

Leandro Cimez

AN INDEPENDENT HOMETOWN NEWSPAPER SERVING SAN LEANDRO, ASHLAND, SAN LORENZO AND SHEFFIELD VILLAGE THURSDAY, APRIL 25, 2019 SAN LEANDRO • CALIFORNIA VOL. 29 • NO. 17



PHOTO COURTESY NATIVE GARDENS TOUR

The Native Gardens Tour offers a glimpse of pesticide-free, water conserving gardens in the East Bay that have at least 60 percent native plants.

Sign Up to Tour the Native Gardens

nual Bringing Back the Natives Garden county gardens that are pesticide-free, water 5, from 10 a.m. to 5 p.m.

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Register now for the Fifteenth An- tures thirty seven Alameda and Contra Costa Valley, San Leandro, and San Lorenzo. Tour, which will take place on Sunday, May conserving, provide habitat for wildlife, and to purchase the garden guide, donations contain at least 60 percent native plants. requested. To register, visit www.Bringing-

Register for the tour by Saturday, \$10 This award-winning, self-drive tour fea- Five of these gardens are located in Castro BacktheNatives.net or call 236-9558.

Homeless Shower Program Faces Dry Year

By Jim Knowles San Leandro Times

A program that provides They expect to start construction

April Showers lets homeless executive director. people have a shower on Sunrina Boulevard in San Leandro. so it will be closed for a year.

The good news is that the Fry. Boys & Girls Club is near its lion renovation of its building.

showers, a meal, clothing and around August and the work other essentials to the homeless is will take a year or a little longer, about to become homeless itself. according Bob Glotch, the club's

In the meantime, April Showdays, two or three times a month, ers will have to find another place at the Boys & Girls Club on Ma- to have showers for the homeless. "Construction is expected to

But the club is about to start a start in August, so we're going renovation project on its building, to be homeless ourselves," said April Showers volunteer Moria

The shower program has been



fundraising goal for the \$10 mil- searching for another place, but Camelo Perez picked up some clean clothes at the April see SHOWERS, page 20 Showers program.

City Budget Up Despite Belt Tightening

By Amy Sylvestri San Leandro Times

the black for the next fiscal year, but deficits are expected in future had predicted to begin this year years, according to San Leandro are now predicted to begin in Finance Director David Baum. 2021, with a \$2.5 million deficit

Baum presented the City that year. Council with a proposed 2019-2020 general fund operating budget of \$117 million, with revenue coming in \$48,000 higher than expenditures.

The city budget in 2009-2010 **EBMUD** was \$82 million, and in 2015-2016 it was \$93 million.

Baum said the budget increases can be attributed to rising creases can be attributed to rising employee costs, the city taking on **Raise Rates** some large capital improvement projects, and inflation.

Offsetting some of the expenses were recent city tax measures including sales tax increase and taxes on marijuana sales, hotel occupancy, and warehouse space.

passed in the past five years and - more often than not - that have really given us a boost," means rake hikes for water and said Baum.

The city is exploring putting new parcel and property transfer month, EBMUD proposed a tax measures on an upcoming 2019-2021 budget that totals \$2.3 ballot to bring in more money. billion. If adopted, it will include

a revenue of \$139 million, while and another 6.25 percent increase expenditures are estimated to on July 1, 2020. Additionally, top \$150 million, leaving the wastewater rates would increase city in the red by \$11 million, by 4 percent in fiscal year 2021. Baum said.

costs are growing faster than our cover more than \$800 million expected revenue," said Baum.

THE LARGEST FREE-DELIVERED NEWSPAPER IN THE EAST BAY

The city's budget will be in "We need to control our costs." The shortfalls which Baum

see BUDGET, page 18

Plans to Once Again

By Amy Sylvestri San Leandro Times

Every two years, the East Bay Municipal Utility District "The measures that have (EBMUD) makes a new budget wastewater customers.

At a budget workshop last The city is in the black for a 6.5 percent rate increase for wanow, but by 2029 Baum estimates ter service on July 1 of this year

EBMUD says the proposed "Simply put, our expected budget is what they will need to see RATES, page 11

INSIDE YOUR TIMES		
	Auto6	
Chanticleers presents	Calendar4	
Other Desert Cities. Page 2	Classified Ads 16	
	Coupons 10 & 11 Crime 3	
Downtown restaurant gutted	Crossword 18	
by fire. Page 3	Homes 12	
SPORTS	Home Services 16 Inquiring Reporter 19	
Piedmont pours it on	Letters 19	
over Grizzlies. Page 15	Lifestyle7	
38,500 EVERY THURSDAY	Obituaries 18 Health & Fitness9	



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



San Leandro Times

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

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paper

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Luigi

The Pets of the Week at the Hayward Animal Shelter, 16 pup who loves life. She enjoys Barnes Court in Hayward, are walks, picking up sticks and play-Luigi the cat and Fiona the dog.

Luigi is a handsome 4-year- active, experienced family who'll old who's easygoing, friendly and take her to training to learn more leans in for pets, ear rubs, and chin scratches. While not fond of loud noises, he's okay with being Luigi or Fiona, call the Hayward picked up and carried.

Join the Happy Stampers

Fiona

Animal Shelter at 293-7200.

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Fiona is a sweet, 9-month-old

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

Chanticleers Theatre, 3683 Friday, May 3. Quail Ave. in Castro Valley, pres-

May 26 on Friday and Saturday parents are Lyman Wyeth, an ac-Chanticleers traditional compli- and political socialite. mentary hors d'oeuvres, desserts and beverage gala.

niors (60+), students, and military she has written a memoir about \$20. On Bargain Night, May 4, a very difficult chapter in the all tickets are \$18. Chanticleers family's history and wants to Theatre is located within the publish it. As they battle over Castro Valley Community Park who has the right to tell the at 3683 Quail Avenue, Castro family's story, new revelations Valley.

LIVE (733-5483) or go to chan- of family love, compassion and ticleers.org.

This funny and searing play, by Jon Robin Baitz (creator of directed by Katina Letheule, an the hit ABC show Brothers & accomplished actress and direc-Sisters), was recently one of the tor and recently named, artistic hottest tickets on Broadway and director for Altarena in Alameda. a finalist for the 2012 Pulitzer The talented cast members are all Prize.

glamorous Palm Springs home The show runs from May 3 to for the Christmas holidays. Her nights at 8 p.m., and Sundays tor-turned-ambassador during the at 2 p.m. (no show on May 5). Regan administration, and matri-Opening night, May 3, includes arch Polly, a former screenwriter

Brooke, a liberal would-be novelist, drops a bomb on her General admission is \$25, se- parents when she reveals that emerge. Full of witty and enter-For tickets, call 510-SEE- taining dialogue, this is a story forgiveness.

Chanticleers' production is new to the Chanticleers stage and After a 6-year absence, include Sarah Nowicki; Marika



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THURSDAY, APRIL 25, 2019 **3**

POLICE & FIRE



Kitchen Fire at Dessert Shop

A one-alarm kitchen fire broke out at Sweethoney Dessert at 1423 East 14th Street in the early morning hours of April 19, according to the Alameda County Fire Department. Firefighters were able to contain it before it spread to neighboring buildings. No one was injured and the cause of the fire is under investigation.

Federal Charges for San Leandro Man Who Pled Guilty to Robberies

A San Leandro man pled a phone store in Castro Valley.

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Call 811 Before You Do Any Digging

Tomorrow is Arbor Day and lots of people plant trees in honor of the holiday. PG&E is reminding people to call before they do any digging.

Anyone who plans to dig is asked to call 811 and a PG&E representative will visit your property for free and mark safe digging sites.

guilty in federal court last week admitted that he committed six federal offense. to multiple robberies, including robberies over a four day period in October of 2018. The thefts agreed to pay restitution in each included taking \$74 in cash from case in exchange for prosecutors a store in Castro Valley, iPhones dropping a conspiracy charge. He from stores in Hayward and Daly is scheduled to be sentenced in City, three silver chains from a August and faces a maximum of jewelry store in Hayward, \$730 20 years in prison and a \$250,000 from a cash register at an Oakland fine. store, and \$1,000 from the regis-

> at a store in Fremont. According to the U.S. Deand directed employees to hand over cash and merchandise.

Elijah Kimani Crowder, 20, from well as the police departments Hayward were charged with of Hayward, Fremont, Oakland, conspiracy to commit robbery and Daly City.

Marty Skyler Guillen, 22, affecting interstate commerce, a

Guillen pled guilty and

Crowder pled guilty to one ter and \$100 from an employee robbery and is scheduled to be sentenced in June.

The U.S. Department of partment of Justice, Guillen bran- Justice said the robbery invesdished a BB gun in each robbery tigation was headed by the FBI with the assistance of the Alameda County Sheriff's Office, Guillen and co-defendant and the San Leandro police as

Teen Accused of Robbing Blind Woman Downtown

A San Leandro teen is ac- tussled with the suspect - later and told officers who arrived on with the help of bystanders.

38, was walking on Davis Street near Clarke Street using her cane to a press release from the San into a residential area. Leandro police.

of Emergency Services recently

important documents, hygiene

toilet tissue, first-aid kit, cash, dry goods.

AM/FM radio, flashlights, bat- person per day.

The Alameda County Office plates and utensils..

sent out a reminder of what should food should include canned

be kept in a kit in the event of a goods, peanut butter, dried fruits,

disaster, including: paper towels, nuts, nutrition bars and boxed

and fell to the ground.

The suspect got the phone the crime as he ran, police said. at around 9:30 a.m. last Wednes- and ran off. The woman called person and felt someone grab her a bicycle, who called 911 and him during the arrest. iPhone out of her hand, according followed the suspect as he ran

cused of robbing a blind woman identified as 18-year-old high the scene that the suspect was downtown after being caught school student Jujuan Despanie hiding between two parked cars. - and tried to keep ahold of her The suspect then allegedly tried A visually-impaired woman, phone, but she lost her balance to run away and discard some items which were evidence of

Eventually, Despanie was day when she said she felt her for help, which attracted the taken into custody and the viccane make contact with another attention of a nearby witness on tim's cell phone was found on

On Friday, the Alameda County District Attorney charged Another witness watched the Despanie with two felony offens-The woman told police she scene from an apartment balcony es: robbery and abuse against a dependent adult, and one misdemeanor count of resisting arrest.

San Leandro police Lt. Isaac Benabou thanked the witnesses who helped out in the case. In addition to the people who helped A supply of non-perishable identify the suspect, an AC transit bus driver who witnessed the robbery went to assist the woman on the ground. He helped her onto the bus and took her to the San All kits should include at Leandro BART station where products, scissors, can opener, least one gallon of water per she received help from the station attendant.





THURSDAY, APRIL 25, 2019

San Leandro Times

NEIGHBORS



Broadmoor Preschool celebrated its 80th Anniversary with a carnival on Sunday, April 7, on the Roosevelt Elementary School Campus on Dowling Street in San Leandro. A large crowd came in support of the school and to enjoy the free kid-friendly attractions, including face-painting, bouncy castles, carnival games, and clown performance. The school was first formed at Broadmoor Community Church in October 1939. Today, Broadmoor Preschool operates as a parent cooperative under the San Leandro Adult School.

