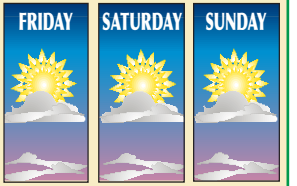


THANKSGIVING
DESSERTS TAKE
THE SPOTLIGHT

One More Bite

Lifestyle,
page 7

WEEKEND WEATHER
MILD Brief temperature dip
followed by warm Sunday
HIGHS: 65-70
0 10 20 30 40 50 60 70 80 90 100 110
LOWS: 48-53



San Leandro Times

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

VOL. 29 • NO. 46

THURSDAY, NOVEMBER 14, 2019

SAN LEANDRO • CALIFORNIA



PHOTO BY JIM KNOWLES

Charles Harris was one of the nine letter carriers to join the Million Mile Club at the San Leandro Main Post Office last week. Harris has been delivering the mail in San Leandro for 50 years.

Letter Carriers Join Million Mile Club

By Jim Knowles
San Leandro Times

The Post Office operates the biggest fleet of vehicles in the country with 221,000 trucks on the road, so letter carriers cover a lot of miles.

Last week, nine letter carriers at the San Leandro Main Post Office on Abrams Street

were inducted into the "Million Mile Club" for driving that distance without an accident.

It takes around 34 years to cover a million miles. It's the distance of driving around the Earth 40 times.

But at this office, nine letter carriers have done it – all with more than 30 years on the road, and two with over 50 years, all

right here in San Leandro.

One of those with 50 years with no accidents is Charles Harris who joined the post office in 1970 when he got out of the army. Harris said he started out just trying to supplement his income while going to college, but it turned into a career and he's

see *MILLION*, page 9

Council Gives Green Light to New Farrelly Pool

By Mike McGuire
San Leandro Times

Citing a community fixture that will serve for decades to come, the City Council voted 6-1 at its Nov. 4 meeting to spend a total of \$8.55 million to rebuild Farrelly Pool on Dutton Avenue, which has been closed since 2014.

The funding includes \$6.2 million for construction of the pool and associated buildings. Another \$2.3 million was appropriated for such related things as demolishing the old pool, drainage, fencing and a contingency fund against cost increases while the project is underway.

Hopefully, some of the contingency fund will remain after the pool reopens, and could then be reallocated to other city projects.

Estimates for the project have risen over time, and opening the new pool is now set for the summer of 2021, making it five summers the north part of the city will have done without the pool.

The \$8.55 figure includes some \$4.6 million previously voted by the Council, so new appropriations were \$3.9 million.

The one vote against was Councilman Pete Ballew. He said he was concerned that efforts to counter onrushing threats to the Marina could be hampered by moving funds away from other uses toward the pool project.

At one point, said project manager Nick Thom, the city thought it could rebuild Farrelly Pool for \$3.5 million, including

all costs. But architects hired to plan the project told the city that all the pool equipment would not not fit into the existing building, see *FARRELLY*, page 5

School Board Puts Bond on 2020 Ballot

By Mike McGuire
San Leandro Times

Three years after a \$104 million bond measure to fix up school buildings across the city, the school board will ask voters to approve a new \$198 million bond measure on the March ballot to continue those efforts.

The Board of Education voted unanimously at its Nov. 5 meeting to put the measure on the March 3, 2020 ballot, which will also contain California's moved-up presidential primary election.

School superintendent Mike McLaughlin thanked voters for passing Measure J1 in 2016 and noted that the district's strategic facilities plan that same year had identified almost \$300 million in needed upgrades and improvements at San Leandro's 13 school sites.

see *BOND*, page 6

Veterans Honored at Annual Ceremony

By Jim Knowles
San Leandro Times

The Veterans Day ceremony this year paid tribute to a San Leandro veteran of the Navy who passed away this past December, John Fee.

American Legion Post 117 placed a legion cap on top of a stack of rifles as the chaplain said a eulogy.

"I thought it was beautiful," said Fee's wife, Rose, accompanied by members of Post 117 at the flag-raising ceremony.

Fee was part of this very ceremony every year, as a member of Post 117. He retired from the navy in 1985 and was in the submarine service.

The ceremony began indoors see *VETERANS*, page 6



PHOTO BY JIM KNOWLES

Some in the crowd saluted as American Legion Post 117 raised the flag at the ceremony on Veterans Day at the San Leandro Senior Center.

INSIDE YOUR TIMES

NEWS

Ghirardelli golf tourney helps Boys & Girls Club. **Page 2**

FOOD

Here's the classic recipe for pumpkin pie. **Page 7**

SPORTS

Runners compete in league meet in Hayward. **Page 16**

38,500 EVERY THURSDAY
THE LARGEST FREE-DELIVERED NEWSPAPER IN THE EAST BAY

Calendar.....	4
Classified Ads	12
Crime	3
Crossword.....	14
Health & Fitness	8
Homes	10
Home Services	12
Inquiring Reporter ...	15
Letters	15
Lifestyle	7
Obituaries	14
Sports.....	16

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

Mike McGuire
City Editor

Steve Schaefer
Auto Editor

PRODUCTION

Howard Morrison
Manager

Moxie Morrison
Assistant

Kayla Steinorth
Art Director

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

www.ebpublishing.com



California
Newspaper
Publishers
Association
member

©2018 East Bay Publishing Corporation

PETS OF THE WEEK



Milo

The Pets of the Week at the Hayward Animal Shelter, 16 Barnes Court in Hayward, are Milo the dog and Moby the dog.

Milo is a sweet, but extremely shy 7-year-old, needs a patient family to help build up his confidence. He's okay with handling but isn't used to walking on a leash. He'll blossom with a little TLC. Okay with teens.

Moby is a 10-year-old Cairn



Moby

Terrier/ Maltese mix who definitely does not act his age. He thinks he's still a puppy. He has cream-colored fur, a black button nose and soulful brown eyes. Okay with young kids.

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

Sports Collectors Show

The Meridians of St. Leander's will have their 35th Annual Sports Collectors Show on Saturday, Nov. 23, from 9 a.m. to 3 p.m. at Ryan O'Connell Hall, 575 W. Estudillo Ave in San Leandro.

Vintage sports memorabilia

from 1880 to the present will be on sale. Proceeds will benefit St. Leander's parish and local charities. Door prizes. Admission is \$4, or \$2 for those under 10 or over 65. For more information, call 510-538-6245.

Friends of San Leandro Creek Presents SLZHS Native Plant Garden

The Friends of San Leandro Creek will have their next gen-

eral meeting on Tuesday, Nov. 19, from 6:30 to 8 p.m. in the Sister Cities Gallery at San Leandro City Hall, 835 East 14th St.

Meet with the Friends and hear guest speakers Gladys Valvadez, president of the SLZHS Druids, and Steve Wiley who runs the native plant nursery, give a presentation on their Native Garden and programs at San Lorenzo High School.



PHOTO COURTESY SAN LEANDRO BOYS & GIRLS CLUB

Ghirardelli CEO Joel Burrows (right) presents a \$200,000 check to San Leandro Boys & Girls Club Director Bob Glotch, the proceeds from the 17th Annual Ghirardelli Golf Classic.

Ghirardelli Golf Tourney Raises a Tidy Sum for Boys & Girls Club

The Ghirardelli Chocolate Company recently presented a check for \$200,000 to the Boys & Girls Clubs of San Leandro representing the net proceeds from the 17th Annual Ghirardelli Golf Classic held on Sep. 30 at Ruby Hill Golf Club in Pleasanton.

Boys & Girls Club executive director Bob Glotch said that since 2003 the Ghirardelli Golf Classic has raised over \$1,273,230 for the Boys & Girls Club and the event has become the biggest fundraising event of the year for the club.

"The Ghirardelli Golf Classic is amazing and we could not be

more proud and honored to partner with Ghirardelli Chocolate in putting on this event which directly supports the programs for our kids," Glotch said.

Sponsorships are always a key factor in the success of fundraisers. The impressive list of tournament sponsors included Ghirardelli Chocolate, State Roofing Systems, Pacific Southwest Container, Jerome & Horner Sheet Metal, American Packaging Corporation, OSISoft, Blaisdell's, Lindt Canada, Mayer Brown, Western Allied Mechanical, Fremont Bank, Bayfab Metals, Color Ad Packaging, Selerant Corp., All Western Transportation, VernDale Products, Metro Supply Chain Group,

McNely Construction, Western Export Services, UniFirst Corp., Blommer Chocolate, East Bay Logistics, Maly Consulting, Involve Soft, Darren Silver and Associates, Pacific Farms, Buhler Inc., Executive Dynamics Search, Inc., Spott, Lucey & Wall, CPA's, Verizon, GSL Fine Lithographers.

The Boys & Girls Club of San Leandro provides safe, professionally supervised, after-school programs for over 1,300 children per day at 12 locations throughout the San Leandro and San Lorenzo school districts.

The date for the 18th Annual Ghirardelli Golf Classic at Ruby Hill has already been set for Monday, Sept. 28, 2020.

Senior Friendly Dentist



Dr. Bruce Stephenson, Teri and Linda

- Practice Limited to People 65 & over
- 25 % Senior Discount
- No Charge for Second Opinion or Consultation
- Affordable Treatment Options
- Silver Diamine Fluoride Treatment to Stop Cavities without Fillings or Crowns
- Oral Cancer Exam on Every Patient

BRUCE STEPHENSON, DDS, FAGD
345 ESTUDILLO AVENUE, SUITE 103
SAN LEANDRO, CA 94577
510-394-2570

—DIRECTLY ACROSS FROM THE MAIN LIBRARY—

SLZHS Dramatic Arts presents

William Shakespeare's

Twelfth Night

FINAL WEEKEND

Directed by John Sheridan

Friday, November 8th - 7:30pm
Saturday, November 9th - 7:30pm
Sunday, November 10th - 2:00pm
Friday, November 15th - 7:30pm
Saturday, November 16th - 7:30pm
Sunday, November 17th - 2:00pm

Adults \$10 • Senior \$8 • Students \$5

www.sanleandropac.com

Console Table

NOW ON
SALE FOR
\$199⁰⁰



Features include
two doors and
one shelf.
(38w x 14.5d x 31h)

Stop in today
for an
unbelievable deal!

COME SEE OUR OTHER SPECIALS!

"Make your house a Dupree's home"

Dupree's FURNITURE

EASY LAYAWAY & FINANCING AVAILABLE

47 Years Experience

1900 E. 14th St. • San Leandro

357-3000

www.Duprees-Furniture.com

OPEN TUESDAY-FRIDAY 10AM-6PM • SATURDAY 10AM-5PM • CLOSED SUNDAY & MONDAY

POLICE & FIRE

Police Tell Council That Violent Crime Is Down, Some Property Crimes Up

By Mike McGuire
San Leandro Times

Violent crime is down, property crime is up, and police use of force is way down, according to the San Leandro Police Department Annual Report to the City Council presented Nov. 4. A problem area is staffing of 911 and emergency call lines.

Police credit better community engagement, in addition to hard work, for some of the good news on crime, while blaming organized criminal crews for some of the bad news. The reduction in use of force is due to better training in de-escalation and in having adopted a pioneering use-of-force policy, Chief of Police Jeff Tudor told the council.

Violent crimes were down 9 percent overall, from 366 to 337 in the first nine months of 2019 compared to the same period in 2018.

San Leandro showed violent crime rates 26 percent lower than the regional average.

Property crimes, though, rose 10 percent in San Leandro in the first nine months of 2019, compared with the same period in 2018.

Home burglaries fell 28 percent while auto burglaries rose a dramatic 46 percent. SLPD Crime Analyst Denise Joseph told the council that organized criminal crews are involved in many of the auto burglaries here, as they are in other cities.

Cars and other vehicles are a little less likely to be stolen. Auto theft dropped from 604 in 2018's first nine months to 587 in this year's, a drop of 3 percent.

Ms. Joseph told the council that car thieves may be shifting to rideshare services to commit their crimes, rather than stealing cars for that purpose.

Property crime rates were slightly lower than the regional average in 2018, at 39.92 per 1,000 residents compared to 41.19.

Captain Jamie Knox told the Council that short staffing has slowed response times on 911 and emergency-line calls slightly below national standards. The center is down several dispatcher positions.

There is better news when it comes to reducing use-of-force incidents involving the police, Knox said. There was a 47 percent drop in use of force last year, with the number of incidents falling from 97 in the first 9 months of 2018 to 51 this year.

