



WEEKEND WEATHER												FRIDAY	SATURDAY	SUNDAY
SUNNY Mild and sunny with a few clouds														
HIGHS: 74-79														
0	10	20	30	40	50	60	70	80	90	100	110			
LOWS: 57-62														

San Leandro Times

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

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THURSDAY, AUGUST 8, 2019

SAN LEANDRO • CALIFORNIA



PHOTO BY FRED ZEHNDER

Health Unlimited made news with its successful growth and popularity during its first half century in business. Ethan and Nancy Falls hold a display of some of the newspaper headlines from over the years.

Health Unlimited Celebrates 50th Anniversary

It all began back in August of 1969, when Neil Diamond's "Sweet Caroline" and Johnny Cash's "A Boy Named Sue" topped the country music charts and American astronauts had just become the first humans to

step onto the surface of the moon.

The Falls Family had decided to trek into the world of health food stores in San Leandro.

Nancy Falls knew very little about the

industry she was getting into or how it would evolve over the years. Being a mother of seven children, she took on the challenge of running a successful business in the historic

see *HEALTH*, page 16

Neighbors Miffed at Tree Destruction

Assumption neighborhood objects; but PG&E says tree removal is mandated by state

By Denis Perez
San Leandro Times

Crape myrtle trees growing under transmission lines along School Street were cut down to the stump by PG&E workers on Aug. 1, causing confusion among neighbors who helped plant the trees about a decade ago.

"In a couple hours they have wiped away any semblance of the collaborative project that these trees represented," said Surlene Grant, a former San Leandro City Council member.

When Grant sat in the city council, she said neighbors, with city help, spearheaded a community planting project on School Street under the high-voltage lines between 136th and Evergreen avenues in 2007.

The trees were planted in the Assumption Parish neighborhood to beautify the spot because neighbors thought PG&E was neglecting the area, Grant said.

Neighbors presented a petition, brainstormed with Grant and worked with city staff to select proper trees, she said. The community used their own tools and resources, even connecting the irrigation to their homes and using their own water.

"I remember being out there on our knees in the dirt preparing soil and chasing the gophers," Grant said.

She said she understands some trees need to be cut down to prevent fires, but that is not why she was disappointed.

see *TREES*, page 14

Coaches Help Kids Pay for Sports

By Denis Perez
San Leandro Times

Former San Leandro athletes and coaches have created a charity organization to pay some of the expenses for kids to play sports in the San Leandro area.

Named after professional baseball player in the '60s Lou Profumo, Lou's Dugout has raised over \$10,000 from 75 donors for grants since they began on May 1.

This week, the organization's board agreed to donate \$1,000 to the San Leandro Boys and Girls Club, Profumo said.

There is a need for more people to give back, said board

see *SPORTS*, page 16

Aguilar Will Have to Move Fence

Board of Zoning Adjustments says councilman's fence can't stand

By Jim Knowles
San Leandro Times

City Councilman Victor Aguilar will have to do something about his fence.

The Board of Zoning Adjustments voted last Thursday night to deny Aguilar's application for a modification on the fence that doesn't comply with city zoning laws. The fence along the side of his backyard on his corner property will have to be moved back or lowered.

"It's unfair. They didn't base their decision on the findings," Aguilar said after he left City Hall. "They based it on their

personal feelings and not the findings."

Aguilar's 6-foot-tall fence is built on the side of his house on Monterey Boulevard. He said he spoke with his neighbors before building the fence and they said it was all right with them.

Nevertheless, the fence doesn't comply with city zoning laws, as it's 6 feet tall and 2-and-a-half feet from the property line. So Aguilar applied for a modification with the Board of Zoning Adjustments (BZA).

see *FENCE*, page 5



PHOTO BY JIM KNOWLES

Victor Aguilar's fence on the side of his house will have to be lowered or moved back from the sidewalk.

INSIDE YOUR TIMES

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Roy and Johanna Doral plan to retire. **Page 2**

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PETS OF THE WEEK



Draco



George

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

Draco is a goofy, active

and loving 1-year-old, neutered, Siberian husky looking for an active, loving family. He plays well with active dogs and doesn't mind sharing his treats.

George is a pint sized, 10-year-old Yorkie mix with a huge personality. He's neutered, playful and loves to chase toys, and he's also good at sharing them. He plays well with other dogs.

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

NeWs TiP?
Call the San Leandro
Times newsroom
at 614-1557



Roy and Johanna Doral said farewell to their longtime employees and customers at a retirement party at their shop on Merced Street in San Leandro.

Roy and Johanna Doral Thank Everyone at Retirement Party

Roy and Johanna Doral thanked all their employees and customers at a retirement party on July 27 at their shop, Doral's Auto on Merced Street in San Leandro.

Roy started Doral's Auto Repair in Oakland in 1970 and later moved to Marina Boulevard in San Leandro, and added another location on Wayne Avenue. In 2003, Doral's moved to 2000 Merced St. where the shop will continue under new owners John and Therly Bridgewater.

"Roy and I have been working for most of our lives and are fortunate enough to be able to retire," said Johanna Doral. "Our children are all grown now and have their own households and families. We couldn't have done this without our loyal customers and employees and we are very grateful."

Doral said the Bridgewaters will continue to serve the customers well, and that she and Roy will miss their customers and staff.

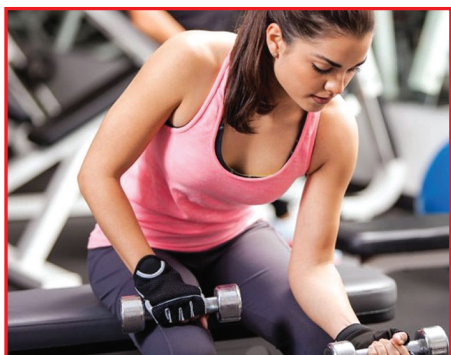


Roy and Johanna Doral said the new owners will continue to provide good service.

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Born Yesterday Runs Final Weekend at the Chanticleers

Born Yesterday will run one more weekend, through Aug. 11, at the Chanticleers Theater, 3683 Quail Ave. in Castro Valley.

Curtain time for Friday and Saturday evening shows is 8 p.m. and Sunday twilight matinees start at 6 p.m.

General admission is \$25, and admission for Seniors (60+)/Students/Military is \$20. On Bargain Night, July 20, all tickets are \$18. For tickets, call 510-SEE-LIVE (733-5483) or go to chanticleers.org.

Born Yesterday was first produced on Broadway in 1946, and was turned into an Academy Award-winning film starring Broderick Crawford and Judy Holliday.

Junkyard tycoon Harry Brock descends upon Washington D.C. to buy a congressman or two, confident that his money can swing the deal. Harry brings with him his mistress of seven years, Billie Dawn, a charming but uneducated former showgirl whose

lack of social graces embarrasses even Harry.

Harry hires journalist Paul Verrall to smarten her up but Harry gets more than he bargained for in the process. As Billie's knowledge grows, the sparks fly and lessons come home to roost in this delightful and timely comedy classic.

Chanticleers' production is directed by Michael Sally and features Laura Zimmerman, Jason Berner, Mike Ettel, Kyle Smith, Bruce Kaplan, Edward Pieczenik, Ann Barnett, Heather Warren, Liva Langer and Santiago Sena-Guerra.

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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.

Tips to Surviving an Earthquake, Its Effect

By Denis Perez
San Leandro Times

San Leandro resident George Jones has experienced a large earthquake in California before, but earthquakes won't make him move.

"I would rather live here than in tornado country because it's California, baby," Jones said.

Stored away for an emergency, Jones has food and water, important documents, a flashlight and extra shoes, he said.

Residents now prepare for an earthquake after two of the largest seismic shakes felt in the last decade in California hit earlier this month, setting off a sequence of over 9,000 smaller earthquakes according to the United States Geological Survey (USGS).

