



Take a Summer Dip
ONION DIP, HOT BEAN DIP, CLAM DIP
RANCH DIP, BACON AND TOMATO DIP 4

WEEKEND WEATHER
SUNNY Sunny thru Sunday
HIGHS: 76-84
0 10 20 30 40 50 60 70 80 90 100 110
LOWS: 57-60

FRIDAY

SATURDAY

SUNDAY

San Leandro Times

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

VOL. 34 • NO. 28 THURSDAY, JULY 11, 2024 SAN LEANDRO • CALIFORNIA



PHOTO BY JIM KNOWLES

Chidi Nnaji with his wife Amy and their baby daughter Eze just after Chidi was sworn in as a United States citizen at the ceremony aboard the USS Hornet on July 3.

New United States Citizens Sworn In

By Jim Knowles
San Leandro Times

Over 700,000 immigrants take the oath each year to become United States citizens, and 76 of them were sworn in on July 3 in a ceremony on the USS Hornet in Alameda.

East Bay residents from 31 different countries were sworn in on the Hornet that day. This was one of 190 ceremonies held around the county on, or near, Independence Day.

The Naval Sea Cadets carried the flag and Chris Poston sang a great rendition of the “Star Spangled Banner” before the crowd in the hangar bay of the great ship.

Alameda Mayor Marilyn Ezzy Ashcraft recognized everyone, the singers, the sea cadets and other speakers, before congratulating the new citizens. She recalled that she’s the granddaughter of Syrian and Lebanese immigrants.

see CITIZENS page 11

Council Appoints Cameron as City Manager

The City Council appointed Janelle Cameron as the new city manager at the July 1 meeting.

Cameron had been the assistant city manager since September 2021.

The agreement is for a 3-year contract with an annual salary of \$350,000.

“Ms. Cameron brings extensive experience, the unequivocal support of her existing leadership team, and a demonstrated commitment to City Council’s priorities,” said Mayor Juan González.

“Ms. Cameron’s work with Council to clarify our priorities provides her with the insights to help us achieve the transformational changes that will revitalize San Leandro and elevate its profile.”

For the past couple of decades, Cameron has served in various leadership roles in local government. She has previously specialized in finance, human resources, information technology, and operations.

Cameron is also skilled in a wide range of other city service areas, including capital improvements planning, recreation and parks, human services, public safety, library services, and emergency management.

“It is an honor to support the City Council, to serve as

see CAMERON, page 5

Annual Outdoor Comedy in the Plaza Coming to Main Library

The City of San Leandro and the Arts, Culture & Library Commission will present the 2024 Comedy in the Plaza on Saturday, July 20.

Some of the best comedians in the country will be on stage for the annual Comedy in the Plaza on Saturday, July 20, from 5 to 7:30 p.m. outdoors at the San Leandro Main Library.

Award-winning actor, playwright, comedian, and talk show host Brian Copeland is producing and emceeing the event featuring some of his favorite comedians. The lineup includes Dat Phan (“Winner of NBC’S Last Comic Standing”), Laurie

see COMEDY page 10

New Park to Open in Ashland Next Week

By Mike McGuire
San Leandro Times

The Ashland community is getting a new park at the corner of East 14th Street and 166th Avenue, through the Hayward Area Recreation and Park District (HARD), the Trust for Public Land and a state grant using park development money from 2018’s Proposition 68.

Ashland Zocalo Park will hold its grand opening next Wednesday, July 17, at 2 p.m. The name comes from the neighborhood and the Spanish word for a public square at the center of a city or town.

HARD had hoped to open the park several months ago, but a delay on utility connections postponed the opening.

“Ashland Zocalo Park promises to be a beacon of

see PARK page 3



INSIDE YOUR TIMES

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Meet Arky and Calvin at the animal shelter. **Page 2**

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Exercise can help with chronic pain. **Page 5**

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Michael Booker’s game show asks the audience. **Page 12**

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MEETING SCHEDULES

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

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



San Leandro Times

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

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Adopt-A-Pet



Arky



Calvin

The Pets of the Week at the Hayward Animal Shelter, 16 Barnes Court in Hayward, are a shepherd mix and a pit bull mix.

Arky is a 2-year-old tan shepherd mastiff mix. He's a big ole boy with plenty of energy.

Calvin is an 8-month-old brown-and-white pit bull mix with soft demeanor and loves toys. Calvin is best suited for older kids and up.

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

Correction

The story about street repaving and maintenance ("Repaving Scheduled for More City Streets," June 27, 2024) incorrectly identified some

streets slated for work this year. Repaving work, specifically on Portola Drive, Sybil Avenue, and Maud Avenue, is not scheduled for this year.

Martina Promotes Awareness Of Scoliosis and Hosts TV Show

By Martina Lawson Hines
Special to the Times

Scoliosis Awareness Month May have ended, but I am still making an effort to encourage Scoliosis survivors.

I am also hoping to shed light on how I am surviving, living with the condition as well.

Scoliosis is a condition that impacts the back and the spine. I think that scoliosis could be categorized as a chronic condition. The reason is because while treatment is available, being able to completely correct the curvature of the spine, after Diagnosis, may or may not be possible.

I am familiar with 2 types of scoliosis treatment which are:

Back Bracing & Spinal Fusion Surgery.

Since Scoliosis diagnosis, about 22 years ago, I have been able to accomplish: learn-



Martina Lawson Hines promotes awareness of scoliosis and has learned to adapt with the condition.

ing to dance ballet and do yoga. Today, I appreciate the opportunity to work, host a show, and promote scoliosis awareness.

When I have to travel, I try to do so with a lumbar back pillow and still use back bracing, as well.

I am in the process of having another Proclamation for Scoliosis put into place.

I hope that, in the future, Bay Area cities will work with me, to have other Proclamations put into place in support of scoliosis awareness.

I hope to be able to feature something which brings an awareness to scoliosis, on my show — The Martina Show, which can be seen on Comcast Cable on Friday's night's at 7 p.m., and the show can also be viewed by visiting the link also: <http://www.chabotcollege.edu/chabottv/>

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ROSE	BOWL	IMHO
ENTIRE	EFT	
	GAS	RAISED
SIGHS	FOB	WRY
ABIT	RES	YALE
GIL	BOZ	EAGER
ADAGES	BID	
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LOGO	ALLEGROS	
IBIS	TALE	ATA
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Community Calendar

A Free Tech Talk: Digital Library Services.

Come to a free tech talk at the San Leandro Main Library, 300 Estudillo Ave., on Thursday, July 11, from 4 to 5 p.m. Learn how to: Read eBooks on the Libby app, access 60+ Libraries with Link+, put your library card on the SLPL mobile app, find museum passes, take free classes, get resume help, and more. Space is limited. You must register for the talk but calling 510-577-3971.

