



### Holiday Baking

SATISFY YOUR SWEET TOOTH WITH THESE DELECTABLE COOKIE RECIPES ..... 7



### Holidays around the Town

8&9

#### WEEKEND WEATHER


**RAINY** Scattered showers throughout weekend

HIGHS: 55-60


0 10 20 30 40 50 60 70 80 90 100 110

LOWS: 45-50


FRIDAY



SATURDAY



SUNDAY



# San Leandro Times

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

VOL. 28 • NO. 50

THURSDAY, DECEMBER 13, 2013

SAN LEANDRO • CALIFORNIA



PHOTOS BY JIM KNOWLES

## SL Turns Out for a Wonderful Night

Downtown San Leandro celebrated the holidays with the annual “It’s a Wonderful Night” festival last Friday night with a tree-lighting by Mayor Cutter, the City Council and other civic leaders, followed by music and activities

including carriage rides, as the Shapiro family is seen here. Below, the San Leandro High jazz band plays and Terri Zugnoni came to see the tree lighting with her Labrador, Jackson.



## City’s Cell Tower Deal May Be Limited by FCC

By Amy Sylvestri  
San Leandro Times

The City Council continued to promote technology in San Leandro with a vote last week to approve a unique plan to install small cell boosters on city utility poles.

The City Council’s decision comes just weeks before a new federal rule goes into effect that will limit the amount of money cities could collect from cellular providers.

The city has entered into an agreement with ExteNet Systems

to install “small cell” devices on streetlights and other poles which boost bandwidth, according to Tony Batalla, the city’s information technology manager.

As mobile usage continues to grow, more bandwidth is required, and cellular providers

want to install these devices on streetlights to supplement the larger cell towers.

The small cells are closely spaced, so streetlights are ideal, Batalla said. Coverage is limited to around 300 to 500 feet, so it would

see CELL, page 8

## Mental Health Workers Picket Kaiser Hospital

Kaiser disputes claim that mental health care is understaffed

By Amy Sylvestri  
San Leandro Times

Hundreds of therapists, nurses, and other mental health care workers protested outside Kaiser hospitals all over California this week, including the San Leandro Medical Center on Wednesday morning.

The picket was designed to call attention to what they say is a critical shortage of mental health care staff at Kaiser facilities. But Kaiser officials say the employees just want more money and are putting mental health patients at risk by leaving work.

“Mental health is in crisis, not just at Kaiser, but all over the country,” said Michelle Oyarzo, a nurse at the Kaiser San Leandro Medical Center who was out picketing. “San Leandro is one of the newer Kaiser facilities and it’s always a big concern to us when patients don’t have access to care. We recently got a new nurses’ contract that we are all happy with, but nurses are out here to support mental health workers and patients because that is a special population.”

The National Union of Healthcare Workers (NUHW) organized the picket, demanding that Kaiser hire over 100 new mental health care clinicians statewide to ease a workload they say has become unreasonable. The union also wants a contract with the same pensions and ben-

efits as other Kaiser employees.

Therapist Rascel Perry said that some patients suffering from depression and other mental health issues are being forced

see KAISER, page 9

## County OKs Plan to Assist the Homeless

By Amy Sylvestri  
San Leandro Times

Last week the Alameda County Board of Supervisors approved a 3-year “homelessness action plan” for the unincorporated area, including San Lorenzo, Cherryland, Ashland, and Castro Valley.

The plan would include: dedicated parking sites for people living in their cars, tiny homes, a mobile hygiene unit, two winter shelters, a downtown street litter team, and more.

The \$10.5 million plan begins in January on services for the estimated 440 homeless people living in the unincorporated area, said Chris Bazar, director of the

see HOMELESS, page 14

### INSIDE YOUR TIMES

#### ART

Photog travels to the land of the eagle hunters. **Page 2**

#### NEWS

Man gets stuck in heating duct. **Page 3**

#### HOMES

Keep Christmas tree lights safe, avoid a fire. **Page 10**

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## Photographer Finds Vanishing Cultures off The Beaten Path in Asia

PhotoCentral, 1099 E St. in Hayward, presents the "Cultures in Transition: Photographs by Oliver Klink" from Dec. 15 through Feb. 15 with a reception on Saturday, Dec. 15, from 2 to 5 p.m.

The exhibit and book celebrate cultures in Asia including Bhutan, Myanmar, China, Mongolia, and India, and include essays as well as stories about the images by the photographer.

Klink will sign books at the reception on Saturday, and at 2:30 p.m. there will be a cultural event featuring Mongolian music, food, traditional dances and costumes with special guests from the Mongolian Community Association of Bay Area, and the Consulate of Mongolia in San Francisco.

Klink made his first trip to Asia in 2001, and with each visit his trips became more rustic and farther away from the mainstream tourist locations. He said he wasn't sure he was on the right track, but received encouragement from mentor and fellow photographer Geir Jordahl.

At first, his pictures weren't stellar, but he felt he was onto something, he says on his website. With each trip he grew and learned to shed the "tourist goggles," and get to know the people, "their joys and struggles, their fears and hopes for an uncertain future."

"You must learn to shed any preconceived notions and leave visual clichés behind. Instead,



"Eagle Release" and other photos by Oliver Klink will be on exhibit at PhotoCentral in Hayward with a reception on Saturday.



"Eagle Hunter" by Oliver Klink and (at right) "Summer Camp."

point your lens into more unexpected, authentic corners," he said.

Klink understood that people in remote villages would be reluctant to trust a photographer coming into their world, but he was patient and took the time to get to know people. He said he grew as a photographer – from just an image as mere documentary to telling a story. And he left people with a gift of photos of their community.

"This was a project built on connections, relentless guides, and smoking countless packs of unfiltered cigarettes with the locals," Klink said. "We were invited to their homes, festivals,



birthdays, weddings, and even funerals. Over hot meals and strong drinks, the air was full of laughter and genuine emotion. Their spirits truly came out and enabled me to capture something pure, tender, and vulnerable. For that, I am incredibly thankful."

# The No Guesses Way to Eliminate Back Pain and Sciatica

**IF YOU suffer from low back pain and/or sciatica, you are one of over 20 million adults in the US with this painful spinal condition... And it can really get you down.**

Shooting, stabbing and burning pains from the low back, sometimes with additional pain and numbness and tingling through the buttock, leg all the way down to the tip of the toes are all some of the most common symptoms.

In severe cases, it can lead to muscle wasting and even significant disability. If not taken care of properly it can become progressively more common and worse as time goes on. Even if it goes away temporarily from time to time.

Despite being a common problem it's difficult to get rid of because most health care providers don't have access to the right diagnostic technology or don't understand how to diagnose it correctly when they do.

**But you can get help...**

Recent advances in the diagnosis and treatment of sciatica and lower back pain have led to the development and huge success of Kinetically Analyzed Digital X-Ray.

In Pleasanton, you can get an accurate diagnosis with Kinetically Analyzed Digital X-Ray at Intero Chiropractic where there is a team that have helped hundreds of patients find relief from their back pain and sciatica.

According to the team, "We use a combination of carefully selected diagnostic technology, not found elsewhere in Pleasanton, for precisely diagnosing the cause of your low back pain and sciatica. The technology has been developed to measure the functional problem leading to the pain a person is suffering, it is more accurate than the usual tests you would get. We also have a completely unique program for reconstructing the damaged area

causing the pain; this means superior long-term results for most people."

And because the treatment is non-surgical, safe and easy, most patients report relief beginning to take shape almost immediately.

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

The team at InteroChiropracticwants to help readers find relief from their persistent back and sciatic pain.



**Superior Diagnostics - Kinetically Analyzed Digital X-Ray:** This is a non-invasive, painless and safe diagnostic method which visualizes functional abnormalities causing back pain and sciatica where they happen. It is used effectively in the diagnosis of numerous diseases and in the evaluation of the best treatment method for corrective reparation of the underlying problem.

All you have to do to receive a thorough diagnostic examination with Kinetically Analyzed Digital X-Ray and a comprehensive easy to understand report on your state of health is call (925) 255-5805.

**Mention this article (CODE: LOS53SCID6kadxr4) and Intero will happily reduce their usual consultation fee of \$100 to just \$20. But hurry – this is a time limited offer – and with only 100 reader consultations available at this**

**exclusively discounted rate.**

My advice, don't suffer a moment longer... Get the answers you need with Kinetically Analyzed Digital X-Ray, book a consultation with the Intero 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 accurately diagnosed hundreds of patients with back problems and sciatica. The vast majority of them have enjoyed

superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

**Call them now and get Kinetically Analyzed Digital X-Ray to pinpoint the cause of your problem for just \$20, the normal cost of such an exam is \$100 so you will save \$80!**

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

**1.First:** Call (925) 255- 5805

**2. Next:** Snip out this article and keep it in a safe place

**3. Then:** Bring this article on your appointment day(to claim your special discount) and you'll be on your way to safe, lasting relief! Don't delay your important diagnosis and treatment another moment!

You can even call on the weekend and leave a message to secure your spot as they promise to return your call; and during the week, if the line is busy when you call, do leave a message for a returned call straight away.

You can imagine they can't help everyone at this reduced price, so please call today to secure your special opportunity - and start claiming your life back too!

