



Wonderful Night
ITS A WONDERFUL NIGHT, ANNUAL HOLIDAY
CELEBRATION SET FOR FRIDAY DECEMBER 1..... 2

WEEKEND WEATHER
SUNNY Sunny thursday thru Sunday
HIGHS: 66-72
0 10 20 30 40 50 60 70 80 90 100 110
LOWS: 39-45

FRIDAY

SATURDAY

SUNDAY

San Leandro Times

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

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Happy Thanksgiving

Council Tells Airport: Pollute Less, Give More

Oakland Airport planning new terminal, 16 more gates

By Michael Singer
San Leandro Times

Last year, 11 million people flew in and out of Oakland International Airport (OAK), boosting the local economy, bringing in tax revenue, and creating jobs.

But since those planes fly right over San Leandro, the City Council asked their neighbor to be more considerate regarding pollution, noise, contribute more to non-profit organizations.

At the Nov. 6 meeting, the council heard a presentation from Craig Simon, the Interim Director of Aviation for the Port of Oakland, which owns and operates the airport, the shipyards in Oakland, and 850 acres of commercial real estate, including Jack London Square.

Simon updated the City Council on the airport's general impact on the area and new flight destinations. The airport is preparing to modernize its terminals and build a new terminal with 16 gates.

"Recently, Baltimore and Washington were announced, and we have service to El see AIRPORT, page 11

Man Struck and Killed Crossing Hesperian

A 56-year-old man was hit and killed by a car while crossing Hesperian Boulevard in San Lorenzo on Sunday morning.

Officers arrived to find the body of the deceased man on Hesperian just south of Bockman Road a few minutes before 9 a.m., according to the California Highway Patrol (CHP). The vehicle that struck the pedestrian had fled north-bound on Hesperian.

The CHP had not released the identity of the victim, pending notification of next of kin.

A short time later, Alameda County Sheriff's deputies found the vehicle that struck the pedestrian, a 2007 Ford Mustang, about a half mile see MAN, page 12

Sheriff's Department Gives Account Of Its Military Equipment, as Required

By Michael Singer
San Leandro Times

Last Friday, Alameda County Sheriff Yesenia Sanchez and her officers discussed the department's inventory of military-grade equipment, what the agency used in the last year, and the cost associated during a town hall meeting at Castro Valley Library.

The presentation is mandated by AB 481, a 2021

California law requiring law enforcement to report to the public what military equipment it has and obtain approval before purchasing more. The Alameda County Sheriff's Office (ACSO) released its findings on October 20 and is expected to present the 124-page report to the Alameda County Board of Supervisors at its November 28 meeting.

Sheriff Sanchez said the

ACSO is ready to look at things with a different lens and involve the community to address concerns.

"Yes, this is a law that says that we have to come forth and bring this to your attention and have a discussion, but this isn't going to be how we operate in a 'have-to' type of mindset," Sheriff Sanchez said.

"Before we go to the board to acquire some new equipment, there's

going to be a dialogue as to what your concerns are, how we address them to make you feel more comfortable and have an understanding of why we're doing or acquiring what we're acquiring."

The "Military Equipment Annual Report" covers actions between Nov. 20, 2022, and Sept. 30, 2023. The document outlines the agency's see MILITARY, page 5

INSIDE YOUR TIMES

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Author explores immigrant experience in America. **Page 2**

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EB Parks uses new tech to reduce wildfires. **Page 12**

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MEETING SCHEDULES

CITY COUNCIL

Council meets on the first and third Monday of each month at 7:00 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



Ash



Trolli

The Pets of the Week at the Hayward Animal Shelter, 16 Barnes Court in Hayward, are both dogs, Ash and Trolli.

Ash is 10-month-old mastiff mix. He is a sweet boy looking for a family that can bring up his confidence. Ash does well playing with other dogs and especially his sister Misty who is also available.

Ash would do best in a home with teens and up.

Trolli is a 2-year-old corbie mix. He is a shy guy with a big heart. Trolli loves toys and enjoys walks with his favorite volunteer. Trolli would do best with a home teens and up.

To adopt or meet Ash or Trolli, call the Hayward Animal Shelter at 510-293-7200.

Marino Reflects on Immigration, Belonging and the American Dream

Rose Press Books recently announced the publication, *We Have All Been The Others* - *Reflections of a First Generation's Daughter on Belonging, Democracy and a New American Dream* by Patricia J. Marino. The book is #1 in Amazon's Kindle Store, in Immigration, in History, Race & Ethnicity & Historical U.S. Biographies.

Through the lens of family history, Marino, a second generation Italian-American, explores immigration's expansion of "e pluribus unum" from the concept of the original 13 colonies' unification to the union of disparate people and cultures across continents creating "a more perfect union."

Marino insightfully demonstrates that the current vilification of immigrants, or those that look different from the mainstream, is the continu-



Pat Marino

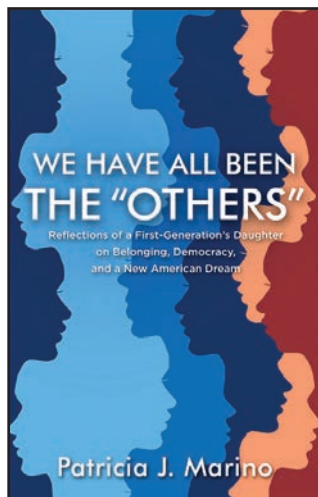
ation of using fear and division as a tool to destroy democracy and democratic ideas - not just in our country but globally, that this is an old instrument in the autocrat's toolkit.

We Have All Been the "Others" challenges each of us to guard and protect the sacred trust of the ideal of America and the American Dream and to see that each of us, no matter where we have come from in the near or distant past, adds to the quintessentially diverse people we call Americans. This 262-page paperback is packed with a family history imbued with humor, whimsy

and reflection.

Marino is a philanthropic consultant who has worked for three Fortune 500 corporations during her career. She was president of The Clorox Company Foundation and co-chaired the East Bay Funders, a collaboration of 16 Bay Area foundations focused on neighborhood revitalization in Oakland and Richmond.

She also completed a \$10.5 million capital campaign for the Boys & Girls Clubs of San Leandro.



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It's a Wonderful Night

Downtown San Leandro invites you to the 26th Annual "It's a Wonderful Night" holiday celebration on Friday, Dec. 1, from 5:30 to 9 p.m. Ring in the holidays with the annual tree lighting, holiday performances, photos with Santa, holiday train rides, crafts for kids, holiday market, and more. The family-friendly event begins with the holiday tree lighting at 5:30 p.m. Estudillo Ave at East 14th Street, and the main event will be centered around West Juana Avenue between East 14th St. and Washington Avenue.

Community Calendar

San Leandro History Museum Documentary Series For Native American Heritage Month

The San Leandro History Museum, 320 W. Estudillo Ave., is hosting free documentary screenings on Wednesdays and Thursdays from 1 to 4 p.m. in November. The final screening will be on November 29 and 30: "The Colonizers Among Us" by Chairwoman Charlene Mijmeh TEDx Berkeley. No registration is required. Email Dylainie Nathlich, Museum Curator at :dnathlich@sanleandro.org for more information.

