

**WEEKEND WEATHER**  
**HOT** Mainly sunny skies with a little wind  
HIGHS: 75-80  
0 10 20 30 40 50 60 70 80 90 100 110  
LOWS: 50-55

**FRIDAY**

**SATURDAY**

**SUNDAY**

# San Leandro Times

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

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SAN LEANDRO • CALIFORNIA



PHOTO BY JIM KNOWLES

Assumption 7th graders from left to right: Ben Prater, Gabe Carney, Sean Carney

## Cleaning Up the Creek

By Jim Knowles  
San Leandro Times

"I never knew I would love picking up garbage!" exclaimed Assumption 7th grader Ben Prater.

Ben and Fellow seventh graders Gabe and Sean Carney joined Susan Levenson and members of Friends of San Leandro Creek

in the Creek to Bay cleanup, part of the California Coastal Day Cleanup on Sept. 21.

Dad Paul Carney and grandmother Nancy Pretto completed Assumption's Team of 5 who helped clean San Leandro Creek near Hegenberger Road.

The boys filled multiple bags of plastic as well as adding a massive red shoe, several

mud filled bottles, a roll of steel, two totally soggy cloth chairs and other items.

After the cleanup the whole team viewed a pristine, inviting hill on both sides of the creek. They were shocked that 2 hours made such a dramatic change.

Sean and Gabe said, "When can we do this again?"

## Kaiser Opens New SL Facility

By Mike McGuire  
San Leandro Times

San Leandrans with mental health needs got a new option closer to home on Oct. 7 when Kaiser Permanente opened a new outpatient mental health center near the downtown BART station.

Children and adults can be seen on separate floors of the new San Leandro Mental Health And Wellness Center at 777 Davis Street, in the former OSISoft building at the corner of Alvarado Street. There is free parking and it is a short walk from BART.

Issues Kaiser members can get help with include depression, addiction and recovery, anxiety and stress, autism spectrum disorders, bipolar disorder, eating disorders, obsessive-compulsive disorder, substance abuse, and child, adolescent and adult mental illness.

The new facility is part of Kaiser's expansion of mental health and addiction services in southern Alameda County. Some 140 doctors, therapists and other clinical providers now work in these fields in the region. Some 40 of them are newly added, according to Debra Lambert, Kaiser public affairs director for southern Alameda County.

The expansion comes after unions representing Kaiser workers have struck statewide and locally, claiming there is not enough mental health staff for patient needs. Patient groups have protested at Kaiser sites over the same issue, according to the San Francisco Chronicle and television news reports.

The Alameda County Board

of Supervisors voted October 1 to support union efforts to get full parity between mental health and physical health treatment in the Kaiser system.

Kaiser is working toward that end, said several of its regional leaders at a September 30 preview of the soon-to-open San Leandro center.

"The goal is to normalize mental health as being part  
see KAISER, page 16

## City Taking Measures to Ward Off Hackers

By Mike McGuire  
San Leandro Times

San Leandro's city government has made considerable progress in protecting itself against computer threats, but more remains to be done, city Information Technology (IT) Manager Tony Batalla told the City Council at its Oct. 7 meeting.

Batalla, noting that October is National Cybersecurity Awareness Month, told the Council how cyberattacks typically unfold. Malicious software is installed that does not activate immediately, he said, placed by either hacking or by tricking someone with access to reveal their password.

see COUNCIL, page 5

## Longtime Bowling Alley Set to Shut Down

By Mike McGuire  
San Leandro Times

Washington Manor's landmark Manor Bowl will be closing next May after more than 50 years in business. What will replace it is unknown, though it won't be high-rises as reported on at least one neighborhood website.

Manor Bowl started quietly telling members of bowling leagues the news several months ago, according to manager Sandy Acosta. They were told they were welcome to move their play to Castro Village Bowl in Castro Valley, also owned by Pam Phippin, she said.

Some bowlers at Manor Bowl already bowl at least some of the time at Castro Village Bowl, as well as at other area lanes, Acosta said. "Bowlers frequently bowl at more than one place," she added.

Manor Bowl, at 887 Manor Boulevard, opened in 1960 and soon became a neighborhood fixture and gathering place. Manager Acosta remembers bowling there as a child growing up in Washington Manor.

Lack of business isn't what drove the closure, Acosta said,  
see BOWL, page 16



PHOTO COURTESY OF MIKE MCGUIRE

Manor Bowl, a neighborhood gathering place, will close in May after 50 years of business.

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## MEETING SCHEDULES

### CITY COUNCIL

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

### SAN LEANDRO SCHOOL BOARD

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



## San Leandro Times

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

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## PETS OF THE WEEK



Edward



Romeo

The Pets of the Week at the Hayward Animal Shelter, 16 Barnes Court in Hayward, are Edward the kitten and Romeo the kitten.

Edward is a handsome, sweet 5-month-old black tabby. He loves to wrestle, play and cuddle with other kittens. He'd love to have another kitty friend to play with at his new home.

Neutered.

Romeo, a 6 month old gray tabby, can come across as a bit reserved but don't let that fool you! He's quite affectionate and active. He loves playing and wrestling with other felines.

For more information on Edward or Romeo, call the Hayward Animal Shelter at 510-293-7200.

## Hayward Animal Shelter to Host 16th Annual Black & White Fur Ball

Hayward Animal Shelter, 16 Barnes Court in Hayward, will have its 16th Annual Black And White "Fur" Ball pet adoption on Saturday, Oct. 12, from noon to 6 p.m. with dogs, puppies, cats, kittens, bunnies and more kittens.

No adoption fees for pets

with black and/or white fur. \$20 adoption fee for pets with other fur colors. Adoption fees sponsored by Bissell Clear the Shelters. Hayward residents pay a \$17 licensing fee for dogs.

Hors d'oeuvres, non-alcoholic cocktails, music, raffle prizes and more.



10/11 Luna Fish Fri. 8pm  
10/12 Left 2 Wright Band Sat. 6pm  
10/13 TGGBS - Blues Jam Sun. 3pm

10/18 Friends of Ken Band Fri. 8pm  
10/19 3 O'Clock Jump Sat. 1pm  
10/19 Check our website for listing Sat. 6pm  
10/20 Sunny and The Black Pack Sun. 3pm

10/25 Re-wind, That 80's Band Fri. 8pm  
10/26 Velvet Hammer Sat. 6pm  
10/27 The Dead Guise Sun. 3pm

This wraps up The World Famous Turf Club's Patio Concert Season until April 2020.

Don't Forget Turf Club has Karaoke Monday's and Wednesday's at 8pm, and The Patio is open all year round.

22519 Main St, Hayward  
510.881.9877 WorldFamousTurfClub.com



PHOTO BY JOSEPH MCCALIP

The San Leandro Education Foundation (SLED) is an independent, community non-profit that has been raising resources for San Leandro USD schools since 2008.

## Education Foundation Gala Raises \$85,000 for San Leandro Schools

The San Leandro Education Foundation (SLED) raised \$85,000 at their 7th Annual Gala held on September 13, 2019. Over 240 guests enjoyed a warm evening overlooking the bay from the Oakland Zoo's Snow Building.

A one-man Zydeco band and jambalaya from Southern Comfort Kitchen helped set the mood for the Bayou-themed event. Guests also had the opportunity to glimpse into their future with a tarot card reading from one of

two readers on hand.

The event also honored four individuals with the 2019 Partners in Education award. Recipients included Lt. Robert McManus of the San Leandro Police Department, retired teacher and volunteer, Wingsheung Mok, F.H. Dailey Chevrolet owner, Steve Song, and Martin Vitz, who serves on both the SLED and San Leandro Scholarship Foundation boards.

"Not everyone gets to see where their money goes when they donate to a cause. Last spring, I attended the 5th-grade promotion ceremony at Garfield Elementary school, and I saw the impact my money makes. SLED provides important support to our kids, that's why I am a SLED100 member and a big advocate for the organization," said recipient Robert McManus.

SLED100 is comprised of donors making a multi-year commitment of \$1,000 or more.

"I think the untold story about the SLED Gala is it's very much a grassroots effort. Everything from constructing original décor to clean up, is done by a group of creative and dedicated volunteers, including a small army of students from San Leandro High's service clubs," said Executive Director, Morgan Mack-Rose.

"That is how we can deliver .73 of every dollar raised directly to programs that support teachers and students in San Leandro's schools."

The foundation's next big event will be the 6th annual "Full S.T.E.A.M. Ahead for Education" free breakfast on April 3, 2020. For more information or said recipient Robert McManus. RSVP, email [info@sledfund.org](mailto:info@sledfund.org)

## SLZ Adult School Earthquake Preparedness Presentation

San Lorenzo Adult School will host an Earthquake & Disaster Preparedness presentation 7 p.m.; and Friday, Oct. 18, from 9:30 to 10 a.m. To register, go to <https://tinyurl.com/SLZAS-EDP> on Tuesday, Oct. 15 from 6:30 to

## 3-PIECE DINING SET

Rustic styling with a hint of country aesthetic create the inviting looks of this 3-piece counter height table and stools set. Features acacia veneer finished in a two-tone gray and cherry.

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# POLICE & FIRE



Photo by Mike McGuire

Pep Boys' San Leandro location at 14845 East 14th St. The settlement was for the entire chain, not individual stores.

## Pep Boys Settles With County In Used Oil Dumping Case

Pep Boys has agreed to pay Alameda County and other California counties \$3.7 million to settle charges that the company illegally disposed of used motor oil and also violated customer privacy.

District Attorney Nancy O'Malley charged that the company had put hazardous waste in with ordinary waste for disposal, causing harm to the environment as well as putting employees at risk from both chemical exposure and from possible chemical reactions as a result of combining waste products.

Sources of the hazardous waste included used motor oil, other automotive fluids, batteries, aerosol cans, and electronic devices. State law requires separate bins for such wastes to avoid harm to employees, the public, and the environment, and the use of state-registered haulers to dispose of it properly.

The company was also

charged with throwing out confidential customer records containing information useful to criminals without shredding those records, as required by law. The law also allows companies to render that information unreadable in other ways rather than shredding it.

O'Malley said that the company cooperated fully once notified of the charges and has agreed to follow proper procedures in the future.

The charges had come after a three-year investigation by the DA's Environmental Protection Division and other counties' agencies involving undercover inspections of waste bins from 19 separate Pep Boys locations. Pep Boys is an automotive service retailer and seller of auto parts and accessories. They operate some 151 retail stores and a distribution center in California.

District Attorney O'Malley had previously announced sim-

ilar statewide settlements with O'Reilly's Auto Parts and with AutoZone, Inc.

"When businesses like this one illegally dispose of toxic waste, they pollute our natural resources. Substances like motor oil and automotive fluids leach into the soil and the groundwater. They make their way into streams, and eventually the San Francisco Bay, poisoning wildlife and sea life alike," said O'Malley.

"There are good reasons that regulations exist for the disposal of toxic materials. My office will continue to investigate and bring to justice any business that violates these important environmental protection laws," she continued.

Joining Alameda County in the lawsuit were the district attorneys of San Mateo, Yolo, San Joaquin, Kern, Ventura, Orange, San Bernadino and San Diego counties.

## Police Arrest Four In Starbucks Laptop Theft

By Mike McGuire  
San Leandro Times

San Leandro police have captured all four of the suspects who allegedly stole a laptop from a customer at the Starbucks at 1075 MacArthur Blvd. on September 30.

A suspect had grabbed the computer from a customer and ran out to a waiting car. The computer owner and other witnesses, however, chased after the car and it crashed into the center median on MacArthur.