ARTS & ENTERTAINMEN

Chanticleers Theatre

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Other Desert Cities Chanticleers Theatre, 3683 Quail (creator of the hit ABC show runs from May 3 to May 26 on Ave. in Castro Valley, presents Brothers & Sisters), was recent- Friday and Saturday nights at Other Desert Cities, opening ly one of the hottest tickets on 8 p.m., and Sundays at 2 p.m. (no

Friday, May 3. This funny and Broadway and a finalist for the searing play, by Jon Robin Baitz 2012 Pulitzer Prize. The show

HOROSCOPE by Salome © 2019 King Features Synd., Inc. ARIES (March 21 to April 19) You might be tempted to be more assertive when dealing with a job-related matter. But a carefully measured approach works best at getting the cooperation you're looking for.



GEMINI (May 21 to June 20) A busy schedule keeps you on the move for much of the week. But things ease up by the time the weekend arrives, allowing you to reconnect with family and friends

CANCER (June 21 to July 22) Travel dominates the week, and despite some delays in getting to where you want to go, the overall experience should prove to be a positive one in many ways

LEO (July 23 to August 22) Your Leonine self-confidence comes roaring back after a brief period of doubt and helps you get through a week of demanding challenges and ultimately emerge triumphan

VIRGO (August 23 to September 22) Virgos who have made a major commitment -- personal or professional -- should be able to tap into a newed reservoir of self-confidence to help them follow through

LIBRA (September 23 to October 22) You soon could receive news from a surprising source that could cause you to change your mind about how you had planned to deal with an ongoing job-related problem.

SCORPIO (October 23 to November 21) A surprise move of support from a colleague who has never been part of your circle of admirers helps influence others to take a new look at what you've put on the table.

SAGITTARIUS (November 22 to December 21) While a bold decision to take an "I know what I'm doing" approach impresses some colleagues, it also raises the risk of causing resentment among others. 23

CAPRICORN (December 22 to January 19) A misunderstanding twixt you and a friend might not be your fault at all, despite what he or she suggests. Talk it out to see at what point the confusion might have started.

AQUARIUS (January 20 to February 18) Getting into a community operation fulfills the Aquarian's need to help people. It also can lead to new contacts that might one day help you with a project.

PISCES (February 19 to March 20) A minor problem could delay the start of a long-anticipated trip for two. Use the time to recheck your travel plans. You might find a better way to get where you're going.

COMMUNITY CALENDAR

***** Meeting of the SL Democratic Club The next meeting of the San Leandro Democratic club will be tonight, April 25, at 6:30 p.m. in the Trustee Room of the San Leandro Main Library, 300 Estudillo Ave.

* San Leandro Toastmasters

The San Leandro Toastmasters meet on Thursday nights from 7 to 8 p.m. at the San Leandro Main Library, 300 Estudillo Ave. The group fosters improved communication and public speaking. All levels of speakers from novice to seasoned are welcome.

***** Dahlia Society Tuber Sale

The San Leandro Dahlia Society will hold its annual tuber and cutting sale on Saturday, April 27, from 9 a.m. to noon at Root Park, 1033 East 14th St. in San Leandro. Plant now for summer color. Cuttings are small plants, ready to be planted. Tubers are like roots, ready to be planted. Dahlias come in many sizes, shapes and colors. Dahlia society members will be on hand to answer any questions or give advice on planting.

* A Pop Up Event at Bancroft Middle School Join the fun at Bancroft Middle School, 1150 Bancroft Ave. in San Leandro on Saturday, April 27, from 11 a.m. to 5 p.m. There will be arts and crafts projects and lots of good food. This event benefitting Razas Unidas Club at Bancroft Middle School.

* Kiwanis Club Welcomes Visitors

Find out what the volunteers of Kiwanis are all about. Join them at one of their weekly lunch meetings and consider becoming a member on Tuesdays from 12:10 to 1:30 p.m. at The Englander, 101 Parrott St. in downtown San Leandro. A portion of each meeting is dedicated to a community speaker.

* Spring Auction for Local Schools

Come to the Annual Spring Auction benefiting Roosevelt Elementary School and Bancroft Middle School on Saturday, April 27, from 5 to 10 p.m. at the Veterans Memorial Building, 1105 Bancroft Ave. The theme this year is Casino Royale and includes gambling, food and drinks, and entertainment. Tickets are \$40 each or \$75 a pair. Come out to support the students of San Leandro public schools. For advanced purchase tickets and more information Visit: https://roosevelt.schoolauction.net/ auction2019.

***** Community of Faith Breakfast

Bay Area Family Church, 2305 Washington Ave. in San Leandro will hold its monthly Community of Faith Breakfast on Saturday, April 27, from 8:30 to 10:30 a.m. with featured speaker Bishop Billy Wydermyer, pastor of Bethel Temple Pentecostal Church in Richmond. All are welcome.

***** Community Cleanup at Marina Park

A community cleanup will be held at the San Leandro Marina Park, 1400 Monarch Bay Drive, on Saturday, April 27, from 9 to 11 a.m. Meet at the benches. Make a positive impact. For more information, call Bryan Azevedo at 706-3125.

***** SL Parkinson's Support Group Meeting The San Leandro Parkinson's support group will meet on Thursday, May 2, at 10:30 a.m. at the San Lorenzo Community Church, 945 Paseo Grande in San Lorenzo. The speaker will be Barbara Blaze from Magnolia Wellness. For

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.

more information, call Lona White at 276-3119.

* 21st annual Cinco de Mayo Celebration

The City of San Leandro City Council will host its 21st annual Cinco de Mayo Celebration on Friday, May 3, at 6 p.m. at the Marina Community Center, 15301 Wicks Boulevard. The fiesta is free and promises to be a fun celebration of Mexico's culture and traditions. Mariachi bands and the Ballet Folklorico de Carlos Moreno will perform. Children will be able to make traditional Mexican arts and crafts. Spanish translation, and an ASL sign language interpreter will be available. Light refreshments will be served.

* SL Garden Club Spring Luncheon

The San Leandro Garden Club will host the 47th annual spring salad bar luncheon, "Plant Seeds of Happiness," on Saturday, May 4, at the First United Methodist Church, 1600 Bancroft Ave. in San Leandro. Doors open at 10:30 a.m., luncheon will start at noon. A donation of \$17 is suggested. There will be pick-a-prize raffle and previously loved jewelry, plants, accessories, and pot scrubbers will be on sale. Reserved seating only, to make reservations, call Sharon at 785-2057.

San Leandro Readers Roundtable

The San Leandro Readers Roundtable meets Saturday, May 4, at 2 p.m. at the San Leandro Main Library, 300 Estudillo Avenue, to discuss Sing, Unburied, Sing, Jesmyn Ward's tale of a family's journey through Mississippi's past and present. All are welcome, and all books discussed are available for purchase in the Library's Booktique bookstore.

* Buon Tempo Club Family Dinner

The Buon Tempo Club is having a family style dinner on Tuesday, May 7, at 7 p. m. at Transfiguration Church, in the Mt. Tabor Hall, 4000 E. Castro Valley Blvd., in Castro Valley. Everyone is welcome to attend. A five-course dinner of pasta pesto and chicken will be served. Red and white wine and soda are also included. Happy hour is at 6 p.m. The dinner is \$15 for members, \$20 for non-members. Make reservations by Friday, May 3, by calling the Buon Tempo dinner line at 483-6929. For more information, about events or membership visit www.buontempoclub.org.

***** Youth Orchestra Concert

The Youth Orchestra of Southern Alameda County (YOSAC) will present its Spring Concert on Saturday, May 11, at 3 p.m. at Cal State East Bay, Music Building. YOSAC Concert Orchestra, Symphony Orchestra and the Horizons Ensemble will perform their works. Tickets are \$10 general, \$5 seniors and students. YOSAC is a nonprofit organization started by parents, teachers and music professionals to augment school instrumental programs of Southern Alameda County. For more information, visit www.yosac.com.

Hearing Loss Association Meeting

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









Wednesday-Friday 11am-5pm

Saturday 11am-4pm

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show on May 5). Opening night,

May 3, includes Chanticleers

traditional complimentary hors

d'oeuvres, desserts and beverage

gala. General admission is \$25,

seniors (60+), students, and mil-

itary is \$20. On Bargain Night,

May 4, all tickets are \$18. For

tickets, call 510-SEE-LIVE (733-

5483) or go to chanticleers.org.

Art by local students will be on

display from May 1 through June

3 at the Hayward Area Historical

Society (HAHS), 22380 Foothill

Blvd. in Hayward with an open-

ing reception on Wednesday,

May 1, from 5 to 7 p.m. The Gal-

lery is open Wednesday through

Sunday from 10 a.m. to 4 p.m.

Student Art Display

Lee, DeSaulnier to **City Council to Address Short-Term Rentals Host Meeting on Race** Proposed ordinance would only allow hosted short-term rentals

Lee will host a joint town hall immigration. meeting on race in America with fellow Bay Area representative A. Powell, director of the UC Congresswoman Mark DeSaul- Berkeley Haas Institute for a ordinance that the Council will all non-hosted short-term rentals nier this Saturday, April 27, Fair and Inclusive Society; Dr. consider on Monday, May 6, but allow regulated hosted short- in effect that prohibits the short- policy remains in effect until from noon to 1:30 p.m. at the Chinyere Oparah, professor of Black Repertory Group Theater, Ethnic Studies at Mills College; 3201 Adeline St. in Berkeley and Vanessa Moses, executive for a discussion of gentrifica- eirector of Causa Justa.

Congresswoman Barbara tion, mass incarceration, and

of a proposed short-term rental proposed ordinance will prohibit Leandro. at 7 p.m. at City Hall, 835 East term rentals. 14th St.

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FILED

MARCH 29, 2019

ALAMEDA CÓUNTY

By

FICTITIOUS BUSINESS

NAME STATEMENT

Pursuant to Business and

Professions Code

Sections 17900-17930

Pablo Handyman located at 1274 62nd

Avenue, Oakland, CA 94621, in Alameda

County is hereby registered by the following

owner(s): Pedro Matias Pablo, 1274 62nd

Avenue, Oakland, CA 94621, This business

is conducted by an individual. This business

This statement was filed with the County

Clerk of Alameda County on date indicated

The name of the business:

commenced on 3-29-19.

/s/Pedro Matias Pablo

by file stamp above.

Expires MARCH 29, 2024

By-----, Deputy FILE NO. 557144

MELISSA WILK

County Clerk

F.C

to Chapter 4-40 of the San rental regulations in December during guests' stay.

The San Leandro City Coun- Leandro Municipal Code to 2018 after conducting multiple cil invites the public to attend the regulate short-term rentals of community meetings around Other speakers will be John discussion on the first reading residential dwelling units. The short-term rental policies in San

> term rental of homes to paid July 22, 2019. The City Council considered guests when the owner of the The ordinance would add policy options for short-term property is not also living on-site

> > FILED

APRIL 4, 2019

County Clerk

-, Deputy

MELISSA WILK

ALAMEDA CÓUNTY

FILE NO. 557350

By-

FICTITIOUS BUSINESS

NAME STATEMENT

Pursuant to Business and

A short-term rental is defined as the rental of any residence to paid guests for fewer than 30 days. The interim or-A moratorium is currently dinance that established this

> For more information, contact the Community Development Department at 577-3415.