Opioid overdoses were way up, Torres said, from 37 in the first nine months of 2018 to 56 in January to September 2019, a rise of 51 percent.

Officers are being issued Narcan, which can quickly reverse an overdose, and are being trained in its use. So far Narcan has been applied to two people suffering an opioid overdose in San Leandro, and both survived, Knox said.

Torres told the council that the police have now been using drones for three months, since Aug. 7. They have been deployed on 11 occasions, and resulted in



PHOTO BY MIKE MCGUIRE

Chief of Police Jeff Tudor presents the department's annual report to the City Council on Nov. 4.

"five safe arrests," he said.

He said the drones have proven especially useful for mapping traffic accidents spread over a large area, providing accurate maps while reducing chances of secondary injuries to officers, car drivers and passengers and pedestrians. They have also been useful in some crime scenes, he said, and the department is looking into smaller ones that could go indoors at crime scenes.

Chief Tudor said the department gets an average of two calls a day over issues at homeless encampments, of which there are now about 60 in the city.

Several council members and Mayor Cutter specifically asked Chief Tudor about large groups of youth on bicycles taking over roads. Tudor told the mayor and council that citations and arrests would be made if necessary. He said some individuals involved in the bike groups have been arrested for non-bike crimes.

A lot of the bike activity, Tudor said, is social media-driven, a bit like sideshows are.

Another problem area is sheer numbers of public information requests, Tudor said. This is due partly to recent changes in laws around public access to records.



ALAMEDA COUNTY FIRE PHOTO

Visiting Alameda County firefighter looks out over the Kincade Fire in Sonoma County.

Firefighters Return From Kincade Fire

By Linda Sandsmark
San Leandro Times

As the Sonoma County fire winds down, 20 Alameda County firefighters who assisted there have returned home.

Four strike teams consisting of five firefighters each were able to help counteract the massive wildfires that once again plagued the area near Santa Rosa.

Each group of five was deployed with its own engine. They were sent to the wine country October 24 and 25, working in the Windsor area during Halloween.

"It was amazing to see the outreach from all the first responders," said interim Public Information Officer Brian Centoni of the County Fire Department. "Our firefighters have been working very hard with crews from Oregon, clearing roads, putting out hotspots and helping out wherever needed."

"They're in good spirits because they've been able to assist the people there, but they've seen a lot of tragedy too, like the homes that were lost."

Fire Chief David Rocha says

that 40 firefighters from other local departments were also sent to the fires, including crews from Camp Parks, East Bay Regional Parks District, Livermore-Pleasanton and the cities of Alameda, Berkeley, Fremont, Hayward and Oakland.

Four additional strike teams were available for "distant county" deployment if necessary, including two from Alameda County.

Centoni says that the public need not worry of a shortage of firefighters at home during such emergencies.

"We always backfill here, so assisting at other locations doesn't deplete our levels of service. We keep our levels high, always at 100 percent," he says.

Alameda County Fire strike teams returned from Sonoma County last week. No crews had been sent to the Southern California fires, and only eight firefighters (two crews) with apparatus from the county's Office of Emergency Services remained on the Kincade fire lines.



CROSSWORD ANSWERS

F	E	Y		A	K	A		F	L	A	P
R	I	M	Y		M	I	L		R	A	C
O	R	C	A		A	L	L		E	W	E
M	E	A	N	T		T	O	W	N		
		K	I	A		T	E	C	H	N	O
L	A	Z	E	N	B	Y		S	H	O	A
A	L	O	E		C	O	D		P	U	R
M	I	N	D	S		M	A	J	O	R	C
A	T	E	O	U	T		M	O	O		
		O	N	U	S		E	D	I	C	T
I	C	E	D		B	O	P		L	O	L
D	I	L	L		B	Y	E		E	T	A
S	A	K	E		Y	A	P		A	W	E

FOOD DRIVE FOR LOCAL FAMILIES



We are proudly partnering with the Alameda Food Bank for the 2019 holiday food drive.

Please participate in aiding those in need by donating non-perishable food items. The Lovewell Team, of Re/Max Accord will distribute food bags in early November (select areas) and collection day will be Saturday, November 23.

We also invite you to drop off non-perishable food to our office: **3327 Castro Valley Blvd. or Call 510-351-5555** and we can come and pick it up.

Thank you for your contributions in helping those in need in our communities!

Checks made payable to Alameda County Food Bank are also welcome
The Lovewell Team - Re/Max Accord Castro Valley
(#00689931 & #01912817)



Don't throw out your holiday lights — **RECYCLE** them!

Where: Public Works Service Center
14200 Chapman Road

When: November 18, 2019 – January 10, 2020
Monday through Friday, 7:00 a.m.—3:30 p.m.

SAN LEANDRO RESIDENTS ONLY

Lights accepted: Light strands of all lengths and colors, from any holiday. Lights can be working or non-working. No CFLs, pre-lit trees or lighted garland. Please remove all packaging.

San Leandro Recycling Program • (510) 577-6026 • www.RecycleSanLeandro.org



NEIGHBORS



Trick or Treaters Visit Rose Gate

Kindergarten and first-grade students from St. Leander's School came to Rose Gate Memory Care on Clarke Street on Halloween, dressed up in fun Halloween costumes on a beautiful afternoon.

ARTS & ENTERTAINMENT

❖ Castro Valley Center for the Arts

*The Great American Sh*t Show* with new monologues on life in the age of Trump with solo performing stars Brian Copeland and Charlie Varon, will be presented on Thursday, Nov. 21 (date change) at 7:30 p.m. at the Castro Valley Center, 19501

Redwood Road. An evening of laughing and thinking, covering topics including how to deal with a family member who's all in for the Donald when you're not, trying to turn red congressional seats blue. Tickets are \$40 and are available at www.cvcfa.com; or at the Center Box Office, 19501 Redwood Road,

Thursdays and Fridays 3-5 p.m. (phone 510-889-8961), or at the Castro Valley Adult School, 4430 Alma Avenue.

❖ Smalltown Society

Next to Normal, the award-winning Broadway rock musical about depression, anxiety and the mental health industry, will be presented by Plethos Productions Fridays through Sundays, through Nov. 24, at Smalltown Society, 22222 Redwood Road in Castro Valley, Fridays and Saturdays at 7 p.m., Sundays at 2 p.m. Seating is limited. To purchase tickets visit plethos.org

❖ Chanticleers Theatre

Cabaret, the Broadway hit musical set in a Berlin nightclub in the late 1920s, continues through Nov. 17 at Chanticleers Theatre, 3683 Quail Ave. in the Castro Valley Community Center Park. *Cabaret* explores the dark, heady, and tumultuous life of Berlin's natives and expatriates as Germany slowly yields to the emerging Third Reich. Musical numbers include *Willkommen*, *Cabaret*, *Don't Tell Mama* and *Two Ladies*. Performances are Fridays and Saturdays at 8 p.m., Sundays at 2 p.m. Tickets are from \$18 to \$25. You can purchase tickets on line at chanticleers.org/ or by calling 510-733-5483.

**READ,
REUSE,
RECYCLE!**

COMMUNITY CALENDAR

Deadline for Calendar Items is Friday for the Following Week



❖ Family Science Night Bancroft School

The Bancroft Middle School science department invites the public to its Family Science Night to night, Nov. 14, from 6 to 8 p.m. Science demonstrations and interactive fun will include topics on energy, chemistry, engineering, experimentation, and invention. See the science magic show and enjoy liquid nitrogen ice cream. There will be food for sale on the Bancroft Campus for your convenience. This event is co-sponsored by Xtreme Science Magic, The Lawrence Hall of Science, The American Chemical Society and the Bancroft PTA.

❖ Meeting of the Libertarian Party

The Libertarian Party of Alameda County will have its monthly meeting tonight, Nov. 14, at 7:15 p.m. at The Englander Pub, 101 Parrot St. in San Leandro. No charge for admission, membership not required. For more information, visit lpac.us.

❖ Cancer Workshop at Eden Medical Center

Eden Medical Center will be hosting the last free cancer workshop of 2019. Nutrients for an Anti-Cancer Life will be held tonight, Nov. 14, from 5:30 to 7:30 p.m. at the Medical Office Building of Eden Medical Center, second floor conference rooms, 20101 Lake Chabot Road in Castro Valley. Learn how good nutrition can be one of your best allies in recovering from cancer treatment and preventing recurrence. Susie White is board-certified in holistic nutrition. For more information or to register, call Cancer Support Community at 925-933-0107. Cancer support groups meet every first and third Wednesday of each month from 6 to 8 p.m.

❖ Free Food at All Saints

Everyone is invited to get free food at the holiday Food Pantry at All Saints Episcopal Church, 911 Dowling Blvd. in San Leandro, on Saturday, Nov. 16. A hospitality room opens at noon. Come from 1 to 2 p.m. with your grocery bags. Fresh fruits, vegetables, and breads, as well as packaged foods and frozen meats will be available. The Food Pantry is a project of All Saints Neighborhood Center. The Pantry is open on the third Saturdays of November and December as well as the usual first Saturday of every month.

❖ Veteran's Resource Center Forum

The Veteran's Resource Center Forum will be on Saturday, Nov. 16, from 2 to 4 p.m. at the San Leandro Main Library, 300 Estudillo Ave. Information will be presented about the newly rolled out Mission Act - Community Care Program. Representatives from the VA Palo Alto Health Care System will be giving the presentation. For more information, call 510-577-3971.

❖ Indian Basket-weaving Workshop

In honor of Native American Heritage Month, the San Leandro Public Library will partner with the California Indian Basketweavers' Association (CIBA) to offer a free bear grass weaving workshop on Saturday, Nov. 16, at 1 p.m. at the Main Library, 300 Estudillo Ave. Open to library patrons 12 years and older. All supplies will be provided. Space is limited. Register for the class in advance at the Main Library's information desk, or call 510-577-3971.

❖ DIY Gift Making Workshop

The Manor Branch Library, 1241 Manor Blvd. in San Leandro, will host a DIY gift making workshop on Saturday, Nov. 16, from 2:30 to 4:30 p.m. Whether it's a gift for a loved one,

friend, neighbor, coworker or even for yourself, come enjoy the excitement of crafting with fellow enthusiasts, a fun workshop for ages 18 and up. Registration is not required but space and supplies are limited. For more information, call 510-577-7971.

❖ Baby Boomers Dance

Come out and join the fun as the Baby Boomers Dance to the 100 Proof Band on Sunday, Nov. 17, from 2 to 5 p.m. at the Ashland Holy Ghost Hall, 16490 Kent Ave. in San Lorenzo. Tickets are \$13. All ages welcome. Hosted by the Cabrillo Civic Club #11. For more information, call Shirley at 510-329-1705.

❖ San Leandro Garden Club Meeting

The San Leandro Garden Club meets every third Tuesday from September through June at the Alta Mira House, 561 Lafayette Ave. in San Leandro. Business meeting at 10 a.m. followed by a speaker at 11 a.m. This month's speaker, on Nov. 19, will be Bill the Bulb Baron, speaking on bulb planting and care. He will have bulbs available for sale for planting this fall. The San Leandro Garden Club has been in existence for over 55 years, promoting gardening and providing community support. All are welcome.

❖ Sports Collectors' Show

The Meridians of St. Leander's will have their 35th Annual Sports Collectors Show on Saturday, Nov. 23, from 9 a.m. to 3 p.m. at Ryan O'Connell Hall, 575 W. Estudillo Ave in San Leandro. Vintage sports memorabilia from 1880 to the present will be on sale. Proceeds will benefit St. Leander's parish and local charities. Door prizes. Admission is \$4, or \$2 for those under 10 or over 65. For more information, call 510-538-6245.

❖ Soroptimist Holiday Boutique

Soroptimist of the East Bay will have its 15th Annual Holiday Boutique on Saturday, Nov. 23, from 10 a.m. to 4 p.m. at the Hill and Valley Club, 1808 B Street in Hayward. Hand crafted gifts, holiday décor, jewelry, wardrobe accessories, stationary and confections. Lunch and refreshments will be available. For more information, call Donna Whitehouse at 510-924-7622.

❖ Badarikashrama's Thanksgiving Dinner

Badarikashrama, 15602 Maubert Ave. in San Leandro, will host its Annual Thanksgiving International Vegetarian Dinner & Concert on Thursday, Nov. 28, at 3 p.m., free and open to all. Hear a Carnatic (South Indian) Concert with the renowned violinist Anuradha Sridhar with accompanying instruments, South Indian percussion and vocals. Reservations recommended but no one turned away. Call 510-278-2444.

