



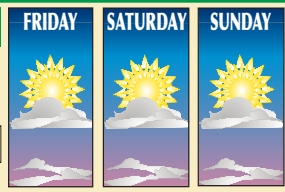
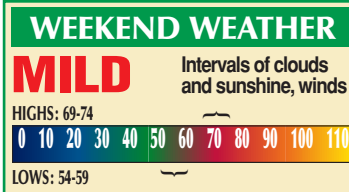
Getting Flaky

PRIZE-WINNING COCONUT
MACAROONS BAKE IN 12 TO 15
MINUTES 6



Autumn Checklist

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San Leandro Times

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

VOL. 28 • NO. 39

THURSDAY, SEPTEMBER 27, 2018

SAN LEANDRO • CALIFORNIA



PHOTO BY JIM KNOWLES

Pulling Together

The kids lead the way pulling a wagon up Estudillo Avenue near the Main Library on a summer day in San Leandro.

Candidates Divided on Rent Control

New slate of candidates challenges old-line incumbents

By Amy Sylvestri
San Leandro Times

The main point of disagreement was rent control at the forum for City Council candidates held at the Main Library on Sept. 12, hosted by the League of Women Voters.

Four candidates are running for what they call the “fresh, clean slate” – one for mayor and the others in the three races for City Council seats. One of the slate’s goals is rent control.

Mayor’s Race

In the race for mayor, Jeromy Shafer faces incumbent Mayor Pauline Cutter, City Councilman Benny Lee, and Bal Theatre owner Dan Dillman.

Shafer told the crowd of around a hundred people that he is sometimes asked why he is running against what he calls “a lot of nice people who I agree with on a lot of topics.” But he said it was time for a change.

“If these were normal times, I’d work with them, but you and I know these aren’t normal times,” Shafer said a cornerstone of his platform is rent control and pledged to bring it to San Leandro.

“In the first 100 days, the new, fresh clean slate City Council will institute rent control,” said Shafer. “We need rent control now. We needed rent control last year.”

Fellow mayoral candidate

Dillman touted his big idea to solve basically all of San Leandro’s issues in one fell swoop: a \$111 annual tax per San Leandro

see CANDIDATES, page 5

Open House At Factories On Oct. 5

Local manufacturers will open their factory doors on National Manufacturing Day, Friday, Oct. 5.

National Manufacturing Day is an opportunity to see some of the 340,000 jobs in manufacturing in the Bay Area. Manufacturers across the country will be opening their doors to the public for tours.

San Leandro is part of the Bay Area Urban Manufacturing Initiative, which promotes “cleaner, greener, more advanced” manufacturing that provides good, middle-class jobs.

Together with over two dozen other cities, San Leandro will be highlighting stories of residents who work in manufacturing, manufacturing companies, and

see MANUFACTURE, page 14

Oro Loma Moves Native Plants To Make Way for New Facility

By Amy Sylvestri
San Leandro Times

The Oro Loma Sanitary District is about to begin a \$20 million project at its San Lorenzo treatment plant to take additional steps to clean waste water before returning it to the Bay.

The project will add a building at the Oro Loma facility on Grant Avenue with another filtration stage to remove nutrients from the waste water before it goes into the bay.

But the new construction is planned for an area that is currently occupied by a native plant nursery managed by Save the Bay. And no one wants to throw away the plants, which are grown in the nursery and transplanted to Oro Loma’s horizontal levee, where wastewater is filtered though the plants, according to Jason Warner, Oro Loma’s general manager.

So Save the Bay, Oro Loma, and some volunteers spent days moving plants to a different site

on the Oro Loma property last week.

Oro Loma staff used heavy equipment to move the plant beds and Waste Management donated compost locally made from green waste and food scraps.

“The nursery relocation on the Oro Loma site reflects some of the great work at the district,” said Oro Loma Board president and former San Leandro mayor Shelia Young. “First, we will continue our partnership with Save the Bay to provide land and water to grow a native plant nursery supporting shoreline restoration efforts. Secondly, we are moving the nursery to allow construction which will improve the water quality in the bay.”

The Oro Loma Sanitary District Water Pollution Control Plant treats wastewater from parts of San Leandro, San Lorenzo, Ashland, Fairview, Cherryland, and Castro Valley.



PHOTO COURTESY OF ORO LOMA

Oro Loma board members Shelia Young and Tim Becker helped move some of the native plants the sanitary district uses to filter water.

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Navy airplanes coming in to OAK. Page 2

NEWS

Gun recovered from stolen vehicle. Page 3

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Kittens Emperor and Royal up for adoption. Page 16

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MEETING SCHEDULES

CITY COUNCIL

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

SAN LEANDRO SCHOOL BOARD

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



San Leandro Times

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

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Celebrate the Torah at Temple Beth Sholom

Join Temple Beth Sholom, 642 Dolores Ave. in San Leandro, and greater East Bay community in celebrating the Torah on Monday, Oct. 1, with a vegetarian potluck dinner at 6 p.m., followed at 7 p.m. with a service, hakafot, band, and candy for the kids.

Enjoy music, dancing, and a complete unrolling of the Torah around the sanctuary. For more information and to RSVP, email tbsoffice@tbssanleandro.org

Correction

The story about the Cornerstone Fellowship Baptist Church, "Tax Bill Lands on Church Door," (Aug. 30, 2018) contained an inaccurate quote that said that the Allen Temple Baptist Church in Oakland held a fundraiser for Hillary Clinton in 2016. But Allen Temple points out that they have never hosted a pot luck or any fundraiser for Hillary Clinton or any other candidate.

Blue Angels Warplanes Headed to Town

By Jim Knowles
San Leandro Times

San Leandrans might hear the roar of jet engines in the coming week. The U.S. Navy's Blue Angels are scheduled to arrive at the Oakland Airport on Sunday, Sept. 30, at around 6 p.m.

The aviators will be holding demonstrations and practicing as they prepare for their air shows on Oct. 5 through Oct. 7, starting at around noon each day.

The air shows are a part of Fleet Week, the navy's annual open house in San Francisco where warships and warplanes are displayed as crowds filled with excitement gaze at the military machinery. However, many people in the Bay Area find the spectacle an outdated display of military muscle-flexing.

A recent opinion piece in the *Seattle Times* declared that it's time to retire the Blue Angels, which are an ear-splitting example of wasted tax dollars used as a recruitment tool, and a reminder of the terror raining down from the sky in the form of cluster bombs and other weapons.

The Blue Angels and other



PHOTO BY JIM KNOWLES

The Blue Angels will be based at the North Field of the Oakland Airport when they come to town Sunday for a week, concluding with an air show over the bay.

aviation performers will be based at the North Field of the Oakland Airport. The approach to the Oakland Airport North Field (where the small planes land) crosses over San Leandro so residents might see the Blue Angels flying overhead.

Military engines are built for speed, not for quietness as are commercial airline engines. So aircraft engine noise will be louder than usual.

For the Blue Angels general schedule, visit the website: www.flyquietoak.com

[flyquietoak.com](http://www.flyquietoak.com)

Aircraft noise concerns may be directed to the Fleet Week Info Line at 415-306-0911. You may also contact the Oakland International Airport's Noise Hotline at 510-563-6463.

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PHOTO COURTESY OF ACSO

Soon-to-be-released inmates got information about how to re-enter their daily lives at a special expo put on by the Alameda County Sheriff's Office last week.

Inmates Get Help Learning How To Adjust to Life Outside of Jail

In an effort to help former inmates adjust to their daily lives, the Alameda County Sheriff's Inmate Services Unit hosted its annual Re-Entry Expo at Santa Rita Jail last Tuesday.

At the event, approximately 400 inmates learned about post-

release services and opportunities including second chance employment, family reunification, trade schools, educational programs, transitional housing, and a wide variety of other helpful social programs.

The League of Women Voters and the Alameda County Public Defender's Office were on hand as well to provide voter registration and education services.

City Accepts Abandoned Boat Grant

Earlier this month, the City Council accepted a \$170,000 state grant to remove abandoned boats from the marina.

The city has already removed

22 boats as the marina silts up. The removal is among the first steps in decommissioning the harbor, a process that will cost \$7 million and start this spring.

Cop Spots Stolen Vehicles and Finds Gun During Stop on Street

A San Leandro police officer on patrol located a stolen truck, a stolen motorcycle, and a loaded firearm during one stop on Monday afternoon.

The officer was patrolling the area of San Jose and Joaquin avenues when he noticed a Ford truck parked with a motorcycle in the bed of the truck.

