

Celebrate **MOTHER'S DAY**
 Make her a delicious meal with the recipes on **PAGE 7**

WEEKEND WEATHER
MILD Sunshine with cloudy intervals
 HIGHS: 65-70
 0 10 20 30 40 50 60 70 80 90 100 110
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FRIDAY SATURDAY SUNDAY

San Leandro Times

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

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THURSDAY, MAY 9, 2019

SAN LEANDRO • CALIFORNIA

Fire Budget Could Spell Tax Hike

Councilman Lee scolds fire chief for firefighters' calendar depicting Asian stereotypes

By Amy Sylvestri
 San Leandro Times

The City Council heard a budget presentation from the Alameda County Fire Department at their Monday night meeting, a prelude to possibly putting a tax measure earmarked for public safety on this November's ballot.

Alameda County Fire Chief Dave Rocha presented a 2019/2020 budget of \$155 million dollars, \$70 million of which comes from the cities of San Leandro, Dublin, Emeryville, Newark, and Union City.

San Leandro accounts for 20 percent of the funding that comes from cities. The proposed contract between the city and the fire department is \$24 million this year, up 2 percent from 2018/2019.

Salaries and benefits make up the largest amount of what the city pays — \$13 million (54 percent).

Rocha said that having cities contract with the county fire department saves the cities money as they don't pay for certain administrative services such as hiring and payroll.

In San Leandro, there were 10,196 calls for service in 2018. Of those, 72 percent were medical calls, 8 percent were canceled en route, and just a small percentage were fire calls.

After the financial talk, Rocha

got an earful from City Councilman Benny Lee about allegations of racism in the department—specifically a Lunar New Year calendar depicting Asian stereotypes
 see FIRE, page 16

State Gas Tax to Improve Roads in SL

By Amy Sylvestri
 San Leandro Times

The state gas tax which was signed into law in 2018 by former Governor Jerry Brown raised fuel taxes by 12 cents a gallon for gasoline and 20 cents a gallon for diesel, with the money earmarked for road maintenance and rehabilitation.

But what does that tax pay for in San Leandro?

Half of the revenue from the tax (SB1) goes to the state and half to local jurisdictions. The City Council recently approved a list of SB1-funded projects which will be completed in San Leandro

see ROADS, page 14



PHOTO BY JIM KNOWLES

Workout at the Senior Center

Seniors stay in shape at the free exercise class on Tuesdays and Thursdays at the San Leandro Senior Center, taught by Aaron Wong and Maria Sandavol.

Pirates Sprinters on Top at League Meet

By Andrew Joseph
 San Leandro Times

Boys and girls track and field athletes from San Leandro, San Lorenzo, Arroyo, and Castro Valley high schools competed at the annual West Alameda County Conference (WACC) championship meet on Thursday and Saturday at Hayward High.

The San Leandro boys finished with three of the top four in the 100 meters—Dante Johnson earned first place with a time of 11.38 seconds, Obinna Elendu finished second in 11.47 seconds, and Jacari Ward took fourth in 11.62 seconds.

"Technique, focus, relaxation, and rest helped our athletes get ready for today's meet," said San Leandro sprinters coach Windle McNeil. "We've been preparing since last August doing conditioning work and they're peaking at the right time which is right now. I'm ecstatic."

The Pirates' girls 4x400m see TRACK, page 5



PHOTO BY ANDREW JOSEPH

San Leandro High sprinter Kayla Lee (white jersey) crosses the finish line in the girls 4x100 relay race on Saturday to take second place.

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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



CJ

The Pets of the Week at the Hayward Animal Shelter, 16 Barnes Court in Hayward, are CJ the dog and Du the dog.

CJ is shy and submissive with new people and surroundings but really comes out of his shell when there's another dog around. He would love to go to a home with another playful dog



Nellie

who can help him build his confidence. He's a sweet and goofy 9-month-old pup.

Nellie, a 2-year-old Kelpie/Malinois mix, is timid at first but loves to play with people and go for walks. She needs a family willing to slowly expose her to new things and take her to training to build up her confidence and give her new skills. Okay with older teens.

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

Cherry City Toastmasters

Visit Cherry City Toastmasters to learn how to speak effectively in a safe and supportive environment. Meetings are weekly on Tuesday from 12:05 to 1:05 p.m. in the Trustee Room of the San Leandro Main Library, 300 Estudillo Ave.



Rampage on a Six Game Winning Streak

Team Rampage of Alameda defeated the San Lorenzo Diamond Dolls, 14-3, on Friday in San Lorenzo in an Alameda Girls Softball Association (AGSA) 10U game. Rampage has a six game winning streak going and is headed to the playoffs. The Rampage team is: Front row (squatting): Emery Urquhart, Timmyanni Richardson, Leaira Robinson. Second row (kneeling): Katie Famous, Cameron Tran. Third row: assistant coach Jenny Gong, Miley Gradney, Phoebe Goldin, Alexandria Lamprecht (back), Kiely Wong, Charlotte Morrison-Wilson, and manager Mari Gradney

San Leandro Times

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

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Mayfest to Bring Bands, Comedians To The Englander

The 2nd Annual Mayfest will be held this Saturday starting at 4 p.m. at The Englander, 101 Parrott St. in downtown San Leandro, with music, comedy and beers by local bands, local breweries and local talent. Admission is \$20.

Bands include Shark Punch, Stereo Freakout, Altered Egos, Arsa, Phantom Hound and Groove Mafia.

Comedians and other performers will be Randy Farinelli, Angry Johnny, Rudy Ortiz, Casey Cope, Sean Boyles, Mean Dave, and Skip Wright.

Youth Orchestra Presents Spring Concert at Cal State

Youth Orchestra of Southern Alameda County (YOSAC) will present its Spring Concert this Saturday at 3 p.m. at the Cal State East Bay Theater.

YOSAC Concert Orchestra, Symphony Orchestra and the Horizons Ensemble will perform their works.

Tickets: \$10 general, \$5 seniors and students. YOSAC is a nonprofit organization started by parents, teachers and music professionals to augment school instrumental programs of Southern Alameda County. For more information, visit www.yosac.com.

Senior Lunch Menu

Lunch provided by Spectrum Community Services

A low-cost senior lunch provided by Spectrum Community Services is served on weekdays at the San Leandro Senior Center, 13909 East 14th St.

Everyone age 60 and up can have lunch. A suggested donation is \$3.75, but no one is refused for lack of funds. Call 24 hours ahead to reserve a lunch (825-9793) or sign up at the Senior Center.

The menu for lunch next week, May 13 to May 17, is:

Monday - National Fruit Cocktail Day. Butternut squash

with chicken and penne pasta. Tuesday - Cheesy vegetable rice casserole, fruit salad with nuts, whole wheat roll, fresh fruit.

Wednesday - Apricot glazed pork, mashed potatoes and gravy, carrots, tangerine, whole wheat roll.

Thursday - Turkey chili, garden salad, cornbread, applesauce.

Friday - Beef burger with tomato, lettuce, onion on whole wheat bun, potato salad, orange.

POLICE & FIRE

Man Stabbed, Woman Threatened During Double Carjacking

Two teenage boys have been arrested and two more are wanted following two armed carjackings which both ended in violent collisions last week.

The teens who have been arrested are not being identified by police because they are minors, but are boys ages 16 and 17, according to Sgt. Ray Kelly

of the Alameda County Sheriff's Office.

The incident began in San Leandro shortly before midnight on May 2 when a man sitting in his parked car and talking on the phone in the lot of the Main Library at 300 Estudillo Avenue saw four suspects in dark clothing approach his car and smash

a back window, according to Lt. Isaac Benabou of the San Leandro police.

The victim got out of the car and the suspects demanded his keys and cell phone. When the victim reached into his car to get his dog, which was inside, he was stabbed in the back of his leg with a small knife, Benabou said.

The suspects then got in the car and drove off, but did give the man his dog and phone back.

The victim called 911 and paramedics arrived at the scene to treat his stab wound, which was not life-threatening.

About 30 minutes later, the suspects went to a home on the 4800 block of Seven Hills Road in Castro Valley where they used the knife to threaten a woman sitting in her car in her driveway, again demanding her keys.

The woman struggled with the suspects and didn't give them her keys until her 11-year-old daughter came out of the house, Kelley said.

The suspects took off again, this time in two different cars.

An officer spotted both cars driving together near James Avenue and Brickell Way in Castro Valley. More officers arrived on the scene and the car that was stolen from Castro Valley led police on a 12-mile high-speed chase before crashing into a fence in San Leandro.



PHOTO COURTESY OF CARL LAWLER

The alleged carjackers crashed into this home on the 19000 block of Parsons Avenue in Castro Valley. Two women were at home at the time of the crash, but not injured.



PHOTO COURTESY OF ACFD

Tree Falls During Event at Marina

Alameda County Firefighters were called to Marina Park shortly before 10 a.m. on Saturday when a 40-foot cottonwood tree fell during a charity walk, the "FESCO Shuffle." Two adults were treated for minor injuries and taken to the hospital for further evaluation.

Around the same time that car crashed, the car that was stolen from San Leandro wound up crashing into a home on Parsons Avenue in Castro Valley. Two elderly women who live there were home at the time, but were not injured.

The passengers in both cars were arrested, but police are still looking for the drivers. Anyone with any information on the case is asked to call 577-2740.

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By Rob Rosas

IF YOU suffer from lower back pain and sciatica, you are among four out of five Americans who will suffer with this crippling spinal condition.

Shooting, stabbing and burning pains from the lower back region, often teamed with pain through the buttocks and down the legs are all classic symptoms of Sciatica or "pinched nerves".

In severe cases, it often leads to muscle wasting and or numbness with a constant tingling down to the tip of the toes. Left untreated, the intense pain can rapidly wear you down and drain the joy out of life.

New Treatment Discovery

Recent advances in the treatment of sciatica and lower back pain have led to the development and huge success of Non-Surgical Re-Constructive Spinal Care.

The excellent results of this treatment have been published in major medical journals. Success rates as high as 90% now have some leading back surgeons recommending their patients to try this treatment first before considering back surgery.

