicated  
by file stamp above.  
Expires NOVEMBER 14, 2024  
**DEC 12, 19, 26, 2019 JAN 02, 2020**  
**0192-SLT**

FILED  
DECEMBER 17, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 566567  
**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
Meza Electric located at 1665 Orchard  
Ave., San Leandro, CA 94577, in Alameda  
County, is hereby registered by the following  
owner(s): Alejandro Meza-Mendez, 1665  
Orchard Ave., San Leandro, CA 94577. This  
business is conducted by an individual. This  
business commenced 12/17/19.  
/s/ Alejandro Meza-Mendez  
This statement was filed with the County  
Clerk of Alameda County on date indicated  
by file stamp above.  
Expires DECEMBER 17, 2024  
**DEC 26, 2019 JAN 02, 09, 16, 2020**  
**0199-SLT**

FILED  
DECEMBER 10, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 566331  
**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
Superior Auto Sales located at 109 Jackson  
Street Suite 220, Hayward, CA 94541, in Alameda  
County, is hereby registered by the following  
owner(s): Jannet Ranita-Deo Pratap, 567 Dean  
Street, Hayward, CA 94541. This business is  
conducted by an individual. This business  
commenced N/A.  
/s/ Jannet Ranita-Deo Pratap  
This statement was filed with the County  
Clerk of Alameda County on date indicated  
by file stamp above.  
Expires DECEMBER 10, 2024  
**DEC 19, 26, 2019 JAN 02, 09, 2020**  
**0193-SLT**

FILED  
DECEMBER 17, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 566566  
**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
Plaza Center Building located at 15292  
Liberty Street, San Leandro, CA 94578, in  
Alameda County, is hereby registered by the  
following owner(s): Thomas Pedemonte,  
3067 Massachusetts Street, Castro Valley,  
CA 94546 and Cheryl Damgen, 4 Elizabeth  
Lane, Danville, CA 94526. This business is  
conducted by a general partnership. This  
business commenced May 1, 1969.  
/s/ Thomas Pedemonte, Cheryl Damgen  
This statement was filed with the County  
Clerk of Alameda County on date indicated  
by file stamp above.  
Expires DECEMBER 17, 2024  
**DEC 26, 2019 JAN 02, 09, 16, 2020**  
**0201-SLT**

FILED  
DECEMBER 10, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 566339  
**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
MeeMe Hair Studio located at 703 MacArthur  
Blvd., San Leandro, CA 94577, in Alameda  
County, is hereby registered by the following  
owner(s): Jameelah Atchison, 868 61st  
Street, Oakland, CA 94608. This business is  
conducted by an individual. This business  
commenced 11-10-19.  
/s/ Jameelah Atchison  
This statement was filed with the County  
Clerk of Alameda County on date indicated  
by file stamp above.  
Expires DECEMBER 10, 2024  
**DEC 19, 26, 2019 JAN 02, 09, 2020**  
**0194-SLT**

## UC Conducting Study On East Bay Wildfire And Power Shutoff

Researchers from the UC Berkeley are conducting a study to better understand the public's wildfire evacuation decision-making as well as the public safety power shutoff (PSPS) events by the PG&E this past October.

The UC team is asking residents from Castro Valley and other East Bay communities to fill out a survey about their choices in a future wildfire evacuation.

The team is also interested in analyzing travel patterns following the recent PSPS events. The goal is to develop strategies that can assist agencies across

California in preparing for future wildfire events.

Similar surveys have been conducted across the state following wildfires in the northern valley and Southern California, but researchers now want to know how East Bay residents might react to a wildfire, and what experiences residents had during the PSPS events.

Those who participate in the survey will be entered into a drawing for one of five \$200 Amazon gift cards.

The survey is available online at: [http://bit.ly/eastbay\\_wildfire\\_survey](http://bit.ly/eastbay_wildfire_survey).

## Boys & Girls Club Crab Feed

The San Leandro Boys & Girls Club will hold its annual crab feed on Saturday, Jan. 11, at the Marina Community Center, 15301 Wicks Blvd. in San Leandro. Social hour begins at 6 p.m. with dinner being served at 7 p.m.

Tickets are \$50 per person,

which includes all-you-can-eat crab, pasta, salad and French bread.

Assigned seating only. To purchase tickets or for more information, call Bob Glotch at the Boys & Girls Club at 510-483-5581 between 9 a.m. and 5 p.m.

Proceeds support the San Leandro Boys & Girls Club.