



At the Plate
HOW TO BUILD A ROASTED VEGGIE SANDWICH, STEP BY STEP 4

WEEKEND WEATHER

Cloudy

Partly cloudy Friday thru Sunday

HIGHS: 76-81

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

LOWS: 54-59

FRIDAY

SATURDAY

SUNDAY

San Leandro Times

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

VOL. 33 • NO. 41 THURSDAY, OCTOBER 12, 2023 SAN LEANDRO • CALIFORNIA



PHOTO BY JIM KNOWLES

Skaters work on a roller dance step on Sunday at the Kaiser Auditorium where every Sunday through December 17 you can skate and take lessons from roller dance pioneer Richard Humphrey of San Leandro.

Skaters Roll at Kaiser Auditorium

By Jim Knowles
San Leandro Times

The hardwood floor at the Kaiser Auditorium hums with the sound of roller skate wheels as a rhythm & blues song plays over the sound system.

“R&B is what the skaters like,” says Richard Humphrey. “It’s all about the

beat. If you don’t have the beat, it’s not happening.”

Humphrey, a San Leandro resident, has been teaching roller skaters for over 50 years. Roller dancing is his thing. He’s developed a dance program on wheels that skaters can follow to develop as skaters and adapt to their own

dance moves.

It all started with skating in Golden Gate Park in 1979. Humphrey is known in the skate community all over the world.

Now, every Sunday, Oct. 1 through Dec. 17, from 2:30 to 10 p.m. Hum-

see SKATE, page 11

Father of Girl In School Fight Arrested in Shooting

Union City father of SLHS student arrested for shooting at another father

By Michael Singer
San Leandro Times

A 32-year-old man from Union City is in jail following a shooting in the 600 block of Elsie Avenue on September 17, which likely was retaliation for a fight between two girls at San Leandro High School, police said this week.

San Leandro police Lieutenant E. A. Teng said officers learned the victim’s 14-year-old daughter had been involved in an altercation with another female juvenile at San Leandro High School

on September 14, three days before the shooting.

Police say the father heard voices outside his home and went out to investigate. He was shot at several times by a suspect, Reylan Simbol-Nazer, who was the front passenger inside a vehicle parked in the middle of the street, according to police. Fortunately, the father was not struck by the gunfire.

“Following this lead, of- see SHOOTING, page 12

Shooting Victims’ Names Released

By Mike McGuire
San Leandro Times

The Alameda County Coroner has identified the two people found murdered in their cars 10 days apart in the parking lot of 24-Hour Fitness by Bayfair Mall.

The shooting victims were Samebahattin Ciftci, age 46, no permanent address, who was found dead in a car on September 14; and Emre Bi-

zkurt, 21, also no permanent address, found on September 24, also dead from a gunshot.

The investigation by San Leandro police is ongoing, said San Leandro Police Department spokesman Lt. Abe Teng. Investigators do not yet know if either or both victims were targeted. Details will be

see NAMES, page 5

Historical Society to Present Free Showing Of Documentary about Russell City

A free screening of the Russell City documentary, *The Apology*, will be shown on Tuesday, Oct. 17, at 6 p.m. at the Bal Theater, 14808 East 14th St. in San Leandro. The screening is presented by the San Leandro Historical Society, San Leandro Public Library and History Museum.

This feature-length documentary investigates a time in the 1960s when Alameda

County and the City of Hayward dismantled the entire African-American community of Russell City, pushing 1,400 residents out of their homes and off their land – all to claim the 200 acres for an industrial park.

The evening includes a question-and-answer session with the filmmakers.

Doors open at 4:30 p.m. The San Leandro History

“In the 1960s the city of Hayward dismantled the entire African-American community of Russell City.

Museum will feature its traveling exhibit “Redlining and Housing Discrimination in San Leandro” to view before and after the screening.

Register for this free event at tinyurl.com/theapologyfilm

Russell City was a mostly Black and Latino community, built by families who had been barred because of their color from buying homes or proper-

see DOCUMENTARY, page 5

INSIDE YOUR TIMES

PETS

Tiger and Jelly Bean look for a new dog house. Page 2

COMMUNITY

The library offers some October activities. Page 3

HEALTH

Walking can be a very healthy exercise. Page 5

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MEETING SCHEDULES

CITY COUNCIL
Council meets on the first and third Monday of each month at 6:30 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

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Pets of the Week



The Pets of the Week at the Hayward Animal Shelter are Tiger, a chihuahua mix, and Jelly Bean, a pit bull mix.

Tiger is a 1-and-a-half-year-old Chihuahua mix. He's looking for that special someone to give him time to come out of his shell. Tiger is a shy guy but will warm up once he gets to know you. He is best suited for families with teens

and up.

Jelly Bean is a 1-year-old pit bull mix. She wants to be next to you at all times, day and night, sun up to sun down. Jelly Bean is high energy and will need a lot of



Tiger

activity and exercise. She is best suited for teens and up.

For more information or to adopt Tiger or Jelly Bean, call the Hayward Animal Shelter at 510-293-7200.



Jelly Bean

Paid Advertisement

VICTIM OF PERIPHERAL NEUROPATHY?

Are you one of the Millions of Americans that suffer from peripheral neuropathy? Have you been told you have to deal with it, live with it, and rely on Gabapentin, Lyrica, Cymbalta, injections or other dangerous off label drugs with serious side effects. You see, it's not your medical doctor's fault, it's the completely irrational medical system that continues to treat only the symptom and not the cause.

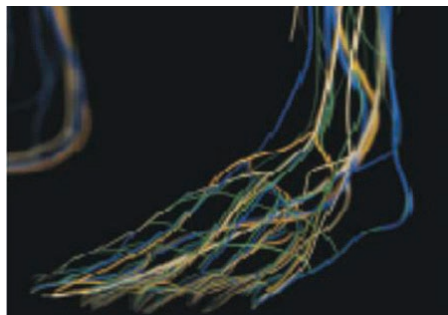


Figure 1: There are tiny blood vessels that run through the foot.

Are you suffering from numbness, tingling, burning pain, deep stabbing pain, often diagnosed as peripheral neuropathy? Are you having balance problems or have the fear of becoming disabled, needing someone to take care of you and losing your independence?

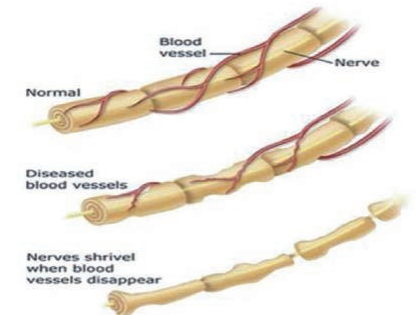


Figure 2: When the tiny blood vessels start to die off the nerves start to malfunction.

As you can see in Figure 2, as the blood vessels that surround the nerves start to die off. The nerves begin to shrink from the lack of all its oxygen, nutrients, and blood supply. When these nerves begin to die, symptoms such as numbness, tingling, burning pain, sharp deep stabbing pain, balance problems, and lastly fatal falls and injuries begin to appear. The main problem is that your doctor has relied on the "drug cocktail" and exploratory surgery approach which miserably fails. You actually think like a neuropathy expert more than you think. Let me give you an analogy. What do you think of when you see a wilting plant? What does it need? Exactly! Water, sunlight, nutrients, take any toxins away from its environment for healing!



Figure 3: When deprived of water, sunlight, and nutrient, the plant dies.

A nerve is an organism just like a plant, so our goal at Intero is simple. We must increase blood supply to the nerve so it can heal. But first, ask yourself this question. How many medications will it take to increase blood flow to the dying nerve? You are correct! Medications can not increase blood flow. With Intero's 3 step process, we have a 90-95% success rate with neuropathy.

