



San Leandro Times

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

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THURSDAY, JUNE 29, 2017

SAN LEANDRO • CALIFORNIA



PHOTO COURTESY OF STEPHEN CASSIDY

San Leandrans March in Pride Parade

A group from the San Leandro School District marched in the San Francisco Pride Parade on Sunday, including teachers, students, administrators, board members and the community. They joined hundreds of thousands of people from all over the world who watched colorful floats and musical acts in a celebration of gay rights.

Floresta Gardens Couple Fights Fence

By Jim Knowles
San Leandro Times

Diane McCarthy doesn't want her next-door neighbor to build a fence that would run along her driveway to within 3 feet of the sidewalk.

She says it will block her view. She won't be able to see somebody coming down the sidewalk – like a kid on a bike.

"It's a safety issue," McCarthy said. "I went around the neighborhood and looked. Nobody else has a fence along their driveway."

There's even a law against a 6-foot-high fence that close to the street and sidewalk. But McCarthy's neighbor got an exemption from the law at a hearing before a City of San Leandro zoning enforcement official.

McCarthy and her husband Dennis say that their neighbor got his fence approved because he has City Hall connections. He's

City Councilman Lee Thomas.

"It got approval because he's a City Councilman," McCarthy said. "We've always tried to be a good neighbor to Lee, but he just said he could do it and went ahead."

McCarthy said she searched the neighborhood and didn't find any other house where the fence came out to the front like the one Thomas is planning.

"I asked them to show us another house that had an exemption and they didn't reply," she said.

The fence would be build on the side of Thomas's house, which is on the corner. But the fence would be along the driveway right in front of the McCarthy's house. As the McCarthy's point out, looking down the street, there are no high fences in any other front yard blocking



PHOTO BY JIM KNOWLES

Diane McCarthy, in her driveway, is trying to stop Lee Thomas from extending his fence behind her out to near the sidewalk.

the view.

According to the city's zoning code, a "Fence Modification Permit" is required for a fence or wall taller than three feet if it's that close to the street side prop-

erty line. The zoning enforcement official must find that the fence is 1) not detrimental to the adjacent property, 2) compatible with the neighborhood aesthetics, 3) does not block the view.

see FENCE, page 7

Chan Denies Finding of Grand Jury

By Amy Sylvestri
San Leandro Times

The Alameda County Grand Jury published its annual report on local government last week and found that Supervisor Wilma Chan exceeded her authority and improperly secured a contract for service at Juvenile Hall, though Chan denies any wrongdoing.

Part of the annual Grand Jury Report released last week detailed Chan's role in securing a contract totaling \$128,000 with Oakland-based Acts Full Gospel Church to provide chaplain services at Juvenile Hall in San Leandro.

The investigation was prompted by a complaint and Chan said she has not been told who made the complaint.

The Grand Jury concluded that Chan improperly designated that the church get the contract, a decision that should have just been made by a county department head.

The complaint said that the chaplain services had risen in cost over a four year period from \$30,000 to over \$100,000. The complaint also alleged that Chan insisted on hiring Acts Full Gospel without an open bidding process, instead saying the church should be awarded the extended contract because the head of the church "has a lot of political clout."

Chan denies the allegations.

"I never said that and I would never say that," said Chan.

Chan said that Acts Full Gospel has been providing services to the young people in custody

for several years and prior to that they provided religious counseling for adult inmates in Alameda County.

"They were the group that started the program and it has

see JURY, page 14

East Bay to Celebrate The Fourth

By Amy Sylvestri
San Leandro Times

There are lots of fun things to do in Alameda County this Independence Day weekend, but San Leandro police remind everyone that fireworks are outlawed in the city.

The celebration starts early at Meek Park (17365 Boston Road, Hayward) on Sunday, July 2 from 11 a.m. to 3 p.m.. The free event will feature food vendors, patriotic arts and crafts, and the music of Johnny Mahalo and the Wild Coconuts. It's a good idea to bring a picnic blanket.

There will be a "Backyard Barbecue" at Jack London Square in Oakland from noon to 6 p.m. on July 4, with family-friendly entertainment, food, music, and more.

The City of Alameda Mayor's

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San Leandro Times

An independent hometown newspaper
serving San Leandro, Ashland,
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SL Museum to Show John Ford's *Drums Along the Mohawk*

The San Leandro History Museum, 230 W. Estudillo Ave., will screen John Ford's famous outdoor adventure film, *Drums Along the Mohawk* (NR, 1939, 104 min.) this Saturday. The film will be shown at 11:15 a.m. and again at 2 p.m. No charge for admission.

Drums Along the Mohawk features Ford's first use of the

then newly developed Technicolor process in the first of his many collaborations with Henry Fonda, a visually appealing slice of Americana.

Drums Along the Mohawk brings this fascinating period of American history to vibrantly colorful life. The film was nominated for two Academy Awards.

Dance and Dinner on Tap at Ashland Holy Ghost Festival

The Ashland Holy Ghost Association will have a fiesta on Saturday and Sunday, July 8 and 9, at 16490 Kent Ave. in San Lorenzo.

A chicken dinner and dance, along with the presentation of the queens, will be held on Saturday at 7 p.m. Tickets are \$20. A pa-

rade will line up on Sunday at 10 a.m. and proceed to St. John's Church for Mass at 11:30 a.m., and then the procession will go back to the hall for a meal and an auction.

For tickets or more information, call Rubin Leandro at 387-4656.

Elvis to Make an Appearance At the Chanticleers in Castro Valley

The Chanticleers Theatre, 3683 Quail Ave. in Castro Valley, presents the comedy *Elvis Has Left the Building*, opening on Friday, June 30 and running through July 23.

Curtain time is 8 p.m. on Fridays and Saturdays, and twilight matinees on Sundays at 6 p.m. (No show on July 2). General admission is \$25; admission for seniors (60+) students and military is \$20. On Bargain Night, July 1, all tickets are \$18. For tickets, call SEE-LIVE (733-5483) or go to chanticleers.org for reservations/tickets. See Elvis Presley's personal manager, "The Colonel" Tom Parker become frantic as he struggles to pay off a gambling debt to a mobster and Elvis' concert appearance is how he had arranged to pay off



his debt and escape harm's way. Russell-Snyder with a talented cast of actors, starring Jeffrey W. Tan (The Colonel), Jon A. Gergen (Candy), Marsha Howard (Trudy), Will Mattingly (Roscoe), and Tyler Jeffreys (Jill).

Elvis Has Left the Building is a farce/comedy written by Duke Ernsberger and Virginia Cate. Chanticleers Theatre's production is directed by Jacob



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The City of San Leandro Wishes Everyone a Safe and Happy 4th of July!

Help us keep everyone safe as we celebrate the 4th of July. The use of all fireworks (including those of the "safe and sane" variety) are illegal to possess and/or use within the City of San Leandro. Be mindful to keep barbecues and open fires contained and remember that alcohol consumption is prohibited in public spaces and all City parks.

Police encourage residents and visitors to report illegal fireworks and other suspicious or criminal activity by doing **ONE** of the following:

1. Call the Communications Center at (510) 577-2740. For emergencies, call 9-1-1. Please be patient, as call volumes greatly increase during the evening hours.
2. Text anonymous tips by texting the letters "SLPD" and tip information to 888777.
3. Use SLPD's smartphone app and provide necessary information.



Help us keep San Leandro beautiful! Now that summer is upon us, it is a great time to ensure that our yards are maintained and overgrown weeds and bushes are properly trimmed.

Man Shot in Mulford Gardens

A Hayward man was charged with attempted murder after allegedly shooting a man in Mulford Gardens last week.

Officers responded to a call of a disturbance on the 2000 block of West Avenue 135th at around 8 p.m. on June 17 and found a man suffering a single gunshot wound to his abdomen, according to Lt. Benabou of the San Leandro police.

The suspect fled the scene before officers arrived but the subsequent investigation pointed to Noel Mejia, 22, who was found to be an associate of the victim's neighbor, Benabou said.

Detectives later obtained video surveillance from the area that captured the incident and

identified the getaway vehicle as a white Nissan Maxima.

The following day, officers were dispatched to an unrelated hit-and-run collision involving the suspect vehicle.

When officers arrived on the scene, they learned that the occupants had run from the car.

A search of the area was conducted and three people were located, and one of them was Mejia, Benabou said. The other occupants weren't arrested.

"The swift and thorough work of our officers and detectives led us to the arrest of this dangerous suspect," said Benabou in a written statement. "Information obtained within the first few hours of any incident

is critical to the outcome of the investigation. We are pleased that the suspect is in custody and we are hoping for a full recovery of the victim."

Mejia is being held without bail at Santa Rita Jail in Dublin and his next court appearance is scheduled for July 19.

The district attorney's office has charged Mejia with attempted murder, robbery, and a special circumstance of prior serious felony.

The victim has been treated and released from a local hospital.

Anyone with information about this case is asked to call the San Leandro police criminal investigation division at 577-3230 or the department's anonymous tip line at 577-3278.

