



The Food with a Peel

THERE'S A LOT THAT MAKES BANANAS APPEALING, INCLUDING BANANA CREAM PIE 4

WEEKEND WEATHER											
SUNNY Sunny thru Sunday											
HIGHS: 61-62											
0	10	20	30	40	50	60	70	80	90	100	110
LOWS: 41-43											

FRIDAY	SATURDAY	SUNDAY

San Leandro Times

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

VOL. 35 • NO. 4

THURSDAY, JANUARY 23, 2025

SAN LEANDRO • CALIFORNIA



PHOTO BY MIKE MCGUIRE

Kaiser Permanente volunteers gathered at the San Leandro office of Meals on Wheels to help prepare meals and care packages for homebound seniors at a Martin Luther King Jr. day of service on Friday, January 17. Dr. Debra Kaplan, Kaiser area manager for southern Alameda County who helped coordinate the event, is at right.

Volunteers Feed Homebound Seniors

By Mike McGuire
San Leandro Times

Dozens of volunteers from Kaiser Permanente's San Leandro Medical Center joined Meals on Wheels for a day of service in honor of the Rev. Martin Luther King Jr. on Friday, Jan. 17.

In the space of two hours, the Kaiser volunteers joined with the staff of Service Opportunity for Seniors/Meals on Wheels at their office on Polvorosa Avenue in San Leandro's industrial area. They helped prepare some 1,800 meals for homebound seniors in San

Leandro and nearby communities.

"The work we're doing here today truly fits Dr. King's vision," said Dr. Debra Kaplan, senior vice president and Kaiser's area manager for southern Alameda County. "He thought good health

see VOLUNTEERS, page 11

FBI Raids Azevedo's Home On Dillo Street

By Michael Singer
San Leandro Times

The FBI searched San Leandro City Councilman Bryan Azevedo's home on Wednesday, Jan. 15, following an ongoing investigation that included raids last summer at the home of former Oakland Mayor Sheng Thao and the owners of California Waste Solutions, David and Andy Duong.

Azevedo has not responded to requests for comment. The FBI didn't say what was taken from Azevedo's Dillo Street home or whether the raid was connected to the raids on the homes of Thao and the Dongs.

But Azevedo was among

other East Bay officials, including Thao, who went on a political trip to Vietnam in 2023, sponsored by the Duongs.

Azevedo works for the Sheet Metal Workers and is active in community events, cleanup drives and public school events.

City spokesperson Paul Sanftner told the Times that San Leandro is aware of the FBI activity and "will fully cooperate with all law enforcement authorities."

The FBI search came one day before authorities indicted Mayor Sheng Thao, her

see RAID, page 11

Council Looking At District Elections

By Mike McGuire
San Leandro Times

District elections may be coming to a city near you.

When Robert Bulatao lost his District 6 San Leandro city council race against Dylan Boldt in November, he said he didn't consider it a failure. He said his campaign would be a success if it got San Leandro to think about switching from

voting citywide for City Council members to electing them by single districts.

By that standard, his campaign was a success, even if Boldt won more votes and is now on the City Council.

At its January 6 meeting, the council approved a lengthy process to consider electing its members in single-member

see COUNCIL, page 11

New School Board Members Optimistic About District's Future

By Mike McGuire
San Leandro Times

Two new members joined the San Leandro Unified School District board in recent weeks – Cindy Rocha in Area 3 and Zachary Borja in Area 1.

While both are widely known in some places in the city, their background may be unfamiliar to most residents due to their low-key campaigns where they faced no opposition.

Rocha retired recently af-

ter decades with the builders Vanir Construction. She was a manager on the team that helped build both the new academic wing of San Leandro High School and the current Jefferson School. She's perhaps better known to children and some younger adults, though, for her years of past work as a catechist (religious studies teacher) at Assumption

see MEMBERS, page 12



Cindy Rocha



Zachary Borja

INSIDE YOUR TIMES

NEWS

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Siden passes away. **Page 3**

SPORTS

San Lorenzo basketball wins
on the road. **Page 5**

OPINIONS

Letter writers fill the page
this week. **Page 10**

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MEETING SCHEDULES

CITY COUNCIL

Council meets on the first and third Monday of each month at 7:00 p.m. in City Council Chambers, City Hall, 835 E. 14th St., San Leandro. For more information, call the City Clerk at 577-3367.

SAN LEANDRO SCHOOL BOARD

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



San Leandro Times

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

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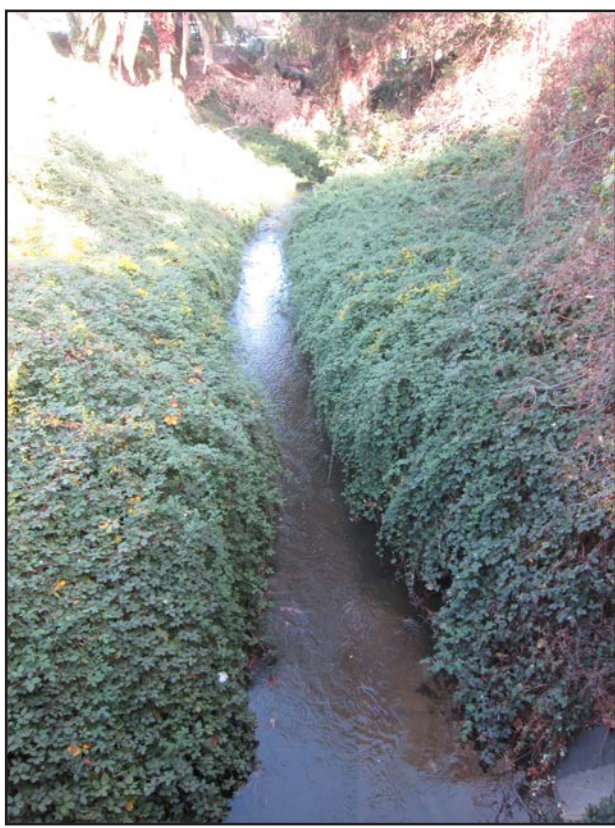


PHOTO BY JIM KNOWLES

Flowing to the Sea

The plants along San Leandro Creek thrive on a recent afternoon near The Fifth Wheel restaurant.

Events at the Library

Family Emergency Preparedness Workshop

Learn ways to prepare your family for earthquakes, wildfires, flooding and extreme heat on Tuesday, Jan. 28, from 6 to 7 p.m. at the San Leandro Main Library, 300 Estudillo Ave. This Family Emergency Preparedness Workshop is designed for adults but children are welcome to attend, too. There will be craft tables and a play space in the room. Light refreshments served.

Meditation Mondays

Relax at a free drop-in relaxation practice on the first Monday of the month from 6 to 7 p.m. at the San Leandro Main Library, 300 Estudillo Ave. Calm your stress with meditation, gentle stretching, breath work, and poetry. For age 18 and older. Call 510-577-3971 to reserve a spot of just drop in. Future Meditation Mondays will be on Feb. 3 and March 3.

CV Center for the Arts to Present Comedian David Studebaker

By Terry Liebowitz

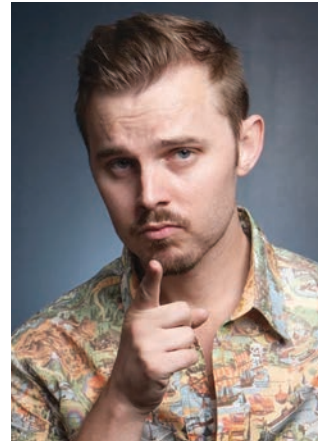
Special to the Times

Stand-up comic David Studebaker will perform at the Castro Valley Center for the Arts, Saturday, Jan. 25, at 7:30 p.m.

David describes himself as a comedian, author, host, and diaper-changer. He delights audiences with his special brand of comedy, blending music, personal stories, and pop culture into his interactive shows.

"My goal is to take my audience out of their everyday worries and create our own little joyful, carefree realm—to just have fun and party for the night."

David's comedy can be heard on Sirius XM Radio in regular rotation and his new



David Studebaker

comedy special "The Oracle of Dry Bar" is available now on the Dry Bar Comedy streaming network. He has been featured on Fox, ABC and is a popular entertainer for corporate gigs for Face-

book, Twitter, and Re/Max and many others. As a director, David won Best Documentary Film Festival for his hit docu-series David's Ark, which has amassed millions of views on TikTok.

James D. Creviston opens for David. James is a Navy veteran, writer, filmmaker, and host of the Clean Comedy Podcast. He is known for his clean, self-deprecating style. He has worked as a freelance screenwriter for such shows as Leathal Weapon, The Bachelor and The Bachelorette. James also lives in Los Angeles.

This evening of fun, fresh comedy is presented by the Castro Valley Arts Foundation in their 2024-25 Series.

Passing of Former EBRPD Board Director Doug Siden

Doug Siden, an Alameda resident who served as East Bay Regional Park District (EBRPD) Board Director of Ward 4 between 1993 and 2017, passed away peacefully on January 7, 2025.

EBRPD General Manager Sabrina Landreth made the following statement about Siden's passing: "Doug Siden was a champion for civil rights and a dogged advocate for access, and social and environmental justice. His efforts to support opening thousands of acres of shoreline and parks within the East Bay Regional Parks system is part of his legacy. He will be deeply missed."

His extraordinary advocacy efforts for East Bay Regional Parks included ensuring access for all, supporting development of the Tidewater Boating Center at Martin Luther King Jr. Regional Shoreline in Oakland, extending the SF Bay Trail in Oakland and San Leandro, securing funding to preserve Alameda's Robert W. Crown Beach from tidal erosion, and protecting and restoring Oyster Bay Regional Shoreline in San Leandro. He also led successful campaigns for bond measures CC and WW, which continue to fund much-needed Regional Parks and community improvement projects.

