

San Leandro Times

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

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THURSDAY, SEPTEMBER 26, 2019

SAN LEANDRO • CALIFORNIA



PHOTO BY ANDREW JOSEPH

Runners in the varsity boys three mile race take off from the start of the race at Hayward High on Saturday.

Harriers Head to the Hills in Hayward

By Andrew Joseph
San Leandro Times

Athletes from San Leandro and Arroyo high schools competed in a field of 48 teams at the Farmer Invitational cross-country meet on Saturday morning at Hayward High. The Pirates’ standout girls’ runner Ariana

Chavez placed 10th overall in the varsity girls’ 3-mile race with a time of 18:55.90 minutes. Chavez, who also runs track and field for San Leandro, is setting the pace to win best in the West Alameda County Conference (WACC) league this season as just a junior.

“My goal for the season is to be number one in our league or at least top three,” said Chavez. “What went through my mind today as I was heading towards the finish line was to catch the girls in front of me and beat my PR (personal record) from last season.” see *CROSS COUNTRY*, page 16

City Hires New Manager of Sustainability

Dr. Hoi-Fei Mok wants to involve more people in city’s action plan

By Mike McGuire
San Leandro Times

San Leandro’s new Sustainability Manager, Dr. Hoi-Fei Mok, wants all of the community involved in the update of the city’s Climate Action Plan.

That plan, last updated in 2013, details the city’s efforts to have government, households and businesses here all do their part toward having a healthier planet.

Dr. Mok succeeds Sally Barros, San Leandro’s first sustainability manager, who retired in May. Mok, who grew up in San Leandro, has a bachelor of arts degree in Biochemistry from Wellesley College in Massachusetts and a PhD from the University of Melbourne in Australia. There, she did her dissertation on reusing wastewater for agricultural irrigation. She had worked previously with Emeryville on their Climate Action Plan and updating their greenhouse gas inventory.

The city is gearing up for its climate change update, which it hopes to have completed in 2020. Mok wants to involve all segments of the community in climate change efforts, which she said are often carried out nationwide by people who are white and somewhat affluent.

In San Leandro, she would certainly like to involve members of those groups, but also people

of color, younger people, and people who live west of Interstate 880, in the more industrial part of town. She plans to utilize all see *SUSTAINABLE*, page 5

E.14 Stores Pull Together After Fire

By Mike McGuire
San Leandro Times

Businesses along East 14th Street near Dutton Avenue are trying to return to normal after a June 21 fire that destroyed much of the block.

Bluebird Pizza, Metro PCS and the MC Delux Barbershop survived with little or no damage from the fire and are operating normally.

Gaitan Upholstery, 484 East 14th St., sustained no damage and is operating normally, but is trying to clear out the front of the store. Some furniture is being stored there due to temporarily sharing their building with Knop’s Upholstery, whose building down the block was destroyed.

Knop’s and Fashion City see *FIRE*, page 5

Residents Speak Up for Immigrants

By Lynne Halle
San Leandro Times

About 75 residents of all ages gathered at Zocalo Coffeehouse on Bancroft Avenue Sunday morning, Sept. 15, for a community-building event to discuss the recent experiences of immigrants and express their support for family unity through art.

Community Impact Lab (CIL), whose organizational goals are to create social impact, empower women and children, and to foster strong communities, hosted the three-hour event inviting residents to learn more about the separation of immigrant families, and how they can take action.

“Today we are using art to activate young and old to speak see *ART*, page 3



PHOTO BY LYNNE HALLE

Artist Xiaohoa Ching, Zocalo manager Katie Taylor, and executive director of CIL Xouhoa Bowen. Zocalo Coffeehouse managed the event.

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Art show celebrates HARD's 25th anniversary. Page 2

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Woman robbed of her purse on Bancroft. Page 3

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MEETING SCHEDULES

CITY COUNCIL

Council meets on the first and third Monday of each month at 7 p.m. in City Council Chambers, City Hall, 835 E. 14th St., San Leandro. For more information, call the City Clerk at 577-3367.

SAN LEANDRO SCHOOL BOARD

Board meets on the second Tuesday of each month at 7 p.m. in the City Council Chambers, City Hall, 835 E. 14th St., San Leandro. For more information, call Michelle Mayfield at 667-3522.



San Leandro Times

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

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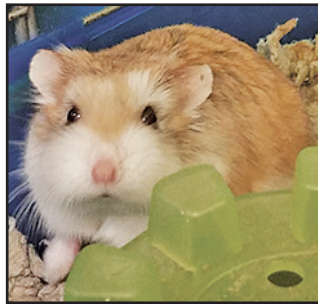
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Pets of the Week



Forky

The Pets of the Week at the Hayward Animal Shelter, 16 Barnes Court in Hayward, are Forky the hamster and Alder the bunny.

Forky, a dwarf hamster, loves to explore his surroundings. He's nimble albeit a bit timid when out of his cage and being held. He needs a patient guardian and some TLC to help him come around.

Alder is a very sweet, friend-



Alder

ly and social bunny. He's a great candidate for a first-time bunny guardian.

Alder is neutered and ready to go to his loving, indoor-only forever home.

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



A photo of an artist by Gene Dominique is one of the works on display at the Hayward Area Recreation and Park District's 75th anniversary.

Art Show to Celebrate H.A.R.D.'s 75th Anniversary

Eleven diverse artists were invited to make artwork for the 75th anniversary of the Hayward Area Recreation and Park District (HARD).

The exhibition, "Resonance: Eleven Artists Respond to H.A.R.D. at Seventy-Five," will be on display at PhotoCentral, 1099 E St. in Hayward, from Sept. 28 to Nov. 28.

This eclectic show features works on paper and glass with explorations in paint, wood, fiber, and photography.

Join PhotoCentral to continue the celebration of the 75th anniversary of H.A.R.D. with unique artworks created for this occasion. The exhibition was curated by Geir Jordahl and features artists Elin Christopherson, Gene Dominique, Glenn Hemanes, Vaughn Hutchins, Kate Jordahl, Geir

Jordahl, Oliver Klink, Jackson Nichols, Elizabeth Opalenik, Leah Virsik, and Frederick Watkins.

Gallery hours are Monday through Friday from 9 a.m. to 5 p.m. in the Upstairs Gallery; and in the Downstairs Gallery on Monday from 5 to 10 p.m., Tuesday and Thursday from 10 a.m. to 1 p.m., and by appointment.

PhotoCentral offers quality artwork in its gallery and outstanding facilities for the dedicated photographic artist with classes, workshops, darkrooms, and a matting facility. For more information, contact PhotoCentral at 510-881-6721 or photo-central@haywardrec.org.

Malo to Perform at the Bal

Legendary Latin Hit Makers MALO will perform at the Bal Theatre, 14808 East 14th St. in San Leandro, on Saturday, Sept.

28, at 8 p.m.

Tickets available at www.BALtheatre.com and the box office number is 510-614-7700.

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Street Cleanup on Bancroft

A community cleanup along Bancroft Avenue from East 14th Steet to the San Leandro High School campus will be on Saturday, Sept. 28, from 9 to 11 a.m. Meet in the parking lot of Harry's Hofbrau, 14900 East 14th St. Gloves and other cleanup

equipment will be provided. The cleanup is organized by Bryan Azevedo, candidate for City Council; and Fred Simon, Oro Loma Sanitary District board member. For more information, call Bryan Azevedo at 510-706-3125.

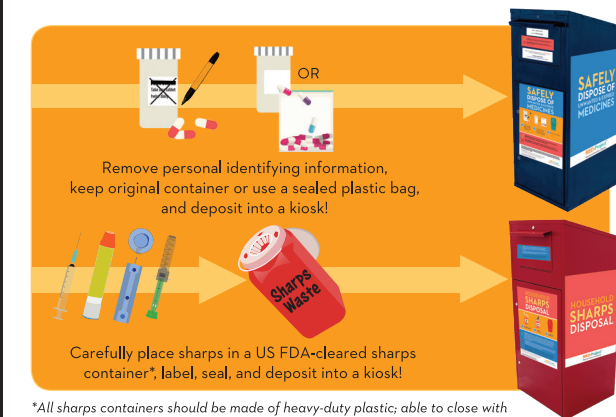
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Art: Making art starts conversation

continued from front page

up for families whose voices are dampened," said Xouhoa Bowen, Executive Director of CIL. "Families belong together and every voice matters."

People joined in conversations while working at three art expression stations. At the first station, a large collaborative painting represented their collective voices for humane treatment of immigrants.

Once the paint is dry, Xiaohua Ching, directing artist and CIL member, will air brush a quote by Amelia Earhart: "No Borders, Only Horizons, Just Freedom."

The finished artwork will be on display at the CIL hub, Suite 201 at the Bayfair Mall.

"I see art as a means of social justice," said Ching, "and how art

"I see art as a means of social justice."

— Xiaohua Ching

and activism come together to start conversation. For example, children ask what a word in a poster means, which starts the conversation."

At the second station, individuals created small square tile paintings, each with colorful protests such as "No Cages, No Walls, Peace and Dignity for All" and "No Humans are Illegal." Those tiles will be assembled into a public billboard also at the Bay Fair Mall. "It should be



PHOTO BY LYNNE HALLE

Kids created messages for Governor Gavin Newsome, Congresswoman Barbara Lee, and President Donald Trump.

installed in the next month," said CIL Board Member Christina Means, as she proudly watched over the station.

At the third station, postcards were created, some with famous protest art (such as the Raised Fist, a symbol of solidarity) and on the reverse side a written call to action for government officials to better support immigrants. Some will be mailed to President Trump, to Governor Gavin Newsom, and to Congresswoman Barbara Lee.

"I am sad when I hear families are separated," one child wrote on her postcard to President Trump. Another child, age

7, wrote, "Please keep families together" and another, age 8, wrote, "We need to unite family and give freedom."

Congresswoman Barbara Lee will most likely appreciate the postcards she receives. Last Wednesday, in a mass email, she voiced her concerns for the immigrants asking for public response.

