



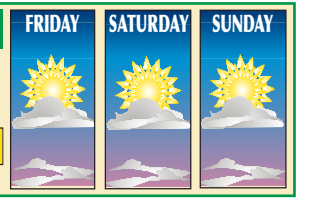
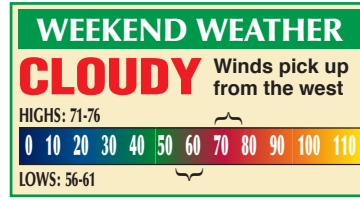
Sitar Concert

INDIAN SITARIST ARJUN VERMA WILL PLAY AT THE LIBRARY NEXT WEEK 2



Back to School

GET TIPS ON PREPARING YOUR CHILDREN FOR A NEW SCHOOL YEAR 7-9



San Leandro Times

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

VOL. 27 • NO. 32

THURSDAY, AUGUST 10, 2017

SAN LEANDRO • CALIFORNIA



PHOTO BY JIM KNOWLES

San Leandro postal employees picketed last Thursday to let the public know that they're unhappy with management.

Postal Workers Send Message

By Jim Knowles
San Leandro Times

Post office employees saying they're fed up picketed last Thursday afternoon in front of the Estudillo Branch office in the Downtown Plaza.

The San Leandro postal workers say they're not being compensated correctly for overtime or sick leave and forced to work

overtime, among other complaints, and that the postmaster has been inflexible.

"Carriers are picketing for dignity and respect, management is not providing proper postal equipment to carriers, and assigns unsafe late night deliveries," said Post Office employee Norbert Castro.

Pickets said they don't get paid for sick leave until they file a grievance, and then

get paid six months later.

"In San Leandro there are overtime violations every day," said Brad Louis, vice president of the National Association of Letter Carriers. "They could run it in a more efficient way. They only keep 30 to 40 percent of new employees because the treatment is so bad."

see PICKETS, page 6

Measure B: What Is the Money For?

'Attracting and retaining teachers' line means salaries

By Amy Sylvestri
San Leandro Times

The ballots are out for the San Leandro school district's Measure B parcel tax, with a ballot question that says the tax revenue will be spent "To attract and retain highly qualified teachers, and to continue programs to improve core education in our local schools, particularly in math, science, technology and the arts, support manageable class sizes, and school libraries."

But what does that mean and where will the money actually go?

The tax revenue will go to teachers' salaries, according to Assistant Superintendent Kevin Collins.

Collins says the tax will help San Leandro offer competitive pay to keep teachers in the district and hire new teachers for an expanded number of classes and programs.

"Basically, it will all go to teachers' salaries," said Collins. "We are focusing on salaries and class sizes."

Collins said that the district wants to reduce class sizes in kindergarten through third grade from the current ratio of 26 students per teacher to 24 students per teacher.

Measure B is a \$78 annual parcel tax which would last 14 years. The new tax would double the rate and extend the life of a

current parcel tax of \$39 that was passed in 2012 and is set to end this school year.

If passed, the \$78 parcel tax will bring in about \$1.5 million annually to the district beginning

see MEASURE B, page 6

Public Works Buys a Drone

By Amy Sylvestri
San Leandro Times

The city's Public Works Department has purchased a drone and the City Council will be drafting a policy of how, when and where it can be used.

The drone was purchased in January for \$3,000 and the City Council recently approved a one-year pilot program for it to be used for a variety of tasks, including roof inspections, before-and-after views of projects such as road repairs, and observing hard-to-reach locations like steep slopes.

Currently, aerial photos and

see DRONE, page 6

State Warns of Fish from Lake Chabot

State report says lake fish contain mercury and PCBs

By Amy Sylvestri
San Leandro Times

The weather is perfect for a day fishing out on the lake, but you may want to think twice before cooking up the catch of the day, as state officials have released an advisory regarding fish in Lake Chabot.

The California Environmental Protection Agency's Office of Environmental Health Hazard Assessment (OEHHA) has declared that six species found in Lake Chabot are safe to eat only

in limited quantities, as they have been found to contain mercury and polychlorinated biphenyls (PCBs).

Women of child-bearing age and children under the age of 18 are advised to avoid eating goldfish, black bass or carp, and to eat no more than seven servings per week of rainbow trout or two servings per week of catfish or sunfish.

see FISH, page 16



PHOTO BY AMY SYLVESTRI

A fisherman casts his line at Lake Chabot this week.

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Aviation writer to speak about new book. Page 4

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San Leandro Times

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NEWS BRIEFS

School District Officials
To Host Measure B Meeting

San Leandro Unified School District Superintendent Dr. Michael McLaughlin and school board member Leo Sheridan will host a Measure B informational meeting on Thursday, Aug. 10, at 6 p.m. at Zocalo Coffeehouse, 645 Bancroft Ave. in San Leandro.

Talk by Author of Book on
Missing Pilot Gertrude Tompkins

The Oakland Aviation Museum, 8525 Earhart Road in Oakland, will host a presentation of the new book, *Seized by the Sun: The Life and Disappearance of World War II Pilot Gertrude Tompkins*, on Sunday, Aug. 13, at 1 p.m. Author James W. Ure will read from his book about the fascinating life of Gertrude Tompkins who overcame a childhood stutter, a troubled youth, and gender barriers to become one of the 126 women chosen to pilot World War II fighter planes. One day in 1944, Tompkins took off in P-51 Mustang from California to New Jersey where the airplane was to be shipped to Great Britain, but she never arrived in New Jersey and her disappearance remains a mystery to this day.

Washington Manor Homeowners to Meet

The Washington Homeowners and Residents Association will hold its monthly meeting on Tuesday, Aug. 15, from 6 to 7:30 p.m. in the Conference Room at the Manor Branch Library. Guest speaker will be San Leandro Chief of Police Jeff Tudor. Check the WHOA web site at: www.whoasf.webs.com for any meeting information. If you have questions related to Washington Manor that you would like to discuss, forward them to Marti Lantz at volunteermarti@pacbell.net.

Flea Market at Mission Bay

Mission Bay residents will host a flea market on Saturday, Aug. 19, from 8 a.m. to 3 p.m. at the clubhouse, 15333 Wicks Blvd. in San Leandro. Everyone is welcome. Proceeds from two of the tables and the snack bar will benefit the Wounded Warriors Project.

San Leandro Toastmasters

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



Sitarist Arjun Verma and other musicians will perform on Aug. 17 at the library.

Acclaimed Sitarist to Perform for
Indo American Heritage Month

Acclaimed sitarist Arjun Verma and his fellow musicians will perform in celebration of Indo American Heritage Month on Thursday, Aug. 17, from 7 to 8 p.m. at the San Leandro Main Library, 300 Estudillo Ave. Admission is free.

Verma is the son of sitarist Roop Verma, a disciple of Maestros Ali Akbar Khan and Ravi Shankar. Arjun began learning North Indian Classical Music from his father at age five.

As a teenager, Arjun was fortunate to study with Maestro Ali Akbar Khan for eight years,

and after the Maestro's passing in 2009, with his son Alam Khan. Arjun has also received guidance from Smt. Annapurna Devi.

Verma has performed with renowned musicians in many genres, including Alam Khan, Bob Weir of the Grateful Dead, Pandit Sharda Sahai, Ustad Shabbir Nisar, Fareed Haque, Kai

Eckhardt, Krishna Das, Anirban Roy Chowdhury, and Salar Nader. Arjun has performed in the United States, Europe, and India, including noteworthy performances with St. Louis Symphony, Houston Grand Opera, and at Prague Castle, Pattee Arena, the Fillmore, and at the United Nations in Geneva.

Summit to Focus on Disabled

Allen Temple Baptist Church, 8501 International Boulevard in Oakland, will host a Persons with Disabilities Ministry Summit on

Saturday, Aug. 19, from 9:30 a.m. to 2 p.m. to provide awareness of resources available to the disabled community.

You Need The Right Diagnosis To FIX SCIATIC Nerve Pain



Your nerve system is involved in everything your body does, from regulating your breathing to controlling your muscles and sensing heat and cold. Because your nerve system is so critical for your health when things go wrong with it you may experience EXCRUCIATING PAIN and/or some very strange symptoms...

There are three types of nerves in the body:

1. **Autonomic nerves.** These nerves control the involuntary or partially voluntary activities of your body, including heart rate, blood pressure, digestion, and temperature regulation.
2. **Motor nerves.** These nerves control your movements and actions by passing information from your brain and spinal cord to your muscles.
3. **Sensory nerves.** These nerves relay information from your skin and muscles back to your spinal cord and brain. The information is then processed to let you feel pain and other sensations.

Because nerves are essential to all you do, nerve pain and damage can seriously affect your quality of life.

What Are the Symptoms of Nerve Pain and Nerve Damage?

With nerve damage there can be a wide array of symptoms. Which ones you may have depends on the location and type of nerves that are affected. Damage can occur to nerves in your brain and spinal cord. It can also occur in the peripheral nerves, which are located throughout the rest of your body.

Autonomic nerve damage may produce the following symptoms:

- Too much sweating or too little sweating
- Lightheadedness
- Dry eyes and mouth
- Constipation
- Bladder dysfunction
- Sexual dysfunction

Damage to motor nerves may produce the following symptoms:

- Weakness
- Muscle atrophy
- Twitching, also known as fasciculation
- Paralysis

Sensory nerve damage may produce the following symptoms:

- Pain
- Sensitivity
- Numbness
- Tingling or prickling
- Burning
- Problems with positional awareness

In some instances, people with nerve damage will have symptoms that indicate damage to two, or even three, different types of nerves. For instance, you might experience weakness and burning of your legs at the same time. To further complicate matters we don't all develop the same way and different un-expected nerves can cause similar problems. This has made it very difficult to diagnose disorders caused by nerve damage based on which nerve "should" cause what.

That is, until now...

Recent advances in technology that detects nerve damage has led to **more precise diagnosis** for those people suffering with nerve damage disorders.

And more precise diagnosis leads to better results... results which have been published in major medical journals. With data published in 2014 showing success rates as high as 88% some back surgeons are recommending their patients try this treatment first before having back surgery (for nerve damage that leads to back pain and sciatica).

In Pleasanton, you can get your body scanned for nerve damage at Intero Chiropractic.

