

San Leandro Times

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SAN LEANDRO • CALIFORNIA



PHOTO BY MIKE MCGUIRE

Sistahs of the Drum perform at Martin Luther King Day celebration in San Leandro on Monday.

Speakers, Dancers Celebrate MLK Day

By Mike McGuire
San Leandro Times

Unity In the Community and the City of San Leandro honored Martin Luther King Jr.'s legacy Monday with a student oratory contest, music, dancing and a panel discussion at the San Leandro Senior Community Center.

"We can change this world," said Jocelyn Juarez, San Leandro high school student

and panelist in the afternoon program.

Student panelist Deanna Gaines said that Dr. King had inspired almost all of today's activists.

"Get into some good trouble in the year ahead," Assemblyman Rob Bonta urged the panelists and everyone at the event.

"We're all in this together. There's not us or them. There's only us," was the lesson Bonta said he learned from Dr. King.

Bonta said that audiotapes of King addressing meetings during the Civil Rights movement inspired his father, then a student, so much that he traveled to Alabama to get involved.

"He taught us to speak your voice and stand your ground," panelist Josiah Harris said.

"He stood his ground despite people
see MLK, page 3

No Direct Bus Service through Downtown SL

Transfer at SL BART means paying two fares through town

By Mike McGuire
San Leandro Times

Sometime in the months ahead, San Leandro will see the Bus Rapid Transit project completed to move people a bit more quickly between the San Leandro BART station and downtown Oakland.

But something was lost in that deal for bus riders in San Leandro. One can no longer take a single bus, and pay one fare, to get down East 14th Street from the north side of downtown to the south side.

For example, you can't take a direct trip down East 14th Street from City Hall to San Leandro Hospital. You have to transfer to another bus at the San Leandro BART and pay a second fare.

AC Transit discontinued free transfers several years ago, even for trips down the same street.

AC Transit suggests on its website that people use the Clipper card or pay cash to buy a day pass for a little more than the cost of two one-way fares. A person planning a one-way trip, perhaps because someone is dropping them off or picking them up, would still end up paying two fares, though.

For decades, one could ride the #1 bus from Oakland down East 14th Street all the way to the Bayfair Mall. For a few years, a quicker version of the same trip could be done on the 1R, with the

R standing for Rapid. That route had fewer stops to speed up the journey.

The 1R was discontinued
see BUS, page 12

Forum for Assembly District 20 Next Week

The League of Women Voters of Eden Area will hold a candidates forum for those running for the seat of the California 20th Assembly District on Thursday, Jan. 30, from 6:30 to 8 p.m. at Hayward City Hall, 777 B St. in Hayward.

The 20th assembly district includes San Lorenzo and Ashland, as well as Hayward, Fremont and Union City. Bill Quirk is the current assemblyman for District 20.

The forum is free and open to the public. Campaign signs, fliers, etc. are not allowed in the auditorium during the forum. Come and get to know the candidates.

For more information, visit <https://my.lwv.org/california/eden-area>.

Local Farm to Build Better Community

By Mike McGuire
San Leandro Times

Better food for a better society is the goal of a new food preparation and distribution center that opened Jan. 17 on Fairmont Avenue in San Leandro, where Alameda County's animal shelter once was housed.

Dig Deep Farms Food Hub will take in food left over from school lunch programs as well as from food the farm grows itself. They will repackage and sometimes recombine it, and then distribute it to potentially hungry people at places such as low-income housing sites.

"I've been waiting for this day for a long time," said Alameda County Supervisor Wilma Chan to the 200 people who gathered for the opening.

The hub is part of the county's ALL IN anti-poverty program, which Chan has championed. Supervisor Nate Miley, along with other supervisors, also have supported its efforts.

"Public safety means more than a lack of crime," said Capt. Marty Neideffer of the Alameda County Sheriff's Department. You have to also fix the conditions that lead to crime, he added.

"This is an example of great 21st century police work," said Neideffer.
see FARM, page 10



PHOTO BY MIKE MCGUIRE

The "Farmacy" mural at the Dig Deep Farms Food Hub off of Fairmont Drive in San Leandro.

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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

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EDITORIAL

Fred Zehnder
Editor and Publisher

Jim Knowles
Managing Editor
jimk@ebpublishing.com

Mike McGuire
City Editor

Steve Schaefer
Auto Editor

Contributing Writers

Buzz Bertolero

Carl Medford

Linda Sandsmark

PRODUCTION

Howard Morrison
Manager

Kayla Steinorth
Art Director

Moxie Morrison
Assistant

OPERATIONS

Claudette Morrison
Business Manager

ADVERTISING

Display Advertising

Claudette Morrison

Classified Advertising

Patrick Vadnais

HOW TO REACH US

San Leandro Times
2060 Washington Ave.
San Leandro, California 94577

Office hours: Weekdays, 9 a.m. to 5 p.m.

Main Office: (510) 614-1555
Newsroom: (510) 614-1557
Sports: (510) 614-1561
Advertising: (510) 614-1555
Classified: (510) 614-1558
Fax: (510) 483-4209
Email: jimk@ebpublishing.com

www.ebpublishing.com



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PETS OF THE WEEK



Koba



Neera

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

Koba is a smiley-faced 4-year-old pitbull, loves to play with toys, especially ropes and tennis balls. He also likes to play with other dogs, meet new people and explore the great outdoors. Neutered. Okay with

older children.

Neera is a 3-year-old German Shepherd mix, a goofy, active pup who loves a good play session. She's learned to sit, is good with handling and needs an active family who'll include her in their activities. Okay with young kids.

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

The Fundudes to Play on Friday

Come to eat, drink and dance as the Fundudes play on Friday, Jan. 24, from 6:30 to 8:30 p.m. at The Englander Pub, 101 Parrott St. in downtown San Leandro.

Varon and Copeland Team Up In Political Comedy Show

Solo performance legends Brian Copeland and Charlie Varon join forces to present new monologues on life in the Age of Trump in *The Great American Sh*t Show*, to be presented on Friday, Jan. 31, at 7:30 p.m. at the San Leandro High Performing Arts Center, 2250 Bancroft Ave.

The show originated when Varon saw Copeland perform a 15-minute monologue last fall at The Marsh in San Francisco.

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

"I haven't been called that word in a long time," Brian says. "Years actually. But today, the day after Donald Trump is elected president, it's almost like the Prius driver was granted permission."

Varon says, "Brian's mono-



PHOTO BY SUSAN RUTBERG

Charlie Varon and Brian Copeland make the best of things in their comedy show that's coming to San Leandro.

logue was equal parts truth, pain, and comedy. I left the theater disturbed and invigorated. A few days later, I called Brian and suggested we do a show together. He said yes, and we got busy writing."

Copeland and Varon have been performing the show once a month to sold-out houses at The Marsh, with material evolving as political events unfold. Audience response has been electric. One audience member described the show as "much needed catharsis. Finally, someone saying all the things we have been feeling during the sh*t show."

Copeland and Varon are legends in the Bay Area's solo performance scene. Brian Copeland is known for his hit solo shows *Not a Genuine Black Man* and *The Waiting Period*. Charlie Varon's best-known works include *Rush Limbaugh in Night*

School and Rabbi Sam. All of Copeland and Varon's monologues in the show were developed with and directed by noted solo performance director David Ford.

General admission tickets are \$45. For tickets, visit Brown Paper Tickets at www.brownpapertickets.com/event/4477324.

Sign Up for SL Girls Softball

The San Leandro Girls Softball League will hold a walk-in registration on Saturday, Jan. 25, from noon to 2 p.m. at Mountain Mike's Pizza, 2150 Marina Blvd. in San Leandro.

The league is open to girls age 6 to 14 of all playing abilities. For more information, email Leo Sheridan at leosheridan@gmail.com.

