

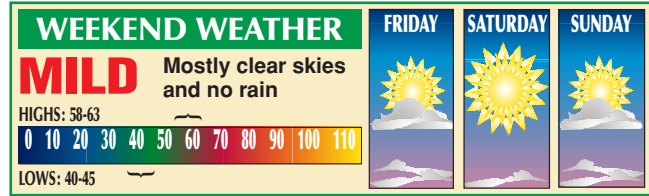


## Hang Up the Phone

NEW SCAM TARGETS SENIORS,  
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## Holidays around the Town 8&9



# San Leandro Times

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

VOL. 28 • NO. 49

THURSDAY, DECEMBER 6, 2018

SAN LEANDRO • CALIFORNIA



PHOTO BY JIM KNOWLES

Jerry Howe with the City of San Leandro tree crew trimmed the trees in the Downtown Plaza last week. This tree is over the area where the stage will be for "It's a Wonderful Night" this Friday, so the crew is helping it look its best. Carriage rides, Santa Claus, singers and dancers will bring the holiday spirit to downtown San Leandro.

## Downtown Festival to Kick Off Holidays

Downtown San Leandro kicks off the holidays with the annual "It's A Wonderful Night" celebration this Friday from 5:30 to 9 p.m. in the Downtown Plaza, featuring music, dancers and singers, and horse-drawn carriage rides.

The tree-lighting ceremony opens the festivities at 5:30 p.m. Santa Claus and Mrs. Claus will take pictures with families and horse-drawn carriages will give rides around the downtown.

The San Leandro Downtown Association presents the festival each year with funds raised at its annual Sausage & Suds Music Festival in October. Other activities include arts and crafts, cookie decorating, and outdoor movies.

The evening will also feature the "Hol-see WONDERFUL, page 8



## Council Honors 15 for their Contributions

The San Leandro City Council honored fifteen residents this week who have made contributions over the past year.

As part of the annual district leadership and Mayor's awards of excellence ceremonies, the City Council recognized ten individuals, including one from each of the six council districts, along with four Mayor's award recipients who have made a significant difference in San Leandro.

The following were presented with District Leadership Awards

from each of the council districts:

- Robert Caruso, District 1 Leadership Award, Councilmember Deborah Cox
- Helena Straughter, District 2 Leadership Award, Councilmember Ed Hernandez
- Rick Solis, District 3 Leadership Award, Councilmember Lee Thomas
- Yan Zeng, District 4 Leadership Award, Councilmember Benny Lee
- Noel Moritz, District 5 Leadership Award, Councilmember Corina Lopez



The Mayor's Award for Excellence went to Tony Farley.

ber Corina Lopez

- Terry Guillory, District 6 Leadership Award, Councilmember Pete Ballew

The following were presented with the Mayor's Award of Excellence:

- Tony Farley, San Leandro Academy for Multimedia, Mayor's Award of Excellence, Individual
- Tong Sengsourith, Noodles Pho Me, Mayor's Award of Excellence, Small Business

see AWARDS, page 9

## Casa Peralta Funds Going to Police Building

City Council decides money needed to expand cop shop

By Amy Sylvestri  
San Leandro Times

The City Council voted last month to reallocate nearly \$1 million from a fund to make improvements at the historic Casa Peralta property and instead use the money for an expansion of the police station.

Nick Thom, a city engineer who is overseeing both the police building expansion and the restoration of Casa Peralta, says that the funds were diverted because construction costs on the police

building rose by about 15 percent over the last year.

The council decided to take \$943,000 from the Casa Peralta improvement budget, bringing the police department project to a total of \$9.4 million.

The Casa Peralta improvement budget of \$4.5 million was cut to \$3.6 million.

Now fewer improvements recommended for Casa Peralta see FUNDS, page 8

## Foot-Dragging Pot Shops Irk Cutter

By Amy Sylvestri  
San Leandro Times

Three years after the first medical cannabis dispensary was given a permit to operate by the City Council, none of the three permitted shops have opened yet and the city is getting impatient.

"It's unacceptable that they aren't open yet," said Mayor Pauline Cutter at a City Council meeting last month. "I think we've been patient long enough. We went into this with good faith and I don't think we are being treated that way."

The dispensary owners have cited reasons for the delays

including a lack of available construction workers and a desire for a state-of-the-art sprinkler system. But Cutter has said the real reason is more likely a matter of money.

Cutter believes the dispensaries are dragging their feet until the city allows recreational pot sales – not just medical – which would be more lucrative.

But part of the problem might be that San Leandro's pot ordinance is out of date now that marijuana is legal without a medical license. San Leandro's pot ordinance only allows medical see POT, page 16

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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.



## PETS OF THE WEEK



Coraline



Athena

The Pets of the Week at the Hayward Animal Shelter, 16 Barnes Court in Hayward, are Coraline the kitten and Athena the cat.

**Coraline** is a playful, social teen who loves people and attention. She enjoys chasing toys or warming your lap as she purrs away. She would prefer to be an

only cat.

**Athena** is a friendly, talkative 1-year-old gal who's easy to handle. She'll come up to greet you, looking for head rubs and lap time. She's spayed and vaccinated.

For more information on Coraline or Athena, call the Hayward Animal Shelter at 293-7200.

## Tickets on Sale for Brian Copeland's New Years Eve Comedy Show

Brian Copeland returns to the San Leandro Performing Arts Center with another in his series of all-star stand-up comedy concerts on New Year's Eve, Monday, Dec. 31, at the San Leandro Center for the Performing Arts, 2250 Bancroft Ave. in San Leandro.

Some of the Bay Area's best comedians are coming, including Sandy Stec, Chicago Steve Barkley, Joe Klocek, and more.

Advance sale tickets are \$65, tickets at the door are \$70. Student prices are \$18 advance, and \$20 at the door. To order tickets, visit [brownpapertickets.com](http://brownpapertickets.com).



## Six Honored for Volunteer Work

By Bento Leal  
Special to the Times

The inaugural Hands On Community Service Awards ceremony honored six local volunteers at the San Leandro Senior Community Center last Saturday.

The awardees are: Darryl Francis (President of the San Leandro Swim Team, not pic-

ture), Susan Fourby (helped found Mulford Gardens Food Pantry for the needy), Michael Joseph Little Bear Sr. (founder with his sons of Meg-Pie Enterprises that cooks and delivers hot meals to the homeless), Chris Finn (past Disability Community Advocate of the Year and Past President of San Leandro's Cherry City Toastmasters), Anthony S. Kolaco (raises funds to donate for the quality education of children in his native Liberia and West African sub-region), and Mar-

tin Capron (founded the San Leandro Sports Foundation, and SLSF Hall of Fame).

This awards program was put together by just a few of us, including Mike Kellett, Nick Buscovich, and Leroy Smith, for the purpose of recognizing and honoring local unsung heroes who are doing volunteer work in our community. The idea is to promote volunteerism.

For information about the award, contact Mike Kellett at 853-2222.

## Hearing Loss Association to Hold Pot Luck at Next Meeting

The Hearing Loss Association will meet and have a potluck this Saturday at 9:30 a.m. at Oakland Kaiser Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G-26. Please bring finger food to share.

George Fitzgerald will chair the meeting with a survey about this past year – what you liked

and comments you may have. Discussion will follow. Come enjoy the beginning of the holiday season with your HLAA friends for festive food and ambience.

The parking garage on Howe Street is free on Saturday. For more information, email [info@hearinglosseb.org](mailto:info@hearinglosseb.org) or call 221-6080.

## Holidays at McConaghy House

Open from 11:00 AM to 4:00 PM  
on the following dates:  
December 1 | December 2  
December 8 | December 15

For more information and Santa's visiting hours, visit [www.haywardareahistory.org/holidaysatmccconaghy](http://www.haywardareahistory.org/holidaysatmccconaghy)



18701 Hesperian Blvd, Hayward  
510.581.0223 | [www.haywardareahistory.org](http://www.haywardareahistory.org)



**Forever Christmas**

"For unto us a Child is born, unto us a Son is given..." Isaiah 9:6

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20600 JOHN DR. • CASTRO VALLEY  
OFFICE: 510.537.4690

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

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# POLICE & FIRE



PHOTO COURTESY OF ACFD

## Practicing Fire Skills

The students in Chabot College's firefighting training program got an opportunity to put out a live fire at the Alameda County Fire Department's training tower at 890 Lola Street in San Leandro last Sunday afternoon.

## Man Arrested After Child Taken To Hospital with Head Injury

A man who was watching his girlfriend's child has been arrested for felony child abuse after the young boy was brought to the emergency room with unexplainable injuries.

On Nov. 21, Johnathan Davis, 23, and his girlfriend (the child's mother) brought the unconscious 6-year-old to the Kaiser San Leandro Medical Center, according to a press release written by Lt. Isaac Benabou of the San Leandro police.

Doctors there immediately began life-saving measures and discovered that the boy was suffering from a traumatic head injury. He was taken to Children's Hospital in Oakland for emergency brain surgery and remains there in critical condition, police said.

Davis, who was caring for the child while his mother was at work, told police that the boy fell down a flight of stairs. However, the injury and symptoms were not consistent with a fall according to medical professionals.

