

# San Leandro Times

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

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SAN LEANDRO • CALIFORNIA



PHOTO BY JIM KNOWLES

**BART fares rose again on January 1 as the transit agency's board of directors has set automatic increases for every two years.**

## BART Fares Rise: SL to SF Now \$4.90

By Jim Knowles  
San Leandro Times

It now costs a little more to take BART, as fares rose by 5 percent this week.

BART raised its fares by 5.4 percent, effective on Jan. 1. The fare from San Leandro Station to downtown San Francisco went up from \$4.65 to \$4.90.

The fare on an AC Transit bus to San Francisco rose by 50 cents to \$6. But there

is no increase in AC Transit's local fares, which has been incorrectly reported by some Bay Area news publications.

AC Transit's local fare of \$2.50 stays the same. The last local bus fare increase in 2018 was the first fare hike in 6 years, according to AC Transit spokesman Robert Lyles.

BART raises fares every two years with the amount based on inflation. BART says

the fare hike helps fund its capital projects.

AC Transit says its transbay fare increase is needed to improve its transbay service and to meet its capital obligations for the new Salesforce Transit Center in the city.

Transit riders had mixed reactions to the fare hike. Some passengers think that public transit should be cheaper.

see FARES, page 10

## County Bans Flavored Tobacco

Supervisors' vote enacts ban in San Lorenzo and Ashland

By Mike McGuire  
San Leandro Times

Flavored tobacco products will soon be banned in San Lorenzo, Ashland, Cherryland and other parts of unincorporated Alameda County after a Dec. 17 vote by the Alameda County Board of Supervisors.

The vote was 4-0, with Supervisor Nate Miley abstaining, to ban flavored conventional tobacco products as well as vaping products.

The law follows a similar law enacted last year in San Leandro, as well as bans by most cities in Alameda County. But until now, flavored tobacco was allowed in the unincorporated area.

Vaping and tobacco shop owners feel the ban is going too far, and argue that they have effectively barred youth from using tobacco products including e-cigarettes.

The law will likely go into effect after a routine second vote by the supervisors at their Jan. 14 meeting when necessary regulations have been worked out by county staff, according to Supervisor Wilma Chan. She said that the supervisors will offer tobacco shop owners whatever assistance they need to prepare for and abide by the ordinance.

According to Chan, the board acted after a survey revealed that 1 in 4 students at San Leandro, San Lorenzo and Castro Valley

high schools have used e-cigarettes.

"They're (e-cigarettes) easy to get and they're a gateway to regular cigarettes," Chan said.

"What attracts youth are the

see BAN, page 10

## Student Scores Show Improvement

By Mike McGuire  
San Leandro Times

San Leandro students did better than last year on the state's California School Dashboard website in both English and math, but have not caught up with average statewide student performance.

But the district's students are nearly at the statewide average for career and college readiness after substantial gains in that area this past year.

Some 43.6 percent of San Leandro Unified students met the state readiness standards, compared with 44.1 percent of students statewide.

The Dashboard pulls together

see SCORES, page 11

## Beware of Toxic Mushrooms in East Bay Parks

Each year, mushrooms come out after the first rains of the season.

Mushrooms are ecologically important and can look beautiful – but some of them contain dangerous toxins.

The death cap (*Amanita phalloides*) and Western destroying angel (*Amanita ocreata*) are two of the world's most toxic mushrooms, and both can be found in East Bay Regional Parks during the rainy season.

The death cap and Western destroying angel mushrooms contain amatoxins, a group of molecules that inhibit cellular metabolism in many animals. In mammals, the liver and kidneys

see MUSHROOMS, page 10



PHOTOS COURTESY EBRPD

**While the death cap and western destroying angel mushrooms are responsible for most cases of mushroom poisonings in California, deadly toxins can also be found in Galerina and Lepiota mushroom species, both of which are found in the Bay Area.**

### INSIDE YOUR TIMES

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Manor bowling league donates to St. Felicitas. **Page 2**

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## MEETING SCHEDULES

### CITY COUNCIL

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

### SAN LEANDRO SCHOOL BOARD

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



## San Leandro Times

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

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## PETS OF THE WEEK



Monte



Teddy

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

**Monte** is a 1-year-old boy who's shy, yet enjoys attention. Once he feels comfortable with you, he'll crawl into your lap for pets and cuddles. Okay with other small dogs and possibly dog-friendly cats. Good with

teens and older.

**Teddy** is a very shy, 1-year-old pup who likes soft warm beds that have a cover so he can feel hidden and safe. He would do best in a quiet home with teens and adults. He needs a patient family and a little TLC to help him blossom.

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

## Boys & Girls Club Annual Crab Feed

The San Leandro Boys & Girls Club will hold its annual crab feed on Saturday, Jan. 11, at the Marina Community Center, 15301 Wicks Blvd. in San Leandro. Social hour begins at 6 p.m. with dinner being served at 7 p.m.

Tickets are \$50 per person,

which includes all-you-can-eat crab, pasta, salad and French bread.

Assigned seating only. To purchase tickets or for more information, call Bob Glotch at the Boys & Girls Club at 510-483-5581 between 9 a.m. and 5 p.m.

Proceeds support the San Leandro Boys & Girls Club.

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The Manor Reno Winners Bowling League likes to take bowling trips to Reno, Nevada.

## Manor Bowling League Rolls With St. Vincent de Paul

Manor Reno Winners Bowling League is one of the largest and longest running bowling leagues in the country.

The league hosts 58 teams at Manor Bowl in San Leandro on Monday and Tuesday nights, and it's been in competition for over 30 years.

For the past several years the league members in conjunction with Manor Bowl have helped other families in the community during the holiday season. They've joined forces with the Society of St. Vincent de Paul at St. Felicitas Church just down the street on Manor Boulevard.

Last week, the league presented members of the church with \$1,200 to help needy families.

The donation helps local families at Christmas time without regard to any religious affiliation to buy socks, shoes, underwear, not necessarily toys.

## Winter Youth Basketball Season Begins

The City of San Leandro is pleased to announce that Junior Warriors Basketball is back for its 20th year in San Leandro.

The program is open to boys and girls 5 to 14 years of age. The 2020 season will be held on Saturdays beginning Jan. 11, and run through March 14 at the San Leandro High Korematsu Campus, and at Washington Manor Middle School.

The program offers a non-competitive environment where beginners and veterans alike can improve their skills through weekly games and instruction. All players will receive a Jr. Warriors' jersey, instruction,

and league play. This program is co-sponsored by the Golden State Warriors, the NBA, WNBA, and the City of San Leandro.

Pre-registration is required. Register with the San Leandro Recreation and Human Services Department online at [www.sanleandrorec.org](http://www.sanleandrorec.org). Walk-in reg-

istrations are also available at the San Leandro Senior Community Center, 13909 East 14th St., or at the Marina Community Center, 15301 Wicks Boulevard.

For more information, contact Lydia Rodriguez, Recreation Supervisor at 510-577-3477 or email [lrodriguez@sanleandro.org](mailto:lrodriguez@sanleandro.org).

## Readers Roundtable Next Discussion

The San Leandro Readers Roundtable meets Saturday, Jan. 4, at 2 p.m. at the San Leandro Main Library, 300 Estudillo Ave., to discuss *Kitchen Confidential*, the late chef Anthony Bourdain's

memoir about life in the culinary trade.