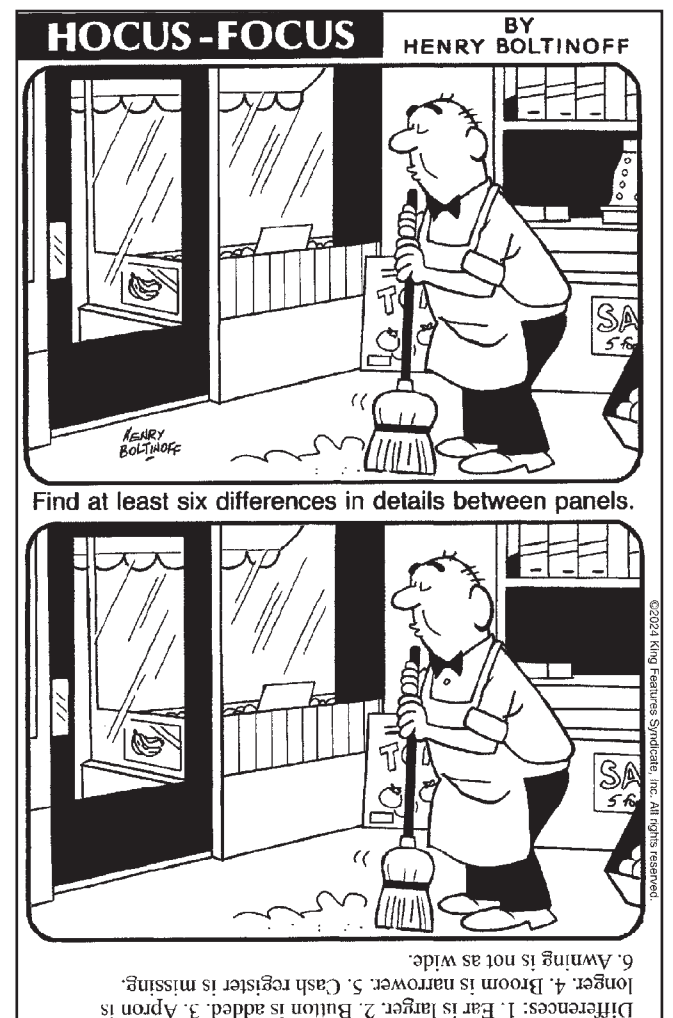
Siden's lifelong dedication to youth education, social justice, and inclusivity began in the 1960s with his service as a minister, and marching

alongside civil rights leaders Dr. Martin Luther King, Jr., in Alabama on the historic walk from Selma to the State Capitol in Montgomery and with César Chávez on behalf of better treatment for farm workers. He was a founding board member of the MLK Jr. Freedom Center in Oak-

land and chaired numerous conservation and community organizations.

In June 2022, EBRPD's Visitor Center at Crab Cove in Alameda was renamed in Siden's honor.

The flags at EBRPD properties will be flown at half-mast in his honor.



Community Calendar

Family Math Festival

Have fun with math at the Julia Robinson Mathematics Festival on Saturday, Jan. 25, from 2 to 4 p.m. at the San Leandro Main Library, 300 Estudillo Ave. Explore a variety of hands-on math puzzles and games that are great for grades K to 8. This math party is an afternoon of fun for the whole family.

Friends of the Library Gift Sale

The Friends of the San Leandro Library will host a gift bazaar sale on Saturday, Jan. 25, from 10 a.m. to 3 p.m. at the San Leandro Main Library, 300 Estudillo Ave. in San Leandro. Shop a delightful selection of gifts: jewelry, scarves, puzzles, soaps, cozy socks, Hallmark-style books, and more. Show your love for your Valentine and your library. All proceeds benefit the San Leandro Library's programs and services.

American Legion Post 117 Sunday Breakfast

American Legion Post 117 of San Leandro will host its monthly Fourth Sunday Breakfast on Sunday, Jan. 26, from 8 to 11 a.m. at the Veterans Memorial Building, 1105 Bancroft Ave. in San Leandro. Pancakes with sausage, eggs, coffee, tea, juice. Veterans \$7, non-veterans \$8.

Family Emergency Preparedness Workshop

Learn ways to prepare your family for earthquakes, wildfires, flooding and extreme heat at the Family Emergency Preparedness Workshop on Tuesday, Jan. 28, from 6 to 7 p.m. at the San Leandro Main Library, 300 Estudillo Ave. The presentation is designed for adults, but children welcome to attend, too. There will be craft tables and a play space in the room. Light refreshments served.

Become a Bicycle and Pedestrian Commissioner

Help make San Leandro a community where walking and biking are safe, equitable, and enjoyable for all ages and abilities. Become a member of the Bicycle and Pedestrian Advisory Commission. As a commissioner, you'll advise on biking and walking conditions and help create a more accessible San Leandro. Apply now: SanLeandro.org/Boards

Resolve to Lose Weight By Joining TOPS

Resolve to lose weight in 2025. Join TOPS (Take Off Pounds Sensibly) for the support you need to start your weight loss journey. TOPS is a non-profit weight loss support group that meets on Fridays at 9:30 a.m. at the United Methodist Church, 19806 Wisteria Street in Castro Valley. For more information, call Sandy Montero at 510-299-7312. Join for fellowship and support. What do you have to lose?

Applications for the 2025 Cherry Festival & Parade

Last year, over 20,000 people enjoyed the parade and festival. The festival is seeking vendors with high-quality products, unique experiences, professional attitudes, community non-profits, and performers to help make this the best Cherry Festival yet. If you're interested in applying, visit sanleandrocherryfest.com for more information. The 2025 Cherry Festival and Parade will be on Saturday, June 7.

Join the "Book It 2025 Reading Challenge"

Push the boundaries of your reading by joining the San Leandro Library's "Book It 2025 Reading Challenge," open to teens and adults, starting Jan. 10. Stop by any branch library to pick up a gameboard, or join online at sanleandrolibrary.beanstack.org

Homework Center

At the Manor Branch Library

Need help with your homework? Come to the Manor Branch Library, 1241 Manor Blvd., for after-school homework help on Tuesdays and Thursdays from 3:30 to 5 p.m. This is for students in grades 1 through 5. Registration needed at bit.ly/4fD096R or call 510-577-7971.

Become A Project Literacy Volunteer

Project Literacy, the library's free adult literacy and ESL program, is training new volunteer tutors. You can help adult students improve their basic reading, writing, and English language skills so they can meet their goals and live more fulfilling lives.

The four-part training consists of an online orientation and three workshops held on Saturdays from 1 to 2:30 p.m. on January 25, February 1, and February 8. To access the orientation or to register, visit www.sanleandro.org/literacy and click on "Be a Tutor," or call Project Literacy at 510-577-3944.

Celebrate the Lunar New Year at The Library

All are invited to learn about and celebrate the diversity and culture of Lunar New Year – 2025, the Year of the Snake – on Saturday, Feb. 1, from 1 to 3 p.m. at the San Leandro Main Library, 300 Estudillo Ave.

Enjoy sensational performances by special guests Oakland Taiko, Dasen American Academy, and Vovinam of San Jose.

Refreshments offered while supplies last at this all ages/family friendly program.

Spectrum Community Services Fall Prevention Classes

Spectrum Community Services will hold its Winter 2025 fall prevention programs: A Matter of Balance and Walk with Ease, hosted at the San Leandro Senior Center, 13909 E 14th St. in San Leandro. These classes are designed to help older adults improve their strength, mobility, and confidence, enabling them to maintain their independence.

To register or learn more, visit SpectrumCS.org or call 510-876-8809.

No one will be turned away for inability to pay, ensuring these life-changing programs remain accessible to all.