San Leandro Police detectives were called to the hospital to investigate the mysterious head injury to the boy. Davis continued to say the child fell down a set of

stairs while at home and bumped his head. Davis stated that the boy was fine afterward and only complained of "not feeling well" five to six hours later, Benabou said.

During the course of the investigation, detectives learned of past incidents where the boy may have sustained physical and mental abuse from Davis as recently as October, Benabou said.

Medical reports from doctors at both hospitals documented this injury as "non-accidental" and could not have occurred from the events stated by Davis. The boy's mother supports Davis' statement, police said.

Based on the medical opinions made by doctors, San Leandro police obtained a warrant and Davis was arrested on Nov. 29.

"There is definitely more to this story than we know at this time," said Benabou in a written statement. "But for now we have a child clinging to life and neither parental figure can give us a straight answer as to what happened."

Benabou said that Davis and his girlfriend have been dating and living together for approximately six months with the boy and Da-

vis' 15-month-old daughter from a previous relationship. Two days after the incident, Child Protective Services placed both children in protective custody, including Davis' daughter.

This week, Davis appeared in court and was charged with assault on a child with force likely to create great bodily injury, a felony. Davis is currently being held without bail at Santa Rita Jail in Dublin. His next court appearance is Dec. 14 when he is expected to enter a plea.

## Sample Some Seeds

Did you know that the San Leandro library has a seed lending library? Stop by the Main Library this Saturday, Dec. 8 between 12 p.m. to 2 p.m. to borrow seeds or to speak with an experienced volunteer. Whether you are new to gardening or a seasoned master gardener, you can benefit from this seed library. Browse through the seed packets and find something you want to grow. For more information, email sanleandroseed@gmail.com

## Man Arrested for Restaurant Arson

A man was arrested last week for allegedly setting a restaurant's restroom on fire in October.

The incident occurred on Oct. 8 at Ana Rosa's Mexican restaurant, 2089 East 14th St. at around 6:20 p.m. Employees evacuated the restaurant after smoke and flames were coming from the bathroom. Fire crews

arrived and extinguished the fire which was determined to be intentionally set.

An employee of the restaurant said that just moments before the smoke was seen, a man entered the restaurant and asked to use the bathroom, according to San Leandro police.

Officers reviewed surveillance video and observed a man enter and exit the restroom during the time of the fire.

On Nov. 23, cops were called to a retail store downtown where Rodney Rushing, 32, was detained by security officers for shoplifting.

The responding San Leandro officer recognized the man from the video in the arson investigation. Rushing matched the

description of the suspect in the bathroom restaurant fire and was taken into custody for further investigation.

Rushing admitted to being in the restaurant bathroom around the time of the fire but said he does not remember what happened.

Rushing was charged with felony arson by the Alameda County District Attorney's office last week.

San Leandro police detectives will continue to investigate other arson cases with Rushing as a possible suspect.

Rushing remains in custody at Santa Rita Jail in Dublin in lieu of \$75,000 bail. He is scheduled to have a mental competency hearing next week.

## Don't Dump Grease Down Your Drain

The Oro Loma Sanitary District warns: do not pour fats, oil, or grease down drains as you do your holiday cooking or at any time of the year.

Grease washed down the drain hardens downstream in the pipe. This can either restrict flow in a private lateral or increase the potential for an overflow in the public sewer.

After soaking a greasy pan, place a paper towel over the drain basket to catch grease and food particles as you slowly pour the water down the drain. Put the paper towel in your green waste cart.

Collect cooking oil waste and mix it with yard clippings in your green waste cart.

## CROSSWORD ANSWERS

	S	A	L	E	S		G	A	U	G	E
P	E	R	U	K	E		A	R	R	I	V
L	I	N	G	E	R		S	I	N	G	E
A	D	O		D	I	C	T	A		O	N
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E	S	C	O	R	T			E	V	I	L
	M	E	A	T	S		L	A	N	E	S

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# NEIGHBORS



Myrna Hoag, left, delivered 400 Herbie the Hedgehog plush toys for the fifth year to Gilma Rivera, right, who was happy to receive them and pass them out to the kids at Children's Hospital for Christmas.

## San Leandrian's Deliver Plush Toy Animals to Children's Hospital

This year Myrna and Keith Hoag delivered 400 plush Hedgehogs to Gilma Rivera at Children's Hospital. This was Myrna's fifth annual Avon fundraiser for Children's Hospital. They would like to thank the following businesses, families and friends who helped make this Avon fundraiser a great success.

Chambless and Son Towing, Aiken and Welch Inc., Pirtek San Leandro, F H Daily Chevrolet, Nicks Family Rest, San Leandro Auto Upholstery, Duarte's Towing, Maria Monteiro, Connie Monteiro, Danny Monteiro, Moeller Bros. Body Shop, Electro Plating Specialties, Tibor's Tile Company, Elios Rest,

Hill's Veterinary Hospital, Bara's Grocery & Deli, PaPa Poncho's Taqueria, California Hair, Roger Fernando State Farm Ins. Vintage Alley, Precision Auto Care, Tender Loving Care House Keeping, Number One Acoustics, Candice Hanisch, Cheryl Burns, Lori Anixter, Danielle Nebel, Elaine Lundin, Patricia Sack, Priscilla Himenez, Diana Henares, Denise & Larry Hemenez, Karen Clore, Tina Nepl, Linda Cortez, Michelle Iwai, Angie Cortez, Debbie DelRio, Celeste Peper, Rose Mercado, Caren Rivera, Susan Reisz. Myrna wishes everyone Merry Christmas and a Happy and Healthy 2019 New Year!

## COMMUNITY CALENDAR

### ❖ Alta Mira Club Holiday Tea

The Alta Mira Club, 561 Lafayette Ave. in San Leandro, will host its annual Lucille Kline Holiday Tea on Saturday, Dec. 8, at noon. Tickets are \$25. For reservations, call Linda Klass at 914-5684 or Isabel Polvorosa at 483-2073.

### ❖ Holiday Fine Arts & Crafts Fair

Broadmoor Plaza, 232 E. 14th St. in San Leandro, will have a Holiday Fine Arts & Crafts Fair featuring local artist and crafters on Saturday, Dec. 8, from 10 a.m. to 2 p.m. Shop for unique hand-crafted treasures. Music, entertainment, complimentary refreshments and a chance to win great raffle prizes.

### ❖ All Saints Winter Wine 'n' Dine

All Saints Episcopal Church, 911 Dowling Blvd. in San Leandro, will host its Annual Winter Wine 'n' Dine on Saturday, Dec. 8, from 5 to 9 p.m. The evening will feature a photo booth, entertainment (music, dancing, singing trio), raffle prizes and silent auction. Delectable food, dessert, wine, beer, and soda. Tickets online at [tinyurl.com/AllSaintsWineDine](http://tinyurl.com/AllSaintsWineDine).

### ❖ Tech Fair and Appy Hour at SL Library

The San Leandro Library is partnering with Tech Exchange to hold a Tech Fair and Appy Hour at the Main Library on Saturday, Dec. 8, from 11 a.m. to 2 p.m. with experiential booths for the public to engage in the technological innovations of local businesses. Library booths will offer the public demonstrations on accessing items from its collection of free downloadable e-books, audiobooks, and e-magazines. Literacy training on the use of E-learning portals Lynda.com, Universal Class, Tutor.com, and ABC Mouse at Appy Hour will assist with the reaching of educational, career, and personal growth goals. For more information, call the Main Library at 577-3971 or explore and discover more at [www.sanleandrolibrary.org](http://www.sanleandrolibrary.org).

### ❖ Auditions for Children in Gypsy Musical

San Leandro High School will produce the musical, *Gypsy*, the first two weekends in April, 2019. Auditions for children will be held on Thursday, Dec. 6, at 4 p.m. at the high school theatre, 2200 Bancroft Ave. Roles for boys and girls between 8 and 12 years old. Prepare part of a song (not from *Gypsy*) and bring sheet music in your key. A short dance routine will be taught. Wear clothes and shoes you can move in. After school rehearsals begin Jan. 28. For more information email: Sue Ellen Nelsen, director. [springshow@gmail.com](mailto:springshow@gmail.com)

### ❖ Holiday Story Time at Bayfair

Bayfair Center invites children and their families to enjoy a holiday story told by Muriel, an early childhood educator for 20 years and a master storyteller who presents stories in a warm and passionate way that captivates audiences of all ages. Muriel will deliver two free holiday story time presentations at Bayfair Center – one on Dec. 11 and the second on Dec. 18 – each from 11 a.m. to noon.

### ❖ SL Holiday Lights Recycling Program

The City of San Leandro Recycling Program is hosting its third annual free holiday lights recycling program through Jan. 11. Holiday lights, working or not, are being accepted Monday through Friday, from 7 a.m. to 3:30 p.m. at the Public Works Service Center, 14200 Chapman Road. Collection bins are in the lobby. The event is open to San Leandro residents only.

Lights should be free of all bags, binding and packaging. Extension cords, Compact Fluorescent Lamps (CFLs), pre-lit trees, wreaths and garland are not accepted.

### ❖ SL Adult School Open House

San Leandro Adult School, 1448 Williams St., will host an open house on Thursday, Dec. 13, at 6 p.m. Explore certificated training programs: accounting technician, administrative assistant, barbering and cosmetology, nurse assistant, home health aide, homecare worker, optometric technician, pharmacy tech and clinical medical assistant. For more information, call 667-6250 or visit [www.sanleandroadultschool.org](http://www.sanleandroadultschool.org).

