



## Autumn Eats

DUST OFF YOUR CROCK-POT;  
DELICIOUS STEWS AND SOUPS  
AWAIT YOU THIS FALL ..... 7



## Take-Back Day

DROP OFF YOUR UNWANTED  
OR EXPIRED PRESCRIPTIONS,  
NO QUESTIONS ASKED..... 8

**WEEKEND WEATHER**  
**SUNNY** Summer is still holding on  
HIGHS: 77-82  
0 10 20 30 40 50 60 70 80 90 100 110  
LOWS: 51-56

**FRIDAY** **SATURDAY** **SUNDAY**  
SUNNY SUNNY SUNNY

# San Leandro Times

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

VOL. 28 • NO. 41

THURSDAY, OCTOBER 11, 2018

SAN LEANDRO • CALIFORNIA



Hella Fitzgerald singer Lilan Kane and the band entertained the crowd on Sunday in downtown San Leandro.

PHOTOS BY JIM KNOWLES

## Fine Day for Suds and Music Fans

Beer lovers sampled a variety of brews on Parrott Street on Sunday at the annual Sausage & Suds Music Festival as bands played on the main stage through the afternoon.

Many civic leaders poured from the taps in the beer garden where all the volunteers make possible the festival that's a salute to San Leandro's breweries and sausage makers, and a draw to the downtown.

A long line of people waited for a sandwich at one of

the few sausage booths. Some people thought there should have been more sausage vendors on hand, especially in a city that's the home of several sausage companies.

Nonetheless, a good time was had on a sunny and windy afternoon. Big leaves blew from the sycamores, a sign that fall is in the air. Bang Data laid down a beat that got the crowd on its feet, and in the nearby saloons, fans watched the Raiders go down in another defeat.



## More Evictions in the City of Kindness

By Jim Knowles  
San Leandro Times

More evictions are underway in San Leandro, "the city where kindness matters."

Darci Michieli and her boyfriend are trying to fight an eviction notice at their apartment at 1425 Grand Avenue for not paying rent. But Michieli said she was promised payment that never came for work done on the building by her boyfriend, who was at one time the maintenance man at the apartment building.

In addition, faucets haven't worked for weeks in her apartment and there's sewer water in the driveway in front of her apartment from a broken sewer line, she says.

"The shower hasn't worked in three weeks," Michieli said. "Our sink was plugged up, so I was doing dishes outside, until my boyfriend fixed it."

After three weeks, her boyfriend



PHOTO BY JIM KNOWLES

Tenants at the apartments at 1425 Grand Ave. are getting eviction notices.

## Lee: Get Marina Moving, Don't Hurt Businesses

City Councilman Benny Lee says Marina project taking too long

By Amy Sylvestri  
San Leandro Times

Benny Lee is halfway through his second term as City Councilman representing District 4, but he has decided to take a chance and run for mayor.

"I've talked to a lot of folks in San Leandro and they want change," said Lee.

A couple of the things Lee says people want to change are the lack of progress on the marina, and the council being too hard on small business.

Having served on the City Council for six years now, Lee is arguably part of the establishment that those people want changed, but that's not how he sees it.

"As the mayor, I would have a further role in leadership," said Lee. "I want to clearly identify milestones on some of the major projects, the marina for example, and develop a timeline."

Lee says his platform is based in practicality. Recently, he voted in favor of requiring San Leandro tobacco retailers to have an additional license, but he didn't support the additional ban of flavored tobacco.

"People are just going across the (city) border and buying them, so all that's doing is hurting San Leandro businesses," said Lee. "I supported additional enforcement so kids don't get involved with tobacco but I didn't support the flavor ban. I've heard

from those small businesses and they aren't happy. I've heard from several who might have to close."

Lee, a financial systems and  
see LEE, page 14

## Cassidy, Galvan Run For Eden Board

By Amy Sylvestri  
San Leandro Times

Two well-known figures in San Leandro politics are once again seeking elected office this November: former San Leandro mayor Stephen Cassidy and former San Leandro Councilman Gordon Galvan are two of eight candidates running for the Eden Township Healthcare District (EHD) board of directors.

Both candidates have connections to the Davis Street Family Resource Center, which opened a clinic in 2014. At that time, EHD made a "partnership" to give Davis Street \$250,000 annually for five years – until 2019 – when the

see EDEN, page 5

## INSIDE YOUR TIMES

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### PETS

Hayward Shelter to host annual 'Fur Ball.' **Page 4**

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SL artists join in Autumn Lights Festival. **Page 16**

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## MEETING SCHEDULES

### CITY COUNCIL

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

### SAN LEANDRO SCHOOL BOARD

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



## Pets of the Week



Koko



Wanda

The Pets of the Week at the Hayward Animal Shelter, 16 Barnes Court in Hayward, are Koko the bunny and Wanda the dog.

Koko is a sweet, active bunny who enjoys attention and is easy to handle. She loves greens, Timothy hay and an occasional piece

of banana. Spayed.

Wanda is a spunky, 11-year-old gal who loves walks. A bit timid at first, she soon realizes you are friends in the making. OK with older kids.

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

## Airliners to Be Diverted To North Field Sunday

Oakland Airport will be closing Runway 12/30, the main runway for the big jetliners, for removal of rubber on the runway on Sunday, Oct. 14, from 11:30 p.m. to 6 a.m.

During this time, airliners will be arriving and departing from the North Field runways, which means more big airliners

will be flying over San Leandro during these hours.

On Tuesday afternoon, airliners were also using the North Field, because of a disabled airplane on the main runway.

Oakland Airport officials say that aircraft noise concerns may be directed to Noise Hotline at 563-6463.

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PHOTO COURTESY NITRO GIRLS SOFTBALL

## Nitros Win Fremont Tourney

San Leandro's 8-and-under Nitro girls softball team battled all weekend long and never gave up, led by head coach and San Leandro High teacher Dave Mason. Though the team was short on players on Saturday, they did their best and the result was a third place seed for Sunday's (Sept. 30) championships. With a full team on Sunday, Nitro shut out the number 1 seed in the championship game to retain the title for the Play For The Cure tournament over the weekend in Fremont.

## 'Resilient' Forum on Saturday at Senior Center

The city of San Leandro is hosting a special forum this Saturday, Oct. 13, on climate change and how it affects everyday life.

The "Resilient San Leandro" forum will run from 11 a.m. to 2:30 p.m. at the Senior Community Center, 13909 East 14th Street.

The keynote speaker will be Peter Bryan, the vice president of construction and development for the Golden State Warriors. Bryan will speak about how the Warriors are trying to incorporate environmental sustainability as they build their new arena in Mission Bay and how rising sea level projects have affected their plans.

Other speakers will include State Senator Nancy Skinner, urban wildfire experts from the Alameda County Fire Department, and staff from the San Francisco Estuary Institute.

The forum will present ways to achieve resilience, including emergency preparedness, creek management, drought-tolerant landscaping, home temperature preparation and more.

"We are excited to bring the community together in this first-ever resiliency forum to learn about how we as a city can better prepare around climate change, including in emergency

situations, community engagement, and ecological health," said Mayor Pauline Cutter in a written statement. "As a continuation of creating and building more resilient neighborhoods through a stronger volunteer network, we are actively engaging and educating our residents to come together, discuss, and share ideas, and this is an opportunity for residents to get involved."

This event is free and open to the public, but RSVP is required at: [www.rsl2018.eventbrite.com](http://www.rsl2018.eventbrite.com). Refreshments will be provided. Childcare as well as translation services in Spanish and Chinese are available upon request. Learn more about the event at [www.sanleandro.org/resilientSL](http://www.sanleandro.org/resilientSL) or by calling 577-3421.

## Senior Fair, Flu Shots

The Senior Resource Fair and Flu Shot Clinic will be held on Friday, Oct. 12, from 10 a.m. to 1 p.m. at the Senior Community Center, 13909 East 14th St. Over 50 agencies and businesses will provide information about health services, senior living communities, financial planning and more.

Sutter Care at Home staff will give flu shots at low or no cost. Insurance cards are required to determine coverage. A recycling program will be on-site to discard household batteries, light bulbs, medications, techno trash, mercury thermometers, used hearing aids, eyeglasses, etc.

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## San Leandro Times

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

### EDITORIAL

**Fred Zehnder**  
Editor and Publisher

**Jim Knowles**  
Managing Editor  
[jimk@ebpublishing.com](mailto:jimk@ebpublishing.com)

**Amy Sylvestri**  
City Editor  
[amys@ebpublishing.com](mailto:amys@ebpublishing.com)

**Steve Schaefer**  
Auto Editor

Contributing Writers  
**Buzz Bertolero**  
**Martha Kennelly**  
**Carl Medford**  
**Linda Sandsmark**

### PRODUCTION

**Howard Morrison**  
Manager

**Greg Benson**  
Art Director

**Moxie Morrison**  
Assistant

**Kayla Steinorth**  
Assistant

### OPERATIONS

**Claudette Morrison**  
Business Manager

### ADVERTISING

Display Advertising  
**Claudette Morrison**  
Classified Advertising  
**Patrick Vadnais**

### HOW TO REACH US

San Leandro Times  
2060 Washington Ave.  
San Leandro, California 94577

Office hours: Weekdays, 9 a.m. to 5 p.m.