"What's happening at the border is heartbreaking," Lee wrote. "Children are still sitting in cages, separated from their families. People are denied medical care and basic human necessities like food and showers. We can and must do better."

Lee's email asked people to respond via vote, asking, "What do you want Congress to do on immigration?"

A local poet, Joseph Stegner, Jr. was so inspired by the art and activism during the event, he wrote an impromptu 2-page poem entitled, "Dear Seeker of a Blessed Life" which included the lines, "...those who do not live

by love, will find they lack proper documents [at heaven's gate], when they die." He donated this work to CIL.

"Community Impact Lab utilizes art in different forms," said Bowen, "...to educate both adults and children on various social and environmental issues, and to activate the community."

Bowen hopes that attendees were inspired to continue educating themselves and others. She hopes they will continue writing to politicians, to demand the end of family separation and humane treatment of immigrants in detention centers.

Bowen said the next step is to join the Allied Families Project. Through partnerships with local organizations, helpers can be anonymously matched with an immigrant family or child to provide one-way emotional support and material help through care packages.

There will be two drop-off locations for care-packages in San Leandro, one at the CIL hub at Bay Fair Mall and the other at Zocalo Coffeehouse.

Zocalo welcomes the Allied Families Project with open arms. "Sara Ubelhart (Zocalo owner) has been super political and has worked with Community Impact Lab for a long time," said manager Katie Taylor. "She has kids and this issue was close to her heart."

Bowen admits that the issue can be overwhelming and that's why CIL wants to channel individual efforts to have a bigger impact.

"Now more than ever, we have to harness the power of families to mobilize, to come together as a community through action and sustained effort," said Bowen.

To learn more about Allied Families Project, send an email to hello@communityimpactlab.org or join the Community Impact Lab Facebook page.

POLICE & FIRE

Alameda Woman Arrested For Robbery on Bancroft

San Leandro Police officers arrested 24-year old Felicia Santos for robbing another woman for her purse on Thursday, Sept. 19, at around 3:30 p.m. in the area of Estudillo and Bancroft avenues.

Witnesses reported a robbery in progress as the suspect attempted to grab the victim's purse as she was walking, according to San Leandro police. The victim resisted and held onto her bag but the suspect continued to struggle until the victim fell to the ground.

The suspect then began dragging the victim by pulling on her purse until the victim could no longer hold on, police said. Afterward, the suspect ran and boarded a nearby AC transit bus

passing in the area. Witnesses pointed out the bus to officers as it was leaving.

SLPD units located the AC Transit bus and conducted an enforcement stop, according to police.

The female suspect was found inside the bus along with the victim's purse. Felicia Santos, an Alameda resident, was booked into the San Leandro jail for robbery.

"This violent suspect was located and apprehended with the public's assistance," said San Leandro Police Lieutenant Isaac Benabou in a press release.

"The witnesses were able to call 9-1-1 and provided vital information that led to the suspect's location and arrest."

All Saints to Host Talk on Death and Dying

All Saints Church, 911 Dowling Blvd., will hold a free supper with a presentation to address the proverbial "elephant in the room" – death and dying – on Thursday, Sept. 26, at 5:30 p.m.

Come and reflect on accom-

panying those dying or in hospice care. This evening is offered to help us grow as a community of care for those who are nearing the transition of death.

RSVP to deacon@saintsalive.net.

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Hayward High Mega Raffle

Hayward High, 1633 East Ave. in Hayward, will host an alumni "Mega Raffle Friday Night Lights II" event on Friday, Oct. 4, with a tailgate party at 3 p.m. followed by a football home game at 7 p.m.

Money raised will go toward student sports, academics, clubs and support services. Tailgate barbecue meal tickets are \$20 each. Raffle tickets are \$10 each, or three for \$25.

Raffle prizes include golf at Blackhawk and Stonebrae courses, four plane tickets anywhere Alaska or Southwest flies, a Gary Clark original painting and more.

More information and tickets at Facebook: [haywardhighalum-fridaynightlights](https://www.facebook.com/haywardhighalum-fridaynightlights) and Instagram: [haywardhighalum](https://www.instagram.com/haywardhighalum) or email haywardhighalum@gmail.com.

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September 25th - Weekly Theme:
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EGGS - Great Valley Poultry
CUCUMBERS - Jacob's Farm, J&M Farms
Frequent Shopper Grand Prize:
BIG BASKET OF PRODUCE

NEIGHBORS



PHOTO BY JIM KNOWLES

On the Trail

Bicycle riders cruise along the trail through the marshland and along the edge of the bay on a recent weekend. The closest entrance to this trail is at the end of Lewelling Boulevard, or you can take the trail from the south end of Marina Park.

ARTS & ENTERTAINMENT

❖ Douglas Morrisson Theatre
The Three Musketeers

The Douglas Morrisson Theatre, 22311 N 3rd St. in Hayward will present *The Three Musketeers* through Sept. 29. Steve Mutter-spaugh directs Ken Ludwig's

adaptation of the classic swash-buckling Alexandre Dumas story of heroism, treachery, close escapes, and above all, honor. The play begins in 1625 with D'Artagnan setting off for Paris in search of adventure. Along

with D'Artagnan goes Sabine, his sister. Soon after reaching Paris, they encounter Athos, Porthos, and Aramis, the famous musketeers. They join forces to defend the King and Queen against the most dangerous man in Europe, Cardinal Richelieu, and the deadliest woman in Europe, Milady, the Countess de Winter. Showtimes are 8 p.m. on Fridays, Sept. 20 & 27, Saturdays, Sept. 21 & 28 at 8 p.m. and Sundays, Sept. 22 & 29 at 2 p.m. Tickets are \$26 - \$29 for adults, \$22 - \$25 for adults under 30 or over 60 or H.A.R.D. resident, \$15 for students with ID, and \$10 on preview night. To purchase tickets, call 881-6777.

HOROSCOPE by Salomé

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ARIES (March 21 to April 19) An upcoming trip could create some problems with your schedule unless you tie up as many loose ends as possible before you head out the door. Ask a friend or colleague to help you.



TAURUS (April 20 to May 20) Being eager to start a new project is fine. However, moving ahead without knowing what actually will be expected of you could cause a problem down the line. Ask some questions.



GEMINI (May 21 to June 20) Getting through some recent challenges in good shape might give you a false sense of security. Don't relax your guard. You need to be prepared for what else could happen.



CANCER (June 21 to July 22) Caution is still advised, even though you think you're as prepared as you need to be. Keep in mind that change is in your aspect, and you should expect the unexpected.



LEO (July 23 to August 22) The Lion's gift of persuasion helps you get your points across, even to some of your most negative naysayers. An old friend might seek you out for some advice.



VIRGO (August 23 to September 22) Being sure of your convictions is fine. But leave some room for dissenting opinions. You might learn something that could help you avoid a possible problem later on.



LIBRA (September 23 to October 22) Getting good legal advice on what your rights actually are is the first step toward resolving that pesky problem so that it doesn't re-emerge at a later date. Good luck.



SCORPIO (October 23 to November 21) Longtime relationships work well this week, whether they're personal or professional. It's a good time to invite new friends and colleagues into your life.



SAGITTARIUS (November 22 to December 21) This is a good week to do the research that will help you uncover those irrefutable facts that can back you up on your new venture when you most need it.



CAPRICORN (December 22 to January 19) Change is an important factor in your aspect this week and could affect something you might have thought was immune to any sort of adjustment or "alteration."



AQUARIUS (January 20 to February 18) Being asked to share someone's deeply personal confidence might be flattering, but accepting could be unwise. Decline gracefully but firmly.



PISCES (February 19 to March 20) As wise as you are, you could still be misled by someone who seems to be sincere but might not be. Take more time to assess the situation before making any commitments.

COMMUNITY CALENDAR



❖ "Pick of the Patch" at Bayfair Center

Bayfair Center invites the community to visit "Pick of the Patch," a colorful fall pumpkin patch at the shopping center between Sept. 20 and Oct. 31 in the parking lot opposite Kohl's. Pumpkins galore and photo opportunities for the whole family, a paintball range (beginning Oct. 1) and a variety of inflatables to run and play with for give children ages 2 through 12. With tours available it is also a great idea for birthday parties, school groups, non-profit get-togethers, and Mommy & Me groups. The pumpkin patch is open to the public, and admission and parking are free. Paintball costs \$5 per cup, and the use of the inflatables ranges from \$13 per child for 30 minutes to \$17 per child for one hour of fun. For more information, visit the pumpkin patch event page on the Bayfair Center website at <http://ow.ly/lafY30pqcA>.

❖ Meeting of the SL Democratic Club

The San Leandro Democratic Club will meet on Thursday Sept. 26, from 6:30 to 8 p.m. at the San Leandro Main Library, 300 Estudillo Ave. Guest speaker Casey Farmer, executive director of the Alameda County Complete Count Committee, will talk about the 2020 Census and what Alameda County can do to prepare for a complete count.

❖ Educational Supper on Hospice Care

All Saints Church, 911 Dowling Blvd., will hold a free supper with a presentation to address the proverbial 'elephant in the room' – death and dying – on Thursday, Sept. 26, at 5:30 p.m. Come and reflect on accompanying those dying or in hospice care. This evening is offered to help us grow as a community of care for those who are nearing the transition of death. RSVP to deacon@saintsalive.net.

❖ Health Fair

Praises of Zion Missionary Baptist Church, 1395 Bancroft Ave. in San Leandro, will host a Health Fair on Saturday, Sept. 28, from 10 a.m. to 2 p.m. Free disposal of expired prescriptions from 10 a.m. to 1 p.m. Free dental toothbrush and toothpaste. Free hair cuts for all ages by professionals from 10 a.m. to noon. Free cell phone to those receiving social services. Bring in any of the following documents: MediCal food stamps, Section 8 or WIC documents, you must be present and have your ID with you. Free blood pressure reading by registered nurses. Free nutritional and exercise information. Health drinks, popcorn and water will be served. Games for the children and free face painting. For more information, call 510-483-1811.