**Call (925) 255-5805 NOW and leave a message if it's the weekend or the line is busy - they promise they will get back to you as soon as they can. Call (925) 255- 5805 now and quote this special discount code: LOS53SCID6kadxr4**



# POLICE & FIRE

## Stuck In the Duct

A man was found trapped in the ductwork of a Chinese restaurant in San Lorenzo Wednesday morning and had to be extracted by rescue workers.

The Alameda County Fire Department received a call to 754 Bockman Road at around 9:30 a.m. and when they arrived, they heard moans coming from inside the building. A person told firefighters that he was stuck in the duct above the hood of the stove.

It took about 30 minutes to free the man, whose identity has not yet been released. He told rescuers that he had been stuck in the duct system for two days.

He was taken to the hospital for evaluation. It's not known why he was in the duct system, but the Alameda County Sheriff's Office and county health and building divisions were called to the scene as part of the investigation.



## Former SLPD Chief Settles One Misconduct Suit, Others Pending

A lawsuit against former San Leandro police chief Sandra Spagnoli was settled for \$2.3 million earlier this month.

Spagnoli, now chief of the Beverly Hills police department, was sued by a captain in that department who accused her of harassment and workplace misconduct, according to the *Los Angeles Times*.

Spagnoli told that paper she was a victim of a department that is resistant to change and is being retaliated against.

"When you implement change, you create some waves within an organization, which is what has happened here," Spagnoli said.

In the suit, Capt. Mark Rosen, who is Jewish, accused Spagnoli, 50, of denying him promotions because of his religion. He also alleged that Spagnoli made jokes about yarmulkes.

The *L.A. Times* reports that during a City Council meeting last July, a dozen protesters disrupted the meeting with a sign comparing Spagnoli to Hitler.

Rosen's suit has been settled, but he is not Spagnoli's only accuser inside the Beverly Hills

police department.

The city's human resources director confirmed to the *L.A. Times* that at least 20 other complaints have been made against Spagnoli since she joined the Beverly Hills police in 2016 as that city's first female chief. At least 10 civil suits have been filed against Spagnoli.

The city recently hired public relations specialist Michael Sitrich to handle the wave of bad publicity. Sitrich has guided people like Harvey Weinstein and Paris Hilton through their bad press.

According to the *L.A. Times*, the other allegations range from Spagnoli asking whether she "had to dress Mexican" when invited to a meal at a Latino employee's home to acting revolted when discovering another employee was gay.

The *L.A. Times* says another court document contains an allegation that Spagnoli had sex with subordinate officers who later received promotions.

In another lawsuit which is ongoing, Spagnoli was accused by civilian police business manager Tania Schwartz of taking



Spagnoli

away merit pay after Schwartz warned Spagnoli about irresponsible use of public money.

Other plaintiffs have accused Spagnoli of using insensitive language about African-Americans, lesbians, and Catholics.

Spagnoli has denied the sexual allegations and denied being racist but did not deny saying the specific comments, the *L.A. Times* reported.

Spagnoli's police career has spanned over 25 years, including five as top cop in San Leandro. She also previously served as chief in Benicia.

## PG&E Offers Rainy Season Advice

As rain heads to the Bay Area this weekend, Pacific Gas and Electric urges its customers and their families to stay safe with these storm safety tips:

### Two Men Who Died in November Incidents ID'd

Two men who died recently in unrelated incidents have had their identities released by the Alameda County Coroners' Bureau.

The man who died in a house fire in San Lorenzo on Thanksgiving Day has been identified as Carvel Rankin III, 30, a resident of San Lorenzo. The cause of the fire remains under investigation, according to the Alameda County Fire Department.

The man whose body was found floating in the San Leandro Marina on Nov. 26 has been identified as Jinseong Ahn, 40, residence unknown. An investigation into Ahn's death is ongoing, police said.

- If you see a downed power line, assume it is energized and extremely dangerous. Do not touch or try to move it—and keep yourself and others away. If you see damaged power lines or electrical equipment, call 911 immediately and then notify PG&E at 1-800-743-5002.

- During a power outage, use battery-operated flashlights, and not candles, due to the risk of fire.

- Customers with generators should make sure they are properly installed by a licensed electrician in a well-ventilated area.

- If you experience an outage, turn off all electrical appliances to avoid overloading circuits when power is restored. Leave a single lamp on to alert you when power returns.

Visit [www.pge.com/storm-safety](http://www.pge.com/storm-safety) for more information.

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## NEIGHBORS



PHOTO BY JIM KNOWLES

## Tight Squeeze

A limousine driver was having just a little trouble fitting into a parking space downtown recently. He eventually decided to try another spot.

## ARTS &amp; ENTERTAINMENT

## ❖ Chanticleers Theatre

*An Applachian Christmas*, an original play by Bay Area native Scott Dana Fryer, will be presented by Chanticleers Theatre, 3683 Quail Ave. in Castro Valley, through Dec. 16. Against the backdrop of the Smoky Mountains during the Great Depression, a young boy living with his spinster aunts discovers riches of the season that can't be purchased. This heartwarming play features live bluegrass and

old-time music from young Bay Area musicians. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. For tickets (\$25 adults, \$20 seniors/students) visit [www.chanticleers.org](http://www.chanticleers.org) or [www.masquers.org](http://www.masquers.org)

## ❖ SL Center for the Performing Arts

Brian Copeland returns to the San Leandro Performing Arts Center with another in his series of all-star stand-up comedy concerts on

New Year's Eve, Monday, Dec. 31, at the San Leandro Center for the Performing Arts, 2250 Bancroft Ave. in San Leandro. Some of the Bay Area's best comedians are coming, including Sandy Stec, Chicago Steve Barkley, Joe Klocek, and more. Advance sale tickets are \$65, tickets at the door are \$70. Student prices are \$18 advance, and \$20 at the door. To order tickets, visit [brownpapertickets.com](http://brownpapertickets.com) All Star Stand Up Comedy Concerts.

## COMMUNITY CALENDAR

## ❖ SL Adult School Open House

San Leandro Adult School, 1448 Williams St., will host an open house on Thursday, Dec. 13, at 6 p.m. Explore certificated training programs: accounting technician, administrative assistant, barbering and cosmetology, nurse assistant, home health aide, homecare worker, optometric technician, pharmacy tech and clinical medical assistant. For more information, call 667-6250 or visit [www.sanleandroadultschool.org](http://www.sanleandroadultschool.org).

## ❖ San Leandro Annual Holiday Market

The City of San Leandro will host the annual Holiday Market on Friday, Dec. 14, from 10 a.m. to 2 p.m. at the San Leandro Senior Community Center, 15309 East 14th St., where over 40 vendors will be present. Items for sale include handcrafted paper rafts, jewelry, ceramics, mosaic tiles, as well as vintage goods and collectibles, skin care products, and more.

## ❖ Sons of Norway Holiday Festival

Sons of Norway Snorre Lodge 6-61 will host a holiday festival on Friday, Dec. 14, starting at 5 p.m. and continuing through the evening at 1808 B St. in Hayward. The event will include a bazaar, ornament exchange, Christmas drawing, toy drive, and membership drive for members and the community. Those participating can bring a new toy for the toy drive and a wrapped ornament for the exchange. A meatball supper will also be included for a requested donation of \$20 for non members. For more information, email [aja469@hotmail.com](mailto:aja469@hotmail.com) or call president, Aunda Arndt at 925-548-0292.

## ❖ PhotoCentral Gallery Exhibit

Cultures in Transition: Photos by Oliver Klink, will be on exhibit from Dec. 15 to Feb. 15 in the PhotoCentral Gallery, at the HARD District Offices, 1099 E St. in Hayward. A free reception will be held from 2 to 5 p.m. on Dec. 15, featuring a book signing with Oliver Klink and cultural performances by the Mongolian Community Association of the Bay Area. For more information, call 881-6721 or email [info@photocentral.org](mailto:info@photocentral.org).

## ❖ Holiday Story Time at Bayfair

Bayfair Center invites children and their families to enjoy a holiday story told by Muriel, an early childhood educator for 20 years and a master storyteller who presents stories in a warm and passionate way that captivates audiences of all ages. Muriel will deliver a free holiday story time presentations at Bayfair Center on Tuesday, Dec. 18, from 11 a.m. to noon.

## ❖ SL Democratic Club's Christmas Party

The San Leandro Democratic Club's Christmas Party will be a pot luck on Thursday, Dec. 20, at 6:30 p.m. at the San Leandro Main Library, 300 Estudillo Ave. The San Leandro Democratic Club will be serving a homeless dinner on Saturday, Jan. 9, at the Warming Shelter at the First United Methodist Church, 1600 Bancroft Ave. in San Leandro. So the club is collecting care packages for the homeless. Set-up time is 3:30 p.m. and the dinner will be at 5:30 p.m. Care package donations can be brought to the dinner of personal items such as toothbrushes, socks, deodorant combs, throw blankets, snacks, etc.

## ❖ Caroling, Cookies, and Cocoa

A free drop-by event put on by the San Leandro Church of Christ, 601 MacArthur Blvd. in San Leandro will be on Saturday, Dec. 22, from 5

to 7:30 p.m. The gathering will be in front of the church building on the corner of MacArthur Blvd. and Lewis Avenue. Stop by to munch on homemade cookies and sip hot chocolate while joining in on singing a carol or two. Invite a friend.

## ❖ Christmas at Badarikashrama

Celebrate Christmas in the serene atmosphere of Badarikashrama with a Christmas concert and international vegetarian dinner on Tuesday, Dec. 25, at 3 p.m. with music, vegetarian dinner, Indian cuisine and other dishes. Free and open to all. Reservations suggested. For more information, call 278-2444.