Friends of Castro Valley Library Book Sale

The Friends of the Castro Valley Library, 3600 Norbridge Ave. in Castro Valley, will hold an indoor book sale Friday through Sunday, Dec. 1 to Dec. 3, featuring fiction and mystery books, all categories of nonfiction books, children's books, audio books, DVDs, music CDs, and miscellaneous items such as puzzles and games. Member Preview is Friday night from 6 to 8 p.m. Memberships may be purchased or renewed at the door. Saturday hours are 10 a.m. to 4 p.m. Sunday (\$5 bag day) hours are 1 p.m. to 4 p.m.

Friends of San Leandro Library Cookbook Sale

The Friends of the San Leandro Library will host a Cookbook Sale on Saturday, Dec. 2, from 10 a.m. to 4 p.m. and Sunday, Dec. 3, from 10 a.m. to 2 p.m. in the Trustees Room of the San Leandro Main Library, 300 Estudillo Ave. in San Leandro. Hundreds of beautiful books featuring cuisines from around the world will be featured. From the basic how-to to elegant dining recipes, these books originally sold for as much as \$50 but will be sale priced at \$4 or less. This sale is cash only. It's a great time to start your holiday shopping with quality cookbooks at bargain prices. All proceeds benefit the San Leandro Library's programs and services.

Books Inc. Holiday Warehouse Sale

Books Inc., 2483 Washington Ave. in San Leandro, will host its annual Holiday Warehouse Sale on Saturday and Sunday, Dec. 2 and 3, from 10 a.m. to 5 p.m. New quality books, gifts, and games for sale at half price or less.

St. Gerard Ladies Annual Holiday Bake Sale

Saint John's Church will host the St. Gerard Ladies Annual Holiday Bake Sale in the Community Meeting Room, 264 E. Lewelling Blvd. in San Lorenzo, on Saturday and Sunday, Dec. 2 and 3. Saturday from 3 to 7:30 p.m., and Sunday from 8 a.m. to 1 p.m. There will be an assortment of baked goods, a raffle with prizes, trinkets and a treasure sale. A Continental Breakfast will be available on Sunday, Dec. 3.

Workshop to Learn about Cybercrime

Learn about cyber crime trends and prevention at a workshop on Tuesday, Dec. 5, from 1 to 2:30 p.m. at the Cherryland Community Center, 278 Hampton Road in Hayward. The FBI will conduct this workshop that provides an overview of the top cybercrimes facing our communities and offer practical tips to safeguard your household and businesses. This event is co-sponsored by the Alameda County Sheriff's Office, League of Women Voters of the Eden Area and SF Cause.

Copeland to Perform Acclaimed Christmas Story, The Jewelry Box

Playwright and actor Brian Copeland will present his critically acclaimed Christmas story, *The Jewelry Box*, on Saturday, Dec. 16 at 8 p.m.; and Sunday, Dec. 17, at 2 p.m. in the theater of the San Leandro Main Library, 300 Estudillo Ave. Tickets are \$35 in advance at www.brownpapertickets.com or \$40 at the door.

Arts & Crafts Swap Meet

California BrainWaves hosts an Arts & Crafts Swap on the first Wednesday of every month from 5:30 to 7:30 p.m. in the Trustees Room of the San Leandro Main Library, 300 Estudillo Ave. Free, all ages and skill levels welcome. Neurodivergent-friendly. Donate, craft, grab goodies.



PHOTO COURTESY OF INNER WHEEL

Inner Wheel Meets Meals on Wheels

Where else can you gather with amazing people, help assemble 3,000 meals, support an incredible charitable organization, and look like fashionistas for three hours? Inner Wheel Club of San Leandro's President Monika Williams, members JoAnne Frazier and Pearl Johnston recently did. They volunteered at SOS Meals on Wheels which is one of Inner Wheel's chosen charities. Meals on Wheels enables homebound seniors to maintain their independence with nutritious meals and wellness checks. Email iwclubofsanleandro@gmail.com for more information.

Announcements

Tasting History: Ghirardelli

The San Leandro History Museum, 320 W. Estudillo Ave., presents an afternoon of tasty facts and treats, learning all about the history of chocolate and the Ghirardelli Chocolate Company, on Saturday, Dec. 2, from noon to 2 p.m. You'll also be making your very own "No Bake Chocolate Power Bites," a recipe from Ghirardelli. All equipment, ingredients, and supplies are included in your registration. If you have multiple family members, please know that you will be baking together _ please register only once. If you have any questions, email the Museum Curator, Dylainie Nathlich at dnathlich@sanleandro.org. Registration is required. visit: <https://tinyurl.com/decemberprogram> to register.

Chorus to Sing Winter Songs From Around the World

Join Chorus Eclectic for a wintry tour around the world on Monday, Dec. 4, at 7 p.m. at the San Leandro Church of Christ, 601 MacArthur Blvd. The chorus will sing winter-themed songs in Estonian, English, Hebrew, Native American languages, Spanish, and Tagalog. The concert is presented by the San Leandro Church of Christ/Lewis Avenue Resilience Hub to provide an experience of community connection at a time of increasing polarization throughout the world. Adults \$10, Children \$5 (5 and under are free) when tickets are purchased ahead of time at <https://bit.ly/winterwonderlandsconcert>. Desserts and raffle tickets available for purchase during intermission.

San Lorenzo Adult School Offering Free Winter Classes

Registration is Nov. 28 and 29

The San Lorenzo Adult School, 820 Bockman Road in San Lorenzo, will hold in-person registration on Tuesday and Wednesday, Nov. 28 and 29, for free winter classes to learn English as a second language (ESL) and complete high school, plus low-cost classes in fabric crafts and certification in computer networking.

School staff will be ready to assist interested students 18 and older with registering for daytime and evening classes that start Dec. 4 or 5 and continue through May. The in-person registration times

are from 9 to 11 a.m., and from 5 to 7 p.m. on Nov. 28; and from 9 to 11 a.m. on Nov. 29.

Adult school students are not required to live in the San Lorenzo Unified School District.

Students registering for English and high school completion will be asked to select a date for pre-tests that help ensure they are placed in courses that match their readiness level.

More information is available online at adu.slz.usd.org or by calling 510-317-4200 weekdays between 8 a.m. and 3 p.m.

American Legion Post 649 Meeting

American Legion Post 649 in Castro Valley meets on the last Monday of every month at 1800 (6 p.m.) for dinner, followed by the meeting at 6:30 p.m. at the Moose Lodge, 20385 Rutledge Road in Castro Valley. For more information, call Jim Smith at 510-305-2280.

San Leandro Community Blood Drive

The San Leandro Church of Christ, 601 MacArthur Blvd., will host a blood drive on Saturday, Dec. 9, from 8 a.m. to 2 p.m. Call 1-800-733-2767 for an appointment, or sign up online at RedCrossBlood.org and use sponsor code: SAN LEANDRO.

