



Listen to Your Gut

TAKING CARE OF GUT HEALTH HAS POSITIVE INFLUENCES ON BRAIN 8



Transplanting Pups

TAKING CARE OF INDOOR BROMELIADS IS EASY WITH THESE TIPS 11

WEEKEND WEATHER
RAIN Raindrops are falling on my head...
HIGHS: 55-60
0 10 20 30 40 50 60 70 80 90 100 110
LOWS: 45-50

FRIDAY
SATURDAY
SUNDAY

San Leandro Times

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

VOL. 29 • NO. 2

THURSDAY, JANUARY 10, 2019

SAN LEANDRO • CALIFORNIA



PHOTO COURTESY OF CONGRESSWOMAN BARBARA LEE'S OFFICE

Most Diverse U.S. Congress in History Sworn In

The 116th Congress is the most diverse in history, with record numbers of women, people of color, and LGBTQ members elected.

Congresswoman Lee – who made history herself as the first African American woman elected to leadership in Congress – is pictured here with some of the other

history-making representatives.

Pictured (from left to right) on the House Floor at the swearing-in ceremony: Rep. Sheila Jackson Lee of Texas; freshman Rep. Lauren Underwood of Illinois (youngest African American woman elected to Congress); Rep. Lisa Blunt Rochester of New York; East Bay Rep.

Barbara Lee (Co-Chair of House Democrats Steering and Policy Committee and first African American woman elected to a leadership role in Congress); freshman Rep. Alexandria Ocasio-Cortez of New York (youngest congressperson ever elected); and Rep. Ann McLane Kuster of New Hampshire.

PG&E Plans Big Rate Hikes

Three separate rate increases in the works by the public utility

By Amy Sylvestri
San Leandro Times

Your monthly PG&E bill will be about \$1 higher as of the first of the year due to an increase in natural gas prices, making the average combined PG&E gas and electric bill just over \$167.

That might not seem like a lot, but there are also two other proposed PG&E rate increases in the works.

PG&E is requesting that the California Public Utility Commission (CPUC) grant it permission to raise rates even further to offset costs stemming from the 2017 and 2018 deadly wildfires which were caused by downed PG&E lines.

In December, PG&E asked the CPUC to allow wildfire-related increases on monthly electricity and gas bills amounting to \$12.55 more per month for a period of three years. That would bring in an estimated \$2 billion in additional revenue for the utility.

It's also possible that PG&E will seek further potential total rate hikes as lawsuits related to the wildfires begin to roll in.

And all of this is in addition to the 11.6 percent in rate increases PG&E implemented between 2015 and 2018 in a series of hikes that were pre-approved by the CPUC.

All those rate increases add up over time, according to consumer watchdog group, The

Utility Reform Network (TURN).

TURN has often been a vocal critic of the utility, referring to PG&E as a "convicted felon," as the company was found guilty of

see PG&E, page 14

SL's First Medical Pot Shop To Open

By Amy Sylvestri
San Leandro Times

Blum will be San Leandro's first medical marijuana dispensary to open its doors.

The pot shop's grand opening at 1911 Fairway Drive is set for this Friday at 9:30 a.m. with a ribbon-cutting ceremony and speeches from CEO Derek Peterson and Mayor Pauline Cutter.

Blum was the last of the three cannabis operators to get a permit from the city in the fall of 2016 and expected to open the following summer. Now after several delays, they're opening.

"Having a dispensary up and running in San Leandro is the

see POT, page 5

'How Carl Reiner Changed My Life'

Brian Copeland tells how he came to write hit show *Not a Genuine Black Man*, which plays tonight at Marsh Theater in SF

By Brian Copeland
Special to the Times

I was bored.

I'd been a standup since I was 18, traveling the country and eventually working my way up to comedy club headliner as well as opening for folks like Lionel Richie, Ringo Starr, Aretha Franklin and Smokey Robinson. I'd also worked my way into Bay Area broadcasting as a television and radio talk show host.

Suddenly I found myself a divorced single father with custody of three kids ranging in age from 6 to 12. My life was now about carpools, chaperoning field trips, packing lunches and correcting math homework.

It wasn't that I didn't find immense value in what I was doing. I did. I just felt stagnant and unfulfilled creatively. So, I decided to write my way out of the doldrums. I'd always wanted to do a one man show, but about what?

I was hosting a radio talk show in San Francisco at the time and was fortunate enough to book Carl Reiner (one of my comedy idols) when he was passing through town on a book tour. During a commercial break, I mentioned where I was creatively and that I wanted to write something, but didn't know what.

"Every writer-performer comes to this crossroads at some

“Find the piece of ground that you alone stand on and write from there.”

— Advice from comedian Fred Allen's book that inspired Brian Copeland

point,” he said. “For me, it was 1959 and after nine years with Sid Caesar, his show ended and I felt like you do. Somebody gave me a copy of the book *Treadmill to Oblivion* by the great radio comedian Fred Allen and in the introduction, he wrote that you have to ‘find the piece of ground that you alone stand on and write from there.’ I thought, ‘well, what’s my piece of ground?’ I’m a married comedy writer who writes for a show in New York and lives with my wife and kids in New Rochelle. That idea became *The Dick Van Dyke Show*.”

“Well,” I asked, “What’s my piece of ground?”

see GENUINE, page 5

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CRIME

Man struck by falling bullet on New Years Eve. Page 3

SPORTS

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MEETING SCHEDULES

CITY COUNCIL

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

SAN LEANDRO SCHOOL BOARD

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



PETS OF THE WEEK



Sweet Boy



Priscilla

The Pets of the Week at the Hayward Animal Shelter, 16 Barnes Court in Hayward, are Sweet Boy the cat, and Priscilla the cat.

Sweet Boy is 5 years old and greets you with gentle head bumps and purring. This very affectionate boy loves attention. He's neutered and ready to go

home with you.

Priscilla is a sweet, talkative, 6-year-old gal who is adventurous and enjoys exploring. She loves treats and comes up to her favorite people for attention and pets.

For more information on Sweet Boy or Priscilla, call the Hayward Animal Shelter at 293-7200.



PHOTO BY AMY SYLVESTRI

The ferry company proposes building a bigger dock at the boat launch.

Genentech Plans to Ferry Workers From San Leandro to South San Francisco

By Amy Sylvestri
San Leandro Times

High tech workers may soon have their own private ferry port

at the San Leandro marina, but the arrangement will likely only be temporary because the harbor continues to silt up and construction is set to begin soon on the new marina development.

A boat chartering service called PropSF has been contracted by biotechnology company Genentech to see if it is feasible for their workers to use the San Leandro marina as a departure point to their offices in South San Francisco.

The boat idea was floated at the Facilities and Technology subcommittee meeting of the City Council last month and would have to be approved by a vote of the entire council at a later date.

Mayor Pauline Cutter says a lot of details are up in the air, including what the city would charge to license the boat launch. But Cutter said she would be open to considering a pilot program, so long as the private service didn't interfere with San Leandro residents' enjoyment of the facility.

"There are things to consider like parking," said Cutter. "I'm all

for getting cars off the roads, but I'd be hesitant to use the marina as a parking lot for commuters."

PropSF proposes using the exiting Wes McClure boat launch at the marina and building out a small dock for their 36-passenger boat. The boat launch would remain open to the public.

San Leandro marina manager Delmarie Snodgrass estimates that 25 to 30 people use the boat launch on weekends when there is nice weather and significantly fewer do during the colder months, so PropSF would not have too much traffic to compete with and parking is ample.

The initial proposed agreement between PropSF and the city is for one year of use. Whether or not the ferry program will continue after the marina is redeveloped is unknown.

Developer CalCoast has spent over a decade planning the future of the marina and the new "Monarch Bay Shoreline" project is set to include a hotel, restaurant, condos, and more. The decommissioning of the old marina is

see FERRY, page 5

Cherry City Toastmasters

The Cherry City Toastmasters Club meets every Tuesday from 12:05 to 1:05 p.m. in the Trustees Room on the first floor at the San Leandro Main Library, 300 Estudillo Ave. Public speaking is said to be

the number one fear in America. If this sounds familiar, you are not alone.

The club offers a safe, supportive environment to grow your public speaking and leadership skills.

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POLICE & FIRE



PHOTO COURTESY OF ACFD

Car Fire on Davis Street

Alameda County Fire Department Engine 10 responded to a vehicle fire on the 1900 block of Davis Street at just before 9 p.m. on Jan. 4. They were able to extinguish the blaze within minutes and no one was injured.

What Goes Up Must Come Down; Man Hit by New Year's Bullet

A man was hit by a bullet that was shot into the air on New Year's Day. Fortunately, his injury was minor.

The victim, 28, was in the backyard of a friend's home on the 200 block of East 14th Street when something struck his left hand at 12:12 a.m. on New Year's Day, according to the San

Leandro police department.

When the man looked around, he found a 9mm bullet on the ground. Friends took him to the hospital where he was treated for a small abrasion. Officers collected the bullet for evidence and the investigation is ongoing.

"I just don't think people

realize the dangers and ramifications when choosing to celebrate the New Year with gunfire," said Lt. Isaac Benabou in a written statement. "We are grateful that the victim was not seriously hurt as a result of this careless act."

Anyone with information is asked to call San Leandro police at 577-2740.

Sheriff Seeks Information About Woman Found Dead in Landfill

Alameda County Sheriff's detectives are seeking help in figuring out the timeline of events that led to a woman being found deceased at the Waste Management landfill in rural Livermore on New Year's Eve.

The victim has been identified as Karina Banta, 23, of

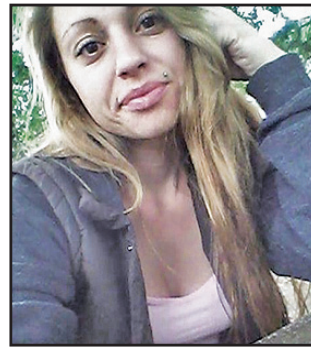
Hayward. Banta had a history of struggles with mental health, substance abuse, and homelessness, the sheriff's office said. She had not been in contact with her family since November.

The sheriff's office is asking the public for assistance in discovering what happened in the hours leading up to her death and how she came to be in the landfill. An autopsy was conducted this week and it did not show any traumatic injuries to Banta's body consistent with homicide. Her cause of death is listed as undetermined, pending toxicology findings.

Authorities say that Banta spent her time in the Hayward area but may have frequented

other cities in and around western and central Alameda County.

They are hoping to determine when she was last seen alive and figure out the location where she died. Anyone with information is asked to call the sheriff's office at 667-7721.



Karina Banta

CROSSWORD ANSWERS

U	M	P		G	I	F	T		L	E	V	I
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Woman Bites Woman in Dog Fight

A young woman faces felony charges after allegedly biting another woman who pepper sprayed her dogs during a stroll in Anthony Chabot Regional Park last week.

Alma Cadwalader, 20, was arrested Friday and booked on suspicion of battery with serious bodily injury, robbery, and false imprisonment, according to the East Bay Regional Parks District

police department.