## ❖ Bayfair Center Red Cross Blood Drive

Bayfair Center, 15555 East 14th St. in San Leandro, invites the public to help save lives during its Red Cross blood drive on Thursday, Dec. 27, from noon to 6 p.m. in the lower level, Suite 312. Blood donors will receive a free long-sleeve Red Cross t-shirt while supplies last. Appointments are required. To schedule an appointment, visit [www.redcrossblood.org](http://www.redcrossblood.org) and enter sponsor code "Bayfair" or call 1-800-RED-CROSS (1-800-733-2767). Potential donors with questions about their eligibility to donate blood should call 1-866-236-3276 before scheduling an appointment. Identification is required to donate.

## ❖ SL Holiday Lights Recycling Program

The City of San Leandro Recycling Program is hosting its third annual free holiday lights recycling program through Jan. 11. Holiday lights, working or not, are being accepted Monday through Friday, from 7 a.m. to 3:30 p.m. at the Public Works Service Center, 14200 Chapman Road. Collection bins are in the lobby. The event is open to San Leandro residents only. Lights should be free of all bags, binding and packaging. Extension cords, compact fluorescent lamps (CFLs), pre-lit trees, wreaths and garland are not accepted.

## ❖ SL Boys &amp; Girls Club's Annual Crab Feed

The San Leandro Boys & Girls Club's annual crab feed will be on Saturday, Jan. 12, at the club's facility at 401 Marina Blvd. in San Leandro. Social hour begins at 6 p.m. with dinner served at 7 p.m. Tickets are \$50 per person, which includes all-you-can-eat crab, pasta, salad and French bread. The event is "Assigned Seating Only" and always sells out, so purchase your tickets early. For tickets or more information, call Bob Glotch at the Boys & Girls Club at 483-5581 between 9 a.m. and 5 p.m. Proceeds support the San Leandro Boys & Girls Club, which provides educational and enrichment after-school programs for 1,200 children per day at 12 sites in San Leandro and San Lorenzo.

## ❖ Kiwanis Club Annual Crab Feed

The Kiwanis Club of San Leandro presents its 15th Annual Crab Feed on Saturday, Jan. 19, at the San Leandro Boys & Girls Club, 401 Marina Blvd. Social hour starts at 5:30 p.m. and dinner begins at 6:30 p.m. with dancing and live music by Chico and the Band from 7:30 to 10 p.m. All you can eat salad, garlic bread, pasta and crab. Tickets are \$50, or \$20 for children 10 and under. All seats are reserved. Call early to reserve group seating. Tickets available from San Leandro Kiwanis Club members, or call Terri Neumann at 895-4425.

Calendar items should be submitted at least one week prior to the desired edition of the Times, which is published Thursdays. Space limitations require we print items of the most general interest. Only Non-Profit Organizations should submit calendar items.

## HOROSCOPE by Salomé

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**ARIES (March 21 to April 19)** The arts are a strong part of the Arian aspect, with music becoming more dominant. An important decision looms as a longtime relationship takes an unexpected turn.



**TAURUS (April 20 to May 20)** Surrounding yourself with beautiful things helps restore the Taurean soul. Enjoy an art exhibit, for example. Or redecorate your personal space with something truly splendid.



**GEMINI (May 21 to June 20)** Some colleagues might try to talk you out of what they insist is a risk, but which you consider an opportunity. As usual, follow your own good sense when making your decision.



**CANCER (June 21 to July 22)** A workplace change you might have worried about soon proves to be highly favorable for the clever Crab who is ready to take advantage of new opportunities opening up.



**LEO (July 23 to August 22)** Congratulations. Your Leonine pride is polished to a dazzling new brilliance thanks to your success in winning support for your new project from even the most doubtful of detractors.



**VIRGO (August 23 to September 22)** An unsettling rumor about a colleague's apparently regrettable behavior is soon proved groundless, allowing you to enjoy the upcoming end-of-year festivities in a happy mood.



**LIBRA (September 23 to October 22)** Your success in helping to create a harmonious environment out of a chaotic situation earns you the admiration of someone who could become an important new presence in your life.



**SCORPIO (October 23 to November 21)** Your Scorpion's sense of loyalty could find you leading a passionate defense of a loved one you feel is being unfairly treated. The week's end brings long-awaited family news.



**SAGITTARIUS (November 22 to December 21)** Your keen instincts are once more on high alert as you find yourself being pressured to make a quick decision about a certain matter. More facts come to light by week's end.



**CAPRICORN (December 22 to January 19)** An unexpected workplace development could disrupt some family plans. A full explanation, however, averts domestic discord. A financial matter continues to need attention.



**AQUARIUS (January 20 to February 18)** Spend time away from distractions to reassess some recent moves that might not have worked out as you had hoped. What you learn could be invaluable for future decision-making.



**PISCES (February 19 to March 20)** A recent act of kindness is a reminder of how important your friends are to you. You might want to show your appreciation by hosting a special pre-New Year's party just for them.

## READ &amp; RECYCLE!



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# AUTOMOTIVE

## Get the Volt While You Can

By Steve Schaefer  
San Leandro Times

**D**uring the week I was testing the 2019 Chevrolet Volt plug-in hybrid, GM announced that it will close the Detroit-Hamtramck plant where it's built next Spring. That's unwelcome holiday news for the plant workers but reflects business reality—the Volt has never been a big seller. GM has promised to double its investment in the all-electric vehicles it will introduce in the next decade.

The Volt is a compact hatchback that looks like a sedan, which puts it at a disadvantage in the American car market where crossovers are becoming king. Now in the fourth year of its second generation, the Volt, despite its high-tech powertrain, is the latest in GM's long history of compacts, from the Corvair to the Cobalt.

Electric vehicles entered the automotive marketplace at the beginning of this decade, when

Nissan's all-electric LEAF and GM's first-generation Volt arrived with big fanfare. While the LEAF jumped into the EV market with both feet, the Volt was a calculated compromise. Based on research that said that most car owners don't drive more than about 40 miles a day, GM provided the Volt with a compact battery pack and included a small gasoline engine as a range extender.

Unlike a traditional hybrid, the car was essentially an all-electric powered car, but when it ran out of juice, the small engine kicked in to charge the battery, not to drive the wheels. You could use this arrangement to go hundreds of miles, so the range anxiety of the LEAF's 73-mile range was not a factor.

My test Pacific Blue Metallic Volt proved their point. My 18-mile-each-way commute was easily handled, using the ChargePoint Level 2 (240-volt) chargers at work and household current at home overnight. I didn't take any long weekend trips, so during my week-long

test I used exactly zero gasoline. Chevrolet claims that "on average, new owners of the Volt travel 1,100 miles between fill-ups with regular charging (based on 2016-2018 model-year owners.)"

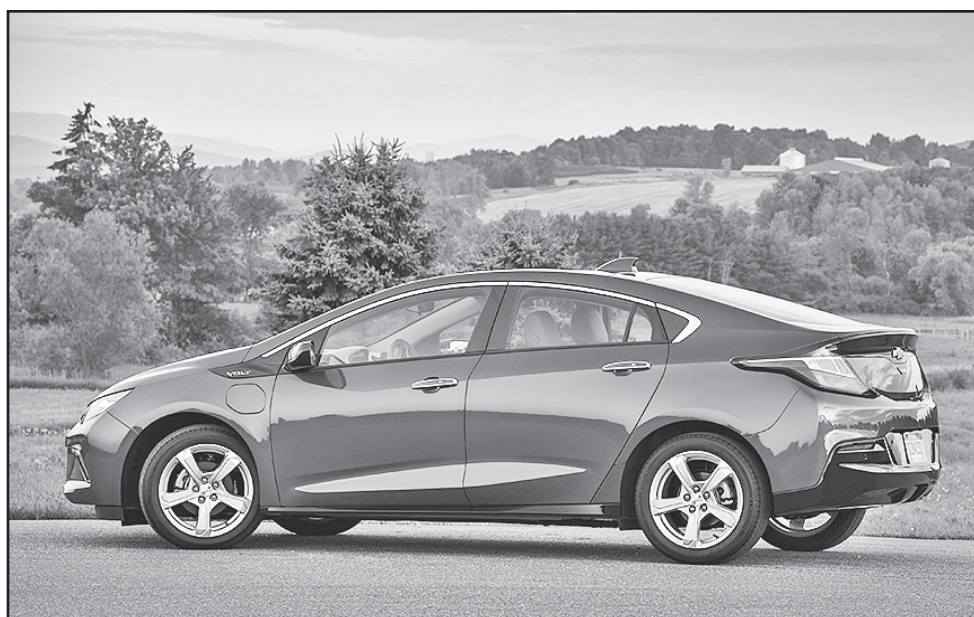
The Volt comes in two levels—LT and Premier. My Premier tester had the upgraded features you'd expect and felt much plusher than the first-generation car. The swirls of matte-finish plastic and tasteful chrome accents convey motion and excitement, while the colorful dash panels provide all the information you need to monitor your driving.

First-gen Volts charged on Level 2 at 3.6 kW per hour, but for 2019, only the LT soldiers on with that, while the Premier gets a 7.2-kW system that cuts charging a drained battery from 4.5 to 2.25 hours. Charging at home on 120-volt current, using the supplied cord, takes around 13 hours—approximately overnight—depending on ambient temperature.