The four suspects, the one who had allegedly grabbed the laptop and three people in the car, then fled on foot in different directions.

Two, both female juveniles from Oakland, were immediately captured but two men initially escaped through backyards and along San Leandro Creek.

Use of a police drone by San

Leandro police and Alameda County sheriff's deputies located 18-year-old Kevin Perry inside a house on the 800 block of Cary Drive, near the creek and the Starbucks.

Further investigation located the 24-year-old suspect who had allegedly snatched the laptop.

Labari Perry was arrested Oct. 1 on the 5900 block of Fortune Ave. in Oakland.

He and Kevin Perry were charged with robbery and were being held at the Santa Rita Jail in Dublin. Bail was set at \$175,000 for Labari Perry and \$10,000 for Kevin Perry.

The two juveniles were taken to Alameda County Juvenile Hall, where they were expected to be charged with robbery as well.

San Leandro Police Lt. Ted Henderson said that laptop robberies are unfortunately quite

common. He urged laptop users to take precautions to reduce their risk at coffee shops and other public places.

He suggested sitting away from doors, which give thieves a quick exit, and sit where you can easily see people entering the store or approaching you.

If outdoors, he suggested, don't turn your back on the street or on parking lots. He also advised leaving one earbud out if you're using earbuds, so you can hear any commotion or emergency quickly.

Henderson said to report this or any other violent crime immediately to 9-1-1. He strongly advises against confronting or chasing the suspect, as this could be dangerous.

However, neither the victim nor the witnesses who gave chase were harmed in this particular robbery.

## Friends of the San Lorenzo Library Book Sale

Friends of the San Lorenzo Library will be holding a weekend book sale at the library, 395 Paseo Grande in San Lorenzo, on

Saturday, Oct. 12 from 10 a.m. to 4 p.m. and Sunday, Oct. 13 from 1-4 p.m. Proceeds benefit the library. Books, CDs and DVDs

will be for sale. Most book prices range from 10 cents to \$1; some specialty books are individually priced.

## Washington Elementary Holds Annual Haunted House

The Dad's Club and the Parent-Teacher Organization at Washington Elementary School, 250 Dutton Ave., will hold a Haunted House and Carnival fundraiser on Friday, Oct. 18 and Saturday, Oct. 19. Tickets are \$6 at the door (no advance sales). Proceeds go to support the school.

The carnival will run from 5-8 p.m. on Friday, Oct. 18 and from 4:00 p.m. to 7:30 p.m. on Saturday, Oct. 19. The Haunted House opens at 6:00 p.m. both days.

In a decades-long tradition, the school shuts down its auditorium for two weeks prior to the annual event so that the Dad's Club can construct the Haunted House nightly. Hundreds of 2x4s are used to build 8-foot walls which are then covered in black tarp to create a maze. Scary decorations, including a real coffin,

plenty of "body" parts, and fake blood, are then added.

High school volunteers along with dads act as "scarers." For the very young or easily terrified, voyages through the maze can be arranged with the lights left on and the scarers not jumping out at visitors. There will also be games, prizes, and food.

### CROSSWORD ANSWERS

B	E	E	R	J	U	T	B	O	L	O
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L	I	N	G	A	P	E	R	A	M	S
K	A	T	E	N	O	D	A	M	P	S

## Unity Church of Castro Valley

### FLEA MARKET Sat., Oct. 19, 10am-4pm

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Eden Health District

presents

## First Steps to Caring for Our Aging Parents

Tuesday, October 22, 2019

6:00 – 7:30 pm

Castro Valley Library

3600 Norbridge Ave.

Castro Valley



Did you know caregivers spend an average of 20 hours per week providing care for their loved one? Caregivers are often adult siblings, members of the extended family, or hired caregivers.

Are you or someone you know beginning to care for aging parents, but don't know where to start? How do we begin to have those important conversations with parents and most of all our siblings when it comes to making decisions about Mom and Dad?

Join us for an informative evening that will help open the doors to:

### Improving Communication Between Siblings, Caregivers & Parents

Anna Le Mon, Senior Alternatives Home Care & Care Management

### Taking the Mystery Out of Care Options

Michael Fitzgerald, Sutter Health Acute Rehabilitation

Anna Le Mon, Senior Alternatives Home Care & Care Management

### Special Considerations for Caring for Parents with Cancer

Joanne Sexton, Cancer Services, Eden Medical Center

Seating is Limited - Call (510) 538-2035 to Register

The mission of the Eden Health District is to improve the health of the community we serve by providing access to direct and indirect care services and community health education.

Partners in Health

Eden Medical Center Cancer Services • Senior Alternatives Home Care & Care Management • Sutter Health Acute Rehabilitation

To learn more about the Eden Health District go to [www.ethd.org](http://www.ethd.org)



# NEIGHBORS



Oakland Raiders Kicker Daniel Carlson and tight end Darren Waller read to students at Roosevelt Elementary School.

## Raiders Read and Play Games with Students at Roosevelt School

Raiders players came to Roosevelt Elementary School last week and met students who are part of the Davis Street after-school program and celebrated the sixth birthday of Raider Rusher, the Raiders' youth ambassador. Rusher and his friends, the

Raiders players, broke into groups to read and play literary games with the children. Following the party, Raider Rusher distributed birthday gifts to the students — three books each provided by the nonprofit First Book. Raiders punter A.J. Cole,

kicker Daniel Carlson, fullback Alec Ingold, linebacker Marquel Lee, tackle Kolton Miller and tight end Darren Waller along with Raiderettes participated in the Raider Rusher Birthday Book Bash with 100 students to promote literacy.

## ARTS & ENTERTAINMENT

### ❖ Center for the Arts *You've Got a Friend*

The Carole King Songbook, *You've Got a Friend*, will be presented on Saturday, Oct. 12,

at 7:30 p.m. at the Center for the Arts, 19501 Redwood Road in Castro Valley. This production will feature the stylish vocals and harmonies of The Rhythm

Method 4 — *Up on the Roof, Will You Still Love Me Tomorrow?, A Natural Woman, I Feel the Earth Move* and more. Tickets are \$38 to \$40 and are available at [www.cvcfa.com](http://www.cvcfa.com); or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3 to 5 p.m. or call 510-889-8961, or at the Castro Valley Adult School, 4430 Alma Ave. in Castro Valley.

### HOROSCOPE

by Salomé

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**ARIES (March 21 to April 19)** You could be caught in a torrent of advice from well-meaning friends and colleagues this week. But remember, Lamb, you are at your best when you are your own inimitable self.

**TAURUS (April 20 to May 20)** Expect strong efforts to get you to accept things as they are and not question them. But ignore all that and continue your inquiries until you're sure you have all the answers you need.

**GEMINI (May 21 to June 20)** Heavier than usual family and workplace duties compete for your time this week. Try to strike a balance so that you're not overwhelmed by either. Pressures ease by week's end.

**CANCER (June 21 to July 22)** It's a good time for the Moon Child to show off your uniquely inspired approach to the culinary skills -- especially if they're directed toward impressing someone special.

**LEO (July 23 to August 22)** You might be happy about the re-emergence of a long-deferred deal. But don't pounce on it quite yet. Time can change things. Be sure the values you looked for before are still there.

**VIRGO (August 23 to September 22)** Try to rein in your super-critical attitude, even if things aren't being done quite as you would prefer. Remember: What you say now could create an awkward situation later on.

**LIBRA (September 23 to October 22)** Although you can expect on-the-job cooperation from most of your colleagues this week, some people might insist on knowing more about your plans before they can accept them.

**SCORPIO (October 23 to November 21)** Creating another way to do things is commendable. But you could find some resistance this week from folks who would rather stick with the tried-and-true than try something new.

**SAGITTARIUS (November 22 to December 21)** You usually can keep your aim focused on your goal. But you might need to make adjustments to cope with unsteadiness factors that could arise over the course of the week.

**CAPRICORN (December 22 to January 19)** News arrives about a projected move. Be prepared to deal with a series of possible shifts, including starting and finishing times, and how much the budget will actually cover.

**AQUARIUS (January 20 to February 18)** A new relationship needs time to develop. Let things flow naturally. It could be a different story with a workplace situation, which might require faster and more focused attention.

**PISCES (February 19 to March 20)** Accept a compliment without trying to troll for any hidden reason beyond what was said. After all, don't you deserve to be praised every now and then? Of course you do.

### READ & RECYCLE!

### WATCH BATTERIES DONE RIGHT

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## COMMUNITY CALENDAR

Deadline for Calendar Items is Friday for the Following Week



### ❖ SLZ High School College Night 2019

San Lorenzo High School, 50 E. Lewelling Blvd. in San Lorenzo, will host College Night 2019 tonight, Oct 10 from 5 to 7 p.m. in the West Gym. Over 45 universities, community colleges, and related organizations committed to promoting a college-going culture will be in attendance. Open to all students in grades 6 through 12 and their families.

### ❖ Movie *Frida* at the Manor Branch Library

Come celebrate Hispanic Heritage Month with the movie *Frida* (Rated R) tonight, Oct. 10, from 5:30 to 7:30 p.m. at the Manor Branch Library, 1241 Manor Blvd. in San Leandro. Come and watch this Oscar winning film about the Mexican artist Frida Khalo. Free, no registration required. Light refreshments will be served.

### ❖ Redwood 4-H Meeting

See what 4-H is all about and what it can do for your child (age 5 to 19) at the next meeting tonight, Oct. 10, at 7 p.m. in the cafeteria of Canyon Middle School, 19600 Cull Canyon Road in Castro Valley. 4-H teaches leadership, teamwork and life skills through projects like archery, animals, baking, hiking and more. All kids welcome to attend the Halloween-themed meeting. For more information, go to [www.redwood4h.org](http://www.redwood4h.org) or call Karena at 510-566-3672.

### ❖ SL Unified School District Annual Address

Join the San Leandro Unified School District at the annual State of the District address on Friday, Oct. 11, from 8:30 to 9:30 a.m. in the San Leandro High School gym. Superintendent Dr. Mike McLaughlin will talk about plans for the district. An optional school tour will follow. RSVP on the SLUSD website at [www.slusd.us](http://www.slusd.us) to reserve your space today.

### ❖ Hearing Loss Association Meeting

The Hearing Loss Association meeting will be on Saturday, Oct. 12, 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, Dr. Pragati Mandikal, research audiologist and hearing scientist, will discuss the latest advances in correcting hearing loss. Parking is free on Saturdays at the garage on Howe St. For more information, call 510-221-6080 or email [info@hearinglosseb.org](mailto:info@hearinglosseb.org).

### ❖ SLZ Library Fundraiser

Friends of the San Lorenzo Library, 395 Paseo Grande in San Lorenzo, will hold a fundraiser weekend book sale on Saturday, Oct. 12, from 10 a.m. to 4 p.m.; and Sunday, Oct. 13, from 1 to 4 p.m. Lots of books, CDs and DVDs for sale. Most book prices range from 10 cents to \$1 with some specialty books priced individually. No charge for admission. For more information, email [kwebb1956@gmail.com](mailto:kwebb1956@gmail.com).

### ❖ Tacos and Art Party

In honor of Hispanic Heritage Month (Sept. 15-Oct. 15), the San Leandro Public Library invites the residents to a fun and colorful Taco Tuesday with tacos and an art party with the Arts Council of San Leandro on Tuesday, Oct. 15, from 5 to 8 p.m. at the Main Library, 300 Estudillo Ave. Free traditional arts and crafts session for all ages. For more information, call the Main Library Information Desk at 510-577-3971.