Craft Fair to Benefit Local Charities

Together Women Rise will host an International Craft Fair on Saturday, July 13, from 10 a.m. to 2 p.m. at 4628 Grenadier Place in Castro Valley. A variety of handicrafts and specialty foods will be available. The proceeds benefit local charities providing education opportunities and environmental conservation globally. Email Amy Madsen at amymadsen@gmail.com for more information.

From Heart to Art: Paint Your San Leandro Story

Join other San Leandrans on Saturday, July 13 at 10:30 a.m. at the Marina Community Center, 15301 Wicks Blvd., for a free painting workshop. San Leandro resident and Intentional Creativity teacher will lead you to paint what you love about San Leandro and what you bring to San Leandro. No painting experience is required. This workshop is for adults and older teens. Register at the Marina Community Center or by calling (510) 577-3462, course # 22890. This event is sponsored by City of San Leandro and the Arts, Culture & Library Commission.

Washington Home Owners Association to Meet

The Washington Home Owners Association will meet on Wednesday, July 17, at 6:30 p.m. at the Marina Community Center, Room C. San Leandro Parks and Recreation Director Vicente Zuniga will be the guest speaker. This will be your chance to ask about new recreation programs, parks improvements, landscaping and neighborhood trees. Councilmember Victor Aguilar will join the meeting at 8 p.m. to discuss updates in City District 3. Washington Manor residents and the general public are encouraged to attend. If you have any questions, call Bob Glaze at 510-352-2058.

Monday Movie Matinees At the Main Library

Come to the family-frindly movie matinees on Mondays at 1 p.m. from June 10 to July 29 in the Lecture Hall of the San Leandro Main Library, 300 Estudillo Ave. Check the website calendar for exact movies. www.sanleandrolibrary.org

Resolve to Lose Weight By Joining TOPS

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 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?

Life Skills Camp For Youth Ages 14-22

Join workshops on time management, budgeting, applying for jobs, and more on Tuesdays from 6 to 7:30 p.m. through July 23 at the San Leandro Main Library, 300 Estudillo Ave. Registration open now for individual sessions. Door prizes and snacks at every session. sanleandro.libcal.com.

I.D.E.S. St. John

Hamburger & Hot Dog Lunch with Bingo

I.D.E.S. St. John, 1670 Orchard Ave. in San Leandro, will host a hamburger and hotdog lunch with Bingo on Saturday, July 27, at noon. Tickets are \$15 and includes a hamburger or hotdog, salad and four Bingo cards. Extra Bingo cards for 25 cents each. For tickets, call Jenet Re at 510-483-1132, or Willie Calvo at 510-207-6326.



PHOTO BY MIKE MCGUIRE

The playground is ready at the Ashland Zocalo Park, which opens next Wednesday, July 17, at the corner of East 14th Street and 166th Avenue.

Park: Features include walking loops, outdoor stage

continued from front page

community pride, fostering wellness, recreation, and social cohesion for residents of all ages and backgrounds," said HARD board member Peter Rosen.

Sitting on a one-acre site in the heart of Ashland, the park will be easy to find due to a unique multi-colored shade structure. It will feature a wide variety of features and amenities for users of all ages. It's just around the corner from the Ashland Community Center on 167th Avenue.

There will be a public plaza for pop-up markets, inter-generational fitness and play areas, an outdoor stage,

walking loops, open spaces, and an interactive water feature. Even the restrooms are adorned with mosaics crafted by Oakland artist Debbie Koppman.

The park replaced a vacant lot in a community that could benefit from more green space. Proposition 68 allocated \$4 billion statewide to parks and environmental projects, especially in park-poor communities.

The California Department of Parks and Recreation awarded a \$7.2 million to The Trust for Public Land (TPL), a nationwide nonprofit, to develop Ashland Zocalo Park. Since 1972, TPL has

protected more than 4 million acres of public land, created more than 5,420 parks, trails, schoolyards, and iconic outdoor places, and more closely connected nearly 9.7 million people to the outdoors.

"This project represents more than just the creation of a park, it embodies our commitment to fostering healthy,

livable communities," said Kira Maritano, senior program manager at The Trust for Public Land.

"Ashland Zocalo Park will not only provide much-needed green space but also support active lifestyles, social connectivity, and a sense of pride in the local community," Maritano said.

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Sign Up for Freshman Football at SLHS

The Freshman Football Team is starting again at San Leandro High School. Any incoming freshman is welcome to join.

To join, call Coach Pete Ballew at 510-846-6058, or

go to the "Athletics" tab at slhs.net.

"We're really excited because this is the first time in about five years that we're going to have freshman team," said coach Ballew.

FREE

From Heart to Art
Paint Your San Leandro Story

July 13: Marina Community Center 10:30 AM
July 29: San Leandro Senior Center (50+) 1:30 PM
August 10: San Leandro Library Karp Room 10:30 AM

Be guided into what you love about your life in San Leandro and celebrate what you bring to San Leandro. Create images and symbols to represent what you gain and what you give. No art experience necessary. Registration:

<https://tinyurl.com/workshop810>

San Leandro Recreation Provided by City of San Leandro and the Arts, Culture & Library Commission

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CHABOT COLLEGE

Enjoy a Quick Dip on a Summer Evening

Warm summer evenings call for lighter munching, especially when the family gathers in front of the TV to watch the Giants or A's. So instead of the usual fat-laden chips and crackers, try afresh veggies with your favorite dips. To reduce calories even more, make the dips with low-fat cream cheese, mayonnaise and sour cream.

HOT BEAN DIP

- 1 (8-ounce) package cream cheese, softened
- 1 cup sour cream
- 2 (16-ounce) cans refried beans Half of a 1-ounce package of taco seasoning mix
- 5 drops Tabasco
- 2 tablespoons dried parsley
- 1/4 cup chopped green onions
- 1 (8-ounce) package shredded Cheddar cheese
- 1 (8-ounce) package shredded Monterey

Jackcheese
Preheat oven to 350°F.
In a medium bowl, blend the



cream cheese and sour cream. Mix in the refried beans, taco seasoning, hot pepper sauce, parsley, green onions, half of the Cheddar cheese and half of the Monterey Jack cheese.

Transfer the mixture to an 8-by-12-inch baking dish. Top with remaining Cheddar and Monterey Jack cheeses.

Bake in the preheated oven 20 to 30 minutes, until cheese is slightly browned. Yields 7 cups of dip.

ONION DIP

- 2 tablespoons olive oil
- 1-1/2 cups diced onions
- 1/4 teaspoon salt

- 1-1/2 cups sour cream
- 3/4 cup mayonnaise
- 1/4 teaspoon garlic powder
- 1/4 teaspoon white pepper
- 1/2 teaspoon salt

In a saute pan over medium heat add oil, heat and add onions and salt. Cook the onions until they are caramelized, about 20 minutes. Remove from heat and set aside to cool. Mix the rest of the ingredients, and then add the cooled onions. Refrigerate and stir again before serving.