- 1) Increase blood flow
- 2) Educate small fiber nerves
- 3) Decrease pain signals



Figure 4: The blood vessels will grow back around the nerves much like a plant's roots grow when watered

One way we increase blood flow is by using cutting-edge technology such as lower level light therapy, also known as LLLT. The technology was discovered by NASA by treating wounds in space. LLLT was approved by the FDA in 2001 and is at the forefront of neuropathy treatments. The low level light therapy creates a process called angiogenesis to occur. Angiogenesis means creating "new blood vessels". It's like watering a plant. The more LLLT a nerve gets, the more it repairs itself, just like a plant would by getting more water, sunlight, and nutrients.

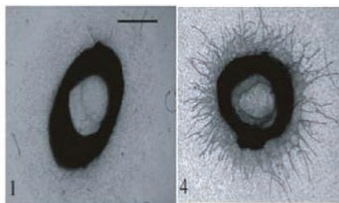


Figure 5: Group 1 you see a nerve with no blood vessels. In group 2 you see a nerve with a spider web of blood vessels after LLLT therapy.

In addition to LLLT, we use a cutting edge technology around a Nobel Prize winning concept allowing increased circulation to the extremities.

It's crucial that once we get new blood to the nerves and create new blood vessels, to re-educate the nerve back to normal function. By using a device that's used in large hospital chains across the country for neuropathy, we are able to repair the damaged nerves, and start to make them durable once again.

The most common mistake neuropathy sufferers make is thinking "it will go away on its own". Don't let neuropathy control your life. Doing this for long periods can cause you to reach a point of no return.

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to book your appointment

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PHOTO COURTESY OF MIKE KATZ-LACABE

Correction on Cameras and Locations of Intersections

In the Oct. 5 story about an additional 41 police cameras named in the story weren't accurate. Some intersections where the cameras were originally planned were changed. Below is a list of the intersections with the cameras, taken from the presentation at the Sept. 18 City Council meeting.

Also, some of the inter-

Camera Locations at Interesections

Bancroft Avenue & Dowling Boulevard (1)
Estudillo Avenue & Macarthur Boulevard (4)
Macarthur Boulevard & Superior Avenue (1)
Dutton Avenue & Macarthur Boulevard (1)
Washington Avenue & Lewelling Boulevard (3)
Wicks Boulevard & Farallon Street (2)
Fargo Ave & Washington Ave (1)
Lewelling Boulevard & Hesperian Boulevard (1)
Davis Street & Timothy Drive (1)
Fairway Drive & Doolittle Drive (1)
Fairway Drive & Monarch Bay Drive (2)
Hesperian Boulevard & Springlake Drive (4)
Wicks Boulevard & Lewelling Boulevard (2)
Washington Avenue & Springlake Drive (1)
Fairmont Drive & E. 14th Street (1)
Bayfair Drive & E. 14th Street (1)
Marina Boulevard & Alvarado Street (4)
Marina Boulevard & Doolittle Drive (1)
Marina Boulevard & Teagarden Street (1)

see CAMERAS, page 5

Take the Countywide Area Plan Survey



Every four years the County of Alameda Area Agency on Aging collects data from older county residents, which we use to determine current and future needs of seniors.

If you are 55+, your participation is needed! Scan the QR code below, or log onto <https://t.ly/ROkq>. Have questions? Call us at 510-268-CWAP (2927).



Your Plan. Your Voice.

Community Calendar

Digitize Your Family History

Learn how to digitize your family history at a workshop on Thursday, Oct. 12, from 6 to 7:30 p.m. at the San Leandro Main Library, 300 Estudillo Ave. Are you overwhelmed with binders and bins full of genealogy notes and family photographs? At this workshop you will learn how to create your own digital family history, create an oral history using artificial intelligence, scan and restore photos with free or cost effective resources and more. No registration necessary. For more information, call 510-577-3971.

Community Chat with Councilman Fred Simon

San Leandro City Councilman Fred Simon will hold his monthly Community Chat on Saturday, Oct. 14, from 9 to 10 a.m. at the Manor Park pickle ball courts, 14900 Zelma St. Listen and share ideas on improving our environment and city, and learn how to become a community ambassador.

Hearing Loss Support Group Meeting

The Hearing Loss Support Group will meet on Saturday, Oct. 14, via Zoom. Greeting at 9:30 a.m., presentation at 10 a.m. RSVP at www.hearinglosseb.org and click on monthly meetings. Kay Tyberg will present information on the broad landscape of hearing assistive technology (HAT) – in the home, in public, and beyond. She will discuss useful tools, devices, and apps, where to find them and how to advocate for HATs to meet your needs, whether for the theater, traveling, church, emergency situations, or other needs. Email Marlene Muir at muiremc@comcast.net for any questions.

Fantasy/Sci-Fi Writers Workshop

Join a group of local writers to develop your own creative writing project at the Fantasy/Sci-Fi Writers Workshop on Tuesday, Oct. 17, from 6 to 7:46 p.m. at the San Leandro Main Library, 300 Estudillo Ave. Whether you've never written a word in your life, or if you have a sci-fi novel complete and ready for final edits, this is a great chance to work on your craft and build your writing community. These ongoing workshops will focus on writing fantasy, science fiction, horror, post-apocalypse (and other speculative genres), and the special opportunities and problems these genres pose to writers and readers alike. All experience levels are welcome. Ages 15+. Fill out the suggested, but optional, online signup form, <https://tinyurl.com/29bf23u8>

Washington Home Owners to Meet

The Washington Home Owners Association will host its monthly meeting on Wednesday, October 18, at 6:30 p.m. at the Marina Community Center, Room C, 15301 Wicks Blvd. The Alameda County Fire Department will be our guest speaker to go over personal emergency preparedness. Washington Manor residents and the public at large are encouraged to attend and hear about how they can prepare themselves and family in the case of an emergency. If you have any questions, you can call Bob Glaze at 510-352-2058.

Alta Mira Club Pancake Breakfast

The Alta Mira Club, 561 Lafayette Ave. in San Leandro, will host a "Rock Around the Clock" Pancake Breakfast on Saturday, Oct. 21, from 8 a.m. to noon. Tickets are \$12 for adults, and \$6 for children. Tickets available at the door, or by calling Sue Patrick at 510-931-8111.

Job and Resource Fair at SL Adult School

San Leandro Adult & Career Education Center, 1448 Williams St., along with Rubicon Programs will host a free in-person Job and Resource Fair on Friday, Oct. 27, at 10 a.m. Join other interested job seekers to meet and discuss career opportunities and resources with over 30 businesses and organizations ready to help you.

American Legion Post 4th Sunday Breakfast

San Leandro American Legion Post 117 is bringing back its 4th Sunday breakfast after a 2-year postponement due to the pandemic. The Sunday, Oct. 22, breakfast will be from 8 a.m. to noon at the Veterans Memorial Building, 1105 Bancroft Ave. in San Leandro. Pancakes with bacon, coffee, tea, juice, etc. \$5 for veterans, \$6 for non-veterans.

Inner Wheel Club to Present *The Fantastics*

The Inner Wheel Club of San Leandro will present *The Fantastics* at the Chanticleers Theater, 3683 Quail Ave. in Castro Valley, on Sunday, Oct. 29, at 2 p.m.

Tickets are \$35. Make checks payable to IW Club of San Leandro, and mail to: Inner Wheel Club of San Leandro c/o, 2628 Glen Court, San Jose, CA 95148. For more information, email iwclubofsanleandro@gmail.com or call 510-828-3050.

The Fantastics is one of the longest running musicals in American history. The story focuses on two young lovers, their meddling fathers, and the journey adolescent thrills, hurt

and betrayal, and heartbreak to discover who we truly love. This is the Inner Wheel Club's October fundraiser.

Mistletoe Madness Accepting Vendors For the Annual Craft Fair in November

Mistletoe Madness is accepting vendors for the 2023 show of handcrafted items for sale that will be on Saturday, Nov. 25, from 10 a.m. to 4 p.m. at the Marina Community Center, 15301 Wicks Blvd. in San Leandro. To register or for more information, visit www.mistletoemadness.net.