FIL FD MARCH 21, 2019 MELISSA WILK County Clerk ALAMEDA CÓUNTY By-----, Deputy FILE NO. 556822 By **FICTITIOUS BUSINESS** NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Bamboo Advance Beauty College located at 14624 E. 14th Street, San Leandro, CA 94578, in Alameda County is hereby registered by the following owner(s): Mai-Pham Investments LLC, 232 Lexington Avenue, Hayward, CA 94544. This business is conducted by a limited liability company. This business commenced on N/A /s/Bamboo Advance Beauty College This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above Expires MARCH 21, 2024

APR. 4, 11, 18, 25, 2019 0052-SLT

NOTICE OF PETITION TO ADMINISTER ESTATE OF

Stella F. Gigli Case Number: RP19014367

To all heirs. beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Stella F. Gig-li, also known as "Stella Gigli", "Stella Cisneros", "Stella F. Medina", "Fedelina Stella Montes" and "Fedelina Stella Montez"

A Petition for Probate has been filed by Darlene Green in the Superior Court of California, County of Alameda. The Petition for Probate requests that Darlene Green be appointed as personal representative to administer the estate of the decedent.

The PETITION requests that the decedent's wills and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on 5/22/2019, 9:31 a.m., Dept. 201, at 2120 Martin Luther King, Jr. Way, 2nd Floor, Berkeley, CA 94704.

IF YOU OBJECT to the granting of the petition you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner:

Clifford R. Lancaster 1826 Clement Avenue, STE 150 Alameda, CA 94501 510-523-9100

LEGAL 0066-SLT SP19014367 4/18, 4/25, 5/02/2019

MELISSA WILK County Clerk ALAMEDA CÓUNTY By-----, Deputy FILE NO. 555592 **FICTITIOUS BUSINESS** NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930

11

FILED

FEBRUARY 22, 2019

The name of the business: Nate's Customs & Collision located at 2420 Davis Street, San Leandro, CA 94577, in Alameda County is hereby registered by the following owner(s): Nathan Jaramillo, 2586 Williams Street, San Leandro, CA 94577. This business is conducted by an individual. This business commenced on N/A. /s/Nathan Jaramillo This statement was filed with the County

Clerk of Alameda County on date indicated by file stamp above. Expires FEBRUARY 22, 2024 APR. 4, 11, 18, 25, 2019

0053-SLT

APR. 11, 18, 25, MAY 2, 2019 0054-SLT FII FD APRIL 4, 2019 MELISSA WILK County Clerk ALAMEDA CÓUNTY

By-----, Deputy FILE NO. 557351 FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930 The name of the business: P & G Power Corp. located at 375 Santa

Paula St., San Leandro, CA 94579, in Alameda County is hereby registered by the following owner(s): P & G Power Corp., 375 Santa Paula St., San Leandro, CA 94579. This business is conducted by a corporation. This business commenced on N/A. /s/P & G Power Corp. This statement was filed with the County

Clerk of Alameda County on date indicated by file stamp above. Expires APRIL 4, 2024

APR. 11, 18, 25, May 2, 2019 0060-SLT

FILED APRIL 10, 2019 MELISSA WILK County Clerk ALAMEDA COUNTY By, Deputy
FILE NO. 557733
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business:
Innovative Training Consultants, LLC located

Innovativ at 211 Joaquin Avenue, San Leandro, CA 94577, in Alameda County is hereby registered by the following owner(s): Innovative Training Consultants, LLC, 211 Joaquin Avenue, San Leandro, CA 94577. This business is conducted by a limited liability company. This business commenced on N/A. /s/Innovative Training Consultants, LLC This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires APRIL 10, 2024 APR. 18, 25, May 2, 9, 2019

0068-SLT

County Clerk ALAMEDA CÓUNTY By-----, Deputy FILE NO. 557244 **FICTITIOUS BUSINESS** NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Melissa Michelle Grooming located at 1109

Alameda County is hereby registered by the

following owner(s): Melissa Michelle Groom-

ing Inc., 875 Begier Avenue, San Leandro,

CA 94577. This business is conducted by a

corporation. This business commenced on

This statement was filed with the County

Clerk of Alameda County on date indicated

APR. 4, 11, 18, 25, 2019

0055-SLT

FICTITIOUS BUSINESS

NAME STATEMENT

Pursuant to Business and

Professions Code

Sections 17900-17930

Special Kids Special Choices located at

20955 San Miguel Ave., Castro Valley, CA

94546, in Alameda County is hereby regis-

tered by the following owner(s): Geri Bas-

kind, 20955 San Miguel Ave., Castro Valley,

CA 94546. This business is conducted by

an individual. This business commenced on

This statement was filed with the County

Clerk of Alameda County on date indicated

APR. 11, 18, 25, May 2, 2019

0061-SLT

FICTITIOUS BUSINESS

NAME STATEMENT

Pursuant to Business and

Professions Code

Sections 17900-17930

Golden Touch ILS located at 1271 Wash-

ington Ave., San Leandro, CA 94577, in

Alameda County is hereby registered by the

following owner(s): Pastoor C. Creese, 350

Breed Ave., San Leandro, CA 94577. This

business is conducted by an individual. This

This statement was filed with the County

Clerk of Alameda County on date indicated

APR. 25, May 2, 9, 16, 2019

0069-SLŤ

The name of the business:

business commenced on N/A.

/s/Pastoor C. Creese

by file stamp above.

Expires MARCH 11, 2024

The name of the business:

12/2012

/s/Geri Baskind

by file stamp above.

Expires APRIL 4, 2024

/s/Melissa Michelle Grooming, Inc.

3-28-19.

by file stamp above

Expires APRIL 2, 2024

NOT

Professions Code Sections 17900-17930 The name of the business: MacArthur Blvd, San Leandro, CA 94577, in

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FILED

FILED

FILED

MARCH 11, 2019

ALAMEDA COUNTY

By-----, Deputy FILE NO. 556317

MELISSA WILK

County Clerk

APRIL 4, 2019

County Clerk

MELISSA WILK

ALAMEDA COUNTY

By-----, Deputy FILE NO. 557379

APRIL 2, 2019

MELISSA WILK

Power Nex Construction Inc. located at 375 Santa Paula St., San Leandro, CA 94579, in Alameda County is hereby registered by the following owner(s): Power Nex Construction INC., 375 Santa Paula St., San Leandro, CA 94579. This business is conducted by a corporation. This business commenced on N/A.

/s/Power Nex Construction, INC. This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires APRIL 4, 2024

APR. 11, 18, 25, May 2, 2019 0059-SLT

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

FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930

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

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires MARCH 13, 2024

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

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

FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and

Protessions Code Sections 17900-17930 The name of the business: DayintheLifeguard located at 890 Dowling

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

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires APRIL 9, 2024

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

FII FD FEBRUARY 22, 2019 MELISSA WILK County Clerk ALAMEDA CÓUNTY By-----, Deputy FILE NO. 555587 **FICTITIOUS BUSINESS** NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: (1) Windy Treats (2) Lion's Garden (3) Divines Cloud 9 (4) Stovall Group & Associates (5) Merry For Jane, located at 24438 Santa Clara Street #3035, Hayward, CA 94540, in Alameda County is hereby registered by the following owner(s): (1) JeAnna Stovall and (2) Margaret J. Stovall, 660 Fargo Avenue #9, San Leandro, CA 94579. This business is conducted by a general partnership. This

business commenced on N/A. /s/JeAnna Stovall, Margaret J. Stovall This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires FEBRUARY 22, 2024

APR. 11, 18, 25, MAY 2, 2019 0056-SLT

FILED APRIL 17, 2019 MELISSA WILK County Clerk ALAMEDA CÓUNTY By------, Deputy FILE NO. 558091-6 **FICTITIOUS BUSINESS**

NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:

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

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

Expires APRIL 17, 2024 APR. 25, MAY 2, 9, 16, 2019 0072-SLT

Starting a New **Business?**

The SL Times reaches 99% of homes in San Leandro

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Stop by or call Patrick V. at (510) 614-1558 2060 Washington Ave, San Leandro, CA 94577

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Old World Luxury Meets Electric Efficiency with New Range Rover

By Steve Schaefer San Leandro Times



small or funny-looking. As Land the owner's manual to figure out ly, the miles-per-gallon number Rover's first plug-in hybrid, where the plug was. it offers potent off-road fourlent, all-electric motoring.

that

You might not expect that kind of efficiency from a brand hours. known for ruggedness and exclusivity, but it's on its way. My P400e delivers the most effi- way. That means Windsor leathweeklong test was of a pre-pro- ciency if you don't take it on er chairs, high-quality fittings duction 2020 model. The 2019 long trips. Its standard way of throughout, and gesture-conis not sold in the U.S yet. In a moving is as a parallel hybrid, trolled blinds for the panoramic provide you with all the enterjaunty Firenze Red, it stood out which means that the engine and roof. My tester featured a Mefrom the crowd, with only the motor work together to deliv- ridian Surround Sound System badge giving a clue as to its bat- er the "best" mix of power and tery-powered secret.

find a 2.0-liter, four-cylinder gas You can also set it up to run as engine and an electric motor, the an EV only-for as long as the famous rock-crawling capacity latter fueled by a 13.1 kWh bat- battery has sufficient chargetery tucked under the rear cargo even at freeway speeds. The you can do it silently with elec- tures a 12-inch screen that you area. With 398 horsepower and Save feature lets you retain the tric power. I didn't try this, but can configure in multiple ways. 472 lb.-ft. of torque, some of it battery charge until later, so you delivered instantly from the mo- could use the engine on the freetor, you can sprint from 0 to 60 way and drive in town with the

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in just 6.7 seconds.

While you fill the fuel tank he new Range door, you need to flip up a sec- delivered 24.7 miles per gallon Rover Sport HSE tion of the plastic grille to ex- during its stay. However, it was pose the J-1772 charging socket. the kind of week where I took a The car likes to keep its EV side couple of longer weekend trips. electrified vehicles need to be a secret. I had to look it up in If I had just used the car local-

It takes about 7-1/2 hours to wheel drive, sublime comfort fill an empty battery on normal the electric drivetrain gives a and luxury, and 27 miles of si- Level 1 household 120-volt cur- strong and silent performance. rent. If you use a Level 2 240- Like other Land Rovers, you get volt charger, it'll be under three the feeling of a powerful truck

Under the tall hood you'll working at any particular time.

10 words maximum (\$1.00 for each additional word)

SPINAC

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Advertise your vehicle for 3 weeks in the San Leandro

Times and 3 weeks in the Castro Valley Forum for only...

motor, for example.

I got about 27 miles of elecfrom the usual side-mounted tric range per charge, and the car would surely have been better.

As it is, once you climb in, with lots of extra luxuries, all As a plug-in hybrid, the presented in a restrained, tasteful with 18 speakers and 825 watts the top audio system they offer!