But Cadwalader's attorney says that her client was simply acting in defense of herself and her pets. According to parks police, a jogger named Cyndi Stainner reported that she was attacked by a dog on the Goldenrod Trail at around 10:30 a.m. on Jan. 3.

Cadwalader was apparently walking with her dogs and Stainner said that Cadwalad-

er's dogs ran toward her so she sprayed them with pepper spray to prevent being attacked. Cadwalader's attorney said that the dogs did not attack Stainner in any way. At that point, the attorney said that both woman got in a mutual scuffle and that Cadwalader bit Stainner to get away from the fight after being kneed in the groin and grabbed by the hair.

FINALLY - Straight talk About Sciatica

Are you suffering from back pain or sciatica? Then it's likely your biggest problem is pain. But there's another major problem: bad information.

To end sciatica misery, you must have the right information. Pay close attention because I'm going to destroy sciatica myths and give you the facts.

MYTH: Sciatica will just "go away" with some rest.

FACT: If you are dealing with back pain, buttock pain or leg pain, then you must seek help from a sciatica care provider immediately. Left untreated, sciatica can lead to permanent nerve damage - and lifelong pain.

MYTH: Pain is the only problem associated with sciatica.

FACT: In severe cases, sciatica can be associated with inability to control your bowels or bladder - leading to embarrassing situations.

MYTH: You must take pain medications to deal with sciatica.

FACT: Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure the root cause of sciatica.

MYTH: "I must have done something wrong to get sciatica."

FACT: Physical work or simply sitting at a desk for long periods can lead to sciatica. Accidents and trauma can also be the culprits. Pregnancy can cause sciatica. Sciatica can affect anyone - including

super-fit celebrities like Tiger Woods, Sylvester Stallone, and British Olympic medalist Ian Wynne.

MYTH: Stop exercising and get several weeks of bed rest to overcome sciatica.

FACT: Staying active can help to relieve sciatic pain and prevent the pain getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

MYTH: Sciatica requires surgery.

FACT: NO! There's been a huge breakthrough in the treatment of sciatica and lower back pain. It's a procedure called Non-Surgical Re-Constructive Spinal Care. The excellent results from this treatment have been published in major medical journals. Success rates are up to 90%.

MYTH: "There's nothing anyone can really do. I'm just stuck with this for the rest of my life."

FACT: With the correct treatment from a healthcare professional who specializes in sciatica, you can find relief from the core cause - and the symptoms.

MYTH: Getting sciatica properly diagnosed is expensive.

FACT: Not true. Intero Chiropractic in Pleasanton is currently offering an initial consultation for Just \$20.

Dr. Jerry Hsieh, D.C. and his team of fully-trained spinal care team have helped numerous patients find relief from agonizing back pain and sciatica.

He's one of the first professionals in the U.S. to use Non-Surgical Re-Constructive Spinal Care.

This procedure does not require a hospital stay and in most cases you'll be able to continue with your normal daily activities with little interruption. The focus is on finding - and correcting - the original cause of the back pain and sciatica.

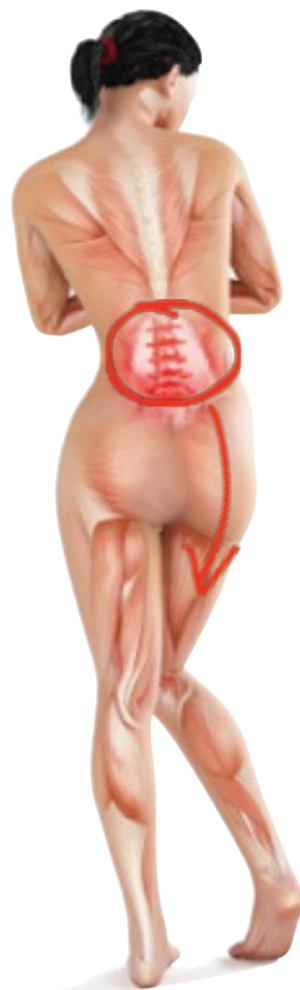
According to Hsieh, D.C., "We use a combination of ultra-advanced technology, not found elsewhere in the region, for precisely diagnosing the cause of your low back pain and sciatica. This means superior long-term results for most people."

Almost Immediate Relief From Pain

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

Patient Narae S. from San Leandro says, "I had pinched nerves and pain in my back and neck. It hurt so much that I couldn't reach up or reach down without sharp pain and walking was hard on my back as well. I attempted to take pain relievers but they did not help. I tell people that Dr. Jerry, D.C. is a magician. Right after the first treatment my pain was drastically reduced and each time I came with a sore back, the treatments have been really helpful."

Take the Next Step - END the Suffering... Initial Consultation Just \$20



The first step is to secure a thorough examination with one of the spinal care team at Intero Chiropractic.

Call (925)255-5805 to schedule your appointment. Mention this article (CODE: TC20SCSM12h) and Intero will happily reduce their usual consultation fee of \$100 to just \$20!

Only 100 reader consultations are available at this exclusively discounted rate.

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 at (925)255-5805 and cut out or tear off this valuable article and take it to your appointment. You'll be on your way to safe, lasting relief!

You can even call on the weekend and leave a message to secure your spot and they promise to return all calls. During the week staff can be very busy helping patients so if they don't pick up straight away, do leave a message.

Call (925)255-5805 NOW. If it's the weekend or they're away from the phone - they promise they will get back to you. So call now at (925)255-5805 and quote this special discount code: TC20SCSM12h.

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NEIGHBORS



PHOTO BY JIM KNOWLES

Patient Pet

A doggie decided that a side-view mirror makes a nice place to rest your chin when you have to wait for a while at a shopping center on Floresta Boulevard.

ARTS & ENTERTAINMENT

❖ Castro Valley Center for the Arts

The award-winning movie *Science Fair* will be shown on tonight, Jan. 10, at 6:30 p.m. at the Center for the Arts, 19501 Redwood Road in Castro Valley. The inspiring documentary is about brilliant teens competing in the olympics of science

fairs on the international level as they navigate rivalries and setbacks to be the Best in Fair among 78 different countries. Register at <http://bit.ly/science-fair-cv>.

❖ PhotoCentral Gallery

Cultures in Transition: Photos by Oliver Klink, are on exhibit

through Feb. 15 in the PhotoCentral Gallery, at the HARD District Offices, 1099 E St. in Hayward. The exhibit and book celebrate cultures in Asia including Bhutan, Myanmar, China, Mongolia, and India, and include essays as well as stories about the images by the photographer. The upstairs gallery is open Monday through Friday from 9 a.m. to 5 p.m. The downstairs gallery is open on Monday from 5 to 10 p.m., Tuesday and Thursday from 10 a.m. to 1 p.m., and by appointment. For more information, call Geir Jordahl at 881-6721 or info@photo-central.org.

❖ John O'Lague Galleria

Celebrate Women! an exhibit of the works of over 50 accomplished artists, writers, and musicians, is currently being showcased at the John O'Lague Galleria, 777 B St., in the Hayward City Hall from 9 to 5 p.m. Monday through Friday. It is the second regional exhibit of the Northern California branch of the National League of American Pen Women.



www.sanleandrotimes.com

COMMUNITY CALENDAR

❖ Hearing Loss Association Meeting

Hearing Loss Association will meet on Saturday, Jan. 12, at the Oakland Kaiser Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. Refreshments served at 9:30 a.m., and the program is from 10 to 11:30 a.m. Contessa Bunn from the California Telephone Access Program (CTAP) will speak about the latest in telephone technology and free phones for the hard of hearing in California. The parking garage on Howe is free on Saturday. Email to: info@hearinglosseb.org or call 221-6080.

❖ SL Boys & Girls Club's Annual Crab Feed

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

❖ Education Funding Rally

The East Bay Coalition for Public Education will hold a rally on Saturday, Jan. 12, at noon in Frank Ogawa Plaza at Oakland City Hall for increased funding for education.

❖ I.D.E.S. St. John Lunch & Bingo

I.D.E.S. St. John, 1670 Orchard Ave. in San Leandro, will host a spaghetti lunch and bingo on Saturday, Jan. 12, at noon. Lunch tickets are \$10 for adults, children under 6 free and includes four bingo cards. Extra cards are 25 cents each. There will also be a 50/50 raffle. For tickets, call Darlene at 589-6536, Willie at 635-6326 or Frances at 886-1568.

❖ The Eagles Monthly Luncheon

The sisters of the Fraternal Order of Eagles Eden Auxiliary 1139 will serve its luncheon on Monday, Jan. 14, at noon at the Eagles Hall, 21406 Foothill Blvd. in Hayward. The luncheon will consist of tamale pie, a side dish, salad, dessert, coffee and tea. A donation of \$8 will include one bingo card. Bring a couple friends for a fun afternoon. For more information, call Glenda at 584-1568.

❖ St. Felicitas Young at Heart Luncheon

St. Felicitas Church Young at Heart Senior Luncheon will be Wednesday, Jan. 16, at Monsignor McGinty Hall located behind the church at 1662 Manor Blvd. in San Leandro. The luncheon will feature a complete homemade meatloaf lunch with dessert, beverage and door prizes. Doors open at 11:15 a.m. with lunch being served at noon. Tickets are \$6 and can be purchased at the church office located to the right of the church. Last day to buy tickets is Tuesday, Jan. 14. For more information or to purchase tickets, call 351-5244. All seniors our welcomed.

❖ Zumba Fundraiser

The City of San Leandro's Recreation and Human Services department and Youth Advisory Commission (YAC) will host an '80s-themed family Zumba fundraiser on Tuesday, Jan. 15, from 6:30 to 7:30 p.m. at the Marina Community Center, 15301 Wicks Blvd. Admission is

\$5 per person, or \$20 per family (maximum 5 members). All fitness levels may attend and wear '80s themed attire. This event is for ages five and over, with pre-registration recommended. Register with the San Leandro Recreation and Human Services Department online at www.sanleandorec.org. Walk-in registrations are also available at the San Leandro Senior Community Center located at 13909 East 14th St., or at Marina Community Center. Proceeds will go towards the Youth Advisory Commission's Mini-Grant program. Light refreshments will be available for purchase. For more information, call Lydia Rodriguez, Recreation Supervisor at 577-3477 or email lrodriguez@sanleandro.org.

❖ East Bay Rose Society Meeting

The East Bay Rose Society will meet on Wednesday, Jan. 16, at 7:30 p.m. at the Lakeside Garden Center, 666 Bellevue Ave. in Oakland. Speaker Dawn Soles, a ranger with the Livermore Area Recreation and Park District, will give an illustrated presentation featuring surprising facts about bats worldwide and in our area. Come and enjoy snacks, people who talk roses and enjoy the show. The rose society's website is www.eastbayroses.org.