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MLK: Dancers, drummers and speakers join in celebrating King's life

continued from front page

bombing his home, the FBI watching him, police harassing him and sometimes beating him," Harris added.

The panel was moderated by Alameda County schools superintendent L. Karen Monroe. She remembered working as a student intern for America's first black Congresswoman, Rep. Shirley Chisholm of New York.

Chisholm was elected just after King's assassination in 1968.

Sileshi said that the current generation is surrounded by technology, which makes it easier to create movements from the ground up.

"There are lots of vocal youth and we plan to raise an even more vocal next generation," she said.

Monroe noted both the students' optimism and their courage when they spoke of the contributions they thought their generation would make to society.

others gave dramatic readings of poems or essays written by others, and one pair of students imagined a 7-year-old African American girl from King's time talking to him, using his quotations.

That pair, Kayla Lam and Robyn Henson, 7th graders from Muir Middle School, won in their group, with Alvin Wong, also of Muir, getting second place.

Nyla Parker, a 4th grader at Madison School took first place in the third through fifth-grade competition, with second place going to Juliana Grace Tesoro, a fifth grader at McKinley.

In the high school competition, first place went to Deanna Gaines, while second place went to Naya Chadwick.

The event had opened with a welcome by Vice Mayor Pete



PHOTO BY MIKE MCGUIRE

City Councilman Benny Lee (at left) talks with L. Karen Monroe, Alameda County schools superintendent (2nd from left), and student panelists, from left, Deanna Gaines, Bitaniya Sileshi, Jonathan Martin, Anthony Murillo, Josiah Harris and Jocelyn Juarez at panel discussion of Rev. Martin Luther King's legacy.



PHOTO BY MIKE MCGUIRE

Oratory competition middle school division contestants at Martin Luther King Day celebration are joined by City Councilmembers and masters of ceremonies, from left, David Anderson and Vida Blue.

Several panelists said we should expect great things from their generation, which panelist Bitaniya Sileshi said was "unusually aware of and well educated in social justice."

Gaines said that it was her generation's turn to fight for what was right, just as their elders had when they were young.

"If the next generation doesn't see us step up, they won't do it," she said.

Panelist Jonathan Martin said King showed one person can move millions.

"He never gave up, he kept on pushing no matter what," said panelist Anthony Murillo.

City Councilman Benny Lee told panelists and the audience that Dr. King's legacy in some ways resembles that of Guan Gong, who lived in China 2,000 years ago. His fight for people's rights was long ago, and he was ultimately executed for it, yet he is still remembered by name at every Chinese banquet.

Students in three grade groups competed in the morning oratory contest, hosted by former Oakland A's Vida Blue and David Anderson. Anderson now serves on San Leandro's senior commission.

Some students read poems they composed themselves,

Ballew, filling in for Mayor Cutter, followed by the drumming group Sistahs of the Drum. They invited people to get up and dance, and

some did.

The different grade competitions were separated by dance performances by the African

Queens Dance Company. They performed dances that originated in Africa, and some of which are still performed there.

Comerica Bank Robbery Suspect Nabbed

San Leandro Police detectives have made an arrest in the Jan. 7 robbery of the downtown Comerica Bank.

Rodeo resident Jose Rodriguez-Montano, 50 years old, is believed to be responsible for the robbery of the bank at 1301 East 14th Street.

He was arrested Jan. 14 and is being held at the Santa Rita Jail in Dublin.

Police say Rodriguez-Mon-

tano entered the bank wearing a Halloween-style gorilla mask and carrying a shotgun concealed in a black tennis bag.

He approached a teller, verbally demanded money, and obtained an undisclosed amount of cash.

He did not brandish or display the shotgun during the robbery, they say, but he dropped it on the sidewalk as he fled. He retrieved the shotgun, got into a 2005 Black

Acura TL, and drove off. He was not apprehended at the time.

Detectives located video surveillance footage that showed Rodriguez-Montano drive past an officer in a San Leandro police car, equipped with a license plate reader, who was responding to this robbery.

Detectives obtained the license plate number on the Acura. They also developed additional evidence that led to Rodriguez-Montano being identified as the suspect.

"We believe Rodriguez-Montano acted alone in this robbery and are not looking for any additional suspects," said police

spokesman Lt. Ted Henderson.

Anyone with information about this bank robbery is asked to call the San Leandro Police Department at (510) 577-2740.

Police are pursuing charges with the District Attorney's office.

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T	H	O	U	E	S	A	U	E	R	A
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Climate Change Game Saturday

Adult and youths are invited to try out their ideas about dealing with climate change, in the form of a board game, this Saturday from 10 a.m. to 12:30 p.m. at the Marina Community Center, 13901 Wicks Blvd.

Sponsored by the city's sustainability program, the game presents participants with a map

resembling real cities with various sites vulnerable to climate change's effects. They get to apply limited resources to shield as many sites as they can. Different people have different priorities for spending those resources. Unexpected events can crop up, and there's also a cost to doing nothing.

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NEIGHBORS



Helen Rose to Turn 100

Helen Rose Esteves will turn 100 years old on Feb. 19. She grew up in Oakland, attended University High and married Manuel T. Esteves Nov. 29, 1941. Helen studied at the School of Cosmetology and received her license as a beauty operator. The couple's son, Thomas Frank Esteves, was born in 1942. In 1951, the

family bought a new home in San Leandro where Helen still lives today. Helen is active going to lunch, church and talking to friends and neighbors. She loves reminiscing about dancing at the old ballrooms in Oakland. Her family sends her a message – We love you Auntie Helen!

ARTS & ENTERTAINMENT

❖ Temple Beth Sholom
Leaving Memel

A film screening of *Leaving Memel*, with the director, will be presented on Saturday, Feb. 1, from 7 to 9 p.m. at Temple Beth Sholom, 642 Dolores Ave., in San Leandro. This is one family's story of fleeing the Nazis, a documentary film that touches on what it means to become a refugee and an immigrant. To purchase tickets visit www.tbssanleandro.com/event/Leaving-Memel

❖ Chanticleers Theatre
Steel Magnolias

Steel Magnolias opens at the Chanticleers Theatre, 3683 Quail Ave. in Castro Valley, on Feb. 7 and runs through March 1. The show plays on Fridays and Saturdays at 8 p.m., and Sundays at 2 p.m. Tickets are \$22 to \$27 and may be purchased online at chanticleers.org or by calling 510-SEE-LIVE (510-733-5483). Group discounts also available. *Steel Magnolias* is a stage play

by American writer Robert Harling, a comedy-drama about the bond among a group of Southern women in northwest Louisiana. The title suggests the female characters are as delicate as magnolias but as tough as steel. The magnolia specifically references a magnolia tree they are arguing about at the beginning. Harling based on his experience with his sister's death. Director, actor, and designer spanning four decades in West Coast theatre, Kendall Tieck will make his Chanticleers Theatre directing debut with *Steel Magnolias*.

❖ Shoreline Interpretive Center
Come for the opening of the Hayward Shoreline Interpretive Center's Spring 2020 Exhibit by artist Becky Jaffe, a photographer, naturalist, and educator on Saturday, Feb. 1, from 2 to 4 p.m. at the Interpretive Center, 4901 Breakwater Ave. in Hayward. Using in-camera techniques that stretch the photographic medium to create painterly effects, she fuses an artist's sensibility with a biologist's curiosity in order to communicate reverence for the natural world. Free and open to the public. Light refreshments available. For more information, call 510-670-7270.

**READ &
RECYCLE!**


COMMUNITY CALENDAR

Deadline for Calendar Items is Friday for the Following Week


❖ Team Transition AAU Basketball Tryouts

The Castro Valley and San Leandro-based Team Transition AAU basketball program has scheduled its annual tryouts for Saturday and Sunday, Jan. 25 and 26, at Bancroft Middle School, 1150 Bancroft Ave., in San Leandro. Tryout times each day are as follows: 2nd and 3rd grades: 3 to 4:30 p.m.; 4th through 6th grades: 4:30 to 6 p.m.; 7th and 8th grades: 6 to 8 p.m. Registration information and details on the program can be obtained at www.bayareatrtransition.org. The Team Transition program is in its 11th season, having started out with two teams in 2010 and grown to 10 last season. The philosophy of the program is to develop the student-athlete's life skills and personal growth through the sport of basketball.