Family Friendly October Activities at the Library

Main Library Halloween Costume Swap

Bring your child's outgrown costumes to swap for a new-to-you costume at San Leandro Main Library, 300 Estudillo Ave. on Tuesday, Oct. 17, from 5:30 to 7 p.m. Drop off clean, gently used costumes now through Oct. 14 to receive a ticket to swap for a costume. Stay to enjoy a craft and Halloween cookies.

Manor Branch Library Pumpkin Painting

Skip the carving knife and design a jack-o-lantern with paint at the Manor Branch Library, 1241 Manor Blvd., on Wednesday, Oct. 18, from 6 to 7:30 p.m. This program is for adults age 18+. Supplies may be limited.

Halloween Crafts for Kids At Manor Branch

Celebrate Halloween with Arts and Crafts at the Manor Branch Library, 1241 Manor Blvd., on Thursday, Oct. 19, from 4 to 5 p.m. Open to children of all ages. No registration required, while supplies last.

Dia de los Muertos (Day of the Dead) Celebration with Crafts

Make some crafts to take home and to add to our library's Community Altar display to honor and remember those loved ones who are no longer with us on Thursday, Oct. 19, from 5:30 to 7 p.m. at the San Leandro Main Library, 300 Estudillo Ave. Recommended for kids of all ages, and their families. Register at www.sanleandrolibrary.org or call 510-577-3960.

Family Fun Night: Spooktacular Puppet Show

The Fratello Marionettes present a Halloween puppet show on Wednesday, Oct. 25, at 6:30 p.m. at the San Leandro Main Library, 300 Estudillo Ave. The show features happy ghosts, Frankenstein, a not-so-scary spider and more, all set to music. Wear your costume if you'd like. All ages welcome.

Manor Library's Halloween Family Fun Fest

Come for super fun games and activities, win prizes, and enter into a raffle drawing for a chance to win a pumpkin on Sunday, Oct. 29, from 2:30 to 4:30 p.m. at the Manor Branch Library, 1241 Manor Blvd. This event is free and best for kids ages 10 and under. Costumes are welcomed and encouraged.

San Leandro Student Makes Dean's List at Mercy College in Ohio

The following students were awarded honors for the Summer 2023 semester at Mercy College of Ohio. The Honor's List includes **Kyle O'Rourke of San Leandro, Calif., BS Medical Imaging.**

To be named on the Honor's List, a student must achieve a grade point average of 3.3 or higher and be enrolled for 6-11 credit hours. Mercy College of Ohio is a Catholic institution with a campus in Toledo, Ohio and a location in Youngstown, Ohio. It focuses on healthcare and health science programs.

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Step Up to the Plate!



ALL HANDS SANDWICHES

A little imagination can turn a platter of sandwiches into a tasty assortment of unexpected combinations of meats and cheeses, lettuces and vegetables pictured above.

- 1 sesame roll
- 2 slices seeded rye bread
- 2 pieces baguette, cut on an angle and sliced in half
- Challah roll
- 4 slices 8-grain bread
- 1/4 pound each of salami, pepperoni, roast beef, low-fat bologna, all thinly sliced
- 1/4 pound each pepperjack, American, Cheddar and Swiss cheese, thinly sliced
- 1/2 cup shredded lettuce
- 1/4 cup deli coleslaw
- Russian dressing
- 1/2 red onion, thinly sliced
- 1/2 tomato, thinly sliced
- 1/2 pound each sliced roast

Whether you have a family of baseball fans or football fans, this time of year means more time in front of the TV, – especially on week-ends – with plenty of easy-to-eat

food at the ready.

Unlike typical armchair munchies, these sandwiches aren't loaded with the extra fat and salt found in party mixes, chips and fried foods.

turkey and baked ham
Assortment of fresh lettuces, greens and basil
Red and yellow peppers

Building the sandwiches:

Layer sesame roll bottom with lettuce, add three slices pepper-jack cheese, folded turkey slices, pepper slices; cover with top half of sesame roll.

Cover baguette half with shredded lettuce, shingle with salami, add three slices American cheese, then shingle with pepperoni. Top with remaining baguette half.

Spread rye bread slice with coleslaw, add folded slices roast beef; drizzle with Russian dressing, top with two slices red onion. Cover with remaining rye bread slice.

Cover challah roll half with three slices American cheese. Fold and add bologna, cover with shredded lettuce and top with remaining roll half.

Place several basil leaves on bottom half of second baguette. Fold turkey and place on sandwich. Top turkey with three cheddar slices. Add several more basil leaves and cover with remaining baguette half.

Layer green leaf lettuce on slice of 8-grain bread. Add three slices Swiss cheese. Fold ham and layer on sandwich. Top with tomato slices and remaining slice of whole grain bread.

Garnish tops of sandwiches with olives, cherry tomatoes and pickles skewered with toothpicks. Serves 6, or...maybe 3.

LOW FAT TURKEY REUBENS

- 1/4 cup fat-free thousand island dressing
- 8 slices dark rye bread
- 8 ounces thinly sliced cooked turkey
- 1/2 cup sauerkraut, drained
- 4 slices low-fat Swiss cheese
- Vegetable oil spray

Spread salad dressing on one side of each slice of bread. Top 4 slices of bread with turkey, sauerkraut and cheese. Top with remaining bread slices, dressing side down, of course.

Spray a large skillet with vegetable oil. Cook 2 sandwiches over medium heat 4 to 6 minutes or until bread toasts and cheese melts, turning once. Repeat with remaining sandwiches. Serves 4.

ROASTED VEGGIE SANDWICH

- 1/4 cup red wine vinegar
- 2 tablespoons olive oil
- 1/4 cup chopped fresh basil leaves
- 1 each, small eggplant, small

- squash, small zucchini, all sliced into thin rounds
- 1 medium red bell pepper, cut into strips
- 1 small red onion, thinly sliced
- Salt, pepper and cayenne, to taste
- Low-fat mayonnaise
- 8 slices multi-grain bread

Preheat the oven to 450°F. In a large mixing bowl, combine the vinegar and oil. Add the basil and the vegetables and toss to coat. Spread the vegetables on a baking sheet or shallow roasting pan. Sprinkle with salt, pepper and cayenne to taste.

Bake, stirring occasionally, until the vegetables are tender and lightly browned, about 30 minutes. Remove from the oven and let cool.

Spread the mayonnaise on four slices of bread and arrange the vegetables on the other four slices. Close, cut diagonally and serve. Makes 4 sandwiches.

AVOCADO BLT

- 4 slices bacon
- 2 slices sourdough bread
- Balanced-style vegetable margarine
- Low-fat mayonnaise
- Thin slices of tomato
- 1 avocado, peeled, pitted and sliced
- Salt, to taste
- Lettuce or sprouts

For each, fry or microwave bacon until crispy; drain well on paper towels. Lightly toast the bread, spreading margarine on one slice and mayonnaise on the other. Top mayonnaise slice with tomato slices and then layer on the bacon.

Slice or smash avocado and place on margarine slice of toast. Sprinkle with salt. Add lettuce or sprouts last. Sandwich it all together and cut in half. Makes 1 sandwich.

TUNA SALAD SANDWICH

- 1 can water-packed tuna
- 1/2 stalk celery
- 1-1/2 pickles (garlic and dill are best)
- 1 teaspoon pickle juice
- 2 -3 tablespoons mayonnaise
- fat-reduced mayonnaise
- 1/4 cup onion (a little less)
- Pinch pepper

Drain and put tuna and pepper in small bowl.

Chop onion, celery, and pickle into very small pieces and add to bowl.

Add just enough mayonnaise to cover ingredients when mixed.

Add a small amount of pickle juice to moisten.

Spread on bread with tomato and sprouts. Yields 2 to 3 sandwiches.

CROSSWORD PUZZLE ANSWERS

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

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HOROSCOPE by Salomé

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ARIES (March 21 to April 19): Your moodier side might emerge this week. But the dark period should pass in time for the party-loving Lamb to go on a happy gambol with some very special people this weekend.



TAURUS (April 20 - May 20): Yet again, you show your skills at being able to indulge in your love of the arts this week while still taking care of practical matters, including some still-unfinished business matters.