Main Office: (510) 614-1555  
Newsroom: (510) 614-1557  
Sports: (510) 614-1561  
Advertising: (510) 614-1555  
Classified: (510) 614-1558  
Fax: (510) 483-4209  
Email: [jimk@ebpublishing.com](mailto:jimk@ebpublishing.com)

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PHOTO COURTESY OF ACFD

## Truck Found in Marina

A pickup truck was discovered submerged in the San Leandro marina at around 11 a.m. on Wednesday morning. There are no reports of injuries and there were no occupants in the truck. Alameda County Fire Rescue Boat 10 used cables to tow it out of the water. An investigation into how the truck got in the water is ongoing.

## Check Out the 'ShakeOut' Drill

The city of San Leandro and the SLPD invite the public to join them during the worldwide "Great California ShakeOut" earthquake preparation exercise on Oct. 18 at 10:18 a.m.

This program prepares cities, schools, organizations and families to survive and recover from

a major earthquake.

Employees at City Hall and schools throughout San Leandro will join more than 8.7 million others in California and more than 53.9 million people worldwide in this preparedness drill.

At 10:18 a.m., employees will respond to a simulated earth-

quake and take precautionary measures to protect themselves, coworkers and customers before evacuating city offices to designated locations of safety surrounding City Hall, where roll calls will be conducted and simulated damage will be assessed. Register at [shakeout.org](http://shakeout.org).

## Man Arrested for Home Burglaries After Escaping Custody a Few Times

Last week, San Leandro police detectives arrested Darius Hill, 25, for multiple residential burglaries he committed in San Leandro.

Hill was arrested near his home in Oakland after he fled from officers who tried to detain him. San Leandro police detectives have been searching for Hill since early September when he burglarized two homes in the north area.

The first burglary took place on Sept. 6, as San Leandro police officers responded to a report of a residential burglary on Woodland Avenue in the early morning hours.

When officers arrived they found signs of a burglary-in-progress. As additional units responded, the suspect fled the house to an adjacent yard, according to the San Leandro police.

Police say Hill, in his attempt to escape, broke into the garage of a home on Oaks Boulevard and hid from officers who were searching the area. Before officers could search the garage, Hill located a bicycle and fled, riding away past officers.

Officers chased Hill on the bicycle to Dowling Boulevard where he abandoned the bike and again ran into the rear yard of a home. Officers again began searching the area where Hill was last seen. A short time later, Hill was seen getting into a vehicle

that arrived to pick him up, according to police.

Officers followed that vehicle to Oakland where Hill exited and again ran from officers. San Leandro detectives continued to investigate the case, and eventually identified Darius Hill as the suspect. An Alameda County judge issued a \$100,000 warrant for Hill's arrest.

On Oct. 3, San Leandro detectives located Hill in Oakland and began surveillance. When detectives found an opportunity to detain him, he again fled from officers by jumping fences in the neighborhood.

Hill was located when a resident in the neighborhood alerted police that a person was trying to come in through her back

door. The resident later saw Hill enter her rear garage, according to Benabou.

Officers surrounded the home and later located Hill hiding in a closet.

Detectives later searched Hill's home and vehicle and located five handguns and numerous rounds of ammunition. Four of the handguns were reported stolen.

"A lot of work went into identifying and locating this wanted subject," said Benabou in a written statement. "Darius Hill has eluded officers for weeks, but the detectives remained focused and determined to catch this suspect."

Hill remains in custody at Santa Rita Jail in Dublin in lieu of \$360,000 bail.

## Early Voting Available

The general election isn't until Nov. 6, but you can vote today if you'd like.

The Alameda County Registrar of voters encourages people to vote early – you'll have time to evaluate each issue and candidate at your own pace and your vote will also be counted as part of the first update at 8 p.m. on election day.

You can request a vote-by-mail ballot at [acvote.org](http://acvote.org). Save a stamp by dropping off your ballot at a drop-box (there's one at City Hall in San Leandro) or at the drive-thru ballot drop at the

Rene Davidson Courthouse, 1225 Fallon Street in Oakland.

### CROSSWORD ANSWERS

D	A	B	P	O	N	D	M	A	G	I
E	G	O	A	V	O	W	A	B	U	T
B	O	T	S	W	A	N	A	C	A	R
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By Rob Rosas

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

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

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

### New Treatment Discovery

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

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

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

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

### Special SAN LEANDRO TIMES Reader Offer

# Got a Painful Nerve?

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

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

### Personal Tailored Recovery Plan

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### Why Prolong Your Agony?

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

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

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

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



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

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

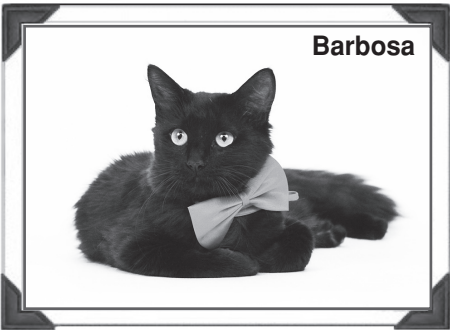
**Special Reader Opportunity is limited to the first 100 reader consultations. Don't delay, call (925)255-5805 and Quote Special Offer Code BOS20SCMS7b.**



# NEIGHBORS



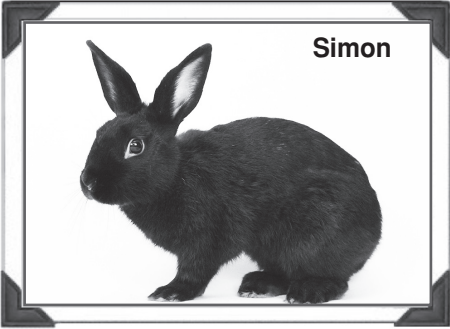
Guinness



Barbosa



Bopeep



Simon

## Black & White Fur Ball

The Hayward Animal Shelter, 16 Barnes Court in Hayward, will host the "15th Annual Black and White Fur Ball" on Saturday, Oct. 13, from noon to 6 p.m. with dogs, puppies, lots of kittens and bunnies. Adoption fees are \$20, sponsored by Santa Con Hayward. Includes spay or neuter, vaccinations, and microchip. Hors d'oeuvres, non-alcoholic beverages and music from 4 to 6 p.m. Raffle prizes and more. For more information, call 293-7200.

## ARTS & ENTERTAINMENT

### San Leandro Museum Auditorium

The San Leandro Players present old-time melodrama *Chaos at the Cannery* Oct. 20 through Nov. 18, at the San Leandro Museum/Auditorium, 320 West Estudillo Ave. in San Leandro.

Tickets are \$20 for general, \$15 for seniors, TBA members, under 12, students. Show times are Saturdays at 8 p.m. and Sundays at 2 p.m. Also Fridays at 8 p.m. on Nov. 9 and Nov. 16. For information and reservations, call 895-2573 or online at [www.splayers.org](http://www.splayers.org).

Professor Mack is back. Welcome to 1881 San Leandro. This old-time melodrama mixes mayhem, murder, mystery, scalawags, and scoundrels, toe tappin' old time music, and shenanigans.

### Castro Valley Center for the Arts

Mark Mackay, a blazing guitarist, evocative vocalist, and songwriter, will be presented by the Castro Valley Arts Foundation on Saturday, October 13, at 7:30 p.m. at the Center for the Arts, 19501 Redwood Road. Mackay makes his stand at the crossroads of country music and rock-and-roll. Fronting a powerhouse band, Mackay rocks the room with rowdy charm and persuasive conviction. Tickets for Center for the Arts events are available online at [www.cvcfa.com](http://www.cvcfa.com); or at the Center Box Office, Thursdays and Fridays from 3-5 p.m. (phone 889-8961), or at the Castro Valley Adult School, 4430 Alma Avenue.

## COMMUNITY CALENDAR

### SL High School Hosts College Night

San Lorenzo High School will host College Night 2018 on Thursday, Oct. 11, from 5 to 7 p.m. in the West Gym at 50 E. Lewelling Blvd. in San Lorenzo. There will be 40 universities, community colleges, and related organizations committed to promoting a college-going culture in attendance. Open to all students in grades 6 through 12 and their families.

### State of the District Breakfast & Bus Tour

The San Leandro Unified School district invites the public to the State of the District Breakfast and Bus Tour on Friday, Oct. 12, at 7:30 a.m. at the Fred Koramatsu campus gymnasium, 13701 Bancroft Ave. This is a free community event for everyone who would like to learn more about San Leandro schools. After the breakfast, guests are invited to board buses and tour several of the district's schools to see the results of modernization and reform work over the past five years. RSVP at [www.slusd.us](http://www.slusd.us).

### Senior Resource Fair

The Senior Resource Fair and Flu Shot Clinic will be held on Friday, Oct. 12, from 10 a.m. to 1 p.m. at the Senior Community Center, 13909 East 14th St. Over 50 agencies and businesses will provide information about health services, senior living communities, financial planning and more. Sutter Care at Home staff will give flu shots at low or no cost. Insurance cards are required to determine coverage. A recycling program will be on-site to discard household batteries, light bulbs, medications, techno trash, mercury thermometers, used hearing aids, eyeglasses, etc. For more information, call the Department of Recreation and Human Services customer service desk at 577-3462.