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www.unitysanleandro.org **SUNDAY 11:11 A.M.**

Unity Church of San Leandro
P.O. Box 2018, San Leandro, 94577

Give back this season, one meal at a time

The holidays can be especially lonesome for homebound seniors in Castro Valley and San Leandro.

Bring a senior a meal, a smile, and joy this holiday season.

Get involved today: sosmow.org

510-244-0165 John@sosmow.org



East Bay Living



Thanksgiving: The Sequel

Whether it's a late Thursday night raid of the fridge, a turkey sandwich with a little warmed-up stuffing on Friday, or a bowl of turkey soup on Sunday, most Thanksgiving remnants are even better the second time around. And there's just no end to the possibilities.

CREAMY DIJON TURKEY SALAD

2/3 cup Dijon mayonnaise

- 1 tablespoon lemon juice
- 2 cups cubed cooked turkey
- 1 apple, chopped
- 1/2 cup sliced celery
- 1/2 cup finely shredded carrot
- 3 tablespoons minced onion

(Use either prepared or homemade Dijon mayonnaise. To make your own, combine 1 cup mayonnaise with 2 teaspoons Dijon mustard and 1 tablespoon lemon juice.)

Combine Dijon mayonnaise and lemon juice in large bowl. Add turkey, apple, celery, carrot and onion; toss to coat. Cover and chill until ready to serve. Makes 4 (3/4-cup) servings.

TURKEY CASSEROLE

- 1-1/2 cup cubed cooked turkey
- 3 cups cooked rice
- 1 cup sliced cooked asparagus
- 1 cup turkey gravy
- 1/2 cup dairy sour cream

In a large bowl mix together turkey, rice and asparagus. Combine gravy and sour cream. Pour over turkey mixture and mix well. Turn into a

greased 1-1/2 quart casserole. Bake in a 350°F oven for 30 to 40 minutes. Makes 4 servings.

EASY TURKEY SOUP

- 3-1/2 cups or 2 (14-1/2 ounce) cans chicken or vegetable broth
- 3 cups water
- 1 large onion, halved and coarsely chopped
- 2 celery stalks, sliced
- 1 carrot, cut into thick slices
- 1 (1-pound) package frozen mixed vegetables
- 1 (6-ounce) package sliced mushrooms
- 1 teaspoon dried thyme
- 1 (15-ounce) can garbanzo beans, drained
- 1 (14-1/2 ounce) can stewed tomatoes, with liquid
- About 3 cups leftover turkey strips (dark and light)
- Salt and pepper

Combine broth, water, onion, celery and carrot in large saucepan. Bring to boil. Cover and cook over medium heat 7 minutes. Add frozen vegetables and bring to boil. Cover and cook 7 minutes. Add mushrooms and simmer 2 to 3 minutes until vegetables are tender.

Add thyme, garbanzo beans, tomatoes and turkey and bring to simmer. Stir gently. Add few tablespoons boiling water if soup is too thick. Season to taste with salt and pepper. Makes about 4 servings.

TURKEY A LA KING

- 1/4 cup butter
- 1/2 cup chopped green peppers
- 4 ounces sliced mushrooms
- 1/4 cup flour
- 1-1/2 cups milk
- 1 (10-3/4 ounce) can condensed cream of mushroom soup
- 1 (2-ounce) jar pimiento strips
- 2-1/2 cups cooked cubed turkey

- Dash onion powder
- Dash pepper

Melt butter; add green pepper and mushrooms. Cover and simmer 5 minutes. Remove vegetables with slotted spoon. Add flour to butter, cooking and stirring until smooth. Add half-and-half and cream of mushroom soup, stirring until smooth and thickened. Add turkey, pimiento, mushrooms, green pepper, and seasonings. Taste and adjust seasonings. Serve over hot cooked rice, biscuits, or noodles. Serves 6.

ASIAN-STYLE TURKEY SALAD

- 2 cups leftover roast turkey
- 1 tablespoon lite soy sauce
- 1 tablespoon dry Sherry
- 1 tablespoon vegetable oil
- 1 tablespoon Oriental sesame oil
- 1 piece fresh ginger, quarter-size, minced
- 2 green onions, thinly sliced
- Salt to taste
- Black pepper to taste
- 1 head Belgian endive, separated into spears
- 1/4 cup finely-diced red bell pepper
- 2 tablespoons chopped cilantro or peanuts

Cut the turkey into small cubes, making sure to remove all fat and skin. Make a dressing of the soy sauce, sherry, oils and ginger and toss with the turkey and green onions. Season to taste with salt and pepper

Center the salad on a plate and surround with endive spears. Garnish the salad with red pepper and cilantro or peanuts.

PILGRIM'S POT PIE

- 4 cups (about 1-1/4 pounds) cooked turkey chunks
- 1 cup frozen peas
- 1 cup frozen corn kernels
- 2-1/4 cups leftover turkey turkey gravy, or 2 (10-1/2 ounce) cans turkey gravy

- 1/4 cup snipped chives, divided
- 1-1/2 teaspoons dried thyme leaves
- 4 cups leftover mashed potatoes

Preheat oven to 400°F. In large bowl, mix turkey, peas, corn, gravy, 2 tablespoons of the chives and the thyme. Turn into shallow 2-1/2-to 3-quart baking dish; set aside.

In microwave-safe dish warm potatoes on high for 3 minutes; mix in remaining chives. Cover turkey mixture with potatoes. Place dish on baking sheet.

Bake for about 25 minutes in center of oven until turkey mixture is bubbly and potatoes begin to brown. Serve with cranberry sauce, if desired. Makes 6 servings

TURKEY CROQUETTES

- 2 stalks celery, chopped
- 1 red bell pepper, roasted, peeled, seeded, chopped
- 6 green onions, chopped
- 2 tablespoons lemon juice
- 3 tablespoons chopped fresh parsley
- 2 teaspoons dried sage
- 1 teaspoon poultry seasoning
- Salt
- Fresh ground black pepper
- 6 cups chopped cooked turkey
- 3/4 cup cranberry sauce
- 2 eggs, beaten
- 1 cup cracker crumbs
- Turkey gravy

In a large bowl, combine all ingredients except cracker crumbs and gravy. Mix well, cover bowl and chill for at least 45 minutes. (May be refrigerated up to 24 hours.)

Shape croquette mixture into 10 ovals, roll in crack crumbs and place on greased baking sheet. (The shaped croquettes may be refrigerated up to 4 hours.)

Bake 20 minutes, or until golden. Serve at once with hot gravy. Makes about 5 servings.

HOROSCOPE by Salomé

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ARIES (March 21 to April 19): Restless Rams and Ewes might want to let others finish a current project so they can start something new. But if you do, you could risk losing out on a future opportunity.



TAURUS (April 20 - May 20): The Bovine's creative forces start revving up as you plan for the upcoming holidays. Some practical aspects also emerge, especially where money is involved.



GEMINI (May 21 to June 20): Moments of doubt disrupt your otherwise clear sense of purpose, but don't ignore them. They could be telling you not to rush into anything until you know more about it.



CANCER (June 21 - July 22): A planned trip might have to be delayed. Plan to use this new free time to update your skills and resume so that you'll be ready when a new job opportunity opens.