❖ Sons of Norway Lodge Crab Feed

The Sons of Norway Lodge 6-061 in Hayward will host its annual crab feed on Saturday, Jan. 25, at the Hill & Valley Club, 1808 B St. in Hayward. No-host social starts at 6 p.m. and dinner begins at 6:30 p.m., followed by music and dancing. Tickets are \$55 for Snorre Lodge members (13 and up), \$60 for non-members, \$25 for 12 and under, and under 5 admitted free. Send payment to club secretary Aunda Arndt, 1016 Apache St., Livermore, CA 94550.

❖ Fishing Fun at Hayward Shoreline

Hike out to the bay and learn the basics of rigging, casting, and possibly catching fish on Saturday, Jan. 25, from 9:30 a.m. to 12:30 p.m. at the Hayward Shoreline Interpretive Center's, 4901 Breakwater Ave. in Hayward. No experience needed. Gear provided. For ages 16 years and over. The tide will be opportune for fishing on this day. Must have a fishing license available online by visiting ca.gov. Feel free to bring a zero waste (all reusable or compostable) lunch or snack. Fee: \$12 per angler. For more information, call 510-670-7270.

❖ American Legion Post 117 Breakfast

The American Legion post 117 will host a breakfast on Sunday, Jan. 26, from 8 to 11 a.m. at the San Leandro Veterans Building, 1105 Bancroft Ave. in San Leandro. The menu includes eggs, bacon, sausage or ham, hash browns, toast and fruit with coffee, tea or hot chocolate. A donation is asked of \$9 for non-veterans, and \$7 for veterans. All donations benefit American Legion veterans programs.

❖ Meeting of the Eden Garden Club

The Eden Garden Club will meet on Monday, Jan. 27, at 9:30 a.m. at the Moose Lodge, 20835 Rutledge Road in Castro Valley. Alameda County Master Gardener Joan Sarlatte will speak on "Ergonomics in the Garden," the scientific study of how to complete tasks in the garden in a safe, efficient way, while protecting your body. Meetings are free and guests are always welcome. For more information, call 510-363-9889.

❖ Financial Aid for High School Seniors

San Lorenzo High School, 50 East Lewelling Blvd., is hosting a Cash for College Night on Thursday, Jan. 30, from 6 to 8 p.m. in the D-Hall Computer Labs. This is free for all high school seniors and their families who would like assistance in completing their financial aid applications (FAFSA and CA Dream Act for undocumented students). Financial aid is available for community colleges, four year universities, and some trade schools. Come with a parent or guardian and bring 2018

federal tax forms and other financial documents, though students can still work on the application without the forms. Financial aid experts and translators will be available. For more information, call Katricia Manalo at 510-317-3129.

❖ Alta Mira Club Shrimp Fest

The Alta Mira Club, 561 Lafayette Ave. in San Leandro, will host a shrimp fest on Saturday, Feb. 1. The social hour begins at 5 p.m. and dinner starts at 6 p.m. with shrimp, pasta, salad, bread and ice cream. Tickets are \$45. For tickets or more information, call Carol at 510-305-5393.

❖ Soroptomist Crab Feed

The Soroptomist International of the East Bay's annual crab feed will be on Saturday, Feb. 1, at 6 p.m. at the Hayward-Castro Valley Moose Lodge, 20835 Rutledge Road in Castro Valley. All-you-can-eat crab, pasta, bread, salad, dessert, coffee and tea. No-host bar. For tickets, call Bonnie Mertz by Jan. 24 at 510-886-7010 or email bonniemertz5844@gmail.com.

❖ Kiwanis Club of San Leandro

The San Leandro Kiwanis Club will hold its annual crab feed on Saturday, Feb. 1, at the Marina Community Center, 15301 Wicks Blvd. in San Leandro. Social hour begins at 5:30 p.m. with dinner being served at 6:30 p.m. Tickets are \$50 per person, which includes all-you-can-eat crab, pasta, salad and hot garlic bread. Local band, The Kopi Katz, will provide classic rock 'n' roll oldies for post-dinner dancing. The event is assigned seating only. To purchase tickets or for more information, call Terri Neumann at 510-895-4425. Proceeds support the San Leandro Kiwanis Club.

❖ Crab Feed at Hayward Veterans Hall

Silver Oak High School Public Montessori Charter of Hayward is having a crab feed on Saturday, Feb. 8, from 5:30 to 9 p.m. at the Hayward Veterans Hall, 227373 Main St. in Hayward. All-you-can-eat crab, salad, spaghetti, garlic bread and dessert, and two drink tickets for beer, wine soft drinks or water. Silent auction and raffle. Tickets are \$50. Early-bird special until Jan. 25 is \$45. For tickets, go to Eventbrite and enter Silver Oak High School.

❖ SL Swim Team Tryouts

The San Leandro Swim Team will hold an information night for the upcoming summer season on Wednesday, Feb. 5, from 6 to 8 p.m. at Porky's Pizza, 1221 Manor Blvd. in San Leandro. The team is for swimmers 4 to 18 years old and competes in the East Bay Swim League during the summer. Tryouts will be held on April 1 and April 2 at 6 p.m. at the San Leandro High pool. For more information, go to the team's website – San Leandro Drowning Darryls Team Unify – or call Darryl at 510-913-0850.

❖ 4th Sunday Breakfast for Veterans

American Legion Post 117 will host breakfast from 8 to 11 a.m. every 4th Sunday of the month, except on holiday weekends, at the San Leandro Veterans Memorial Bldg., 1105 Bancroft Ave. in San Leandro. The menu will be eggs-to-order, bacon/sausage, hash browns, toast and coffee. Cost is \$7 for adults, \$5 for veterans, and all others. All donations benefit American Legion veteran programs. No breakfast in November or December.

HOROSCOPE by Salomé

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ARIES (March 21 to April 19) Mixed signals could create problems. Make sure your views are presented clearly, and insist others do the same. Don't let an unanswered question go by without a full explanation.



TAURUS (April 20 to May 20) Financial pressures ease, allowing for more budget flexibility. But as the money-wise Bovine will appreciate, thrift still beats out splurging. Expect news from someone special.



GEMINI (May 21 to June 20) Getting things done is what you do so well. But be careful not to overtax your energy reserves. Take time out to relax or to do something different to help keep them at optimum levels.



CANCER (June 21 to July 22) This is a good time to satisfy the Moon Child's growing sense of wanderlust. Choose a really special place to go to, with a very special person to share it all with you.



LEO (July 23 to August 22) You love being in the spotlight. But be careful it doesn't blind you to the truth behind a seemingly wonderful opportunity. Look closer and you might be sadly surprised at what you find.



VIRGO (August 23 to September 22) Isn't it time to take a break from your hectic schedule? Sure it is. And the sooner you do, the sooner you can return fresh and more than ready to take on all those new projects.



LIBRA (September 23 to October 22) A recent family incident can help bring everyone closer, and there's no one who's better at making that happen than you. Accept (indeed, insist on!) help from others to get things off and running.



SCORPIO (October 23 to November 21) Long-held habits are often difficult to break. But the change from how you always did things to how you can do them now can be liberating. So, be flexible and give it a try.



SAGITTARIUS (November 22 to December 21) Someone you met in your professional world last year and thought you would never hear from again could make a sudden reappearance in your life, along with an interesting offer.



CAPRICORN (December 22 to January 19) Once again, you delight everyone by coming up with a solution for a problem that actually works. On another note, it's not too early to get started on those travel plans.