### ❖ Scouts BSA Troop 708 Open House

Troop 708 of Castro Valley will host their annual Open House from 7 to 8:30 p.m. on Tuesday, Oct. 15, at 7 p.m. at First Presbyterian Church, 2490 Grove Way in Castro Valley (near Trader Joe's). Area youth, ages 11 to 17 are welcome to attend and learn about all the exciting updates to the scouting program. Check out this fun opportunity to see and hear what adventures scouting may offer your daughter or son. For more information, visit: <https://www.scouting.org/scoutsbsa/>, or <https://www.facebook.com/Troop708/>, or email [dghudson@gmail.com](mailto:dghudson@gmail.com) or [tessd11@gmail.com](mailto:tessd11@gmail.com).

### ❖ St. Felicitas Young @ Heart Luncheon

St. Felicitas Church's monthly Young at Heart Senior Luncheon returns Wednesday, Oct. 16, at Monsignor McGinty Hall located behind the church at 1662 Manor Blvd. in San Leandro. Doors open at 11:15 a.m., and lunch will be served at noon with grilled smoke sausage sandwich, dessert, beverage and door prizes. Tickets are \$6 and can be purchased at the church office or call 510-351-5244. Last day to buy tickets is Friday, Oct. 11 at noon.

### ❖ Meeting of the East Bay Rose Society

The East Bay Rose Society will meet on Wednesday, Oct. 16, at 7:30 p.m. at the Lakeside Garden Center, 666 Bellevue Ave. in Oakland. The speaker will be Jolene Adams, Master Rosarian, Master Gardener, and former President of the American Rose Society. So if you've got squirrels, rats, mice, moles, voles, gophers, or deer come to our meeting and find out what to do about them. Come and enjoy snacks, people who talk roses, and enjoy the show. For more information, visit [www.east-bayroses.org](http://www.east-bayroses.org).

### ❖ SL High School Reunion Class of 1999

The San Leandro High School Class of 1999 will hold its 20th reunion on Saturday, Oct. 19, from 7 to 11 p.m. at Playt, 1036 B Street in Hayward. Tickets are \$75. For more information, email [slhsclassof1999@gmail.com](mailto:slhsclassof1999@gmail.com) or visit Facebook: San Leandro Class of 1999.

### ❖ Hill and Valley Club

The Hill and Valley Club, 1808 B Street (B and Linden) in Hayward presents Bunco Madness on Saturday, October 19, from 10:30 a.m. to 2:30 p.m. for lunch and a lot of fun playing Bunco. Beginners are encouraged. Tickets are \$20 each (includes lunch). Call Pat Keathley at 510-487-8827 or email [hillvalleyclub@gmail.com](mailto:hillvalleyclub@gmail.com) for reservations no later than October 12th. This event benefits several local charities.

### ❖ October Moon Festival

All Saints Church, 911 Dowling Blvd. in San Leandro, will hold a Moon Festival Spectacular on Saturday, Oct. 19, at 5:30 p.m. Enjoy delicious Asian cuisine, taiko drumming, a silent auction, raffle and more. Child care will be provided. For tickets and more info visit [tinyurl.com/SLMoonFest](http://tinyurl.com/SLMoonFest)

### ❖ Alta Mira Club Pancake Breakfast

The Alta Mira Club, 561 Lafayette Ave. in San Leandro, will have a pancake breakfast on Saturday, Oct. 19, from 8 a.m. to noon. Tickets are \$7 for adults and \$3 for children, free for children 5 and under. For tickets, call Susan Patrick at 510-569-1092 or purchase at the door.

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.



# Council: Census data is crucial for California

continued from front page

Phishing is when a “bad actor” sends out links to malware (malicious software) to a number of people, hoping at least one will click on it. In spearphishing, one or more individuals is targeted for their high level of access to the system.

While movies and TV stereotype such hackers as lone figures working alone, perhaps in a parent’s basement, in reality criminal organizations are involved, sometimes with support of national governments. Rather than planting the malware and then relying on the program to open at an arbitrary time, human beings monitor the malware and see how many connections to other computers at the site it has made before activating it.

Once the malware is activated, it can either destroy files or block access to them until a ransom is paid. The latter is called ransomware.

Some governments and health care systems have either paid millions of dollars in ransom to get their files back, or spent very large amounts of money rebuilding their systems after not paying the ransom, Batalla said.

He added that the number of hacking and ransomware attacks on public sector computer sys-

tems is rising.

City workers have all been advised not to open attachments freely, to be cautious even if the attachment appears to be from a city official and to send any questionable emails to his office to be checked, Batalla said.

The city has also moved

*“There is often more than one household living in a dwelling these days.”*

— Casey Farmer

much of its data to “the cloud” (offsite electronic storage) where a second layer of security protects it. A bad actor would have to first get past the city’s considerable security safeguards, and then get through a second set.

While the public is aware that losing data or access to it can disrupt operations of a government or hospital, Batalla said that there’s often a hidden bigger problem that’s less visible to the

public when data is blocked or lost. That lies in the internal structure of the system itself, which is also lost or disrupted.

Among the things he suggested the city still needs to do is to update its computer backup system to make it more resilient. Three city councilmembers quickly voiced their support for that particular step, which would require further research and Council approval of its cost. For now, the council as a whole voted to accept Batalla’s report.

The council also heard a detailed presentation on the need to make sure everyone is counted by the upcoming U.S. Census, scheduled for next April. Alice Kim of the city manager’s office joined Casey Farmer, executive director of the Alameda County Complete Count Committee, to update the council on local efforts to ensure a full count.

Every ten years, the population is counted by the federal government, with some help in outreach from state and local governments, to determine representation in Congress but also the distribution of federal aid to states, counties and cities.

Some parts of the population have been historically hard to count fully, notably homeless people, Farmer said. People

distrustful of the government, including undocumented individuals and families but also including lower-income people generally, also might not get counted fully unless strongly encouraged by people they do trust, she added.

Past censuses have been marked by forms to mail in and by a small army of enumerators following up door-to-door. This time, though, will be the nation’s first digital census. People will be encouraged to answer the census questions online, though one can also complete them by phone.

The official day of the Census is April 1, “no joking,” said Farmer. If no response is received from an address by April 8, a paper form is sent out then, and enumerators will visit in person if necessary.

Each address needs one set of responses for everyone living there, Farmer said. “We discourage the term household, because there is often more than one household living in a dwelling these days,” she added.

The census information is completely confidential, Farmer and Kim said. It isn’t shared with either immigration authorities or the police, which some people are concerned about.

“California stands to lose one or more congressional seats” if



Mayor Pauline Cutter presents San Leandro Police Officer Maria Cortez and Sergeant Jeff Walton with the City Council’s proclamation of October as Crime Prevention Month.

we don’t count our population fully but other states do, Farmer warned.

There are also many familiar programs, she said, that people don’t realize run partly or entirely on federal money based on population, including Head Start education, Section 8 housing assistance, federal highways, foster care, and SNAP, the nutrition program formerly known as food stamps.

It is estimated that each person counted properly brings local governments about \$1,000 in federal funds on average, or a total of \$10,000 in the ten years until the next census.

Kim said that the city, along with the county, is spreading

information at any place where large numbers of sometimes-un-counted people are likely to gather. In some place, kiosks will be set up where people can complete the census while there.

City Council members also approved a “treatment wetland” project adjoining the Bay near the foot of Davis Street that would use microbes to break down waste while improving the appearance of the currently rundown area. The area, which will look like a normal wetland area, will be a combination of “plants, soil, sun and certain bio-organisms” that will clean up a portion of the city’s wastewater, said City Water Pollution Control Plant Manager Justin Jensen.



## LEGAL NOTICE



Honorable Robert G. Olson  
Ninth Judicial District Court  
Pondera County, Montana  
226 – 1st Street South  
PO Box 822  
Shelby, MT 59474  
(406) 424-8360

### MONTANA NINTH JUDICIAL DISTRICT COURT, PONDERA COUNTY

In the Matter of	)	
	)	
J. W. M.	)	Case No. DN-18-02
	)	
YOUTH IN NEED OF CARE	)	

### CITATION BY PUBLICATION

### TO: ROBERT HENRY MATOS

**YOU ARE HEREBY NOTIFIED** that Petitions have been filed in the above-entitled Court by the Montana Department of Public Health and Human Services, Child and Family Services Division (hereinafter DPHHS), 300 North Virginia Street, Suite 320, Conrad, MT 59425, requesting termination of Parental Rights with the DPHHS’s right to consent to adoption.

**NOW, THEREFORE, YOU ARE HEREBY DIRECTED** to appear on the 4th day of November, 2019 at 11:00 o’clock a.m., Mountain Standard Time, in the courtroom of the Pondera County Courthouse, 20 4th Avenue SW, Conrad, Montana, then and there to show cause, if any you may have, why DPHHS’s request for relief should not be granted.

The Youth, J.W.M., was born in 2015. The Youth’s Birth Mother is Catherine Annette Tuell, a/k/a Catherine Annette Brown and his Birth Father is Robert Henry Matos.

You have the right to be represented by an attorney in these proceedings. If you are unable to afford an attorney, the Court will appoint an attorney to represent you.

Your failure to appear at the Hearing will constitute a denial of interest in the Child, which denial may result in, without further notice of this proceeding or any subsequent proceeding, a judgment by default being entered for the relief requested in the Petition.

A copy of the Petition hereinbefore referred to is filed with the Clerk of District Court for Pondera County, (406) 271-4026, and is hereby served upon you at this time.

WITNESS the Honorable Robert G. Olson, Judge of the above-entitled Court and the Seal of this Court this 30th day of September, 2019.

(SEAL) **Laurie Eisenzimer**

Laurie Eisenzimer  
Clerk of District Court

By: \_\_\_\_\_  
Deputy Clerk

**OCT 10, 17, 24, 2019**  
**0160-SLT**

FILED  
AUGUST 27, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 562794-796

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the businesses:  
(1) Hospice Audit & Charting (2) Hospice Patient Care (3) Patient Compliance Audit located at 4061 East Castro Valley Blvd. Suite 116, Castro Valley, CA 94552, in Alameda County is hereby registered by the following owner(s): Matthew Bennett, 1420 Cliff Swallow Dr., Patterson, CA 95363. This business is conducted by an individual. This business commenced N/A.

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

Expires AUGUST 27, 2024  
**SEPT 19, 26, OCT 03, 10, 2019**  
**0151-SLT**

FILED  
SEPTEMBER 25, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 563835

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the businesses:  
Rose Rosary located at 41 Astrida Drive, Hayward, CA 94544, in Alameda County is hereby registered by the following owner(s): Cathrine Cosmiano, 41 Astrida Drive, Hayward, CA 94544. This business is conducted by an individual. This business commenced N/A.

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

Expires SEPTEMBER 25, 2024  
**OCT 03, 10, 17, 24, 2019**  
**0159-SLT**

FILED  
AUGUST 30, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 562960

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the businesses:  
Vern Waskom Company located at 5011 Preston Avenue, Livermore, CA 94551, in Alameda County is hereby registered by the following owner(s): VW Golf, Inc, 5011 Preston Avenue, Livermore, CA 94551. This business is conducted by a corporation. This business commenced 8/30/19.

/s/ VW Golf, Inc  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires AUGUST 30, 2024  
**SEPT 26, OCT 03, 10, 17, 2019**  
**0152-SLT**

FILED  
OCTOBER 02, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 564073

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the businesses:  
Guidos Carpet Care located at 237 E. Lewelling Blvd. Apt. A, San Lorenzo, CA 94580, in Alameda County is hereby registered by the following owner(s): Eliseo Guido, 237 E. Lewelling Blvd. Apt. A, San Lorenzo, CA 94580. This business is conducted by an individual. This business commenced 10/2/19.