BACON & TOMATO DIP

- 1 cup sour cream
- 1/2 cup mayonnaise
- 4 ounces cream cheese, room temperature
- 1/2 cup shredded cheddar cheese
- 1/4 cup chopped onion
- 1/4 cup diced green pepper
- 1 large tomato, seeded and diced
- 1 pound bacon, cooked crisp, cooled and drained
- 1/2 teaspoon garlic powder
- Black pepper, to taste

In medium bowl, with mixer, blend sour cream, mayonnaise, cream cheese, cheddar cheese, chopped onion and green pepper, garlic powder, and black pepper.

Crumble bacon into small pieces and add to mixture. Add chopped tomato and stir well. Yields 3 cups.

CLAM DIP

- 8 ounces cream cheese, softened
- 1 cup sour cream
- 6-1/2 ounces chopped clams, canned, juice drained and reserved
- 4-1/2 tablespoons reserved clam juice
- 3 tablespoons Worcestershire sauce
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper

Place cream cheese in the bowl of a stand mixer fitted with the paddle attachment, and mix for a few seconds.

Add sour cream and mix well, until no chunks remain. Scrape down sides and bottom of bowl and mix well again.

Add clam juice and Worcestershire sauce, and mix slowly to avoid splashing, until fully incorporating. Dip will be on the thin side.

Add salt and black pepper, and mix well. Add clams and mix just to combine.

Store in a container and refrigerate for at least 1 hour before serving. Dip will thicken in refrigerator. Yields 8 cups of dip.

FRESH TOMATILLO SALSA

- 1 pound tomatillos (husks removed), washed and quartered
- 1/2 small red onion, chopped
- 1 jalapeno chile (ribs and seeds removed),

- coarsely chopped
- 1 cup fresh cilantro
- 3 tablespoons fresh lime juice
- Salt

In a food processor, combine tomatillos, onion, jalapeno, and cilantro with lime juice. Pulse until finely chopped; season with salt. Yields 2-1/2 cups of salsa.

GUACAMOLE

- 3 avocados, halved, seeded and peeled
- 1 lime, juiced
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne
- 1/2 medium onion, diced
- 1/2 jalapeno pepper, seeded and minced

In a large bowl place the scooped avocado pulp and lime juice, toss to coat. Drain, and reserve the lime juice, after all of the avocados have been coated.

Using a potato masher add the salt, cumin, and cayenne and mash. Then, fold in the onions, jalapeno, tomatoes, cilantro, and garlic. Add 1 tablespoon of the reserved lime juice. Let sit at room temperature for 1 hour and then serve.

RANCH DIP

- 1/4 cup plain low-fat yogurt
- 2 tablespoons mayonnaise
- 2 tablespoons sour cream
- 1 tablespoon minced scallion
- Salt and pepper

In a small bowl, combine yogurt, mayonnaise, sour cream, and scallion. Season with 1/4 teaspoon salt and a pinch of pepper. Serve with carrot sticks or other vegetables. Yields 2 servings.

HORSERADISH DIP

- 1 (8-ounce) package cream cheese, softened
- 1/2 cup mayonnaise
- 1/3 cup horseradish sauce
- 4 crisply-fried slices of bacon, crumbled
- 1/4 cup chopped green onion

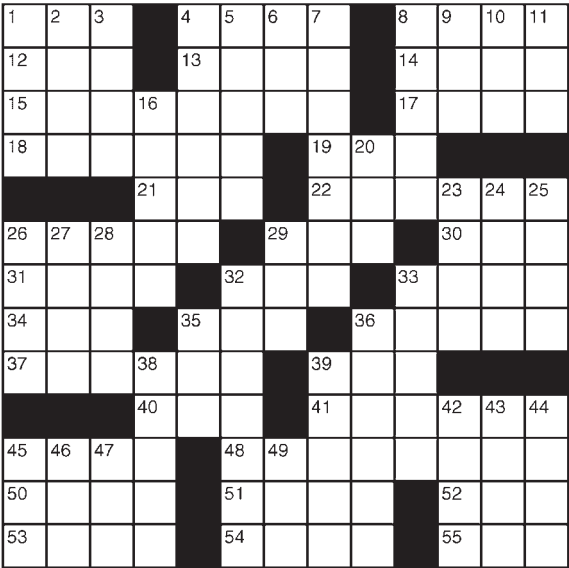
Combine cream cheese, mayonnaise, and horseradish sauce, mixing until well blended. Stir in remaining ingredients. Chill.

QUESO DIP

- 1 pound Kraft Velveeta, cut into 1/2-inch cubes
- 1 (10-ounce) can diced tomatoes & green chilies, undrained

Combine ingredients in microwaveable bowl. Microwave on high for 5 minute or until Velveeta is completely melted and mixture is well blended, stirring after 3 minutes.

THE TIMES CROSSWORD



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ARIES (March 21 to April 19): You face the possibility of raising your relationship to another level. However, your partner might demand that you make some promises, for which you're not sure that you're ready.

TAURUS (April 20 - May 20): As changes continue, expect things to get a little more hectic at your workplace. An unexpected travel opportunity could open up new career prospects.

GEMINI (May 21 to June 20): Confront the person who caused your hurt feelings and demand a full explanation for their actions. You'll not only recover your self-esteem, but you'll also gain the respect of others.

CANCER (June 21 - July 22): A personal problem in the workplace is compounded by someone's biased interference. Stand your ground, and you'll soon find allies gathering around you.

LEO (July 23 - August 22): You don't accept disapproval easily. But instead of hiding out in your den to lick your wounded pride, turn the criticism into a valuable lesson for the future.

VIRGO (August 23 - Sept. 22): A former friend who you thought you'd cut out of your life is still affecting other relationships. Counter their lies with the truth. Your true friends are ready to listen.

LIBRA (Sept. 23 - October 22): What appears to be an unfair situation might simply be the result of a misunderstanding. If you feel that something is out of balance, by all means, correct it.

SCORPIO (October 23 - November 21): A stalled relationship won't budge until you make the first move. Your partner offers a surprising explanation about what got it mired down in the first place.

SAGITTARIUS (Nov. 22 - Dec. 21): A co-worker shares some startling news, but before you can use it to your advantage, make sure it's true. The weekend favors family matters.

CAPRICORN (Dec. 22 - Jan. 19): Your usual conservative approach to family situations might not work at this time. Keep an open mind about developments, and you might be pleasantly surprised.

AQUARIUS (Jan. 20 - Feb. 18): Plans might have to be put on hold because of a family member's problems. Don't hesitate to get involved. Your help could make all the difference.

PISCES (Feb. 19 - March 20): Relationships in the home and in the workplace need your careful attention during this period. Be careful not to allow misunderstandings to create problems.