Home Hit By Car

A car drove into a residence on the 1600 block of Grand Avenue last week and first responders were able to free the driver and prop up the damaged building. The single car accident happened just before 10 a.m. on June 19, the fire department said. Struts were used to hold up the structure while the car was removed by a tow truck. Spot shores were installed after the vehicle was removed. There were no injuries to the driver, residents or firefighters, authorities said.



Healing Art At Santa Rita Jail

The Art for Healing group at the Santa Rita Jail is a weekly therapeutic group that uses art-work and creative expression to help inmates heal from trauma, and develop healthier ways of adapting in the world once they return to their lives, according to the Alameda County Sheriff's office.

Art for Healing is led by trained counselors and advocates from a domestic violence and rape crisis center, which works with the jail to provide advocacy, crisis counseling, and other services.

The women recently worked on an art piece titled, "Community Garden," which is a visual mosaic.

Each woman first created their own painting of a flower as seen from above. Then all the flowers were cut into quarters and the women mixed and matched the flowers and assembled them together to form this image.

This "Community Garden" symbolizes their time together in group, and the skills of sharing, working together to address trauma, and empathy that form the center of each Art for Healing session.

In addition, the act of "letting go" of their own art in order to make a greater whole symbolizes the "letting go" of old hurts, resentments, and fears in order to build something new, the counselors said. The women of the group are very proud of what they have created together, and so are the facilitators of Art for Healing.

CROSSWORD ANSWERS

P	A	P	A	S	A	D	G	A	Z	E
E	V	I	D	E	N	C	E	A	X	E
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NEIGHBORS



Members of the Destined 2 Dance Studio in San Leandro recently participated in the RADIX Dance Workshop & Convention in Santa Clara.

Destined 2 Dance Bring Awards Home

Destined 2 Dance Studio in San Leandro entered its competitive dance team, age 5 to 16 years old, in the RADIX Dance Workshop & Convention in Santa Clara.

The mini jazz dancers (ages 7 to 9), performed their routine "All About The B" and received 1st place overall and "Best of Ra-

dix" and were invited to perform in the closing show.

The girls did great, bringing home multiple awards, trophies, and scholarships. Mrs. Aderemi Rucker and Ms. Rachel Jackson are very pleased with all of the dancers and their performances this season.

ARTS & ENTERTAINMENT

❖ Chanticleers Theatre

Elvis Has Left The Building runs from June 30 to July 23 at the Chanticleers Theatre, 3683 Quail Ave. in Castro Valley. Jacob Russell-Snyder directs this comedy taking you back to December 20, 1970 and to the disappearance of

Elvis Presley. No one, not even his wily manager, "The Colonel," knows of his whereabouts. Hi-jinks abound as the Colonel takes desperate measures to replace a man who is irreplaceable. This hilariously funny story will keep you guessing until the

end. General admission is \$25; admission for seniors (60+), students and military is \$20. For more information or tickets, call SEE-LIVE 733-5483 or go to chanticleers.org.

❖ Morrisson Theatre

The Morrisson Theatre Chorus, 22311 N. Third St. in Hayward, presents *Summer Concert: Flavors of Latin America* on Friday and Saturday, July 21 and 22, at 8 p.m.; and Sunday, July 23, at 2 p.m. The summer concert, directed by Cesar Cancino, will feature the lively, tropical, and romantic rhythms of Latin America. Tickets are \$18 for adults; \$15 for H.A.R.D. area residents, under 30, over 60; and \$12 for youth and students. The box office is open Tuesday through Friday, from 1 to 5 p.m. and can be reached at 881-6777. For more information and tickets, visit www.dmtonline.org.

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): Information you need might be coming in sporadically, but at least what you're getting is valuable. Continue to wait until more is available before acting on that career move.



TAURUS (April 20 - May 20): You continue on an upbeat cycle, and with that strong Taurean energy you should see favorable results from your hard work. A pleasant surprise awaits you in your private life.



GEMINI (May 21 - June 20): A misunderstanding needs more time to be worked out. Don't give up on it just yet. Remain open to providing explanations, if called for. Another friend offers good advice.



CANCER (June 21 - July 22): Fast action can correct a seemingly minor problem that has taken on some unexpectedly difficult aspects. Stay with it until it's resolved. News on a more positive note is due soon.



LEO (July 23 - August 22): Some snags could cause delays in those plans you're eager to see put into operation. But be patient. The Clever Cat will soon have good reason to celebrate a job well done.



VIRGO (August 23 - Sept. 22): Be careful not to let that Virgan sensitivity dissuade you from being the hardheaded realist you should be at this time. Your goals are in sight. Stay focused on them.



LIBRA (Sept. 23 - October 22): A more positive aspect opens up, allowing you to make some important changes in a personal situation. Remember to seek balance and avoid extremes as you proceed.



SCORPIO (October 23 - November 21): This is a good week to get out and enjoy the fine times you missed while you were so deep in those workaday projects. Be sure to share it with that special person.



SAGITTARIUS (Nov. 22 - Dec. 21): Work and play are in balance this week. However, expect news that could tip things toward the workplace for quite a while. But all to a good end.



CAPRICORN (Dec. 22 - Jan. 19): You're more productive on the job than you have been in some time. That's good. But be careful not to overlook some situations developing in your private life.



AQUARIUS (Jan. 20 - Feb. 18): You've been doing a lot for others (as usual). But now it's time to focus on your needs, including finally going on that long-delayed trip you've been hoping to make.



PISCES (Feb. 19 - March 20): It's all smoothly going on 'twixt you and that very special person in your life. But a colleague causes some disruption on the job that you might be called on to help settle.

COMMUNITY CALENDAR

❖ **Drums Along the Mohawk at SL Museum**
The San Leandro History Museum, 230 W. Estudillo Ave., will screen John Ford's famous outdoor adventure film, *Drums Along the Mohawk*, starring Claudette Colbert and Henry Fonda (NR, 1939, 104 min.) on Saturday, July 1. The film will be shown at 11:15 a.m. and again at 2 p.m. No charge for admission.

❖ **Paradise Community Garden Open House**
Come see what your neighbors are growing at Paradise Community Garden's open house on Saturday, July 1, from 10 a.m. to 2 p.m. at 20095 Mission Blvd. in Hayward. Viviane De Leon Bias will give a talk on *Herbal Infusions for Optimal Health* from 11 a.m. to 12 p.m. This free event is sponsored by Eden Area Food Alliance and Eden Urban Farms. Native plants and handmade pottery will be for sale. For more information, call Rick Hatcher at 909-4077.

❖ **4th of July Barbecue Fundraiser**
Bethel Community Church, 14235 Bancroft Ave. in San Leandro, hosts its annual 4th of July barbecue fundraiser on Tuesday, July 4, from 11 a.m. to 3 p.m. Dinner includes green beans, potato salad, bread and cake. For prices or to place your order or schedule delivery, email Dora at waltonstein@att.net. For deliveries place your order by July 1.

❖ **Legos At The Museum**
Come to the summer Lego Celebration on Wednesday, July 5, from 1 to 4 p.m. at the San Leandro History Museum, 320 W. Estudillo Ave. in San Leandro. See the Lego movie *The Adventures of Clutch* at 1:30 p.m. Clutch is the best builder and explorer in the Lego Universe and he is saving the world one brick at a time. The movie is rated NR and is 1:18 min. long. Legos are be available to build your own adventure. This event is free. For more information, call 577-3992 on Wednesday or Thursday.

❖ **San Leandro Toastmasters**
The San Leandro Toastmasters meet on Thursday nights from 7 to 8 p.m. at the San Leandro Main Library, 300 Estudillo Ave. The group fosters improved communication and public speaking. All levels of speakers from novice to seasoned are welcome.

❖ **Boys & Girls Club Benefit**
A fundraiser for the Boys & Girls Club of San Leandro will be held on Friday, July 7, from 4 to 8 p.m. at Drakes Brewing Company, 1933 Davis St., Building 177 (by WalMart) in San Leandro. Taste from an array of mico brews and food and hear The Kopi Katz play music from the '50s, '60s and '70s. A \$5 donation to the Boys & Girls Club is requested but not required. Brew tasting is \$16 and includes a mug and three tokens. For more information, call 483-5581.

❖ **Sulphur Creek Nature Center**
Explore and identify California's raptors on Saturday, July 8, from 3:30 to 5 p.m. at Sulphur Creek Nature Center, 1801 D Street in Hayward. At this exclusive adult nature presentation, *Catching the Currents*, you will meet Sulphur Creek's hawks, falcons and eagle. Advance registration is required. To register online visit www.haywardre.org or for more information, call Wendy Winsted at 881-6747. Cost for this program #43159 is \$18 per person.

❖ **Cupcake Decorating Class at the Library**
There will be a cupcake decorating class on Saturday, July 8, from 2 to 4 p.m. at the

Manor Branch Library, 1241 Manor Blvd. in San Leandro. This class is for teens 16+ and adults. Learn the basics, how to frost, and decorate cupcakes, and take your cupcakes home. Registration is free, space is limited. For more information or to register, call 577-7971.