In Pleasanton, you can try Non-Surgical Re-constructive Spinal Care at the Intero Chiropractic – the office of the man who has dedicated helping hundreds of people with low back pain and sciatica.

Jerry and his team of fully trained spinal care specialists have helped hundreds of patients find relief from their agonizing back pain and sciatica.

Special SAN LEANDRO TIMES Reader Offer

Got a Painful Nerve?

Is your Sciatic nerve causing you crippling leg and lower back pain?

According to Jerry, "We use a combination of ultra-advanced technology, not found elsewhere in Pleasanton, for precisely diagnosing the cause of your lower back pain and sciatica. From this, a unique program for reconstructing the damaged area causing the pain is designed; this means superior long-term results for most people."

Personal Tailored Recovery Plan

Because the treatment is non-surgical, safe and easy, most patients report an almost immediate relief from their pain.

Patient Hector H. says, "My back pain was unbearable but the worst thing was the searing burning pain I felt in my buttock and leg.

I couldn't work or do anything useful and the drugs my GP prescribed hardly did anything.

My wife insisted I respond to one of these ads, I thought it would be a total waste of time, but I'm so glad she kept on at me.

Thank goodness I called your number, I'm so much better in just a couple of weeks."

Your invitation for a comprehensive consultation and examination to pinpoint the cause of your lower back pain and sciatica...

Rossmoor News has teamed up with the spine therapy specialists at Intero Chiropractic to help readers find relief from their persistent back and sciatic pain.

All you have to do to receive a thorough diagnostic examination with their advanced technology and a comprehensive easy to understand report on your state of health is call (925)255-5805.

- **Mention this article CODE: BOS20SCMS7b and Jerry will happily reduce his usual consultation fee \$100 to just \$20.**
- **That's a saving of \$80 - So hurry, due to obvious reasons - this is a time limited offer**
- **Only 100 reader consultations available at this exclusively discounted rate.**

My advice, don't suffer a moment longer...

Find out if Non-Surgical Re-Constructive Spinal Care can help you, book a consultation with Peter and his team now by calling (925)255-5805, they are waiting to take your call today.

They actually treat the cause of your health problem, not just your symptoms.

That's why hundreds of grateful patients tell them "You gave me back my life!"

Over the years, they've treated hundreds of patients with back

problems and sciatica. The vast majority of them have enjoyed a superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

Why Prolong Your Agony?

Call them now and get a full and thorough examination to pinpoint the cause of your problem for just \$20, the normal cost of such an exam is \$100!

Don't suffer from the pain and immobility any longer. Discover the natural treatment that can eliminate the cause of your problem and give you the safe, lasting relief you deserve.

Call them now at (925)255-5805 and cut out or tear off this valuable article to take to your appointment. You'll be entitled to a comprehensive examination to diagnose the cause of your problem - and you'll be on your way to lasting relief! Don't delay your important diagnosis and treatment another moment!

Please note, if you call during the week, they are very busy, so if they don't pick up straight away leave a message. You can even call at the weekend and leave a message to secure your spot.



Dr. Jerry Hsieh, DC says, "I've never seen a treatment as effective as Non-Surgical Re-Constructive Spinal Care for patients with sciatica or lower back pain."

They can't help everyone at this reduced price, so please call **NOW** to secure your special opportunity.

Special Reader Opportunity is limited to the first 100 reader consultations. Don't delay, call (925)255-5805 and Quote Special Offer Code BOS20SCMS7b.

PAID ADVERTISEMENT

NEIGHBORS



Basketball Players Brighten Easter at Children's Hospital

The 4th Grade St. Felicitas Catholic Youth Organization (CYO) girls basketball players collected donations, assembled and delivered over 1,000 eggs, 30 Easter baskets and 28 art kits for the patients of Lucile Packard Children Hospital.

The non-profit hospital was able to put on a successful Egg Hunt for its patients on

Wednesday, April 17. Baskets went to patients who were not able to participate in the hunt and the art kits were distributed to outpatient visitors.

Some girls delivered the donation and got a chance to sit with the coordinator to learn more about how their contribution supports the hospital and patients.

ARTS & ENTERTAINMENT

❖ Chanticleers Theatre *Other Desert Cities*

Chanticleers Theatre, 3683 Quail Ave. in Castro Valley, presents *Other Desert Cities*. This

funny and searing play, by Jon Robin Baitz (creator of the hit ABC show *Brothers & Sisters*), was recently one of the hottest tickets on Broadway and a final-

ist for the 2012 Pulitzer Prize. The show runs till May 26 on Friday and Saturday nights at 8 p.m., and Sundays at 2 p.m. General admission is \$25, seniors (60+), students, and military is \$20. For tickets, call 510-SEE-LIVE (733-5483) or go to chanticleers.org.

❖ Student Art Display

Art by local students will be on display through June 3 at the Hayward Area Historical Society (HAHS), 22380 Foothill Blvd. in Hayward with an opening reception on Wednesday, May 1, from 5 to 7 p.m. The Gallery is open Wednesday through Sunday from 10 a.m. to 4 p.m.



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- ARIES (March 21 to April 19)** Untangling personal problems might take more time than the impatient Lamb expected. But it's important to hang in there until all those knotty situations are straightened out.
- TAURUS (April 20 to May 20)** You still need to work out last-minute snags in your dealings with a rival. Hold your ground despite a perceived lack of support. Things should turn around before you know it.
- GEMINI (May 21 to June 20)** Best not to delay preparing for that upcoming family event. The sooner you get things started, the better chance you have of finding potential problems and making needed changes.
- CANCER (June 21 to July 22)** The romantic Moon Child might be reluctant to see the reality behind that "ideal" situation. But by midweek, the practical Crab emerges to help clear away the moonbeams.
- LEO (July 23 to August 22)** Although the Big Cat might be receptive to more "purr-suasion" to get you to agree to a workplace change, make sure you can distinguish the fine line between facts and flattery.
- VIRGO (August 23 to September 22)** Your positive attitude in the workplace helps to get you noticed by the right people. Now go ahead and use some of that new self-confidence to help shore up a personal relationship.
- LIBRA (September 23 to October 22)** Although you might still have to work out some problems with a business partner, things go more smoothly on the home front. An investment opportunity might need more study.
- SCORPIO (October 23 to November 21)** Don't be reluctant to act on your suspicion. Even if others see nothing wrong, the astute Scorpio could sense an underlying problem that isn't always obvious on the surface.
- SAGITTARIUS (November 22 to December 21)** A new opportunity presents some obstacles that need to be dealt with as soon as possible. Delaying action in hopes that the problems will go away could be counterproductive.
- CAPRICORN (December 22 to January 19)** A friend or family member's request might carry some hidden factors that could later create problems. Be sure you know all the facts before you make your decision.
- AQUARIUS (January 20 to February 18)** A setback in implementing a plan could turn out to be a blessing in disguise. Use the downtime to rework your original concepts and see where changes could be made.
- PISCES (February 19 to March 20)** You might not be consciously fishing for compliments, but admit it -- won't you feel great when your efforts are noticed? So accept the praise gracefully. You earned it.

COMMUNITY CALENDAR



❖ Hearing Loss Association Meeting

The Hearing Loss Association meeting will be on Saturday, May 11, at the Oakland Kaiser Hospital, Fabiola Bldg., 3801 Howe St., lower level, room G26. Refreshments at 9:30 a.m. with the program beginning at 10 a.m. The speaker will be Attorney Steven Derby, whose law practice is exclusively devoted to people with disabilities. He tells how best to deal with unfair treatment in society. Parking is free on Saturdays at the garage on Howe St. For more information, call 221-6080 or email info@hearinglosseb.org.

❖ Mothers Day at Hayward Shoreline

If your mother enjoys being outdoors, bring her to the the Hayward Shoreline Interpretive Center, 4901 Breakwater Ave. in Hayward on Mother's Day, Sunday, May 12 to discover shoreline dwellers in the teach-and-touch tank. A naturalist will be on hand to help you explore crabs, barnacles, worms, snails, and more in this up close, hands on experience. Afterwards, make a craft activity and take a self led hike in the 1800 acre park. For all ages and the fee is \$7 per person. To register in advance, call 670-7270.

❖ Climate Change Art Exhibit Discussion

The Art and Science of Solving Climate Change: Art Exhibit and Panel Discussion will be held on Sunday, May 12, from 1:30 to 3:30 at the Castro Valley Library, 3600 Norbridge Ave. in Castro Valley.

❖ San Leandro Art Association's Meeting

The San Leandro Art Association's monthly meeting will be held on Tuesday, May 14, at the San Leandro Main Library, 300 Estudillo Ave. Snacks and beverages will be served at 6:30 p.m., followed by a short meeting at 7 p.m. and an art demonstration at 7:30 p.m. Linda Nygard will demonstrate the acrylic pour method of painting. Acrylic paints are thinned, poured on to canvas, then manipulated, creating beautiful one-of-a-kind abstract paintings. The public is welcome to this free event.

❖ East Bay Rose Society's Meeting

Come to the East Bay Rose Society's monthly meeting on Wednesday, May 15, at 7:30 p.m. at the Lakeside Garden Center, 666 Bellevue Ave. in Oakland. The speaker will be Roger Kubalek, an agriculturist who was rosarian at the Berkeley Rose Garden. He oversaw a major restoration and rejuvenation of the garden, which he will show in a visual presentation, and give an overview of the garden's history and development over the years, including archive photos. Come and learn more about one of the Bay Area's key public rose gardens. For more information, visit www.eastbayroses.org.

❖ St. Felicitas Young @ Heart Luncheon

St. Felicitas Church's next monthly Young @ Heart Senior Luncheon will be Wednesday, May 15, at Monsignor McGinty Hall, behind the church at 1662 Manor Blvd. in San Leandro. The May luncheon will feature a cheeseburger lunch with dessert, beverage and door prizes. Doors open at 11:15 a.m. Lunch served at noon. Tickets can be purchased at the church office, located to the right of the church. Phone 351-5244. Last day to buy tickets is Friday, May 10, at noon. No ticket sales at the door. The cost is only \$6. All seniors our welcomed.