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

Expires OCTOBER 02, 2024  
**OCT 10, 17, 24, 30, 2019**  
**0162-SLT**

FILED  
SEPTEMBER 11, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 563335

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the businesses:  
M.O.K. Transportation located at 390 Industrial Pkwy #5, Hayward, CA 94544, in Alameda County is hereby registered by the following owner(s): Avtar Kittaney, 390 Industrial Pkwy #5, Hayward, CA 94544. This business is conducted by an individual. This business commenced 11/2013.

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

Expires SEPTEMBER 11, 2024  
**SEPT 26, OCT 03, 10, 17, 2019**  
**0156-SLT**

FILED  
SEPTEMBER 30, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 563991

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the businesses:  
Iglesia Misionera Ebenezer Torre Fuerte located at 22370 Mission Blvd, Hayward, CA 94541 in Alameda County is hereby registered by the following owner(s): Cesar Aranda, 215 Parrot St., San Leandro, CA 94577. This business is conducted by an individual. This business commenced 09/30/19.

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

Expires SEPTEMBER 30, 2024  
**OCT 10, 17, 24, 31, 2019**  
**0163-SLT**

FILED  
SEPTEMBER 20, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 563682

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the businesses:  
One Way Legal Administrative Solutions located at 320 Best Avenue, San Leandro, CA 94577, in Alameda County is hereby registered by the following owner(s): Walter Lee Hill Jr., 320 Best Avenue, San Leandro, CA 94577. This business is conducted by an individual. This business commenced N/A.

/s/ Walter Lee Hill Jr.  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires SEPTEMBER 20, 2024  
**OCT 03, 10, 17, 24, 2019**  
**0158-SLT**

FILED  
OCTOBER 04, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 564138

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the businesses:  
Registration Express Services located at 2835 Miller St., San Leandro, CA 94577, in Alameda County is hereby registered by the following owner(s): Nhung Thanh Cao, 2835 Miller St., San Leandro, CA 94577. This business is conducted by an individual. This business commenced 10/03/2019.

/s/ Nhung Thanh Cao  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires OCTOBER 04, 2024  
**OCT 10, 17, 24, 31, 2019**  
**0164-SLT**



# Shining a Spotlight on UrbanBloc

By Mike McGuire  
San Leandro Times

UrbanBloc, which repurposes shipping containers to make commercial buildings, was among the San Leandro manufacturers spotlighted here on National Manufacturing Day Oct. 4.

Members of the press and the public were given a tour of their facility at 2350 Alvarado Street. There the company designs and manufactures new restaurants, bars, cafes, retail stores and offices.

While some of the buildings are free-standing, others accompany conventional buildings, co-owner Jerry Jameson said.

"We see a lot of companies wanting to use their 'backyards,' too" he said, referring to the currently idle space that sometimes surrounds businesses.

Along with Urban Bloc, the event featured open houses at San Leandro manufacturers FreeWire Technologies at 1933 Davis Street, Scandic Spring at

700 Montague Avenue, and Mr. Plastics at 844 Doolittle Drive.

National Manufacturing Day, founded in 2012 and celebrated the first Friday in October, aims to interest people in manufacturing careers and inform the public about what manufacturing is, and isn't. It is presented by the National Association of Manufacturers and local affiliate Association of Manufacturers Bay Area.

UrbanBloc produced units that recently became Oakland stores Equator Coffee at 127 Bay Place, Urban Remedy foods at 175 Bay Place, Humphry Slocombe ice cream at 2335 Broadway and Red Bay Coffee at 2327 Broadway.

They're working on two projects ready to be moved to sites in Livermore and Ventura. A taco and tequila bar is going to La Botica restaurant in downtown Livermore, while a courtyard welcome unit is going to the Iron & Resin clothing store in Ventura.

The company, owned by

Martha Trela and Jerry Jameson since 2014, is part of the rapidly growing modular construction industry. That has been in the news recently as cities scramble to meet a housing availability crisis.

UrbanBloc, however, focuses on the lesser-heralded commercial part of the industry. Increasingly, smaller restaurants and retail stores are opening in refurbished former shipping containers, redone by UrbanBloc and other manufacturers.

One advantage of the containers is that it is often cheaper and faster to build a building in a factory than on the site, co-owner Jameson said.

Part of the savings comes from work being able to take place on the site while the building itself is being built elsewhere.

The containers themselves are readily available, Jameson said. There are an estimated 11 million of them waiting to be used in the U.S.

Shipping companies bring more goods to the U.S. than they send back, what economists call a trade deficit. Jameson said the companies find it is cheaper to make new containers overseas than to send empty ones back.

The state has been encouraging modular construction by handling all building permits and handling all inspections. Local permitting and inspection is not needed, which otherwise can slow down construction projects.

When the building is delivered to the site, it is permitted and legally ready to be used. There are already attachments to be

plugged into local electrical and plumbing lines, Jameson said.

"We deliver them as close to plug-and-play as possible," said co-owner Martha Trela.

Final details are sometimes added after delivery to the site by companies that are particularly concerned with brand identity, said Trela, but that finishing work can also be done at UrbanBloc.

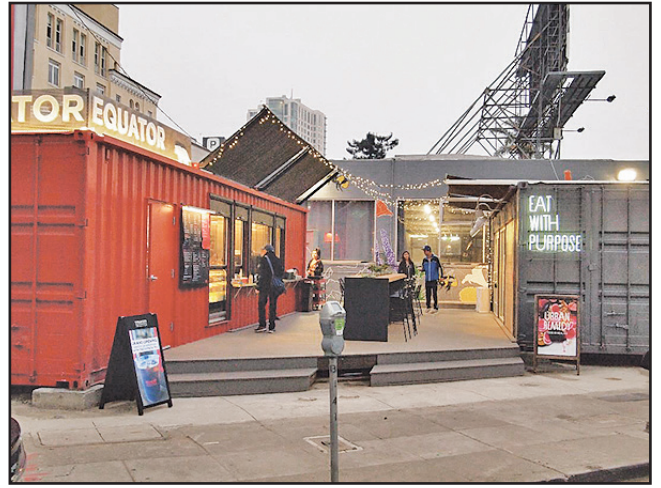
Jameson said that local building departments often are not familiar with the completely different way modular construction works and thus what to inspect for. There are no studs to check, for example, but one does need to check reinforcing frames around windows.

Trela said that while shipping containers are very sturdy, if one cuts into them for a window or door without reinforcing the area first, the container "turns into a pretzel quickly."

At UrbanBloc the design team figures out where all the openings are going to go, then passes this information on to the structural team of welders and engineers, who strengthen those areas before doing any cutting.

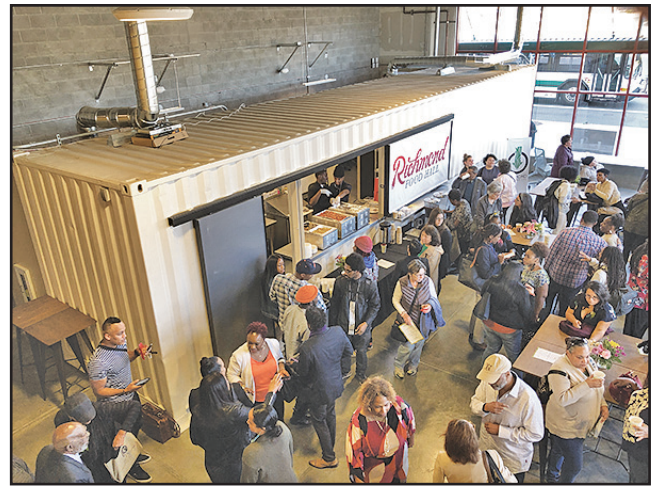
The containers start out as exactly 8 feet by 40 feet and are then cut to size as needed. UrbanBloc uses the "high-top" size, which at 9 feet, 6 inches high are taller than the more common standard size.

"A big advantage of shipping containers is that they are produced to very close tolerances," said Jameson. "They're exactly 8 feet wide, not off by a quarter-inch or so."



PHOTOS COURTESY OF MIKE MCGUIRE

The new unit from UrbanBloc that is now Equator Coffee.



Customers gather May 3, 2019 at a store in the Richmond Business Hub that was manufactured by UrbanBloc.



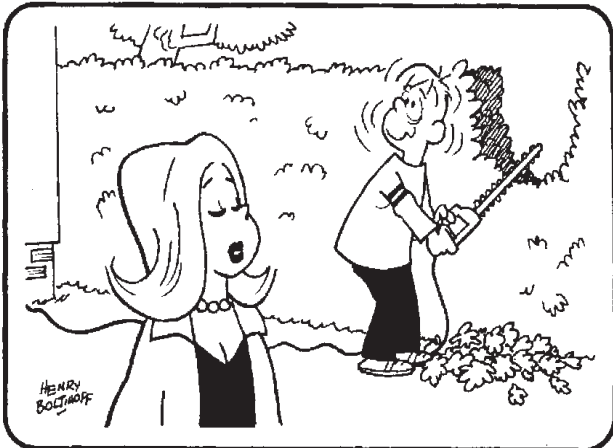
Shawn Wienckowski, head of factory operations, shows a reinforcement frame at container's rear.

He added, "They're produced to sit stably stacked eight high crossing an ocean with big waves, after all. They have to fit together very well."

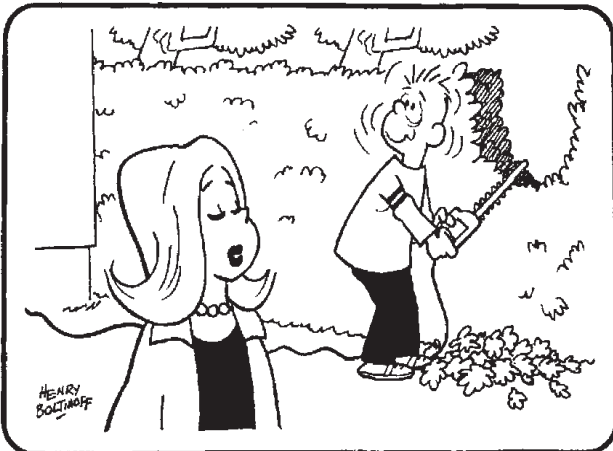
Another advantage of modular construction for the business owner is that the state lets them choose whether they want to consider the unit as a building or a vehicle, Jameson said. If a vehicle is parked on a property, no additional property taxes are due, though vehicle taxes would have to be paid. Most of their customers, Jameson said, choose to treat them as vehicles for tax purposes.

## HOCUS-FOCUS

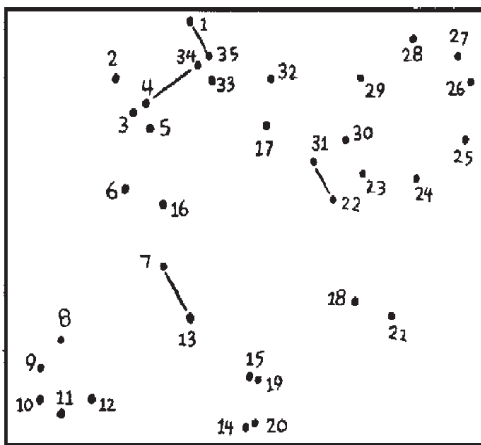
BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tree is added. 2. Saw blade is shorter. 3. Bricks are missing. 4. Dress's neckline is different. 5. House is wider. 6. Man's hair is different.