❖ **St. John's Church Country Hoedown**
Polish those boots and shake out them jeans for the upcoming Country Hoedown on Saturday, July 8, at St. John's Church, 264 E. Lewelling Blvd. in San Lorenzo. No host bar opens at 5:30, dinner at 7:30 and dancing and prizes from 7:30 to 9:30. Dress country casual. The grub will be prepared by Texas Roadhouse. Tickets are \$20 in advance and \$25 at the door. For tickets, call Pat Forsythe "Marshall" at 278-4161.

❖ **Luncheon at the Alta Mira Club**
The Alta Mira Club, 561 Lafayette Ave. in San Leandro, will host a salad bar luncheon on Monday, July 10, at noon. Tickets are \$15. For reservations, call Carol Lebbrecht at 305-5393.

❖ **Sally Lampi Art Demonstration**
Sally Lampi will demonstrate her method of mixed media art work at the next meeting of the San Leandro Art Association on Tuesday, July 11, at 7 p.m. at the San Leandro Library, 300 Estudillo Ave. Admission is free.

❖ **The Hot Rods Band at SL Main Library**
The Hot Rods Band will bring the energy and excitement of old-time rock 'n' roll to the San Leandro Main Library, 300 Estudillo Ave., on Saturday, July 15, from 2 to 3 p.m. Five talented musicians, performing on the saxophone, electric guitar, piano, bass, vocals and drums, will pay tribute to the Rockin' Fifties with the songs of Buddy Holly, Chuck Berry, Fats Domino, Ricky Nelson, and Jerry Lee Lewis – and to the Swinging Sixties, with the Beach Boys, the Beatles, the Rolling Stones and Motown. No charge for admission.

❖ **Wonderful Worms at Manor Library**
Discover the wonderful world of worms on Saturday, July 15, from 10:30 to 11:30 a.m. at the Manor Branch Library, 1241 Manor Blvd. in San Leandro. Squirm and dig in the garden, learn about worms and why they love dirt. We'll be making dirt pudding so dress for mess. Best for ages 3 and older. Register on or after July 1. For more information or to register, call 577-7971.

❖ **Sons In Retirement Meetings**
SIRs, an organization of retired men, meets on the second Wednesday of each month. Meetings are held at the Wedgewood Center at Metropolitan Golf Links, 10051 Doolittle Dr. in Oakland. Happy Hour starts at 11 a.m., followed by lunch at noon. Great guest speakers. Guests are welcome. Come and meet new friends. For more information, call MEL at 357-0601.

❖ **Hayward Area Historical Society**
The Hayward Area Historical Society (HAHS) presents *Unmentionable: The Indiscreet Stories of Artifacts* through October at the HAHS Museum of History and Culture at 22380 Foothill Blvd. in Hayward. This original exhibition explores all the unusual, icky, scandalous, disturbing, awful, discriminatory artifacts in the HAHS collection. The artifacts in this exhibition tell some not-so-great, but very important stories. The museum is open Wednesday through Sunday from 10 a.m. to 4 p.m.

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.

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HEALTH & FITNESS

HIIT Boosts Metabolism Over Time

By Chris LaLanne

Special to the Times

What is HIIT? High Intensity Interval Training is an incredibly efficient and effective method of training for achieving maximum results in minimum time.

HIIT workouts include repeated "work" intervals at a relatively high intensity (20 seconds up to 180 seconds at 80-90 percent effort), followed by periods of "recovery" at low intensity of equal duration or less (at 40-50 percent effort).

When performed three or more days per week, participants can experience dramatic results, including fat loss and muscle gain.

In addition to the number and length of work/recovery intervals, appropriate movement selection is also very important to ensuring safety and productivity.

Regardless of your current fitness level, when selecting movements to include in your workout, I recommend basic body-weight movements to maintain muscle function and balance!

This is an example of a fun, fast-paced 30-minute HIIT workout:

Start a running clock — 3, 2, 1... GO: Do a warm-up jog for 2 minutes. Then, immediately burst into a 30-second sprint, followed by a 90-second walk. Repeat this for 5 rounds (for a total of 10 minutes).

Rest for 2 minutes, and hydrate, if needed.

Then, repeat 3 rounds (40 seconds work, 20 seconds rest) of 1) Body Weight Squats, 2) Jumping Jacks, 3) Forward Lunges and 4) Sit-Ups (for a total of 12 minutes).

Then, cool-down with 4 minutes of lower back and hip stretches.

HIIT is mentally engaging and fun while also boosting your metabolism long-term. This is due to a process known as "EPOC", which stands for "excess post exercise oxygen consumption." This magic period which can last up to 36 hours after exercise is when the body is restoring itself to pre-exercise levels, and thus using more energy.

What else happens during this "after-burn" period is pre-

ty amazing. The body is forced to adapt quickly and it starts to burn stored fat, increase aerobic capacity, improve insulin sensitivity and reduce blood pressure.

HIIT may also be safer than traditional long, slow, distance training due to a reduction in total training volume. HIIT exercises allow elite professionals and endurance athletes to train more frequently, injury free!

Prior to beginning any exercise program, including the ac-

tivities described in this article, individuals should seek medical evaluation and clearance to engage in such activity.

Not all exercise programs are suitable for everyone. Activities should be carried out at a pace that is comfortable for the user. Users should discontinue participation in any exercise activity that causes pain or discomfort.

Chris LaLanne is the grand nephew of Jack LaLanne and owner of LaLanne Bootcamp in Castro Valley.

High Intensity Interval Training is an efficient and effective method of training for maximum results in minimum time.



Work FAST When Diagnosing Stroke

By David C. Bonovich, M.D.

Special to the Times

Take a deep breath. Take another one.

You've just added oxygen to your lungs. Your lungs will take that oxygen and transfer it to your blood. Your blood will then travel throughout your body depositing the oxygen wherever it is needed. All of this happens without you having to direct it, thanks in large part to your brain.

But what would happen if your brain didn't get the oxygen it needs

because a blood vessel that should deliver it is blocked by a clot or has ruptured and spilled its cargo?

This is not a hypothetical scenario

This is exactly what happens when someone has a stroke; an event that occurs every 40 seconds in the United States.

Without oxygen, brain cells begin to die, in as quickly as one minute, leading to brain damage. And, while the damage occurs in the brain, it disrupts function elsewhere — commonly speech or movement — because the brain

controls the body.

If the damage is not treated quickly, the stroke will be fatal.

Stroke is the fifth-leading cause of death in the U.S. and is a major cause of serious disability for adults. There is hope however.

Stroke is preventable

Up to 80 percent of strokes are preventable, and you can lower your chances of having a stroke. The National Stroke Association recommends that you talk to your doctor about the four "H's" which are:

- **Heredity:** Has someone in your family had a stroke, high blood pressure, or heart disease? If yes, you'll need to take extra precaution to manage your risk factors.

- **High Blood Pressure:** Sometimes referred to as hypertension, high blood pressure is the leading cause of stroke. Healthy diet, exercise and medication can help lower your blood pressure and keep it down.

- **Heart Disease:** Conditions like atherosclerosis, coronary artery disease, valve defects, and enlarged heart chambers increase the risk of stroke; your physician may recommend surgery to lower your risk.

- **High Cholesterol:** Having your cholesterol checked annually is important because too much cholesterol in your blood can clog arteries and cause a stroke.

Stroke is treatable

Getting immediate treatment — at the right hospital — can preempt death and disability from stroke. The following acronym "FAST" can help you recognize the signs of stroke and act quickly:

Face: Look for an uneven



High blood pressure is the leading cause of stroke.

smile or expression, facial droop, or numbness in the face.

Arm: One arm drifts down, displays weakness or feels numb

Speech: Sudden slurred speech, inappropriate words, or inability to speak

Time: Time is critical, call 9-1-1!

Emergency responders will take suspected stroke patients to a specialized stroke center where the quickest possible diagnosis can be made and treatment started.

On average, 35 percent of people who recover from a stroke live the rest of their life with no (or minor) impairments. For the remaining survivors, rehabilitation is vital to helping the brain relearn the skills that were lost when the damage occurred, for example coordinating leg movements in order to walk.

Rehabilitation begins in the acute-care hospital as soon as the patient is stable, often within 24 to 48 hours after the stroke, and may include physical therapy, occupational therapy, speech language therapy and recreational therapy.

Dr. David C. Bonovich is a neurologist and endovascular neuro-interventionalist affiliated with Eden Medical Center.

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WE BELIEVE: "It is the right of every pregnant woman to give birth... and the right of every child to be born."

SL Woman Collecting Shoes To Ship to Madagascar

By Amy Sylvestri
San Leandro Times

San Leandran Tamara Bull Jacinto is collecting shoes for Soles4Souls, a charity that brings footwear to a different disadvantaged area of the world each year.

If she places in the top 10 collectors nationally, she will be able to go to Madagascar and put the shoes on the feet of the people receiving them.

"I want to be part of the team that actually meets the people we are helping, that washes the feet of these people and sizes them for their shoes," said Bull Jacinto.

