

**Happy
Easter**

Spring Home Improvement

BACKYARD IMPROVEMENTS; HOW TO
CUSTOMIZE THE OUTDOOR SPACE..... 7

WEEKEND WEATHER

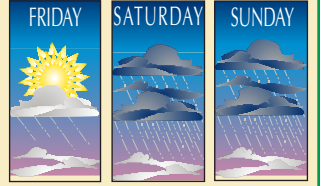
RAIN

Rain Friday thru
Sunday

HIGHS: 58-65

0 10 20 30 40 50 60 70 80 90 100 110

LOWS: 47-49



San Leandro Times

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

VOL. 34 • NO. 13

THURSDAY, MARCH 28, 2024

SAN LEANDRO • CALIFORNIA



PHOTO BY PAUL BOTHWELL

San Leandro resident Benny Jason, at right with his sons Jack and Sam, celebrated his 100th birthday with family and friends at the Senior Center on Saturday.

San Leandran Turns 100, Still Wants to See More of the World

By Michael Singer
San Leandro Times

The only continent that San Leandro resident Benny Jason has not yet visited is Antarctica, but there's still time, he says at age 100.

Benny's most recent adventure was celebrating his 100th birthday party last Saturday at the San Leandro Se-

nior Community Center – with family, friends, and some celebrated guests from Temple Beth Shalom, San Leandro's Deaf Community Center, and Hollywood actress Marlee Matlin, who is hearing impaired and a friend of the family.

With the help of his interpreter (his son, Jack), Benny, who is deaf, de-

scribed his long journey from growing up in the 1920s in Manhattan to making San Leandro his home since 1955.

"Deafness never stopped my father," Jack told The Times. "He and my mother, Sarah—also deaf—traveled more than some of their hearing friends. They traveled all the time,

see 100, page 12

Downtown Association Disbands

Downtown events to be carried on by SLIA business improvement district

By Michael Singer
San Leandro Times

After 30 years of working to improve San Leandro's downtown, the San Leandro Downtown Association called its final meeting and then threw a farewell party on March 14 at the house of the organization's President Paul Jackman.

The Downtown Association's annual holiday event, "It's A Wonderful Night," lives on, under the San Leandro Improvement Association (SLIA), a downtown benefit district that assesses a tax on downtown properties.

The Downtown Association canceled the annual Sausage & Suds Music Festival in 2019, to be replaced by a different fall festival. It's being succeeded by the SLIA-run Okdroberfest, whose name combines the famous German beer festival with "The Dro," a social-media nickname for San Leandro, Mack-Rose said.

Jackman gave Mack-Rose a check for just under \$20,000, the Downtown Association's remaining funds, to carry on the SLIA's work, which

see DOWNTOWN, page 11

Report of a Man with A Gun Turns Out to Be Replica Firearm

San Leandro police blocked off traffic and advised against travel around Doolittle Drive and Carden Street on the morning of March 18 in response to a report of a man with a gun. Police later

uncovered two fake rifles in a homeless encampment.

No arrests were made after San Leandro police questioned and released three people.

The original call came in see REPLICA, page 2

Downtown Farmers' Market to Return Next Wednesday for a New Season

The popular Downtown San Leandro Farmers' Market will return for its 17th season on Wednesday, April 3, from 3 to 7 p.m. in the parking lot of the Main Library, 300 Estudillo Avenue.

The farmers' market hosts an average of 2,500 patrons

weekly – a great place to meet family and friends, enjoy live music, fantastic food and family-friendly entertainment.

The seasonal market will be open every Wednesday from 3 to 7 p.m. through October 9.

The market will kick off with an opening ceremony

and ribbon cutting with Mayor Juan González III at 5:30 p.m. on April 3 (weather permitting).

There will be up to 30 vendors at the 2024 Farmers' Market, including San Leandro's Hummus Heaven.

Popular vendors Bunbao, Roli

Roti, J&M Farms, Dumpling King, and Rosa's Bakery will be returning to the market, among several others. New vendors include Pasta Rey Foods and Bodega Trading Company.

Live music will return on see MARKET, page 3

INSIDE YOUR TIMES

BUSINESS

Zuniga named new Park & Rec director. Page 2

NEWS

What happened to proposed mental health teams? Page 10

SPORTS

Pirates baseball falls to Acalanes. 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.



Replica: Traffic stopped

continued from front page
around 11:05 a.m. when the caller reported seeing a man with a rifle in the 2000 block of Davis Street, according to police. Several officers with heavy protective equipment were dispatched to the scene. Traffic was blocked off, and a community alert on Nixle asked residents to avoid the area.