The Volt is a hatchback, so you can fit plenty in the cargo area, but rear seat accommodations are not overly generous. The Volt is lower and smaller inside than its all-electric Bolt EV sibling, even though it stretches longer nose to tail.

The Volt's motor provides 149 horsepower and 294 lb.-ft. of torque in a 3,549-pound car. While no racer, it's not a slug, either, and goes about its business silently, except for a high-tech whine at low speeds to warn oblivious pedestrians.

EPA range numbers are 53 miles for electric only and 420



**Pedestrian Safety Signal** alert system now uses front and rear speakers to provide audible alerts when operating at slow speeds.

miles total with a full battery and gas tank. Fuel economy stats are 106 MPGe for electric only and 42 mpg for gasoline only (combined city and highway). EPA Green scores are a perfect 10 for Greenhouse Gas but a 5 for Smog.

You can extend your range by selecting Eco for the climate system instead of Max. You can also increase the car's electric regeneration by setting the transmission to "L," as in the Bolt EV. This enables one-pedal driving, where pressing on the accelerator moves you forward and lifting your foot slows you down. With the lever in "D" the transmission behaves like a normal automatic. You can also use the left steering wheel paddle to add regeneration regardless of the L or D setting.

The LT starts at \$34,395 and the Premier at \$38,995 (both prices include shipping). My test car included the optional Driv-

er Confidence Package (\$990) with Lane Keep Assist, Forward Automatic Braking, and other safety features. It also came with Adaptive Cruise Control – Advanced (\$595), which lets you set a following distance and use Forward Automatic Braking.

My tester's price came to \$40,580, including shipping. Some state and federal rebates

and tax credits apply, which can lower the purchase price by as much as \$10,000.

If you can drive less than 50 miles a day and charge regularly, the Volt is a great choice for all-electric driving, with the option to take off wherever you want using the gasoline range extender. If you want one, go grab it now.



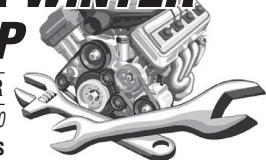
The new Chevrolet Infotainment 3 system with an 8-inch-diagonal color touchscreen incorporates a new, Volt-exclusive Energy App.

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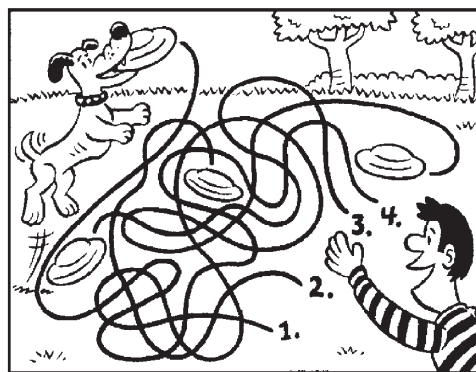
BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Jewelry rack is missing. 2. List is shorter. 3. Feathers are missing. 4. Pendant is missing. 5. Sign is different. 6. Sign is different.



**DOGGIE DEXTERITY!** Can you guess on which of the four tosses Rover caught the Frisbee?

Answer: Toss 4.

**DOODLE-WORDS!** The items pictured here can represent a saying or a thing. See if you can figure them out.

Answers: 1. Upper crust. 2. Square meal. 3. Home on the range.

**WHAT'S ON TODAY'S SCHEDULE?** Below are two puzzle grids for you to fill in. Hints are given for each word. The words in Grid B contain the same letters as the corresponding words in Grid A.

- Crude painting.
- A folded meal.
- Stakes in card games.
- Body of water.

GRID A			
D			
A			
	T		
		E	

GRID B			
B			
O			
	O		
		K	

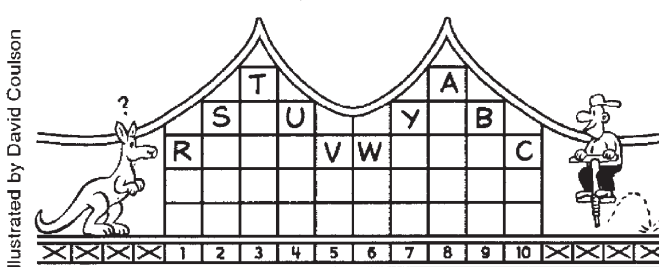
- Computer unit of speed.
- A cold fighter.
- To find in a crowd.
- A breach of secrecy.

Answers: 1. Daub-daub. 2. Taco-coat. 3. Pops-spot. 4. Lake-leak.

### Junior Whirl

by Charles Barry Townsend

A WORD BRIDGE!



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

- Used to pump oil.
- Worn about the waist.
- A seashore treat.
- A military group.
- By way of.
- A humorous person.
- Holiday veggies.
- A building material.
- A healing salve or oil.
- An eccentric wheel.

Answers: 1. Rig. 2. Sash. 3. Taffy. 4. Unit. 5. Via. 6. Wag. 7. Yams. 8. Adobe. 9. Balm. 10. Cam.



# HEALTH & FITNESS

## Another Restless Night?

By Dr. Shab Krish  
SPECIAL TO THE TIMES

Millions of Americans toss and turn much of the night, unable to fall asleep – or to stay asleep once they finally do drift off.

Maybe it's worry about bills. Or, it might even be a sleep disorder keeping them awake when they should be snoozing soundly.

Whatever the reason, more than one-third of American adults don't get enough sleep on a regular basis, according to the Centers for Disease Control.

Without proper sleep, you could be drowsy at work the next day, unable to properly perform your job and irritable with everyone around you.

And that's not all. Lack of sleep can leave you fatigued and with a weakened immune system, which could make you more susceptible to infections. It can also decrease your mental acuity, disrupt natural hormone levels, and lead to a variety of other significant health problems.

Here are some suggestions for those who find themselves still grumpy and exhausted when morning arrives:

**Set your clock to remind you bedtime is approaching.** You probably already set your clock so that you wake up when you need to in the morning. But what about setting an alarm for 30 minutes before bedtime. That will be a reminder that you need to shut off your electronic devices and start to unwind. Strive to go to bed at the same time every night.

**Set the mood.** Your bedroom should be an oasis. It's a good



**LACK OF SLEEP:** Without proper sleep, you could be drowsy at work the next day, unable to properly perform your job and irritable with everyone around you.

idea to have dark shades covering all windows. Set the temperature between 68 degrees and 72 degrees.

**Follow rituals.** Establish nightly bedtime rituals, such as taking a warm bath, listening to relaxing music, or reading. Getting into a nightly routine will tell your brain that it's time to start relaxing and preparing for sleep.

**Use your bed only as a bed.** People lead busy, stress-filled lives, and sometimes they take their work to bed right along with them, determined to answer one last email or finish that report before they turn out the light. Doing work or other stressful activities while in bed can make it difficult for your brain to relax when it's time to sleep.

**Go into a different room to finish that work.** That way when your body hits the mattress, your

brain knows it can start to relax.

**Rule out a sleep disorder.** Experiencing trouble falling asleep, waking up regularly during the night, and snoring are a few of the indications that you might have a sleep disorder, such as sleep apnea. When you wake up in the morning you should feel refreshed. If you don't, that might be an indicator of a more serious problem and you should consider talking to a medical professional.

**Exercise also can help.** Regular exercise is not only good for your body and overall health, it's also good for your sleep. A solid 30 minutes of daily exercise can make a huge difference in your quality of sleep.

*Dr. Shab Krish is director of TMJ & Sleep Therapy Centre of North Texas and the author of "Restore Your Rest: Solutions for TMJ and Sleep Disorders."*

## Make the Most of Your Health Plan

By Rebecca Madsen  
SPECIAL TO THE TIMES

Many California residents are making year-end plans to travel and celebrate with friends and family. Yet there is one year-end plan that is often overlooked: taking steps to make the most of your health benefits.

Doing so could help improve your health and save you money.

Here are five tips to consider before the end of the year:

1. **Get Ahead of Health Issues:** People with employer-sponsored, individual, Medicare and Medicaid plans have access to a slew of preventive services that can help detect diseases and encourage well-being.

Take advantage of the various health screenings – such as blood pressure and cholesterol – and timely vaccines, such as the flu shots. Check with your health plan as many eligible preventive services are available at no additional cost, as long they are delivered by care providers in your plan's network.

2. **Delay Non-Emergency Services:** A growing number of consumers are choosing health plans with higher deductibles; in fact, nearly 45 percent of Americans are enrolled in such plans, according to the Centers for Disease Control & Prevention.

If this applies to you, check if you have reached or exceeded your deductible, which is the amount you have to pay before insurance kicks in. If not, it may make sense to delay non-emergency services, such as a joint replacement, until 2019.

The cost for those services would then apply to your 2019 deductible and out-of-pocket maximum, increasing the likelihood that your health plan

would pay for more of your medical expenses for the remainder of the year.

3. **Schedule Recommended Health Services:** If you have already reached your deductible, the opposite is true. Check with your health care professional to schedule recommended medical services, as those will likely be covered (all or in part) by your health plan.

If possible, tell your health care professional that you've reached your deductible and out-of-pocket maximum, and see if there's any needed follow-up care that can be arranged before the end of the year.

4. **Understand Your Spending Accounts:** Many people have spending accounts with funds earmarked for health care services.

Health savings accounts (HSAs) offer tax-advantages, and the money can roll over from year to year. If you contribute money to your HSA before year-end, you can help pay for qualified medical services in

2019 or even later while lowering your taxable income for 2018.