PHOTO BY JIM KNOWLES

Red, White and Blue

Meals on Wheels joined the annual Fourth of July Parade in Alameda, cruising down Webster Street in a vintage red Ford Thunderbird.

First Presbyterian Ntl. Night Out

First Presbyterian Church, 180 Estudillo Ave. in San Leandro, will host a National Night Out party on the front grounds on Tuesday, Aug. 6, from 5:30 to 7:30 p.m.

Everyone is welcome to come and meet

neighbors and enjoy ice cream, popsicles, and home baked cookies.

Let's build connections to make a better and safer community. For more information, call 510-483-2772.

Cameron: 'I am committed to a community where every resident feels heard, supported, and valued'

continued from front page

the successor to City Manager Robustelli, and to lead our exceptional City employees," Cameron said. "As I step into the role of San Leandro City Manager, I am committed to fostering a thriving community where every resident feels heard, supported, and valued."

Cameron holds a Master's of Business Administration from Saint Mary's College, and led a number of key initiatives as Assistant City Manager.

These initiatives included community engagement in the budget, the establishment of the Community Police Review Board, the negotiation of collective bargaining agreements with four labor groups, the launch and implementation of the San Leandro Safe Initiative, and the reorganization of the Human Services, Public Works, and Recreation and Parks departments.

Cameron also specialized in the development and implementation of the city's work on race and equity.



New City Manager Janelle Cameron has been involved in work to reorganize several city departments.

HEALTH & FITNESS

How to Improve Chronic Pain Through Fitness

By Mitch Rothbardt
Special to the Times

Why the heck do we do all this fitness stuff? People ask that all the time.

Our members get coached about their form all the time.

Shoulders down...push your hips back...exhale through your belly...

There's a reason for that and it's not to act all bossy pants. It's because the exercises we program in the gym generally have an impact that extends well beyond our gym walls and into the mysterious place known as the Real World.

In the Real World it doesn't really matter how much you can deadlift, but it does matter that you can pick something up without hurting yourself.

In the Real World it doesn't matter how many pushups you can do, but it does matter that you can get yourself off the ground when you fall.

“In the real world it doesn't matter how much you can dead lift but it does matter that you pick something up without hurting yourself.

In the Real World it doesn't matter how your dumbbell rows look, but it does matter that your shoulders, neck, and back don't hurt.

Get my point?

That's why we focus on form so much. Without it, you won't get all you should

get from the exercises you do at our gym or anywhere else.

We believe most chronic pain issues (chronic pain is the kind of nagging pain you may have semi-regularly) stem from problems with your posture or how you move. That is what good form can help improve.

So, to answer the initial question:

Why do we do this fitness stuff?

The answer is pretty simple:

So, we can live better, more energetic, and productive lives.

And the super-cool thing about that, is you can do that anytime no matter your age, your condition, or anything else. You just have to start.

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

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By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Preparing for the Heat Ahead

By Carl Medford, CRS
Special to the Times

With the fireworks behind us, we are launching into summer and, as evidenced recently, record-setting heat. While parts of California, accustomed to hot weather, are prepared for

the sweltering temperatures, many of the homes in the Bay Area are not. Alameda County residents are accustomed to thinking of how to prepare homes for the cooler, winter weather, but frequently do not realize that, with proper preparation, they can also

make their homes more comfortable when the heat is inching towards triple digits. Here is our list of recommendations to make your summer more comfortable.

New HVAC system.

Since many local homes do not have cooling systems, hot periods prompt some residents to consider window-mounted air conditioners. Not all windows accommodate these, however and, in addition to being noisy, are less energy efficient than a central heating/cooling system. While some heaters can last over 40 years, the average effective lifespan is between 15-30 years and, with age, can become more expensive to operate. Instead

The Garden Bug

Night blooms

Flowers that are visited by night pollinators typically grow in clusters. They open in late afternoon or the evening and are usually white or very light-colored. They can be copious nectar producers and are usually very fragrant. Moonflowers, tobacco, yucca, datura, tuberose, four-o'clocks, night phlox, japanese wisteria and gardenia are just a few of these types.

- Brenda Weaver

Sources: countryliving.com, www.fs.fed.us

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Mortgage Rates Increase

Mortgage rates increased this week, coming in just under seven percent. Both new home and pending home sales are down, causing active listings to rise. We are still expecting rates to moderately decrease in the second half of the year and given additional inventory, price growth should temper, boding well for interested homebuyers.

of cluttering windows with A/C units, consider upgrading your heater to a more efficient system that includes whole-house air conditioning. You will cool the entire home and, come winter, warm your dwelling more efficiently.

New windows.

Walk past a single pane window when it is hot outside and you will notice it acts like a radiator, pushing heat into your home. New windows can provide a much more efficient barrier to the heat and their installation can remove the gaps around older windows that produce drafts in cooler weather.

Upgrade Insulation.

Insulation is not just for the winter months: effective insulation prevents the flow of heat to the outside in the winter and the reverse in the summer. Many older local homes have minimal insulation and should be upgraded to current standards.

Weather stripping.

A quick, effective and inexpensive way to prevent hot air from entering a home is weather stripping around the doors and windows.

Whole house fan.

Originating in south and east coast homes, whole house fans are gaining popularity across the US. The idea is simple: as evening temperatures cool, the strong fan, usually mounted in a central hallway, is activated, sucking cooler air in from the outside and venting warmer interior air outside.

Hotter days are ahead and, instead of heading to the mall to cool down, effective preparation can make your experience in your home more pleasant.

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WEEKEND GARDENER

Vegetables

Feed your vegetable crop periodically with a mild, balanced fertilizer for bigger and better harvests.

Add Color, Shade

The first week in July is a good time to add color and shade to the yard. Look for bargains in hibiscus, gardenias, bougainvilleas, white and yellow marguerites, and patio trees in 5-gallon containers. Brighten up the midsummer months with flowering vines, such as trumpet vines in red, orange or lavender, star jasmine and Hall's honeysuckle.

Roses

Lightly prune, feed and water roses on a weekly or biweekly basis to encourage them to flower continuously into late fall. Trim faded blooms down to the first 5-part leaf or further to gently shape the plant. New blooms should appear in about three weeks.

Lawns

Mow grass often enough to maintain a 2-inch height. Closer cutting in hot weather weakens the turf. Use the grass clippings as mulch around plants, but mix them with leaves or shredded newspapers to keep them from matting.

Protecting Plants

Stake tall-growing sunflowers, particularly those with gigantic blossoms. They can break or fall over on windy days.

Prop up fruit-laden tree branches so that the weight doesn't break the branches.

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.