### ❖ Sons of Norway Holiday Festival

Sons of Norway Snorre Lodge 6-61 will host a holiday festival on Friday, Dec. 14, starting at 5 p.m. and continuing through the evening at 1808 B St. in Hayward. The event will include a bazaar, ornament exchange, Christmas drawing, toy drive, and membership drive for members and the community. Those participating can bring a new toy for the toy drive and a wrapped ornament for the exchange. A meatball supper will also be included for a requested donation of \$20 for non members. For more information, email [aja469@hotmail.com](mailto:aja469@hotmail.com) or call president, Aunda Arndt at 925-548-0292.

### ❖ Chanticleers Theatre

*An Applachian Christmas*, an original play by Bay Area native Scott Dana Fryer, will be presented by Chanticleers Theatre, 3683 Quail Ave. in Castro Valley, through Dec. 16. Against the backdrop of the Smoky Mountains during the Great Depression, a young boy living with his spinster aunts discovers riches of the season that can't be purchased. This heart-warming play features live Bluegrass and old-time music from young Bay Area musicians. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. For tickets (\$25 adults, \$20 seniors/students) visit [www.chanticleers.org](http://www.chanticleers.org) or [www.masquers.org](http://www.masquers.org)

### ❖ SL Boys & Girls Club's Annual Crab Feed

The San Leandro Boys & Girls Club's annual crab feed will be on Saturday, Jan. 12, at the club's facility at 401 Marina Blvd. in San Leandro. Social hour begins at 6 p.m. with dinner served at 7 p.m. Tickets are \$50 per person, which includes all-you-can-eat crab, pasta, salad and French bread. The event is "Assigned Seating Only" and always sells out, so purchase your tickets early. For tickets or more information, call Bob Glotch at the Boys & Girls Club at 483-5581 between 9 a.m. and 5 p.m. Proceeds support the San Leandro Boys & Girls Club, which provides educational and enrichment after-school programs for 1,200 children per day at 12 sites in San Leandro and San Lorenzo.

### ❖ Kiwanis Club Annual Crab Feed

The Kiwanis Club of San Leandro presents its 15th Annual Crab Feed on Saturday, Jan. 19, at the San Leandro Boys & Girls Club, 401 Marina Blvd. Social hour starts at 5:30 p.m. and dinner begins at 6:30 p.m. with dancing and live music by Chico and the Band from 7:30 to 10 p.m. All you can eat salad, garlic bread, pasta and crab. Tickets are \$50, or \$20 for children 10 and under. All seats are reserved. Call early to reserve group seating. Tickets available from San Leandro Kiwanis Club members, or call Terri Neumann at 895-4425.

Calendar items should be submitted at least one week prior to the desired edition of the Times, which is published Thursdays. Space limitations require we print items of the most general interest. Only Non-Profit Organizations should submit calendar items.

## HOROSCOPE by Salomé

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**ARIES (March 21 to April 19)** Careful, Lamb. Don't let your generous nature lead to some serious overspending as you contemplate your holiday gift-giving. Your social life kicks off into high gear by week's end.



**TAURUS (April 20 to May 20)** A positive attitude helps you weather annoying but unavoidable changes in holiday plans. Aspects favor new friendships and reinforcement of existing relationships.



**GEMINI (May 21 to June 20)** Demands on your energy level could be much higher than usual as you prepare for the upcoming holidays. Be sure to pace yourself. Friends and family will be happy to help.



**CANCER (June 21 to July 22)** Don't allow a suddenly icy reaction from a friend or family member to continue without learning what caused it -- and what can be done to restore that once warm and caring relationship.



**LEO (July 23 to August 22)** A relationship seems to be unraveling, mostly from a lack of attention. It might be a good idea to ease up on whatever else you're doing so you can spend more time working to mend it.



**VIRGO (August 23 to September 22)** New facts emerge that not only help explain the recent rift with a trusted colleague, but also might provide a chance to wipe the slate clean and make a fresh start in your friendship.



**LIBRA (September 23 to October 22)** A family member's personal situation is, fortunately, resolved in time for you to get back into your hectic round of holiday preparations. An old friend might bring a new friend into your life.



**SCORPIO (October 23 to November 21)** Pace yourself in meeting holiday pressures and workplace demands to avoid winding up with a frayed temper and a Scorpiian stinger that lashes out at puzzled kith, kin and colleagues.



**SAGITTARIUS (November 22 to December 21)** A financial matter requires close attention. Also, news from a trusted source provides the means to help sort out a long-standing state of confusion and put it into perspective.



**CAPRICORN (December 22 to January 19)** This is a good time to reinforce family ties. Make it a priority to assess and resolve all outstanding problems. Start the upcoming holiday season with a full measure of love.



**AQUARIUS (January 20 to February 18)** Don't be pressured into a so-called solid-gold investment. Wait until the holiday distractions are over. Then take a harder look at it. You might find that the "gold" is starting to flake off.



**PISCES (February 19 to March 20)** A former friend might be trying to heal the breach between you by using a mutual friend as an intermediary. Best advice: Keep an open mind despite any lingering bad feelings.

## Principled Academy Breakfast With Santa

Have breakfast with Santa at the Principled Academy, 2305 Washington Ave. in San Leandro on Saturday, Dec. 8, from 9:30 to 11:30 a.m. Come and enjoy a pancake breakfast, get a picture with Santa with a USB drive, make craft projects, play with LEGO and enjoy good conversation. Cost is \$10 for adults, \$5 for children 3 years and older, 2 years and under free. For more information, call 351-6400.

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## SENIORS

## What is Medicare's Coverage of Dental Services?

By Jim Miller  
Special to the TIMES

Medicare's coverage of dental care is extremely limited. It will not cover routine dental care including checkups, cleanings, or fillings, and it won't pay for dentures either.

Medicare will, however, cover some dental services if they are required to protect your general health, or if you need dental care in order for another health service that Medicare covers to be successful.

For example, if you have cancer and need dental services that are necessary for radiation treatment, or if you need surgery to treat fractures of the jaw or face, Medicare will pay for these dental services.

Although Medicare's coverage of dental services is limited, there are other ways you can get coverage and care affordably. Here are several to check into.

- Consider a Medicare Advantage plan: While dental services are mostly excluded under original Medicare, some Medicare Advantage plans do provide coverage for routine dental care. If you are considering joining a Medicare Advantage plan, find out what dental services, if any, it covers.

Also, remember to make sure any Medicare Advantage plan you're considering covers the doctors and hospitals you prefer to use and the medications you take at a cost you can afford. See Medicare.gov/find-a-plan or call 800-633-4227 to research plans in your area.

- Purchase dental insurance: If you have frequent gum problems and need extensive dental care, a dental insurance plan may be worth the costs versus paying for care yourself. Expect to pay monthly premiums of \$15 to \$40 or more for insurance. To find dental plans, go to NADP.

org and use the "find a dental plan" tool. Then review a specific plan's website.

- Consider dental savings plans: While savings plans aren't as comprehensive as insurance, they're a good option for those who can't get covered. How this works is you pay an annual membership fee – around \$80 to \$200 a year – in exchange for 10 to 60 percent discounts on service and treatments from participating dentists.

To find a savings plan, go to DentalPlans.com (or 888-632-5353) where you can search for plans and participating dentists, as well as get a breakdown of the discounts offered.

- Check veterans' benefits: If you're a veteran enrolled in the VA health care program or are a beneficiary of the Civilian Health and Medical Program (CHAMPVA), the VA offers a dental insurance program that gives you the option to buy

dental insurance through Delta Dental and MetLife at a reduced cost.

The VA also provides free dental care to vets who have dental problems resulting from service. To learn more about these options, visit VA.gov/dental or call 877-222-8387.

- Shop around: FairHealthConsumer.org and Healthcare-

BlueBook.com lets you look up the cost of different dental procedures in your area, so you can comparison shop – or ask your regular dentist for a discount.

- Try community health centers or dental schools: There are many health centers and clinics that provide low-cost dental care to those in need. And all university dental schools and college

dental hygiene programs offer dental care and cleanings for less than half of what you would pay at a dentist's office. Students who are supervised by their professors provide the care. See ToothWisdom.org to search for a center, clinic or school near you.

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

## Hang Up On Phony Calls from SSA

**Q** I hear there is a new scam going around whereby seniors receive phone calls that appear to be from Social Security. Do you know anything about this?

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

**A** Yes. There is a spoofing scam going around the entire country whereby seniors receive calls which appear to be coming from the Social Security Administration, but which in reality are scams.

The recipient's caller ID shows that the call is coming from 1-800-772-1213, which indeed is the phone number for the Social Security

Administration, but the call itself is phony. Here is how you can tell:

The caller claims that he or she needs your Social Security number and other personal information in order to process an increase in your Social Security benefits, and may also go so far as to threaten that your benefits will be terminated if you do not provide that information.

These are fraudulent calls! If you get one, hang up immediately, and in any event do not give out your Social Security number or other personal information.

The Federal Trade Commission (FTC) recently released a consumer advisory about this scam, urging recipients to hang up if they

receive one. The FTC advises that the Social Security Administration (SSA) will never threaten, will never seek to get personal information over the telephone and will never promise to increase your benefits in exchange for that information.