❖ Bay Area Family Church Breakfast

Bay Area Family Church, 2305 Washington Ave. in San Leandro, will hold its monthly Community of Faith Breakfast on Saturday, Sept. 28, from 8:30 to 10:30 a.m. Speaker Rev. Dr. Jasper Lowery will speak on spirituality and criminal justice.

❖ Tri-Valley Cultural Jews Rosh Hashanah

Join Tri-Valley Cultural Jews for Rosh Hashanah, the start of the Jewish New Year, on Sept. 29 from 4:30 to 8:00 p.m. at the Bothwell Arts Center, 2466 8th Street in Livermore. The evening will start with Tashlich (4:30 p.m.), a walk to the nearby creek to symbolically wash away misdeeds of the past year. Then we will have a potluck dinner (5:30 p.m.) followed by a secular humanistic Rosh Hashanah observance

(7:00 to 8:00 p.m.). This is a child friendly, but not child-centered, event. Free to members; \$20 per non-member adult. To RSVP and for more information: (925) 485-1049

❖ Parkinson Support Group

The Parkinson Support Group will hold its monthly meeting on Thursday Oct. 3 at 10:30 a.m. at the San Lorenzo Community Church, 945 Paseo Grande SLZ. There will be open discussion. For more information call Lorna White 510-276-3119

❖ Readers Roundtable

The San Leandro Readers Roundtable meets Saturday, Oct. 5, at 2 p.m. at the San Leandro Main Library, 300 Estudillo Ave., to discuss *An American Marriage*, Tayari Jones' chronicle of three people bound together and separated by forces beyond their control. All are welcome, and all books discussed are available for purchase in the Library's Booktique bookstore.

❖ Sons in Retirement Meeting

SIR Branch #26 meets on the second Wednesday of each month at the Fairview Event Center at Metropolitan Golf Course, 10051 Doolittle Drive in Oakland. Social Hour starts at 11 a.m., followed by lunch at noon. Steve Johnson, a National Parks Volunteer, and a Member of Sons of Union Veterans of the Civil War, will be the guest speakers at the SIR Luncheon Meeting on Oct. 9, 2019 and the topic will be: "The Importance California played during the U.S. Civil War." To become a "Sponsored guest" and attend, call Ken at 510-537-480 for details. October luncheon cost is \$25, payable in advance. Checks should be made payable to SIR Branch #26. To receive a full refund, the last day to cancel is by noon on Sunday, Oct. 6.

❖ SL High School Reunion Class of 1999

The San Leandro High School Class of 1999 will hold its 20th reunion on Saturday, Oct. 19, from 7 to 11 p.m. at Playt, 1036 B Street in Hayward. Tickets are \$75. For more information, email slhsclof1999@gmail.com or visit Facebook: San Leandro Class of 1999.

❖ 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.

❖ Fun Times at 1st Presbyterian of SL

First Presbyterian Church of San Leandro, 180 Estudillo Ave., invites you to join in the fun on Wednesday nights from 4:30 to 7 p.m. Everyone will gather to have dinner, play games, learn music and learn about the Bible. This opportunity is available for students K through 12th grade. For more information, contact Lauren@FirstPresbyterianChurchSL.org or the church office at 510-483-2772.

❖ Kiwanis Club of San Leandro

Join the Kiwanis Club of San Leandro for weekly meetings. The first Tuesday is for socializing. Dinner is open menu and starts at 5:30 p.m. The following Tuesdays, second through the fourth or fifth, are luncheons and are from 12:10 to 1:30 p.m. and will have a speaker. All meetings are held at The Englander, 101 Parrott Street in San Leandro.

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. Only Non-Profit Organizations should submit calendar items.

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Fire: Upholstery shops band together during rebuilding efforts

continued from front page

have been demolished, but Fashion City owners Sam and Alma Rodriguez are exploring rebuilding options, along with Knop's Upholstery owners (and Sam's parents) Margarita and Jose Rodriguez, who own both buildings as well.

According to Victor Rodriguez, son of the Knop's owners and brother of Sam Rodriguez, among the possibilities being considered in consultation with the city are putting housing on the second floor of rebuilt ground-floor stores.

Sweetfingers restaurant, in the middle of the block, was damaged and has not reopened. The building remains standing, though. Owner Clive Barnes is said to be exploring ways to reopen, according to Victor

Rodriguez. The restaurant had been doing well, and Barnes was talking to the landlord about buying the building at the time of the fire, Rodriguez said.

Victor Rodriguez, who has taken the helm from his parents in running Knop's in recent years, was grateful that he was able to temporarily relocate the business with the longtime family friends who own Gaitan's.

While one might think two upholstery shops on the same block would be bitter rivals, Knop's specializes in higher-end consumer work, while Gaitan's focuses more on commercial upholstery. Victor Rodriguez noted that much of the same machinery is used for both markets, and can be expensive to replace on short notice.

"Our families are sharing the space. It's really remarkable

we're able to work together on this," he said.

One thing that's missing for Knop's, though, is a sign of their own over their temporary space at Gaitan's. That's coming, said Rodriguez, but in the meantime customers can find them there, providing the same service as before.

Victor Rodriguez was adamant that Knop's will stay open, either in temporary quarters or back in their own space.

"We have a lot of pride in serving our community, and we've always been a staple in our community," he said. "We do high-end work, but we'll try hard to help out people if they need a lower price."

He, his brother Samuel and sister Patricia all grew up in San Leandro, attending Bancroft School and then San Leandro



PHOTO BY MIKE MCGUIRE

After the June 21 fire, several businesses survived and two stores were demolished.

High School.

The cause of the June 21 fire has still not been determined. Victor Rodriguez noted that a demolition crew was mistakenly

sent very soon after the fire, and was concerned that their work might have made an investigation more difficult. Amy Noyes, custodian of records for the Alameda

County Fire Department, insists, however, that an investigation remains underway, though she did not have a date for its expected completion.

Sustainable: City will update Climate Action Plan in coming year

continued from front page

possible media for outreach to city residents and businesses to find out what priorities should be pursued in the next Climate Plan update.

For the time being people can get information on the city website's climate change page, reached via the Public Works Department page at www.sanleandro.org or by contacting the city about their interest at sustainabilitysl@sanleandro.org.

City Public Works Director Debbie Pollart said that, while climate change is a global problem, San Leandro has been already been able to make a dent on it through its local efforts.

Some 51,000 city street lights have already been converted to more energy-efficient LEDs, as well as some building ventilation systems (HVAC) have been updated to energy-efficient designs.

Smart irrigation systems have been installed in city parks, so that sprinklers don't go on when not needed — when it's raining.

Some one-third of the city parks' water comes from wells. Public Works heavy vehicles are being converted to renewable diesel fuels.

San Leandro tries to dovetail its climate change effort with other communities through the ongoing U.S. Conference of Mayors carbon discussions. Meanwhile, school children — and their parents — are being encouraged to help climate goals through the GoGreenSL program, Pollart said.

The chief goal of the city's climate change efforts, beginning in 2007, has been to reduce carbon emissions by government, business and households by 25 percent of 2005's levels by 2020. Some progress in meeting the city's goals had already been made by the time of the 2013 Climate Plan update.

Total carbon emissions by the government and the community had dropped by 8.2 percent by 2010, perhaps helped along in the community by the slow economy of those years which reduced overall business



Hoi-Fei Mok wants to involve more of the community in the Climate Action Plan.

activity, according to the City of San Leandro's Climate Action Plan. Some 70,000 fewer pounds of greenhouse gases were put into the atmosphere in San Leandro in 2010 than had been in 2005.

While city efforts were slowed by budget and staffing shortfalls starting in 2010, prog-

ress had been made up to that point and since using federal grants to promote energy efficiency by the city, by businesses and by households, according to the city's Climate Action Plan. The city participated in building the Bus Rapid Transit system in San Leandro along East 14th Street, extending to Oakland, which is nearing completion.

The city is trying to retrofit existing buildings for greater energy efficiency and make

sure new buildings meet green standards, said Pollart. The city is trying to encourage walkable communities and boost non-automobile transport, and trying to use fuel-efficient vehicles and use low-carbon fuels, as well as promote more efficient traffic patterns.

Reducing waste and promoting recycling is another piece of the city's sustainability efforts. Besides the city government itself, city

officials are trying to get businesses and households to waste less and recycle more, though recent upheavals in the global recycling market are currently hampering those efforts.

LEGAL NOTICE

FILED
AUGUST 26, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 562769

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: OT Electrical located at 1975 Warren Ave., Oakland, CA 94603, in Alameda County is hereby registered by the following owner(s): Tevita Okusi, 1925 Warren Ave., Oakland, CA 94603. This business is conducted by an individual. This business commenced N/A.

/s/ Tevita Okusi
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires AUGUST 26, 2024

SEPT 05, 12, 19, 26, 2019
0144-SLT



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LEGAL NOTICE



FILED
AUGUST 27, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 562782

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: SugarScrubsByTricia located at 15360 Beatty Street, San Leandro, CA 94579, in Alameda County is hereby registered by the following owner(s): Tricia Underwood, 15360 Beatty Street, San Leandro, CA 94579. This business is conducted by an individual. This business commenced N/A.

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

Expires AUGUST 27, 2024

SEPT 05, 12, 19, 26, 2019
0145-SLT

FILED
AUGUST 16, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 562420

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: P3Kingdom Fitness located at 15017 Fleming St., San Leandro, CA 94579, in Alameda County is hereby registered by the following owner(s): Vanessa Gonzalez, 15017 Fleming St., San Leandro, CA 94579. This business is conducted by an individual. This business commenced N/A.

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

Expires AUGUST 16, 2024

SEPT 05, 12, 19, 26, 2019
0146-SLT

FILED
SEPTEMBER 03, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 562996

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: North Coast Enterprises, Inc. DBA Nor Cal Tires and Wheels located at 42240 Fremont Blvd., Fremont, CA 94538, in Alameda County is hereby registered by the following owner(s): North Coast Enterprises, Inc., 863 N. Main St., Fort Bragg, CA 94537. This business is conducted by a corporation. This business commenced 08-01-19.