Cover Weed-Blocking Fabric with Mulch to Shut Out Light

By Buzz Bertolero
The Dirt Gardener

Q We've had the hill in the backyard weed-whacked and the debris removed. The hillside is brown, but it still has the roots from the cut weeds. I want to cover the area with a weed-blocking fabric and plant a ground cover. Do you treat the ground with a weed killer before laying the fabric?

A The answer is more complex. The weeds should have been sprayed first before you weed-whacked them. A non-selective herbicide, like Round-Up and similar herbicides, will be ineffective if sprayed on the bare ground. It will not kill the remaining roots. These products require plants to be leafed out and actively growing. So, it's a good idea to wait and plant in the fall and let the weeds start to grow again. You could speed things up by watering the area. A week to ten days before planting,

spray the actively growing weeds. It's a judgment call on your part whether or not to install the landscape fabric. The landscape fabric is a short-term answer, not a long-term solution for weeds. It will only control the unwanted vegetation and dormant weed seeds below the fabric. You should also cover the fabric with a two to three-inch layer of mulch to shut out the light, preventing the weeds from growing. However, deep-rooted perennial weeds would penetrate the fabric or barrier in time. After the rainy season, the weed seeds from

the seasonal grasses and plants will blow in and settle in the mulch. They germinate with the winter rains or with conventional sprinklers but not necessarily with drip irrigation. Depending on the species, the ground cover could reduce this concern as it matures. Controlling the unwanted vegetation after planting the area becomes more challenging with a non-selective herbicide. These herbicides damage desirable and undesirable plants, so you must be careful when spot-treating them. The plants will take several growing seasons

to cover the area, and you shouldn't expect much growth this year. To speed things up, you plant them closer together and apply an annual All Purpose Fertilizer between mid-February and April. Planting in the fall shouldn't be much of a weed issue next spring. To prevent weeds the following year, I'd apply Monterey Impede to control the weed seeds in the late fall. Monterey Impede is a pre-emergent

herbicide used over the top of growing plants as it kills the plant seeds, not any plant with a root system. In addition, Impede requires moisture to establish the barrier. This isn't a problem if you're using conventional sprinklers, not drip because the barrier needs to be established over the entire area. You'll then need to wait and apply Impede just before the first significant rains of the season. Once the weeds

start to germinate, it's too late. Also, read the instructions to apply the correct amount of the herbicide for the square footage.

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



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FILE NO. 606166
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NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930
The name of the business(es): Aurea Learning L.L.C., located at 1311 Park Street #1239, Alameda, CA 94501 / 1064 Fredrick Road San Leandro, CA 94577 Alameda County, is hereby registered by the following owner(s): Aurea Learning L.L.C., located at 1064 Fredrick Road, San Leandro, CA 94577. This business is conducted by a Limitrd liability Company. This business commenced N/A /s/Paulina Alicia Gonzalez Rojas
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires June 6, 2029
JUN 20, 27, JUL 04, 11, 2024
1511 - SLT

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County Clerk
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By-----, Deputy
FILE NO. 607055
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930
The name of the business(es): The Varos Group, located at 1031 MacArthur Blvd, San Leandro, CA 94577 / 6450 Moraga Ave Oakland, CA 94611 Alameda County, is hereby registered by the following owner(s): Red Oak Realty, located at 7502 Fairmount Ave, El Cerrito, CA 94530. This business is conducted by a Corporation. This business commenced N/A /s/Vanessa Bergmark
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FILE NO. 607010
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Pursuant to Business and Professions Code Sections 17900-17930
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NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930
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FILED
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June 13, 2024
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 607279
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930
The name of the business(es): Boot Collector, located at 1271 Washington Avenue Apt 797, San Leandro, CA 94577 Alameda County, is hereby registered by the following owner(s): Tiffany Whitfill, located at 1271 Washington Avenue Apt 797, San Leandro, CA 94577. This business is conducted by An Individual. This business commenced N/A /s/Tiffany Whitfill
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires June 12, 2029
JUN 20, 27, JUL 04, 11, 2024
1511 - SLT

FILED
MELISSA WILK
June 24, 2024
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 607425
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930
The name of the business(es): Peacefull Hands, located at 838 Hancock Street #33, Hayward, CA 94544 Alameda County, is hereby registered by the following owner(s): John Joseph Jr., located at 838 Hancock Street #33, Hayward, CA 94544. This business is conducted by An Individual. This business commenced N/A /s/John Joseph Jr
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires June 2, 2029
JUL 03, 10, 17, 24, 2024
1527 - SLT

FILED
MELISSA WILK
June 24, 2024
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 607437
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930
The name of the business(es): Alameda Auto Lab, located at 631 Buena Vista Ave., Alameda, CA 94501 Alameda County, is hereby registered by the following owner(s): Alameda Auto Lab, located at 631 Buena Vista Ave., Alameda, CA 94501. This business is conducted by a Limited Liability Company. This business commenced 00/00/2021 /s/Robert Ramos
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Nearly 1-and-a-Half Million Mattresses Recycled

The Mattress Recycling Council (MRC) today announced that in 2023, it collected nearly 1.5 million mattresses, an increase of 3.3% from the previous year.

MRC is a nonprofit organization that operates recycling programs in states that have passed mattress recycling laws, like California. Bye Bye Mattress is MRC's statewide network of collection sites, events, and recyclers, which has recycled nearly 12 million California mattresses since its inception.

Since its inception, MRC has grown each year. In 2023:

“We’re proud to have recycled nearly 12 million mattresses since the program’s inception.

— Mike O'Donnell

- MRC recyclers diverted 60 million pounds of steel, foam, fiber and wood from landfills – a 76.9% recovery

rate that makes these materials available for new products.

- Geographic analysis shows that virtually every Californian lives within 15 miles of MRC's 240 permanent collection sites or 131 collection events.

- Removed 55,000 illegally dumped mattresses from parks and roadsides.

- MRC spent nearly \$1 million on research projects to find new and better uses for recycled mattress materials and improve the efficiency and safety of mattress collection facilities.

“The Mattress Recycling

Council is proud to have recycled nearly 12 million mattresses in California since the

program's inception,” said Mike O'Donnell, MRC's chief operating officer. “Recycling

an unwanted mattress conserves valuable raw materials, see *MATTRESSES*, page 11

Comedy: Maureen Langan, Ngiao Bealum, and Chip Franklin

continued from front page

Kilmartin (“Conan, CBS Late Show & Amazon Prime”), Maureen Langan (“Winner of America’s Got Talent”), Ngiao Bealum (“Cooking on High, Netflix”), Paco Romane (“Winner of San Francisco International Comedy Com-

petition”), and Chip Franklin (“Winner of the national Edward R. Murrow award for writing, writer for SNL and appeared on Conan”).

Food Truck Mafia will be providing food trucks featuring savory and sweet dishes.