Neither vehicle displayed license plates or any other form of registration. As the officer turned around to investigate, two occupants from inside the truck

exited and began to walk away, according to Lt. Isaac Benabou in a San Leandro police press release.

The officer stopped the men and began to question them about the vehicles and a records check of the vehicles' identification numbers revealed that both were reported stolen.

The truck was stolen out of Dublin in August, and the motorcycle was stolen out of Emeryville in July, Benabou said.

Also, a loaded firearm was

located hidden inside the stolen truck.

The driver of the truck, identified as Lancelot Ledwick, 29, of San Leandro, was arrested for possession of a loaded gun, two stolen vehicle charges, and several outstanding warrants for his arrest. The passenger was not arrested.

Ledwick is currently being held at Santa Rita Jail in Dublin in lieu of \$110,000 bail and is scheduled to be arraigned later this week.

Man Forces Woman Off BART

A man was taken for psychiatric evaluation Tuesday morning after he allegedly pulled a woman off a BART train at the Bayfair station early Tuesday morning.

A passenger alerted authorities to a confrontation on board a Dublin-line train at around 5 a.m.

BART police said the man,

61, told them he thought the woman had been using drugs and decided to take action.

When authorities arrived, they did not find any drugs on the woman or in the area and said she did not appear to be intoxicated, according to BART police.

Neither party's identity has

been made public, police say.

The woman told police she did not want to press criminal charges against the man. They did not know each other.

Trains were delayed about 20 minutes while police investigated the situation. No one was injured.

CROSSWORD ANSWERS

A	M	I	R	D	U	E	L	C	A	D
R	O	N	I	A	N	N	A	O	R	E
C	O	N	C	L	U	D	E	D	N	I
H	O	B	O	D	U	C	A	T		
F	A	C	E	T		M	E	M	E	
E	G	O	S		D	O	O	R	W	A
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FINALLY - Straight talk About Sciatica

Are you suffering from back pain or sciatica? Then it's likely your biggest problem is pain. But there's another major problem: bad information.

To end sciatica misery, you must have the right information. Pay close attention because I'm going to destroy sciatica myths and give you the facts.

MYTH: Sciatica will just "go away" with some rest.

FACT: If you are dealing with back pain, buttock pain or leg pain, then you must seek help from a sciatica care provider immediately. Left untreated, sciatica can lead to permanent nerve damage - and lifelong pain.

MYTH: Pain is the only problem associated with sciatica.

FACT: In severe cases, sciatica can be associated with inability to control your bowels or bladder - leading to embarrassing situations.

MYTH: You must take pain medications to deal with sciatica.

FACT: Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure the root cause of sciatica.

MYTH: "I must have done something wrong to get sciatica."

FACT: Physical work or simply sitting at a desk for long periods can lead to sciatica. Accidents and trauma can also be the culprits. Pregnancy can cause sciatica. Sciatica can affect anyone - including

super-fit celebrities like Tiger Woods, Sylvester Stallone, and British Olympic medalist Ian Wynne.

MYTH: Stop exercising and get several weeks of bed rest to overcome sciatica.

FACT: Staying active can help to relieve sciatic pain and prevent the pain getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

MYTH: Sciatica requires surgery.

FACT: NO! There's been a huge breakthrough in the treatment of sciatica and lower back pain. It's a procedure called Non-Surgical Re-Constructive Spinal Care. The excellent results from this treatment have been published in major medical journals. Success rates are up to 90%.

MYTH: "There's nothing anyone can really do. I'm just stuck with this for the rest of my life."

FACT: With the correct treatment from a healthcare professional who specializes in sciatica, you can find relief from the core cause - and the symptoms.

MYTH: Getting sciatica properly diagnosed is expensive.

FACT: Not true. Interro Chiropractic in Pleasanton is currently offering an initial consultation for Just \$20.

Dr. Jerry Hsieh, D.C. and his team of fully-trained spinal care team have helped numerous patients find relief from agonizing back pain and sciatica.

He's one of the first professionals in the U.S. to use Non-Surgical Re-Constructive Spinal Care.

This procedure does not require a hospital stay and in most cases you'll be able to continue with your normal daily activities with little interruption. The focus is on finding - and correcting - the original cause of the back pain and sciatica.

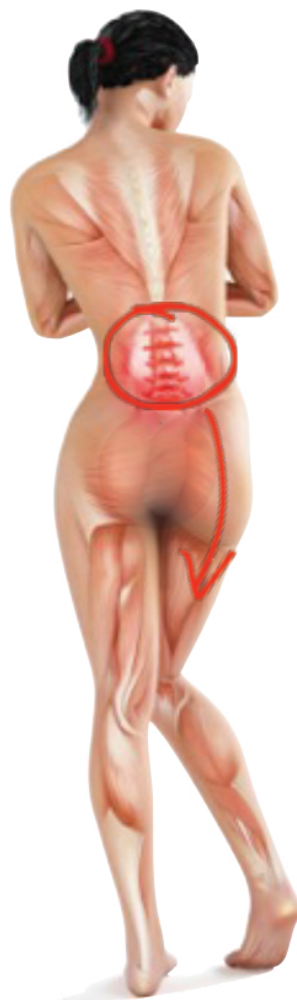
According to Hsieh, D.C., "We use a combination of ultra-advanced technology, not found elsewhere in the region, for precisely diagnosing the cause of your low back pain and sciatica. This means superior long-term results for most people."

Almost Immediate Relief From Pain

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

Patient Narae S. from San Leandro says, "I had pinched nerves and pain in my back and neck. It hurt so much that I couldn't reach up or reach down without sharp pain and walking was hard on my back as well. I attempted to take pain relievers but they did not help. I tell people that Dr. Jerry, D.C. is a magician. Right after the first treatment my pain was drastically reduced and each time I came with a sore back, the treatments have been really helpful."

Take the Next Step - END the Suffering... Initial Consultation Just \$20



The first step is to secure a thorough examination with one of the spinal care team at Interro Chiropractic.

Call (925)255-5805 to schedule your appointment. Mention this article (CODE: TC20SCSM12h) and Interro will happily reduce their usual consultation fee of \$100 to just \$20!

Only 100 reader consultations are available at this exclusively discounted rate.

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NEIGHBORS



PHOTO BY JIM KNOWLES

Joe Kady and Glenn Houston Bring Music to SL Farmers' Market

Joe Kady (standing) plays guitar and sings at the downtown farmers' market on a recent Wednesday evening, accompanied by Glenn Houston on guitar.

ARTS & ENTERTAINMENT

❖ Douglas Morrisson Theatre

The Douglas Morrisson Theatre, 22311 N. Third St. in Hayward, opens the season with *Once Upon a Mattress*, running through Sept. 30 on Fridays and Saturdays at 8 p.m., and Sundays at 2 p.m. This light-hearted romp is a comic retelling of the classic Hans Christian Andersen story, *The Princess and the Pea*. Tick-

ets are \$29 with discounts for students, groups of 10 or more, and for over 60 or under 30. For tickets or information, call the box office at 881-6777.

❖ San Leandro Museum Auditorium

The San Leandro Players present old-time melodrama *Chaos at the Cannery* Oct. 20 through Nov.

18, at the San Leandro Museum/Auditorium, 320 West Estudillo Ave. in San Leandro. Tickets are \$20 for general, \$15 for seniors, TBA members, under 12, students. Show times are Saturdays at 8 p.m. and Sundays at 2 p.m. Also Fridays at 8 p.m. on Nov. 9 and Nov. 16. For information and reservations, call 895-2573 or online at www.slplayers.org. Professor Mack is back. Welcome to 1881 San Leandro. This old-time melodrama mixes mayhem, murder, mystery, scalawags, and scoundrels, toe tappin' old time music, and shenanigans.

HOROSCOPE by Salomé

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ARIES (March 21 to April 19) Your Aries charm helps persuade others to listen to your proposal. But it's still a long way from acceptance, unless you can stand up to the tough questions that are set to follow.



TAURUS (April 20 to May 20) Plan to share a weekend getaway from all the pressures of your hectic workaday world with a very special someone. You could be pleasantly surprised at what develops.



GEMINI (May 21 to June 20) Your keen insight once again helps you handle a challenging situation with a clearer perception of what it's really all about. What you learn helps you make a difficult decision.



CANCER (June 21 to July 22) If you want to steer clear of getting involved in a new family dispute, say so. Your stand might cause hurt feelings for some, but overall, you'll be respected for your honesty.



LEO (July 23 to August 22) Expect recognition for your efforts in getting a project into operation. Besides the more practical rewards, your Lion's heart will be warmed by the admiration of your colleagues.