All are welcome, and all books discussed are available for purchase in the Library's Book-tique bookstore.

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# Elders Can Get Help From CEI In Controlling Diabetes

The Center for Elders' Independence (CEI) reminds Bay Area elders that they can live well into old age despite having diabetes if they manage it successfully with diet, medications, and exercise.

They offer their help in helping people get what the American Diabetes Association terms "personal care that meets you where you are."

CEI client Victoria Gamez experienced that when she first came in to the group 6 years ago. She was in pain, depressed and suffered such high blood sugar her doctors would not give her the knee replacement surgery she badly needed.

She got her blood sugar under control with CEI's help, and they helped her manage her medications and nutrition. She was finally able to get her knee surgery, and she regained the mobility she needed to function

supporting their medical, social, emotional and nutritional needs.

Seniors with diabetes and their families get support from a team of physicians, nurses, dietitians, physical therapists and home care workers who help them manage their progress.

Diabetes is a serious disease at any age, said Dr. Lincoln Sison, a geriatric medicine physician at CEI.

"But some of the greatest challenges seniors have with diabetes can be forgetfulness and confusion. It takes a lot to constantly track blood sugar levels and take medications correctly. It can be difficult to manage diabetes on your own as you age," he said.

For elderly patients, said Dr. Sison, it is especially important to have personalized care goals. CEI tries to be sensitive to patient's wishes while helping

seniors because of lifelong habits. Taste buds also often change with age, and seniors may want to add sugar and salt to bring the taste of food back to what they are used to.

Liu and other CEI dietitians work with each person's dietary preferences, boundaries and cultures to help them reduce sugar intake and eat balanced meals.

She recommends maintaining a consistent meal schedule of eating every four hours during the day to keep blood sugar levels stable.

She said going no longer than 12 hours between meals at night is also important.

Meals at the centers are tasty as well as healthy, Liu said, carefully using spices to reduce the need for added sugar or salt.

According to the Centers for Disease Control, diabetes is a major contributing factor in strokes and heart attacks and can lead to complications such as nerve damage, kidney disease and vision loss.

It is now the seventh leading cause of death in the country.

Experts estimate that more than a third of U.S. adults have prediabetes, which often leads to the disease, and the majority don't know it.

Ann Albright, director of CDC's Division of Diabetes Translation, stressed that in order to address the dramatic increase in diabetes prevalence in America we must develop "successful programs to improve lifestyle choices... because the stakes are too high and the personal toll too devastating to fail."

For more information on diabetes care at CEI, or for any information, one can visit elders.org or call 510-433-1150.



PHOTO BY MIKE MCGUIRE

Rabbi Shmaya Shusterman of Chabad House San Leandro lights a candle on the Chanukah menorah in front of Police Headquarters on East 14th Street on Dec. 29.

## Crowd Braves Rain, Chill For Menorah Lighting

By Mike McGuire  
San Leandro Times

Mayor Pauline Russo Cutler lit the first candle on the Chanukah menorah in front of police headquarters on Dec. 29, saying she hoped this was the beginning of a new inclusive tradition in the city.

The Jewish holiday commemorates the rededication of the Jewish Temple in 165 B.C.E. following defeat of a foreign invader who had banned Jewish worship. A one-day supply of specially prepared holy oil, all that was left unspoiled by the enemy, lasted eight days instead of one, allowing time to prepare a new supply.

Rabbi Shusterman noted that as important as that military victory was, it is not as well-remembered or celebrated as the miracle that followed.

What is celebrated most of all at Chanukah, he said, was the bringing of light to the darkness, especially in dark times. That gives hope to all people, not just one particular faith, he said.

A crowd of about 50, including several uniformed firefighters and police officers, braved a chilly night with occasional rain to enjoy the rock band the Ferris Wheels, from Berkeley and doing Jewish-themed rock

'n' roll. A particular hit was "Oh, Chanukah," sung in English, Hebrew and Yiddish.

They also ate traditional fried or oily foods like latkes (potato pancakes) and jelly donuts to mark the miracle of the oil.

Some took the chance to dance with Mr. Dreidel, a human-size version of the spinning top children use to play games at Chanukah.



PHOTO COURTESY OF CEI

Carol Habercoss, MA, Nutrition Services Manager at CEI, shows participants how to prepare and enjoy healthy snacks, a key component of managing diabetes.

on her own at home.

She also appreciated the overall support she got from CEI, whose San Leandro facility is across the street from San Leandro Kaiser Hospital on Fairway Drive.

CEI prides itself on caring for the whole person. Each participant has a personalized care plan

them manage their blood sugar levels.

"If a patient wants aggressive treatment, we will provide tighter control. But if they just want to be comfortable, we won't control so aggressively," he said.

Registered Dietician Jing Liu said that making dietary changes is particularly challenging for

## New Police Contract

San Leandro police officers have reached a tentative agreement with the city for a new contract with a one percent pay raise immediately, and raises totaling 9 percent by October 2022.

The City Council will discuss and vote on the contract at its meeting this Monday, Jan. 6 at 7 p.m. It would run from Jan. 1, 2020 to Dec. 31, 2022.

After the initial 1 percent rise, a police officer would start out at \$96,924 a year, while a new officer hired after Oct. 1, 2022 would start at \$104,916 annually.

Police officers' pay goes up with experience, so that an officer at the top of the scale would make \$123,708 after the initial rise this month, and more by 2022.

A sergeant new in the position would make \$116,316 after the initial raise this month, and a

sergeant who began the position after Oct. 1, 2022 would start at \$125,892. After the initial pay raise this month, a sergeant who has served long enough to be at the top of the pay scale would make \$148,440 a year, also rising by 2022.

The previous contract had covered the period from Jan. 1, 2016 - Dec. 31, 2019.

### CROSSWORD ANSWERS

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# NEIGHBORS



## Leafy Parrott Street

Kim Medeiros walks her German shepherds on Parrott Street in downtown San Leandro in the fall as the dogs seemed to like the leaves.

## ARTS & ENTERTAINMENT

### PhotoCentral Gallery Annual Juried Exhibition

PhotoCentral Gallery presents the 42nd Area Artists' Annual Juried Exhibition photo exhibit from Jan. 25 to March 7. The popular annual exhibition, juried by Diane Zuliani, will present \$150 Merit Awards and non-monetary Honorable Mention awards at the PhotoCentral galleries at 1099 E St. in Hayward. Photo Central is part of the Hayward Area Park and Recreation District.

Two receptions will be held on Saturday, Jan. 25, and on Saturday, March 7, from 2 to 4 p.m. The exhibit will be in both galleries. The upstairs gallery is open Monday through Friday from 9 a.m. to 5 p.m. The downstairs gallery is open Monday from 5 to 10 p.m., Tuesday and Thursday from 10 a.m. to 1 p.m., and by appointment.

For more information, call 510-881-6735 or email [adobegallery@haywardrec.org](mailto:adobegallery@haywardrec.org).