The plug-in hybrid has the you can use the standard elecoff roading. How many electric can wade through 33.4 inches of front console refrigerator; a 10water? The manufacturer recommends running the engine during dips to keep water out of the exhaust system.

design, but up-to-the-minute in all yours.

tainment, navigation, climate, and app features you could want in 2019. With double screens, efficiency. One or both will be of power-and it wasn't even you can see a map and audio functions at the same time. The top screen has touch, swipe, and pinch-to-zoom features, like a of its fellows, and in this case, tablet. The instrument panel fea-

This is one fancy car, but that tronic air suspension to lower doesn't mean you can't make it the car as much as 2 inches for fancier. Starting at \$79,000 even, freeway cruising but also raise it my tester had nearly \$13,000 up to 3 inches above normal for worth of options, including a bunch of electronic safety fea-Ebony Morzine Headlining; soft door close; and a bump up to 21- SUVs available and more on the model is all-electric. inch alloy wheels (20-inchers way from Audi, BMW, Porsche, The interior is traditional in are standard). For \$93,200, it's Jaguar, and others. But I bet the tro Valley. He has been review-

Two 10-inch screens provide you with all the entertainment, or gas cars do you know of that tures; a heated steering wheel; a navigation, climate, and app features you could want in 2019.

inch, full-color head-up display; Range Rover is not alone-there Range Rovers have a special caare several upscale electrified chet. I'm hoping that their next

Steve Schaefer lives in Cascompetition can't wade through ing new cars in the Times for 27



Under the tall hood you'll find a 2.0-liter, four-cylinder gas engine and an electric motor, the latter fueled by a 13.1 kWh battery tucked under the rear cargo area.

is offer is for private party ads only (no dealers). Items must be priced and only one item may listed for sale. You may change the asking price at anytime (no other changes are allowed). u may cancel your ad at anytime (there are no refunds available on this \$35 special). Other strictions may apply. For more information call Patrick at 614-1558. This lovely plug-in hybrid nearly three feet of water, and years. features. Two 10-inch screens BY **HOCUS-FOCUS** HENRY BOLTINOFF CA ENRY COLTINOF by Charles Barry Townsend R D PINACH GQUASL YOU HAVE TWO MINUTES to count all of the squares in the above drawing sereups / LitrewanA Find at least six differences in details between panels. Pictured above is a crossword puzzle grid. SEE IF YOU CAN make this math expression correct by inserting three HENRY BOLTINOFF plus signs and one minus sign between the numbers: 5432 1 = 100001 = 12 + 5 + 42 + 37 - 80 :19wenA THE 'B' PYRAMID! As you move down the word pyramid BRED shown here, each word contains the same letters as the BULL word above it, plus a new letter. We give you all the B's. iquA 54 HEEL Here are some hints from the top down:

5. Box is closer to boy. 6. Extra marker is in garden. switched. 3. Man's shoe is backward. 4. Fence is longer.

2. To exist. 1. Blood type (given). 4. To defeat. 6. Home to animals.

5. A whining complaint. 7. Shattered apart. 8. Type of trucks.

3. A wager.

Answers: The words are b, be, bet, beat, bleat, stable, blasted, flatbeds.

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A PET PARADE PUZZLE!

SHED	FLEAS
SHOW	LEASH
TAIL	LITHE
YELP	SMELL
	WOOFS

OBEY

R

Z. Woofs, 3. Bred. 4. Lithe. 5. Yelp. 6. Shed. Ulem2.11 (nwo0) .sselF.11.12.eash.01.1isT.9.yedO Answers: (Across) 1. Show, 3. Bull, 7. Heel, 8.

06 AUTOMOTIVE 04-25-19.indd 1



Chicken, Plain and Fancy

othing lends itself to up to overnight. new treatments more than chicken. It can be fried, grilled, poached, roasted or broiled with any number of and 1 tablespoon pepper; shake spring vegetables, fruits and nuts.

CHICKEN PARMESAN

4 boneless skinless chicken breast halves

Salt and pepper 1/2 cup Italian bread crumbs

- 1 egg, beaten 4 teaspoons butter
- 2 cups spaghetti sauce

4 slices Mozzarella cheese 1 teaspoon grated Parmesan

cheese Pound chicken to flatten and sprinkle with salt and pepper to taste.

Dip chicken in egg; then in bread crumbs and fry in butter in hot skillet, turning and browning for 10 minutes or until chicken is done.

Remove from skillet. Pour spaghetti sauce into skillet and heat thoroughly. Add chicken. Place slices of Mozzarella on top of chicken and sprinkle with Parme-

Cover and cook until cheese is 2 tablespoons flour melted. Serve with a side of spaghetti. Serves 4.

FRIED CHICKEN

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1 quart buttermilk 2 teaspoons cayenne

- pepper, divided
- (2-1/2-pound) fryer chickens, cut into 8 pieces

2 cups all-purpose flour Salt and freshly ground pepper Olive oil, for frying

Stir together the buttermilk and 1 teaspoon cayenne pepper in a large bowl; add chicken, turning to coat. Cover with plastic wrap, have softened. Stir in flour and and refrigerate at least 6 hours or cook 5 minutes. Add red wine and es oil to 350°F. Using tongs, add

In a large brown paper bag, combine flour with remaining 1 teaspoon cayenne, 1 teaspoon salt, to combine. One at a time, place chicken pieces in the bag; shake to coat. Place coated pieces on a clean plate or tray.

In a large skillet, heat 2 inches oil to 350°F. Using tongs, add chicken one piece at a time, be-

ing careful to not overcrowd pan. Fry, turning every 3 to 4 minutes, until deep mahogany in color, about 18 minutes. Remove chicken from skillet, and drain on a brown paper bag. Serve hot, warm, or cold.

CHICKEN PORTOBELLO

4 pounds chicken leg quarters (or 4-pound roaster chick-

en, cut-up)

- Salt and pepper to taste 1/4 cup olive or vegetable oil
- 1 Onion, sliced 1 tablespoon minced garlic
- Portobello mushroom caps, 4 sliced
- 2 tablespoons fresh chopped oregano (or 2 teaspoons dried oregano)
- cup red wine (28-ounce) can chopped
- tomatoes

and rinse chicken, trimming off any excess fat. Pat dry. Sprinkle all over with salt and pepper.

Arrange in baking pan and roast 30 minutes, or until juices run clear when pricked at thickest point.

Meanwhile, in Dutch oven, heat olive oil and lightly brown onion. Stir in garlic, cook together 2 utes longer, or until mushrooms a clean plate or tray.

tomatoes. Bring to boil, reduce heat and simmer 20 minutes or until thickened. Add chicken and any cooking juices to pot.

Simmer together 10 minutes longer. Serve over steamed white rice. Makes 8 servings.

CHICKEN PIZZAIOLA

4 (8-ounce) boneless chicken breasts 1/2 teaspoon salt 1/4 teaspoon black pepper

6 tablespoons olive oil, divided 1 small yellow onion, diced

8 ounces white mushrooms, sliced (about 3 cups)

1/2 cup white wine

1 (8-ounce) can tomato sauce 1/2 teaspoon dried oregano or 2 teaspoons chopped

fresh oregano 1 tablespoon chopped fresh Italian parsley

Season chicken with salt and pepper. In large skillet, over medium-high heat, heat 2 tablespoons of olive oil. Add chicken and cook until brown on both sides and center is no longer pink, about 15 minutes.

Transfer to serving platter and cover to keep warm. To skillet, add remaining 4 tablespoons oil. Add onion; cook and stir until translucent, about 5 minutes. Add Preheat oven to 425°F. Drain mushrooms, increase heat and stir until lightly browned, about 5 minutes longer. Pour in wine and stir to scrape any browned bits from the skillet; add tomato sauce and oregano. Reduce heat to low and simmer, uncovered, until slightly thickened, about 20 minutes.

Pour sauce over chicken, sprinminutes and add mushrooms and kle with parsley and serve. Makes oregano. Continue cooking 5 min- 4 servings. Place coated pieces on

In a large skillet, heat 2 inch-



chicken one piece at a time, being 6 tablespoons butter careful to not overcrowd pan. Fry, turning every 3 to 4 minutes, until deep mahogany in color, about 18 minutes. Remove chicken from 1 skillet, and drain on a brown paper 1 cup heavy whipping cream bag. Serve hot, warm, or cold.

CHICKEN CORDON BLEU

6 skinless, boneless chicken breast halves 6 slices Swiss cheese 6 slices ham 3 tablespoons flour 1 teaspoon paprika

Routes

1/2 cup dry white wine 1 teaspoon chicken bouillon granules

tablespoon cornstarch

Pound chicken breasts if they are too thick. Place a cheese and ham slice on each breast within 1/2inch of the edges. Fold the edges of the chicken over the filling, and

secure with toothpicks. Mix the flour and paprika in a pieces.

San Leandro Downtown Association presents

Heat the butter in a large skillet over medium-high heat, and cook the chicken until browned on all sides. Add the wine and bouillon. Reduce heat to low, cover, and simmer for 30 minutes, until chicken is no longer pink and juices run clear.

Remove the toothpicks, and transfer the breasts to a warm platter. Blend the cornstarch with the cream in a small bowl, and whisk slowly into the skillet.

Cook, stirring until thickened, small bowl, and coat the chicken and pour over the chicken. Serve warm. Yields 6 servings.

Raffle!!

Sunday ay 5th A Fun, Free, Family Bike Ride! Round Trip From Casa Peralta 384 W. Estudillo Avenue, San Leandro Two

For event details, please visit: www.SanLeandroDowntownAssociation.org www.BikeSL.org

Route #1 to Lake Chabot Check-in 9:00 a.m. START at 9:30 a.m. A challenging mountain bike ride geared toward more experienced riders.





Route #2 to Marina Park

START at 10:30 a.m. SHARP!

A flat ride on city streets,

escorted by San Leandro

police. Suitable for families.

Check-in 9:30 a.m.

07 LIFESTYLE 04-25-19.indd 1

Welcome to your one stop drop!









08 FULL PAGE AD 04-25-19.indd 1

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By Dr. Edmund Lipskis

Special to the Times

It's estimated that 22 million

Americans have sleep apnea,

to severe cases are undiag-

Also known as Obstruc-

tive Sleep Apnea Syndrome

between 5 and 20 percent

of adults and 10-20 percent

of children. While many are

familiar with some side effects

- loud snoring, disturbed sleep,

and daytime sleepiness - other

related issues are talked about

less, but can be quite severe.

The disruption of nasal

breathing can affect digestion, brain function, mood, attention,

growth, heart health, head pain,

metabolism and much more. Sleep apnea in children can

be treated at a young age. The

symptoms include irritability,

ADHD, and nighttime bed

Obstructive sleep apnea

prevents the body from getting

the oxygen it needs. Breathing

This causes the brain to wake

can stop for several seconds

numerous times during the

up so the sleeper can breathe.

waking up, but the result is

with advanced technology,

can lead to successful treat-

ment. There are more than 100

FDA-approved appliances for

selection is key to addressing

the individual's special needs.

For adults, that can mean

therapy using an oral appliance.

For children, it can mean ortho-

pedic orthodontics for airway

Four of the less-discussed

but serious side effects of sleep

Depression is linked with

OSA and works both ways.

depressed are more likely to

that slightly less than half of

develop OSA, and people with

That is, people who are

development and correction.

apnea include:

Depression

treating sleep apnea and proper

fragmented sleep.

People with OSA usually don't remember every instance of

Proper diagnosis, combined

wetting.

night.

(OSAS), the condition affects

nosed.

and that 80 percent of moderate

HEALTH & FITNESS 4 Serious Side Effects of Sleep Apnea



Your doctor can tell you whether you have kidney disease and what to do about it.

Talk to Your Doctor About Kidney Health

(CKD) is a serious health problem, affecting an estimated 30 million adults in the United results of your kidney tests. States. Yet more than nine out of 10 people who have kidney with your doctor by asking these occurs when a blocked airway disease don't know they have it. three questions:

The sooner you find out you have kidney disease, the sooner ney disease and how healthy are you can take steps to prevent or my kidneys? delay serious health problems.

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CKD means your kidneys are kidneys checked? damaged and can't filter blood the way they should. Kidney damage can cause wastes to build up in your body and can Health lead to other health problems and heart disease.