Bull Jacinto works at Alta Bates as a cancer education case coordinator and has a side job at a Brighton Collectibles, a store at Stoneridge Mall. The shoe drive is organized through Brighton, which collects men's, women's, and children's shoes for the national non-profit Soles4Souls.

Bull Jacinto has individually collected more than 1,500 pairs so far and hopes to be selected for the trip to Africa.

"That would be so emotional and so humbling," said Bull Jacinto. "I imagine that if I get that opportunity, it will become one of the most powerful things I've ever done."

If you want to help Bull Jacinto reach her goal of collecting at least 2,000 shoes, you can drop off your donation at boxes she has at Lynn's Nails at 925 Manor Boulevard in Washington Manor



Tami Bull Jacinto is trying to collect at least 2,000 pairs of used shoes by the end of the weekend for Soles4Souls, a charity that brings footwear to the needy.

or the Classy Canine dog salon at 2602 Castro Valley Boulevard in Castro Valley.

Bull Jacinto can also be

reached at tamij2010@gmail.com to set up shoe donations. The shoe drive ends this Sunday, July 2.

Fence: Thomas says he got same hearing as any other citizen would

continued from front page

not create a sight distance hazard, 4) is not detrimental to the public health, safety or welfare.

McCarthy said the fence will violate all those things.

"It's detrimental, it will block our visibility, I won't be able to see backing out of the driveway," McCarthy said. "This will affect us for the rest of our lives."

To Appeal Will Cost \$792

The McCarthys said they were told not to worry because they could appeal, but they say there weren't told an appeal will cost \$792.

"They didn't tell us that to appeal would cost us our life savings and first born," McCarthy said.

The hearing was before city Senior Planner Elmer Penaranda and Community Development Director Cynthia Battenberg. Phone calls to them were returned by email from Battenberg, who said, "Findings were made that the proposed fence location does not create sight distance

hazards, does not create negative sight distance effects on adjacent properties, that the fence meets aesthetic requirements (three feet of irrigated landscaping required to soften the structure) and that the location of the fence provides clear, open space for the health and safety of the public."

Battenberg added that the city's traffic engineer determined that "the fence location is outside the standard 15-foot vision triangle necessary to safely accommodate driveway visibility for vehicles and pedestrians."

To accommodate the McCarthy's, a 45 degree angle was notched out of the corner of the fence, Battenberg said.

That notch, which moves the corner of the fence back a couple of feet, gives a little more room to see. But McCarthy says the fence will still block her view to back out of the driveway.

Thomas also replied by email, saying that he and his wife applied and participated in the same fence modification process that is

used by residents and businesses in San Leandro, and the neighbors were notified and had the opportunity to express concerns.

Thomas: Engineering Professionals Approved Fence

Thomas said, "Following the city's established process our application was reviewed by San Leandro's traffic and engineering professionals, this included a site visit. After careful review, the professionals concluded extending the fence posed no vehicle or pedestrian danger and made a recommendation for approval. Following process, a compliance hearing was held and approval was granted."

Meanwhile, the McCarthys were still trying to decide this week whether to go through the expense of appealing (today is the deadline to appeal).

The McCarthys still maintain they didn't get a fair hearing and think the decision was made before they even sat down.

"The deck was stacked," said Dennis McCarthy.



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JULY 9



Comment on the Proposal Designs for the
Community Identifier Projects
in Ashland/Cherryland & San Lorenzo!

View the proposals online or in-person and submit your comments!
Don't miss this opportunity! Comment period closes August 27th!
Your input is very important!

The Community Identifier Project involves designing and hand-painting the name of the community along with other simple design elements on freeway overpasses in Castro Valley, San Lorenzo and Ashland/Cherryland.

Ashland/Cherryland Proposal Display

(Ashland/Cherryland proposals only)
Tues, July 11, 7-9:30pm: Cherryland Comm. Assoc. Mtg.
Tues, July 18, 6:30-8:30pm: Ashland Comm. Assoc. Mtg.
Fri, July 28, 6-8pm: Eden Night Live
Wed, Aug 16, 4-7pm: Ashland Community Center


San Lorenzo Proposal Display

(San Lorenzo proposals only)
June 26 - July 26
San Lorenzo Library
Contact library for hours

ONLINE - View all of the Proposals and Submit Your Comments

Now through August 27, view the proposals for all 3 sites and submit comments online at:
bit.ly/CIPProjectsPD

For more information, visit: Alameda County Arts Commission at www.acgov.org/arts ("What's New")

SUN	MON	TUES	WED	THURS	FRI	SAT
FAIR SCHEDULE Fair Hours: 11AM-11PM Daily Carnival Hours: Wed-Thurs, 12PM-Closing, Fri-Sun & July 3 & 4, 11AM-Closing Big O Tires Concert Series: 8PM, followed by Fireworks Show Nightly 4th of July Fireworks Spectacular: 9:30PM Budweiser Grandstand. No admission after 6PM. Military FREE: All Day Every Day, with valid Military I.D. Veterans are free with proof of service.					JUNE 16 Opening Day Kids Free Until 5PM* Presented by xfinity Western Weekend Sugar Ray	JUNE 17 Western Weekend Con Funk Shun
JUNE 18 Father's Day Dads Free Until 5PM* Western Weekend Plain White T's	CLOSED	CLOSED	JUNE 21 Foster Kids Clothing Drive Until 5PM* Presented by Mattress Firm \$1 Rides Until 5PM* Jana Kramer	JUNE 22 Seniors Free Until 5PM* \$2 Taste of Fair Until 5PM* Tower of Power Horse Racing	JUNE 23 Kids Free Until 5PM* Presented by xfinity Extreme Rodeo John Michael Montgomery Horse Racing	JUNE 24 Red, White & Brew Fest Extreme Rodeo ASIA Featuring John Payne Horse Racing
JUNE 25 Festival Latino Fiesta Del Charro Rose Royce Horse Racing	CLOSED	CLOSED	JUNE 28 Feed the Need Food Drive Until 5PM* \$1 Rides Until 5PM* Clint Black	JUNE 29 Seniors Free Until 5PM* \$2 Taste of Fair Until 5PM* Ann Wilson of Heart	JUNE 30 Kids Free Until 5PM* Presented by xfinity Monster Trucks Super Diamond Horse Racing	JULY 1 Sip, Savor & Wager Wine Fest Monster Trucks Sheila E Horse Racing
JULY 2 Monster Trucks America Horse Racing	JULY 3 Queen Nation Horse Racing	JULY 4 Fireworks Spectacular Presented by xfinity Red, White & Brew Fest First Responders Day Until 5PM* Horse Racing	JULY 5 \$1 Admission & \$1 Rides Until 5PM* Wynonna & the Big Noise	JULY 6 Seniors Free Until 5PM* \$2 Taste of Fair Until 5PM* Journey Revisited	JULY 7 Kids Free Until 5PM* Presented by xfinity Demo Derby Foreverland Horse Racing	JULY 8 Demo Derby Jody Watley Featuring Shalamar Reloaded Horse Racing
JULY 9 RV Demo Derby Night Ranger Horse Racing	ALL DISCOUNTS END AT 5PM * Check website for details. Schedule subject to change. alamedacountyfair.com					

SUMMER HOME IMPROVEMENT



DON'T FALL VICTIM

HOME SCAMS

While home repairs are a standard part of homeownership, they can open the door to scam artists seeking to prey on vulnerable older adults.

Recent research suggests older Americans lose over \$36 billion annually to a range of financial exploitation schemes, including home improvement scams. But you can avoid being a target.

Scammers use a variety of strategies to target homeowners, from charging inflated prices and delivering substandard work, to using high-pressure tactics to sell services. Older adults are prime targets for this type of exploitation because they often own homes with equity, tend to be more trusting and may be less likely to report an incident.

Home repair scams can jeopardize the independence of older adults by robbing them of money and equity in their home, as well as threatening their safety.

Fortunately, there are solutions. A new brochure, "Home Improvement Scams—Tools for Reducing Your Risk," has been released by the Eldercare Locator to provide detailed recommendations that seniors can use to safeguard their financial future.

The brochure provides information and resources that can help older adults avoid being targeted in the first place and guidance on what to do if you are a victim of this type of scam. It also features a handy checklist to help homeowners select a reputable contractor.

This is an essential publication for any older adult interested in undertaking a home repair project armed with information that will help to ensure it is a success. To order a copy, visit www.n4a.org/Files/N4a-HI-Scams-brochure-access.pdf.

The Eldercare Locator, a public service of the U.S. Department of Health and Human Services, is a nationwide service that connects older adults and their caregivers with information and referrals to local providers and programs. The toll-free number is 800-677-1116.

— North American Precip Synd., Inc.

Does Your Plan Make Financial Sense?

By Jason Alderman
Special to the Times

My wife and I survived two major home improvement projects and we've got the battle scars to prove it. Like most people feeling cramped for space — thanks to two growing children in our case — we weighed the plusses and minuses of remodeling versus moving to a larger home. Because we live in a great neighborhood with strong local schools, we ultimately decided to stay put and remodel, but everyone's case is different.

