

Zucchini Festival

THIS SATURDAY AND SUNDAY IN HAYWARD

RECIPES &
DETAILS ON
PAGE 7

WEEKEND WEATHER

HOT

HIGHS: 78-83

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

LOWS: 59-64

Hot days and
warm nights



San Leandro Times

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

VOL. 29 • NO. 33

THURSDAY, AUGUST 15, 2019

SAN LEANDRO • CALIFORNIA



Barbecue in the Manor

Washington Manor residents attended the National Night Out party at Purdue and Wiley Streets last Tuesday night, one of over 50 outdoor parties across San Leandro. For more, see page 3.

Fined for Fence, but It's Just Like The Other Fences on the Corner

By Jim Knowles
San Leandro Times

Keona Mulgrew can't understand why she's been fined for her fence when it's just like everybody else's fence on her corner.

She has a 6-foot fence along the backyard of her corner lot on 140th Avenue and Lark Street — just like the other three corner houses at that intersection.

All four corner houses have a 6-foot fence along the side of their backyards. So what's so special about Mulgrew's fence that it draws such attention from the authorities?

It turns out, somebody complained to the city about Mulgrew's fence, anonymously.

"They're just singling me out," Mulgrew said. "They say my fence has to be 3 feet, but everybody else's fence is 6 feet."

Mulgrew now has a total of \$4,000 in fines, which she says she can't afford to pay. The fines

see FENCES, page 5



PHOTO BY JIM KNOWLES

The Mulgrews replaced their old fence with a new one the same height but they've been told it's out of compliance, even though all four houses on the same corner have similar fences.

Swalwell Holds Town Hall on Guns

Congressman wants buy-back program for assault rifles

By Denis Perez
San Leandro Times

Congressman Eric Swalwell answered questions about gun control and domestic terrorism during a town hall meeting at the Hayward City Hall on Aug. 7.

The meeting for 15th Congressional District residents was held in response to the massacres at the Gilroy Garlic Festival, a Walmart in El Paso, Texas, and Dayton, Ohio.

"This is an opportunity where we can make background checks the floor of gun control, not the ceiling," Swalwell said.

Swalwell talked about stricter background checks and his plan for a nationwide ban on assault rifles paired with a mandatory gun buy-back program. Banning assault weapons would not sufficiently protect the public because an estimated 15 million assault weapons have already been sold, Swalwell said.

"Just a ban (on assault weapons) would leave 15 million guns in our communities," Swalwell said.

The buy-back program would cost the government an estimated \$15 billion to \$20 billion, but would collect the 15 million assault weapons that have already been sold, Swalwell said.

"The solution is not out of our reach, we know what we have to do," Swalwell said.

Assault weapon bans have

worked in New Zealand and Australia and the U.S. could do the same, but politics have taken center stage, rather than the lives

see SWALLOW, page 6

Kaiser Employees Vote to Strike

By Denis Perez
San Leandro Times

Kaiser Permanente workers are close to having the nation's largest strike in over a decade after 37,000 California employees approved a walkout that could start in October.

Members of the Service Employees International Union - United Healthcare Workers West (SEIU-UHW) voted last week in favor of authorizing their bargaining team to call for a strike to protest what they call Kaiser's illegal behavior and unfair labor practices.

SEIU-UHW is the largest in the coalition of Kaiser Permanente Unions, said SEIU-UHW spokesperson Sean Wherley.

"Kaiser needs to get back on

see KAISER, page 9

INSIDE YOUR TIMES

MUSIC

Two bands set to play tonight at Marina Park. **Page 2**

FOOD

How to make zucchini fritters. **Page 7**

SPORTS

Junior golfers play Monarch Bay. **Page 16**

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

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

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.



San Leandro Times

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

EDITORIAL

Fred Zehnder
Editor and Publisher

Jim Knowles
Managing Editor
jimk@ebpublishing.com

Denis Perez
City Editor
dperez.slimes@gmail.com

Steve Schaefer
Auto Editor

Contributing Writers

Buzz Bertolero

Carl Medford

Linda Sandsmark

PRODUCTION

Howard Morrison
Manager

Kayla Steinorth
Art Director

Moxie Morrison
Assistant

OPERATIONS

Claudette Morrison
Business Manager

ADVERTISING

Display Advertising

Claudette Morrison

Classified Advertising

Patrick Vadnais

HOW TO REACH US

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

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

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

www.ebpublishing.com



California Newspaper Publishers Association member

©2019 East Bay Publishing Corporation

'80s and Santana Tribute Bands to Play Tonight

Music, food and beverages on hand for 'Hot August Thursday' concert

The City of San Leandro invites the community to the City's 2019 Hot August Thursday Concert this evening (Thursday, Aug. 15) from 5:30 to 9:30 p.m. at Marina Park, 14001 Monarch Bay Drive.

The show will feature Re-Wind, playing the sounds of the '80s; and Sacred Fire Band,

“We are excited to bring back Hot August Thursday again for our residents.”

— Mayor Pauline Cutter

a Santana tribute band. Chuy Gomez and the Q102.1 crew will host.

Food and beverages are available for purchase from El Taco



Re-Wind plays '80s rock 'n' roll from Tom Petty to Journey, Madonna and The Pretenders. The Sacred Fire Band, at right, pays tribute to Santana.

Loco and the San Leandro Scholarship Foundation, benefitting the graduating seniors from San Leandro public schools. Re-Wind brings the '80s

dance party to you, playing '80s material from Blondie to The Pretenders to Tom Petty, Journey, Madonna and Bon Jovi.

Sacred Fire came together with a love for Santana's music. It's a blistering six-piece Latin rock band with songs spanning the entire 50-year career of Carlos Santana.

For more information, contact Lydia Rodriguez, Recreation Supervisor at 510-577-3477 or at

lrdriguez@sanleandro.org.

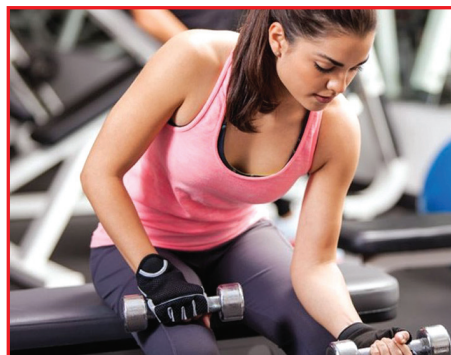
“We are excited to bring back Hot August Thursday again for our residents,” said Mayor Pauline Russo Cutter. “San Leandro knows that providing fun activities in our city means quality time together as a community. This family-friendly event aims to do just that – provide programming suitable for all ages and families to come together. We hope to see you there.”



Commit your family to be fit & have fun All Year

**We Are Different From Other Fitness Clubs.
We Have A Family Atmosphere!**

**50 Aerobic Group Fitness Classes Per Week or Lap Swim
in 82 degree Beautiful Clean Pool All Year Around!**



AUGUST FREE!

*When you join early and pay your first 2 mo. dues. Subject to change without notice.
Offer exp. 9/1/19

Monthly Dues for
Families = \$218 for 6
Singles = \$212



**ONE TIME INTIATION FEE: For Families \$400 Reg. \$800
For Singles \$200 Reg. \$400**

For the same price You have the Summer Swim & Play with family and kids all summer long. Enjoy the Baby Pool, Big Pool, Free 2 each BBQ Cooking Areas with 40 tables and 100 Lounges to use. \$1 Babysitting EVERYTHING INCLUDED IN FAMILY MONTHLY DUES FOR 6 PERSONS



Bay-O-Vista Private Family Fitness,
Gym, Swim & Tennis Club

Visit Any Time - No Appointment Needed or visit our website www.bovswim.com

Located on corner of 1881 Astor Dr. & Lake Chabot Rd., San Leandro

510-357-8366 • swim@bovswim.com



Senior Lunch Menu

Lunch provided by Spectrum Community Services

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

Everyone age 60 and up can have lunch. A suggested donation is \$3.75, but no one is refused for lack of funds. (\$10 for those under 60.) Call 24 hours ahead to reserve a lunch (1-510-825-9793) or sign up at the Senior Center.

The menu for lunch next week, Aug. 19 to Aug. 23, is:
Monday – Baked pototo

with vegetable chili, vegetable medley salad, whole wheat roll, fruit.

Tuesday – Chicken gumbo with fresh okra, red beans and brown rice, cantaloupe.

Wednesday – Meat loaf, mashed potatoes with gravy, peas and carrots, garlic bread, orange.

Thursday – Tilapia with pineapple salsa, garden salad, green beans, orange rice pilaf, fresh fruit.

Friday – Cheese tortellini with pesto, tomato rice soup, carrots, strawberries.

Get Up-Lifted!

ALL LIFT CHAIRS \$449 NOW ON SALE...

& UP

SPECIAL SAVINGS ON CURIOS

Variety of Styles & Finishes to Choose From

AREA RUGS, LAMPS & ACCESSORIES ON SALE NOW!



Dupree's FURNITURE

“Make your house a Dupree's home”

44 Years Experience 1900 E. 14th St. • San Leandro

357-3000

www.Duprees-Furniture.com

Dupree's Furniture CREDIT

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

Neighborhood Celebrates National Night Out, Sets Plan to Prepare for a Disaster Together

By Denis Perez

San Leandro Times

Around 40 residents of Dolores Avenue celebrated National Night Out with a barbeque and games while raising awareness about emergency preparedness and crime prevention on Aug. 6.

This event was one of many held around San Leandro and thousands more neighborhood parties were thrown all around the country.

The annual national event serves as an opportunity for neighbors to talk about and identify issues their neighborhood has, said retired coast guard veteran Mike O'Brien.

The speed bumps on their street are a result of the community organizing that starts at their National Night Out events, he said.

"People were driving too fast down the street in 2013, and we went to the city," O'Brien said.

After gathering signatures from neighbors to petition for speed bumps, the city placed a speed trailer on both sides of the street, he said.

The speed trailers found Dolores Avenue had the second fastest drivers in the city, O'Brien said.

And after getting all neighbors to agree to the location of the speed bumps, the city installed them, O'Brien said.

National Night Out gathers more than 30,000 people around the country to come outside and interact with neighbors in an effort to promote community, prevent crime and strengthen relationships between neighbors and law enforcement.

In San Leandro there were about 52 locations that registered for the event, said San Leandro police officer Debrah Trujillo. The police department visited all of them, she said. Trujillo was present at the barbeque at 546 Dolores.

Officer Trujillo addressed the group of neighbors and thanked them for promoting positive change in their neighborhood, as well as complimenting them for their emergency preparedness.

The neighbors at Dolores Avenue have organized a plan in case of an earthquake or another big natural disaster.

In the event of a big earthquake, after taking care of things at their homes, neighbors plan to congregate at 546 Dolores to seek or offer help, O'Brien said.

Fliers with the full plan were distributed at the barbeque, too.

"It is nice that people are looking out for you and keeping an eye out," neighbor Stefany DeGuzman said. After moving to Dolores Ave. three years ago, she has been coming to this event annually.

Her kids had a lot of fun playing with other neighborhood kids and she was able to meet her neighbors, she said.

This event is special because it is normal for people to not know their neighbors, 96-year-old George Dini said.

"People tend to stick to themselves nowadays," Dini said.

Being around longer than most, Dini has seen less and less interactions within communities.

In relationships between neighbors there are commitments that are formed with one another.

"People are not accepting of responsibility," he said.

That is why for Dini it is a breath of fresh air for neighbors to form a tight knit community that tackles problems as they have at



PHOTOS BY DENIS PEREZ

Dolores Avenue resident Calvin Magdael sits on the grass in front of his mother, Amber Magdael, and his grandmother, Sue Kvipers (left) during the annual National Night Out celebration at Dolores Avenue on Aug. 6.

Dolores Avenue.

"This is wonderful for the neighborhood," Dini said.



San Leandro police officer Debrah Trujillo (middle) and another officer grab a plate of food as they talk with residents.



Residents of Dolores Avenue came together to celebrate National Night Out on Aug. 6.



8/16	Latin Rhythm Boys	Fri. 8pm
8/17	3 O'Clock Jump	Sat. 1pm
8/17	Mr. Chin's Hot Sauce	Sat. 6pm
8/18	Gin House	Sun. 3pm

8/23	Re-wind, That 80's Band	Fri. 8pm
8/24	Chicago The Tribute	Sat. 8pm
8/25	The Collective	Sun. 3pm

8/30	Blues Bottle Band	Fri. 8pm
8/31	The Lowdown Band	Sat. 6pm
9/1	Mark Bettencourt	Sun. 3pm

9/6	South 46	Fri. 8pm
9/7	Touch of Class Band	Sat. 6pm
9/8	The Golden Gate Blues Society Blues Jam	Sun. 3pm

CROSSWORD ANSWERS

V	I	E	W	D	U	N	E	C	B	S
A	N	T	I	O	V	U	M	A	L	I
N	O	U	N	G	E	T	S	P	U	N
E	N	I	D	L	A	M		D	O	R
	O	N	E	E	C	O				
E	A	R	W	I	G		G	L	O	B
F	L	O	S	S		I	R	O	N	S
T	E	E	H	E		U	N	P	A	I
	O	I	L	S	E	R				
W	A	R	P		I	V	E	I	S	M
A	C	E		A	S	I	F	Z	O	O
I	R	E		T	H	O	U	E	S	A
L	E	D		M	A	L	L	S	O	N

Hayward ZUCCHINI Festival 37th Annual

Featuring: The Millards, Charlie Brechtel Band, Run for Cover, West Bay Rhythm, and Patrón



August 17th & 18th, 10:00 AM to 8:00 PM
SOUTHLAND MALL

Co-Sponsored By: South Hayward Lions Club
Castro Valley Lions Breakfast Club

22519 Main St, Hayward
510.881.9877 WorldFamousTurfClub.com

NEIGHBORS



PHOTO BY JIM KNOWLES

New Stop for High-Speed Buses

The bus stops were changed at the San Leandro BART Station last week, as AC Transit gets ready for construction of a Bus Rapid Transit (BRT) stop. The BRT line, with express buses and limited stops, will run from downtown Oakland to San Leandro BART. The BRT is scheduled to start running in December.