/s/ North Coast Enterprises, Inc.
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires SEPTEMBER 03, 2024

SEPT 12, 19, 26, OCT 03, 2019
0149-SLT

FILED
AUGUST 27, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 562794-796

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the businesses: (1) Hospice Audit & Charting (2) Hospice Patient Care (3) Patient Compliance Audit located at 4061 East Castro Valley Blvd. Suite 116, Castro Valley, CA 94552, in Alameda County is hereby registered by the following owner(s): Matthew Bennett, 1420 Cliff Swallow Dr., Patterson, CA 95363. This business is conducted by an individual. This business commenced N/A.

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

Expires AUGUST 27, 2024

SEPT 19, 26, OCT 03, 10, 2019
0151-SLT

FILED
AUGUST 30, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 562960

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the businesses: Vern Waskom Company located at 5011 Preston Avenue, Livermore, CA 94551, in Alameda County is hereby registered by the following owner(s): VW Golf, Inc., 5011 Preston Avenue, Livermore, CA 94551. This business is conducted by a corporation. This business commenced 8/30/19.

/s/ VW Golf, Inc.
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires AUGUST 30, 2024

SEPT 26, OCT 03, 10, 17, 2019
0152-SLT

FILED
SEPTEMBER 11, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 563335

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the businesses: M.O.K. Transportation located at 390 Industrial Pkwy #5, Hayward, CA 94544, in Alameda County is hereby registered by the following owner(s): Avtar Kittaney, 390 Industrial Pkwy #5, Hayward, CA 94544. This business is conducted by an individual. This business commenced 11/2013.

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

Expires SEPTEMBER 11, 2024

SEPT 26, OCT 03, 10, 17, 2019
0156-SLT

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OPTION 2

Habitat for Humanity ReStore
9235 San Leandro Blvd., Oakland, CA 94603
Omega JV, Inc.
3449 Enterprise Ave., Hayward, CA 94545
Hayward Transfer Station
3458 Enterprise Ave., Hayward, CA 94545
Fremont Transfer and Recycling
41149 Boyce Rd., Fremont, CA 94538
City of Berkeley Transfer Station
1201 Second St., Berkeley, CA 94710



Pleasanton Transfer Station
3110 Busch Rd., Pleasanton, CA 94566

Hours of operation and unit limits vary.
See website for details.

TAKE IT TO AN UPCOMING COLLECTION EVENT

OPTION 3

Cherryland Recycling Event	Sept. 21, Oct. 19, Nov. 16, Dec. 21	Oakland Bulky Block Parties	Sept. 28, Oct. 26, Nov. 30, Dec. 28
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LIFESTYLE



Ushering in a Sweet Jewish New Year

Rosh Hashanah, the Jewish New Year, begins Sunday evening and ends Tuesday evening.

Meaning “head of the year” the two-day holiday commemorates the creation of the world and marks the beginning of the Days of Awe, a 10-day period of introspection and repentance that culminates in the Yom Kippur holiday, which is considered the holiest day on the Jewish calendar.

Foods served during the High Holy Days are meant to sustain the body as well as nourish the soul.

Sliced apples and pieces of challah bread are dipped in honey to signify the hopes for a sweet year ahead.

Honey also finds its way into other dishes, from honey cake to brisket. Here are some favorites.

APPLE SPICED BRISKET

- 1 tablespoon flour
- 3 to 4 pound beef brisket (first cut) flat half, boneless
- 1 teaspoon salt
- 1-1/2 cups apple juice
- 1/4 cup honey
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon ground nutmeg
- 2 tablespoons flour
- 1/4 cup raisins
- 1 apple, sliced

Preheat oven to 325°F.

Shake 1 tablespoon flour in a large size (14x20 inch) Reynolds Oven Cooking Bag and place in 13x9x2 inch baking pan.

Prick brisket with fork on both sides; sprinkle with salt. Place brisket, fat side up, in bag.

Combine apple juice, honey and spices; pour over brisket. Close bag with nylon tie; make 6 half-inch slits in top.

Bake 2 to 2 1/2 hours or until tender.

In a medium saucepan, dissolve 2 tablespoons flour in small amount of cooking liquid from bag. Stir in remaining cooking liquid, raisins and apple slices. Bring to a boil.

Boil and stir 1-2 minutes to form light gravy. Thinly slice brisket diagonally across grain. Serve with apple raisin gravy.

Makes 6 to 8 servings.

WALNUT HONEY CAKE

- 3/4 cup walnut halves
- Butter for pan
- 1-1/2 cups flour, plus more
- 1-1/8 cups honey, divided use
- 1 cup large eggs, at room temperature
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon ground ginger

Preheat oven to 350°F with rack in center.

Spread walnut halves in a single layer on a rimmed baking sheet and toast in oven until fragrant, tossing occasionally, 5 to 7 minutes. Transfer nuts to a plate, let cool, then pulse in a food processor until finely chopped, about 10 times. Set aside.

Butter and flour an 8-1/2 inch spring-form pan; set aside. In a large bowl, combine 1 cup honey and applesauce; whisk until honey is mostly dissolved. Add eggs, and whisk until fully combined.

Into a medium bowl, sift together flour, baking soda, salt, and ginger. Stir into honey mixture. Using a rubber spatula, fold in walnuts.

Pour batter into prepared pan. Bake cake until golden brown and a toothpick inserted into center comes out clean, about 55 minutes.

Transfer pan to a wire rack;

let cool until sides of cake begin to pull away from pan, about 15 minutes. Remove cake from pan, and place on a serving plate. While cake is still warm, use an offset spatula to gently spread remaining honey on top as a thin glaze.

Serve warm. Yields about 10 servings.

HONEY-BAKED APPLES

- 1 cup raisins
- 3 tablespoons Concord grape wine or juice
- 3/4 cup honey
- Juice and grated zest of 1 lemon
- 6 large Rome Beauty apples
- 1/2 cup sliced almonds
- 2 cups apple juice
- 1/2 cup apricot preserves

Plump raisins in wine for 1 hour. Add honey, lemon juice and zest.

Wash and core apples. Cut off thin strip at base so apples stand upright. Place apples in baking dish. Fill centers with raisin mixture. Sprinkle with almonds. Pour apple juice around the apples. Cover with foil and bake at 375°F for 40 minutes.

Pierce skin of apples 2 to 3 times with sharp knife. Add preserves to juices in pan and mix

well. Baste apples. Continue baking 20 minutes longer. Serve warm or cold. Makes 6 servings.

PINEAPPLE & COCONUT KUGEL

- 1 pound broad egg noodles
- 1 (14-ounce) can crushed pineapple
- 1 cup shredded coconut
- 1/2 cup butter
- 8 eggs, well beaten
- 1 teaspoon vanilla

Boil noodles; drain and place in a bowl. Quickly add eggs, 2/3 cup of the coconut, 2/3 of the butter (melted), vanilla and pineapple with the juice and mix while the noodles are hot.

Place mixture in a large Pyrex baking dish and top with the rest of the butter in dabs and the balance of the coconut.

Bake at 350°F for 45 minutes or until golden brown. Makes 8 to 10 servings.

CARROT PUDDING

- 1 cup grated carrots
- 1 cup peeled and shredded

- potatoes
- 1 cup sugar
- 1 cup raisins
- 1 cup all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon ground allspice
- 1 teaspoon ground cloves
- Sauce:*
- 1/2 cup butter
- 1/2 cup heavy whipping cream
- 1 cup white sugar
- 1-1/2 teaspoons vanilla extract

In a large mixing bowl, combine carrots, potatoes, sugar, raisins, flour, baking soda, ground cinnamon, allspice, and ground cloves.

Transfer mixture to a clean 1 pound coffee can. Secure wax paper over the top and place the filled can in a large pot with 2 to 3 inches of water. Cover the pot and bring the water to a simmer. Steam the cake for 2 hours. Serve warm.

To make the buttery sauce, combine butter or margarine, cream, sugar, and vanilla in a medium-size pot. Heat until the mixture is liquid. Spoon mixture over the warm carrot pudding to serve. Yields 7 servings.

APPLE & HONEY CRUMBLE

- 4 to 5 green apples, peeled and sliced
- 1/4 cup honey
- 2 tablespoons brown sugar
- 1/4 cup orange juice concentrate
- 1 teaspoon ginger
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cloves
- 3/4 cup canola oil
- 3/4 cup sugar
- 1 cup flour
- 2 teaspoons baking powder
- Pinch salt
- 1 teaspoon vanilla
- 1 large or 2 small eggs

Preheat oven to 350°F. Toss apples, honey, brown sugar, orange juice concentrate and spices. Place the mixture in a 9x13-inch pan and set aside.

In a separate bowl, mix the oil, sugar, flour, baking powder, salt, vanilla and eggs to form a thick batter. Drop by spoonfuls onto apple mixture. Bake 45 minutes at 350°F, or until top is nicely browned. Makes 8 servings.



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FALL HOME IMPROVEMENT



Fall Home Maintenance Checklist

Now that fall is here, it's important to take time to prepare your home for the changing of the seasons by making sure now that everything is in working order.

If you start now to accomplish just a few tasks each week, you'll have most of them finished well before the holiday season.

Indoor Maintenance

- Test smoke and fire alarms, replacing batteries and cleaning dust from the covers.
- Clean/vacuum refrigerator coils and area behind refrigerator.
- Check your fireplace damper for soot buildup, and have a certified chimney sweep inspect/clean the flues of your chimney. Make sure to remove bird nests from chimney flues, as any type of blockage or buildup can pose a fire hazard.
- Check and/or replace your fire extinguishers.
- Clean and vacuum heating ducts, grills and registers. You may also want to clean any ceiling fans that were used during warmer months.
- Check all window and door locks for proper operation. All exterior doors should have dead-bolt locks.
- Perform seasonal pest control to protect your home from critters that want to come into the warmth.