On the other hand, flexible spending accounts (FSAs) require the money be spent before the year ends, and unused balances are not rolled over into the next calendar year. So if you have funds left in your FSA and you need to order contact lenses, schedule a dental cleaning or refill prescriptions, for example, now's the time to do that.

5. **Prepare to Use Your 2019 Benefits:** Check with your employer's HR department to determine what well-being incentives or other resources might be available when 2019 starts. Nearly 75 percent of employers offer well-being programs, with an average incentive of \$742 annually. By finding out now what incentives are available to you, you can help prepare yourself to start earning all or some of those rewards starting New Year's Day.

*Rebecca Madsen is chief consumer officer of UnitedHealthcare.*

## Frosty Weather Increases The Risk of CO Poisoning

During these colder winter months, fuel-burning heat sources increase the risk of carbon monoxide (CO) poisoning.

While these devices provide comfort from the cold, thorough precautions are needed to protect against this silent killer.

CO is a colorless and odorless gas whose symptoms mimic those of the flu. Each year, CO poisoning is the cause of 450 deaths due to accidental exposure.

First Alert recommends the following tips for staying safe and warm this winter:

- Have fuel-burning appliances inspected regularly: Arrange for an annual, professional inspection of furnaces, stoves, fireplaces, clothes dryers and water heaters to detect any CO leaks.

- Never use portable generators indoors: In the case of a power outage, portable

electric generators must be used outside and at least 10 feet away from the home. Never use them inside, in a garage or in any confined area where CO can collect.

Additionally, homeowners should refrain from using charcoal grills, camp stoves and other similar devices indoors.

- Install/test CO alarms, the only way to detect this poisonous gas. Alarms should be installed on every level of the home and near each sleeping area for maximum protection. Newer alarms have a sealed battery that provides up to 10 years of protection. Regardless of the battery life, CO alarms should be tested monthly.

- Be aware of the garage: Never leave a running car inside a garage, even if the door is open. CO emitted from the car will not only fill the garage, but will seep into the home.



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# Cell: Questions still remain about cell tower transmitter radiation

continued from front page

take hundreds to cover a city.

The city says it's a way that San Leandro can benefit from money that a private entity is willing to spend.

"Small cell deployments are happening all over the country, paving the way for 5G, which is expected to power everything from smart phones, to smart homes, to autonomous vehicles, and more," said Batalla. "The agreement approved by the City Council ensures that the city and residents of San Leandro will benefit as much as possible from the massive investments cellular companies are making in 5G technology."

Cell service is already pretty good in San Leandro, but there is high density usage here which can slow things down. Batalla

said there would be the added benefit of faster service once the small cells are installed.

The city's small cell agreement with ExteNet allows for up to 12 installations in 2019 and that number will likely expand, according to Batalla.

Complicating the small cell rollout is the fact that in September, the Federal Communications Commission (FCC) passed strict regulations on local control of small cells which will go into effect at the first of the year.

Some other companies were considering installing small cells in San Leandro, but withdrew their offers after the FCC decision, leaving ExteNet the only provider still interested, according to the city.

Under the current agreement,



Small cell installations are going up all over the country, paving the way for 5G mobile communication.

ExteNet would license the poles for five years, with options for renewals. The city would have approval of which poles are used and be paid \$2,000 annually per pole. If ExteNet uses fiber optics in installing the small cells, the city gets a portion of the fiber for municipal use. But the FCC decision limits

a city's control of the small cells. Notably, it slashes payment limits cities can receive to \$500 for the first five poles and \$100 per site thereafter and cuts annual fees to \$270 per site after the first year.

In its ruling, the FCC said this will save cell carriers an estimated \$2 billion. Batalla said that's bad news for municipalities, because that's money cellular providers had previously been willing to pay to cities.

The \$2,000 per pole that San Leandro and ExteNet have agreed on in the contract only applies to these first 12 approved poles, so the majority of poles would be subject to the FCC law.

"The FCC order will have a negative impact on the city," said Batalla. "It will limit license fees the city can charge, while impos-

ing strict permit review periods that will place a tremendous burden on city staff."

Batalla said that the City Council's decision to accept ExteNet's offer on the first dozen poles in San Leandro before the first of the year at least mitigates the FCC ruling in a small way.

"The City Council has set its own terms and rates, which ExteNet has agreed to and which are much more favorable to the city than the FCC guidelines will be," said Batalla.

San Leandro is not the only municipality that is unhappy with the FCC ruling. Cities including Portland, Seattle, New York, and Boston and the National Association of Counties have announced plans to file lawsuits against the FCC.

## Holidays Around the Town

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## Pets of the Week



Poppy



Norma

The Pets of the Week at the Hayward Animal Shelter, 16 Barnes Court in Hayward, are Poppy the senior kitty and Norma the cat.

**Poppy** is a sweet, talkative 10-year-old gal. While not too athletic, she will bat around a toy ball for a bit. She prefers to sit

with you and watch TV.

**Norma** is a sweet, young girl who's a bit timid. Once she knows you, she'll run up to greet you, then roll on her side purring. She loves chin and cheek scratches.

For more information about Poppy or Norma, call the Hayward Animal Shelter at 293-7200.

## Home for the Holidays Adoption

The Hayward Animal Shelter, 16 Barnes Court in Hayward, is having its annual "A Home for the Holidays" Pet Adoption from 11 a.m. to 5 p.m. on Saturday and Sunday, Dec. 15 and 16. Dogs, puppies, cats, kittens, and bunnies are available. No adoption fee for

qualified homes. All fees sponsored by Santa Con Hayward. Includes spay or neuter, vaccinations and microchip. Have your pet's picture taken with Santa Claus on either day between noon and 3 p.m. Holiday bake sale, raffle prizes and more.

## Kaiser: Protest at SL Kaiser to continue today

*continued from front page*

to wait months to see a therapist after taking the difficult first step of seeking care.

"We are all out here because we want to fight for our patients who are struggling or in crisis," said Perry. "You see facilities expanding services, but not expanding staffing to meet the demands, so some patients are waiting six to eight weeks to be seen. That's a travesty."

But Kaiser says that the protest is less about patient care and more about a push for higher wages and benefits, according to Michelle Gaskill-Hames, chief nurse executive for Kaiser in Northern California:

"Kaiser Permanente is the highest paying employer for mental health workers in California," said Gaskill-Hames in a written statement. "The union is demanding wage increases that would be even higher. The union's principal demands at the bargaining table have not been about improving care and access."

Gaskill-Hames said that in



PHOTO BY AMY SYLVESTR

Kaiser employees picketed at the San Leandro Kaiser Hospital this week, part of a one-week protest across the state about mental health care.

Northern California, the majority of psychologists earn \$138,000 or more, and the majority of social workers earn \$111,000 or more. She added that Kaiser has increased their staff of therapists by over 30 percent since 2015 (more than 500 new therapists in California) despite a national shortage.

Gaskill-Hames also said the protest was counter productive, as some mental health patients had their appointments cancelled this week during the five-day protest.

"It's particularly disheartening that union leadership would call this strike during the holiday season, when many of our patients with mental health needs

may be at their most vulnerable," said Gaskill-Hames.

The NUHW countered that even though some appointments have been cancelled this week due to the picket, the protest will benefit patients overall.

The protest will continue today, Dec. 13, at the Kaiser San Leandro Medical Center.

# Holidays around the Town

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# REAL ESTATE GALLERY



## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Times

GUEST COMMENTARY



## What's Wrong With This House?

Most real estate professionals agree the market in the Bay Area peaked this past May. Since then, we have seen prices shifting lower and inventory rising. We have also seen dramatic changes in buyer activities, which, in and of itself, further exacerbates the market dynamics.

When a hot seller's market begins cooling, homes that would have sold in a few days linger on the market a few weeks or more. As buyers see the market shift, they adapt very quickly and respond in one of two ways. The first group, sensing softening prices, pull back fearing that if they buy now, they will lose money as home prices slide lower. The second group, perceiving opportunity, begin firing in lowball offers, hoping to score a deal.

Neither response is effective, and the net effect is houses ending up sitting on the market longer than in recent years. Since one of the factors slowing the current market happens to be increasing interest rates, it is quite possible that a buyer may wait, buy in the future and actually get a lower price. However, because rates are increasing, it is also feasible that their monthly payment could be

higher than if they bought now at a higher price, but with currently lower rates.

As for the second group, sellers do not respond well to lowballs. Many find them insulting and ignore them completely. Those that do respond try to get a price closer to the current market reality, at which point, most lowball buyers ignore the seller's response and go off looking for another potential deal.

The bottom line is homes end up sitting on the market for considerably longer periods of time while the two groups of buyers sort out their options. This in turn creates a larger inventory pool for buyers to choose from, so they become even more choosy and take even longer to make a

decision ... which in turn causes houses to sit longer still.

Once a home has been sitting a while, buyers start asking, "What's wrong with this property?" Short answer? Nothing. Since all of us have become accustomed for 7 1/2 years to homes flying off the market in seconds, we automatically assume something is wrong with a property sitting there a while.

The plus? There are many wonderful homes currently ripe for the picking - just don't throw in a lowball and expect to score.

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.

## Flipping the Compost Pile Increases Heat

By Buzz Bertolero  
Special to the Times

I've started a compost pile, but I am having trouble making it hot enough for it to decompose completely. How can I make my compost pile hotter?