### Alta Mira Club Pancake Breakfast

The Alta Mira Club, 561 Lafayette Ave. in San Leandro, will have a pancake breakfast on Saturday, Oct. 13, from 8 a.m. to noon. Tickets are \$7 for adults and \$3 for children, free for kids under 5. For tickets, call Susan Patrick at 569-1092 or Isabel Polvorosa at 483-2073, or purchase at the door.

### Oktoberfest at All Saints Episcopal Church

All Saints Episcopal Church, 911 Dowling Blvd. in San Leandro, will hold an Oktoberfest on Saturday, Oct. 13, from 5 to 8:30 p.m. The parish hall will be transformed into a traditional beer garden setting, serving up Bavarian food, music, dancing, raffles and an auction. Pull out the lederhosen and dirndls for a festive evening. For more information, visit [saintsalive.net](http://saintsalive.net).

### Hearing Loss Association Meeting

The Hearing Loss Association will meet on Saturday, Oct. 13, at the Oakland Kaiser Permanente Hospital, Fabiola Bldg., 3801 Howe St., lower level, room G26. Refreshments are at 9:30 a.m. with the program starting at 10 a.m. The fine video *Can You Hear Me Now?* will be shown and followed with an open discussion with questions, answers. Parking is free in the old garage across from Howe Street. For more information, email [info@hearinglosseeb.org](mailto:info@hearinglosseeb.org) or call 221-6080.

### SL Climate Change Forum

The City of San Leandro and Community Impact LAB invites the public to discuss climate change and how it affects everyday lives in the first-ever Resilient San Leandro Forum on Saturday, Oct. 13, from 11 a.m. to 2:30 p.m. at the Senior Community Center, 13909 East 14th St., San Leandro. Learn about climate

resilience through emergency preparedness, lawn replacement with drought-tolerant landscaping, creekside invasive management, food security, preparing homes for hotter summers, and more. This event is free and open to the public, but RSVP is required at: [www.rsl2018.eventbrite.com](http://www.rsl2018.eventbrite.com).

### Book Sale SLZ Library

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

### Love All Pawz Rescue Fundraiser

The Castro Valley-based animal welfare group Love All Pawz Rescue will hold a wine tasting fundraiser with a light lunch from noon to 3 p.m. on Sunday, Oct. 14, at the Twining Vine Winery, 16851 Cull Canyon Road in Castro Valley. For \$25, supporters will enjoy an afternoon featuring wine tasting, food, live music, a silent auction and a raffle. There will also be adoptable kittens to meet. Proceeds will support veterinary care for rescued animals and are tax deductible. For more information or to RSVP, visit [www.loveallpawz.org](http://www.loveallpawz.org), email the group at [loveallpawzrescue@gmail.com](mailto:loveallpawzrescue@gmail.com) or call Clayworth at 402-8490.

### St. Felicitas Church's Senior Luncheon

St. Felicitas Church's Young at Heart Senior Luncheon returns on Wednesday, Oct. 17, in Monsignor McGinty Hall behind the church at 1662 Manor Blvd. in San Leandro. Doors open at 11 a.m. Lunch served at noon. The Oktoberfest themed luncheon will feature a bratwurst sandwich lunch with all the fixings including dessert, beverage and door prizes. Tickets are only \$6 and can be purchased at the church office, phone 351-5244, located to the right of the church. Last day to buy tickets is Tuesday, Oct. 16th. All are welcome.

### East Bay Rose Society Meeting

The East Bay Rose Society will meet on Wednesday, Oct. 17, at 7:30 p.m. at the Lakeside Garden Center, 666 Bellevue Ave. in Oakland. The speaker will be Jolene Adams master gardener and master rosarian, who will speak on safety in the garden. Come hear a very informative and interesting speaker and enjoy a humorous trip through the aspects of staying alive while gardening. Enjoy snacks, people who talk roses and enjoy the show. [www.eastbayroses.org](http://www.eastbayroses.org).

### Senior Commission's October Forum

The City of San Leandro's Senior Commission will host its annual October Forum: *What is Your Plan B?* on Thursday, Oct. 18, from 1 to 3 p.m. at the Senior Community Center, 13909 East 14th St. Residents are invited to join the Senior Commission for an informative panel discussion and explore the transitions to successful aging. *What is Your Plan B?* provides seniors the opportunity to build a network of resources. Representatives from Gentle Transitions, Life Elder Care, Ashby Village, Meals on Wheels, Carlton Senior Living, and the City of Fremont Age-Friendly Initiative will be available to answer questions, provide information, and chat about topics important to the senior community.

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.

## HOROSCOPE by Salomé

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**ARIES (March 21 to April 19)** A colleague might offer to open a door for you professionally. But before you walk through it, be sure this "favor" isn't attached to an obligation you might find difficult to discharge.



**TAURUS (April 20 to May 20)** Your creativity, your persistence and your reliability could lead to a major career shift. Be sure to use that other Taurean trait, your practicality, when discussing what the job offers.



**GEMINI (May 21 to June 20)** A changing situation might require some adjustments you might not have been prepared to make. However, flexibility in this matter could be the best course to follow at this time.



**CANCER (June 21 to July 22)** You're in a period of fluctuating moods, which is not unusual for the Moon Child. Your emotions stabilize by the 26th. Meanwhile, try to hold off making major decisions until then.



**LEO (July 23 to August 22)** That keen sense of perception helps you hunt down those minute details that others overlook. And, of course, your Leonine ego will accept the expected praise with good grace.



**VIRGO (August 23 to September 22)** Be careful not to be confrontational when raising a work-related issue. Better to make a request than a demand. And, of course, be prepared to back up your case with facts.



**LIBRA (September 23 to October 22)** Your ego might be hurt when a colleague turns down your offer to help. But accept it as a rejection of your offer, not of you. A friend from the past could re-emerge by week's end.



**SCORPIO (October 23 to November 21)** A flow of positive energy turns a work project you didn't want to do into something you actually love doing. Now, take that attitude into your social, intimate life -- and enjoy what follows.



**SAGITTARIUS (November 22 to December 21)** Working hard to meet your professional goals is fine. But don't neglect your private life, especially where it concerns your more cherished relationships.



**CAPRICORN (December 22 to January 19)** "Patience" remains the key word in dealing with an emotionally sensitive situation involving a close friend or family member. Help comes your way by week's end.



**AQUARIUS (January 20 to February 18)** With new information coming in, it's a good time to rethink some of your goals without taking suggestions from others, no matter how well-meaning they might be.



**PISCES (February 19 to March 20)** Making progress on your project is relatively easy in the early part of the week. A problem could arise midweek. But all goes swimmingly once it's resolved.

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## Evictions: Renters today caught in a bind

*continued from front page*  
friend fixed the shower, too. The manager kept telling them to wait, that somebody was going to come to fix the faucets. But after three weeks of no shower, Marcieli said her boyfriend just fixed it himself.

The apartment building manager declined to speak to the newspaper. Tenants said the apartments are managed by AMP Properties of San Carlos but phone messages to AMP were not returned.

Michieli said the apartment manager on-site won't talk to her anymore. Michieli is going to court over the eviction, claiming that she is owed back rent for the

**“The toilet won't even flush. You have to use the plunger every time to get it to flush.”**

— Casey Hall describing his apartment where he just got a big rent increase.

repairs that she and her boyfriend have done to the building.

Michieli said that previous managers had agreed to reimburse her for the work.

As of last week, Michieli said she knew of five other tenants who were being evicted. This week she said another four got eviction notices.

Michieli's neighbor in the same apartment building, Casey Hall, said he got an eviction notice from the sheriff to be out in 9 days. But on Monday of this week, the day he was supposed to be out, he got a 7-day extension,

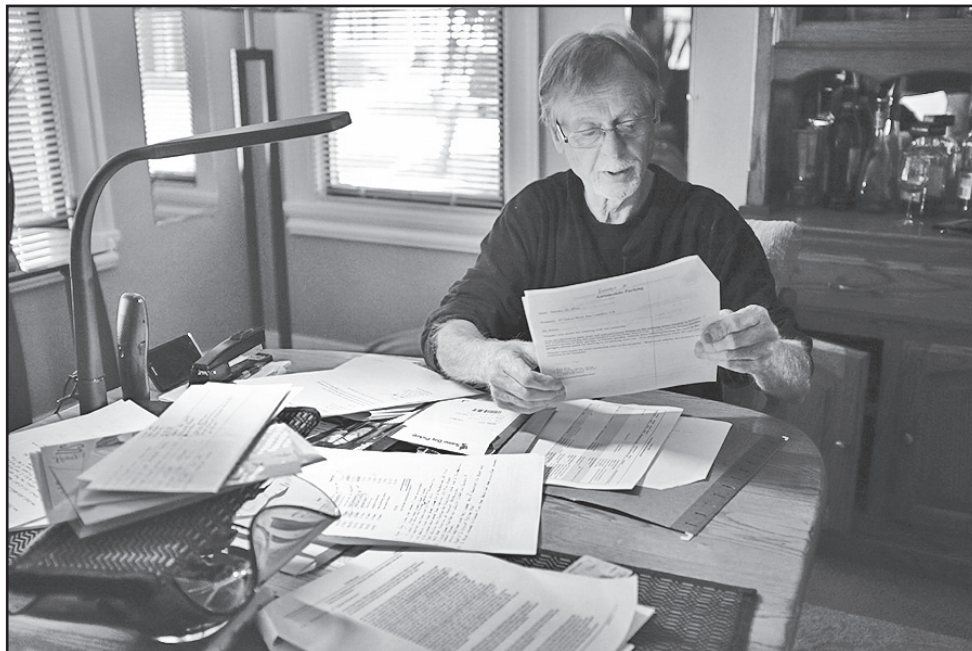


PHOTO BY JIM KNOWLES

**Ernie Gomes, an ironworker who lost a kidney to cancer and is on chemotherapy, got a 30 percent rent increase this year, and another rent hike on the way in January.**

though he's not sure why he got the extension.