GEMINI (May 21 to June 20): A potential change might be what you've been looking for. In any event, consider both the negative as well as the positive possibilities before making any sort of decision.



CANCER (June 21 - July 22): Relationships continue to dominate your aspect this week on a mostly positive level, with just a few problem areas that you need to smooth over. Also, try to be flexible about travel plans.



LEO (July 23 - August 22): You love being on center stage, and while you absolutely purr at the sound of all that praise, be careful not to take on too many commitments at the expense of time spent with loved ones.



VIRGO (August 23 - Sept. 22): You might feel that you need to get involved in a matter concerning a friend or a relative. But while the issues appear to be cut and dried, they might not be. Get more facts before you act.



LIBRA (Sept. 23 - October 22): A suggestion about a policy change could create heated reactions. Keep your mind open and resist joining in with naysayers unless they can show a real basis for their position.



SCORPIO (October 23 - November 21): While potential career changes warrant your interest, don't ignore your current job responsibilities. A personal relationship can also benefit from more of your attention.



SAGITTARIUS (Nov. 22 - Dec. 21): Don't guess at what the facts might be if you hope to make the best decision possible. The wisest course is to ask direct questions and act on the answers you receive.



CAPRICORN (Dec. 22 - Jan. 19): Your efforts involving that pesky problem should soon show positive signs of being resolved. This should allow you to shift some of your focus in another direction.



AQUARIUS (Jan. 20 - Feb. 18): While you might enjoy well-deserved praise for getting a difficult job done, there's no time to relax. A new challenge looms. Expect support from a once-strong critic.



PISCES (Feb. 19 - March 20): You still might have explaining to do regarding a recent decision, but support grows as you continue to make your case. You might also want to start making plans for the upcoming holidays.

HEALTH & FITNESS

Let's Go for a Walk – Simple and Good Exercise

By Mitch Rothbardt
Special to the Times

Time's running out!

Sorry if I scared you, but it is happening. Winter is coming.

We don't need to worry about White Walkers from the Game of Thrones, but we do have to think about shorter, colder days.

The good news is that we still have time to take advantage of some gorgeous weather, so let's get outside and just go for a walk.

It sounds simple, but it's one of the best things you can do for your overall health. Luckily, we have some great places to tread around these parts.

Here's a short list of health benefits that come with a nice stroll:

- Better circulation
- Getting some of that Vitamin D
- Great for mental health and reduced stress
- Improve your cardiovascular system
- Power up your digestion
- Commune with nature
- Your dog will love it

Three other nice things about walking?

- It's free
- It's easy
- It doesn't have to take long

Like most things with fitness, walking can fit into your schedule pretty much any way you want it to. Benefits have been shown with as little as a 10-minute walk a few times a week.

Take a walk after eating, and you'll find your food digests a little easier, and you may feel a little more energetic and avoid the normal post-meal crash.

Another benefit to walking is the ease of adjusting your level. You can put on a podcast and enjoy a relaxed walk among the trees or go for a heart-pumping, sweat-pouring workout. It's up to you.

Here are just a few tips:

- Bring your hat, sunblock and water.
- If you want to improve your cardio, walk just a little bit faster than your normal pace. No need to run. 4 percent faster is all you need.
- Do some foot circles and calf stretches before you start, particularly if it's on rough or uneven ground.

Let's take advantage of the beautiful weather while it's still here.

Mitch Rothbardt is the owner and head trainer at Castro Valley Fitness. He loves answering questions.

Email Mitch@CastroValleyFitness.com.

Documentary: Stories of 20 Russell City residents and their descendants

continued from front page
ty elsewhere.

For them, their community near Hayward was a beloved village, with thirteen businesses, seven churches, and 205 families. All of this was

destroyed in 1963.

Sixty years later, *The Apology* features the stories of more than twenty Russell City residents and their descendants. Using archival footage, animated photos, and

illustrations, the film explores the historical significance of an apology. What does it mean to make amends for a past that is very much present in the memories of the former residents?

Names: Mayor: 'I'm still going to Bayfair, I'd go to 24-hour Fitness, too'

continued from front page

announced as they are discovered and can be released without hampering the investigation, he said.

Neither victim had a permanent address, Teng noted. But one victim was found in a Gold Toyota Camry he

owned, while the other was found in a rented gray Toyota Prius. There is evidence both were living in their cars, Teng said.

Mayor Juan Gonzalez said the murders were concerning, in a city that normally has only a few in a year. While he's be-

ing kept up to date, he said he lacked detailed information.

Asked if the killings posed a danger to the public, Gonzalez replied, "I'm still going to Bayfair. And while I'm not a member of that 24-Hour Fitness, if I were, I'd be going there, too."

Cameras: At many intersections

continued from page 2

Davis Street & Doolittle Drive (1)
Fairway Drive & Merced Street (1)
Marina Boulevard & Merced Street (1)

San Leandro Boulevard & Davis Street (2)
E 14th Street & San Leandro Boulevard (1)
E 14th Street & Hesperian Boulevard (3)
Halcyon Drive & Hesperian Boulevard (1)

Advocacy Groups Work With County on Homeless Plan

By Michael Singer
San Leandro Times

Alameda County's emergency declaration to combat the homeless crisis is gaining support among advocacy groups who hope the funds will quickly go to the people who need it most.

The Board of Supervisors on September 19 approved a local state of emergency, unlocking the state and federal funding they hope will speed up the county's Home Together 2026 Community Plan to end homelessness.

"In the last few years, we have invested over \$200 million and adopted the five-year Home Together Plan, but the number of people experiencing homelessness continues to rise every year," Supervisor and Board President Nate Miley told the Times. "That is why I asked my colleagues to join me in declaring this state

"The highest priorities are the lack of interim housing and a safety net for the many with mental health issues.

— Melissa Moore,
homeless advocate

of emergency, to ensure every available resource and tool is available and being used."

Alameda County Health Care Services Agency (HCSA) Office of Homeless Care and Coordination (OHCC) was

named as the lead agency responsible for managing the funds and is expected to report back to the Board of Supervisors within 60 days.

"We look forward to a robust conversation to be held with a sense of urgency to expand services and bring needed shelter and housing programs to scale," said OHCC Director Kerry Abbot.

The plan is expected to be a catalyst for getting the county to pull together with cities and unincorporated committees to coordinate a response. Homeless advocate Melissa Moore says she's hoping the red tape won't slow down the important work that service providers are trying to accomplish right now.

"In my opinion, the highest priorities are the lack of interim housing like tiny homes or sanctioned encampments and

see ADVOCACY, page 12



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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Increasing Interest Rates Causing Confusion and Anger

By Carl Medford, CRS
Special to the Times

As buyers struggle more and more with each passing day to land a home, one quick glance at current interest rates reveals everything you need to know about the current mess. Matt Carter, in an article on Inman News, 10/04/23, states, "The Optimal Blue Mortgage Market Indices, which track daily rate lock data, show rates on 30-year fixed-rate conforming loans hitting a new 2023 high of 7.59 percent Tuesday — an all-time high in Optimal Blue records dating to 2017. At 7.95 percent, rates on jumbo mortgages that exceed Fannie Mae and Freddie Mac's loan limits looked poised to push through the 8 percent benchmark, as paper losses mount at banks that fund most jumbo lending and Treasury yields rise."

The continuing rate hikes have everyone confused. To understand why, there are a few important things to remember:

Since many homeowners locked in rates below 3%, the higher rates go, the less likely they are to sell. Even with high rates, there are a significant number of buyers out looking to buy a home.

As rates increase and sellers sit tight, inventory has been declining, creating a classic supply and demand situation: with less inventory and a decent supply of buyers, we are seeing multiple offers on a significant number of properties which is in turn pushing prices higher. As prices get pushed higher, the cost-of-living index rises, which in turn signals to the Feds that they should increase rates even more.

In other words, the Fed, by continuing to raise rates, is making the situation worse, not better.