❖ Kiwanis Club Annual Crab Feed

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

❖ Martin Luther King, Jr. Celebration

This year's Dr. Martin Luther King, Jr., Birthday Celebration in Hayward will feature keynote speaker Carolyn McKinstry, civil rights advocate and lifelong member of Sixteenth Baptist Church in Birmingham, Alabama. The celebration will be on Monday, Jan. 21, at 4:30 p.m. at Reed L. Buffington Performing Arts Center at Chabot College, 25555 Hesperian Blvd. in Hayward. Admission and parking are free.

❖ Sons of Norway Snorre Lodge Crab Feed

Sons of Norway Snorre Lodge 6-61 presents its annual crab feed on Saturday, Jan. 26, at the Hill & Valley Clubhouse, 1808 B St. in Hayward. No host bar begins at 6 p.m., dinner at 6:30 p.m., raffle at 8:30 p.m. Dinner will include salad, spaghetti, garlic bread, fresh cracked crab and dessert. Cost is \$55 for adult members 13 and up, \$60 for non-members, \$25 for children 12 and under and free for children under 5. Make checks payable to Sons of Norway and send to Aunda Arndt, 1016 Apache St., Livermore, CA 94551. For tickets or for more information, email aja469@hotmail.com or call 925-548-0292.

❖ San Leandro LeTip Meeting

San Leandro LeTip is a professional organization whose purpose is the exchange of business leads, meets every Thursday at 7 a.m. at Denny's restaurant, 1803 Marina Blvd. Each business category can only be represented by one person. Come see how LeTip can help your business sales grow. For more information, call Robert West at 912-0555.

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

HOROSCOPE by Salomé

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ARIES (March 21 to April 19) Although you're getting kudos and other positive reactions to your suggestions, don't let the cheers drown out some valid criticisms. Better to deal with them now than later.



TAURUS (April 20 to May 20) Following your keen Bovine intuition pays off, as you not only reassess the suggestions some people are putting in front of you, but also their agendas for doing so.



GEMINI (May 21 to June 20) You continue on a high-enthusiasm cycle as that new project you've assumed takes shape. You're also buoyed by the anticipation of receiving some good news about a personal matter.



CANCER (June 21 to July 22) Your eagerness to immerse yourself in your new assignment is understandable. But be careful that you don't forget to take care of that pressing personal situation as well.



LEO (July 23 to August 22) This is a good time to learn a new skill that could give a clever Cat an edge in the upcoming competition for workplace opportunities. Enjoy the arts this weekend with someone special.



VIRGO (August 23 to September 22) You could risk creating an impasse if you insist on expecting more from others than they're prepared to give. Showing flexibility in what you'll accept could prevent a stalemate.



LIBRA (September 23 to October 22) Although you can weigh all factors of a dispute to find an agreeable solution for others, you might need the skilled input of someone you trust to help you deal with an ongoing situation of your own.



SCORPIO (October 23 to November 21) The good news is that your brief period of self-doubt turns into a positive "I can do anything" attitude. The better news is that you'll soon be able to prove it.



SAGITTARIUS (November 22 to December 21) This is a good time for Sagittarians to start making travel plans while you still can select from a wide menu of choices and deals, and not be forced to settle for leftovers.



CAPRICORN (December 22 to January 19) Like your zodiacal sign, the sure-footed Goat, you won't allow obstacles in your path to keep you from reaching your goal. Don't be surprised by who asks to go along with you.



AQUARIUS (January 20 to February 18) Let your head dominate your heart as you consider the risks that might be involved in agreeing to be a friend's co-signer or otherwise act as his or her backup in a financial matter.



PISCES (February 19 to March 20) Prioritize: Resolve to close the door and let your voicemail take your phone calls while you finish up a task before the end-of-week deadline. Then go out and enjoy a fun-filled weekend.

Genuine: Started writing play in little cafe

continued from front page

"That's what you have to find out," he said.

Over the next week I got a copy of Allen's book. He was hysterically funny ("A celebrity is someone who works hard all his life to be famous so he can wear dark glasses and hope not to be recognized.") and I searched for my uniqueness. Then, I got the letter from a listener.

"As an African American, I am disgusted every time I hear your voice because you are not a genuine black man."

Eureka! I've found it!

I'd received anonymous missives like this from radio listeners for years. I'd also dealt with this nonsense most of my adult life. I'm "black" as far as racists are concerned, yet "not black enough" according to black dogmatists. Why? Because from the age of 8 when my family moved to the then 94% white Bay Area suburb of San Leandro, I spent my formative years as the only black face in the room.

Taking Carl's advice, I decided to write a play about what it's like to be "the only one." There is a universality to that because no matter who you are, at some point you will find yourself in a situation where you are the only man, the only woman, the only black, white, Latino, Asian, Jew, Christian or Muslim. How do you navigate those waters?

I also decided to write about the organized practice of redlin-



Brian reads Golf Digest and ponders the perplexing question of just what is a genuine black man.

ing and housing discrimination in Northern California long after it had been federally outlawed. Each morning, I'd walk my brood to school, then sit at a little cafe near my home called Sabino's where I filled notebook after notebook with every story I could think of about what it was like to grow up 'different'.

Lots of things I'd forgotten. Lots of things were so painful I

realized that I'd forgotten them on purpose.

After several months of this, I was fortunate enough to partner with David Ford, the best director and collaborator for the solo play genre in the Bay Area (if not the nation) and we put together our play. It was originally scheduled to run at the Marsh theater in San Francisco for six weeks. It was sold out within two weeks

and remained so for the next three years.

Genuine would go to be performed in over thirty cities (including an Off Broadway run) and spawn a bestselling memoir that is now required reading in a number of schools and universities across the country.

I officially retired the piece in 2012 and went on to write and perform subsequent works on issues including depression and societal privilege. We were, I kept hearing, in a post racial era with the election of Barack Obama.

The election of Donald Trump and the tacit 'permission' that his presidency has given to bigots to spew their venom in public has changed that assessment. America has lost her empathy. It is for that reason I've brought *Not a Genuine Black Man* back in the hope that seeing the world through the eyes of a bullied 8 year old child of color might play some small part in helping her find it again.

In the Bay Area, *Not a Genuine Black Man* will be at the Marsh in San Francisco for a special benefit performance on Thursday, Jan. 10.

It will be at The Douglas Morrison Theater in Hayward on Jan. 25, and in Burbank at The Actors Group Studio on Saturday nights beginning Jan. 12.

A link for tickets can be found at BrianCopeland.com. For Burbank, use ticket line 1-800-838-3006.

Audition for San Leandro Players Production of *You Can't Take It with You*

The San Leandro Players will hold auditions for *You Can't Take It With You* on Monday and Tuesday, Jan. 21 and Jan. 22, from 7 to 8:30 at the San Leandro Museum/Auditorium, 320 West Estudillo Ave. in San Leandro. Ensemble cast, no pay, non-AEA. M-F; all ages; ethnicities encouraged.

Rehearsals are Monday through Thursday, starting on Jan. 28. Performances will be on weekends from March 16 to

April 14.

Open auditions; appointments possible. Contact Sage Hindley at bhindley11@gmail.com, or call 895-2573 & leave a message. *You Can't Take It With You* is a 1930's American romantic comedy.

A man from a family of rich snobs becomes engaged to a woman from a good-natured but eccentric family.

For more information, including a cast description/list, visit www.slplayers.org.

Production of *Gypsy* Looking For Child Actors

Do you know talented children who love to perform? The musical, *Gypsy*, at San Leandro High will run the first two weekends in April. Rehearsals begin Jan. 28 and will take place after school.

Boys under 4-foot-10 in height are needed to play the newsboys who sing and dance with Baby June. (Girls will also be considered.) One girl is needed to play Young Louise who appears to be 10 or 11 years old. She performs as one of the "boys"

and must act as well. Baby June should appear to be around 8 or 9 years old. She should be a strong, vivacious singer/dancer who obviously loves to perform.

Examples from various productions can be found on YouTube.

Auditions will be held on Monday, Jan. 21 at 4 p.m. in the lobby of the San Leandro High School Performing Arts Center, 2250 Bancroft Ave.

For more information email: director.springshow@gmail.com.

Ferry:

continued from page 2

missioning of the docks has begun and demolition is set for this spring.

"What's now the boat launch is going to be a five-story apartment building," said Snodgrass. "The new boat launch is going to be moved to Pescador Point, which is even more silted than where the boat launch is now."

Snodgrass said a similar ferry pilot program was initiated by PropSF a few years ago but it quickly petered out because the channel out to the Bay is not navigable during a very low tide.

"They found they couldn't get in at certain times," Snodgrass said.

Genentech, like Google, Apple, and other high tech Bay Area employers, are increasingly in the business of providing buses and other private commuter services for their workers. The Genentech transportation program provided 1.24 million private rides in 2017.

The company estimates that it has approximately 600 employees living within a 20-minute drive of San Leandro and says that the employees have expressed interest in what would amount to a 25-minute boat ride across the Bay.

PropSF currently operates ferry services out of the Emeryville, Berkeley, Richmond, Benicia, and Tiburon marinas.

Pot: Recreational sales coming next

continued from front page

perfect way to start off 2019," said Peterson in a press release.

Cutter has speculated that one reason for the delay in the store's opening was that San Leandro's current pot sales ordinance only allows medical marijuana sales, not recreational sales. Allowing recreational use would make the business more competitive.

At Monday night's City Council meeting, Cutter requested that legalization of recreational use be put on an upcoming agenda.

"I've had meetings with all of them and they are looking for adult use," said Cutter. "So, I've asked to agendize it as soon as possible, around the end of February or early March. Then an

ordinance will have to be written and brought back for a vote, probably in the spring."

Cutter says that Harborside and NUG (the new name for the Davis Street Wellness Center) both say they are eyeing spring opening dates.

"We're getting closer to having them all open," said Cutter. see POT, page 9

Happy New Year!

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CITY CORNER

CURRENT ISSUES AND INFORMATION FROM THE CITY OF SAN LEANDRO

The City of San Leandro invites the community to attend a celebration honoring a great American leader

A Celebration of Dr. Martin Luther King, Jr.

A FREE COMMUNITY EVENT

Monday, January 21, 2019 – 10:30 a.m.

San Leandro Senior Community Center, 13909 East 14th Street

Oratorical Festival & Poetry Slam – All San Leandro students in grades 3-12 are invited to participate in the oratorical festival and poetry slam. Students can win gift card prizes, made possible by the San Leandro Optimist Club, in their grade category. Entry forms are available online at www.sanleandro.org and are due by Monday, January 14, 2019 or until 25 entry forms are received.

Community Conversation ('Barbershop Talk'): Discussion appropriate for ages 13 & up.

Crafts for the Kids – Children are invited to make one-of-a-kind crafts to commemorate the special celebration.

Light refreshments will be provided. For more information, call Donté Watson (510) 577-3473 or visit www.sanleandro.org.



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AUTOMOTIVE

60s British Sports Car Gets Electrified

By Steve Schaefer
San Leandro Times

Most electric vehicles (EVs) are familiar hatchbacks, like the Nissan Leaf or Chevrolet Bolt EV. They come with digital screens that tell you what the car is doing and how efficiently it's performing. They have heated seats and steering wheels, climate control, Apple CarPlay, and so much more.