Here are a few considerations to weigh before you decide on a major home improvement or remodeling project:

■ Wishes vs. Needs

How necessary are the improvements you want? The days when many improvements paid for themselves in increased home value are over for now, especially such strictly cosmetic upgrades as new kitchen cabi-



Weigh the plusses and minuses of remodeling beforehand.

nets or a bathroom skylight. That doesn't mean certain projects aren't worthwhile. For instance:

Repairing a leaky roof or faulty plumbing might spare you from water or mold damage.

Installing attic and wall insulation and energy-efficient windows or replacing older ap-

pliances and light fixtures will lower utility bills and may be tax-deductible (visit www.energystar.gov for information on tax credits and rebates).

■ Budgeting

Gather cost estimates for each job or item and create a chart with columns for high-, medium- and low-cost options. Don't forget supplies for do-it-yourself projects and always add an extra 20 percent or more for unexpected expenses.

If contracted labor is involved, gather three estimates and carefully check references and business licenses. Also, ask about discounts for grouping multiple projects together.

■ Financing Options

Ideally, you've already established a home improvement savings plan. But if you're planning to borrow, proceed with caution. Just a few years ago, home values were skyrocketing and many people took out a home equity loan (HEL) or line of credit (HELOC) to tap their home's equity. But the real estate market's collapse left many people owing more than their homes were worth.

However, when hot weather threatens brown-outs or blackouts, the flow of work from home to corporate office may also be at risk. Formulating a backup plan in the case of a power outage should be a significant part of a home office business model.

Every responsible home office business model should consider a continuous source of power. Home standby generators, like the Guardian series by Generac

see *POWER*, page 9

Jason Alderman directs Visa's financial education programs.

Power Is a Priority

Install a backup generator for your at-home office

According to the U.S. Census Bureau, a summary of trends indicates that 3.7 million employees now telecommute at least half of their work week. And millions of others are self-employed in home-based businesses.

These work trends support an urgent need for uninterrupted electricity in the home to reduce lost work time and other avoidable disruptions.

Working from home has a number of employee benefits:

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SUMMER HOME IMPROVEMENT



Declutter Your Home

Here are five simple, effective tips to help you clean out any junk you've accumulated — and make some quick cash in the process.

1. Start with storage spaces. Formulate a plan and take it one room at a time, starting with closets, basement, attic and the garage. You'll need the space as you move through each room and reorganize your items.

If you find that you haven't used the things in your storage spaces since last year, you can sell them on 5miles, a free local marketplace app.

2. Use the "Four Bucket" method. This makes it simple and efficient to organize your clutter. In every room, evaluate each item and pick one of four buckets:

Store it — If it's useful and necessary to keep in your home.

Sell it — Make some money off your old items.

Trash it — If it's worn out or broken, just toss it.

Recycle it — Determine which items, if any, can be recycled.

3. Ruthlessly purge. For some, it can be hard to get rid of old items. However, it's worth clearing out old junk for the joy of a clear, uncluttered home.

4. Give things a chance. For items that are in good condition, give them a second chance by listing them in the "Free & Donations" category on the 5miles app.

5. Sell as you go. Selling your items can be as simple as snapping a few pictures, writing a quick description, and uploading them to the app.

For more information, visit www.5milesapp.com

—North American Precip Synd., Inc.

Pave the Way to a Better Home

What's in these days is enjoying outdoor living rooms, kitchens and more.

An easy and elegant way to bring your home up to style and expand your living area is with colorful, durable concrete pavers. They can improve your family's quality of life now and your home's curb appeal when the time comes to sell.

Wherever you put pavers, real estate experts say, it can be easy to recoup the cost when you sell the house.

Many homeowners consider pavers a much more attractive way to go than other pavement systems. They're also easier to maintain and last longer without needing to be repaired.

Pavers provide a safe, slip-resistant surface in beautiful beige, coral, variegated or darker blend-

ed colors, as well as blends with flashed tones to harmonize with a home's exterior cladding. They can easily be put into patterns that complement the architectural style of your home because there's such a wide variety of styles available.

Where To Pave

The most popular places to put pavers include:

- **Patios:** A well-designed patio made of interlocking concrete pavements can enhance the character and value of your home and provide extra entertaining space that can include fire pits, fireplaces, lounging areas and even kitchens.

- **Pool decks:** Concrete pavers are an excellent way to visually integrate the pool into your landscaping design.

- **Walkways:** A properly paved walkway can frame your home. To lend more grace to an entrance,



Pavers can easily be put into patterns that complement the architectural style of your home.

walkways should be at least three feet wide and gently curved.

- **Driveways:** Concrete pavers can add a touch of class that is inviting and durable, while also enhancing your home's curb appeal.

When choosing a contractor to help design and complete your project, make sure you hire a contractor who is an ICPI Certified Concrete Paver Installer. They are knowledgeable of industry best practices, have passed an exam and possess the required experience.

For more information about concrete pavers, visit www.concretepavers.org.

— North American Precip Synd., Inc.

Power: Stay up and running

continued from previous page

Power Systems, turn on automatically when utility power goes out and stay on until utility power is restored.

The benefits of installing a backup power system include uninterrupted, continuous power; communications connectivity for all business and home needs; protection for expensive computer equipment; and overall peace of mind.

More than just an inconvenience, a power outage also means productivity losses that can ultimately result in lost income and missed opportunities.

It's also important to prioritize those items the home office will need in order to stay up and running.

For facts and advice about investing in a reliable backup power system, visit www.Generac.com.

— North American Precip Synd., Inc.

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City of San Leandro's Home Earthquake Strengthening Course

The City of San Leandro is again offering its nationally recognized and award-winning Home Earthquake Strengthening Course to homeowners. This is a "do-it-yourself" course geared towards owners of older, raised-floor homes. Homeowners will be shown how to identify and strengthen structural weaknesses in their homes. Upon completion of this four-day course, each homeowner will have a customized blueprint for their seismic project.

If you own a hillside home, please contact the Division of Building & Safety at (510) 577-3405.

When: July 13, 18, 20 and 25
This is a four-day course.

Where: 999 East 14th Street, San Leandro
City Hall Plaza, south of the Police Department, behind the California Conservatory Theatre

Time: 6:00 to 8:00 p.m.

Cost for City of San Leandro Residents:

\$30.00 for single / \$35.00 for couples

Cost for Non-Residents / Unincorporated

San Leandro: \$50.00 for single / \$60.00 for couples

Class size is limited.

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For more information, please call Division of Building & Safety Services at (510) 577-3405.

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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Market Doldrums Slow June Activity

Sea-faring mariners who relied on wind to keep them moving dreaded sailing through the Inter-Tropical Convergence Zone (ITCZ).

Sometimes known as "the itch," the zone is a belt circling the earth approximately five degrees north and south of the equator. Here, trade winds from the northern hemisphere, blowing southeast, collide with the southern hemisphere's northeasterly blowing trade winds, effectively canceling each other out.

This band of still air was known to sailors as the Doldrums, and it was not uncommon for ships to be becalmed for days or even weeks at a time.

We have our own doldrums in real estate called "the Month of June."

Every year, we greet June with no small amount of trepidation, not knowing if we will sail clear through the month with no loss in momentum, or be becalmed for a

few weeks, a month or even more. June 2005 was the first time I saw the doldrum effect. Up until then, the market had been full speed ahead in much the same fashion as our current market. Multiple offers were the norm and homes averaged less than two weeks on the market.

The weekend of June 22nd, 2005, however, everything changed. Inventory spiked in a one week period and the seller's market turned on its heel overnight and became a buyer's market.

What causes June's doldrum effect? Historically, June is the month which averages the highest amount of inventory. As the school year winds down, families looking to relocate get their homes on the market hoping to be in a new location for the coming September.

As homes begin flooding the market, school graduations, Father's Day and other June events take the focus away from buying a home. Consequently, as invento-

ry climbs, the buyer pool typically hits the pause button.

The effect can be quite dramatic and cause panic attacks in sellers. Used to seeing homes come and go in mere days, it's a shock to see a sudden, sharp decline in market activity.

This year has been no exception. Many sellers have been caught off guard by homes passing offer deadlines with no contracts. Our advice? Hang tight. Normally, things get back to normal in July as the summer kicks in.

Are we seeing another 2005? No. A market slowdown? While it's too soon to tell, if this pattern persists into July, then the answer could be... maybe.

Carl Medford is a licensed Realtor with Keller Williams Realty. This article is sponsored by the Central County Marketing Association at www.ccmgtoday.com.

Mortgage Rates Continue to Hold

Average mortgage rates continued to hold at year-to-date lows last week amidst ongoing economic uncertainty.

The 30-year fixed-rate mortgage averaged 3.90 percent last week, down from 3.91 percent the week before.

Fifteen-year fixed rates averaged 3.17 percent, down from 3.18. Five-year adjustable rates averaged 3.14 percent, down from 3.15 percent.