Your invitation for a **comprehensive consultation and examination to pinpoint the cause of your nerve damage.**

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

Mention this article (CODE: LOS49NVP4) and they will happily reduce their usual consultation fee of \$100 to just \$20.

But hurry, for obvious reasons – this is a time limited offer – with only 100 reader consultations available at this exclusively discounted rate.

Don't suffer a moment longer...

Find out what is causing your nerve damage, book a consultation now by calling (925) 255 5805, they are waiting to take your call today.

Over the years, they've treated hundreds of patients with nerve damage. The vast majority of them have enjoyed superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

Call them now and get a full and thorough examination to pinpoint the cause of your problem for just \$20, the normal cost of such an exam is \$100 so you will save \$80!

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

You can even call on the weekend and leave a message on their answer machine to secure your spot as they promise to return all calls; and during the week they are very busy, so if they don't pick up straight away do leave a message. So call now on (925) 255 5805 and quote this special discount code: LOS49NVP4.

For obvious reasons they can't help everyone at this reduced price, so please call soon to secure your special opportunity.

PAID ADVERTISEMENT



PHOTO COURTESY ACFD

Cherryland Collision Course

The driver of a minivan lost control and crashed into a building in Cherryland Tuesday morning, Aug. 8, at just before 8 a.m. near the intersection on Mission Boulevard and Grove Way. Emergency responders winched the vehicle out of the building and used wooden shores to stabilize the structure of the building, according to the Alameda County Fire Department. One person in the minivan sustained minor injuries and was taken to Eden Hospital for treatment. Two walls sustained moderate damage, but no one was inside the building at the time. The cause of the collision is under investigation.

Suspect Arrested in Attacks

A man has been arrested for what police believe are two unprovoked assaults on BART trains this month, including one at the Bay Fair station.

Mario Christopher Washington, a 42-year-old construction worker from Berkeley, was identified by BART police Monday as the suspect.

Washington was arrested on suspicion of assault with a deadly weapon after someone recognized him from the BART surveillance footage that captured

the crimes.

The first attack happened on Aug. 3 at around 7:30 p.m. as a Fremont-bound train pulled in the Bay Fair BART station.

The suspect struck a man on the head with bolt cutters and also punched and kicked him before running off the train and out of the station.

The victim suffered a cut to his head but the injury was not considered life-threatening. He was taken to the hospital in an ambulance,

Two days later on Aug. 5, also around 7:30 p.m., the same suspect approached a man on a San Francisco-bound train that was approaching the Embarcadero station and punched him twice in the face. That victim was treated at the scene and didn't require further medical attention.

In both incidents, the victim and witnesses said the assaults were unprovoked.

Washington is being held without bail and is scheduled to be arraigned later this week.

SL Man Pleads Guilty to Assault

A San Leandro man who allegedly drove a stolen car at two policemen in Marin County last year has pled guilty to felony assault.

Benjamin James Hemmann, 33, also pled guilty to identity theft.

The assault happened on Nov. 16 at around 3:30 a.m. in Tiburon when license plate scanning street cameras alerted police to rental car that had been reported stolen.

Police tracked the car to a dead-end street and Hemmann was driving. Two officers used their vehicles to box Hemmann in, but he drove at them, authorities said.

Hemmann stuck two cop cars and a parked Jeep, according to Tiburon police.

Hemmann drove off and eluded capture, eventually ditching the car. Police found the vehicle, which had been rented

with false identification and found information in the car that led to Hemmann. He was later arrested and charged by the Marin County District Attorney's Office with assault on a peace officer, assault with a deadly weapon, reckless evasion, car theft, and identity theft.

Hemmann settled on the plea deal last week for the felony assault and identity theft. He is scheduled to be sentenced on Aug. 30.

CROSSWORD ANSWERS

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Today's the Day to 'Tip a Cop' in SLz

The Alameda County Sheriff's office is holding a fundraiser to benefit the Special Olympics of Northern California.

Today, Aug. 10, from 6 p.m. to 9 p.m. at the Black Angus restaurant at 15800 Hesperian Boulevard deputies will volunteer as "celebrity" waiters at the restaurant and their tips will be donated to the Special Olympics.

The money will go to year-

round free sports training for Special Olympics athletes in 12 different sports.

Special Olympics is the world's largest sports organization for children and adults with intellectual disabilities, providing year-round training and competitions to 5.7 million athletes in 172 countries. Special Olympics competitions are held every day, all around the world.

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SUNDAY 11:11 A.M.

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- Clinic Tour • FREE BARBECUE! • Free Fresh Produce!

For more information, visit www.davisstreet.org or call 510.347.4620 x 104

NEIGHBORS



Free Pair of Nike's Go To 300 SL Children

Thanks to the Nike Clearance Store in San Leandro, 50 low-income children got to pick out a brand new pair of Nike's for school. The private shopping event was part of Davis Street's Back 2 School Program. The program provides 300 low-income and homeless children with a brand new pair of shoes, school supplies and new back pack to start the school year. The 300 children enrolled in the program were entered into a lottery for an opportunity to pick out their new shoes at the Nike Clearance Store. 50 children received "golden tickets" and were able to shop before the store was open to the public.

Story of WWII Pilot Read by Author

The Oakland Aviation Museum, 8525 Earhart Road in Oakland, will host a presentation of the new book, *Seized by the Sun: The Life and Disappearance of World War II Pilot Gertrude Tompkins*, on Sunday, Aug. 13, at 1 p.m.

Author James W. Ure will read from his book about the fascinating life of Gertrude Tompkins who overcame a childhood

stutter, a troubled youth, and gender barriers to become one of the 126 women chosen to pilot World War II fighter planes.

One day in 1944, Tompkins took off in a P-51 Mustang from California to New Jersey where the airplane was to be shipped to Great Britain, but she never arrived in New Jersey and her disappearance remains a mystery to this day.



84th Annual Dahlia Show

The San Leandro Dahlia Society invite all to the 84th Annual Dahlia Show on Saturday, Aug. 19, from 10 a.m. to 5 p.m.; and Sunday, Aug. 20, from 10 a.m. to 4 p.m. at the San Leandro Main Library, 300 Estudillo Ave. The show is free and visitors will be able to judge some of the blooms. Around 1,500 blooms are expected to be entered in the show that will be a feast for the eyes. For more information, call John Morton at 276-0530.

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COMMUNITY CALENDAR

❖ Davis Street Annual Health Fair

The Davis Street Resource Center, 3081 Teagarden Street in San Leandro will have its 3rd Annual Health Fair on Saturday, Aug. 12, from 10 a.m. to 2 p.m. This event features a farmers market, complimentary medical and dental screenings, lunch, community resources, games, prizes and fun for the whole family.

❖ Community Impact Lab Gala

Community Impact Lab will hold its First Annual Benefit Gala and Silent Auction on Saturday, Aug. 12, at 6 p.m. at the Alta Mira Club, 561 Lafayette Ave. in San Leandro. Enjoy delicious bites, dancing, and giving. Dress for the occasion is semi-formal. Entertainment for the evening will be the Cal Alumni Big Band. The silent auction will feature a variety of items. Tickets for tapas, drinks, and dancing start at \$100 and can be purchased at www.CILgala.eventbrite.com. For more information or to donate to the silent auction, email Christina@communityimpactlab.org or call 876-1543. Community Impact Lab strives to be a force for action and to expand opportunities for everyone, especially women and children.

❖ South Pacific at Woodminster Theater

Woodminster Summer Musicals presents *South Pacific*, the Tony-award winning Rodgers and Hammerstein classic, through Aug. 13 at Woodminster Amphitheater in Joaquin Miller Park on Joaquin Miller Road in the Oakland hills. Performances are Aug. 10, 11, 12, and 13, all at 8 p.m. Tickets are available by phone at 531-9597, online at www.woodminster.com, or in person at Woodminster Amphitheater 11 a.m. to 4 p.m. daily, or at the box office before any performance. Ticket prices range from \$31 to \$64, with discounts for seniors, students, and groups.

❖ Arsenic and Old Lace

The San Leandro Players present *Arsenic and Old Lace*, through Aug. 13, at the San Leandro Museum/Auditorium, 320 West Estudillo Ave. in San Leandro. Performances are on Saturdays at 8 p.m.; Sundays at 2 p.m.; and Fridays at 8 p.m. on Aug. 11. *Arsenic and Old Lace* by Joseph Kesselring, directed by Mark O'Neill is one of America's funniest murder comedies, as a household of zany relatives and sidekicks bring insanity and mystery to the stage. Tickets are \$20 general, and \$15 seniors, TBA members, under 12, and students. For more information and tickets, call 895-2573. Order tickets online at www.slplayers.org.

❖ The Eagles Bingo Luncheon

The Fraternal Order of Eagles Eden Auxiliary 1139 will host their charity bingo luncheon on Monday, Aug. 14, at noon at the Eagles Hall, 21406 Foothill Blvd. in Hayward. The fare will include a special chicken salad, rolls, bread, fruit cups, desserts, coffee, tea and fun. A donation of \$8 will include one bingo card. For more information, call Glenda at 584-1568. Proceeds will benefit Meals on Wheels.

❖ Washington Manor WHOA Meeting

The Washington Homeowners and Residents Association will hold its monthly meeting on Tuesday, Aug. 15, from 6 to 7:30 p.m. in the Conference Room at the Manor Branch Library. Guest speaker will be San Leandro Chief of Police Jeff Tudor. Check the WHOA web site at: www.whoa.sl.webs.com for any meeting information. If you have questions related to Washington Manor that you would like to discuss, forward them to Marti Lantz at volunteermarti@pacbell.net.

❖ Kiwanis Club of San Leandro

Join the Kiwanis Club of San Leandro for weekly meetings. The first Tuesday is for socializing. Dinner is open menu and starts at 5:30 p.m. The following Tuesdays, second through the fourth or fifth, are luncheons and are from 12:10 to 1:30 p.m. and will have a speaker. All meetings are held at The Englander, 101 Parrett Street in San Leandro.

❖ Mission Bay Flea Market

Mission Bay residents will host a flea market on Saturday, Aug. 19, from 8 a.m. to 3 p.m. at the clubhouse, 15333 Wicks Blvd. in San Leandro. Everyone is welcome. Proceeds from two of the tables and the snack bar will benefit the Wounded Warriors Project.