ARTS & ENTERTAINMENT

❖ *And Then There Were None* at SL History Museum

The San Leandro Players present *And Then There Were None* by Agatha Christie, running through Aug. 18 at the San Leandro Museum/Auditorium, 320 W. Estudillo Ave. in downtown San Leandro. Show times are Saturdays at 8 p.m. and Sun-

days at 2 p.m., plus Fridays at 8 p.m. on Aug. 9 and 16. Tickets are \$20 general; \$15 seniors, TBA members, under 12 and students. For tickets and information, visit www.slplayers.org or call 510-895-2573. Ten strangers are summoned to a remote island, soon they start being murdered, one by one.

Agatha Christie's story is a masterpiece of suspense and mystery based on one of the best-selling books of all time.

Keep your out-of-town friends and family informed with a subscription to the San Leandro Times!



■ Did you know that the Times will mail the paper to anyone in the continental United States?

Call 614-1555 for details!

WATCH BATTERIES DONE RIGHT

ALLPHIN JEWELERS

Since 1923

155 Parrott Street
San Leandro • 357-3442

Wednesday-Friday 11am-5pm
Saturday 11am-4pm

HOROSCOPE

by Salomé

© 2019 King Features Synd., Inc.



ARIES (March 21 - April 19): A chaotic atmosphere taxes the patience of the Aries Lamb, who prefers to deal with a more orderly environment. Best advice: Stay out of the situation until things settle.



TAURUS (April 20 - May 20): Tension runs high in both personal and workplace relationships. This can make it difficult to get your message across. Best to wait until you have a more receptive audience.



GEMINI (May 21 - June 20): This is a good time to take a break from your busy schedule to plan for some well-deserved socializing. You could get news about an important personal matter by the week's end.



CANCER (June 21 - July 22): An offer of help could come just when you seem to need it. But be careful about saying yes to anything that might have conditions attached that could cause problems down the line.



LEO (July 23 - August 22): Sometimes a workplace colleague can't be charmed into supporting the Lion's position. That's when it's time to shift tactics and overwhelm the doubter with the facts.



VIRGO (August 23 - Sept. 22): You continue to earn respect for your efforts to help someone close to you stand up to a bully. But be careful that in pushing this matter you don't start to do some bullying yourself.



LIBRA (Sept. 23 - October 22): Don't ask others if they think you're up to a new responsibility. Having faith in your own abilities is the key to dealing with a challenge. P.S.: That "private" matter needs your attention.



SCORPIO (October 23 - November 21): This is a good time to use that Scorpion creativity to come up with something special that will help get your derailed career plans back on track and headed in the right direction.



SAGITTARIUS (Nov. 22 - Dec. 21): While change is favored, it could be a good idea to carefully weigh the possible fallout as well as the benefits of any moves before you make them.



CAPRICORN (Dec. 22 - Jan. 19): The Goat continues to create a stir by following his or her own path. Just be sure you keep your focus straight and avoid any distractions that could cause you to make a misstep.



AQUARIUS (Jan. 20 - Feb. 18): A colleague's demands seem out of line. But before reacting one way or another, talk things out and see how you might resolve the problem and avoid future misunderstandings.



PISCES (Feb. 19 - March 20): A personal matter appears to be making more demands on your time than you feel you're ready to give. See if some compromise can be reached before things get too dicey.

COMMUNITY CALENDAR



❖ Hot August Thursday

The City of San Leandro invites the community to the City's 2019 Hot August Thursday Concert on Thursday, Aug. 15, from 5:30 to 9:30 p.m. at Marina Park, 14001 Monarch Bay Drive. The show will feature Rewind, playing the sounds of the '80s; and Sacred Fire Band, a Santana tribute band. Chuy Gomez and the Q102.1 crew will host. Food and beverages are available for purchase from El Taco Loco and the San Leandro Scholarship Foundation, benefitting the scholarship fund that supports graduating seniors from San Leandro public schools. For more information, contact Lydia Rodriguez, Recreation Supervisor at 510-577-3477 or at lrodriguez@sanleandro.org.

❖ Cigar Box and Letterpress Display

Anna W. Edwards and over 30 friends invite you to view their transformed cigar boxes with antique letterpress printing cuts, on display through the end of August at the San Leandro Main Library, 300 Estudillo Ave. A reception with the artists will be held on Thursday, Aug. 15, from 5 to 8 p.m. Hear the letterpress story and pick up your own antique letterpress cut and sticker to help promote Art in San Leandro.

❖ I.D.E.S. Shrimp Dinner

I.D.E.S. St. John, 1670 Orchard Ave. in San Leandro, will have a shrimp boil dinner on Saturday, Aug. 17, at 6 p.m. Tickets are \$25 per person, children 6 to 12 \$15. Dinner includes a salad, garlic bread, shrimp and dessert. There will also be a 50/50 raffle. For more information or tickets, call Darlene at 589-6536, Willie at 635-6326 or Frances at 510-886-1568.

❖ Mission Bay Annual Flea Market

Mission Bay Mobile Home Park, 15333 Wicks Blvd. in San Leandro, will have its annual flea market on Saturday, Aug. 17, from 8 a.m. to 2 p.m. in the clubhouse. Two of the 24 tables will be donating 100 percent of sales to the Wounded Warrior Project. Free coffee and a concession stand with a variety of goodies.

❖ Brian Copeland at Center for the Arts

Solo performance legends Brian Copeland and Charlie Varon join forces to present new monologues on life in the Age of Trump in *The Great American Sh*t Show* at the Castro Valley Center for the Arts, 19501 Redwood Road, on Saturday, Aug. 17, at 7 p.m. The two performers conceived the show as an evening of laughing, and of thinking. The four monologues in the show (two by Copeland and two by Varon) cover topics including how to deal with a family member who's all in for the Donald when you're not, trying to turn red congressional seats blue in the Central Valley, #MeToo and more. Tickets are \$40. One night only. For more information or tickets, visit www.charlievaron.com.

❖ Estate Sale & Barbecue Alta Mira Club

The Alta Mira Club, 561 Lafayette Ave. in San Leandro, will have an estate sale and barbecue on Saturday, Aug. 17, from 8 a.m. to 3 p.m. A barbecue lunch for \$10 includes ribs, salad and a roll. Corn on the cob for \$2. Beverages for sale. For more information, call 510-562-7144.

❖ Baby Boomers Dance

Come out and join the fun at the Baby Boomers Dance to a live band on Sunday, Aug. 18, from 2 to 5 p.m. at the Cabrillo Civic Club #11, Ashland Holy Ghost Hall 16490 Kent Ave. in

San Lorenzo. All ages welcome. Prizes given for the best '60s or '70s outfits and for dance contest winners. For more information, call Shirley at 510-329-1705.

❖ SL Democratic Club Meeting

The San Leandro Democratic Club will meet on Thursday, Aug. 22, from 6:30 to 8 p.m. in the Trustees Room at the San Leandro Main Library, 300 Estudillo Ave.

❖ Stress Relief for Cancer Patients

Eden Medical Center's free upcoming cancer workshop, Urban Zen, will help with all the stress of everyday life, combined with having cancer. The class will be on Thursday, Aug. 22, from 5:30 to 7:30 p.m. at Eden Medical Center, Medical Office Building, 2nd Floor, 20101 Lake Chabot Road. Access a state of relaxation any time, working with Cancer Support Community and instructor Lilia Roman. You will learn to integrate five different modalities: Yoga, Reiki, Essential Oil Therapy, Breath Awareness and Meditation. The practice promotes ease of the mind, body and heart, and imparts skills that enable you to access a state of relaxation any time. This class is open to everyone. To register, call 925-933-0107.

❖ Moose Lodge Golf Tourney

Hayward/Castro Valley Moose Lodge 1491 will host its Charity Golf Classic on Saturday, Aug. 24, at Redwood Canyon Golf Course, 17007 Redwood Road in Castro Valley. Help the lodge raise funds for providing education for underprivileged children. It's \$150 per individual golfer, which includes fees, golf cart, boxed lunch, awards dinner and raffle. Registration from 6 to 8 a.m. For more information, call Cheryl at 510 858-8868.

❖ 16th Annual 10K on the Bay

Run or walk along the spectacular habitat of the Hayward shoreline overlooking the San Francisco Bay-Estuary at the 16th Annual 10K on the Bay on Sunday, Aug. 25. Day-of registration at 7:30 a.m., 5k race starts at 8:30 a.m., and the 10k race starts at 8:40 a.m. The course starts at the Interpretive Center, heads out toward the shoreline and circles around Cogswell marsh along the San Francisco Bay Trail, designed to promote environmental and health awareness. Proceeds received are earmarked for the renovation of the Interpretive Center's 31-year-old "Habitat Room" exhibits. Receive an event t-shirt and a medal at the completion of the run/walk. Track and Field Certified and chip timed. Pre-registration fee: \$35 per person in advance before Aug. 23, \$40 at the event. Children ages 10 and under free. Register at www.10konthebay.org.

❖ SL Art Association Reception

The San Leandro Art Association will host a reception for its art show now on display at The Cooler, 1517 East 14th St. in San Leandro, on Saturday, Aug. 24, from 4 to 7 p.m. There will be hosted refreshments and snacks from local restaurants. The public (21-years and older) is invited to meet the 24 artists in the show. The association will also be selling its newly-developed greeting cards, featuring local children's artwork. All funds raised from the sale of the cards will go to the Dorothy Cunningham Art Grant which supports the art exploration of students in the San Leandro Unified School District.

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.

Fences: Complaint-based enforcement called into question

continued from front page

are for two things, according to the City of San Leandro, the fence and the debris. Fines start at \$150 and go up to \$600 and they accumulate if not paid.

"I'm a widow on a fixed income and I can't afford to pay that," Mulgrew said.

If the fence around her backyard is only 3 feet, Mulgrew said, her dog would have to be chained, which would be inhumane and possibly illegal.

"My privacy would be taken away, people would break into our shed, and our dog would have to be chained up," Mulgrew said.

Also, Mulgrew said the police have told her a car has to be

"My privacy would be taken away and our dog would have to be chained up."

— Keona Mulgrew

moved from her own driveway, and that her garbage cans are being used as storage.

"They say garbage cans are being used as storage, but it's just garbage," said Mulgrew's daughter, Malia Mulgrew, who works at an auto supply company.

The Mulgrew's fence was built a few months ago to replace an older fence that was the same height. The original fence had been there since her grandparents bought the house in 1947, said Malia Mulgrew.

"My grandparents bought this house when it was the fourth house on the block," Malia said.

The fence is set back a few feet from the public sidewalk, Malia points out. She said her grandfather poured concrete to widen the sidewalk up to the fence.

Keona Mulgrew said a lawyer told her to just complain about

the other fences, because that's the only way that the City of San Leandro will act. But she said she doesn't want to complain and sink to the same level as the person who anonymously reported her fence.

Mulgrew has been going back and forth with the city for a few months. She's been notified that if the fence doesn't meet the setback and height requirements of the zoning code, then the city will abate the violations on her property — it will be hauled away.

Mulgrew has gotten some assistance from a friend, Franz Bruckner, who has corresponded with Tom Liao, the city's community development director. Liao sent a letter to Bruckner explaining the issue, listing the inspections by the city of Mulgrew's property, and pointing out trash on the property and the fence didn't meet height and setback requirements.

Bruckner replied that the city policy on enforcement seems ludicrous — where enforcement is driven solely by complaints.

"It sounds like you are saying the only time the city validates/ investigates the legality of perimeter fencing in the City of San Leandro is when someone complains...a policy that leaves the homeowner open to personal types of complaints," Bruckner said in reply to Liao.

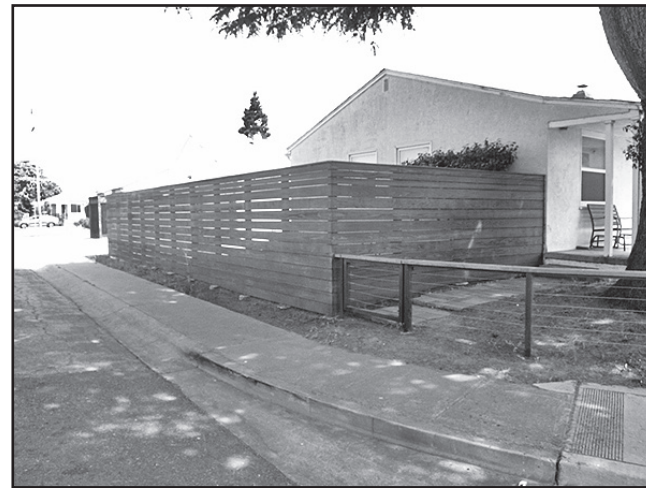
But city officials say they've given Mulgrew a fair chance to comply. She was notified about the fence and debris in the yard, and she didn't fix it, so she was fined.

Somebody made a complaint about Mulgrew's fence and debris in the yard and that led to the code enforcement, said Liao.

City staff has spoken to the Mulgrews a number of times and explained what needs to be done to comply — both with the fence and the debris on the property, Liao said.

Liao said the city's goal is always to get people to voluntarily comply.

"Our staff has been very communicative with them," Liao said. "We always want compliance,



PHOTOS BY JIM KNOWLES

The Mulgrew's fence (upper left) on the side of their corner lot looks about the same height and distance from the sidewalk as the other three houses on the same corner. The pavement alongside the Mulgrew's fence extends from the city's sidewalk to the fence, as it does by the fence on the lower left, which is a few feet farther from the sidewalk.

"Our staff has been communicative. We always want compliance, that's our goal."

— Tom Liao, community development director

that's our goal."

The city wants to work with people to solve the problem, and give them time. If people have a hardship, the city will give them more time, Liao said.

If the fence is moved back

so it's 7-and-a-half feet from the property line it can still be 6 feet high.

Abatement is the last resort, Liao said. The city can eventually come in and remove items that are out of compliance but they don't want to do that, he said. It's a hassle for the city too, in getting a court order and so forth.

There seems to be a misunderstanding somewhere along the line, because both Keona and Malia Mulgrew say city officials weren't clear on what needs to be fixed. They say the city can't even tell them where the property line is, so there's no way to know where the fence needs to be.

"They're telling you a completely different story than they told us," said Malia Mulgrew.

Liao maintains that city officials have and are willing to speak with the Mulgrews again and describe exactly what needs to be done on their property.

Once that's done, Liao said, the Mulgrews can have a hearing on the fines that are due. The city has a panel that hears cases when there's a hardship.

KIM BROS. JEWELRY • 357-4069

14393-A WASHINGTON AVE. • SAN LEANDRO (NEAR PAK 'N' SAVE)
OPEN WED-FRI 10 (ISH) AM-6PM / SAT 11 (ISH) AM-5PM / CLOSED SUN-TUES

30th Anniversary Special!