A magnitude 6.4 temblor rattled an area west of Searles Valley in Southern California on July 4 and about a day and a half later, a magnitude 7.1 earthquake shook that same region. Earthquakes have been reported in Northern California since July 6, including a magnitude 3.2 earthquake north of Morgan Hill on July 15, according to the USGS.

With the Hayward Fault running through San Leandro, this area has a high risk of a high impact earthquake and residents should be ready for it.

"There is a 72 percent probability of at least one earthquake of magnitude 6.7 or greater striking somewhere in the San Francisco Bay region before 2043," USGS Geophysicist Rafael C. Abreu Paris said.

Earthquakes of this capacity can cause widespread damage, so communities in the area should help reduce injuries and damages by taking simple steps, according to Abreu Paris.

To prepare for an earthquake, residents should make a plan, secure their homes from hazards during an earthquake and store an emergency survival kit in their homes, according to the California Academy of Sciences.

First, residents should check their homes for loose shelves, light fixtures and unsecured water heaters and breakable objects. Heavy objects should be placed on lower shelves and hang heavy objects away from beds and couches. Also identify safe spots indoors.

Repair cracks in ceilings or walls, defective electrical wiring,



PHOTO COURTESY FEMA

The 1994 Northridge earthquake knocks down a section of a freeway in California on Jan. 17.

leaky gas connections and store any flammable material in secure areas. Also, locate your main electric switch and gas service shut-off valve, and learn how to turn off your electricity supply and your home's gas.

Gas should only be turned off after an earthquake if residents know that there is a leak, according to PG&E. Turning the gas services back on might take PG&E an extended period of time.

Residents should have an emergency kit with the following objects: flashlight, portable and battery-operated radio, first aid kit with manual, essential medicines, emergency food, like canned food, and water, non-electrical can opener, cash and credit cards, sturdy shoes and extra batteries, according to the California Academy of Sciences.

Friends and families should

make a plan for reuniting after an earthquake in case disaster hits while they are away from each other.

And a relative or friend living outside of California should be a "check-in" contact for the family or group.

During an earthquake, if you are indoors, the safest thing to do is drop to the floor, find cover under something sturdy and wait for the shaking to stop. If no cover is near, move to a corner away from glass or breakable objects while covering your head with your arms, advises the California Academy of Sciences.

And having experienced the Oct. 17, 1989 earthquake, Jones said he takes precautions. He is prepared for an earthquake, but not too concerned about them.

"I lived through many earthquakes, and it is just how life is here," Jones said.

Concert in the Park Returns

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

This year's Thursday Music in the Park event will include two performances, including Rewind "That '80s Band," and Sacred Fire Band "A Santana Tribute." Chuy Gomez and the Q102.1 family will be hosting the event.

Food and beverages are available for purchase during the event from El Taco Loco and the San Leandro Scholarship Foundation. All proceeds from beverage sales managed by the San Leandro Scholarship Foundation benefit the scholarship fund that supports graduating San Leandro seniors from local public schools.

"We are excited to bring back Hot August Thursday again for our residents," said Mayor Pau-

line 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."

For more information, contact Lydia Rodriguez, Recreation Supervisor at 510-577-3477 or at lrodriguez@sanleandro.org.

City Hosts Trip for Older Adults to Visit Napa Valley's St. Helena, Calistoga

The City of San Leandro invites adults 50 and over to enjoy a summer afternoon in the Napa Valley region on Wednesday, August 14, 2019 from 9 a.m. to 7 p.m.

This one-day excursion departs from the Marina Community Center, 15301 Wicks Blvd.

The group will travel to St. Helena to take a tour of the

renowned Greystone Culinary Institute of America, followed by a delectable lunch.

In the afternoon, the tour will continue to Calistoga to visit Castello di Amorosa, a medieval inspired Tuscan castle and winery for a tour and tasting.

A \$172 participation fee per person applies for this tour for San Leandro residents; \$197 for

non-residents. The cost per person includes lunch, wine tasting, tours, and transportation.

To participate, register online at www.sanleandrorec.org or in-person at either the Senior Community Center at 13909 East 14th St., or the Marina Community Center during operating hours. Limited spaces are available.



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NEIGHBORS

SL Native Serves at the Largest Naval Communications Station in the World

By Lt. Courtney Prizer
Navy Office of Community Outreach

Instead of using smart phones and tablets, the U.S. Navy has a group of sailors stationed in Pearl Harbor, Hawaii, use the most-advanced satellite and telecommunications equipment to share vital information with sailors deployed around the world.

Petty Officer 2nd Class **Thomas Mariscal**, a 2003 San Leandro High School graduate and native of San Leandro, is one of the sailors assigned to Naval Computer and Telecommunications Area Master Station Pacific who provides these communication services.

Mariscal credits success in the Navy to many of the lessons learned in San Leandro.

"My hometown taught me the value of diversity," said Mariscal. "Growing up back home with peers from different walks of life, responsibilities and viewpoints helps with much of what I go through on a day to day basis."

As a Navy electronics technician, Mariscal is responsible for maintaining and troubleshooting communications equipment.

Mariscal is serving in a part of the world that is taking on new importance in America's focus on rebuilding military readiness, strengthening alliances, and reforming business practices in support of the National Defense Strategy.



PHOTO BY U.S. NAVY MASS COMMUNICATION
SPECIALIST 1ST CLASS DAVID FINLEY

Petty Officer 2nd Class Thomas Mariscal is stationed in Pearl Harbor, Hawaii.

Though there are many ways for sailors to earn distinction in their command, community, and career, Mariscal is most proud of the opportunity to share his experience with loved ones.

"While life in the fleet can be stressful at times, getting to come home and support my friends and family has always been rewarding," said Mariscal.

Many factors inspired him to serve in the Navy.

"Multiple circumstances motivated my decision to join

the military, the biggest being the consistent support I receive and continue to receive from family," said Mariscal.

"Each day at this command is different in terms of what needs to get done, which keeps the job challenging and interesting," added Mariscal. "Serving in the Navy has given me the opportunity to see the world and build experiences that I can apply to other aspects of my life, whether it be in or out of the Navy."

Celebrate Indo-American Heritage Month

The San Leandro Public Library invites the community to celebrate Indo-American Heritage Month with guest author **Jaya Padmanabhan**, who will discuss her journalistic works, essays, and literature on Saturday, Aug. 10, from 2 to 3 p.m. at the Main Library, 300 Estudillo Ave.

Padmanabhan is the author of *Transactions of Belonging*, a collection of short stories published in 2014. She has won numerous awards for her essays, fiction, and for her reporting. She writes an immigration column for the San Francisco Examiner and her bylines can be found in *The Bold Italic*, *Elemental*, *The Hindu*, *KQED*, and *India Currents*.

She will be discussing her journalistic works, essays, and literature at this event. For more information, call the Library Information Desk at 510-577-3971.

RECYCLE!

COMMUNITY CALENDAR



❖ **Chanticleers Theater *Born Yesterday***
Chanticleers Theater, 3683 Quail Ave. in Castro Valley, presents *Born Yesterday*, running through Aug. 11. Curtain time for Friday and Saturday evening shows is 8 p.m. and Sunday twilight matinees start at 6 p.m. General admission is \$25, and admission for Seniors (60+)/Students/Military is \$20. For tickets, call 510-SEE-LIVE (733-5483) or go to chanticleers.org. *Born Yesterday* was first produced on Broadway in 1946, and was subsequently turned into an Academy Award-winning film starring Broderick Crawford and Judy Holliday. Many consider *Born Yesterday* to be the funniest American comedy of the 20th Century. Chanticleers Theatre is located within the Castro Valley Community Park in Castro Valley.

❖ **SL Art Association Meeting**
The San Leandro Art Association will hold its monthly meeting on Tuesday, Aug. 13, at the San Leandro Main Library, 300 Estudillo Ave. Snacks and beverages will be served at 5:45 p.m., followed by a short meeting at 6:15 p.m., and at 6:45 p.m. a free art demonstration will start. Monica Satterthwaite will demonstrate watercolor techniques. Members will also be displaying artwork for the Artist of the Month contest. The public is welcome to this free event.