The continued rate hikes are causing extreme concern amongst economists and outright disbelief and anger in the housing sector. As an example, NAR's (National Association of Realtors) Chief Economist Lawrence Yun has expressed his frustration and concern with Fed policy makers over their stated intent to have at least one more rate increase this year.

While on paper it might make sense to increase rates, in reality, it is completely ruining the real estate market. Sellers who might want to sell and relocate for any number of reasons are being effectively locked into their homes for the foreseeable future. Buyers, on the other

hand, are being faced with almost insurmountable odds in trying to buy a home.

Unless something changes soon, the inevitable could be a complete housing market collapse — something no one wants to go through again.

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



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— Matt & Bob Jones
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Cherry Trees Return to Dormancy in Cooler Weather

By Buzz Bertolero
The Dirt Gardener

Leaves are forming, and it is flowering again. Is this common with cherry trees?

Yes, this occurs periodically in the landscape, but it is a more frequent occurrence with container fruit and flowering trees. Water Stress from irregular watering is the primary cause of the leaves drying up and falling off. They

should be watered every other day or daily to avoid having problems. The rate at which a plant loses water is affected by the temperature and wind along with the container, which heats up in the afternoon sun. These factors contribute to a plant suffering from water stress throughout the growing season. It starts in the leaves along the outer edges and top of the plant, where they turn brown and get very crinkly. If the tree dehydrates completely, it dies.

The cherry tree starts to go dormant naturally in the



https://commons.wikimedia.org/wiki/File:Stablo_tre%C5%A1nje_Germersdorfer_u_cvatu.jpg#/media/File:Stablo_tre%C5%A1nje_Germersdorfer_u_cvatu.jpg

early fall. Water stress increases the leaf drop, forcing an earlier-than-normal dormancy. With mild temperatures, shorter days, and moisture, the tree awakens from dormancy and flowers and begins a new growth cycle. However, all of this is short-lived. The tree will return to dormancy with cooler days and nights, stopping the growth. The tree drops any of the new leaves and the rest of the older leaves. There is no permanent damage done to the tree. Next spring, it will see BUZZ, page 7



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RECENT HOME SALES

Home sales information is compiled and provided by CalResource and includes Bedrooms, Square Feet and Year Built when available

CASTRO VALLEY

Total: 3 - Average Price: \$853,333
High: \$935,000 - Low: \$750,000

2513 Lessley Avenue 94546:
\$750,000 [3 BD - 1,545 SF - 1948
2107 Lessley Avenue 94546:
\$875,000 [2 BD - 1,018 SF - 1948
20959 Nunes Avenue 94546:
\$935,000 [3 BD - 1,215 SF - 1948

HAYWARD

Total: 15 - Average Price: \$897,366
High: \$1,845,000 - Low: \$385,000

25938 Kay Avenue #213 94545:
\$385,000 [1 BD - 840 SF - 1989
387 Laurel Avenue #11 94541:
\$520,000 [2 BD - 1,050 SF - 1989
26184 Stanwood Avenue 94544:
\$575,000 [3 BD - 1,041 SF - 1952
21103 Gary Drive #212a 94546:
\$620,000 [2 BD - 1,100 SF - 1993
10 Crystal Gate Commons 94544:

\$735,000 [3 BD - 1,475 SF - 1992
25812 Seaver Street 94545:
\$815,000 [4 BD - 1,280 SF - 1959
1783 E Street 94541: \$885,000 [4
BD - 1,606 SF - 1951
3042 Randall Way 94541: \$900,000
[3 BD - 1,220 SF - 1956
26201 Jane Avenue 94544:
\$960,000 [3 BD - 1,266 SF - 1952
26147 Evergreen Drive 94544:
\$969,000 [3 BD - 1,276 SF - 1952
2744 Longshores Drive 94545:
\$990,000 [3 BD - 1,867 SF - 2010
1105 Grove Way 94541:
\$1,039,000 [3 BD - 1,477 SF -
1941
37 Lance Way 94544: \$1,072,500
[4 BD - 1,866 SF - 1999
663 Woodland Avenue 94544:
\$1,150,000 [2,667 SF - 1960
198 Drummond Drive 94542:

\$1,845,000 [4 BD - 3,462 SF -
2007

SAN LEANDRO

Total: 7 - Average Price: \$885,714
High: \$1,100,000 - Low: \$720,000

14721 Van Avenue 94578:
\$720,000 [2 BD - 1,076 SF - 1920
1538 Brookside Drive 94577:
\$800,000 [3 BD - 1,210 SF - 1942
14370 Tiburon Road 94577:
\$820,000 [3 BD - 1,196 SF - 1963
15358 Andover Street 94579:
\$830,000 [2 BD - 842 SF - 1949
1485 Dayton Avenue 94579:
\$930,000 [3 BD - 1,426 SF - 1951
1786 Lanier Avenue 94579:
\$1,000,000 [3 BD - 1,347 SF -
1958
670 Victoria Court 94577:
\$1,100,000 [2 BD - 2,127 SF - 1941

SAN LORENZO

Total: 1 - Average Price: \$858,500
High: \$858,500 - Low: \$858,500

17011 Via Margarita 94580:
\$858,500 [3 BD - 1,050 SF - 1950

Buzz continued from page 6
awaken again. Fruit trees
should not be carried over
into a second growing sea-
son in the same container. So,
I'd plant it in the ground or a
larger container by the end of
February. There isn't enough
room for all their roots.

Q Our Broccoli and
Red Cabbage leaves
have holes in them,
along my lettuce. I've noticed
several green worms on the
backs of the leaves and ap-
plied something called Cat-

erpillar Killer. Will they die
soon, and how often do I re-
spray?

A Cabbage Loopers
are causing the holes
in the leaves of the
cool season vegetables. The
Cabbage Looper is the larva
stage of a moth. Its only pur-
pose is to eat; it will hibernate
in the pupae stage and change
into the adult moth. Caterpil-
lar Killer is the right product
for vegetables as it contains
Bt. It is specific to killing
worms. It is non-toxic when

sprayed on edibles and is safe
for kids, pets, and wildlife.
You will continue to see holes
and worms for about a week
after the first application. The
worms have to ingest the in-
secticide before it can work.
Bt. Gives the worms a fatal
case of the stomach flu. The
worms stop feeding and turn
black when dead. You will
need to reapply, as there are
several generations of worms
in a growing season. So, I
monitor the plants for new
holes and reapply as neces-
sary.

OPEN HOMES

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A		1-3	1218 139th Ave	\$723,000	3/1	Robert Jones and Assoc	Matt / Dilek	510-357-0120

CITY GUIDE

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Purple Honey



In North Carolina, there are areas where
some local honeybees have been known to
produce honey that has a purple or bluish hue.
No one is sure what makes this happen exactly
or how many conditions affect this process.
Some researchers theorize that some hives
collecting nectar from sourwood tree blossoms
in summer are the reason; others say hydrangea
flowers, titi plants, kudzu blossoms or elder-
berry flowers cause the unusual coloration.
Beekeepers who find their hives producing
this rare honey say it tastes fruity.

Sources: newsobserver.com, honeybeesuite.com

- Brenda Weaver



WEEKEND GARDENER

Bulbs

Fall bulbs for spring bloom are in abundance at nurseries and garden centers. Daffodils (narcissus), bearded iris and fragrant freesias should be planted as soon as possible. Hold off on anemone, ranunculus and tulips until the soil cools in late October and November.

For the vegetable garden, look for onion sets for yellow, white or red onions.

Vegetables

Harvest winter squash and pumpkins when the vines are dry and the rinds are hard. Cut the stems rather than breaking or tearing them, and leave 2 inches of stem attached to the squash. Let them cure in a dry, well-ventilated area at room temperature for two weeks. Squash and pumpkins should keep for about six months.

Citrus

Feed citrus and avocados with a fertilizer containing high levels of phosphorus and potassium, but no nitrogen. This helps them become cold-hardy for the winter days ahead.