A Matter of Balance: Tuesdays from 10 a.m. to 12:30 p.m. January 14 – March 4 (8

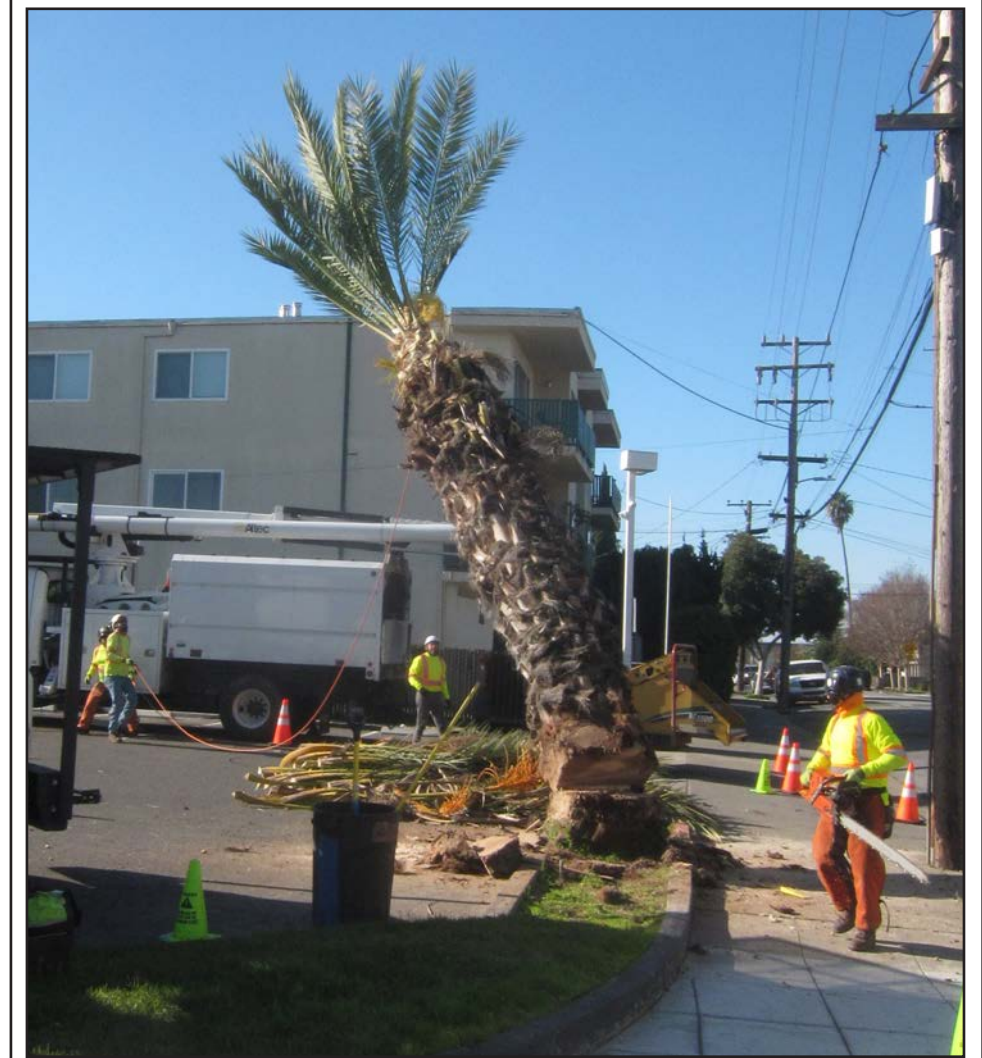


PHOTO BY JIM KNOWLES

Palms Away

A tree crew brought down a palm that landed with a thud last week at the U.S. Gas station on Washington Avenue.

Financial Wellness Workshops at the Library

Take steps toward your financial wellness with a free workshop series on Thursdays from 6 to 7:30 p.m. at the San Leandro Main Library, 300 Estudillo Ave. Learn planning and savings tools from Youngky Hermanto, CLTC, a registered financial advisor. The next session is "Increasing Cash Flow & Managing

Debt" on Jan. 23; followed by "Preparing with Proper Protection" on Jan. 30; "Your Health & Wealth" on Feb. 6; "Understanding Asset Accumulation Strategies" on Feb.

20; and "Fulfilling Long-Term Goals" on Feb. 27. Register for any or all sessions by calling 510-577-3971 or visiting the library's website at www.sanleandrolibrary.org

Bringing Nature Home – Re-imagining The Places Where We Live

Watch Doug Tallamy's talk, "Nature's Best Hope," followed by a discussion about making the places we live and work welcome for birds, butterflies and bees on Tuesday, Jan. 28, from 5:30 to 8 p.m. at the Castro Valley Library's Chabot Canyon Room, 3600 Norbridge Ave. in Castro

Valley. Native wildflower seeds will be available, plus a native plant cutting and seed swap. Light snacks and drinks will be provided.

This free talk will be moderated by Kathy Kramer, founder of the Bringing Back the Natives Garden Tour.

Open House Sunday, 1/26, 1-4 pm

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What Would We Do Without Bananas?



Bananas Foster

It's no surprise that bananas are the world's most widely consumed fruit. Available year-round, they're delicious, nutritious and easy to peel and eat raw.

But if all you ever do is slice them up over your Cheerios for breakfast, you're missing out on a world of flavors. Bananas can be cooked as a vegetable and used in salads and sauces, though they're most often used in a variety of drinks and desserts.

BANANAS FOSTER

In the 1950s, New Orleans was the major port of entry for bananas shipped from Central and South America. Owen Edward Brennan challenged his talented chef, Paul Blangé, to

include bananas in a new culinary creation. Chef Paul created the scrumptious French Quarter dessert, Bananas Foster.

Little did anyone realize that Bananas Foster would become an international favorite and the most requested item on the restaurant's menu. Thirty-five thousand pounds of bananas are flamed each year at Brennan's in the preparation of its world-famous dessert.

- 1/4 cup (1/2 stick) butter
- 1 cup brown sugar
- 1/2 teaspoon cinnamon
- 1/4 cup banana liqueur (such as Bols)
- 1/4 cup dark rum
- 4 bananas, cut in half lengthwise, then halved

4 scoops vanilla ice cream

Combine the butter, sugar, and cinnamon in a flambé pan or skillet. Place the pan over low heat either on an alcohol burner or on top of the stove, and cook, stirring, until the sugar dissolves.

Stir in the banana liqueur, then place the bananas in the pan. When the banana sections soften and begin to brown, carefully add the rum.

Continue to cook the sauce until the rum is hot, then tip the pan slightly to ignite the rum. When the flames subside, lift the bananas out of the pan and place four pieces over each portion of ice cream. Generously spoon warm sauce over the top of the ice cream and serve immediately. Serves 4.

HEALTHY BANANA-BLUEBERRY MUFFINS

- 1 cup whole-wheat flour (spooned and leveled)
- 3/4 cup all-purpose flour, (spooned and leveled)
- 1/4 cup wheat germ
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup butter, at room temperature
- 1/3 cup granulated sugar
- 1/3 cup packed light-brown sugar
- 2 large eggs
- 2 ripe bananas

- 1/3 cup 2% milk
- 1 teaspoon vanilla extract
- 1 cup frozen blueberries

Preheat oven to 375°F. Line a 12 muffin cups with paper liners.

In a bowl, whisk together flours, wheat germ, baking soda, and salt.

In a large bowl, beat butter and sugars with a mixer until light and fluffy. Add eggs, one at a time, beating well after each addition. In another bowl, mash bananas with a fork (you should have 3/4 cup); stir in milk and vanilla.

With mixer on low, alternately add flour mixture and banana mixture to butter mixture, beginning and ending with flour mixture; mix just until combined. Fold in frozen blueberries.

Divide batter among muffin cups. Bake until a toothpick inserted in the center of a muffin comes out clean, 25 to 28 minutes, rotating pan halfway through. Let cool in pan 10 minutes; transfer muffins to a rack to cool 10 minutes more. Yields 12.

OLD-FASHIONED BANANA CREAM PIE

- 1 (9 inch) pie crust, baked
- 3 cups whole milk
- 3/4 cup white sugar
- 1/3 cup all-purpose flour
- 1/4 teaspoon salt
- 3 egg yolks, slightly beaten
- 2 tablespoons butter
- 1 teaspoon vanilla
- 3 bananas

Have the baked 9-inch pie shell ready.

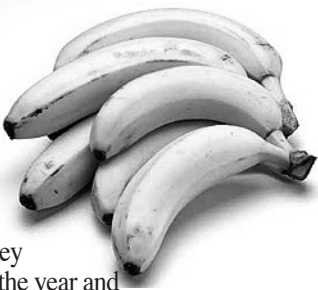
In a large saucepan, scald the milk. In another saucepan, combine the sugar, flour and salt; gradually stir in the scalded milk. Over medium heat, stirring constantly, cook until thickened.

Cover and, stirring occasionally, cook for two minutes longer.

In a small bowl, have the 3 egg yolks, slightly beaten, ready; stir a small amount of the hot mixture into beaten yolks; when thoroughly combined, stir yolks into hot mixture.

Cook for one minute longer, stirring constantly. Remove from heat and blend in the but-

Banana Basics



The peak season for bananas is January through April, but they are harvested every day of the year and are available year-round.

Bananas are picked and shipped green. They are the only fruit that develops a better color, aroma, texture and sweetness when ripened after harvest.

Choose plump, evenly colored yellow bananas flecked with tiny brown specks (a sign of ripeness). Avoid those with blemishes or soft spots, which usually indicate bruising.

They ripen quickly – often too quickly – and also hasten the ripening of other fruits that may be stored nearby. So, when selecting bananas, consider when you plan to use them. If that won't be for a couple of days, select those that are slightly green. As bananas ripen, the starch in the fruit turns to sugar. Therefore, the riper the banana the sweeter it will taste. So choose slightly under ripe bananas for cooked savory recipes and overripe ones for most baked goods.

Bananas are a good source of vitamin C, potassium and dietary fiber.

Use fresh banana peels as part of your rose-fertilizing program. Just flatten the peel and bury it under one inch of soil at the base of a rosebush.

ter and vanilla. Let sit until lukewarm.

When ready to pour, slice bananas and scatter in pie shell; pour warm mixture over bananas. Let the pie cool and serve.

BANANA FRITTERS

- 3/4 cup flour
- 2 tablespoons sugar; plus 2 teaspoons
- 1 teaspoon baking powder
- 1/2 cup milk; plus 2 tablespoons
- 1/4 cup beer
- 1 egg
- Oil for deep frying
- 4 bananas; each quartered crosswise
- Powdered sugar
- Mint leaves

Caramel Sauce:

- 1 cup whipping cream
- 1/2 cup sugar
- 1-1/2 tablespoon bourbon
- Mix flour, sugar and baking powder in bowl. Add milk, beer and egg and stir until smooth.

Heat oil in heavy deep skillet to 375°F. Working in batches, dip bananas into batter and then carefully add to oil. Cook until golden brown, about 3 minutes. Drain on paper towels. Pour caramel sauce onto plates. Set bananas atop sauce. Sprinkle with powdered sugar. Garnish plates with mint leaves and serve.

For the sauce, bring cream to boil in heavy medium saucepan over high heat. Cook sugar in heavy small saucepan over low heat, swirling pan occasionally, until brown. Gradually stir hot cream into caramel (mixture will bubble vigorously). Boil until thickened to sauce consistency, 3 to 5 minutes. Add bourbon. Serve hot.