But what if you want something really different? Vijay Lakshman has built his own EV—a 1967 MGB GT with an all-electric powertrain.

With all the possible old cars to convert, why did he pick this one?

"I was looking for a simple car, without any complicated electronics," said the software developer. "My friend suggested building something really different, and I found this fine old British hatchback."

The car looks completely

normal to the eye. It's resprayed in an attractive Ferrari Red. It isn't wearing its original wire wheels, but the gold-colored Panasport racing wheels look appropriate—and save about five pounds at each corner.

To power his project, Vijay obtained two 2013 Nissan Leaf batteries and placed parts of them in the rear compartment and under the hood. He ordered a brand new High Performance motor—it's not out of an existing EV—that sits below the batteries up front. There's a tiny 12-volt battery under the hood, too, and a converter from 120 to 12 volts to run it. The small battery charges whenever the car is on—not just when it's moving.

Twin chargers in back allow the car to drink juice from a charger at a 6.6 kWh rate, much like many modern EVs. A standard J-1772 charge port sits by the rear bumper, and inside the cargo hold there's a cable that can plug into a 240-volt wall socket if necessary.

This project was a labor of

love, taking 3 to 4 hours three workweek evenings a week and full days on the weekdays for about a year. If you want to follow the process and see details of this project, check out his blog at 67mgbgtv.tumblr.com/. But the result is compelling. It delivers electric car efficiency without a hint of the 21st century in it.

Vijay took me for a ride on city streets and a long loop of freeway. The car accelerates quickly, although it's not neck-snapping, all while the four-speed transmission, donated from a Datsun 240-Z, whines audibly. A multi-speed transmission in an EV isn't really necessary, and Vijay uses mainly 2nd and 3rd gears. Using the Z's gearbox saved about 50 pounds. Vijay opted for an electronic clutch, so your left foot isn't put to work. There is regenerative braking, which varies depending on what gear you're in.

The ride is firm but not too harsh, and handling, from the passenger's seat, feels stable and controlled. It's certainly not a quiet experience, but this is a half-century-old British sports car, right?

The MGB GT carries 30 kWh worth of battery, so range is about 100 miles on the freeway. Range probably isn't an issue, since this low-slung two-seater wouldn't likely be your choice for a cross-country jaunt (nor would the gasoline version), but it serves nicely for in-town trips and commuting.

The interior sports a custom after-market Nardi steering wheel and a later generation



The car looks completely normal to the eye, even after being resprayed Ferrari Red and wearing gold-colored Panasport racing wheels.

radio with larger door speakers (leading to using shorter billet-style window cranks). The modern seats are from a Mazda Miata, complete with the built-in headrest speakers. But overall, you're still looking at an old car with an upright windshield—and you can see a fender from where you're sitting inside.

Vijay sometimes gets a hard time at chargers, before folks see him plug the car in. Who'd think that this old 1960's classic is a 21st-century EV underneath? It's the first time I've seen white California carpool lane access stickers on a 1967 vehicle. Vijay says it was hard to get them—he had to take the car to the California DMV to get certified as an electric vehicle. Apparently, they aren't issuing them to conversions anymore.

The car is really something different and I'm glad he gave me a ride in it.

Steve Schaefer lives in Cas-

tro Valley. He has been reviewing new car performance for more than a quarter of a century.



Vijay obtained two 2013 Nissan Leaf batteries and placed parts of them in the rear compartment and under the hood.

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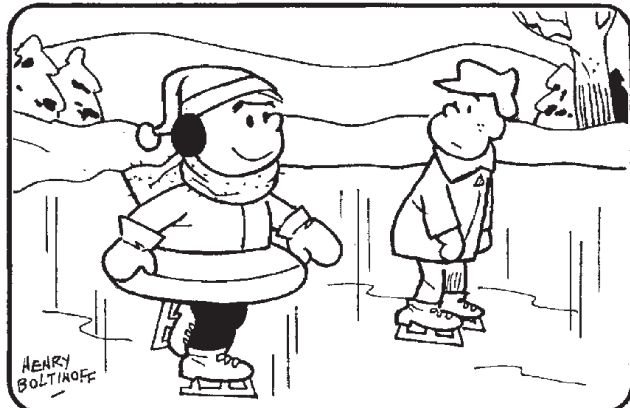
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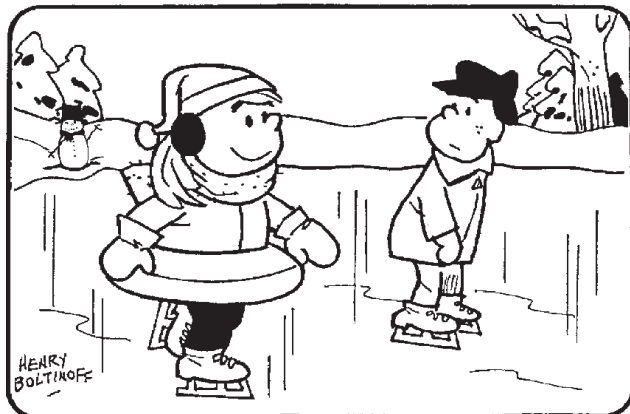


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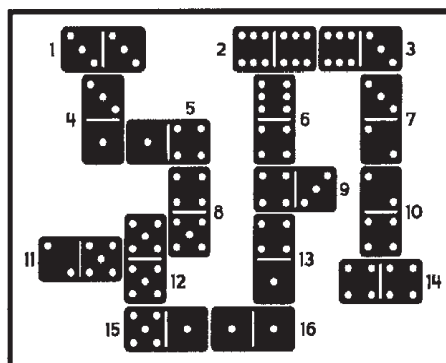
BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Snowman is added. 2. Boy's hat is black. 3. Girl's hair is different. 4. Background hills are missing. 5. Tree is added on right. 6. Boy's left arm is hidden.

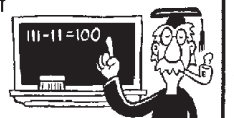


TROUBLE IN THE "BONEYARD"! Two of the "bones" in the above game of Dominoes are the same. Can you find them in less than one minute?

Answer: Bones 5 and 13.

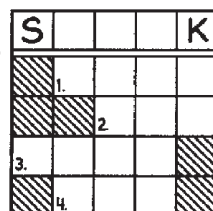
MANY WAYS TO REACH 100! Using five identical digits, can you come up with three other ways of writing an equation that equals 100?

Answers: $(33 \times 3) + 3/3 = (5 \times 5 \times 5) - (5 \times 5 \times 5) = (5 + 5 + 5) \times 5 = 100$



FIND-A-WORD! On the top line is our mystery word. You need to fill in the missing letters. Clue words (smaller words contained in letter-by-letter order within the mystery word) are defined below.

1. Recreational land.
2. Mentioned in the Bible.
3. What boxers do.
4. An expert golf score.



Answers: 1. Park. 2. Ark. 3. Spar. 4. Par. Mystery word: Spark.

Junior Whirl

by Charles Barry Townsend



TRY TAMING THESE PUZZLES!

In this type of puzzle you are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word so as to form a new word. In our example, we changed WILD to TAME in four moves. See if you can change the following five words in four moves.

1. FACE to LIFT
2. HAND to BOOK
3. NECK to TIES
4. TIME to CARD
5. LEFT to HAND

Answers:
1. FACE, LACE, LIFE, LIFT.
2. HAND, HANK, HONK, HOOK, BOOK.
3. NECK, NICK, TICK, TICS, TIES.
4. TIME, TIRE, TARE, CARE, CARD.
5. LEFT, LENT, LEND, LAND, HAND.

LIFESTYLE



Warming Winter Soups

If ever there was a type of food that truly fits the term “comfort food,” it would have to be soup. Unglamorous though it may be, a steaming bowl of homemade soup takes the chill out of our chilly, frosty evenings unlike anything else. And the best part is that most soups are easy to make, calling for readily available ingredients and requiring only rudimentary culinary skills.

For flavor interest, experiment with liquids and other additions – wine, sherry, beer, tomato juice, Worcestershire sauce, nutmeg, peanut butter. Add a little at a time, and keep tasting. In the same vein, try less-common starch additions, such as barley and orzo.

Add baking powder biscuits hot from the oven, and you have the perfect winter supper.

VEGETABLE BEEF SOUP

- 1 tablespoon olive oil
- 1 pound beef stew meat, cut into about 1 inch cubes
- 1 large onion, chopped
- 3 cloves garlic, minced
- 3/4 cup carrots, diced
- 3/4 cup celery, diced
- 3 to 4 russet or Yukon gold potatoes, cubed and peeled (if desired)
- 1 (28-ounce) can diced tomatoes, with juice
- 1 tablespoon Worcestershire sauce
- 4 cups beef stock
- 1 cup water

- 2 bay leaves
- 1 tablespoon Italian seasoning
- Salt and pepper
- Fresh parsley
- Parmesan cheese
- Crushed red pepper flakes

Heat oil in a large pot. Add the steak in batches making sure not to overcrowd the pan. Cook until browned on both sides, about 2-3 minutes.

Remove meat from the pan and set aside. Add to the pan the onion, garlic, carrots, celery and potatoes. Sauté for 3-4 minutes, stirring occasionally.

Add the remaining ingredients as well as the steak. Bring to a boil and simmer for 25-30 minutes.

Season with salt and pepper to taste and serve with fresh parsley, cheese and crushed red pepper flakes if desired. Yields 6 servings.

CHEDDAR BEER SOUP

- 10 ounce package frozen

- mixed vegetables
- 4 tablespoons margarine
- 1/4 cup flour
- 1 teaspoon salt
- 1 teaspoon dry mustard
- 2 cups milk
- 1 teaspoon Worcestershire sauce
- 2 cups shredded medium-sharp Cheddar cheese
- 1 cup beer or ale

Cook vegetables and drain. Melt margarine, stir in flour, salt, and mustard. Cook over low heat until smooth. Remove from heat. Add milk and Worcestershire. Heat mixture until it coats the spoon. Add cheese.

Cook over medium heat until cheese melts. Stir in beer and vegetables; bring to a simmer. Cook about 15 minutes. Serve with preferred garnishes.

BLACK BEAN SOUP

- 10 slices bacon, finely chopped
- 2 medium onions, chopped

- 6 garlic cloves, pressed
- 1 (14-1/2 ounce) can chicken broth
- 1-1/2 cups canned chopped tomatoes
- 2 tablespoons ketchup
- 2 teaspoons Worcestershire sauce
- 1 tablespoon chili powder
- 4 (15-1/2 ounce) cans black beans, drained but not rinsed
- Salt and ground black pepper
- 1 bunch cilantro
- Juice of 1/2 lime
- Garnish: thinly sliced scallions, sour cream, grated cheddar

Put the bacon into a large heavy pot and place it over medium heat. Cook until it starts to give up its fat, about 4 minutes.