❖ One Myanmar Community Dancers

In celebration of Asian American Pacific Islander Month, the San Leandro Public Library invites the community to celebrate with One Myanmar Community (OMC) dancers on Saturday, May 18, at 2 p.m. at the Main Library, 300 Estudillo Ave. One Myanmar Community dancers was founded by a group of Myanmar students and friends from the Bay Area to empower the Myanmar community, connect Myanmar with non-Myanmar organizations, support education and promote Myanmar culture. For more information, call the Library at 577-3971.

❖ Washington Elementary Spring Carnival

Washington Elementary School, 250 Dutton Ave. in San Leandro, invites the public to its Spring Carnival on Saturday, May 18, from 11 a.m. to 3 p.m. with food, drinks, games and musical performances. Proceeds benefit the Washington Elementary PTO for field trips and school activities. Donations and volunteer hours will be greatly appreciated.

❖ Endangered Species Conference

Everyone is welcome to come to the Endangered Species Conference on Saturday, May 18, from 10 a.m. to 3 p.m. at the San Leandro Main Library, 300 Estudillo Ave. with information on endangered species, films, presentations, games and stories. Endangered animals and plants across California include wolves, condors, the Alameda Whip Snake and monarch butterflies. Speakers from the Friends of San Leandro Creek, Oakland Zoo, Center for Biological Diversity, East Bay Regional Parks and the Hayward Area Recreation District.

❖ The Science of Magic Neuroscience Talk

The Science of Magic is a neuroscience talk where a dynamic trio: a neuroscientist, a physicist and a magician, will explain this human frailty, our ability to be deceived, with live magic demonstrations on Thursday, May 23, at 6:30 p.m. at the Center for the Arts, 19501 Redwood Road in Castro Valley. Register at: <http://bit.ly/cvmagic8>

❖ San Leandro Democratic Club

The San Leandro Democratic Club will present a panel discussion on "A Parolee's Right to Vote" with guest speaker Assemblyman Rob Bonta on Thursday, May 23, from 6:30 to 8:30 p.m. at the San Leandro Main Library, 300 Estudillo Ave. Panelists include Alameda County Public Defender Brendon Woods; Ms. K. Glossup from Youth & Family Services; civil rights attorney Pamela Price; Deleign Thompson with the League of Women Voters; Dr. E. N. Crawford, pastor of the Praises of Zion Missionary Baptist Church; and Cynthia Chandler, director of the Bay Area Legal Incubator.

❖ Kiwanis Club Poker Tournament

The Kiwanis Club of San Leandro invites you to a charitable poker tournament on Saturday, June 15, at The Englander, 101 Parrott St. in downtown San Leandro. Check-in, free lessons and appetizers start at 5:30 p.m., and the tournament begins at 6:30 p.m. \$60 buy-in to play, \$20 for a guest observer pass. Includes appetizers, beverages available for purchase. Must be 21 or older. All proceeds benefit charities supported by the Kiwanis Club. Tickets are limited to 50. For tickets or information, call Katie Knox at 415-6974.

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.

Track: San Leandro 4x100 relay team takes first place at meet

continued from front page

team finished second with a time of 4:10.33, with the team of Savannah Prescott, Inaam Campbell, Mekhyla Clarke, and Nichole Fairley.

In the girls 100m, Castro Valley's Nyah Paulding finished second with a time of 13.01. and Nichole Fairley of San Leandro finished third in 13.09.

In the girls triple jump Paulding earned first place with a distance of 35'11.5" and Victoria Nelson also of Castro Valley finished third with 35'8.5".

"To perform well at this WACC meet it's about having the correct mindset and a clear head," said Paulding.

Arroyo's Calif Chen earned third place in the girls 100m hurdles with 18.51 seconds, a school record.

"Today our school performed really well and our athletes exceeded my expectations that I didn't expect," said Arroyo head coach Anthony Jackson. "Before this season we hadn't been to an invitational in four years, but this season we competed in six invites so that was a huge accomplishment."

In the boys 200m, Johnson took first with a PR of 22.09 seconds for the Pirates. In the girls 200m Paulding earned second with 26.04 seconds, Prescott finished third with a PR of 26.47



PHOTO BY ANDREW JOSEPH

Paul Randall of San Leandro High leaps 21-feet-4-inches in the long jump finals on Saturday to earn second place in the WACC championship meet.

seconds, and Fairley earned fourth with a PR of 26.62 seconds.

"It feels great to come out here and compete at a great level considering it's my first year running in this sport," said Johnson. "I am proud of myself and I thank

my teammates for pushing me to do better."

Prescott placed second in the girls 400m for San Leandro with a time of 1:01.40. Chris Conley won first place for the Trojans in the boys 800m with a PR of 2:00.40 and Amir Lorenzo earned

third place for the Pirates with a PR of 2:02.80.

"I feel like we could have done a little better in the 4x100m, but I'm happy that we qualified for the Bayshore meet," said Prescott.

San Leandro's Paul Randall

earned second in the boys long jump with a leap of 21'4" and Tony Burns of Arroyo placed third with a school record of 21'25". Victoria Nelson of Castro Valley earned second place in the girls long jump with a PR of 16'10.25".

"We could have done a little better in the 4x100 but I'm happy we qualified for the Bayshore meet."

— San Leandro High relay runner Savannah Prescott

in the boys shotput for Castro Valley with 45'5.50" and Enrico Giovannoni also of Castro Valley placed second with 43'5.50".

The Pirates' Deanna Gaines won first in the girls' shotput for the Pirates with a PR of 41'2". And Gaines took second in the girls discus with 115'4.50".

San Leandro finished first in the boys 4x100m relay with a time of 42.31 seconds, the team consisting of Jayland Bailey, Elendu, Johnson, and Ward. The Pirates earned second place in the girls 4x100m relay with a time of 49.75 seconds, the team consisting of Fairley, Savannah Prescott, Inaam Campbell, and Kayla Lee.

"I think I did pretty well at this meet," said Bailey. "My goal in the 4x100 is always to catch the guy in front of me and I did that today."

San Leandro finished second see TRACK, page 9

CROSSWORD ANSWERS

C	O	D	A	F	D	A	P	L	O	P	
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"I kept jumping in the 20s until I corrected my landing which is when I jumped that 21'4"," said Randall. "It feels good to PR, even better than winning because that means I'm actually improving."

David Elliott won first place in the boys pole vault for the Trojans with a PR of 12'6" and Alyssa Tung also earned second for the Trojans' girls with 8'. Conner Kincaid won first place

LEGAL NOTICE

FILED
MARCH 13, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 556448

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Lane Mortgage, LLC located at 604 Oakes Blvd., San Leandro, CA 94577, in Alameda County is hereby registered by the following owner(s): Lane Mortgage, LLC, 604 Oakes, San Leandro, CA 94577. This business is conducted by a limited liability company. This business commenced on 08/15/17. /s/Lane Mortgage, LLC

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires MARCH 13, 2024

APR. 18, 25, May 2, 9, 2019
0063-SLT

FILED
APRIL 09, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 557626

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: DayintheLifeguard located at 890 Dowling Blvd., San Leandro, CA 94577, in Alameda County is hereby registered by the following owner(s): Peter DeQuincy, 890 Dowling Blvd., San Leandro, CA 94577. This business is conducted by an individual. This business commenced on N/A. /s/Peter DeQuincy

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires APRIL 9, 2024

APR. 18, 25, May 2, 9, 2019
0064-SLT

FILED
APRIL 10, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 557733

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Innovative Training Consultants, LLC located at 211 Joaquin Avenue, San Leandro, CA 94577, in Alameda County is hereby registered by the following owner(s): Innovative Training Consultants, LLC, 211 Joaquin Avenue, San Leandro, CA 94577. This business is conducted by a limited liability company. This business commenced on N/A. /s/Innovative Training Consultants, LLC

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires APRIL 10, 2024

APR. 18, 25, May 2, 9, 2019
0068-SLT

FILED
MARCH 11, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 556317

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Golden Touch ILS located at 1271 Washington Ave., San Leandro, CA 94577, in Alameda County is hereby registered by the following owner(s): Pastoor C. Creese, 350 Breed Ave., San Leandro, CA 94577. This business is conducted by an individual. This business commenced on N/A. /s/Pastoor C. Creese

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires MARCH 11, 2024

APR. 25, May 2, 9, 16, 2019
0069-SLT

FILED
APRIL 09, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 557577

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Addicted To Money "ATM" located at 14274 Wicks Blvd., San Leandro, CA 94579, in Alameda County is hereby registered by the following owner(s): (1) Joaquin Rabelo, 14532 Hemlock St., San Leandro, CA 94579 (2) Lawrence Salas Jr., 1425 Rieger Ave., Hayward, CA 94544. This business is conducted by a general partnership. This business commenced on 04-09-19. /s/Joaquin Rabelo, Lawrence Salas Jr.

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires APRIL 09, 2024

May 9, 16, 23, 30, 2019
0082-SLT

FILED
APRIL 17, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 558091-6

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: (1) Opal Quality Systems Management (2) Business Operations + Systems Services (3) Mercedes Productions (4) Mercedes Management Enterprises (5) Power and Pride (6) Opal Qsm, located at 3055 Alvarado Street, San Leandro, CA 94577, in Alameda County is hereby registered by the following owner(s): (1) Deirdre Mercedes, 1944 109th Ave., Oakland, CA 94603. This business is conducted by an individual. This business commenced on 4-11-1998. /s/Deirdre Mercedes

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires APRIL 17, 2024

APR. 25, MAY 2, 9, 16, 2019
0072-SLT

FILED
MAY 01, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 558674

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: LAAB PLACE LLC located at 90 Broadmoor Blvd., San Leandro, CA 94577, in Alameda County is hereby registered by the following owner(s): LAAB PLACE LLC, 90 Broadmoor Blvd., San Leandro, CA 94577. This business is conducted by a Limited Liability Company. This business commenced on N/A. /s/LAAB PLACE LLC

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires MAY 09, 2024

May 9, 16, 23, 30, 2019
0081-SLT

FILED
APRIL 25, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 558407

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Hayward Pacific Storage located at 29605 Pacific St., Hayward, CA 94544, in Alameda County is hereby registered by the following owner(s): Ronald Bruce Nemeth, 235 Edinburgh Circle, Danville, CA 94526. This business is conducted by an individual. This business commenced on 05-01-19. /s/Hayward Pacific Storage

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires APRIL 25, 2024

May 9, 16, 23, 30, 2019
0083-SLT

FILED
APRIL 18, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 558161

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Fix Auto San Leandro located at 1970 Republic Ave., San Leandro, CA 94577, in Alameda County is hereby registered by the following owner(s): BMC of San Leandro, Inc., 1970 Republic Ave., San Leandro, CA 94577. This business is conducted by a corporation. This business commenced on 04-18-19. /s/BMC of San Leandro, Inc.