If the caller makes that claim, you can bet it's a scam call.

If you have any doubt hang up and call SSA directly and inquire. Further, if you get a spoofed call of this nature report it to the SSA's Office of Inspector General at 1-800-269-0271. Be alert and be safe.

Gene L. Osofsky is an elder law and estate planning attorney in Hayward. Visit his website at [www.LawyerForSeniors.com](http://www.LawyerForSeniors.com)

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# SENIORS

## Lessons From the Financial Independence And Early Retirement (FIRE) Community

By Hugh Norton  
Special to the Times

How do you envision your retirement? For some, there's an idealistic image that many share of days spent walking along a warm beach, endless travel and a leisurely lifestyle.

On the other end of the spectrum, some people haven't had the opportunities that would afford them the ability to stop working when they want, never get to retire in the traditional sense, and struggle to live on a fixed income once they're no longer able to work.

There's also a middle ground, those who can afford to stop working and live a modest lifestyle. But the financial requirements for seniors have changed and grown over the years, and so this middle option may be less common as a result.

Employer pensions and other retirement benefits aren't as prevalent or plentiful as they

once were. Longer life expectancy and a rising cost of living can make it more difficult to live purely on Social Security benefits and retirement savings alone.

However, there are individuals and families who have been lucky enough to be in the position to retire decades before their 60s. They're part of a social movement known as FIRE – financial independence and early retirement – that has its own values, rules, subgroups and lingo.

### What is FIRE?

The idea of becoming financially independent, when you can live off the income from your savings and investments, and retiring early, a notion that can seem too good to be true.

Even if the end goal is desirable, it may not be possible for many, and in cases where it is possible, some may not be up for the journey.

Early retirees may live in

small homes, drive old cars and avoid eating out prior to retirement – all with the goal of accumulating enough savings to live on after retirement.

There is more than one way in which people have achieved FIRE. However, there are a few basic rules to live by that could help you get there:

- Live a modest and frugal lifestyle and put most of your earnings (often over 50 percent) into savings and investments.
- Try to find ways to increase your savings rate by cutting expenses and increasing your income. Creating and closely monitoring a budget can help.
- Look for opportunities to increase your investment returns and grow your money faster.
- Aim to have enough in your savings that you can retire early, perhaps in your 50s, 40s, 30s or even earlier.

Reaching financial independence doesn't necessarily mean you have to quit your job. How-

ever, you now have that option and the freedom that comes with it.

Realistically, reaching FIRE may not be an option for everyone. But increasing the gap between your income and expenses such that you have more money coming in than going out could help your financial situation even if you don't think you can retire early (or even want to).

Here are a few ways to incorporate the guiding principles of the FIRE movement into your life without going to extremes:

**Evaluate your priorities.** This is always a great place to start. No one else gets to decide what's truly important in your life. If you take the time to evaluate what you want and what's important to you, it can help you set clear goals to strive for and a benchmark by which to measure the decisions that shape your financial future.

**Decrease expenses.** No mat-



ter your aptitude for a frugal lifestyle, look for ways to cut costs in different areas of your life. Housing, transportation and food are often major monthly expenses, so it could help to focus on these areas.

Some FIRE devotees sell their cars or trucks and walk or bike to work. Organizing a carpool or taking public transportation could be a better fit for your lifestyle.

**Increase your income.** There are many ways to increase the other side of the equation as well. You could look for a side gig or negotiate a raise with your current employer.

If you have the funds to make it work, taking on an investment property could also be a key to higher income.

**Avoid lifestyle inflation.** It can be tempting to "upgrade" your lifestyle when your income increases. However, if your goal is to increase the gap between your income and expenses, you'll want to maintain your lifestyle while your income rises.

**Aim for higher returns.** Whether you're a savvy investor or don't know a stock from a bond, a little research and planning could help you make more money with your money. Even low-risk actions, such as moving your money to a bank or credit union that offers a higher interest rate, could help.

Lowering the fees you pay on checking, savings and investment accounts could also help increase your returns.

**Bottom Line:** Even if early retirement is not in your game plan, there are still valuable lessons and takeaways from the examples of those who have been able to achieve this goal. If you're intrigued by some of the concepts or think you may want to join others on the path to FIRE, there are resources and tools that can help. You can use basic online calculators to create a budget or check your savings progress and help you determine when you'll be able to retire.

Hugh Norton directs Visa's financial education programs.

## How Older People Can Find Clinical Trials

By Jim Miller  
Special to the Times

Each year, hundreds of thousands of Americans participate in clinical trials in hopes of gaining access to the latest, but not yet on the market treatments for all types of illnesses.

But, you need to be aware that clinical trials can vary greatly in what they're designed to do, so be careful to choose one that can actually benefit you.

A clinical trial is the scientific term for a test or research study of a drug, device or medical procedure using people. These trials – sponsored by drug companies, doctors, hospitals and the federal government – are conducted to learn whether a new treatment is safe and if it works. But, keep in mind that these new treatments are also unproven, so there may be risks too.

Also be aware that all clinical trials have certain eligibility criteria (age, gender, health status, etc.) that you must meet in order to be accepted. And before taking part in a trial, you'll be asked to sign an informed consent agreement. You can also leave a study at any time.

### Find a Trial

Every year, there are more than 100,000 clinical trials conducted in the U.S. You can find them by asking your doctor who may be monitoring

trials in his or her specialty.

Or, you can look for them on your own at ClinicalTrials.gov. This website, sponsored by the National Institutes of Health, contains a comprehensive database of federally and privately supported clinical studies in the U.S. and abroad on a wide range of diseases and conditions, including information about each trial's purpose, who may participate, locations, and phone numbers for more details.

If you want some help finding the right trial, try ResearchMatch.org, a web-based resource created by Vanderbilt University that connects willing patients with researchers of clinical trial.

Those with dementia and their caregivers can also locate clinical trials at the Alzheimer's Association TrialMatch at TrialMatch.alz.org.

### Things to Know

Before deciding to participate in a trial, you need to first discuss it with your doctor to make sure it is appropriate for you. Then, schedule an appointment with the study's medical team and ask lots of questions, such as:

- What's the purpose of the study and can it improve my condition?
- What are the risks?
- What kinds of tests and treatments does the study involve, and how often and where they are performed?

Is the experimental treatment in the study being compared with a standard treatment or a placebo?

Who's paying for the study? Will I have any costs, and if so, will my insurance plan or Medicare cover the rest?

For more information on clinical trials for older adults

visit the National Institute on Aging ([nia.nih.gov/health/clinical-trials](http://nia.nih.gov/health/clinical-trials)), which has many informative articles including one on "questions to ask before participating in a clinical trial."

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

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## Funds: Some Casa work to be eliminated

continued from front page

will be possible. An architect hired as a consultant recommended a variety of improvements and made a list of where the money should be spent.

Among the projects suggested by the architect that may no longer be possible were restoring the fountain, repairing ceramic tiles, upgrading the landscaping, restoring windows, adding a toilet, and renovating the kitchen.

Thom said it is not known exactly which projects will be eliminated until the architect does further design work. But Thom added that the improvements that don't get funded this time will be eligible to compete for funding in future capital improvement budgets.

The short-term improvements that will be funded include the installation of a security system, roof replacement, installation of a handicapped-accessible lift, refinishing the floors, and painting the interior.

Cindy Simons, the president of the San Leandro Historical



TIMES FILE PHOTO

Casa Peralta on W. Estudillo Avenue is the City of San Leandro's historic house museum. It's open to the public on weekends with tours led by docents.

Society said she was disappointed to hear that some of the Casa Peralta money was being shifted to the police building, but gratified

that some improvements will still be made.

"Casa Peralta is so unique because it melds the American

town and the Spanish town that came before it," said Simons of the house, which was built in 1901. "It's essential to preserve."

## Wonderful: Dancers and bands to perform

continued from front page

iday Tree Lane," a row of artificial holiday trees lining the pathway from Washington Ave. to East 14th St., donated by the San Leandro Improvement Association (SLIA) and decorated by San Leandro schools.

"The return of this event every year has become a tradition for families and friends to come together and enjoy downtown's festively decorated public spaces, magical sights, cheerful activities and the company of each other," said SLIA president Gordon Galvan.

### On Stage at It's a Wonderful Night:

6:00 – Broadmoor Preschool sing holiday tunes

6:15 – Assumption School Choir sing Christmas songs  
6:30 – Assumption Band sounds of the season

7:00 – Principled Academy Kindergarten class sings

7:05 – DC Dance Center holiday dance review

7:30 – Dance Therapy Dancers

7:40 – Music Together by Vita audience participation holiday songs

7:45 – Pallens Martial Arts Karate performance

8:00 – San Leandro High Notables sing Holiday classics

8:20 – Zumba Holiday dance performance

8:30 – Bancroft Middle school Band will play Holiday Favorites

## Cherry City Toastmasters

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

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The club offers a safe, supportive environment to grow your public speaking and leadership skills.