JAMAICA CAKE

- 2 cups white sugar
- 1-1/2 cups vegetable oil
- 1-1/2 cups chopped pecans
- 3 cups all-purpose flour
- 2 bananas, peeled and diced
- 3 eggs
- 1 (20-ounce) can crushed pineapple with juice
- 1 teaspoon vanilla extract
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1 teaspoon salt
- 1 teaspoon baking soda
- Preheat oven to 350°F.

Mix together sugar, vegetable oil, pecans, flour, and bananas in a 13 x 9 inch pan. Stir in the eggs, pineapple (with juice), vanilla, salt and baking soda. Mix well. Do not mash the bananas.

Bake in a preheated oven for 60 minutes or until cake tests done.

HOROSCOPE by Salomé

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- ARIES (March 21 to April 19):** Your batteries should be fully recharged by now, making you more than eager to get back into the swing of things full-time. Try to stay focused so that you don't dissipate your energies.
- TAURUS (April 20 - May 20):** You're eager to charge straight ahead into your new responsibilities. But you'll have to paw the ground a little longer until a surprise complication is worked out.
- GEMINI (May 21 to June 20):** Rival factions are pressuring you to take a stand favoring one side or the other. But this isn't the time to play judge. Bow out as gracefully as possible without committing yourself to any position.
- CANCER (June 21 - July 22):** Reassure a longtime, trusted confidante that you appreciate their words of advice. But at this time, you need to act on what you perceive to be your own sense of self-interest.
- LEO (July 23 - August 22):** You need to let your warm Leonine heart fire up that new relationship if you hope to see it move from the "just friends" level to one that will be as romantic as you could hope for.
- VIRGO (August 23 - Sept. 22):** There's still time to repair a misunderstanding with an honest explanation and a heartfelt apology. The sooner you do, the sooner you can get on with other matters.
- LIBRA (Sept. 23 - October 22):** Expect a temporary setback as you progress toward your goal. Use this time to reexamine your plans and see where you might need to make some significant changes.
- SCORPIO (October 23 - November 21):** Some missteps are revealed as the cause of current problems in a personal or professional partnership. Make the necessary adjustments, then move on.
- SAGITTARIUS (Nov. 22 - Dec. 21):** Jupiter's influence helps you work through a pesky problem and allows your naturally jovial attitude to reemerge stronger than ever. Enjoy your success!
- CAPRICORN (Dec. 22 - Jan. 19):** Set aside your usual reluctance to change, and consider reassessing your financial situation so that you can build on its strengths and minimize its weaknesses.
- AQUARIUS (Jan. 20 - Feb. 18):** Some recently acquired information helps open up a dark part of the past. Resolve to put what you've learned to good use. Meanwhile, travel plans continue to be favored.
- PISCES (Feb. 19 - March 20):** Act on your own keen instincts. Your strong Piscean backbone will support you as someone attempts to pressure you into a decision that you're not ready to make.

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We are now livestreaming and meeting in person
Unity Church of San Leandro
San Leandro Senior Community Center
13909 E. 14th St., San Leandro



PHOTO BY JIM KNOWLES

San Lorenzo forward Brian Brown gets past Roma Funes of Encinal for a shot on Friday night in the Jets gym.

San Lorenzo Basketball Holds on to Nip Jets, 61-58

The San Lorenzo High league play. basketball team beat Encinal, This Friday, San Lorenzo 61-58, on Friday night on the hosts Hayward at 7 p.m. Jets home court. Arroyo High lost to Ken-

The Grizzlies improved nedy in Fremont, 55-37, on their season record to 9-6 with Saturday. This week, the Dons the win, and they're 2-1 in travel to Tennyson for a game

at 7 p.m. on Friday.

San Leandro High lost at Castro Valley last Thursday, 62-54. Tonight (Thursday, Jan. 23) the Pirates travel to Bishop O'Dowd for a game at 7 p.m.

“The only difference between a good shot and a bad shot is if it goes in or not.

— Charles Barkley

HEALTH & FITNESS

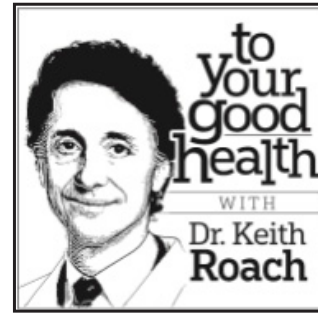
Probiotics May Help Restore Good Bacteria in the Gut

DEAR DR. ROACH: You recently wrote that you do not recommend probiotics in healthy people. I am a 78-year-old male who, three years ago, underwent an esophagectomy to remove my esophagus and part of my stomach because of cancer. I was put on 30 mg of pantoprazole, which was later increased to 40 mg. I've read that prolonged use of this medicine isn't recommended.

My understanding is that this medicine is used to reduce the chance of acid reflux. I have read that it also kills bacteria (both bad and good) in the stomach. I asked my primary care physician about this and whether she was OK with me starting probiotics to help restore the good bacteria. — E.M.

ANSWER: Proton-pump inhibitors like pantoprazole are often used in people after surgical treatment for esophageal cancer. They reduce acid reflux and consequently prevent a stricture where the remainder of the esophagus meets the remainder of your stomach.

While it is true that proton-pump inhibitors do have the potential for side effects with long-term use, there are times when the benefits outweigh the risks. Many esophageal cancer experts feel that the benefits outweigh the risks in esophageal survivors



like you.

Long-term acid suppression does lead to changes in the gut bacteria, called the microbiome. Using probiotics to improve the quality of the microbiome has been studied, and preliminary studies showed that taking probiotics daily can get more healthy bacteria in the gut. What isn't clear is whether this translates to better outcomes for the patient or whether any of the long-term adverse effects of proton-pump-inhibitor therapy will be reduced. It makes sense that it might help, but it is unproven as yet.

There is the potential for harm in probiotic treatment, but it's not common. A very few cases of infection have been shown to be transmitted by probiotics. The main harm is mostly financial, since some probiotics are expensive.

DEAR DR. ROACH: I am 81 years old and in pretty good health. I often have a hard time getting to sleep and staying

asleep. A couple of months ago, I was dealing with a sore lower back from overdoing yard work, so I took two ibuprofen tablets before going to bed for several nights in a row. What I noticed is that I was able to get to sleep quicker.

I have continued to take ibuprofen as a sleep aid, and it continues to help me get to sleep. But I am wondering if there might be any medical issue that could arise from the continued daily use of ibuprofen. — J.T.N.

ANSWER: Most people don't find that ibuprofen helps or hurts their sleep, so I don't recommend it as a sleep aid in general. In fact, some people find that ibuprofen can be disruptive to their sleep. Others, however, find that it makes them sleepy.

In any case, the risk of two ibuprofen tablets at night, or even every day, is small. A person with a history of ulcer disease or abnormal bleeding shouldn't take ibuprofen daily without discussing it with their doctor.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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San Lorenzo Basketball

Date	Time	Opponent	Location
Fri. Jan. 24	7 p.m.	Hayward	Home
Tue. Jan. 28	7 p.m.	Arroyo	Arroyo
Thurs. Jan. 30	7 p.m.	Tennyson	Tennyson
Sat. Feb. 1	6 p.m.	Albany	Albany
Tues. Feb. 4	7 p.m.	Mt. Eden	Mt. Eden
Thurs. Feb. 6	7 p.m.	Encinal	Home
Fri. Feb. 7	7 p.m.	Mt. Diablo	Home
Tues. Feb. 11	7 p.m.	Hayward	Hayward
Fri. Feb. 14	7 p.m.	Arroyo	Home



Saint Leander School



Join us for Open House

Sunday, January 26th 12:00PM - 2:00PM



If you are unable to attend Open House we will have a Parent Information Night on Thursday, February 20, 2025 at 6:00PM. For more information call the school office or visit our school website.

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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Southern California
Fires Affecting Us All

By Carl Medford, CRS
Special to the Times

As we have watched the fire-related tragedy unfold in Southern California, our hearts have been wrenched. Those of us who have lived in the Bay Area for a while can certainly relate, as the Oakland firestorm of 1991 wreaked unimagined devastation. I had a front row seat as I was visiting someone on the 10th floor of the then Kaiser Permanente Hospital in Oakland and was able to look

directly at the fire and see the helicopters and other firefighting activities in action.

Fires such as this are no respecter of persons and as such are affecting a broad range of socio-economic groups. Moody's, a global company providing credit ratings, research, and risk analysis for debt obligations, securities, and organizations, has noted that while the fires will most likely not impact the national economy, the effects to Southern California could be

profound. Currently, the existing wildfires are projected to generate more substantial economic losses than any previous US wildfire. Initial estimates of losses are between \$2 to \$3 billion and could easily be higher.

In addition to the effects on Southern California, the Bay Area will also be impacted, especially with regards to insurance. We have already been in the midst of an insurance crisis, with many major insurance companies no longer writing residential policies in California.

The current crisis is only going to make things worse. Additionally, we can expect to see increases in building materials as reconstruction over the next few years will undoubtedly cause material

shortages.

Another significant issue is the effect on housing. Already facing a housing shortage, the loss of so many homes in the fires will further deepen the issue. As we saw in the recent devastation in Sonoma and Napa Counties, there will be a massive search for temporary replacement housing. The state has already enacted laws prohibiting price gouging, cognizant that some may try to use this crisis to produce financial gain.

Attorneys are also flooding to Southern California, eager to capitalize on the crisis. I received a call a few days ago from an associate who, having retained counsel to deal with an insurance issue of his own, was notified by his attorney that he could no longer represent him as the fires would now take precedent.