VIRGO (August 23 to September 22) Set aside time to rid yourself of clutter that might well be drawing down your creative energies. Consider asking someone to help you decide what stays and what goes.



LIBRA (September 23 to October 22) A colleague could make a request that might place you in an awkward position with co-workers. Best advice: Share your concerns with an associate you can trust.



SCORPIO (October 23 to November 21) Your energy levels are way up, allowing you to take on the added challenge of a task you've been hoping to secure. Expect this move to lead to an important opportunity.



SAGITTARIUS (November 22 to December 21) Your continuing sense of confidence in what you've set out to do gives encouragement to others. Expect to see more people asking to add their efforts to yours.



CAPRICORN (December 22 to January 19) You might think it would be best to reject a suggestion that others insist would be unworkable. But you might be surprised by what you find if you give it a chance.



AQUARIUS (January 20 to February 18) Changing a decision might disappoint some people, but the important thing is that you be honest with yourself. Don't go ahead with anything you have doubts about.



PISCES (February 19 to March 20) There could be some fallout from an emotional confrontation that you really should deal with before moving on. Best to start fresh with a clean, clear slate.

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COMMUNITY CALENDAR

❖ Anwuli Cultural Exposition

Anwuli 2018 Cultural Exposition will be on Saturday, Sept. 29, from 9 a.m. to 5 p.m. at the Seagull Picnic Area of Marina Park, 14001 Monarch Bay Drive. in San Leandro. Activities include cultural dance, food and crafts, face painting, live performance by Soulbeatz drum circle and raffle. The event is free to the public.

❖ Buon Tempo Club Dinner

The Buon Tempo Italian American Club is having a family dinner on Tuesday, Oct. 2, at 7 p.m. at Mt. Tabor Hall, Transfiguration Church, 4000 E. Castro Valley Blvd. in Castro Valley (located across from the 580 Marketplace). Everyone is welcome to attend. Chef Paul Grazzini and crew will be serving a five course family style dinner of chicken cacciatore. Red and White wine and soda are also included. Happy hour is at 6:30. The dinner is \$15 for members, \$20 for non-members. Make reservations by Friday, September 28, by calling the Buon Tempo dinner line at 483-6929. For more information about events/membership see our updated website at www.buontempo.org.

❖ San Leandro Parkinson's Support Group

The San Leandro Parkinson's Support Group will hold its monthly meeting on Thursday, Oct. 4, at 10:30 a.m. at the San Lorenzo Community Church at 945 Paseo Grande. The speaker will be Diana Cosio-Sandino, senior health educator from the Kaiser health education department. The topic will be general nutrition. For more information, call Lona White at 276-3119.

❖ San Leandro Readers Roundtable Meeting

The San Leandro Readers Roundtable will meet Saturday, Oct. 6, at 2 p.m. at the San Leandro Main Library, 300 Estudillo Ave., to discuss *The Year of the Runaways*, Sunjeev Sahota's story of Indian immigrants in England. All are welcome, and all books discussed are available for purchase in the Library's Booktique bookstore.

❖ Buon Tempo Club Crab Feed

The Buon Tempo Club is having a Crab Feed fundraiser for the George Mark Children's House on Saturday, Oct. 6, at Transfiguration Church, 4000 E. Castro Valley Blvd. in Castro Valley. Happy hour starts at 5 p.m. and dinner begins at 6 p.m. There will also be a raffle for gift baskets and a silent auction (cash) for some very delicious deserts. To reserve your place send your check, made out to the Buon Tempo Club, to Rick Martens, Ticket Chairman, P. O. Box 2625, Fremont, CA 94536. This is a pre-paid event. For more information, call the Buon Tempo dinner line at 483-6929, press option 3, or go to www.buontempoclub.org (events). Checks must arrive before Thursday, Oct. 4.

❖ Landfill Harmonic at SL Museum

The San Leandro History Museum, 320 W. Estudillo Ave., will hold a public screening of the award-winning documentary film *Landfill Harmonic* about the recycled orchestra of Cateura, Paraguay on Saturday, Oct. 6, at 11:15 a.m. and again at 2 p.m. Admission is free and no registration is required. Be sure to bring your favorite movie snacks. *Landfill Harmonic* follows the musical youth group who live next to one of South America's largest landfills. The unlikely orchestra plays music from instruments made entirely out of garbage. Their story goes viral and the orchestra is catapulted into the global spotlight, and then they must navigate this new world of arenas and sold out concerts.

❖ Lives Worth Living at CV Library

The Castro Valley Community Alliance, in

partnership with the Castro Valley Library, will be hosting *Lives Worth Living* on Sunday, Oct. 7, from 2 to 4 p.m. at the Castro Valley Library, 3600 Norbridge Ave. This powerful film depicts the history of the disability rights movement in America with eventual passage of the American Disabilities Act in 1990. The film screening will be followed by a panel discussion.

❖ Hearing Loss Association Meeting

The Hearing Loss Association will meet on Saturday, Oct. 13, at the Oakland Kaiser Permanente Hospital, Fabiola Bldg., 3801 Howe St., lower level, room G26. Refreshments are at 9:30 a.m. with the program starting at 10 a.m. The speaker will be Dr. Anish Thakkar, audiologist at the "Hearing Zone" in Oakland and Alameda, where he provides hearing tests, dispenses hearing aids, assistive listening devices, custom musician's earplugs, and does balance and tinnitus evaluations. Parking is free in the old garage across from Howe Street. For more information, email info@hearinglosseb.org or call 221-6080.

❖ Fundraiser at Cleophus Quealy Beer Co.

Cleophus Quealy Beer Co., 448 Hester St. in San Leandro, joins forces with a local non profit Building Futures on Saturday, Oct. 13, from noon to 6 p.m. to raise both funds and awareness for their efforts to make the Bay Area a better place. October is Domestic Violence Awareness month. Cleophus Quealy will spend the month highlighting and supporting Building Futures' domestic violence services. During the Saturday Social, guests are invited to join Cleophus Quealy and Building Futures in creating a "What is Love? Healthy Relationships" collage wall, and snap a selfie in the Love is Respect photo booth. The event will also include the release of a super special barrel-aged beer brewed by the women of Cleophus Quealy.

❖ SL Climate Change Forum

The City of San Leandro and Community Impact LAB invites the public to discuss climate change and how it affects everyday lives in the first-ever Resilient San Leandro Forum on Saturday, Oct. 13, from 11 a.m. to 2:30 p.m. at the Senior Community Center, 13909 East 14th St., San Leandro. Learn about climate resilience through emergency preparedness, lawn replacement with drought-tolerant landscaping, creekside invasive management, food security, preparing homes for hotter summers, and more. This event is free and open to the public, but RSVP is required at: www.rsl2018.eventbrite.com.

❖ Book Sale SLZ Library

Friends of the San Lorenzo Library will host a weekend book sale on Saturday and Sunday, Oct. 13 and 14, at the San Lorenzo Library, 395 Paseo Grande in San Lorenzo, a fundraiser for the library and its community programs. Lots of books, CDs and DVDs for sale. Most book prices range from 10 cents to \$1 with some specialty books priced individually. Free admission. For more information email kwebb1956@gmail.com

❖ Cherry City Toastmasters

The Cherry City Toastmasters meets every Tuesday from 12:05 to 1:05 at the San Leandro Library, 300 Estudillo Ave., San Leandro in the Trustees Room. Join the group and learn to grow your public speaking and leadership skills. Or come for the special open house on Tuesday, October 23, for refreshments and networking following the meeting.

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.

Candidates: Politicos favor apartments... on 'transit corridors'

continued from front page

resident for the next 40 years which he says will take care of the pension problem and leave the city with a quarter-billion dollar surplus to make improvements all around town.

"I have some unique ideas," said Dillman. "The bottom line is, I'm truly passionate and truly committed."

Asked why she deserves another four years as mayor, Cutter pointed out that she has been recognized at the national level by being named the Chair of the U.S. Conference of Mayors Women's Leadership Alliance.

"People like to work with me because I'm a collaborator," said Cutter.

Cutter got a laugh when she said she has the endorsement and support of "all my colleagues, save one."

That would be Benny Lee, who is in the middle of his second term as City Councilman in District 4 and trying to oust sitting mayor, Cutter.

Despite already having been on the City Council for the past six years, Lee said that as mayor, he'd make some changes. Though he did not specify what exactly he'd change.

"I'm not for business as usual because that's not what gets the job done," said Lee. "We need a change in leadership to get things done."