AQUARIUS (January 20 to February 18) Before you go ahead with finalizing your plans for your new project, check them over to see if you can make some improvements or if you can find ways to cut costs.



PISCES (February 19 to March 20) The Fabulous Fish might have been out of the social swim for too long, and it's time you plunge back in. Reinforce your old friendships and be open to starting new ones.

LIFESTYLE

WELCOME TO A NEW YEAR: 4718



Chinese New Year, the longest and most important festivity on the Chinese calendar, begins this Saturday, Jan. 25, as the Year of the Rat, ushering in new beginnings and opportunities.

The 15-day celebration, also known as the Spring Festival, is all about spectacle, from the fireworks and dancing dragons to the fabulous food.

For most non-Asian cooks, the biggest surprise of all is that Chinese cooking can be both fun and easy. The secret is to start with foolproof recipes and authentic sauces that do most of the heavy lifting for you.

GOOD FORTUNE SEA BASS

- 1/2 pound skinless sea bass fillet
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 1 teaspoon finely chopped ginger
- 2 tablespoons cornstarch
- 1 tablespoon vegetable oil
- 1/2 cup sweet & sour sauce
- 2 teaspoons Asian chili sauce

Sprinkle the sea bass with salt, pepper, ginger and garlic and let stand for 30 minutes or longer in the refrigerator.

Heat a skillet or wok over high heat. Add the oil and sea bass and pan-fry until both sides are browned, about 2 minutes per side. Add the stir-fry sauce and heat until bubbling. Turn sea bass again and cook an additional minute (6 minutes in all). Remove from pan, garnish with green onions and serve immediately. Serves 2.

CELEBRATION SHRIMP FRIED RICE

- 6 green onions and tops, cut diagonally into half-inch lengths, separating whites from tops
- 1/2 cup frozen peas and

- carrots, thawed
- 2 tablespoons vegetable oil
- 1 egg, beaten
- 4 cups cold cooked long-grain rice
- 1/2 pound medium-size cooked shrimp
- 3 tablespoons soy sauce
- 1 teaspoon garlic powder
- 1/2 teaspoon sugar
- 1/4 teaspoon white pepper

Stir-fry whites of green onions, peas and carrots in hot oil in wok or large skillet over medium-high heat 1 minute. Add green onion tops and egg; scramble. Stir in rice and shrimp, cook until heated, gently separating grains. Combine remaining ingredients; pour over rice. Cook and stir until well mixed. Makes 4 to 5 servings.

EASY VEGETABLE STIR-FRY

- 1/4 cup bottled teriyaki marinade & sauce
- 1 tablespoon dry Sherry
- 2 teaspoons cornstarch
- 1 tablespoon water
- 2 tablespoons vegetable oil
- 2 cloves garlic, thinly sliced
- 1 (16-ounce) package frozen stir-fry or Oriental-style vegetable mixture
- 2 cups sliced mushrooms

Combine teriyaki sauce, sherry, cornstarch and 1 tablespoon water. Heat oil in hot wok or large skillet over high heat. Add garlic and stir-fry 15 seconds, or until golden brown. Add vegetables and mushrooms; stir-fry 3 minutes, or until

vegetables are heated through. Stir in teriyaki sauce mixture. Cook, stirring, until sauce boils and thickens and vegetables are coated with sauce. Makes 6 servings.

HOT & SOUR SOUP

- 1 (10-1/2 ounce) can condensed chicken broth
- 2 soup cans water
- 2 tablespoons cornstarch
- 2 tablespoons soy sauce
- 2 tablespoons distilled white vinegar
- 1/8 teaspoon ground red pepper (cayenne)
- 1 egg, beaten
- 1/2 block firm tofu, drained and cut into 1/2-inch cubes
- 1/3 cup thinly sliced green onions and tops

Blend chicken broth, water, cornstarch, soy sauce, vinegar and red pepper in medium saucepan. Cook over high heat, stirring constantly, until mixture boils and slightly thickens. Gradually pour egg into boiling soup, stirring constantly in 1 direction. Add tofu and green onions; cook just until tofu is heated through. Serve immediately. Makes 6 servings.

CHICKEN & VEGETABLE CHOW MEIN

- 1/4 pound spaghetti
- 3/4 pound boneless, skinless

chicken thighs, cut into thin strips

- 1 tablespoon plus 1/3 cup Kikkoman Stir-Fry Sauce, divided
- 4 teaspoons soy sauce, divided
- 2 tablespoons vegetable oil, divided
- 1 small carrot, julienned
- 2 stalks celery, cut diagonally into thin slices
- 1/2 onion, thinly sliced
- 3 cloves garlic, minced
- 1/4 pound bean sprouts
- 1/4 teaspoon black pepper
- 1 teaspoon Asian sesame oil

Cook pasta according to package directions; drain and rinse thoroughly.

Meanwhile, coat chicken with 1 tablespoon stir-fry sauce and 2 teaspoons soy sauce; let stand

15 minutes. Stir-fry chicken in 1 tablespoon hot oil in wok or large skillet over high heat 3 minutes, or until done; remove.

Heat remaining 1 tablespoon oil in same pan. Add carrot; stir-fry 1 minute. Add celery, onion and garlic; stir-fry 3 minutes longer. Stir in bean sprouts, chicken, pasta, remaining 1/3 cup stir-fry sauce, 2 teaspoons soy sauce and pepper.

Cook, stirring, until all ingredients are coated with sauce and pasta is heated through. Remove from heat; stir in sesame oil. Serves 4.

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Happy New Year!

from The Lovewell Team

We are proudly partnering with the Alameda Food Bank for the 2019 holiday food drive, which will continue to run through January 2020. Please participate in aiding those in need by donating non-perishable food items.

Thank you for your contributions in helping those in need in our communities!

The Lovewell Team - Re/Max Accord Castro Valley
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This issue of the San Leandro Times contains the City of San Leandro Recreation and Human Services Department Spring Activities Guide.

If your copy of the Times does not include the Spring brochure, call 510-614-1555 or stop by the Times office (2060 Washington Avenue, San Leandro, CA 94577) between 9:00 a.m. and 5:00 p.m. Monday through Friday to obtain one.

REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Staging Companies Impacted by CARB

As home-buyer expectations continue growing, it is largely assumed that local homes hitting the market be staged in some way.

There is significant data verifying the advantages of staging; the most obvious being the potential for the highest prices possible.

Working with buyers and observing the differences in their behaviors in staged homes versus empty properties, I can verify the benefits of staging, which include helping buyers:

- Determine whether their furniture will fit any given space.
- See the home in its' best light.
- Visualize themselves in the space.
- See practical locations for furniture and furnishings.



PHOTO BY MICHAEL TACCONI

Realtor of The Year

Carl Medford, a Realtor with Keller William Realty in Castro Valley, was recently named "Realtor of the Year" by BayEast Association of Realtors. Medford is a long-time columnist with the Castro Valley Forum and San Leandro Times.

Most home staging is done by professional staging companies which charge fees based on the level of staging provided, length of time required, level of furniture and amenities provided and any potential access issues. The more upscale the dwelling, the higher the quality

of staging required, and, consequently, the fees.

There are fundamental nuances to understand. The first difference is between stagers that own their inventory vs staging companies that rent items.

Stagers owning their inventory can usually charge lower fees and keep the staging in the home longer periods of time.

There are also differences in fees: some charge a fee to install (and later remove) staging coupled with monthly rental fees.

Other companies charge a flat fee which includes installation, removal and a set timeframe (typically 3-6 months). Rental fees kick in if the staging is required longer than expected.

Companies that own their staging are more often larger companies which lease commercial space to house their inventory. Items need upgrading as tastes evolve and as furniture gets damaged by the process of being constantly moved.