These are sad days, and our thoughts and prayers go out to those in Southern California who are being affected by this ongoing tragedy.

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

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OPEN HOMES

SUNDAY
JANUARY 26

CITY	SAT	SUN	ADDRESS	PRICE	BDR./BA.	REALTOR	AGENT	PHONE
C		1-4	4635 Seven Hills Rd	\$1,728,000	5/3.5	Coldwell Banker	Trish Radovich	510 367-7999
F		1-4	5566 Magnolia Terrace	\$650,000	2/1.5	Re/ Max Accord	The Lovewell Team	510-351-5555
A		1-4	2405 W Avenue 135th	\$1,050,000	4/2	Re/ Max Accord	The Lovewell Team	510-351-5555

CITY GUIDE

A = SAN LEANDRO • B = BRENTWOOD • C = CASTRO VALLEY • D = DUBLIN • F = FREMONT • H = HAYWARD
L = LIVERMORE • P = PLEASANTON • S = SAN RAMON • SLZ = SAN LORENZO • W = WALNUT CREEK • Z = ALAMEDA



All real estate advertised in the Castro Valley Forum is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination because of race, color, religion, sex, handicap, marital status, national origin, or intention to make any such preference, limitation or discrimination. The Castro Valley Forum will not knowingly accept any advertisement for real estate that is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

RECENT HOME SALES

Castro Valley

20045 Santa Maria Avenue 94546: \$725,000 [1,442 SF - 1980
2627 Grove Way 94546: \$765,000 [2 BD - 1,137 SF - 1948
22336 Cameron Street 94546: \$785,000 [3 BD - 1,064 SF - 1951
21974 Dolores Street 94546: \$785,000 [2 BD - 1,018 SF - 1948
2308 Vegas Avenue 94546: \$869,000 [3 BD - 1,032 SF - 1953
2596 Grove Way 94546: \$882,000 [3 BD - 1,660 SF - 1949
3863 Mabel Avenue 94546: \$1,100,000 [3 BD - 1,762 SF - 1942
5034 Rahlves Drive 94546: \$1,149,000 [3 BD - 1,160 SF - 1953
19164 Christensen Court 94546: \$1,255,000 [3 BD - 1,541 SF - 1964
4125 Nichandros Street 94546: \$1,352,000 [4 BD - 2,111 SF - 1959
17972 Center Street 94546: \$1,450,000 [3 BD - 3,144 SF - 1985
17880 Trenton Drive 94546: \$1,550,000 [3 BD - 2,477 SF - 1963
5776 Cold Water Drive 94552: \$1,661,000 [5 BD - 2,143 SF - 1967
4835 Beacon Hill Drive 94552: \$1,970,000 [5 BD - 3,433 SF - 1962
TOTAL SALES: 14
LOWEST AMOUNT: \$725,000 MEDIAN AMOUNT: \$1,124,500
HIGHEST AMOUNT: \$1,970,000 AVERAGE AMOUNT: \$1,164,142

SAN LEANDRO

1550 Bancroft Avenue #211 94577: \$570,000 [2 BD - 1,480 SF - 1976
195 Lexington Avenue 94577: \$600,000 [3 BD - 1,297 SF - 1940
1652 Clarke Street 94577: \$635,000 [2 BD - 1,216 SF - 1926
1340 Carpentier Street 94577: \$680,000 [2 BD - 990 SF - 1940
15222 Farnsworth Street 94579: \$800,000 [3 BD - 1,114 SF - 1950
110 Estabrook Street 94577: \$900,000 [4 BD - 1,986 SF - 1940
2045 Evergreen Avenue 94577: \$950,000 [3 BD - 1,606 SF - 1959
1565 Darius Court 94577: \$1,175,000 [3 BD - 2,373 SF - 1958
TOTAL SALES: 8
LOWEST AMOUNT: \$570,000 MEDIAN AMOUNT: \$740,000
HIGHEST AMOUNT: \$1,175,000 AVERAGE AMOUNT: \$788,750

SAN LORENZO

16161 Via Andeta 94580: \$770,000 [3 BD - 1,280 SF - 1944
16182 Via Chiquita 94580: \$840,000 [3 BD - 1,140 SF - 1951
1315 Via Lucas 94580: \$850,000 [3 BD - 1,425 SF - 1951
15750 Via Colusa 94580: \$853,000 [3 BD - 986 SF - 1944
1336 Cobblestone Lane 94580: \$855,000 [3 BD - 1,520 SF - 2009
15838 Via Arroyo 94580: \$903,000 [3 BD - 1,842 SF - 1946
TOTAL SALES: 6
LOWEST AMOUNT: \$770,000 MEDIAN AMOUNT: \$851,500
HIGHEST AMOUNT: \$903,000 AVERAGE AMOUNT: \$845,166

HAYWARD

18028 Silverado Road 94541: \$440,000 [2 BD - 1,270 SF - 1973
26439 Cascade Street 94544: \$455,000 [3 BD - 1,056 SF - 1952
387 Laurel Avenue #6 94541: \$505,000 [2 BD - 1,050 SF - 1989
574 Jefferson Street 94544: \$628,000 [2 BD - 975 SF - 1952
22012 Sevilla Road #112 94541: \$695,000 [3 BD - 1,487 SF - 1986
2729 Arf Avenue 94545: \$700,000 [4 BD - 1,474 SF - 1971
2757 Gamble Court 94542: \$715,000 [1,352 SF - 1979

A Hummingbird Consumes More than Its Weight in Nectar Daily

By Buzz Bertolero
The Dirt Gardener

Q Should Hummingbird Feeders be stored for the winter? If not, how do I go about protecting it from the cold? Also, could I capture one and keep it as a pet?

A Hummingbirds are active during winter as long as they have a food source. Hummingbirds have the highest energy expenditure of any warm-blooded animal.

A hummingbird must take in more than its body weight in nectar daily, which can be difficult during the winter. With little to no flowers for nectar, a liquid feeder is the only option.

So, I wouldn't be inclined to take it down. I'd also replace my Hummingbird food with Kaytee Hummingbird ElectroNectar. Kaytee Hummingbird ElectroNectar is the first-ever hydrating energy drink for Hummingbirds.

This naturally clear nectar was developed to mimic flower nectar with added electrolytes and no added colors for overwintering hummingbirds. It's available online and elsewhere.

On those nights when the temperature will dip below thirty-two degrees, you have two options. You can bring the feeder inside at night and put it back out early in the morning.

Hummingbirds must start feeding early in the day after coming out of a torpor. The torpor stage is similar to hibernation, which occurs when

their metabolism slows down, or food is in short supply. Your other option is to insulate the feeder by wrapping the bottle in bubble wrap.

Keeping a hummingbird as a pet is possible with the right size structure and food sources; however, it is illegal. In the United States, capturing a hummingbird violates the Migratory Bird Treaty Act of 1918.

This law makes possessing or capturing any migratory bird, including hummingbirds, illegal. In addition to the prohibition of holding or capturing a hummingbird, the act also makes it unlawful to keep a hummingbird's nest, egg, or baby. The penalties for breaking this law include a steep fine.

NOTE: Hummingbird facts from a variety of sources:

Hummingbird can flap their wings more than fifty times a second. They can fly in any direction at speeds of thirty miles per hour or more and have a heart rate of over twelve hundred beats per minute. Hummingbirds can flap their wings at a staggering eighty times

per second and lick their food at about thirteen licks per second. They do not use their feet for walking or jumping but for perching. Hummingbirds have a lifespan of about four years, grow to about eight inches in length, and weigh less than an ounce.

Q How soon would I get fruit if an apple graft were successful? Also, does the fruitless portion of the tree impact the graft?

A In one to two growing seasons, you'll get fruit on a successful graft. Your biggest concern is not allowing the fruitless portion of the tree to overgrow the new graft. Also, it must be braced when the fruit matures so the weight doesn't cause it to break off.

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



By Charles J. Sharp - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=57037472>



RECENT HOME SALES

continued from page 6

HAYWARD

10 Crystal Gate Common 94544: \$770,000 [3 BD - 1,475 SF - 1992
28069 East 12th Street 94544: \$775,000 [3 BD - 1,015 SF - 1962
21997 Victory Drive 94541: \$775,000 [3 BD - 1,020 SF - 1943
1467 170th Avenue 94541: \$780,000 [2 BD - 1,354 SF - 1947
509 Kim Place 94544: \$835,000 [3 BD - 1,186 SF - 1956]



Assessing Your Soil

Planting instructions usually say, "Place is soil with good drainage." But how do you know whether or not your soil drains well? If water forms puddles in your flower beds and stays there for a time after a rain, it is not draining well. Another test: Dig into the soil with 48 hours after a normal rain. If the soil breaks up without clumping, then it has good drainage. But, if the soil sticks together like Silly Putty, the drainage is poor. You can increase drainage in heavy soil by adding compost or peat moss. Building a raised flower bed will also work.

Prune, Prune, Prune

Prune crape myrtles severely to force growth on new flowering wood. Prune dormant deciduous flowering vines and shade trees. And prune those roses if you haven't already done so. But hold off pruning spring-flowering ornamentals until just after they bloom.

Landscape

Plant acacia, dogwood, forsythia, lilac, mimulus, flowering quince and other ornamental shrubs and trees.

Spray

Spray peach and nectarine trees for peach-leaf curl. This spray should be done during the next week before trees begin to put out new growth.

Mortgage Rates Surpass Seven Percent

Mortgage rates ticked up for the fifth consecutive week and crossed seven percent for the first time since May of 2024. The underlying strength of the economy is contributing to this increase in rates. Despite rising rates, Freddie Mac research highlights that consumers can save money if they shop for several different lender quotes.