The event is recommended

for ages 13 and older. Street parking is available nearby, and it is recommended to arrive early, starting at 4 p.m., to secure a good spot with a blanket or low-back lawn chair. For more information, visit SanLeandro.org/Come-dyinthePlaza.

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.

Ortega's Bill Would Save St. Rose Hospital

Editor,

I want to publicly thank Assemblymember Liz Ortega for authoring legislation important to the well-being of the community, by helping keep St. Rose Hospital operating in Hayward and facilitating its transfer to the public ownership of the Alameda Health System.

Like San Leandro Hospital, St. Rose Hospital is a safety net hospital serving over 100,000 patients annually. If St. Rose Hospital were to close, the spillover impact to public health in San Leandro, in addition to Hayward, would be devastating. The already crowded emergency rooms at the Kaiser San Leandro Hospital and San Leandro Hospital would quickly reach a breaking point.

The future of St. Rose Hospital is in doubt due to significant debt from state loans that the hospital has incurred. However, Assemblymember Ortega's bill, AB 2271, solves this issue. It will forgive the state's loan, enabling the hospital's transfer to the Alameda Health System, which operates San Leandro Hospital.

Last week, the bill moved a step closer to passage. In my role as an elected Director of the Eden Health District, I was honored to be asked to address the California State Senate Appropriations Committee in Sacramento in support

of her bill. Other elected officials that spoke in support of the bill included State Senator Aisha Wahab, Hayward Mayor Mark Salinas and Alameda County Supervisor Elisa Marquez.

When you see Assemblymember Ortega in the community, please let her know we appreciate her efforts to save St. Rose Hospital.

Ed Hernandez
San Leandro

Superintendent's Salary Par for the Course

Editor,

You reported that the San Leandro Unified School District Board of Education renewed our superintendent's contract and salary without dissent. I write as a school supporter. My daughter, a district student since third grade and a 2022 graduate of San Leandro High, validated my support by praising her teachers and school facilities in her college entrance essays.

I believe taxpayers, like consumers, generally get what they pay for and that good districts don't run themselves. That said, I raised an eyebrow at our superintendent's salary until I realized that may be the prevailing wage for districts of similar size and quality.

I hope the board, without dissent, keeps the salaries of our district's teachers on par with those

of teachers in districts with similar costs of living and whose superintendents' salaries are comparable to ours.

Tom Abate
San Leandro

Thanks for the Reply

Editor,

My thanks to Moria Fry (Letters 7-4-2024) for the correction of my understanding of the PG&E bankruptcy, and what I was told after the Oakland Hills fire.

I'll explain my errors: My understanding then (from an Oakland employee) was that PG&E agreed to the undergrounding of utilities in Oakland hills fire because downed poles and wires prevented fire equipment and people from reaching or exiting areas in the hills during the fire. And some time after the fire, they began doing that underground work.

My parents and several friends who lived in evacuated areas during the hills fire were told their power would be “moved under ground.” They received papers showing approximate costs to residents for getting wires from the street to the home and an approximate schedule. Much of the hills work was completed as Ms Fry suggests, but not all of it. The work just stopped at one point with no word from PG&E.

Many years later (maybe 5?) PG&E told my parents their neighborhood would not be done. My parents inquired and told me that they were told that PG&E was going to declare bankruptcy, and didn't have to do that work any more.

So perhaps they stopped because of the bankruptcy, but I now see it was not directly because of the costs of undergrounding? But a strange coincidence at best. Then there was this in the papers:

“Harvey Rosenfield, head of the Foundation for Taxpayer and

Consumer Rights, accused the utility's parent company of siphoning off billions of dollars from the once-prosperous utility, then shielding itself from the utility... bankruptcy.”

So my apologies to all for what I said in my letter about the bankruptcy, which really turns out to be an incorrect mash up of events I interpreted incorrectly.

Didn't think I was “piling on!”

Owen Rubin
San Leandro

It's Not Just Azevedo Taking Campaign Donations

Editor,

It was great to see Lee Thomas finally admit that money can have a corruptive influence in politics. I've long believed this myself.

Thomas has run campaigns with corporate landlord and developer money, sometimes receiving contributions during his council tenure when they had businesses with the city. His previous denials of the influence make his sudden concern seem like a cynical ploy to attack Bryan Azevedo.

Thomas is supporting Ed Hernandez, who has also accepted contributions from entities with city business, including Ed Miller of Marina project developer Cal Coast, and Tom Silva and the 1388 Bancroft Corporation. Hernandez even accepted a major contribution from the Rental Housing Owners Association the week after he motioned to adopt their recommendations into the 2017 Tenant Relocation Assistance ordinance.

I hope Thomas's change of heart is real. Campaign donations from favor-seeking entities have long been corrosive, often from developers and real estate interests, which Thomas and Hernandez have never shied away from.

I've supported and sometimes worked for Bryan Azevedo since his 2020 city council campaign,

which unseated Hernandez and I also played a part in unseating Thomas before that. Neither former council member seems to have taken their loss well. As a losing mayoral candidate in 2018, I understand the pain, but it doesn't justify their constant negative and smear campaigning on social media and in this opinion section.

Azevedo only accepted the donations because they were not from corporate entities, and they did not have business with the city. I've seen him turn down sizable contributions from entities who did have business with the city, without hesitation, showing he understands the concern of corruptive influence in politics. I hope you and Ed Hernandez really do too, Mr. Thomas.

Jeromey Shafer
San Leandro

Land Returned to Shasta Indians

Editor,

More than 2,800 acres of ancestral land in northwestern California, will be returning to the Shasta Indian Nation. The transfer will include the land, which was buried at the bottom of the reservoirs created by the Klamath Rivers dams which is on an ongoing project of removal.

Historically, the Shasta Indians have inhabited the land in both the northwestern part of California and the southern part of Oregon located next to the Klamath, Scott and Shasta rivers.

However, in the 1910s, the Siskiyou Electric Power and Light Co. now known as the California-Oregon Power Company, used eminent domain to build the Copco dam which blocks the water from flowing everywhere. The return of the acres of ancestral land is poetic justice to the Shasta Indians.

Billy Trice, Jr.
Oakland



PHOTOS BY JIM KNOWLES

Chris Poston sings "The Star Spangled Banner" and (at right) just before being sworn in, the new citizens from 31 different countries stood as their native countries were named at the naturalization ceremony aboard the USS Hornet.

Citizens: 'From a fragile experiment in democracy to a beacon for the world'

continued from front page

Ashcraft added that the signers of the Declaration of Independence were immigrants, too.

"They had the audacity to declare our independence from England," said Ashcroft. "This country has gone from a fragile experiment in democ-

racy to a beacon that lights the world."

Hannah Lam from the U.S. Citizenship and Immigration Services led the 76 new citizens in reciting the Oath of Allegiance as the group was sworn in with their right hands raised.