Hall said the reason for the eviction is he hasn't paid his rent. But the reason he stopped making payments is because the apartment owners haven't made any of the repairs that he requested.

The apartment is filled with cockroaches and the plumbing is out of order, Hall said.

“The toilet won't even flush,” Hall said. “You have to use the plunger every time to get it to flush.”

Despite the slight inconvenience of the toilet not flushing, Hall said he got a rent increase on the tiny apartment from \$1,100 to \$1,500.

Over on Oakes Boulevard, just a half block from City Hall, Ernie Gomes just got a \$300 rent increase to \$1,300 a month, and it's going to go up another \$150 the first of the year.

Gomes took the 30-percent increase to the Rent Review Board to no avail. He said the

board asked the landlord if the rent hike could be lower, and the landlord said, no, it needs to be at least 30 percent. And that was that.

Gomes, an ironworker, said

**“I've never been late on my rent. I take care of this place like it's my own.”**

— Ernie Gomes, who says being an ideal tenant just isn't good enough anymore

he's made many repairs on his apartment. He has since gotten cancer and lost a kidney for which he takes chemo, and lost 140 pounds. He was off work for

a couple of years, but has started working again.

Gomes thinks the owners want to just get people out, so they can rent the apartments for \$3,000.

The lack of enough housing to meet the demand means that Gomes and countless others are at the mercy of the landlords.

“I don't smoke, I don't party, I've never missed a payment, never been late on my rent – I take care of this place like it's my own,” Gomes said. “They know they can get away with it because there's a shortage of housing.”

**Alta Mira Pancake Breakfast**

The Alta Mira Club, 561 Lafayette Ave. in San Leandro, will have a pancake breakfast on Saturday, Oct. 13, from 8 a.m. to noon. Tickets are \$7 for adults and \$3 for children, free for kids under 5. For tickets, call Susan Patrick at 569-1092 or Isabel Polvorosa at 483-2073, or purchase at the door.

## Eden: Galvan sees no conflict of interest as Eden board member



Stephen Cassidy



Gordon Galvan

*continued from front page*

board could decide to continue funding Davis Street. EHD dispenses a total of about \$600,000 in grants and scholarships annually for health-related causes.

Galvan is president of the Davis Street Resource Center Board of Directors. Cassidy works as legal counsel for Bloom Innovations, the marijuana consulting business whose founder and CEO, John Oram, is also the CEO of the Davis Street Wellness Center cannabis dispensary, a partner of the Davis Street Family Resource Center. Bloom does consulting work for the Davis Street Wellness Center.

Both Cassidy and Galvan said they could not speculate on any potential vote until they are elected. Cassidy said the important thing is that the district's finances are so concerning that the grant program may no longer be feasible.

“There are critical issues facing the Eden Health District such as the saving of St. Rose Hospital and the financial competency of the current Directors,” wrote Cassidy. “Unless the Eden District straightens out its budget, it will have to terminate its grant

program.”

Cassidy says that he just has a tangential connection to Davis Street.

“I do not work for the Davis Street Wellness Center (the planned dispensary) nor the Davis Street Family Resource Center, which are separate legal entities,” said Cassidy in an email. “I work for Bloom Innovations.”

The EHD was created in 1948 in order to run the then-new Eden Hospital. Over the past 70 years, the district has owned and overseen various medical buildings in Castro Valley, San Leandro, Hayward and the unincorporated areas. The district was founded using taxpayer money but has operated without it since the 1970s.

Currently, EHD has about \$31 million in real estate holdings from three medical office buildings it owns and rents out. EHD also distributes healthcare-related grant money, though it doesn't operate any hospitals.

Both Cassidy and Galvan said that their number one priority if elected would be to get the EHD back in the business of direct medical care.

*see EDEN, page 16*

## SLZ Library To Hold Book Sale Saturday

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

Lots of books, CDs and DVDs for sale. Most book prices range from 10 cents to \$1 with some specialty books priced individually. Free admission. For more information email kwebb1956@gmail.com

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# AUTOMOTIVE

## Avalon Hybrid is a Fuel-Sipping Flagship

By Steve Schaefer  
San Leandro Times

**D**espite its brand name, the Toyota Avalon mid-size sedan is designed for Americans and built in Toyota's Georgetown, Kentucky plant. A Toyota flagship for a quarter century, it's roomy and well equipped.

Hybrid vehicles are great at providing a stress-free electric experience, and Toyota sells eight hybrid models. They blend a gasoline engine with an electric motor; at any given moment, you are using one or the other—and sometimes both. The computer decides when to use which for maximum efficiency.

The Avalon Hybrid boasts EPA fuel economy ratings of 43 across the board—City, Highway, and Combined. (Note: the base model gets 44 Highway and Combined). That means you're eliminating the CO2 emissions of half a car

by driving the Hybrid version. The V6-powered non-hybrid earns 22 City, 32 Highway, 26 Combined.

While non-hybrid Avalons use a 301-horsepower V6 with 267 lb.-ft of torque, the Hybrid mates a 176-horsepower 2.5-liter gas engine with a 118-horsepower electric motor, for a total system horsepower of 215. With 163 lb.-ft and 149 lb.-ft. of torque from engine and motor respectively, the 3,715-pound sedan moves along with some authority.

The Hybrid offers a great advantage for long-distance voyagers, with a total range of 568 miles, versus 395 for the standard model. Thank the electric motor and the 4-cylinder engine's greater efficiency.

EPA Green scores for the Avalon Hybrid are 7 for Smog and 9 for Greenhouse Gas, good for a SmartWay rating.

The Avalon Hybrid comes in three levels—XLE, XSE, and Limited. My Limited tester wore a sophisticated Parisian

Night Pearl paint job.

Every Avalon is well-equipped, but the Limited gets a bunch of upgrades. Outside, you'll see special wheels and unique headlight and taillight treatments. Inside, genuine leather seats and wood trim provide an experience closer to a Lexus. Ambient lighting at night gives a posh ambiance, and even rear-seat passengers get heated seats. The 10-inch head-up display shows you a lot of what's happening without looking away from the windshield.

Every Avalon Hybrid gives you an Eco Guidance panel, where you can see how green your driving is. It scores you on how well you start, cruise, and stop. I ended up with 84 out of 100. My final average fuel economy was 37.2 mpg, a bit below the EPA's 43 mpg.

As usual, when you climb up the model levels, you get a better audio system. The Limited trim level comes with a JBL 14-speaker system with



Avalon's cabin keeps its low-profile heritage by extending the rear cabin another 7 inches, and elongating side quarter glass and downward tapered C-Pillar by 2.2 inches.

a 1,200-watt amplifier. This is one car it's nice to just park in and listen to your favorite music.

Safety is a big priority with Toyota vehicles, and the long list of features applies to every trim level. My test car also came with the optional Advanced Safety Package (\$1,150), which includes Intelligent Clearance Sonar, a bird's eye view camera (super helpful for parking), and rear cross-traffic alert, which really should be in every car that ever parks in a driveway.

Cars are very complicated machines, but they are also personal statements to the world about you as well as small rooms that we occupy for hours at a time. That means you can enjoy the elaborate stitching on the Avalon's seats, and the massing of the

dash and doors, which conveys strength, style, and in this particular car, a little surprise. The front corner dash vents break out of the more rounded background, while the center panel dramatically sweeps up as a separate, free-standing unit, creating little bridges, much like in Volvos.

While the plastics and controls are not quite as serene as in a Lexus, the experience is definitely premium—as buyers expect from Toyota's flagship mid-size sedan. With evocative Camrys sharing the showroom, the Avalon has to distinguish itself somehow.

The grilles of current Toyota and Lexus products are truly "in your face." Either you go for it or you don't, but there is certainly a lot of grille to like or dislike here. Most of the time you're with your Avalon

you'll be inside, looking out the windshield and at the dash, so that's not really an issue.

Pricing starts at \$37,420 for the XLE, moves up to \$39,920 for the sportier XSE, and ends at \$43,720 for the Limited. With the extra package mentioned above, my tester topped out at \$44,870. All prices include shipping.

While Toyota has proliferated hybrids across its lineup, it has so far avoided battery-electric vehicles. However, it is selling lots of "half-cars" from an emissions point of view, which is still commendable. The greenest Toyota is the Mirai, a hydrogen fuel-cell electric vehicle, but it comes with a few limitations along with its intriguing high-tech powertrain. The Avalon Hybrid should serve many people's needs well for now.



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Avalon includes Apple CarPlay and available Dynamic Auxiliary Turn Signals, authentic Yamaha wood and aluminum cabin accents, and Engine Sound Enhancement.