❖ Washington Manor HOA Day at the Park

Bring your family and friends for a fun Washington Manor "Old Fashioned Day at the Park" festival, Saturday, Aug. 19, from noon to 8 p.m. at Washington Manor Park, 14900 Zelma St. There will be food trucks, a petting zoo, kid's games, entertainment, craft and information booths. The San Leandro police, and the Alameda County Fire Department will have department trucks and motorcycles on display. An outdoor movie sponsored by the San Leandro Optimist Club will begin around 8 p.m. on the baseball lawn. Drop by the membership table to pay your annual dues (\$10) and be part of the Washington Manor Homeowners Association. For more information, call Marti at 351-8035. For vendor information and applications, call Amor at 483-4013.

❖ Persons with Disabilities Ministry Summit

Allen Temple Baptist Church, 8501 International Blvd. in Oakland, will host a Persons with Disabilities Ministry Summit on Saturday, Aug. 19, from 9:30 a.m. to 2 p.m. to provide awareness of resources available to the disabled community. This event will provide a wealth of information for people with disabilities. Speakers from over a dozen social service agencies and organizations will be on hand.

❖ San Lorenzo Community Church Picnic

The San Lorenzo Community Church, 945 Paseo Grande, will have a Picnic for Peace on Saturday, August 19, from 11 a.m. to 2 p.m. Join this gathering for an afternoon of free family fun, food and games. For more information, call 276-4827.

❖ Alta Mira Club Tea & Fashion Show

The Alta Mira Club, 561 Lafayette Ave. in San Leandro, presents "Have Bag Will Travel, 100 Years of Fashion," tea and dessert, followed by a fashion show to support Alta Mira scholarships on Monday, Aug. 21, at 11:30 a.m. The program features a museum collection of antique gowns and accessories modeled by volunteers from Goodwill Industries of the Greater East Bay. Tickets are \$25. For reservations, email Nancyfong@aol.com or call 483-1018.

❖ No Excuse Moms Workouts

The local No Excuse Moms of San Leandro and San Lorenzo host free workouts on Wednesdays at 6 p.m. at Halcyon Park on 147th Street in San Leandro, and the first two Mondays of the month at 9:30 a.m. at the San Lorenzo Library. The non-profit organization focuses on promoting a healthy lifestyle through fitness, friendship, and community support. All fitness levels are welcome and bringing kids is encouraged.

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

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): A strong social whirl brings a new round of good times to fun-loving Rams and Ewes. Cupid also is busy aiming arrows at single Lambs hoping for a heart-to-heart encounter.



TAURUS (April 20 - May 20): A romantic incident could take a more serious turn if the Divine Bovine considers meeting Cupid's challenge. Meanwhile, a professional opportunity also is about to turn up.



GEMINI (May 21 - June 20): A bit of hardheaded realism could be just what the Twins need at this emotionally challenged time. Face the facts as they are, not as you want them to be. Good luck.



CANCER (June 21 - July 22): Many opportunities open up. But you need to be aware of their actual pros and cons. Check them all out and make your choice from those that offer more of what you seek.



LEO (July 23 - August 22): A more stable situation begins, allowing you to feel more secure about making important decisions. Meanwhile, be sure to meet your project deadline so you can move on to other things.



VIRGO (August 23 - Sept. 22): Congratulations. A new personal relationship thrives as you learn how to make room in your busy life for this wonderfully warm and exciting emotional experience.



LIBRA (Sept. 23 - October 22): A new contact opens some doors. That's the good news. But there's a caution involved: Be sure you protect your rights to your work before showing it to anyone.



SCORPIO (October 23 - November 21): A former colleague might seek to resume a working partnership. Ask yourself if you need it. If yes, get more information. If no, respectfully decline the request.



SAGITTARIUS (Nov. 22 - Dec. 21): Good times dominate your aspect. So why not have a party to celebrate a loved one's success? And do invite that special person you want to know better.



CAPRICORN (Dec. 22 - Jan. 19): The shy side of the Sea Goat soon gives way to your more assertive self. This should help you when it comes time to speak up for yourself and your achievements.



AQUARIUS (Jan. 20 - Feb. 18): A new period of stability will help you deal with some recently reworked plans. Once you get your current task done, you can devote more time to personal matters.



PISCES (Feb. 19 - March 20): Things are finally much more stable these days, so you can restart the process of meeting your well-planned goals with fewer chances of interruption or delay.

Pickets: Workers want grievances heard

continued from front page

Louis said he's had discussions with San Leandro Postmaster Katrina Scott-Vance but the talks haven't gotten anywhere.

Post Office employees are assigned late-night deliveries that they call unsafe. Louis said the postmaster will assign an employee to overtime hours when another employee is willing to work, but the postmaster

won't be flexible and let the willing employee have the extra hours.

"We want working conditions so that employees come in, do their job professionally and go home," Louis said. "I don't know of an employee who won't go the extra mile when asked."

"These problems are fixable if the two sides work with each other to resolve them," Louis

said.

Scott-Vance didn't returned phone messages left this week. But U.S. Post Office spokesman Gus Ruiz returned a call.

"These are labor management issues they have to work out between themselves," Ruiz said.

Ruiz said that the union's comments were their opinion, and the Post Office isn't going to comment on the issues publicly.

Ruiz said he wasn't familiar with the exact issues going on in San Leandro right now, but that Post Office management is always willing to talk with employees about any problems that need to be addressed.

"We deal with those things internally, we don't make those things public," Ruiz said. "We sit down whenever the union raises issues with us."



PHOTO BY JIM KNOWLES

San Leandro postal workers say they're not treated right.

Drone: City worker a licensed drone pilot

continued from front page

videos are taken by city electricians or tree trimmers who use their bucket trucks to get high enough to snap the necessary photos, according to Debbie Pollart, the city's Public Works director.

The drone is subject to several regulations put in place by the Federal Aviation Administration. It must weigh less than 55 pounds, the Oakland and Hayward airports must be notified

each time it is flown, it must be flown under 400 feet and below 100 miles per hour, it must be flown during daylight hours only and it must not fly over people.

The drone can only be operated by a licensed drone pilot. Fortunately, Shawn Allison, a Public Works employee in the city's street maintenance department, is a licensed drone pilot and he even races drones as a hobby.

The drone will be equipped with a camera and when it is



Drones are becoming more widely used for surveying property and in construction work.

used, the footage can either be recorded or just observed live on a connected tablet or smart phone, Pollart said.

The drone also has an "object avoidance system" to reduce the risk of a crash.

"That means you can't accidentally run it into anything whether it be a building or a tree," Pollart told the City Council in July.

Pollart said the city will post

on its website with at least 24 hours notice each time the drone will be used.

The City Council told Pollart that the pilot program could be a sign of where the city's future is heading, with Councilman Benny Lee saying other departments will likely join Public Works in using the drone.

"I think this is a step towards moving San Leandro into the 21st century," said Lee.

Measure B: Ballots mailed out last week

continued from front page

in the 2018-2019 school year, a total of \$21 million over the lifetime of the tax.

Some voters have objected to the wording of the measure, which just says it will "renew" the current tax, but does not mention that the new tax would double the rate of the current tax.

The ballot measure reads in part "shall the San Leandro Unified School District renew its existing parcel tax for 14 years at a rate of \$78 per year" with no mention of the \$39 figure.

Collins said the language on the ballot was carefully vetted both by the district's hired political consultant Larry Tramutola and by the school district's attorney.

"It's a 75-word ballot statement and we are stuck with getting a lot of information across in 75 words," said Collins. "The reason it says 'renew' is to let people know it is not a new tax on top of an existing tax."

The argument in favor of Measure B was signed by Mayor Pauline Cutter, members of the school board, and parents of students in the district. No argument opposed to Measure B was submitted to the county to be included on the ballot.

The mail-in election comes just nine months after San Leandro voters approved the school district's \$104 million Measure J1 bond. In the past decade, voters have also approved Measure B (a \$109 million bond passed in 2006) and Measure M (a \$50 million bond passed in 2010) for school facility improvements including the Burrell Field athletic complex, the ninth grade campus, and the aquatic center.

Combined, the bonds have property owners paying a total of \$118 per \$100,000 of assessed property value annually. This new parcel tax would add a flat \$78 annually, regardless of assessed property value.

see MEASURE B, page 16

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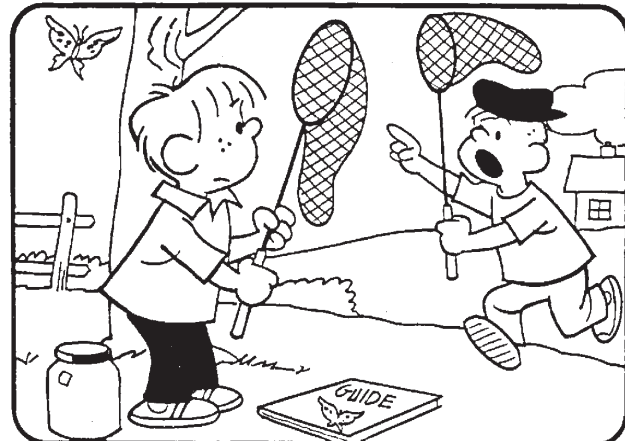
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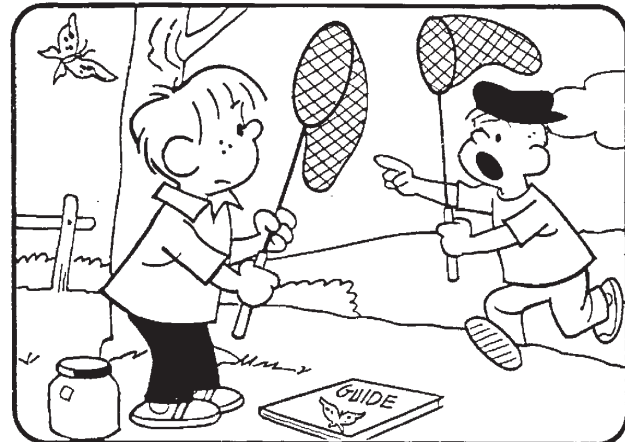
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HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Butterfly is missing. 2. Fence rail is missing. 3. Jar is smaller. 4. Net is different. 5. Arm is moved. 6. House is moved.