There are two general types of compost piles, active and passive. Compost created by generating heat is called an active compost pile while the passive compost forms over an extended period of time. Heat is generated by physically turning the material often. Also, the proper balance of green and brown material is necessary. A fifty-fifty ratio is recommended. Grass clippings, garden trimmings, and kitchen wastes are primarily used for the

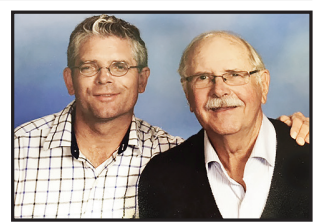
green component while dry leaves make up the brown. Shredded newspapers, cardboard strips, or straw are acceptable substitutes. It's also advisable to bag the falling leaves and store them for next year. The green and brown layers are alternated to form the pile. The key to building up heat is turning the pile constantly. The pile is physically flipped, as the bottom becomes the top and the top the bottom. When done correctly, you create sufficient heat to create the ideal compost.

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



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## Tips to Keep Your Christmas Tree Safe

A real Christmas tree cannot start a fire. It can, however, be ignited by an external source.

According to National Fire Prevention Association, electrical causes and lamps are responsible for starting almost half (47%) of structure fires involving Christmas trees.

Another quarter of the fires were caused by various open flames, sparks, and embers. The remaining fires were started by a variety of ignition sources, including gas-fueled equipment and cigarettes.

Keeping the holiday safe from fire is an important responsibility for every family. According to the California Christmas Tree Association, these simple steps can help guard against the rare, but serious, event of a holiday fire:

- Select the freshest-looking tree available. Make a fresh cut across the tree's base and immediately place in water. Keep the tree's water container full at all times, checking the water



level daily.

- Be extra careful with electricity, all open flames and other heat sources during the holidays.

- Check all Christmas tree lights, other electric decorations and electrical appliances with worn electrical cords. Use only UL approved electrical decorations and extension cords.

- Place the Christmas tree well away from heat registers, space heaters, fire places and

wood stoves. Keep it well clear of doors. Keep the emergency escape route clear of trees, packages and furniture.

- Unplug tree lights and other decorations when out of the room or sleeping.

Don't let the very slim chance of a fire involving your Christmas tree keep you from enjoying the life, fragrance, and tradition that real trees bring to your holiday celebration.

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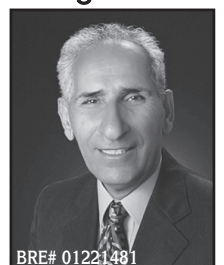
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# Elephant Ear Plant Suffers from Too Much, or Too Little, Water

By Buzz Bertolero  
Special to the Times

**Q** I have an indoor plant, but I'm not sure of its real name. My mother calls it "Elephant Ears." The leaves are a very dark green color. However, it has not done well as the leaves keep dying. I don't know if it's from too much or not enough water. What do I need to do to get it growing again?

**A** "Elephant Ears" is the common name for a group of plants called Alocasia. It gets its name from the large green leaves whose shape resembles that of the ears of an African Elephant. African

Mask is the name of the variety with the dark greenish-black leaves used as a houseplant, and that is what I'm assuming you have.

There could be several reasons for the leaves dying with water being one of them.

If the leaves get brown and crispy, the plant is not getting enough water or going dry in between applications. The entire root ball needs to get wet when you water.

The easiest way to water indoor plants is to do so in a sink or out on the patio or deck. You can then fill each container to the brim several times, letting the water recede or drain.

The frequency could be weekly or every 10 days depending on the temperatures.

Alocasia leaves turn yellow and go limp with too much water and then wither away, so I'd also avoid leaving any water in a saucer as the excess water can wick back into the plant causing the lower portion of the plant to rot. Alocasias don't like wet feet, so they need to dry out just a bit.

Alocasia also doesn't want to grow in low light or dark conditions. They prefer a location that gets lots of indirect, and bright light. So the closer they are to a window the better. They will tolerate direct sun but only the early morning sun during the summer months.

And finally, I'd feed them with Osmocote three times a year to provide the necessary nutrients for year-round



growth.

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



## Dormant Spray

If you missed the first dormant spray period in late November, do it now! It's better to spray late than not at all.

## Holiday Plants

Keep those flowering gift plants, like poinsettias, in a cool spot with bright, indirect sunlight. It's important that they do not sit in water, so peel away the decorative foil from the bottom of the pot and set the pot in a saucer.

## Bulb Bargains

Look for specials on Dutch bulbs, such as daffodils, hyacinths and tulips at your local garden center. When you buy, choose those that are still firm and plant them as soon as possible. (Tulips will benefit from chilling in your refrigerator for six weeks prior to planting.)

## Vegetables

Although sunlight and warmth are at their ebb right now, some seeds will germinate. Sow chard, kale, romaine lettuce, onions, peas, radishes and spinach, but expect the plants to grow very slowly.

## Prune and Decorate

Prune conifers, holly and broadleaf evergreens to shape them. Then, use the trimmings for holiday decorations.

# Safer Holiday Outdoor Lighting

By Samantha Mazzotta  
Special to the Times

Setting up outdoor lights and displays can be hard work, and it's easy to forget a few basic safety steps while hurrying to get strings connected and secured in place. Here are some things to remember:

- Always check overhead before setting up ladders, using poles or other equipment, and make sure power lines, tree branches and other hazards are not in your path.

- When planning outdoor displays, include the layout of extension cords and other electrical equipment in your design, so they are placed away from frequently traveled paths.

- Use covered GFI (ground fault interrupter) outlets to reduce the risk of fire and shock, and be sure to not overload circuits.

- Check all the light strings you plan to use, and make sure they're rated for outdoor use, are not frayed and have no burnt

bulbs.

- Don't work alone: Have a helper to brace the ladder, help unravel light strings and so on.



- If you plan to place decorations on the rooftop, make sure you secure yourself with a safety harness and rope.

**Home Tip:** Consider replacing traditional Christmas lights with LED lights. They cost more, but last longer and save a lot of energy.

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The shrubs *Commiphora myrrha*, *Commiphora mukul*, *Commiphora erythraea* and *Commiphora kataf* are used to produce myrrh, a resin gathered by making deliberate incisions with a specially designed tool into the bark of these plants. Most myrrh is produced in the southern Arabian peninsula and in northeast Africa. - Brenda Weaver

Source: [www.itmonline.org](http://www.itmonline.org)

# Mortgage Rates Pull Back

After weeks of moderating, mortgage rates dropped last week amid a steep sell-off in U.S. stocks, according to Freddie Mac's weekly nationwide survey.

Thirty-year fixed-rate mortgages averaged 4.75 percent last week, down from the previous week when it averaged 4.81 percent. A year ago at this time, the 30-year FRM averaged 3.94 percent.

Fifteen-year home loans averaged 4.21 percent, down from 4.25 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 4.07 percent, down from 4.12.

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1639 153rd Avenue	94578: \$200,000 1 BD - 616 SF - 1924
1560 168th Avenue	94578: \$515,000 2 BD - 778 SF - 1953
1550 Bancroft Ave	94577: \$445,000 2 BD - 1,480 SF - 1976
2130 Benedict Drive	94577: \$362,000 3 BD - 1,734 SF - 1957
268 Caliente Drive	94578: \$510,000 3 BD - 1,245 SF - 1980
980 Douglas Court	94577: \$690,000 3 BD - 950 SF - 1942
453 Linnell Avenue	94578: \$663,000 3 BD - 1,582 SF - 1952
16249 Maubert Avenue	94578: \$600,000 2 BD - 864 SF - 1947
559 Parrott Street	94577: \$638,000 3 BD - 1,698 SF - 1925
14948 Portofino Circle	94578: \$550,000 3 BD - 1,582 SF - 1981
2310 Upland Road	94578: \$550,000 2 BD - 736 SF - 1950
2654 Vistagrand Court	94577: \$980,000 3 BD - 1,971 SF - 1958
15573 Wicks Boulevard	94579: \$605,000 3 BD - 1,100 SF - 1958
838 Linnea Avenue	94580: \$575,000 3 BD - 1,063 SF - 1951

TOTAL SALES: 14

LOWEST AMOUNT: \$200,000 MEDIAN AMOUNT: \$575,000  
HIGHEST AMOUNT: \$980,000 AVERAGE AMOUNT: \$568,785

### Castro Valley

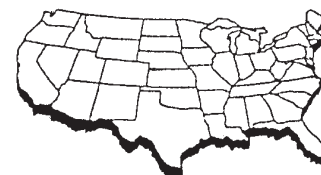
18795 Crane Avenue	94546: \$800,000 3 BD - 1,406 SF - 1956
18675 Lamson Road	94546: \$1,251,000 3 BD - 1,928 SF - 1948
20557 Marshall Street	94546: \$650,000 4 BD - 1,259 SF - 1956
21433 Rizzo Avenue	94546: \$670,000 3 BD - 834 SF - 1942
8890 Bellina Commons	94568: \$780,000 3 BD - 1,596 SF - 2006

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LOWEST AMOUNT: \$605,000 MEDIAN AMOUNT: \$670,000  
HIGHEST AMOUNT: \$1,251,000 AVERAGE AMOUNT: \$795,200

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San Leandro Times/Castro Valley Forum

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**CLASSIFIED AD DEADLINE:**  
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**LANDLORDS** - Advertise your units! - A vacancy day is money lost forever - R. Bowman

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[sanleandrotimes.com](http://sanleandrotimes.com) or  
[castrovalleyforum.com](http://castrovalleyforum.com)  
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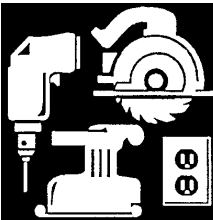
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# Homeless: 40 percent jump in homeless population since 2015

continued from front page

county's community development agency at a Board of Supervisors meeting last week.