CONNECT THE DOTS to solve this riddle!

"He wears a hat stuck on his neck.  
Because he has no head;  
And many a time his hat comes off  
When we are sick in bed."

Answer: A bottle of medicine.

THINK ROMAN! As you can see, this Roman numeral equation is incorrect. Can you fix it by moving one of the sticks to a new position?

reads: IV = VI - II or 4 = 6 - 2.  
place it over the "minus" sign. The equation now  
Answer: Take one stick from the "equal" sign and

IV - VI = II

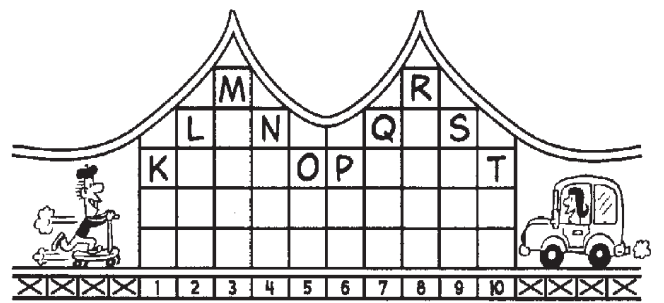
SEE IF YOU CAN STAR IN THIS "WORD EPIC"! Pictured below are two puzzle grids for you to fill in. Hints are given for each word. The words in Grid B contain the same letters as the corresponding words in Grid A.

- 1. Belongs to animals.
- 2. Interval between events.
- 3. Pointed tools.
- 4. Area in a building.

F		
I		
	L	
		M

S		
T		
	A	
		R

- 1. Found at the shore.
- 2. A short written piece.
- 3. A cabbage salad.
- 4. To secure with ropes.



A WORD BRIDGE! The bridge above contains 10 supporting words. We give you the first letter of each word, plus plenty of hints.

- 1. A set of related articles.
- 2. A den or hideaway.
- 3. A mansion.
- 4. Type of salamander.
- 5. Unit of electrical resistance.
- 6. Type of wooden fastener.
- 7. Type of knowledge testing.
- 8. Airplane detector.
- 9. A fraudulent business scheme.
- 10. A fancy dinner jacket.



## LIFESTYLE



## Mamma Mia! That's Italian!

We have no idea what Christopher Columbus' favorite meal was, but because Monday is his "Day," we've rolled out a few Italian specialties we're sure he would have loved.

## OLD WORLD SPAGHETTI

- 2 (6-ounce) cans tomato paste
- 1 (28-ounce) can tomato puree
- 2 (28-ounce) cans crushed tomatoes
- 4 garlic cloves, crushed
- 1/2 cup onion, chopped
- 3-1/2 tablespoons extra virgin olive oil
- 2-1/2 tablespoons white sugar
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon dried basil
- 1/2 teaspoon dried thyme leaves
- 1 teaspoon dried oregano
- 1/2 teaspoon dried rosemary leaves
- 1/4 cup Parmesan cheese
- 1/2 cup dry red wine
- 2-1/2 cups water

Add olive oil to a large stockpot over low-to-medium heat and saute onions for about 4 minutes, then add crushed garlic and cook for 2 minutes longer. Add water and tomato products, mixing everything well. Add spices and cheese, and cook for 2-1/2 hours covered. Add in wine and cook 30 minutes longer. Yields 12 to 14 servings.

Sauce will be thin on first day. Also if you use meat it will alter thickness. The second day this turns into a nice thick sauce.

## OSSO BUCO

- 1/4 cup flour
- 2 teaspoons salt
- 1/4 teaspoon ground black pepper
- 2 pounds veal shank
- 3 tablespoons butter
- 3 tablespoons olive oil
- 1 cup chopped onion
- 1 cup thinly sliced carrots
- 1/2 cup chopped celery
- 2 cloves garlic, crushed

- 1 (8-ounce) can tomato sauce
- 1/2 cup water
- 1/2 cup white wine
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 3 sprigs fresh parsley
- 1 bay leaf

In a shallow dish, stir together flour, salt, and black pepper. Dredge meat in seasoned flour. In a large skillet, melt butter with oil over medium heat. Brown meat. Remove meat from pan, and set aside.

Add onion, carrots, celery, and garlic to drippings in pan. Cook and stir for about 5 minutes.

Stir in tomato sauce, water, wine, basil, thyme, parsley, and bay leaf. Return meat to pan. Bring to a boil, and reduce heat to simmer. Cover, and cook for 2-1/2 hours. Yields 6 servings.

## MINISTRONE SOUP

- 2 tablespoons olive oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 stalks celery, diced
- 1-1/2 cups green beans, trimmed, cut in 1/2-inch pieces
- 1 teaspoon dried oregano
- 1 large carrot, diced
- 1 teaspoon dried basil
- Salt and pepper
- 1 (28-ounce) can diced tomatoes
- 1 (14-ounce) can crushed tomatoes
- 6 cups chicken or vegetable broth
- 1 (15-ounce) can kidney beans, drained and rinsed

- 1 cup uncooked elbow pasta
- 1/3 cup grated Parmesan
- 2 tablespoons chopped fresh basil

Heat olive oil in a large pot over medium-high heat. Add onion and cook until translucent, about 4 minutes. Add garlic and cook 30 seconds. Add the celery and carrot and cook until they begin to soften, about 5 minutes. Stir in the green beans, dried oregano and basil, 3/4 teaspoon salt, and pepper to taste; cook 3 more minutes.

Add the diced and crushed tomatoes and the chicken broth to the pot and bring to a boil. Reduce the heat to medium low and simmer 10 minutes. Stir in the kidney beans and pasta and cook until the pasta and vegetables are tender, about 10 minutes.

Season with salt. Ladle into bowls and top with the Parmesan and chopped basil. Serves 6

## CHICKEN CACCIATORE

- 2 tablespoons olive oil
- 1 (2-1/2 pound) chicken, cut into pieces
- 1 large onion, chopped into 1/4-inch pieces
- 3 cloves garlic, crushed and chopped fine
- 2 shallots, chopped fine
- 1/2 cup dry white wine
- 1-1/2 teaspoons red wine vinegar
- Salt and pepper to taste
- 2 fresh basil leaves

Heat olive oil in large frying pan. Saute chicken over medium

heat, turning occasionally. When the chicken begins to brown, add onion, garlic and shallots to pan.

After 20 minutes or so, add wine, vinegar, salt, pepper and basil to mixture. Cover tightly and allow to simmer for another 30 minutes. Serve with pasta or rice.

## INSALATA CAPRESE

- 4 large ripe tomatoes, sliced 1/4-inch thick
- 1 pound fresh Mozzarella cheese, sliced 1/4 inch thick
- 1/3 cup fresh basil leaves
- 3 tablespoons extra virgin olive oil
- Salt and freshly ground black pepper to taste

On a large platter, alternate and overlap the tomato slices, mozzarella cheese slices, and basil leaves. Drizzle with olive oil. Season with sea salt and pepper. Serves 6.

## ITALIAN SAUSAGE SOUP

- 1 pound Italian sausage
- 1 clove garlic, minced

## Columbus Day a Holiday for Some

Next Monday is Columbus Day. By presidential proclamation, it always falls on the second Monday in October.

It is a holiday for most federal workers, but not state or county employees.

While post offices and banks will be closed, most everything else will operate on a normal Monday schedule, including the stock exchange, schools, trash collection, business offices, stores, restaurants and public transportation.



Chris

- 2 (14-ounce) cans beef broth
- 1 (14-1/2 ounce) can Italian-style stewed tomatoes
- 1 cup sliced carrots
- 1 (14-1/2 ounce) can Great Northern beans, undrained
- 2 small zucchini, cubed
- 2 cups spinach, packed, rinsed and torn
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt

broth, tomatoes and carrots, and season with salt and pepper. Reduce heat, cover, and simmer 15 minutes.

Stir in beans with liquid and zucchini. Cover, and simmer another 15 minutes, or until zucchini is tender.

Remove from heat, and add spinach. Replace lid allowing the heat from the soup to cook the spinach leaves. Soup is ready to serve after 5 minutes. Serves 6.

## Your Ad Could Be



## Here!

Advertise Your Business on  
our Lifestyle Page in the  
San Leandro Times.

To place an ad call

Claudette Morrison: 510-912-1490

Linda Nakhai: 510-915-1513

Mary Florence: 510-861-3270

www.sanleandrotimes.com

## Phở AN HÒA

Vietnamese Noodle House  
14391 Washington Ave.  
San Leandro  
(Pak 'N Save Shopping Center)



"THE BEST  
NOODLE SOUP  
IN TOWN"  
352-2728  
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## Why Asthma Attacks Spike in Fall and What to Do About It

By Dr. John Chang  
Special to the Times

Many people associate springtime with asthma attacks, in large part due to increased exposure to pollens as plants start to bloom.

But some studies show asthma attacks spike during the fall, when more people – especially children – go to the hospital because of asthma-related complications than any other time of the year, according to the Asthma and Allergy Foundation of America.

About one in 12 Americans have asthma, a chronic condition that makes it difficult to move air in and out of the lungs and may trigger wheezing, chest tightness and coughing.

It is also among the most expensive chronic conditions to treat, with the economic burden estimated at \$62 billion due to medical costs, loss in work productivity and school absences.

There isn't a cure for asthma, which is generally caused by environmental and genetic factors. The condition is treatable with a combination of medication and avoiding or eliminating triggers; however, an estimated 50% of adults – and 40% of children – with asthma don't have control of their condition, according to the CDC.

With that in mind, consider these four tips to help reduce the risk of asthma-related issues during the fall and yearlong:

- Avoid Causes of the Common Cold: Part of the fall spike



Some studies show asthma attacks spike during the fall, when more people – especially children – go to the hospital because of asthma-related complications than any other time of the year, according to the Asthma and Allergy Foundation of America.

in asthma-related complications is due to back-to-school season, with packed classrooms that spread cold-causing germs.

Catching a cold or the flu can trigger asthma, so parents and children should wash their hands regularly and avoid close contact with people who may be ill. In addition, the CDC recommends flu shots for everyone six months and older, especially for older Americans and people with certain chronic conditions.

- Limit Exposure to Air Pollutants: Nearly 40% of all

asthma attacks are triggered by something in the home, including irritants such as tobacco smoke, dust mites, cockroach allergens, rodents and mold. Poorly maintained housing and polluted areas put people at a higher risk of developing asthma.

- Follow Medications as Prescribed: Most children with asthma take two inhaler medications – a daily “controller” medication of corticosteroids to help prevent an onset of an attack, and a rescue inhaler for breathing troubles. Missing multiple days of the prescribed medication, or overuse of a rescue inhaler, may contribute to complications.

- Consider Connected Devices: A growing number of health plans and care providers are starting to test “smart inhalers,” which uses Bluetooth technology and mobile apps to send real-time data back to parents and health professionals to help them monitor medication usage patterns. Other connected devices can measure indoor air quality, offering real-time feedback to help people reduce exposure to potential irritants.

For some people asthma is a nuisance, while for others it can be life-threatening due to sudden-onset asthma attacks. In fact, there are more than 1.7 million asthma-related visits to the ER each year. Keeping these tips in mind may help reduce the risk of complications during the fall and year-round.

Dr. John Chang is medical director of UnitedHealthcare of California.

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# REAL ESTATE GALLERY



## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Times

GUEST COMMENTARY



## Prepare For The Fall Season – Top 5 Checklist

Cooler mornings have become the norm, so a family recently tried starting their furnace to remove the chill. They flipped the appropriate switches and, instead of the familiar sounds, were greeted by silence.