Stir in the onions and cook, stirring, until they start to turn translucent, about 4 minutes. Stir in the garlic and cook until you can smell it, about 1 minute. Add the broth, tomatoes, ketchup, Worcestershire, and chili powder. Stir in the beans, turn the heat to high and bring to a boil. Adjust the heat so the soup is bubbling gently and cook 10 minutes. Season with salt and pepper.

Meanwhile, pick off all the thick stems from the cilantro. Wash it and shake dry. Chop the cilantro coarsely and stir it into the soup when it has been simmering 10 minutes. Cook until the soup is thickened, about 5 minutes. Stir in the lime juice. Serves 8 to 10.

FRENCH ONION SOUP

- 6 large red or yellow onions, peeled and thinly sliced
- Olive oil
- 1/4 teaspoon of sugar
- 2 cloves garlic, minced
- 8 cups of beef stock
- 1/2 cup of dry white wine
- 1 bay leaf
- 1/4 teaspoon of dry thyme
- Salt and pepper
- 8 slices of toasted French bread
- 1-1/2 cups of grated Swiss Gruyere with a little grated Parmesan cheese

In a large saucepan, sauté the onions in the olive oil on medium high heat until well browned, but not burned, about 30-40 minutes (or longer). Add the sugar about 10 minutes into the process to help with the caramelization.

Add garlic and sauté for 1 minute. Add the stock, white wine, bay leaf, and thyme. Cover partially and simmer until the flavors are well blended, about 30 minutes. Season to taste with salt and pepper. Discard the bay leaf.

To serve you can either use individual oven-proof soup bowls or one large casserole dish. Ladle the soup into the bowls or casserole dish. Cover with the toast and sprinkle with cheese. Put into the broiler for 10 minutes at 350°F, or until the cheese bubbles and is slightly browned. Serve immediately. Serves 4-6.

CLASSIC MINESTRONE

- 1 cup coarsely chopped onion and leek
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 cup peeled, seeded and chopped tomatoes
- 1 cup finely shredded Chinese cabbage
- 1/4 cup finely sliced carrots
- 1 cup white wine
- 1 cup beef stock
- 1 cup chicken stock
- 1 cup water
- 1/4 cup finely sliced celery

- 3 small red potatoes, quartered
- 3 small turnips, peeled, quartered
- 1 tablespoon chopped parsley
- 1 teaspoon chopped basil
- 1 teaspoon chopped oregano
- 1 cup shell pasta
- 1 cup shelled fresh beans
- Salt and pepper to taste
- Freshly grated Parmesan cheese

Sauté onions and leeks in olive oil until translucent. Add garlic, tomatoes, carrot and cabbage; sauté until wilted. Add wine, stock, water, celery, potatoes, turnips and herbs, simmer until cooked through.

As the soup is simmering, cook the pasta until just done; drain. Add beans to the soup, along with salt and pepper to taste. Simmer until the beans are done—just a few minutes. Stir in the pasta and serve with a grating of Parmesan cheese. Serves 6.

GARLIC CROUTONS

- 2 tablespoon olive oil
- 1 garlic clove, smashed
- 1/2 loaf day-old baguette, crust removed, cut into cubes

Warm oil with garlic in a large skillet over medium-high heat. Add bread cubes and cook, stirring occasionally, until light golden brown, about 4 minutes. Drain on a paper towel-lined baking sheet. Discard garlic. Yields 2 cups.

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HEALTH & FITNESS

Trust Your Gut

The idiom “trust your gut” means relying on intuition, rather than thoughtful, deep analysis, to make a decision. But research shows there is actually a tangible connection between gut health and brain health, and that linkage can affect emotions and cognitive processing.

Research conducted at the California Institute of Technology by Elaine Hsiao showed how unhealthy or healthy microorganisms in the stomach can influence behaviors differently. Another study, led by Kirsten Tillisch at UCLA, suggested probiotics can have a positive effect on behavior, mental outlook and brain function.

“Scientists have now determined that humans have two brains; the second one resides in the gut and is called the enteric nervous system,” says nutritionist and author Richard Purvis. “It has more neurons than the spinal column or central nervous system. Understanding the relationship helps to clarify why the process of taking care of the gut and the brain within it also helps improve the health of the brain in your head.”

Given Americans’ notoriously poor eating habits, Purvis says gut health has never been more important. A Tufts University study estimates that over 318,000 deaths a year – or nearly half of American deaths caused by heart disease, stroke and diabetes – were hastened by unhealthy eating.

“Processed foods and sugar are among the biggest culprits for promoting the growth of bad bacteria in the gut,” Purvis says. “You can greatly improve your gut health – and by extension your brain health – by being kinder to it on a daily basis.”

He recommends four nutritional tips – and a nature trip – that benefit your gut and your brain:

- Daily servings of cultured, fermented probiotic-rich foods. Sauerkraut, kimchi, kombucha pickled veggies, yogurt, and kefir encourage the growth of good bacteria. By ingesting healthy, probiotic-rich foods, you are guaranteed colony-forming units of bacteria, plus food sources are much cheaper than supplements.”

- Prebiotic foods. Non-digestible short-chain fatty acids help your good bacteria flourish. These are found in artichokes, garlic, leeks, dandelions



GUT INSTINCT: Research shows there is a tangible connection between gut health and brain health, and that linkage can affect emotions and cognitive processing.

on greens, beans, oats, onions and asparagus.

- A diet that keeps blood sugar balanced. This also keeps gut bacteria balanced. A diet high in rich sources of fiber, especially derived from whole fruits and vegetables, feeds the good gut bacteria and produces the right balance of those short-chain fatty acids to keep the gut lining in check.”

- Gluten reduction. Reducing gluten, or avoiding it altogether, Purvis says, will further improve gut health as well as healthy brain physiology. He agrees with medical professionals who say gluten can interfere with the absorption of nutrients, hurting digestion and sometimes leading to

“leaky gut,” or damaged intestine walls.

- Getting outside and into nature. Connect with more microorganisms – the more, the merrier. Their purpose is to perform life-sustaining functions. Move outside, do some gardening, plant flowers, mow the lawn, take a walk in the woods. Do things that connect you and your immune system with all the microorganisms in the soil.”

“Lifestyle choice is considered by most the culprit contributing to our unhealthy bacteria,” Purvis says. “So you have a choice, and the one you make with your diet will affect your whole body, and not least of all, your brain.”

7 Surprising Things You Should Know About Organ Transplants

For people on the transplant waiting list, returning to health is a real and remarkable possibility. More than 90 Americans get another chance at life every day thanks to organ donors.

How many of these inspiring facts about donation and transplantation in the U.S. do you know?

(1) Transplants literally keep people alive. In 2016, doctors gave former NFL quarterback and head coach Sam Wyche just days to live. Then, the same day Sam said his goodbyes, he received a new heart from a donor and a second chance at life.

After the surgery, Sam said he “felt 20, 30 years younger” and he’s now back to biking, riding horses, and traveling to see his grandkids’ football games.

(2) One person can give many life-changing gifts. People can donate organs (heart, liver, pancreas, intestine, two lungs and two kidneys) plus tissues (corneas, skin, heart valves, and other parts).

Altogether, one donor can save up to eight lives and improve over 50 more. It’s incredible how one “yes” can change so many lives.

(3) You can register online in minutes. You can visit organdonor.gov to sign up on your state registry as an organ, eye, and tissue donor. It’s wonderfully fast and easy to make a difference.

(4) You can donate at any age. You might think that when organs turn 60 or 70, they’re ready to retire. Nothing could be further from the truth! A 93-year-old liver donor from Texas once saved the life of a 69-year-old teacher; and in 2017, one of every three donors was over 50.

(5) Transplants grow with young recipients. Organs transplanted into children can grow and function into their adulthood and beyond. These gifts can last a lifetime.

(6) When transplanted, a segment of a donor’s liver will grow within a recipient until it achieves

the functional capacity of a whole liver.

(7) Recent innovations mean more possibilities. Vascularized composite allografts (VCAs) like face and hand transplants involve multiple kinds of tissue, and they’re giving hope to service members wounded in combat, people injured in other traumatic situations, and those born with missing limbs or severe disfigurements.

Registering as an organ donor does not provide authorization for VCA donation. Your family must provide that authorization at the time of your death. Learn more at organdonor.gov/vca.

Discover more about the surprising and inspiring world of transplantation and sign up to save lives at www.organdonor.gov, a website of the U.S. Department of Health and Human Services, Health Resources and Services Administration.

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SPORTS

Arroyo's Fourth Period Rally Falls Just Short Against Mt. Eden

By Andrew Joseph
San Leandro Times

The Arroyo High basketball team staged a valiant comeback on Saturday afternoon against Mt. Eden that fell just short, 59-57.

It was only the second loss in the season for the Dons, who are now 13-2.

Team highs for Arroyo include Nikko Echlas who finished the game with a team high 32 points, and Jabril Foster who added eight points and hauled down 10 rebounds.

"Our comeback rally was fueled by our edge and our heart," said Echlas. "We started out playing pretty bad in the first quarter so we knew we had to pick it up."

The Monarchs ended the first quarter with a 12-point lead over Arroyo, but they began to rally back at the end of the 2nd quarter to go into halftime down just 29-21.

"We never gave up tonight," said starting Arroyo sophomore guard Jules Lamanlan.

The Dons said they take pride in their defense to help them win games by creating opportunities for their offense.

"On defense we want to try to get up close and pressure the



PHOTO BY ANDREW JOSEPH

Jules Lamanlan (#24 white) sets up the Arroyo offense during the second quarter.

ball to speed the game up," said Dons' head coach Mike Budge. "It doesn't matter what the score is—if there's time still left on the clock we know we still have a chance to win the game."

A series of Arroyo runs created by defensive plays gave them 24 fourth-quarter points to Mt. Eden's 12, though just not enough to come away with the win.

"Our goal for this season is just to win league and make the North Coast Section (NCS) playoffs," added Lamanlan.

Arroyo started the season on

an 11-game winning streak before losing their first game of the season to Valley Christian, 63-56, during the Don & Martha Price Classic. The Dons are ranked 115th in the state of California and are now 4-1 at home, 4-0 away, and 5-1 at neutral locations.

Arroyo will travel to Alameda High for a game this Friday at 7 p.m.

"Alameda is big, they play physical, and they're defending league champs so to beat them we have to bring our best game," said Budge.

Sign Up for Boys & Girls Club Basketball

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

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

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

the action.

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

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

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

City's Jr. Warriors Basketball Starts Jan. 12

The City of San Leandro's Junior Warriors basketball program for boys and girls 5 to 14 years of age is back for its 19th season.

The 2019 youth basketball season will be held on Saturdays beginning Jan. 12 through March 16 at the San Leandro High School 9th Grade Campus and Washington Manor Middle School. The program offers a

non-competitive environment where beginners and veterans alike can improve their skills through weekly games and instruction.