It is not a business for the timid: it is hard work, requires creative genius and a significant investment in employees, inventory, trucks and more.

California is not making it easy. Beginning in 2020, diesel vehicles with a GVWR over 14,000 pounds must comply with CARB regulations. Vehicles that do not comply will be unable to be registered, forcing companies to replace their trucks.

Staging companies run tight margins, this will be a significant



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A	—	1-4	3790 Anza Way	\$708,000	3/2	Robert Jones & Assoc.	Matt Jones	510-357-0120

CITY GUIDE

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L = LIVERMORE • M = MODESTO • S = SHEFFIELD VILLAGE • SLZ = SAN LORENZO • W = WALNUT CREEK • Z = ALAMEDA



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1510 136th Avenue	94578: \$455,000 2 BD - 811 SF - 1970
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1064 Billings Blvd	94577: \$500,000 2 BD - 895 SF - 1942
14572 Outrigger Drive	94577: \$526,000 2 BD - 1,033 SF - 1987
1400 Carpentier St	94577: \$546,000 2 BD - 1,404 SF - 1983
1538 Wainwright Ave	94577: \$580,000 3 BD - 1,148 SF - 1943
14826 Farnsworth St	94579: \$595,000 3 BD - 1,081 SF - 1951
663 Valita Drive	94577: \$650,000 3 BD - 1,432 SF - 1944
15226 Edgemoor St	94579: \$655,000 3 BD - 1,020 SF - 1950
1646 Sidney Avenue	94578: \$659,000 4 BD - 1,370 SF - 1945
724 Martin Boulevard	94577: \$660,000 2 BD - 832 SF - 1942
13960 Velarde Drive	94578: \$690,000 3 BD - 1,376 SF - 1956
463 Lloyd Avenue	94578: \$690,000 4 BD - 1,482 SF - 1952
14684 Merced Street	94579: \$716,000 3 BD - 1,096 SF - 1953
1320 Lake Chabot Rd	94577: \$725,000 2 BD - 1,467 SF - 1945
15006 Andover Street	94579: \$750,000 4 BD - 1,319 SF - 1950
15562 Faris Street	94579: \$760,000 1,585 SF - 1980
244 Cherrywood Ave	94577: \$840,000 3 BD - 1,686 SF - 1927
831 Joaquin Avenue	94577: \$875,000 3 BD - 2,122 SF - 1923
TOTAL SALES:	20
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HEALTH & FITNESS

Health Services And Screenings Every Woman Should Know About

Eating a healthy diet, exercising, getting a regular Pap smear and mammogram are just a few of the many steps women can take to help ensure they live longer, healthier lives.

However, it can be tough to figure out what to do, given the mountains of information that are available.

So, how can women determine which services and screenings are right for them and when?

Start by being aware of what science says about preventing certain health conditions and by having an open and honest conversation with your doctor about your values and preferences.

Cardiovascular Disease

Cardiovascular disease (CVD) is the number one cause of death for women. Fortunately, you can help prevent CVD by addressing important risk factors, such as high blood pressure, high cholesterol, and obesity.

For example, if you are age 40 to 75, talk to your doctor about your CVD risk and whether a low- or moderate-dose statin may be right for you.

Statins are medications that lower your cholesterol, prevent buildup of cholesterol and fats in your arteries, and reduce your chances of having a heart attack or stroke.

Depending on your age and risk factors, taking a low-dose aspirin daily can also potentially help prevent CVD. When blood clots form in narrow blood vessels, such as the ones in your heart and brain, it can cause a heart attack or stroke. Aspirin can help keep these blood clots from happening, lowering your risk.

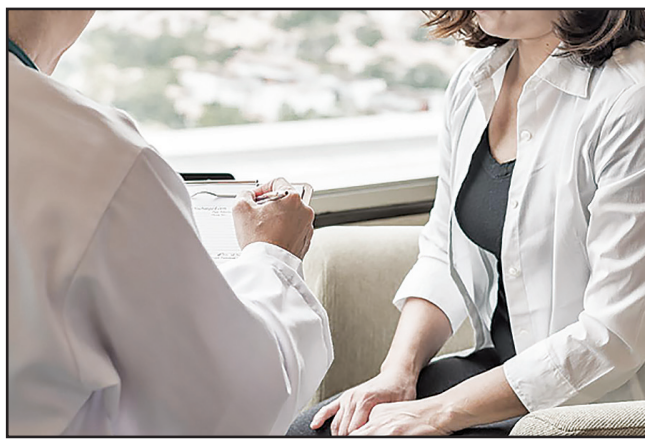
There are some risks associated with taking low-dose aspirin every day, so make sure you talk to your doctor before beginning a regimen.

Taking statins and aspirin to prevent CVD are effective but they are just one part of CVD prevention. You can reduce your risk of CVD by quitting smoking, eating a healthy diet, and becoming more physically active.

If you smoke, talk to your doctor about ways to help you quit. If you are overweight and have other CVD risk factors or even if you are healthy and simply want to stay that way, ask your doctor about how you can develop heart-healthy habits.

Cervical Cancer

Screening for cervical cancer finds the disease when it is most treatable. Unfortunately, 12,000 women in the United



States are diagnosed with cervical cancer each year.

Most cases of cervical cancer happen in women who have not been regularly screened or appropriately treated. That is why it is critical for women to get screened regularly starting at age 21.

There are several effective options for screening, depending on your age and preferences. The Pap test and the human papillomavirus (HPV) test are the most effective ways to screen for cervical cancer and are done during a visit to your doctor's office.

Talk to your doctor about which test is best for you and how often you should be tested.

Breast Cancer

Breast cancer is one of the most common types of cancer in women; roughly 237,000 cases are reported in the United States each year.

Breast cancer screening aims to find the disease early, when it is easier to treat. Mammograms, which are X-ray pictures of the breasts used by doctors to look for early signs of the disease, are the most effective method of screening for breast cancer.

Evidence shows that the benefits of mammograms increase with age, with women aged 60 to 69 most likely to benefit from screening. Still, about one in three women who should get a mammogram regularly do not.

If you are between the ages of 50 and 74, talk to your doctor about getting a mammogram regularly. Some women decide to start screening as

early as age 40.

Talk with your doctor about your individual situation and circumstances, when you should start screening, and how often you should be screened.

Screening for Osteoporosis

As people age, their bones begin to thin. For some people, their bones become very weak and can break or fracture more easily, a condition known as osteoporosis.

Osteoporosis affects one in every four women age 65 or older in the United States. Bone measurement tests can be used to screen for osteoporosis and identify the likelihood of future fractures.

For people who have osteoporosis, treatments are available to reduce the risk of a fracture.

If you are a woman age 65 or older (or younger than 65 with certain risk factors), ask your doctor about being screened for osteoporosis and other ways to improve bone health.

Keeping Yourself Healthy

These recommendations were developed by the U.S. Preventive Services Task Force, an independent group of national experts in prevention. The Task Force makes recommendations, based on the latest science, about what works and what doesn't work for preventing disease and promoting good health.

Learn More: For further information on these and other Task Force recommendations, visit www.uspreventiveservicestaskforce.org.

—North American Precip Synd., Inc.

10 Health Goals for 2020

With the new year well underway, this is the perfect time to review your personal goals and how you can make positive health choices in the coming year.

The American Medical Association offers these 10 recommendations to help you determine where you can make the most impactful, long-lasting improvements to your health.

1. Learn your risk for type 2 diabetes by taking the self-screening test at DoI-HavePrediabetes.org. Steps you take now can help prevent or delay the onset of type 2 diabetes.

2. Be more physically active. Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

3. Know your blood pressure numbers. Visit LowerYourHBP.org to better understand your

numbers and take necessary steps to get your high blood pressure -- also known as hypertension -- under control. Doing so will reduce your risk of heart attack or stroke.

4. Reduce your intake of processed foods, especially those with added sodium and sugar. Also reduce your consumption of sugar-sweetened beverages and drink more water instead.