A furnace technician unmasked some issues and the family, while disappointed with a repair bill, were grateful they had not waited until later to discover their heating issues.

With kids back in school and fall schedules activated, now is the time to plan for winter. Here is our Top Five Fall Prep List:

- Check your furnace *before* it gets cold. Fire it up to make sure everything is working.

Remember that furnaces sitting idle have accumulated dust that is burned off during the first run, resulting in that classic “ionization” smell.

Considering installing a new thermostat such as a *Nest*? Do it now. An HVAC technician can

check your furnace and install a new thermostat to make sure all works as it should. Change your furnace filter. Sealing furnace ducting will also save energy.

- Replace drafty windows. When cold weather comes, old windows reward you with drafts and heat loss.

Eliminate drafts and lower heating costs by replacing your old windows with new thermally efficient dual-pane products. Check for available discounts for installing new windows out of the peak season. Use window shades to keep in heat, especially at night.

- Check your roof and gutters. A roof inspection is relatively inexpensive, yet can prevent hundreds of dollars in potential damage.

It's always best to catch potential issues *before* they cause harm. For an extra fee, some roof inspection companies will also clean your gutters. If you need new gutters, beat the rush and do it now.

Make sure your downspouts have diverters which carry water away from your home. Make sure nothing on the ground traps water or directs it towards your home.

- Trim vegetation away from the house. If you have tree branches, bushes or shrubs touching your home, trim them back before the storms come. Tree branches can do extensive damage, especially to roofs, and vegetation close to the walls will trap moisture.

- Check weather seals. Make sure your doors have adequate

weather seals and door sweeps to close off all gaps. Caulk all gaps around windows. Close the fireplace damper.

Beat the season and while others are panicking, you will be snug and warm in your fully prepared home.

*Carl Medford is a licensed Realtor with Keller Williams Realty and a licensed general contractor. This article is sponsored by the Central County Marketing Association.*



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## New Furnace? Don't Shut Heat Registers

By Samantha Mazzotta  
Special to the Times

In guidelines for newer, high-efficiency forced-air furnaces, HVAC experts recommend against arbitrarily shutting off registers in unused rooms.

There are a number of reasons for this. The newer furnaces are configured to heat your entire home's square footage in the most efficient way possible. Start shutting off registers and that setup no longer works, as the parameters of the system have been changed.

Shutting off several registers can affect the blower motor in particular, according to the Energy Vanguard (www.energyvanguard.com) blog post “Can You Save Money by Closing HVAC Vents in Unused Rooms.”

Newer systems feature both registers and air return ducts in each room. Shut off the register,

and the air return is affected as well, increasing air pressure and forcing the blower to work harder to circulate warm air back into the house.

Air ducts in newer systems also are not normally sealed, the blog notes. So when the return air pressure goes up, air begins to escape from the duct system itself, forcing the blower to work harder to draw enough air to heat.

Low airflow over other components of a high-efficiency system can cause problems, too. The heating coils actually can get too hot, as can the heat exchanger, increasing the risk that it could crack – releasing exhaust gases, including carbon monoxide, into your home.

So, does that mean heating registers should never, ever be shut? The answer to this is to talk to your HVAC contractor. While Energy Vanguard notes that one or two temporarily



closed registers shouldn't negatively affect the system, it's better to ask than to wonder.

What if you're not sure if you have a high-efficiency system? What if you have an older heating system, or a zoned system? Then it's time to schedule a checkup with a heating and air-conditioning professional,

who can tell you the best way to manage your particular heating system.

*Home Tip:* Going on a trip this winter? Don't turn off the heating system: Set the thermostat to 55 degrees F, which will reduce the energy bill while preventing pipes from freezing.

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# Mix Varieties for Year Round Color

By Buzz Bertolero  
Special to the Times

**Q** My perennials are looking shaggy with brown leaves and leggy branches. Do I have to wait until spring to cut them back or can it be done now? Also, what perennials can I plant for year-round color? I don't want to mess with annuals anymore because I'm tired of replanting them.

**A** Perennials are groomed now, or you could wait. I'd groom the spring-blooming ones now, so they are ready to take off as temperatures warm up in March.

Most of the Sages, Evening Primrose, Shasta Daisy and Penstemon can be pruned off to the

ground as they produce basal shoots while others are trimmed back for shaping.

You're correct, perennials don't need to be replanted like annuals. However, their blooming cycle is seasonal and I'm not aware of any herbaceous perennial that blooms year round.

Flowering ornamental plants such as Floral Carpet Roses or Euryops have a very long bloom season. Garden Mums, Cyclamen and English Primroses are the primary fall perennials. Mums have the shortest flowering season while Cyclamen and English Primroses bloom continuously through May.

Next spring and/or summer, you could add Iberis, Foxglove, Coreopsis, Penstemon, Verbena, Phlox, Bacopa, Million Bells,

Rudbeckia and Echinacea, to mention just a few.

Also, don't overlook the contribution from variegated foliage from landscape shrubs and grasses. Your favorite garden center now has a selection of small perennial plants in packs.

Planted now, these varieties will bloom next year. If you wait to plant in the spring, these plants won't bloom until the following year. You can avoid this with those plants growing in four-inch pots and larger sizes.

Your first step might be to step back and evaluate the blooming pattern of the existing perennials to see which season needs to be enhanced. Also, give some thought to the type or shape of flowers you prefer — daisy shape, columnar or just dainty type flowers. Do they need to be large, small or somewhere in between? There are lots

of correct answers but what is the right one for you?

The areas do not need to go colorless as you would mix in a few annuals. I'm a believer in mixing annuals and perennials to bridge the color gap.

You could add Primulas, Primroses, Calendulas, Pansies and Violas for more color. Planted now, they will continue blooming until next April/May.

I'd plant them close to one another as they'll grow very little between now and next February, and add some nutrients with a starter fertilizer to prevent the leaves from turning yellow.

You now have year-round color with a minimal amount of replanting.

And, finally, as the leaves drop, be sure to gather up all the debris that accumulates at the base and around the plants. The foreign material will pack down



Mixing annuals and perennials together will give your garden year-round color.

around the crowns with the winter rains and can cause the plants to rot during the rainy season. Repeat as needed during the fall and winter. I think it's about the only time a leaf blower makes any sense.

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/BuzzBertolero](https://www.facebook.com/BuzzBertolero).



## Leaves Curl Up

By Buzz Bertolero  
Special to the Times

**Q** I started a compost pile and was amazed at how fast everything decomposed. I used food scraps, yard clippings, and prunings from my peach tree that had leaf curl. I added the compost to my spring vegetable garden. Now, my bell peppers and pole beans have leaf curl. Is my soil contaminated?

**A** As a general rule, we don't compost diseased plant parts. The internal temperature of a compost pile doesn't get hot enough to destroy the disease organisms or weed seeds. Diseased plant trimmings should be disposed of in your garden trimmings container.

Although, in this case, the diseased leaves have done no harm and your soil is not contaminated. The leaf curl on peaches is called Peach Leaf Curl. It's a water-activated fungus that attacks only peach and nectarine trees. Also, the fungus spores overwinter above ground, not in the soil.

Curly leaf on plants can be caused by many different things such as insects, herbicide damage and changes in temperatures.

On apple, cherry and plum trees, aphids are the primary cause of leaf curl. Aphids are sucking insects and they'll cause the leaves to curl up like an Italian cookie.

In addition, the herbicides in "Weed and Feed" turf products

can cause curly leaves on mulberries and other shade trees planted in and near a lawn. And, citrus leaves curl up from cool temperatures in the winter months. So, again, there are many reasons for leaf curl.

The good news is that Peach Leaf Curl hasn't contaminated the compost or garden soil. Take a few samples of the curly leaves to your local garden center and have a nursery professional help identify the problem(s).

My guess would be that you have some type of sucking insect problem.

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/BuzzBertolero](https://www.facebook.com/BuzzBertolero).

By Samantha Mazzotta  
Special to the Times

**O**ften, we're in a hurry to just finish up with the yard work. Or, it's too hot or too aggravating to put on safety gear like impact-resistant goggles and sturdy gloves.

But spending a couple extra dollars to purchase the right equipment and safety gear, and taking time to put it on, can prevent injuries and even save your life.

In fact, there are a number of preventive measures to take before starting yard work. Topical Biomedics (which, handily, sells a pain relief and healing cream for those post-yard-work sore

muscles) offers a few additional tips:

- Before doing any heavy yard work, warm up for at least 10 minutes with some lighter tasks.
- Cover any exposed skin with sunscreen to prevent sunburn.
- Sturdy gloves will protect your hands from blisters, scratches, insect bites, poison oak, the heat from gas-powered, hand-held lawn-care tools, and flying debris.
- Sturdy boots with slip-resistant soles are critical when working around any power tool.
- Eye protection — goggles specifically made to resist high-impact strikes — will protect you from flying debris, acci-



Wear proper safety gear when doing yard work.

dental chemical spills, and many eye irritants and allergens.

• Face protection: a dust or filter mask should be worn when spreading fertilizer or spraying yard chemicals, and can be a big help to those with seasonal allergies while doing yard work.

• Wear long-sleeved shirts and pants to protect skin from scratches caused by low-hanging tree branches and other plants.

• Wear noise-reducing earmuffs, a hard hat and a steel mesh face visor when using a chainsaw.

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S	—	2-4:30	11733 Cranford Wy.	\$949,000	3+2.5	Compass RE	Michelle Miller	510-701-3442
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21679 Lake Chabot Rd.	94546: \$460,000 2 BD - 848 SF - 1942
20153 Forest Avenue	94546: \$520,000 2 BD - 1,044 SF - 1986
20111 West Ridge Ct.	94546: \$600,000 2 BD - 1,467 SF - 1977
2228 Jeffer Street	94546: \$620,000 2 BD - 1,018 SF - 1948
2025 Vivian Street	94546: \$625,000 3 BD - 950 SF - 1928
3827 Vincent Court	94546: \$680,000 3 BD - 1,081 SF - 1954
19227 Garrison Ave.	94546: \$730,000 3 BD - 1,276 SF - 1949
18913 Walnut Road	94546: \$775,000 3 BD - 1,272 SF - 1955
19520 Stanton Ave.	94546: \$783,000 5 BD - 1,575 SF - 1960
21635 Knoll Way	94546: \$860,000 3 BD - 1,570 SF - 1960
20545 Forest Avenue	94546: \$915,000 4 BD - 2,381 SF - 1963
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1454 155th Avenue	94578: \$555,000 2 BD - 1,066 SF - 1926
1776 Bali Court	94578: \$600,000 5 BD - 2,679 SF - 2009
14765 Craft Avenue	94578: \$625,000 2 BD - 1,018 SF - 1945
1277 Margery Avenue	94578: \$629,000 2 BD - 1,274 SF - 1947
1222 Seeley Street	94577: \$640,000 3 BD - 1,026 SF - 1951
1708 137th Avenue	94578: \$665,000 2 BD - 960 SF - 1947
1084 Midway Avenue	94577: \$670,000 3 BD - 1,298 SF - 1942
3753 Lamoureux Street	94578: \$725,000 1,517 SF - 1978
14586 Juniper Street	94579: \$725,000 3 BD - 1,096 SF - 1953
111 Sunnyside Drive	94577: \$735,000 2 BD - 1,040 SF - 1925
990 Castle Street	94578: \$738,000 3 BD - 1,344 SF - 1954
15400 Heron Drive	94579: \$775,000 4 BD - 1,651 SF - 1999
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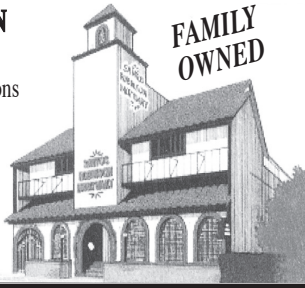
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## New Eden Area MAC Accepting Applications

Residents of San Lorenzo, Hayward Acres, Cherryland and West Ashland who are interested in serving on the newly-created Eden Municipal Advisory Council (MAC) have until Monday, Nov. 4, to submit an application to Alameda County supervisors Wilma Chan or Nate Miley.