LEO (July 23 - August 22): A flood of holiday party bids from business contacts allows you to mix work and pleasure. Your knowledge plus your Leonine charm win you a new slew of admirers.



VIRGO (August 23 - Sept. 22): An unexpected act by a colleague complicates an agreement, causing delays in implementing it. Check out the motive for this move -- it might not be what you suspect.



LIBRA (Sept. 23 - October 22): You might want to cut ties with an ingrate who seems to have forgotten your past generosity. But there might be a reason for this behavior that you should know about. Ask.



SCORPIO (October 23 - November 21): Be careful not to set things in stone. Much could happen during the next several days that will make you rethink some decisions and maybe change them.



SAGITTARIUS (Nov. 22 - Dec. 21): Your plans to help provide holiday cheer for the less fortunate inspire others to follow your generous example. Expect welcome news by week's end.



CAPRICORN (Dec. 22 - Jan. 19): You're in your glory as you start planning for the holiday season ahead. But leave some time open to deal with a problem that needs a quick and fair resolution.



AQUARIUS (Jan. 20 - Feb. 18): The upcoming holiday season provides a perfect setting for strengthening relationships with kin and others. Meanwhile, a new contact has important information.



PISCES (Feb. 19 - March 20): Instead of fretting over a cutting remark by a co-worker, chalk it up to an outburst of envy of your well-respected status, among both your colleagues and superiors.

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



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CROSSWORD PUZZLE ANSWERS

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Please Recycle

Military: Drones, high-powered rifles, shotguns, battering rams, robots, armored trucks

continued from front page

military equipment use policy as approved by the Board of Supervisors and descriptions of each type of weapon.

Among the sheriff's office inventory, deputies have access to 101 aerial drones, 11 remotely piloted robots, battering rams, armored trucks, Humvees, firearms of .50 caliber or greater, other specialized firearms such as shotguns that fire multiple rubber bullets (also called scattershot rifles), a few hundred AR-15 type rifles, flashbang grenades, pepper spray, and long-range acoustic devices used to slow down or stop attackers.

Aerial drones were the most used item by the sheriff's office, which reported deploying 481 of the 593 times any mil-

itary-grade device was used. ACSO Lieutenant Gustavo Mora, who oversees the inventory, and other members of the sheriff's panel noted that the drones are similar to the ones sold at Best Buy and are equipped with high-resolution cameras and heat sensors to find suspects or missing persons.

Sheriff Sanchez said her department would only use these drones and other military equipment after normal law enforcement procedures were employed first.

The report also detailed the equipment cost, including its replacement cycles and training. While the total is a fraction of ACSO's annual \$429.7 million budget, the drones alone can cost as much as

see MILITARY, page 11

Getting Back in Touch with Your Body

*By Mitch Rothbardt
Special to the Times*

We see people with all sorts of goals at Castro Valley Fitness. They want to move easier, feel more energetic, have less pain, get off or avoid medication.

It's a long and varied list but often their biggest obstacle is something they might not realize.

They're out of touch.

No, this isn't about being a Swiftie. I mean being out of touch with their bodies.

This is our biggest issue when it comes to our physical well-being. We simply don't feel what our body is doing. We don't feel where our shoulders are. We don't feel if our hips are moving. We don't feel if our core is working.

The result of this is simple:

pain.

We're too quick to blame age when experiencing chronic pain. Age doesn't necessarily have much to do with it. The real culprit is our lack of body awareness.

Here's some simple things to think about.

1.) Where are your shoulders?

This is the biggest problem I see. People's shoulders up by their ears in a constant shrug. Feeling neck pain, shoulder pain, headaches, and lots and lots of stress?

What to do about it.

Breathe deeply into your belly and pull your shoulder blades back and down.

What are the usual problems?

Instead of them moving back and down, they move up in a shrug. Check yourself in a mirror as you try this.

2.) Are you moving your hips?

Too often people move their lower backs instead of their hips. Back pain is sure to follow.

What to do about it.

Stand with your back to a wall. Take a small step forward and push your butt straight back to the wall while keep your legs soft and straight. Do not lock your knees. Think of it as pushing back not bending over.

What are the usual problems?

A rounded back. This leads to pain soon after no matter how old you are.

3.) What is your core doing?

This is closely related to your shoulders. People often move in positions that shut their core off and force their neck and low back to do the core's job. To see what I mean, try standing in a relaxed position. Now shrug your shoulders. Your hips just

moved forward, didn't they? Hips jutting forward – shut off core.

What to do about it.

Learn to set your core correctly. To do that, push your fingers lightly into the sides of your belly. Using your abs, push your fingers out. Notice how solid your core feels when you do that? That's how to do it. You do not want to suck your belly in. Add some deep belly breaths to this and you're on your way.

What are the usual problems?

Going back to your usual patterns by using your low back and shoulders instead.

This can be a hard concept to get, but it's incredibly important. Let me know what questions you have.

Mitch Rothbardt is the owner and head trainer at Castro Valley Fitness. He can be reached at Mitch@CastroValleyFitness.com.

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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Happy Thanksgiving From Bay Area Realtors

By Carl Medford, CRS
Special to the Times

The holiday season has arrived - kicked off by Thanksgiving, it is the time of year when Bay Area trees drop their remaining leaves and cover streets and lawns with vibrant color. Temperatures begin to dip, leaf-stuffed gutters overflow with seasonal rains and Christmas decorations appear as if by magic. Activities move indoors, furnaces light for the first time, filling the air with the smell of ozone and holiday catalogues descend on your mailbox like a swarm of locusts. Turkeys inundate supermarket freezers, egg nog flows freely from dairy cases and holiday party invitations

start hitting email inboxes.

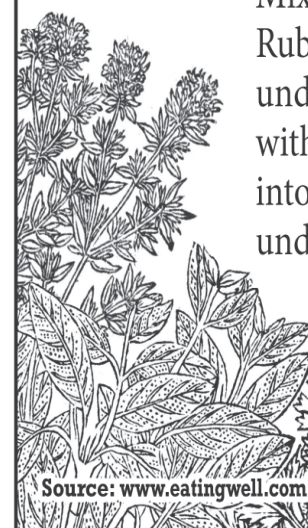
Having grown up just south of the Canadian Tundra, Bay Area weather is a welcome relief! The mere thought of shoveling snow produces hives and the winter rituals of scraping ice from car windows in sub-zero temperatures and then huddling on frozen seats hoping the engine will start are distant memories of winters past. While the majority of the country is bracing for freezing weather with accompanying snow and ice, Bay Area dwellers have a moderate climate for which to be thankful.

The Realtors of the Central County want to extend to you the warmest of wishes for a Happy Thanksgiving. We are all grateful that the economy is still strong. Even though

we are facing a housing crisis in California and have the highest interest rates we have seen in years, as we hear of the turmoil that exists in so many parts of our globe and see the videos of homeless refugees fleeing the war zone in the middle east, we are thankful for peace here at home.