❖ City of SL Senior Thanksgiving Luncheon

The City of San Leandro will host the 42nd Annual Senior Thanksgiving Luncheon on Wednesday, Nov. 27, from 11 a.m. to 1 p.m. at two sites: the Senior Community Center, 13909 East 14th St.; and the Marina Community Center, 15301 Wicks Blvd. All those 50 years or older are invited to celebrate the Thanksgiving holiday at this heartwarming annual San Leandro tradition. Enjoy a traditional turkey dinner and the free raffle. Reservations are \$7 per person for San Leandro residents, and \$9 each for non-residents. Reservations are available in-person at the Senior Community Center or Marina Community Center, or online at www.sanleandroec.org. For more information, call Customer Service at 510-577-3462.

HOROSCOPE by Salomé

© 2019 King Features Synd., Inc.



ARIES (March 21 to April 19) A long-sought workplace change could be happening soon. Consider reworking your ideas and preparing a presentation just in case. A personal relationship takes a new turn.



TAURUS (April 20 to May 20) Your persuasiveness doesn't really start to kick in until midweek. By then, you can count on having more supporters in your camp, including some you doubted would ever join you.



GEMINI (May 21 to June 20) Your workload is still high, but -- good news! -- you should start to see daylight by the week's end. Reserve the weekend for fun and games with friends and loved ones. You deserve it.



CANCER (June 21 to July 22) Regardless of how frustrating things are, keep that "Crab" under control. A cutting comment you might think is apt right now will leave others hurting for a long time to come.



LEO (July 23 to August 22) Be more sensitive to the emotions of loved ones who might feel left out while you're stalking that new opportunity. Be sure to make it up to them this weekend. A nice surprise could be waiting.



VIRGO (August 23 to September 22) The gregarious Virgo rarely has a problem making new friends. But repairing frayed relationships doesn't come easily. Still, if it's what you want to do, you'll find a way. Good luck.



LIBRA (September 23 to October 22) A misunderstanding with a partner or spouse needs to be worked out before it turns into something really nasty. Forget about your pride for now and make that first healing move.



SCORPIO (October 23 to November 21) Communication dominates the week. Work out any misunderstandings with co-workers. Also get back in touch with old friends and those family members you rarely see.



SAGITTARIUS (November 22 to December 21) As busy as your week is, make time for someone who feels shut out of your life. Your act of kindness could later prove to be more significant than you might have realized.



CAPRICORN (December 22 to January 19) Congratulations. Your busy workweek leads to some very satisfying results. Sports and sporting events are high on your weekend activities aspect. Enjoy them with family and friends.



AQUARIUS (January 20 to February 18) Your generosity of spirit reaches out once again to someone who needs reassurance. There might be problems, but keeping that line of communication open eventually pays off.



PISCES (February 19 to March 20) You are among the truth-seekers in the universe, so don't be surprised to find yourself caught up in a new pursuit of facts to counter what you believe is an insidious exercise in lying.

Farrelly: New pool to have six lanes

continued from front page
which had opened in 1928.

The City Council's Facilities Committee looked at renovating the building, or replacing just the existing building.

"Rather than try to fix a 90-year-old building," Thom said. "We decided to build a new one. Hopefully we'll have it another 90 years."

"We think it's important to take the long view that this is infrastructure the city will enjoy for decades," Thom added.

The old pool has been demolished, and construction of the new one will begin in coming months.

The costs rose both because construction costs overall are rising rapidly, and because the City went from building a pool to building a whole new facility, including new buildings, Thom said.

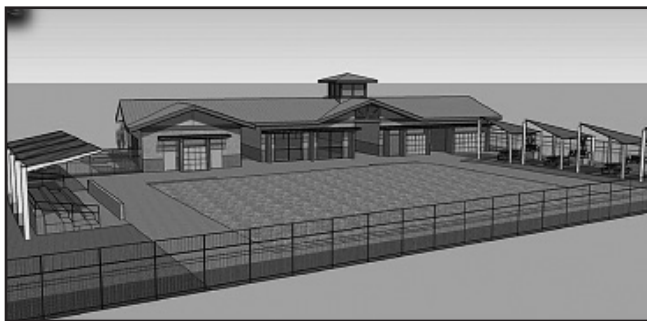
The pool closed in 2015 when the county Environmental Health Services department refused to renew its permit under the California Health and Safety Code. The biggest deficiency cited was an eight-inch separation between shallow and deep pools, narrow enough so someone could easily fall into the deep water.

Current requirements give pool operators the choice between six feet of separation between shallow- and deep-water areas, or else a gradually sloping pool without a sudden dropoff. Most cities choose the latter, Thom said, and San Leandro also chose to do so.

San Leandro will be getting more from its pool when it's finished, Thom said, compared to the old pool. The old pool had four lanes, while the new one will have six, and four of those will be in water deep enough for diving boards. There will also be shaded outdoor seating, Thom said.

As with all new city buildings, the pool facility will be certified as energy efficient, with a design meeting the LEED Silver standard.

It will also be easier to access the pool, which formerly required walking through the grounds of Roosevelt School, Thom said. While the new pool will still be



A rendering of the new Farrelly Pool shows the new buildings and shaded deck areas.

adjacent to the school and officially on school property, patrons will now be able to enter and exit from Gill Lane, a public alley.

One thing hasn't changed, though, Thom told the council. Farrelly Pool has never had a parking lot, and it still will not. However, there are a few spaces for disabled drivers and for staff.

A fence being built around the facility will block views of bathers from passing traffic.

The city operates the pool under a memorandum of understanding (MOU) with the school district, Thom said, and up until now the pool was only allowed to operate when school was not in session. As a practical matter, this meant summers only.

The MOU now being worked on quite likely would allow the pool to operate anytime outside of the school day, he said. This could possibly allow for evening swim classes and some weekend use year-round if the city desires.

Councilwoman Corina Lopez, in whose district the pool is located, strongly supported the

funding.

"This pool will last for decades," she said. "It's an important part of the community."

Asked how long the pool will likely last compared to the typical 30-year life of many buildings, Tom replied that pool buildings are quite simple and durable, made out of concrete blocks.

"If it's maintained, it should last basically forever," he said. "But seventy, 80 years, I'd say."

Councilman Ed Hernandez suggested the city look into naming rights for the pool to defray some of the cost.

Councilman Ballew proposed a substitute motion requiring any money appropriated for the pool but not spent, such as money left over in the contingency fund, be put into harbor decommissioning and further Marina development.

City Manager Jeff Kay said that, under current rules, any money raised by sale of land at the Marina goes into infrastructure there.

Ballew's motion died for lack of a second.



6th Graders Join Operation Gratitude

In honor of Veterans Day, St. Leander School's sixth grade class joined Operation Gratitude's Halloween Candy Give-Back Campaign. They joined kids across the country to donate their extra Halloween candy to Operation Gratitude. Operation Gratitude is a national nonprofit organization that provides ways for Americans to share their gratitude with First Responders and Military through service projects. The sixth grade class along with the entire St. Leander school brought in over 90 pounds of candy to share.

LEGAL NOTICES

FILED
NOVEMBER 05, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 565177

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the businesses:
El Canario Produce Sales located at 1455
167th Ave. Apt. 19, San Leandro, CA 94578,
in Alameda County is hereby registered by
the following owner(s): (1) Jose Coto (2) Lucy
Jouel, 1455 167th Avenue, San Leandro, CA
94578. This business is conducted by a
general partnership. This business commenced
on 11/05/19.

/s/ Jose Coto, Lucy Jouel
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.

Expires November 05, 2024
NOV 14, 21, 28, DEC 05, 2019
0182-SLT

FILED
NOVEMBER 06, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 565205

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the businesses:
Tonya Kelly Jewelry located at 2237 Sol
Street, San Leandro, CA 94578, in Alameda
County is hereby registered by the following
owner(s): Tonya Kelly, 2237 Sol Street, San
Leandro, CA 94578. This business is con-
ducted by an individual. This business com-
menced N/A.

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

Expires November 06, 2024
NOV 14, 21, 28, DEC 05, 2019
0183-SLT

FILED
OCTOBER 31, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 565038

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the businesses:
A1 Gutierrez Construction located at 3875
Castro Valley Blvd. #54, Castro Valley, CA
94546, in Alameda County is hereby reg-
istered by the following owner(s): Alfredo
Gutierrez Medina, 3875 Castro Valley Blvd.
#54, Castro Valley, CA 94546. This business
is conducted by an individual. This business
commenced N/A.

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

Expires October 31, 2024
NOV 14, 21, 28, DEC 05, 2019
0184-SLT

FILED
OCTOBER 14, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 564394

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the businesses:
Fast Lane Security located at PO Box 663,
San Leandro, CA 94577, in Alameda Coun-
ty is hereby registered by the following
owner(s): Akram Morrar, PO Box 663, San
Leandro, CA 94577. This business is con-
ducted by an individual. This business com-
menced N/A.

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

Expires October 14, 2024
OCT 24, 31, NOV 07, 14, 2019
0171-SLT

FILED
OCTOBER 11, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 564363

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the businesses:
Bay Area Hearing Aids located at
13847 E. 14th Street #200, San
Leandro, CA 94578, in Alameda Coun-
ty; mailing address 3170 Plymouth
Road, Lafayette, CA 94549 in Contra Costa
County is hereby registered by the following
owner(s): Scott Rubenstein, 3170 Plymouth
Road, Lafayette, CA 94579. This business
is conducted by an individual. This business
commenced N/A.

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

Expires October 11, 2024
OCT 31, NOV 07, 14, 21, 2019
0174-SLT

FILED
OCTOBER 18, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 564556

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the businesses:
MelRose located at 5850 Owens Dr. #101,
Pleasanton, CA 94588, in Alameda County
is hereby registered by the following own-
er(s): Melissa Robinson, 5850 Owens Dr.
#101, Pleasanton, CA 94588. This business
is conducted by an individual. This business
commenced January 1, 2014.

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

Expires October 18, 2024
OCT 31, NOV 07, 14, 21, 2019
0177-SLT

LEGAL NOTICES

FILED
OCTOBER 18, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 564577

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the businesses:
Healthy Life Nutrition located at 14410
Washington Avenue Ste 100, San Leandro,
CA 94578, in Alameda County is hereby reg-
istered by the following owner(s): Magdalena
Quintero, 15227 Central Ave., San Leandro,
CA 94578. This business is conducted by an
individual. This business commenced N/A.

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

Expires October 18, 2024
NOV 14, 21, 28, DEC 05, 2019
0185-SLT

LEGAL NOTICES

NOTICE OF PETITION TO ADMINISTER ESTATE OF

Kenneth George Jensen
Case Number:
RP19040016

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: **Kenneth George Jensen**.

A Petition for Probate has been filed by **Stonecrest Acquisitions, LLC: Denise Hill, Manager** in the Superior Court of California, County of Alameda. The Petition for Probate requests that **Stonecrest Acquisitions, LLC: Denise Hill, Manager** be appointed as personal representative to administer the estate of the decedent.

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

A HEARING on the petition will be held on 12/03/2019, 9:31 a.m., Dept. 202, at 2120 Martin Luther King Jr. Way, Berkeley, CA 94704.

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

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

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

Attorney for petitioner: Heather Ledgerwood, Esq.
2400 Professional Drive Suite 100, Roseville, CA 95661 800-835-2634
LEGAL 0176-SLT RP19040016 10/31, 11/07, 11/14/2019

Veterans: Speaker says county needs to do more for veterans

continued from front page
Monday at the San Leandro Senior Center before moving outside for the flag-raising ceremony. A procession of Girl Scouts and Boy Scouts stepped up to the stage to sing "God Bless America" to open the proceedings, and the scouts later were part of a procession carrying flags.

Barbara Acosta sang the National Anthem a cappella. Guest speaker Douglas Miller, an army veteran, introduced many veterans in attendance from World War II vets up to the more recent wars in the Middle East.

Miller also mentioned the military families who make a sacrifice. Miller finished his remarks with one final point, saying that Alameda County needs to do a better job for veterans.

There are 50,000 veterans in Alameda County, and 50,000 veterans in Contra Costa County, Miller said. But there is just one veterans service officer in Alameda County when Contra Costa County has eight, he added.

To see a veteran service office in Alameda County you have to



John Fee

go wait in a line at Eastmont Mall, he said.