Alta Dean Davis

December 31, 1927 ~ January 12th, 2025

Alta Dean Davis, age 97, a resident of Fort Scott, Kansas, passed away Sunday, January 12th, 2025, at her home. She was better known by Kansas relatives as Aunt Deanie, to California relatives as Auntie Alta and to many friends as Miss Alta.

Alta was born on December 31, 1927, in La Harpe, Kansas, the daughter of Benton More, Jr. and Mary Ann (Fifer) More. Benton and Mary moved to Fort Scott, Kansas, with their nine children, Alta being the youngest. Alta started school at the age of five, skipped a grade in elementary school and ventured West to California in hopes of adventure and higher wages at the age of 16.



After arriving in California, Alta first worked as a waitress, then went to work at a car dealership for Mr. Phil Davis. It was at the car dealership where she met Craig Chandler Davis, the dealership's owner's son. Craig and Alta were married on April 16th, 1949 in Oakland, California. The couple owned and operated the All Automatic Transmission Company in Hayward, California. The Davis family welcomed their son, Curtis Dean Davis on December 15th, 1953.

In addition to being a wife and mother, Alta was an entrepreneur, real estate investor, financial all-around business woman and philanthropist. She worked diligently to provide for her family working a variety of jobs at the transmission shop and working trade shows and events at Bay West/Showplace in the San Francisco Concourse. It was at the concourse where her entrepreneurial spirit was sparked; while working here she ran a popcorn machine on the side for extra income.

Alta attended Bible Study at the Greek Orthodox Cathedral of the Ascension in Oakland, California, was a member of the Martin C. Kauffman 100 Club of Alameda County, and loved to support many organizations including the American Red Cross, Habitat for Humanity, the Boys and Girls Club of San Leandro, The First Church of God and the Wheelchair Foundation. Alta enjoyed traveling with friends and family. Her adventures took her around the world including many cities and countries in Asia, Europe, North America, South America and even a penguin expedition to Antarctica.

After living in California for more than 70 years, she returned to Fort Scott and enjoyed reconnecting with family and making new friends. She was always ready to make a witty joke, share a smile, lend a helping hand, play a game of Hand and Foot or a round of Mexican Train dominoes.

Alta is survived by her great-great nephews, Jared Leek and Rob Shaw of the home, nieces Johnna Kay (Davis) Ballou, Betty Joan (More) Crane, Joyce (More) Love, Juanita (Rhyerd) Sinn, all of Fort Scott, Kansas, niece Sheryl (Davis) Hardin of Danville, California, nephews Leroy Bedingfield of Kansas City, Missouri, and Michael Davis of Oakdale, California, and many generations of nieces and nephews. Alta was preceded in death by her parents, siblings, husband, son, daughter-in law Laurie Henrietta Britton Davis, beloved friend of many years Norman L. Bradshaw "Brad" and many family members.

Friends, family and community members are invited to a Celebration of Life service to be held on Sunday, January 26, 2025, at 3:00 PM, Liberty Theatre, 113 S. Main Street, Fort Scott, Kansas. A private burial at Evergreen Cemetery in Fort Scott, Kansas, will take place prior to the service. Memorial contributions may be made to Mount Carmel Hospice or the First Church of God and may be left in the care of the Konantz-Cheney Funeral Home, 15 W. Wall Street, P.O. Box 309, Fort Scott, KS, 66701. Friends and family may sign the online guest book and share memories at www.konantzcheney.com.

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LEGAL NOTICES

Please **TENOLIA JACKSON** be advised and put on notice that a Limited Civil lawsuit in the amount of \$10,060.38 for move out and property damage charges has been filed on February, 22, 2024 in the county of Alameda against Tenolia Jackson for her contract of renting at the premises of 1555 164th Ave. apartment number 39 by the Plaintiff, San Leandro Ashland LLC, with the defendant being Tenolia Jackson case number 24CV065026. This notice is to serve as publication of service as per the order granted and dated January 13, 2025 to run in this newspaper for four consecutive weeks. Contact Plaintiff at Ashland Office located at 1555 164th Ave San Leandro, CA 94578, 510-278-3920, Ashlandmanor@jleproperties.com

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January 6, 2025
County Clerk
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By-----, Deputy
FILE NO. 611614

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and Professions Code
Sections 17900-17930

The name of the business(es):
EM Stone located at 2140 Dunn Rd Hayward, CA 94545 / 22226 Moselle Ct Hayward, CA 94541 Alameda County, s hereby registered by the following owner(s): Enrique Mata, located at 2226 Moselle Ct Hayward, CA 94541. This business is conducted by An Individual. This business commenced 1/28/2020
/s/Enrique Mata
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires January 5, 2030
JAN 16, 23, 30, FEB 6, 2025
1910 - SLT

LEGAL NOTICES

FILED
MELISSA WILK
January 8, 2024
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 611670

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and Professions Code
Sections 17900-17930

The name of the business(es):
Pilar / R Assets Management Network located at 10510 Pearmain Street Oakland, CA 94603 Alameda County, is hereby registered by the following owner(s): Pilar Rosales, located at 10510 Pearmain Street Oakland, CA 94603. This business is conducted by An Individual. This business commenced 11/15/24
/s/Pilar Rosales
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires January 7, 2030
JAN 16, 23, 30, FEB 6, 2025
1907 - SLT

LEGAL NOTICES

FILED
MELISSA WILK
December 31, 2024
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 611550

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and Professions Code
Sections 17900-17930

The name of the business(es):
ZZL Construction located at 1220 Georgetown Ave. San Leandro, CA 94579 Alameda County, is hereby registered by the following owner(s): Zhuozi Lin, located at 1220 Georgetown Ave. San Leandro, CA 94579. This business is conducted by An Individual. This business commenced 12/31/2024
/s/Zhuozi Lin
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires December 30, 2029
JAN 09, 16, 23, 30, 2025
1900 - SLT

LEGAL NOTICES

FILED
MELISSA WILK
January 8, 2024
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 611674

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and Professions Code
Sections 17900-17930

The name of the business(es):
Ohlone Lawn Care located at 1353 Via Vista San Lorenzo, CA 94580 Alameda County, is hereby registered by the following owner(s): Gabriel Medina located at 21353 Via Vista San Lorenzo CA 94580. This business is conducted by An Individual. This business commenced N/A
/s/Gabriel Medina
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ANSWERS ON PAGE 6

LEGAL NOTICES

FILED
MELISSA WILK
December 30, 2024
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 611525

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and Professions Code
Sections 17900-17930

The name of the business(es):
Home Concept located at 2954 Alvarado Street San Leandro, CA 94577 Alameda County, is hereby registered by the following owner(s): Expert Staging Corp., located at 2954 Alvarado Street San Leandro, CA 94577. This business is conducted by a Corporation. This business commenced 12/20/2024
/s/Kiet Huynh
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires December 29, 2029
JAN 09, 16, 23, 30, 2025
1902 - SLT

LEGAL NOTICES

FILED
MELISSA WILK
December 24, 2024
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 611446

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and Professions Code
Sections 17900-17930

The name of the business(es):
M Silva Hauling Services located at 22855 Watkins St. Hayward, CA 94541 Alameda County, is hereby registered by the following owner(s): Manuel Silva Curiel, located at 22855 Watkins St. Hayward, CA 94541. This business is conducted by An Individual. This business commenced N/A
/s/Manuel Silva Curiel
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Expires December 29, 2029
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January 21, 2025
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ALAMEDA COUNTY
By-----, Deputy
FILE NO. 611885

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and Professions Code
Sections 17900-17930

The name of the business(es):
Chrys & Bib Innovations located at 724 Lewelling Blvd. #328 San Leandro, CA 94579 Alameda County, is hereby registered by the following owner(s): Anne Happy, located at 724 Lewelling Blvd. #328 San Leandro, CA 94579. This business is conducted by An Individual. This business commenced N/A
/s/Anne Happy
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OPINION

LETTERS to the EDITOR

Letters must include the writer's name, address and phone number, and must be under 300 words. Letters can be edited for clarity or length. Letters are the views of the author and not necessarily the views of the newspaper or its advertisers. E-mail letters to: letters@ebpublishing.com or send by mail to: The Editor, San Leandro Times, 2060 Washington Ave., San Leandro, CA 94577.

Closing Playground Was an Overreaction

Dear Editor,

I was saddened to read last week about the girl being bitten at Roosevelt ("School Playground Closed to Public After School Hours," Jan. 16, 2025). However, the school district's closing of the space to any public activity is an overreaction that goes beyond their authority over these public spaces in times that school is not in session.

As someone who grew up in San Leandro but has since gone to school in Berkeley, it is amazing how differently these two cities' public spaces are utilized and how many people gather outside in them.

The San Leandro School District and city in general seem to fear the use of space in this city by San Leandro residents. The fields where I used to hit baseballs at San Leandro High growing up are now enclosed in a chain link fence.

The field we used to play frisbee on with other San Leandro High students against teachers on Sunday mornings is now usually locked beyond a heavy metal gate. I go by on Sundays sometimes, still, to see the once busy field now always empty.

It is sad that the girl was hurt. However does this incident mean that no one should use the space, or only those that can pay for a tournament can use the space? If we want to be a community with one another, a city in all that it means, it's important for there to be spaces, places where we come together to play, shoot hoops, be outside.

The parks in San Leandro are few and far between, and schoolyards serve as an important space to play and gather after school hours.

I would encourage the school board to think about the role these places play in the San Leandro community before banning them from public enjoyment.

Christopher LeBoa
San Leandro

Reopen the Roosevelt Playground

Editor,

Every election cycle the school district asks me for money in the

form of bond measures and higher taxes. We pay our school district superintendent more than the President of the United States to solve problems that do not include a genocide. Somehow, though, the 91,000 residents of San Leandro have now lost access to the Roosevelt campus, a very used and needed public space.