We also want to remind you that, although we do not face the rigors of severe winters, we still need to prepare for the cooler days ahead. It is time to change your furnace filters. Make sure you have a Carbon Monoxide detector outside the bedrooms on each level of the home. Change the batteries in your smoke detectors - look at the date on them as well - if they are over 10-years old, the entire unit should be replaced. Clean gutters and downspouts to ensure winter rains can easily flow and use diverters to guide water away from the

The Garden Bug



Source: www.eatingwell.com

Fresh herbs turkey rub

For a 10- to 12-pound turkey, use a ¼ cup of freshly-minced herbs such as parsley, thyme, rosemary, sage, oregano and/or marjoram. Mix them in a bowl with oil, salt and pepper. Rub the mixture all over your turkey, including under the skin. Place 1¼ cups of herb sprigs with onions, apples, lemons and/or oranges (cut into cubes) into the cavity. Tuck the wing tips under the turkey and tie the legs together with string. - Brenda Weaver

Robert Jones and Associates



Matt Jones & Bob Jones
DRE#0137894 DRE# 00276097



Dilek Silva
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RED OAK REALTY

RECENT HOME SALES

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

Castro Valley

20017 Santa Maria Avenue 94546: \$850,000 [3 BD - 1,797 SF - 1980
2454 San Carlos Avenue 94546: \$880,000 [3 BD - 1,776 SF - 1952
3964 Wilson Avenue 94546: \$1,177,000 [3 BD - 1,240 SF - 1947
19629 San Miguel Avenue 94546: \$1,280,000 [4 BD - 1,794 SF - 1950
17636 Vineyard Road 94546: \$1,302,000 [3 BD - 2,155 SF - 1959
5305 Proctor Lane 94546: \$1,530,000 [4 BD - 2,610 SF - 1993

TOTAL SALES: 6
LOWEST AMOUNT: \$850,000 **MEDIAN AMOUNT:** \$1,228,500
HIGHEST AMOUNT: \$1,530,000 **AVERAGE AMOUNT:** \$1,169,833

Hayward

24945 Lucien Way 94544: \$500,000 [3 BD - 1,054 SF - 1950
27519 Bahama Avenue 94545: \$801,000 [3 BD - 1,128 SF - 1957
795 Pinedale Court 94544: \$890,000 [3 BD - 1,612 SF - 1928
1978 Catalpa Way 94545: \$950,000 [3 BD - 1,232 SF - 1963
23977 Mayville Drive 94541: \$1,000,000 [3 BD - 1,953 SF - 1957
24237 Nora Circle 94545: \$1,025,000 [4 BD - 1,693 SF - 2018
2204 Beckham Lane 94541: \$1,381,000 [4 BD - 2,840 SF - 1992

TOTAL SALES: 7
LOWEST AMOUNT: \$500,000 **MEDIAN AMOUNT:** \$950,000
HIGHEST AMOUNT: \$1,381,000 **AVERAGE AMOUNT:** \$935,285

San Leandro

1105 Frederick Road 94577: \$350,000 [3 BD - 906 SF - 1942
15205 Hesperian Boulevard #A 94578: \$620,000 [2 BD - 1,340 SF - 1987
2023 Sundberg Avenue 94577: \$635,000 [3 BD - 1,212 SF - 1954
1282 Gardner Boulevard 94577: \$810,000 [5 BD - 1,586 SF - 1943
237 Cherrywood Avenue 94577: \$815,000 [2 BD - 1,361 SF - 1926
13427 Aurora Drive 94577: \$1,100,000 [4 BD - 2,606 SF - 1997
757 Dolores Avenue 94577: \$1,210,000 [3 BD - 2,413 SF - 1948
706 Estudillo Avenue 94577: \$1,475,000 [4 BD - 2,475 SF - 1925

TOTAL SALES: 8
LOWEST AMOUNT: \$350,000 **MEDIAN AMOUNT:** \$812,500
HIGHEST AMOUNT: \$1,475,000 **AVERAGE AMOUNT:** \$876,875

San Lorenzo

1150 Via Coralla 94580: \$765,000 [2 BD - 868 SF - 1949
1443 Bockman Road 94580: \$900,000 [3 BD - 1,339 SF - 1951
16132 Via Catherine 94580: \$985,000 [3 BD - 1,494 SF - 1956

TOTAL SALES: 3
LOWEST AMOUNT: \$765,000 **MEDIAN AMOUNT:** \$900,000
HIGHEST AMOUNT: \$985,000 **AVERAGE AMOUNT:** \$883,333

Rose Bark Protected by Natural Shading from a Full Canopy

By Buzz Bertolero
Special to the Times

Q I have several old roses in planters. The bark on one of them has been peeling off for several years. You can touch it, and the bark drops off. Another rose bush near it looks as though it has the same problem. Can this problem be contagious? I can't find any references to this in my gardening books.

A This may or may not be a problem at all. The bark on older roses will easily peel off, especially below the bud union. The bud union is where a rose is grafted onto a rootstock. I wouldn't be overly concerned if the tissue in this area shows no noticeable discoloration other than a dark brown. It would help if you closely inspected the canes above the graft for any damage from sunburn on the side that

receives the heat of the day sun or from a physical injury. Damage from sunburn causes the tissue to turn black. The current year's growth is usually green compared to the brown or tan of the older canes. The canopy of the rose itself typically protects the canes. The leaves or foliage acts as a natural sunblock. Sunburn and peeling bark are a bigger issue with tree roses because of the exposed trunk. Again, the damaged areas will turn black and can be an entry point for Flathead Borers. Borers will not attack any healthy tissue. You can locate them by scraping the bark with a knife as they are right under the surface. Borers are white or amber-colored, usually linear in shape, and are easily seen with the naked eye. There isn't a simple answer to protecting the trunk(s) other than the natural shading from a full canopy. You could paint the trunk(s) with white latex paint or wrap

them with shade cloth when the afternoon temperatures are above eighty-five degrees.

Q I have been unsuccessful in controlling Mealybugs on my houseplants. I have used sprays, dust, and alcohol to remove them. What would you suggest?

A Mealybug is a common problem with indoor plants. You can also find it on woody ornamental like pyracantha and cotoneaster. They're easily recognized by the copious amount of cottony wax material they produce. An adult female deposits eggs in the cottony mass surrounding her body. The eggs hatch within a week or so, and the nymphs migrate over the plant until they find a suitable resting place and start feeding on it. Several generations per year are typical. The Mealybug

population thrives on plants with succulent growth, sometimes created from over-fermentation but more likely from warmth and humidity relative to the amount of light. I suggest you control them with a

systemic granular insecticide applied to the soil and absorbed into the plant. These granules are reapplied every six weeks. This allows you to manage the problem effectively instead of having it be a headache.

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com, and questions can be sent by email to buzz@dirtgardener.com.



WEEKEND GARDENER

Feed Flowers and Vegetables

Feed a high-nitrogen fertilizer to cool-season annuals and vegetables planted last month, to ground covers, and to shrubs and trees that will bloom in January and February. If azalea and gardenia foliage is light or yellowish, water plants with a solution of chelated iron.