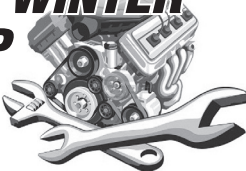
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• Many public libraries are offering services that you'd never expect! I found that some libraries will let you reserve books online, renew your due date or even have books delivered to your home. Some have regular seminars on all kinds of topics. Check out your public library today!

• Give ripped jeans a new look with fun colored and patterned tights underneath. This works especially well for jeans whose holes have gotten out of control.

• "If you can print your boarding pass online, do it! It saved us close to half an hour the last time we flew, and with security lines being as long as they are, it's time we needed to get to the terminal." —I.B. in South Carolina

• The first choice for unclogging a drain should be a nontoxic one. Try pouring a half cup of baking soda down the drain, followed by a cup of full-strength vinegar. Wait 10 minutes, then run hot water, if possible.

• Use the news! Fold a section of newspaper to fit in your crisper drawer. It soaks up ambient moisture, keeping veggies crisp and fresh!

• "Purging is a daily sport in my house. Whenever a reusable tote gets a little worn down, I put it in my closet and fill it with things I no longer wear. As soon as it's full, I drop it off at the thrift shop on my way to lunch during the week." —E.S. in Florida

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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# HEALTH & FITNESS

## Back Killing You at Work? Five Tips That Can Help

Sitting all day at a computer takes a toll on our backs, yet for a large percentage of Americans, sitting in front of a computer sums up their job description.

And that work-related back pain that starts out minor can soon become severe, causing problems in all areas of your life.

"The longer you have a back problem, the more damage it will create, the more it will resist getting better, and the more time it will take to heal," says Bradford Butler, author of *The Blueprint for Back Pain Relief: The Essential Guide to Non-surgical Solutions*. "So, the best course is to prevent back problems from happening to begin with."

Butler offers a few tips for those whose jobs require them to sit, sit and sit some more:

**Watch how you sit.** Most people are putting pressure on

their backs, necks and shoulders because they don't work in an ergonomically correct position. To achieve the optimal position: Sit with your body no more than an arm's length from the computer and mouse, and don't lean your head and neck forward.

You should be able to rest your hand comfortably on the mouse with the elbow at the same height as the mouse pad. The monitor should be 2 or 3 inches above eye level.

**Choose the right chair.** Ideally, you want a chair with lumbar support.

"If there is no lumbar support, you can place a pillow behind your lower spine," Butler says. Chairs that can tilt back also take pressure off the base of the spine and help prevent back pain.

But if back pain has already started, Butler suggests placing ice between the lumbar support

and the back for 20 minutes to reduce inflammation.

**Don't cradle your phone.** Have you ever pinned your phone between your shoulder and your ear so you can type while you talk? Butler has a one-word piece of advice: Don't.

"The intense strain from holding the phone that way for more than a couple of minutes can have a lasting effect on your posture and add to your back and neck pain," he says.

**Take a break.** For about five minutes every hour, get up and move around. Take a walk, stretch or do anything that takes you away from the computer and lets your body escape all the sitting and staring you've been doing, Butler says.

**Unload some baggage.** Do you carry to work a bag or briefcase that's so heavy even an Olympic weightlift-

er would feel the strain? If it weighs more than 10 percent of your body weight, then it's putting too much of a strain on your back. Butler suggests you lighten the load or get a different bag, preferably one with a long strap so it can be carried across your chest like a messenger bag. That can reduce the diagonal load on your back.

"It's important to understand that your spine was designed to move," Butler says. "If you are sitting for a good part of your day, you are effectively doing the opposite of what keeps your spine healthy."

"The old saying 'an ounce of prevention is worth a pound of cure' couldn't be truer, especially when it comes to your back. Prevention is a mindset. You probably already do it in other areas of your life. When it comes to your back, you just need some new thinking and new habits."



Work-related back pain that starts out minor can soon become severe, causing problems in all areas of your life.

## Importance Of a Routine Mammogram

Routine mammograms save lives because they help doctors find breast cancer early—when it's easier to treat and easier to beat.

Despite the fact that a yearly mammogram is recommended for all women over the age of 40, many women still do not seek or receive an annual exam. One common reason is no insurance (or underinsurance).

In order to overcome this barrier, funding from Sutter Health and the Carol Ann Read Breast Health Program will ensure, those who qualify, will have access to this important screening.

Eden Medical Center is hosting a Breast Screening Event on Saturday, October 27th. Mammogram appointments will be available from 10 a.m. to 3 p.m. at 20103 Lake Chabot Road in Castro Valley.

You may be eligible for a low-cost or no-cost mammogram but you *must* call in advance to schedule at 510-727-8499.

Sutter Health is also working with Federally Qualified Health Centers (FQHCs) to develop culturally and linguistically appropriate education on breast cancer screening for women of all races, ethnicities, and languages spoken.

## Medicare And Open Enrollment

Be prepared for Medicare annual enrollment at a free presentation from 11 a.m. to noon on Oct. 17 at the Castro Valley Library, where seniors will learn about:

- Changes to Prescription Drug (Part D) plans and Medicare Advantage (Part C) plans for 2019
- Eligibility, costs, benefits, and changes in Medicare Parts A and B

No registration is required for this free educational program.

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## National Prescription Drug Take-Back Day October 27

Have unwanted or expired prescription medications? As part of the Drug Enforcement Administration's National Prescription Drug Take-Back Day, officers from the California Department of Public Health will be collecting unwanted medications at the Castro Valley Library from 10 a.m. to 2 p.m. on Saturday, October 27. Bring your unused or out-of-date medications, no questions asked.

Drop off potentially dangerous, expired, unused and unwanted prescription drugs and other medications for safe disposal and destruction. These drugs can be a source of supply for illegal use and an unacceptable risk to public health and safety.

This initiative addresses a vital public safety and public health issue. Many Americans are not aware that medicines that languish in home cabinets are highly sus-



ceptible to diversion, misuse and abuse. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

In addition, many Americans do not know how to properly dis-

pose of their unused medicine, often flushing them down the toilet or throwing them away—both potential safety and health hazards.

Call the Library: 510-667-7900, or see Events at [www.aclibrary.org/branches/csv](http://www.aclibrary.org/branches/csv) for more info.

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## Aguilar Wants Rent Control, Cleaned Up City Government

By Amy Sylvestri  
San Leandro Times

Victor Aguilar has given up a second term on the San Leandro School Board in order to make a run for a seat on the City Council representing District 3.

Aguilar served two years on the school board and says he could have easily been reelected, but he felt a calling to the City Council. He also supports the candidacy of the 18-year-old who will replace him on the school board – James Aguilar (no relation) who is running unopposed.

“Things were going so well on the school board and I saw someone who wanted to come on who was interested and engaged,” said Aguilar. “We need more young people who are hungry to get involved.”

Another determining factor in Aguilar's bid for City Council is a determination to oust incumbent Lee Thomas. Aguilar and Thomas both ran for the District 3 seat in 2014.

“I decided to run again immediately after that election,” said

Aguilar. “We have such different political beliefs. For example, he's a candidate that doesn't support rent control.”

And rent control is the basis

“We have a rent review board that does nothing to help our renters.”

— City Council candidate  
Victor Aguilar

of Aguilar's platform, as is it for all four candidates on the “fresh-clean slate” who are running as a team in the November election: Aguilar in District 3, Jeromy Shafer for mayor, Eva Arce for District 1, and Maxine Oliver-Benson for District 5.

“It's all about rent control,” said Aguilar. “In San Leandro,



Victor Aguilar

we have a rent review board that does nothing to help our renters. We need rent control, and the council needs to start this process to protect our community.”

Aguilar, who works as an account manager for a legal technology company, said he didn't like the City Council's decision to make a \$350,000 separation agreement with former City Manager Chris Zapata.

“The way that matter was handled baffled me,” said Aguilar. “That money could've been

see AGUILAR, page 14

## Thomas Wants Lobbying Law To Prevent Zapata Rigmarole

By Amy Sylvestri  
San Leandro Times

Lee Thomas is running for a second term as City Councilman representing District 3, saying that his experience in his first term gives him an edge over his opponent, Victor Aguilar.

“I have a lot more to give San Leandro and I want to give it,” said Thomas. “One of my strengths is working with my peers on the council and bringing my opinions and then being able to collaborate.”

Like Aguilar, Thomas said the number one issue facing San Leandro is housing. But unlike Aguilar, Thomas says he doesn't support rent control.

“We have to build more housing, bottom line,” said Thomas. “Rent control doesn't put people in homes that don't have housing now. We need multiple types of homes – affordable housing, single-family homes. And one way to help do that is streamlining the building process – defer certain fees and look at zoning so we can find places for housing.”

Thomas is a Bay Area native who has lived in San Leandro for the past 12 years in Floresta Gardens with his wife and two daughters. He works with at-

“We have to build more housing, bottom line.”

— City Councilman  
Lee Thomas

risk youth and families and says that kind of person-to-person experience makes him a good councilman.

“You've got to be accessible to the public and your fellow council members and present at the meetings,” said Thomas. “My attendance has been stellar. I've been pretty active in my first four years – I'm really proud to say that I fought for the flavored



Lee Thomas

tobacco ban and was one of the champions of raising minimum wage.”

Thomas said he's also determined to get a more thorough lobbying ordinance put on a future agenda.

The concern about lobbying came after the sexual harassment allegations against former City Manager Chris Zapata were made public.