❖ **Sons in Retirement Meeting**
Sons in Retirement (SIR) Branch #26, an organization of retired men, meets on the second Wednesday of each month. Meetings are held at the Fairview Event Center at Metropolitan Golf Course, 10051 Doolittle Dr. in Oakland. Social Hour starts at 11 a.m., followed by lunch at noon. The guest speaker on August 14, will be from the U.S.S. Hornet Museum in Alameda and the topic will be about the History of the U.S.S. Hornet Aircraft Carrier. Sponsored guests are welcome to attend this luncheon but must call Ken at 510-537-4804, as soon as possible. Cost of the luncheon is \$25, payable in advance. Checks should be made payable to SIR Branch #26. To receive a full refund, the last day to cancel is by noon on Sunday, August 11th. For more information, call Ken at 510-537-4804.

❖ **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.

❖ **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.

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

HOROSCOPE

by Salomé

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ARIES (March 21 - April 19): A 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.

Fence: Board votes against independent planner's recommendation

continued from front page

The board put off the decision at its June meeting because two board members were absent. But on Thursday, the board denied Aguilar's request. Only board member Dylan Boldt voted to allow Aguilar keep his fence. Ken Pon, Tony Breslin, Michael Santos, and Catherine Vierra Houston voted against Aguilar.

Board member Jeff Falero was absent and Rick Solis recused himself because he owns property near Aguilar's.

Boldt said he agreed with the city staff report that found that the fence met the criteria to



Victor Aguilar disagreed with the zoning board's decision but said he will have to move or lower his fence.

be allowed. The staff report was done by Alan Calder, a senior planner at Rincon Consultants of San Francisco, who does work for the city.

Calder spoke to the board and recommended the fence be approved. He said the fence met all the requirements – it didn't pose a hazard to safety, nor was it aesthetically lacking, and it fit in with the neighborhood.

But Santos spoke up first against the fence, followed by Solis who said he agreed with Santos. Santos said he objected to Aguilar's building the fence first, and then requesting a mod-

ification. He said Aguilar should have asked before building.

Santos said the fence didn't fit in with the neighborhood and it's a matter of public safety to allow a precedent where people can build a structure that's not in compliance with the building codes.

But board secretary and city planner, Andrew Mogensen, said that requests for fence modifications come up regularly and many are for fences already built.

Board member Ken Pon questioned Aguilar about how many 6-foot fences were in his neighborhood, and Aguilar re-

plied that there are many.

"That close to the sidewalk?" Pon asked.

"Yes," Aguilar said.

The board received a letter from the neighbor behind Aguilar who said he would be the most affected by the fence, and said the fence posed no problems.

Another letter to the board, from former City Councilman Lee Thomas, told the board to deny the fence. Thomas was defeated by Aguilar in the 2018 election for City Council.

"I encourage you to send a message to residents of San Leandro that building and construction without a permit will not be tolerated, and that no one, especially a city council member, is above the law," Thomas wrote to the board.

Thomas had planned to build a similar fence last year on the side of his corner property, and he got approval from the zoning

official.

But Thomas' next door neighbors filed an appeal and the plan went to the Board of Zoning Adjustments. Thomas eventually withdrew his request for the fence modification.

The original decision to allow the fence raised questions about whether city staff should make decisions on City Council members' property, because of the possibility of being influenced.

Since then, the City Council passed an ordinance that a third party make those decisions when it's a council member requesting a modification of the zoning laws. And that's what was done in Aguilar's case with Calder presenting a report to the board.

"The finding (from Calder's report) was that it was fine," said Aguilar, who acknowledged that he will have to move or lower the fence now that the board has made its decision.

Copeland and Varon Team Up with Trump Show

Comics to perform original show next Saturday in Castro Valley

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.

Audiences are calling the show "a therapy session for progressives quietly going insane."

The show originated when Varon saw Copeland perform a 15-minute monologue last fall at



PHOTO BY SUSAN RUTBERG

Charlie Varon and Brian Copeland teamed up to create a show for comic relief in the age of Trump.

The Marsh in San Francisco. The monologue begins the day after the 2016 Presidential election. Brian is driving from the East Bay to San Francisco; at the Bay Bridge approach he is honked at by a driver in his blind spot. Then the motorist, a bearded white man driving a Prius, pulls up, rolls down his window, looks at Brian and yells, "N----r!"

"I haven't been called that

word in a long time," Brian says. "Years actually. But today, the day after Donald Trump is elected president, it's almost like the Prius driver was granted permission."

Varon said that Copeland's

"I called Brian and suggested we do a show. He said yes and we got busy."

— Charlie Varon

monologue was equal parts truth, pain, and comedy. He left the theater both disturbed and invigorated.

"A few days later, I called Brian and suggested we do a show together," Varon said. "He said yes, and we got busy writing."

Copeland and Varon have been performing the show once a month to sold-out houses at The

Marsh, with material evolving as political events unfold.

"Smart, funny, provocative and at times, unexpectedly deeply moving, this is theater as a welcome dash of hope in dark times and a much-needed call to arms," wrote San Francisco Chronicle theater critic Robert Hurwitz. "GASS packs a lot of bracing punch into a highly entertaining 90 minutes. This may be the perfect piece of theater for our times."

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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 10, 2019
MELISSA WILK
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By-----, Deputy
FILE NO. 561057

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

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Expires JULY 10, 2024

JULY 18, 25, AUG 01, 08, 2019
0120-SLT

FILED
JULY 26, 2019
MELISSA WILK
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By-----, Deputy
FILE NO. 561575

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

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

FILED
JULY 09, 2019
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FILE NO. 561035

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

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Expires JULY 09, 2024

JULY 18, 25, AUG 01, 08, 2019
0122-SLT

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

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

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Expires JULY 17, 2024

AUG 08, 15, 22, 29, 2019
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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

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SENIORS

How Medicare Covers Ambulance Services

By Jim Miller
Special to the Times

Medicare covers emergency ambulance services and, in limited cases, non-emergency ambulance services too, but only when they're deemed medically necessary and reasonable. So, what does that mean?

First, it means that your medical condition must be serious enough that you need an ambulance to transport you safely to a hospital or other facility where you receive care that Medicare covers.

If a car or taxi could transport you without endangering your health, Medicare won't pay.

For example, Medicare probably won't pay for an ambulance to take someone with a simple arm fracture to a hospital. But if he or she goes into shock, or is prone to internal bleeding, ambulance transport may be medically necessary to ensure the patient's safety on the way. The details make a difference.

Second, the ambulance must take you to the nearest appropriate facility, meaning the closest hospital, critical access hospital, skilled nursing facility or dialysis facility generally equipped to provide the services your illness or injury requires.

It also means that the facility must have a physician or physician specialist available to treat your condition. Thus, Medicare may pay for an ambulance to take you to a more distant hospital if, for example, you are seriously burned, and the nearest hospital doesn't have burn unit.

Similarly, if you live in a rural area where the nearest hospital equipped to treat you is a two-hour drive away, Medicare will pay. But if you want an ambulance to take you to a more distant hospital because the doctor you



prefer has staff privileges there, expect to pay a greater share of the bill.

Medicare will cover the cost of ambulance transport to the nearest appropriate facility and no more.

Non-Emergency Situations

In limited cases, Medicare will also cover non-emergency ambulance services if such transportation is needed to treat or diagnose your health condition and the use of any other transportation method could endanger your health.

Not having another means of transportation is not sufficient for Medicare to pay for services.

Some examples here are if you need transportation to get dialysis or if you are staying in a skilled nursing facility and require medical care. In these cases, a doctor's order may be required to prove

that use of an ambulance is medically necessary.