Lawn Help

A pre-winter application of fertilizer now will help out almost any lawn; ask your local garden center expert for more information.

New Roses?

If you plan to add new rose bushes in the next few months, now is the time to remove the old bushes.

Thanksgiving Weekend Decor

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By-----, Deputy
FILE NO. 601542
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Aweetumns Art, located at 70 Harlan Street APT 203, San Leandro, CA 94577. Alameda County, is hereby registered by the following owner(s): Autumn Askew, located at 70 Harlan Street APT 203, San Leandro, CA 94577. This business is conducted by An Individual. This business commenced 02/28/2019 /s/Autumn Askew
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires October 22, 2028
NOV 16, 23, 30, DEC 7, 2023
1004- SLT

FILED
MELISSA WILK
November 09, 2023
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 602002
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Adjei Rita, located at 13475 Bancroft Ave, San Leandro, CA 94578. Alameda County, is hereby registered by the following owner(s): Rita Gyamfi, located at 13475 Bancroft Ave, San Leandro, CA 94578. This business is conducted by An Individual. This business commenced 03/02/2016 /s/Rita Gyamfi
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires November 08, 2028
NOV, 23, 30, DEC 7, 14, 2023
1015- SLT

FILED
MELISSA WILK
November 06, 2023
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 601884
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Crawl Space Champions Panda Heating & Cooling, located at 10121 Denny Street, Oakland, CA 94603. / 718 Douglas Ave, Oakland CA 94603. Alameda County, is hereby registered by the following owner(s): Attic Pros Inc., located at 718 Douglas Ave, Oakland CA 94603. This business is conducted by a Corporation. This business commenced N/A /s/Leonid Molchanov
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires November 05, 2028
NOV, 23, 30, DEC 7, 14, 2023

FILED
MELISSA WILK
November 15, 2023
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 602097
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Ashland Art Studios, located at 1577 152nd Ave, San Leandro, CA 94578. Alameda County, is hereby registered by the following owner(s): Carolyn Weatherbee, located at 1577 152nd Ave, San Leandro, CA 94578. This business is conducted by An Individual. This business commenced N/A /s/Carolyn Weatherbee
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires November 14, 2028
NOV, 23, 30, DEC 7, 14, 2023
1016- SLT

FILED
MELISSA WILK
October 20, 2 023
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 601534
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Yummy Halal Grill, located at 4300 International Blvd #B, Oakland Ca 94601, / 2029 Mayflower Place, San Leandro Ca 94579. in Alameda County, is hereby registered by the following owner(s): Afghan & Mediterranean Cuisine, 2029 Mayflower Place, San Leandro Ca 94579. This business is conducted, by a Corporation. This business commenced 08/00/21 /s/ Faridahmad Bakhtary
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires October 19, 2028

FILED
MELISSA WILK
November 1, 2023
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 601809
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
(1) Mendoza Real Estate, (2) Mendoza Insurance Service (3) Mendoza TC located at 16280 Deanne Court, San Lorenzo, CA 94580. Alameda County, is hereby registered by the following owner(s): Yuobela LLC, located at 16280 Deanne Court, San Lorenzo, CA 94580. This business is conducted by a Limited Liability Company. This business commenced N/A /s/Carlos Mendoza Torres
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires October 31, 2028
NOV 16, 23, 30, DEC 7, 2023

Historic Bal Theatre

Sat., Nov. 25, 2023
8:00 PM



The Jets Holiday
Concert - Classic Hits
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Historic Bal Theatre

Fri., Dec. 1, 2023
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ANSWERS ON PAGE 4

Why Preventing Diabetes Should Be a Priority for All Ages

By Dr. Archana Dubey
Special to the Times

More than 96 million Americans live with a potentially life-altering condition – yet many of them are unaware they even have it.

That condition is prediabetes, which in up to 70% of cases develops into diabetes. Today, more than 37 million Americans already live with diabetes, which if left untreated can contribute to a host of health issues.

In California, 9.9% of adults over age 18 have been diagnosed with diabetes.

Diabetes alters the body's ability to create energy from the food you eat and can develop in several forms. Type 1 diabetes occurs when the body cannot produce insulin on its own, typically due to genetic factors, and accounts for approximately 5% of all diabetes cases.

Type 2 diabetes accounts for up to 95% of all cases and develops when the body can't use the insulin it produces, typically due to inactivity and poor nutrition.

Taking steps to avoid or

more effectively manage this condition should be a priority for people of all ages. For November's American Diabetes Month, here is important information to consider.

Diabetes in children:

While type 1 diabetes was historically known as juvenile diabetes, that term is no longer truly applicable due to the surging prevalence of type 2 diabetes among children. Type 2 diabetes in children can lead to health issues in the short- and long-term, including depression, eating disorders, eye damage, heart disease and more.

To help young people reduce the risk of developing type 2 diabetes, make activity a priority. Whenever possible, go for a 15-minute walk after meals, which can help the body move sugar from the blood into the muscle cells to help avoid blood sugar spikes.

Diabetes in adults:

The number of adults with diabetes has more than doubled during the last two decades. Living with predi-



Dr. Archana Dubey

abetes, being overweight, not getting enough physical exercise and being over age 45 all put people at greater risk of developing type 2 diabetes.

For working-age adults with this condition, it's critical to consistently track blood sugar levels, ideally with a continuous glucose monitor. In fact, a growing number of health plans are starting to cover this type of technology, which uses a sensor, often worn on the abdomen, to continuously read glucose levels and transmit the data to a smartphone.

Diabetes in older adults:

Nearly 30% of adults 65 and older live with diabetes,

which increases the risk for certain cancers and cognitive impairment, such as Alzheimer's disease. Staying active and eating a balanced diet is crucial, including a focus on consuming healthy proteins (chicken, fish or turkey), non-starchy fibrous vegetables (broccoli, green beans or carrots) and a moderate amount of carbohydrates (brown rice, sweet potato and whole-grain breads or pasta).

Interval eating may also be a strategy to consider, including waiting at least an hour after waking up to eat breakfast and avoiding food within three hours of sleep.

For many people, type 2 diabetes is largely preventable with lifestyle modifications, such as a nutritious diet, consistent exercise and maintaining a healthy weight. Understanding your risk factors and staying on top of your health – starting during childhood and as you age – may help you prevent or better manage type 2 diabetes.

Dr. Archana Dubey is the chief medical officer at UnitedHealthcare of California.

The Weather and You El Nino No Guarantee Of a Rainy Winter

By Mike Pechner
Special to the Times

Despite forecast for one of the strongest El Ninos on record, rainfall so far in the East Bay is behind last years fast start. But last weekends rain did put an end to our fire season.

The storm system off the coast of California entrained some tropical moisture and the snow level was just above most resorts slopes in the High Sierra, although Dodge Ridge and Mammoth Mountain each picked up around a foot.

Forecast models show dry, sunny weather for the rest of this month with the earliest possibility of more rain around December 1. Clear skies and calm wind will lead to morning frost and lows in the 30s in the colder valleys.