The plan's basic goal is to meet immediate needs of the homeless by linking them to services including temporary shelter, food, and showers. The overall goal is to reduce the number of people living on the streets, Bazar said.

According to data from the county public works and sheriff's offices, for every homeless person you see on the street, there are many more living in the creeks and in hidden encampments, Bazar said. The county says the homeless population has

increased by nearly 40 percent since just 2015.

Last January, the county mapped out these encampments where up to 15 people live together on a semi-permanent basis. Many are located along the San Lorenzo Creek. There's one by the railroad tracks on Springlake Drive, another at Cull Canyon in Castro Valley.

One of the first steps of the new action plan will be to contact the residents of the encampments and determine how to best help them, the county said.

The largest expenditure identified so far is \$1.2 million to establish three to five safe parking sites where people living in their

**“For every homeless person you see on the street, there are many more in hidden encampments.”**

cars can park overnight. There would be access to restrooms and outreach workers at each site, but locations have not yet been decided. The county estimates that around 50 people are living in their cars in the unincorporated area on any given night.

The plan also includes \$310,000 in funding earmarked for the “tiny home” project at

the First Presbyterian Church of Hayward at 2490 Grove Way.

That project came one step closer to becoming a reality this week after over a year of consideration when the Castro Valley Municipal Advisory Council gave its approval for a conditional use permit to operate in the church's parking lot.

The tiny home plan will now go to the county Board of Zoning Adjustments in January and the Board of Supervisors in February, with the hope of starting to accept applications from prospective tenants in March, according to Chizu Buckalew, the church's community development director.



TIMES FILE PHOTO BY AMY SYLVESTRI

**Homeless tents have sprung up in many secluded areas, including along the railroad tracks near Springlake Drive.**

## Eden Medical Center Donates \$10,000 To Davis Street Family Resource Center Food Pantry

By Monique Binkley Smith  
Special to the Times

Eden Medical Center has donated \$10,000 to the Davis Street Family Resource Center's food pantry in San Leandro.

“We're thankful to Eden Medical Center and Sutter Health's commitment to our community,” said Rose Padilla Johnson, CEO Davis Street Resource Center Food Pantry. “Their gift will help replenish our barren shelves and support the thousands of working poor families and seniors that turn to us to help put food on the table.”

The donation is part of a donation of \$265,000 to 28 food banks across Northern California,

and in Oregon and Hawaii by Sutter Health.

The donation by the not-for-profit health network enables local food banks to provide healthy meals or bags of food to those in need.

“Many of the most vulnerable people in our community—including children and seniors—worry every day about where their next meal is coming from,” said Stephen Gray, CEO of Eden Medical Center. “I'm very proud that Eden and Sutter Health have made this donation to support the Davis Street Family Resource Center Food Pantry. By helping feed our neighbors, we're supporting a healthier

community.”

Sutter Health's donations to community food banks over the past 10 years total more than \$2 million—which has fed countless individuals and families.

For 48 years, Davis Street, in collaboration with the Alameda County Fire Department, San Leandro Police Officers Association, local schools, clubs, faith-based communities, and businesses, has provided food baskets to more than 1,000 low-income families throughout Castro Valley, San Leandro, San Lorenzo, Ashland, and Cherryland.

Last year the Holiday Basket Program provided 1,002 fami-

lies, including 212 seniors and more than 1,600 children, with a holiday feast, which included a turkey, fresh produce, seasonal goods, and new toys or gift cards for children.

Davis Street is currently accepting new unwrapped toys, canned food and monetary donations for the holiday basket program. Drop off at 3081 Teagarden Street in San Leandro, Monday through Thursday between 8 a.m. and 8 p.m. and Friday between 8 a.m. and 6 p.m. To make a donation online visit [www.davisstreet.org](http://www.davisstreet.org).

Monique Binkley Smith is the communications manager for Sutter Health.

Other proposed projects for the county's unincorporated homeless plan include \$460,000 for a mobile hygiene unit – a

mobile home with restrooms, showers, and laundry facilities.

Over \$310,000 has been earmarked for the creation of a “downtown streets team” of homeless people who would be

hired to clean up litter and debris in the western unincorporated county.

The county will also spend \$718,000 to convert two existing winter warming centers into winter shelters, plus \$380,000 for a

25-bed shelter for men. There is no current men's shelter in the unincorporated area.

## LOCAL DEATHS

**TIMES OBITUARIES** may be submitted online at [ebpublishing.com](http://ebpublishing.com), emailed to [obits@ebpublishing.com](mailto:obits@ebpublishing.com) or faxed to 510-483-4209. Please include your phone number. For further assistance, call 510-614-1555.

### Carole A. Rinaldi

May 3, 1934 - December 5, 2018

Carole A. Rinaldi, age 84, passed away peacefully on Wednesday, December 5, 2018, in Pleasanton.

She was born May 3, 1934, in Chicago, to James and Anna Blazek. She married Guido Rinaldi and they had two children, Michael & Gina, then moved to San Leandro where she lived for 48 years. She worked at Wells Fargo Bank, The Chamber of Commerce and helped start Leadership San Leandro. After retiring she was on the library commission and in the Alta Mira Club.

Carole moved to Pleasanton 3 years ago and truly lived life to the fullest. She was a proud Mother, Grandmother and Great-Grandmother and enjoyed spending time with her family.

She is survived by her Brother, Jim; Son, Michael; Daughter, Gina; daughter-in-law, Patricia; 3 Grandchildren and 4 Great-Grandchildren.

Family, friends, and others whose lives Carole has touched are invited to Cornerstone Fellowship Church, 348 N. Canyons Parkway, Livermore, at 1 p.m. on Friday, Dec. 14, to celebrate her life.

Arrangements by Santos-Robinson Mortuary, San Leandro (510-483-0123, [santos-robinson.com](http://santos-robinson.com)).



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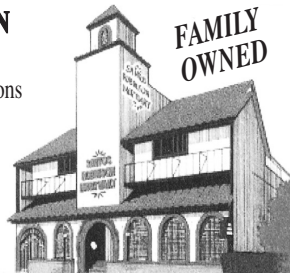
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ANSWERS ON PAGE 3



## Three Free Grant Workshops Presented in January and February 2019

The Alameda County Arts Commission announces the 2019 ARTSFUND Grants Program for Alameda County-based nonprofit organizations. Information can be found at the Arts Commission website [www.acgov.org/arts](http://www.acgov.org/arts) (click on "Programs"). Standard grant awards are \$1,000-\$2,500 each. The application deadline is March 1, 2019.

The ARTSFUND Grants Program supports all types of arts programming

such as dance, literature, media arts, music, theater, visual arts, and multi-disciplinary arts programs presented in Alameda County by Alameda County nonprofit organizations. Last year's ARTSFUND program awarded grants to 48 nonprofit organizations throughout Alameda County. During the 2019 funding cycle, between 35-45 arts organizations may be awarded grants ranging in size from \$1,000 - \$2,500. The Alameda County Arts Commission,

a division of the County of Alameda, is dedicated to improving the quality of life in Alameda County by nurturing a thriving environment for the arts, promoting economic opportunities for Alameda County's artists and arts organizations, and encouraging public participation in the arts.

The Arts Commission staff will present three free workshops to assist organizations in preparing their grant applications. Workshops will be held

on Wednesday, January 16 from 3:00 – 4:30pm at the Fremont Main Library in Fremont; Wednesday, January 23 from 3:00 – 4:30pm at the Alameda County Lakeside Plaza Building in Oakland; and Wednesday, February 6 from 5:30 – 7:00pm at the Livermore Community Center in Livermore. Workshops are free, open to the public, and reservations are not required. The workshop information is also presented in an online ARTSFUND Video. To view the video and for

more program details visit the Alameda County Arts Commission's website at [www.acgov.org/arts](http://www.acgov.org/arts) (click on "Programs") or contact the Arts Commission Office by email at [artscommission@acgov.org](mailto:artscommission@acgov.org) or phone at (510) 208-9646.

Funding for the ARTSFUND Grants Program is provided by the County of Alameda, individual contributions submitted with County property tax payments, and donations to the Foundation for the Arts in Alameda County.

## 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.

#### City Needs to Correct Traffic Hazard at Bancroft and Estudillo

Editor:

Planning Commission: Really? You all need to get outside during the start and end of school to evaluate the current hazards at the intersection of Bancroft and Estudillo. If you have not done so, please do check out the existing road hazard during drop-off mornings or afternoon pick-ups? It is already so congested with traffic (foot and cars), that it is unsafe for all.

I and others want San Leandro to be safe and to be able to enjoy our community. We do not want to increase the current traffic nightmare, due to the interest of builders that do not live in or care about the quality of life in San Leandro.

Come on Planning Commission, get the contractors out of your pockets and use your brains. We want a destination city that is a great place to live and enjoy life, not just for the well-being of certain contractors. I understand balance and we currently have somewhat of a balance, but think long term!!