I'm not at all discounting the upsetness of the child who was bit. To close the campus is not the proper answer at all. I realize that Roosevelt is the darling child of the town's elementary schools but we *all* have a right to use it.

If dogs are an issue during school events, don't allow them.

The campus should be open during the day on weekends at the very least. It is an important community gathering spot for many folks as the article last week pointed out.

Our family has hosted community building events and birthday parties there. Adults with smaller kids appreciate the enclosure so that little ones can exercise safe independence. Kids use the space to learn to ride bikes, to safely scoot on their scooters. Teens use the space to play ball.

Society complains that kids are always on screens. Grown men then just unilaterally decide that the only solution is complete closure. Their decision has shown a remarkable lack of consideration for the community. It shows they lack creativity when it comes to problem solving. It shows a lack of common sense. It takes for granted the taxpayers.

Before someone says, "but dog poop!" well, Washington Elementary somehow manages to remain open. The dynamic leadership there keeps in mind that they are part of a larger community as they navigate problem solving, like dog poop. Is it annoying to have my kid step in poo at school? Sure. But that's just life. It happens.

While the superintendent collects his pay, I'm not asking him to solve homelessness or Middle East peace. What I do expect is for them to do the very easy and right thing. Reopen Roosevelt during the weekends and holidays.

Gloria Strohm
San Leandro

Speak Up on Bancroft Bike Lanes

Editor,

San Leandro has received an \$83,000 grant for bike and pedestrian safety. Recent changes on MacArthur Boulevard to install bike lanes don't appear to have improved residential parking safety or increased bike traffic. Since the installation of bike lanes on Bancroft Avenue is a project under consideration, Bancroft homeowners who support safety want to ensure designs are approved with specific input from those most impacted.

The current proposed design eliminates parking on Bancroft's east side and all turn lanes which will aggravate traffic congestion, force residents to park farther away or on the west side, increasing risky street crossings and endangering the very people the new design is meant to protect.

We advocate for safe biking for kids but also need parking in front of our homes. Any new design should consider this. We discussed the issue with council member Xouhoa Bowen, who explained that the design process is ongoing and now is the time for residents of Bancroft and nearby areas to provide input on the designs as they will significantly impact the neighborhoods.

Get involved by joining the Bicycle and Pedestrian Advisory Committee, contacting your council member, or speaking at City Council meetings.

Tanya and Hans Forsberg
San Leandro

Listen to City Council Meetings

Editor,

We have noticed that you have received several letters recently defending the character of San Leandro council members or supporting candidates for election. What we have not seen are comments about any real results that our City Council has wrought as of late.

Instead, the toxic and dysfunctional dynamics on our City Council are distracting us from focusing on the question that matters most — how effective have our elected leaders been at making San Leandro a better home for us all? From what we've seen, there is only one member of our current City Council that has been around for long enough to show that she can deliver results effectively — and that is Vice Mayor and Council Member Xouhoa Bowen.

Bowen regularly plans community meetings and public safety forums to keep her ear to the ground. As a result, she has added quality of life issues and economic development to council priorities, pushed for gun control measures,



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Letters must include the writer's name, address and telephone number.

worked to ensure that students can walk and bike safely to school, worked to double enrollment at Camp Chabot and extend the swim season at Farely Pool, and the list goes on.

We sincerely wish we could attribute half as much to other members of our current City Council who have been in office for at least as long as Bowen.

We implore all San Leandrans to listen to City Council meetings online every so often. It will become clear pretty quickly which council members are actually doing work to demonstrably improve our lives. Make public comment to show that you support them. Tell the other council members that you expect better from them. There is nothing like public pressure to turn the tide.

**Jessie Rubin, and
Mary Trounstone**
San Leandro

Why Lake Chabot Road Remains Closed

Editor,

Greg Novak's letter last week about Bay-O-Vista becoming Pacific Palisades is just another piece of the propaganda we've come to expect from him. The Alameda County Fire Department has explained and demonstrated — even with photographs and a video — that Lake Chabot Road is open for evacuation and the collapsible bollards at both ends of the road closure will not impede Bay-O-Vista hill residents. Still, some of them continue to clamor and deny that truth.

Last week's Facilities Committee afternoon meeting was heavily attended by people who live in Bay-O-Vista and it was a real eye opener. The committee, bowing to demands of Bay-O-Vista residents, had asked staff in November to evaluate the feasibility of opening one lane of the road for one-way traffic.

On that Tuesday, we were all there to hear Engineering staff's presentation of their thorough evaluation, which concluded that opening to one lane was, to put it mildly, unrealistic. As usual, that did not stop some Bay-O-Vista residents from coming to the microphone to sing their same tired song that the road needed to be opened to regular vehicle traffic.

Fortunately, Fire Chief Bowie was there and, in answer to a question from City Councilmember Boldt, was unequivocal when she told us that the opposite is true.

Opening the road to daily traffic would require Public Works staff to install large, heavy cement barriers, called k-rails, down the entire length of the road to keep drivers away from the extremely damaged lane closest to the park. (If something terrible happened, the City would be liable.) This would significantly narrow the road.

Chief Bowie sketched a scenario in which fire trucks flying up Estudillo Avenue to a fire in the park would come face to face with regular traffic coming down or get stuck behind cars driving up, with no room to maneuver around them. It only takes one disabled car for disaster to strike. Opening one lane, she said, would make it harder for ACFD to fight a fire and more dangerous for all of us, not just people who live in Bay-O-Vista.

When we have the patch to the downslope (funded by the Federal Highway Administration) that will make more of the road tough enough to support a fire truck, it may be a different story. But, until then, for the safety of everyone in San Leandro, Lake Chabot Road must remain closed to all regular vehicle traffic.

Sarah Bailey
San Leandro

Impeach Trump

Editor,

Trump successfully skated away from consequence for the seditious crimes he was indicted for, not because he was judged innocent, but because he manipulated our legal system of justice with help from several corrupt judges and Justices. He even avoided punishment for the one crime for which he was found guilty (34 counts!).

Until Inauguration day, these evasions from accountability were the most egregious attacks on the rule of law, and on our national security, that a public official has ever perpetrated against us.

Now, on Inauguration Day, Trump exceeded his previous deplorable, traitorous sabotage. With the blanket pardon of violent January 6 rioters, Trump has subverted the legal system required for civil society. Setting free those violent insurrectionists gives them immunity to become Trump's unofficial violent enforcers of fear and corruption, just like Nazi brownshirts were.

On Day 2, the criminal must be impeached. Contact your Congress representative.

Bruce Joffe
Piedmont

Volunteers: Helping prepare meals and making deliveries

continued from front page

was essential for everyone.

"He once told a group of health care workers, 'Of all the forms of inequality, injustice in health care is the most shocking and inhumane,'" Kaplan added.

The volunteers assembled meals prepared in the Meals On Wheels kitchen, as well as care packages, including games and puzzles.

"For some homebound seniors, the Meals On Wheels volunteer may be the only in-person contact they have that day," Kaplan said.

It was the second year

since the pandemic that the Kaiser volunteers had lent a hand to Meals On Wheels, she said. Before the pandemic, though, it had been an annual event for decades.

"Food is important to seniors," said long-time Kaiser nurse Wendy Vu, standing in a room full of bags awaiting delivery.

"It was so fun — I met all my colleagues, some for the first time, and got to work alongside my director," she said. "I'll definitely encourage more colleagues to join us next year."

Kim Olson, director of ad-

vocacy for Meals On Wheels, praised the work of head chef Eric Gremillion. All the meals are planned by dietitians, who often have to meet client's needs for low-salt diets.

"But not only are our meals nutritious, they're also delicious," she said.

Gremillion explained that he puts herbs in when salt goes out, keeping meals tasty, a technique he learned from his own family growing up.

"Our physician and staff regularly volunteer in our communities," said Dr. Dr. Kapil Dhingra, physician in chief at Kaiser's San Leandro

Medical Center.

"Part of our mission is not just providing health care to our members, but keeping the whole community healthy," he said. "Kaiser has a tradition of volunteerism in the community."

While Meals On Wheels has some paid staff, the group relies heavily on volunteers to do its daily work of delivering meals to some 3,000 seniors, Olson said.

People who would like to volunteer or donate can do so through their website at www.sosmow.org or by phoning 510-582-1263.



PHOTO BY MIKE MCGUIRE

Volunteers from Kaiser Permanente San Leandro Medical Center helped Meals On Wheels get meals and care packages ready for delivery to homebound seniors, including Melissa Hathcoat, Diana Zhen-Davis, Wendy Vu and Dr. Sharon Hampton.

Raid: Duong family has supported many East Bay candidates

continued from front page

boyfriend, Andre Jones, and businessmen David and Andy Duong on bribery and other charges.

At a press conference last Thursday, U.S. Attorney Patrick D. Robbins outlined the charges of bribery, conspiracy, mail fraud and wire fraud against Thao, Jones and the Duongs.

Oakland's Public Ethics Commission has been investigating the Duongs' business dealings since 2020. The



Bryan Azevedo

family owns California Waste Solutions, a recycling compa-

ny, and Evolutionary Homes, a startup hoping to convert large shipping containers into homes for homeless and low-income families. The family has been suspected of using "straw donors" to make campaign donations.

City spokesperson Paul Sanftner confirmed that before the FBI raid, Julie Wedge, a consultant with ties to Thao and associated with Evolutionary Homes, provided San Leandro with a draft ordinance. Azevedo was among

a group planning to visit the Evolutionary Homes before they were investigated.