How to Appeal

If an ambulance company bills you for services after Medicare denies payment, but you think the ride was medically necessary, you can appeal (see Medicare.gov/claims-appeals). Often, a lack of information about a person's condition or need for services leads to denials.

If you need some help, contact your State Health Insurance Assistance Program (SHIP), which has counselors that can help you file an appeal for free. To locate your local SHIP, visit ShiptaCenter.org or call 877-839-2675.

For more info on this topic, call Medicare at 800-633-4227 and ask them to mail you a copy of the "Medicare Coverage of Ambulance Services" booklet, or you can see it online at Medicare.gov/

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

Giving Your Home to Children Can Have Tax Consequences

Q I am thinking about giving my home to my son now, so that probate can be avoided and my affairs simplified when my time comes. Any comment as to whether this plan makes sense?

By Gene L. Osofsky, Esq.
Special to the Times

A Caution: Transferring your home to your son by gift during your lifetime can have adverse tax consequences.

Example: assume that you purchased your home many years ago for \$100,000, and suppose it is worth \$650,000 today. If you give it to your son during your lifetime, he "steps into your shoes" and the IRS will treat the home as if your son had acquired it for \$100,000. This is called "carry over basis." If he then sells the home for \$650,000, he will be obliged to recognize the \$550,000 difference (\$650K - \$100K) as capital gain and pay tax accordingly.

This could result in a whopping tax bill for him and actually lessen the net value of your gift.

True, there would be some relief from this tax situation if your son moved into the home and lived in it for at least 2 years before sale.

In that event, he would be entitled to exclude a part of the capital gain, i.e. \$250,000 if he is single and up to \$500,000 if he is married.

However, this 2 year residential requirement is often impractical if your son already owns a home, or plans to sell it sooner than 2 years, or prefers to treat it as a rental.

By comparison, if you hold the home until your death and pass it to your son as an inheritance, this tax problem can be avoided. The IRS will then treat the home as if your son had acquired it at its date of death value.

In tax parlance, the home's tax basis would be "stepped up" to its market value at the date of your death. Example: if it is worth \$650,000 at your death and your child then sells it for \$650,000, his capital gain would then be "0" and no tax would be due. Quite a difference!

In your situation, you may wish to consider a Living Trust, which would accomplish your objective of avoiding probate while simultaneously obtaining the favored tax treatment which accompanies transfers upon death.

This arrangement would also allow you to retain home ownership in case you later need to obtain a reverse mortgage to help with your future long-term care expenses.

Sometimes parents who have received long term care benefits from the Medi-Cal program, consider a gift of their home in order to avoid a Medi-Cal recovery claim after their death. However, if that is the motivation, there are ways to both avoid a Medi-Cal recovery claim while still preserving favored tax treatment.

If this is a concern, professional guidance from an attorney knowledgeable in Medi-Cal planning is extremely important.

Gene L. Osofsky is an elder law and estate planning attorney in Hayward. Visit his website at www.LawyerForSeniors.com.



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LIFESTYLE



Nothing Ho-Hum About Cauliflower

Cauliflower doesn't get its due. One of the healthiest of the cruciferous vegetables, it can take on many flavors, and goes especially well with cheese and bright, vibrant ingredients like lemon and capers. And it's great raw, served with a spicy dip.

When purchasing cauliflower, look for a clean, creamy white, compact curd in which the bud clusters are not separated. Heads that are surrounded by many thick green leaves are better protected and will be fresher. As its size is not related to its quality, choose one that best suits your needs.

Store uncooked cauliflower in a plastic bag in the refrigerator where it will keep for up to a week.

As with all vegetables be sure not to overcook cauliflower.

CAULIFLOWER SALAD

- 1-1/2 pounds cauliflower, trimmed and cut into florets
- 3/4 cup chopped bottled roasted red bell peppers
- 1/2 cup thinly sliced red onion
- 1/2 cup coarsely chopped fresh flat-leaf parsley
- 1/2 cup coarsely chopped green olives
- 1/4 teaspoon crushed red pepper
- 1 large celery rib, sliced crosswise
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 tablespoon white wine vinegar
- 1/2 teaspoon black pepper
- 1/8 teaspoon sea salt
- 1-1/2 ounces provolone piccante, cut into small pieces
- Celery leaves (optional)

Set a steamer basket in a large saucepan; fill pan with water up to but not touching the bottom of basket. Bring water to a boil over high heat. Add the cauliflower florets; cover and steam 5 minutes or just until tender. Transfer cauliflower to a large bowl. Add bell peppers, red onion, parsley, chopped olives, crushed red pepper, and celery; toss gently to combine.

Combine oil, juice, vinegar, black pepper, and salt, stirring

with a whisk. Pour dressing over vegetables; toss gently. Sprinkle with cheese; toss gently to combine.

Cover and let stand at room temperature 30 minutes to 1 hour. (To serve chilled, refrigerate up to 4 hours.) Sprinkle with celery leaves, if desired. Yields 10 one-cup servings.

SPICY WHOLE ROASTED CAULIFLOWER

- 1 tablespoon vegetable oil
- 1 head cauliflower
- 1-1/2 cups plain Greek yogurt

- 1 lime, zested and juiced
- 2 tablespoons chile powder
- 1 tablespoon cumin
- 1 tablespoon garlic powder
- 1 teaspoon curry powder
- 2 teaspoons salt
- 1 teaspoon black pepper

Preheat the oven to 400°F and lightly grease a small baking sheet with vegetable oil. Set aside.

Trim the base of the cauliflower to remove any green leaves and the woody stem.

In a medium bowl, combine the yogurt with the lime zest and juice, chile powder, cumin, garlic powder, curry powder, salt and pepper.

Dunk the cauliflower into the bowl and use a brush or your hands to smear the marinade evenly over its surface.

Place the cauliflower on the prepared baking sheet and roast until the surface is dry and lightly browned, 30 to 40 minutes. The marinade will make a crust on the surface of the cauliflower.

Let the cauliflower cool for 10 minutes before cutting it into wedges and serving alongside a big green salad. Serves 6.

BREADED CAULIFLOWER

- 1 head cauliflower
- 2 eggs, beaten slightly
- 1/4 cup flour (or more)
- Salt and pepper
- 1 cup breadcrumbs
- Vegetable oil for frying

Cut apart the florets of your cauliflower, but don't cut them too small. Leave the smaller ones together with the stem to make them as large as your bigger ones.

Rinse, and dry slightly with a paper towel.

Pour about half an inch of oil in frying pan and begin preheating

the oil.

In a bowl, beat eggs slightly with a whisk, slowly adding a little flour at a time.

You want a thick enough batter to cling to the cauliflower. If you have made it too thick, you can always add milk, or too thin, more flour.

Salt and pepper the florets (or use the Emeril's Essence)

Coat each cauliflower in the batter, then in the bread crumbs and put in preheated oil to fry. Turn to brown all sides. Drain on paper towels. Yields 4 servings.

CAULIFLOWER SOUFFLE WITH ONIONS

- 1/2 pound cauliflower, separated into florets
- 2 turnips, peeled, quartered
- 1 medium potato, peeled, quartered
- 4 medium onions, peeled and left whole
- 1 large egg, separated
- 1/3 cup shredded Cheddar cheese
- 1/2 teaspoon ground ginger
- 2 teaspoons olive oil
- 1 cup vegetable broth

Fit a large pot with a steamer basket. Add enough water to come up to the base of the steamer. Place cauliflower, turnips and potato in the steamer. Cover and bring the water to a simmer over medium-high heat. Turn the heat down to medium-low and steam until the vegetables are soft enough to puree, about 20 minutes.

Fill a large pot with water and bring to a boil. Boil the onions until the layers separate easily, but don't fall apart, about 5 minutes. Let them drain and cool in a colander.

Heat the oven to 375°F.

In a food processor or blender, puree the cauliflower, turnips and potato with the egg yolk, cheese and ginger. Beat the egg white until stiff and fold into the cauliflower mixture.