Zapata was ultimately cleared of wrong-doing, but Thomas said he was disturbed accuser Rose

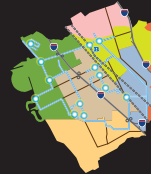
see THOMAS, page 14

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# REAL ESTATE GALLERY

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Times

GUEST COMMENTARY



## Prepare for the Future

One of the saddest situations I've encountered in real estate was an elderly individual who served our country in the Armed Forces, but died alone in his home and was subsequently not discovered for weeks. Compounding the tragedy was the fact he had no will, trust or any record of any family or designated heirs.

Most of us do not want to face the inevitable fact we will not live forever. Consequently, many fail to plan for their death, leaving little or no instructions. As a real estate team that has handled many estates, we see families struggling to cope not only with their loss, but the multitude of details related to the estate. Effective planning can make the process much easier.

Here are 4 recommendations:

### Get a trust.

A trust makes the entire process easier because it clearly delineates who has the authority to make key decisions and administer the assets. Make sure all your assets are in the trust, including property(s), bank accounts, investment/retirement accounts, vehicles and the like. Keep it current. While a properly written will is OK, a trust is much better and can also be used to manage estate taxes. Make sure that your trustee has a current copy.

### Keep good records.

Keep good records for all bank accounts, assets, mortgages, loans and the like. Your heirs need to be able to quickly locate everything and be confident they have not missed anything.

### Write a letter to your heirs.

Oftimes heirs are unclear of your wishes. A carefully crafted letter can explain your specific desires, including funeral preferences. Additionally, while most trusts state how the proceeds of the estate are to be distributed, a letter can provide more specific directions as to the disposition of key items. I've seen families fight over who gets what: a letter can clarify everything and ensure your wishes are carried out.

### Start allocating belongings now.

One of the hardest things for families to deal with is the years of accumulated goods left when loved ones pass. Frequently

items treasured years ago are no longer desirable to the heirs, and they feel guilty disposing of them. Distribute items now while your family still appreciates them, and make the tough choices to reduce the amount of belongings you have. Your family will appreciate it.

Prepare now while you can: once you are gone, it is too late.

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



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## When a Garbage Disposal Unit Jams

By Samantha Mazzotta  
Special to the Times

Good disposers are very reliable appliances, but if they're underpowered they may be prone to jamming or, when under a heavy load, will shut off.

Turn the disposal switch on the wall to the on position. Do you hear a humming sound, but no grinding? Or do you hear no sound at all?

If you hear a humming sound, it's likely that the grinder is jammed. Turn the switch off, and then turn off power to the disposal at the main circuit panel.

Now, open the sink cabinet and look underneath the disposer. You should see a reset button and possibly a small round hole or slot in the center of the unit. The slot is

likely an access point for the impeller. It's accessed with a small handheld wrench (like the Allen wrench that often comes with assemble-yourself furniture), which hopefully is stored on or near the unit.

Insert the wrench into the impeller slot and turn it clockwise to try and unjam the unit.

To see if it worked, turn power to the unit back on at the circuit panel. Then climb under the cabinet again, locate the reset button and push it. Go up to the power switch and turn it on. The grinder should operate again.

What if you can't locate a wrench or an access slot for the impeller? You could always try my mother's favorite fix. Turn off power at the circuit panel, then grab something with a wooden handle, like a broom-



stick or plunger. Insert the handle into the disposal from the top, place it against one of the blades, and try to turn it clockwise. Then reset the unit as above and test.

If neither method works, turn off power to the unit again and look inside the disposal to see if anything is blocking the blades, like a metal utensil or a large object like a bone or avocado seed. Carefully remove

any such object and test again. And if all else fails, you may need to replace the entire unit.

If so, look for one that has a motor with at least 1/2 horsepower, overload protection and a self-reverse feature to reduce jamming.

**Home Tip:** To keep your disposal smelling clean, grind up a few lemon or lime peels in it periodically.

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## Proper Watering, Warm Nights Needed for Gardenia Blossoms

By Buzz Bertolero  
The Dirt Gardener

**Q** Last year I planted several gardenias in containers. They were beautiful when first planted, but now all the leaves have fallen off and the flower buds form, turn black and drop off.

They're watered weekly and fed frequently. Am I over-watering them?

**A** Gardenias can be frustrating to grow especially when the flower buds never open and drop off. Your plants have two unrelated problems.

First, you have a watering problem, but it's not over-watering. The plants are going dry and suffering from water stress, which causes the leaves to turn brown and drop off. You might also find that the stems become dry and brittle.

Gardenias are watered weekly when planted in the ground, but this is not the case in pots. Container plants must be watered at least three times a week from April through October, depending on the temperature and how much afternoon sun they get and.

Also, with established plants, the longer they stay in the same container, the more critical the watering frequency becomes, as the soil is depleted by the mass of roots. It's tough to over water Gardenias or any other root-bound plant as the excess water flows out the bottom of the container.

During periods of warm temperatures and windy conditions, the plants go dry, the leaves burn and drop off. This is corrected by watering more often. However, don't expect to see a big difference until next spring. Water less often when the rainy season begins.

Now, on to the second issue.

Gardenias are tropical plants that require warm nights to flower. The buds turn black and drop off when the nighttime temperatures are not consistently over 55°F. Although listed as a shade plant, I find they grow better in a sunny location.

They also benefit from the

reflected heat. They need to be shaded during the heat of the day when planted inland. Typically, the right conditions for flowering usually occur during the fall months with our 'Indian Summer' weather pattern.

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

## Mortgage Rates Hold Steady

Long-term mortgage dropped slightly last week after five weeks of increases, according to Freddie Mac's weekly nationwide survey.

The 30-year fixed-rate mortgage averaged 4.71 percent last week, down from 4.72 percent a week earlier. A year ago at this time, the 30-year fixed rate averaged 3.85 percent.

Fifteen-year home loans averaged 4.15 percent, down from 4.16 percent.

Five-year hybrid adjustable-rate mortgages (ARM)s averaged 4.01 percent, up from 3.97 percent.

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## WEEKEND GARDENER

### ■ Top Job for October

Clean up your yard. Pull out worn plants, pick up debris and get rid of fallen fruit. Recycle leaves and clippings, but don't put diseased plants in the compost pile. Pull weeds and stack nursery pots and tomato cages for next year.

### ■ Strawberries

Plant strawberries one foot apart so the crown is just above the soil level. Strong roots will develop over the winter, and spring warmth will encourage fast growth and large berries.

### ■ Watering

Don't roll up the hoses just because we've had a little cool weather and forecasts of possible showers. October usually brings some very hot days in the East Bay and your plants will need extra moisture. Water tomatoes and vegetables thoroughly. Give roses a generous drink every three to five days.

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## Lee: Donations from real estate, apartment owners association

continued from front page

information technology professional, says that his fiscal background will guide him as mayor.

Lee said his priority would be to attract more business to San Leandro, creating more jobs.

Lee's campaign finances are healthy with the largest war chest of any San Leandro mayoral and council candidate, reporting \$28,000 in contributions so far in 2018 and a total cash balance of \$75,000, as of July.

Lee has received a lot of support from various real estate groups including \$5,000 from Zenstone Realty, \$2,500 from the California Apartment

Association, and \$2,000 from MT-5 Properties. Lee, 53, says he supports the construction of additional high-density housing, but does not support rent control.

"It's economic price control and it scales back development," said Lee. "You have to look at inventory as the big issue. You have to reduce the cost of development. It costs significantly more to build a unit of housing in California than it does out of state. You have to make it competitive to build in the area."

Lee's opponents are Mayor Pauline Cutter, Bal Theatre owner Dan Dillman, and community organizer Jeromy Shafer.



Benny Lee

Lee says that the city is moving in the right direction, but will bound forward under his leadership.

"It's time to get things done," said Lee. "To share thoughts and ideas and proceed with focus."

## Cherry City Toastmasters

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## Aguilar: Says City Council isn't addressing the pension problem

continued from page 9

used as rental vouchers or somehow gone back to our community."

Aguilar was further angered by a gag order that the city put out to prevent any commissioners and board members from speaking ill of Zapata. Aguilar, who sits on the Human Services Commission, refused to sign the agreement.

"I didn't sign the agreement because it was one of those things where I will not be silenced," said Aguilar. "I felt the gag order was a slap in the face to the commissioners. There's no way I'd use my position (as

commissioner) to disparage anyone and I don't want my free speech limited."

Another issue Aguilar says he'll tackle if elected is the projected \$200 million in unfunded city employee pension and benefits that the city faces in the next five years.

Aguilar says the current council isn't doing enough about the liabilities and that he'll start by asking employees to pay more into the pension fund. Aguilar says his experience on the school board's finance committee will give him an edge.

"When I've gone to City Council meetings (regarding

pensions) most of the council sits there like deer in the headlights," said Aguilar. "They are essentially relying on staff to explain things to them and for the governor to solve the larger problem."

Like many candidates running against incumbents, Aguilar and the rest of his slate are betting on the public's appetite for change.

"We need a fresh, clean slate in San Leandro," said Aguilar. "It's time we get people elected who want to work together to move San Leandro forward. It's time to bring back accountability and integrity."