City Council District 1

In the City Council District 1 race, incumbent Deborah Cox is facing accountant and former school board member Ken Pon and "clean slate" candidate Eva Arce, though Arce did not attend the forum.

Cox said that with four more years on the council, she'd keep bringing her work ethic to the city, which she says was instilled in her while growing up on a farm in Iowa.

Pon said he has "walked the talk" living in San Leandro for the past 37 years and knows what is best for the city.

Both Cox and Pon said that more affordable housing is a major need in the city and say they support apartment buildings – in transit corridors and downtown.

Pon said he'd like to take the transit oriented development concept of building housing next to public transit hubs one step further and close the downtown section of Washington Avenue to cars and make it a pedestrian mall surrounded by apartment buildings.

"Some people seem to think a 'high rise' is anything taller than their own house," said Pon, who added that he supports buildings of up to five stories.

Pon also got a few laughs when he pledged to eliminate speed bumps.

"I hate speed bumps and I'd like to get rid of them," said Pon. "Why are we spending millions to smooth our streets and then put bumps on them?"

Pon suggested more police



PHOTOS BY AMY SYLVESTR

Candidates for mayor speak at the forum – Benny Lee, Pauline Cutter, Jeromy Shafer, and Dan Dillman. At right are City Council District 3 candidates Victor Aguilar and Lee Thomas, and (lower right) District 1 candidates Ken Pon and Deborah Cox.



traffic enforcement as an alternative to the bumps. Cox countered that speeding is one of the top concerns her constituents bring up.

City Council District 3

In District 3, incumbent Lee Thomas is facing "clean slate" candidate and school board member Victor Aguilar.

Thomas said that during his first term, he's proud to have spearheaded a ban on flavored tobacco and to have voted to increase minimum wage in San Leandro faster than state mandates.

Aguilar said that he'd keep his focus on the people of San Leandro if elected.

"I will listen to you, I will speak honestly," said Aguilar. He said that he favors rent control and he himself had faced an illegal eviction in the past.

But Thomas countered that rent control would not be a silver bullet to stop skyrocketing

housing costs.

"Let's use San Francisco, Oakland, or Berkeley as an example," said Thomas. "They have rent control and rents are still high. We need more housing, that's the solution."

Aguilar brought up the gag order issued by the City Council after former City Manager Chris Zapata left his job after being cleared of a sexual harassment allegation. The City Council ordered board members and commissioners to sign a document saying they not speak ill of Zapata, and if they don't sign it they would be removed from their position.

Aguilar sits on the city's Human Services Commission and was subject to the gag order, though he refused to sign the document. He said he felt that it was a violation of his First Amendment right to free speech.

"If there's something I feel like the public needs to know, I'll express my opinion," said

Aguilar.

Later in the evening, Cutter said that no board members or commissioners lost their positions as a result of the gag order even if they refused to sign it.

City Council District 5

In the District 5 City Council race, incumbent Corina Lopez is facing "clean slate" candidate Maxine Oliver-Benson, who has served on the county's Oversight Commission and is currently on the Housing and Community Development Agency Advisory Board.

Lopez said her experience as a sitting councilwoman would help her hit the ground running during her second term.

"I know what it is you need because I want what you want,"

said Lopez.

Asked if she regretted the negative fiscal impact the flavored tobacco ordinance has had on small businesses, Lopez doubled down on her support of the ban.

"Here's the deal: my dad died of cancer and I don't support products that cause cancer," said Lopez. "I'm proud of my vote."

This is what it means to be a council member – to make tough choices. I'd do it again."

Oliver-Benson admitted to not being familiar with a few of the topics of discussion including the city's fiber-optic cable loop. Like her fellow "clean slate" candidates, the thrust of Oliver-Benson's platform is rent control.

see CANDIDATES, page 16

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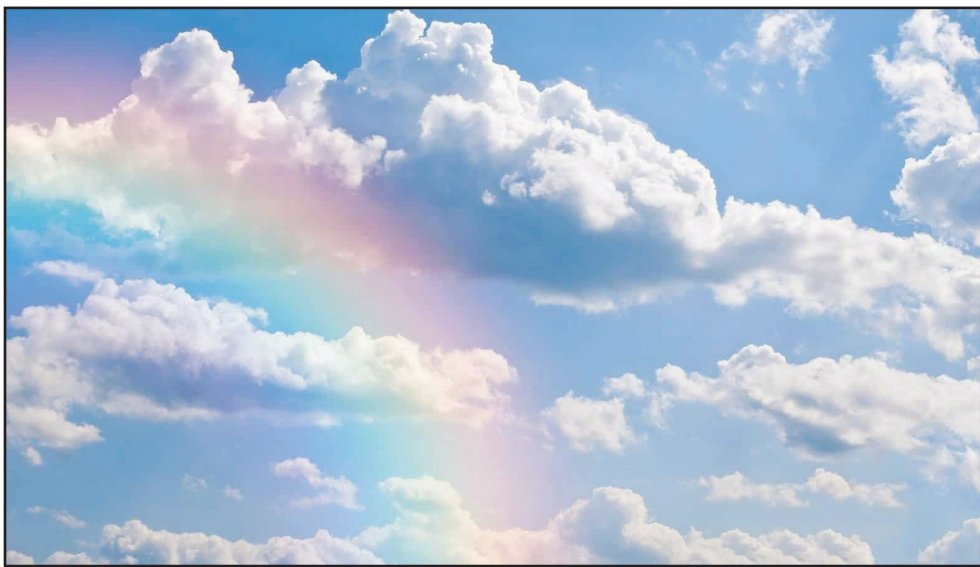
2018 5K/10K TRAIL RUN
21 October 2018

With the support of Eden Health District and other local sponsors, Castro Valley Sports Foundation invites you to join the Run 4 Sports fundraiser. All proceeds go directly to our grant program that provides charitable assistance for youth sports and athletics in our community. Support a great cause!

- Location: Chabot Staging Area (CV Christmas Tree Farm)
7000 Miller Road, Castro Valley, CA 94546
- Race Start: 5K/10K at 8:30am, 21 Oct 2018.
Bib pick-up and race day registration at 7:30
- Pre-register online at <https://runsignup.com/run4sports>
- Registration Fee: 5K = \$35 | 10K = \$45 before October 5th, 2018 and be guaranteed a t-shirt. Finisher medals to all. Placement medals for the top 3 finishers in each 10-year age division
- Course: 5K: Flat & Fast | 10K: Hill climb up to the turnaround

Challenge local businesses to support our cause and sponsor the event. Email teamlunt07@gmail.com for details. SPONSOR TODAY!

HEALTH & FITNESS



PEACE OF MIND: Experience a guided imagery session at an upcoming free workshop at Eden Medical Center this evening, September 26, from 6-8 p.m.

Guided Imagery Can Relieve Your Stress

By Joanne Sexton
SPECIAL TO THE TIMES

Guided Imagery is a kind of “directed daydreaming” which uses your own imagination to create calm, peaceful images in your mind, promoting relaxation and relief from stress or anxiety.

Guided imagery, sometimes called guided meditation or visualization, is a gentle but powerful technique that focuses your mind on a relaxing scene.

The scene should include details for all of your senses; for example sitting by a fire in a secluded snow cabin, deep in the woods, sipping hot cocoa while wrapped in a plush blanket.

As you imagine your “happy place” you become less stressed and more receptive to healing. At this point, if you are working with a guide, they can help you imagine what it would be like to travel into your body and direct your own muscles and cells to repair and regenerate.

For example, people in treatment for cancer might imagine their immune system attacking the tumor cells in a particular part of their body.

Everyone's Needs are Different

There is no single “right” way to use guided imagery for stress

relief and healing, as the technique has been shown to work across a variety of illnesses and ailments.

It can help reduce blood pressure, cholesterol and hemoglobin A1C levels in the blood. It can heighten short-term immune cell activity and speed up healing from fractures and burns. And it has been proven invaluable during medical procedures like chemotherapy, radiotherapy and dialysis.

Hear more about the science behind the practice and experience a guided imagery session

at an upcoming free workshop at Eden Medical Center this evening, Sept. 26, from 6-8 p.m. in the Medical Office Building, 20101 Lake Chabot Road, 2nd Floor.

This event is free and open to the public. RSVP to 925-933-0107 is appreciated. The workshop will be led by Julie Kaldveer, M.A., CSC, Therapist Facilitator, in partnership with the Cancer Support Community and Eden Medical Center.

Joanne Sexton is manager of Tumor Registry/Cancer Data Services at Eden Medical Center.