All players will receive a Jr. Warriors' jersey, instruction, and league play. This program is co-sponsored by the Golden State Warriors, the NBA, WNBA and the City of San Leandro. Early

registration discount ends on Dec. 14.

Register with the San Leandro Recreation and Human Services Department online at www.sanleandrorec.org. Walk-in registrations are also available at the San Leandro Senior Community Center, 13909 East 14th St., or at the Marina Community Center, 15301 Wicks Blvd.



PHOTO BY AMY SYLVESTRI

Last minute construction was underway Wednesday at Blum to get ready for Friday's grand opening of the long-awaited medical marijuana dispensary.

Pot: City expecting big tax revenue

continued from page 5

"They are working. Construction is underway."

San Leandro approved the first city dispensary permit back in September of 2015, when Harborside got permission to operate. Then the Davis Street Wellness Center received its city marijuana permit in July 2016.

At a City Council meeting in November, Cutter called the delay "unacceptable" and suggested they could be fined. But now she said she's excited to see Blum finally open for business.

"I'm looking forward to seeing it open," said Cutter. "I wish them a lot of luck."

Luck for Blum and the other stores will translate into good fortune for the city, too.

Back in 2016, the voters passed Measure NN, a special tax on revenue from marijuana sales. The city estimates that it will make \$500,000 annually from the tax.

Terra Tech, the company that owns Blum, also has a permit to manufacture cannabis products in San Leandro and has plans to

open up an extraction facility in the city in the future, according to a press release. Extraction involves separating the components of cannabis and can be used to make products such as tinctures and oils.

In addition to their San Leandro shop, Blum also has stores in Oakland, Santa Ana, Las Vegas, and Reno. The San Leandro location will be open for medical-only sales Mondays through Saturdays from 10 a.m. to 8 p.m. and Sundays from 10 a.m. to 7 p.m.

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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Top 10 Cities Poised for 2019 Growth

With Bay Area market prices declining for the last six months, you can count on investors watching 2019 Bay Area trends very carefully.

It should be no surprise that, as local market prices kept pounding upwards prior to May 2018, investment opportunities declined and, consequently, investors began looking for other locations around the country that made more financial sense.

When prices rise dramatically in any given area, rental rates do not typically keep pace. This results in less-than-optimum returns which forces investors to look elsewhere.

When seeking new oppor-

tunities, investors look for areas with sustained economic growth, reasonable median pricing, low vacancy rates, high rental income potential, a growing population (either in-migration or natural growth) and a solid base of young families.

With this in mind, Realtor.com's 2019 Housing Market Forecast,* released 01/02/2019, has identified the Top 10 housing markets they anticipate will see significant growth in 2019. It is interesting to note that none of the markets identified are on the West Coast.

The 2019 projections track data in two categories important to potential investors. Category No. 1 is Forecasted Home Sales Growth, while the second category is Forecasted Price Growth. While the study shows a projected decline of 2% nationally for 2019 for Category No. 1, Category No. 2 is anticipated to increase, albeit a mere 2.2%.

The Top 10 Winners are as follows (shown as City, State: Sales Growth/Price Growth): (1) Lakeland, Florida: 5.0%/7.4%, (2) Grand Rapids, Michigan: 4.0%/8.2%, (3) El Paso, Texas: 7.9%/2.5%, (4) Chattanooga, Tennessee: 5.2%/4.3%, (5) Phoenix, Arizona: 3.6%/5.6%, (6)

Bridgeport, Connecticut: 5.0%/4.0%, (7) Las Vegas, Nevada: 0.9%/7.9%, (8) Boise City, Idaho: 1.5%/6.9%, (9) Miami, Florida: 3.3%/5.0%, (10) Boston, Massachusetts: 3.6%/4.6%.

Beyond the raw data, the top 10 cities share a few common statistics making them attractive to investors. All are expected to see increases in their base population size, employment rates, income growth and new home construction.

The principal key, however, guaranteed to capture investor's attention, is affordability. This last factor is something entirely missing on the West Coast – from San Diego to Seattle, all major coastal metropolitan areas have seen significant price increases the past few years, pushing them well out of the affordable category.

Will investors return to the Bay Area? Possibly, however, prices would need to decline substantially for that to happen – something most local homeowners do not want.

Bottom line? Count on investors looking elsewhere in the short term – at least for 2019.

*www.realtor.com/research/housing-market-predictions-2019-top-ten

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



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Tank or Tankless Hot Water Heater?

By Samantha Mazzotta
SPECIAL TO THE TIMES

If you're thinking of switching from a traditional hot water heater to a tankless water heater, there are some things you should consider.

While I like the concept of tankless water heaters – they provide hot water on demand, rather than storing water in a tank and keeping it warm – it's really important for homeowners to do their research before deciding to jump to this system.

Electric tankless heaters, for example, look like a good deal up front. They cost about a third to one-half as much as gas tankless heaters. However, installation can be expensive: most electric heaters require a dedicated 30-amp circuit, meaning an electrician will have to come in to properly wire the house. In older homes, the installa-

tion can be pretty painful on the wallet.

Gas tankless heaters cost more up front, but installation may not be as expensive. A qualified installer will need to set up the gas connection, and your gas system may need some modification.

With either type, you still will have to deal with the problem of adequate hot-water supply. Placing high demand on the heater – such as running a shower, the dishwasher and the hot water tap in a sink at the same time – will make it more difficult for the unit to heat water to the correct temperature, meaning everybody starts getting tepid water.

Homeowners I've spoken with who have tankless heaters are generally pretty happy with them. But they have experienced a few issues, such as not knowing they

need to flush the heating system once per year (and more often in a hard-water environment).

None complained about having inadequate hot water – either they selected the right-size system for their house, or they adjusted their water use to the rate at which the water gets heated.

Because of the expense involved, find out how much water your family uses and track how much hot water is used during each day. Talk with the tankless heater dealer about the right system based on your needs, compare average annual costs (in electricity or gas) of the system compared to a traditional tank heater, and make sure you know up front what installation will entail and how much it will cost.

Home Tip: Tankless heat-see WATER, page 11



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Transplanting Bromeliad 'Pups' is Easy

Q For Mother's Day, I received a beautiful silver-gray foliage, pink-flowering bromeliad. It's thriving and there are several new plants forming at the base. How would I go about transplanting these plants?

A Bromeliads are an ideal indoor flowering plant as they are in bloom for months. They reach maturity and stop producing new leaves when it's in bud and bloom.

It is at this point that a

healthy bromeliad produces offshoots from the base called pups. The main plant is often referred to as the mother plant. Once the pups reach about one-third the size of the mother plant, they're easily transplanted, and it's pretty easy to do.

First, cover your work area with a layer of newspaper. You then gently remove the mother plant from the container, exposing the area where the pups are joined.

If necessary, remove any additional soil from the crown area, so you have a

clear view of the base of both plants. The pups may or may not have their own root system.

The pups should easily separate from the mother plant without the use of any tools. If they resist, give them a firm but gentle tug, or you can cut them off near the base of the mother plant with a sharp knife or use a pair of pruning shears.

The pups should not be replanted right away. Instead, place them in a dry location for a couple of days to allow the cuts to seal themselves.

This is called callusing, which prevents any soil-borne diseases from entering through the soft tissue wounds.

The pups, one-per-six-inch pot, are centered in the new container using any commercial type of potting soil. Gently press the pre-moistened soil down around the base of the pups to keep them upright and don't forget to add water to the center of the leaf whirl.

Transplanting shock should not be a concern. You can transplant all the pups or just the most vigorous. The



A Blossoming Bromeliad. You can grow new plants from the "pups" that form at the base of the plant.

pups mature in less than nine months, flower and form their own pups. The mother plant is usually discarded after removing the pups as they very often naturally die.

Buzz Bertolero is an Advance California Certified

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

Focus on Safe Heating When Temperatures Dip

With temperatures expected to remain frosty overnight in the East Bay, PG&E is urging customers to be cautious when heating their homes.

Electric heating devices, such as space heaters, are a home fire hazard when not properly used or monitored.

"Space heaters should only be used as a supplemental source of heat. They are not intended to replace the home's central heating system and, when not used properly, can create serious safety hazards," said PG&E spokesman Jake Zigelman.

Fuel-burning appliances, such as gas furnaces, stoves and water heaters, can increase the risk of carbon monoxide poisoning when they are not working properly.

Heating equipment is the second leading cause of home fires and accounts for about 56,000 structure fires per year, according to the National Fire

Protection Association.

Nearly half of these fires occur during the coldest winter months. The leading contributing factor to space heater fires is heating equipment too close to objects that can burn, such as furniture, clothing, mattresses or bedding.

Follow these tips:

- Place space heaters on level, hard, nonflammable surfaces, not on rugs or carpets.

- Don't put objects on space heaters or use them to dry clothes or shoes.

- Turn off space heaters when leaving the room or going to sleep.

- Keep all flammable materials at least three feet away from heating sources and supervise children when a space heater or fireplace is being used.

- Never use cooking devices such as ovens or stoves for home heating purposes.

- Install carbon monoxide

detectors to warn if concentration levels are high. All California single-family homes are required to have carbon monoxide detectors. They should be installed near sleeping areas and the batteries replaced at least twice a year.

- When using the fireplace to stay warm, make sure the flue is open so that the byproducts of combustion can vent safely through the chimney.

- Never use products inside

the home that generate dangerous levels of carbon monoxide, such as generators, barbecues, propane heaters and charcoal.

If customers suspect there is a problem with a natural gas appliance inside their home, they should call PG&E at 1-800-743-5000. A gas service representative will be dispatched to do a thorough inspection. If you detect carbon monoxide in your home, you should get out immediately and call 911.



■ Rainy-Day Chores

Though it hasn't been very rainy so far this January, more wet weather is likely this next week. Take this time to reassess your garden's "grand plan." Take a look at your yard in the winter grayness. If it looks too bleak, visit your local garden center to get ideas for what plants and shrubs look good during the winter season. And, if you enjoy growing plants from seed, this is the perfect time to get out those seed catalogs and start ordering. Spring will be here before you know it. Catalogs generally offer a greater variety of flowers and vegetables that you'll find on store racks.

2019 Brings Lower Rates

The new year started with lower mortgage rates across the board, according to Freddie Mac's weekly nationwide survey.

The 30-year fixed-rate mortgage averaged 4.51 percent last week, down from 4.55 percent a week earlier. A year ago at this time, the 30-year rate averaged 3.95 percent.

Fifteen-year home loans averaged 3.99 percent, down from the previous week when it averaged 4.01 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.98 percent, down

from 4.00 percent.

"Mortgage rates declined to start the new year with the 30-year fixed-rate mortgage dipping to 4.51 percent," said Freddie Mac's chief economist Sam Khater. "Low mortgage rates combined with decelerating home price growth should get prospective homebuyers excited to buy. However, it will be interesting to see how the recent turmoil in the stock market will affect homebuying activity in the coming months."

Water:

continued from page 10

ers can suffer from mineral scale buildup in the heat exchanger. Talk to the manufacturer about installing a flush valve so that you can flush out buildup annually and extend the life of the unit.