Miller urged the audience to talk to Wilma Chan and other county supervisors about the county doing more for veterans.

Everybody assembled outside for the flag-raising – the vets, the scouts, families and friends. The San Leandro police color guard fired a three-shot volley as the American Legion Post 117 raised the flag.

In his remarks, Miller reminded everyone that this day is to remember all veterans, living and dead, and it can be done with even just a simple "hello" or "thank you" to a veteran that you see around town.



PHOTOS BY JIM KNOWLES

Girls Scouts carry flags past the American Legion color guard. Below, the scouts prepare to sing 'God Bless America.'



Bond: Buildings needed Arts, Crafts and Kitten Adoption

continued from front page

McLaughlin said that the state will not pay for building or improving school buildings and facilities unless the local district pays a share of the cost.

Measure J-1 in 2016 began replacing the portable buildings that had dotted school sites with permanent, modern classroom buildings. That process would continue if the new bond passes.

Several schools would get new roofs if the bond passes, and

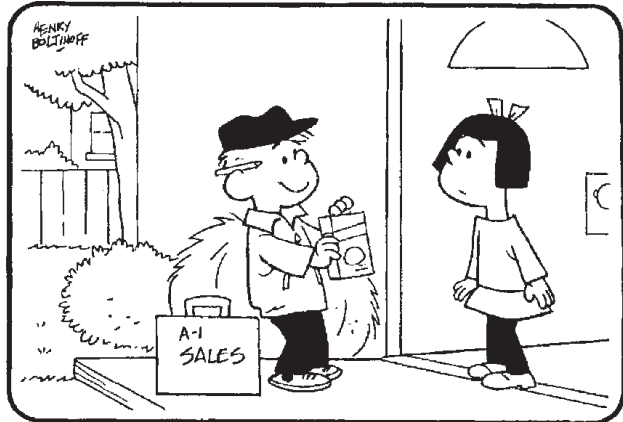
a new gymnasium would be built at the high school. A list of all the proposed projects at each school site is listed on the district's website at <https://www.sanleandro.k12.ca.us/Page/11542>. That same web page also shows what was already accomplished at each school using money from Measure J-1.

The district estimates that the bond, if passed, would add \$45 per \$100,000 assessed valuation to property tax bills.

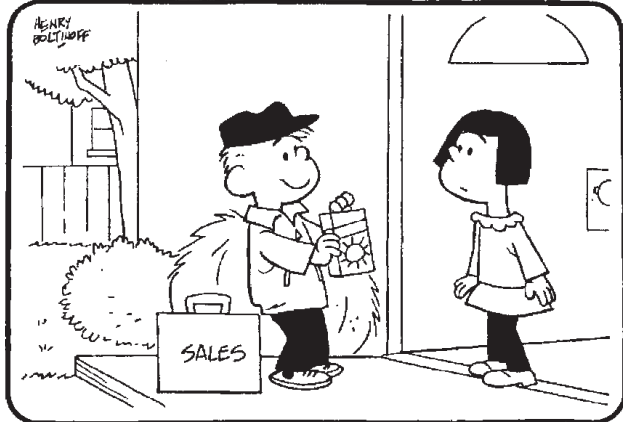
Love All Pawz, 1940 Washington Ave. in San Leandro, will have an Arts & Crafts and Kitten Adoption on Saturday and Sunday, Nov. 16 and 17, from 10 a.m. to 4 p.m. with cute kittens and cats, pottery, glass artist, wood working, tie dye and much more. Chat with the artists and meet adoptable cats and kittens. Free parking. Coffee, tea and munchies. For more information, visit kooartstudio.com and loveallpawz.org.

HOCUS-FOCUS

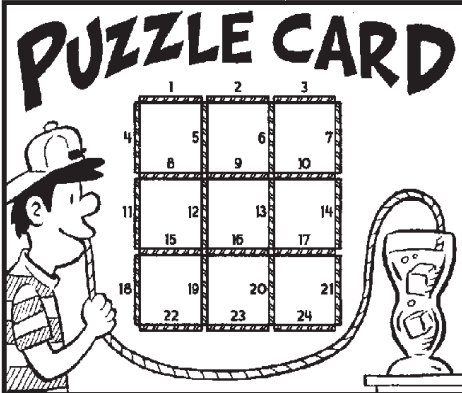
BY HENRY BOLTIHOFF



Find at least six differences in details between panels.

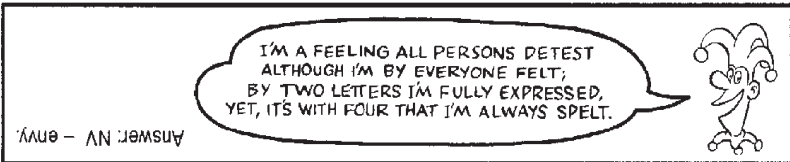


Differences: 1. Girl's bow is missing. 2. Collar is different. 3. Boy's pencil is gone. 4. Name on briefcase is different. 5. Shrub is missing. 6. Picture on box has changed.



SIP AND SOLVE! Your problem is to remove six straws from the 24 shown here and have three squares left.

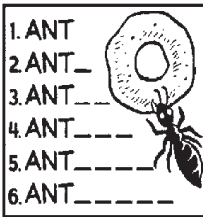
Answer: If you remove straws 5, 6, 8, 13, 15 and 16, you will be left with three different-sized squares.



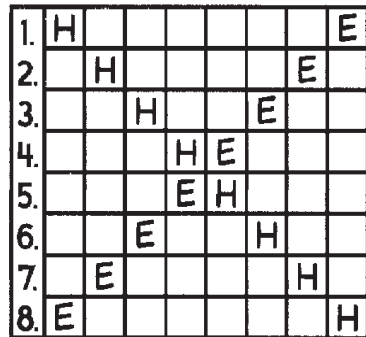
DON'T GET "ANTS"Y SOLVING THIS ONE! In this puzzle all of the words get progressively longer, and they all start with ANT. The following hints should help:

- 1. Picnic pest (in place).
- 2. A poker stake.
- 3. An extravagant act.
- 4. Pointy decoration.
- 5. Great for heartburn.
- 6. Words of opposite meanings.

Answers: 1. Ant. 2. Antic. 3. Ante. 4. Antler. 5. Antacid. 6. Antonyms.



by Charles Barry Townsend



FIND THE BIG WORDS!

Using the definitions and the anagrams below, find the eight eight-letter words that fit into the framework pictured on the left. For each definition, the letters in the two anagram words must be unscrambled and used to form the word asked for.

DEFINITIONS:

- 1. Known to recede with time.
- 2. Sailor songs.
- 3. Helps cold sufferers.
- 4. Very intelligent people.
- 5. Gets you into tight places.
- 6. Lost all its color.
- 7. Promises to marry.
- 8. Hour before the end.

ANAGRAM:

- hail + rein
- sine + chat
- shin + real
- gags + heed
- nosh + hero
- ache + bled
- rest + both
- vent + heel

Answers: 1. Hairline. 2. Chanties. 3. Inhalers. 4. Eggheads. 5. Shoehorn. 6. Bleached. 7. Betroths. 8. Elevenh.

LIFESTYLE



Courtesy of Libby's Foods

Pumpkin Pie—A Holiday Tradition

Thanksgiving dinner just wouldn't be complete without a traditional dessert. No matter how stuffed your dinner guests are after the big meal, there's always room for pumpkin or mincemeat pie.

A Thanksgiving staple in many households is the classic recipe that has been on Libby's Pumpkin labels for some 70 years. It's easy to prepare—just mix, the ingredients, pour and bake for a delicious homemade tradition.

LIBBY'S FAMOUS PUMPKIN PIE

- 3/4 cup granulated sugar
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 2 large eggs
- 1 (15-ounce) can Libby's Pumpkin
- 1 (12-fluid ounce) can evaporated milk
- 1 unbaked 9-inch deep-dish pie shell
- Whipped cream (optional)

Preheat oven to 425°F.

Mix sugar, salt, cinnamon, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.

Pour into pie shell.

Bake for 15 minutes. Reduce temperature to 350°F.; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. (Do not freeze, as this will cause the crust to separate from the filling.) Top with whipped cream before serving.

Note: 1-3/4 teaspoons pumpkin pie spice may be substituted for the cinnamon, ginger and cloves; however, the taste will be slightly different.

EASY MINCEMEAT PIE

- 2 cups bottled mincemeat
- 2 apples, peeled, cored and coarsely chopped
- 3/4 cup raisins (optional)
- 1/2 cup cognac (optional), divided use
- 1/4 cup butter
- 2 large egg yolks, beaten
- 1 (9-inch) unbaked double pie crust

Preheat oven to 450°F.

Place prepared mincemeat into a large mixing bowl; add apples, raisins and one half of cognac, if

using. Stir to mix thoroughly.

Place 1 pie crust layer in a 9-inch pie pan; fill with mincemeat filling. Dot with butter; add remaining cognac.

Cover with top crust, seal and slit in 2 to 3 places. Brush top crust with beaten egg yolks; bake 20 minutes.

Reduce heat to 400°F and bake 20 minutes. Reduce heat to 350°F; bake 20 minutes or until crust is browned.

Remove from oven; cool on a wire rack until just warm, then serve plain, with vanilla ice cream, or whipped cream, or a slice of sharp Cheddar cheese.

Yields 9 servings.

Butter Pie Crust Dough

- 1-1/4 cups all purpose flour
- 1/2 tablespoon sugar
- 1/2 cup (1 stick) chilled butter, cut into 1/2-inch cubes
- 1/2 teaspoon salt
- 3 tablespoons (or more) ice water

Blend flour, sugar, and salt in processor. Add butter and cut in, using on/off turns, until coarse meal forms. Add 3 tablespoons water. Using on/off turns, blend just until moist clumps form, adding more water by 1/2 tablespoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap in plastic; refrigerate 1 hour. (Can be made 2 days ahead. Keep chilled. Soften slightly at room temperature before rolling.) Makes one 9-inch crust.

Note: For a double-crust pie, double the ingredients, divide the dough in half, and form two disks.

CHOCOLATE-BOURBON PECAN PIE

- 1 9-inch pie shell
- 1 cup sugar
- 1 cup light corn syrup
- 1/2 cup butter
- 4 eggs, beaten
- 1/4 cup bourbon
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 6 ounces semisweet chocolate chips

COUNTDOWN TO THANKSGIVING



- 1 cup chopped pecans

Preheat oven to 325°F.

In a small saucepan combine sugar, corn syrup, and butter or margarine. Cook over medium heat, stirring constantly, until butter or margarine melts and sugar dissolves. Cool slightly.

In a large bowl combine eggs, bourbon, vanilla, and salt. Mix well. Slowly pour sugar mixture into egg mixture, whisking constantly. Stir in chocolate chips and pecans. Pour mixture into pie shell.

Bake in preheated oven for 50 to 55 minutes, or until set and golden. May be served warm or chilled. Serves 8.

CRANBERRY-APPLE COBBLER

- 3 pounds tart apples (such as Granny Smith), peeled, cored and cut into wedges
- 1 (12-ounce) bag fresh cranberries, rinsed, drained and

- picked over
- 1 cup light brown sugar, packed
- 2 tablespoons flour
- 1/2 teaspoon cinnamon
- 2 tablespoons butter
- Pie dough for one-crust pie
- Milk and granulated sugar for finishing crust

Combine apple wedges and cranberries in large mixing bowl. Mix brown sugar, flour and cinnamon and toss with fruit in bowl. Spoon filling into 1- to 1-1/2-quart baking dish. Dot top of filling with butter.

Roll pie dough on floured surface to approximate size of baking dish and place on filling, making sure dough touches sides of dish all around. Brush top with milk and sprinkle with sugar. Cut several vent holes in crust.

Bake at 375°F until crust is well colored and filling is gently bubbling, about 40 minutes. Cool slightly. Serve warm or at room temperature.

Yields 8 servings.

WHIPPED CREAM

Pour 1 cup cold whipping cream into medium-sized bowl and beat for 3 to 4 minutes until soft peaks begin to form. Gradually add 2 tablespoons brown sugar, being careful not to overbeat. Fold in 1/2 teaspoon vanilla, 1/4 teaspoon cinnamon and a dash of nutmeg.



UNITED AGAINST HATE

FREE FILM & PANEL DISCUSSION
SATURDAY, NOVEMBER 23
2 PM - 4 PM



Film Screening - "Not In Our Town: Northern CA"
Panel Discussion Moderated by Mayor Cutter
Refreshments Served



Need Some Extra DOUGH?