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- Prime Rib Every Thursday
- Sunday's Family Style Specials



## Awards: Citizens recognized for service

continued from front page

- Rachel Rendel, Columbia Cosmetics Manufacturing, Inc., Mayor's Award of Excellence, Large Business

- Delane Sims, Steps to Success, "A City Where Kindness Matters" Award

The following five individuals were recognized for five or more years of dedicated service on various city boards and commissions:

- Michael Bolar, Five Years, Recreation and Parks Commission

- Justin Hutchinson, Five Years, Recreation and Parks Commission

- Corina Lopez, Five Years (combined), Human Services Commission and City Council

- Marguerite Mazzitti, Five Years, Board of Zoning Adjustments

- Louis Neira Heystek, Ten Years (combined), Youth Advisory Commission and Personnel Relations Board

"As mayor, one of the fun parts of the job is being able to tour different organizations and businesses that operate in San Leandro and learn about the countless ways in which residents contribute to our community," said Mayor Cutter. "We know



Helena Straughter received the District 2 Leadership Award, presented by City Councilman Ed Hernandez.

that San Leandro is a city where kindness matters because the people who live or do business here make it such a special place. As my colleagues on the City Council

can attest, it is our pleasure each year to recognize the service of those who make San Leandro the city we know it to be today."

To view Monday's City

Council meeting, visit: <https://sanleandro.legistar.com>

For more information, contact Alice Kim, Communications Manager at [akim@sanleandro.org](mailto:akim@sanleandro.org).

## Building Futures Collecting Gifts

This season, help spread warmth and joy to your neighbors building new futures after homelessness and family violence.

Building Futures' annual Holiday gift drive provides thoughtfully-chosen gifts for the children and women living at the San Leandro shelter, Sister Me Home domestic violence safe house, Midway Shelter, and all served through Building Futures' homeless street outreach, housing and domestic violence programs.

Building Futures is counting on generous community members to help provide holiday joy to over 300 children and adults.

Items for children include pajamas and slippers, underwear and socks, hats, gloves, scarves, clothing and shoes, educational toys, craft and hobby kits, outdoor toys, and multi-racial dolls and action figures.

For teens, donate new fashion accessories and makeup, art supplies, shaving kits, beauty and face products, sports equipment, and gift cards (\$25 or less) to retailers like Target, Old Navy, Walmart, or for activities like the Alameda Theatre, Century and

Regal Theatres.

For adults, pajamas, slippers, full size bath and body kits, skin care products, new socks and underwear, and gift cards to Safeway, FoodMaxx, Target, Walmart, Walgreens, and gas stations are needed.

Please bring unwrapped gifts to Building Futures' office, located at 1395 Bancroft Ave. in San Leandro, Monday through Friday between 9 a.m. and 5 p.m.

This year's gift donation deadline is Tuesday, Dec. 18. For questions or more information, email Joyce VanScoy at [jvanscoy@bfwc.org](mailto:jvanscoy@bfwc.org), or call 357-0205 ext. 205.

To make a tax-deductible monetary gift, mail or bring to 1395 Bancroft Ave., San Leandro, CA 94577. Donors may also make secure online gifts at [www.bfwc.org](http://www.bfwc.org).

For 30 years, Building Futures has served our community with emergency shelters, housing programs, and domestic violence intervention and education. Visit [www.bfwc.org](http://www.bfwc.org) to learn more or to access the Holiday Wish List flyer. Follow Building Futures on Facebook and Twitter.

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# REAL ESTATE GALLERY



## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Times

GUEST COMMENTARY



## Be Energy Conscious This Winter

Long-awaited rains signal a descent into colder weather. While we do not experience traditional winters in the Bay Area, we still encounter weather conditions that increase living costs. As we approach the winter solstice, here are 6 tips to make your home more comfortable and affordable.

*Make sure your furnace is in peak condition.*

If you have not changed your furnace filter recently, do it now. Dirty filters inhibit air flow making furnaces work harder, increasing costs and the potential of failure. We recommend servicing your furnace once a year to ensure peak efficiency.

Older furnaces may have hidden damage; cracks in the heat exchanger could produce unsafe carbon monoxide levels. Routine service can identify potential issues. You can also contact PG&E to obtain a free safety check to en-

sure your furnace is OK.

*Consider upgrading.*

Newer furnaces operate at higher efficiency levels, lowering operating costs and heating more effectively. It is not uncommon for heating duct joints to deteriorate after prolonged use, sending heat into unused spaces like crawl spaces or attics.

A reputable furnace contractor will not only install a new heating system, they will ensure the ducting is sealed and working correctly.

*Upgrade your thermostat.*

Newer thermostats can not only be programmed to save heat, they can monitor your activity and turn heat off or down when you leave the home.

Thousands of homes here in the Bay Area have heaters blasting away while occupants are at work, shopping, out-of-town and so on, wasting significant dollars in energy costs.

Thermostats connected to the internet can be controlled on your phone.

*Ensure Smoke and CO detectors are working.*

CO and smoke detectors provide an early warning system to alert you to potential safety issues. Every year we hear of deaths that could have been prevented if working devices had been installed.

*Install LED Lightbulbs.*

Darkness comes earlier during winter months, increasing the use of lighting. New LED light bulbs can substantially lower lighting costs. We recommend you change

every light bulb in your home with LED bulbs. Check the Kelvin rating: 2700K provides warm light, 3500K provides cool white.

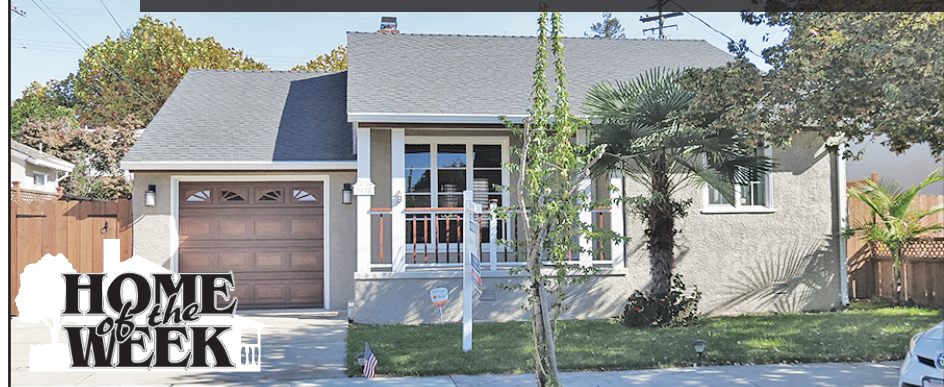
*Turn off landscape watering.*

I frequently see sprinklers operating while it is raining; there is no need to waste water during winter months.

Be weather wise this winter: a few simple changes can make substantial differences in both your energy bills and comfort levels.

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.

How Can You Get A House Under The Christmas Tree?  
It is Possible! First You Must Come See It On Sunday



## 1252 Collier Drive, San Leandro • \$699,975

1252 Collier Drive in San Leandro is a very nicely upgraded home in a great neighborhood. This house will make a great Christmas present for all in the family. It features 2 bedrooms, 1 bathroom, fireplace, new stove and dishwasher, energy efficient double pane windows, refinished hardwood floors, plus an additional bathroom and bedroom in the garage gives you more space. **Asking Price \$699,975.** Open Sunday December 9th from Noon to 3pm. Located within walking distance to major neighborhood amenities. Take a Virtual Tour of the inventory of houses for sale right now, including this great place at [www.ListedByAntonio.com](http://www.ListedByAntonio.com). Presented by the "Realtors in Motion." Antonio M. Cardenas (510)326-4263. List with us, we'll show your house to the world!

## Storing Dahlia Tubers a Simple Task

By Buzz Bertolero  
Special to the TIMES

**Q** How do I separate and store the dahlias that I have recently taken out of the ground? I planted one in April, and it has multiplied into a clump of 20 to 30 bulbs.

**A** Dahlias are actually classified as a tuber and not a bulb. A true bulb contains modified leaves called "scales," a basal plate that develops roots, and a shoot that emerges from the center.

Dahlias lack the basal plate, scales, and the roots and the new shoots from Dahlias grow from "eyes" or growth buds. Tulips, daffodils, and

cyclamen are true bulbs, while dahlias and potatoes are examples of tubers.

You should first wash the dirt off the clump, exposing all the tubers. If the dirt is already dried, submerge the clump in a bucket of water. After 30 minutes, hose them off and let the clump air-dry.

Next, you have two options: divide the clump into individual tubers now and store them or store the entire clump until next year. In April or May, the clump is divided two to four weeks before planting.

You're probably not going to plant all the tubers, so select the largest and firmest, discarding the rest. Each tuber must include a growth bud or eye. The eyes are located along the narrow end of the tuber close to where it attach-

es to the main or last year's stalk.

With freshly dug dahlias, the eyes are easy to recognize; otherwise, include a section of last year stalk. All the fresh cuts should be dipped in dusting sulfur to prevent rotting. Dahlias are stored in a cool, dry location in an open container in sawdust, sand, vermiculite or perlite.

Dividing dahlias is not as difficult as it might seem and they have a high success rate.