Oakland Airport has received .69" of rain so far this season since October 1. Average rain to date is 2.02" and rainfall on this date last year was 1.46". Obviously, it's too early in the season to worry about anything like this since December through March are the big precipitation months.

Just an Average Rainy Season Would Be Fine

If you remember about the hype for 2015-16 winter, that one was supposed to be the Super El Nino, but when the season was over we ended about 90% of average. So, not every El Nino produces off-the-charts precipitation and flooding.

What is important is to follow up last winter's near record rainfall with at least average rain and snow which will mean a good water year for the state's farmers. Average precipitation years tend to provide enough water for all and suppress drought concerns. Let's hope Mother Nature is kind to us this year.

The Weather and You by meteorologist Mike Pechner, Golden West Meteorology, former KTVU meteorologist and currently the Weather and Climate Specialist for CBS News Bureau, San Francisco.

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.

A Thanksgiving Story

Editor,

For the last 30 years I have cooked Thanksgiving meals for the community. My husband, Chuck Pershing, and my son, Cory, have served those dinners.

The tradition started one year when we didn't have any plans for the holiday. Another couple, Carol and Rod Wykle, teamed with us to cook and package around 30 home-cooked, full turkey dinners. We loaded them into the back of our truck and took them to a homeless park near where I worked at the time in downtown Oakland.

It had been on a whim, an after-

thought, but when folks kept coming out of the bushes simply to thank us for remembering them, I was humbled. Even after we ran out of food and coffee, they came and wanted to say hello. I realized they just wanted to be seen as human beings that matter and I knew I would be doing the same thing on the next Thanksgiving.

Gene Bass, who worked with the Interfaith Homeless Network, heard about what we had done and he asked if we could come and do our thing in San Leandro. Together with Gene and volunteers from the community, we began offering Thanksgiving

meals indoors.

But I didn't want it to become institutional in any way, because I how the people we served just wanted to be seen as individuals. We set tables with centerpieces that were attractive and inviting. The table settings contained fruit that folks could take with them when they left.

When our guests arrived they did not have to stand in line, they were seated at the artfully arranged tables as our guests. Our volunteers brought food to their tables on real plates with silverware and napkins. It didn't take long before the event was hosting 70, then 80, then 100 guests.

We joined forces with April Showers under the guidance of Noel Moritz. I met the wonderful Moira Fry through her volunteerism and after a few years of working together we figured out that our moms had been good friends.

Chuck and I are retiring from the event this year and I shall miss it, but I will remember the feelings of thanks and giving on this holiday for the rest of my life. Please remember to do something kind for another human being, for that's what giving thanks is all about. Happy Thanksgiving to everyone.

Suzanne Pershing
San Leandro



Send a letter to the editor to
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Letters must include the writer's
name, address and telephone
number.

Reason San Leandro Passed on State Grant

Editor,

In the November 9, 2023 San Leandro Times, ("Reason City Passed on State Grant to Fight Retail Theft").

Nice try, Mr. Engelbart, but your excuses are bogus. I guarantee 100% that you won't get a grant if you don't apply for it. To say that you had a short window to gather data from businesses and the police department, what about all the other cities up and down California that had the same time and personnel constraints? I bet someone (perhaps you?) sat on it and then at the last moment, said oops. Spending \$75,000 is a minuscule amount when the grant was worth millions. Those funds could have hired more police, street cameras, etc. other things to help deter crime. So, we San Leandrans lose out because of ineptitude.

Sheldon Yee
San Leandro

Unlicensed Food Vendors

Editor,

I totally agree with Robert Johansen (Letters to the Editor, "Vendor Business Permits," Nov. 2, 2023). Why is the City of San Leandro allowing people who are not licensed to sell cooked meats and who knows what else out of their garage? Isn't this a public health issue?

You go to Home Depot and there are food vendors everywhere. This is money being collected illegally, without paying taxes and no one seems to do anything about it.

I ask the City of San Leandro to not turn a blind eye to what's happening on our streets and to not let this become normal. Our property values are at stake and our neighborhoods.

Bill Rodenburg
San Leandro

Airport: Even fraction of one percent leaded fuel too much, says mayor

continued from page 5

Salvador," Simon said. "Then, coming up next year, we'll have Monterey, Mexico, which means we'll be the first Bay Area airport to connect to Monterey, Mexico. So, we're excited about that and Minneapolis here in the short term as well."

The airport is running at 83 percent of pre-pandemic passenger levels, he said.

Of the 9,000 jobs generated by the Oakland Airport, 1,435 are San Leandro residents. FedEx and UPS are major cargo carriers, and Southwest is the dominant commercial airline at Oakland Airport, supporting service as far west as Hawaii, east to New York, and south to Costa Rica.

Simon said that the airport is working to address overall environmental initiatives by converting everything to electric-powered, including buses and equipment used to load aircraft and passenger bridges.

The airport is also working with the Federal Aviation Administration (FAA) and the Environmental Protection Agency (EPA) on making planes in Oakland only run on lead-free fuels that reduce particulate emissions by up to

50 percent.

Simon pointed out that of the 242,000 aircraft takeoffs and landings in 2019, less than one percent of the planes flying in and out of Oakland still run on leaded aviation fuel, mostly private airplanes.

Jet fuel is lead-free, and 99 percent of the fuel dispensed to general aviation at the airport is non-leaded. A fraction of one percent of fuel for general aviation is leaded aviation fuel.

But even that amount was too much for Mayor Juan González.

"There's no reason to be spraying lead over neighborhoods in San Leandro or over Alameda as flights leave or anyplace else," Mayor González said. "We shouldn't be spreading lead over people, period."

Program to Eliminate All Leaded Aviation Fuel by 2030

The airport's presentation points out that in 2022, the FAA announced the Eagle Initiative to eliminate the use of leaded aviation fuel by the end of 2030.

Councilmember Fred Simon, who sits on the airport's



TIMES FILE PHOTO

The Oakland Airport is planning to add a new terminal.

community noise board along with former Councilmember Benny Lee, asked if Oakland Airport monitored any air emissions in response to concerns from neighbors in Heron Bay and the Marina area.

The Port of Oakland's Simon said the airport did not have monitors for air quality—something that the California Air Resources Board (CARB) and Bay Area Air Quality Management District

(BAAQMD) already provide—but added that the airport would be open to adding some air monitors.

Finally, Councilmember Pete Ballew chided the airport and Port of Oakland for their financial commitments to its community outreach programs.

While Oakland Airport's Simon said the Port supports community grants capped at \$5,000 for economic vitality, environmental sustainability, and health communities and recently supported a science

day at James Madison Elementary School encouraging students to think like engineers and sciences, Ballew said, "The footprint of the port giving back to communities is too small."

"The Port has \$7.6 billion dollars changing hands every year according to your presentation," Ballew said. "Perhaps the Port's obligation should be to offset that by helping our nonprofits who could use the money. They don't need a billion, but certainly more than \$5,000."