UP TO \$2,000

Rate 10.99% - 14.99%
(depending on credit)*

CALL TODAY

MCORE WEST

FEDERAL CREDIT UNION

2450 Washington Avenue, Suite 180

San Leandro • 510-352-9090 •

email: laura@mwfcu.com

*Loan rate based on credit score and services. Offer expires 12/13/19.

PATTI'S SWIM SCHOOL

Where Swimming Happens

- Indoor Swim during Fall & Winter
- Ages 6 Months thru Adult
- Ideal for Children with Learning Differences

We Have Taught Over 50,000 Individuals To Swim!

(510) 331-6610

4621 JAMES AVE. • CASTRO VALLEY • (OFF REDWOOD ROAD)

WWW.PATTISWIMSCHOOL.COM

Enroll With Us Anytime!

happy FALL y'all!

VOTED BEST SWIM CLASSES BY BAY AREA PARENTS & PARENTS' PRESS

HEALTH & FITNESS

Colorectal Cancer Screening

Colorectal cancer is the second leading cause of cancer-related death in men and in women in the U.S., making screening one of the most important preventive health measures to take as an adult.

While no one relishes cancer screenings, new recommendations can help those of average risk for colorectal cancer learn more about the importance of screenings, and the most effective strategy for completing them.

A new evidence-based guidance statement from the American College of Physicians (ACP) says that physicians should screen for colorectal cancer in average-risk adults who do not have symptoms between the ages of 50 and 75, and that the frequency of screening depends upon the screening approach.

"Not enough people in the United States get screened for colorectal cancer," says ACP president, Dr. Robert M. McLean. "Physicians should perform an individualized risk assessment for colorectal cancer in all adults.

"Doctors and patients should select the screening test based on a discussion of the benefits, harms, costs, availability, frequency and patient preferences," Dr. McLean continued.

ACP suggests any one of the following screening strategies:

- Fecal immunochemical test (FIT) or high sensitivity guaiac-based fecal occult blood test (gFOBT) every two years
- Colonoscopy every 10 years
- Flexible sigmoidoscopy every 10 years plus FIT every two years

Dr. McLean stresses that the guidance statement is for adults at average risk for colorectal cancer who do not have symptoms.

It does not apply to adults with a family history of colorectal cancer, a history of inflammatory bowel disease, familial cancerous polyps, a personal history of previous colorectal cancer or benign polyps.

While the median age for colorectal cancer diagnosis is 67

years, and individuals aged 65 to 75 years derive the most direct benefit from colorectal cancer screening, screening in average-risk adults ages 50 to 75 also has benefits.

All colorectal cancer-screening tests — like all other tests and procedures — have both potential benefits and potential harms, which vary by person and screening strategy.

Given the trade-offs between benefits and harms, some patients may prefer less intensive screening such as beginning at a later age, stopping at an earlier age, or screening less frequently regardless of the test selected.

"This guidance statement is just that — guidance. Clinical recommendations may not apply to every patient or all clinical situations," says Dr. McLean. "That's why patient-physician relationships and shared-decision making are so important."

—StatePoint

Know Your Blood Pressure Numbers

A new survey from the American Heart Association and the American Medical Association shows that 40 percent of people with high blood pressure (HBP), or hypertension, report their numbers were still too high at their most recent doctor's appointment, and many don't even know their numbers.

The Problem

High blood pressure occurs when the force of blood flowing through your blood vessels is consistently too high.

Ideally, blood pressure should be below 120/80 mmHg. It's considered elevated if the top number (systolic pressure) is above 120 and high if systolic is 130 or higher, or the bottom number (diastolic pressure) is 80 or higher.

Uncontrolled, it can lead to heart attack and stroke, and most of the time there are no obvious symptoms.

What People Can Do

Most people say they know what to do to lower HBP. Yet, according to the new survey, 44 percent of those with HBP didn't know what a high reading is, and 27 percent didn't know what their blood pressure was the last time it was checked.

In addition, while 80 percent of those diagnosed with HBP say they take medication, 16 percent of those with HBP believe that as long as they take their BP medication, they don't need to monitor their BP.

"The first step to keeping your numbers under control is knowing what they are," said Sondra DePalma, a certified hypertension specialist. "There are no symptoms of high blood pressure, so you can't rely on how you feel to gauge your levels."

"You have to take the time—less than 10 minutes—to check it. That's 10 minutes well spent, considering controlled blood pressure can add five years to your life."

Some people will need medication to keep their blood pressure numbers in a healthy range, DePalma said. "But that doesn't mean you get a free pass on lifestyle changes to support your blood pressure—lowering therapy. Making healthier living choices helps your medicine work better."

DePalma added that under a doctor's care, some people may be able to reduce their medica-



Many people with high blood pressure aren't keeping close tabs on their condition.

tion dose or wean off of it after making consistent progress with lifestyle changes.

Lifestyle changes that help reduce blood pressure include:

- Get regular physical activity: Ninety–150 minutes a week of aerobic activity can reduce systolic blood pressure about 5 mmHg.
- Eat a well-balanced diet low in salt: Eating a diet rich in fruits and vegetables, whole grains and low-fat dairy, can drop your systolic pressure up to 11 mmHg. Reducing your salt

intake by about 1,000 mg per day has a similar effect on systolic pressure as increasing aerobic activity—dropping it about 5 mmHg.

- Maintain a healthy weight: For about every two pounds lost, your systolic pressure could drop 1 mmHg.

- Work together with your doctor to create a treatment plan.

Learn More

For more facts and tips about HBP and how to control it, go to www.heart.org/hbp.

—North American Precip Synd., Inc.

Is Your Child's Physical Development on Track?

All children develop at their own pace. Sometimes however, a child may not do certain activities that other children the same age are doing — like sitting without support, rolling over, walking or other physical skills. Parents may question whether their child has a physical developmental delay.

How can you tell if your child's physical development is on track?

Free online tools and guides can be a good start. The American Academy of Pediatrics (AAP) offers an interactive tool called "Physical Developmental Delays: What to Look For," available at healthychildren.org/motordelay. Available in English and Spanish, this interactive tool helps parents learn more about their child's physical development, and how to talk to their child's pediatrician about their concerns.

A physical developmental delay can be a sign of a serious health condition, so it's important to discuss your concerns with your child's pediatrician and get help as needed.

—StatePoint



MEMBERSHIPS START AT \$10.95/MO!

TRY US OUT WITH A

FREE 3-DAY PASS

HURRY, OFFER ENDS 11/30

awesome classes • tons of weights • personal & group training
miles of cardio • tanning & HydroMassage® • #NOJUDGMENTS

177 Lewelling Blvd • San Lorenzo, CA
510.924.4200 • CrunchSanLorenzo.com



Offer valid on all memberships at the specified location and expires 11/30/2019. Pricing and amenities may vary by membership and location. Guest pass for first time guest only and must be used with valid state issued ID. Additional fees and restrictions may apply. See club for details. © 2019 Crunch IP Holdings, LLC

ORDER NOW!

Shelton's
TURKEYS
All Natural



Since 1969

—NATURAL FOODS—
San Leandro
182 Pelton Center
(510) 483-3630

Castro Valley
3446 Village Dr.
(510) 581-0220

Million: 'My dad told me one day mailmen are going to be recognized'

continued from front page

spent all that time in San Leandro.

"I'm not going to be politically correct, I give all the thanks to God," Harris said when he was given a plaque and "Million Mile Club" jacket. "I just try to be a good example in the workplace and to go home each day knowing I gave it my best."

The big sorting room at the Abrams Street post office is bustling in the morning. Workers are tossing packages into bins and letter carriers are sorting mail for their routes at their stations that run along all four walls.

The district supervisors called everybody together for the awards ceremony for the nine letter carriers being honored, as everybody else stopped working for a moment and gathered around.

Another 50-year veteran was Charles Torre, who started as a letter carrier when he was 18.

"But I quit to play guitar in a rock band," Torre said. "But then the Vietnam War started up and I got drafted."

After the army, Torre came back and worked at Radio Shack until they started hiring again



Celia Jasso sorts mail for her route at the San Leandro Main Post Office.

PHOTO BY JIM KNOWLES

at the post office, got a job as a clerk, and kept trying until a position opened up as a letter carrier.

"My dad was a letter carrier in Oakland and he told me, 'One day mailmen are going to be recognized,'" Harris said after receiving his plaque. "This is for dad."

Two other Million Mile Club members, Celia Jasso and Deborah Pulido, worked at dental offices before they became letter carriers, and they both wanted a job where you're outside.

"I just applied because I like being outside and walking," Jasso

said. "So I just took the test, and I passed."

Jasso has worked several different routes in her years with the post office, all in San Leandro, so she knows the town well. Besides being outside, she likes meeting the people on her route.

The letter carriers inducted into the Million Mile Club at the San Leandro Main Post Office: Loreto Garcia, Charles Harris, Celia Jasso, Deborah Pulido, Judy Sandoval, Mario Sandoval, Jagjit Sidhu, Charles Torre and Alejandro Wilkins.

Pulido and other letter carriers said there are two things that help keep them accident free – the post office's safe-driving videos and watching out for other drivers.

"There's a lot of people driving and on their cell phones," said post office spokesman Gus Ruiz. "These guys have to be extra careful."

Senior Lunch Menu

A low-cost senior lunch provided by Spectrum Community Services is served on weekdays at the San Leandro Senior Center, 13909 East 14th Street.

Everyone age 60 and up can have lunch. A suggested donation is \$3.75, but no one is refused for lack of funds. (\$10 for those under 60.)

Call 24 hours ahead to reserve a lunch (1-510-825-9793) or sign up at the Senior Center.

The menu for lunch next week, Nov. 18 to Nov. 22, is:

Monday – Spaghetti with

vegetables, spinach salad, garlic bread, grapes.

Tuesday – Turkey chili, garden salad, cornbread, strawberries.

Wednesday – Baked jerk chicken, tossed vegetable salad, Jamaican coconut brown rice, pears.

Thursday – Birthday Lunch! Glazed meatloaf, mashed potatoes and gravy, carrots, bananas, cake.

Friday – Cod with sun dried tomato sauce on bed of spinach, carrot soup, whole wheat roll, apples.



Alameda County Industries

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

Thanksgiving Week Service Schedule

If your regular collection day is Thursday or Friday, your carts will be serviced one day later.

NOVEMBER 25 -30, 2019

If your collection day is:	Mon. 25	Tue. 26	Wed. 27	Thu. 28	Fri. 29
Your holiday collection day will be:	Mon. 25	Tue. 26	Wed. 27	Fri. 29	Sat. 30

Contact us:

Phone: 510-357-7282

Fax: 510-357-7329

www.AlamedaCountyIndustries.com

610 Aladdin Avenue

San Leandro, CA 94577

Office Hours: 7am-5pm • Monday-Friday

Your Organics Cart isn't just for yard trimmings.

Use it for the collection of food waste and food-soiled paper too!

When your holiday party is over and you have unusable leftovers, put them in your **Organics** cart. All food scraps and food-soiled paper belong. Decorations such as pumpkins, poinsettias, garlands and wreaths can also go in. Be sure they are free of any paint, glue, plastic or metal.

For a full list of what belongs in your **Organics** cart, visit: www.AlamedaCountyIndustries.com.

ORGANICS CART TIPS

- Layer/cover food waste with yard waste.
- Freeze or refrigerate wrapped food scraps before placing them in the cart.
- Keep the lid closed.
- Put the cart out weekly for service (even if it isn't full).
- When the cart is empty, rinse it out over a landscaped area using only water.



PLAN WELL, STORE WELL, EAT WELL THIS HOLIDAY SEASON! 40% of food is wasted in the U.S. every year. Let's save the food! For more information & food-saving tips please visit: www.stopfoodwaste.org.

REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



New Trends Emerging in Home Décor

It's not uncommon to visit homes that retain 1980s décor, including country stencils, pastel blues, pinks and ducks and/or bunny wallpaper.

In light of today's trends, it is hard to imagine that pink or green carpets were once a thing, along with oak cabinets.

A glance at the styles of a few decades ago demonstrates how short-lived our tastes can be. No doubt twenty years from now we will look back at homes we decorated in 2019 and ask, "What were we thinking?"

Decorating preferences constantly evolve. If you have visited any flipped homes in the past year, you have seen countless white cabinets, quartz counters, vertical tile, brown or grey laminate flooring and tile that looks like wood.