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)

## RECENT HOME SALES

### San Leandro

2225 Atlantus Court	94579: \$750,000 3 BD - 1,557 SF - 1997
2366 West Avenue 133rd	94577: \$1,200,000 6 BD - 3,209 SF - 1966
16816 Carriage Lane	94578: \$350,000 2 BD - 778 SF - 1953
1240 Dutton Avenue	94577: \$765,000 4 BD - 1,545 SF - 1950
831 Evergreen Avenue	94577: \$725,000 3 BD - 1,708 SF - 1945
881 Evergreen Avenue	94577: \$700,000 3 BD - 1,498 SF - 1945
3583 Figueroa Drive	94578: \$689,000 3 BD - 1,156 SF - 1954
311 Foothill Boulevard	94577: \$490,000 2 BD - 949 SF - 1922
1015 Greenbrier Court	94577: \$765,000 3 BD - 1,800 SF - 2007
2541 Lakeview Drive	94577: \$900,000 3 BD - 1,891 SF - 1963
16600 Los Banos Street	94578: \$640,000 3 BD - 1,496 SF - 1925
1262 Mersey Avenue	94579: \$630,000 3 BD - 1,124 SF - 1953
14537 Santiago Road	94577: \$100,000 4 BD - 1,464 SF - 1939
1896 Sundberg Avenue	94577: \$750,000 3 BD - 1,584 SF - 1953
14842 Sylvia Way	94578: \$585,000 2 BD - 1,018 SF - 1945
1707 Bandoni Avenue	94580: \$610,000 3 BD - 1,050 SF - 1952

TOTAL SALES: 16

LOWEST AMOUNT: \$100,000 MEDIAN AMOUNT: \$694,500  
HIGHEST AMOUNT: \$1,200,000 AVERAGE AMOUNT: \$650,875

### San Lorenzo

574 Via Acalanes	94580: \$725,000 3 BD - 1,108 SF - 1944
17225 Via Alamos	94580: \$650,000 3 BD - 1,093 SF - 1948
1933 Via Amigos	94580: \$657,000 3 BD - 1,386 SF - 1955
1160 Via Esperanza	94580: \$760,000 3 BD - 1,549 SF - 1950
1055 Via Palma	94580: \$590,000 3 BD - 1,571 SF - 1948
17877 Via Rincon	94580: \$600,000 3 BD - 1,274 SF - 1944
33862 13th Street	94587: \$900,000 000

TOTAL SALES: 7

LOWEST AMOUNT: \$590,000 MEDIAN AMOUNT: \$650,000  
HIGHEST AMOUNT: \$760,000 AVERAGE AMOUNT: \$656,000



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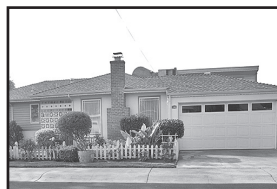
### RECENT SALES

1431 Darlene Drive, Concord • \$516,000  
750 Chetland Road, San Leandro • \$820,000  
6282 Zulmida Avenue, Newark • \$755,000  
11732 Cranford Way, Oakland • \$700,000  
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Asking \$645,000

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# Planning on Buying a Live Christmas Tree? Here's How to Take Proper Care of it

Decorating a living Christmas tree not only perks up the season but provides a tree for your yard if you have the space.

That planted tree not only can add esthetic value to your landscape, it can also keep soil from eroding and buffer a house from winter winds and summer sun. But you'll need to do more than shake the tinsel off the branches and stick it in the soil.

For the best choice of tree, you might want to check the Sunset Western Garden Book for details on how fast—and how big—a tree gets. Some that are suited to Bay Area climates include Mon-

terey pine, Sequoia redwood, the slow-growing Italian stone pine and the deodar cedar.

Gradually introduce your living tree from outside to inside over three or four days by putting it in the garage or an enclosed porch.

At a nursery or garden supply store, purchase a spray with an antidesiccant or antiwilt product to minimize needle loss and reduce loss of moisture once inside the home.

Locate the tree in the coolest part of the room, away from heating ducts.

The tree should not remain in the house for longer than seven to

10 days.

Water the tree as often as necessary to moisten the roots. Slowly trickle about two quarts of cold water around the trunk every three to four days for trees 4 feet or taller. But don't let the soil become soggy and never add nutrients or fertilizers as that could initiate growth which shouldn't occur in a dormant tree.

Decorate the tree with mini-lights and small ornaments, but don't use any flocking or other decorative spray.

When it's time to remove the decorations and plant the tree outdoors, choose a spot away from buildings and other trees.

(Remember, pines grow to 50 feet and redwoods two or three times that height.)

Dig the hole three times the width of the root ball, but less than a foot deep. The hole should not be deeper than the root ball.

Make four shallow cuts on the root ball with a sharp knife, place the tree in the hole and spread out the cut roots.

As you fill in the soil, keep the crown (where roots and stem meet) one to two inches above the soil

line. Add soil until the hole is two-third full, tamping the soil gently.

Water around the roots, then fill the hole completely and tamp the soil again. Be sure the crown remains above the soil line or the tree will die.

## OPEN HOMES SATURDAY & SUNDAY DECEMBER 8<sup>th</sup> & 9<sup>th</sup>

CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
C	1-4	1-4	20206 Sapphire St.	\$800,000	4/1.5	Keller Williams	Carol Peterson	925-577-5510
C	1-4	1-4	18666 Summit Ct.	\$799,000	3/1.5	Keller Williams	Judy Grubb	510-909-2930
A	—	12-3	1252 Collier Drive	\$699,975	2/1	RE eBroker Inc.	Antonio M. Cardenas	510-326-4263

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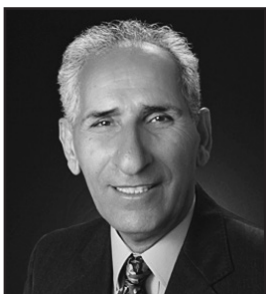
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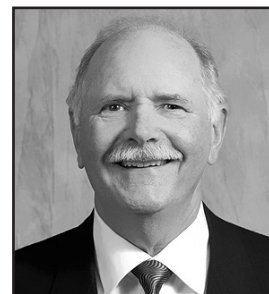
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## LOCAL DEATHS



## James Ronald Milward

James Ronald Milward, aged 87, passed away peacefully on Saturday, November 24th. James was born and grew up in San Leandro, California, and moved to Castro Valley, CA, in 1960. He served in the US Navy before earning a degree in architecture from UC Berkeley. As an architect, he helped design many buildings, including local Kaiser hospitals and the Livermore public library, and served as a mentor to many young architects. James was involved for many decades with the San Leandro Elks, serving also as Exalted Ruler. In his later years, James fed his passion for writing and published several detective novels starring his beloved character Sammy Shovel. James loved to travel with his wife of 50 years, Margery, who passed away in 2008, and is also preceded in death by his sister, Mary Eisenhart, son Doug van Eck, and grandson Devin van Eck. He is survived by his three daughters and their husbands, Sabina and Steve Hansen, Marcia and Bruce Dixon, and Elaine and Andy Zappettini, and daughter in law, Terry van Eck. Additionally, he is survived by ten grandchildren: Wendy, Jessica, Blair, Desiree, Lacey, Christie, Giovanni, Curtis, Mitchell, and Courtney, and three great grandchildren: Sierra, Hudson, and Charlie. James will be lovingly remembered for his excellent cooking, love of Halloween and fireworks, and enthusiastic storytelling. A private memorial will be held on December 8th; if you would like more information, please contact James' grandson, Blair at BlairHansen@live.com.

## Howard Bancroft Isham

Howard Bancroft Isham, San Leandro resident for nearly fifty years, passed away November 9, 2018.

He graduated from San Leandro High in 1949 and served in the Army during the Korean War.

Howard was a lithographer who worked for National Can, Lucky's print shop and taught printing at Laney College before retiring.

He is survived by Gerry, his wife of 62 years, his daughter Karen and husband Danny, granddaughter Emily and grandson Xander Pollock and wife Maleesa and great-grandson Calvin.

In lieu of flowers, donations may be made to your favorite charity in Howard's name.

## Lou McBride

January 4, 1930 – November 28, 2018



Lou McBride passed away peacefully at home after a long illness, surrounded by her family at her side. She was preceded in death by her husband Don McBride and her grandson Eric Pruner. She is survived by her daughters Carolanne Pruner, Donna McBride and her son Don McBride, Jr., her 3 grandchildren, Jeff, Jaclyn and Cole and her 3 great-grandchildren Miles, Gabriela and Dillon.

Lou retired from the University of California in 1992 as a nutritionist. She dedicated her life to helping people, especially the homeless. She belonged to several clubs and volunteered whenever she could. She loved her grandchildren and often said it was her job to spoil them. She would also tell everyone that she had the best son in law in the world (Rolland Pruner). She will be dearly missed by all.

Services are pending. Arrangements are being handled by the Neptune Society of Castro Valley. Donations to a charity of your choice is preferred.

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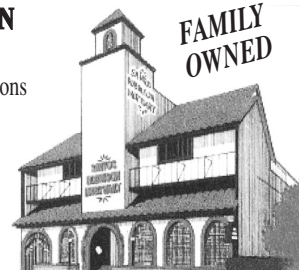
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## Katharine "Kathy" DeFord

April 3, 1957 - November 14, 2018

Katharine "Kathy" DeFord, longtime resident of San Leandro, passed away peacefully in her sleep on Wednesday, November 14, 2018.

Kathy was born April 3, 1957 in Oakland, California to her parents, Delores and Kenneth DeFord. Kathy grew up in Oakland and graduated from Oakland High School, Class of 1975. Kathy later moved to San Leandro and enjoyed her career at the auto auctions for 20 plus years. Kathy had a passion for traveling, shopping, talking on the phone for hours and cherished the relationships she had with her dear friends.