PARENTS GUIDE

Get Your Child Ready for School

By Cathy Malone

Special to the Times

As the days of summer become shorter and vacation draws to a close, the time has come to put away the beach bag and break out the back packs.

Back-to-School time can be very intimidating for some children, who become filled with anxiety over changing teachers, grades and friends.

It's important to give your kids every opportunity to feel confident and prepared for the new school year. This involves more than buying them back-to-school supplies. The University of Phoenix offers these tips to help your child get excited to go back to school:

1. Create a Positive Attitude

About Going Back to School. Talk to your children about their feelings surrounding going back to school. Encourage them to focus on the positive aspects of a new year, like seeing their friends, meeting their new teacher, and learning new subjects.

2. Start the School Schedule Early. Begin the morning and evening school routine at least a week before school starts.

3. Visit the School. Visit your new classroom and play on the playground to help children feel comfortable in the environment.

4. Create a Calendar. Create a calendar together that highlights bed time, school hours, after school activities and play times.

5. Set Goals for the School Year. Talk with your child about

Help your child develop a set of goals that they want to accomplish this school year and motivate them to stay on track.



what they want to accomplish this school year. Creating a goal board can motivate them to stay on track.

6. Back to School Shopping. Make it fun! Let them

cross their school supplies off the list and help pick out a new outfit.

7. Back to School Activities. Find out about back-to-school activities or events, such as

Back to School night or sporting events and participate as a family.

8. First Day of School Ritual. This can include taking pictures of them on the front lawn

before they leave for school or making them their breakfast of choice.

Cathy Malone is an educator and University of Phoenix instructor.

Childhood Trauma Occurs More Often Than You Think

Traumatic experiences happen — but when they happen to children, it can affect their view of the world, their sense of safety, their development, and even their longer-term physical and mental health.

According to the Substance Abuse and Mental Health Services Administration, more than two-thirds of children reported at least one traumatic experience by age 16.

While not every child will be traumatized from a difficult experience, some potentially traumatic events could include abuse, neglect, disaster, violence (physical, sexual and community), bullying or school violence,

terrorism, war, serious illness or accident, military family-related stress, human trafficking or the sudden loss of a parent or loved one.

The numbers are staggering:

- One in four high school students were in a physical fight.

- One in five high school students experienced school bullying, and one in six were cyberbullied.

- 54 percent of families in the United States have been affected by disaster.

- 19 percent of injured and 12 percent of physically ill youth have post-traumatic stress disorder, a debilitating mental health disorder.

The effects of trauma, when

left untreated, can have a profound impact on a child. Some of the common responses in the aftermath include difficulty sleeping, isolation, trouble focusing, and even angry and aggressive behavior.

Imagine, then, a traumatized child trying to learn in a classroom—wanting to be alone, distracted by memories of the trauma, and possibly having intense responses to teachers and students.

It is important to understand what may stem from the trauma so that behavior shifts can be linked with what happened and appropriate support can be in place. If that doesn't happen, school performance, friendships

and healthy development can be jeopardized.

■ Trauma Left Unaddressed

At times, signs that a mental health concern may be emerging go unrecognized. For some children and families, it can be difficult to reach out for help with mental health. In part, this could be because traumatic experiences can be viewed as something to get through and forget about and are not given the same level of attention as a physical injury.

However, the seriousness of traumatic experiences is shifting as more and more people recognize that getting help for traumatic experiences is essential for living a healthy, productive life. *see TRAUMA, page 9*



Prompt and proper intervention can help save children from some of the serious effects of childhood trauma.

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Tell Kids to Get Out and Play!

The next time you tell your children to stop playing and hit the books, you may want to think again.

The Genius of Play, a movement to bring more play into kids' lives, wants you to know that playtime is critical to healthy child development. Through play, kids build physical skills, improve cognitive abilities, learn communication and social skills, process and express emotions, and increase creativity.

Parenting expert and author Meredith Sinclair, M.Ed., offers four fun tips to help parents encourage more playtime every day.

- Look for opportunities to make chores or activities you already do with your kids more playful. For example, grocery shopping can be a great chance to play "I Spy," or you can make flash card drawings of items you want your child to help you find. When you're doing the

laundry, have your child roll the socks and make it a basketball challenge.

- Create a simple "Pops of Playfulness" jar for those moments when there's "nothing to do." Fill a mason jar with slips of paper that say such things as "tell us your best joke," "pillow fight!" or "five-minute puppet show." Whenever you need a spontaneous spark of playfulness, simply pull one from the jar and jump in.

- Make a time for a playdate. Whether it's playing with friends or family, playdates are an important part of childhood—a time when your children can learn to resolve problems and hone their social skills.

- Check out nearby parks and playgrounds. They can be great places for your kids to make new friends and learn about other cultures. Don't worry about language barriers. The language of play is universal.

Research shows that play is essential for kids to reach devel-

opmental milestones and learn. The American Academy of Pediatrics recommends children spend 60 minutes daily engaged in open-ended, unstructured play.

Here are three amazing facts about play:

1. Play enhances the progress of early development from 33 percent to 67 percent by improving language and reducing social and emotional problems.

2. Children with access to a variety of toys were found to reach higher levels of intellectual achievement, regardless of the children's sex, race or social class.

3. Research points to a direct correlation between play and stress reduction.

● **It's Child's Play: Great Ideas and Resources For Parents**

Parents and other caretakers can get expert advice, play tips



Through play, kids build physical skills, improve cognitive abilities, learn communication and social skills, process and express emotions, and increase creativity.

and ideas based on their children's ages and developmental stages from www.thegeniusof-play.org.

Created with the mission to

help raise happier, healthier and more successful generations through the power of play, the Genius of Play website and social media channels show how

to help kids build confidence, creativity, critical thinking and other skills that will serve them throughout their lives.

— North American Precip Synd., Inc.

Be Smart When School Supply Shopping

If yours is like most American families with kids in school, you'll spend over \$600 on clothes, shoes, supplies and electronics this year.

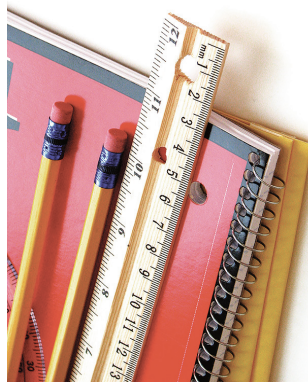
Total U.S. spending on back-to-school is expected to be about \$27 billion, reports the National Retail Federation.

Smart Supply Shopping

Here are a few hints to help you get the most for your money.

- First, shop at home. Look through desks, drawers and closets. Chances are, some of the stuff your kids got last year can still be used this year.

- Also, before you shop, try to find out which supplies the school requires. Depending



on your child's grade, this will probably include pens, pencils, markers, highlighters, erasers, rulers, notebooks, loose-leaf paper, binders, calculators, and art supplies. Also, a backpack to put

it all in. Look for one with reflective material, a padded back and multiple compartments.

- Next, consider electronics. A laptop or a tablet might be a good idea; which device depends in part on whether it's for productivity or for consumption. Tablets are typically used to browse, watch and consume content. A laptop is used to create and produce, though there is some crossover.

Make sure your child understands the school's policy on Internet use and communication and reinforce it at home. You should also see if the school provides any electronic equipment. If, say, tablets are used

in the classroom you may want to get the same kind for use at home, or a laptop that's completely different.

Consider getting accidental damage insurance. As AVG security analyst Tony Anscombe points out, kids tend to drop or damage stuff. You should also protect the device from hacking and viruses. One good way to do so is with one of three protection packages from AVG.

AntiVirus Free — which is free — offers AntiVirus to help protect against viruses, spyware and other malware; Link Protection to scan Web, Twitter and Facebook links; and Email

see SUPPLIES, page 9

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Teach Your Child Healthy Habits

Experts advise parents to teach kids the importance of smiling

If you're like most parents, you work hard to make sure your children eat their veggies, brush their teeth and always say "please" and "thank you," but one important habit is often forgotten.

Experts advise parents to teach children the importance of smiling. Smiling can positively affect you and the people around you, and lower stress, which should improve your child's quality of life.

What You Can Do

Here's a look at a few of the habits that can be crucial to ensuring children enjoy a healthy lifestyle:

1. Setting a regular bedtime: According to the National Sleep Foundation, children need at least 10 to 12 hours of sleep.

By the age of 2, children

have spent more time asleep than awake. Why is this? Sleep is vital to children's development and lets them be alert, fresh and ready to learn every day.

While bedtime tantrums can be frustrating, they may well be an indicator that your child needs sleep. Avoid active endeavors right before bed and replace them with 30 minutes of relaxing, quiet activities. This will encourage a healthy bedtime routine for kids and may help them to see the importance of a good night's sleep.

2. Keeping active: Encourage your children to play outside, join a team or take part in some other activity outside of school. This provides a great opportunity to meet and socialize with other kids they may not meet otherwise.

Developing hobbies from a young age helps keep children busy and gives them a chance to learn beyond the classroom.

3. Eating fruits and vegetables: Reinforcing a healthy diet will improve your children's mood, health and even their smiles. Instilling a healthy diet early will create lifelong habits that will benefit your child for years to come.

4. Smiling more often: Teach your child the importance of proactive oral care to ensure fewer trips to the dentist and a bright, healthy smile for life. Getting your children to brush and floss twice a day may not be easy, but parents can ensure their kids have a complete oral care routine by using Gum's suite of toothbrushes, toothpaste and flossers for kids featuring



Healthy kids are happy kids, and instilling the right daily habits in your children can help you get a lot more smiles from your family.

popular themes such as Crayola, Power Rangers, Dragons and Lalaloopsy.

The new kid's toothpaste

collection lets kids add color to their brushing routine. You can find your child's favorite colorful toothpaste, toothbrushes and flossers in retailers such as Target and online at www.gum-brand.com.

5. Reading for pleasure: Encourage your kids to take a break from video games, social media and other distracting forms of

technology and pick up a book instead. Reading for pleasure will help expand your children's imagination and develop their reading skills. Once their homework is complete, designate a daily "screen-free" hour or make it a family activity by reading a chapter or two together before bed each night.