Investors, understanding the current trends, work hard to ensure their properties echo

the latest trends to appeal to the largest possible audience. Interestingly enough, we are beginning to go through another design shift. Here are some of the latest emerging trends.

Color is back in the kitchen. One of the reasons white cabinets have been adored by those upgrading kitchens is the ability to paint existing cabinets white and replace the doors/drawer fronts with contemporary styles such as the Shaker look.

For those who love white cabinets, brightly colored accents such as vibrant bar stools or other accents are in. Painted cabinets are still in demand, but the colors are shifting to muted solids ranging from creams through the color spectrum to dark greys and browns.

Laminate floors have gained new footholds. Newer generations of laminate are a far cry from the original products that looked like photographs of wood floors and swelled dramatically at the hint of moisture.

Today's products are almost indistinguishable from high-end wood floors and, on the upper end of the spectrum, are classified as waterproof. A significant percentage of buyers now want laminate over any other flooring type.

Amazing new tile patterns are taking center stage. Whether brightly colored accents or imitations of wood or marble, new tile patterns are bringing tremendous diversity and flair to entries, kitchen backsplashes and bathrooms.

Quartz counters have attained new heights. Pushing granite and marble aside, quartz counters are the new faves and are bringing new design options into kitchens and baths.

With tastes constantly evolving, you can be sure the tastes you love today will have you scratching your head some day in the future.

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.



1725 Estudillo Avenue • San Leandro

SOMETHING REALLY SPECIAL!! The Castle adjacent to Chabot Park featuring 3,500 sq ft with 4 bedrooms, 4 1/2 baths plus additional 1,200 sq ft downstairs, plus a sex-car garage. Priced at \$1,449,000. Call for viewing. Offered by Robert Jones and Associates, celebrating our 36th year at our downtown location, 142 Joaquin Avenue. Call (510) 357-0120 or Matt Jones at (510) 798-6401.



Matt

Cypress Are Slow-Growing; Don't Prune Sage Early, Wait for First Cold Night

By Buzz Bertolero
Special to the Times

I've built a retaining wall to separate my neighbor's two-story house from my garden. I planted two Italian cypress trees hoping to hide the view, but they're not doing well. What could be the problem?

Part of your problem could be an unrealistic expectation. Italian Cypress would not be a shrub that I would recommend for a quick-growing privacy barrier. They're slow-growing, so it's going to be several years from now before they're tall enough, maybe five or more years from a gallon container.

That said, the cause for little or no growth with conifer plants like Italian cypress is from planting

them too deep and over watering.

The original root ball should be at the soil surface or just above. Unfortunately, with new plantings, a bowl-shaped hole is often dug with the plant placed at the bottom. In a short time, the sides collapse, burying the plant. If that's the case, raise the plants.

This is easily done by inserting a shovel under the root ball and then gently raising it. It's okay if the top of the first root is exposed.

You should then tamp the soil down, eliminating the air pockets, and fixing the plant in its new position.

Italian cypress does not like too much water, as they're a drought-tolerant plant. Excessive summer moisture promotes root rot. One of the early indicators of a problem is a plant that is struggling with little to no new growth.

It's not recommended that they



Mexican sage.

are watered multiple times per week. Once a week during the summer should be adequate if the drainage is better than average; otherwise, every 10 days to two weeks is sufficient after the rainy season concludes.

You might now entertain replacing the Italian Cypress with a different variety. After the holidays are over, ask the nursery professional at your favorite garden center for some alternative suggestions.

We have just recently transplanted a one-year-old Mexican sage. I know they go dormant and look like heck until you prune them down in the spring. Since it is in a prominent place in the front of our yard, what happens if we prune it down before it goes

dormant? How far down would you prune it now, as it is three feet tall, more or less? Would you recommend doing this?

I wouldn't recommend pruning it early. It is a judgment call on your part on how far back you cut. Since it is in a predominant location, wait until the plant wilts from the first cold night and then cut the sage down to the ground and avoid the unattractive look altogether. This might occur in mid-December or January. When and how is all up to you.

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



Village Properties & Associates
PROPERTY MANAGEMENT & REAL ESTATE SALES
Sam & Jessica Medina
510.481.8400
"Your Neighbor & Realtor!"

Sales ~ Property Management ~ Leasing

SINCE 1923
DEADRICH
REAL ESTATE

581 E. 14th St. • San Leandro • 632-1234
www.deadrich.com CBRE #00360465



Antonio & Alexia Cardenas
"Realtors in Motion"
Ballroom Dancers

"The Agents with the Visual Tours"
(510) 326-4263



Visit us @
www.ListedbyAntonio.com
R.E. eBroker Inc. • A Virtual Real Estate Brokerage

"Integrity, Experience, Results"

Alliance Bay Realty

Nasser Haghighi
510-415-1612

"San Leandro Resident Since 1976"
nasserhag@att.net



BRE# 01221481

Robert Jones and Associates
Selling San Leandro Since 1964 • www.RobertJonesandAssociates.com



Popular SPORTS BAR and Restaurant in Downtown San Leandro. Don't Miss This Great Opportunity!

142 JOAQUIN AVE. • SAN LEANDRO • 357-0120

RECENT HOME SALES

San Leandro

1643 163rd Avenue	94578: \$270,000 2 BD - 979 SF - 1951
16700 Los Banos St.	94578: \$425,000 2 BD - 1,005 SF - 1922
1400 Carpentier Street	94577: \$440,000 2 BD - 968 SF - 1983
2371 Arlington Court	94578: \$535,000 2 BD - 1,018 SF - 1952
378 Belleview Drive	94577: \$612,000 2 BD - 1,210 SF - 1940
1205 Burkhart Avenue	94579: \$650,000 3 BD - 1,092 SF - 1950
16312 Miramar Place	94578: \$680,000 3 BD - 1,525 SF - 1985
16110 Mateo Street	94578: \$975,000 5 BD - 2,390 SF - 1950
561 Warwick Avenue	94577: \$1,135,000 4 BD - 1,958 SF - 1924
TOTAL SALES:	9
LOWEST AMOUNT:	\$270,000
HIGHEST AMOUNT:	\$1,135,000
MEDIAN AMOUNT:	\$612,000
AVERAGE AMOUNT:	\$635,777

5 Tips Homeowners Need This Winter to Prevent Unnecessary Costs

A drop in temperature and an increase in precipitation like rain, sleet or snow can make winter costly at home.

Between turning up your heat and spending money on ice melt, the last cost any homeowner wants to account for is burst pipes and the damage they can cause. It doesn't take much of a crack to cause thousands in repairs. A one-eighth inch crack in a pipe can spew over 250 gallons of water daily, according to the Institute for Business and Home Safety, destroying furniture, floors and personal items.

To help homeowners save this winter, Mike Pfeiffer, senior vice president of Technical Services at the International Code Council, offers the following tips:

Own Your Thermostat

Many households battle over what temperature to maintain. While the debate can get "heated," Pfeiffer suggests keeping the thermostat setting constant. When it's very cold and you keep

changing the thermostat, it will be harder for your heating device to bring your home back up to your desired temperature. Programmable thermostats are a great way to maintain a comfortable temperature and save energy. Not only can you set them while you're away, but smart thermostats will begin to learn your habits and gradually adapt to your desired settings.

Let Those Faucets Drip

When a cold snap pushes into the area, it's a good idea to let water drip from the faucet. "Make sure it's cold water when you do this," Pfeiffer says. "Running cold water through the pipes, even a trickle at a time, helps prevent freezing." This is especially true on exterior walls where there may be limited insulation. "Don't forget about seldom used areas such as guest bathrooms or laundry sinks and equipment."

Insulate

During winter you want to stay warm -- well, so do your



PHOTO COURTESY OF ANDREYPOPOV

pipes. Add insulation to attics, basements and crawl spaces. Seal up cracks and openings along the perimeter of your home where cold air can blow through and cause pipes to freeze. Insulation will maintain warmer temperatures in these areas and help lower heating costs. Be sure to check for exposed water lines in unheated areas and consider installing specific products made to insulate water pipes, like an insulated pipe sleeve, heat tape or similar materials.

Open Doors

When cold weather is in the forecast, opening cabinet doors in the kitchen and bathroom can help. This allows heat to seep into cabinets and circulate warmer air around plumbing.

Check Hoses and Sprinklers

Before cold air arrives, it's best practice to drain any water from sprinklers' supply lines

following your manufacturer's or installer's directions. Don't forget to remove, drain and store hoses used outdoors.

"Despite what you may have heard, don't use antifreeze in any of these lines unless directed by a professional," says Pfeiffer. "Antifreeze is environmentally harmful and dangerous to humans, pets, wildlife and landscaping. Not to mention that you cannot use antifreeze in any line connected to a potable supply." Frost-free hose bibs are the best solution to prevent frozen pipes.

On top of these tips, it's always important to make sure any home renovations use the most recent building and plumbing codes, which will help keep your family safe and also help you save money down the line on unnecessary repairs and maintenance.

—Statepoint

How Not to Adjust Your Thermostat

By Samantha Mazzotta
Special to the Times

My mother-in-law insists on cranking the old manual thermostat all the way to the left on a hot day. She says this will cool the house faster. When it gets too cold inside, she cranks it all the way to the right to turn off the air conditioner. How can I tell her that isn't the most efficient way to cool a house?

Well, I'm not expert in how to break the news to someone who's stubbornly insistent on doing things her way. But her method of controlling the air temperature is not only inefficient, it's a quick way to break the thermostat.

In fact, that may already have happened. Your mother-in-law is probably controlling the thermostat this way because she is not getting the comfortable temperature she wants when she sets the thermostat in the typical "comfortable" range of 65°F to 75°F. This may have happened

from turning the control gauge too far left or right, or it may simply be an old thermostat in need of replacement.

Instead of insisting that she set the thermostat in one place and leave it alone, talk to her about bringing in a heating and cooling contractor to inspect the entire air conditioning system, including the thermostat. And try to persuade her to have the old thermostat replaced with a more accurate, programmable electronic thermostat.

The cost savings that result from regularly maintaining a cooling system and keeping the temperature in a comfortable range can be significant.

And a programmable thermostat can remove one chore from her to-do list: It can lower or raise the interior temperature of the house at set times, without her having to manually set the thermostat.

Home Tip: During the peak cooling months of summer, change your air conditioner's air filter once a month.

© 2019 King Features Synd., Inc.

Make Room for Your Passions: How to Maximize Garage Space

Did you know over half of Americans (59%) feel that engaging in hobbies helps relieve stress? This was one finding in a survey of over 3,000 Americans conducted in 2017 by Kelton Global on behalf of Gladiator, the nation's leader in customizable garage and household organization solutions.

While work and family obligations may prevent many from pursuing their favorite activities, the survey revealed that another factor acting as a roadblock was having enough space to store equipment or supplies needed for hobbies. Whether you love biking, crafts or other activities, chances are you need easily accessible space to store your gear.

Here's where your garage comes in. The same survey found that 3 out of 4 Americans prioritize storage as the leading use for their garage - but that 28% of Americans can't even fit a car in their garage because of the clutter.

What's the solution? Get motivated to optimize your storage space so you can easily access all the things you love to do. Once you've rid yourself of the clutter, you can start clearing out even more floor space for your vehicle, woodworking bench, arts and crafts or drum kit for your garage band.

Here are some smart ways to make the most of your garage.

1. Figure out your needs

First, determine how much room your vehicles take up, then map out how much floor space you'll need for any other items, such as a work bench or space to maneuver items you use frequently. Group the items you want to store in your garage according to category, then get ready to create more storage possibilities for all your gear.

2. Optimize your walls

Take a good look at all the wall space that's currently being unused in your garage. Fortunately, there are solutions for your walls that don't involve building bulky shelving that further encroaches on your floor space. For example, the Sports Caddy GearTrack Pack by Gladiator can hold much more than just basketballs and baseball bats. It installs easily on the wall and includes

a ball caddy, which holds up to 25 pounds, that you can use for anything from helmets to sleeping bags, bags of potting soil or other bulky items you want kept off the floor. It also has two scoop hooks for heavier sports gear, backpacks, purses, garden tools and more.

3. Foldaway storage solutions

Another versatile option is to use a storage product that can transform from a wall-installed storage cabinet to a sturdy work surface. Gladiator's Ready-to-Assemble Foldaway Work Station provides both a space-saving storage cabinet and a functional work surface that can be mounted to their GearTrack or GearWall for easy wall storage. The versatile work station can be used as a gardening center, paint station or as a cabinet for power tools.