5. If your health care professional determines that you need antibiotics, take them exactly as prescribed. Antibiotic resistance is a serious public health problem and antibiotics will not make you feel better if you have a virus, such as a cold or flu.

6. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

7. Talk with your doctor

about tobacco and nicotine use and quit. Declare your home and car smoke-free to eliminate exposure to secondhand smoke.

8. Pain medication is personal. If you are taking prescription opioids, follow your doctor's instructions, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication.

9. Make sure your family is up-to-date on their vaccines, including the annual influenza vaccine for everyone age six months or older.

10. Manage stress. A good diet and daily exercise are key ingredients to maintaining and improving your mental health, but don't hesitate to ask for help from a friend or mental health professional when you need it.

The lifestyle choices you make now will have long-lasting impacts. So, this new year, prioritize your long-term health by forming great habits.



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ACROSS

- Venomous viper
- Incense
- Pop
- Ball-bearing item
- Beelzebub's doings
- From square one
- Supreme Court Justice
- Thurgood __
- Calm before the storm
- Comedian Rivers
- Refuge
- Downright
- Road's shoulder
- Hard to find
- Almond confection
- "__ Got a Secret"
- Left-hand page
- Ostrich's cousin
- Union
- Valhalla VIP
- Loathe
- Loses traction
- Drive away
- "Wozzeck" composer
- Summertime treats
- __ Thatcher
- Commandment starter
- Birthright barterer
- Historic period
- Huge amount of 50-Across
- See 49-Across
- Tarzan's creator's monogram

DOWN

- \$ dispenser
- Vast expense
- Storyteller in court
- Detox center
- Terrible guy?
- "__ Abner"
- Right angle
- Sandwich sausage
- Burden
- Place to buy 8-Down
- Piercing tools
- Slightly
- Ricelike pasta
- __ and proper
- Volcanic spillage
- Cleopatra's boat
- Gaelic
- Vegan's no-no
- Distinguished ancestry
- In the thick of
- Sisters
- Test tube
- Variety of macaque
- Gumbo base
- Music transition
- Ceremony
- Canyon phenomenon
- Lowly worker
- Author Stoker
- Encountered
- "__ was saying ..."
- Mess up
- Bill

ANSWERS ON PAGE 3

Farm: Good, healthy food at the root of a healthy society

continued from front page

ALL IN Director Dr. Larissa Estes said that recovering and providing nutritious food goes along with distributing food grown at several Dig Deep Farm sites, as well as giving food-based small businesses access to equipment they need to feed people.

"Food is medicine" as much as pharmaceutical products are, said Dr. Steven Chen, chief medical officer of ALL IN. The Food Hub calls itself a "farmacy" in a mural along one side of its building.

Chen said that someone being treated for a chronic condition at a county medical clinic might very well get a "food prescription" in addition to any medications they might need.

That would consist of healthy foods that help one heal or manage that condition, and you would fill the prescription at a "farmacy" located in that clinic, he said.

Such farmacies have already been set up at two of the county community medical clinics and will soon be coming to others, according to Dr. Estes.

Estes said that Dig Deep has two sites along East 14th Street where food is grown, and is planning to expand those efforts. Food also comes from school lunch programs currently, and

will come from supermarkets in the near future.

A new state law, SB 1383, requires that a certain percentage of unsold food be recovered and not go to waste.

The Food Hub will help address economic aspects of poverty as well, Estes said. People need decent food to eat, and decent jobs to support themselves and their families.

Formerly incarcerated people, who often find it hard to get decent jobs, will be hired to drive Food Hub's food recovery vans, she said.

"We need to begin to break down the walls that separate some individuals from society," said county probation chief

Wendy Still.

The Food Hub will also provide commercial kitchen facilities to small food businesses and to startups. Meanwhile, refrigerators and food storage facilities are being provided to low-income housing sites so they are able to utilize food coming from the Food Hub, said Estes.

Capt. Neideffer said his department follows the principles of "community capitals policing." Just as business needs financial capital to flourish, communities need several different kinds of social capital to flourish, and this prevents crime in the process.

Cherryland and Ashland in



PHOTOS BY MIKE McGUIRE

Alameda County Supervisor Wilma Chan cuts the ribbon at the opening of the Dig Deep Farms Food Hub.

particular have more than their share of social problems, and less than their share of things such as music and arts venues, parks, theaters, and cinemas, according to a pamphlet on community

capital policing that the Sheriff's Department distributes.

But issues of food insecurity and poverty are hardly limited to those communities, according to several speakers.

Supervisor Chan said that one in five Alameda County residents relies on a food bank as their primary source of food.

"We know that this program will reduce poverty," she said.



Dig Deep Farms also has property where it grows crops on 164th Avenue off East 14th Street.

Gold Rush Excavator Coming to Town

Volvo Construction and Equipment Services, 1944 Marina Blvd. in San Leandro, is hosting the Discovery Channel's *Gold Rush*, gold painted excavator tour on Saturday, Jan. 25, from 10 a.m. to 2 p.m.

See the Gold Rush excavator up close and meet Dave Turin from the *Gold Rush* show.

Enjoy great food, fun and raffles while checking out the latest Volvo construction equipment.

The event is free, including the food, and the goal is to bring awareness to the San Leandro Education Foundation (SLED), which supports local public schools, and to kick off the 10th season of Gold Rush.

LOCAL DEATHS

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. For further assistance, call 510-614-1555.

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FD 442

Hazel Soares

Longtime San Leandro resident Hazel Soares passed away on Tuesday, November 19, 2019 at the rare age of 104. Hazel is preceded in death by her husband of over 50 years, Ellsworth (Big Al) Soares. Her first husband Bernarr Jewell; three Jewell sons, Bert, Bud, and Lee. Grandson Wayne Jewell and great-granddaughter, Rebecca Davis.

Hazel was very active in the community: she was on the board of Oakland Community Concerts for nearly 20 years; she volunteered for 10 years with the Fairmont Hospital Service League; and she attended the SF Opera for over 50 years. Her most notable achievement was graduating from Mills College for women in Oakland with a bachelor's degree in Art History at the age of 94; one of the oldest graduates in the world.

She is survived by two daughters and a son: Terry McElhinney (Tim), Matthew Soares, and Regina Soares. 21 grandchildren, 30 great-grandchildren, 15 great-great-grandchildren, and numerous nieces and nephews.

Friends and family are invited to a funeral Mass on Saturday, April 18th, at 11 a.m. at St. Felicitas Church, 1650 Manor Blvd., in San Leandro. A luncheon on the church property will immediately follow the Mass. Please RSVP tmcbride216@gmail.com if you plan to attend.

Interment will be at the Arlington National Cemetery in Washington DC. In lieu of flowers donations can be made in her name to the George Mark Children's House, 2121 George Marks Lane, in San Leandro.



Haruo Kato

April 12, 1933 ~ November 5, 2019

Haruo was born in Hayward, California, the 5th of 8 children, to Noboru and Chiyo Kato.

In March 1942, Haruo and his family, along with all Japanese Americans in the area, were gathered at C Street and Watkins in Hayward, to be evacuated to Tanforan Race Track. Held at the track for 6 months, they were transferred to Topaz Internment camp in the desert of Utah for the duration of World War II. In 1945 the family returned to the San Leandro area. Haruo graduated from Hayward High and the University of California, Berkeley. He was drafted to serve in the Navy. The Navy sent him to the Postgraduate School in Monterey where he earned an electrical engineering degree. Duty stations included Antarctica, the Pentagon, Japan, and the Ticonderoga in Vietnam. He retired from the Navy after 22 years with rank of Lt. Comdr. He enjoyed another 20 year career as an engineer with a defense contractor. During this period he pursued an MBA degree from La Verne University. In retirement he pursued ceramics and ukulele, discovering new talents. He volunteered with United Way and was a docent with the Japanese American Museum in Los Angeles. He and his wife Grace made many road trips throughout the USA., and took cruises, mostly in the Pacific region.