25%-50% OFF*

*Selected Merchandise • Expires 8/31/19.

\$800 NO LIMIT!

Battery Replacement

REGULARLY \$11.00 • EXCEPT LITHIUM

With this ad. Expires 8/31/19.

20% OFF

Jewelry & Watch Repair

With this ad. Expires 8/31/19.



LEGAL NOTICE



FILED
JULY 11, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 561105

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:

MiMi's Party Supplies located at 1890 E. 14th Street, San Leandro, CA 94577, in Alameda County is hereby registered by the following owner(s): Jessenia Rodriguez, 1915 90th Avenue, San Leandro, CA 94603. This business is conducted by an individual. This business commenced N/A.

/s/Jessenia Rodriguez

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

Expires JULY 11, 2024

JULY 25, AUG 01, 08, 15, 2019
0125-SLT

FILED
JULY 18, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 561337

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:

Mi Rancho Supermarket (San Leandro) located at 137 Roosevelt Avenue, Redwood City, CA 94061, in San Mateo County is hereby registered by the following owner(s): Mi Rancho Supermarket (Redwood City 2), Inc., 137 Roosevelt Avenue, Redwood City, CA 94061. This business is conducted by a corporation. This business commenced N/A.

/s/Mi Rancho Supermarket (Redwood City 2), Inc.

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

Expires JULY 18, 2024

JULY 25, AUG 01, 08, 15, 2019
0126-SLT

FILED
JULY 26, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 561575

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:

Hidalgo Home Services located at 2046 Reynolds St., San Leandro, CA 94577, in Alameda County is hereby registered by the following owner(s): Jonathan Ong, 2046 Reynolds St., San Leandro, CA 94577. This business is conducted by an individual. This business commenced 07/26/19.

/s/Jonathan Ong

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

Expires JULY 26, 2024

AUG 01, 08, 15, 22, 2019
0129-SLT

FILED
JULY 17, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 561311

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:

Red Lion Plumbing and Rooter located at 824 Williams Street, San Leandro, CA 94577, in Alameda County is hereby registered by the following owner(s): Luis Martinez, 824 Williams St., San Leandro, CA 94577. This business is conducted by an individual. This business commenced N/A.

/s/Luis Martinez

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

Expires JULY 17, 2024

AUG 08, 15, 22, 29, 2019
0131-SLT

FILED
AUGUST 05, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 561926

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:

Olympic Janitorial Services located at 2226 24th Ave. #B, Oakland, CA 94601, in Alameda County is hereby registered by the following owner(s): Josefina Avila, 2226 24th Ave. #B, Oakland, CA 94601. This business is conducted by an individual. This business commenced N/A.

/s/Josefina Avila

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

Expires AUG 05, 2024

AUG 15, 22, 29, SEPT 05, 2019
0133-SLT

Starting a New Business?

The SL Times reaches 99% of homes in San Leandro

File your Fictitious Business Name Statement with us Today

Stop by or call Patrick V. at (510) 614-1558

2060 Washington Ave, San Leandro, CA 94577

Swalwell: Speakers say it's not mental illness, it's ignorance

continued from front page
of the people lost to gun violence, Swalwell said.

The congressman was also questioned by a resident about the reality of any gun control legislation becoming law with Republican Senator Mitch McConnell as the Senate Majority Leader.

The congressman agreed McConnell has made it impossible to get laws passed, and called out McConnell for deliberately stalling a decision on House Resolution 8 (HR 8), or the Bipartisan Background Checks Act of 2019.

HR 8, which Swalwell worked on, was passed by the House of Representatives back in February and would not al-

low person-to-person gun sales when no background check can be conducted. This would affect gun shows, private and internet gun sales.

Since its passing, McConnell has not taken any action on HR 8. Currently, the Senate is on recess and will not reconvene until September. The recess and the lack of action comes at a bad time and puts more people at risk, Swalwell said.

After hearing this, another resident asked, "At what point does McConnell's behavior become criminal."

Swalwell then urged the crowd to call McConnell's office, and other congress members who don't support gun control bills and continue raising

awareness on gun control. Another resident called for better mental health programs, stating the minds of the shooters were ill. This caused an eruption of snickering and someone yelled, "No, it is hate."

Swalwell responded to the woman, saying while he agrees mental health is a problem in the country, he believes mental health was not the problem in the shootings.

"When men flew planes into the twin towers, people weren't saying it was because of their mental health," Swalwell said as applause emerged from the audience.

The crowd of around 200 people filled every seat and many more stood up against the walls of the room. The crowd was of different races and some of the speakers who asked questions or commented had heavy accents from their respective languages.

The room was stuffy, but the crowd stayed and listened attentively, applauding Swalwell and each other.

Many residents made heated comments on how the government and the news media are slow to call out white supremacist violence.

In the beginning of the town hall, the congressman recalled his morning where he sat with



PHOTOS BY DENIS PEREZ

Congressman Eric Swalwell took questions from the audience last week at a town hall meeting in Hayward and talked about his plan to buy back all the assault rifles in the country.

representatives from local law enforcement agencies. Because of the high population density in the Bay Area, there is a possibility of mass shootings. And the FBI has highlighted groups like white nationalist domestic terrorists as a threat, he said.

The El Paso shooter intentionally targeted Hispanic people because of the anti-immigrant rhetoric sprouted by Trump, Swalwell said. That is very worrisome because 44 percent of his constituents are immigrants that were not born in the U.S., and their fear of being targeted

for their skin and status is real, he said.

Gun violence is an easy way for hate to manifest itself, said former paramedic Joseph Stegner who attended the town hall.

"At a pull of a trigger, you can show your hate and do a lot of damage," he said.

Stegner, 52, said he was called to around 60 shooting incidents during his six years as a paramedic in Alameda County in the '90s. His first-hand accounts made him realize people will shoot each other over anything because of the anger they harbor.

The latest shootings are another reassurance of that hate, he said. The way they think is not caused by their mental health but a product of ignorance.

"It is not a mental health issue, it is a scapegoat to say that," Stegner said.

There is division in the form of an anti-immigrant narrative coming from the White House that is fueling the ego of young white supremacists whom already have hate, Stegner said.

Naturally, they are going to seek a way to express their hate,

see SWALWELL, page 9



Residents in Swalwell's 15th Congressional district were eager to talk with the congressman.

3.00% APY¹
Money Market
No fees. No minimum.



Save more with one of the best rates in the nation.²

At Patelco, we care about helping you achieve financial well-being. Unlike the big banks, we actually pay a higher rate if you are just starting out so you can reach your savings goal faster. Calculate how much more you can earn at patelco.org/more.

You earn:	On your balance of:	It adds up to: (blended APY)
3.00% APY	\$1 – \$2,000	
2.00% APY	\$2,000.01 – \$5,000	2.40% on \$5,000
1.00% APY	\$5,000.01 – \$10,000	1.70% on \$10,000
0.50% APY	\$10,000.01 – \$50,000	0.98% on \$25,000

**Membership is free,
with three ways to join:**

- 1** Visit our **San Leandro branch**
- 2** Go to **patelco.org/more**
- 3** Call us at **800.358.8228**

**"Switching to Patelco
was a smart move. It
feels good to know
they've got my back."**

Nancy K. and Buddy

¹APY=Annual Percentage Yield. Rates are valid as of 06/03/19 and are subject to change after account opening without notice. Interest is paid at tier rates on balances within each tier. Total interest paid is the sum from each tier. Blended APY shown assumes the amount deposited is held in the account for one year. Withdrawing funds before one year will result in a different realized rate. Blended APY for higher tiers: \$1 – \$2,000 is 3.00% APY; \$2,000.01 – \$5,000 is 3.00% - 2.40% APY; \$5,000.01 – \$10,000 is 2.40% - 1.70% APY; \$10,000.01 – \$50,000 is 1.70% - 0.74% APY; \$50,000.01 – \$100,000 is 0.74% - 0.50% APY; \$100,000.01 – \$9,999,999 is 0.50% - 0.20% APY. No minimum deposit required to open an account. Limit one Money Market Select Account and one Money Market Select IRA Account per account number. There's no fee to join and your membership includes a free savings account. Patelco will deposit \$1 in your savings account upon qualified account opening.

²Bankrate.com 06/03/19.

Insured by NCUA

Patelco
CREDIT UNION

It starts here. patelco.org/more

LIFESTYLE

Zucchini Crop a Test of Creativity for Cooks

Other than tomatoes, most every backyard garden-er's favorite vegetable to grow is zucchini. One or two plants will usually provide more produce than a family can handle.

Fortunately there's no shortage of zucchini recipes. And more are introduced each year at the popular Hayward Zucchini Festival which is being held this weekend at Southland Mall. Here are some favorites.

ZUCCHINI FRITTERS

- 2 medium zucchini, trimmed
- 1 teaspoon salt
- 1 tablespoon freshly grated lemon zest
- 10 sprigs fresh flat-leaf parsley leaves finely chopped, plus extra for garnish (optional)
- 1 medium clove garlic, minced
- 1/4 teaspoon black pepper
- 2 large eggs, lightly beaten
- 1/2 cup all-purpose flour

Using the large holes of a box grater, grate zucchini into a medium bowl. Add salt, lemon zest, chopped parsley, garlic, pepper, and eggs. Mix well to combine. Slowly add flour, stirring so no lumps form.

Heat 2 tablespoons olive oil in a large sauté pan over medium-high heat until oil sizzles when you drop a small amount of zucchini mixture into the pan. Carefully drop about 2 tablespoons zucchini mixture into pan; repeat, spacing fritters a few inches apart.

Cook fritters until golden, 2 to 3 minutes. Reduce heat to medium. Turn fritters, and continue cooking until golden, 2 to 3 minutes more. Transfer fritters to a plate; set aside in a warm place. Cook remaining zucchini mixture, adding more oil to pan if necessary. Garnish with parsley sprigs and lemon wedges, if desired. Yields 4 servings.

GARDEN ZUCCHINI BISQUE

- 2 tablespoons butter
- 2 medium zucchini cut into 1/8-inch slices
- 1 cup sliced mushrooms
- 1 medium onion, chopped
- 1/4 cup of fresh parsley
- 3 tablespoons of butter
- 3 tablespoons of flour
- 1 (10-3/4 ounce) can chicken broth
- 1/4 cup of whipping cream
- Pinch of pepper

In 3 quart saucepan melt 2 tablespoons butter; add zucchini, onions, mushrooms and parsley. Cook over medium heat, stirring occasionally until vegetables are crisply tender (6-8 minutes). Meanwhile, in 2 quart saucepan melt 3 tablespoons butter over medium heat; stir in flour until smooth and bubbly (1 minute). Add chicken broth; continue cooking, stirring occasionally, until soup is thickened (5-7 minutes). Stir in cream, pepper and zucchini mixture. Continue cooking until heated through about 5 to 6 minutes

SOUTHWESTERN ZUCCHINI CASSEROLE

- 1-1/4 pound of zucchini, cubed
- 1/2 pound Monterey Jack
- 1/2 pound Cheddar cheese
- 2 teaspoons baking powder
- 3 tablespoons flour
- 4 eggs, beaten
- 1/2 cup of milk
- 1/2 teaspoon salt, optional
- 1 (4-ounce) can green chilies
- 3 tablespoons butter

Boil zucchini in salted water 5 minutes. Drain and cool. Mix remaining ingredients (except butter) with zucchini. Pour into a 9-inch square pan. Dot with butter. Bake at 350°F for 30-35 minutes. Serves 6.

SKILLET ZUCCHINI & TOMATOES

- 1 teaspoon soft margarine
- 2 small onions, chopped
- 4 small (6 inch) zucchini,

- thinly sliced
- 2 medium tomatoes, chopped
- Freshly ground pepper

In a large nonstick skillet, melt margarine over medium heat, add onions and cook, stirring, until softened. Add zucchini and cook for 2 minutes. Add tomatoes and cook for 3 to 5 minutes or until zucchini is tender-crisp. Season to taste with pepper. Serves 4.

ZUCCHINI CHILI

- 4-6 cups of grated, unpeeled zucchini
- 1 cup of celery, sliced
- 1 medium onion, chopped
- 3 tablespoons vegetable oil
- 1 (15-oz.) can tomato sauce
- 1 tomato sauce can of water
- 1 (29-oz.) tomatoes & juice
- 2-3 tablespoons chili powder
- 1 teaspoon of garlic salt
- 2 teaspoons of salt
- 2 tablespoons of sugar
- 1 teaspoon of black pepper
- 1/2 teaspoon of red pepper
- 1/2 cup of pitted ripe olives, sliced
- 1 (15-ounce) can kidney beans
- 1 cup of fresh, sliced mushrooms

Sauté grated zucchini, celery and onion in hot oil in large kettle or saucepan until celery is tender, but not browned, about 6 minutes. Add tomato sauce, water, tomatoes and juice, chili powder, garlic salt and salt, sugar and pepper. Simmer slowly, uncovered, 1 to 1-1/2 hours. Add olives, kidney beans and mushrooms. Simmer another 10 to 15 minutes. Serves 8.

ZUCCHINI FROMAGE

- 2 tablespoons butter
- 2 shallots, minced
- 3 (1-pound) zucchini, trimmed and cut into 1/8-inch rounds
- 2 tablespoons chopped fresh basil (or 2 teaspoons dried)
- 1/4 teaspoon salt

- 1/4 teaspoon black pepper
- 1/4 cup grated Parmesan cheese
- 1/4 cup freshly grated Romano cheese
- 1/4 cup grated Gruyere cheese

Melt butter in 9- or 10-inch cast-iron skillet over medium-low heat. Add shallots and cook 3 minutes. Increase heat to medium-high. Add zucchini.

Cook, tossing constantly, until just barely tender, about 3 minutes. Toss in basil. Add salt and pepper. Stir Parmesan and Romano cheese into zucchini mixture. Sprinkle Gruyere over top. Place skillet under broiler to lightly brown top. Makes 4 servings.

ZUCCHINI-OATMEAL MUFFINS

- 1/2 cup shredded zucchini
- 1-1/2 cups flour
- 1 cup oatmeal
- 2-1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk
- 1 egg
- 1/4 cup vegetable oil
- 3 tablespoons molasses
- 1/4 cup chopped nuts

Wash, but don't peel zucchini. Use the coarsest surface of a grater to shred the squash. If the shreds are very watery, place in a colander to drain while preparing the batter.