## Thomas: 'Spearhead lobby ordinance'

continued from page 9

Johnson of the Davis Street Family Resource Center was able to have such frequent meetings with Zapata and others at City Hall to promote Davis Street's interests.

"I want to make it clear that no one wants Davis Street to fail in any way; they provide a lot of valuable services to the community, no doubt," said Thomas. "But San Leandro residents need to know who's talking to their council members and staff. Residents need to know that deci-

sions aren't being made in secret conversations."

Thomas says that he'll spearhead a lobbying ordinance in the first months of his second term.

"I've been active in my first

four years and I'm asking for another four years to keep that momentum going," said Thomas.

"I've got the track record and the residents of this city will speak to that."

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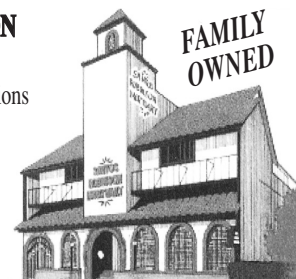
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### Salvatori Giorgio Bartoni

1932 - 2018

Born in San Francisco and was an enthusiastic Boxer and member of the Boxing Club. He served in the Merchant Marines traveling all over the world on tankers. When home he ran his Body Shop. He also ran an Italian Deli & Pizza Parlor with his mom and daughter for seven years.

Sal was a gifted Artist helping Ginger Grow run the Michael Grow Gallery in San Leandro for over 20 years where he had the nickname "Mayor of Pelton Center."

Sal had a large extended family who with his many friends deeply miss him. He passed at home.



## THE TIMES CROSSWORD

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#### ACROSS

- Light touch
- Ducks' home
- Creche trio
- Swelled head
- Acknowledge
- Touch
- Its capital is Gaborone
- Give a darn
- Massive weight
- Mistake in print
- Bouquet component
- Online help page
- CD- \_\_\_\_\_
- Badly lit
- Ancient African kingdom
- Help surreptitiously
- "\_\_\_\_\_ Town"
- Billions of years
- Now
- Off-tattooed word
- Placekicker's pride
- Dylan or Dole
- Potassium source
- Set free
- Can material
- Off base
- Form of food poisoning
- Arp's style
- Storyteller
- Long sandwich
- Watchful one
- Hamburg's river
- Afternoon affair

#### DOWN

- Newcomer to society
- Past
- Reached the nadir, with "out"
- Hocked
- Eggs
- Zilch
- Happy, for one
- Rhesus monkey
- Blind as \_\_\_\_\_
- Mentor
- Thing
- Boar's mate
- Skedaddled
- "Animal House" group
- See 23-Down
- With 22-Down, John Wayne movie
- Silent
- Gregor Mendel, e.g.
- Part of the loop
- Cruising
- Arranged in rows and columns
- Plagiarize
- Kippur
- Ripe
- Sacred text
- Zero
- Put together
- Vacationing
- Protuberance
- Labor
- Bill
- Seek damages
- Biz deg.

ANSWERS ON PAGE 3

### Betty E. Bettencourt

December 20, 1923 - October 8, 2018

Betty E. Bettencourt passed away at the age of 94, in Roseville, California, surrounded by Family on October 8, 2018. Betty was born in Oakland, California on December 20, 1923 and lived in the Bay Area for her whole life.

Betty was happily married for 64 years to Joe Bettencourt, who predeceased her. Betty is survived by her son and daughter in law, Bob and Sharon Bettencourt of Roseville, California. Betty was the proud grandmother of Jonathan Bettencourt who predeceased her and of Jamin and Donna Martinez, of Penryn, California, Gennica and Mike Cochran of Seaside, California and Kaelynn and Cody Thomas of Rocklin, California and the Great-grandmother of Isabella, Riley, Stella and Lilah.

She is survived by many nieces and nephews. She was preceded in death by her parents Bill and Emma Souza, her brother and sisters, William Souza, Irene Sarubbi and Janice Schiller.

Betty was a great wife, stay at home mother and grandmother. She embraced her role in life to the fullest. She and Joe enjoyed travel to many great places. To the very end she maintained her supportive ways and was always trying to help in any way possible. She will be missed by all.

Services will be held on Friday, October 19 at 10 a.m. at St. Leander's Church, 474 W. Estudillo Ave., San Leandro, California with a reception to follow.

The family requests that in lieu of flowers, donations can be made in her name to St. Jude's Children's Hospital, donations can be made at [www.stjude.org](http://www.stjude.org) or by calling 800-805-5856.

Betty enriched us all by her presence among us. She made us laugh at times, smile at times, cry at times, pull out our hair at times but we are all better for having known her.

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## OPINION

## LETTERS to the EDITOR

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

### Says Landlords are the Ones Who Take Away Homes from Renters By Raising Rents and Evictions

Editor:

Corey Anderson's letter ("Claims Rent Control Will Increase Rents, Decrease Availability," *Letters*, Oct. 4) was an alarmist and misleading example of double-speak, asserting that rent control and the candidates that are fighting for it will "take away homes" from renters.

The only people who can take away homes from renters are landlords who raise rents or evict tenants. Rent Control and Just Cause for Eviction are protections against that. San Leandro has neither.

Researchers from UC Berkeley's Haas Institute have concluded:

- Rent control can stabilize rents for existing tenants, improve affordability for tenants in the future, and preserve the existing affordability of housing that may otherwise become unaffordable.

- Rent control is a cost-effective policy with immediate effects: Where most other programs require tremendous financial resources and take a great deal of time, renter protections can be established as a matter of law.

- Claims that rent control has negative effects on development of new housing are generally not supported by research.

- Housing production is needed, but only rent control will provide a near-term solution for renters.\*

\* Haas Institute for a Fair and Inclusive Society, Opening the Door for Rent Control: Toward a Comprehensive Approach to Protecting California's Renters, 2018

Mr. Anderson must be a landlord, a developer, or someone who has naively bought their usual deception: that the best thing for current renters in the Bay Area is to remain vulnerable to eviction-without-cause or in the form of an unaffordable rent-hike whenever a landlord determines s/he can make more money. In any case, I would encourage him to speak with renters, many seniors and people with kids, who've been priced out of San Leandro in the last year because of rising rents or are facing displacement. Try telling them that rent control is the problem.

—Adam Carlebach  
San Leandro

### Calls for 'Immediate Moratorium' On All Rent Increases

Editor:

In the San Leandro Times of Oct. 4 we find an interview with Jeromey Shafer who "supports rent control" and a letter by Corey Anderson who opposes it.

Anderson's letter raises the old worn-out arguments that do not explain why, without rent control in San Leandro, there's still lack of affordable housing and evictions were the norm until the Tenant Relocation Assistance was passed.

However, Anderson makes a good point against a proposal for rent control and here's where Shafer and his "fresh clean slate" come in: Anderson says, more or less, that owners will jack up the rent before rent control is passed. Here lies the fallacy of Shafer and company: The immediate task is to pass a moratorium on all rent increases, or any other

innovation, while the rent control is debated, which could take up to a year or more, as we saw with the Tenant Relocation Assistance.

Shafer is trying to massage his position on the Tenant Relocation Assistance when he and his friends in the Democratic Party were strongly opposed to it.

I can proudly claim to have had a strong role in its passage and, since it was implemented, the mass evictions have stopped in San Leandro and I don't have any information that any kind of evictions have taken place. Landlords don't like to fork out up to \$7,000 for each eviction. Shafer and the "progressive" Democrats play the left field to always join the center after the elections, just like their leader Bernie Sanders did. Sanders went from Socialist Democrat to Independent to Democrat. A hypocrite.

To Shafer and company: We need an immediate moratorium on all rent increases, then debate the rent control ordinance as long as you want. Also a question: If you're for rent control, why didn't you put rent control in the ballot for these elections?

Finally, considering the options in these elections, we the tenants would be better off with Shafer and his slate in the City Council but we'll have to stay alert and involved, while tightening the nuts.

—Leo T. West  
San Leandro

### Says Flat Parcel School Tax Places Disproportionate Burden on Lower Income Residents

Editor:

In 2016, San Leandro voters rejected Measure B. Now the School Board is proposing Measure I — an initiative with similar flaws.

By proposing another flat parcel tax, the school board is once again placing a disproportionate burden on lower income residents rather than asking the owners of larger or more valuable properties to pay their fair share. The exemption for seniors ensures that many San Leandro residents will reap the property value gains of good schools without having to pay for them. Measure B expired after fourteen years. Measure I is permanent.

San Leandro's schools may well need revenue from supplemental taxes, yet the type of policy tool matters here. San Leandro voters should insist on a progressive tax in which all stakeholders contribute to our city's well-being, and vote "no" on Measure I.

—Ben Ball  
San Leandro

### Says Students Deserve Your Support of Measure I

Editor:

I urge you to support San Leandro students and teachers by voting yes on Measure I. If we all do a little, we can make a large impact in the lives of our youth, our schools, and our community.

Ten years ago, San Leandro schools faced some of the deepest financial cuts ever faced. The 2008 financial crisis was the most severe economic downturn since the Great Depression. Parents and concerned community members rallied

in support of your schools and formed the San Leandro Education Foundation. Since then, SLED has raised over \$1.5M to enrich the educational opportunities for San Leandro students: a proud accomplishment for our community.