"It feels great!," said Chidi Nnaji just after the ceremony

when asked for his feelings about the day.

Nnaji was there with his wife Amy Nnaji and the couple's baby, Eze, in her arms.

"I came here as a grad student in engineering," Nnaji said. "And then I met my lovely wife here, and so becoming a citizen is a natural course.

This is the future."

Another new citizen, Maria Rodriguez from Mexico, lives in Concord and works as a restaurant server in Danville.

"I came here for a better life," Rodriguez said.

Now as a citizen, Rodriguez said there's a better chance she can bring her mom

here to be with her.

The vice chair of the USS Hornet Museum, Maureen Whalen Vavra, gave a brief history of the ship, built in 1943, and fought in the Pacific in World War II. The Hornet also picked up the Apollo 11 astronauts when they landed in the ocean after the first moon

landing.

The Hornet in Alameda is the eighth U.S. Navy ship of that name, Vavra said. The first Hornet fought in the Revolutionary War.

Vavra told the new citizens: "You came here due to your courage and belief. We welcome you."

Mattresses: The MRC is working with local governments for better access to collection sites

continued from page 10

resulting in energy savings, water conservation, and a reduction in greenhouse gas emissions."

Working to expand its network, MRC is working with local governments in the state this year to provide residents, especially in underserved areas, with better access to collection sites, both to improve convenience and to curb illegal dumping.

There are three easy ways for Californians to recycle their mattresses:

- **Retailer Take Back:** The mattress recycling law requires any retailer offering to deliver a purchased mattress or box spring to also offer free take away of an old one. This applies to online purchases too. MRC encourages consumers to ask about takeback when making their purchase.

- **Drop-off Locations:** There are 240 free-of-charge locations across California where residents can drop off an unwanted mattress or

box spring. Visit ByeByeMattress.com to find the site nearest you.

- **Curbside Collection:** Bye Bye Mattress program receives mattresses from solid waste collectors who pick up bulky items at the curb. Use the curbside directory

on ByeByeMattress.com to see if the provider in your area participates.

Read more in our annu-

al report here or visit ByeByeMattress.com to learn more about mattress recycling in California.

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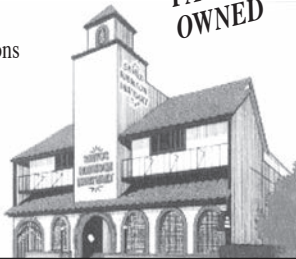
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Timothy James Rooney

October 1, 1951 ~ April 11, 2024

Timothy James Rooney died at his home in San Leandro, CA Thursday, April 11, 2024 at the age of 72.

Tim was born in Spokane, WA. October 1, 1951.

A 1969 graduate of Pacific High School, Tim was very active in football and golf. He attended Cal East Bay (Hayward) where he also played golf.

This interest in golf which was handed down from his father, who was instrumentally involved as the Marina Golf Course in San Leandro grew from a 9-hole pitch and putt into the 18-hole Monarch Bay (Tony Lema) course that endures today. Tim attended the PGA of American Business and was a PGA Professional for several years serving as Head Pro at the Tony Lema course in those early years. Tim had over the years remained a fixture of the San Leandro golf community and member of several men's golf clubs in the area.

Tim's smiling face and mild manner leaves a mark on all those who were fortunate enough to be in his orbit. He will be sadly missed.

Tim was preceded in death by his long-term partner Jon (Jonnie) Jeane Esser and his parents James Everett Rooney and Joan Bree Rooney.

Tim is survived by his brother Brian Patrick Rooney (Chicago, IL), his son Sean Christopher Rooney and grandson Liam Sean Rooney.

Donations in Tim's honor can be made to the American Lung Association and the First Tee program of Oakland. There will be a celebration of Tim's life at the Monarch Bay Golf Course Clubhouse Sunday July 28th from 1:30 to 4:30.



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FD# 1327

Michael Booker's Online Game Show Looks for Answers

San Leandran creates a new online game show that asks the audience to participate

By Jack Leal
San Leandro Times

Do you have that friend who always knows the perfect punchline, who flips words on their head like it's nothing, making your words seem bland and uneventful?

These people all share one thing — a knack for comedy. And guess what? You have the potential to do the same!

San Leandro's comedic gem and entertainer Michael Booker has an answer to unleash your inner comedian. Booker throws an online game show every Tuesday night from 6:30 to 7:30 p.m. called "Are Your Answers Funnier than Mine?"

This game show can be used for fundraising, corporate team building, educational workshops and can be done in person or via zoom. Booker's been a regular at Chabot College, featured on the Princess Cruise Line, and will be performing at the next Alameda County Fair 2025.

The online show's layout is similar to a typical televi-

sion game show but has an engaging twist. There's a lot more audience participation based completely on your witty responses.