Outdoor Maintenance

- Clean and cover all of your patio furniture.
- Pack your patio furniture cushions and pillows plus your decorative items into your deck box or your garden shed.
- Pressure wash your deck, patio and/or outdoor recreation area.
- Check the weather-stripping around your doors and replace if necessary.
- Trim and treat your houseplants or exotic plants with insecticidal soap to ensure you don't bring any unwanted pests into your home. Be sure you bring them inside before overnight temperatures hit 52 degrees Fahrenheit.
- Clean gutters and inspect your roof's surface for any needed repairs. For safety reasons, you may want to consider hiring a qualified professional to take care of any repair work that needs to be done.
- Wash/clean all windows, replacing window screens and insulation as necessary.
- Cut back any trees or shrubs that may be touching the roof or exterior of your home. This should be done regularly during the growing season as well.
- Once your lawn and garden stops growing run all of your gas-powered lawn equipment until the fuel tank is empty. By doing this, you are preventing flammable liquid from being stored in your garage and protecting the equipment from damage.

Is Your Home Ready for Winter?

It's time to start preparing your home to make sure it can efficiently handle winter weather.

"There are many small, low-hassle items you can complete to 'winterize' your home," says David Andreozzi, spokesman for the American Institute of Architects. "Prepping your home for the season ensures you aren't dealing with major issues when they are harder to tackle, and can prevent costly repairs come springtime."

To help homeowners prepare, Andreozzi offers the following advice.

Check Chimneys and Gutters

Regular checks of your chimneys and gutters are both safety-smart and wallet-friendly. Fireplace dampers should be closed and functioning properly to protect against drafts and keep heating costs down.

Leaving a damper open or using a broken one is the equivalent to leaving a window open when the air conditioner is run-

ning.

While sometimes not as noticeable as a chimney draft, ice is another danger. It can build up in gutters quickly if there is debris there from previous seasons. In order for ice to melt and drain properly, drains must be clear. Clean your gutters when it's warm to prevent clogs and costly replacements.

Remember Watering Systems

This is especially important for recent home buyers who may not think to look for this. Water trapped in an outdoor faucet, spigot or irrigation system can cause a pipe to burst if ice settles inside. Make it part of your winterizing routine to ensure that outdoor plumbing and pipes are clear before temperatures drop.

Designing for Weather

In the design process of your home, it is important that your home is sealed correctly to account for local weather. An architect can advise on how to

prevent unwanted drafts. If you have an older home or apartment, use self-adhesive weather stripping to seal cracks in windows and doors, too.

Create a Timetable

The change of seasons means maintenance. Create a checklist of tasks with a timetable so you are never scrambling at the last minute. Small items that often slip between the cracks can be taken care of in a timely fashion — like changing batteries in smoke detectors or cleaning the pilots of the heating system.

Andreozzi recommends using a professional twice a year to help tick off some of the trickier items, such as sealing windows. To ensure that you're hitting all of the pain points, an architect can help you formulate a full checklist to make the most out of your prep work.

To find an architect in your area, visit architectfinder.aia.org/.

—StatePoint

Five Step Fire Safety Checklist

When flames engulfed his 1940s beach bungalow without warning, actor Taylor Kinney was thankful to make it out alive. That experience, paired with his role as one of America's favorite TV firefighters, inspired him to advocate for fire safety and is why he's partnering with First Alert this fall to share important messages about fire safety preparedness.

"In my role as a firefighter on TV, I help portray very serious and dangerous fire emergency situations," said Kinney. "But one of the most dangerous of all is the lack of fire safety precautions among a majority of Americans, including having working smoke and carbon monoxide alarms to provide early warning in the event of a real home emergency."

Recent research shows that more than 60% of consumers do not test their smoke and carbon monoxide (CO) alarms regularly. That, along with other easy-to-perform tasks, can mean the difference between a safe home and a dangerous home.

This simple fire safety check-

list can help ensure your home and family are protected from the threats of smoke, fire and carbon monoxide.

- ✓ Install smoke alarms on every level and in every bedroom.

Three out of every five home fire deaths result from fires in homes without smoke alarms or with no working smoke alarms, according to the National Fire Protection Association (NFPA).

For maximum protection, install smoke alarms inside every bedroom, outside each sleeping area and on every level of the home, including the basement.

- ✓ Testing and maintaining alarms is key. Alarms should be tested regularly and replaced at least every 10 years. Help ensure your alarms remain in good, working order by changing the batteries at least every six months.

For hassle-free protection, install alarms which have a sealed 10-year battery — rendering battery removal and replacement a thing of the past. Check with your local fire department if you do not know what to install.

- ✓ Equip your home with fire extinguishers. Beyond alarms, having fire extinguishers — and knowing how to use them — is an important part of maintaining a safe home for you and your family.

Every 24 seconds, a fire department responds to a fire, according to the NFPA, so being prepared to fight small fires is critical. Place extinguishers in convenient locations on every level of the home, in the kitchen and in the garage.

- ✓ Protect against the "silent killer." An odorless and invisible gas, CO is the number one cause of accidental poisoning and can only be detected with an alarm — yet only 47% of homeowners report owning a CO alarm. Consider hassle-free protection by installing 10-year sealed battery alarms and, just like smoke alarms, be sure to check all CO alarms regularly using the "test" button for continued protection.

✓ Plan. Practice. Repeat. Recent consumer research reveals that less than 50% of homeowners have an escape plan and even fewer practice a plan regularly.

Make sure to involve everyone in your household in creating a plan and practice it at least twice every year. As part of this plan, equip second-floor bedrooms with escape ladders and discuss how to use them.

Identify two ways out of each room and a meeting place outside. Emphasize that once at the predesignated meeting area, call 911 and wait until officials clear your home to re-enter it safely.

For more information, visit www.firstalert.com.

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A Guide to Affordable Home Improvement

The holy grail of home improvements is a project that makes a big difference to the appearance or value of the home without breaking the bank.

The key is to focus on low-cost, quality items that will give the most bang for your buck. Here are five to consider:

- **New bathroom countertop**

Bathroom remodels still provide some of the best return on investment for home improvement projects, but can also be some of the most expensive.

If you can't afford a full bathroom overhaul, opt for one high-impact update. Replace that outdated laminate vanity countertop with a stone version to bring an immediate touch of class to the bathroom.

This update can be completed

quickly and, for homeowners with a little plumbing knowledge, could even be a DIY project.

- **Refinish kitchen cabinets**

According to Home Advisor, replacing kitchen cabinets in a typical 10-by-10 kitchen costs an average \$4,000-\$13,000.

For homeowners not able to make that type of investment, refinishing existing cabinets can provide a dramatic upgrade at a fraction of the cost.

Homeowners can start by removing all cabinet doors and hardware, keeping all hardware together in a bag in case it's needed later. Cabinets with a glossy finish should be sanded, either with blocks or a chemical product, then either stained (consider an espresso finish for a modern look) or painted. Add-

ing new, brushed metal fixtures completes the look.

- **Affordable roof update**

For the biggest ROI on an improvement, look outside. Remodeling Magazine's 2019 Cost vs. Value Report revealed nine of the top 10 high-return remodeling projects were exterior replacement projects. Replacing a roof can sound overwhelming, but with some smart shopping can provide a major curb appeal boost on a budget.

A common misconception is that expensive products equal better products. While that can certainly be true, there are lots of examples where the most expensive option is not the best choice for every consumer.

This is certainly true in large home improvement projects,

where the costs can run high and the consequences for purchasing subpar materials can be serious. But, homeowners can save money while protecting their investments by finding the low-cost leader in the product category: a product that provides the best quality for the price point.

"In many product segments there is a low-cost leader — a product or brand comparable in quality to more expensive brands, but offered at a lower cost to provide the best value per dollar," says Rick Taylor, a longtime roofing contractor now working as a trainer for Tamko Building Products, a manufacturer of the low-cost shingles. "Home improvement isn't the place to cut corners, but, if you buy smart, you can save money even on big exterior projects."

- **New door and porch decor**

A new entryway can add major curb appeal to any home, but can also come with a big price tag, especially if the front porch area is aesthetically weak and would require construction to build it out.

To achieve a similar result at a fraction of the cost, replace



the front door with a new, energy-efficient option with a strong design element. You may even consider painting it a bold color.

Next, add a ready-made pergola around the entryway, or large concrete or sandstone pillars on either side of the door, available at most garden stores. Adding large, decorative plants to the top of the pillars, or around the doorway, can help define a dramatic entryway without ever pulling out a hammer.

- **Paint**

Adding a fresh coat of paint is one of the most affordable ways to update many portions of the home.

While time-consuming, the transformative properties of paint on a staircase, exterior shutters, interior walls or even a floor are legendary.

Paint is another great opportunity to utilize the consumer trick of looking for the low-cost leader in the product category.

Stay away from the cheapest paint as it may chip or require many coats to cover, and in the end, cost you even more money to fix. But, also avoid the highest-end paints, as you may be paying more for the brand name than the actual product. Look for the best quality option at the most affordable price point.

—BrandPoint



Update Home Lighting to Be Easy on the Eyes

If you ever experience eye-strain, tired itchy eyes, blurry vision or headaches, it may be time to give your home a lighting makeover.

Problems caused by bad lighting can be intensified by using it for longer, something most households should keep in mind, as 74 percent of Americans in a recent survey, commissioned by lighting manufacturer Signify, say they spend eight hours or more a day under artificial light.

The World Health Organization predicts that 50 percent of people will be short sighted by 2050.

Unfortunately, there's a disconnect between people's concerns about eye health and the steps they are taking to support eye comfort at home.

While 80 percent of U.S. consumers in the same survey say they believe good lighting is beneficial for eye health, a 2017 study found only 21 percent take that into account when purchasing light bulbs, and only 29 percent consider light quality.

For many consumers, the disconnect may stem from overwhelming choice when it comes to home lighting and from not having enough information to make an informed decision.