In a large bowl, stir together dry ingredients. Make a well in the center and add the milk, egg, oil and molasses. Mix just until combined. Gently stir in the zucchini and nuts.

Fill well-greased muffin tin 2/3 full. Bake at 425°F for 15 minutes or until done. Serve hot with butter, if desired.



Zucchini Fritters



Saturday, August 17th • 9 am - 3 pm
Over 30 vendors, sports memorabilia, estate sale items, jewelry, household goods, toys, books, bags, planters



**United Methodist Church
of Castro Valley**
19806 Wisteria St., Castro Valley
510-207-2699

Step Up Your Game!

Did you know that more people read the San Leandro Times and Castro Valley Forum every week than could fit in the Coliseum?



TOTAL CIRCULATION: 61,000



ADVERTISE TODAY • CALL 510-614-1555

DOWN TOWN San Leandro FARMERS' MARKET
Wednesdays • 4PM - 8PM
MAR 27TH - OCT 9TH
PARROTT ST. & E. 14TH ST.

August 21st - Weekly Theme: MADE IN SAN LEANDRO
This week's Frequent Shopper picks:
GRAPES: Rojas Farms, J&J Ramos Farms, Ken's Top Notch
TOMATOES: Tu Universo Farm, J&M Farms
Frequent Shopper Grand Prize:
INSTANT POT

HEALTH & FITNESS

Back-to-School Health Check List for Kids

By John Chang
Special to the Times

August marks back-to-school season, an ideal time for parents in California to help improve their children's health. Here's a back-to-school "health checklist" to help give children a better chance to succeed inside and outside the classroom:

• **Get an Eye Exam**

About 80 percent of what children learn is through their eyes. With that in mind, a child's first comprehensive eye exam should occur before age 1, again at age 3 and before entering school.

If no vision issues are detected, school-aged children should have an exam at least once every two years. Also, a school's vision screening is not a substitute for a comprehensive eye exam, as screenings can miss conditions such as poor eye alignment, focusing issues and farsightedness.

The inability to see clearly can affect a child's physical, emotional and social development, which in turn can affect academic and athletic performance.

Children often don't complain if their vision isn't normal, so it's important to look for possible signs such as squinting while reading or



watching television, difficulty hitting or catching a ball, or headaches when watching 3D movies.

Also, be aware of digital eye strain, which is caused by prolonged use of computers or smartphones. Help your child practice healthy vision habits by keeping computer screens at least 30 inches from their eyes, resting their eyes every 20 minutes and blinking frequently to avoid dry eyes.

• **Get a Dental Cleaning**

Maintaining proper oral

health matters more than just keeping a sparkling smile – it's also important for good overall health. This is especially true for children, as untreated dental problems may diminish attention, decrease self-esteem and limit a child's ability to learn at

school.

Tooth decay is largely preventable, yet it ranks as the most common chronic disease among children. About 33 percent of young kids (ages 2 to 8) have cavities in their baby teeth, and 20 percent of kids

in the same age group have cavities in their adult teeth.

With that in mind, parents should schedule regular dental exams every six months, especially at schools that require a back-to-school dental checkup.

For parents with teenagers, it is important to recognize the risks of opioid addiction, especially after wisdom teeth removal.

If you or a loved one is prescribed an opioid following a dental or other medical procedure, ask your health care professional if there are alternatives, including over-the-counter pain relievers such as a combination of acetaminophen and ibuprofen.

• **Get Immunizations**

Many schools in California require that children are properly immunized before they enter the classroom to help to avoid serious diseases and prevent other students from contracting them.

Children's vaccines are 90% to 99% effective and may help protect kids from diseases such as mumps, tetanus and chicken

pox. By helping reduce the risk of contracting potentially preventable diseases such as the flu, children may have fewer school absences.

Parents should check with their doctor to determine what immunizations are appropriate based on age. Most shots are given by the time children are 2 years old, but some are administered into the teen years.

If your child runs a low-grade fever or has swelling in the shot location after the immunization, these minor side effects typically last a couple days. Apply a cool, wet washcloth on the sore area to help ease discomfort, but check with your doctor about the appropriateness of over-the-counter pain medications.

Back-to-school season is an exciting time for many children and their parents. Consider these guidelines to help encourage your child's health and success throughout the school year.

Dr. John Chang is senior medical director of United-Healthcare of California.

How Immunotherapy is Changing Lives for People with Allergies

Every year, more than 50 million Americans suffer from allergies, and as pollen production grows in intensity and duration due to longer freeze-free periods, that number is only expected to rise. For chronic allergy sufferers, this can mean battling symptoms around the calendar, year after year.

Allergies pose a genuine health risk beyond stuffy noses and itchy, watery eyes. Those with intense allergic symptoms find their quality of life drastically affected, leading to

missed school and work days, or even emergency room visits. Severe allergy sufferers may experience intense congestion, sneezing, hives or eczema, plus difficulty breathing. Of the 26 million Americans who suffer from asthma, around 60% have allergic asthma, according to the Asthma and Allergy Foundation of America, meaning that the serious, life-threatening respiratory distress of asthma is triggered by allergic reactions to pollen and other substances.

Over-the-counter antihistamines and other allergy medications can provide temporary relief, but long-term relief requires finding a specialist for inconvenient office treatments often multiple times a week for several years in a row. Or does it?

Immunotherapy at home
The standard of care for

allergy treatment, immunotherapy, was introduced in 1911 based on the positive results of vaccines that produced protection against infectious diseases such as smallpox. Scientists recognized that they could induce immunity and build tolerance to allergens by injecting hay fever patients with the pollen to which they were allergic.

More than a century later, only 20% of allergy sufferers see an allergy specialist. And those that do must stick to a regimented schedule of frequent in-office visits for treatment for it to be effective. Now, innovation in allergy immunotherapy means patients can be tested by their general practitioner instead of seeking out a specialist, and then conduct their own treatment at home. That makes it more convenient to not only seek treatment but also stay

committed to the immunotherapy protocol as it helps their bodies build up resistance to the allergens that impact their lives. At-home immunotherapy allows allergy sufferers to treat themselves over time.

"The biggest challenge is getting a patient to stay consistent with treatment. With the traditional method, it's a huge inconvenience and time commitment to have to go to an allergist's office sometimes hundreds of times over the course of years to make a difference," says Hormazd Sanjana, M.D. of Castle Hills Family Practice in San Antonio, who has incorporated allergy immunotherapy treatment into his practice. "To be able to provide better access to treatment to my patients, and a way for them to conveniently administer it to themselves on their time, where they are most comfortable, is a game changer."

How does immunotherapy treatment work?

The largest provider of immunotherapy services, United Allergy Services, has been working with physicians to create and administer custom treatments for patients since 2009. More than 500 primary care providers offer UAS testing and treatment right in their offices.

* First, an onsite allergy specialist tests patients for the 48 most common allergens.

see **ALLERGIES** on page 9

50th ANNIVERSARY SALE Since 1969

One Day Only! Sat. Aug. 17th

25% Off*

Every Item in the Store!

HEALTH UNLIMITED
— NATURAL FOODS —

San Leandro
182 Pelton Ctr. • 483-3630

Castro Valley
3446 Village Dr. • 581-0220

*Limited to stock on hand, no special orders. Excludes juicers.

The Meadows Bistro

Open Fridays and Saturdays
5pm to 9pm
Full Bar

Bon Appetit!

Call for Reservations
510-537-8030, Ext. 2

17007 Redwood Rd., Castro Valley

WEDGEWOOD WEDDINGS
Redwood Canyon

We Specialize in Wedding & Banquets
510-537-8030, Ext. 1

17007 Redwood Rd., Castro Valley
www.wedgewoodweddings.com

REDWOOD CANYON
PUBLIC GOLF COURSE

Weekday Golf Special

Includes: Green Fee & Shared Cart

\$29

Must present ad at check-in. Not valid on holidays or course declared holidays and cannot be combined with any other offers. VALID UP TO 4 GOLFERS. Exp 8/31/19.

A Canyon Club Membership Makes a Great Gift!

Golf Shop: 510-537-8001

17007 Redwood Rd.,
Castro Valley, CA 94546
www.redwoodcanyongolf.com

IN THE HEART OF DOWNTOWN SAN LEANDRO
Introducing
Dr. Pavithra Channegowda

ASTRA DENTAL

Astra Dental is here to help!

- Family/Cosmetic Dentistry
- Nitrous Oxide/ Laughing Gas
- Invisalign/Braces
- Spanish Speaking
- We welcome new patients

- We accept all PPO Plans, All 3rd party financing and major credit cards

510-352-5017 • 299 Juana Avenue, Ste. B, San Leandro

Expert Tips to Reduce Workplace Stress for Better Health

Feeling stressed at work? If so, you're not alone. A recent Gallup Poll on stress, worry and anger revealed that 55% of Americans said they experienced stress "a lot" during the day, up from 46% in 2006.

In the workplace, stress can affect your attitude, relationships with colleagues and work performance. Although a modest amount of stress is normal, high levels of stress can be dangerous to your health and may contribute to serious health problems such as high blood pressure, heart disease, diabetes, anxiety and depression.

But there are ways to help manage stress. Ann Marie O'Brien, R.N., national director of health strategies, UnitedHealthcare, shares the following tips that may reduce your workplace stress and get you back on a healthy track performing at your usual best.

1) Talk to your boss. Consider having an open discussion with your boss about the stressors associated with your work responsibilities.

Ask if there is an opportunity for additional skills training, or possibly even restructure your job to make it more manageable and better aligned with your interests and skills. Also, check if your company has an employee assistance program (EAP), which may provide available counseling and online resources.

2) Brush up on your time-management skills. We've all had days when it seems impossible to get everything done. In some cases, poor time management is the reason we feel this way, which then may trigger stress. For your next work assignment, talk with your supervisor before getting started to plan realistic goals, priorities and deadlines.

3) Take advantage of workplace well-being programs. An increasing number of employers are offering well-being programs through their health plan and are making healthier food options available in the workplace. Some employers offer gym reimbursement programs such as UnitedHealth-

care's Gym Check-In, have onsite workout rooms, offer stand-up desks, and encourage walking meetings and well-being challenges like taking the stairs. For your physical and mental health, combine exercise with a well-balanced diet, O'Brien said.

4) Grow your support network. If you have a close colleague at work, talk with that person and explain your work stressors and brainstorm possible solutions. If you don't, then reach out to friends and loved ones. It's important that you don't isolate yourself after a stressful event.

5) Focus on yourself. If you're feeling stress, a simple treat such as going to a movie, enjoying your favorite meal or just getting away to take a brief walk can give you time to unwind and recharge. If you cannot get a handle on your stress, talk to your doctor. She or he may recommend a counselor who could help you find other ways to help reduce or manage the unhealthy stress in your life.

-Brandpoint

Allergies: Patients can see results within 12 months

continued from page 8

* After specific triggers are identified, specific doses of the allergen are mixed for the patient to gradually expose him or her to very small amounts of the allergens.

* The physician and Clinical Allergy Specialist guide the patient through at-home immunotherapy administration and UAS's myAllergyPal app helps patients see test results, track doses and receive helpful tips between check-in visits.

* With exposure to increasing amounts at regular intervals over the course of treatment, the body is gradually desensitized to those triggers that once caused uncomfortable or debilitating symptoms.

Up to 85% of patients on United Allergy Services' treatment program start seeing results within 12 months, some in half that time. With continued treatment for up to three years, patients can then discontinue doses and experience long-term

relief.

Tiffany Conner of North Carolina says "I have lived with allergies my entire life and now I have almost no symptoms. Going through at-home immunotherapy treatment was the best decision I could have made."

For help finding a primary physician in your area that offers United Allergy Services testing and treatment, visit unitedallergyservices.com.

-Brandpoint

Kaiser: A strike is possible

continued from front page

track and stop focusing on profits," Wherley said.

The vote does not mean a strike will happen, but allows for leaders to be able to start one as soon as October.

"They wanted to outsource jobs to pay less and want to lower wages for new hires by 15 percent, while sitting on a \$35 billion reserve and paying the CEO \$16 million a year," Wherley said.

Workers in Washington, Oregon, Maryland, Colorado, and Virginia will vote in September.

And if workers strike, it would affect more than 24,000 Kaiser workers in the Bay Area, including more than 1,500 in San Leandro, Wherley said.

Kaiser's vice president of communications John Nelson replied with a emailed statement saying the strike is being used as a bargaining tactic.

"It is designed to divide employees and mischaracterize Kaiser's position, even though most of the contracts don't expire until

October," Nelson said.

Kaiser has been working together with SEIU-UHW toward a mutually beneficial agreement, he said.

"Kaiser has presented a contract proposal that would provide

“Automation will take away the human touch in health care.”

— Kaiser x-ray technician Sonya Smith

annual pay increases that would keep employees compensated higher than market averages," Nelson said.

But workers say they worry about staff shortages, unfair contract bargaining, disappearing management and worker partnerships and outsourcing and

automation of jobs.

Kaiser X-Ray technician in Oakland Sonya Smith said the outsourcing of jobs like gardeners and workers at the distribution centers shows that Kaiser doesn't care about the community those employees are from.

Automation will take away the human touch in health care — health workers are meant to care for people and show humanity, and a robot can't do that, she said.

Smith has been working at the Kaiser in Oakland for 10 years and she voted to strike.

"It is going to be difficult because most of us are two pay-checks away from being homeless," Smith said.

The burden of saving money, giving up pay and going on strike is necessary because Kaiser needs to know that the workers don't agree how money is being used, Smith said.

"Frontline workers are taking care of your family members when they come into Kaiser, not the CEO," Smith said.

Swalwell: 'I am more hopeful'

continued from page 6

and gun violence has seemed to be their way of doing it.

"But we don't fall for that bull — here and ignorance is what we have to fight," Stegner

said in response to Swalwell talking about white supremacy during the town hall.

After the final question, Swalwell made a closing remark and said the people love each other

more than guns.

A resident in the crowd quickly responded, "As long as Trump is here, we will be divided."

An optimistic Swalwell said back to her, "I am more hopeful."