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October

28

November

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MELISSA WILK

SEPTEMBER 18, 2023
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 600680

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Vic's Bikes, located at 1795 E. 14th
Street, San Leandro, Ca 94577, in Ala-
ameda County, is hereby registered by
the following owner(s): Victor H. Toledo
Flores, 662 Sybil Avenue, San Leandro,
Ca 94577 This business is conducted
by an individual. This business com-
menced 09/12/23
/s/ Victor H. Toledo Flores
This statement was filed with the Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
Expires SEPTEMBER 11, 2028
SEP 21, 28, OCT 05, 12, 2023
0450-SLT

FILED
MELISSA WILK

SEPTEMBER 05, 2023
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 600565

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Dragon Art, located at 2128 Longview
Drive, San Leandro, CA 94577 Alameda
County, is hereby registered by the fol-
lowing owner(s): Zachary Ryan Daly,
located at 2128 Longview Drive, San
Leandro, CA 94577. This business is
conducted by an individual.
This business commenced 9/5/23
/s/ Zachary Ryan Daly
This statement was filed with the Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
Expires September 4, 2028
SEP 14, 21, 28, OCT 05, 2023
0821-SLT

FILED
MELISSA WILK

September 20, 2023
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 600927

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
7Angels Assisted Living, located at 491
W Juana Ave., San Leandro, CA 94577.
Alameda County, is hereby registered
by the following owner(s): Lupe Mailau,
491 W Juana Ave., San Leandro, CA
94577. This business is conducted by
An Individual.
This business commenced N/A
/s/ Lupe Mailau
This statement was filed with the Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
Expires September 19, 2028
SEP 28, OCT 05, 12, 19, 2023
0860- CVF

FILED
MELISSA WILK

September 13, 2023
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 600752

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
(1) Villa Lobos Corporation, (2) Jav Finan-
cial (3) Wolf Motors located at 1250 A
Fairmont Dr., Suite 204 San Leandro, CA
94578. Alameda County, is hereby reg-
istered by the following owner(s): Villa
Lobos Corporation, located at 1250 A
Fairmont Dr., Suite 204 San Leandro, CA
94578. This business is conducted by a
Corporation. This business commenced
N/A
/s/ Jorge Villalobos
This statement was filed with the County
Clerk of Alameda County on date indicat-
ed by file stamp above.
Expires September 12, 2028

FILED
MELISSA WILK

SEPTEMBER 18, 2023
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 600827

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Tee Family Affair Ministry, located at
4100 Redwood Rd., 20-A #115, Oakland,
CA 94619, in Alameda County, is hereby
registered by the following owner(s): Tee
Family Affair Ministry, located at 4100
Redwood Rd., 20-A #115, Oakland, CA
94619. This business is conducted by a
Corporation. This business commenced
08/08/23
/s/ Trena Burton
This statement was filed with the County
Clerk of Alameda County on date indicat-
ed by file stamp above.
Expires August 17, 2028
SEP 21, 28, OCT 05, 12, 2023
0451-SLT

FILED
MELISSA WILK

AUGUST 15, 2023
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 600102

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Needs Buy Design, located at 6114 La
Salle Ave #526 Oakland, CA 94577,
in Alameda County, is hereby regis-
tered by the following owner(s): Terea
Ali, 459 Broadmoor Blvd., San Leandro,
CA 94577. This business is conducted
by An Individual. This business com-
menced N/A
/s/ Terea Ali
This statement was filed with the Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
Expires August 14, 2028
SEP 21, 28, OCT 05, 12, 2023
0451-SLT

FILED
MELISSA WILK

September 18, 2023
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 600826

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Kumuzi Kwatu, located at 2662 23rd
Avenue, Oakland, CA 94606. Alameda
County, is hereby registered by the fol-
lowing owner(s): Kanyanta Nkonde,
2662 23rd Avenue, Oakland, CA 94606.
This business is conducted by An Indi-
vidual. This business commenced N/A
/s/ Kanyanta Nkonde
This statement was filed with the Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
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34 Heidi of "Project Runway"
35 Vivacity, in music

ANSWERS ON PAGE 4

OPINION

LETTERS to the EDITOR

Letters must include the writer's name, address and phone number, and must be under 300 words. Letters can be edited for clarity or length. Letters are the views of the author and not necessarily the views of the newspaper or its advertisers. E-mail letters to: letters@ebpublishing.com or send by mail to: The Editor, San Leandro Times, 2060 Washington Ave., San Leandro, CA 94577.

Everyone Should Be Included in Public Safety Discussion

Editor,

There have been some letter exchanges over the past two publications regarding this community safety meeting and I want to provide my perspective. Church officials invited myself, Jenny Cheng and others to this community meeting.

Our exchange with Mr. Sheridan was unwelcoming regardless of the fact that we were invited by church officials. When we arrived at the meeting Mr. Sheridan asked us, who invited you guys? While I don't know Ms. Ng (Letter to the editor, "Heated Exchange Result of Miscommunication" Oct. 5, 2023), her characterization of the exchange is inaccurate and doesn't account for the experience that Ms. Cheng felt from Mr. Sheridan.

My support is for the community and the interaction experience I felt with Mr. Sheridan was no different than Ms. Cheng. While there were others that weren't even from the neighborhood and they were not treated in the same manner. Former Mayor Cutter preached that San Leandro is a city where kindness matters so we should continue to recognize this value by being more inclusive.

On the issue of the 41 cameras, I support public safety force multipliers such as these cameras but my expectation is that they would be used for these purposes to increase safety. Interim Chief Torres noted in my questioning that staff did not have the resources to respond to all the cameras that have been installed.

Hundreds of thousands of dollars of public funds will go into the installation of these additional 41 cameras so it's imperative that our SLPD have a plan for its usage and data to show the effectiveness of the program. I'm a steward of the taxpayers' money and I don't want to spend it unwisely. This item will come before the City Council again and the expectation will be the same.

We need to be working together to enhance safety for all our residents and not choosing who could participate in these discussions. We also need to ensure that public funds are spent with a desired outcome.

Bryan Azevedo
San Leandro

City Council Member, Vice Mayor

Thanks for Supporting SLED

Editor,

I'm writing to express my appreciation to everyone who helped celebrate the San Leandro Education Foundation's (SLED) 15th-anniversary 'Un-Gala' on Friday, September 22 at the beautiful and spacious Zero Net Energy Building.

I've attended the last few SLED galas, mostly as a board member, and this one was easily the most fun and representative of our diverse community. Folks came out to support our public schools while partaking in games, a raffle (won by a teacher!), a silent auction, food catered by local businesses, and a truly delicious signature cocktail provided by Top Hatters Kitchen.

Donations raised from the Un-Gala will help fund programs like classroom mini-grants, field trips, high-school student internships, science programming including two new programs rolling out during the 2023-24 school year -- codeCampus and Girls On the Run.

Our ultimate goal is to help ensure that as many San Leandro students as possible have the opportunity to access those key enrichment opportunities that can stay with them forever. As a parent of two SLHS students, interacting with so many caring community members reminds me why San Leandro is such a special place. We're very lucky to live here and to have an organization like SLED that is dedicated to developing our students into well-rounded future citizens and I encourage anyone who would like to get involved -- either as a board member, volunteer or donor to find out more at www.sledfund.org.

Tanya Forsberg
Secretary, SLED Board
San Leandro

CPRB to Review Police Cameras

Editor,

The Community Police Review Board (CPRB) will review the San Leandro Police Department's policy on the use of Automated License Plate Reader (ALPR) cameras on Wednesday, Oct. 18, at 6 p.m. at the Surlene Grant Community Room, 999 East 14th St.

The City Council requested this review at its Sept. 18 meeting before considering expanded use of the cameras later this year. To learn more about the issue and/or

to offer comment, the public is encouraged to attend. Comments can also be sent to the CPRB through the eComment link for the 10/18 meeting on the City's Meeting Central website - or by emailing the Board directly at CPRB@sanlerandro.org.