Luckily, manufacturers are taking steps to improve lighting quality and help guide consumers in their search for

comfortable light that's easy on the eyes.

For example, Signify has defined specific lighting quality parameters, which take into account factors such as flicker, strobe, glare and dimming effects that can affect one's eye comfort. Consumers can look for a label on product packaging to identify the Philips LED light bulbs that meet the standards

for quality lighting that's easy on the eyes.

While certain eye conditions are beyond one's control, why not do what's in your power to protect your family from eyestrain and related discomfort? The simple DIY project of upgrading your home lighting can mean happier, healthier eyes and better quality of life.

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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: October 3, 8, 10, and 15

This is a four-day course.

Where: The Senior Community Center @

13909 E. 14th Street,
San Leandro, Main Hall B

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

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Class size is limited.

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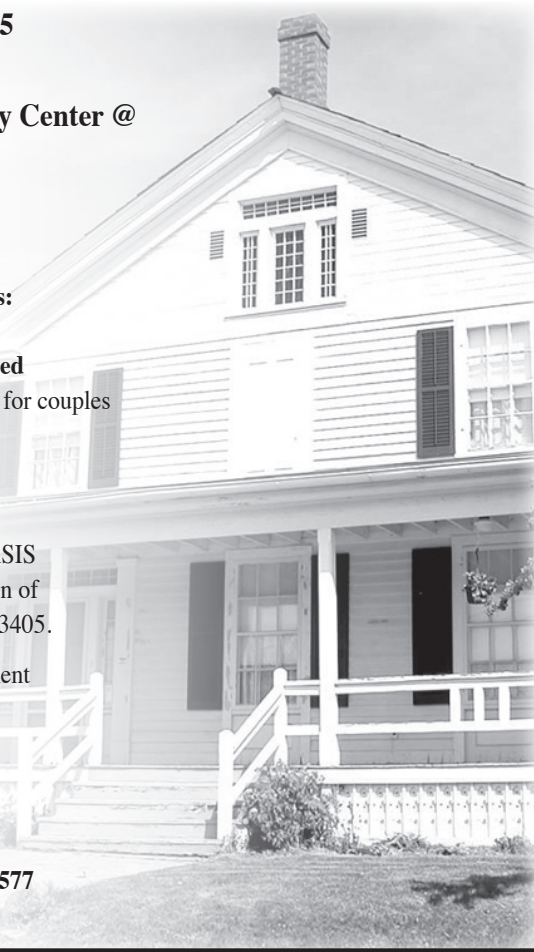
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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Transaction Delays Cause Additional Stress

A couple selling their home accepted a contract and relocated out-of-state. Escrow was slated to close in 30 days, and since they wanted to make sure every detail was planned in advance, contacted their insurance and utilities companies to have everything cancelled on the day their transaction closed.

What could possibly go wrong?

As it turned out, a lot. Approximately 10 days into the transaction, the lender, a small out-of-area broker, provided the initial approval, then went silent.

The buyer, wanting more assurances before removing the loan contingency, refused to budge until he heard from the lender. Underwriting, also unable to contact the broker, put everything on hold.

It soon became obvious to all that the 30-day close of escrow was not going to happen.

On day 31, the sellers, realizing they were not closing on time, suddenly remembered they had canceled everything on day 30. In a panic, they called their insurance company, only to discover that their policy had already been terminated and, since the house was now vacant, would need to be re-insured with an entirely different,

more expensive policy.

Getting the utilities turned back on was not as difficult, but still involved extra effort. They also realized the house would need a cleaning and landscaping touchup before close.

Approximately 40 days into the transaction, the lender suddenly reappeared: it turned out he'd had a family emergency in China and left the country without letting anyone know.

While absent, he did not communicate in any way, leaving everyone in the dark. The sellers, grateful everything was back on track, kept the insurance and utilities active until after the transaction closed, 3 weeks later.

In a perfect world, escrows close on time and advance planning can make life easier. Unfortunately, that world does not exist: transactions frequently close late and, occasionally, get cancelled altogether. Here are two guidelines to follow:

Do not cancel utilities or insurance policies until the day after escrow closes. This ensures that the utilities are still on when the buyer gets the keys and prevents insurance issues. Insurance companies will back-date to the actual close date.

Do a final cleaning and landscaping touchup the day before escrow closes. If you

have already relocated, hire local cleaning and landscaping companies to go in for the final touchup.

No one likes surprises. Plan correctly and you should be able to close without additional stress.

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



1978 Boxer Court • San Lorenzo • \$699,000

This 4-bedroom, 2-bath home on a fantastic court location has had an incredible amount of love and wonderful memories put into it - but is ready for its next owner. Come fall in love with its incredibly large backyard with covered patios, workshops, and so many other inviting spaces. You can also enjoy the view of the backyard from the living and dining room with the floor to ceiling windows. Those with a green thumb will also love the fun and well maintained front yard. The home also features hardwood floors, a wood burning brick fireplace, a large family room with built in cabinets, and an extra long driveway. Offers due 9/30, 11 am. **Open Sunday 1-4.** For more information contact The Lovewell Team, of Re/Max Accord, at (510)351-5555.



Are My Roses OK?; Robbery Deterrent

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. Another rose bush nearby looks as though it has the same problem. Is this problem contagious? I can't find any references to this problem in any of my gardening books.

A This may or may not be a problem. The bark on older roses will naturally peel off very easily below the bud union. The bud union is where a rose is grafted on to a rootstock.

As long as the tissue in this area is showing no noticeable discoloration, I would not be overly concerned. You should carefully inspect any areas above the graft if they are peeling.

Rose canes that are damaged by sunburn or from a physical injury may peel. The problem areas will turn a dark or black color and can be an entry point for borers. Borers will not attack healthy tissue.

You can locate the borers by scraping the bark with a knife as they will be right under the surface. The borers are white or amber-colored, usually linear in shape and are easily seen with the naked eye.

The simplest way to treat the problem is to prune out the affected canes.

Q I would like to plant Poison Oak around the perimeter of my yard.



We've been robbed several times with the bad guys going under the fence. Any idea where I can buy it? I would use cactus, but it takes too long to grow.

A Sorry, but I don't know of a local source of Poison Oak plants. I'm not sure this is the right answer to your problem anyway, as the poison oak rash might not show up for days. Instead I'd

consider planting pyracantha, xylosma, barberry, or climbing roses as a barrier. These plants are thorny and would make an immediate impact as an intruder tried to cross it. Also, they're faster growing than cactus and a lot prettier.

Buzz Bertolero is an Advance California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com or on Facebook at [Facebook.com/dirtgardener](https://www.facebook.com/dirtgardener). Buzz Bertolero



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A	—	1-4	14244 Outrigger Dr.	\$688,000	3/2.5	United Brokers RE	Tere Lee	510-305-8827
SLZ	—	1-4	1978 Boxer Ct.	\$699,000	4/2	Re/Max Accord RE	Lovewell Team	510-351-5555
SLZ	1-4	1-4	970 Paseo Grande	\$759,000	3/2	United Brokers RE	Tere Lee	510-305-8827
C	1-4	1-4	21137 Aspen Ave.	\$818,888	3/2	Re/Max Accord RE	Brian Cooney	510-690-1111
H	—	1-3	3827 Arbutus Ct.	\$999,000	3/2	J. Rockcliff RE	Kristy Peixoto	925-251-2536
C	—	1-3	35170 Palomares Rd.	\$1,150,000	3/2	J. Rockcliff RE	Kristy Peixoto	925-251-2536
A	—	1-4	1725 Estudillo Ave.	\$1,499,000	4/4	Robert Jones & Assoc.	Matt Jones	510-357-0120

CITY GUIDE

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Making a Home for Butterflies and Birds

By Buzz Bertolero
Special to the Times

Q We are developing a memorial garden that would attract butterflies and some birds. We have a list of plants and are now looking for some other suggestion as what we should include. Do you have any thoughts?

A Here are some things to consider:
Plants that attract burrerflies are divided between larval food varieties and adult nectar plants. The garden must include some of each type.
Since the larva stage of a butterfly's metamorphosis is a worm or caterpillar, don't be surprised when they show up. Also, include an eastern facing flat rock or two, as adult butterflies will use the rocks to start their day. They will spread their wings like a solar panel to

use the reflected heat to warm themselves.
With birds, a birdbath is a must as they are always looking for sources of water not only for drinking but for bathing and misting themselves on hot days. Birds are attracted to land-scapes that have a more natural look so avoid the neat trimmed manicured look.
And finally, visit a public demonstration garden like the Hummingbird and Butterfly Gardens at Heather Farms (www.gardenshf.org/) in Walnut Creek or the UC botanical Gardens (botanicalgarden.berkeley.edu/) for additional ideas.
Buzz Bertolero is an Advance California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com or on Facebook at [Facebook.com/BuzzBertolero](https://www.facebook.com/BuzzBertolero)

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1584 Fairmont Drive	94578:	\$429,000	2 BD - 1,073 SF - 1938
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730 Fargo Avenue	94579:	\$520,000	3 BD - 1,136 SF - 1965
2347 Fairway Drive	94577:	\$525,000	2 BD - 1,270 SF - 1977
1110 Devonshire Avenue	94579:	\$636,000	3 BD - 988 SF - 1950
2094 Eveleth Avenue	94577:	\$665,000	3 BD - 1,040 SF - 1952
2027 Juneau Street	94577:	\$665,000	3 BD - 1,042 SF - 1951
16043 Gramercy Drive	94578:	\$670,000	3 BD - 1,231 SF - 1949
1671 Sagewood Avenue	94579:	\$700,000	3 BD - 1,193 SF - 1953
833 Carmel Court	94578:	\$707,000	3 BD - 1,107 SF - 1957
14745 Van Avenue	94578:	\$730,000	2 BD - 1,463 SF - 1962
800 Collier Drive	94577:	\$865,000	3 BD - 1,915 SF - 1950
15672 Elko Court	94579:	\$885,000	3 BD - 1,356 SF - 1956
2015 Royal Wings Way	94579:	\$930,000	4 BD - 2,419 SF - 1998
875 Bancroft Avenue	94577:	\$970,000	3 BD - 2,074 SF - 1935
16093 Selborne Drive	94578:	\$1,040,000	5 BD - 2,978 SF - 1949
393 Dowling Boulevard	94577:	\$1,099,000	5 BD - 3,136 SF - 1924
1410 150th Avenue	94578:	\$1,359,000	8 BD - 3,552 SF - 1951
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Kayak Team to Compete in Polo Tournament in Texas

The East Bay Rhinos Youth Kayak Polo Program – the only youth kayak polo program in the United States – offers San Leandro middle school and high school students a safe and fun water sport.