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## HOROSCOPE by Salomé

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- ARIES (March 21 to April 19)** Events could inspire adventurous Lambs looking to make a major career or personal move. But as always, get all the facts before rushing into any sort of deal or commitment.
- TAURUS (April 20 to May 20)** What seems to be a great opportunity could cause even usually practical Taureans to ignore their inner caution cues. Best to move carefully to avoid falling into unseen traps.
- GEMINI (May 21 to June 20)** Need a holiday now that the seasonal festivities are behind you? Good idea. Plan to go someplace wonderful. You'll return refreshed and more than ready for a new challenge.
- CANCER (June 21 to July 22)** Progress continues to be made on that pesky workplace problem. Meanwhile, don't assume a personal situation will work itself out. Best to get more involved earlier than later.
- LEO (July 23 to August 22)** Catnaps are definitely recommended for Leos and Leonas who had been going at a hectic pace over the holidays. Adding relaxation time to your schedule helps restore your overdrawn energy reserves.
- VIRGO (August 23 to September 22)** Sure, some of the new friends you made over the holidays might move out of your life at some point. But at least one might show significant "staying power" with some encouragement.
- LIBRA (September 23 to October 22)** Encourage family members to join you in supporting a relative who could be facing a difficult emotional challenge in the New Year. Showing your love and concern helps keep his or her hopes up.
- SCORPIO (October 23 to November 21)** While a long-deferred decision suddenly might take on some urgency after news on a related matter, you still need to weigh all factors carefully before deciding one way or the other.
- SAGITTARIUS (November 22 to December 21)** This is a good time to reassess the earlier plan you made for the New Year. Some elements you felt you could depend on to make it work might no longer carry that assurance.
- CAPRICORN (December 22 to January 19)** Forming a renewed connection with a former associate is only the first step toward working out your new plans. Be prepared for problems, and deal with them as soon as they arise.
- AQUARIUS (January 20 to February 18)** A romantic situation that was going smoothly not too long ago might take a new turn. Be honest about your feelings before you decide whether to follow it or take another path.
- PISCES (February 19 to March 20)** The wise Pisces (that's you, of course) will make sure everyone knows your plan to keep your options open and listen to all sides of the situation before making any decisions.

## COMMUNITY CALENDAR



Deadline for Calendar Items is Friday for the Following Week

### ❖ San Leandro Readers Roundtable

The San Leandro Readers Roundtable meets Saturday, Jan. 4, at 2 p.m. at the San Leandro Main Library, 300 Estudillo Ave., to discuss *Kitchen Confidential*, the late chef Anthony Bourdain's memoir about life in the culinary trade. All are welcome, and all books discussed are available for purchase in the Library's Booktique bookstore.

### ❖ Buon Tempo Club Family Dinner

The Buon Tempo Club is having a family dinner on Tuesday, Jan. 7, at 7 p.m. at Mt. Tabor Hall, Transfiguration Church, 4000 E. Castro Valley Blvd. in Castro Valley. Everyone is welcome. Chef John Tandi and crew will be serving a five-course family-style dinner of chicken with polenta. Red and white wine and soda are also included. Happy hour is at 6 p.m. The dinner is \$15 for members, \$20 for non-members. Make reservations by Friday, Jan. 3, by calling the Buon Tempo dinner line at 510-483-6929. For more information about events/membership, see the club's website at [www.buontempoclub.org](http://www.buontempoclub.org).

### ❖ Star Party at First Presbyterian Church

The First Presbyterian Church of San Leandro, 180 Estudillo Ave. will have their annual Star Party on Wednesday, Jan. 8, from 4:30 to 7 p.m. There will be fun star-themed science and art activities for the kids and all ages are welcome. Dinner is included, a \$5 donation would be appreciated but not required. Inform the staff if you plan to attend by calling the office at 510-483-2772 or visit the website at [www.FirstPresbyterianChurchSL.org](http://www.FirstPresbyterianChurchSL.org).

### ❖ Meeting of the Libertarian Party

The Libertarian Party of Alameda County will hold its officer elections at the next meeting, Thursday, Jan. 9, 7:15 p.m. at The Englander Pub, 101 Parrott St. in San Leandro. Membership not required to attend, but membership to the Libertarian Party and residency in Alameda County is required for officer eligibility.

### ❖ Bird Photography Field Trip

Join the Hayward Shoreline Interpretive Center's (4901 Breakwater Ave. in Hayward) annual bird walk to the Cosumnes River Preserve northwest of Lodi on Saturday, Jan. 11 from 1 to 6 p.m. The trip will partner with PhotoCentral to add a photographic component to this year's excursion. See Sandhill Cranes and the late afternoon fly-in of thousands of waterfowl. Pre-register to attend. Organized carpools available with further information provided upon registration. For ages 12 and older, Fee: \$30 per person. For more information or to register, call 510-670-7270.

### ❖ I.D.E.S. Lunch & Bingo

I.D.E.S. St. John, 1670 Orchard Ave. in San Leandro, will have a roast beef lunch and bingo on Saturday, Jan. 11, at noon. Tickets are \$10 per person. Lunch includes roast beef, dessert and 4 bingo cards. Additional cards may be purchased for 25¢ each. Prize raffle. For more information or tickets, call Darlene at 510-589-6536, Willie at 510-635-6326.

### ❖ St. Felicitas Young @ Heart Luncheon

St. Felicitas Church Young at Heart senior luncheon is Wednesday, Jan. 15, at Monsignor McGinty Hall located behind the church at 1662 Manor Blvd. in San Leandro. Doors open at 11:15 a.m. and lunch is served at noon. January's luncheon will feature meat loaf with dessert and a beverage including door prizes.

Tickets can be purchased at the church office located to the right of the church. Last day to buy tickets is Friday, Jan. 10 before noon. No ticket sales at the door. The cost is \$6. All seniors are welcomed. For more information, call 510-351-5244.

### ❖ Veterans Art Project

A group exhibition of artwork created by local veterans and presented by the County Arts Commission and the Hayward Arts Council, will be on view at the John O'Lague Galleria at Hayward City Hall, 777 B St., through Jan. 17.

### ❖ Sons of Norway Lodge Crab Feed

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

### ❖ Kiwanis Club of San Leandro

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

### ❖ Veterans of Foreign Wars Post 9601

Veterans of Foreign Wars Post 9601 invites veterans and active military to meetings on the second Tuesday of each month at 6:30 p.m. at the Veterans Memorial Building, 22737 Main St. in Hayward. For more information, visit [www.vfw9601.org](http://www.vfw9601.org).

### ❖ Bayfair Toastmasters

Bayfair Toastmasters is a small, growing club seeking new members who want to learn the art of public speaking. All are welcome to the club's weekly meetings every Wednesday from noon to 1 a.m. in the Bayfair Mall 2nd floor meeting room above the food court. Come through Entrance 5 facing the Century Theater. For more information, call Noreen at 538-6025 or Wayne at 407-0048.

### ❖ Cherry City Toastmasters Meetings

The Cherry City Toastmasters Club meets every Tuesday from 12:05 to 1:05 p.m. in the Trustees Room on the first floor at the San Leandro Main Library, 300 Estudillo Ave. Public speaking is said to be the number one fear in America. If this sounds familiar, you are not alone. Toastmasters offers a safe, supportive environment to grow your public speaking and leadership skills. Come and explore what Toastmasters is all about.

### ❖ San Leandro Toastmasters

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



LIFESTYLE

Turning Over a New Leaf for the New Year



Salads today are a far cry from the quintessential wedge of iceberg lettuce drizzled with bright orange, so-called French dressing that graced tables half a century ago.

Most markets now stock more than a dozen varieties of leafy greens, ranging in flavor from bland to pleasantly bitter.

Textures vary from crisp to but-tery. Some greens stand well on their own; others are best used in combination or as accents.