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires APRIL 18, 2024

May 9, 16, 23, 30, 2019
0077-SLT

NOTICE TO NATALIE REAGAN and JASON REAGAN as an heir of CHARLES ELMER REAGAN, who died in Winston, Oregon, on August 19, 2018. Testate probate proceedings, bearing the clerk's file number 19PB07585, have been commenced and are now pending in the Douglas County, Oregon, Circuit Court. Your rights may be affected by this proceeding. Larry L. Reagan was duly appointed on October 8, 2018 and is now serving as personal representative. Additional information may be obtained from the court records or the personal representative, Larry Reagan, c/o Sarah Wolf, Attorney, 727 SE Cass Ave. #318, Roseburg OR 97470.
MAY 9, 16, 23, 2019
0078-SLT

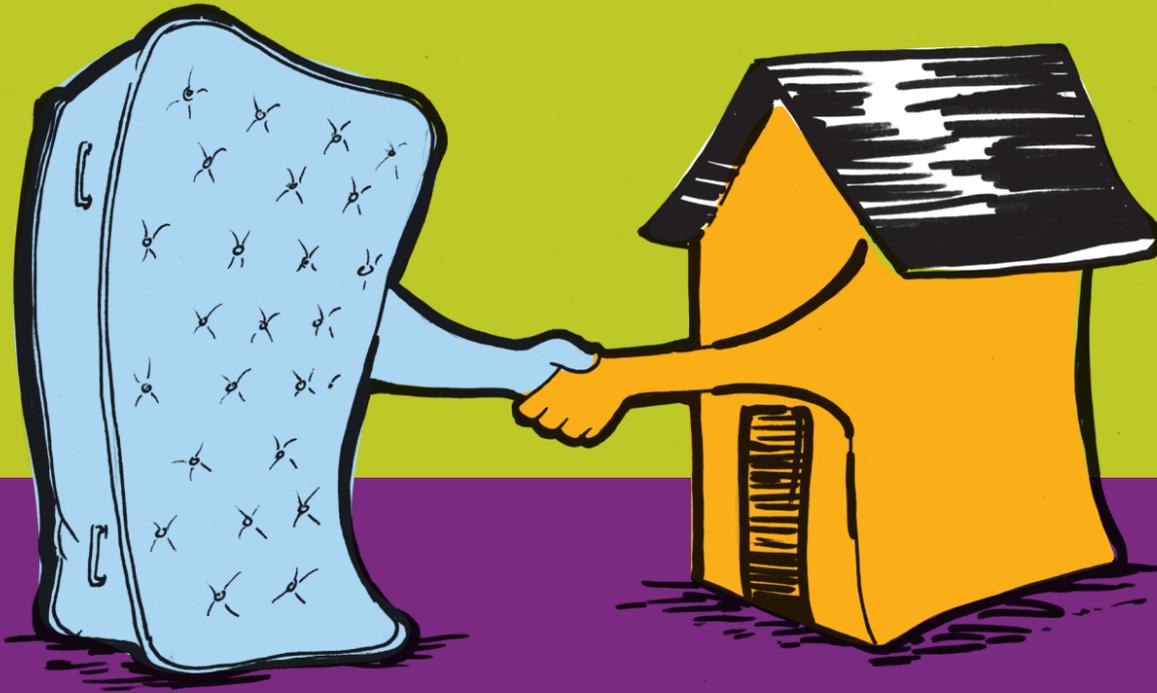
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LIFESTYLE



Breakfast for a Special Mom

Eggs Benedict is a classic —though fussy—Mother's Day breakfast treat. But the recipe isn't recommended for dads or kids who are inexperienced in the kitchen.

In that case, you just better settle for scones, pancakes or French toast.

EGGS BENEDICT

- 8 eggs
- 1 teaspoon distilled white vinegar
- 8 strips Canadian-style bacon
- 4 English muffins, split
- 2 tablespoons soft butter

Hollandaise Sauce:

- 4 egg yolks
- 3-1/2 tablespoons lemon juice
- Pinch ground white pepper
- 1/8 teaspoon Worcestershire sauce

- 1 tablespoon water
- 1 cup butter, melted
- 1/4 teaspoon salt

To make hollandaise: Fill the bottom of a double boiler part-way with water. Make sure that water does not touch the top pan. Bring water to a gentle simmer.

In the top of the double boiler, whisk together egg yolks, lemon juice, white pepper, Worcestershire sauce, and 1 tablespoon water. Add the melted butter to egg yolk mixture 1 or 2 tablespoons at a time while whisking yolks constantly.

If hollandaise begins to get too thick, add a teaspoon or two of hot water. Continue whisking until all butter is incorporated. Whisk in salt, then remove from heat. Place a lid on pan to keep sauce warm.

Preheat oven on broiler setting. To poach eggs: Fill a large saucepan with 3 inches of water. Bring water to a gentle simmer, then add vinegar. Carefully break eggs into simmering water, and allow to cook for 2-1/2 to 3 minutes. Yolks should still be soft in center. Remove eggs from water with a slotted spoon and set on a warm plate

While eggs are poaching, brown the bacon in a medium skillet over medium-high heat and toast the English muffins on a baking sheet under the broiler.

Spread toasted muffins with softened butter, and top each one with a slice of bacon, followed by

one poached egg. Place 2 muffins on each plate and drizzle with hollandaise sauce. Sprinkle with chopped chives and serve immediately. Makes 4 servings.

WORLD'S BEST RAISIN SCONES

- 1 cup sour cream
- 1 teaspoon baking soda
- 4 cups all-purpose flour
- 1 cup white sugar
- 2 teaspoons baking powder
- 1/4 teaspoon cream of tartar
- 1 teaspoon salt
- 1 cup butter
- 1 egg
- 1 cup raisins

In a small bowl, blend the sour cream and baking soda, and set aside.

Preheat oven to 350°F. Lightly grease a large baking sheet.

In a large bowl, mix the flour, sugar, baking powder, cream of tartar, and salt. Cut in the butter. Stir the sour cream mixture and egg into the flour mixture until just moistened. Mix in the raisins.

Turn dough out onto a lightly floured surface, and knead briefly. Roll or pat dough into a 3/4 inch thick round. Cut into 12 wedges, and place them 2 inches apart on the prepared baking sheet.

Bake 12 to 15 minutes in the preheated oven, until golden brown on the bottom. Yields 12.

BLUEBERRY PANCAKES

- 1-1/4 cups all-purpose flour
- 1/2 teaspoon salt

- 1 tablespoon baking powder
- 1-1/4 teaspoons white sugar
- 1 egg
- 1 cup milk
- 1/2 tablespoon butter, melted
- 1/2 cup frozen blueberries, thawed

In a large bowl, sift together flour, salt, baking powder and sugar. In a small bowl, beat together egg and milk. Stir milk and egg into flour mixture. Mix in the butter and fold in the blueberries. Set aside for 1 hour.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot. Makes about 6 servings.

BRANDIED BUTTER FRENCH TOAST

- 4 eggs
- 2 tablespoons plus 1 teaspoon sugar
- 1/2 teaspoon salt

- 1 cup whole milk
- 1/4 teaspoon vanilla extract
- 12 hick slices of bread
- Butter
- Powdered sugar, optional

Brandied Lemon Butter:

- 1/2 cup butter
- 1 cup sugar
- Juice of 2 lemons
- 3 ounces brandy
- 4 teaspoons grated lemon rind

In a shallow dish, beat eggs, sugar, salt, milk and vanilla. Soak bread in mixture.

Heat butter over medium high heat and cook each slice of bread until slightly brown on each side.

Serve with brandied lemon butter and lemon slices. Sprinkle with powdered sugar, if desired.

For Brandied Lemon Butter: Melt butter over low heat. Spoon off any foam that forms. Pour into a dish, leaving behind any sediment in the pan.

Wash pan, pour butter back in the pan and add the sugar. Stir constantly until sugar dissolves.

Add lemon juice, rind, and brandy; stir until smooth. Pour over hot French toast.

FRUIT SANGRIA

- 6 cups assorted fruits (such as mango, pineapple, sliced or cut into chunks)
- 1/4 cup thinly sliced peeled fresh ginger
- 1 to 1-1/2 cups fresh basil or mint leaves
- 1/2 cup orange liqueur, such as Cointreau
- 1 bottle crisp white wine, such as Sauvignon Blanc
- Juice from 1 lemon

In a large bowl or pitcher, combine fruit, ginger, basil or mint, and orange liqueur. Mash gently with the back of a wooden spoon until basil is bruised and fruit releases juices. Add wine and lemon juice and stir to combine.

Refrigerate 1 hour (or up to 1 day). To serve, fill eight glasses with ice and top with sangria. Serves 8.

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Desserts	Fried Chicken
Fresh Fruit	Fried Prawns
Cheesecake	Baked Seafood
Pudding	Smoked Salmon
Crepe Brulee	Lasagna
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Mother's Day Menu
3 p.m. till 9 p.m.
Dinner (Includes Entree, your choice of Soup or Salad)
Soup ~ Chicken with Asparagus
Salad ~ Mixed Greens w/Bay Shrimp

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HEALTH & FITNESS

Are You at Risk for Hepatitis C? What to Know

Approximately 2.5 million people in the U.S. are living with chronic hepatitis C virus (HCV), according to the Centers for Disease Control and Prevention (CDC), and as many as 75 percent of people with the disease don't know they're infected.