The new council will consist of seven members serving four-year terms. Supervisor Chan will have four appointments, Supervisor Miley three.

The Council will advise the Board of Supervisors on matters concerning the unincorporated Eden Area on such governmental services as public safety, welfare, public works, and planning.

There will be one regular meeting per month at the San Lorenzo Library and may hold special meetings as necessary.

Applicants must be residents of Ashland, Cherryland, San Lorenzo, and Hayward Acres or shall have owned or operated a business

in these communities for a period of five years prior to their appointment. Appointees will receive a \$50 stipend per meeting.

Visit <https://www.acgov.org/bnc> to complete an online application.

For more information about the Council for District 3 Supervisor

Chan's appointments, please contact Jared Savas at 510-278-0731 or at [jared.savas@acgov.org](mailto:jared.savas@acgov.org)

For more information about the Council for District 4 Supervisor Miley's appointments, please contact Austin Bruckner at 510-670-5717 or at [austin.bruckner@acgov.org](mailto:austin.bruckner@acgov.org)

## 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. (\$10 for those under 60.) Call 24 hours ahead to reserve a lunch (1-510-825-9793) or sign up at the Senior Center.

The menu for lunch next week, Oct. 14 to Oct. 18, is:

Monday – Cod with lemon

capers, tomato Florentine soup, rice pilaf, vegetable blend and grapes.

Tuesday – Angie's Asian chicken salad, tropical fruit mix, crackers, fortune cookies.

Wednesday – Birthday Lunch! Beef stew, garden salad, whole wheat rolls and strawberries.

Thursday – Chicken enchilada verde, black beans, pico de gallo and cantaloupe.

Friday – Barbecued pork sliders, coleslaw, vegetable medley salad and oranges.

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## LOCAL DEATHS

### Marlene Crawford DiGrazia

August 16, 1943 - October 4, 2019

Marlene Crawford Di Grazia passed away surrounded by family in San Leandro, CA on October 4, 2019 from complications related to Alzheimer's. She was 76 years old. Marlene Mather Crawford was born August 16, 1943 in Washington D.C. to Robert "Brace" and Marjorie Crawford, who both preceded her in death.

She is survived by her loving husband of 56 years, James Di Grazia, and their three children – John Di Grazia (Len), Kelly Di Grazia, and Dominic Di Grazia (Tammi). Proud grandma to Dylan Di Grazia and Sydney Di Grazia.

As a child, Marlene and her older sister Roanna spent time in Washington, D.C. and in Iola, Kansas where her aunt and uncle had a farm. Her family eventually moved to Southern California where she attended Mark Keppel High School in Alhambra. After graduating, Marlene went to University of California at Berkeley where she met the love of her life, Jim, and received her degree in Journalism.

Marlene's passion was helping others, and she had a special devotion to children. After marrying and raising their children and being an active volunteer, Marlene went back to school and received her teaching credential from Cal State East Bay. During this time, she was a librarian at Head Royce School in Oakland and a substitute teacher. She landed at Joseph Azevedo Elementary School in Fremont and taught there and at other area schools for 14 years until she retired.

Marlene was an exceptionally unselfish person and was always ready to help others. She was also an accomplished cook and baker and enjoyed a variety of outdoors activities with her husband, especially hiking and sightseeing in national parks.

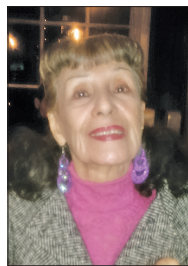
There will be a mass and reception on Friday, October 11, 2019, 11:30 a.m., at Church of the Assumption (510-352-1537), 1100 Fulton Ave., San Leandro, CA 94577. In lieu of flowers, the family asks that donations be made in Marlene's name to the Alzheimer's Association.



### Alberta (Alex) Rodes

March 27, 1925 - September 18, 2019

To our dear friends, I'm having a celebration of life for my bride, Alberta (Alex) Rodes and little Tootsie, on Sat. November 9th from 3 til 6, at 33000 Almaden Blvd., Union City, CA Tropics Mobile Home Park Club House. Al Rodes. My cell # is 510-432-3270. Pot luck, some music and some wine. Everyone welcome. Alex worked with many celebrities in her dancing career.



### Shirley Dini

August 19, 1919 - September 29, 2019



Shirley Dini of San Leandro, Ca. (Aug. 19, 1919 - Sept. 29, 2019). Shirley died peacefully at St. Francis Extended Care in Hayward, Ca., where she received excellent care and was able to reach her 100th birthday a month before her passing.

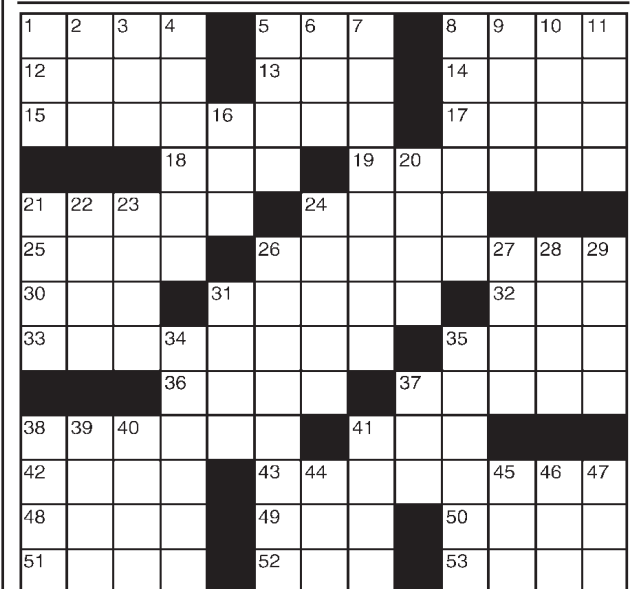
Born Shirley Margarite Armstrong in St. Cloud, Minn., she settled her young family in San Leandro 75 years

ago. Survived by children Clara Newman Scholl, Tom Howard Newman, Robert Joe Newman, Barbara Coleman Creamer and 7 grandchildren, 9 great-grandchildren and 3 great-great grandchildren.

Preceded in death by her Armstrong siblings Dorothy, James, Curtis, Elliot, first husband Tom Horace Newman, second husband James Howard Coleman, third husband Albert Dini and son James Calvin Coleman.

Her family would like to express deepest gratitude to their friends and family especially to her loving niece, Gale Armstrong and grandson, Travis Creamer who visited often over six years of extended care. And to the caring staff at St. Francis, especially Joarce Tongol and Juanita Angelis, thank you for your compassionate caregiving.

## THE FORUM CROSSWORD



### ACROSS

- 1 Bar order
- 5 Stick out
- 8 String tie
- 12 Incite
- 13 Blonde shade
- 14 Disney's "\_\_\_ and the Detectives"
- 15 O or W
- 17 Even, as a score
- 18 "\_\_\_ Abner"
- 19 Gap
- 21 Charley horse
- 24 Military status
- 25 Tatters
- 26 Quite attractive
- 30 Past
- 31 Paycheck extra
- 32 Altar affirmative
- 33 Artist Rene
- 35 Toppled
- 36 Commotions
- 37 Jaunty chapeau
- 38 Tray
- 41 Help
- 42 Neighborhood
- 43 Mississippi flower
- 48 "The View" alumna Lisa
- 49 Gorilla
- 50 St. Louis team
- 51 Shakespeare's shrew
- 52 Bow the head
- 53 Pumps up the volume

### DOWN

- 1 Lazy person
- 2 Historic period
- 3 Ovum
- 4 Kingdoms
- 5 Hoosegow
- 6 Tars' org.
- 7 Netherlands city
- 8 Cause to go
- 9 Leave out
- 10 Stead
- 11 Automaker Ransom Eli
- 16 Speed
- 20 Hostels
- 21 Study at the last minute
- 22 Sitarist's offering
- 23 Enthusiastic
- 24 Carries on
- 26 Subway employee
- 27 Layer
- 28 Between jobs
- 29 Filly's brother
- 31 Wait
- 34 Devastate
- 35 Indy Jones' hat
- 37 Crib
- 38 Polio vaccine pioneer
- 39 Met melody
- 40 Fasting period
- 41 On in years
- 44 Mil. address
- 45 Felon's flight
- 46 Little devil
- 47 Fool

ANSWERS ON PAGE 5



# Community Meetings on Public Artwork

The Alameda County Arts Commission invites the public to attend two community roundtables about the new public artwork that is planned for the street corridor improvement projects along Hesperian Boulevard in San Lorenzo and East 14th Street in Ashland.

The Community Roundtable for the Hesperian Blvd. project will be held on Wednesday, Oct. 16 from 6 to 7 p.m. at the San Lorenzo Library, 395 Paseo Grande in San Lorenzo.

The Community Roundtable for the East 14th St. project will be held on Thursday, Oct. 17,

from 6 to 7 p.m. at the Ashland Community Center, 1530 - 167th Ave. in San Leandro. All ages are welcome. Light refreshments will be provided.

Hear about the corridor improvement projects, share thoughts about the future artwork and the community, and meet the

artist semi-finalists who have been invited to make artwork proposals for the projects. The ideas shared by the community at the roundtables will inform the artists' proposals.

The corridor improvement projects are being undertaken by the Alameda County Public

Works Agency (PWA). The intent of projects is to make the streets safer for people walking, biking, and driving and to revitalize and beautify East 14th Street and Hesperian Boulevard corridors. The Arts Commission is working closely with PWA to incorporate public art into the projects.

For those who can't attend the meeting but still want to share ideas, a short online survey is available through Oct. 31 at <https://tinyurl.com/SurveyE-14Hesp>. For more information, contact the Office of the Alameda County Arts Commission at 510-208-9646.

## 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.

#### Frustration Over Threats

Editor:

I share San Leandro's coach, team and city frustrations ("SLHS Football Game Called Off Due to Threats," Page 1, The Times, Oct. 3).

As a long term resident — and my wife was born here and went to San Leandro High — we were both appalled at the cancellation of the game with McClymonds high school.

Back in the '70s, I went to Oakland Tech and played McClymonds on their field. I was shocked even then there were about 50 Oakland Police officers at that game which was unheard of at any other school.

It seems then and even now that McClymonds still draws the worst it has to offer as far as its supporting community. It's about the kids who practice hard to be competitive as many look forward in their senior years to have colleges take a look at them. It's all for naught when you have troublemakers go so far as to make threats during the game.

Sorry San Leandro. Maybe you should have your league as well as the OAL (Oakland) revise your future schedule so as to keep McClymonds from your calendar.

— **George Harding**  
San Leandro

#### A Different View of San Leandro

Editor:

I am writing in response to the recent Letters to the Editor about downtown San Leandro. I live and work in downtown San Leandro and I do not think it is "dirty." A few years ago you could call downtown dirty but I think there has been a real improvement in the state of cleanliness.