He is survived by wife Grace, daughter Ann, sister Yone, brothers Tak and Kix (Keith), many nieces, nephews, and in-laws from the Kato and Yoshida families. He was predeceased by his parents Noboru and Chiyo, sister Sumiko, brothers Masao, Hideo, and George.

A memorial service will be held Saturday, January 25, 2020, 11 a.m., at the San Lorenzo Japanese Christian Church, 615 Lewelling Blvd., San Lorenzo.



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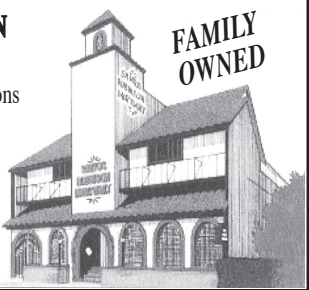
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Lunch Menu at The Senior Center

Lunch provided by Spectrum Community Services

A low-cost senior lunch provided by Spectrum Community Services is served on weekdays at the San Leandro Senior Center, 13909 East 14th St.

Everyone age 60 and up can have lunch. A suggested donation is \$3.75, but no one is refused for lack of funds. (\$10 for those under 60.)

Call 24 hours ahead to

reserve a lunch (1-510-825-9793) or sign up at the Senior Center.

The menu for lunch next week, Jan. 27 to Jan. 31, is:

Monday – Happy Chinese New Year! Veggie stir-fry, peas and carrots, brown rice, fruit, fortune cookies.

Tuesday – Apricot glazed pork, mashed potatoes with gravy, carrots, whole wheat

rolls, fruit.

Wednesday – Whole wheat spaghetti with meat sauce, vegetable medley salad, seasoned cauliflower, fruit.

Thursday – Baked lemon chicken with mushroom sauce, split pea soup.

Friday – Chicken tetrazzini over whole wheat penne pasta, vegetable medley salad, whole wheat roll, fruit.

Shoreline Meeting Set for Tuesday

The community is invited to an informational community meeting on the status of the Monarch Bay Shoreline Development Project on Tuesday, Jan. 28, from 7 to 8:30 p.m. at the Marina Community Center, 15301 Wicks Blvd.

City staff and developer Cal Coast Companies will provide an update on the Shoreline Project, including information on project history, current proposal, and next steps.

The Monarch Bay Shoreline Development Project is a proposed development along

the northern portion of the San Leandro shoreline, around the San Leandro Marina. The plan is to create a regional destination that connects the community with the bay and provides recreation and amenities.

The current project proposal includes:

- 220-room hotel
- 5,000 square foot hotel restaurant
- 7,500 square foot restaurant / banquet facility
- 152 single family residences
- 48 town home residences

• 285 multi-family apartment residences

• New, 2,500 square foot Mulford-Marina Branch Library

• Reconfiguration of Marina 9-hole executive Golf Course

• Enhanced recreational amenities to include:

• Extensive park and plaza areas, including a new park at Mulford Point

• Pedestrian promenade and Bay Trail connections along shoreline and throughout development

• Bike lanes

see *SHORELINE*, page 12

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.

96 Meetings and Counting

Editor:

Henry Ford once said, "You can't build a reputation on what you are going to do." I can't think of a better quote to sum up San Leandro in 2020.

By my count, the scheduled January 28th dog and pony show at the Marina Community Center regarding the marina redevelopment will be the 97th meeting we've held over the last decade regarding this ill conceived boondoggle.

You would think after all these meetings we would be planning something really awesome and incredible for San Leandro on our waterfront. From the presentation on-line it's a boring 4 story Hyatt Hotel similar to the one in Emeryville, a Soviet era style apartment block and as many houses crammed into the golf course as is humanly possible.

But this actually isn't that big of a project compared with other projects being built around us. Oakland has been able to build over 5,000 apartment units in the last 5 years. Our projects continue to be in the planning stages for years. Why?

If something takes 97 meetings and has been presented in 4 different versions and still isn't even close to being built, when exactly is the city going to admit it's a terrible idea? Based on all projections I'm seeing San Leandro and its entire waterfront will be impacted with sea levels rising in the next decades. Burlingame alone estimates it's going to cost them \$100 million to get ready for all the potential flooding.

But back to the 97 meetings and all the hundreds of additional discussions they've had at city hall about the marina development and all that time spent – think about what we could have actually gotten done instead.

We're not the new tech center of the Bay Area, nor are we the city where kindness matters in my opinion, based upon the number of homeless and mentally ill forced out on the streets right now; we are the

city that just can't make up its mind.

—Gary Langbehn
San Leandro

Who Wants the Marina?

Editor:

Before you throw yourself under the bus called Monarch Bay (marina development) consider the following:

The community that resides there all but killed it. Absolutely nobody in this town wants it or has expressed any interest in it, except those who stand to make a profit from it.

There is no cost benefit study and the actual cost of the project has never been so much as discussed, let alone laid out for all to see.

The design and structure presented to you for the hotel is in fact not that of a hotel but that of a cheap and flimsy office building. In a heavy wind or tsunami it will fly to pieces. Cal Coast has never shown the interior design and what is more, Cal Coast doesn't know the first thing about hotels, let alone houses or townhouses.

Lastly, consider the fact that the city simply does not have the money to finance this project and Cal Coast really led you and the City Council astray on the financing of this project.

If you're not happy with the people of San Leandro because they lack the funds to finance all your big projects perhaps you ought to take a good look at your own rather sorry state of financial reality and think about what it's like for all your friends and neighbors.

Maybe you would like to schedule a picnic down there out by the bay and actually get to know them.

—David F. Sigel
San Leandro

Dropping Animals from Menu

Editor:

On January 27th, the world will observe the International Holocaust Remembrance Day. The date marks 75 years since the liberation of Auschwitz-Birkenau, Hitler's largest death camp.

A key question facing historians is how could an enlightened society that produced our civilization's greatest philosophers, poets, and composers also produce its most notorious mass murderers? How could it get millions of ordinary citizens to go along?

Was the Holocaust a peculiarly German phenomenon, or are other enlightened societies capable? Why are we Americans willing to subsidize unspeakable atrocities in our own factory farms and slaughterhouses?

Jewish Nobel laureate, Isaac Bashevis Singer, concluded that: "To the animals, all people are Nazis." His message was that we are all capable of oppressing the more vulnerable sentient beings in our midst, frequently without giving it a second thought.

Indeed, our own enlightened society has translated the arbitrary Nazi dictum "the Christian lives, the Jew dies" into an equally arbitrary "the dog lives, the pig dies." Only the victims' names have been changed.

The blissful ignorance of death camps and slaughterhouses in our midst remains.

On the long road to end all oppression our very first step must be to drop animals from our menus.

—Kurt Champller
San Leandro

Pipeline Protest

Editor:

An oil company, Enbridge, with the approval by the Minnesota Department of Commerce, wants to build its Pipeline 3 on the Chippewa homeland in Minnesota. It will go through their wild rice lakes as well as the Mississippi River.

I urge the Minnesota Department of Commerce to reverse their position on giving Enbridge the green light to build Line 3 on the Chippewa homeland.

—Billy Trice Jr.
Oakland



Send a Letter to the Editor
Letters@ebpublishing.com

INQUIRING REPORTER

What did you want to be as a kid?

— Asked downtown

I wanted to be an airline flight attendant, but I couldn't because I was too short. I'm just 5-foot-1. So I had to give that up. I became a secretary, and it paid well.

Paulette Richardson
San Leandro



The first thing I ever wanted to be was an astronaut when I was about 5, and then I wanted to be a veterinarian.

Amoreena Brown
San Leandro

I wanted to be a doctor. I like helping people. And I became a caretaker.