Untreated, HCV can lead to liver damage, cirrhosis and liver cancer. While these numbers may sound startling, there's good news, too.

Thanks to the recent development of direct-acting antiviral medications, treatment of HCV has evolved significantly to be shorter in duration, cause fewer side effects and have cure rates higher than 90 percent for those treated.

To encourage testing, treatment and wellness, the American Liver Foundation (ALF), the nation's largest patient advocacy organiza-

tion for people living with liver disease, and Lincoln Financial Group are offering the following tips:

Get Tested

HCV is called "the silent disease" because many with the virus show no symptoms. Therefore, testing -- often a simple blood test -- is important for higher risk populations, especially baby boomers. May, which is Hepatitis Awareness Month, is a great time to schedule it.

The CDC recommends that everyone born between 1945 and 1965 get tested, as this portion of the population is five times more likely to have HCV than other adults.

Other higher-risk populations include current or former drug users, recipients of blood transfusions or organ transplants before July 1992, hemodialysis patients, those

who have gotten tattoos or body piercings with nonsterile equipment, workers who have come in contact with infected blood at their jobs, and those with HIV.

Get Treated, Get Cured

If you test positive, your healthcare provider will suggest which medication treatment options are right for you based on your particular circumstances. Today's treatments typically involve eight to 12 weeks of oral medication, and are well tolerated with few side effects.

"With continued improvements in detection and treatment, understanding your risk for HCV can save your life," says Tom Nealon, president and CEO of ALF. "We encourage those high-risk populations to get tested, so they can get treated and get cured."

Pursue Liver Health

Once you've received treatment, stay on the path to wellness. To protect your physical health, keep all your medical and lab appointments, see your physicians regularly, eat healthfully, pursue hobbies, exercise and avoid alcohol and recreational drugs.

It can be common to face some emotional and mental stress as a result of the disease itself, as well as the stigma associated with it. Getting the support you need to overcome these challenges helps the healing process. For resources, visit liverfoundation.org.

After treatment, it's important to recognize and overcome the financial challenges created by the disease. If you were denied life insurance in the past, consider speaking with a financial advisor to determine how to get affordable cover-



The CDC recommends that everyone born between 1945 and 1965 get tested for the hepatitis C virus.

age.

Some insurance providers have incorporated the most up to date HCV information into their underwriting approach, allowing for expanded eligibility and lower costs of cov-

erage.

HCV goes undetected and untreated all too often. But knowing the facts can protect your physical, mental and financial well-being.

—StatePoint



Mother's Day: Tips to Consider To Help Support Women's Health

By Dr. Eva Balint
Special to the Times

To recognize Mother's Day and National Women's Health Week (May 12-18), here are tips to consider to support the health of all women, especially expectant and new mothers:

- **Mammograms Matter:** One in eight American women will get a breast cancer diagnosis at some point in her lifetime, and most cases are detected by a mammogram before symptoms appear.

- **According to the National Institutes of Health,** the five-year breast cancer survival rate has increased significantly in recent years, now reaching more than 90 percent. For patients diagnosed with early-stage breast cancer, the five-year survival rate is close to 100 percent.

- **Take Charge of Your Health:** This means eating well, staying active, getting sufficient sleep and limiting stress as much as possible.

For expectant mothers, the U.S. Surgeon General advises that no amount of alcohol is safe during pregnancy, and smoking is unsafe for you and your baby.



For support, your health plan may have programs and on-line services at no additional cost that can help you adopt a healthier lifestyle or, if needed, improve the management of chronic conditions, which is especially important for expectant women.

- **Avoid Early or Elective Deliveries:** For expectant mothers, it is important to understand the risks associated with elective deliveries before 39 weeks of pregnancy and their potential impacts.

Studies have shown that early, non-medically indicated cesarean (C-section) deliveries are linked to a higher risk of complications, including infection, hemorrhage or blood clots, and

admission to the neonatal intensive care unit (NICU).

Babies born before 39 weeks are more likely to have respiratory problems and developmental delays, according to a published study.

- **Know Your Maternity Benefits and Rights at Work:** If you work full time and plan to return to your job after your baby is born, it is helpful to know your company's maternity leave policy.

The Family and Medical Leave Act (FMLA) enables mothers and fathers who have worked at least one year for a company with 50 or more employees to take up to 12 weeks of unpaid time off, while many employers offer full or partial paid leave.

Under the law, your employer is required to give you the same -- or the substantially equivalent -- job back after your leave.

We've celebrated Mother's Day for more than 100 years. By considering this information, we can continue supporting the health of women and honor them for their important contributions to our communities.

Dr. Eva Balint is Medical Director of UnitedHealthcare.

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Building Futures to Host Gala Fundraiser at the Alta Mira Club

Tickets on sale for fundraiser for women's program

Building Futures will host its annual fundraising gala, marking 31 years of life-changing programs and services, on Friday, May 17, at 6 p.m. at San Leandro's historic Alta Mira Club, 561 Lafayette Ave.

Jazz it Up! 2019 is a celebration of the people Building Futures serves, and the partners who have helped the agency connect its clients to safe and supportive housing for over 30 years. Tickets are \$75.

The venue will be turned into a 1940's-style jazz club, lulled by the smoky, soulful sounds of "The Gold Souls," fresh from their cross-country tour.

Food will be provided by local favorite Reem's California. The chef of this woman-owned restaurant was recently recognized with a James Beard Award for their mouth-watering Middle-Eastern cuisine.

Building Futures is honored to welcome San Leandro Mayor Pauline Cutter and Mayor Marilyn Ezzy Ashcraft of Alameda, to present this year's awards

to county Supervisor Wilma Chan, affordable housing developer Tom Lauderbach, and career strategist and coach Meredith Mehlberg.

Don't miss an array of silent auction packages that include spa packages, fine dining, concert tickets, sporting events, a Tahoe getaway, and much more. There will also be a raffle, and the grand prize is a beachfront stay for six people in beautiful Costa Rica, with three roundtrip flights included.

All event proceeds will support Building Futures' array of programs and services designed to build communities with underserved Alameda County residents, where they are safely and supportively housed, free from domestic violence and homelessness.

Purchase event or raffle tickets online at www.bfwc.org or givedirect.org/JazzItUp, or contact Naima Ezana at 510-924-3092 or nezana@bfwc.org. If you can't attend, you can still buy raffle tickets and be in

for a chance to win the grand prize trip.

Bonta to Speak at SL Demo Club

The San Leandro Democratic Club will present a panel discussion on "A Parolee's Right to Vote" with guest speaker Assemblyman Rob Bonta on Thursday, May 23, from 6:30 to 8:30 p.m. at the San Leandro Main Library,

300 Estudillo Ave. The public is welcome to attend.

Panelists include Alameda County Public Defender Brendon Woods; Ms. K. Glossup from Youth & Family Services; civil rights attorney Pamela

Price; Deleign Thompson with the League of Women Voters; Dr. E. N. Crawford, pastor of the Praises of Zion Missionary Baptist Church; and Cynthia Chandler, director of the Bay Area Legal Incubator.

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Track: Great competition

continued from page 5

in the 4x400m boys relay with a time of 3:31.06, with runners Amir Lorenzo, Elendu, Trevon Caldwell, and Bailey. Arroyo placed a close third in that event with a time of 3:31.29, the team consisting of Hillel Pimentel, Daniel Williams, Victor Saucido, and Kenneth Thai.

"We performed perfectly today in the 4x100m and I think we ran even better today than we did at the Stanford Invite earlier this season," said Pirates' sprinter Jacari Ward. "Our team has a good chance to make it to the CIF State finals this season, we just have to keep working hard and trusting each other."

"There will be a lot of great competition this year at NCS, es-

pecially for the boys," said coach McNel. "I think the sport of track and field is making a resurgence this season in The Bay Area—we have a lot more students wanting to join the sport and that's great."

Finalists from this meet will go on to compete at the NCS Bayshore Championship Meet this Saturday at Hayward High. Field events start at 8:30 a.m., and track starts at 10:30 a.m. From there, qualifiers receive the opportunity to compete at the NCS Meet of Champions at Diablo Valley College in Concord May 17-18.

The top performers from there will earn a trip to the California Interscholastic Federation (CIF) State Championship on May 25 in Clovis.

Auditions for San Leandro Players Production of *And Then There Were None*

The San Leandro Players will hold auditions for *And Then There Were None* by Agatha Christie on Monday and Tuesday, May 20 and 21, from 7 to 8:30 p.m. at the San Leandro Museum Auditorium, 320 West Estudillo Ave.

Read from script. No pay, non-Equity. 8M-2F flexible (open casting; some men's roles may be cast by women), all adult, all ages and ethnicities encouraged.

Rehearsals begin May 27, Monday through Thursday evenings. Performances are on Saturdays at 8 p.m. and Sundays at 2 p.m., July 20 through Aug. 18. Opportunity for stage crew –

lights and sound operators.

For more information call 895-2573 and leave a message or visit our website at www.slplayers.org. For information and appointments contact Mark O'Neill actor.markoneill@gmail.com.

And Then There Were None is a classic Agatha Christie drama. Ten strangers are summoned to a remote island. While waiting for their mysterious host to appear, a recording levels serious accusations at each guest. Soon they start being murdered, one by one. This is a masterpiece of murder, suspense and mystery, based on one of the best-selling novels of all time.

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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



The Best Time To Sell Your Home

Want to know the best time to sell your home? Google it. In a nanosecond, you will have any number of websites that all basically say the same thing. The best time to list?

May. Overall, the logic is simple. Once Easter weekend has passed, spring is in full bloom, weather turns for the better and buyers start looking in earnest. As we push into the summer months, buyers get preoccupied with end-of-school activities, vacations, team sports and more. As the season heads towards fall, we typically enter the home-selling doldrums.

According to Zillow, of the 35 major markets they track across the nation, the best listing period for 29 of them is between

late March and early June. By and large, most sellers know that spring is the best time to get their digs on the market and spend the first part of the year getting homes ready for a May launch.