— StatePoint

Trauma: Seek help if there's no sign of improvement

continued from page 7
and long life.

Between 1995 and 1997, a study conducted by the Centers for Disease Control and Prevention revealed that for people who have five or more adverse childhood experiences, their life span was shortened by approximately 25 years.

This is believed to be largely due to coping behaviors that are often used in adolescents and adult life to manage the emotional pain and social disconnection, but can compromise health.

The study is just one of many examples that demonstrate the importance of prevention and action. When prevention efforts fail, responding quickly to ensure safety and establish support is very important to the health and future of children.

What You Can Do

While every child is different, there are some things you can do to help in the aftermath of trauma.

Assuring and reassuring the child of safety will help to re-

duce anxiety and stress. Make sure the child knows that whatever happened isn't his or her fault, as kids often blame themselves when something completely out of their control takes place.

Being patient and listening without judgment will help the child to cope with what has happened, while giving you important insight into how the child is doing and managing what took place.

And, if you have concerns for your child's well-being or

they are not improving over time, consider seeking help from a trained professional. When needed, a mental health professional trained in evidence-based trauma treatment can help children and families cope and move toward recovery. Ask your pediatrician, family physician, school counselor or clergy member for a referral.

Some practical tools that can be helpful to parents, guardians, caregivers and teachers when a child may have been traumatized—and some that are specific

to the kind of traumatic exposure (e.g., mass violence, disaster and bullying) can be found at www.samhsa.gov/child-trauma/understanding-child-trauma.

Children exposed to trauma may have been a target of bullying or their behaviors may make them targets of bullying.

Information specific to the trauma or distress associated with bullying can be found at www.StopBullying.gov.

— North American Precise Synd., Inc.

Supplies: Browse safely

continued from page 8

Protection to warn of malicious attachments.

For a bit more, there's an AntiVirus that does all that plus protects against harmful downloads with Online Shield; encrypts and password-protects private files with Data Safe; and provides automatic security updates.

For a little more, you can also get Anti-Spam to keep your

in-box free of spam and scams and an enhanced firewall so your kid can browse online with greater safety.

Whatever device you get, make sure your kids understand one core principle: If you wouldn't say it off-line, don't say it online.

For further facts on online security, go to www.avg.com.

— North American Precise Synd., Inc.

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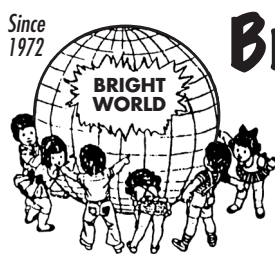
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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



The 8 Practices of Successful Sellers

Don't cut corners when selling your most valuable asset

Some sellers seem to sell their homes for top dollar and soar through the process while others struggle from beginning to end.

Here are eight practices that help sellers win big.

• **Get Help:** Hire competent representation.

You are selling your most valuable asset, so get the best professional help possible.

I'm amazed at sellers who try to cut corners – a top-notch Realtor is not just a salesperson, they're a coach, mentor, trusted advisor, facilitator and more.

Top professionals in every field hire the best coaches they can find and do not scrimp on

fees – why should you act differently?

• **Get Clarity:** Assess current trends.

With your agent, carefully examine area trends going back a few years to discern the best time to hit the market.

• **Get Proactive:** Develop a plan.

With your agent, develop a written plan for every aspect of your sale and relocation. Expert Realtors have systems that ensure nothing gets missed along the way. They can also line up Realtors in areas you are moving to.

• **Get Prepared:** Ready your home.

Your Realtor will prepare a comprehensive prep-plan to maximize your potential sale. Buyers want move-in ready homes – they also want staged homes that reflect current tastes. If they do not see what they like when viewing your home's profile on line, they'll quickly swipe to the next home.

• **Get Real:** Set a realistic price.

Today's buyers have full access to home valuation data. If they determine your property is priced too high, they will not offer less – they simply will

not come. It's been said many times: if you set your price too high, you'll end up with less in the end.

• **Get Promoted:** Go fully professional.

I am horrified to see sellers allowing bad pictures on the internet. Get professional pictures, virtual tours and 3D tours. In this day of "swipe left", you only have seconds to impress a potential buyer online. Make sure your agent posts online profiles that sizzle.

• **Get Accessible:** Allow buyers access.

If buyers cannot get in when it works for THEM, they will move on to other more accessible homes. Do not limit access.

• **Get Flexible:** Negotiate Win-Win.

True negotiation means both sides give and take. Work to find solutions that work for all parties.

Want to maximize your sale? Follow these 8 practices diligently and you'll see the magic word appear ... *Sold!*

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

3978 Monterey Blvd. • San Leandro • Listed at \$719,800



Located in popular Floresta Gardens, this expanded home sits on a huge corner lot with detached 2-car garage and side yard access. Inside features include an impressive formal living room with fireplace, formal dining, updated eat-in kitchen with access to backyard, family room, downstairs bedroom and 2 oversized bedrooms upstairs with balcony access. Other features include earthquake retrofitting, new roof, updated interior, new windows and recently permitted by the city for additional square footage — all in an ideal location, only blocks away from local school, shopping, restaurants, and minutes to BART and highways 580 and 238.



For more information contact
Harry Cordiano of Flat Rate Realty in
Hayward at 510-506-8686.

Piece Together Apartment Plumbing Tool Kit

By Samantha Mazzotta
Special to the Times

If you live in an apartment, you should have some basic tools around for plumbing problems to keep damage from happening while you're waiting for the repairman.

The most indispensable tool in the apartment plumbing toolbox is, in my experience, the plunger. This inexpensive piece of equipment can stop toilets from overflowing and unblock sinks and shower drains without

doing damage to the pipes.

When choosing a plunger, go for a basic "force cup" model (this is the classic plunger with a simple bell), which works best on sinks and drains. If you want something a little more powerful for toilet clogs, pick up a second plunger with a center cone, which can increase the vacuum when plunging toilets. These don't fit sink drains very well, though.

It's also good to keep a few more tools around for other plumbing-related work. While many apartment management companies will provide more than emergency repair — they'll also install the shower head you want, or help with minor repairs like dripping faucets — some landlords don't provide more than emergency service. So, add these to your plumbing toolkit:

- An adjustable wrench and/or channel-locking pliers, which can fit varying widths of pipe.
- Flat-head and Phillips-head screwdrivers.

• An "offset" screwdriver to help you reach screws at weird angles.

• Spare washers, o-rings and screws.

• Electrician's or duct tape, and plastic or rubber sheeting that can be cut to size and wrapped around a leaky pipe for a temporary repair while waiting for the handyman.

• Teflon pipe tape, used to seal pipe threads.

If you're interested or have permission to make more heavy-duty adjustments or repairs, adding a couple of sizes of pipe wrenches to the toolkit is helpful, as is purchasing a valve-seating tool, which cleans valve seats of sink faucets (a handy tool when fixing a leaky faucet).

Home Tip: Group your plumbing repair tools in a separate box from standard home repair tools so that you'll be able to grab everything you need without sorting through all your tools.

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2355 Cherry Street	94577	\$530,000	N/ABD - 1,329SF - 1922
1113 Davis Street	94577	\$636,000	3 BD - 1,539 SF - 2007
844 Douglas Drive	94577	\$533,000	3 BD - 950 SF - 1942
632 Dutton Avenue	94577	\$750,000	3 BD - 1,158 SF - 1918
840 Emerald Avenue	94577	\$600,000	3 BD - 1,331 SF - 1947
2514 Galleon Place #120	94577	\$546,000	3 BD - 1,660 SF - N/A
237 Garcia Avenue	94577	\$635,000	2 BD - 1,285 SF - 1928
522 Joaquin Avenue	94577	\$460,000	1 BD - 996 SF - 1923
946 Rodney Drive	94577	\$800,000	2 BD - 1,731 SF - 1930
1799 141st Avenue	94578	\$560,000	3 BD - 1,284 SF - 1956
1551 166th Avenue #1-4	94578	\$777,000	9 BD - 3,666 SF - 1966
1550 Halsey Avenue	94578	\$650,000	3 BD - 1,319 SF - 1948
16289 Lyle Street	94578	\$742,000	6 BD - 2,174 SF - 1952
3995 Mission Way	94578	\$575,000	3 BD - 1,253 SF - 1958
15075 Robin Street	94578	\$700,000	4 BD - 1,550 SF - 1946
15083 Robin Street	94578	\$735,000	4 BD - 2,112 SF - 1946
16445 Saratoga St #303W	94578	\$320,000	2 BD - 1,022 SF - 1981
15996 Windsor Drive	94578	\$636,000	3 BD - 1,445 SF - 1947
14311 Corvallis Street	94579	\$635,000	3 BD - 1,081 SF - 1951
15064 Crosby Street	94579	\$520,000	2 BD - 986 SF - 1948
15196 Discovery Road	94579	\$875,000	4 BD - 2,820 SF - 1994
680 Fargo Avenue #5	94579	\$357,500	2 BD - 840 SF - 1965
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1330 Mersey Avenue	94579	\$610,000	3 BD - 1,124 SF - 1953
2008 Pelican Way	94579	\$760,000	4 BD - 2,255 SF - 1994
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LOWEST AMOUNT:		\$320,000	MEDIAN AMOUNT: \$615,000
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143 Loma Verde Drive	94580	\$380,000	2 BD - 1,056 SF - N/A
15960 Via Alamitos	94580	\$540,000	2 BD - 925 SF - 1944
225 Via Bellita	94580	\$665,000	3 BD - 1,781 SF - 1984
999 Via Bregani	94580	\$575,000	3 BD - 1,403 SF - 1957
16062 Via Catherine	94580	\$500,000	3 BD - 1,188 SF - 1956
15830 Via Marlin	94580	\$655,000	4 BD - 1,919 SF - 1951
1689 Via Mesa	94580	\$616,000	3 BD - 1,031 SF - 1951
17180 Via Rincon	94580	\$575,000	3 BD - 1,560 SF - N/A
184 Via San Carlos	94580	\$615,000	3 BD - 1,021 SF - 1946
1830 Via Toyon	94580	\$598,000	2 BD - 1,394 SF - 1954
16068 Via Vecinos	94580	\$630,000	3 BD - 1,100 SF - 1955
1744 Via Ventana	94580	\$650,000	3 BD - 1,100 SF - 1954
TOTAL SALES: 12			
LOWEST AMOUNT:		\$380,000	MEDIAN AMOUNT: \$606,500
HIGHEST AMOUNT:		\$665,000	AVERAGE AMOUNT: \$583,250