And this October, three San Leandro youths will compete with adults from around the United States at the US Kayak Polo Nationals in Austin, Texas.

In 2017, Mr. Peter Hargreaves, music teacher at Bancroft Middle School and Washington Elementary School, began coaching a small group of San Leandro students in the fundamentals of kayak polo, including how to paddle, score a goal, and roll the

kayak. Since then, the program has expanded to include their first mini tournament, which was held this past July, and their first all-girls team, which launched earlier this month.

“Kayak polo has been my passion since my days at UCLA and I’m thrilled to share this experience with the next generation,” said Hargreaves. “We strive to make kayaking more accessible to students of diverse backgrounds in San Leandro, with the ultimate goal of expanding this program throughout the San Francisco Bay Area.”

The East Bay Rhinos Youth Kayak Polo Program currently offers three seasons per year with

all gear and instruction provided to students on a sliding scale. As a volunteer-run organization, the program is dependent on the

“Our vision is to get enough participants to form a league.”

— Peter Hargreaves

generosity of local organizations, parents and other individual sponsors in order to run this program.

“Thanks to the generosity of donors, our program has been

subsidized to date, with no student turned away for lack of funds,” Hargreaves said.

The group’s priority at the moment is to expand the program to be able to form a league consisting of four all-girl teams and four all-boy teams (40 students in all) and is seeking donations to purchase additional gear to form a league.

“Our vision is to get enough participants to form a league and to provide kayak polo instruction year-round,” said Hargreaves. Currently, the program owns 16 sets of functional gear but will require 20 sets of gear to form a league. The program recently received a \$500 grant from



San Leandro non-profit Lou’s Dugout, which will be used to purchase additional gear.

If you know of a teen interested in learning how to play kayak polo, or simply want to learn more about this sport, visit <https://www.bayareakayakpolo.com/youth-classes> for a list of

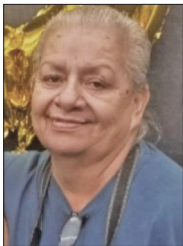
upcoming classes, financial aid information and a video of our teens in action. Donations are accepted via Paypal at paypal.me/bakpc or send a check payable to Bay Area Kayak Polo to Peter Hargreaves, c/o Bancroft Middle School, 1150 Bancroft Ave., San Leandro, CA 94577.

LOCAL DEATHS

Connie A. Pino

May 20, 1947 - September 21, 2019

Daughter of Jose Castillo and Connie Moniz. Beloved wife of James for 47 years. Survived by sister Josephine Aguirre. Connie loved taking photos, her Rottweiler dogs and taking care of her nieces and nephews. Vigil Monday, Sept. 30 at 6 p.m. at Santos-Robinson in San Leandro. Final goodbye will be Tuesday Oct. 1 at 10 a.m. at Holy Sepulchre, Hayward.



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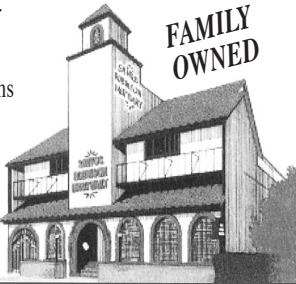
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Barbara Doe Matthews

April 10, 1931 - September 2, 2019

Barbara was born in Modesto, California, raised in San Mateo, and was a 64-year resident of San Leandro. She was preceded in death by her parents: Dwayne Marcher Doe and Margaret Hiatt Doe.

Survived by her husband of 68 years, Arthur Lloyd Matthews of San Leandro (and more recently of Castro Valley), her son, Mark D. Matthews of San Leandro, and her daughter, Marcia Woody Harper (and Larry D. Harper) of Royse City, Texas.

Barbara is also survived by her brother Robert Hiatt Doe (wife: Elizabeth "Liz" Doe) of Pleasanton and more recently of Santa Rosa, and sister-in-law Maxine Matthews Soto (husband: William T. Soto) of Danville.

She is survived by her grandchildren: Shelly and Jr. Gaston of Livermore; Robyn and Gary Wilson of Brentwood; Jeff and Allyson Woody of Fate, Texas; Matthew and Robyn Harper of Royse City, Texas.

Great grandchildren: Joshua Gaston, Jazmine Gaston, Landon Wilson, Haylee Wilson, and Dane Woody. Nieces: Terri Doe of Santa Rosa; Tracy Repp (husband: David Repp) of Santa Rosa; and Cheryl Dressler (husband: Tom Dressler) of Pleasanton, and several first and second cousins from around the country.

Barbara's "family" extended far beyond the reaches of DNA. Those who called her "Mom, Sister, or Grandma" are too numerous to mention by name, but share equally in the heartfelt loss.

Art and Barbara joined Christ Presbyterian Church in Washington Manor in 1960. Barbara served as a Deacon for the church for many years and for several years organized Grandparent's Day activities and church birthday parties. She and Art were participants in the Schooner's Group at Christ Presbyterian Church for many years, as well as Presbyterians on Wheels, in their RV days.

Barbara was an accomplished artist and a long-time member of the San Leandro Art Association. She served several years on their board of directors. She also served on the San Leandro Historical Commission. She was the Chairman of the San Leandro Festival of the Arts for many years and volunteered her services staffing for the San Leandro Art Gallery all of the years it was in existence. Barbara shared her art talents with the PTAs at Argonne Elementary School and Marina High School (San Leandro) in the 1960s and 1970s, and sold many of her paintings throughout her lifetime.

Along with her community involvement, Barbara was the driving force behind neighborhood traditions for her neighbors in Washington Manor—most notably the Annual 4th of July Bike Parade and BBQ.

A private Memorial Service for family was held on September 7, 2019, at Christ Presbyterian Church in San Leandro. Her interment will be at Skylawn Cemetery in San Mateo.

Donations in Barbara's memory can be made to: Make-A-Wish Foundation (online at wish.org or by phone: 800-722-9474).

Those who knew and loved Barbara will share in the sentiment from her husband of 68 years, "I'm sure gonna miss that girl!"



TIMES OBITUARIES

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ACROSS

- Bread choice
- Ignore
- Platter
- "__ the fields we go"
- Watergate evidence
- "Do __ others ..."
- Succumb to gravity
- Bloodhound's clue
- Poker variety
- Half an aphorism
- Atmosphere
- Spring time
- Counterfeit
- Festive
- Kreskin's claim
- "__ Lang Syne"
- Tenor Peerce
- Tolerate
- Spelldown
- Follow relentlessly
- Linger
- Old French coin
- Scale member
- 18-Across' other half
- PC operator
- Requisite
- Martini ingredient
- Stead
- Figure-skating jump
- Genetic stuff
- Mary's follower
- Muse's musicmaker
- Early bird?

DOWN

- Parks or Bonheur
- Calendar quota
- Therefore
- Impassive
- Bottom
- "Once __ a Mattress"
- "The Seventh Seal" director
- Failing the white glove test
- Grooving on
- Phaser setting
- "The Da Vinci __"
- Praise highly
- Put into words
- "Terri"
- Wish otherwise
- Hearty quaff
- Joke
- Wet wriggler
- "Erie Canal" mule
- Use a crowbar
- Blog
- Ointment
- Fawn's mom
- Random drawing?
- Bush
- Villain's look
- Sea flier
- Largest of the seven
- Abound
- Alluring
- Shrek, e.g.
- Croon
- Hosiery mishap

ANSWERS ON PAGE 3

April Showers Program Moves to Temporary Quarters on MacArthur

By **Jim Knowles**
San Leandro Times

April Showers, shower program for the homeless, will continue this Sunday at a new location.

The shower program faced becoming homeless itself when the Boys & Girls Club closed for remodeling. Showers were held at the club on two Sundays a month, but the program had to find a new place while the club is under construction.

Instead of a facility with showers, the program is getting a trailer with eight shower stalls that will be set up in the parking lot at Creekside Community Church on MacArthur Boulevard.

"We're expecting it to be enough showers," said April Showers board member Moira Fry.

The Sunday shower program will still provide a meal, clothing and referrals for social services for homeless people, just as it always has, though

maybe scaled down to a slightly smaller size, Fry said.

"I think we'll be compacting our operation down a bit but we will still have the same services," Fry said.

April Showers began in 2002 after Clement McMenemy, a decorated veteran of the Vietnam War who was living on the streets, was found dead. He had been attending St. Leander's Church, and a group of local churches formed the Interfaith Homeless Net-

work to put their faith into practice in helping the homeless.

At the shower on Sundays, people from social service agencies are available. Around 65 to 120 homeless people come on an average Sunday, and they have referrals for medical, dental and mental health care, Fry said.

But everybody isn't pleased by the program temporarily moving to Creekside for a year while the Boys & Girls Club is being remodeled.

"I'm outraged by it," said Ron Enos, who lives nearby. "Why do it in a residential area instead of an industrial area? The big worry is you could have people on dope or who are not all

there."

But the program has run smoothly at the Boy & Girls Club for years where there is a neighborhood nearby.

"We've let people in the neighborhood know. If it's an issue, call us," Fry said. "Leave a message at the church or our website www.ihnnaprilsowers.org."

The April Showers guests are required to be good neighbors or they won't be able to use the program any longer, Fry said.