You can have CKD without any symptoms, especially in the healthy. Here are some steps you early stages of the disease, and can take to protect your kidney over time it may lead to kidney failure. If your kidneys fail, you will need dialysis or a kidney transplant to maintain your health.

You can't reverse progressive kidney damage but you may be of your routine able to avoid or delay dialysis or a kidney transplant with medications and lifestyle changes.

Understand Your Risk

If you have diabetes, high blood pressure, heart disease with stress. or a family history of kidney Therefore, it's important for dk.nih.gov. people who are at risk for the -North American Precis Synd., Inc. people with OSA showed dedisease to get tested.

• Get Tested Early

Testing for kidney disease is simple—it involves a blood test and a urine test. Your health care provider uses a blood test to check how well your kidneys are filtering your blood and a urine test to check for protein in your urine.

• Talk with Your Doctor If you have diabetes, high blood pressure, heart disease or a family history of kidney fail-

Chronic kidney disease ure, talk with your health care lack of concentration, poor provider about kidney disease. school performance, pseudo Stay informed and ask for the

You can start the conversation

1. Have I been tested for kid-2. How often should I get my

3. What should I do to keep

my kidneys healthy? • Protect Your Kidney

If you don't have kidney dis-

such as anemia, bone disease ease but are at risk for it, your health care provider may suggest ways you can keep your kidneys health:

> • Manage your diabetes, high blood pressure and heart disease • Make healthy food choices

• Aim for a healthy weight

• Make physical activity part

• Get enough sleep—aim for seven to eight hours of sleep each night

• Stop smoking • Find healthy ways to cope

For more information about

failure, you are at risk for kid- kidney disease, kidney failure, ney disease. An estimated one diabetes and more, visit the Nain three people with diabetes, tional Institute of Diabetes and and one in five adults with high Digestive and Kidney Diseases OSA are more likely to develop blood pressure, have CKD. (NIDDK) website at www.nid- depression. One study found



pressive symptoms. This is not so surprising, considering that restful sleep is so important for physical and mental health." Chronic pain

As with depression, chronic pain may be a cause of, or may be caused by, OSA. A study found that over half the people with OSA had chronic widespread pain and that the risk was higher in women than in men.

Hormone disruption Sleep is a critical time for the body to regulate hormones. An important one to note is the growth hormone HGH, which is produced during Stage 3 sleep. It helps with cell reproduction, cell regeneration, and metabolism. If Stage III sleep is cut short, or never reached, HGH can't perform its job. So rather than repairing itself during sleep, the body continues to break down. Nocturia

This is the frequent need to

urinate at night. People with OSA are more likely to get up in the middle of the night to go to the bathroom. That's because it affects the release of antidiuretic hormone (ADH), which prevents fluid from filling the bladder and prevents the need to urinate during the night.

When ADH can't do what it's supposed to, the bladder fills and the urge to urinate appears. This is yet another way that OSA disturbs proper bodily functions and compounds disordered sleep.

If you suffer from OSA or

suspect you do, have a sleep study done, which includes a diagnosis by a medical physician. This is the only way to correctly diagnose OSA or other sleep disorders. OSA should be treated as a serious medical condition because the consequences go far beyond daytime fatigue."

Dr. Edmund Lipskis, DDS, MS is a Master Senior Instructor in the International Board of Orthodontics and board-certified by the International Board of Orthodontics and the American Board of Craniofacial Pain.





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09 HEALTH & FITNESS 04-25-19.indd 1

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San Leandro Times



Swapan Chaudhuri performed in concert with Rahul Sharma on March 23 at the Bal Theatre in San Leandro. At right, Chaudhuri receives the Padma award from the president of India in a ceremony in Delhi on March 16.

One of India's Greatest Musicians Performs at the Bal Theatre

music, performed at the Bal The- hands. atre in San Leandro on March 23.

one of the highest civilian honors and teacher of music.) from the Indian government, dilast month.

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Pandit Swapan Chaudhuri, Indian subcontinent, consisting Society's Hall of Fame. one of the leading tabla [Indian of a pair of drums, used in clasdrum] players in Indian classical sical music, and played with the yond the scope of classical musers are several percussion ensembles

(Pandit is an honorary Indi-

Lovers of Indian classical the Excellence in Performing Arts slav Tadic. music from throughout the Bay Award from the Global Indian Bal Theatre. Tabla is a percussion has also been nominated to the such as Bath, Perth, Sydney, in Tabla. instrument originating from the International Percussive Arts Tokyo, Toronto, San Francisco,

the reputed Persian musicians visiting professor. Chaudhuri, a resident of San Alizade and Kayhan Kalhor, the

Kuala Lampur, Stuttgart and Swapan's music reaches be- Berlin. He has composed for sic to include performances and that have received tremendous recordings with musicians such appreciation from Western as Swapan Chaudhuri received an title bestowed upon Swapan as Stevie Wonder, L. Shankar, well as Indian audiences. He is

rectly from the President of India Rafael, is a recipient of the pres- African drum master, Malenga, the position as Director of Perat an award ceremony in Delhi tigious American Academy of and the renowned guitarists, cussion at the Ali Akbar College Artists Award and has received Vlatko Stefanovski and Miro- of Music in San Rafael, Califor- (AAA) is conducting a survey for future programs and services. nia and in Basel, Switzerland, older adults to gain perspective He has participated in many where students from all over the on what community components and reside in Alameda County, Area attended the concert at the Congress in San Francisco, He International Music Festivals world receive intensive training are important for the develop- please take a few minutes to fill



the prestigious Padma Award Chaudhuri recognizing him as a Mark O'Connor, John Handy, associated with various American Chairperson for the World Music tute of the Arts in Los Angeles, from the government of India, talented Indian classical musician Larry Coryell, John Santos, and European Universities as a Department at California Insti- California.

Swapan Chaudhuri has held **Older Adults Invited to Take Survey**

The Area Agency on Aging collected will be used to shape ment of the Countywide Plan for out the online survey at: http://bit. He is also the Department Older Adults. The information ly/aaa2019survey

If you are age 55 and older,



PhotoCentral Spring Exhibition Runs Jointly with Adobe Art Center

PhotoCentral's annual spring photography exhibition is running jointly with the Adobe Art Center this year.

The exhibition will run through May 11 at both galleries – PhotoCentral, 1099 E St. in Hayward; and the Adobe Gallery, 20395 San Miguel Ave. in Castro Valley.

See over 200 inspiring works in this eclectic group show featuring a wide variety of works from over 70 artists in two exciting galleries. Vote on your favorite pictures. Awards, prizes, fun and gorgeous photographs, paintings, sculpture, fiber arts and works on paper. Celebrate and take home some great art and memories.

Gallery hours at PhotoCentral are Monday through Friday from 9 a.m. to 5 p.m. at the upstairs gallery. Downstairs gallery hours are Monday from 5 to 10 p.m., Tuesday and Thursday from 10 a.m. to 1 p.m. and by appointment.

Hours at the Adobe Art Center are Thursday, Friday and Saturday from 11 a.m. to 3 p.m. and by appointment.





Auction to Benefit Roosevelt and Bancroft

Come to the Annual Spring croft Ave. Auction benefiting Roosevelt Elementary School and Bancroft Royale and includes gambling, Middle School this Saturday food and drinks, and entertain- ets and more information Visit:

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The theme this year is Casino schools. Memorial Building, 1105 Ban- a pair. Come out to support the net/auction2019.

students of San Leandro public

And from 2013 to 2016, water

For advanced purchase tickdates from 5 to 10 p.m. at the Veterans ment. Tickets are \$40 each or \$75 https://roosevelt.schoolauction. ers and recruiters during a panel a.m.; May 7 from 9 to 10:30 a.m.; Jetson at pjetson@slzusd.org or

820 Bockman Road in San Loren- from 9 to 10:30 a.m.; April 30 be on Tuesday, May 14, from 9 zo, will hold several job search from 9 to 10:30 a.m.; and April to 11 a.m. workshops on the following 30 from 6 to 7:30 p.m.

San Lorenzo Adult School, Want You to Know," on April 29

• Hear directly from employ- shops on May 6 from 9 to 10:30 be in the job fair, contact Trish discussion, "What Employers and May 7 from 6 to 7:30 p.m. call 317-4224.

• The Spring Job Fair will

To register for these work-• Interview Techniques Work- shops, or vendors who want to





An EBMUD map shows the source of the water in the Mokelumne River watershed, Pardee Reservoir and the aqueducts that transport the water to the East Bay.

Rates: Board to vote on June 11

continued from front page for improving the aging water administrative office at 375 -11th the last biannual budget process infrastructure over the next two Street in Oakland. The public is in 2017, EBMUD rates went up years, as well as their IT depart- invited to attend the meeting and 9.25 percent beginning that year ment where they need to replace also can address any questions and another 9 percent on July outdated financial and human and comments to EBMUD at 1, 2018. resource computer systems.

The EBMUD board will vote

(866) 403-2683 or at ebmud.com. The new proposed rate in- rates went up an average of 9

public hearing on June 11 at their regular annual rake hikes. During

on the proposed increase at a creases are part of a pattern of percent a year.

11 COUPONS-NEWS 04-25-19.indd 1

EAL ESTATE GALLERY

REAL ESTATE REALITY By Carl Medford, CRS Special to the Times GUEST COMMENTARY

Pictures Raise Security Concerns For Some Buyers

realtor was contacted about a virtual tour produced for a home they had sold more than a year ago. The virtual tour tours, videos and/or drone footwas still available on online websites and the buyer was concerned about her safety.

She had recently, in two separate incidents, suffered the theft of articles left on her porch by an online company's delivery service. She had video tapes of both incidents and sent them to the listing agent, along with a request to remove the virtual tour.

The agent was quick to reiterate what the police had already conveyed to the owner: having a virtual tour and/or pictures posted on real estate websites does not entice burglars. Leaving parcels on your doorstep for prolonged periods, however ... does.

Especially if your front porch is highly visible from the street.

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In this age of growing concerns about security, listing agents have begun fielding questions about online pictures used to market homes which are subsequently left on internet portals such as Realtor.com, Trulia, Zillow and so on.

Some buyers have asked that all pictures be removed from the MLS, a request that can cause problems for the real estate community at large.

When pictures, virtual or 3D age are taken, they are usually placed first on the local multiple listing service (MLS). From there they are pushed out to all major real estate websites.

As long as the pictures remain on the MLS, they will normally show up on internet sites as well.

While the pictures posted for homes for sale are important for potential buyers, they have another important purpose as well. Once a home is sold, the pictures and sale data become a part of the local real estate historical record.

This historical database is critical to Realtors, appraisers and lenders in determining values for homes that will either be coming on the market or are already in escrow.

Listing agents need the pictures to effectively set list prices, buyer's agents need them to write correctly priced offers and appraisers and lenders need them to provide valuations for purchases, refinances and so on.

Since pictures from past sales help sharpen the numbers by providing a visual comparison,

List Price: \$899,000

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it is critical that they remain on the MLS.

For those concerned about pictures that remain online, however, the MLS can change a setting so the pictures are no longer available to other sites.

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.