My question is this: "If everyone knows that May is supposed to be the best time to sell, what happens if everyone puts their homes on the market at the same time?"

Last year, an active Southern Alameda County neighborhood, experiencing an average of 2 new listings a month, saw a sudden surge of 17 homes going live in a 3-week period in May. It seems everyone got the same memo and decided May was do-or-die month.

As it turned out, "die" was the operative word: the sudden swell of listings completely killed local sales as buyers, overwhelmed with more inventory than they knew what to do with, became paralyzed and stopped buying altogether. In a classic display of supply-and-demand economics, values in the neighborhood plunged and, a year later, values have not fully recovered.

Talking to Realtors around the Bay, it has become apparent that we may be in for a "lather, rinse, repeat" scenario in 2019.

So far this month we've seen an explosion of Central County homes hit the market and many agents I know are working feverishly to get signed listings

ready for sale as quickly as possible so as not to miss May's window of opportunity.

Buyers have been waiting for the onslaught, aware that more inventory means greater choices and, if too many homes hit the market at the same time, less competition and lower prices. Coupled with the currently low interest rates, we should be in for an interesting month.

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.

HOME of the WEEK

At 336 Marlow Drive, you will find a lovingly cared for home in the heart of Sheffield Village. This is the first time it is on the market in almost 50-years. 336 Marlow has all the character and charm you expect in Sheffield Village and yet has tasteful updates such as stainless-steel appliances and new light fixtures. In this home, you will find three bedrooms, two bathrooms, an eat-in kitchen, and a formal dining room. Here you will find a wonderful, move-in ready home, which has beautiful, real hardwood floors and fresh paint throughout. The living room is highlighted by a brick fireplace, high ceilings and large windows. In Sheffield Village, you will find a charming and vibrant community of similarly styled homes; serene views of the surrounding hills; a walkable neighborhood with numerous parks and Open Space. What won't you find at 336 Marlow? You. But that you can change.
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Bay Area Soil Fungus Causes Black Japanese Maple Limbs

By Buzz Bertolero
Special to the Times

Q We have a six-year-old Coral Bark Japanese Maple. Last year, a few of the smaller branches turned black, and we pruned them off. Now one of the three main branches is doing the same thing, and the leaves are shriveling. The shape of the plant will be ruined if we remove it. What should we be doing?

A It's never good news when the stems of a Japanese Maple turn black. The black coloration is a primary indicator of a vascular disease called verticillium wilt, a soil-borne fungal disease that's common

in our Bay Area soils. When the infected stems are cut, you'll find black streaking through the tissue. It attacks a wide range of ornamental and herbaceous plants including, tomatoes, peppers, roses, pistache and camphor trees.

The fungus works its way up the plant from the roots disrupting the vascular tissue that is responsible for transporting water and nutrients throughout the plant. Unfortunately, we have no controls for this problem. The disease attacks without warning.

Our poorly draining, heavy clay soil and excessive summer watering doesn't help. It's particularly frustrating when verticillium wilt attacks established and thriving ornamentals. With tomatoes and other vegetables,

we can plant resistant varieties, but that's not the case with Japanese Maples.

I'd removed the infected limb because it is not going to recover and encourage the new growth by feeding it a Japanese Maple Fertilizer. A replacement branch can be selected from the new growth.

When the temperatures are over 80°F, I'd water Japanese Maples weekly. If they are in a shady location, they can go longer in between watering, every ten to fourteen days.

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



Verticillium wilt infects Japanese maples (above) as well as a wide range of ornamental and vegetables.

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Cleaning a Rusty Grill

By Samantha Mazzotta
Special to the Times

With our recent summery weather, thoughts of outdoor grilling may be dancing in your head. But if you left your grill out in the weather over the winter, you may see that you have some cleaning up to do.

You can buy a cleaner that removes rust stains at your local hardware or home-improvement store, or if the rust is mostly surface-based, try wiping the area first with a damp cloth. If not all the rust is removed, try scrubbing the area with a steel-wire brush or steel wool.

If the interior of the grill or the grates are rusty or caked with old charcoal and burnt-on food, use the same cleaning methods to scrub them off. Then, clean the interior well (for readers who use charcoal grills, remove the old ashes and charcoal and then clean).

Once clean, you'll want to seal the rust-damaged areas. On the outside of your grill, a high-temperature paint will keep air and moisture away from the metal and won't flake away quickly.

The interior should be cleaned between each grilling session and closed to prevent rain from entering. Grill racks should be washed after cleaning and each use, and a thin coat of cooking oil sprayed or rubbed on them so they stay rust-free between uses.

If you're not going to use the grill for a long time, say several weeks, regardless of the season it should be cleaned, covered with a grill cover and moved out of direct rain and sunlight.

Some owners coat the exterior of the grill with a thin coat of cooking oil if they plan to store it for some time.

Home Tip: Got a tough clean-up of grill racks? Make a foamy vinegar-baking soda paste and apply to the racks, let them sit for a few minutes, then scrub away burnt-on food and grease.

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Encore Azaleas Bloom Twice; Tomatoes Can't 'Catch Up'

By Buzz Bertolero
Special to the Times

Q I've heard that if you prune azaleas after their spring bloom, they will bloom again in the summer. Is this true and how much pruning is necessary?

A Pruning has no effect on the blooming cycle of azaleas. Pruning doesn't trigger bud formation; however, it can delay the formation of flower buds when they're sheared back in the late summer or in the fall.

The proper time to prune is after they have finish flowering and its primary purpose is to shape the plant. The old spent flowers should be manually removed, as azaleas do not self-shed. This allows you to shape and clean up the plant(s) all at one time.

Azaleas typically bloom only in the spring; however, there are locations where we do see them flower a second time. This usually occurs in the fall where there is a strong marine influence during the summer months. The cool, moist air after several heat spells tricks the

plants into blooming again. We would expect this to occur along the coast and in Berkeley, San Ramon, Martinez, Fremont and other cities; although, it doesn't happen ever year.

Encore Azaleas will bloom twice a year without any help from Mother Nature. I would consider them for new or replacement plantings. They've been around for about 10 years.

All told, there are 30 varieties in the series, but most garden centers only carry a few.

They thrive equally well in highly filtered shade or sunny locations. But, I would protect them from the heat of the day's sun where temperatures regularly hit the high 80s and above.

Also, you should prune them be July; otherwise, you'll miss the fall blooming cycle.

You'll find more information about Encore Azaleas at www.encoreazaleas.com.

Q Is it too late to plant tomatoes?

A No, it's not too late to plant tomatoes. Personally, I think May is the ideal month to plant tomatoes, along with peppers, eggplant and melons, more so than earlier.

The rainy season has concluded and the day and nighttime temperatures are ideal for growing summer vegetables.

Tomatoes like warm days and nights; otherwise, they struggle, never reaching the expectation gardeners have.

That being said, it's time to take a reality check on those tomatoes planted in March and April. You need to ask yourself the following questions: Have your plants grown sufficiently since they've been planted or are they struggling and doing little to nothing? Is the foliage a nice green color or are they spotted and turning yellow?

If you answered yes to either question, you now have to do one of two things.

The first option is to lower your expectations. The plants are not going to kick it into another gear and make up for the lost time once the weather improves. These plants will underperform the rest of the season as there is no "catch up" gene in tomatoes. This is my primary



BUZZ BERTOLERO
THE DIRT GARDENER

reason to wait and plant late.

Option two is to replace them. The new plantings will outperform those planted earlier. Your favorite variety may not be available and that's okay because you'll be pleasantly surprised by the ones you did plant.

Buzz Bertolero is an Advanced California Certified Nursery Professional and Senior Gardening Professional at Sloat Garden Centers. His web address is www.dirtgardener.com. Email questions to dirtgarden@aol.com or go to [Facebook.com/Buzz.Bertolero](https://www.facebook.com/Buzz.Bertolero).

RECENT HOME SALES

San Leandro

536 Sterling Drive	94578: \$368,000	2 BD - 896 SF - 1986
1266 145th Avenue	94578: \$380,000	2 BD - 825 SF - 1923
16344 Blanco Street	94578: \$465,000	2 BD - 1,018 SF - 1947
2170 Somerset Avenue	94578: \$562,000	2 BD - 784 SF - 1947
1165 Camellia Court	94577: \$638,000	3 BD - 1,604 SF - 1954
1825 Dayton Avenue	94579: \$650,000	3 BD - 1,800 SF - 1954
872 Sybil Avenue	94577: \$650,000	2 BD - 1,213 SF - 1946
1186 Cherybrooke Commons	94578: \$740,000	4 BD - 1,947 SF - 2005
824 Casanova Drive	94578: \$745,000	3 BD - 1,396 SF - 1954
1527 Purdue Street	94579: \$750,000	3 BD - 1,664 SF - 1953
767 Begonia Drive	94578: \$760,000	2,639 SF - 1979
14701 Oleander Street	94578: \$775,000	3 BD - 1,916 SF - 1978
15100 Shining Star Lane	94579: \$810,000	4 BD - 1,874 SF - 1997
15015 Zinnia Street	94578: \$812,000	3 BD - 1,916 SF - 1978
16518 Toledo Street	94578: \$850,000	3 BD - 2,222 SF - 1968

TOTAL SALES:	15		
LOWEST AMOUNT:	\$368,000	MEDIAN AMOUNT:	\$740,000
HIGHEST AMOUNT:	\$850,000	AVERAGE AMOUNT:	\$663,666

Castro Valley

20653 Waterford Place	94552: \$700,000	3 BD - 1,794 SF - 1981
2312 Farley Street	94546: \$700,000	3 BD - 1,134 SF - 1947
21439 Rizzo Avenue	94546: \$765,000	3 BD - 1,134 SF - 1942
17941 Joseph Drive	94546: \$825,000	4 BD - 1,584 SF - 1958
18874 Walnut Road	94546: \$905,000	3 BD - 1,686 SF - 1960
22375 West Lyndon Loop	94552: \$943,500	4 BD - 2,379 SF - 1978
5478 Balkan Court	94552: \$1,043,000	2,262 SF - 1978
2433 Fox Ridge Drive	94546: \$1,325,000	4 BD - 2,588 SF - 1994

TOTAL SALES:	8		
LOWEST AMOUNT:	\$700,000	MEDIAN AMOUNT:	\$865,000
HIGHEST AMOUNT:	\$1,325,000	AVERAGE AMOUNT:	\$900,812

OPEN HOMES

SAT. & SUN.
MAY 11th & 12th

CITY	SAT	SUN	ADDRESS	PRICE	BDR./BA.	REALTOR	AGENT	PHONE
S	2-4:30	2-4:30	739 Estudillo Ave.	—	4/3	Marvin Gardens	Greg Novak	510-472-4770
S	2-4:30	2-4:30	336 Marlow Dr.	—	3/2	Marvin Gardens	Greg Novak	510-472-4770
L	1-4	—	3956 California Way	\$749,000	3/2	J. Rockcliff RE	Kristy Peixoto	925-251-2536
A	—	4-6	1234 View Dr.	\$999,000	6/4	Robert Jones & Assoc.	Akram Morrar	510-357-0129

One-Line Open Home Listings run Wednesdays in the Castro Valley Forum (22,500 circ.) and Thursdays in the San Leandro Times (38,500 circ.) for \$25. For more information and a listing form, call 614-1558. DEADLINE: TUESDAY AT NOON.