I see a downtown that is vibrant, welcoming and clean. I see City of San Leandro staff daily cleaning East 14th Street gutters and removing items that have been dumped. I see the San Leandro Improvement Association crew pressure-washing and picking up trash on the sidewalks. I see that same crew watering the planters in the plaza and street corners.

Most of the buildings are leased, the businesses are busy, lots of people on the streets and parking spaces and lots are full. During the December holidays I see festive decorations

and plantings.

What do the letter writers mean by "dirty" then?

Perhaps they are talking about some of the infrastructure/buildings in downtown. The exterior of many of the buildings could use a coat of paint.

We need capital investment for new sidewalks and crossings, street-calming and renovation of buildings in downtown. I would like to see the Masonic Building and Casa Peralta get some much needed repair and beautifying. I'd like to see better landscaping in all of the public areas.

Our downtown needs much more attention and investment but it's certainly not dirty.

— **Angele Sweet**  
San Leandro

#### Confused Over Political Views

Editor:

I read with interest your profile of Leo West ("West Recalls Long Struggle for Better Life," Page 1, The Times, Oct. 3).

Initially, I expected the profile to connect his political views to his experiences as a political prisoner in Argentina. Instead, I read the story of how he was released from prison and flown to the United States thanks to the work of human rights groups and the UN.

Given the current administration's antipathy to the UN, indifference to human rights abuses, and hostility to Central and South American refugees, I finished the article confused about how West came to hold his political positions.

I would ask for clarification, but I think your paper has spilled enough ink on this character.

— **Nathan Atkinson**  
San Leandro

#### Page 1 Did It

Editor:

First time I ever tossed the San Leandro Times, not even getting past the first page.

— **Ken Kellogg**  
San Leandro

#### Remembering Liz

Editor:

I try my best to be the bearer of

good news. This is my second time writing a letter to the editor. The first time was to thank the firefighters who came to my house after my son was born on the stairs going to the garage in 1997.

I have seen enough bad news and sadness in my life due to being the daughter of a funeral director in Oakland.

Back in September 1996, the City of San Leandro advertised to start a Kiddie College class for the 18-month-old age group.

I signed my mother and daughter up for the class because I worked full time.

After a few setbacks, complaints and haggling, the class was finally opened by a caring, creative, calm, fun teacher, Ms. Liz Schultz. My daughter loved that class and met friends there that she is still in contact with.

Parents aren't obligated to come every session, but my mom and another grandmother always attended to make sure Ms. Liz had enough help to monitor all of the stations available. Two years later I had another child. My mother and daughter continued to come faithfully, bringing my infant son as well. As my son got older, he too was allowed to join in the fun and make crafts.

Eventually my daughter went off to kindergarten and then my son was old enough to be enrolled in the class. On his first day my mom told my son to say, "Ms. Liz I am legal now!" My son, being a little tongue-tied when he was little, always called her Ms. Wiz and the name stuck whenever he talked about her.

I used to visit the class as much as possible and always noticed how Ms. Liz took the time to make each child feel welcomed and special.

My mom and I often reminisced on Ms. Liz's caring, calm demeanor, especially during the Christmas holidays because I still decorate the tree with the ornaments the kids made at the kiddie college classes.

I was very sad to hear of Ms. Liz's passing (Obituaries, Oct. 3). I would like for her family to know that Ms. Liz was loved by her students and the caregivers who participated in the program with the little ones.

I hope that the family sees this letter and that the city of San Leandro does a special tribute at the private memorial service to honor Ms. Liz, because she made the program a popular, well-attended first school adventure for many children.

— **Robin Thompson-Webb**  
San Leandro

### INQUIRING REPORTER

**What band have you seen the most times?**

— Asked around town

I've seen Metallica six times. The most recent venue was the Rose Bowl in Pasadena. I've been to their heavy metal concerts at The Fillmore, Oracle Arena, and Shoreline Amphitheater.

**Lionel Guerra**  
San Leandro



Counting Crows. I've known their guitar player since high school. I've also seen The English Beat many times, because of knowing their bass player. I've been to tons of shows of both bands.

**Tom Caploe**  
San Leandro

I've seen Yesterday & Today over 100 times. The hard rock band was formed in the 1970s in this area and played a lot in San Lorenzo, Castro Valley, and at high schools during our youth. They have a lot of recordings and still play, but have changed their name to Y&T.

**Ken Quilici**  
Sheffield Village



Deftones from Sacramento. I've seen the alternative metal band about four times, the last place being Santa Clara. Their sound is as good live, as in their recordings.

**Mario Rivera**  
Rio Vista

I've seen Brooks & Dunn three or four times, most recently at the Concord Pavilion. The country music duo puts on a great show and the atmosphere is always good.

**Warren Painter**  
Oakley







Sharon Gatewood picked up some items and had lunch at the April Showers program on Sunday, Sept. 29.

## April Showers Moves to Temporary Quarters

By Jim Knowles  
San Leandro Times

The shower program for the homeless has made the move to its temporary quarters while the Boys & Girls Club is closed for remodeling.

Everything seemed to go smoothly as the April Showers program held its first Sunday in business on Sept. 29 at its new location at Creekside Community Church on MacArthur Boulevard.

During the next year, April Showers volunteers will run the program at Creekside until construction is done and it moves

back to the Boys & Girls Club. On the first, third and fifth Sundays of the month, homeless people can come for a shower, clean clothing and a meal.

April Showers was founded in 2002 by a group of local churches who formed the Interfaith Homeless Network, and the Boys & Girls Club allowed the use of its facilities. The program also provides haircuts and people from social service agencies are on hand offer their services.

The only thing missing on Sept. 29 was an important one – the showers – which were on the highway somewhere between

here and Aurora, Illinois, the home of National Restroom Trailers, the builders of the showers.

The specially built trailer will be set up in the parking lot and will have eight showers, plus three sinks for shaving, according to April Showers volunteer Moira Fry, who goes by Mo to all her friends.

“Today is an adventure,” Fry said at the Sept. 29 opening day. “I figured we’d have 40 people, it looks like 35. But the fifth Sunday is always less.”

Clients got some clean clothes at one end of the multi-purpose room where volunteers had the clothing laid out on tables. At another table, Noel Moritz handed out personal hygiene items such as toothpaste and toothbrushes, shampoo, deodorant, Q-Tips and soap. Moritz said those items are always needed.

Moritz also handed out bag lunches that come from the San Leandro Community Food Pantry, which passes out food on Thursdays from 6 to 8 p.m. at Bethel Presbyterian Church on Bancroft Avenue.

Some of the clients stayed a while at the tables having lunch where Cecilia Moniz and her sister Pauline joined the group. Cecilia said they were homeless for three years before finding a place, through the Building Futures program, at a senior apartment building in Berkeley.

“We were blessed. We had a vehicle to sleep in, and a little money to get something to eat,” Cecilia said. “We have a dog too, a Chihuahua mix. She’s been with us through all this.”

The shower trailer will hook up to a newly installed faucet with a water meter that was set up just for this program.

“That way we’ll pay the church for the water we use,” Fry said. “It’s awfully nice of Pastor Jeff Bruce to host us during the (Boys & Girls Club) renovation process.”

For more information on the April Showers program, the website is [www.ihnprilshowers.org](http://www.ihnprilshowers.org).

## Kaiser: Continuity of care is key

*continued from front page*  
of physical health,” said Dr. Kapel Dhingra, Kaiser physician-in-chief for San Leandro and nearby communities.

“This is all an investment by Kaiser in their patients,” said Jennifer Miller, Kaiser Area Director of Mental Health And Addiction Medicine.

Children will be seen on the ground floor of the building, with the children’s lobby just off the building’s main entrances. That lobby is set up to be soothing and comfortable, with check-in windows specifically designed to be welcoming to the children. There is a calming mural behind the check-in windows, with a similar one in the adult lobby upstairs.

Group rooms are named after different California landmarks, each with art connected to that landmark. All group rooms have video capability, and one has teleconferencing connections to other sites.

Doctors’ offices, where some therapy will be provided, all have comfortable chairs and small sofas.

Any room where therapy is provided has noise-canceling technology, quieting outside noise such as traffic or BART but also keeping conversations in those rooms private.

Consultation rooms are near the front for people in crisis. The center can handle crises during its open hours from 8 a.m. to 5:30 p.m. During other hours people in crisis can go to the emergency room at San Leandro Kaiser Hospital, where there is a psychiatric team.

There is a testing room for children on the ground floor, where sometimes lengthy psychological testing can be done. There is also an observation room

where children can be seen from behind a one-way mirror playing or interacting with their parents.

Adults have many of the same facilities on the second floor, which is about twice as large an area as the children’s floor.

There is a long table as one enters the adult lobby that has charging stations for laptops, phones and other electronic devices.

Physical comfort and convenience while seeking treatment was very consciously taken into account in planning the facility, said Miller and Lambert.

Both floors of the building provide quiet rooms where patients can calmly await arrival of transportation to other facilities if needed. Families can wait with them there.

There is a lactation room on the adult floor that can also be used by mothers of children being seen on the children’s floor.

“When you need it, it can be very necessary,” said Miller.

Addiction treatment is part of Kaiser’s mental health program. A person with substance abuse problems who is first seen at the hospital, perhaps in Emergency, can continue their care at the center. The addiction specialists at the hospital would then follow up at the clinic.

“Continuity of care is very important,” said Lambert.

There is also an Adult Intensive Outpatient Program, for those just released from the hospital or trying to avoid needing to go to the hospital.

Some eighteen languages are spoken by staff members, and there is instant access to people speaking other languages when needed.

Both individual and group therapy is provided at the center. Patients can choose their doctor or therapist.



Kaiser Permanente's San Leandro Mental Health and Wellness Center, opened Monday, October 7.

## Bowl: Future of site uncertain

*continued from front page*  
as it remains popular.

The bowling center was founded and owned by husband and wife Tex and Pam Phippin. Tex passed away in 2016, and Pam recently decided to close it. Castro Village Bowl, also owned by Phippin, will remain open.

Efforts to reach Ms. Phippin for comment were unsuccessful.

A “very, very preliminary” application from a developer to build 39 townhomes on the site has been received by the city, according to San Leandro Community Development Director Tom Liao. Buildings up to three stories high were proposed.

It is in the earliest stages of review, he said, and it would be months before there would even be a firm proposal to discuss.

He stressed, though, that anything built to replace Manor Bowl would have to fit in with the current low-rise nature of the neighborhood, both in size and

in design.

While other businesses are near Manor Bowl along Manor or Boulevard, it is otherwise surrounded by homes, most of which are single-story.

The land Manor Bowl sits on is currently zoned commercial, rather than residential, Liao said.

Building multi-family residential units would require a conditional use permit, Liao said. That requires public notice, public hearings and approval by the Board of Zoning Appeals.

“This will take quite a

while,” Liao said. He added that the proposal is likely to undergo considerable changes as it makes its way through the city’s approval process, whatever it might look like in its earliest stages.

Manager Acosta took over at Manor Bowl three years ago and is sad to see it go. She’s spent 27 years working in a variety of positions at the Castro Valley lanes and at Manor Bowl. She said she will probably go back to Castro Village Bowl in some capacity after Manor Bowl closes in May.

## County Survey on Aging

The Area Agency on Aging (AAA) is conducting a survey for older adults to gain perspective on what community components are important for the development of the Countywide Plan for Older Adults. The information

collected will be used to shape future programs and services.

If you are age 55 and older, and reside in Alameda County, please take a few minutes to fill out the online survey at: <http://bit.ly/aaa2019survey>

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