Coming Soon! Spectacular Bay Views



lage, the versitile floor-plan of this two-story home offers good separation of space and was clearly designed to maximize the beautiful bay views. The approximately 2,087 sq. ft. of living space features three bedrooms (including a master suite with walk-in closet) and two-and-a-half bathrooms. Other amenities include an eat-in kitchen, formal dining room and two large bonus rooms, one on each level! Conveniently located next to the foyer, the two-car attached garage offers interior access. For a buver with creativity and a vision of their own, the possibilities are endless. For more informa-



tion, contact Michelle R. Miller, Associate Broker, of Compass Real Estate at COMPASS 510-701-3442. BRE# 01012751

Reduce Maintenance and Increase Success with Self-Watering Gardens

By Melinda Myers special to the Times

Raised beds and containers expand our planting options. They allow us to grow edible and ornamental plants even where there is no plantable space to garden. Use them to make planting, tending and harvesting convenient by bringing the garden to your back door. And fill them with pollinator-friendly plants to enjoy the colorful hummingbirds and butterflies that visit and flit past the window, deck and balcony.

Their need for frequent watering may have discouraged you from growing in raised beds and containers. The limited soil mass and increased exposure to wind, heat and sunlight make fast-draining potting mixes dry out more quickly than in-ground gardens.

Self-watering raised gardens are now available, making these gardens a realistic option; even for the busiest gardener. Consider one with a large built-in water reservoir, like Gardener's Corrugated Metal Self-Watering Raised Bed, that extends time between watering.

Create mixed plantings of

edibles and flowers for beautiful combinations in raised beds. Include some edible flowers like nasturtiums, pansies and calendulas that you, the hummingbirds and butterflies will enjoy. Lettuce, parsley, kale, Swiss chard and red cabbage combine nicely with most flowers and chives provide an edible vertical accent. Select compact vegetable varieties like Patio Choice yellow cherry tomato, Patio Pride peas, Mascotte bush beans and Astia zucchini suited to container and raised bed culture. And if concerned about maintaining the integrity of the patio or deck surface consider a Patio Raised Bed with Base (gardeners.com) that protects

the underlying surface. Elevated gardens raise your plantings to a comfortable height. No bending or kneeling needed to plant, weed and harvest. These are basically containers on legs. Many have

wheels so you can move them out of the way or into the sunlight as needed. Look for those with built-in

trellises and supports when growing vines like cucumbers, pole beans and Malabar spinach and tall plants like tomatoes.



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dinner plate dahlias and cosmos. fertilizer at planting. These But like containers, they dry out more quickly than in-ground gardens and need frequent irrigation.

Look for easy care, self-watering containers like the Self-Watering Standing Garden with large reservoirs to maximize the time between watering. Look for those with fill tubes and water-level indicators to help you determine when to water. These features help keep your garden looking and producing its best. You'll have plenty of fresh greens for salads, herbs for seasoning drinks and meals, and flowers to dress up your table.

Don't fret if you already have a raised bed or elevated garden that lacks these easycare features. DIY irrigation kits are available and easy to design for these types of gardens. Select systems that allow you to customize and fit the irrigation layout to your gardening needs.

Further reduce maintenance by incorporating a slow release types of fertilizers release small amounts of nutrients over a longer period of time. No weekly mixing and applications needed. Just give them a mid-season boost if needed and according to the fertilizer label.

Reducing ongoing maintenance of raised beds and container gardens makes it practical to expand your gardening space. Just be sure to fill them with a quality potting mix and plants suited to the growing conditions and in no time, you'll be enjoying the flavor and beauty these gardens provide.

Melinda Myers has written more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardeners Supply for her expertise to write this article. Her web site is www.MelindaMyers.com.

12 HOMES 1 04-25-19.indd 1



Fertilizer Contains Nutrients for Plant Growth; Epsom Salt Rejuvenates Foundation Canes of Roses

By Buzz Bertolero Special to the Times

I'm new to gardening and I'm wondering why one must fertilize container plants frequently. If you buy good plants. have good soil and take care of them, why then is fertilizer necessary?

Also, why does 0-10-10 help plants bloom? Won't they bloom on their own?

Plants require nutrients to grow and thrive. Without them, they struggle and eventually die. One of the functions of roots

is to absorb nutrients. The nutrients are then transported

upward throughout the plant. Nutrient depreciation or loss in containers is rapid because every time you water, which is

frequently, water carries them away as the container drains. It's important to recognize that container plants have per-

ed in our clay or adobe soil that drains poorly. Also, the roots are restricted to a pre-defined area, the pot size, while those plants in the ground have plenty of room to expand beyond their canopy. Soil microorganisms are

also present absorbing organic matter and converting them into nutrients. Over time the volume of soil disappears in containers and is replaced with roots while this is not the case with those planted in the ground.

The three primary elements necessary for plant growth are Nitrogen (N), Phosphorus (P) and Potassium (K), also known as NPK. There are 10 or more secondary elements like Boron, Iron, Sulphur, Copper, Magnesium, and others needed in lesser amounts.

Nitrogen is necessary for growth and lush green foliage. It leeches quickly from soils because it is a mobile element, so it needs to be replaced frequently. Phosphorus and Pofect drainage versus those plant- tassium are for fruit and flower

Deadline for Down-Payment Assistance Approaches

First-time home-buyers must end. complete a pre-application by this Friday, April 26, as the first step in Boost down-payment loan, the an application process to receive down-payment assistance during the first round of lending made of any increase in the home's overpossible by Alameda County af- all value. fordable housing bond Measure A1.

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will provide down-payment assistance in the form of shared-appreciation loans to borrowers with total incomes at or below 120 value. percent of area median based on household size.

Loans of up to \$150,000 are available depending on buyer income and need.

AC Boost down-payment assistance loans are interest free and and first-responders are available have no monthly payment during at www.acboost.org/. the time the borrower owns the home. Instead, they are repaid County Measure A1 and adminiswhen the home is sold, the own-tered by the nonprofit organization er wants to take cash out through Hello Housing. mortgage refinancing or no longer wishes to occupy the home, or the 30-year term of the original purchase mortgage loan comes to an



At the time of payoff of the AC homeowner repays the amount borrowed plus a proportional share For example, if the down-pay-

ment assistance loan was for 15 The program, called AC Boost, percent of the original purchase price, the homeowner would repay the amount borrowed plus 15 percent of any increase in the home's

> A lottery drawing will establish a random ranking order of pre-applications among qualified applicants. Additional information on eligibility requirements, and on lending preferences for teachers

AC Boost is funded by Alameda

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CITY GUIDE

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А 1-3 production, aids in the general plant hardness, and remains longer in our soils.

The nutrient/fertilizer analysis is on every bag of fertilizer and is expressed as a percentage. The first number is always Nitrogen (N), next is the Phosphorus (P) and finally Potassium (K). On the back of every fertilizer bag, you'll find a detailed listing of all the elements including the secondary ones.

Some plants fail to bloom when they are growing too vigorously while others are not affected by the growth cycle.

Light and temperature are two other strong influences in flowering. Low or no nitrogen type fertilizers like 0-10-10 help plants bloom and are applied during the winter months to Bearded Iris, Citrus and others. Gardeners will switch to 0-10-10 with Fuchsias, Tuberous Begonias, and other flowering plants once the desired size has been reached to maximize color.

Today, we're spoiled as we have many different types of fertilizers to choose from, such as time release, organic, water-soluble and synthetic. They're all right answers, but which one is the best? I prefer the time-release

fertilizers. I then only have to feed a couple times a year to keep plants thriving. For you



and your yard, the Nursery Professional at your favorite garden center is the resource for plant-specific fertilizers and fertilizing.

Can epson salt be applied at the same time you are adding a systemic fertilizer to roses? I don't think there is a problem, but I'm just double-checking.

There is no problem applying epson salt with any other type of fertilizer. Epson salt

(Magnesium Sulfate) is added as a supplement to traditional fertilizers. Magnesium is a secondary element necessary for plant growth that helps keep leaves green. With roses, it also stimulates the formation of basal canes or shoots. With old

Hayward

962 Sueirro Street

21314 Gary Drive

53 Schuyler Avenue

roses, this is an important method to rejuvenate the foundation canes.

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@dirtgardemer.com or on Facebook at Facebook.com/ Buzz.Bertolero

94541: \$456.000 3 BD - 1.040 SF - 1950

94546: \$530,000 3 BD - 1,354 SF - 1991 94544: \$540,000 2 BD - 820 SF - 1951

94544: \$550,000 2 BD - 1,025 SF - 1959 94544: \$550,000 3 BD - 1,000 SF - 1954

94544: \$575,000 3 BD - 1,435 SF - 1981 94544: \$600,000 3 BD - 1,134 SF - 1955

94544: \$615,000 3 BD - 1,170 SF - 1952 94544: \$620,000 3 BD - 951 SF - 1950

94542: \$639,000 3 BD - 1,135 SF - 1952 94544: \$640,000 4 BD - 1,000 SF - 1954

94545: \$655,000 3 BD - 1,276 SF - 1958 94541: \$665,000 3 BD - 1,116 SF - 1954

94544: \$670,000 3 BD - 1,456 SF - 1955 94541: \$678,000 3 BD - 1,142 SF - 1952

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Andrew De Vries 415-664-9175

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Ken Kremer

32272 Trevol Avenue 893 Resota Street 151 Cypress Loop 732 Penny Lane 230 Sierrawood Avenue 1833 Dahill Lane 3811 Oakes Drive 22970 Ashwin Court 23813 Twin Creeks Ct 27104 Belvedere Court 2691 Beachwood Street 336 Drummond Drive TOTAL SALES: LOWEST AMOUNT: \$48	94545: 94544: 94541: 94544: 94544: 94542: 94542: 94541: 94541: 94544: 94545:	\$735,000 \$750,000 \$765,000 \$833,000 \$935,000 \$960,000 \$990,000 \$1,150,000 \$1,320,000	3 BD - 2,262 4 BD - 3,486 08 BD - 2,786 08 BD - 3,16 04 BD - 3,24 04 BD - 3,79) SF - 1959 SF - 2016 / SF - 1990) SF - 2000 2 SF - 1959 3 SF - 1968 3 SF - 2008 8 SF - 2008 8 SF - 1963 0 SF - 2004
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RECENT HOME SALES

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LOWEST AMOUNT: \$59	95,000 MEDIAN AMOUNT:	\$698,000
HIGHEST AMOUNT: \$1,0 ⁻	10,000 AVERAGE AMOUNT:	\$767,666

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or discrimination because of race, color, religion, sex, handicap, marital status, national origin, or intention to make any such preference, limitation or

Container Gardens for Every Occasion

Bv Melinda Mvers Special to the Times

Make every occasion special by designing and growing containers for summer holidays, weddings, anniversary parties or other special celebrations. Pick a color scheme appropriate for the occasion or a variety of colors and shapes sure to add a festive touch.

Look for opportunities to include edible and flower filled planters. Set containers at your front entrance to welcome family and guests. Use smaller containers to line a pathway and decorate each table.Fill large pots with tall plants and ornamental grasses to provide privacy and define spaces.

Boost your confidence and eliminate the guesswork by including winning vari-

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eties trialed and proven for their performance in gardens and containers. All-America Selections (AAS) is a non-profit trialing organization with test sites across the U.S. and Canada. Volunteer judges rate entries based on their improved performance, flavor and unique qualities. Visit the AAS website for help selecting edibles and flowers suitable for container gardening. (all-americaselections.org)

Then pick a color theme. Red, white and blue combinations are perfect for patriotic holidays like the fourth of July. Or pick one color and display it in patriotic pots.For reds consider Summer Jewel red salvia, Viking XL Red on Chocolate begonia and Double Fire Zahara zinnia.Add a light airy touch with Sparkle White guara and

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Gypsy White Improved baby's breath. Evening Scentsation petunia, Strata salvia and Lavender Lady lavender provide the blue. Add an explosion of texture with fiber optic grass or

Fireworks penstemon. Host a sports event using flower colors or containers of vour favorite team. Add to the festivities by growing them in a football, baseball or soccer shaped planter.