At the start of the New Year, when our thoughts turn to health-ier eating, here are some of the most common varieties of salad greens and their best uses.

**Arugula** (also rugula, rocket, roquette) – deep green, slender leaves with a spicy, mustard flavor. Best used as an accent in mixed salads.

**Belgian Endive** (Witloof chico-ry) – small, smooth, slender heads are creamy white, tinged with light yellow at the tips. Mildest in flavor of the chicory family, but still bitter.

**Butter Lettuce** (Bibb, Boston, buttercrunch, limestone) – medi-um-size heads with loosely furled leaves that are medium green on the outside, paler in the center. Sweet, buttery flavor with a soft, delicate texture.

**Cilantro** (Chinese parsley, cori-ander) – this member of the pars-ley family has finely fringed, flat, bright green leaves and a pungent flavor. A little goes a long way. Use as an accent to other mixed greens.

**Curly Endive** (chicory) – sprawling heads of crimped green leaves with a prickly texture. The outer, dark green leaves are more bitter than the paler ones inside. Use in combination with other greens.

**Escarole** (broad-leafed endive) – a cousin of curly endive, but the leaves are less crimped and paler in color. Less bitter, but still sharp tasting. Use with other greens.

**Iceberg lettuce** – what most of us refer to as “lettuce” and what you get on your restaurant ham-burger. With its solid head, crisp

texture and mild flavor, it is still the most widely-sold lettuce in the country.

**Radichio** (Italian red lettuce, red chicory) – baseball-size heads of burgundy leaves with cream-colored veins are the most com-mon variety found in the U.S. Ex-cel-lent for adding color to a salad mixture, its bitter flavor is similar to escarole.

**Red leaf lettuce** – oak leaf is a similar variety of this ruffley, loose-leaf lettuce. Its soft texture and sweet flavor provide a nice contrast to other greens.

**Romaine** (Cos) – Loosely packed, oblong leaves that are medium to dark green at the edges, greenish-white near the center. Crunchy texture, mildly pungent flavor.

**Sorrel** (dock) – smooth, bright to dark green, tongue-shaped leaves that have a faint lemony flavor. Best used as a flavor accent for other greens.

**Spinach** – Smooth, dark green leaves with mild, faintly mustard flavor and a coarse texture. It is sometimes wilted in a hot skillet with a little olive oil before being added to a salad.

**Watercress** – round, dark green leaves with a sharp, spicy flavor. Best used as an accent for other greens.

When making a large salad, pick up a few greens you are un-familiar with and give them a try. You may be pleasantly surprised.

When buying salad greens, se-lect those that are fresh and free of blemishes. It is best to use greens as soon as possible after purchase. They need a thorough washing to remove grit, but should not be al-lowed to soak.

For dressing to coat salad greens, the greens must be dry. Af-ter washing, place on paper towels or clean kitchen towel and blot with another towel. Salad spin-ners, which remove water by cen-trifugal force, are another option.

Greens may be cut with a knife, but most people believe the greens are more appealing when torn into bite-size pieces, removing any

tough stems or ribs.

Cleaned greens may be torn in advance and placed in a plastic food bag, then refrigerated several hours before serving. To prevent crisp greens from wilting, toss with dressing and other ingredi-ents just before serving.

One or two cups of light-ly-packed greens are considered a serving.

SPINACH SALAD WITH DIJON DRESSING

- 1 (9 ounce) bag of baby spinach leaves
- 4 crimini mushrooms, sliced thin
- 1/2 red onion, sliced thin
- 4 ounces of feta cheese crumbles
- Sliced almonds (optional)
- Dijon vinaigrette (recipe follows)

Combine all ingredients, except dressing in a bowl, then add de-sired amount of dressing and toss. Serves 4 to 6.

Dijon Vinaigrette

- 1 clove garlic, finely minced
- 1/4 cup red wine vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon salt
- 1 teaspoon fresh cracked pepper
- 1/4 cup extra virgin olive oil

In a jar with a lid, combine gar-lic, red wine vinegar, mustard, salt

and pepper. Close lid and shake vigorously. Once combined, add olive oil. Shake vigorously. Serve over salad.

FESTIVE CHICKEN SALAD

- 2 skinless, boneless chicken breast halves
- 1 1.3-oz (about) packet dry fajita seasoning, divided
- 1 tablespoon vegetable oil
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (11 ounce) can Mexican-style corn
- 1/2 cup salsa
- 1 (10 ounce) package mixed salad greens
- 1 onion, chopped
- 1 tomato, cut into wedges

Rub chicken evenly with half of the fajita seasoning. Heat the oil in a skillet over medium heat, and cook the chicken 8 minutes on each side, or until juices run clear; set aside.

In a large saucepan, mix beans, corn, salsa and other 1/2 of fajita seasoning. Heat over medium heat until warm.

Prepare the salad by tossing the greens, onion and tomato. Top sal-ad with chicken and dress with the bean and corn mixture.

COBB SALAD

- 1/2 head iceberg lettuce
- 1/2 bunch watercress
- 1 small bunch curly endive
- 1/2 head romaine
- 2 tablespoons minced chives
- 2 medium tomatoes, peeled, seeded and diced
- 1 whole chicken breast, cook-ed, boned and diced
- 6 strips bacon, cooked, diced
- 1 avocado, peeled, diced
- 3 hard-cooked eggs, diced
- 1/2 cup blue cheese, crumbled
- French Dressing

Chop lettuce, watercress, endive and romaine in very fine pieces, using knife or food processor. Mix together in large wide bowl. Add chives. Arrange tomatoes, chicken, bacon, avocado and eggs in narrow strips or wedges across top of greens. Sprinkle with cheese. Chill

At serving time, toss with 1/2 cup French Dressing. Pass around remaining dressing. Makes about 6 servings.

LEGAL NOTICES

FILED  
DECEMBER 04, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 566077

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the businesses:  
Onward Painting located at 1418 Marybelle Ave., San Leandro, CA 94577, in Alameda County, is hereby registered by the following owner(s): Deagean Painting Inc., 1418 Marybelle Ave., San Leandro, CA 94577. This business is conducted by a corporation. This business commenced N/A.  
/s/ Deagean Painting Inc.  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires December 04, 2024

DEC 12, 19, 26, 2019 JAN 02, 2020 0190-SLT

FILED  
NOVEMBER 20, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 565639

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es):  
Drift Plants located at 19577 Center Street, Castro Valley, CA 94546, in Alameda County, mailing address 5385 Elaine Ct., Castro Valley, CA 94546, is hereby registered by the following owner(s): Drift Succulents LLC, 5385 Elaine Ct., Castro Valley, CA 94546. This business is conducted by a limited liability company. This business commenced N/A.  
/s/ Drift Succulents LLC  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires NOVEMBER 20, 2024

DEC 19, 26, 2019 JAN 02, 09, 2020 0198-SLT

FILED  
NOVEMBER 14, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 565425

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es):  
Studio HX located at 4748 Mira Vista Drive, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Wei Wu, 4748 Mira Vista Drive, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A.  
/s/ Wei Wu  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires NOVEMBER 14, 2024