However, the money SLED raises is a drop in the bucket compared to the money which was generated by the \$39 parcel levy which San Leandro voters approved in 2012. That tax raised \$750,000 annually. Unfortunately, that tax has sunset. Measure I will restore the \$39 parcel tax and provide the financial support our schools desperately need.

While state spending on schools has improved, California ranks 23rd in the nation in per pupil spending. If one adjusts for the cost of living, we drop to 46th. California provides less than half of the resources most other states provide. The parcel tax was an important source of funds to help our schools and our students be the best they can be.

Please join me and the Board of the San Leandro Education Foundation in voting YES on Measure I this November. Our students are our future and deserve our support.

—Christian Rodriguez, President  
San Leandro Education Foundation

### Asks Can We Afford 4 More Years Of Mayor's Fiscal Mismanagement

Editor:

Mayor Pauline Cutter is requesting another four years as mayor to finish what she started so let's review what has transpired under her watch.

In 2014 when she came to power the city was operating in the black and in 2015 the surplus was \$5.3 million, in 2016 it was \$12.3m, in 2017 it was \$4.0m but in 2018 the city started running in the red to the tune of \$4.4 million and in 2019 the expected loss will be \$3.5 million. This annual loss is expected to run well into the future and in 2028 the loss is projected to be \$11 million.

In 2014 the unfunded pension liabilities were \$105 million and in 2018 they had risen to \$188 million and expected to hit \$200 million in 2025. Pauline Cutter is promoting San Leandro as a city "where kindness matters;" this slogan must have come from her 12 years on the school board. It's time to remind her that this city needs to be run as a break-even business and not Romper Room or Mr. Rogers Neighborhood. Can we really afford another four years of her fiscal mismanagement as I see nothing but red in the future due to her kindness.

—Brent Heath  
San Leandro

### Looking Forward to San Leandro's Climate Change Event on Oct. 13

Editor:

San Leandro residents want to know our city is protecting us from climate change. Human-caused climate change is causing more intense heat waves, droughts, more frequent and intense wildfires—some so big and so hot that they create their own weather systems, making them increasingly dangerous and difficult to fight—as well as worsening air quality, more intense periods of rainfall, flood risk, and, of course, sea level rise. An accelerating pace of sea level rise places San Leandro's districts bordering SF Bay at high risk and necessitated the redesign of the Marina redevelopment plan.

I am looking forward to participating in San Leandro's free, commu-

nity event about climate change on Saturday, Oct. 13, from 11 a.m. to 2:30 p.m. at the Senior Center, 13909 E. 14th St. I hope to see many community members there.

I want to acknowledge the efforts already undertaken as part of San Leandro's "Climate Resilience Plan." This plan includes many important steps to reduce our city's emissions that contribute to global warming. And there is so much more our city can do.

For example, San Leandro can stop funding the construction of new fossil fuel pipelines (fossil fuels are the biggest contributor to global temperature rise) by terminating our relationship with Wells Fargo—a leading

investor in pipeline construction. San Leandro took its first step by selling its \$700,000 Wells Fargo investment note.

The next steps would be to begin a competitive bidding process to replace Wells Fargo with a socially and environmentally responsible bank and continued collaboration with residents to develop a comprehensive, socially and environmentally responsible investment portfolio, as other local cities have done. In addition to delivering social, economic and environmental benefits, socially responsible portfolios now provide much higher returns.

—Deborah Hirsh  
San Leandro Climate Advocates

## INQUIRING REPORTER

## The best thing you learned in school?

— Asked downtown

I grew up going to a multi-cultural school. Just learning about different cultures and ethnicities. Racism flows throughout America. To grow up as a young black man, it was good to have white, Chinese, Indian friends. It's been a blessing in my life.

**Andre Blanson**  
Oakland



I learned about friendships. I went to Claremont School in Berkeley. Meeting new friends, some were nice and some weren't. You learn how to pick and choose who you want to be around.

**Kiwi Lachaux**  
San Leandro



Probably math. I'm a retired truck driver and warehouse manager. Math has helped from reading maps to doing inventory control, and working in electronics at the navy base. I got the job because I was in the first computer class they had at Laney. I understood it because I knew math.

**David Apodaca**  
Oakland



I would say social skills are probably the number one thing. You have to get along and be patient with people. Not everybody thinks the same way or has the same perspective. Maybe it's how the teachers guided us or just interacting in class or on the playground.

**Kevin Silveira**  
San Leandro



I'm going shopping right now and my eighth-grade math teacher taught us how to cut up the plastic things on a 6-pack of soda. Because they can get caught around the necks of birds and other wildlife. So I've always done that. I'm still doing it now, 30 years later.

**Kim Carter Martinez**  
Sheffield Village





# Eden: Cassidy says primary goal is keeping St. Rose Hospital open

continued from page 5

Cassidy said he applied for a job as EHD's CEO last summer and became a finalist, but didn't get the position.

"That experience gave me the opportunity to examine the district," said Cassidy. "I may not have gotten that job, but I decided I still wanted to contribute. Principally, I think that the district has lost its focus. It's useful, but not serving the purpose of why it

was created."

Cassidy pledges to have EHD dedicate funding to providing healthcare more directly. He said that selling the district's real estate interests "would be on the table" to do so.

But Eden has said that the rental income from the properties they own would produce more income over the years than a one-time sale.

In 2016, county leaders and

the San Leandro City Council were among those who supported dissolving the EHD and using its funds to support county health care programs. At the time the EHD said that other cities in the county were essentially making a grab for funding that was earmarked for the Eden area.

Cassidy didn't rule out using some of EHD's money to buoy struggling county hospitals, though he said he didn't support

EHD taking over, for example, St. Rose Hospital in Hayward or another hospital directly.

"It is vital that St. Rose remain open for the people of Hayward and also to avoid the negative spillover impact its closure would have on the residents of Castro Valley and San Leandro," said Cassidy. "The district cannot take over the hospital by itself, but the district should work jointly with the city of Hayward and Alameda County and provide funds to keep St. Rose open, just as I worked with the county as Mayor to keep San Leandro Hospital open."

Keeping San Leandro Hospital open was a popular move in town, but ultimately costly for EHD. The complicated process of Sutter Health transferring ownership of that facility to the county resulted in a \$20 million settlement that EHD has been paying Sutter since 2013 in \$2 million annual payments.

Galvan says it's time for EHD to get back in the business of running medical facilities.

"It seems to me that in the past few years, the board has strayed away from its mission, which is providing direct care," said Galvan. "They morphed into a property management company."

As for how EHD would go about getting in the hospital

business again, Galvan said he would work towards creating a joint agreement with any number of local medical providers – San Leandro Hospital, St. Rose, the clinic at the Davis Street Family Resource Center – and partnering with them.

"Maybe (EHD) could divest from some of its properties if necessary," said Galvan. "We could also go back to Sutter and ask for relief from the lawsuit."

Galvan acknowledged that he may have to recuse himself from some of the EHD's discussions regarding Davis Street.

"It may be necessary to re-

cuse myself from some discussions, but on the surface I don't see a conflict of interest," said Galvan.

Cassidy and Galvan are among the eight people running in the ETHD race this November. EHD board incumbents Lester Friedman, Roxanne Lewis, and Tom Lorenzen are seeking reelection. And registered nurse Mariellen Faria, business agent Felix Martinez, and Nick Harvey (the candidate who is running in five difference races this Election Day).

The top three voter getters will be elected to the board.

## SL Artists in Autumn Lights Festival

By Ginny Milo  
Special to the Times

The San Leandro Art Association has been invited to participate at the 7th Annual Autumn Lights Festival in Oakland, a three-day event running from Oct. 18 to 20, from 6 to 11 p.m. each day. The festival will be at the Lakeside Park Garden Center Building, 666 Bellevue Ave., by Lake Merritt.

You can purchase tickets through [www.Eventbrite.com](http://www.Eventbrite.com) or at [www.gardensatlakemerritt.org](http://www.gardensatlakemerritt.org). Tickets purchased online costs \$20 for adults and \$7 for children.

Tickets can also be purchased at the Lakeside Garden Center Building, if they are still available, for \$25 or \$10 for children. This event will sell out so please get your tickets in advance.

Artists from Burning Man volunteer to put up their light sculptures and light projects in the gardens. Autumn Lights is a magical festival of illuminated art by acclaimed Bay Area artists and is a unique Oakland tradition. SLAA is very excited to be a part of a wonderful show.

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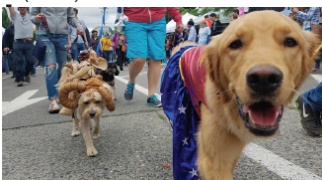
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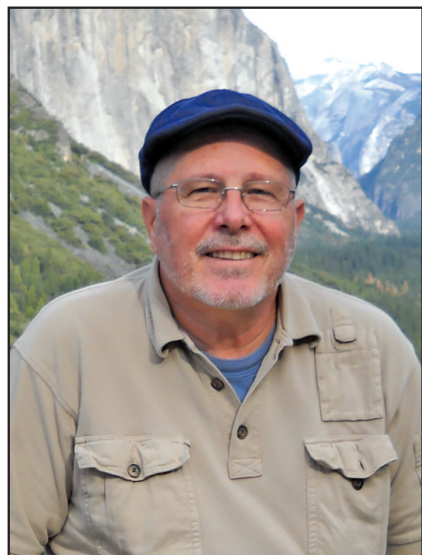


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