Gold is always a great choice when celebrating anniversaries, golden birthdays or any special occasion.Dress up the tables with the plump blooms of Marigold Big Duck Gold or the feathery blossoms of Fresh Look Gold celosia. Let them know they're special by including Super Hero[™] Spry marigold. The maroon and golden yellow flowers top 12" tall plants and the name says it all. All these golden beauties will continue to flower and thrive long after the party ends. Combine them with other bright colors like South Pacific Orange canna, and Calliope® Medium Dark Red geranium to create a festive atmosphere.

Bring the garden to the party with a few edible containers for a bit of interactive dining.Encourage guests to harvest herbs and vegetables as they create a salad, season their dinner or flavor their favorite drink. Then



dress up the meal with edible flowers like calendulas and Baby Rose nasturtium with its peppery flavored flowers and leaves.

Make any outdoor wedding, reception or rehearsal dinner at your home memorable by creating planters that complement the bride's color scheme. Include white flowers, like Summer Jewel White salvia, Mont Blanc nierembergia, Starlight rose zinnia and Gypsy White

Improved gypsophila. White is the perfect neutral and lights up any evening celebration.

Once you experience the difference specially-designed containers can make, you'll be looking for more opportunities to host events and grow more planters.

Melinda Myers has written more than 20 gardening books, including Small Space Garden-

ing. She hosts The Great Courses "How to Grow Anything" gardening DVD series and the nationally syndicated Melinda's Garden Moment TV & radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by AAS for her expertise to write this article. Myers' web site is www. melindamyers.com.



Mortgage Rates Continue to Rise

Mortgage rates continued to rise for the third consecutive

week, according to Freddie Mac's weekly nationwide survey. The 30-year FRM averaged 4.17 last week, up from the previous week at 4.12 percent. A year ago at this time, the FRM averaged 4.47 percent.

"After dropping dramatically in late March, mortgage rates have modestly increased since

then. While this week marks the third consecutive week of rises, nine-year high - indicative of a strong spring homebuying season," said Sam Khater, Freddie Mac's chief economist.

Fifteen-year rates averaged 3.62 percent last week, and five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.78 percent.

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14 HOMES 3 04-25-19.indd 1

SPORTS San Lorenzo Baseball Keeping Heads Up after Shutout

By Andrew Joseph San Leandro Times

The San Lorenzo High School Grizzlies baseball team and have fun these last few games lost on the road to the Piedmont of this season for our seniors," Highlanders on Tuesday evening said San Lorenzo junior Kerwin by a tally of 15-0 in a conference Marshall. "I've been learning game.

told our guys just keep playing and knowledge forward into next hard," said San Lorenzo head coach Andrew Lonsdale. "Hopefully our seniors can look back at so far this season came against these past years as a positive time Oakland Tech by a final score in their lives.'

Logan Vanhille connected for non-conference game. the Grizzlies in the first inning with a single to left field with year for our returning players one out. Raul Dominguez also next season is our work ethic, had another San Lorenzo base hit staying positive and trying to alto begin the second inning. But ways improve our game," added additional base hits became few Dominguez. for the team during the remainder of the ball game.

day is to go out there and throw to put a runner across the plate. strikes to help my team go win They now fall to 0-8 in league the game," said Grizzlies' senior play and 1-16 overall. starting pitcher Dominguez. "I played varsity pitcher for San we have every time we step on the Lorenzo for the past three years, field I will be happy, no matter if and it means a lot as a senior we win or lose the game," said right now to represent this school Lonsdale. because I grew up here."

the end of the first inning and never p.m. The Pirates are 11-9 overall looked back, scoring multiple runs and even at 5-5 in league play, on the Grizzlies pitchers and steal- winning two of their last three ing bases on San Lorenzo's errors. games.

"We are just trying to go out a lot from our seniors this year "We have five games left, I and will carry that momentum

season." The Grizzlies' single win of 6-3 on March 23 at home in a

"The highlights from this

It was the Highlanders' defense that made it tough for San

"As long as we give it all that

The Grizzlies play San Piedmont took at 4-0 lead at Leandro at home tomorrow at 4

Mayfest to Bring Bands, Comedians to The Englander

The 2nd Annual Mayfest will be held on Saturday, May Stereo Freakout, Altered Egos, 11, starting at 4 p.m. at The Arsa, Phantom Hound and Englander, 101 Parrott St. in Groove Mafia. Comedians and downtown San Leandro, with other performers will be Randy music, comedy and beers by local Farinelli, Angry Johnny, Rudy bands, local breweries and local Ortiz, Casey Cope, Sean Boyles, talent. Admission is \$20.

Bands include Shark Punch, Mean Dave, and Skip Wright.

FREE In-Home Consultation! We help you improve your home entertainment and home automation systems one step at a time. "Quality Home Theater at a Reasonable Price"				
510-473-2887 Castro Valley brian@nextstepae.com www.nextstepae.com				
A non-profit CRISIS PREGNANCY CENTER helping women to identify life-affirming resources and receive guidance in planning for her and her baby's future.				
 Free Pregnancy Tests Volunteer Opportunities Medical Referrals Housing Referrals 	WE BELIEVE: "It is the right of every pregnant woman to give birth and the right of every child to be born."			
Friendship for Life	1-800-550-4900			



"My pitching plan every Lorenzo batters, being unable San Lorenzo batter Raul Dominguez (#23 grey) singles with no outs in the second inning at Piedmont High School on Tuesday.

Spring **Saturday**, **A Cleaning Event May 18** Keep your neighborhood clean

EVENT FEATURES

Citywide Garage Sale ~ 8am - 1pm Host a garage sale at your home. The City will provide free advertising, including a map and listing in the May 16 edition of the San Leandro Times.

Spring Cleaning Event ~ 10am - 3pm Bring appliances, mattresses, electronics, scrap metal, clean wood/yard trimmings, tires household batteries and fluorescent lamps. Residents may also drop off cell phones, chargers, CDs, DVDs and audio and video tapes for recycling.

and green! Pull out your old, unused items from the attic in preparation for San Leandro's annual Citywide Garage Sale and Spring Cleaning Event.



n	Sign up on	TO PARTICIPATE line or complete and <u>submit this form by May 8th</u> g and/or access to the recycling event.	to receive free garage sale
1	Name:		I would like to participate in: (check all that apply)
	Phone:		 Citywide Garage Sale Spring Cleaning Event
	Signature:	Date:	RIC .
	SUBMIT TO:	City of San Leandro Recycling Program 14200 Chapman Road San Leandro, CA 94578 Web www.RecycleSanLeandro.org Phone (510) 577-6026 Email Recycle@SanLeandro.org	SALE SODAYS

16 THURSDAY, APRIL 25, 2019

San Leandro Times

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San Leandro Times

THURSDAY, APRIL 25, 2019 17



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Budget: Discussion on taxes at May 5 City Council meeting

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continued from front page

time," said Baum. "We aren't an efficient cost-saver, but there going to solve this overnight, is the danger of losing the most but we've bought ourselves extra competitive candidates and overtime to solve this budget."

The deficit was temporarily put off thanks to the creation of a tirement costs continue to make task force of members from every up the largest part of the city's city department who tightened expenditures. This fiscal year, their belts, according to Mayor personnel costs will total \$56 Pauline Cutter. Cutter said the cost-saving measures were so exacting that the task force has black and white copies at work.

Baum says that a lean number of city staffers is key to reducing the budget gap. Baum says the city now has 437 full-time equivalent employees, down from funding for the future. Baum said

erving Families In Our Community

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500 a decade ago. He said that "We've bought some more running with fewer employees is working the staff they do have.

> Salaries, benefits, and remillion and by 2029 they will cost \$78 million.

And when it comes to personemployees only allowed to make nel costs, a staggering amount of unfunded retirement costs continue to loom over the city's future.

The city is trying to mitigate that through a special account that was created to set aside pension



75 50 25

San Leandro General Fund Budget

2009-2010 2010-2011 2011-2012 2012-2013 2013-2014 2014-2015 2015-2016 2017-2018 2018-2019 2019-2020

With Compassion and Service Excellence SARA L. ENNOR LAWYER San Leandro Wills & Trusts **Funeral Home** 407 Estudillo Ave., Benefits, ERISA San Leandro, CA 94577 510.483.5300 ODROs www.sanleandro-fh.com Formerly Guerrero Mortuary) Serving All Faiths Large Chapel
Reception Room & Kitchenette 510-633-9985 Dignity FD 442

their annual required payments to fund budget to the capital imthe California Public Employee provement budget. Baum said it's refund from CalPERS this year ongoing projects. by doing that.

but we continue to address it," said Baum

penditures for the current fiscal Mulford branch library, \$4.5 year include almost \$30 million million for Casa Peralta im-

Retirement System (CalPERS) an unusually large amount, but to discuss the proposed taxes at

expansion, \$2.5 million for the Notably in the budget, ex- construction of the new Marina/

August 12, 1941 - December 8,

LOCAL DEATHS

LAURIN, Rolland

and the city received a \$300,000 necessary for a number of large Among the projects included "It continues to be a big issue, in this year's funding are \$6.7 million for the police office

another practice is to pre-fund in transfers out of the general provements, and \$2.3 million for decommissioning the boat harbor. The City Council is expected

the Monday, May 6, meeting at

7 p.m. at City Hall. Baum will present any changes at another budget meeting on May 20 and the adoption of the 2019/2020 budget is scheduled for June 3.

117

115

Auditions for And Then There Were None

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

Read from script. No pay, non-Equity. 8M-2F, all adult, all ages and ethnicities encouraged.

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

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



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. For assistance, call 510-614-1555.

10 . ester store at a star store rest of the star store sto **Anthony B. Santos**

Anthony B "Tony" Santos, aged 86, passed away April 15th, 2019 peacefully at the family home in San Leandro, surrounded by family. Tony, a pillar of the community, was Mayor of San Leandro from 2006-2010. He also served 14 years as a councilmember.

Tony was born in Honolulu, Hawaii to Isabelle and Anthony, the oldest of 4 children. The family



moved to the mainland in the 1940's where his father secured a job at Todd's Shipyard. He graduated from Alameda High School in 1951 and entered the Air Force, meeting his wife Melitta while stationed in Germany. They were married for 63 years. Tony came back to the Bay Area after his Air Force Service and was the first in the family to graduate from college, earning a degree in history from San Francisco State. He went to work for Safeco Insurance as a claims manager and spent almost 50 years in the insurance arena. Growing up during the depression, Tony's childhood hero was President Franklin Delano Roosevelt, which led to his love of politics and wanting to do all he could for his community. Tony dreamed to one day see his name on a ballot, a dream eclipsed by actually winning 4 council races and a mayor's race.

He is survived by his wife Melitta, his children Mike and Karen, and 3 grandchildren, Francesca, Phillip and Tyler. For those who would like to join his family in celebrating his long and inspiring life, a viewing will { be held April 26th at Santos and Robinson Mortuary, 160 Estudillo Ave. San Leandro from 12-8 with a vigil at 6:30 P.M. A Memorial Mass will be held at Our Lady of Good Counsel on May 4th at 9:30A.M. Arrangements handled by Santos-Robinson Mortuary, 510-483-0123.