Scoop out enough of each onion so that they can be filled with an equal portion of cauliflower. Lightly rub the inside of each onion with olive oil and fill with the cauliflower puree. Place the filled onions in a baking dish large enough to hold them and add enough vegetable broth to come up 1 inch on the sides. Bake for 30 minutes. Serves 4.

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PARENTS GUIDE

The Importance of Children's Dental Health

Healthy teeth are an important part of your child's overall well-being, so make sure you are doing all you can to protect their teeth and gums.

"According to the Centers for Disease Control and Prevention, tooth decay remains the most common chronic disease in children, though it is almost entirely preventable," said Walter Lucio, DDS, a dental consultant for *Smile, California*, Medi-Cal Dental's campaign to improve oral health among its members.

Daily brushing and flossing are important to help your child have a healthy smile, and so are regular dental check-ups.

"Children should start seeing the dentist when their first tooth appears and every six months thereafter," explains Dr. Lucio. "Parents who set this routine early

will help their child with a lifetime of good oral health."

While free dental exams are provided with Medi-Cal—and most insurance plans—less than half of children enrolled in the program have been to the dentist.

To help, *Smile, California* aims to increase dental utilization among all 13.5 million members, especially children. This includes preventive services such as teeth cleanings, fluoride treatments and molar sealants as well as restorative services to fix problems.

Smile, California offers these five tips to keep your child's teeth and gums in great shape.

1. Do it Right from the Start:

Caring for your baby's smile begins the moment he or she is born. Baby teeth do fall out, but it is important to take good care of them until they do. Baby teeth help your

child chew and speak properly.

2. Go to the Dentist: Use your free or low-cost Medi-Cal dental services and see a dentist for regular check-ups and cleanings. Your baby should see a dentist at the first tooth or first birthday, whichever comes first. After their first visit, they will need to go to the dentist every six months.

3. Practice Good Habits Every Day: Help your child with proper daily oral hygiene, schedule regular dental check-ups, and limit sugary foods or drinks to lower the risk of infection, gum disease and tooth decay. Be a good role model with your healthy habits.

4. Ask for Molar Sealants: Protect your child's permanent molars from harmful bacteria and cavities by scheduling a check-up and asking the dentist to apply molar sealants. It's quick, painless and can last for years.

5. Seek Care Right Away: If your child has unexpected dental problems or concerns in between your regularly scheduled visits, call your dental office for help. If your child is in pain, see your dentist right away or go to the emergency room.

Visit SmileCalifornia.org for more oral health information and helpful tips, to learn about covered services and to find a dentist.

—North American Precise Synd., Inc.



It's the responsibility of the parents to get control of this and guide their children, from a young age, on the positives and negatives of screen time.

Prevent Digital Damage: 4 Tips To Manage Child's Screen Time

By Christine Kyriakakos Martin
Special to the Times

The digital age has given new generations of parents something extra to worry about: How much screen time is too much?

Physicians, teachers and psychologists generally agree that spending inordinate amounts of time immersed in computers, smartphones or social media can negatively impact a child's developing mind and body.

A screen time study published recently in *JAMA Pediatrics* found a link between excessive screen time and later development milestones.

Other studies have associated digital overuse with teen depression, and the American Academy of Pediatrics has issued guidelines suggesting daily limits on screen time for different age groups.

It's the responsibility of the

parents to get control of this and guide their children, from a young age, on the positives and negatives of screen time.

Parents can often think it's acceptable for a young child to spend a couple hours with an iPad, but the type of education the iPad game is providing isn't always the type of learning most needed at that stage.

Here are some suggestions for how parents can manage screen time and decrease a child's risk for screen-related health or developmental problems:

- Distinguish screen time from play time. Play is a fundamental learning tool for young children, but parents should not think of screens as toys for play time.

When screen time is limited and separated from other types of play, parents show their children the importance of setting boundaries, using their imaginations, and being active.

- Get involved. Parents who

engage with their children about on-screen activities can help them increase their communication skills and teach them how to navigate digital media.

Parents can talk with their children about the videos they watch and games they play like they would discuss characters and plot lines in a book. When there is parental engagement like this, a child's vocabulary and literacy skills develop and family communication gets stronger.

- Make mealtimes screen-free. Eliminate screens from the meal table, including when you're out at a restaurant.

While it can be tempting to pack the iPads to have some adult conversation while you're out to eat, doing this doesn't teach your children about manners, properly engaging in conversation, or being mindful of other patrons.

Set a good example. It will be harder for a child to disengage from screens if his or her parents are consistently looking down at their own phones or tablets.

Remember, your children learn from your example. If they see you spending a lot of time with your face in front of a screen, they'll also want to use technology at the same time.

Try your best to save your time on social media for your lunch break, during nap time, or after your children have gone to bed.

Learning how to use screens, verbally communicate or socially interact will have a positive impact on language skills, relationships and overall health. Spending time with their parents, learning through play is what young children need and want.

Christine Kyriakakos Martin is the author of "You've Got This! Keys To Effective Parenting For The Early Years." An early education expert and consultant, she has spoken on child-development topics at national education conventions and colleges.



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Last year, the SLUSD Graduate Profile launched as our shared vision of student outcomes to define what all graduates should know and be able to do after high school. It is the compass for our schools TK to 12th grade, ensuring our students succeed in complex 21st-century work and collegiate environments.

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Superintendent Mike McLaughlin, Ed.D.



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PARENTS GUIDE

Are We Lazy in Our Approach to Educating Boys?

The problem of boys in education is not a new one – data has been mounting for many years that our sons are simply falling behind our daughters, says pioneering veteran in education, Edmond J. Dixon, Ph.D. But, he says, it's not because boys are any less intelligent than girls.

A recent study from researchers at the University of Georgia, which followed 10,000 students as they moved from kindergarten to eighth grade, indicates that though boys scored well on tests, indicating mastery of material, girls got better grades.

Researchers account for higher scores in girls because they comported themselves better than boys while in the classroom.

"I think that, by now, most academics have accepted that boys and girls have fundamentally different learning needs; girls are better at sitting still and listening, whereas boys learn better via kinesthetic learning, which involves more physical activity," says Dixon, who has more than three decades of experience as a teacher and is a parent of boys.

"There are many other stud-



ies, however, showing boys underperforming in school; now, it's a matter of what we're going to do about it."

Dixon, a cognitive-kinesthetic specialist, discusses why his first three "secrets" are so important in helping boys with active minds and bodies.

- Movement matters: Nearly every time, the student who disrupts class because they cannot sit still is a boy. Research reveals that young boys' brains develop a tremendous amount of neural

wiring to facilitate movement and sensitivity for how things "fit" together.

When a boy is a toddler, we would never think that a sedentary child is a good indicator of health, so what makes us think that he should change while in grade school? One tip: Allow a boy to use his "movement wiring" by allowing him to use his body as he learns to represent the topic.

- Games work: Their testosterone makes males naturally

competitive. If you want them to become suddenly engaged in something, make a game out of the lesson—it's just like flipping a switch on.

Just look at sports talk shows with analysis such as "Pardon the Interruption;" each expert has a clock clicking down to make his point. Little gaming tricks like this work on the male brain.

Tip: create clear rules – they help boys understand victory, and they add legitimacy to the

lesson. Games also serve as an excellent method for male bonding, too.

- Make them laugh: Observe a group of males; whether young or old, they bust each other's chops. Not only is it okay, they enjoy it! Everyone has a positive chemical reaction with laughter; boys, however, often use humor as a form of communication, an asset with which most girls do not have a problem.

Research has demonstrated that boys' emotions are processed initially in the more primitive parts of the brain and come more indirectly to the speech centers. That's why making a crude joke is easier for males to communicate sensitive feelings.

Tip: Before starting homework or an assignment, ask a boy to consider what might be funny, weird or strange about it; his mind will be more focused on the topic afterwards.