Kathy is survived and will be greatly missed by her beloved daughter Lisa Danielle Jamison, of San Leandro and her cat, Missy. Kathy is preceded in death by her parents, older brother, Leonard Allen DeFord and Grandparents, Irving and Margaret Ricardez.

Services celebrating her life will be held at Santos-Robinson Mortuary, 160 Estudillo Ave., San Leandro, on Friday, Dec. 14 at 12 p.m.



## Joanne Pakel Ikeda

May 17, 1944 - November 27, 2018

Internationally known nutritionist, Joanne P. Ikeda, traveled to a new dimension on Tuesday, November 27, 2018. She regretted leaving her wonderful husband, Roy H. Ikeda, and her two marvelous daughters, Melinda Mayumi Ikeda and Jennifer Ayame Ikeda, but knew she would be reunited with them in the Great Beyond.

Joanne was known for her role in the development of a new approach to weight management entitled Health at Every Size® (HAES). Mid-career she came to the conclusion that subjecting large people to food restriction, body dissatisfaction, and size discrimination was futile and only resulted in physical, psychological and social damage to these individuals. She and others determined that rather than focus on weight, the focus needed to be on health. Research showed that many large people could improve all aspects of health with lifestyle modifications unaccompanied by weight loss. Joanne cherished the awards she received from NAAFA, a civil rights organization for fat people and their friends, for her work advocating body size acceptance and fighting size discrimination. She testified before the San Francisco Board of Supervisors before they voted to adopt an ordinance banning size discrimination in employment, housing, adoptions, jury selection and other domains. She was highly respected for her research on the food habits of minority populations living in California; she conducted community collaborative research with Hmong-Americans, Vietnamese-Americans, Black Americans, and California Native Americans. She found many positive things happening in those communities. She was a member of the faculty in the Nutritional Sciences Department at the University of California, Berkeley, for close to 35 years. Joanne helped many students gain knowledge and skills in the areas of nutrition education and counseling. She served as President of the California Academy of Nutrition and Dietetics and was on more professional committees than she cared to count.

After retirement, Joanne was elected President of the Society for Nutrition Education and Behavior and in 2018 was honored to receive the prestigious Helen Denning Ullrich Award for Lifetime Excellence in Nutrition Education. She continued to work as a consultant for the Cartoon Network and did volunteer work with Girls Inc., Reading Partners, Eden Housing, and served as the Registered Dietitian for the Order of Malta Clinic in Oakland.

She was wealthy in her many friends, her sisters, Bonnie Headlee and Irene Pakel, her brother, Scott Pakel, as well as her sister-in-law, Minako Beusch, her brothers-in-law, Willi Beusch and Chuck Headlee, and her nephew, Michael Beusch. Her greatest contribution to this world was her two daughters, Mindi, a graduate of UCLA and a marketing executive, and Jenny, a graduate of the drama division of The Juilliard School and a successful actress. She thanks her husband, Roy, for his love and support through forty-nine years of marriage.

A celebration of Joanne's life will be held on Saturday, December 8 at 11:00 am at the Santos Robinson Mortuary, 160 Estudillo Ave, San Leandro. Instead of flowers, Joanne requested donations in her name be made to the Society for Nutrition Education and Behavior Foundation at <https://www.sneb.org/sneb-foundation/> or 9100 Purdue Road, Suite 200, Indianapolis, IN 46268.



## TIMES OBITUARIES

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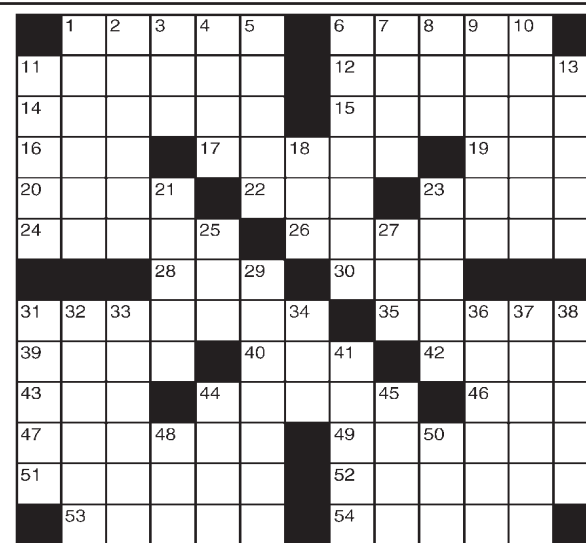
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## THE TIMES CROSSWORD



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- 12 Show up
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- 17 Formal pronouncements
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ANSWERS ON PAGE 3



## 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.

**A Warning to You Inconsiderate Drivers: Look Out!**

Editor:

I'm going to buy myself a baseball bat.

I regularly risk life and limb crossing our busy streets. I tolerate drivers who apparently think I'm standing in the road waiting for a break in traffic when I'm actually waiting for the one who'll obey the law and stop.

But on Tuesday evening November 27th, I experienced a special kind of humiliation when I attempted to safely cross East 14th at Estudillo on my way to BART.

It's about 5:15 p.m., dark and pouring rain, but I'm wearing a bright orange baseball cap and have a silver umbrella hoisted above my head. I'm in the crosswalk and I hear a voice, as if from afar: "Walk Sign Is On...Walk Sign Is On."

I get across the first couple of lanes OK, but I'm keeping an eye on this pickup in the furthest lane. It has crossed the line. It's creeping into the crosswalk.

By the time I get to it, it's blocking my path entirely. I have to stop, stand on the lane line, and watch it turn right into the parking lot.

This driver is in the warm, dry cab of his truck, sitting on an upholstered seat with good back support, and he couldn't spare me three seconds to cross in front of him and mount the curb...in the pouring rain.

So, drivers, stay alert. The next pedestrian you see crossing the road may be this gray-haired woman wielding a baseball bat.

—Sarah Bailey  
San Leandro

**San Leandro Not a Business-Friendly City**

Editor:

Raise taxes on business — let me know how that works out for ya!

This is not a business-friendly city, because, as luck would have it, most people in the business development office have never been in business. But they can sure make you jump through some hoops.

—Larry Arnold  
San Leandro

**San Leandro's 'Deepening Quagmire of Drowning Debt'**

Editor:

It is now evident that San Leandro's wild, reckless spending has thrust it down an ever deepening quagmire of drowning debt and woeful, wanton bankruptcy. This staggering assumption of debt threatens to ensnare each and every San Leandran, rich or poor, propertied or tenanted, with grappling permanent vagrancy or indebted state bondage which he would find both unworthy of his person and repugnant to his chosen way of life.

As such, without rancor, meanness, or malicious intent, we humbly request the city's officials to tender their resignations, dissolve the government and place said municipality under the

protection of its immediate superior, Alameda County.

—David F. Sigel  
San Leandro

**Time for San Leandro to Consider Dis-incorporation**

Editor:

I am no libertarian — quite the opposite. As a stage 4 cancer patient, I really do not want a high-school drop-out repeatedly probing my arm with a rusty needle in search of a vein when my time comes for a visit from "Sister Morphine."

I support 'free' secular public education for everyone — K to B.A. However, the local government here in San Leandro seems to have eroded into "amateur hour at the AV club."

Folks in San Leandro need to consider municipal dissolution, or dis-incorporation ("the termination of the political unit of an incorporated city). Castro Valley is admirable while we are in a state of Transit Oriented Development chaos and parcel tax decay.

—Charles Hintz  
San Leandro

**Public Works Officials Should Be Proactive to City's Needs**

Editor:

Although I join you in acknowledging the efforts by the "city crews" (Public Works Department?) for unclogging the street drains downtown (San Leandro Times front page, Nov. 29), certain questions come to mind:

1) In the midst of successive below-average rainfall seasons, why weren't the drains cleaned prior to this recent storm?  
2) What were the "city crews" doing during these dry spells? Certainly not:

a) Trimming/Removing "City Owned Trees" (front page 11/22/18 San Leandro Times).

b) Filling gaping street potholes throughout our entire city

c) Repairing cracked sidewalks (due to lack of trimming/removing "City Owned Trees" above)

I question the people in charge of the Public Works Department, not the city crews whose efforts were noted. Proactive measures are by far better than reactive ones.

—Charlie McClaren  
San Leandro

**On Lying in State**

Editor:

George H.W. Bush had to be moved to the U.S. Capitol to lie in state, but President Trump lies in state anywhere.

—George Z. Banks  
San Leandro

**Says West's Climate Claims Lack Real Research**

Editor:

Mr. West's three winters of snowfall counts are shy of Ph.D level research. Novelty to him, but a warming Earth was warned about when we first started burning oil a hundred

years ago and we've tracked CO2 rise since the 1950s.

The water cycle also isn't new. High school science taught us that water evaporates from oceans/lakes due to the sun, falls as rain/snow, and flows back to the ocean via rivers... then heat and repeat.

The process is driven by heat. It actually doesn't snow much at the North and South Poles as it is too cold and dry. But just last week, Tahoe got a huge snowfall while I was able to turn off the heater in my non-insulated, 1940s, San Leandro house in November.

How could that be? The Democrats, immigrants and City Council Mr. West says.