LaToya Stamper
San Leandro



My dream when I was a kid was to be a pilot. Now I'm in I.T., information technology, and I like it.

Noe Sanchez
San Leandro

I wanted to be a zookeeper because I like animals.

Jennifer Sanchez
San Leandro





PHOTOS BY JIM KNOWLES

The meter reads “Expired” for the spot taken by the Park SL vehicle.

Parking Enforcement Forgets to Feed Meter

A city parking enforcement car was parked at an expired meter at Pelton Center on Tuesday at 1 p.m. The meter for that parking space read “Expired” and a red light flashed. Other cars in the vicinity were parked in spaces where the meter read “Paid” and no red light flashed. The newspaper didn’t have time to wait and see if the parking enforcers gave themselves a ticket.

— By Jim Knowles



PHOTO BY JIM KNOWLES

The AC Transit No. 10 bus runs southbound on East 14th Street, starting at the San Leandro BART Station. The 10 bus picks up the route on East 14th from the 1 bus that runs from San Leandro BART to downtown Oakland.

Bus: Main line split in two

continued from front page
when construction got underway on the BRT, and the #1’s route shortened so that it began at the San Leandro downtown BART station.

According to AC Transit Director Elsa Ortiz, who represents San Leandro, the #1 will be discontinued along its remaining route once the BRT is complete,

later this year. She said that there is not room for both local bus stops and the BRT along its route.

The portion of the #1 route between San Leandro BART and Bay Fair BART was replaced by the #10 bus route, a different bus route and a separate fare is required.

Fares are \$2.50 per bus if paid in cash when boarding the bus. Fares are 25 cents cheaper when using a Clipper Card, which frequent riders tend to have.

AC Transit’s route map shows that bus routes in most East Bay communities generally continue through downtown areas along main streets without needing to transfer.

The other exception to this is in Hayward along Mission Boulevard, where one also has to transfer to a different bus route at a BART station.

AC Transit uses BART stations as hubs, where bus routes begin and end.

The City of San Leandro told AC Transit during the plan-

ning for the BRT that it was important to keep bus service on a single line along East 14th Street through downtown San Leandro, according to Mayor Pauline Cutter.

AC Transit’s reply, she said, was that there wasn’t enough ridership to justify it.

But AC Transit spokesman Robert Lyles said that the issue of downtown San Leandro becoming a two-fare zone had not been brought up by the city in their discussions with the agency.

AC Transit did, however, see the possibility of discontent back in 2016, when it introduced its “AC Go” project.

“Not everything that happens in June will be seen as an improvement,” noted a staff report to the agency’s board of directors on May 25 of that year.

The single example they cited was splitting Line 1 into two lines, “requiring a transfer where there wasn’t one before.” That transfer would be at the San Leandro BART station.

Shoreline: Lots of red tape to sail through

continued from front page

• Boat launch area
Cal-Coast was selected as the master developer for the shoreline in 2008 and has been working with staff and the community for more than a decade. The project has evolved over time, including relocation of proposed buildings from the outer shoreline area, elimination of an office component, and enhance-

ment of the planned community park space. The current concept for the Shoreline was developed in 2017, following feedback from regional agencies and further project and market analysis. Since then, the City has been working with the developer to finalize terms and agreements for the project. The upcoming review focuses

on the arrangement between the developer and City, including defining the project scope, delineating the developer and City’s responsibilities, and drafting leases and other documents outlining the way in which the property may be developed and utilized over time. Input from the community

SL Demo Club Meets Tonight

The San Leandro Democratic Club will meet tonight (Thursday,) at 6:30 p.m. in the Trustees Room of the San Leandro Main Library, 300 Estudillo Ave.

The guest speaker will be Alameda City Councilman Jim Oddie.

SLZ High Offers Financial Aid Assistance for College

San Lorenzo High School is hosting a Cash for College Night on Thursday, Jan. 30, from 6 to 8 p.m. in the D-Hall Computer Labs, free for all high school seniors and their families who would like assistance in completing their financial aid applications

(FAFSA and CA Dream Act for undocumented students).

Financial aid is available for community colleges, four year universities, and some trade schools.

Come with a parent or guardian and bring 2018 federal tax

forms and other financial documents, though students can still work on the application without the forms.

Financial aid experts and translators will be available. For more information, call Katicia Manalo at 510-317-3129.

To Advertise Please Contact
Claudette Morrison: 510-912-1490
Mary Florence: 510-861-3270
Linda Nakhai: 510-915-1513

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Legal Notices

<p>FILED DECEMBER 17, 2019 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 566579</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>The name of the business(es): IAMPHRESHCUTS located at 16360 Foothill Blvd., San Leandro, CA 94578, in Alameda County, mailing address 2600 San Leandro Blvd. Apt #514, San Leandro, CA 94578, in Alameda County, is hereby registered by the following owner(s): William Agustin, 2600 San Leandro Blvd. Apt #514, San Leandro, CA 94578. This business is conducted by an individual. This business commenced September 11, 2018. /s/ William Agustin This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires DECEMBER 17, 2024 JAN 09, 16, 23, 30, 2020 0204-SLT</p>	<p>FILED DECEMBER 18, 2019 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 566589-91</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>The name of the business(es): (1) The Rangis - Harrington Group (2) Chelsea Rangis Realty (3) Urbia Homes + Money located at 4767 Mira Loma St., Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Suksadachanh Rangis, 4767 Mira Loma St., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A. /s/ Suksadachanh Rangis This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires DECEMBER 18, 2024 JAN 16, 23, 30, FEB 06, 2020 0208-SLT</p>	<p>FILED JANUARY 9, 2020 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 567397</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>The name of the business(es): Aleyda's House Cleaning located at 1531 48th Ave., Oakland, CA 94601, in Alameda County, is hereby registered by the following owner(s): Aleyda Revelo Rivera, 1531 48th Ave., Oakland, CA 94601. This business is conducted by an individual. This business commenced 01/09/2020. /s/ Aleyda Revelo Rivera This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires JANUARY 9, 2025 JAN 23, 30, FEB 06, 13, 2020 0210-SLT</p>	<p>FILED JANUARY 15, 2020 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 567563</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>The name of the business(es): Hallibron located at 16077 Ashland Avenue, #355, San Lorenzo, CA 94580, in Alameda County, is hereby registered by the following owner(s): Connor Alexander Jr., 16077 Ashland Ave., #355, San Lorenzo, CA 94580. This business is conducted by an individual. This business commenced N/A. /s/ Connor Alexander Jr. This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires JANUARY 15, 2025 JAN 23, 30, FEB 06, 13, 2020 0211-SLT</p>	<p>FILED DECEMBER 31, 2019 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 567021</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>The name of the business(es): Gabriella Gutierrez, CSR 9024 located at 1128 Billings Blvd., San Leandro, CA 94577, in Alameda County, is hereby registered by the following owner(s): Gabriella Gutierrez, 1128 Billings Blvd., San Leandro, CA 94577. This business is conducted by an individual. This business commenced N/A. /s/ Gabriella Gutierrez This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires DECEMBER 31, 2024 JAN 23, 30, FEB 06, 13, 2020 0212-SLT</p>	<p>FILED JANUARY 15, 2020 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 567549</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>The name of the business(es): Safe Transportation Service located at 1215 Asbury Ct., San Leandro, CA 94579, in Alameda County, is hereby registered by the following owner(s): (1) Fayeze Aldahmi, 1781 Auseon Ave., Oakland, CA 94621 and (2) Muneer Alkabsh, 1215 Asbury Ct., San Leandro, CA 94579. This business is conducted by Co-partners. This business commenced N/A. /s/ Fayeze Aldahmi, Muneer Alkabsh This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires JANUARY 15, 2025 JAN 23, 30, FEB 06, 13, 2020 0213-SLT</p>
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