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Stay Safe When Using String Trimmer

By Samantha Mazzotta
Special to the Times

To keep your lawn edges neat, a string trimmer (also known as a Weed Whacker, Weed Eater or weed trimmer) doubles as a good edger, and is really affordable: You can purchase an electric trimmer for as little as \$40.

For a little more (about \$100 on average) you can get a cordless electric trimmer, which eliminates the hassle of dragging around extension cords and the worries about accidentally striking one.

To use the trimmer on lawn edges, angle it slightly downward toward the edge you're targeting, engage the motor by pressing the control trigger, and ease the whir-



ring string toward the grass until just the tip of the string touches it. Move it along the edge of the grass, trimming it to the same height as the rest of the freshly mowed lawn.

A few safety notes here:

- Always wear long trousers and sturdy, close-toed shoes when doing any lawn work, particularly with power tools and mowers.
- Wear eye protection when using a string trimmer, and maybe gloves, because it's painful and dismaying to be hit with debris when using this tool.
- Learn to angle the trimmer so that grass and dirt fly away from

you. The trimmer guard helps, but doesn't provide full protection.

- Tell bystanders to move away, or stop trimming when neighbors walk past, starting again when they are clear.

- If you're using a corded electric trimmer, always be aware of where the cord is, so you don't accidentally hit it.

- Avoid hitting concrete or brick when using the trimmer. The harder surface quickly destroys the trimming line, meaning you'll have to replace it sooner.

- Be careful when trimming around shrubs and trees, as the whirling line can damage the bark.

Knowing how to maintain your string trimmer also can save money. Over time, the cutting string will run out — as it's intended to do. Purchase replacement line as needed, make sure the trimmer is unplugged and remove the spool from the trimmer's cutting head by turning the trimmer over, removing the fitted cap from the cutting head and lifting out the spool.

Remove the remaining cutting line and discard. Thread the new line into the thread hole or guide notch, and wind it around the spool in the direction of the arrow printed on top of the spool. You can get more details online.

Home Tip: To prevent "scalping" a lawn edge, trim facing outward, toward the pavement (without hitting it), rather than inward toward the lawn.

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Round Up Overspray Damages Grass; Tree Needs a Trim

By Buzz Bertolero
The Dirt Gardener

Q I sprayed Round Up along the cracks of the sidewalk to kill the weeds. It did a great job; however, the overspray killed the edges of the lawn. Is there anything I can do to correct this?



Use a plant shield when spraying for weeds to help protect grass and other plants from being damaged.

A Unfortunately, it's too late to do anything to save any of the damaged grass. Once it turns a yellow/brown color, the grass is dead and there is nothing that will reverse the effect.

In the future, you can prevent this problem from occurring by using a cardboard plant shield or barrier. It is simple to use and very effective.

As you get close to the edge of the turf, place the shield or barrier between the edge of the grass and the sidewalk or a driveway. Round Up can be sprayed right up to the barrier as it's a leaf-absorbed herbicide that kills only the leaf surface it contacts. It doesn't feather or bleed out, so you can spray in a straight line. If you spray half a leaf that half or portion is the only section that is killed.

Round Up is never absorbed

by the roots of plants; hence, it's never sprayed on bare ground. Move the barrier along as you spray.

The plant shield doesn't have to be very long and just tall enough to prevent the spray from drifting. Also, it doesn't have to be cardboard, as any solid material will do.

What to do next to repair the damage is going to be a judgment call on your part. You could do nothing and let the grass fill in on its own. But, you'll have to be very patient as it's not going to repair itself this season.

Reseeding the damaged area with Pennington One Step or Scott's E-Z Seed is the option that I favor. These products include the seed, mulch and fertilizer. All you'll need to do is rake up the dead debris and apply the material

and water.

Watering is the key as you'll need to sprinkle the area three to five times a day, depending on the temperatures, until it germinates which is about two weeks.

July is a tough month to reseed so you may wish to wait until the fall.

The damaged area is probably too small to resod.

Q Is there a rule to follow as far as pruning back trees that hang over from a neighbor's yard? Our neighbor's tree is over 30 feet tall and it shades out some portions of our yard. Is it OK for me to cut the overhanging branches?

A The general rule of thumb is that you can prune any tree back to

the property line, which is usually the fence. However, the pruning cannot increase the risk of the tree falling over by making it lopsided.

I would suggest that you have an arborist come on site to evaluate the tree and make a recommendation for the pruning of the overhanging branches. The report can then serve as a valuable document in case there is an issue in the future.

Buzz Bertolero is an Advanced California Certified Nursery Professional and Senior Gardening Professional at Sloat Garden Centers. His web address is www.dirtgardener.com. Email questions to dirtgarden@aol.com or go to [Facebook.com/Buzz.Bertolero](https://www.facebook.com/Buzz.Bertolero).

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271 Cherrywood Avenue	94577	\$712,000	2 BD - 1,517 SF - 1926
715 Dolores Avenue	94577	\$865,000	4 BD - 1,840 SF - 1948
472 Juana Avenue	94577	\$465,000	2 BD - 1,319 SF - 1971
2022 Juneau Street	94577	\$200,000	3 BD - 1,141 SF - 1951
1109 Midway Avenue	94577	\$610,000	3 BD - 1,403 SF - 1942
234 Oakes Boulevard	94577	\$705,000	3 BD - 1,772 SF - 1920
719 Oakes Boulevard	94577	\$893,500	4 BD - 2,506 SF - 1942
2455 Wimbledon Lane	94577	\$538,000	N/ABD - 1,371 SF - 1978
2163 167th Avenue	94578	\$665,000	3 BD - 1,782 SF - 1964
1817 Bali Court	94578	\$732,000	2 BD - 1,131 SF - 1994
1911 Joan Drive	94578	\$680,000	3 BD - 1,494 SF - 1940
16308 Mateo Street	94578	\$571,000	3 BD - 1,358 SF - 1947
2180 Strang Avenue	94578	\$521,000	2 BD - 1,050 SF - 1951
2235 Black Sooter Court	94579	\$688,000	4 BD - 1,544 SF - 1999
720 Fargo Avenue #6	94579	\$435,000	2 BD - 840 SF - 1965
660 Fargo Avenue #7	94579	\$453,000	3 BD - 1,136 SF - 1965
15165 Golden Gate Drive	94579	\$485,000	N/ABD - 792 SF - 1947
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19

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16033 Via Alamitos	94580	\$475,000	2 BD - 898 SF - 1947
670 Via Mirabel	94580	\$500,000	3 BD - 1,555 SF - 1944
1601 Via Toyon	94580	\$617,000	3 BD - 1,078 SF - 1955
17541 Wickman Place	94580	\$385,000	3 BD - 1,170 SF - 1971

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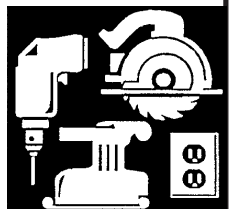
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Jury: Report finds SL jail A-OK

continued from front page

done very well," said Chan. "The young people respond well to the program."

The Grand Jury concluded that the county needs a clear policy on political interference in business dealings in general. The grand jury made a similar finding in its 2014-2015 report, which they reprinted this year.

"A county supervisor does not have the authority to dictate orders to department heads... Many public agencies have rules in place that prohibit political interference. Unfortunately, despite an unambiguous Grand Jury recommendation two years ago, Alameda County does not. The Grand Jury again urges the Board of Supervisors to follow the lead of other government entities by adopting a robust anti-interference policy."

Chan said she did nothing

wrong and that the Board of Supervisors will now be writing a response to the Grand Jury report.

"I was surprised they (the Grand Jury) made such a mistake in their findings," said Chan. "The contract went through the regular process and was approved by the Board of Supervisors. It's on the public record."

The investigation into Chan's actions was part of the Alameda County Grand Jury's annual report on local government. The Grand Jury acts as the public watchdog by investigating and reporting on the affairs of local government, then releases a report of its findings each summer.

The 20-member Grand Jury is made up of citizens from all over the county and it's up to the jury what topics they investigate each year, often acting on tips from the public.

The Grand Jury toured the

San Leandro police department's jail this past fall and found the facility to be operating well.

"The facility is located in an older building (built in 1968) that shows some signs of wear, but otherwise the Grand Jury found it to be in good condition and well-maintained," the report read.

The Grand Jury made no recommendations to change any operations at the jail.

A large part of the Grand Jury report was devoted to the actions of the Oakland City Council, which the Grand Jury said routinely ignored open government laws by holding closed-session meetings on land deals involving publicly-owned property. The jury said that the city held 45 closed meetings on property developments worth \$500 million.

The full 127-page Grand Jury report is available at acgov.org/grandjury.

Fourth: Fireworks at the fair

continued from front page

parade starts at 10 a.m. on July 4 and they expect about 60,000 spectators to line the over 3-mile route.

After the parade, the U.S. Coast Guard will host a festival at Pier 3, Alameda Point. There will be food trucks, kids' activities and more from noon to 4 p.m.

If you are looking for fireworks, you can catch some a day early if you go to the A's game on July 3. Oakland takes on the White Sox at 6:05 p.m., followed by a fireworks show after the game.