Some of these cameras have been mounted on police vehicles and an additional 41 stationary Flock cameras were installed this year at intersections around the city. The policy strives to strike a balance between making ALPR data (captured still images of all license plates that come in range of the cameras located in public spaces) available as an effective investigative tool for criminal investigations while also protecting the privacy and civil liberties of law-abiding residents. We hope to hear from you. Thanks.

Bob Bailey
Chair, Community Police Review Board
San Leandro

California Becoming State of Super Rich and Homeless

Editor,

Why am I being told that owning a house is only for the rich as the Democrats like Jerry Brown and Gavin Newsom were spending money like it was water and pretending that we had a surplus, which we did not -- it was the retirement funds of all of the California government workers being called a surplus by a spend-drunk-en government.

Thanks to the Democrats every California resident owes almost \$15,000 and the media refuses to report that, although just do a search for California Debt Clock and you can see for yourself. My step daughter now has absolutely no way of ever owning a home and we are hearing of an attempt to take the homes away from everyone else no matter how good a job they have. Ending Prop. 13 will accomplish one thing -- homeowners selling their houses which will be bought by Jeff Bezos and the like and running away from California as fast as possible.

We have already seen the end of Silicon Valley and now we see the Democrats wanting to make every remaining citizen a permanent renter. California which was once the middle class dream (my home was bought by my mother who was a telephone operator) into a super rich and homeless poor state of extreme poverty. Anyone that wants to end Prop. 13 is a communist or a billionaire and you can count on that.

Tom Kunich
San Leandro

Letter Writers Satisfied With Status Quo

Editor,

Democrats' arrogance and

twisted logic is on display in Bruce Joffe's letter of (Oct. 5, 2023). Joffe claims the right to advise Kevin McCarthy about the internal struggle within the Republican Party. Well, not listening to Joffe, all of the Democrats joined the "extremist radicals" to oust McCarthy. It just shows how much Joffe knows about politics, just as much as that other Democrat operative of San Leandro, Doug Jones.

Most of these Democrat letter writers are satisfied with the status quo, the bipartisan system of the corporations. They cannot see through their blinders, resorting to twisted logic to support their points of view.

It is interesting to see how Joffe finds "reasonable republicans." Let me guess, these are the same ones that Fake News gives plenty of air time -- Christie, Romney and Co. What defenders of the status quo don't understand is that in order to make a good omelet you have to break some eggs.

To Joffe's misfortune, McCarthy was ousted by a small group of "extremist radicals" with the help of all of the Democrats. Democrats' twisted logic leads them to believe that their action is going to benefit them in the election, as if people are going to forget all of the maladies their fascist regime brought to the working population.

To complete the picture, for electoral purposes, after flooding the country with illegal scabs, Biden announces the release of funds to continue with the building of the wall between Texas and Mexico, borrowing from the Greatest President the US ever had -- His Excellency Donald J. Trump.

Leo T. West
San Leandro

PG&E's Undergrounding Program an Essential Tool for Wildfire Prevention

Editor,

We at PG&E are deeply committed to doing everything possible to stop wildfires in Bay Area communities.

Burying power lines is the most effective solution to reducing the risk of wildfire from electrical equipment, reducing the risk of ignitions in areas at the highest risk of wildfire by nearly 98 percent. Undergrounding also makes power more reliable by reducing outages caused by winter storms, and in some cases eliminates the need for safety shutoffs.

That is why we have proposed moving overhead electric power lines underground in the highest fire-risk areas, including 40 miles in our Bay Area Region (which includes Alameda, Contra Costa, San Francisco and San Mateo counties). For these investments, all PG&E customers will benefit

from lower expenses for overhead-line maintenance; improved air and water quality resulting from fewer wildfires; protection of our wildlands; and over the long run, improved access to homeowners insurance coverage at lower premiums.

But the California Public Utilities Commission (CPUC) wants to gut this critical safety program, reducing proposed undergrounding to as little as 200 miles system-wide.

We've seen the devastating toll wildfires have taken on Bay Area communities. Our customers and local officials have told us time and again that they want us to underground our power lines. That's because undergrounding is the safest and most effective tool we have to prevent ignitions in high fire-risk areas.

We urge the CPUC to revisit its proposals and accept PG&E's proposal to underground 2,000 miles through 2026. If you agree, please let the commission know by visiting www.cpuc.ca.gov/public-comment.

Aaron Johnson
Region Vice President, Bay Area
PG&E

Left-Turn Arrows Not Necessary at Some Intersections

Editor,

Kudos to the San Leandro Mayor and City Council, the Engineering and Transportation, and Public Works Departments for continuing to install flashing yellow left-turn arrows at intersections around the city. Please increase the pace of improvements.

Here's a short list of intersections that *do not* need a left turn arrow. These could safely and efficiently benefit from modification plus adding signs that state "Yield on Flashing Yellow Arrow":

Fairway: east/westbound at Merced; eastbound at Garfield turning into Kaiser hospital; east/westbound at Miller; east/westbound at Teagarden

Lewelling: east/westbound at Washington; east/westbound at Tropic Court at the Greenhouse Marketplace; east/westbound at Tracy; east/westbound at Via Granada

Doolittle: northbound/southbound at Williams

Williams: eastbound only at Westgate Pkwy; westbound only at Merced; east/westbound at Alvarado

Westgate Pkwy: northbound turning into Home Depot parking lot

Thank you for helping keep traffic moving efficiently and safely.

Chris Bacina
San Leandro

Skate: Former Cal basketball floor perfect for roller skating

continued from front page

phrey runs a day of roller skating – Skate the Town at the Kaiser Auditorium in Oakland.

From 2:30 to 5 p.m. it's open to families and Humphrey moves around the floor and teaches anyone who wants to learn.

After 5 p.m., a live DJ plays music and the floor fills up more. Some skaters circle the floor in typical skating rink style. In the middle of the floor, skaters work on their dance moves.

Humphrey developed a dance system, going back 50 years ago.

"Roller dance is my specialty," he said. "I found my niche back in the day, and then I share it with people."

A group of skaters out on the floor were working on a smooth dance step, all in sync. They're doing the basic steps in Humphrey's roller dance program.

Skater Leila Radan explained. The three steps they were doing are simply called regular, long and short. They're the building blocks

“The wooden floor is what makes it. And if you fall, it's less dramatic.”

— Richard Humphrey

to Humphrey's roller dance program.

Radan said when she learned, she practiced the steps all the time. Now she's teaching it to other skaters.

The three steps are the fundamentals to the 13 core steps in Humphrey's program. He also teaches a roller dance class on Sundays from 9 a.m. to 1 p.m. at Week's Park in Hayward. Students give a donation for the class, \$10 or \$20, which is a bargain for a 4-hour lesson from Humphrey.

At the Kaiser Auditorium,



PHOTOS BY JIM KNOWLES

Richard Humphrey (in red cap) teaches a roller dance step to Leila Radan, Rance Fluker and Marie Healy at the Sunday Skate the Town at the Kaiser Auditorium by Lake Merritt.

Humphrey had a recording of music playing over the sound system before 5 p.m. and then

the live DJ took the stage.

A James Brown song came on and Humphrey noticed the skaters' change of pace.

"Anything James Brown," he said. "See the change? It's what skaters want. It flows."

Over the years, Humphrey has taught skating in San Francisco and appeared on TV shows "Evening Magazine" and "Real People," taught a class at U.C. San Francisco and was an opening act for comedians Ronny Schell and Phyllis Diller.

Humphrey taught himself what he calls his roller dance

Skate the Town

Date: Every Sunday through Dec. 17 from 2:30 to 10 p.m.

Place: Kaiser Auditorium, 10 - 10th St. in Oakland

Cost: \$20 in advance at EventBrite, "Skate the Town" \$25 at the door

language. But he likes to teach others and see roller dancing grow. "I teach my students to

teach," he said. "The music is playing, the floor is open. So if you want to skate, come and skate."



Roller skaters circle the wooden floor, while in the middle of the floor (below) skaters practice a new roller dance step.