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Prepare for a Troubled Teen's Return from a Treatment Center

Raising a teenager can be a challenge even under the best circumstances.

But when a teenager's addictions, learning disabilities, or emotional and behavioral issues become more than parents can bear, the young people often are placed in residential or wilderness treatment programs where professionals help them work through their issues.

Success can quickly unravel when the child returns home, though, if parents aren't ready with a game plan to help with the transition.

“Parents often fear that their son or daughter is going to relapse into old, unhealthy or dangerous patterns,” says Dr. Tim Thayne, a marriage and family therapist and author of *Not by Chance: How Parents Boost Their Teen's Success In and After Treatment* (www.drtimthayne.com).

“They have fears about how their child will connect socially with other people and whether they will find the right friends. They fear their teen will fall further behind in academics.”

Thayne suggests a few ways to help parents ease the transition:

- Identify natural mentors

for your teen. A natural mentor—such as a neighbor, teacher, relative or coach—is typically more effective than an officially assigned mentor.

“Studies suggest that most formal mentoring relationships last less than a year,” Thayne says. “In contrast, natural mentoring relationships, which come from the church, school, family and neighborhood, are far more durable, with the average lasting nine years.”

• Know when and how to grant back privileges and freedoms. Don't let your teen pressure you into promising the return of certain privileges.

Long before they come home, teens in treatment often begin asking what they are going to be able to do and how soon.

“They want back the freedoms they once had, such as cell phone and car use, sleepovers, computer time, dating, time with friends and so forth,” Thayne says. “If there is ever a time not to buckle under pressure from your teen, it's now while they are still in the program. If your teen is going to be angry, let the program deal with the fallout.”

When they do come home,

don't make a rule you aren't willing to back up. Consistency is key. Over time, as your trust grows, be ready to hand out rewards before being asked, but this doesn't have to be done all at once. Things can be handed out for a weekend trial, or at a level of 50 percent of what your child initially pushed for, Thayne says.

• Find someone to talk with. “Parents should have someone they can open up to about their emotions,” Thayne says. He suggests finding a therapist or a coach who has experience working with parents in this situation.

“That counselor will be better equipped to help you through this transition,” he says. “Nothing will surprise them; not your fears, not your questions, not your situation.”

In addition to an expert coach, Thayne says, it also helps to have a trusted friend you can vent to as well.

“Long-term success doesn't come about by chance, by hoping or simply because you shelled out a lot of money and sent your child away to get help,” Thayne says. “It requires work and changes on your part, and it takes a concrete plan.”

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Forgetfulness is a common complaint we often hear of. Decline in memory function is a normal part of the aging process, but it may also be a result from a pathological condition caused by Alzheimer's Disease.

Join us as we discuss these conditions and by the end of the evening you will have a better understanding about:

- The difference between normal memory loss and Alzheimer's Disease
- The warning signs of Alzheimer's Disease
- How to stay mentally sharp!

Seating for the program is limited. To register call (510) 538-2035

Eden Health District is a not-for-profit agency originally established in 1948 by the residents of Castro Valley, Hayward, San Leandro and San Lorenzo. The District not only invests its resources in providing grants to local non-profit organizations, enabling them to provide much-needed health care services to those in need, but provides free community education programs such as this program to improve the health of the communities we serve.

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To learn more about Eden Health District go to www.ethd.org.

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Conquer Your Fall Home Checklist

Most small jobs are well within the ability of a do-it-yourselfer, but save major repairs for experienced hands.

✓ Inspect and clean gutters and downspouts. Your roof's drainage system annually diverts thousands of gallons of water from your house's exterior and foundation walls.

At the same time, inspect your roof for damaged or curled shingles, corroded flashing, or leaky vents. Few homeowner problems are more vexing than a leaky roof. Once the dripping starts, finding the source can be time-consuming.

Use binoculars if necessary. Check ridge shingles for cracks and wind damage.

If you have an old-style TV antenna that hasn't been used in years, consider having it removed.

After cleaning, have your gutters covered with mesh guards to keep debris from returning. Run water from a garden hose to make

sure all gutters and downspouts are flowing freely and that there are no leaks where water is running down the exterior wall.

✓ Seal gaps and cracks around windows and doors with weather-stripping and caulk. A home with air leaks around windows and doors is like a coat left unbuttoned. Gaps in caulk and weather-stripping can account for 10% of your heating bills, according to the U.S. Department of Energy.

Weather-stripping is easily the most cost-effective way to rein in heating and cooling costs. This humble material also reduces drafts and keeps your home more comfortable year-round. Because weather stripping can deteriorate over time, it is important to inspect it periodically.

If you suspect a problem with weather stripping, close a door or window on a strip of paper; if the paper slides easily, your weather-stripping isn't doing its job.

Also check for missing or

damaged caulk around windows, doors, and entry points for electrical, cable, phone, gas, and so on. Seal any gaps with a suitable caulk.

✓ Repair damaged sidewalks, driveways, and steps. Fixing problems in the fall is also critical to preventing little problems from becoming expensive headaches. Look for cracks more than 1/8-inch wide, uneven sections, and loose railings on steps.

✓ If you plan to use your fireplace this winter, it should be checked for soot or creosote build-up. Schedule a visit from a reputable chimney sweep.

Check your chimney for damage. Make certain that the flue cap (the screen or baffle covering the top of the chimney) is in place. Inspect brick chimneys for loose or broken joints.

✓ Clean or replace dirty furnace filters. These filters trap dust that would otherwise circulate into your home's air and be deposited

on your furniture and woodwork. Clogged filters make it hard to keep your home at a comfortable temperature, and can seriously increase your utility bills.

Disposable filters can be vacuumed once before replacement. Foam filters can also be vacuumed, but they don't need to be replaced unless they are damaged. Use a soft brush on a vacuum cleaner. If the filter is metal or electrostatic, remove and wash it with a firm water spray.

A simple monthly cleaning is all it takes to keep these filters breathing free and clear. Have a professional inspect your entire heating system if that hasn't been done in awhile.

✓ Keep your family safe at home. A home safety check should be an annual ritual in every household. Test smoke and carbon monoxide monitors by pressing the test button or holding a smoke source (like a blown-out candle) near the unit, then vacuum them



Cleaning gutters and downspouts is an essential part of fall home maintenance. During a downpour, a clogged roof gutter sends hundreds of gallons of water down the side of your house that can damage your foundation and lead to thousands of dollars of exterior damage.

with a soft brush attachment. Replace the batteries in each detector.

Inspect fire extinguishers. Every home should have at least one rated for all fire types (look for an A-B-C rating on the label). At a minimum, keep one near the kitchen.

Review fire escape plans, and rid your garage or basement of

old newspapers, other fire hazards and leftover hazardous household chemicals. Care for trees and shrubs. If you have trees on your property, consider hiring an arborist to care for them — these pros can spot signs of poor health early on to prevent tree loss, and know how to prune properly to avoid falling limbs in winter storms.

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What To Do About Air Ducts

If your home is like most, it's got a dirty little secret: your air ducts.

Through normal occupation, houses pick up an awful lot of contaminants and air pollutants, such as dander, dust and chemicals. These get pulled into the HVAC system and recirculated five to seven times a day, on average. Over time, this causes a buildup of contaminants in the ductwork.

While dirty ducts don't necessarily mean unhealthy air, they can contribute to health issues, especially for people with respiratory health conditions, autoimmune disorders or allergies.

If your air ducts look dirty, they probably are, and dirty HVAC systems should be inspected by a reputable, certified HVAC professional.

That can not only help you breathe easier, it could save you money. When an HVAC system is clean, it doesn't have to work as hard to maintain the temperature you desire. As a result, less energy is used, leading to improved cost effectiveness.

You can get further information from NADCA's free "Homeowner's Guide to Air Duct Cleaning" at www.BreathingClean.com.

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Bathroom Changes Save Water, Money

Researchers predict rising water prices could mean many households will have a hard time paying their water bills within five years.

What's more, the National Weather Service warns that California's drought could reoccur if the country experiences a period of sustained heat and dryness.

Fortunately, there are many ways for you to reduce the amount of water your home uses each year. One of the best places to start conserving water is in the bathroom, where toilet flushing, long showers and deep-soak baths account for the largest portion of a home's water consumption, according to the U.S. Geological Survey.