DEC 12, 19, 26, 2019 JAN 02, 2020 0192-SLT

FILED  
DECEMBER 09, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 566233

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es):  
Saeology located at 14036 Reed Ave., San Leandro, CA 94578, in Alameda County, is hereby registered by the following owner(s): Chan Saeteurn, 14036 Reed Ave., San Leandro, CA 94578. This business is conducted by an individual. This business commenced 08/01/18.  
/s/ Chan Saeteurn  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires DECEMBER 09, 2024

DEC 26, 2019 JAN 02, 09, 16, 2020 0196-SLT

FILED  
DECEMBER 10, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 566331

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es):  
Superior Auto Sales located at 109 Jackson Street Suite 220, Hayward, CA 94541, in Alameda County, is hereby registered by the following owner(s): Jannet Ranita-Deo Pratap, 567 Dean Street, Hayward, CA 94541. This business is conducted by an individual. This business commenced N/A.  
/s/ Jannet Ranita-Deo Pratap  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires DECEMBER 10, 2024

DEC 19, 26, 2019 JAN 02, 09, 2020 0193-SLT

FILED  
DECEMBER 17, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 566567

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es):  
Meza Electric located at 1665 Orchard Ave., San Leandro, CA 94577, in Alameda County, is hereby registered by the following owner(s): Alejandro Meza-Mendez, 1665 Orchard Ave., San Leandro, CA 94577. This business is conducted by an individual. This business commenced 12/17/19.  
/s/ Alejandro Meza-Mendez  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires DECEMBER 17, 2024

DEC 26, 2019 JAN 02, 09, 16, 2020 0199-SLT

FILED  
DECEMBER 10, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 566339

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es):  
MeeMe Hair Studio located at 703 MacArthur Blvd., San Leandro, CA 94577, in Alameda County, is hereby registered by the following owner(s): Jameelah Atchison, 868 61st Street, Oakland, CA 94608. This business is conducted by an individual. This business commenced 11-10-19.  
/s/ Jameelah Atchison  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires DECEMBER 10, 2024

DEC 19, 26, 2019 JAN 02, 09, 2020 0194-SLT

FILED  
DECEMBER 17, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 566566

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es):  
Plaza Center Building located at 15292 Liberty Street, San Leandro, CA 94578, in Alameda County, is hereby registered by the following owner(s): Thomas Pedemonte, 3067 Massachusetts Street, Castro Valley, CA 94546 and Cheryl Damgen, 4 Elizabeth Lane, Danville, CA 94526. This business is conducted by a general partnership. This business commenced May 1, 1969.  
/s/ Thomas Pedemonte, Cheryl Damgen  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires DECEMBER 17, 2024

DEC 26, 2019 JAN 02, 09, 16, 2020 0201-SLT



# REAL ESTATE GALLERY



## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Times

GUEST COMMENTARY



## 2019: The Year of the Expired Listing

It is no secret the local housing market has shifted downward over the past 18 months.

When a market shifts, the group benefitting from the change adapts immediately, while the segment adversely affected takes much longer to adjust.

In this case, while the data shows a definite decrease in home values, many sellers are struggling with the new reality. Consequently, many seller wannabes, unable to come to terms with the new, lower home values, are listing their homes too high.

As a result, the number of expired and cancelled listings jumped dramatically in 2019.

Peeking in May/June 2018, Alameda County single family home prices began a slow descent that continued through December 2019. The market average, topping at \$1,119,000, dropped to \$948,000 in December 2018, a 15.3% reduction. January 2019 opened with a further

descent before rebounding to \$1,084,000 in June 2019.

Even at its peak, 2019 prices were lower than 2018 highs and, like prices in 2018, dropped significantly heading into winter.

If there is any good news here, it is that the rapid declines of 2018 were not mirrored in 2019 as the year-ending average sales price was \$959,144, up a fraction from the 2018 December average.

One thing is clear: 2019 prices were lower than the 2018 peak and sellers, if they wish to sell their homes, must adapt to the new market realities. If they do not, we will continue to see a rise in expired and cancelled listings.

As expected, we saw a marginal drop in sales from 2018 to 2019 (81 homes), but witnessed a dramatic 51.6% increase in expired listings and a 22.1% jump in canceled listings. If we trace the numbers back to 2017, we see a 58.4% surge in expireds and a 59% upturn in canceled listings.

This indicates a fundamental shift from canceled listings (removed for any number of reasons) to expired listings (did not sell because the price was too high).

For this reason, I am going to label 2019 as The Year of the Expired Listing.

While some sellers like the strategy of listing high and then adjusting downward, market research indicates buyers are too smart to play

that game. Sensing a home is overpriced, they simply stay away. Consequently, overpriced homes languish on the market.

In reality, it is better to price it right from the beginning than keep lowering the price and chasing the market down.

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.

## HOME of the WEEK

This home was reconstructed in 2008 from 1,067 sq.ft. with no garage to a beautiful 1,968 sq.ft. home with an attached 2-car garage. Inside, there is a spacious master suite, an open and modern kitchen and family room, and a formal dining room. Amenities include central heat and A/C and is fully energy efficient with full insulation and dual pane windows. The home features phone, cable and cat-5 pre-wired throughout, and upgraded 200 amp service.



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## Pruning Improves Air Circulation, Disease Control for Dwarf Peaches

By Buzz Bertolero  
Special to the Times

**Q** Sitting on my deck is a Genetic Dwarf Peach in a container that I planted last spring. How do I go about pruning it since it's a compact and bushy grower?

**A** The popularity of genetic dwarf fruit trees is increasing as gardeners with small yards look to pick homegrown fruit.

The bushy, compact growth habit comes from the space between two leaves, also called internodes, which is very short. They're also desirable, as you don't need a tall ladder to manage them; although, some varieties can grow to ten feet if left unpruned.

Genetic dwarf peaches and nectarines are excellent container plants on decks patios

and balconies. They're often used as a substitute for citrus along with making handsome landscape shrubs and require little pruning each year.

Pruning involves thinning the branches to open up the canopy to maintain the height and spread of the tree. It also strengthens limbs by removing entire branches instead of reducing their length.

It would help if you had strong branches to support the weight of the fruit. Fruit production occurs on the extremities of the higher branches, so removing this growth is not a severe problem. You should also remove any of the rubbing and crossing branches, keeping those branches that best add to the overall shape of the plant. This improves the air circulation, which is essential for controlling disease and allows more sunlight to reach the



ripening fruits in the center of the trees.

The dead or dying twigs and branches should also be removed. This dieback tends to occur in the lower section due to the shading from the dense growth. Remove any unwanted growth and suckers on an as-needed basis during the balance of the year.

And finally, genetic dwarf peaches and nectarines are susceptible to Peach Leaf Curl. You apply a Copper Fungicide starting in late November. Right

now, I'd make two applications with the last one occurring just as the buds are swelling and showing color. This is called 'the pink bud' stage.

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



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**WEEKEND GARDENER**

### • Spray

The Yuletide season is a reminder to apply the second round of dormant oil spray to deciduous fruit trees, shrubs and roses. The spray should be applied through mid-January whenever you can expect several days of dry weather above 40 degrees.

### • Shopping for Bulbs

Summer-flowering bulbs can be planted in the coming weeks for cut flowers and garden colors in spring. You'll find a fresh crop of bulbs for gladioluses (plant at three-to-four week intervals from January through March) and begonias (set the tubers in peat moss to sprout, then pot up in larger containers).