EYEGLASSES
50% OFF*
WITH PURCHASE OF AN ANNUAL SUPPLY OF CONTACT LENSES

EYE EXAM
\$69[†]
BOOK APPOINTMENT ONLINE

FASHION FOR EVERYONE
Site for Sore Eyes®

SAN LEANDRO | 15100 Hesperian Blvd. | 510.276.6000

SiteforSoreEyes.com | Most insurance plans accepted | Financing available

*On a complete pair of eyeglasses (frames from a select group and single-vision lenses) with the purchase of an annual supply of contact lenses. Not combinable with insurance. Some restrictions may apply. See store for details. Offer expire 11/30/19. †Contact lens exam additional. Eye exams available by an Independent Doctor of Optometry, conveniently located at Site for Sore Eyes.

SELL YOUR CAR OR TRUCK NOW!

Advertise your vehicle for 3 weeks in the San Leandro Times and 3 weeks in the Castro Valley Forum for only...

GREAT DEAL!



\$35

10 words maximum
(\$1.00 for each additional word)

This offer is for private party ads only (no dealers). Items must be priced and only one item may be listed for sale. You may change the asking price at anytime (no other changes are allowed). You may cancel your ad at anytime (there are no refunds available on this \$35 special). Other restrictions may apply. For more information call Patrick at 614-1558.

REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Shortcuts Can Reduce Seller Profits

A buyer, struggling with inventory shortages, saw a new listing that fit their criteria and immediately contacted their agent. After viewing, they asked their agent to craft an offer.

The listing agent was contacted and, during the ensuing discussion, informed the buyer's agent there were no offers and no deadline. Upon hearing this, the buyer's agent confirmed they would be submitting an offer the following morning.

As promised, the following morning the offer was submitted. Imagine the shock when the listing agent, upon receiving the purchase agreement, informed the buyer's agent that the property was already pending.

"Did you not remember I was submitting an offer?" the buyer's representative asked.

"I did," the listing agent declared, "but we had two other offers come in earlier and we decided to just go ahead and accept one of them."

"But our offer could have been higher," stated the buyer's agent.

"That's OK," replied the listing agent, "I'm sorry."

Days on the market? Four. The buyers and their agent?

Frustrated.

Scenarios such as this suggest some sellers are leaving money on the table by shortchanging the listing process. Whether at the seller's insistence or agent's direction, decisions to respond in a hasty fashion can result in less than satisfactory results.

Truthfully, the more buyers that get involved, the more leverage a listing agent has to get the best price and terms. Shortchanging the process can result in lower prices to the seller.

It also increases the frustrations of buyers who feel they were not given a fair chance to effectively compete. Since the buying and selling of homes is a competitive process, in my opinion it is in the seller's best interest to encourage as much competition as possible.

By-and-large, there are two basic responses to receiving offers.

Some agents use the "quick and dirty" approach: present all offers and encourage their seller to pick one. Other agents go through the offers and generate an increasingly competitive environment by crafting multiple counter offers that include the best terms of the various offers. This approach means more

work for the listing agent, but typically enhances the quality of the final contract.

I believe it comes down to the experience of the listing agent. The willingness to go the extra mile to get the best possible results for the seller is the hallmark of agents who put their client's interests in front of their own.

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.



23739 Fairlands Rd., Hayward • Priced at \$798,000

This 3 bedroom 2 bath one-level home has an open & bright floor plan featuring extra-large living areas. Taste-fully remodeled in today's finishes so you can move right in & enjoy... slab countertops, newer appliances, skylight, wood flooring! Custom kitchen opens to a large deck, & grassy yard. Bonus- HUGE unfinished area below home offers expansion possibilities! Located in the Fairview - Unincorporated Alameda County area, near Sulphur Creek, San Felipe Park, & convenient commute to San Mateo Bridge, 880,580, schools & shopping.

BRIAN COONEY

LOCAL AREA SPECIALIST
AWARD WINNING REALTOR
30+ YEARS OF HOME SALES

DRE#009932588



BRIAN@BRIANCOONEYTEAM.COM
MOBILE/TEXT: 415-470-6148
OFFICE: 510.690.1111
BRIANCOONEYTEAM.COM



Prune More to Encourage New Growth

By Buzz Bertolero
Special to the Times

Q My roses are doing reasonably well, but some of the stems are very long, and leggy. I prefer that the plants be bushier. Am I pruning them wrong?

A I wouldn't say you're pruning them wrong. You just need to prune the bushes a bit more aggressively after each flush of flowers. But first, you need to identify whether or not the long canes are part of the desired variety or rogue or sucker growth.

Hybrid Tea, Grandiflora, and Floribunda varieties are budded onto a second variety called the rootstock. It's typical for roses to produce rogue or sucker growth. These are shoots that

develop below the bud union or off the surface roots.

The bud union is the knot-like structure found at the base of the bush.

The suckers are vigorous shoots that grow rapidly into long, leggy branches. Another characteristic of this growth is that they produce small, cherry red flowers. This growth is eliminated while the other shoots are pruned back.

Many rose pruning books will instruct you to prune back to the second set of five leaves. I tend to ignore this point and prune to shape the bushes, especially the sides, so the plants don't merge into one another.

Most of us tend to plant our roses a bit too close to one another. The top is then lowered to prevent them from growing too tall. This should be a standard practice throughout



the growing season when you remove the spent flowers.

Also, you want to make your cut where there is an outside bud. All the buds are located in the area where the leaf blade attaches to the stem. At this time of the year, don't leave the plant void of leaves, as the green stems will burn in the afternoon sun. You should continue to feed your plants with Dr. Earth Rose Food or similar fertilizer right through the fall. They should be watered the day before fertilizing and immediately afterward to prevent fertilizer burn.

It's not too late to mulch your plants to conserve mois-

ture, as there are plenty more warm days ahead. A two-inch layer of mulch should be spread a foot beyond the drip line of each plant. This extra attention will reward you with two or more flushes for flowers between now and the New Year.

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)



Sales ~ Property Management ~ Leasing

SINCE 1923

DEADRICH
REAL ESTATE

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

RINETTI & Co.

NEW LISTINGS

5476 Maybeck Lane, Livermore - \$1,175,000

PENDING SALES

90 Georgia Way, San Leandro - \$695,000

6617 Hillmont Drive, Oakland - \$699,888

8134 Vomic Road, Dublin - \$799,950

1708 137th Avenue, San Leandro - \$639,000

380 Garcia Avenue, San Leandro - \$625,000

800 Collier Drive, San Leandro - \$829,000

3250 Coolidge Avenue, Oakland - \$649,000

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



Antonio & Alexia Cardenas
"Realtors in Motion"
Ballroom Dancers

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

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



Robert Jones and Associates

Selling San Leandro Since 1964 • www.RobertJonesandAssociates.com



SOLD! \$600,000

Sandpiper Townhouse



142 JOAQUIN AVE. • SAN LEANDRO • 357-0120

"Integrity, Experience, Results"

Alliance Bay Realty

Nasser Haghighi
510-415-1612

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



BRE# 01221481

5 Tips for Stress-Free Outdoor Entertaining

Good food, great company and the beauty of the outdoors: Dining al fresco with family or friends is the perfect way to enjoy beautiful weather. For many people, though, the job of outdoor entertaining can feel somewhat intimidating. But it doesn't have to be. With these simple tips, you'll end up hosting a memorable, stress-free get-together, whether it's a lovely patio lunch for two or a poolside party for twenty.

Keep it cool

If the weather on the day of your event is expected to be particularly hot, make sure you plan ways to keep things cool.

Set up tables and chairs within the natural outdoor shade or move seating under umbrellas and awnings. You could even set out small spray bottles for guests to cool themselves off, or supply attendees with paper fans you can find at the local

dollar store. Keep plenty of ice-cold beverages within easy reach by stocking metal serving tubs with drinks. No tubs? Look around your house for unexpected inspiration. For example, a wheelbarrow or kids' wagon filled with ice and beverages works great and will reflect the easy summer vibes of your outdoor party.

Streamline food prep

Being a gracious host shouldn't mean being stuck in the kitchen. By choosing easy dishes, you'll make guests happy while freeing yourself up to join in on all the fun. A great place to look for crowd-pleasing appetizers that require little to no prep work is the frozen food aisle. Here, you'll find a variety of high-quality, ready-made options that will help you save time without sacrificing taste. A summertime favorite that shouldn't be forgotten is

seafood. Brands like SeaPak make entertaining easy, with a variety of party-ready products like popcorn shrimp, shrimp spring rolls and butterfly shrimp available at your local grocery store.

Vary serving ware

Worried about mismatched serving ware? Fret not. This is hardly a problem when it comes to easy, breezy outdoor entertaining. Using an eclectic mix of different pieces, like wooden cutting boards, floral platters and striped serving trays, is both charming and on-trend. Even the plates that guests use can be a fun hodgepodge of patterns. Keep in mind that if you're serving food buffet style, you'll want to have some mesh food covers on hand to protect your dishes.

Add outdoor activities

By adding some casual outdoor activities to your event, you'll create a relaxed, playful



your menu, try this Buffalo Shrimp Sandwich recipe. It will be perfect for setting the outdoor mood. Enjoy!

Buffalo Shrimp Sandwich

Ingredients:

- 1 18 oz package SeaPak® Popcorn Shrimp
- 1 cup prepared buffalo sauce*
- 1 soft baguette cut into 4 equal pieces, sliced and toasted
- 4 ounces blue cheese
- 1 cup arugula

Instructions:

Prepare popcorn shrimp according to package directions and toss with the buffalo sauce. Divide the arugula between the 4 rolls and top each with the popcorn shrimp mixture. Top each sandwich with blue cheese and serve. For extra messy sandwiches, drizzle any leftover sauce onto the top of your sandwich before serving.

*To make your own buffalo sauce instead, mix together 8 tablespoons melted butter, ½ cup hot sauce, and 1 teaspoon seasoned salt.

mood that will inspire guests to mingle. Puzzles and board games are an ideal complement to all the easy-going conversation, and yard games, like croquet, beanbag toss and horseshoes, are popular standbys for party-goers both young and old. If kids will be in attendance, keep them occupied with their own activities and supplies,

such as bubble blowers and washable sidewalk chalk.

Simplify your menu

Summertime meals are all about keeping it simple, so a handful of light and flavorful courses are all you need to keep your guests satisfied. A colorful summer salad, fresh grilled vegetables and a few easy main dishes like sandwiches and kebabs make up a perfect seasonal menu. Of course, don't forget the dessert! Wow your guests with a fruit-topped cheesecake or pound cake.

To add a little food fun to

-Brandpoint

Don't Let Summer Pests Bug You

Summer activities like hiking, camping, picnics and barbecues are all fun ways to enjoy the great outdoors. But spending more time outside can lead to mosquito and tick bites, and the potential for bringing these pests inside the home and putting families at risk for insect-borne diseases.

According to the CDC, cases of disease pathogens transmitted by ticks, mosquitoes and fleas more than tripled between 2004 and 2016 - which includes Lyme disease spread by ticks and West Nile Virus carried by mosquitoes.

Here are some tips for keeping insects away and enjoying summer to its fullest.

For the great outdoors

When hiking, stay in the middle of trails, not along the sides. Walking through vegetation, leaves and high grasses can make you susceptible to ticks, including deer ticks (also known as black-legged ticks). This species can even be present in low grassy areas such as backyards.

Wear long pants and socks to help deter ticks from attaching to the skin, and serious hikers should treat outdoor clothing and hiking boots with an EPA-registered repellent containing permethrin.

Check yourself (and your children) from head to toe for ticks after being outdoors. If you find a tick on your body, remove it immediately with fine-tipped tweezers.

Clothing should be tossed in the dryer on high heat for 10 minutes after returning indoors to ensure ticks aren't coming inside.

To keep mosquitoes at bay during hikes, use an EPA-registered insect repellent with one of the following ingredients: Oil of lemon eucalyptus (OLE),

Picaridin, IR3535, DEET, 2-undecanone and Para-menthane-diol (PMD).

Avoid wearing perfumes and using soaps or lotions with fragrances, as these can attract mosquitoes.

A bug-free backyard

If deer are common in the neighborhood, use a deer repellent like Tomcat® Repellents Deer Repellent Ready-To-Use to prevent them from hanging around the yard and bringing in ticks. Additionally, eliminate plants that deer like to eat and consider building fencing to keep them out of the yard.

Make sure the lawn doesn't become a tick habitat by clearing dead leaves and removing any brush or tall grasses. Use gravel, stones or wood chips as a barrier between the main recreational areas of the yard and the areas with more vegetation, where ticks are often present. For additional tick and mosquito control, treat your yard with Ortho® Home Defense® Backyard Mosquito & Bug Killer Ready-To-Spray.

To keep the backyard

mosquito-free during summer parties, eliminate standing water around the home and yard, as these are prime mosquito breeding areas.

Another way to prevent mosquitoes from ruining backyard barbecues is to use a product like Ortho® Home Defense® Perimeter Protection Repellent Candles. These candles repel two times more mosquitoes than citronella and are made with spearmint and lemongrass essential oils. The candles release a mellow, fresh citrus scent that creates an invisible barrier to keep pests away.

Keep insects outside

To help keep insects from entering the home, check that all door and window screens are in good condition, with no holes or gaps. Don't leave doors open too long, especially during dusk, when mosquitoes are most active.

Use Ortho® Home Defense® Insect Killer for Indoor & Perimeter to create an effective barrier against common insects such as mosquitoes,

ticks, ants, roaches and spiders. Create a 12-inch band along the perimeter outside the home's foundation, and/or set the product to spray a 4-inch band along the interior perimeter of the home, wherever insects are a recurring problem. The easy-to-use spray dries quickly, with no odor or stains, to create a long-lasting bug barrier.

Following these helpful tips can help keep mosquitoes, ticks and other insects away for a hassle-free summer.

-Brandpoint

Michelle Ross Miller
Associate Broker
DRE# 01012751

Licensed Since 1989 Global Marketing Reach Local Knowledge

Specializing in

- San Leandro
- Alameda
- Oakland
- Castro Valley
- Surrounding East Bay Communities

510-701-3442 | michelle.miller@compass.com | COMPASS

Village Properties
& ASSOCIATES
PROPERTY MANAGEMENT & REAL ESTATE SALES

Sam & Jessica Medina
510.481.8400

"Your Neighbor & Realtor!"