Castro Valley

4753 Audrey Drive	94546	\$850,000	4 BD - 1,713 SF - 1952
3434 Brookdale Boulevard	94546	\$726,000	3 BD - 1,386 SF - 1952
5088 Elrod Drive	94546	\$879,000	2 BD - 1,713 SF - 1951
19034 Gliddon Street	94546	\$765,000	3 BD - 2,072 SF - 1953
19125 Lake Chabot Road	94546	\$641,000	3 BD - 1,060 SF - 1950
19110 Parsons Avenue	94546	\$640,000	2 BD - 961 SF - 1947
21861 Redwood Road	94546	\$555,000	3 BD - 1,288 SF - 1948
18904 Santa Maria Ave	94546	\$755,000	3 BD - 1,838 SF - 1948
2253 Star Avenue	94546	\$665,000	2 BD - 1,212 SF - 1947
17460 Vineyard Road	94546	\$1,175,000	3 BD - 2,817 SF - 1940
5182 Abbeywood Drive	94552	\$868,000	3 BD - 1,538 SF - 1998
18840 Buren Place	94552	\$833,000	3 BD - 1,887 SF - 2002
23229 Canyon Terrace Dr	94552	\$515,000	2 BD - 984 SF - 1996
20031 Clement Drive	94552	\$975,000	4 BD - 1,840 SF - 1984
6533 Crow Canyon Road	94552	\$700,000	N/ABD - 2,120 SF - N/A
6571 Crow Canyon Road	94552	\$150,000	N/A BD - 432 SF - N/A
5954 Greenridge Road	94552	\$1,175,000	5 BD - 1,979 SF - 1963
20003 Jensen Ranch Rd	94552	\$1,320,000	4 BD - N/A SF - 2016
20488 Summercrest Drive	94552	\$655,000	2 BD - 1,282 SF - 1998
18821 West Cavendish Dr	94552	\$915,000	N/ABD - 2,078SF - 1978
TOTAL SALES: 20			
LOWEST AMOUNT:		\$150,000	MEDIAN AMOUNT: \$760,000
HIGHEST AMOUNT:		\$1,320,000	AVERAGE AMOUNT: \$787,850

Is That Really Crabgrass? Trumpet Vine Attracts Aphids

By Buzz Bertolero
The Dirt Gardener

Q I've been applying a 'Weed and Feed' to kill the crabgrass in my lawn, but it has been ineffective. Should I dig the crabgrass out or is there another type of product that will kill it?

A There isn't a "Weed and Feed" that kills the actively growing crabgrass in turf. Weed and Feed products control broadleaf weeds such as dandelions, spurge, clover, etc., and not grasses. Although, you'll find "Weed and Feed" type products that kill the dormant seeds of crabgrass and they're applied January through March.

Also, liquid herbicides are available that will control the actively growing crabgrass. But, before I'd apply any herbicide, I'd first determine what the problem grass is.

Crabgrass is used generically today to describe a wide variety of undesirable grasses. I'd take a two-inch-by-two-inch sample of the grass to your favorite garden center and have a nursery professional give you a second opinion.

Once the problem is known, then the appropriate control can be prescribed.

You might be surprised to discover that the offending grass is some other type of perennial grass. In which case, a crabgrass control is ineffective.

Bayer Advanced and Bonide are two of several brands that have liquid controls for crabgrass. These products are selective herbicide, so they will not damage the desirable turf.

Also, manually removing the patches can be labor intensive, and you might not get it all. So, you'll be back at it again and again because of their deep roots.

Note: Crabgrass is an annual weed. In the late summer or early fall, it forms seed heads; and, by Thanksgiving, it disappears leaving bare spots. This separates crabgrass from many other types of weeds that are evergreen or go dormant and turn brown. So, if it's visible during the winter months, your problem is definitely not crabgrass.

Q The leaves on my trumpet vine have white insects and a gooey substance



Take a sample of the undesirable grass to your favorite garden center so that it can be properly identified.

on them. I used a hose to wash the insects and gooey stuff away, but to no avail. Also, the vine has stopped flowering, doesn't appear to be growing, and the leaves are turning yellow and falling off. What should I be doing to change things?

A Whitefly may be the insect problem but only if they are mobile when you touch the leaves. I think your bugs are dead aphids.

The sticky stuff is the secretions from the insect sucking on the new growth. This is not going away, and you might even get some black mold growing on it.

Aphids are a problem in the spring and are gone by June. We can see them again in the fall on a

few plants such as camellias.

I'd control them with insecticidal soap or horticultural oil when they are present as washing them off is not a great solution.

The lack of growth, no flowers and yellow leaves are not related to an insect problem.

I'd check the watering schedule, and feed it with an organic all-purpose fertilizer.

Also, the original ball of soil should be at the soil surface and not buried too deep.

Buzz Bertolero is an Advanced California Certified Nursery Professional and Senior Gardening Professional at Sloat Garden Centers. His web address is www.dirtgardener.com. Email questions to dirtgarden@aol.com or go to [Facebook.com/Buzz.Bertolero](https://www.facebook.com/Buzz.Bertolero).

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ACROSS

1 ___ out a living

4 Chops clumsily

9 Zodiac feline

12 "The Thin Man" actress

13 Foolish

14 Sixth sense, for short

15 Students' excursion

17 Chubby

18 Oklahoma city

19 Ranking

21 Laundry container

24 "I'll ___ and I'll puff..."

25 A Gershwin brother

26 Just out

28 Corn

31 Outlet

33 Depressed

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36 Relaxed

38 Pouch

40 Trail behind

41 Bus rider's payment

43 Walk like a duck

45 Original

47 Modern-day evidence

48 Fib

49 Voles, e.g.

54 Every bit

55 Terrycloth item

56 Illuminated

57 Homer Simpson's neighbor

58 Cubic meter

59 Fond du ___, Wis.

DOWN

1 Sprite

2 Japanese pond carp

3 CBS logo

4 Stashed

5 Scorpio's brightest star

6 Automobile

7 Doughy snack

8 Anatomical wall

9 Where the unexpected "comes out of"

10 Birthright barterer

11 Chooses, with "for"

16 Sitter's creation

20 Somewhere out there

21 Bee's home

22 Neighborhood

23 Actress Jayne

27 Existed

29 Ardor

30 Advantage

32 Squad

34 Time waster

37 Conscripts

39 Something wicked?

42 His work inspired "Cats"

44 Beaver's structure

45 Blueprint

46 Anger

50 Female sheep

51 Ailing

52 Spy org.

53 And so on (abbr.)

ANSWERS ON PAGE 3

OPEN HOMES

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AUGUST 12TH & 13TH

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C	—	1-4	22179 Dolores Street	\$529,000	3/1	Re/Max Accord	Lovewell Team	510-351-5555
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A	—	2-4	655 Begier Avenue	\$829,000	3/2	Rinetti & Co. Realtors	Perry & Tianne	510- 568-6171
A	Thur 4:30-7	1-4	2627 Lakeview Drive	\$888,000	3/3.5	Coldwell Banker	Laurie Pfohl	510-851-3551
C	—	1-3	20950 Manter Road	\$995,000	5/3.5	J. Rockcliff Realtors	Kristy Peixoto	925-251-2536
C	1-4	1-4	4474 Belmont Way	Upon Request	4/2	Berkshire Hathaway	The Brent Team	510-333-9404

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Mark L. Bovee

March 13, 1955 – July 17, 2017

Mark went home to Heaven unexpectedly on July 17, 2017.

Sixty-two years ago, Mark and his identical twin brother were born, and joined their sister and older brother. Our whole family was excited. These two boys would forever be "special children".

Mark loved music of all kinds, especially spiritual. He appreciated learning about foreign countries and how they lived. He would give special gifts to people in his life, as he appreciated their time spent with him. Mark, when he was well, flew to visit his family and friends, and loved the excitement of flying in a plane. He was a Cub Scout and Boy Scout and earned several badges.

Mark had friends around the globe, as he cared for many missionary projects. He enjoyed his church, Castro Valley Nazarene, and the many friends there. Some from out of state remembered how he "lit up the room" when he was visiting. He helped box and bag truckloads of supplies for the American Indians when the need arose. His humble spirit was always a sweet part of his being.

He was loving, gentle and compassionate to all, even as his serious health issues began to overtake him, while always believing God had plans for he and his brother, Guy, who went to Heaven seven months earlier.

Mark, as you cross over Rainbow Bridge, you will have your new home and family and friends who have gone before you. When the gates to Heaven open, God will say, "Hi Mark, come in son. Look who has been watching the gate for you to come home. Your brother, Guy, will be so happy to be together again. Welcome home my good and faithful one."

You are greatly missed and especially your voice and frequent expression, "Love you too."

Mark is survived by his parents, Ed and Bonnie of Castro Valley; his big brother, Michael of Davenport, Iowa; and sister, Michelle of Park City, Utah.

With broken hearts, we know you're well and whole, and happy. So, until we see you again, we love you so much.

Family and friends are welcome to the Graveside Service at 11 a.m. on Friday, August 18, at Lone Tree Cemetery in Hayward. Arrangements made by Deer Creek Funeral Service (510-317-7890).



BOVEE, Mark L. GRIMES, Gordon Clifford Jr. LANGFORD, Bill LOW, Paul Blaze PETERSON, Jackie SOTELO, Manuel WADE, Violenta (Vi)

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Paul Blaze Low

passed away on Wednesday, August 02, 2017 after a sudden battle with cancer. He was 74 years old. Paul was born in Honolulu, Hawaii and came to California when he was 13 years old. He was a strong man with a huge heart, who loved his family deeply.