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# 5 Ways to Be More Productive in the New Year

When the calendar flips to a new year, many people are inspired to make resolutions, promising productivity, healthy lifestyles, self-care and more. But all New Year's goals require making time for what you set out to do - and a little planning goes a long way.

No matter your resolutions, here are easy tips to make the most of each day, accomplish your goals and still have time to spare:

## Get ready the night before

Make your morning routine easier by getting organized the night before. Prepare your breakfast and coffee. Choose

your outfit and set it by your bed. Pack your bag and place it by the door so you're ready to go. Let your nighttime energy fuel you in the morning.

## Spend less time on chores

Household chores are time consuming and, let's face it, not many people look forward to cleaning and laundry. Invest in ways to lighten your load, like the LG TurboWash 360, which has features that help you get more chores done in less time. It can tackle family-sized loads in less than 30 minutes without sacrificing performance, so your clothes don't pile up. Shorter wash times and energy-saving

capabilities save you both time and money.

## Stick to a sleep schedule

The first step in reaching your goals is making sure you're in good health. One of the most important, and difficult, aspects of good health is sleep. You'll feel more refreshed and ready to take on the day if you establish a

solid sleep schedule and stick to it. To set your schedule, pick the time you want to wake up every day and count back seven to eight hours - that's your new bedtime.

## Get a good calendar

Maximize your time by having a plan for each week. Whether you use a notebook checklist, the calendar on your smartphone

or invest in a year-long planner, you'll always have your plan on-hand and never miss a deadline or to-do list item.

## Become a meal prepper

Set aside time each week to plan your meals and prep them too. Chop fruits and vegetables, pre-cook meats, and cook pasta or rice in advance so you can pull

together easy meals in no time. This saves you time and money, and helps you eat healthier when you're tempted to grab fast food on your busiest days.

When each day feels full to the brim, follow these tips to maximize each hour and be more productive in the new year.

-Brandpoint

## Mortgage Rates Change Little

The 30-year fixed-rate mortgage averaged 3.74 percent last week, according to Freddie Mac's weekly survey.

"The 30-year fixed-rate mortgage rate saw little change again

this week and averaged just 3.9% during 2019, the fourth lowest annual average level since 1971 when Freddie Mac started its weekly survey," said Sam Khater, Freddie Mac's chief economist.

## Macadamia Nut Trees Grow 50-plus Feet

By Buzz Bertolero  
Special to the Times

**Q** We purchased a small Macadamia Nut tree from one of the gift shops at the Honolulu International Airport. It's sitting on the back porch. I'd like to plant in the spring. Can you give me some care instructions?

**A** Macadamia trees are a large evergreen reaching a height of 50-plus feet with a wide spread. It's easy to grow, taking the same care and fertilizer as an avocado, but they don't start producing until they're between seven and ten years old.

The nuts are somewhat problematical to harvest as the nuts fall randomly from the tree when they're mature. Besides, a tough shell protects the nut, they aren't easy to crack. But the biggest drawback is that they're very susceptible to cold

weather damage. That's why very few are grown in California.

Note: Macadamia trees, also known as the Queensland Nut, are native to Australia. It's the only native Australian plant introduced into the United States that is used as a food source.

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



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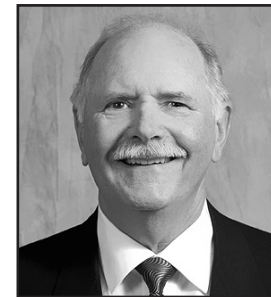
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## RECENT HOME SALES

### Castro Valley

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2270 Star Avenue	94577: \$675,000 2 BD - 1,141 SF - 1948
18366 Joseph Drive	94546: \$735,000 3 BD - 1,172 SF - 1954
22032 Cameron Street	94546: \$750,000 3 BD - 1,386 SF - 1947
<b>TOTAL SALES:</b>	<b>4</b>
<b>LOWEST AMOUNT:</b>	<b>\$675,000</b>
<b>HIGHEST AMOUNT:</b>	<b>\$750,000</b>
<b>MEDIAN AMOUNT:</b>	<b>\$705,000</b>
<b>AVERAGE AMOUNT:</b>	<b>\$708,750</b>

### San Leandro

15070 Norton Street	94579: \$300,000 2 BD - 965 SF - 1949
1833 Hillview Drive	94577: \$560,000 3 BD - 1,850 SF - 1962
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# Ban: Store owners say law not necessary

continued from front page  
flavors,” she added.

Menthol is one of the most popular flavors, but there are many others, she said.

The county ban includes menthol, while San Leandro’s one-year-old ban exempted it.

Tobacco makers have been specifically marketing to youths, Chan said.

State law already bans sales of all tobacco products to anyone younger than 21. A federal ban for those under 21 passed Congress and President Trump has said he will sign it into law.

The county ordinance would also require all tobacco retailers in the unincorporated area to obtain a license to sell any tobacco product, and put restrictions on issuing new ones. For instance, new tobacco establishments cannot open close to exiting ones, nor can they be near schools, parks or other places frequented by youths. Pharmacies or stores containing a pharmacy are not allowed to sell tobacco products.

Supervisor Nate Miley abstained in the vote on the new county ordinance. He favored exempting hookah lounges and other businesses that already bar customers under the age of 21.

His spokesman, Bob Swanson, said that Miley has been anti-tobacco throughout his political



PHOTO BY MIKE MCGUIRE

**The owner of the Smoke Shop on Hesperian Boulevard hopes that sales of T-shirts that read “Straight Outta San Lorenzo” will make up for lost tobacco sales.**

career, starting on the Oakland City Council. But he felt that limiting sales to adult-only stores would safeguard youth while allowing current adult smokers to use vaping, including flavored products, to gradually wean themselves off conventional cigarettes.

Swanson holds himself up as an example of someone who successfully did so in middle age. Further, he said, Supervisor Miley got to see first-hand the entire process Swanson went through.

Tobacco shop owners also question the ban.

“I understand it, with the kids, and they don’t want people get-

ting sick,” said Moe Ali, owner of the Gorilla Clouds smoke shop at 321 East Lewelling Blvd. in San Lorenzo.

“But I wish they’d do something else. A lot of people are upset about it. They’re leaving a lot of money on the table to be picked up by people much less careful about following the rules than we are,” he said, referring to illegal sales.

“In San Lorenzo, we have a good record about not selling to minors,” Ali said. “The high school’s down the block so we’re really careful about checking IDs.”

At the Smoke Shop at Hesper-

ian Boulevard in San Lorenzo, an owner who did not wish his name used hoped his other merchandise, notably clothing, would carry him through an expected decline in tobacco sales. One can buy, among other things, a sweatshirt there proclaiming “Straight Outta San Lorenzo.”

Neetu Balram, public information manager for the county public health department, said that the new ordinance targets sales, not possession, of flavored tobacco products.

“Four out of five youth smokers started out with vaping,” Balram said. “We wanted to reduce youth access to tobacco.”

# Fares: Clipper card saves money on fare

continued from front page

“People take BART because it’s supposed to be cheaper but if round-trip to San Francisco is \$10, then you could have bought \$10 worth of gas for that,” said Isiah Al, a passenger at the San Leandro BART Station.

BART says it needs to keep up with inflation because it’s not heavily subsidized by the government and relies on fares for two-thirds of its operating budget, according to BART spokesman Jim Allison.

BART is working hard to improve the rider experience with stepped up cleaning efforts, and additional police presence, Allison said. He added that BART is working on new solutions to address the Bay Area’s homeless crisis that affects BART.