2443 Lakeview, San Leandro CA 94577

Gorgeous, updated single level 3 bedrooms, 2 baths with terrace garden and view of the hills from deck in Bay O Vista in San Leandro Hills. Open concept plan with Patagonian Rosewood flooring. Skylights, plantation shutters, Cherrywood kitchen cabinets, etc. Priced at \$980,000

Open House Sat 1-5 & Sun 2-5

Josie Junsay
Associate broker
1-510-938-5732
DRE:00827681
Josiejunsay@sbcglobal.net
Realty One Group

Michelle Junsay
Realtor
DRE# 01404115
1-510-708-9303
miksajunsay@gmail.com

RECENT HOME SALES

San Leandro

1454 138th Avenue #6	94578: \$450,000	2 BD - 811 SF - 1970
15006 Andover Street	94579: \$500,000	4 BD - 1,319 SF - 1950
1362 Pacific Avenue	94577: \$520,000	3 BD - 1,011 SF - 1943
2367 Fairway Drive	94577: \$520,000	2 BD - 1,173 SF - 1977
16377 Mateo Street	94578: \$658,000	3 BD - 1,258 SF - 1947
453 Olive Street	94578: \$659,000	4 BD - 1,430 SF - 1947
315 West Broadmoor Blvd	94577: \$700,000	2 BD - 1,144 SF - 1932
16017 Berkshire Road	94578: \$720,000	3 BD - 1,307 SF - 1948
15329 Laverne Drive	94579: \$720,000	3 BD - 1,169 SF - 1956
280 Farrelly Drive	94577: \$757,000	3 BD - 1,441 SF - 1940
567 Haas Avenue	94577: \$810,000	2 BD - 1,141 SF - 1940
15579 Oceanside Way	94579: \$885,000	4 BD - 2,134 SF - 1999
2295 Regatta Way	94579: \$900,000	4 BD - 2,303 SF - 1998
936 Fargo Avenue	94579: \$910,000	5 BD - 2,300 SF - 1951
632 Begier Avenue	94577: \$995,000	3 BD - 1,911 SF - 1938
1500 Daily Drive	94577: \$1,220,000	3 BD - 2,293 SF - 1965
TOTAL SALES:	16	
LOWEST AMOUNT:	\$450,000	MEDIAN AMOUNT: \$720,000
HIGHEST AMOUNT:	\$1,220,000	AVERAGE AMOUNT: \$745,250

OPEN HOMES

SAT. & SUN.
AUG. 3RD & 4TH

CITY	SAT	SUN	ADDRESS	PRICE	BDR./BA.	REALTOR	AGENT	PHONE
SLZ	1-4	1-4	1925 Via Amigos	\$595,000	3/2	Berkshire Hathaway RE	Cathy Brent	510-381-1065
SLZ	1-4	1-4	970 Paseo Grande	\$795,000	3/2	United Brokers RE	Tere Lee	510-305-8827
A	1-5	2-5	Lakeview Dr.	\$980,000	3/2	Realty One Group	Josie Junsay	510-938-5732
C	1-4	1-4	16981 Lamont Ct.	\$1,188,000	3/3	G.G./Sotheby's Intl. RE	Sharlyn Prakash	510-881-6000

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.

CITY GUIDE

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



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

ADVERTISE WITH EAST BAY PUBLISHING AND REACH OVER 65,000

TO PLACE A CLASSIFIED AD

CALL	510-614-1558
FAX	510-483-4209
EMAIL	Classifieds@ebpublishing.com
ONLINE	www.ebpublishing.com

TO VIEW THE CLASSIFIED ADS

Visit our Websites 24 hours a day
www.sanleandrotimes.com
www.castrovalleyforum.com
2060 Washington Ave., San Leandro, CA 94577

CLASSIFIED AD DEADLINE

New ads, cancellations or ad changes:
MONDAY BY 5:00 P.M.
Call 510-614-1558 (Mon. - Fri., 9 a.m - 5 p.m.)
VISA, MASTERCARD & DISCOVER ACCEPTED

AUTOS / TRUCKS

\$35 10 words
(3 weeks)

GARAGE SALES

\$30 10 words
(1 week)

HELP WANTED

\$35 10 words
(1 week)

MISC. FOR SALE

\$30 10 words
(3 weeks)

RENTALS

\$35 10 words
(1 week)

SERVICES

\$30 10 words
(1 week)

ALL CLASSIFIED ADS ALSO RUN FREE ONLINE! • AD MUST BE PREPAID WITH CASH, CHECK OR CREDIT CARD • ADDITIONAL WORDS ARE \$1.00 EACH

CLASSIFIED ADS RUN EVERY WEDNESDAY IN THE CASTRO VALLEY FORUM AND EVERY THURSDAY IN THE SAN LEANDRO TIMES

PLACE YOUR CLASSIFIED AD ON OUR WEBSITE AND SAVE \$5 PER WEEK OFF THE ABOVE PRICES!

ANNOUNCEMENTS

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.

**AUTOMOBILES/TRUCKS
CYCLES/TRAVEL TRAILERS**

SELL YOUR CAR OR TRUCK with a Classified Ad
For more info or to place an ad call 510-614-1558
San Leandro Times/Castro Valley Forum

NEED - MUSIC LESSONS or PIANO TUNING?
Check the Classified Ads under "MUSICAL SERVICES" for help.

CONCRETE SERVICE

M.C.C. CONCRETE. FREE Estimates. Excellent Quality Work. All Types. 25-years experience. Lic.#1062728. 510-820-1964.

CONTRACTOR SERVICE

Need Remodeling?
How about a new kitchen or bath?



CHECK OUT OUR CLASSIFIED ADS & HOME SERVICES FOR HELP!

CONTRACTOR SERVICE

NOTICE TO READERS
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.

Advertise your Home for rent in the San Leandro Times & Castro Valley Forum
DON'T LET ANOTHER WEEK SLIP BY!
– A vacancy day is money lost forever –
To place an ad call 510-614-1558

EMPLOYMENT WANTED

*LOOKING FOR WORK?
Check the **Help Wanted** ads on the next page of this newspaper.
Also: **Limited Time Offer!** You can run a FREE 15 word "Employment Wanted" ad. Ad runs in the San Leandro Times & Castro Valley Forum. Call 510-614-1558 to place an ad or for more info. (Some restrictions may apply)

FENCES/DECKS

FENCE LEANING? Don't replace... repair and save! Call Randy 510-706-6189.

Need Contractor Service?
Check our HOME SERVICE & CLASSIFIED ads for help!
Castro Valley Forum/San Leandro Times

GARAGE SALES



CASTRO VALLEY

GARAGE SALE Sat. 8/17, 8am-3pm. Tools, fishing gear, furniture, misc. 18387 Crest Avenue, Castro Valley.

LANDLORDS - Advertise your units!
– A vacancy day is money lost forever –
R. Bowman

HAYWARD

HAYWARD: HUGE YARD SALE 8/17 & 8/18, 9am-5pm. Located at 22608 Madrone Street, (X "B" St.) Here are some of the items: Vinyl records all sizes, (OVER 1000 to look thru) DVD's, CD's, VHS movies, furniture, fancy dishes, collector cups and beer steins. Books, tools electrical and mechanical, testing equipment, welding equipment, light fixtures, sewing machine, kitchen gadgets, odds and ends galore!

SAN LEANDRO

MULTIFAMILY YARD SALE Sat. 8/17 only, 10am-3pm. 800 Oakes Blvd., San Leandro. Great stuff! No earlybirds, please.

CLASSIFIED AD DEADLINE:
Monday 5:00 p.m.

HOME SERVICES DIRECTORY

Concrete

CONCRETE WARRIOR

LOCAL CONCRETE

Driveways • Sidewalks
Bricks • Stamp • Fence
Drainage • Decks
Asphalt & More!
Prodeck



**(510) 387-8276 or
(510) 772-1559**
Lic. #1024814

Construction

GOLDEN GATE ENTERPRISES, INC.

GENERAL CONTRACTOR

Additions / Remodels
Kitchens / Baths • French Drains
Foundations / Dry Rot / Stucco
Retaining Walls / Patios
Decks / Construction & Repair

(510) 909-8552
FREE ESTIMATES Lic. #918840
www.bayareacontractor.com

HAVE SERVICES?



Advertise with us today in the HOME SERVICES DIRECTORY

Fences/Decks

Fence Leaning?
Don't Replace...
Repair & Save!

*Reinforcement of existing fences is my only business, Rotted posts are my specialty.

FREE ESTIMATES!
510-706-6189
Randy McFarland

Gardening

BEAUTY GARDEN LANDSCAPING

• Dry Garden Design and Installation
• Artificial Grass, Patio Pavers and more!
FREE Estimates
(510) 691-8852
beautygardenlandscaping.com
20% OFF (Expires 9/30/19)
LIC. #925130

REACH OVER 60,000 READERS

Call today for ad rates and availability.



HOME SERVICES DIRECTORY
Call 614-1558

Thank-You...

Concrete Warrior for advertising with us for over 15 years!

CONCRETE WARRIOR

LOCAL CONCRETE

Driveways • Sidewalks
Bricks • Stamp • Fence
Drainage • Decks
Asphalt & More!
Prodeck



**(510) 387-8276 or
(510) 772-1559**
Lic. #1024814

We truly appreciate all of our advertisers!
San Leandro Times / Castro Valley Forum

Landscaping

HANSEN LANDSCAPE CONTRACTOR

Call us today and enjoy your new yard this year!

Come visit our beautiful 1/2-acre outdoor educational landscape show yard!
Call 510-537-0464
www.hansenlandscape.com

CA LIC. # 440372 Bonded/Insured

Roofing / Gutters / Solar

RIDOUT ROOFING CO.

~ SINCE 1922 ~

ALL TYPES OF ROOFING & GUTTERS
P.V. SOLAR / SKYLIGHTS

FREE ESTIMATES
SENIOR DISCOUNTS

(510) 351-1922

621-A WILLIAMS • SAN LEANDRO
STATE CONTRACTORS LICENSE NUMBER 260176

REACH OVER 60,000 READERS

Call today for ad rates and availability.



HOME SERVICES DIRECTORY
Call 614-1558

Roofing

Lic. #311818



K REED ROOFING
Complete Residential & Commercial Roof Systems

(510) 357-5116

Call Now For A Free Written Roof Analysis & Estimate
Serving San Leandro & The Entire Bay Area. For Those Who Demand Superior Personalized Attention.
SINCE 1975 / FULLY INSURED

HOME SERVICES DIRECTORY

Utilize the best tool in your box...

Advertise!

Reach over 60,000 readers for one low price!

CASTRO VALLEY FORUM
San Leandro Times

For more information on how to advertise in this section, call Patrick at 614-1558.



GARAGE SALES

GARAGE SALE Sat. 8/17, 9am-3pm. Housewares, sewing, Christmas, crafting, artwork, collectibles, much more! 16669 Winding Blvd., San Leandro.

***SUMMER CLEANUP!!!**

Time to clean out your Attic, Garage, Basement (House)!!! Get your items together and place a **GARAGE SALE** ad in the San Leandro Times and the Castro Valley Forum for as little as \$30. To place an ad **Call 510-614-1558**

SAN LORENZO

ESTATE SALE Inside & Out, Sat. 8/17, 9am-1pm. 15553 Lorenzo Avenue, San Lorenzo.

GARDENING

***ANY YARD WORK.** Cleanups and Maintenance. Free Estimates. Call 510-798-1833.

***BEAUTY GARDEN LANDSCAPING** Design - Construction - Maintenance. Cleanups, New Lawn, Artificial Grass, Irrigation, Patios, Pathways, Brick, Stone, Concrete Fence/Decks. Free Estimates! Lic.#925130. 510-691-8852. www.beautygardenlandscaping.com

***NAVA'S COMPLETE GARDENING:** Mowing, trees, cleanup/hauling. FREE estimates. 510-512-5857

AL'S Keep It Green But Trim. Yard Maintenance. Since 1995. Great Rates. FREE Estimates. 510-927-6663.

JAIME'S GARDENING Maintenance, Trimming, Cleanups, Hauling, Sprinkler Repair/Timers. FREE Estimates. Insured. 510-299-9583

GARDENING

Landscape/ Pruning Japanese landscape design/install. Professional hand pruning. Call Mike Uchida 510-828-4854. Contr. Lic. #858145. M/C & Visa Accepted.

NEED Gardening Service?

Check the advertisers in our "Home Servc Directory" and our "Classified Ads" for help!

GIVEAWAYS

VIEW the Classified Ads **Online at** sanleandrotimes.com or castrovalleyforum.com **IT'S EASY!** For more info call 614-1558

HANDYMAN SERVICE

ENRISA CONSTRUCTION. Remodeling, Kitchens, Baths, Drainage, Foundations, Retaining Walls, Painting/ Landscaping. Lic.#1022942. FREE Estimates. Hablamos Español. Juan 510-798-2959 EnrisaConstruction@gmail.com

HANDY PEOPLE. Any type of job. No job too small. 510-934-1251.

HONEST RELIABLE HANDYMAN (510) 385-1544 Lmramos@comcast.net

TORRES, A PERFECT HANDYMAN •Honest •Dependable •Responsible Painting, Plumbing, Retaining Walls, Fences, Tiles, etc. FREE Estimates. 510-305-3205

HANDYMAN SERVICE

KING CONSTRUCTION, a Father & Sons Remodeling and Plumbing Company since 1972. Construction and Plumbing Specialists. Room Additions, Baths, Kitchens, Decks, Seismic Retrofits, Furnace, Hot Water Heaters, and ALL Home Repairs. Lic.#273546. Bonded/Insured. Call George King 510-483-7126 or 510-882-5169. gwkconstruction@gmail.com

HAULING SERVICE

***SMALL/LARGE JOBS.** Wood, trash, concrete, furniture. Low rates. 510-268-1412/ 510-631-5463.

HAULING: Small and Big Jobs. Furniture, Concrete, Wood, Trash, Metal, Demolition. Also house inside/outside cleanups. 510-715-1578.

HELP WANTED

CHILD CARE

DAYCARE ASSISTANT full-time M-F, bilingual a plus Must be able to pass background Test and CPR. Call 510-614-9156.

GENERAL

Do you need some help at your business? To place an Help Wanted ad call **510-614-1558** Your ad will run in and the Castro Valley Forum on Wednesday and the San Leandro Times on Thursday. **Find help and support your local newspaper at the same time!** - Thank you -

Housekeeper wanted in small nursing home. Full-time, Wed-Sun. 510-886-2448, x216 fernldodge.org

HELP WANTED

Do you love helping people? Carlton Senior Living is the place for you! Now Hiring Care Givers & On-Call Cook. Walk-ins welcomed. 1000 E. 14th St. or visit our website www.CarltonSeniorLiving.com to apply online.