On July 4 at the Alameda County Fair in Pleasanton, there's the Red, White and Blues Festival and horse racing during the day, capped off by fireworks at 9 p.m. But get there early, as there is no admission after 6 p.m.

And San Leandro police want



TIMES FILE PHOTO

The parade in Alameda will begin at 10 a.m. on July 4.

to remind everyone that they have a "zero tolerance policy" about fireworks – even those legal in other cities. The SLPD is increasing staffing and patrols over the Independence Day weekend, according to Lt. Isaac Benabou of the San Leandro police.

During the day, single picnic tables at the Marina Park will be available on a first-come, first-served basis. But Marina Park will close at 6 p.m.

Reservations are recommended for large groups and may be made by contacting the city's Recreation and Human Services Department at 577-3462 or www.sanleandro.org under the recreation department tab.

Banks, post offices, and government offices will be closed on Tuesday, July 4, as will the San Leandro Times office. BART and AC Transit will be running on Sunday schedules.

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TIMES OBITUARIES may be submitted online at ebpublishing.com, emailed to obits@ebpublishing.com or faxed to 510-483-4209. Please include your phone number.

BATTLE, Yvonne C.
MESSINGER, Duane M.
SOUSA, Sidonio R.
STROM, Dane H.
TURNER, Rose

■ **Yvonne C. Battle** passed away on June 21, 2017. Yvonne worked for the Oakland Unified School District as a teacher and librarian for many years. Her funeral service was held at St. Benedict Catholic Church on Wednesday, June 28. Interment will take place at Sacramento Valley National

Cemetery in Dixon today, June 29, at 11 a.m. Arrangements by Santos-Robinson Mortuary in San Leandro (510-483-0123, santos-robinson.com).

■ **Duane M. Messinger**, born December 31, 1934 and resident of Hayward, passed away unexpectedly on June 10, 2017 at the age of 82. Many knew him as the owner of The Villa in San Lorenzo. Visitations were held on June 26 at Grissom's Mortuary in San Lorenzo. Funeral Service was held on June 27, also at Grissom's. Internment at Mt. Eden Cemetery in Hayward. In lieu of flowers, donations can be made to a charity of your choice. Arrangements by Grissom's Mortuary (510-278-2800, www.grissomsmortuary.com).

■ **Rose Turner**, a resident of San Leandro, passed away peacefully at the age of 99 on June 21, 2017. Visitation begins at 4 p.m. followed by the Vigil/Rosary at 7 p.m. on Friday, June 30, at Holy Sepulchre in Hayward. Funeral Mass will be on Saturday, July 1, at 11 a.m.

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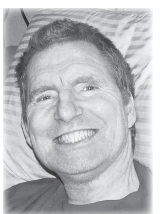
Dane H. Strom

May 6, 1959 – June 17, 2017

Dane went home to be with our Lord Jesus Christ on Saturday, June 17, 2017 at the young age of 58. Dane grew up and went to school in Castro Valley. He and Robin married in 1982, lived in San Leandro, but settled in San Lorenzo in 1991 to raise their family. He worked at Peterson Tractor Co. for 24 years as their painter — and rocked that CAT yellow paint! Dane was a real warrior, living with M.S. for 37 years. He also survived fourth-stage melanoma cancer 12 years ago!

Dane is survived by his brother, Daryl; his wife of 35 years, Robin; his sons, Eric (Kim) and Jim (Julie); daughter, Valerie; granddaughters, Kaitlyn and Lillian; and niece, Kristina.

You're invited to his Celebration of Life Memorial Service on Thursday, June 29, at 3Crosses Church in Castro Valley. Services will begin at 3 p.m. in the chapel followed by a dinner reception at the church. Arrangements made by Jess C. Spencer Mortuary, 510-581-9133.



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ACROSS

- 1 One of the Three Bears
- 5 Unhappy
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- 12 Exhibit "A," e.g.
- 14 Figure-skating leap
- 15 Give a home a makeover
- 16 Actress Sorvino
- 17 18-wheeler
- 18 Toxin
- 20 Support for a painting
- 23 Plant with fronds
- 24 Small salamanders
- 25 Went back on a promise
- 28 Put (down)
- 29 Partners
- 30 Churchill's gesture
- 32 Changed the title
- 34 Tempo
- 35 Matterhorn's range
- 36 Bamboo-eating critter
- 37 Nervous system disorder
- 40 Relatives
- 41 Frau's mister
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- 48 Geometric figure
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DOWN

- 1 Apiece
- 2 "Hail, Caesar!"
- 3 Bowling target
- 4 Worships
- 5 Unseen problem
- 6 Performance
- 7 Intensified
- 8 Casino doings
- 9 Center of rotation
- 10 Nil
- 11 Verve
- 13 Satan's specialty
- 19 Raw minerals
- 20 Moray, for one
- 21 In the distance
- 22 Eyelid woe
- 23 Big parties
- 25 "O'er the ___ we watched ..."
- 26 Divisible by two
- 27 Out of play
- 29 Masculine
- 31 Greek vowel
- 33 Not wide
- 34 One of the bunch?
- 36 Pocket bread
- 37 Fellow
- 38 War, to Gen. Sherman
- 39 Approximately
- 40 Make a sweater
- 43 Before
- 44 Hollywood trickery, for short
- 45 The whole enchilada
- 46 In medias

ANSWERS ON PAGE 3

OPINION

LETTERS to the EDITOR

Letters must include the writer's name, address and phone number, and **must be under 300 words**. We reserve the right to edit as necessary. E-mail letters to: letters@ebpublishing.com or fax to: 510-483-4209, or send by mail to: The Editor, San Leandro Times, 2060 Washington Ave., San Leandro, CA 94577.

Says Davis Street Putting Pot Store Needs Ahead of Kids' Safety

Editor:

It will be a sad day for Davis Street Family Resource Center when Rose Johnson and Gordon Galvan go before the Board of Zoning on July 6 and put the needs of their Cannabis dispensary before the needs and safety of the children serviced at Davis Street Family Resource Center.

Rose Johnson is the CEO for Davis Street Family Resource Center and Director of Community Benefits for Davis Street Wellness Center. Gordon Galvan is Board President for Davis Street Family Resource Center and Director of Government Relations for Davis Street Wellness Center.

This will translate into Rose and Gordon's personal financial interest in Davis Street Wellness Center taking a priority over the Davis Street Family Resource Center's families and children they serve. On July 6, Rose and Gordon will go before the Board of Zoning and ask for an exception to the ordinance that City Council adopted regarding locations of dispensaries and *their own word when they won the second permit for a cannabis dispensary*.

The only issue before the Board of Zoning is the location of the dispensary. Davis Street Wellness Center has been provided with information that identifies other locations within the allowed zoning, though disregarded them all.

Let the San Leandro Board of Zoning know that it is *not* OK to grant a Conditional Use Permit to Davis Street Wellness Center that will allow their Cannabis Dispensary to be located within or right next to Davis Street Family Resource Center. *Save our children!*

—Diana Souza, San Leandro

'Thrilled' that City is Being Lectured on Ethics in Politics

Editor:

I was thrilled to read in last week's paper about the mayor and council getting a long-overdue lecture about ethics in politics.

As you all remember, Mayor Cutter's daughter was the manager of one of the senior centers in town while her mother sat on the council and then became mayor. This was in clear violation of common sense nepotism and ethics rules but our city manager allowed it to happen knowing full well it was wrong.

When I finally brought it to everyone's attention, the mayor's daughter was then made a temp worker so that nepotism charge would not be technically valid... but it really is, and will remain so.

Our city manager called it all "bad optics." Yes, watching nepotism and corruption play out at city hall is very hard to watch.

Why did Mayor Cutter feel it necessary that her first big act as mayor was to give the city manager a big raise and a \$20,000 bonus? It certainly can't be for all the good fiscal policy that now has us with an unfunded pension obligation of nearly \$175 million, right?

So, we can take care of our weak and ineffective nepotism mayor at the next

election, but what do we do about our ethically challenged city manager in the meantime?

—Gary Langbehn, San Leandro

Disappointed by Times' Coverage Of TRAP Ordinance Meeting

Editor:

I was disappointed with the reporter's coverage of the TRAP ordinance ("Council Passes 'Relocation Assistance'," Page 1, The Times, June 22) quoting me that the city and landlords just want millennials here without mentioning I said this will largely displace older persons and people of color who can't afford the soaring rents that techies can. (Huge raises on \$2,000-plus rents won't cost them a half week's paycheck or require them to get a second minimum-wage job).

She also missed my point about the city's presentation on administration and cost of the ordinance. It does *not* require landlords to inform the city when they engage in evictions falling under its terms.

I commented the city won't need any administration because if landlords are not required to inform the city when they engage in these evictions, they won't. Without accountability and hard data, no one will actually know the true numbers of evictions or when they're happening, thus giving the city and landlords plausible deniability when they can't produce data to show how miserably the ordinance is failing.