In a June 27, 2024, letter to the Editor of this paper, Azevedo distanced himself from the Sheng Thao scandal.

"Regarding my affiliation with the Duong Family and Cal Waste Solutions," Azevedo wrote, "First, I received and properly reported a \$2,000 campaign contribution from Andy Duong to support my campaign for Mayor in 2022. Cal-Waste Solutions has not

received nor was it recommended to receive a contract from the City... The Duong Family has supported many officials and organizations in our communities for the past few decades, so we should not assume anything until the facts come out."

Spokesperson Sanftner confirmed that the city did not pay for Azevedo's trip to Vietnam and that he brought along \$350 worth of approved San Leandro trinkets to pass out to dignitaries as a show of

goodwill.

Legal analyst Steven Clark told KTVU-TV that searching Azevedo's home could have meant the FBI was likely widening the investigation in their previous searches of Mayor Sheng Thao's home and others.

"When you think of a local city councilman, you don't necessarily think that the FBI would get involved in that investigation unless it involved some type of political criminal activity," Clark said.

Council: Bulatao and lawyer say at-large elections discriminate

continued from front page

districts rather than citywide. They did so as part of the consent calendar, where the council votes just once on multiple, usually non-controversial matters.

The council acted following receipt of a November 24 demand letter from local attorney Ginger Grimes, citing the California Voting Rights Act (CVRA), which requires local governments to ensure all citizens have an equal opportunity to choose their elected representatives.

Some cities and school districts have switched to district elections, including the San Lorenzo and Castro Valley school districts.

Grimes, of the Oakland law firm Goldstein, Borgen, Dardarian and Ho, represents Bulatao. She said the current at-large system discriminates against San Leandro's Asian-American voters.

The council denied her charges, but passed a resolution to consider district elections with a timeline extending into 2026, months before the next City Council election that November.

The first two dates on that

"I think we adopted at-large elections in the Fifties, it was an effort to discriminate."

— Craig Williams

timeline, in March and April of this year, would have the city sign agreements to work toward district elections without further court action being pursued by Bulatao and Grimes. Further legal action would have been possible if the city failed to respond to their complaint, rather than begin working toward resolving it.

The city will hold public hearings extending into July, and by May 2026 will set a date for a special election on the proposed change, as well as drawing up new district boundaries.

The first elections using the new system, if adopted,

would be held on November 3, 2026.

Several public commenters spoke in favor of district elections, and none spoke against.

Craig Williams called for a historical perspective, and said there was a history throughout the segregated South of local governments making it difficult for Black citizens to gain office.

"In San Leandro, I think we adopted at-large elections in the Fifties, and it was an effort to discriminate against Hispanics, Asians, Portuguese and African-Americans," Williams said.

"Do we really need a city-wide vote, not just a resolution?" Asked John Minot, who cited concern about the nearly

two-year length of the process.

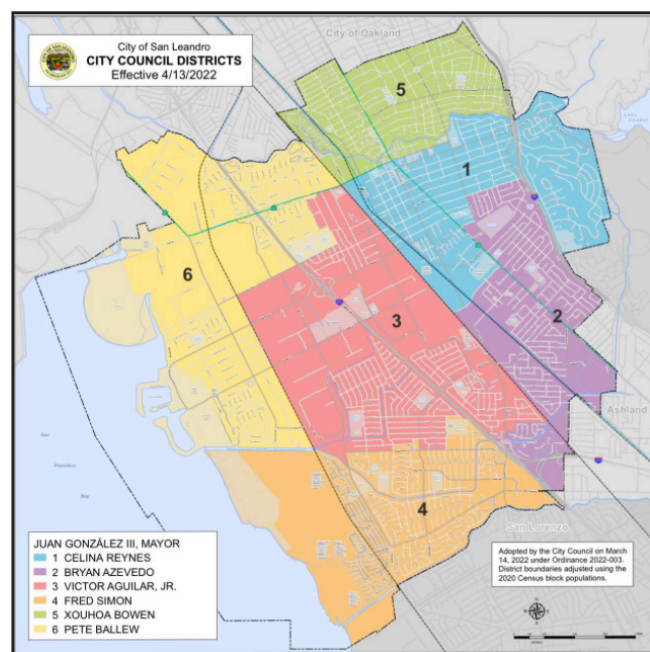
The City of San Leandro now requires City Council candidates to live in a specific district, but they are elected citywide — at-large voting.

The San Leandro Unified School district has a similar system, but has one at-large member who can live anywhere in the school district.

Critics of at-large voting, including several speakers at the January 6 meeting, have charged that it is more expensive to campaign citywide rather than in a single district, setting up a cost barrier to more people running for office.

In the 2024 elections, two council members and all four

see COUNCIL, page 12



A City Council district map from 2022.

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Council: Grimes says city lacks Asian representation

continued from page 11

San Leandro school board candidates ran unopposed.

While San Francisco is perhaps the best publicized local example of elections by district, the Alameda County supervisors are also elected by district.

Grimes cited difficulty in electing Asian-American candidates to office, the cost barrier inherent in the current system, and the city's sparse appointments of Asians to city commissions, which she said often serve as stepping-stones to elective office.

Bulatao herself, she said, was a responsible and involved community resident who had applied for several city commissions, but had never been appointed.

Grimes also said that Asians running in contested citywide elections were rarely elected in San Leandro. She listed a number of Asian-Americans who had tried and failed to be elected to city office here.

Speaking after the council meeting, Bulatao said "Asians make up 40 percent of the city's population, but only two

Asians have ever been elected to the City Council, Benny Lee recently, and Xouhoa Bowen currently."

He said his attorney was looking into whether a council resolution would be legally sufficient to switch to district elections. Bulatao said a number of cities had done so.

But the resolution the council passed on January 6 said an amendment to the City Charter would be needed, and that would require a citywide vote.

"I'm optimistic about actually getting district elections,"

Bulatao said. "The city realizes it's overdue and not fighting it, which is nice."

Bulatao said that many Asian voters were relatively low-income and largely left out of city politics at present, with the cost of running for office a big factor. The biggest concentrations of Asian voters in the city are in council District 4, followed by District 6, he said.

"This would set the stage for a new direction where more voices are brought to the table, most of them previously disenfranchised," Bulatao said.

Members: Board members hope to use business experience

continued from front page

Parish. After retiring, Rocha briefly considered starting her own business, before deciding to put her business and specialized teaching experience to use.

Rocha found out about the school board opening a few days before the deadline to file papers to run, and she got the papers in at the last minute. She was surprised to find that an expected opponent had announced an intention to run but didn't file papers to do so.

San Leandro residents who have attended public events

"Our students are well-rounded in things that help them learn, but we need to focus on academic achievement."

— School board member
Cindy Rocha

have probably seen Zachary Borja. He owns a media business in town, Borja Plus Productions, and photographs many community and government events.

Both Borja and Rocha attended San Leandro public schools, as did other members of their families. Both have lived in San Leandro since they were children.

Both school board members bring considerable experience in private business to the board, which they expect to draw on looking at district finances and budgeting.

Rocha is hoping that her and Borja's private business backgrounds meshes well with other board members whose backgrounds are more in nonprofits and government.

Borja wants students to learn some of what he did about business in school, which he said was vital to the career path he took. He was part of the San Leandro High School Academy for Business and Finance before graduation, then studied business at Chabot College after starting out studying physics there.

"I've heard from every-

body, all my friends, 'I wish I'd known how to do taxes and other things like that,'" Borja said.

He believes financial literacy training is important for all students, whether or not they plan to go into business.

"I also want our kids to have good pathways to careers, so they can go from an interest in something to working in that field," Borja said.

He worked with workforce development for the nonprofit Pilot City, a group that encourages students to build projects and complete internships with a number of local businesses and government agencies.

Rocha sees a special need for the schools to help people recover from the pandemic, which she sees as far from finished for either children or their families.

"We have been traumatized by events," she said. "Though I think we're going to get better."

She said the schools are still having to face mental health issues that came out of the pandemic – not just for kids, but for their families as well.

She is happy the district has the resources, often drawing funding from state and other programs, to deal with the direct problems Covid left behind.

"The first contact with a family's problems are often through the schools," she said.

Both new board members want to ensure that academics continue to improve and the district stays financially stable.

"Our students are well-rounded in things that help them learn, but we need to focus on academic achievement," Rocha said.

The two trustees went with the rest of the board to the recent California School Boards Association annual conference in Anaheim. They compared notes with trustees from throughout the state, and were relieved to find some of the same problems and concerns were experienced in other places as well.

What was an even bigger relief, said Borjas, were the problems from elsewhere that were much lesser concerns in San Leandro.

"People would ask, 'How do you cope with the huge budget deficits when the Covid funds disappeared?'" And I'd think, "Actually, that seems to be OK here."

FISCAL YEAR 2025-26 &
2026-27

BUDGET ENGAGEMENT FORUMS

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BUDGET ENGAGEMENT
MEETING



**SURLENE GRANT
COMMUNITY ROOM**

**SATURDAY, JANUARY 25,
2025**

9:30AM - 11:30AM
999 E. 14TH STREET,
SAN LEANDRO, CA

BUDGET ENGAGEMENT
MEETING



**MARINA COMMUNITY
CENTER**

THURSDAY, FEBRUARY 13, 2025

6:00PM - 8:00PM
15301 WICKS BLVD,
SAN LEANDRO, CA

CITY MANAGER
TOWNHALL



VIRTUAL MEETING

TUESDAY, APRIL 29, 2025
1:00PM - 3:00PM
FOR MEETING LINK, PLEASE USE
QR CODE BELOW:



**EVERYONE IS
WELCOME**

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