CITY GUIDE

A = SAN LEANDRO • B = BERKELEY • C = CASTRO VALLEY • D = DUBLIN • F = FREMONT • H = HAYWARD
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GARAGE SALES

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Oro Loma to Give Tours At an Open House on Saturday

The Oro Loma Sanitary District will host an open house with fun, educational activities for all ages this Saturday from 10 a.m. to 2 p.m. at its water pollution control plant at 2600 Grant Ave. in San Lorenzo.

Visitors can take guided small bus tours to see how the district's water pollution control facility works.

See a Robotic Sewer Inspection Camera, Remote Controlled Forklift

Kids and adults can test their recycling skills, see a robotic sewer inspection camera, try a remote-controlled toy forklift, and get a closer look at a Waste Management truck.

"The Open House is an excellent opportunity to learn



Oro Loma will give tours of its plant at the foot of Grant Avenue in San Lorenzo, so the public can see how a treatment plant works.

about our services and meet our dedicated staff," said General Manager Jason Warner. "We

often highlight how well we are maintaining the pumps, pipes, and equipment. The event will allow our customers to see this first-hand and learn about new innovations at our facility. This event will also help introduce young people to great career opportunities serving the local community and San Francisco Bay. It will be a fun and informative day for everyone."

Washington Elementary Invites Public to the Spring Carnival

Washington Elementary School, 250 Dutton Ave. in San Leandro, invites the public to its Spring Carnival on Saturday, May 18, from 11 a.m. to 3 p.m. with food, drinks, games and musical performances.

Proceeds benefit the Washington Elementary PTO for field trips and school activities. Donations and volunteer hours will be greatly appreciated.



TIMES FILE PHOTO

State gas tax money will be used to fix some of the roads in San Leandro.

Roads: Work due on Thornton St.

continued from front page
during the fiscal year beginning on July 1.

The quality of a city's roads are measured on the Pavement Condition Index (PCI) from 1 to 100. The average PCI in California is 68 – already considered only "okay" – but several roads in San Leandro are in much worse condition.

The SB1 work this year will include roads with PCI ratings between 9 and 38, according to a staff report by the city's Public Works Director Debbie Pollart.

Thornton Street has the roughest stretch of road with the PCI score of 9 which is considered "failed." An estimated 132 tons of asphalt on Thornton Street is going to be removed and replaced. The PCI will be 100 once the work is complete.

Other streets where the asphalt is going to be replaced to bring the PCI to 100 are West 133rd Avenue, West 134th Avenue, West 135th Avenue, and

West 136th Avenue – all of which had PCI scores in the 20s and 30s, which is considered "poor."

Starting next year, electric car owners will also pay the SB1 crack-sealing projects on Sylvania Way, Andover Street, Duzmal Avenue, and Foothill Boulevard for each zero-emission vehicle.

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LOCAL DEATHS

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Marie Garcia
June 26, 1925 - April 29, 2019



Marie Garcia, 93, widow of Bill Garcia, passed away peacefully on Monday, April 29, 2019 with family and Chaplin at her bedside. Our beloved Marie was born in Mt. View, California on June 26th, 1925.

Marie was preceded in death by her husband Bill Garcia and sisters Josephine, Dora and Adella and brothers William and Joseph.

She is survived by her two sons Bill Garcia and wife Jill of Roseville and Richard Garcia and wife Louise of British Columbia. Marie had 3 grandchildren, Brendan, Christine and Scott and 5 great-grandchildren, Mason, Sophia, Hayden, Hudson and Jack William.

She was a lifelong resident of San Leandro and married to Bill for 62 years before his passing in 2007. Marie was a wonderful wife, mother, grandmother and great-grandmother. Marie was a friend to all who met her. Once a friend, she never left your side. Her life was focused around her family and friends.

Services will be held at Santos-Robinson Mortuary at 160 Estudillo Ave., San Leandro (510) 483-0123, Thursday at 10:30 a.m. followed by interment at Holy Sepulchre Cemetery, 26320 Mission Blvd., Hayward.

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- ACROSS**
- Last few notes
 - Med. approval org.
 - Fall into a beanbag chair
 - Last write-up
 - Valentine misspelling
 - Actress Turner
 - Missing
 - Past
 - Spore cases
 - Pour wine
 - Time of discontent?
 - Calf's mama
 - Fresh
 - 1/4 bushel
 - Not steadily
 - Vast expanse
 - Play with robots
 - Anonymous Richard
 - Discontinue
 - Nervous
 - Type of humor
 - Candle material
 - Chemical relative
 - Discount store
 - Ms. Moore
 - Blunder
 - Green land
 - Mideast nation
 - Cartoonist Browne
 - Kvetches
 - Queue
 - Chances, for short
 - Jog
- DOWN**
- Frigid
 - Reed instrument
 - Record
 - Have at
 - Platyhelminth
 - Used a shovel
 - Acknowledge
 - Shaved a board
 - Debate closer
 - Previously
 - Duo
 - "Forget it!"
 - Hostel
 - Next-to-last letter
 - Still, in verse
 - Role for Julie, Eartha, Lee, Michelle, Halle or Anne
 - Rapa __ (Easter Island)
 - Museum pieces
 - Visibility hindrance
 - "30 Rock" star
 - White weasel
 - Catcher's place?
 - Range
 - Symbol for gold
 - "American __"
 - Big rig
 - Start over
 - Storyteller
 - Therefore
 - Criterion
 - Tear
- ANSWERS ON PAGE 5**

Behold, The Science of Magic! What You See Isn't What You Get

By Eric Yao
Special to the Times

Mark Twain once said, "Don't part with your illusions; when they are gone, you may still exist, but you have ceased to live."

It seems we all have a propensity to be deceived. We even enjoy it. For example, the very act of watching a movie is to accept the illusion of the simulated motion of still pictures.

The same can be said for a magic show, where we willingly walk in to a series of innocent deceptions, and are amazed by how fluidly the magician can trick our senses.

The Science of Magic is a neuroscience talk and performance happening on Thursday, May 23, from 6:30 p.m. to 8 p.m. at the Center for the Arts in Castro Valley, where scientists and magicians will explain this human feature of ours, to be deceived, with active

demonstrations. Admission is free, but please register at bit.ly/cvmagic8

The Science of Magic presentation will showcase a dynamic trio of talent. The neuroscientist (who doubles as a magician) at the event will be Dr. Luigi Anzivino. He has a PhD in behavioral neuroscience and will unlock the secrets of how we process information and how tricksters manipulate our senses.

Marc "Zeke" Kossover is an educa-

tor at the Exploratorium who will be enlightening us with real-world physical phenomenon (natural magic) that charlatans have used to deceive us. Zeke was selected to be an Albert Einstein Distinguished Educator Fellow at the National Science Foundation.

The professional magician to confound our senses will be Robert Strong. He has performed in 47 countries, in all 50 states, and twice at the White House. He was twice voted San Francisco's

'Best Magician' and resident magician at TEDx SF.

Con artists take advantage of our inability to detect illusions and lies. It behooves us to understand the trickery that distorts our perceptions into "seeing" things that don't happen. Science is a decoding tool to reveal the frailties of our minds.

Eric Yao, a software engineer, is the Chairman at Wonderfest and Director on the Board of Castro Valley Science.

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 or fax to: 510-483-4209, or send by mail to: The Editor, San Leandro Times, 2060 Washington Ave., San Leandro, CA 94577.

Build the Right SLz Project The Right Way at Mervyn's Site

Editor:

Last fall, dozens of San Lorenzo residents packed a community meeting held by Supervisor Chan to speak in opposition to the proposed Village Green project at the old Mervyn's site.

That opposition would have surprised readers of last week's article ("Group May Block Plans for San Lorenzo Village," Page 1, *The Times*) about an appeal on the project filed by a group of County residents.

Readers would also not know about another appeal filed by a former member of the Planning Commission, which correctly explains that the project runs contrary to the General and Specific plans, which call for more commercial development on the site.

My family lives close to the project. I support the appeal filed by local residents, who also happened to be Union construction workers, for two reasons.

First, the project fails to adequately address the problem of toxic airborne particulate matter that will be generated during construction. Construction workers have high rates of cancer, and airborne particulates are one of the reasons.

Second, the developer must move a major gas pipeline to build the project. The safety issues surrounding that move have not been studied enough. Too many neighborhoods have seen too many explosions, and I want this done right.

I'm also not sure this developer is the right one for our community.

I believe the construction workforce on this project should be paid area standard wages and that area youth enrolled in apprenticeship programs should help build it. Let's circulate the \$10-20 million in construction wages back into our community. Let's give our youth a shot at a good middle class career in the trades.

The developer has shown no interest in having this happen. Most likely, an exploited low-wage immigrant workforce will build this project to help maximize profits.