4. Look up

There's another area of your garage that is most likely underutilized - the overhead space.

To safely use overhead storage space in your garage, you'll need a very secure, heavy-duty solution like the steel Overhead Storage Rack made by Gladiator, which has a weight capacity of 750 pounds spread across 96 cubic feet of storage space. The unit is flexible, and its height can be adjusted so you can lower the rack for easier access.

With smart solutions that use every area of your garage both safely and efficiently, you can make the most of your garage this year. Optimizing your garage storage space allows you to make more room in your life - for all the things you really love to do.

—Brandpoint

RINETTI & Co.

ACTIVE LISTINGS

2918 Patcham Common, Livermore - \$789,000
463 Lloyd Avenue, San Leandro - \$629,000

PENDING SALES

1289 Dutton Avenue, San Leandro - \$648,000
715 Arthur Avenue, San Leandro - \$639,000
330 Beverly Avenue, San Leandro - \$899,000
948 Bridge Road, San Leandro - \$899,000
5342 Carnegie Loop, Livermore - \$1,149,000

1103 MACARTHUR BLVD • SAN LEANDRO • (510) 568-6171
WWW.RINETTI.CO.COM

2109 Hillside Circle • San Leandro
Twilight Open Thursday 4:30 - 7:00pm
Open Sunday 1-4pm • Asking \$998,000



3 bedrooms, 2 baths, single level home on cul-de-sac in beautiful Bay-O-Vista. Newly installed flooring & baseboards throughout. Fresh paint. Viewing deck with sweeping bay views.

Laurie Pfohl

CRS • DRE # 00866660

LauriePfohl@gmail.com



Coldwell Banker • 510-851-3551 • www.LauriePfohl.com
Realtor Associate Since 1984

OPEN HOMES

SAT. & SUN.
NOV. 16 & NOV. 17

CITY	SAT	SUN	ADDRESS	PRICE	BDR./BA.	REALTOR	AGENT	PHONE
C	1-4	1-4	4416 James Ave.	\$799,000	3/2	J. Rockcliff RE	Lisa Ferraris	510-304-1271
C	1-4	1-4	18631 Loreda Rd.	\$825,000	3/2	Berkshire Hathaway	Cathy Brent	510-381-1065
A		1-4	2109 Hillside Cir.	\$998,000	3/2	Coldwell Banker	Laurie Pfohl	510-851-3551
A	1-4		1725 Estudillo Ave.	\$1,449,000	4/4.5	Robert Jones & Assoc.	Matt Jones	510-798-6401
S		2-4	463 Lloyd Avenue	\$629,000	4/1.5	Rinetti & Co. Realtors	Carrie Miles	510-735-5223

CITY GUIDE

A = SAN LEANDRO • B = BERKELEY • C = CASTRO VALLEY • D = DANVILLE • F = FREMONT • H = HAYWARD
L = LIVERMORE • M = MODESTO • S = SHEFFIELD VILLAGE • SLZ = SAN LORENZO • W = WALNUT CREEK • Z = ALAMEDA



All real estate advertised in the Castro Valley Forum is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination because of race, color, religion, sex, handicap, marital status, national origin, or intention to make any such preference, limitation or discrimination. The Castro Valley Forum will not knowingly accept any advertisement for real estate that is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

Serving Families In Our Community
With Compassion and Service Excellence



San Leandro Funeral Home

407 Estudillo Ave.,
San Leandro, CA 94577

510.483.5300

www.sanleandro-fh.com
(Formerly Guerrero Mortuary)

Serving All Faiths

- Large Chapel
- Reception Room & Kitchenette



FD 442

SARA L. ENNOR LAWYER

- Wills & Trusts
- Benefits, ERISA
- QDROs

510-633-9985

DEERCREEK TRADITIONAL & CREMATION SERVICES

J. C. SPENCER, DIRECTOR

40+ Years Experience
San Leandro & Castro Valley
510-317-7890

www.DeerCreekCremation.com



LOCAL DEATHS

LOCAL DEATHS

TIMES OBITUARIES may be submitted online at ebpublishing.com, emailed to obits@ebpublishing.com or faxed to 510-483-4209. Please include your phone number.

Barbara J. Alhino

June 7, 1947 – November 10, 2019
Resident of San Leandro

Barbara J. Alhino was born on June 7, 1947 in Des Moines, IA and died on November 10, 2019 in San Leandro, CA. Barbara is survived by her husband Paul of 49 years, her son Brian (Rosie), her grandchildren Eric and Caitlin, and her sisters Patricia and Diana. Funeral Services will be private.

Arrangements handled by Santos-Robinson Mortuary, 510-483-0123.

James William Clark

July 6, 1930 - November 5, 2019

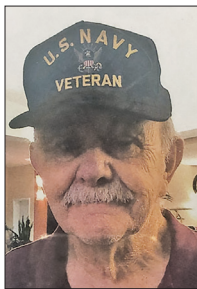
James William Clark US Navy, Ret, a resident of San Leandro since 1944, set sail for the shores of Heaven at the age of 89.

James was born on July 6, 1930 in Hawthorne, California to George Clark and Alma Boecking Clark. He grew up in Altadena and attended St. Elizabeth's School. He and his three sisters, Betty, Lorna, and Barbara spent their days off, exploring Dana Strand where a caretaker paid them each a nickel to clear the beach of seaweed so that the other visitors could enjoy a pristine beach. In 1944, their dad, an engineer, found a new position up in San Francisco, so he sent for his family to join him in a little house on Wallace Street in San Leandro. A 14 year old James drove the Packard north through the Old Grapevine up to their new home. World War II was still being fought when James persuaded his mom to give him permission to enlist into the US Navy in 1945. He always said that he might not have been "entirely truthful" about his age when he signed the enlistment documents.

He retired from the Navy in 1969 and from the City of San Leandro in 1992. He was a teller of jokes and tales extraordinaire. A precise and rich historian with a flare for the poetic. The man who never made a fuss over himself, with a self deprecating joke in hand, but quietly did good wherever he could. A kind neighbor and a loyal friend. He will be deeply missed. May he be tenderly held in the arms of God who is Love.

He is survived by two of his daughters, Rosemarie Routson of Tacoma, Wa, Julie Clark of Orinda, Ca, (his third daughter Lauren Lee Clark preceded him), his two granddaughters, Taryn Lausch and Alanna Lausch, and his sister Lorna Clark of Lafayette, Ca.

As per his wishes, James' ashes will be scattered at sea by the US Navy. Memorial services will be private for family.



Richard (Gratts, Dick) Guido Palia

February 27, 1923 - November 5, 2019

Richard passed away peacefully in the comfort of his own home with his wife Margaret by his side. He grew up in the Temescal neighborhood of Oakland and met his wife of 71 years at Newman Hall, U.C. Berkeley.

A Lieutenant in the Navy, Richard served as a Pilot, and loved flying airplanes. The Palias lived in Oakland, Honolulu and settled in San Leandro in 1961 after he retired from the military. He opened Palma Plaza Variety store and later owned Behrendt Company. Richard was an engaged member of Assumption Church and School, where he held many different leadership roles.

Richard and Margaret have four children: Marilyn, Rick, Laura and Tom. He was also Papa to nine grandchildren and three great-grandkids.

There will be a Celebration of his life held at Assumption Church on December 7th at 10:30 a.m.



Adeline Mary Vargas

Adeline Mary Vargas died unexpectedly November 8, 2019. Adeline was born August 23, 1934 in Honohina, HI to Anacleto and Cressie Blete.

She graduated from Castlemont High School in Oakland in 1952. She married her husband John Sr. in 1952 at St. Louis Bertrand Church. She moved to San Leandro in 1956 and remained in her Floresta Gardens home for the next 63 years. She managed the Credit Union at Gerber Foods from 1978-1986 and worked as a loan officer for SafeAmerica Credit Union until her retirement in 1996. She loved praying the rosary daily, cooked a variety of ethnic foods from her native Hawaii and was renowned for her Puerto Rican pasteles, gondule rice, bacalau and panadilla's.

She is predeceased by her adoring husband of 63 years, John Sr. Also predeceased by her brothers Milton and Herbert. She is survived by her children, Cynthia, Catherine Labayog and her husband Victorino, John Jr., Kenneth, his wife Ann, and Paul; grandchildren Kirsten, Noelani, Kai and Mailee; and great-grandson Vincent as well as her many nieces and nephews.

Viewing Wednesday, Nov. 20 from 4 p.m. - 8 p.m. at Grissoms Mortuary San Lorenzo 267 E Lewelling Blvd., San Lorenzo with Vigil at 6 p.m. Funeral Mass Thursday, November 21 at 10:30 a.m. at St. Felicitas, 1664 Manor Blvd., San Leandro. Internment at Holy Sepulchre Cemetery in Hayward.



Boys & Girls Club Annual Crab Feed

The San Leandro Boys & Girls Club will hold its annual crab feed on Saturday, Jan. 11, at the Marina Community Center, 15301 Wicks Blvd. in San Leandro. Social hour begins at 6 p.m. with dinner being served at 7 p.m.

Tickets are \$50 per person, which includes all-you-can-eat crab, pasta, salad and French bread.

According to Boys & Girls Club Executive Director, Bob

Glotch, "The Club's Annual Crab Feed usually has 480 tickets available but because we're at the Marina Community Center this year, we can only offer about 300 tickets. So this year's event will definitely sell out. I suggest that anyone interested in coming should purchase tickets early".

Assigned seating only. To purchase tickets or for more information, call Bob Glotch at the Boys & Girls Club at 510-483-5581 between 9 a.m. and 5 p.m.

SANTOS-ROBINSON MORTUARY

Supporting Local Churches and Families for Over 80 Years

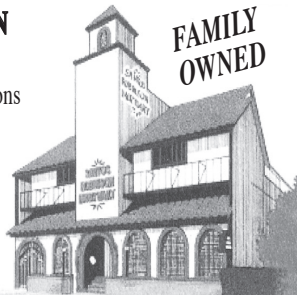
FUNERAL AND CREMATION PROFESSIONALS

Traditional Services • Cremation Options
Pre-Arrangements

Serving All Faiths and Cultures

510-483-0123

www.santos-robinson.com
CALIC. FD-81



THE TIMES CROSSWORD

1	2	3			4	5	6		7	8	9	10
11			12		13				14			
15					16				17			
18				19		20		21				
			22		23		24			25	26	27
28	29	30				31		32				
33					34		35		36			
37				38		39		40				
41					42		43					
			44			45		46		47	48	49
50	51	52			53		54		55			
56					57				58			
59					60					61		

ACROSS

- Poehler's pal
- Alias letters
- Envelope part
- Frosty
- Wire measure
- "The Amazing _"
- Killer whale
- Everything
- Basin accessory
- Intended
- Burg
- Sedona automaker
- Electronic dance music
- George who played 007 once
- Sandbank
- Lotion additive
- Massachusetts cape
- Knitting stitch
- Pays attention
- Balearic island
- Went to a restaurant
- Cow's comment
- Responsibility
- Formal decree
- On the rocks
- Jazz style
- "Damn Yankees" vamp
- Pickle herb
- "See ya"
- And others (Abbr.)
- Benefit
- Shrill bark
- Wonderment

DOWN

- Gifttag preposition
- Ireland
- Village People hit
- "I _ Camera"
- Scottish garment
- Apportion
- Dowager's pet, maybe
- Legislation
- High card
- Apiece
- Pony rider of song
- Can metal
- Horror director Craven
- Kimmel's network
- 60 minutes
- Drug dealer's foe
- Earthenware pot
- Dalai _
- Came down
- Region
- _ Kippur
- Water barrier
- Helios' realm
- Coffee, slangily
- Pudgy
- Nutritious bean
- Greek vowel
- Talon
- Story
- Egos' counterparts
- Spy novel org.
- Wapiti
- Energy

ANSWERS ON PAGE 3

SL Players Present Orwell's *Nineteen Eighty-Four* at SL Museum

The San Leandro Players present George Orwell's 1984, runs through Nov. 17 at the San Leandro Museum/Auditorium, 320 West Estudillo Ave.

Show times are Friday and Saturday at 8 p.m. and Sunday at 2 p.m.

Tickets are \$20 general; \$15 seniors, TBA members, under 12, students. For more information or

reservations, call 510-895-2573 or visit at www.slplayers.org.