Join Rewilding Walk at Sibley Park

Jessica Carew Kraft will lead a "Rewilding Walk" on Oct. 28, from 10 a.m. to 1 p.m. at Sibley Volcanic Regional Preserve staging area, 6800 Skyline Blvd. in Oakland. Go to Eventbrite for details and tickets: Let's Go Wild with Jessica Carew Kraft at Sibley Park.

Join The Friends of San Leandro Creek and Jessica Carew Kraft, California naturalist and author of *Why We Need to Be Wild*, for an adventurous wild wander at the Sibley Volcanic Preserve.

Nature is always making a map for us, and the land is full of clues and signs. Learn techniques for reading the landscape used by wildlife trackers and all of our ancestors to forage and navigate.

If you've ever wondered about how humans survived and thrived in wild environments, or questioned how to keep yourself from getting lost without using GPS, this afternoon excursion will give you more knowledge and the confidence to safely wander off the beaten path. Expand your perception of subtle

signs in nature so that you can "read" trees, water paths, shadows, animal signs, and several species of edible plants.

Kraft will also share her personal story of learning the skills of rewilding depicted in her book.

It's a 2+ mile hike. Bring sturdy footwear, water bottle, snack, and notebook.

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Lincoln High Showcases New Campus, Construction Careers

Lincoln High School hosted an immersive work-based learning event on Tuesday, Sept. 26, at the brand-new campus.

Lincoln's certified pre-apprenticeship program prepares the next generation of builders for local career opportunities.

The event, titled "Building Local Pathways into the Union Construction Trades," was a collaborative effort with the Construction Trades Workforce Initiative (CTWI), the Building & Construction Trades Council of Alameda County, and the Alameda County Electrical Workers JATC (IBEW 595).

The trade unions had the opportunity to observe Lincoln students participating in a variety of construction-related activities during this hands-on workshop. The event also showcased the state-of-the-art fabrication lab and other specialized learning spaces at the new campus, funded by Measure N bond monies approved by San Leandro voters in 2020.

"Our new facility, made possible by the support of our community, enables us

"Our new facility enables us to provide hands-on training and invaluable experience."

— Lincoln Principal
Matt Steinecke

to provide hands-on training and invaluable experiences that are essential for students looking to pursue a wide range of careers in the construction trades," said Principal Matt Steinecke.

The event included informative sessions about the MC3 Pre-Apprenticeship programs, a crucial gateway into the Union construction trades. These programs provide hands-on training with tools and materials, impart job readiness skills, confer indus-

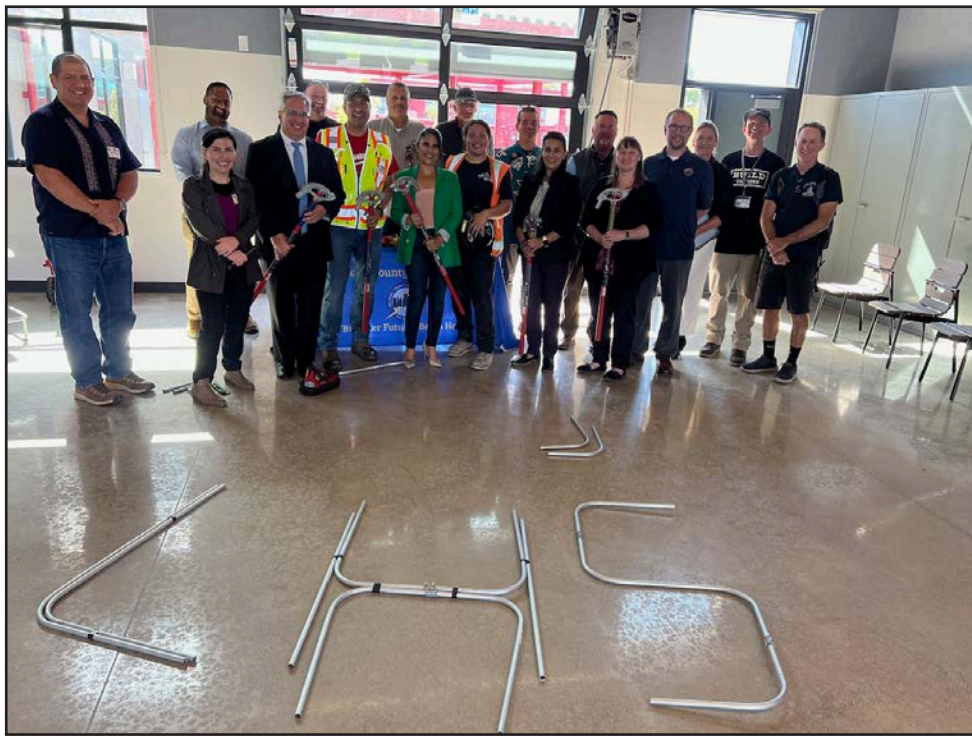
try-recognized certifications, and introduce participants to diverse career paths within the construction industry.

MC3 programs produce graduates who are rigorously trained, skilled, and passionate about pursuing local careers in the skilled trades. This streamlines the hiring process for unions and contractors and contributes to achieving workforce goals.

Also in attendance were California State Assemblymember Liz Ortega, San Leandro Mayor Juan Gonzalez, San Leandro City Council Member Pete Bellew, Building and Construction Trades Council of Alameda County Representative Eddie Alvarez, and SLUSD board trustees Evelyn Gonzalez and Leo Sheridan, and SLUSD Superintendent Mike McLaughlin.

For more information or inquiries about the event, contact Keziah Moss at kmoss@slusd.us or Principal Matthew Steinecke at msteinecke@slusd.us.

For more information about San Leandro Unified, visit www.slusd.us.



SLUSD PHOTO

Lincoln High demonstrated its apprenticeship program last month for trade unions as well as city and school district officials.

Advocacy: Outreach for homeless

continued from page 5

the lack of a safety net for many who suffer from mental health issues," Moore said.

Moore is the co-founder of East Bay Homebridge Connect and founder of RISE (Rising Into Self Empowerment), two non-profit groups that provide street outreach and support to the unhoused.

For example, Moore says when the Fairmont Tiny Homes opened, many people did get housing, but several did not because the project did not account for delays in obtaining the housing vouchers, putting some people like Andre Carpiaux back on the streets.

"It's been incredibly hard

getting housing since I've

been out there," Carpiaux said. Carpiaux added if housing is not immediately available, he and others would appreciate a safe place to put their tents up along with garbage service, mobile hygiene units, outhouses, and an office on site for medical and housing providers to come in and help.

Moore is also concerned for those struggling with severe mental illness, who are in what she calls "a gray area where they don't quite meet all the criteria for a 72-hour hold yet are a danger to themselves due to being unable to make cognitively sound decisions for their safety and well-being."

Moore and others are calling for more intensive case management and long-term residential treatment centers to address unhoused people with severe behavioral issues.

She's also calling for re-training law enforcement officers with more human rights knowledge and interaction and not criminalizing the homeless.

"Once one feels safe from the constant sweeps and police harassment, they can focus on paths to get them moving forward and assimilate back into a productive and proud member of the community they are constantly shunned from," Moore says. "It's a win-win situation for everyone."

Shooting: Police get lead from vehicle

continued from front page

On September 20, detectives were able to locate a vehicle registered to a family member of the other female juvenile that matched the description of the suspect vehicle," Lt. Teng told the Times. "Officers were able to identify the shooting suspect as a relative of the other female juvenile."

On September 20, detectives conducted surveillance of Simbol-Nazer and were able to safely take him into custody in Hayward, police said. At the time of his arrest, Simbol-Nazer was in possession of a handgun whose caliber matched that of the shell casings found at the crime scene.

Simbol-Nazer faces felony charges of assault with a firearm and being a convicted felon in possession of a firearm.

A representative of the San Leandro Unified School District (SLUSD) said high school administrators took appropriate action with the two girls involved in the September 14 fight.

"As a standard procedure of practice aligned with the California Education Code, all students involved in physical altercations receive disciplinary support and consequences per our discipline matrix," said SLUSD spokesperson Keziah Moss.



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