Paul is survived by his wife, Victoria Mora-Low; his devoted children, Esther Lopez, Monica Aquino-Feder (Phillip Feder) and Priscilla Aquino (Edward Heinz); grandchildren, Anthony Washington (Cayla Perez), Vanessa Feder (Michael Fragos), Angelo Lopez, Angelic Hernandez, Phillip Feder III, Mariyna Valenzuela, Sean Blaze Heinz, Amaya Heinz, Sarah Low and Samantha Low (James Aldana); and great-grandchildren, Aiyana Fragos, Shawn Washington, Cianni Cooper, James Aldana, Raymond Aldana, Mia Aldana and Angelina Low. He is also survived by his sisters, Lola Mae Griffin, Jaqueline Perez, Berta Martinez, Darlene Low; and brother, Richard Low. He is preceded in death by his brother, Robert Low. Paul had many nieces, nephews, cousins, friends and extended family members that loved him dearly. He will be greatly missed by all that knew him.

Family and friends are invited to a viewing and service on Friday, August 11, at Jess C. Spencer Mortuary, 21228 Redwood Road, in Castro Valley. Viewing hours are from 2 to 4 p.m. and the service will immediately follow.

Guests are welcome to attend a gathering with the family after the service at San Lorenzo Community Center, located at 1970 Via Buena Vista.

Bill Langford

Bill Langford, or "Eddie Glockenspiel" — organ-playing maestro, comedic showman extraordinaire and one-time Bay Area institution — had his final curtain call in April 2017, passing peacefully in his sleep, exactly as he had wished.

Over seven decades, Bill played pipe and electronic organs professionally in churches, lounges, restaurants and concerts. He also played as a traveling artist for organ companies, and served a term as President of the Professional Organist Association. He was instrumental in popularizing theater organs in pizza parlors, sparking a nationwide trend.

For 18 years (1963-1981), he presided over the mighty Wurlitzer theater organ installed at Ye Olde Pizza Joynt in San Lorenzo by Carsten and Joyce Henningsen. Credited with ruining the "organ-players' stereotype image" and recognized by the organ community as the father of pizza parlor organ performance, Bill combined musical dexterity, quick wit, and a penchant for bantering with the crowd with outstanding signature pieces such as "the Train Song," the "Star Wars" medley and "Uncle Billy's Wild West Show" to generate a fun and lively experience. Herb Caen, in the San Francisco Chronicle, wrote, "When Bill hits the low notes, crockery rattles all the way to Hayward."

He entertained late night patrons with "The Show." If you don't know about "The Show," you were too young! Commanding a colossal repertoire of the greatest songs from the turn of the century to the current age, Bill delighted his adoring public, young and old, leaving no request unheard. The amalgamation of a secret pizza recipe and Bill's Wurlitzer wizardry made the "Joynt" a Bay Area destination, feeding and entertaining thousands of patrons a month and touching generations of families.

Early in his career, he was a staff organist with ABC Paramount radio, had his own television show on ABC called *Portraits in Black and White*, and appeared on *The Tennessee Ernie Ford Show*, *The Steve Allen Show*, *The Al Collins Show* and *The Dick Stewart Show*. Later, he played at Pizza and Pipes in Santa Clara, California. While semi-retired, Bill, also an accomplished pianist, played the "ivory baby grand" at the Perkins Street Grill in Ukiah, California.

Bill's sensitive playing could elicit audible sighs from the audience. He explained his ability to play with such emotion by saying, "I play the words." When asked, "Do you have any formal training?" Bill would reply, "Yes, but not so much that it hurts my playing."

He was a teacher, mentor, forever friend, and one of a kind...
He was Bill Langford, after all.

A memorial service will be held on Saturday, August 26, at San Leandro Funeral Home, 407 Estudillo Ave., in San Leandro from 1 to 5 p.m. The community is invited to attend.



Gordon Clifford Grimes, Jr.

passed away peacefully in his sleep at home in Pioneer on July 28, 2017. He was 90 years old. Born in Oakland on October 27, 1926, he lived a life dedicated to service in both the military and law enforcement.

Gordon began his career as a First Class Signalman in the United States Coast Guard during WWII and was honorably discharged on May 6, 1946, which led to the beginning of his law enforcement career. Gordon then joined the Detroit Police Department Motor Cycle Division, where he served from November 1, 1950 to July 2, 1957. Continuing his career, Gordon moved to California and joined the San Leandro Police Department on July 7, 1957. During his years of service, he worked as a patrol officer, worked with the Identification Bureau investigating crime scenes, and was a court latent fingerprint expert. He served proudly for 26 years before retiring on November 18, 1976.

His passions included painting, sketching, writing and talking about WWII. Gordon also wrote his autobiography, entitled "For What It's Worth", which was published in 2003, chronicling his life from birth to his retirement from the San Leandro Police Department.

During his retirement, Gordon and Margie, his wife of 60 years, opened a small restaurant in San Leandro called The Silly Little Chili Pot. They soon outgrew the space and purchased another restaurant called Smokey's Code 7. After two years in the Bay Area, they relocated to Amador County, and purchased and renovated what is known as Deer Ridge Inn, which they owned and operated successfully for 26 years. In addition, the back of the house was converted to a bed and breakfast, where weddings and special events were always on the agenda. Gordon was also instrumental in organizing the Up Country Businessmen's Association, where he helped local businesses in Amador County flourish.

Gordon is survived by his wife, Marjorie; his sons, Michael, Robert and Richard; daughters, Sandra, Susan and Arlene; 23 grandchildren; 30 great-grandchildren; and 1 great-great-granddaughter.

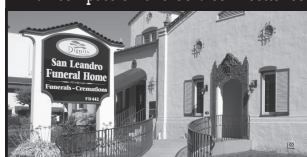


in San Francisco. A Graveside Service will be held today, August 10, at Lone Tree Cemetery in Hayward beginning at 11 a.m.

■ **Violenta (Vi) Wade** (January 17, 1910 – August 1, 2017) passed away in San Leandro Hospital at the age of 107 years old on August 1, 2017. She was born and raised in San Lorenzo and she, along with her brother, Ignatius (Nish) Rodrigues, were San Lorenzo historians. She was

known for her great memory, her quick wit and wonderful sense of humor. Funeral services will be held at Grissom's Chapel, 267 E. Lewelling Blvd., in San Lorenzo with the viewing today, August 10, at 5 p.m. and the vigil at 7 p.m. The Mass will be held at St. John's Catholic Church, 264 E. Lewelling Blvd., in San Lorenzo on Friday, August 11, at 10:30 a.m. A reception will follow at Harry's Hofbrau, 14900 E. 14th St., in San Leandro at 1 p.m.

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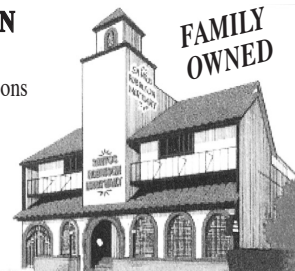
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Manuel "Pop" Sotelo

October 1, 1924 – August 8, 2017

What is a life? Our father would say it is the way you live, and treated others. Simply put, he lived like Jesus — devoted to his family, keeping the faith, and surrounded by love.

Manuel Sotelo was born on October 1, 1942 in Oakland. Though he would be orphaned too young, his life was full. A graduate of Castlemont High School in 1942, he lettered in track.

A highly decorated WWII combat veteran in the U.S. Army, he survived the Pacific Campaign culminating with the 6th Infantry Division's participation as an occupying force in Hiroshima. He also served in the U.S. Air Force during the Korean conflict.

Though a native of Oakland, he lived in San Leandro for over 60 years. He retired from the Wire and Cable Division of General Electric. An avid railroad fan, he never passed up the opportunity to, "ride the rails," or visit a railroad exhibit. He was a bookstore on wheels, and a fixture at the Oakland and Alameda swap meets with your favorite genre.

Dedicated to the home teams, he did not miss an A's game and was a season ticket holder. Team loyalty was something he passed on to his children and grandchildren who also embraced Raider Nation and the San Jose Sharks.

What were his legacy, his marriage to Sandy and his 9 children (Susan, Steve, Richard, Elena, Paul, Lisa, Christopher and Timothy) along with their wives and husbands, became part of the foundation in his life. And, let us not forget the bounty of nieces, nephews, grandchildren and great-grandchildren who allowed him to share a story, a cookie... and a memory.

The family is celebrating his life with a vigil at the Santos-Robinson Mortuary, 160 Estudillo Ave., in San Leandro on Sunday, August 13, from 3 to 5 p.m. A mass follows the next day, August 14, at 10 a.m. at St. Leander Church, 550 Estudillo Ave., in San Leandro.

In lieu of flowers, feel free to remember our father with a donation to a veteran's organization, St. Vincent de Paul (St. Leander Parish Facebook page) or your favorite charity.



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.

Measure B Bond Election: An Explanation of CABs and CIBs

Editor:

In last week's Page One article "Ballots Sent Out for School Parcel Tax," one citizen is quoted as saying that the CABs made her angry, and that "until the school board shows me they can manage their money better, I will vote no."

During the 2014 School Board elections the issue of CABs came up. In order to better understand the issue myself I did some on-line research. Here is a general overview of what I learned.

School districts are not-for-profit, revenue-generating enterprises that can take out a low interest home improvement loan; they are funded by our property taxes and therefore are limited to financing improvements through General Obligation bonds, which are CIBs or CABs.

- General Obligation Bonds are bonds backed by the credit and "taxing power" of the issuing jurisdiction rather than the revenue from a specific project.

- Current Interest Bonds (CIBs) are bonds that have a steady, every-six-months schedule of principal and interest that begins when the bond is funded.

- Capital Appreciation Bonds (CABs) are bonds that are not due until the end of the bond term, and interest on the bond continues to accrue and compound throughout the life of the bond.

- General Obligation bond issues are either CIBs or CABs, or a combination of the two.

SLUSD purchased its CABs, as did many school districts across the state, in the middle of very difficult economic times due to the great recession. Apparently at that time, and in the financial context of the recession, CABs seemed a better choice than CIBs.

Over the past years San Leandro has made some excellent improvements in its schools. The Ninth Grade Campus, the Performing Arts Center and the Career Tech wing at the High School, the state of the art Burrell Field and the Swim Complex are outstanding examples of the School Board managing public funds wisely, and being financially responsible.

The future success of our children is directly tied to the quality of the education they receive in our schools. The extension of the parcel tax will help ensure our kids get the best we can give.

Please vote Yes on Measure B, and mail in your ballot today.