"This is just the tip of the ice-

berg; if parents and teachers are serious about getting their boys off to a better start in life, I encourage active participation and education," Dixon says.

Edmond J. Dixon, Ph.D., is the author of "Helping Boys Learn: Six Secrets for Your Son's Success in School," (www.HelpingBoysLearn.com).

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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Buyer's Lack of Understanding Fuels HOA Fears of Extra Costs

Owners in a local condo development recently received the shock of their lives.

Opening their mail, they discovered notifications they were being assessed close to \$70,000 per unit. While aware the development had been in poor condition for some time, the amount required to correct the issues was substantially higher than any imagined.

Compounding the issue was the fact that the local building department had visited the development and red-tagged stairs, balconies and other key structural components.

While the price tag was eventually lowered considerably, this situation highlighted a fear many have of buying into a development with an

HOA. Many buyers are put off by the monthly HOA fees, the lack of control they have over rate increases and potential special assessments.

While a valid concern on one level, the fear illustrates a lack of understanding of the actual costs of owning a home.

As an example, I frequently visit single family homes with deferred maintenance or obsolescence that will cost in the multiple tens of thousands of dollars to remedy. No matter what type of home you occupy, deferred maintenance will catch up with you.

Then there is the matter of the monthly fee. As an owner of a single family home, I'm faced with monthly expenses that include the following: pool maintenance - \$200/month

(including weekly cleaning visits, filters, chemicals, water, electricity), landscaping - \$100/month (blow and go), homeowner's insurance - \$120/month, garbage & water - \$100/month, routine exterior maintenance - \$200/month, deferred maintenance - \$500/month (eg. roof repair/replacement) and so on.

Add all this up and it dramatically exceeds the \$340 average* HOA fee in the Central County.

Bottom line: I'd love to have an HOA at my house.

For those concerned about escalating monthly fees, the increases are affecting detached homeowners as well. The rising costs of labor, building materials and property insurance are impacting all of us equally. If anything, costs are lower for HOAs because they can get bulk discounts.

If you are truly concerned about the costs of HOA fees and the potential of special assessments, carefully read the HOA financial packages and meeting minutes before buying.

Any projected increases and assessments should be visible. Want to monitor things more closely? Once you own, get on the HOA board. That way, you will know exactly what is going on and can do your part to keep costs as low as possible.

*Calculated based on the average of 736 condos/townhouses 2019 HOA fees listed on the MLS in the Central County.

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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Kill Dormant Crabgrass Seeds

By Buzz Bertolero
Special to the Times

My backyard lawn has patches of crabgrass. Which "Weed and Feed" should I be using to control it? I haven't been successful with the ones I've tried.

Bayer Advanced All-In-One Weed and Feed is a granular product that fertilizes the lawn, kills broadleaf weeds including crabgrass and other undesirable grasses. This is the first year it has been available.

It uses the same active ingredient that you would find the liquid types of crabgrass control. The liquid crabgrass killer comes in a ready-to-spray container that you attached to your hose. There are several brands available.

So far, I've found these products to be disappointing in controlling the actively growing Crabgrass. They're



very slow-acting, taking weeks for the results to show up.

Crabgrass goes dormant in the winter and reappears around the 4th of July. It thrives until November when it goes to seed and dies out.

The best most effective method of controlling crabgrass is to kill the dormant seeds. Pre-emergent crabgrass turf products are applied in January and February. That be-

ing said, I'm going to try the All-In-One Weed and Feed to see if it's more effective than the liquid.

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/dirtgardener](https://www.facebook.com/dirtgardener) or on Facebook at [Facebook.com/Buzz.Bertolero](https://www.facebook.com/Buzz.Bertolero)



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

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Moving Bougainvilleas Difficult, Not Impossible

By Buzz Bertolero
Special to the Times

Q I need to move an established bougainvillea so we can enlarge our family room. Can it be transplanted at this time of the year? I really would like it to survive.

A Bougainvilleas can be successfully transplanted from containers, but this is not always the case with established plants.

They have a very fine root system that doesn't knit tightly to form a solid rootball. When they're moved, the root ball breaks apart, reducing the survival rate.

This is not an ideal time to move with the warm days and nights. You'd be better off if you waited until October, but that may not be an option. So, here is how I'd go about moving it now.

I'd try to do this during the early morning or evening, avoiding the heat of the day. The first thing to do is prune the canopy back severely. This reduces the demand on the roots.

Then dig around the plant to form the root ball and support it by lining it with cardboard secured with ties. I'd use several bungee cord ties available at any home improvement store and secure it tightly.

Next, carefully tip the root ball over, cutting the roots as you go. The rootball is then picked up or slid carefully to a

new location and placed upright in the new hole.

As the backfill is added, remove the ties but not the cardboard (it will decompose naturally). Cut off any cardboard that extends above the soil.

Proper planting techniques are employed by amending the backfill with soil amendments, and be sure not to bury the root ball too deep. Finally, take a few digital pictures of it for the refrigerator before you start. In this way, you avoid the last memory of your favorite plant, collapsing, turning brown, and then dying.

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)



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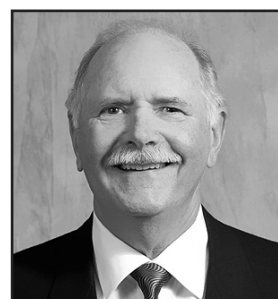
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14964 Lark Street	94578: \$619,000 3 BD - 1,176 SF - 1945
15272 Laverne Drive	94579: \$640,000 3 BD - 1,107 SF - 1958
459 Arroyo Avenue	94577: \$641,000 2 BD - 1,142 SF - 1935
14777 Lark Street	94578: \$643,000 2 BD - 1,018 SF - 1945
3793 Anza Way	94578: \$660,000 3 BD - 1,576 SF - 1954
15382 Churchill Street	94579: \$687,000 4 BD - 2,170 SF - 1950
1700 142nd Avenue	94578: \$680,000 2 BD - 1,167 SF - 1942
470 Violet Street	94578: \$690,000 2 BD - 1,425 SF - 1947
13948 Velarde Drive	94578: \$700,000 3 BD - 1,358 SF - 1956
15442 Farnsworth St.	94579: \$720,000 3 BD - 1,190 SF - 1956
710 Fountainhead Dr.	94578: \$725,000 1,614 SF - 1978
14054 Santiago Road	94577: \$760,000 3 BD - 1,128 SF - 1961
1036 Marquette Way	94579: \$837,000 4 BD - 2,170 SF - 1956
2006 Evergreen Ave.	94577: \$850,000 2 BD - 1,721 SF - 1953
710 Bloom Street	94577: \$860,000 5 BD - 2,524 SF - 2004
566 Blossom Way	94577: \$915,000 3 BD - 2,202 SF - 1930
790 Rodney Drive	94577: \$925,000 3 BD - 2,191 SF - 1937
249 Broadmoor Blvd.	94577: \$950,000 2 BD - 1,829 SF - 1924
2696 Marineview Dr.	94577: \$975,000 3 BD - 2,015 SF - 1964

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Trees: Residents want to know before trees are cut down

continued from front page

“If it was for safety issues, what gets me upset is not that they cut them down, it is how they did it,” Grant said.

To cut the trees down without notifying the neighborhood was inconsiderate, Grant said.

But PG&E maintains that they’re required to keep trees away from power lines. The trees were cut for safety, PG&E

spokesperson Tamar Sarkissian said.

“It was determined the trees were approaching state mandated clearances that we are required to maintain at all times,” Sarkissian said.

PG&E is required to maintain at least 10 feet of space between trees and power lines, Sarkissian said. PG&E must also take into account sag and sway of conduc-

tors, as well as anticipate growth rates of trees. The myrtle trees would soon violate the 10-foot clearance rule.