Beginning August 15, 2019 The City of San Leandro will be accepting online applications for:

Maintenance Worker - Entry / \$3,992.00 - \$4,851.00/month

For more detailed information, please visit www.sanleandro.org EOE

HEALTH CARE

Current CNA State Certification is REQUIRED for quadriplegic male. Mon. - Fri., 8am-10am, (2-hours per day). Assist with personal care, dressing, cooking, bathing and house keeping. Near Oakland Zoo. Must like dogs. \$25/hr, call Glenn 510-636-1582.

TEACHERS

Faith Based Preschool in Castro Valley has an experienced teacher's position available, full or part-time. 510-581-1580.

HOUSE CLEANING

CRISTINA HOUSE CLEANING. Free Estimates, Senior Discount. Bus.-Lic. #121121. 510-825-0459.

***CONNIE'S NATURAL CLEANING** Licensed/ Insured/ Bonded Make Your Home a Pleasant and Healthy Environment www.conniesnatural.com **Call 510-506-5053**

WALTON'S JANITORIAL Licensed / Bonded / Local For a **SPARKLE CLEAN OFFICE** or Home Windows • Floors • Carpets • Restrooms **Phone 510-851-2328** Member of S.L. Chamber of Comm.

MISC. FOR SALE

VARIOUS ITEMS

All private party ads are prepaid (paid in advance). Use your M/C, VISA or DISCOVER card, mail in your payment, or stop by our office to place an ad.

MISC. WANTED

WANTED: Used 3 wheel bicycle. Also can use reel to reel tapes (blank tapes and recorded tapes). Call Patrick 510-517-3351.

PAINTING SERVICE

NEED PAINTING WORK? Check the TIMES & FORUM Home Service ads for help. We really appreciate our advertisers! Patrick V.

REAL ESTATE AGENTS



Are you interested in buying or selling a home or property? **Would you like the help of a Professional Agent?** For assistance call ...

***SCOTT HARRISON - Realtor** Coldwell Banker **510-388-4536**

RENTALS

APARTMENTS

Castro Valley 2-bedroom, 1-bath, Walk to BART and Village. Gated, laundry, pool, fitness. \$2,495. 510-582-8389. www.bartplazaapartments.com

Hayward 1-bedrooms \$1,575 - \$1,675, 2-bedrooms \$1,800 - \$1,950 (check availability). Patios, balconies, pool, parking, storage, spacious. 510-887-6633.

Hayward spacious 1-bedroom \$1,200+, 2-bedroom \$1,500+. Balcony, patio, pool. 510-581-4702.

LANDLORDS - Advertise your units! A vacancy day is money lost forever ... R. Bowman

HOUSES

20182 ANITA AVE CASTRO VALLEY, 2-Bed, 2-Bath, 1-Car Garage. Attached Family Home for rent! Please inquire at BSR Realty Inc at 510-538-2131, ext. 109 or 510-359-1888. Se habla español.

RENTALS/ROOMS

Castro Valley large room with separate entrance. \$750. Call 510-940-6512.

SERVICES

SELL YOUR CAR OR TRUCK with a Classified Ad For more info or to place an ad call **510-614-1558** San Leandro Times/Castro Valley Forum

NEED - Handyman Service? Check the Classified Ads under "HANDYMAN SERVICE" for help.

TREE SERVICE

***A CAREFUL TREE SERVICE.** Certified. Arborist. Lic.#694067. Trimming, Removals. **FREE** Estimates. Bonded. Call 510-581-7377.


YOUR INFO

Help for the homeowner means business for you!



ADVERTISE YOUR BUSINESS IN OUR HOME SERVICES DIRECTORY **CALL 614-1558**

ATTENTION LANDLORDS



You may rent your property with a sign in the window or with an ad on the internet... But why not also advertise your rental in both the San Leandro Times & Castro Valley Forum for as little as \$25, and reach over 60,000 readers! **TO PLACE AN AD, CALL 614-1558**

Need Remodeling? How about a new kitchen or bath?



CHECK OUT OUR CLASSIFIED ADS & HOME SERVICES FOR HELP!

THANK-YOU for supporting the Castro Valley Forum and San Leandro Times!




We greatly appreciate our many advertisers who make it possible for us to publish these newspapers.

PLACE YOUR CLASSIFIED ADS ONLINE!

CastroValleyForum.com SanLeandroTimes.com



All real estate advertised in the CASTRO VALLEY FORUM and SAN LEANDRO TIMES is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation or discrimination because of race, color, religion, sex, handicap, marital status, national origin or intention to make any such preference, limitation or discrimination.  **EASTBAY PUBLISHING, INC.** will not knowingly accept any advertisements for real estate that is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

HOME SERVICES DIRECTORY

Whatever your specialty... The place to advertise is in the...

HOME SERVICES DIRECTORY

Delivered to over 20,000 homes in Castro Valley, 32,736 homes in San Leandro, and another 8,264 are delivered to businesses and libraries.



Gardening / Tree Service

PEREZ Gardening & Maintenance

TREE SERVICE Pruning, Topping, Removing, Synthetic Grass Installation, Planting, New Lawns & Lawn Care, Sprinkler Systems, Lots & Hill-sides Cleaned & Planted, Drainage/Gutters, Fences, Decks, Patios, Arbors, Concrete, etc.

CALL 510-385-2122

FREE ESTIMATES EXCELLENT REFERENCES / SINCE 1994 INSURED / ALL WORK GUARANTEED / UNLICENSED

Handyman

HANDYMAN SERVICES

Serving Castro Valley & San Leandro for 28 Years

Big or Small — We Do It All! (925) 548-4202

Hardwood Flooring

FERREIRA'S HARDWOOD FLOORING

Sand • Install • Refinish Glist • Oil Base 25 Years Experience

FREE ESTIMATES Call Jeff Today! **510-366-6491** Lic. #803455

Painting

Diego Painting

- Residential/ Commercial
- Interior/ Exterior
- Power Washing

FREE ESTIMATES Lic. #855054 • diegopainting@comcast.net www.diegopainting.com  **(510) 331-6152**

Plumbing

CAPELLI PLUMBING & DRAIN CLEANING

Compare Our Prices! **FREE ESTIMATES 24/7 SERVICE**

 **BBB** Military & Senior Discounts Family Owned & Operated **510-969-4358** LIC. #904794

Roofing

BANNER ROOFING CO.

★ New Roofs ★ Re-Roofs ★ Roof Repairs ★ **RESIDENTIAL & COMMERCIAL**

WE CONTROL YOUR RAIN! ★ ★ ★ ★ **ALL TYPES OF ROOF REPAIRS** ★ ★ ★ ★ **PROFESSIONAL WORKMANSHIP** ★ ★ ★ ★ **FREE ESTIMATES SENIOR DISCOUNTS LIC # 657692 BBB A+**

20% OFF

20% OFF ANY OF OUR ROOFING & GUTTER SERVICES
20% OFF ANY COMPLETE OR PARTIAL ROOFING JOB
20% OFF ANY COMPLETE OR PARTIAL GUTTER JOB
20% OFF ANY ROOFING OR GUTTER REPAIR JOB

— ONE DISCOUNT PER HOUSEHOLD —

LICENSED / BONDED / INSURED 2424 CLEMENT ST., ALAMEDA

510-895-4433

Roofing

Wonderlin ROOFING SYSTEMS

Castro Valley Lic. #642517 Insured/Bonded

FAMILY OWNED & OPERATED Over 25 Years Experience Reroofs • Repairs • Inspections Dry Rot Repair • Seamless Gutters (Pre-painted) **FREE ESTIMATES**

\$200.00 OFF COMPLETE REROOFING WITH TEAR-OFF One Coupon Per Customer Expires 9/30/19

(510) 538-1530 **We Specialize in Residential Roofing**



Meet the Artists Who Transformed Cigar Boxes

Anna W. Edwards and over 30 friends invite you to view their transformed cigar boxes with antique letterpress printing cuts, on display through the end of August at the San Leandro Main Library, 300 Estudillo Ave.

A reception with the artists will be held today (Thursday) from 5 to 8 p.m. Hear the letterpress story and pick up your own antique letterpress cut and sticker to help promote Art in San Leandro.

Serving Families In Our Community
With Compassion and Service Excellence



San Leandro Funeral Home
407 Estudillo Ave.,
San Leandro, CA 94577
510.483.5300
www.sanleandro-fh.com
(Formerly Guerrero Mortuary)
Serving All Faiths
• Large Chapel
• Reception Room & Kitchenette



FD 442

SARA L. ENNOR LAWYER

- Wills & Trusts
- Benefits, ERISA
- QDROs

510-633-9985

Truth Thursday Party Returns Next Week

Downtown San Leandro's last "Truth Thursday" of the season returns on Thursday, Aug. 22, from 5 to 8:30 p.m., surrounding the iconic 55-foot Truth is Beauty statue at the San Leandro Tech Campus, 1600 Alvarado St.

The monthly "Truth Thursdays" events, organized by the San Leandro Improvement Association, feature multiple food trucks, beer, wine, recreational games and live entertainment for the whole Bay Area to enjoy.

The headliner band at this month's party will be TinMan. Food trucks will have tasty offerings presented by Food Truck

Mafia, plus beer, wine, recreational games, live entertainment and more. Friends and family can enjoy bocce ball, corn hole and other games in front of Truth is Beauty, while listening to live music.

The San Leandro Improvement Association (SLIA) is a non-profit corporation that's run by a board consisting of property owners, residents, community members and businesses. The SLIA board members advocate on behalf of the public's benefit in the areas of public safety, beautification, economic development, maintenance and



promotions, all while preserving of the San Leandro downtown and reviving the historic value district.

San Leandro Adult School to Host an Open House

San Leandro Adult School, 1448 Williams St., will host a Career Technical Education Open House on Thursday, Aug. 22, at 6 p.m.

Explore the many certifi-

cated training classes and programs: Accounting I, Administrative Assistant, Anatomy & Physiology, Barbering & Cosmetology, Clinical Medical Assistant, Employment Prepa-

ration, Homecare Worker, Introduction to Entrepreneurship, Nurse Assistant & Home Health Aide, Medical Billing & Coding, Microsoft Office Excel & Word, Office Skills Preparation,

Para Educator Test Preparation, QuickBooks, Pharmacy Technician, and Veterinarian Assistant.

For more information, call 510-667-6250 or visit www.sanleandroadultschool.org.

LOCAL DEATHS

Benjamin Warwick

April 12, 1932 — July 5, 2019

Ben was born in Oakland on April 12, 1932. He graduated from the University of California at Berkeley, where he was a member of Zeta Beta Tau fraternity, and attended Hastings College of Law where he was a member of the Phi Alpha Delta legal fraternity. He opened his law office in Oakland on February 1, 1960, and practiced civil law in Oakland and San Leandro until his retirement on August 31, 1996.



Ben was active with the California Bar Association, serving on numerous committees at both the state and local level. He was chairman of the Alameda Fee Arbitration committee, and was a director of the Alameda County Bar Association. He served as Assistant Secretary of the California Bar Association, handling initial complaints of professional misconduct, and served as chairman of the Alameda delegation to the California State Bar convention.

He served as Judge Pro Tem for the Alameda County Municipal Court, and handled numerous assignments as Judicial Arbitrator for the Alameda County Superior Court.

He was Past Exalted Ruler of the Oakland Elk's Lodge, and served as president of Temple Beth Shalom in San Leandro.

Ben was an avid tennis player and was a long-time member of the Bay-O-Vista Swim and Tennis Club in San Leandro, where he formed lifetime friendships with his fellow tennis players.

After retirement, Ben became an avid hiker and rarely missed hiking the trails of Marin County and the East Bay with his Wednesday hiking group.

He also enjoyed the many classes offered by the Osher Lifelong Learning Institute at UC Berkeley and Cal State East Bay Concord, as well as the diverse classes offered by Rabbi Harry Manhoff of Temple Beth Shalom.

Ben is survived by his loving wife Gloria Eive, his children Keith (Patty), Linda, and Jeff (Marjorie), step-children Jason Feldman (Sabrina), Esther Feldman, and Reva Feldman, and numerous grandchildren and step-grandchildren.

A memorial service and celebration of Ben's life will be held at the Alameda Elks Lodge in Alameda on Sunday, August 25, at 1 p.m. (2255 Santa Clara Ave., Alameda, Ca 94501). For further information contact the Elks Lodge at 1-510-522-1015, or elksl015@comcast.net

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 assistance, call 510-614-1555.

SANTOS-ROBINSON MORTUARY

— Supporting Local Churches and Families for Over 80 Years —

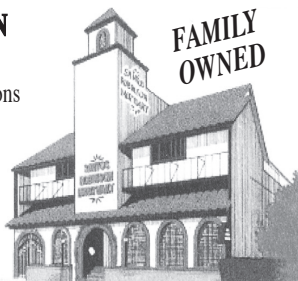
FUNERAL AND CREMATION PROFESSIONALS

Traditional Services • Cremation Options
Pre-Arrangements

Serving All Faiths and Cultures

510-483-0123

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



JoRene Bond Christensen

November 18, 1931 - August 3, 2019

Longtime San Leandro resident, JoRene, 87, passed peacefully surrounded by her family.

She grew up in Milton Junction, WI and Rockford, IL, with her parents Dewey L. Bond and Ruth Almira (Schrader) Bond, and brothers Harris, Maurice, and David, and sister Lenna (all predeceased). She received her

B.A. from Rockford College and taught PE and Dance before marrying Bay Area native Alan D. Christensen and raising three children: Carla, Andrew, and Raymond.

She resumed her career and delighted in Customer Service, retiring from Associated Services in 2013. But her greatest passions were for travel, gardening, reading, cooking, and most of all, her kids and grandkids. Gwen and Lenna Withrow, and Amanda Christensen. She journeyed as far as China, Egypt, and Kenya, but relished being home with a good book. Her happiest moments, though, were those with family gathered at Thanksgiving (her favorite holiday) and Christmas, enjoying her food and each other.