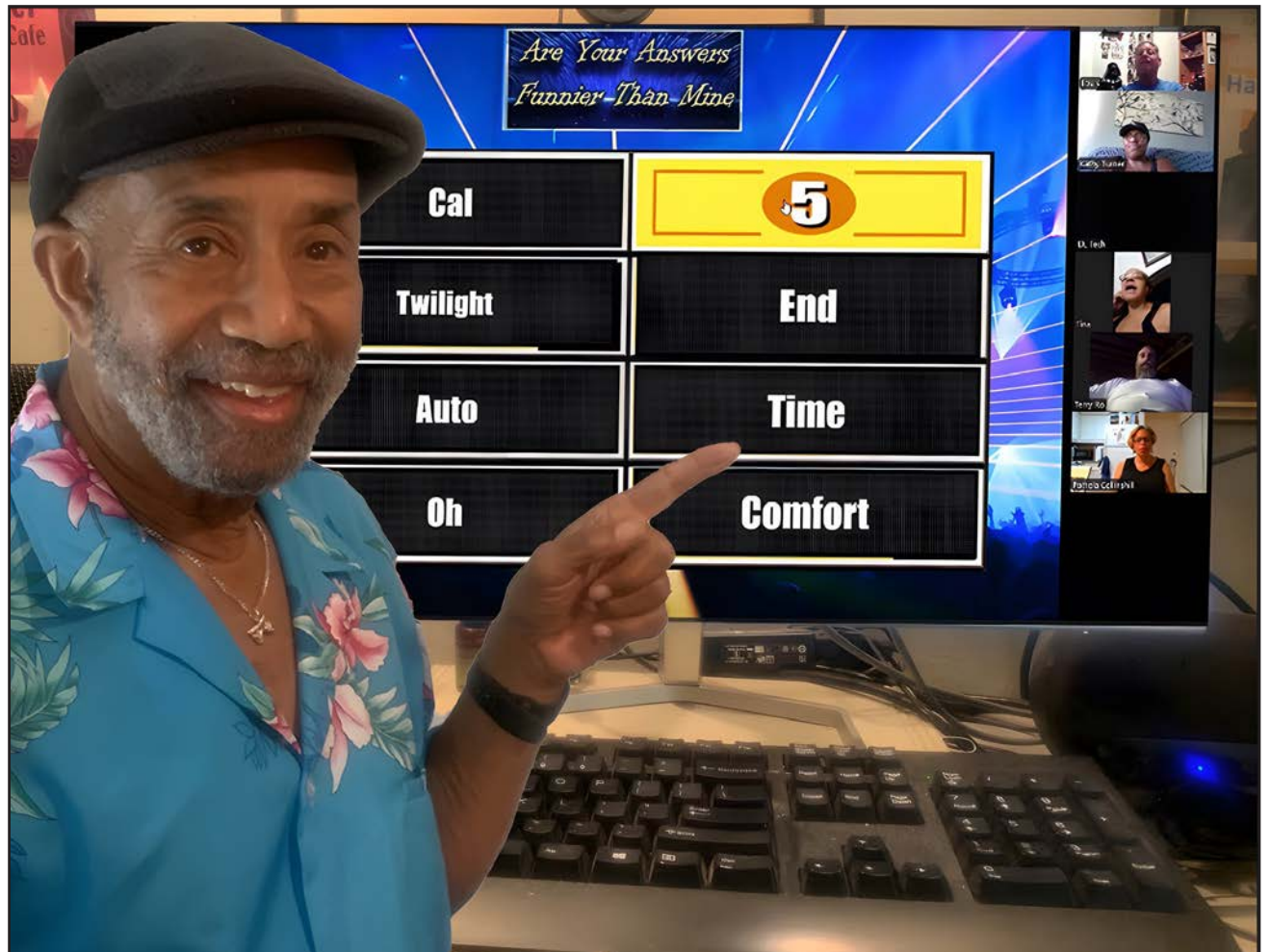
For example, Booker

“Why don't I create a show that's not about the right answer but the witty responses from the audience.”

— Michael Booker

would give you a random word with a blank space before or after that word. The audience's job is to develop as many wacky correlations as possible.

One fun example was the



Michael Booker of San Leandro hosts his online game show every Tuesday night at 6:30, "Are Your Answers Funnier than Mine?"

Baby Storytime at the Manor Branch Library

Baby Storytime offers a wonderful opportunity for parents and caregivers to engage and form bonds with their infants every Thursday at 9:30 am at the Manor Branch Library, 1241 Manor Boulevard in San Leandro.

Within a social setting alongside other babies, infants partake in enriching activities such as singing, fostering pre-language skills, and playful interactions with

age-appropriate toys.

Additionally, adults benefit from the supportive environment, providing a chance to connect with other parents. This storytime is tailored for pre-walking babies, ensuring an ideal developmental space for this specific age group.

Come experience lots of songs and movement. For parents that have a baby and a toddler, please attend the toddler storytime.

word "milk ____." You can be simple and say, "milkshake" or "milkman" but the funnier you make it the better. Some participants went as far as "milkolm X" or "Milwaukee."

Other aspects of his game involve face mashups, trivia, and can all be catered to the events you see fit. "Are Your Answers Funnier than Mine?" can be educative, silly, clean, not clean—anything the venue demands, Booker has your back.

Booker's show originated primarily in response to the pandemic. Michael had to put his thinking cap on when social gatherings became a no-no.

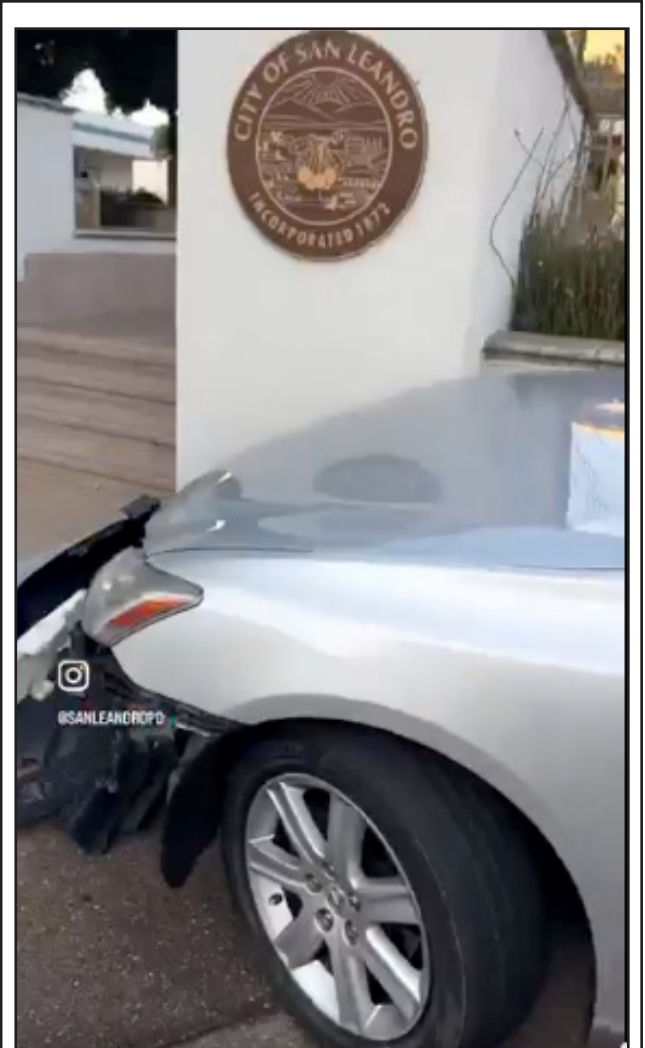
"After COVID hit, I was trying to figure out a way in

which people could engage in terms of being able to respond to stuff," Booker said. "I then watched TV game shows, and all were based on the right answer. I then said to myself, 'Why don't I create a game show that's not about the right answer, per se, but the witty responses from the audience.'"

Working in entertainment for over half his life, Booker has seen the magic in comedians' eyes when making an audience laugh. More importantly, he sees how funny different audience members can be.

"What happened was that audience members are just as funny as comedians, but they wouldn't go up on stage, and they just don't know it," he said. "And when you're on stage, and somebody yells something out from the audience, it can be really funny. The audience laughs, but that same person wouldn't go up on stage."

To learn more about getting a piece of this wordplay action, get in the loop with Booker's email at michael-bookerentertainment@gmail.com. He'll send you reminders, zoom links to games, and his agenda for all his future events. Booker's seats are always open, and he is always happy to give you a night of guaranteed drink-out-of-nose laughter and fun.



SLPD IMAGE

Unscheduled Stop

A car driven by a suspected drunk driver crashed into the San Leandro Police Department on Sunday morning. The driver was arrested. No one was injured. Police remind everyone that if you're intoxicated, don't drive. Call a friend or Uber.



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