The myrtle trees’s distance from the power lines were inspected by PG&E’s Light Detection and Ranging (LiDAR) technology attached to a helicopter on October 2018, Sarkissian said. Since that inspection, the trees have grown back significantly,

she said.

“The amount of work needed to keep the trees from making contact with our high voltage electric equipment would have caused significant damage to the trees,” Sarkissian said.

And to prevent damaged trees, PG&E cut them down, Sarkissian said. A city employee was notified on June 26, she said.

But City of San Leandro Public Works Director Debbie Pollart said she didn’t receive a notice from PG&E that the trees would be cut down.

At any rate, it’s not a requirement that PG&E notify the city when it needs to trim or cut down trees.

Neighbor Sheryl Culliver has lived on the corner of Evergreen Avenue and School Street for 22 years, and was one of the neighbors who volunteered for the planting project in 2007.

“I am shocked because those trees gave character to the street, especially when they blossomed,” Sheryl said.

After they were planted and growing, Culliver would help water the trees in the morning. And the time and commitment spent on nurturing the trees was wonderful, she said.

“Trees mean something,” Culliver said.



PHOTO COURTESY SURLINE GRANT

A row of trees planted by the neighborhood was cut down on School Street.



PHOTO BY DENIS PEREZ

PG&E said it’s mandated by the state to keep trees away from power lines.

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. 12 to Aug. 16, is:

Monday – Baked fish, vegetable blend, orzo with spinach, chickpea and lemon seasonal fresh fruit.

Tuesday – Birthday Lunch! Stir fried beef with vegetables over brown rice, seasoned cauliflower and seasonal fresh fruit, and birthday cake.

Wednesday – Teriyaki chicken, mushroom barley soup, lemon seasoned broccoli, brown rice, applesauce.

Thursday – Apricot glazed pork tenderloin, mashed potatoes and gravy, carrots, whole wheat roll, fruit.

Friday – Roast turkey, maple squash puree, tossed vegetable salad, garlic bread, orange.

Essayist-Author to Speak at Main Library

Jaya Padmanabhan to speak for Indo-American Heritage Month

The San Leandro Public Library invites the community to celebrate Indo-American Heritage Month with guest author Jaya Padmanabhan, who will discuss her journalistic works, essays, and literature on Saturday, Aug. 10, from 2 to 3 p.m. at the Main Library, 300 Estudillo Ave.

Padmanabhan is the author of “Transactions of Belonging,” a collection of short stories published in 2014. She has won numerous awards for her essays, fiction, and reporting.

Padmanabhan writes an immigration column for the San Francisco Examiner and her bylines can be found in *The Bold Italic*, *Elemental*, *The Hindu*, *KQED*, and *India Currents*. She will be discussing her journalistic works, essays, and literature at this event.

For more information, call the Library Information Desk at 510-577-3971.

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San Leandro Art Association to Meet

The San Leandro Art Association will hold its monthly meeting on Tuesday, Aug. 13, at the San Leandro Main Library, 300 Estudillo Ave. Snacks and beverages will be served at 5:45 p.m., followed by a short meeting at 6:15 p.m., and at 6:45 p.m. a free watercolor demonstration will start. Open to the public.

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ACROSS

- 1 Moment, for short
- 4 Nevada neighbor
- 8 Detergent brand
- 12 Savings plan acronym
- 13 Actor LaBeouf
- 14 Moby Dick’s pursuer
- 15 Insect repellents
- 17 “_ Lisa”
- 18 Harbor structure
- 19 Asian nation
- 20 Not intoxicated
- 22 Actor Newman
- 24 On in years
- 25 San Francisco carriage
- 29 Under the weather
- 30 Divine
- 31 “... and seven years _”
- 32 1776 crossing site
- 34 Porn
- 35 Sampras of tennis
- 36 Vatican heads
- 37 “Caribbean Queen” singer Billy
- 40 Sleeve end
- 41 Bedframe piece
- 42 Stump
- 46 Drunkard
- 47 On
- 48 Carnival city
- 49 Do as you’re told
- 50 Say it isn’t so
- 51 Tackle’s teammate

DOWN

- 1 [Uncorrected]
- 2 Geological period
- 3 “Wichita Lineman” singer
- 4 Leading man in the theater?
- 5 Norse hammer thrower
- 6 Melody
- 7 Owns
- 8 Mexican entree
- 9 Breakfast chain acronym
- 10 Carvey or Delany
- 11 Abba of Israel
- 16 Piper’s adjective
- 19 Seventh of a series
- 20 Put into words
- 21 Leer at
- 22 Chaplain
- 23 Competent
- 25 Layer
- 26 Marshmallow toaster
- 27 Chills and fever
- 28 Decays
- 30 Verdon or Stefani
- 33 Carelessness?
- 34 Couch
- 36 Lightweight boxer?
- 37 Norway’s capital
- 38 Organization
- 39 Relaxation
- 40 “Be a sport”
- 42 Scoundrel
- 43 Corroded
- 44 Martini ingredient
- 45 Affirmative action?

ANSWERS ON PAGE 3

OPINION

The A's Are Rooted in Oakland Right Where They Are

There's one slight difference between the Giants ballpark on the Embarcadero and the proposed A's ballpark on the Oakland Estuary.

Projects on the Embarcadero replace obsolete piers that went out of date in the 1960s when container shipping came in. On the other hand, a ballpark at the Port of Oakland's Howard Terminal would eliminate

part of a modern container port, essential to the economy of the Bay Area and the entire country.

The port of Oakland isn't obsolete. It isn't scaling down. It's not some relic of a former era that's gone to the dogs. It has been expanding to meet the need for more ships, and it's almost certain to need more dock space to accommodate ships in the future.

Don't Ruin the Port, the Backbone of the Bay Area Economy

Let's not damage this essential industry and the thousands of related jobs just to satisfy the public-relations mantra that a ballpark should be "on the water." What's so magical about being on the water? Has everybody around here turned into a real estate agent?

You can go see the water anytime. The best ballparks in the country, Wrigley Field and Fenway Park, aren't on the water. The fans love those ballparks where they go to see a ball game, not watch the sailboats.

The public is being duped in the "need" for a new ballpark by the billion-dollar sports-entertainment industry and its pitchmen in the Bay

Area sporting press. The corporate oasis within the city of Oakland, known as Jack London Square, will surely benefit from this deal and the real estate moguls will make another fortune.

The A's like to say they're "Rooted in Oakland." If that's true, they'll stay right where they are right now, on 66th Avenue and Coliseum Way.

— By Jim Knowles

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.

Violence Close to Home

Editor:

Two more mass shootings since last weekend! Remember to cherish these times with friends and family (pets included) because you never know when it's the last time with them.

The violence in Gilroy really struck close to home. We had a few families from San Leandro that were there on Sunday and were not harmed. Thank God. Now we had two more mass shootings in El Paso, Texas and Dayton, Ohio. This needs to stop.

I know sometimes our love ones get on our nerves but that's just human nature. I'm learning myself sometimes you just have to let go of the petty stuff and enjoy the time spent together! I wish everyone an awesome day and if there is anyway I could help you feel free to reach out to me! God Bless!

—Bryan Azevedo
San Leandro

Divestment to End Immorality

Editor:

No child should be burdened with a legacy of caged innocents, a gun violence epidemic and an uninhabitable planet. Divestment isn't virtue signaling, it is fiduciary responsibility and decency.

"The global financial system faces an existential threat from climate change and must take urgent steps to reform." The Guardian reports that the international financial community, governors of the Bank of England and the Banque de France, said financial regulators, banks and insurers around the world had to "raise the bar" to avoid catastrophe.

"As financial policymakers and prudential supervisors we cannot ignore the obvious physical risks before our eyes. Climate change is a global problem which requires global solutions, in which the whole financial sector has a central role to play."

This week, it is reported that BlackRock, the world's biggest investor, has lost an estimated \$90 billion over the last decade by ignoring the serious financial risk of investing in fossil fuel companies.