Here are simple ways you can significantly reduce your home's water consumption, lower your water bill and do something good for the environment:

Ditch water-guzzling fixtures

Flushing the toilet accounts for about 30 percent of a home's annual water consumption, making it the largest user of water in the home, according to the U.S. EPA. Prior to 1994, most toilets used 3.5 or more gallons of water per flush (gpf). Current federal guidelines require toilets use no more than 1.6 gpf, but you can do even better.

Toilets: Replace dated, older toilets with ultra-high-efficiency models like the American Standard H2Optimum ultra-high efficiency toilet, which uses an average of 1.1 gpf - that's 31 percent less than federal mandates.

Faucets: Inefficient and leaky bathroom faucets also waste thousands of gallons of water each year. WaterSense-labeled faucets use a maximum of 1.5 gallons per minute (gpm) and as little as 1.2 gpm, decreasing water use by 30 percent or more.

The Fluent collection of high-efficiency bathroom faucets uses leading-edge technology to reduce water consumption, while producing a strong flow rate, all with high-style design to coordi-

nate with various bathroom decors.

Showerheads: A significant source of water usage in a home can be attributed to showerheads, pouring up to 40 gallons per day down the drain for an average family, according to the EPA. The Hydrofocus 6-function showerhead uses only 2 gallons of water

per minute.

Taking steps to reduce bathroom water usage can help save you money in the short term and benefit the environment in the long run. These changes are simple to implement, with rewarding results to both your wallet and our planet Earth.

—StatePoint



Water efficiency in the bathroom is highlighted with the American Standard Fluent collection that includes a 1.5 gallons per minute (gpm) sink faucet flow rate, and 2.0 gpm for the showerhead. This suite is complemented with a high-efficiency Cadet-PRO toilet that uses only 1.28 gallons of water per flush.



Fire Prevention Tips

They look like small, plastic boxes, round or square, stuck up on the wall or the ceiling—but they could save your life. They're smoke alarms and carbon monoxide detectors.

On average, eight people die in a home fire each day in the U.S.—almost 3,000 people every year. While working smoke alarms cut the chance of dying in a fire nearly in half, roughly two-thirds of all home fire deaths occur in homes without working smoke alarms, according to the National Fire Protection Association.

As for carbon monoxide detectors, more than 200 people die from carbon monoxide (CO) poisoning in the U.S. annually. Several thousand more are treated in hospital emergency rooms for CO poisoning. Yet an estimated 70 percent of U.S. homes are not protected by a working CO alarm.

CO is created when common fuels such as natural gas, oil, wood or coal burn incompletely. This odorless, colorless, tasteless gas is often called

the "silent killer" because it is virtually undetectable without the use of proper technology.

You can be poisoned by a small amount of CO over a longer time as well as by a large amount over a shorter time.

What You Need To Know

For the best protection, smoke alarms should be interconnected, so that they all sound if one sounds. Manufacturers are now producing battery-operated alarms that are interconnected by wireless technology.

Combination smoke alarms that include both ionization and photoelectric alarms offer the most comprehensive protection. An ionization alarm is more responsive to flames, while a photoelectric alarm is more responsive to a smoldering fire.

Hardwired smoke alarms with battery backups are considered to be more reliable than those operated solely by batteries.

What You Need To Do

- Install smoke alarms in every bedroom, outside each sleeping

area, and on every level of the home including in hallways and the basement.

- Choose alarms that bear the label of a nationally recognized testing laboratory.

- Install smoke alarms at least 10 feet from cooking appliances to reduce the possibility of false alarms.

- If possible, alarms should be mounted in the center of a ceiling. If mounted on a wall, they should be six to 12 inches below the ceiling.

- Avoid placing alarms near bathrooms, heating appliances, windows or ceiling fans.

- Test your alarms every month by pressing the TEST button.

- Replace the batteries at least once a year. If an alarm "chirps" or "beeps" to indicate low batteries, replace them immediately.

- Occasionally dust or lightly vacuum the exterior of the alarm.

- Replace the alarms in accordance with the manufacturer's instructions, but at least every 10 years.

- Never paint over an alarm.

- If you have difficulty hearing, you can get alarms with low-pitched sounds or vibrations.

Learn More

For further facts and tips on how to stay safe from fire, by the experts at Electrical Safety Foundation International, the premier nonprofit organization dedicated exclusively to promoting electrical safety at home and in the workplace, visit www.esfi.org.

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The City of San Leandro is again offering its nationally recognized and award-winning Home Earthquake Strengthening Course to homeowners. This is a "do-it-yourself" course geared towards owners of older, raised-floor homes. Homeowners will be shown how to identify and strengthen structural weaknesses in their homes. Upon completion of this four-day course, each homeowner will have a customized blueprint for their seismic project.

If you own a hillside home, please contact the Division of Building & Safety at (510) 577-3405.

When: October 4, 9, 11 and 16

This is a four-day course.

Where: South Office Conference Room @
City Hall 999 East 14th St.

Time: 6:00 to 8:00 p.m.

Cost for City of San Leandro Residents:

\$30.00 for single / \$35.00 for couples

Cost for Non-Residents / Unincorporated

San Leandro: \$50.00 for single / \$60.00 for couples

Class size is limited.

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For more information, please call Division of Building & Safety Services at (510) 577-3405.

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Building Division
835 E. 14th Street
San Leandro, CA 94577
(510) 577-3405



REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Buy Weather-Wise This Fall

As days grow shorter, cooler temperatures warn of winter's approach. In addition to due diligence when purchasing a home, buyers looking at this time of year should pay extra attention to items that might hamper a comfortable winter in your new home. Here are 9 important items to check.

• **Ensure the furnace is working correctly.**

Start by obtaining a Home Inspection from a knowledgeable inspection company. If questions remain, you can contact PG&E to inspect the furnace for no charge.

• **Look for a programmable thermostat.**

While numerous options are available, thermostats such as NEST devices allow you to not only program your heating system for optimum savings, but provide remote monitoring, control capabilities, and comprehensive reports.

• **Confirm the roof is in good condition.**

A Roof Inspection will detail the current condition of the roof and, in most cases, provide estimates for required repairs. Many inspection companies offer limited warranties after repairs have been completed.

• **Check the condition of**

the gutters.

Leaking and/or plugged gutters prevent water from draining correctly and may cause damage by allowing water to pool and leak into the home. They may also let water spill towards the house instead of directing it out and away.

• **Verify that water drains away from the house.**

If the property grade slopes towards the home, rainwater runoff can penetrate the crawlspace or, even worse, the living areas. Grade should be corrected when possible and downspouts ought to have diverters or extensions to direct water away from the home.

• **Check for insulation.**

While younger homes have insulation as required by the building codes when the home was built, many older homes have little or none. Your Home Inspection should provide information on the level of insulation in the property.



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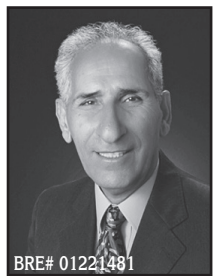
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**RED
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Voles in the Periwinkle the Likely Cause of Chewed Branches

By Buzz Bertolero
The Dirt Gardener

Q After removing a thick layer of periwinkle around my navel orange, I discovered that the trunk and lower branches had been gnawed at.

I believe snails or slugs caused the damage, as the ground cover was full of them. What should I do to protect the damaged areas or will they heal themselves?

they can measure five to eight inches long, including the tail. They feed on a full spectrum of plants from grasses to woody ornamentals.

They are poor climbers, so you would only find them at ground level. Thick ground covers provide a perfect habitat for rats and voles as it allows for food and protection from predators and environmental stress.

The most effective method of

detering rodents is to make the habitat less suitable for them. This is accomplished by removing the ground cover around the desirable plants. With vinca, ivy, African daisies and others, you can severely trim them in the spring of the year reducing the protective covering.

Traditional traps and poison baits should be avoided because of the problems they create with domestic animals and kids.

I'd let the damaged plants heal themselves. But, if this was new damage, you could seal the open wounds with Tree-Seal or similar product.

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



A It's not unusual to find a large population of snails and slugs in ground covers such as periwinkle (vinca). The moist, dark location is a perfect breeding ground for them. However, the damage you describe is not typical of snails and slugs as they don't have teeth, so they can't chew on bark and other hard surfaces.

The primary suspect for this type of damage is a rodent, like rats or voles. Rodents have teeth perfect for gnawing. Rabbits and ground squirrels could also do this type of damage, but not in this case.

Voles are mouse-like rodents that are sometimes referred to as field mice. When fully grown,

Mortgage Rates Move Up Again

Mortgage rates rose last week for the fourth consecutive week, according to Freddie Mac's weekly survey.