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One-Line Open Home Listings run Wednesdays in the Castro Valley Forum (22,500 circ.) and Thursdays in the San Leandro Times (38,500 circ.) for \$25. For more information and a listing form, Call 614-1558. DEADLINE: TUESDAY AT NOON.

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The Three Friends of Winter

Pine and bamboo are evergreen through winter, and plum tree blossoms signal the approach of spring. Together these plants form a motif in Chinese art and culture called "The Three Friends of Winter" that represents steadfastness, perseverance, and resilience. This imagery has been used in Chinese literature, painting, poetry, and calligraphy since the thirteen century. - Brenda Weaver

Source: artmuseum.princeton.edu, chinaonlinemuseum.com

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1109 Dutton Avenue	94577: \$660,000	3 BD - 1,260 SF - 1949
620 Cape Cod Drive	94578: \$680,000	3 BD - 1,917 SF - 1978
2035 Eveleth Avenue	94577: \$690,000	3 BD - 1,296 SF - 1952
14932 Peninsula Street	94578: \$695,000	3 BD - 1,348 SF - 1979
788 Juana Avenue	94577: \$735,000	2 BD - 1,104 SF - 1946
2427 West Avenue 136th	94577: \$770,000	4 BD - 1,332 SF - 1942
1619 Via Tovita	94580: \$610,000	3 BD - 1,031 SF - 1951

TOTAL SALES: 10

LOWEST AMOUNT:	\$490,000	MEDIAN AMOUNT:	\$670,000
HIGHEST AMOUNT:	\$770,000	AVERAGE AMOUNT:	\$640,250

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7634 Pineville Circle	94552: \$625,000	4 BD - 2,716 SF - 1992
18348 Lake Chabot Road	94546: \$625,000	3 BD - 1,157 SF - 1952
2660 Grove Way	94546: \$650,000	3 BD - 1,020 SF - 1949
18938 Madison Avenue	94546: \$694,500	3 BD - 982 SF - 1949
2512 Nordell Avenue	94546: \$710,000	3 BD - 1,150 SF - 1953
4817 Seaview Avenue	94546: \$780,000	3 BD - 1,745 SF - 1921
18759 Carlton Avenue	94546: \$850,000	3 BD - 1,443 SF - 1962
18425 Ogilvie Drive	94546: \$870,000	4 BD - 1,786 SF - 1956
4289 David Street	94546: \$900,000	3 BD - 1,610 SF - 1952
18668 Capricorn Court	94546: \$937,500	3 BD - 1,866 SF - 1964
3385 Dublin Boulevard	94568: \$590,000	2 BD - 1,066 SF - 2007

TOTAL SALES: 11

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San Leandro Times/Castro Valley Forum

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– A vacancy day is money lost forever –
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California law requires that contractors taking jobs that total \$500 or more (labor or materials) be licensed by the Contractors State License Board. State Law also requires that contractors include their license number on all advertising. Advertisers appearing on this page without a license number indicate that the contractor is not licensed. You can check the status of your licensed contractor at www.cslb.ca.gov or (800) 321-2752. Unlicensed contractors taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

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FREE 15 word "Employment Wante-
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To place an Help Wanted ad
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Your ad will run in and the Castro
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Find help and support your local
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- Thank you -

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pool, ample parking, storage, spa-
cious. 510-887-6633.
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\$1,200+, 2-bedroom \$1,500+. Bal-
cony, patio, pool. 510-581-4702.
LANDLORDS - Advertise your
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San Leandro Times/Castro Valley Forum

NEED - Handyman Service?

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To place an ad call 510-614-1558

CLASSIFIED AD DEADLINE:

Monday 5:00 p.m.

LANDLORDS - Advertise your units!

- A vacancy day is money lost forever -
R. Bowman

NEED - MUSIC LESSONS or
PIANO TUNING?

Check the Classified Ads under
"MUSICAL SERVICES" for help.

VIEW the CLASSIFIED Ads
Online at
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ALL TYPES OF
ROOF REPAIRS
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"MISC. FOR SALE" ads
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of 1 week. Call 614-1558.


MISC. WANTED

I need at Hebrew tutor willing to
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Call 510-351-3219.

WANTED: Reel to reel tapes (for
tape recorder). Call Patrick at 510-
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We greatly appreciate our many
advertisers who make it possible for
us to publish these newspapers.

PG&E: Critic of utility calls rate hikes stunning

continued from front page

violating safety regulations and obstructing an investigation into the gas explosion in San Bruno in 2010 which killed eight people. The utility is still on probation for that violation.

TURN executive director Mark Toney called the request for 12 percent in additional rate hikes "stunning" in a press release and said that the CPUC must demand an account of how PG&E has

spent ratepayer money on safety and wildfire prevention in the past before any additional rate increases are considered.

Toney also criticized Senate Bill 901, which was signed into law by Governor Jerry Brown this fall. The bill allows PG&E and other investor-owned utilities to issue bonds to recover costs caused by fires, repaid by customers.

"In a stunning achievement for a convicted felon, PG&E

has convinced the legislature to give it not only an unprecedented bailout on wildfires liabilities, but also unlimited rate hikes for decades to come," Toney said.

If the wildfire rate increase is approved by the CPUC, PG&E said the money will go to installing 2,000 miles of stronger poles and covered power lines in high fire risk areas.

The CPUC is also examin-

ing whether PG&E should be allowed to continue to operate as it does.

In late December, the CPUC said it was investigating PG&E's "corporate governance, management, and structure" in the wake of safety concerns following the fires. The CPUC could replace the PG&E board of directors, restructure the company, or even dissolve and reconstitute PG&E as a publicly-owned utility.

Nominations Accepted for Women's Hall of Fame

Nominations are now being accepted for the 26th Annual Alameda County Women's Hall of Fame; the deadline to submit nomination papers is Thursday, Jan. 31.

Honorees will be selected among outstanding women in the categories of business, community service, culture and art, education, emerging leader, environment, health, justice, non-traditional career, science, technology, engineering, sports, philanthropy, and youth.

The winners will be announced in February and honored at a ceremony in March.

"We invite everyone to join us as we celebrate the achievements of another amazing group of women in 2019," said Susan Muranishi, Alameda County Administrator and Hall of Fame co-chair.

More than 200 women have been inducted in the Alameda County Hall of Fame since 1993. Forms for nominations are available at www.acgov.org/whof/.

LOCAL DEATHS

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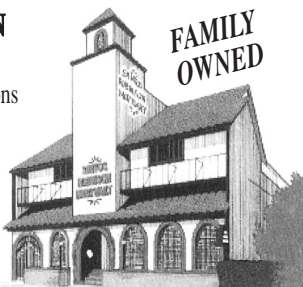
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CALIC. FD-81



Vanessa Marie Hurtado

January 12, 1993 – December 23, 2009



Happy 26th Birthday.

We know God is holding you in his arms. Nothing will ever be the same without you. You left behind a precious little girl, Juliana, whom we will make sure will never forget her mommy. Forever our love, Mom, Juliana, Grandma Velma, brothers Raymond and Daniel, Savanna, Sara and Aunt Lisa. We all love you and miss you so much!

SAN LEANDRO TIMES OBITUARIES

may be submitted online at ebpublishing.com, emailed to obits@ebpublishing.com or faxed to 510-483-4209. Please include your phone number. A fee will apply depending on the length. A photo can be added for an additional cost. For further assistance, please call 510-614-1555.

Council to Hold Work Session On Mobile Home Space Rents

The San Leandro City Council is holding a work session next week to discuss policy ideas and options for rental regulations at mobile home parks on Monday, Jan. 14 at 7 p.m. at City Hall.

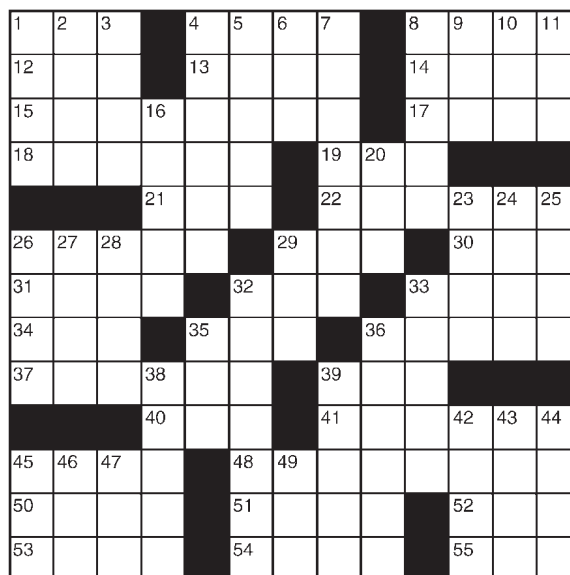
The council is soliciting public comments on the increasing rents on mobile home spaces.

The agenda for Monday's

meeting will be posted no later than Jan. 10 on the city's website at www.sanleandro.legistar.com.

If you have questions regarding the City Council work session or wish to submit written comments, call city housing specialist Kimberly Anderson at 577-6004 or email her at kimberlyanderson@sanleandro.org.

THE TIMES CROSSWORD



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DOWN

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- 49 Dead heat

ANSWERS ON PAGE 3

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Henry James Lerian (Jack)

February 25, 1931 - December 4, 2018

Henry James Lerian (Jack) was born February 25, 1931 in Baltimore, Maryland and passed away December 4, 2018 at his home in Fair Oaks, California. He was 87.

As a young man he received a traditional Jesuit education in Washington, DC at Gonzaga College High School and at Georgetown University. Following graduation from School of Dentistry in 1955 he entered the Navy, was stationed in Oakland, California at Oak Knoll Navy Hospital, and met and married Jeanette Fraga.

Dr. H. J. Lerian served his internship aboard USS Lexington and in 1958 opened a private practice in Hayward, California, and began his dental career. He and his beloved wife moved to San Leandro in 1961 to rear their daughters, Edee, Maggie, Lisa and Susan.

Jack was an active member of Rotary and Southern Alameda County Dental Society where he served as editor, treasurer, president and a delegate to the California Dental Association. Recognizing the future of dentistry in 1979, Dr. Lerian founded Big Valley Dental Center in Stockton, California.

Jack and Jeanette lived their good life which included world travel until her death in 1994. Retiring from dentistry in 1998, he moved to Fair Oaks where he remained active and enjoyed biking, painting, writing his autobiography and golf.

He is survived by his adoring wife of 18 years Margie, 4 daughters, 6 grandchildren, 2 step-grandchildren and 2 great-grandchildren. A private Committal service was held January 14 in San Francisco where his remains were interred in the columbarium at Grace Cathedral.



John Frederick Cooke, Jr.



John Frederick Cooke, Jr. passed Dec. 26, 2018 in Oakland, California. John received degrees from UC Berkeley and the University of Maryland Law School. John was active in Charles Houston Bar Association, University of California Alumni Association, UC Berkeley Black Alumni Club, 100 Black Men

Oakland Chapter, and Boy Scouts of America Troop 722 Committee.