The inflation-based fare increase is part of a program first approved by the BART Board in 2003 and renewed for a second

series in 2013, according to BART.

One BART rider thought the fare is reasonable.

“It’s worth it,” said Mark Four of Oakland as he entered the San Leandro BART Station. “You’re paying for their wages, you know.”

BART recommends using the Clipper card, which is good for all Bay Area transit. Paper tickets add 50 cents on every trip, so a Clipper card saves money.

The adult fare with a Clipper card from San Leandro to 12th Street/Civic Center in Oakland increased on Jan. 1 from \$2.55 to \$2.70., and to Powell Street in San Francisco from \$4.65 to \$4.90.

AC Transit transbay fares are \$6 for adults, \$3 for youths, seniors and the disabled. AC Transit local cash fares are \$2.50 adults, \$1.25 youths, seniors and disabled. Clipper card fares are less at \$2.25 and \$1.12.

# Mushrooms: Also dangerous to pets

continued from front page

are typically the first organs affected after ingestion. Symptoms don’t usually appear until up to 12 hours after consumption, beginning as severe gastrointestinal distress and progressing to the liver and renal failure if treatment is not sought immediately.

“Both of these toxic mushrooms can be lethal to humans and pets if consumed,” said East Bay Regional Park District Naturalist Trent Pearce, who is based in Tilden Regional Park and documents the fungi in East Bay Regional Parks. “They are mostly associated with oak trees and can be found growing anywhere oak roots are present.”

The death cap is a medium-to-large mushroom that typically has a greenish-gray cap, white gills, a white ring around the stem, and a large white sac at the base of the stem. Though the death cap is mainly associated with oak trees, it has been found growing with other hardwoods. It was accidentally introduced to North America on the roots of European cork oaks and is now slowly colonizing the West Coast. The death cap is not native to California.

The Western destroying angel is a medium-to-large mushroom that usually has a creamy white cap, white gills, a white ring around the stem that disappears

with age, and a thin white sac at the base. It fruits from late winter into spring. It is associated exclusively with oaks. Unlike the death cap, it is a native California mushroom.

“The Park District urges the public to be safe and knowledgeable about toxic mushrooms when encountering them in the parks,” said East Bay Regional Park District Public Information Supervisor Dave Mason. “Collecting mushrooms in East Bay Regional Parks is not allowed.”

The death cap and Western destroying angel can also be dangerous for pets.

“Dog owners should keep a close watch on their dogs during

the winter months,” said Mason. “Pet owners should contact a veterinarian immediately if they suspect their pet may have eaten a toxic mushroom.”

While the death cap and western destroying angel mushrooms are responsible for most cases of mushroom poisonings in California, deadly toxins can also be found in Galerina and Lepiota mushroom species, both of which are found in the Bay Area.

The public can learn more about the fungi of the East Bay Regional Parks at the annual Tilden Fungus Fair, Saturday and Sunday, January 25-26, 2020 at Tilden Nature Area’s Environmental Education Center.

## THE TIMES CROSSWORD

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- Chart
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- O. Henry’s specialty
- Realm
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- Compete
- Rage
- Hollywood hope
- 140-character message
- Conger, e.g.
- Prohibit
- Islamic decree
- Ennui
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- Church section
- Active one
- Gist
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- Maintained

### DOWN

- Comic Foxworthy
- Computer brand
- Roller coaster outcry
- Grave
- Lawyer played by Burr
- First 21-Across
- Luau dish
- Cutting the volume
- Tackles’ teammates
- “American”
- Alaskan city
- Flatbread of India
- Rotation duration
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- Snitch
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- Campus VIP
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- Mechanic’s tool
- Layered ice cream treat
- Crazes
- On
- Genealogy display
- Match in the ring
- “Over hill, over”
- Ellipse
- Fix
- “CSI” evidence

ANSWERS ON PAGE 3

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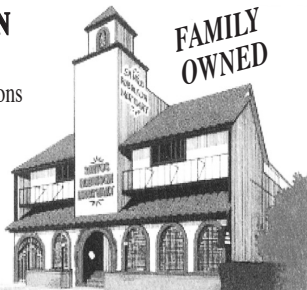
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# Scores: Superintendent hails student test scores, predicts progress

continued from front page

multiple tests and assessment results to arrive at single numbers in each category for parents and others to easily judge local school performance and progress.

The rise in English and math scores for San Leandro students enabled the district to move from orange to yellow in both subjects in the state education department's color-coded scale.

San Leandro students still fell short of the statewide averages, though.

On most measures, however, groups of San Leandro students that were furthest from the state standards made the most progress toward meeting them. San Leandro's socio-economically disadvantaged students, for example, closed much of the gap with similar

students statewide in English last year.

School districts with groups of students falling well below the standards are eligible for special aid from the state to help them catch up. Ironically, San Leandro's improvements among disabled students and homeless students disqualifies the district from aid to help both groups. But the district

will get special aid to deal with high rates of suspension and chronic absenteeism among foster youths.

Schools Superintendent Dr. Mike McLaughlin hailed students' improved performance in a number of areas, and predicted further progress in upcoming years.

The California Department of Education (CDE) 2019 perfor-

mance reports for California districts and schools are accessible at the California Accountability

Model & School Dashboard web page at <https://www.caschool-dashboard.org/>.

## Libertarian Party to Meet

The Libertarian Party of Alameda County will hold its officer elections at the next meeting, Thursday, Jan. 9, 7:15 p.m. at The Englander Pub, 101 Parrott

St. in San Leandro. Membership not required to attend, but membership to the Libertarian Party and residency in Alameda County is required for officer eligibility.

## OPINION

### LETTERS to the EDITOR

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

#### SL: A Dystopian Nightmare?

Editor:

The once pleasant city is now turning into a dystopian nightmare.

The Marina lays wasting away with total neglect. Property crimes run rampant as the police are more concerned with being reactive, not proactive to crimes.

The city's gleeful hope for additional revenue by way of cannabis has had its worst fear realized with the robbery of Blum. Homeless are strewn across the city in RVs and small tent cities. The city quite literally is putting "makeup on a pig" by painting murals and sidewalks to hide the true course the city is taking.

Blame the police and city workers for bankrupting the city with their pensions. Blame changing demographics, out with the old, in with the new. Blame who you will. One fact is certain that San Leandro is commerce center. Businesses large and small, from manufacturing to technology.

How can a city with so much tax revenue have such horrible roads, a decrepit Marina, and counting the years until bankruptcy?

—Christopher Connolly  
San Leandro

#### Illegal Fence?

Editor:

Well, I noticed the Year In Review mention of a \$4,000 fine one resident had

due to a illegal non-compliance fence.

You might recall, City Council member Victor Aguilar knowingly built a non-compliance fence without any permits and then lost his appeal for a fence modification back in the beginning of August 2019.

Over four months later, his fence is still an illegal non-compliance fence. I wonder if Council member Aguilar has been cited or fined for his illegal fence?

—Diana Souza  
San Leandro

#### Explore Plant-Based Foods

Editor:

The end-of-year/New Year holidays seem to whiplash us from one extreme to the other: eat, drink & be merry vs. the customary New Year's resolutions: reduce social media, reduce weight, and embrace a plant-based diet!