Thirty-year fixed-rate mortgages averaged 4.65 percent last week, up from 4.60 percent a week earlier. A year ago at this time, the 30-year fixed rate averaged 3.83 percent.

Fifteen-year loans averaged 4.11 percent, up from 4.06 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.92 percent with an average 0.4 point, up from 3.93 percent.

WEEKEND GARDENER

Lawns

Now that the weather is changing, start new lawns with sod or seed, or reseed thin spots in established ones. The cooler, showery conditions mean less watering during the first two weeks it takes for the seeds to germinate.



The swamp sunflower grows throughout North America near bogs, ponds, lakes and rivers. Its flowers, which feature bright yellow petals and dark centers, appear in early autumn and draw butterflies, bees, and other nectar feeders. Caterpillars, cutworms and other pests feed on the plant as well.

Sources: www.easywildflowers.com, www.finegardening.com

- Brenda Weaver

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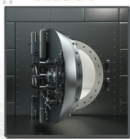
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A	—	1-4	13881 School St.	\$778,000	4/3	Coldwell Banker	Laurie Pfohl	510-851-3551

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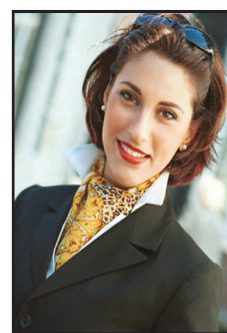
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PHOTO BY JIM KNOWLES

Halus Power Systems, a wind turbine supplier, will be one of the manufacturing companies opening its doors on Oct. 5.

Manufacture: Local firms to give tours of their manufacturing plants

continued from front page
how this industry has thrived in the region.

San Leandro local tours include Halus Power Systems, Scandic Springs, General Found-

ry, UrbanBloc, and 21st Amendment Brewery.

Visit <http://bayareamfg.org/mfg-day/> to learn more, find the times the local manufacturers will be open, and sign up for an event.

For more information about National Manufacturing Day, contact Katie Bowman, Economic Development Manager, by email at kbowman@sanleandro.org or by phone at 510-577-3327.

SLZ Library to Hold Book Sale

Friends of the San Lorenzo Library will host a weekend book sale on Saturday and Sunday, Oct. 13 and 14, at the San Lorenzo Library, 395 Paseo Grande in

San Lorenzo, a fundraiser for the library and its community programs.

Lots of books, CDs and DVDs for sale. Most book prices range

from 10 cents to \$1 with some specialty books priced individually. Free admission. For more information email kwebb1956@gmail.com

City Retrofit Program Offers Up to \$3,000

The City of San Leandro announced that for the fifth year in a row, San Leandro homeowners are eligible to receive up to \$3,000 to help strengthen their homes in the event of a major earthquake.

Qualified homeowners in the 94577, 94578 and 94579 zip codes are eligible to apply for the 2019 Earthquake Brace + Bolt program from Oct. 9 until Nov. 13. Register at www.earthquakebracebolt.com.

Qualifying registered homeowners will be selected by a random drawing.

If funds are not available to all eligible homeowners, others will be placed on a waiting list. In the last Brace and Bolt program, 185 San Leandro homeowners were awarded or are in the process of receiving up to \$3,000 to retrofit their homes in 2018.

The houses must meet certain criteria, including being built on

a level or low-slope site and sit on a raised foundation with a four-foot (or less) cripple wall under the first floor. Qualifying dwellings are typically pre-1979 houses that are not bolted to foundations, are built atop a crawl space, and have unbraced "cripple walls" surrounding the crawl space.

For more information about this program, call Community Development Department, Building Division at 577-3420.

San Leandro Library Expands Its Electronic Book Collection

The San Leandro Public Library announced a new electronic book and audiobook collection expansion with cloudLibrary.

Expanding upon an already-rich e-collection, cloudLibrary offers users an

even greater variety of options for digitally accessing best-selling titles and buzz-worthy works. Accessing the library's digital collection has never been easier. Learn more about cloudLibrary and download the app at: <https://ebook.yourcloudlibrary.com/library/SLPL/Featured>.

The cloudLibrary app is free at the App Store and Chrome Web Store and it is compatible with Apple, Android, and Windows products, as well as Fire and Nook devices.

Call 811 Before Digging Project, Says PG&E

PG&E is raising awareness about the importance of calling 811 before any digging project—large or small.

When called, this free nationwide service dispatches all companies with underground lines to mark the location of their facilities and ensure safe digging, including electric, gas, water and telecommunications services.

Third-party dig-ins and strikes on underground lines happen nearly every day, according to PG&E. So far this year, there have been more than 200 dig-ins on PG&E's underground lines in the East Bay alone. Many could have been avoided by calling 811 or placing an online request to 811express.com.

Stampers Meet Monthly

If you like crafts, join the Happy Stampers who use rubber stamps to make greeting cards. The club meets on the second Monday of each month at the San Leandro Main Library, 300 Estudillo Ave. For more information, call Janie at 483-0389.

LOCAL DEATHS

Bettimae "Bonnie" Hunt

Bettimae "Bonnie" Hunt, longtime resident of San Lorenzo and server at Elio's Family Restaurant in San Leandro, passed away September 19, 2018. She is survived by her sister and two sons.

Burial will be Monday October 1st at Cedar Lawn Cemetery in Fremont.



SAN LEANDRO TIMES OBITUARIES

may be submitted online at ebpublishing.com, emailed to obits@ebpublishing.com or faxed to 510-483-4209. Please include your phone number. Brief death notices are published free. Longer-length notices, including pictures, are available for a fee. For further assistance, please call 510-614-1555.

THE TIMES CROSSWORD

1	2	3	4		5	6	7	8		9	10	11
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ACROSS

- 1 Eastern bigwig (Var.)
- 5 One-on-one battle
- 9 Scoundrel
- 12 Rice-A-___
- 13 Paquin or Faris
- 14 Raw rock
- 15 Over
- 17 Pen point
- 18 Vagrant
- 19 Ticket
- 21 Aspect
- 24 Idea that spreads on the Web
- 25 48-Across' counterparts
- 26 Room-to-room accesses
- 30 Convent dweller
- 31 Great praise
- 32 Old card game
- 33 Wine pourer
- 35 Existed, Biblically
- 36 Do as you're told
- 37 Exposes
- 38 Cease-fire
- 40 Noble title
- 42 Melody
- 43 Ecclesiastical compact
- 48 See 25-Across
- 49 Soon, in verse
- 50 "Do ___ others ..."
- 51 Shelter
- 52 Sit for a photo
- 53 Unaltered

DOWN

- 1 Joan of ___
- 2 Cattle call?
- 3 Hostel
- 4 Wealth
- 5 Paint amateurishly
- 6 Ruin
- 7 Compass pt.
- 8 Firetruck gear
- 9 Skin-tone cosmetic
- 10 Operatic solo
- 11 Credit card user's problem
- 16 Parcel of land
- 20 Coal diggers' org.
- 21 Ward (off)
- 22 Chills and fever
- 23 Open area at a terminal
- 24 Othello, for one
- 26 Responsibility
- 27 Praise in verse
- 28 Days gone by
- 29 Drunkards
- 31 Patella
- 34 Jimmy Kimmel's network
- 35 Tusked mammal
- 37 Buddy
- 38 Party-game pin-on
- 39 Go by train
- 40 Son of Seth
- 41 Pimples
- 44 Yoko of music
- 45 "CSI" evidence
- 46 \$ dispenser
- 47 Pirouette pivot

ANSWERS ON PAGE 3

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ICE Forum Taking Place in Oakland

The Alameda County Board of Supervisors will hold a community forum next week on what information county law enforcement shares with Federal Immigration and Customs Enforcement (ICE) and how local agencies interact with ICE officials.

The forum will be held Monday, Oct. 1 at 1 p.m. in the Board Cham-

bers on the fifth floor of 1221 Oak Street, Oakland.

Presentations will be made by the Alameda County Sheriff's Office, the Alameda County Probation Department, and the Immigrant Legal Resource Center.

This forum is required by state law, pursuant to California Government Code Section 7283.1(d),

also known as the TRUTH Act, which was signed into law by Governor Jerry Brown in 2016. The TRUTH ACT requires the local governing body of any county or city in which local law enforcement has provided ICE access to an individual during the previous year to hold a community forum to provide information to the public

and to receive and consider public comment.

Anyone who is unable to attend in-person is invited to view the forum online via live stream. The forum will be accessible by clicking the "Watch now" link on the Alameda County Board of Supervisors' website: <https://www.acgov.org/board/>.