John is survived by his wife, Michaelle, 15-year-old daughter Claire, 13-year-old son John III, brother David Cooke, sister Elizabeth Cooke, parents John Cooke Sr. and Mary Cooke. Services will be held Jan 11, 2019 at Mills Grove Christian Church. In lieu of flowers a GoFundMe account has been established to support the children. <https://www.gofundme.com/john-cooke-family>

Conchita Victoria Pedersen

February 9, 1952-December 17, 2018

Connie Pedersen beloved wife of Donald Pedersen for 46 years. She is survived by her blessed children, son Christopher Pedersen and daughter April Diaz and her most prized and loved grandson Kevin Diaz.

Connie leaves behind her sisters Hilda Russell, Diane Maurantonio, Anita Pedersen and her brother Leo Askund with their spouses and many nieces and nephews.

Connie will be most remembered for her love of her family. She treasured her time at the beach, it truly was her happy place. She loved her crafts and sitting in her backyard by the fountain watching the birds and listening to the water trickle.

Connie is so loved by many and will be missed beyond measure.

A celebration of life will be announced at a later date.

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.

Foresees Parking Wars if Bancroft Project Isn't Adjusted

Editor:

The Planning Commission has approved a new apartment complex located at 1388 Bancroft Ave. which would encompass 45 apartments and 55 parking spaces. Per national apartment building guidelines this makes sense if all 45 apartments are one bedroom units but alas that is not the case.

The proposed complex will be made up of both two and three bedroom units. The guidelines suggest 1.25 parking spaces for a one bedroom unit and 3/4 space for any additional bedrooms. If all units were two bedrooms then there should be a minimum of 79 parking spaces and if all of the apartments were three bedroom then the number would jump up to 113.

Parking is very tight in the area and current residents are already parking on the street. I know this for a fact as I live a mile away and eat at Paradiso which is located across the street from the proposed complex.

Did the Planning Commission actually take the number of bedrooms into consideration or were they just high-fiving each other because the owner reduced the size of his project from a ridiculous pie in the sky five stories down to three stories (how noble of him) which is already the height limit for the area.

Per apartment building guidelines, the Planning Commission or the City Council should demand the adjustment of required parking spaces to the number of bedrooms and not the total number of apartments. Right now it looks like a classic bait and switch to me as 55 parking spaces are not enough for the size of the complex, and if not adjusted I foresee parking wars in the future.

—Brent Heath
San Leandro

Says No Exception to Zoning Code Should Be Allowed on Bancroft

Editor:

The City of San Leandro spent time and resources developing and updating our city zoning. So why are they making an exception for developer Silva for 1388 Bancroft Ave.?

Every member of the City Council who votes to approve this project should be required to drive from City Hall to 580, via Estudillo Avenue on Monday-Friday between 3 and 5 p.m. They should pay special attention to the corner of Bancroft and Estudillo, one-half block from the proposed development.

The children who attend Bancroft Middle School, and who are dropped off and picked up at the location, are at great risk. Fortu-

nately, there has not yet been an accident, to my knowledge.

I do not live in that neighborhood, nor do I know anyone who lives there. However, I have lived in San Leandro for 47 years, and I drive every day, more than once, from 580 to the Downtown Plaza.

San Leandro was developed many years ago with 2-lane roads, and is having trouble handling the current traffic. It seems that the impacted community is in agreement in allowing something consistent with the zoning codes. Mr. Silva is to be commended for reworking his initial plans, but no exception to the zoning codes should be made for him as a developer. Please listen to the concerns of citizens who live and work in San Leandro before this development is constructed. We know the traffic patterns and the dangers which are currently so evident.

—Ann Jensen
San Leandro

Mystery Shooting of Cop at Bayfair Needs to be Explained

Editor:

About three weeks ago, a policeman accidentally shot himself at Bayfair. He did not call the police station. He went to see his girlfriend. She called the police and said a cop was shot and his gun is missing.

I think it's time that the citizens of San Leandro should be told why his gun went missing and how the policeman managed to shoot himself.

—Ron Robinson
San Leandro

Times Becoming a 'Rag Paper' Because of Political Cartoons?

Editor:

Recently you published two political cartoons, the first was two weeks ago appearing on the opinion page, and again another in your January 3rd edition that some of your readers find offensive. My question for you is why?

Is your ego so out of control that you insist on demeaning our government through these distasteful jokes?

Publications that express the editors personal opinions in this manner are no longer meeting the goal of objectivity and become known as Rag Papers. If you keep heading in this direction that is exactly what you become.

—Claudia Antonucci
Castro Valley

Leo West Says it's Time to Build That Wall

Editor:

Billy Trice Jr. keeps on beating the drums of the Tohono O'Odham to justify furthering his Trumphobia. Yes, Billy Trice Jr., His Excellency, the President of the United States, Donald J. Trump

does have a mandate : "We're gonna build that wall" was a rallying cry of his electoral campaign and the U.S. workers elected him; even today, thousands still chant it wherever Trump holds a rally. It's time to implement the program.

The Trojan horses that the Republican establishment had installed in his Cabinet to undermine Trump's program are being pushed out. Another campaign promise: troops are going to get out of Syria and, gradually, from Afghanistan. Goodbye "Mad Dog"; it's amazing how the Fake News forgot this nickname once Mattis was fired. Mattis wanted to continue undermining the program until the end of February but Trump said "You're fired" now.

Billy Trice Jr. and Bruce Joffe, two individuals who don't even live in this city, choose a San Leandro paper to unleash their Trumphobia; they love living in a "Sanctuary State" for criminals; a state that even provides free lawyers for illegal murderers who kill U.S. citizens. By the way, San Leandro's Chief of Police should take a clue from the Sheriff of Stanislaus Co. and demand that the City Council rescind the "Sanctuary City" declaration.

—Leo T. West
San Leandro

Urges Vote for Melissa West for Assembly District 18 Delegate

Editor:

Melissa West is running for Assembly District 18 Delegate. She is the Vice President of the San Leandro Democratic Club and was nominated as At-Large member and progressively assisted as membership director. She is part of our millennial generation, which we truly need to carry the torch for our future democratic process.

Delegate elections are held in the odd numbered year. Democrats who are registered voters living in District 18 can vote for delegates. Delegates primary responsibility is to represent their district at conventions and caucuses and develop an educational outreach in the community.

Melissa West is our only San Leandro candidate. Please come out and vote for her Sunday, Jan. 27, at the College of Alameda, 555 Ralph Appenzato Memorial Parkway, in Alameda. The candidates will speak at 12:45 p.m., but you can arrive early and vote as early as 10 a.m.

Please come out and vote! Melissa West Assembly District 18 Delegate.

—Helena Straughter
San Leandro

Second Bay Bridge and BART Tunnel Needed to Cut Gridlock

Editor:

How much longer do we have to put up with gridlock every day on the Bay Bridge?

We clearly need a second bridge to cut these horrible commutes and to serve as a backup in case something catastrophic happens on the current bridge. It is really short sighted to pretend that we can run

the SF area economy with a single bridge opened in 1937 when our population was a quarter of what it is now.

Build a second bridge and include a second set of BART tracks with a switch leaving the West Oakland BART station onto the new bridge. This is what they did with the Washington bridge in New York and it works fabulously. This would give us two new ways to cross the Bay at a cost far less than building a separate tunnel and a separate new bridge.

We don't have to spend money on where to put it either – it's

pretty obvious.

Start by bringing the I-280 stub down King St. in SF, continue into the Bay and across to the 7th Street peninsula in Oakland hooking up with I-880 and I-980.

That land is owned by the Port of Oakland so there would be no problem with buying houses from private home owners or any of the other problems associated with eminent domain.

It's time for both a second bridge and a second set of BART tracks. Let's get on with it.

—Don Siefkes
San Leandro

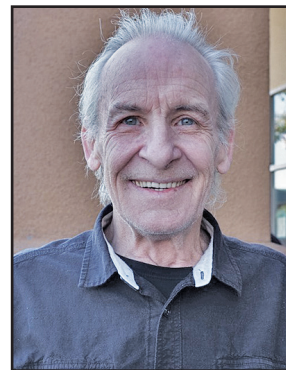
INQUIRING REPORTER

If you were a reporter what would you look into?

— Asked around town

Why boxing is not on TV as much as it used to be. It was on TV a lot more in the '60s and '70s.

Keith Foster
San Leandro



The increase in taxes in California. Sales tax, property tax, and things of that nature. It's all gone up too high.

Robert Miller
Oakland

I would look into why I'm an RN, a nurse practitioner, and have to pay over \$600 a year to renew my license to work at the Ashland free clinic, but doctors just pay \$37 to renew their license.

Mary Conway
San Leandro



A lot of things. Where to shop and get discounts, the homeless situation, and the government shutdown. I work for the EPA as a database assistant and I'm off work.

Henry Calhoun
Oakland

Perhaps the state of education. And the homeless crisis. It's so bad. There has to be something we can do as a society to help the homeless. There needs to be more housing that's affordable.

Jeanne Kinkella
San Leandro





SAN LEANDRO SPORTS FOUNDATION

Sports Hall of Fame

INDUCTION CEREMONY OF 2019

All American Evening

Family Friends Community

You are cordially invited to attend the induction ceremony for the Class of 2019:

- **Jerry Lyons (L)** — (City of San Leandro, Contributor)
- **Brian Bream** — (Marina High School, Class of 1968, Athlete Football)
- **Leslie Fouche-Munoz** — (Pacific High School, Class of 1974, Athlete Softball)
- **Jack Gilmete** — (Pacific High School, Class of 1981, Athlete Football)
- **Rich Kerr** — (Marina High School, Class of 1971, Coach/Athlete Baseball)
- **Pat Carvalho** — (Pacific High School Class of 1971, Athlete Baseball)
- **Charles Leno Jr.** — (San Leandro High School, Class of 2009, Athlete Football)
- **Jarrad Page** — (San Leandro High School, Class of 2002, Athlete Football/Baseball)
- **Sam Cheatham** — (San Leandro High School, Class of 2003, Athlete Football)
- **Art "Tappy" Larson (L)** — (City of San Leandro, Athlete Tennis)
- **Madeleine Briones** — (San Leandro High School, Class of 2004, Athlete Wrestling)
- **Marviel Underwood** — (San Leandro High School, Class of 2002, Athlete Football)
- **Fenton Mole (L)** — (City of San Leandro, Contributor)

* (L) Legendary Status

Friday, March 22, 2019 • 4:30 to 7:30 p.m.

The Zero Net Energy Center

14600 Catalina Street, San Leandro, CA 94577

TICKETS: \$60 PER PERSON

Call Terry Kleven to order your tickets today at 510-895-1918
or purchase your tickets online at www.slsfi.org

The San Leandro Sports Foundation is a 501(c)(3) non-profit organization.
The Hall of Fame event is a fundraiser for athletic/sports programs in San Leandro Schools.