For details about memorial please email carlarufis@gmail.com



THE TIMES CROSSWORD

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

ACROSS

- 1 ABC daytime offering, with "The"
- 5 Sand hill
- 9 Letterman's network
- 12 Con
- 13 Egg
- 14 "The Greatest"
- 15 Proper subject?
- 16 Obtains
- 17 Play on words
- 18 Oklahoma city
- 19 Felon's flight
- 20 Dweeb
- 21 Individual
- 23 Green, in a sense
- 25 Pesky pincered insect
- 28 Worldwide
- 32 Dentist's directive
- 33 Presses
- 34 Giggly sound
- 36 Outstanding, as debt
- 37 Tin Man's need
- 38 Sun. discourse
- 39 Distort
- 42 "___ been had!"
- 44 Doctrines
- 48 Expert
- 49 "Yeah, right"
- 50 Speed along
- 51 Anger
- 52 Grand
- 53 Birthright barterer
- 54 Blazed a trail
- 55 Teen hangout
- 56 "Yesterday," "Today" or "Tomorrow"

DOWN

- 1 Barn-roof decoration
- 2 Aware of
- 3 Needle case
- 4 Look, but don't buy
- 5 Fairway bend
- 6 Eye layer
- 7 Eggnog sprinkling
- 8 Ambulance org.
- 9 Mob boss
- 10 Unclear image
- 11 Go down
- 20 Ticket-holders' winnings
- 22 Japanese-Americans
- 24 "Crazy" singer Patsy
- 25 Small salamander
- 26 Beer cousin
- 27 Fish eggs
- 29 Feathery wrap
- 30 Blackbird
- 31 "Acid"
- 35 Biblical prophet
- 36 Handy
- 39 Cry like a banshee
- 40 Farm fraction
- 41 Clarinetist's need
- 43 String instrument
- 45 Mediocre
- 46 Complain
- 47 Overconfident
- 49 \$ dispenser

ANSWERS ON PAGE 3

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.

Open Letter to the Community

Editor:

As your honored and humbled Police Chief, I cannot thank you enough for your partnership, commitment, and support during National Night Out.

National Night Out is an annual campaign that promotes police-community partnerships and neighborhood camaraderie to ensure our city is a safe, kind, and compassionate place to live.

The San Leandro Police Department traditionally has had a strong focus on enhancing the relationship between neighbors and law enforcement while building a true sense of community. This year the San Leandro Police Department attended a department record of 52 organized National Night Out events throughout the City. The night was filled with conversation, engagement, education, and our community thrived on this opportunity to come together.

The show of support to promote safety and neighborhood unity was overwhelming, inspiring, and motivating.

Safety is a community priority that is supported by a strong foundation of positive relationships, engagement, and trust. I understand these fundamental community building blocks are fragile at times, and I'd like to assure you they are not taken for granted.

To the San Leandro community, it is you that has truly made National Night Out a huge success. It is because of your kindness, your commitment to safety in our neighborhoods, and your willingness to open your hearts and homes to your neighbors and public safety staff.

The relationships that were forged will forever be cherished and appreciated. National Night Out demonstrates that together we are strong; we are a powerful force that allows our diverse community to flourish with positive change, growth, and stability.

—Chief Jeffrey J. Tudor
San Leandro Police Department

Beware of Hackers' Scams

Editor:

Yesterday, one of my neighbors had her email hacked and her list of contacts stolen. The thieves then used the list to contact my neighbor's family and friends to ask for money. Unfortunately, some my neighbor's friends did not realize this was a scam and sent money. The thieves obtained at least \$400.

Again people of San Leandro, check things out before sending money to an unknown source. Contact the person who supposedly sent the email before sending money. These thieves are everywhere, you cannot be too careful.

—Susan Dusenbury
San Leandro

Vaccine Exemptions Bill

Editor:

We would like to bring your attention to a law that is making its way through the California legislature that may have a significant effect on the San Leandro School District's school finances.

SB276 would put the California Department of Public Health in charge of all vaccine medical exemptions and apply exemptions to a much narrower set of contraindications than even the CDC has. That's right, a State bureaucrat would decide rather than the child's doctor whether or not a vaccine can be tolerated.

Consequences of SB276 include, but are not limited to:

1. Children who currently have exemptions will have to homeschool or move out of state, thus causing a loss of attendance-based dollars for SLUSD.

2. A loss of tax income to the state from taxpayers whose families go from two wage-earners to one - so the other parent can home school their children - and from those who move out of California entirely.

3. Families who cannot afford to do either of the two options above may then have to live with the health consequences of their medically fragile children and an increase in their medical expenses, many of which will have to be covered by California taxpayers through Medi-Cal and other public health programs.

4. As many of the adjuvants in vaccines have neurological consequences for these children, it will also cause a further increase in the cost of Special Education, a cost which is already soaring.

All of the above will crimp SLUSD's budget more than it already is now.

As local business owners and taxpayers who put our children through San Leandro public schools, and parents of vaccine injured children, we urge San Leandro's leaders, teachers and the Boards of Education take a stance against this deleterious bill.

—Catherine Baldi & Tami Resendez
San Leandro

Improve 2nd Amendment?

Editor:

I was devastated by the mass shootings in El Paso, Texas which resulted in 20 dead and 26 injured. Nothing we could say would express the deep sorrow we have for the families that were involved in this tragic incident.

It is high time that authorities in Washington should really put their heads together and see to it whether the phrase, "the right of the people to keep and bear arms shall not be infringed..." should be improved.

—Alfred Kwok
San Leandro

A Country of Anger and Hate

Editor:

I love reading the San Leandro Times because it functions without an agenda, except helping the community.

Let us examine what all the recent mass killers had in common - anger and hate. We must ask ourselves, how did this happen? Mass killings will never be prevented until we reduce the anger and hate perpetrated mostly by our media.

Adolph Hitler was a pro in using the media to create pure hate by brainwashing the German people.

Another example of brainwashing was Patty Hearst, who was kidnapped by the

Symbionese Liberation Army in 1974. After 18 months, she was brainwashed into robbing a bank in San Francisco, California.

I am suggesting that the blame for these mass killings belongs to the evil perpetrators who have brainwashed good citizens into irresistible anger and hate. And who are these perpetrators? I would argue that mostly it is the media (and politicians) with an agenda that drives every news cycle to inflict damage and create hate toward any person or cause they desire - and they are good.

It is time to stop divisions and the media that perpetrates hate and anger; but rather bind us together, appreciate values, help others, and hold our dear ones close. If we cannot get this country working together rather than destroying it, democracy will fail - and then who will be blamed?

—F.D. Tomasello
San Leandro

Toward Plant-Based Diet

Editor:

"Climate Change Threatens World Food Supply" was the lead story in recent leading newspapers. It was prompted by the release of a summary report by the United Nations Intergovernmental Panel on Climate Change (IPCC), staffed by more than 100 experts from 52 countries.

The report details how climate change is threatening our world's food and water supplies - turning arable land to desert, degrading soil, and raising the frequency of devastating weather conditions.

It concludes that avoiding wholesale starvation and mass migrations requires fundamental changes in current animal agriculture and land management practices, which account for 23 percent of human-caused greenhouse gas emissions.

The conclusions of the IPCC report match closely those by Oxford University in 2017 and by Chatham House in 2015. A 2010 United Nations report blames animal agriculture for 19% of greenhouse gas emissions, 70% of freshwater use, and 38% of land use. All reports recommend a massive shift to plant-based eating.

In an environmentally sustainable world, meat and dairy products in our diet must be replaced by vegetables, fruits, and grains, just as fossil fuels are replaced by wind, solar, and other pollution-free energy sources. Our next visit to the supermarket provides a superb starting point.

—Kurt Champler
San Leandro

Fiscal Malfeasance

Editor:

Maureen Forney ("Investment to End Immorality," *Letters*, Aug. 8) writes a heart-felt and emotional letter regarding the city's new plan for "socially responsible investing," a plan that will stop global warming, empty the border holding cells, and end gun violence. All very laudable, but of course no actual details of the plan are offered.

That's because there is no real plan. Ms. Forney's only argument is the fear of global warming, that if we don't hand over our money, doom and apocalypse await us all.

Never mind that the authors of this new "woke" investment plan clearly do not understand the difference between

"profit" and "return on investment" or that the fund will be managed by and for city hall - the same people responsible for the fat salaries, bloated pensions, and continued financial disasters that plague our city, in one case blithely losing millions in the sale of the downtown Lucky's property.

Absent anything inspiring confidence, in the end Ms. Forney admits it really is just moral grandstanding. In her own words: "Divestment isn't moral preening, but one tool to end immoral practices."

The irony is rich: she publicly assumes a moral stand she wants us to believe is inherently superior, says she will use divestment to end immoral

practices, and all the while putting other people's money on the line to make these grand statements of enlightened morality - if this isn't moral preening, what is?

What's worse, she still remains blind to the greater immorality of mortgaging our children's tomorrow for some politically correct grandstanding today.

Fiscal malfeasance in the name of social justice and morality is still fiscal malfeasance. If you want to change the world, Ms. Forney, you're welcome to use your own money, not what's been taken from the taxpayers.

—Allan K. Lindsay-O'Neal
San Leandro

INQUIRING REPORTER

What's your back-to-school tradition?

— Asked along Bancroft Avenue

I try to make a fun day for the kids to go school shopping to get excited about school. We'll go out for ice cream and touch on goals for the upcoming year, as well as talk about the teachers they'll have.

Felicia Bryant
San Leandro



Definitely, back-to-school shopping and going to orientation, and setting up after-school day-care programs and schedules. We have a first grader and a toddler, and we just moved, so we'll have lots of traditions to come.

Ali Yassini
San Ramon

We just bought uniforms. We've bought school supplies and I need to dye my back before I start school.

Holly Northington with father Jeff
Martinez



I go to Walmart to buy all my school supplies. I'll be starting my first year of college at UCSD, so I'll be getting home goods like sheets and other items to furnish my dorm room.

Jasmine LaRose
San Leandro



When I prepared for back-to-school time while growing up, we bought supplies and things at Kmart. We also bought school clothes at Mervyn's and JCPenny.

Kim Selleaze
Oakland



SPORTS

Junior Golfers Take the Course at Monarch Bay Tourney

By Andrew Joseph
San Leandro Times

Boys and girls youth golfers from throughout Northern California competed last Thursday in the 55th annual San Leandro Jr. Golf Championship at the Monarch Bay Golf Course.

There were different flights for each age group in both the boys and girls categories. San Leandro resident Adrian Davis placed first in the boys age 16-18 Tony Lema flight with a score of 71.

The overall boys champion

was Ben Ragland of San Ramon with a score of 70. Samira Pal of Cupertino was the girls overall champion with a score of 73.

"I was already warmed up after playing in another tournament yesterday so I tried to come out today and do my best," said Brice Chin of Oakland who scored an 82 in the boys age 16-18 flight. "I think the sport of golf is growing in Northern California with a lot of younger golfers coming up to help the sport continue to get better and bigger."

The emphasis for the tourna-

ment is for the kids to have fun during competition and enjoy playing the sport of golf with their peers, said David Sams who runs the tournament each year for the City of San Leandro.

"What I try to stress to the kids is that golf is supposed to

"The atmosphere was great and relaxing. I had a lot of fun playing today."

— Young golfer
Sungeon Moon of Dublin

be fun," said Sams. "We do have some kids who have competed here go on to play in the professional golf tour."

The winner for the girls age 15-18 flight was Ashley Pan of Moraga with a score of 75. The age 14-15 boys champion was Jack Jerge with a score of 73. The girls age 12-14 flight champion was Janna Andaya of Santa Clara



Brice Chin putts his ball on the green on the 18th hole during Thursday's championship.



PHOTOS BY ANDREW JOSEPH

John Fitzgerald of Hillsborough in the boys age 15-18 flight hits his ball onto the green on the 18th hole to finish with a score of 84.

with a 76. Benjamin Friedman earned first in the boys age 12-13 flight with a score of 80.

"I didn't start out too well today but I came back in the end to get a better score," said Sungeon Moon of Dublin who finished Thursday with a score of 76. "The atmosphere at this tournament was great and relaxing. I had a lot of fun playing today."

A highlight of the day was from Nthenya Maithya who scored two birdies and one eagle on the back 9 to finish in second place with 72 in the girls age 15-18 flight.

Derek Zhao of Oakland in the boys age 16-18 flight also made an eagle during his competition

"It's good for the game of golf to encourage the young players."

— Tournament director
David Sams

to finish with an 87.

The weather during competition was perfect for golfing, reaching a high of 71 degrees

with a slight ocean breeze from the nearby San Leandro marina.

Golfers age 11 and under played on the shorter 9-hole course.

The boys' age 10-11 flight winner was Walton Li of Los Gatos with a score of 39. Gia Ahlowalia of San Ramon shot a 33 to earn first in girls age 10-11 flight. Tyler Kalfsbeek of Woodland shot a 36 to win the boys age 7-9 flight.

It's good for the game of golf to encourage the young players, Sams said.

"A large percentage of golfers are over 50 years old, so to be able to retain these young golfers they should have fun and enjoy playing the sport in fellowship with their peers," said Sams. "I grew up on the golf course and have been running this tournament for over 20 years, what's great is that being here is like a safe haven where the older players can mentor the youth that are here and to bond with each other."

Did you know that the Times can be mailed to anyone in the continental United States?



■ For only \$99 you can give your friends and family the scoop on what's happening here in town.

■ "Loyal Reader" subscriptions are also available for San Leandro residents, only.

Call 614-1555 for details!

☐ Yes, I want a 52 week subscription to the San Leandro Times. Enclosed is my check for \$95. Please send my subscription to:

Make check payable to San Leandro Times, and mail this coupon to 2060 Washington Ave., San Leandro, CA 94577.

Name	_____
Address	_____

PROGRESSIVE URGENT CARE

**New in Castro Valley!
NOW OPEN!
9am- 9pm Daily!**



We provide quality care for non emergency services with or without an appointment.

**22101 Redwood Rd. #B,
Castro Valley, Ca 94546
510-605-5330**

To make appointment go online to:
www.progressiveurgentcare.org

Most major insurance plans accepted. We offer a low cost self pay rate.

For life threatening emergencies, call 911 or go to the nearest emergency room.

Baby Boomers Dance in San Lorenzo

Come out and join the fun at the Baby Boomers Dance to a live band on Sunday, Aug. 18, from 2 to 5 p.m. at the Cabrillo Civic Club #11, Ashland Holy Ghost Hall 16490 Kent Ave. in San Lorenzo.

All ages welcome. Prizes given for the best '60s or '70s outfits and for the dance contest winners.

For more information, call Shirley at 510-329-1705.