ระกระกระกระบับตามรู้สุรกระบับตามรู้จะหม่วับตามรู้สุรกระบับตามรู้สุรกระบับตามรู้สุรกระบับตามรู

2018. Gone but never forgotten... SANTOS, Anthony

Forever in our hearts. He is deep-**Laurin, Rolland**, In Loving ly missed by his family, relatives, Memory... Rolland (Ron) Laurin, and friends.



Seniors Share Memoirs at Writing Class

their stories at the last-class par- dents put their memories down George Banks who read an ex- years later. ty of the senior memoir writing in print. class at the Main Library earlier this month.

Comelo, a member of the city's be difficult, said McCabe-Mar-Senior Commission. Retired tin. teacher Kathleen McCabe-Mar- And sometimes they can be She came to America in 1983,

The class drew a good number of students, 26, and most Noel also read for the class. Seniors in the class wrote finished their memoir, and City Council members Corina she said. a story about a life experience others are still working on it. Lopez and Pete Ballew also atfor the class, organized by Bella Sometimes the memories can tended.

cerpt of his story at the ceremony. Molly Dolly and Michael children are all doing well -

Comelo said her own memoir is the American Dream.

A group of seniors shared tin taught the class, helping stu- funny, as it was with student and settled in San Leandro five "We got a house and my

that's the American Dream,"

- By Jim Knowles

Michael Noel reads his work at the memoir writing class at the Main Library.



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.

Tony Santos; Great Leader, **Fantastic Friend**

Editor:

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The tragic news of the death of former Mayor Tony Santos came to us as a great shock.

While words of sympathy surely could not remedy a loss so great, I pray that memories of this sorrowful event would gradually fade away in the lapse of time.

To the Santos family, the loss of a loving husband, a wonderful father and a remarkable grandfather is indeed very painful. Equally as painful to the community and myself is the loss of a great leader and a fantastic friend.

With our greatest condolences,

-Alfred Kwok, San Leandro

Answering Some Complaints Editor:

Red light cameras. It's not a money grab.

The violation rate clearly justifies the need. That an Australian company has the best technology is not the problem. The problem is that people caught by a camera just don't want to be punished.

The money is your punishment and where it goes does not change the benefit the City gets from creating safer roads. You argue about the money but fail to offer an equivalently painful alternative. Just stop breaking the law and my tax dollars don't need to go towards police and cameras. City Council has my solid vote on this issue.

Parking in San Leandro. How is this any different from BART, the Colosseum, OAK airport charging for parking. It isn't. Nobody likes the change, but the next guy won't know the difference. It is a limited resource and often abused when offered for free. Put a quarter in the machine and enjoy your lunch. If you drove there, you can afford it.

Senior Housing. Mr. West. Your generation failed to build the low cost. subsidized housing that you now demand (Socialism). That there are not enough spots for the Baby Boomer generation, a well-documented population bubble, clearly falls on your own generations shoulders. Your guy Trump also just proposed to defund HUD by \$8.8 Billion...so your generation continues to hurt itself. -John Clouston, San Leandro

Questions the Sale of Davis Street Building that Donations Bought Editor:

How many of you offered up donations to help Davis Street Family Resource Center (DSFRC) buy their building on Teagarden years ago?

Several years ago, DSFRC received an evaluation from Alameda County to help them understand how to best ensure their sustainability going forward. One main outcome was the recommendation to purchase their building, hence the birth of the Capital Campaign to help DSFRC buy their building.

The campaign was a success and DSFRC was able to pay cash and buy their building, thanks to many generous San Leandro residents and businesses. Since then, DSFRC, with Rose Johnson at the helm and Gordon Galvan her lead Board member by her side, accumulated millions of dollars in debt, and has now felt the need to sell the building that the community bought! Interesting part - it appears that Gordon Galvan is part of the group that bought the building. Gordon helps drive DSFRC into millions of dollars in debt and is now collecting lease

payments from them...huh. Through the years I have given DS-FRC the benefit of the doubt and referred residents in need to them for services. Though every time I heard back, I heard that DSFRC indicated they have no money for that right now.

Let's not be fooled again and be tricked into donating money to DSFRC to purchase their building AGAIN any time soon!

-Diana Souza, San Leandro

Climate Change: Everyone Shares the Responsibility

"By the end of the century, the manifold consequences of unchecked climate change will cost the U.S. hundreds of billions of dollars per year.'

So says a new study by the EPA published April 8 in Nature Climate Change. Why am I writing to my local newspa-

per, in a city of only about 90,000 people, about this global crisis? Because we cannot wait for federal and state government agencies to address this looming disaster. One scientist in the EPA report

remarked, "It's kind of like, all politics is local. Climate change is the same," reflecting the report's prediction that there will be "no regions that escape some mix of adverse impacts."

Local governments and individual citizens must step up and do everything

we can NOW. Are there times when you could walk or bicycle rather than drive? Can you turn the heater down and the AC temperature up a few degrees? Can you hang up your laundry to dry? San Leandro now has its own cool website that can help you take steps like these. Visit www.GoGreenSL.org and learn actions, big and small, that you can take to reduce your impact on the environment.

DPINIO

San Leandro Times

I have found using this website fun and a much more satisfying way to spend my time than hand-wringing and worrying about the future of our planet. -Carol Bardoff, San Leandro

Calls for Impeachment of President Trump

Editor:

If a schoolyard bully insults and assaults other kids, supervising adults may "tsk-tsk" with a cluck of their tongues. but if they do nothing else, they aid, abet, and enable the bully's bad behavior. Reprimand is demanded for the sake of the other kids, and for the sake of abiding by the rules, if not for the sake of teaching the reprimanded child as well.

And so it is with our precious democracy, that those whose responsibility is to check our President's lawless obstruction are now called to active duty.

Disparaging clucking sounds without meaningful reprimand would enable the White House bully to continue treating our collective government and trusted commonwealth as his personal platform for pecuniary power. Cheats, liars, law-benders and law-breakers, including and especially — the President and his minions, must face consequences for their actions, or else our civil society will deconstruct to schoolyards where might makes right.

Those who say this is not the time for Congressional impeachment fail to acknowledge that the clock runs out in nine months when 2020 election campaigning will be fulsome, and calls for lawful accountability will be misinterpreted as political grandstanding.

Those who say that Congressional impeachment is futile because Republican Senators will not vote to convict an impeached Trump fail to believe that America can self-correct and regain its course toward the ideals of liberty and justice under law.

If Congressional Representatives and Senators fail to hold the President accountable for breaking our laws and for endangering us from foreign intervention, voters can fail to reelect them in 2020. So-called political realists who call for more investigation, outside of impeachment proceedings that bring consequence, would enable the law-breaker to continue evading and lying while bullying others and enriching himself at our peril. -Bruce Joffe, Piedmont

INQUIRING REPORTER

Your plans for the summer?

Asked around town

Just healing up and having a better outlook on life. I got an infection in my leg. I was in Las Vegas and I just partied like crazy and I cut my leg. I woke up in the hospital. My buddies said we partied for two or three days. I don't even remember. I almost lost my foot. I'm going to take classes and have a better outlook. **Casey Benson**





To go see my sister on a horse ranch

in Texas. I'm going to help her with

a very obstinate horse named Buddy.

If you try to canter he throws you

off. I'll work with him.

Victoria McBride

San Leandro

Oakland

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I want to spend more time on the seashore at Land's End as a way to reduce the stress of modern living. My dad died and my mom has a melanoma in her eye and I've been taking care of her. I was in IT for 30 years and it's good to go to the seashore. **Francis Grinnon**



Well, we're taking off for the Southwest in a couple of weeks - to Arizona, New Mexico, Colorado. We rented an SUV. It's a family trip. My brother will be having his 80th birthday.

John Carpenter San Leandro



I don't know but someday I would like to go to Alaska on a cruise ship and see the eagles and the whales and the glaciers. **Sharon Grisby** Oakland



Showers: Program needs temporary home

continued from front page hasn't had much luck, Fry said. Possibly, they might get ahold of one of those trailers with showers that a few other cities have used.

April Showers began in 2002 after Clement McMenemy, a decorated veteran of the Vietnam War who was living on the streets, was found dead. He had been attending St. Leander's Church, and a group of local churches formed the Interfaith Homeless Network to put their faith into practice in helping the homeless.

At the shower on Sundays, people from social service agencies are available. Around 65 to 120 homeless people come on an average Sunday, and they have referrals for medical, dental and mental health care, Fry said.

So there's somewhere for people to go when they're ready for more than a Band-Aid," she added.

is grateful to the Boys & Girls the construction on the club. Club and the City of San Leandro

Now she's hoping there's a way program going, too. Fry said that April Showers to keep the program going during

Cherry City Toastmasters

Room on the first floor at the grow your public speaking skills. Santos.

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The Cherry City Toastmasters San Leandro Main Library, 300 Club meets every Tuesday from Estudillo Ave. The club offers a Santos family to a celebration of tos and Robinson Mortuary, 160 12:05 to 1:05 p.m. in the Trustees safe, supportive environment to the life of former Mayor Tony Estudillo Ave. in San Leandro, on display from May 1 through 12th grades will show-

The public is invited by the

Hair stylist Ana Lopez donates her time to give Joe Sanchez a haircut at the April Showers

program where homeless people can take a shower and get clean clothes and a meal.

A viewing will be held at Sanon Friday, April 26, from noon June 3 at the Hayward Area His- case their art at the Community

solution, and it's just temporary.

TIMES FILE PHOTO

held at Our Lady of Good Coun- opening reception on Wednesday, sel, 2500 Bermuda Ave. in San May 1, from 5 to 7 p.m. The Gal- HAHS, and several East Bay Leandro, on Saturday, May 4, lery is open Wednesday through at 10 a.m.

Walk-Ins

Welcome

appointment call: Sm Dog \$30+ N

Art by local students will be Sunday from 10 a.m. to 4 p.m.

Tender Loving Care Pet Grooming 26 Years Experience

DOG GROOMING: Just

Includes: Bath, Haircut, Ear Cleaning,

Sm. Dog \$40+ Med. Dog \$50+ Lrg. Dog \$65+

Anal Cleaning, Nail Trimming, Brush Teeth

Student Art Show

Hayward Museum

On Display at



When asked what it meant to her to be in the show, a junior at Mt. Eden High School replied: "I get to be brave and put myself out there. People get to see part of my imagination.

"It's important to support kid's art to help them express themselves and get better. People should support kids getting more jobs in art - painting, graphic design. We should help kids have more confidence to do what they want."

'Unfortunately, they hav- I'm hopeful the community will en't had much luck in finding a find a way to meet the needs of Glotch is hopeful there will space," Glotch said. "But I'm April Showers, it's a really imfor their help with the program. be a way to keep the shower sure there's got to be some sort of portant program." Mass for Santos Set for May 4

City of San Leandro's Home Earthquake Strengthening Course 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: May 2, 7, 9, and 14 This is a four-day course.

- Where: The Senior Community Center @ 13909 E. 14th Street, San Leandro, Main Hall B
- 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.

REGISTRATION BY MAIL OR PHONE

ON A FIRST-COME, FIRST-SERVE BASIS For more information, please call Division of Building & Safety Services at (510) 577-3405.

TO REGISTER: Please mail your payment and information or call:



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



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