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OPINION

LETTERS to the EDITOR

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

Urge a 'Yes' Vote on Measure I

Editor:

This November we ask San Leandrans to vote Yes on Measure I to ensure our public schools continue their dynamic and exciting growth. Measure I extends the parcel tax adopted by voters in 2012 at the same \$39 per year rate.

Measure I directly benefits our students. Measure I will support high quality programs in math, science, technology, arts, and skilled trades that prepare students for success in college or career, and be used to attract and retain highly qualified teachers. There will be independent citizen oversight of the spending.

None of the money can be used for school administrator salaries.

San Leandro public schools have made huge strides over the past five years due in large part to the generous financial support of San Leandro voters. Increased enrollment in Advanced Placement courses, innovative teacher-led staff development programs, and the expansion of Career Technical Education, which offers students valuable career skills, represent a partial list of these accomplishments. As a result, San Leandro public schools have received many state and national awards and recognition.

The Yes on Measure I campaign is an entirely grassroots effort by parents, teachers and community leaders focused on continuing the positive momentum

in our schools. If you would like to volunteer or place a sign in your window or lawn, please contact us at YesOnMeasureI2018@gmail.com and we will respond promptly.

We all know good schools improve the quality of life in our community and protect the value of our homes. Measure I provides our schools the support they need to succeed. We thank you for voting Yes on Measure I.

—Morgan Mack-Rose

—Stephen Cassidy

Co-chairs, Yes on Measure I

A Cruelty-Free Diet that Can Be Healthy for Us and Our Planet

Editor:

I just learned that there is a World Day for Farm Animals, coming up on October 2nd (Gandhi's birth date). It's intended to memorialize the billions of animals abused and killed for food each year.

Like many others, I always thought of farm animals as "food on the hoof." But, after watching the deeply moving feature film *Okja* on Netflix, I realized that a farm animal is much like our family dog, fully deserving of compassion and respect.

An internet search showed me that farm animals get neither on today's factory farms. Male baby chicks are suffocated in plastic garbage bags or ground up alive. Laying hens are crowded into small wire cages that tear out their feathers. Breeding sows spend their lives pregnant

in metal cages. Dairy cow babies are snatched from their mothers upon birth, so we can drink their milk.

The cruelties inherent in factory farming drove me to replace animal products in my diet with a rich variety of plant-based meats and dairy items offered by my supermarket. I have since learned that my cruelty-free diet is also great for my health and for the health of our planet.

—Dennis Roth

San Leandro

Calls for Rejection of President Trump's Border Wall

Editor:

Once again, President Trump is pushing for the border wall between this country and Mexico. He could care less if the wall destroys the homeland of Indigenous Peoples known as the Tohono O'Odham. The Tohono O'Odham have existed in their land way before the Europeans came. Their land existed between the Gila River in Arizona and the Sea of Cortez in Mexico.

Building a wall will destroy their way of life. Conservative folks should not be preaching about morality since they support this president's actions such as trying to wipe out the Tohono O'Odham by building a wall. I urge the majority of Americans to reject this madness.

—Billy Trice Jr.

Oakland

Wants a Rejection at the Election

Editor:

Our streets are broken, Our sidewalks not repaired. I hope the council is replaced And our mayor is not spared.

—George Banks

San Leandro

INQUIRING REPORTER

What will America be like in 20 years?

— Asked around town

Difficult, because there will be less jobs because most jobs are going to other countries.

Gabriel Portugal
Oakland



It makes me scared. I've seen the last 60 years, and all the racism, and it looks like Trump has started a trend. Trump or like-minded people could do the same to us as they did to Mexicans at the border. I could see them trying to send us back to Africa.

Michael Norman
Oakland



If the Democrats get in office we could stand a chance – better health care, no more police brutality, and fairness to immigrants who contribute to the United States by doing all the low-paying jobs.

Yvonne Agustin
San Leandro



We could have a major earthquake. All the buildings collapse, so there will be a lot of work, and innovation, and new technology. So I think it will be wonderful. Buildings will be destroyed but it will be rebuilt and be much better, just like after the 1906 earthquake.

Enrique Sigui
Vallejo



I think technology will take us so far we can't even imagine what it will be like. I like technology, so I think it will change in a good way.

Andrew Houston
San Leandro



Pets of the Week



Emperor

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

Emperor, a playful kitten, loves to sit on shoulders and purr like there's no tomorrow.



Royal

He loves people, other cats and cat-friendly dogs.

Royal, a very friendly kitten, purrs easily and loves to play with toys, people and other kittens. She's looking for a loving family.

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

Group Offers Tour of Sibley Volcanic Regional Preserve

Join the Friends of San Leandro Creek on an excursion to Sibley Volcanic Regional Preserve, the birthplace of San Leandro Creek, on Saturday, Sept. 29, from 10 a.m. to 1 p.m.

The meeting point is the Sibley Park Main Staging Area, off Skyline Boulevard in Oakland. Carpooling available from San Leandro City Hall. Contact Susan Levenson at 577-6069 or slevenson@sanleandro.org.

For more details and to RSVP (requested) click on the online event post at www.fslc.org.

Sausage & Suds Fest Coming Up on Oct. 7

Music, beer and sausage will liven up Parrott Street when the San Leandro Downtown Association presents the annual Sausage & Suds Festival on Sunday, Oct. 7, from 10 a.m. to 6 p.m.

Bands will take the stage throughout the afternoon while the beer and wine garden serves an array of wines and brews that go with grilled sausages.

The music line up includes The Spazmatics, Bang Data, Hella Fitzgerald, The Midnites – and earlier in the morning, the San Leandro High Marching Band and the Zumba at DC Dance.

The music stage will be at one end of Parrott Street near East 14th Street, and the Chill Zone will be at the opposite end of the block with games, face painting and a photo booth. In between will be booths with food and drinks.

Bring a reusable water bottle to fill up at the EBMUD mobile water trailer, water on wheels (WOW).

Sausage & Suds is a fundraiser that helps bring other free events to downtown San Leandro.

Admission is free. There's a \$20 ticket price for 2018 com-

memorative beer or wine glass that includes two drink tickets. Additional pour tickets may be purchased for \$5 each.

You must purchase a 2018

glass to be served. All proceeds benefit the free San Leandro events such as "It's A Wonderful Night" and "Bike San Leandro".

Candidates: Election

continued from page 5

"I'm here before you tonight because I want to be able to serve you," said Oliver-Benson. "I'm passionate and I'm as passionate about rent control as I am about anything I get

involved with."

In the coming weeks, the candidates will be featured to get a closer look at who they are and their plans for San Leandro. The General Election will be on Tuesday, Nov. 6.

Thousands of Books to Go on Sale

The Friends of the San Leandro Library announce the fall two-day book sale on Saturday and Sunday, Oct. 6 and Oct. 7, at the San Leandro Main Library, 300 Estudillo Ave. with over 10,000 quality books at bargain prices.

Friends of the Library members have first pick of available books during the first two hours of the sale on Saturday from 9 to 11 a.m., and then the sale will be open to the public from 11 a.m. to 4 p.m. On Sunday, the

sale will be open from noon to 3 p.m. with an all-day sale at \$2 a bag.

Join the "Friends of the San Leandro Library" by applying for an individual membership at \$10 or a family membership at \$15.

Register or renew the Friends of the San Leandro membership at the door, or pick up a membership application at the Main Library.

For more information, call the San Leandro Library Information Desk at 577-3971.

Apply for a \$1,000 Soroptimist Scholarship

Soroptimists of the East Bay announce the Live Your Dream scholarship opportunity for women of the East Bay.

This \$1,000 scholarship is given annually to a woman pursuing education or training to better the life of their families

and themselves.

Applications are being accepted until Nov. 15.

Apply online at bit.ly/LY-DA-apply or contact Donna Whitehouse at rambosmom@comcast.net or 999-2911 for more information.

Landfill Harmonic Documentary at Museum

The San Leandro History Museum, 320 W. Estudillo Avenue,

will hold a free public screening of the award-winning documentary film *Landfill Harmonic*, about the Recycled Orchestra of Cateura, Paraguay on Saturday, Oct. 6, at 11:15 a.m. and again at 2 p.m. Be sure to bring your favorite movie snacks.

Landfill Harmonic follows the musical youth group who live next to one of South America's largest landfills. The unlikely orchestra plays music from instruments made entirely out of garbage.

Their story goes viral and the orchestra is catapulted into the global spotlight, and then they must navigate this new world of arenas and sold out concerts. The film is in Spanish with English subtitles.



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