San Lorenzo deserves better. Let's get this project built right or let's find a developer who will!

—J.D. Chilton
San Lorenzo

Accuses Times' Reporter of "Right Wing Bias"

Editor:

Once again, Amy Sylvestri proves her right-wing bias when she reported in her highly slanted and anti-union worker story, "Group May Block Plans for San Lorenzo Village."

I have followed her reporting since 1994 and whenever she reports a story where people protest an illegal government action or resistance to a developer's attempts to break zoning codes, her anti-community conservative prejudice influences her reporting.

In the San Lorenzo Village story, she only reported the developer's anti-union rhetoric. There wasn't one word representing the union's position. She reported only that the developer doesn't want to pay union workers a fair wage.

I've read that the Society of Professional Journalists Code of Ethics states, "Ethical journalism should be accurate and fair. Journalists should be honest and courageous in gathering, reporting and interpreting information." "Journalists should examine the ways their values and experiences may shape their reporting."

Her story failed to follow these guidelines.

—Gary Molitor
San Leandro

Tells Green New Deal Demos To "Drown Your Hopes"

Editor:

San Leandro has been converted into a campaign ground for the "Green New Deal" and "climate change" with the clear intention, exposed by Emily Breslin ("Planner Promotes Green New Deal," Page One, *The Times*, May 2) when she states, in closing: "And 53 percent of Americans say climate change is extremely or very important to their 2020 vote. That gives me a bit of hope."

These Democrats still haven't learned not to count their chickens before the eggs hatch.

Emily Breslin, San Leandro City Council and all of the Democrats, drown your hopes. We, the "deplorable," won't fall for your hoax. The way the Democrats plan to combat climate change is by producing more tents to "house" U.S. workers in those

homeless encampments, displaced by their policies of "sanctuary" for illegals. New York, Los Angeles and the Bay Area, all Democratic Party bastions, occupy the first three positions in homeless population in the country.

It's a hoax, folks!

And to the City Council Members: Instead of declaring "Affordable Housing Week" you should be declaring the "Homeless Encampments Year" since your policies have greatly contributed to their expansion.

—Leo T. West
San Leandro

On Mother's Day, Remember Cows are Mothers, Too

Editor:

Mother's Day, on May 12th, celebrates the cherished bond between mother and child. But mother cows, very icons of motherhood, never get to see their own babies.

Newborn calves are torn from their mothers at birth and turned into veal cutlets, so we can drink the milk that was meant for them. The grief-stricken mother cows bellow for days, calling in vain for their return.

Dairy cows spend their lives chained on concrete floors, with no access to the outdoors. Each year, they are impregnated artificially, to maintain production, and milked by machines twice a day. When production drops, around four years of age, they are ground into hamburgers.

Dairy products are laden with cholesterol, saturated fats, hormones, pathogens, and antibiotics, leading to obesity, diabetes, heart disease, and stroke. Most African and Asian Americans lack the enzyme for digesting dairy products.

But help is on the way. Food manufacturers throughout the world are developing excellent nut and grain-based dairy products. U.S. sales alone are expected to exceed \$2 billion.

This Mother's Day, let's honor motherhood and compassion. Let's replace the products of cow misery with delicious, healthy, cruelty-free plant-based milk, cheese, and ice cream products offered by our supermarket.

—Kurt Champller
San Leandro



Send a Letter to the Editor
Letters@ebpublishing.com

INQUIRING REPORTER

Do you believe in prayer?

— Asked downtown

Of course. It relieves you of the worldly things, the chaos and ugly things in the world. And it's meditative. You connect with the Lord.

Tia Newson
Oakland



Absolutely, it opens up a conversation with God. I'm journaling, a 51-day prayer journal, praying for my marriage and myself. I feel God honors intentionality and started speaking in personal and specific ways.

Rachael Resnikoff
San Leandro

Yes, I do. It consoles me and gives me hope.

Caren Tereck
San Leandro

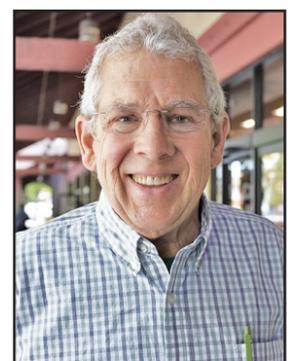


Yes. I don't know that a miracle happens, but it relaxes your mind and puts you at peace. Any doubts it puts at rest and you don't have to carry that burden.

Toa Latu-Sumait
San Leandro

Yes, I do. I pray to all of the Gods. Life isn't perfect. It's all about visualization. If we can imagine something we can make it happen. The mind is much more powerful than any of us realize.

Whit Magor
San Leandro



Fire: Lee calls for more minority firefighters

continued from front page

card sent out by Station 22 in San Lorenzo that featured Asian stereotypes.

Rocha said that the matter is under investigation and that the cultural insensitivity is "inconsistent with our values."

"We are trying to recruit a workforce that looks like the community they serve," said Rocha.

Lee said more effort to recruit minorities as fire fighters should be done, as it would promote tolerance in the department. Councilman Victor Aguilar chimed in and said they should work on LGBTQ recruitment as well.

"I certainly wouldn't want to be in your position today," said Lee. "We are a city that doesn't tolerate hate speech."

Forum to Present Information on Services for Veterans and Families

Learn more about services for veterans and their families at the Veterans Forum on Saturday, May 25, from 11:30 a.m. to 3:30 p.m. at the San Leandro Main Library, 300 Estudillo Ave. Come

and talk to representatives from different organizations serving veterans. This event is sponsored by the Veterans Resource Center at the San Leandro Main Library in celebration of Memorial Day.

SLHS Wins Golden Sneaker Award

The Alameda County Transportation Commission (Alameda CTC) and the Alameda County Safe Routes to Schools Program announce that San Leandro High School is the winner of the 2019 Platinum Sneaker Award.

The school was honored by Alameda CTC at its Commission Meeting in Oakland on April 25. San Leandro High was one of 89 schools participating in the countywide Golden Sneaker Contest and has the additional distinction of being the first high school to receive the Platinum Sneaker Award.

This award is the top prize for the Golden Sneaker Contest, which was held from Feb. 25 to March 8. While each school recognizes its winning classroom, the Alameda CTC presents the Platinum Sneaker award to the school with the highest percent increase of students using active or shared transportation, such as walking, bicycling, taking transit, or carpooling, to travel to school. Seventy-seven percent of participating San Leandro High School students used alternative modes of transportation during the contest, resulting in over 1,800 active trips.

"Every year the Golden Sneaker Contest encourages students and families throughout Alameda County to try new active and healthy ways to get to school," says Alameda CTC Chair Richard Valle, Alameda County District 2 Supervisor. "We hope these transportation choices become habits that will last a lifetime."

Platinum Sneaker honorable mentions go to Bay Farm Elementary (Alameda Unified School District), Malcolm X Elementary (Berkeley Unified School District), Tyrrell Elementary (Hayward Unified School District), Cornell Elementary (Albany Unified School District), and James Leitch Elementary



Receiving the Platinum Sneaker Award are Deborah Cox, San Leandro City Councilmember; Jan Othen, San Leandro High School (SLHS) Leadership Teacher; Andrew Marquez, Cynthia Garcia and Darius Simms, SLHS Students; Alameda CTC Vice Chair Pauline Cutter; Catherine Lazatin, SLHS Student; Karen Glenchur, SLHS Assistant Principal; Darell Davis, Safe Routes to Schools Program High School Coordinator; and Alameda CTC Chair Richard Valle.

(Fremont Unified School District), which all had active transportation rates above 60 percent.

Sneakers Donated by Golden State Warriors

This year, nearly 60,000 students from Alameda County elementary, middle and high schools participated in the Golden Sneaker Contest. For the third year in a row, trophies for the winning classrooms were made with sneakers donated by the Golden State Warriors Community Foundation.

"This is a great honor for our school. My leadership students work really hard to ensure all Safe Route to Schools events go off without a hitch," said San Leandro High School teacher Jan Othen.

This annual contest is orga-

nized by the Alameda County Safe Routes to Schools Program and funded by the Alameda County Transportation Commission with support from the Metropolitan Transportation Commission.

Schools that are new to Safe Routes to Schools can find contest resources and materials at the Safe Routes to Schools online resource center at <http://alamedacountysr2s.org>.

About the Alameda County Transportation Commission

Alameda CTC coordinates countywide transportation planning and delivers essential, voter-supported transportation improvements in every city throughout Alameda County.

Alameda CTC administers the county's Safe Routes to

Schools Program and provides most of its funding through the voter approved transportation sales tax Measures B and BB, which were approved by 81.5 percent of county voters in 2000, and more than 70 percent of voters in 2014, respectively.

Visit www.AlamedaCTC.org to learn more, and follow Alameda CTC on Facebook and Twitter.

City to Host Town Hall Meeting On Monday

Mayor Pauline Russo Cutter and San Leandro City Council members Deborah Cox, Ed Hernandez, and Vice Mayor Corina Lopez invite the community to a Town Hall meeting on Monday, May 13, from 6:30 to 8:30 p.m. at the San Leandro Main Library, 300 Estudillo Ave.

The meeting is geared to residents of City Council districts 1, 2 and 5.

The agenda for the evening will include brief remarks from the mayor and council members. It's a chance for the public to have casual conversations with council members and representatives of all city departments. Regional agencies such as BART, AC Transit, and East Bay Community Energy will also be present to answer questions.

Light refreshments will be available. Interpretation also available upon request. For more information, contact Alice Kim, communications manager at akim@sanleandro.org or call 577-3372.

CASTRO VALLEY COMPANION ANIMAL HOSPITAL
Welcomes
Dr. Melissa Hardy

Castro Valley Companion Animal Hospital has a new addition to our team!

Introducing Dr. Melissa Hardy. A graduate of Purdue University in 2010, Dr. Hardy has a big heart and deep love for animals. In her free time she volunteers for several East Bay organizations focused on animal welfare. She is an avid dental care enthusiast and has a soft spot for French Bull dogs. Come on in and meet our newest veterinarian!

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