"There were tremendous worries when we started at the Boys Club but the fears were not realized," Fry said.

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.

Fire Risk: Prune, don't Clearcut

Numerous acres of Live Oak, Bay Laurel, and other trees are being clear-cut in East Bay Regional Parks and this has now breached into Anthony Chabot Park paralleling the Columbine Trail.

This work is being done by PG&E on Regional Park land as part of their vegetation and fire risk "management." It's not focused on eucalyptus, but all trees within proximity of the transmission lines.

This clear-cutting, however, is destroying large forests, habitat, will lead to erosion, and is ill-advised.

The U.S. Forest Service has said that "removal of the overstory trees can introduce changes to the environment which increase fire behavior in undesirable ways."

An Environmental Impact Report needs to be completed. They should prune rather than clearcut the overstory. PG&E should plant trees elsewhere to offset the CO2 increase from the forests they are destroying.

Join me in contacting PG&E and EBRPD to demand they address these concerns.

—**Justin Cannon**
San Leandro

Letters Mis-characterized

Editor:

Letter writer James Forsberg ("A Socialist Revolution," *Letters*, Sept. 19) criticizes letter-writers Ken Kellogg, Thomas Joseph and Orin Hite by mis-characterizing their previous comments as advocating for a socialist revolution. Yet the caricature Forsberg draws ("begins as insults and name-calling" leading to "a flashy leader [who] will come along and drain their money away from them under the guise of helping them") most aptly describes the current White House Occupant.

Trump captured the office of president by insulting and name-calling both his Republican competitors and his Democratic rival. His administration has jiggered our governmental policies to achieve his personal enrichment. While he spends hundreds of millions of our taxed money vacationing at his golf resorts and providing first-class travel for his extended family and sycophants, money

for our infrastructure, environmental protection, education, scientific research, disease control and housing is being cut from governmental budgets.

Forsberg accurately, although perhaps inadvertently, describes Trump supporters, "they will believe him and they, as sheep, will end up being ruled by a new autocrat who will live in a palace while they forlornly end up in the hovels they have brought about for themselves."

Socialist revolution? Yes, if you define socialism as people living off the taxpayers' largess. That's what Trump has wreaked upon us. His followers blindly support a wannabe autocrat who poses as a strong man, but in reality is a sniveling, cowardly bully.

—**Bruce Joffe**
Piedmont

A Cruelty-Free Diet

Editor:

Like many others, I always thought of farm animals as "food on the hoof." But, after watching the deeply moving feature film *Okja* on Netflix, I realized that a farm animal is much like our family dog, fully deserving of compassion and respect.

Theologians have long debated whether there is life after death, but for farmed animals, there is no life before death.

Recent undercover investigations showed male baby chicks suffocated in plastic garbage bags or ground to death in large macerators, pigs clobbered by metal pipes and hung to die, and cows skinned and dismembered while still conscious.

Last week, I read of an international observance of World Day for Farmed Animals on October 2 (Gandhi's birthday), to expose and memorialize the global abuse and slaughter of billions of animals for food. The website at www.wfad.org offers a number of ways to participate and affirms the need to go vegan.

World Day for Farm Animals (www.WFAD.org), on October 2nd, is perhaps the most dramatic of these. It celebrates the lives, exposes the abuses, and memorializes the slaughter of billions of sentient animals raised for food.

An internet search revealed that farm animals get neither [respect nor suitable, cruelty-free lives] on today's factory farms. Male baby chicks are suffocated in plastic garbage bags or ground up alive. Laying hens are crowded into small wire cages that tear out their feathers. Breeding sows spend their lives pregnant in metal cages. Dairy cow babies are snatched from their mothers upon birth, so we can drink their milk.

The cruelties inherent in factory farming drove me to replace animal products in my diet with a rich variety of plant-based meats and dairy items offered by my supermarket. I have since learned that my cruelty-free diet is also great for my health and for the health of our planet.

—**Kurt Champlor**
San Leandro



INQUIRING REPORTER

What's your pet peeve?

— Asked at Estudillo Center on MacArthur Boulevard

There are so many, but one pet peeve I have involves drivers who don't use their turn signals.

Derek Hudson
Castro Valley

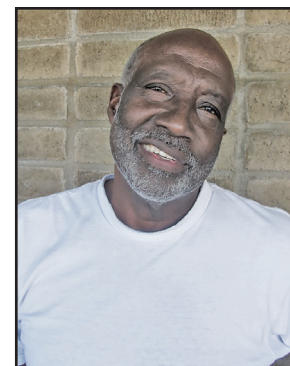


I'm pretty easy going, especially since relocating to the mountains for work. When I come back to San Leandro, I find the amount of traffic and lack of parking annoying.

Carla Hansen
Sonoma

Rubberneckers along the freeway when there's an accident. Everyone wants to see blood.

Benjamin Hansen
San Leandro



A pet peeve of mine is people being mean to others because that makes me feel sad.

Al Dendy
Oakland

I wish I could put a "no parking" sign up in front of my house, especially for the vehicle that leaks oil on the street.

Dee Fisher
San Leandro



Cross Country: SLHS runner hopes to qualify for state meet

continued from front page

The winner of the girls' varsity race was Shae Hill of Granada High who finished at a time of 18:03.04 minutes. Other San Leandro runners in that event on Saturday include Yarissa Sanchez who finished with a time of 21:38.35 and Cinthia Silveira who finished with a time of 21:47.58.

The Pirates girls earned 7th place at the invite with 212 points. Chavez earned herself a personal record time during Saturday's event and feels proud of her performance.

"We have very high hopes for Ariana," said San Leandro head coach Victor Doan. "She is on pace to be the first girl to qualify for California Interscholastic Federation (CIF) state cross country finals for San Leandro's program in decades and that would be an awesome crowning achievement."

The Farmer Invitational included 48 total schools from across the Bay Area with some of the best talent in the entire state of

California competing for the best times to set them apart from the vast competition.

"I think today's race was a success because I PR'd from last year when I ran this same course, though there's always room for improvement and hope-

"We have a big program of 150 runners that keep getting better."

— Cross country coach
Victor Doan

fully next year I'll place better," said Chavez. "Things to keep in mind for me to carry towards future races this season are just continuing to be persistent, train hard, and have goals for each race whether it's PR'ing or beating an overall time."

San Leandro and Arroyo came off of a short week as they

also competed last Thursday at the WACC Center meet number one.

"Today's race was all mental preparation because we just had a league meet on Thursday that I was still a little fatigued from," added Chavez.

San Leandro's coach Doan has high hopes for all of his runners this season to perform well ahead of WACC league competition.

"We have a big program of about 150 runners that all support each other and keep getting better every year," said coach Doan. "Jacob Mendez is our number one boy who took fourth place in the WACC league race on Thursday and we would like for him to finish top five at the end of league competition this season."

In Saturday's varsity boys' three mile race Calvin Sun of Arroyo finished with a time of 16:54.45. Jacob Mendez Sanchez of San Leandro finished with a time of 17:11.69. First place was earned by Anthony Guerra of Granada with a time



PHOTO BY ANDREW JOSEPH

San Leandro High runner Ariana Chavez closes in on the finish line for tenth place overall in the girls' varsity 3-mile race on Saturday.

of 15:16.50. San Leandro's boys team took 12th place overall with 340 points.

Sun's mark on Saturday is a well-deserved place and time which he hopes to keep improving.

"I was trying to catch the guy in front of me during today's race

but in the end it's always about the PR which is most important to me," said Sun. "For me personally I want to make it to CIF State this year and I know it's going to be hard, but with my teammates' support I know I can achieve anything."

San Leandro's next meet

is Saturday at the Scott Bauhs Invitational at Shadow Cliffs Regional Park.

Arroyo's next meet is Wednesday, Oct. 2 at the WACC Center Meet #2. The WACC League Championships will be held at Hayward High on Saturday, Nov. 9.



Neighborhood Cleanup Event

Saturday, October 19 • 10 am to 3 pm



The San Leandro Recycling Program will host a **FREE** drop off event for San Leandro residents. Register to receive complete details, including event location. Items accepted include:

- Appliances
- Tires
- Mattresses
- Electronics
- Scrap Metal
- Yard Trimmings & Clean Wood
- Household Batteries
- Cell Phones & Chargers
- CDs & DVDs
- Audio & Video Tapes
- Fluorescent and Incandescent Lights

SIGN UP TO PARTICIPATE

Registration must be received by October 1st

Name: _____

Address: _____

Phone: _____

Email: _____

Signature: _____ Date: _____

SUBMIT TO:

City of San Leandro Recycling Program
14200 Chapman Road
San Leandro, CA 94578

Phone: (510) 577-6026

Email: Recycle@SanLeandro.org

Register online: www.RecycleSanLeandro.org



**NO MEMBERSHIP REQUIRED ENGLISH PRA YERBOOKS
NO EXPERIENCE NECESSARY WELCOMING ENVIRONMENT**
For more Information & Reservation Please call: (510) 342-9326
email: Info@JewishCastroValley.org or visit JewishCastroValley.org

**JOIN US FOR THE
HIGH HOLIDAYS
AT CHABAD OF CASTRO VALLEY**



Schedule of SERVICES

ROSH HASHANA **SUNDAY, SEPT 29**

Evening Service - 7:00p
Followed by Holiday Dinner
at 22125 Orange Ave.

MONDAY, SEPT 30

Morning Services - 10:00a
Shofar service - 11:30a
Followed by Kiddush Luncheon

TUESDAY, OCT 1

Morning Services - 10:00a
Shofar service - 11:30a
Followed by Kiddush Luncheon

YOM KIPPUR **TUESDAY, OCT 8**

Kol Nidrei Service - 6:30pm

WEDNESDAY, OCT 9

Morning Services-10:00a
Yizkor-11:30a
Mincha/Neilah-5:15p
Shofar Sounding-7:18p
followed by a Break-the-fast buffet

**Exciting children's programs
during most services
See website for details**

Location

**20912B Redwood Road
Castro Valley, CA**