Big Brother is watching in this frighteningly relevant dystopian drama, where the government insists that reality is not "something objective, external, existing in its own right" but rather, "Whatever Big Brother and The Party holds to be truth."

The show features Ben Yuen,

Rosella Bearden, Ron Cook, Bruce Kaplan, Robyn Werk, Terry Guillory, Karen Barbera, Amy Cook, Paul Pedersen, Rob Mueller, Polina Litvak and Trent Beals.

The San Leandro Players present *Nineteen Eighty-Four*, now in its final weekend at the San Leandro Museum/Auditorium.



PHOTO COURTESY SAN LEANDRO PLAYERS

OPINION

LETTERS to the EDITOR

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

SL's 'Salary/Pension Creep'

Editor:

What's Mayor Cutter done re long-term Pension Liabilities punishing San Leandro? The unarguable unsustainability of these outweigh good mayoral deeds.

The city drinks salt water and believes thirst is being quenched. These multi-hundred thousand-dollar salaries paid city executives, with commensurate pensions, are nuts.

Defense is always, "well, we are simply paying what the neighboring communities pay."

We need a mayor who'll shepherd mayors of surrounding communities to cartelize and resist this compensation creep that will kill us in the long run with pensions. If she were running a business or university with SL's financial projections, you — dear reader — would be fiduciarily obligated to fire her.

As a lame duck, she has three years to give San Leandro the chemotherapy it needs. Simple research by a SL voter will appall: click to Transparent California, enter "San Leandro" to see our administrators' absurd salaries.

As Maggie Thatcher said, "Eventually, you run out of other people's money."

It's not the only big issue, just the *biggest*. Because it's a sleeper, East Bay mayors can get away with kicking it down the road. It'll take several mayors, coordinating, to stand up to the salary-benefits creep that takes our Parks & Recreation person over \$287,000.

It took cross-jurisdictional cooperation to get BART built and will take the same multi-city effort to bring salaries down to survivability.

As another taxpayer recently pointed out online, "of the 50 most expensive employees in SL in 2018, 43 are in the police department. Of the 25 most expensive employees in San Leandro in 2018, 22 of them are in the police department. The three that are not are the City Manager, the Director of Public Works and the Finance Director. The third highest earning SL employee is a Police Sergeant who earns more than the City Manager? Two police Officers and nine Sergeants earn more than the Finance Director? WTF?"

Ah, but maybe our Council is being farsighted, in preparation for a

leader who will take-on the pensions problem. Cutter? We can hope that this raise unleashes her Inner Negotiator!

I would have said: "Ms. Mayor, we'll give you this raise when you band together with nearby leaders to stop the salary/pension creep that hobbles us." Otherwise, here's how it goes: Public employees support public official's (re)election, official negotiates contracts for labor peace and official survival, salaries based on expensive consultant who says "Yep, tha's whut they pay in Fremont..."

Everybody wins except taxpayer-employers.

—Gordon Imrie
San Leandro

Financing City's Salaries

Editor:

Thanks to San Leandro citizens who have paid \$500 or more for their red light traffic fines so that Mayor Cutter has received a well-deserved raise.

I hope that officials find a better way to finance salaries for elected officials. Present pay scales are minimum wage and not worthy of our city's reputation.

—George Z. Banks
San Leandro

SF Campaign Comes to Town

Editor:

I am shocked, dismayed and hurt that two San Francisco mayoral candidates found a place in our hometown to campaign.

First of all, why are they campaign-

ing here at all? Their constituents don't live here, after all.

I guess I could give Joel Britton the benefit of the doubt (as his campaign headquarters is close - on Hegenberger Road), but I'm not so generous in the instance of Ellen Zhou.

To say that she landed at The Englander for "...safety, since after the billboard controversy and backlash against it and had difficulty finding someone to rent them a room in San Francisco."

Are we now a refuge for racist politicians?

Not so long ago, we were a lily-white community complete with redlining real estate practices.

More recently, we have prided ourselves in our progress towards and pride in our diversity.

Let's not go back and, definitely, not become a haven for racist politicians!

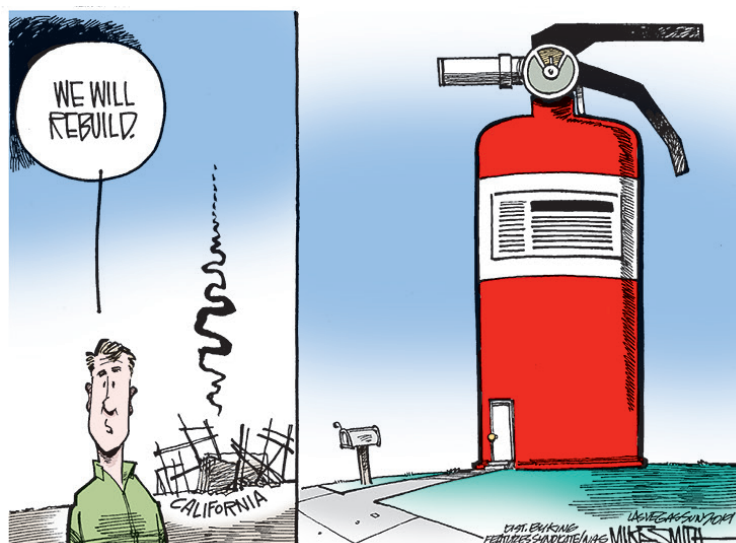
—Margaret Ann Kennedy
San Leandro

So What's Your Real Opinion?

Editor:

I can't believe the number of foolish, poorly educated, gullible Trump supporters who were suckered, cheated, duped, fooled, lied to, conned, hornswoggled, flimflammed, hoodwinked, bamboozled, sold a bill of goods, deceived, and taken for a ride still somehow believe this draft-dodging, useless, lying, self-centered, selfish, egocentric, ego-maniacal, self-interested, self-seeking, self-absorbed, narcissistic, megalomaniacal, vain, obese, spoiled, conceited, self-important, boastful, two faced, tax cheating, poorly educated, tiny-fingered, cheeto-faced, ferret-wearing, weasel-headed fool is doing a "great job".

—Ken Kellogg
San Leandro



INQUIRING REPORTER

The last place you went for the first time?

— Asked at Dutton and Bancroft

The Safeway on Bancroft. I needed to be in the area, went into the store, and found the canned pumpkin that I'd been looking for.

Amber Castagnola, with daughter Calasena
Oakland



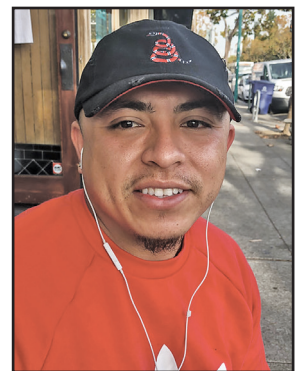
New Orleans, just a month ago. We took the trip to visit the place where my mom was born.

Maria Gutierrez
San Leandro



L.A., just last weekend. I'd seen the Griffith Park Observatory in a movie, so I drove to visit. It was a neat place, but seeing the smog layer from the observatory was disappointing.

Carlos Avalos
San Leandro



San Leandro. I live in Oregon and have been commuting to work here. I am from Sacramento and had been in the Bay Area, but never to San Leandro until this fall.

Chris Gates
Ashland, Oregon,
works in San Leandro



That's super easy. In August my wife forced me to go to Cancun. I brought my own fishing poles and reels and felt like I stuck out like a sore thumb to the Federales.

Andy Maffei
Castro Valley



Pirate Runners Compete in WACC Cross Country Meet

By Andrew Joseph
San Leandro Times

Hundreds of cross country boys and girls athletes from 12 high schools competed on Saturday morning at the West Alameda County Conference (WACC) championships held at Hayward High.

Ariana Chavez of San Leandro High earned third place in the varsity girls' 3-mile race with a final time of 18:55.90.

"I'm definitely glad that I have been able to get faster than last season," said Chavez. "My focus coming into today's meet was to make sure my pace was on target with each of my laps."

Cameron Huynh placed fifth in the girls' race for Castro Valley with a time of 19:03.43. The Castro Valley girls' team placed

fifth, San Leandro placed sixth, Arroyo placed eighth, and San Lorenzo finished ninth. Alameda High's girls team took first place.

"We've worked really hard all season and today was the championship where you want to finish your strongest," said San Leandro head coach Victor Doan. "A lot of our kids ran some of their best times today which I'm really proud of. Ariana finished third in the WACC league today which is very good."

Chavez has been outstanding this season as just a junior, achieving her personal record (PR) the week prior at the WACC meet on Oct. 30 with a time of 18:42.33. The top 14 finishers in each division at the North Coast



PHOTOS BY ANDREW JOSEPH

Varsity boys runners head off on their race at the beginning of the course on Saturday.

Section (NCS) championships automatically qualify for California Interscholastic Federation (CIF) state finals. Chavez's focus

is now set on performing well at the NCS meet and going to the CIF state finals.

"I'm very happy with this

season so far," said Chavez. "My goal since the beginning of the year has been to do well at NCS and be able to qualify for state."

Calvin Sun of Arroyo High placed 11th in the varsity boys' three mile race with a time of 16:33.06.

"I knew today that if I beat all the schools in our league I would qualify to get runner of the year and qualify for NCS – both of which I accomplished," said Sun.

Castro Valley's boys had two top finishers with Jacob Bull finishing 12th in a time of 16:38.10 and Tobias Taylor finishing 14th in a time of 16:43.10. Castro Valley's boys team finished fifth, Arroyo finished sixth, San Leandro finished seventh, and San Lorenzo finished 10th. Berkeley's boys' team took first place.

The NCS championships will be held on Saturday, Nov. 23, at Hayward High. The CIF state championships will be held Nov. 30 at Woodward Park in Fresno.



San Leandro runner Ariana Chavez nears the finish line at the end of the varsity girls three-mile race on Saturday.

CV Women's Club

The Castro Valley Women's Club will have its next meeting on Wednesday, Nov. 20, at 1 p.m. at 18330 Redwood Road in Castro Valley with a presentation by the California Earthquake Authority. The public is invited to learn more about this timely topic. For more information on the club, visit www.castrovalleywomensclub.weebly

Twelfth Night at San Leandro High

The drama program at San Leandro High will present *Twelfth Night* at the Performing Arts Center, 2250 Bancroft Ave.

The show continues for one more weekend with performances on Friday and Saturday at 7:30 p.m., and a Sunday matinee at 2 p.m.

Tickets are available at the door.

The student actors and crew have been working hard on this show since mid-September, and all are invited to see a rollicking funny show.



Set builders prepare for the San Leandro High drama department's production of *Twelfth Night*.

City to Present Film and Discussion at Library for Unite Against Hate Week

The City of San Leandro invites the community to attend the documentary film "Not in Our Town: Northern California," followed by a discussion on Saturday, Nov. 23, at 2 p.m. at the Main Library, 300 Estudillo Ave.

Guest moderator Mayor Pauline Russo Cutter will lead a discussion amongst community leaders about how to stop hate and build an inclusive and equitable community for all following the documentary showing. Re-

freshments will follow this film and panel discussion.

The 60-minute documentary takes a look at five Northern California communities dealing with deadly hate violence over a five-year period. The stories reveal that whether the motivation is racism, anti-Semitism, or crimes motivated by gender or sexual orientation, hate is the same. Californians are finding innovative ways to respond when hate happens in cities.

The Unite Against Hate movement began after members of white supremacist groups began a campaign to hold rallies in Berkeley and Oakland in the fall of 2017. A group of community leaders came up with a way to make a statement that neo-nazis, their hatred and their ideas were not welcome in the East Bay. United Against Hate Week (November 17-23, 2019) is a call for local civic action by people in every Bay Area community to stop the hate and implicit biases that are a dangerous threat to the safety and civility of neighborhoods, towns, and cities. For more information and to find a list of other Bay Area events, visit www.unitedagainsthateweek.org.



CHABOT
COLLEGE

DID YOU KNOW

Students are guaranteed transfer admission to over 30 universities

Invest in *you*

Spring Classes Start
January 13

Register Today
www.chabotcollege.edu



Broyden Systems

- Custom Business Process Automation
- Reporting and Analytics Solution
- Data Management & Applications

info@broyden.com

FREE In-Home Consultation!

We help you improve your home entertainment and home automation systems one step at a time.

"Quality Home Theater at a Reasonable Price"

510-473-2887
Castro Valley



NextStep
AUDIO ENHANCEMENT

brian@nextstepae.com | www.nextstepae.com