—Jeanne Kinkella, San Leandro

Calls Measure B Ballot Wording 'Fraudulent Deception'

Editor:

I am writing concerning the special mail in election for the San Leandro Unified School district. My concern is with the wording of the ballot. I have contacted the Alameda County registrar of Voters as follows:

"Regarding the San Leandro Unified

School District special Vote-By-Mail Election on Aug. 29, in the sample ballot and again in the official ballot there is the following statement: "...renew its existing parcel tax for 14 years at a rate of \$78 per year..."

The existing parcel tax is \$39 per year. To *renew* this parcel tax would be \$39 per year. This measure *increases* the parcel tax, and that is not clearly stated.

There are no statements in either of the documents sent out by the registrar indicating that this is an *increase* of 100% of the parcel tax.

The sample ballot and official ballot are deceptive, misleading, dishonest and illegal.

Our voting documents must include *all* of the information about the measure to be voted upon. Refusing to include the information about the increase in the tax obscures the truth and is a disservice to the voters of San Leandro.

I call on the registrar to stop this fraudulent deception, cancel the election and reissue the ballots at a later date with *full* disclosure of the *true* costs to the people of San Leandro."

If any of your readers feel as I do, please contact the registrar as soon as possible. Lies and deception on ballot measures should not and cannot be tolerated in a democracy.

—Rhett Varnadore, San Leandro

'Quality of Life' Firmly Linked to Quality of Our Public Schools'

Editor:

I have always believed that strong schools make for a strong city. But from serving as Mayor of San Leandro, I came to appreciate fully that the safety, prosperity and quality of life in San Leandro are firmly linked to the quality of our public schools.

San Leandrans have benefited tremendously by financially supporting our local schools. Overcrowding at the high school was eliminated, a beautiful theater used by students and the community was opened, and necessary seismic upgrades were completed.

School bond measures, however, can only be used for the construction, renovation and modernization of school facilities. To generate local funds to attract and retain quality teachers, support core academic programs and reduce class sizes, school districts in California have only one option: a parcel tax. That is what San Leandro has done.

Our local parcel tax, however, is soon expiring. Thus, the school district has placed before the voters Measure B which renews and extends the parcel tax to support our schools.

Please join with my family in voting YES on Measure B. We all benefit when our public schools succeed.

—Stephen Cassidy, San Leandro

Believes Most Seniors Not Aware Of Exemption in Parcel Tax

Editor:

First I'd like to thank the San Leandro Times for informing us about the "senior exemption" concerning

the Measure B parcel tax, that really isn't an exemption at all unless seniors apply for it.

I estimate that seniors own over 5,000 houses in the San Leandro area, yet less than 400 were aware enough to apply for this exemption.

All along, I (and I'm sure most others) thought this exception was automatic. It wasn't, isn't and won't be.

Measure B has been widely promoted as not being a concern for the 65-and-over crowd because we don't need to pay it. That now turns out to be far from the truth.

I was 65 when the first parcel tax was passed and had no idea one needed to apply for an exemption. Checked my last property tax bill and, sure enough, \$39 has been going to SLUSD's Measure L.

This is all water under the bridge but I expect to be filing for mine soon and filling in a NO for Measure B

—Ken Kellogg, San Leandro

Clearing Up Misunderstandings Regarding Measure B

Editor:

I am writing to clear up some misunderstandings regarding Measure B, a school parcel tax, which will reach voters this week as a mail-in ballot.

First, this is *not* a new tax. This measure would replace an existing parcel tax of \$39 per year, which expires this year. Measure B would cost property owners \$78 per year, or about \$6 per month. It will last for 14 years, so voters will not be approached to renew it until 2032.

Second, the tax requires a 2/3 majority to pass. Senior citizens can opt out of the tax; however, in the past, most seniors have not chosen that option. As a group, they seem to be extremely supportive of education in our city. A senior, who has opted out of previous school measures, is not required to apply for exemption again.

Third, the money goes directly into the classrooms: to support math, science and reading programs, to recruit and retain teachers, to continue to upgrade classroom technology.

Fourth, *no* money will be used for administration, and there will be a citizens' oversight committee to monitor the use of the funds.

Finally, the Alameda Democratic County Central Committee has endorsed this proposal unanimously, with the realization that the quality of schools increases the value of homes and reflects the community's commitment to raising educated and involved citizens, who will build the future of the city.

San Leandro schools have received accolades in the past year regarding their allotment of funds for programming, and from the State Superintendent of Schools for significant student progress. Measure B will help us to continue this good work.

—Diana Prola, President
San Leandro School Board

Only Complaints About Red-Light Cameras are from Scofflaws

Editor:

Asking the City to rely on an 2004 Red Light Cameras (RLCs) study from rural North Carolina is laughable. We are the "Lit" City so a quick dash around the Internet finds this 2017 Chicago study. Why pass up the more recent study from Chicago? Because it doesn't support the anti-RLCs cause.

www.transportation.northwestern.edu/docs/research/RLC-Report-Web.pdf

If you don't have the Internet let me help. This study concluded first that "A starting point is that quantitative studies do show significant safety benefits of the current program, suggesting that continuation of the program is desirable. This suggestion is also consistent with findings of studies conducted in other U.S. cities.

Then added "Not surprisingly, the safety benefits are somewhat mixed – there are crash reductions at many intersections, no change in others, and increases in a few places. This is to be expected because of the complexity

and variety in the real world process that generates traffic crashes."

The only people complaining about the cost of the fine are those that get caught.

While the scofflaws fill the courts with bogus contests of tickets, the rest of us will lobby to increase the fines to reflect the actual damage these careless drivers cause when they do hit another vehicle.

This is not about the City making a profit. This is about punishing bad drivers. Red means Stop and Yellow is your warning that cars are about to come at you from both sides.

—John Clouston, San Leandro

INQUIRING REPORTER

Who can you really count on?

— Asked downtown

Donald Trump... no, just being sarcastic. My mom, because she had five kids and my dad left at an early age and she's always sacrificed for her children. She's always been honest with making her children's lives better.

Brian Price
San Leandro



That would be my mom. If I give her a call, if I need anything, she always says, "Sure, come on over."

Kevin Phung
Oakland,
works in San Leandro

Mom. She's always there. You just know you can count on her. It's that unconditional love.

Tamika Williams
Oakland



My personal lord and savior Jesus Christ. He always has words of wisdom to share with me through the Bible. When you've lost someone, you don't have to walk through life alone. He always has words of encouragement.

Terri Cooper
San Leandro



Robert Jones. We've bought a house from him and he's helped us whenever we've needed advice. And if he doesn't know the answer, he's told us who to talk to.

Raj Shah
San Leandro



Fish: Mercury and PCBs found in fish

continued from front page

Older women and men are also advised to eat no more than seven servings per week of rainbow trout from Lake Chabot and can have up to four servings of sunfish species or two servings per week of goldfish or one serving of black bass or carp.

One serving is eight ounces of fish, which is about the size and thickness of your hand.

Eating within these guidelines puts exposure to mercury and PCBs within what the state considers acceptable ranges, according to OEHHA spokesman Sam Delson.

Mercury is found in the environmental most commonly as a result of mining or burning coal. Consumed via fish, it can damage the brain and nervous system, particularly in children and fetuses.

PCBs are industrial chemicals

and at high levels of exposure, they can cause cancer. They were outlawed in the 1970s but are still found in the environment due to spills, leaks, and improper disposal methods. In Lake Chabot, the exact source of the mercury and PCBs is not known.

In fish, PCBs often accumulate in the fish's skin, so eating skinless fillets will help reduce exposure.

This new advisory about Lake Chabot fish adds two species (rainbow trout and goldfish) to the known list of potentially contaminated fish in the lake that was originally made in 2009, Delson said.

Delson said the current advisory is open-ended and likely to remain in place for the foreseeable future.

"Contaminant levels in fish are usually stable for years barring a major spill or other inci-

dent," said Delson.

The level of chemicals present in fish are determined by the OEHHA analyzing fish samples collected by the state Water Resources Control Board.

Eating fish in amounts slightly greater than the advisory's recommendations is not likely to cause health problems if it is done occasionally, such as eating fish caught during an annual vacation, Delson said.

One family visiting Lake Chabot on Monday afternoon had a plan to stay safe from the potentially harmful chemicals.

"When we go fishing, we catch-and-release," said Michael Romero, who was there for a hike with his sons.

The OEHHA has put out advisories for more than 90 lakes, rivers, bays, and other bodies of water in California. If you want to check their warnings for other

sites, visit their website at www.oehha.ca.gov under the "fish" tab.

The fish warning joins the toxic blue-green algae warning that has been ongoing at Lake Chabot for three years. The algae can cause rashes and irritation and, in high doses, serious illness and death. A dog died after swimming in the lake in 2015. Swimming by dogs or humans is prohibited in Lake Chabot.

CV Toastmasters Invite New Members

The Castro Valley Toastmasters welcome everyone who wants to improve their communication skills in a friendly supportive atmosphere to their weekly meetings every Tuesday from 7 to 8:30 p.m. at 21966 Dolores St. in Castro Valley. For more information call 566-9761 or go to <http://961.toastmastersclubs.org/>.



Annual Dahlia Show To Return Next Week

The San Leandro Dahlia Society invite all to the 84th annual dahlia show on Saturday, Aug. 19, from 10 a.m. to 5 p.m.; and Sunday, Aug. 20, from 10 a.m. to 4 p.m. at the San Leandro Main Library, 300 Estudillo Ave. The show is free and visitors will be able to judge some of the blooms. Around 1,500 blooms are expected to be entered in the show that will be a feast for the eyes. For more information, call John Morton at 276-0530.

Measure B: Mail ballots

continued from page 6

Ballots for the Measure B election were automatically

mailed to all registered voters who live in the San Leandro school district last week. The ballots must be returned to the Registrar of Voters' office no later than 8 p.m. on Aug. 29 via mail or in person at the Registrar's office, 1225 Fallon Street, Room G-1, Oakland, CA 94612.

If you do not wish to turn in a mail-in ballot, you can vote in person from 7 a.m. to 8 p.m. on Tuesday, Aug. 29 at San Leandro City Hall, 835 East 14th Street.



2018 Early Bird Sign Ups • \$110
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News Tip?

Call the San Leandro Times newsroom at 614-1557

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