Even worse, the article missed the defining part of the meeting when a landlord asked that owners of four or less units not be included in TRAP. This caused the city to start debating whether the smaller numbers should be included or not. Councilmember Thomas tried to make a motion to exclude these units, but was unable to word it. At that point, the mayor called landlord Silva and real estate investor Stark to the podium, by names, to ask for wording for the motion.

Asking those who will directly benefit from exclusion and the concurrent financial responsibility of a possible \$10,000 payment to word a motion is not a blatant conflict of interest, how? And the city attorney present not telling us whether such action is ethical or not, why?

—K. Lee-Figueroa, San Leandro

Climate-Change Doubters 'Facts' Called 'Inaccurate, Incomplete'

Editor:

I agree we should arm ourselves with the facts about climate change and decide for ourselves ("Doubts Human Activity is the Cause of Climate Change, Letters, June 22). Unfortunately, the cited "unreported facts" were inaccurate, incomplete and/or irrelevant to causes of current global climate disruptions. There is no credible natural cause cited by the Heartland Institute or other such groups for the marked warming occurring now.

The Heartland Institute is a group funded by Exxon Mobil, the Koch brothers, and others that promote denial of human activity's role in climate disruption. This same institute worked with tobacco company Philip Morris in the 1990s to produce reports questioning

links between smoking and cancer. The Institute's role in promoting climate change denial is well documented in the book and film "Merchants of Doubt".

If you really want accurate, unbiased information about climate science, please rely on credible sources like NASA (climate.nasa.gov/evidence/) and NOAA.

NASA's website shows Earth's average surface temperature has risen about 2.0°F since the late 19th century. Most warming occurred in the past 35 years, with 16 of the 17 warmest years on record occurring since 2001. In fact, CO2 increases since industrialization are known to be driven by human activity and fossil fuels, since these carbons have a unique chemical signature different from other carbon sources.

As to the failure of the U.S. to ratify the Kyoto treaty, the scientists who objected to the treaty did so because it did not do enough to slow global climate change.

We can't allow the Koch Brothers, fossil fuel companies and groups like the Heartland Institute to corrupt our political process and block clean energy solutions. Stepping up to the climate challenge is the right and responsible thing to do, and America can and should be leading the way to a healthy, more secure future. We already have energy technologies to power our economy cleanly and affordably.

We owe it to our kids, grandkids and future generations to protect them by addressing climate change now before it becomes irreversible.

—Renee Harper, San Leandro

'Time to Smarten Up' and Get Back on Your Bike!

Editor:

I am somewhat troubled by a rather sharp drop-off in the use of bicycles. Some 40 years ago, I was almost crippled by back pain. It was growing to the point where I couldn't stand upright. A friend suggested exercise via bicycling and I took it up. It is somewhat addictive as most forms of exercise and before long my back pain disappeared completely.

Today I find my back to be completely pain free and even undue strain to it only puts me in pain for a day or two and then I am recovered. I am now 72 and think nothing of riding 60 miles in a day over the local hills and across the cities.

I have friends that ride with me in their 80s. Yet I now see young people walking around stooped over like I was, without a clue what to do about it. And doctors not suggesting cycling to strengthen and straighten their backs. Perhaps it's time to smarten up. Not to mention spend more time not polluting the atmosphere with exhaust fumes.

—Tom Kunich, San Leandro

Calls on Store Employees to Crack Down on Shoplifters

Editor:

I agree with Mark Bryant ("Claims San Leandro Businesses 'Are Being Shoplifted to Death'," Letters, June 22) in that San Leandro businesses are shoplifted to death. I have seen it first hand at Safeway on Dutton many times and I also have a friend that works for CVS Downtown and they get ripped off sometimes twice a day that they see!

Unfortunately these corporations

won't allow employees to do anything but observe. I believe employees at all stores need to be trained in how to handle a situation like shoplifting. An example would be to pull out your cell phone and have the Local PD listed in your phone. Call and report the theft immediately with the best possible description you can get. Then let police do the rest.

—Robert Whitehead, San Leandro

8 Million Stories in The Naked City. This is Has Been One of Them.

Editor:

Rarely does one newspaper offer the solution to a serious crime problem in

the same issue. You did it in your issue of June 22. I'm proud of you.

When Mark Bryant claimed in his letter of June 22 that San Leandro businesses "are being shoplifted to death," he never realized that the solution was right there on the front page.

It was in Linda Sandsmark's article about the nude social club.

Will our City Council pass a mandatory nude shopping ordinance? This ordinance will make it nearly impossible for shoplifters to conceal loot as well as their privates.

What a great city!

What a great newspaper!

—George Banks, San Leandro

INQUIRING REPORTER

The one thing you want to do this summer?

— Asked at the San Leandro BART Station

To take a CERT class (Community Emergency Response Team). It trains you on what to do in an emergency like an earthquake and all kinds of disasters or a fire.

Nancy Puccio
San Leandro



One of the things I want to do is find a literary agent because I'm working on a book. It's science fiction/fantasy. People have read excerpts of it and said it's good, so I'm hopeful.

Garth Tuttle
Alameda



To sent my grandson to the St. Mary's basketball camp. He's 6-foot-4 and he will be a freshman at San Leandro High. He just graduated from John Muir and he's an A student.

Rusty Simms
Oakland



To travel to Ft. Worth, Texas for the Believers Voice Victory Convention. To do evangelical work to tell people about the goodness of God.

Louise Thomas
Berkeley



I just want to get to know my lord and savior Jesus Christ better. He saved me two years ago.

Jacob Gonzales
Oakland



SL Swim Team Tops Chabot

By Andrew Joseph
San Leandro Times

The San Leandro Drowning Darryls beat Chabot by a score of 666-390 in a home swim meet on Saturday in week four of the East Bay Swim League.

San Leandro star swimmer Tyler LeBoa won all three of his events Saturday, with impressive times of 25.07 in the 50-yard butterfly and 58.47 in the 100-yard individual medley.

The Drowning Darryls are coming off of an undefeated 2016 season, looking to continue the winning streak this year.

Coach Scheberies spoke on the confidence in his team, saying, "We are led by 18 year old Tyler LeBoa who is the winner of our Jeff Engler spirit award and

one of the fastest 15-18 boys in the league.

Swimmer's Goal: To Break League Record

Emily Scheberies is also a stand-out swimmer. She is already swimming at league record times in several individual events and looking to break a relay record with Kaira Willits, Joyen Chau, and Mia Woo.

The standout swimmer LeBoa cites his focus and motivation as he said, "Assistant coach Jeff Engler's passing away two years ago is my motivation and I step up my performance because of him. He was a huge part of our team that we consider family."

"The Chabot meet is always a big meet for the Darryls team

as the Marlins were one of the last teams that we lost to about 7 years ago," said Scheberies. "Since then we have been undefeated. They have a lot of good swimmers and it always brings out the best in both teams."

LeBoa attributes the continued success of the team on their winning streak.

"To keep the legacy going our solid coaching staff makes sure we work hard in practice, which leads to better times in the meets," LeBoa said.

The meet marks week four, the middle of the season. No meets are scheduled for this Saturday as it's a bye week for the league. Competition will resume on Saturday, July 8.

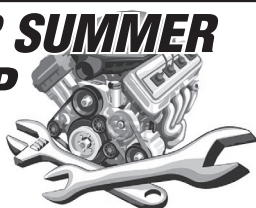


PHOTO BY ANDREW JOSEPH

The San Leandro Swim Team continued its winning streak with a victory over the Chabot Swim Team on Saturday at the San Leandro High pool.

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Dodgers Meet Tough Foes in Reno

The San Leandro Dodgers youth baseball team picked up some experience against some older teams at the Muckdogs 19u Wood Bat Tournament in Reno over the weekend.

The Dodgers (14-18 year olds) played against mostly college-age teams, finishing 1-4 in the tourney. San Leandro managed an 11-5 win over APS, the one team with players the Dodgers age.

The Dodgers collected 13 hits against APS, including a double and a triple by Jakob Bouhuys, two singles and a double by Cameron Weatherford, a pair of hits by Zion Michael, and a single, double and home run by Scott Anderson.

Rudy Avila, Josh Tanguma and Adrian Robles all singled.

Adrian Enriquez started the game for the Dodgers and Jacob Gurule pitched in relief.

The Bulls beat the Dodgers 10-9 with Weatherford and Bouhuys on the mound for San Leandro. Bouhuys hit two singles and Weatherford singled and doubled to help their own cause. Zion Michael also hit a pair of singles.

Tournament highlights for the Dodgers are homers by Rudy Avila and Scott Anderson. Zion Michael batted .571 for the tourney, Bouhuys batted .545, Weath-

erford batted .500, and Anderson batted .417.

It was a grueling tournament with the temperature around 103 degrees, and on the artificial turf infield it was 110.

The Dodgers are back at home tonight (Thursday) at San Leandro Ballpark for a game at 6 p.m. against Old School Baseball, and on Saturday at 10 a.m. with a double-header against the Marin Wildcats.

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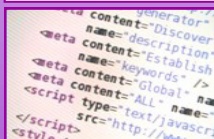
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