One third of consumers already report reducing their consumption of animal foods. Hundreds of school, college, hospital, and corporate cafeterias have embraced Meatless Monday. Even fast-food chains Chipotle, Denny's, Panera, Subway, Taco Bell, White Castle are rolling out plant-based options.

A dozen start-ups, led by Beyond Meat and Impossible Foods, are creating healthy, eco-friendly, compassionate, convenient, delicious plant-based meat

and dairy alternatives. Meat industry giants Tyson Foods, Cargill, and Canada's Maple Leaf Foods have invested heavily in plant-based meat development. So have a number of Microsoft, Google, Twitter, and PayPal pioneers.

According to Plant-Based Foods Association, plant-based food sales have grown by 20% in recent years, ten times the growth rate of all foods. Sales of plant-based cheeses, creamers, butter, yogurts, and ice creams are exploding at a 50% growth rate. Plant-based milks now account for 15% of the milk market.

The plant-based New Year's resolution requires no sweat or deprivation — just some fun exploration of your favorite supermarket, restaurants, and food websites.

—Dennis Roth  
San Leandro

#### Disservice to Indigenous Peoples

Editor:

I am dismayed that Congress passed a spending bill which includes billions of dollars to President Trump's border wall on the southern border between this country and Mexico.

By passing this bill, they support President Trump's human rights violations against Indigenous Peoples known as the Tohono O'odams because the wall will go through their homeland which is located between the Gila River in Arizona and the Sea of Cortez in Sonora, Mexico.

The Tohono O'odams have resided in their homeland for thousands of years. They have relatives on both sides of the border. Congress does a disservice to the Tohono O'odams by passing this bill.

—Billy Trice Jr.  
Oakland

## INQUIRING REPORTER

### What's your goal for 2020?

— Asked at the Main Library

My goal is to finish what I started and to work on investing time with my family, personal health, and work.

**Jesus Orozcho**  
San Leandro



To be more engaged in my community and to step-up my exercise game with the goal of walking four miles each time.

**Margie Galleni**  
San Leandro



To get healthier, lose some weight, exercise, and eat healthier — things that seem to get harder each year.

**Ann Roddy**  
San Leandro



None. I stopped making resolutions because they only last about a month.

**Glenn Jones**  
Richmond



To join the San Leandro Police Department.

**Paul Rico**  
San Leandro





# Foundation Contributes to Boys & Girls Club Construction

The San Leandro Boys & Girls Club Foundation presented The Boys & Girls Clubs of San Leandro a check for \$500,000 last month in support of the club's project to completely renovate its facility on Marina Blvd.

The foundation is a separate organization and was established decades ago in order to support the needs of the Boys & Girls Clubs of San Leandro.

The presentation of the half million dollar check and the promise of more to come is a critical last piece of the Boys & Girls Club's Capital Campaign to renovate the facility that has been operating since 1966.

The planning for the renovation project began in April 2016, the Wayne and Gladys Valley Foundation committed a lead gift of \$4,000,000 with the caveat that the Club must raise the remaining \$6 million needed for the project by April 30, 2019.

Over the next three years, the Braddock Family Foundation, The City of San Leandro, The Fremont Bank Foundation, Irwin Charity Foundation, Ghirardelli Chocolate Company and a lengthy list of generous business-

es and individuals, all stepped up to support the club's capital campaign. On April 1, 2019, the Club had a little over 80 percent committed to reaching the goal before the April 30 deadline but, time was running out.

"To get us this close, it was gut wrenching to think that it could all vaporize if something extraordinary didn't happen quickly," said Bob Glotch, Boys & Girls Club Executive Director.

That "something extraordinary" came on April 12 in the form of a letter from San Leandro Boys & Girls Club Foundation President Mike Miraglia, saying the Foundation would "Guarantee the club's full funding of the campaign to renovate the Marina Boulevard facility." That commitment is valued at 1.8 million dollars.

The presentation of the \$500,000 was the first installment of the Foundation's commitment to the project.

The Club renovation has started and is expected to take about 10 months. A Grand Re-Opening Celebration will be planned and will be open to the entire community.



PHOTO BY JIM KNOWLES

The Boys & Girls Club Foundation members brought the check to the club where construction is now in progress. In the photo are Pat Marino, Bob Glotch, Dave Davini, Phil Williams, Mike Miraglia, Shelia Young, and Leon Natsues.

## SENIORS

# Monitoring Solutions for Loved Ones with Dementia

By Jim Miller  
Special to the Forum

**Q** Dear Savvy Senior, My husband, who lives at home, has dementia and I worry about him wandering off and not being able to get back. Can you recommend some monitoring technology devices or any other solutions that can help me keep tabs on him?

Exhausted Spouse

**A** Dear Exhausted, This is a concern for millions of Americans caring for a loved one with dementia at home. About 60 percent of people who suffer from dementia wander at some point, according to the Alzheimer's Association.

For caregivers, this can be frightening because many of those who wander off end up

confused and lost, even in their own neighborhood, and are unable to communicate who they are or where they live. Here are some product and service solutions that may help.

### Simple Solutions

For starters, there are a number of simple home modifications you can do to keep your husband from wandering away. Some solutions include adding an extra lock on the top or bottom of the exterior doors out of the line of sight or installing door alarms on the exterior doors that let you know when they're opened. See AlzStore.com for a variety of product solutions. And, be sure you hide the car keys to keep him from driving.

You should also alert your neighbors that your husband may wander so they can keep

an eye out and have a recent picture of him on hand to show around the neighborhood or to the police if he does get lost.

### Monitoring Technology

For high-tech solutions, there are a variety of wearable GPS tracking devices available today that can help you keep tabs on him. Some top options to consider include AngelSense (AngelSense.com), which can be attached to clothing or worn around the waist; wristwatches like the Theora Connect (TheoraCare.com) or NurtureWatch (NurtureWatch.com); and the GPS SmartSole (GPSSmartSole.com), which is a shoe insole tracker.

All of these products come with smartphone apps that would alert you if your husband were to wander beyond a pre-established safe

area and would let you know where to find him if he did. These products (except the GPS SmartSole) also provide two-way voice communication and auto pickup speakerphone so you can talk to him if he does wander off.

### Locating Services

If the previously listed options don't work for you, there are also locating services – like the MedicAlert + Safe Return program (MedicAlert.org/alz) and Vitals Aware Services (TheVitalsApp.com) – that can help you if he does wander off.

### The MedicAlert + Safe Return program

comes with a personalized ID bracelet that would have your husband's medical information engraved on it, along with his membership number and the toll-free MedicAlert emergency phone number. If he goes missing, you would call 911 and report it to the local police department who would begin a search, and then report it to MedicAlert. Or, a Good Samaritan or police officer may find him and call the MedicAlert number to get him back home.

The Vitals Aware Service works a bit differently. This is a

free app-based network system that comes with a small beacon that your husband would wear. If he did go missing, anyone in the Vitals app network community that came within 80 feet of him would receive an alert and information about him so they could contact you.

Another option that could help, depending on where you live, is a radio frequency locator service like SafetyNet and Project Lifesaver, which are offered by some local law enforcement agencies.

With these services, your husband would wear a wristband that contains a radio transmitter that emits tracking signals. If he goes missing, you would contact the local authorities who would send out rescue personnel who will use their tracking equipment to locate him. Visit SafetyNetTracking.com and ProjectLifesaver.org to see if these services are available in your community.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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