Aircraft Fueling Facts

Types of fuels dispensed to General Aviation (GA) Aircraft at OAK's North Field

- **Sustainable Aviation Fuel (SAF)** is a lead-free fuel that reduces particulate emissions by up to 50%.
- **Jet A** which is another lead-free fuel used for turbine engines, such as jets and turboprops.
- **100 Octane Low-Lead Aviation Fuel "AvGas"** contains half as much lead than the previous fuel, 80 Octane (2 ml/GL), which has been phased out.

Cargo & Commercial Aircraft do not use leaded fuel

Fueling Facts @ OAK

Non-Leaded SAF or Jet A

99% of fuel dispensed to OAK's GA Community

Leaded AvGas

0.65% of fuel dispensed to OAK's GA Community

AvGas has been on a steady decline for two decades at OAK

In 2022 the FAA announced the **EAGLE Initiative** to safely eliminate the use of leaded aviation fuel by the end of 2030.

In October, the FAA and EPA announced they would draft new regulations to address lead emissions by creating new fuel standards to reduce or eliminate lead emissions

OAKLAND AIRPORT GRAPHIC

Military: Debate over scattershot weapons

continued from page 5

\$15,000 apiece. Maintenance ranges from \$400 per drone to \$1,000 annually for armored vehicles. Training spending varies between no-cost and as much as \$3,000 per student for specialized training.

About two dozen people showed up in person at the town hall, with more watching online. Representatives of Faith in Action East Bay,

American Friends Service Committee's (AFSC) California Healing Justice program, Justice in Our Jails, and others expressed concerns about the public's safety and welfare, including increased risk of civilian deaths and significant risks to civil rights, especially in marginalized neighborhoods. Many at the meeting were concerned about weapons that launched multiple projectiles

at close range.

"Many other sheriff's departments right here in the Bay Area, Santa Clara, San Mateo, Solano do not have scattershot weapons and do not use scattershot weapons. The problem with them is that they're indiscriminate," said resident Michael Heckler.

In addition to protecting the county's unincorporated towns, ACSO also serves

Dublin, Peralta Community College District, Oakland-Alameda County Coliseum complex, Oakland International Airport, Highland County Hospital, and the Alameda-Contra Costa Transit District.

The full list of the sheriff's department's military equipment can be found by searching online for "Alameda County Sheriff Military Equipment Annual Report."

Raimundo P. Goulart

Raimundo P. Goulart, an 87-year-old resident of San Leandro for 54 years, born and raised on Pico Island, Azores Portugal, passed away peacefully on Monday, November 13th, 2023, with his loving wife of 62 years by his side. He is survived by his wife Maria and two sons Carlos and Tony, daughter-in-law Sandi.. and three grandchildren...Malia, Nicholas and Noah. Services are to be held on Wednesday, November 29th, 2023 from 11:30 a.m. to 2:30 p.m. at Holy Sepulchre Cemetery, located at 1051 Harder Road, Hayward CA, 94542. Cross street is Mission Boulevard.



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EB Parks Uses New Tech to Prevent Wildfires

By Michael Singer
San Leandro Times

East Bay Regional Park District (EBRPD) officials were in the hills above Lake Chabot recently to demonstrate new technology they say will reduce the chances of a wildfire by disposing of organic materials in a climate-friendly way.

The machine, called a

Tigercat 6050 “carbonator,” resembles a trucking container with a box-like metal chamber. The device burns cut-up trees and shrubs using very little oxygen and at very high temperatures (about 1,300 degrees Fahrenheit).

The result is a blackened material called biochar that can be put back into the soil, which improves its water re-

tention or pH, accelerates the composting of green waste, and filters toxins from water.

Previously, EBRPD would have either needed to burn the dead trees and shrubs in an open pile or use heavy diesel trucks to haul out the remains. By contrast, the carbonator process creates extremely low emissions.

“The carbonator is another tool for our toolbox to reduce wildfire risks and combat climate change,” said Park District Assistant Fire Chief Khari Helae. “Going forward, up to half of the biomass removed from parks could be converted into biochar.”

Having never been used in a metropolitan area for biomass disposal, EBRPD tested the Tigercat 6050 as part of an 80-acre pilot project at Anthony Chabot Regional Park in 2022. They shared their findings with the state and other partner agencies facing similar challenges. When



PHOTOS COURTESY EAST BAY REGIONAL PARK DISTRICT

East Bay Regional Parks District unveiled a machine that burns organic matter with very little oxygen and at very high temperatures (about 1,300 degrees Fahrenheit) in an effort to reduce wildfire risks and combat climate change.



The resulting biochar is being used at the Park District’s Ardenwood Farms in Fremont to enhance soil health, improve water retention, and ultimately increase productivity.

completed in March 2023, the pilot project was shown as a net positive.

“As a large regional park district with a full-time fire department and biologists and ecologists on staff, we can do work that other agencies can’t,” said Park District Fire Chief Aileen Theile.

The current amount of biochar generated around Lake Chabot is currently being used at the Park District’s Ardenwood Farms in Fremont.



A felling team removes trees from the top down.

Reducing Wildfire Risks

In the fall of 2020, while conducting ongoing vegetation management work, park district staff noticed significant tree die-offs in its parks. Staff later identified more than 1,500 acres of dying trees within the East Bay Regional Parks, primarily eucalyptus, bay, and pine.

While there are many contributing factors, the overarching cause is believed to be drought-stress due to climate change.

The Park District spans Alameda and Contra Costa counties in the San Francisco Bay Area and manages 73 parks, 1,330 miles of trails, and over 125,000 acres. EBRPD has its own fire department and fuels management crew.

“As the largest regional park district of its kind in the nation and a local wildfire prevention leader, we knew we needed to lead the way in finding solutions,” said Park District General Manager Sabrina B. Landreth.

In 2021, shortly after the discovery of tree die-off, the EBRPD approached state officials for help addressing the situation, and the state

responded with a critical \$10 million direct appropriation from the legislature through Senator Nancy Skinner (D-Berkeley) and then-Senator Bob Wieckowski (D-Fremont). The total cost estimate for the tree die-off issue is over \$30 million.

Based on the success of the pilot project, EBRPD is moving forward with thinning out more of its dead or dying trees and shrubs in the backwoods areas of Anthony Chabot Regional Park. The project uses \$7.5 million of the \$10 million direct appropriation from the state legislature, plus federal funds of \$1.5 million secured

by U.S. Senator Alex Padilla (D-Calif.).

The 365-acre project currently underway at Anthony Chabot Regional Park involves heavy equipment, including a felling team removing trees from the top down and a mastication team thinning vegetation and trees from the ground up.

“By doing this work now, we will gain a more sustainable eco-system in the long-term to benefit generations to come,” said Landreth. “We are working and planning for both now and the future, and we’re committed to playing the long game.”

Man: Driver charged

continued from front page
away. Police said the driver left his car in a residential area, walked back to the scene, and then returned to his vehicle where deputies located him. He was taken into custody by CHP officers and booked into Santa Rita County Jail.

The driver, whose name was not released, was booked

into jail on charges of felony hit and run, and vehicular manslaughter, according to the CHP. Alcohol or drug impairment was not a factor in this case.

The CHP asks anyone with more information regarding this crash or video footage, to contact the Hayward CHP office at 510-901-0373.

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