So the Planning Commission wants to have a meeting on Dec 20th, in the midst a busy holiday season, to be presented with and embrace a building proposal — 3-stories, 45 units, 47 parking spaces, at an intersection that is already a hazard. Again, this should be put to bed.

Why are we wasting our time, energy, money to create a horrible nightmare? This is not a miracle on Bancroft for the people of San Leandro. Let us be progressive, not destructive.

—Erika Bruce  
San Leandro

#### What Can Be Done About 'Get Out of My Way' Drivers?

Editor:

This is becoming a big problem and extremely dangerous to anyone trying to get onto I-880 from the Washington Manor on-ramp.

The cars/trucks are barreling off 238 to 880. I have been run off the road so many times even going 70 mph trying to merge onto 880. They refuse to slow and share the road.

So, my question is – what can be done to keep us safe from get-out-of-

my-way drivers?

—Colleen Hess  
San Leandro

#### Calls for Fewer 'Pointless Government Services'

Editor:

San Leandro's idea for new parcel taxes to pay for firemen and policemen's pensions is unfair to its residents.

We are already overtaxed at the federal, state and local levels. The City has mismanaged its funds for many years and our taxpayers should not continue to bail the City out.

The city has misspent millions on military vehicles, worthless public art, severance packages for incompetent employees and overgenerous pensions. Why doesn't San Leandro match all of its expenses against existing taxes and live within their means like everyone else?

We need less pointless government services and we need to keep more of our hard earned taxes.

Instead of attracting new businesses that will generate tax revenue, the city has allowed the building of low-income housing, pot dispensaries, and other failed ventures. The city should work overtime to attract the right kinds of business and companies that will truly make San Leandro great again.

Have you ever noticed how the planning commission meetings are always cancelled? Shouldn't these meetings be happening at least once a month to have a steady pipeline of new businesses? Stop wasting taxpayer money and keep government small and lean.

San Leandro taxpayers will vote down any new parcel taxes and the city government will have to do more with less like we all do.

—Ricardo Trigueros  
San Leandro

#### Huh?

Editor:

Climate change deniers John Clouston and Kenneth Kellogg chose to respond to my letter with lies and distortions.

Kellogg cites me saying that "our Sun will become a black hole...", a lie. My statement was "the entire solar system tumbles into space and into a black hole...", which is a

totally different contention. Actually, there's a big black hole at the center of our galaxy and there are black holes all over the universe. A black hole has been observed swallowing a live star. Of course, dead matter can't be observed from earth if swallowed but, in any case, the point is irrelevant, what's relevant is that our star and the planets are going to die.

Our climate change deniers cling to the retrograde, earth centered theory of the Bible, "Terra in eternum est." Besides, it's great to have a slogan that's applicable no matter what happens: Cold, hot, snow, drought, flood, etc.; everything is, you guessed it, "climate change," which for Clouston started just one hundred years ago. Maybe, they should go back to the caves.

Kellogg also must have a stuffed up nose for he can't smell the fumes of idling vehicles. It is because of people like these two that the Democrats in Sacramento have been able to pass all kinds of taxes on gasoline, car purchases, license plate renewals, etc. under the guise of "climate change."

Mr. Clouston, if the City Council and the climate change deniers were confident about their theory, they wouldn't make sure that no other point of view is expressed at their forums. It's all in the spirit of political correctness and the Free Speech, Berkeley style, imposed with goons in the streets.

—Leo T. West  
San Leandro

#### On Trump's Threat to 'Shut Down The Government'

Editor:

"I am proud to shut down the government." The White House Occupant's words were spoken, and tweeted, like a true agent of Putin's Russia.

—Bruce Joffe  
Piedmont



Send a Letter to the Editor  
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### INQUIRING REPORTER

#### What do you want for Christmas?

— Asked at Estudillo Center on MacArthur Blvd.

I just want there to be peace and people to be happy. And maybe a change of leadership in our country.

**Bobbe Skiles**  
San Leandro



I want good health, to stay healthy for the next 40 years. I'm age 66.

**Ray Freitas**  
San Leandro



I want to win the lottery. I won \$8,000 once back in 1989 or 1990. I have grandchildren coming along I'd like to help with college.

**Brenda Herndon**  
Oakland



People to treat each other better. Look at the news and it's people just bad to each other all over the world. Our differences are trivial. We need to put that away.

**Jarrold Ward**  
Oakland



Well, if I'm never going to get that pony, I suppose I'll settle for time with family.

**Siri Jaeger**  
San Leandro





## Sign Up for Boys & Girls Club Basketball

The Boys and Girls Club of San Leandro is taking sign-ups for its Winter 2019 instructional basketball program for all boys and girls in grades 3 through 6. The league begins in January.

The basketball program is designed to give players a fun and competitive experience. Each player is evaluated prior to being assigned to a team so that all teams have a balanced number of veterans and rookies.

All players are required to play two quarters per game, so all players have an opportunity to be on the court and part of the action.

All practices and games are held at the Boys and Girls Club of San Leandro, 401 Marina Blvd. in San Leandro.

The basketball program fee is \$85 for current "After School" registered members or \$95 for all others and includes uniforms and awards.

The Boys & Girls Club is also looking for volunteer coaches for the program. For more information on the program or if you are interested in volunteering as a coach please contact Ross Lim, at 483-5581 or via e-mail at [rosslim89@gmail.com](mailto:rosslim89@gmail.com).

## Holiday Entertainment Coming to Bayfair Mall

Bayfair Center, 15555 East 14th St. in San Leandro, rings in the holiday season with free live entertainment throughout the holidays. The entertainment groups will be strolling through the center spreading cheer through Dec. 24:

Saturday, Dec. 15 from 1 to 3 p.m.: Merry Mariachi Band  
Saturday, Dec. 22, from 1 to 3 p.m.: Merry Mariachi Band  
Monday, Dec. 24, from 1 to 3 p.m.: Dickens Carolers  
For more information, visit [www.shopbayfair.com](http://www.shopbayfair.com).

## Menorah Lighting Lifts Spirits

By Jim Knowles  
San Leandro Times

Rabbi Gruzman from the Chabad in Castro Valley announced the lighting of the menorah at City Hall last Thursday evening, accompanied by music, latkes and dancing.

Kids played dreidel around a giant dancing dreidel and several rabbis who got the party going. Rabbi Yehudah Ferris, director of the Chabad of Berkeley, picked up his guitar and led the band as a crowd of about 50 people enjoyed the music and the latkes.

Public menorah lightings began with Rabbi Menachem M. Schneerson in New York to encourage the Jewish people to worship freely, openly and with pride, said Rabbi Gruzman. This is especially true in America, a country founded on religious freedom.

"The message of Hanukkah is the message of light," said Rabbi Gruzman. "The nature of light is that it is always victorious over darkness. A small amount of light dispels a lot of darkness. Another act of goodness and kindness, another



PHOTO BY JIM KNOWLES

A giant dreidel got the party started at the menorah lighting at City Hall last Thursday as Rabbi Yehudah Ferris led the band on guitar.

act of light, can make all the difference."

Rabbi Gruzman gave the

honor of lighting the menorah to Lt. Isaac Benabou of the San Leandro police who lit the sham-

mash (the helper candle) plus five candles because it was the fifth night of Hanukkah.



### Alameda County Industries

We are proud to be your service provider for **Recyclables, Organics & Garbage.**

## Holiday Service Schedule

### DECEMBER 24 - 28, 2018

If your collection day is:	Mon. 24	Tue. 25	Wed. 26	Thu. 27	Fri. 28
Your holiday collection day will be:	Mon. 24	Wed. 26	Thu. 27	Fri. 28	Sat. 29

**CHRISTMAS WEEK:** If your regular collection day is Tuesday, Wednesday, Thursday or Friday, your carts will be serviced one day later.

### DEC. 31, 2018 - JAN. 4, 2019

If your collection day is:	Mon. 31	Tue. 1	Wed. 2	Thu. 3	Fri. 4
Your holiday collection day will be:	Mon. 31	Wed. 2	Thu. 3	Fri. 4	Sat. 5

**NEW YEAR'S DAY WEEK:** If your regular collection day is Tuesday, Wednesday, Thursday or Friday, your carts will be serviced one day later.

**Holiday Tree Collection** - On regular residential service days, from December 26 to January 31, place your holiday trees curbside. ACI will collect and compost them. Different trucks are used to collect the trees, so tree removal may occur earlier or later than your normal organics service.

#### PLEASE REMEMBER:

- Place tree curbside on your scheduled collection day.
- Remove all decorations, lights and the stand.
- Cut tree in half if taller than 6'.
- Flocked and artificial trees cannot be composted. Place them in the garbage or schedule a special collection.



**Wrap It Up!** - Metallic wrapping paper, most ribbons and bows, cellophane, and polystyrene packaging are not recyclable through curbside collection.

#### TRY THESE WASTE SAVING TIPS:

- Wrap gifts in reusable, recycled/recyclable, or compostable materials. (We used a cotton kitchen towel for the gift shown here!)
- Save and reuse ribbons, wrap, and other packaging.
- Donate packing peanuts to a local mailing or shipping store.

Find locations at [www.StopWaste.org](http://www.StopWaste.org).



As a last resort, place non-recyclable packaging and wrapping materials in the gray cart, securing small items in a bag.

**Alameda County Industries wishes you the happiest of holidays and a prosperous 2019.**

#### Contact us:

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