The Institute for Energy Economics and Financial Analysis has found that BlackRock has eroded the value of its \$6.5 trillion funds by betting on oil companies that were falling in value and by missing out on growth in clean energy investments.

Untold sums are lost subsidizing fossil fuel industries and bearing the burden of overseas security -- and this doesn't weigh the toll on our health and well being.

According to Science News, the Fourth National Climate Assessment (November, 2018) predicts the U.S economy will shrink by as much as 10 percent by the end of the century if global warming continues apace. Per the Insurance Journal (June 13, 2019), "Climate change presents "high exposure risk" to insurers and their policyholders on many fronts, such as general liability claims for third-party bodily injury and property damage.

Divestment isn't moral preening, but one tool to end immoral practices.

—Maureen Forney
San Leandro

Congratulations to an Artist

Editor:

Congratulations to Anna W. Edwards and The San Leandro Arts Commission for exhibiting Anna's wonderful antique letterpress printing cuts as well as her strikingly beautiful paintings displayed on the walls of the Main Library during the month of August.

Anna W. Edwards has used transformative art to spread love to school children and parents throughout San Leandro. What a great way for the San Leandro Arts Commission to spend public money.

—George Z. Banks
San Leandro

Wants the Whole Truth

Editor:

Bruce Joffe discusses the Mueller Witch Hunt ("Partisan Games," *Letters*, August 1), but like so many from the left he leaves half the truth out, like the time Mr. Obama told Mr. Medvedev "After my election I have more flexibility," thinking he was off-mic.

If anyone should have been investigated for colluding with Russia it is Mr. Obama and Hillary Clinton. The very reason I left the Democrat party is the dissemination of half-truth portrayed as whole truth. It's what the left does.

The truth is Russia is *always* trying to affect change in America to their benefit, as do China and many other nations. It is not anything new, or connected to the Trump campaign. The left is just mad Hillary lost and strives to do anything to undo that loss.

You can be sure if Mueller had anything to indict Mr. Trump he would have stated it in his report, but he came up with nothing. I think Bruce is the one playing partisan games and he should start telling us the whole truth instead of bits and pieces to criticize Republicans.

—Corey Anderson
San Leandro



INQUIRING REPORTER

Your main summer adventure?

— Asked around town

We road-tripped to Utah to see the arches and other sights with family visiting from Tel Aviv.

Rony Cohen with daughter
San Leandro



It's too personal to tell you. But I can say that it was a great experience.

Prue O'Keeffe
Oakland

Camping on Catalina Island with the Scouts, which included canoeing in the ocean and snorkeling.

Fred Reichert
San Leandro

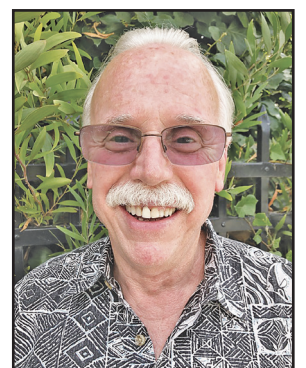


My family and I spent a few days up in Tahoe. Otherwise for me, it was work-work-work. Although I work for a school, summertime is a busy season for my work in communications and marketing.

Derek Clark
San Leandro

This has been the summer of gardening at my home, working hard to clear out the front and backyard gardens to enhance the space for birds, bees, and butterflies. Monarch butterflies are all around lately.

Earle Shenk
San Leandro



Sports: Assisting kids with the high cost of today's sports equipment

continued from front page
member Justin Bigler. Back when he played in the '80s, Bigler didn't have to worry about paying for anything he needed while he played in sports leagues. But now there is a lot of financial instability in family households, and the cost of playing sports has gone up, Bigler said.
"It has gotten expensive to play sports," Bigler said.
Bigler has coached kids, and has seen first hand how kids struggle to pay for equipment, food, travel and everything that comes with playing sports.
"I have coached kids that couldn't afford transportation and it came out of my pocket," Bigler said.
Bigler coached Arroyo High School's varsity softball team in the early 2000s. And helping his players out financially wasn't a

one time thing.
"We have all done that," Bigler said referring to the people at the organization who have coached. "We can't make playing sports like it was in the past, but we can pay it forward by starting this non-profit to offset costs for kids to play sports."
Lou's Dugout is looking for players or teams in need of financial assistance, board member Mike Munoz said.
The grants are open to all age groups from San Leandro and the surrounding area, he said. To apply for a scholarship, log onto the organization's website, Lousdugout.com, and download an application.
The grants could be for something as small as a glove to something big like \$1,000 worth of equipment, Profumo said.
Profumo started playing in

San Leandro and moved on to minor league baseball's 1956 Nebraska State League when he was 18. After 7 years of playing in different leagues, he ended up playing for the San Jose Bees in the California Baseball League when he was 24 and eventually in the Reynosa Broncos in the Mexican Baseball League in 1963.
After his retirement from baseball in the '60s, he started coaching and getting his name out there as a sports advocate, he said.
After a long time of playing sports and coaching, Profumo, 81, said he and his friends hope to give back what they were given – a chance to play sports without worrying about money.
The idea for the organization came from a conversation the group of former athletes Profumo had gathered while hanging out at the Manor Bar and Grill.

After forming a board, writing by-laws and filling out the paperwork to start a non-profit – now the hang-outs at the restaurant have turned into their board meetings, Profumo said.
The board members of the organization are Profumo, Justin Bigler, Ross Bigler, Mike Munoz, Victor Munoz, and Mike Carvalho.
The organization has 160 members, Victor Munoz said. He said all the members have played in some type of sport growing up, some have gone pro and many have coached.
He saw that sports gave him a great childhood and he, among others, wants that for the youth of today, Victor Munoz said.
The goal of the organization is to help as many kids as their budget allows, and to continue to grow into a big organization,



Lou's Dugout donated \$1,000 to the Boys and Girls Club on Wednesday with Kim Pace of the club holding the check, former club coach Jerry Lyons (left) and Lou's Dugout board member Lou Profumo.

Munoz said. it is people who have benefited from playing sports, and want to give back," he said.

Health: The grandkids grew up working in the family's stores

continued from front page
Pelton Center, the second oldest shopping center in California.
Nancy was intrigued by the mid-century philosophies of Adelle Davis and Henry G. Bieler, M.D., that showed her and her family the best medicine one can invest in would be healthy eating.
Nancy, being the first generation to work in a health food store, raised her seven children,

Allyn, Lulu, Lisa, Matthew, Sara, Ethan, and Adam in the stores. All of the children helped out their mom by working at Health Unlimited at one point or another in their lives. Today, three generations of the family are working together.
Ethan currently works as the general manager for both the Castro Valley and San Leandro locations. The grandchildren,

Tyler, Jacob, and Brandon have grown up around the stores and are now working at both locations.
As the years went on, Health Unlimited went through many changes. One location quickly grew to two and then finally three by 1971. All three locations used to include a deli counter where sandwiches with homemade bread and chicken salad were

prepared.
Fresh organic produce was not as readily available in the early years, yet the industry has grown and it is now a staple in Castro Valley.
While trends in the industry have come and gone throughout the years, Health Unlimited, one of the first Health Food Stores in the East Bay, has been in the forefront of new research and

products as they evolve.
The stores sell a variety of vitamins, fresh organic produce, natural foods, cosmetics, herbal teas and accessories, while providing exceptional customer service from their friendly, knowledgeable staff.
Both locations, 182 Pelton Center in San Leandro, and 3446 Village Drive in Castro Valley, will celebrate Health Unlimited's

50th anniversary in business on Saturday, Aug. 17, from 9:30 a.m. to 6 p.m.
To express their gratitude to their loyal customers throughout the years, the stores will have giveaways and give 25 percent off on purchases.
"We hope to continue serving the communities of San Leandro and Castro Valley for many years to come," says Nancy Falls.

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Nancy K. and Buddy

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²Bankrate.com 06/03/19.

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