The rest of us know that warmer, moister air comes off the Pacific, up the Sierra Nevada, cools and produces snow. On the East Coast that same warmer, moister air is mixing with cold fronts out of Canada (send some of that healthcare with the cold air, eh). More warm/wet air + tilt of the Earth/cold air = more snow. A warmer planet can still make snow. More snow, Mr. West, is actually predicted by climate change models.

Mr. West writes to defend his gas-guzzling, forest-clearing, and coal-burning ways.

Wrapping up, "No it's not" is not an argument, that wasn't 5 minutes, it's not a hoax, our sun is too small to create a black hole when it dies, the Ark was too small to carry 2 of each, and our youth are left with a problem even as Mr. West runs out of fuel.

—John Clouston  
San Leandro

**Climate Change: "We Should Listen to the Experts"**

Editor:

Has Leo T. West *ever* taken a science class?

Stating that our Sun will become a black hole...

FYI: Our sun's mass is no where near the Chandrasekhar Limit of electron degeneracy pressure needed to form a neutron star, let alone a black hole.

A year ago, he was complaining about the smell of Carbon Monoxide made by cars idling on Fargo Ave...

FYI: CO is both colorless and odorless. You can't smell it. That's why we have CO detectors in our homes.

We should listen to actual experts in the fields of geology, astronomy, paleobiology, weather and evolution rather than reading pseudo-scientific politically-based opinions from Leo.

—Ken Kellogg  
San Leandro

**Thrilled by the Coverage of Labyrinth and Dancer**

Editor:

Thank you, San Leandro Times! I was thrilled to see my student, Nancy Skinner, featured in your coverage of the meditation labyrinth she facilitated at her church.

She is such a positive and loving energy in our community. First United Methodist is so lucky to have her. And I am flattered to have a dancer of Nancy's caliber in my class. (Check out her good vibes and cool moves on Barb Creamer Dance Fitness facebook page.)

—Barb Creamer  
San Leandro

## UNEMPLOYMENT BENEFITS



## INQUIRING REPORTER

## Are you a country person or a city person?

— Asked around town

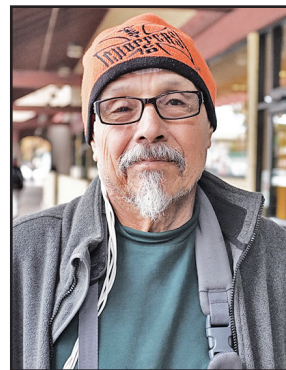
I'm a country person living in the city. I've lived in Oregon and Nevada and I like being out in the country, the hospitality and the scenery. But we have to work, and the economy is better in the Bay Area.

**Daniel Galindo**  
Hayward



I would say the country, because I go up to Chabot Park a lot. That's where I'd like to live, but I've always lived in the city. My wife says I wouldn't last a week in the country.

**Jimmy Rivas**  
San Leandro



The city. I like the crowds and the different cultures. The country is nice, too, though.

**Louie Salinas**  
San Leandro



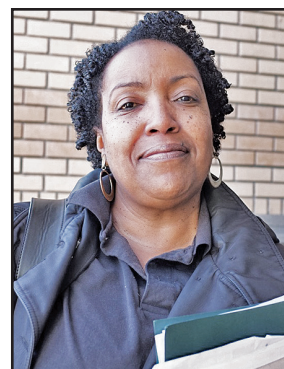
The city, because I like to walk to stuff. I like running into people all the time and all the things there are to do in a city.

**Meghan Thornton**  
Alameda



I'm more of a city person. There are more activities to do and it's kind of my resource. My exercise class, my job, everything I'm connected with now is in the city.

**Yvette Sapp**  
San Leandro





# Pot: Date for the opening of pot shops is still just a little hazy

continued from front page

marijuana sales to people with doctor's prescriptions.

Dispensaries in the nearby unincorporated area and Oakland allow adult recreational sales and even deliver to San Leandro. So it's easy to see why the San Leandro dispensaries would want to change the outdated city ordinance to allow recreational use in order for the business to be competitive.

"Of course, everybody is waiting for adult use to happen in San Leandro," said Cutter. "They'd be at a disadvantage if they open up with no adult use. We want to see them open, but the feedback is that they are saying it's (medical dispensaries) not profitable. That's something the council will have to look at after the first of the year."

The idea of allowing cannabis shops to operate in San Leandro was sold to the City Council at a series of meetings a few years back largely on the reasoning that sick people needed access to medical marijuana. But since

adult use became legal in California this year, there has been less emphasis on medical use.

Though Cutter believes the council will be open to considering adult use, she says the city is still displeased with how long it

**"Their permits could be pulled, but I don't think it will come to that."**

— Mayor Pauline Cutter

has taken the pot shops to open.

"Some people on the council will say 'Let's see someone get open before we approve anything else,'" said Cutter. "The operators can't be surprised that we are frustrated with them. Maybe we need to incentivize them to open,

whether that be a fine or something else. Their permits could be pulled, but I don't believe it will come to that."

Calls to all three dispensary operators — Harborside, the Davis Street Wellness Center, and Blum — for comment were not returned.

At this point, Blum looks like it will be the first to open at their location at 1911 Fairway Drive, Cutter said. Construction was underway this week and Cutter said that owners Terra Tech told her that they are eyeing a late January opening date.

Blum got a permit from the city in the fall of 2016, the last of the three operators to do so. At the beginning of 2018, they estimated they'd be open last April.

Construction is also underway at the Davis Street Wellness Center, which is considering a name change to "NUG," according to Cutter. The Wellness Center received its city marijuana permit in July 2016 and is setting up shop directly next door to the Davis Street Family Resource Center on Teagarden Street.

The first clinic to receive a city dispensary permit was Harborside back in September of 2015. Last summer, Harbor-



PHOTO BY AMY SYLVESTRI

Work is underway at the future Blum dispensary on Fairway Drive in San Leandro. The city council gave Blum a permit to operate over two years ago.

side said they'd open up before Christmas 2017, but did not. In August, they said they'd be open by this Christmas.

Cutter said she has plans to speak with Harborside's owners

next week to get an idea of when they will open their dispensary at 1965 Marina Boulevard.

The delays in opening the dispensaries cost the city money because in 2016 the city passed

Measure NN, a special tax on revenue from marijuana sales. The city estimates that it will make \$500,000 annually from the three dispensaries once they finally open for business.

## Holiday Entertainment At Bayfair Mall

Bayfair Center, 15555 East 14th St. in San Leandro, rings in the holiday season with free live entertainment throughout the holidays. The entertainment groups will be strolling through the center spreading cheer through Dec. 24:

Saturday, Dec. 8, from 1 to

3 p.m.: Holiday Festive Strings

Saturday, Dec. 15 from 1 to 3 p.m.: Merry Mariachi Band

Saturday, Dec. 22, from 1 to 3 p.m.: Merry Mariachi Band

Monday, Dec. 24, from 1 to 3 p.m.: Dickens Carolers

For information, visit [www.shopbayfair.com](http://www.shopbayfair.com).

## Sign Up for Boys & Girls Club Basketball

The Boys and Girls Club of San Leandro is taking sign-ups for its Winter 2019 instructional basketball program for all boys and girls in grades 3 through 6. The league begins in January.

The basketball program is designed to give players a fun

and competitive experience. Each player is evaluated prior to being assigned to a team so that all teams have a balanced number of veterans and rookies.

All players are required to play two quarters per game, so all players have an opportunity to be on the court and part of the action.

All practices and games are held at the Boys and Girls Club of San Leandro, 401 Marina Blvd. in San Leandro.

The basketball program fee is \$85 for current "After School" registered members or \$95 for all others and includes uniforms and awards.

The Boys & Girls Club is also looking for volunteer coaches for the program.

For more information on the program or if you are interested in volunteering as a coach please contact Ross Lim, at 483-5581 or via e-mail at [rosslim89@gmail.com](mailto:rosslim89@gmail.com).

## City's Jr. Warriors Basketball Program Starts in January

The City of San Leandro's Junior Warriors basketball program for boys and girls 5 to 14 years of age is back for its 19th season.

The 2019 youth basketball season will be held on Satur-

days beginning Jan. 12 through March 16 at the San Leandro High School 9th Grade Campus and Washington Manor Middle School. The program offers a non-competitive environment

where beginners and veterans alike can improve their skills through weekly games and instruction.

All players will receive a Jr. Warriors' jersey, instruction,

and league play. This program is co-sponsored by the Golden State Warriors, the NBA, WNBA and the City of San Leandro. Early registration discount ends on Dec. 14.

Pre-registration is required. Register with the San Leandro Recreation and Human Services Department online at [www.sanleandrorec.org](http://www.sanleandrorec.org). Walk-in registrations are also available at the San Leandro Senior Community Center, 13909 East 14th St., or at the Marina Community Center, 15301 Wicks Blvd.

For more information, call recreation supervisor Lydia Rodriguez at 577-3477 or email [lrodriguez@sanleandro.org](mailto:lrodriguez@sanleandro.org).

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### SIRs Meets Monthly at Metropolitan Golf Links

SIRs, an organization of retired men, meets on the second Wednesday of each month at the Wedgewood Center at the Metropolitan Golf Links, 10051 Doolittle Drive in Oakland. Happy hour starts at 11 a.m., followed by lunch at noon. Come and meet new friends. For more information, call Al at 895-9900.