"The initial subject was seen walking around with one of the replica firearms to the rear of a business on Carden Street near the overpass and railroad tracks, but he was not brandishing or threatening

anyone with it," said Lieutenant E.A. Teng of the San Leandro Police Department.

During the investigation, police recovered and confiscated two replica firearms at the encampment. Three people associated with the encampment were detained and eventually released.

"No arrests were made, so we are not releasing any of their information," Lieutenant Teng said.

Police sent a second advisory through the Nixle app shortly after 12:30 p.m., reporting that the situation had been peacefully resolved.

Zuniga Named San Leandro's New Rec & Park Director

The City of San Leandro recently announced the appointment of Vicente Zuniga as its first-ever Recreation and Parks Director.

Zuniga brings a wealth of experience and a demonstrated commitment to community enrichment and partnerships to this newly created position. His first day in the new job was March 16.

"We are thrilled to welcome Vicente to our team," said City Manager Fran Robustelli. "His extensive experience, collaborative leadership style, and deep roots in San Leandro make him the perfect person to lead our new Recreation and Parks Department. We are confident that he will create innovative and inclusive programs that serve the needs of all our residents."

Zuniga previously worked at the Hayward Area Recreation and Park District,



Vicente Zuniga is the new Recreation and Parks Director.

pointed as San Leandro's first Recreation and Parks Director," said Zuniga. "I am passionate about creating vibrant and accessible parks and recreation opportunities for all residents. I look forward to collaborating with the community and staff to develop innovative programs that meet the diverse needs of our city."

Zuniga is a lifelong resident of San Leandro, where he lives with his wife and three sons. He is a member of the California Recreation and Parks Association (CPRS) and the National Recreation and Parks Association (NRPA) and holds a Bachelor of Science in Recreation from California State University East Bay.

where he served for 22 years. He managed a diverse range of programs, serving over 300,000 residents.

"I am honored to be ap-

Correction

The story on the storm water fee hike ("Storm Water Fee Hike to Go to Voters," March 21, 2024) said most homeowners would see their property tax bill increase by \$48.28 annually. But that fig-

ure was based on the largest plan - to tackle all the projects. City officials said this week that the plan they propose to implement would increase most homeowners annual tax bill by \$23.59.

San Leandro Times

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

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Friends of Library to Hold Book Sale

The Friends of the San Leandro Library will host their semi-annual book sale on Saturday, April 6, from 11 a.m.

to 3 p.m.; and Sunday April 7, from 10 a.m. to 2 p.m. (Friends of the Library member can shop on Saturday from 9 to 11 a.m.) at the San Leandro Main Library, 300 Estudillo Ave. in San Leandro.

Find bargain prices on gently used books, movies, magazines, music, and more. Sunday is the special bag sale - \$3 for all the books you fit in a bag. This sale is cash only. Want early access to the sale? Become a member. Check out the San Leandro Library website or stop by the Friends of the San Leandro Library Bookstore located in the Main Library for more information.

All proceeds benefit the San Leandro Library's programs and services.

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Holy week events

Maundy Thursday worship at 7:00 PM, March 28

Good Friday Stations of the Cross at 12 noon & Worship 7 PM, March 29

Easter services at 9:15 & 11:00 AM, Sunday March 31, with pancake breakfast served 8:30-11:00 AM

ALL ARE WELCOME!

Faith Lutheran Church of Castro Valley
2080 Redwood Road
Castro Valley, CA 94546
www.flccv.org

Community Calendar

SL Democratic Club to Meet

The San Leandro Democratic Club will meet on Thursday, March 28, at 6:30 p.m. in the Trustees Room of the San Leandro Main Library, 300 Estudillo Ave. Guests will be newly appointed District 1 Councilmember Sbeydeh Viveros-Walton and Save the Bay Political Director Allison Chan, who will discuss the Stormwater Fee Measure which is under consideration by City Council for a vote on a special mail-in only ballot this summer. The public is welcome to attend.

Eden Garden Club Plant Sale At Paradise Gardens

The Eden Garden Club will hold a plant sale on Saturday, March 30, from 10 a.m. to 3 p.m. at Paradise Gardens, 20095 Mission Blvd. in Hayward. The sale features vegetables, perennials, succulents, shrubs, natives, garden art, pottery, garden supplies and tools. Donations of plants and garden related items in good condition are accepted from 5:30 to 9:30 a.m. The proceeds are given for School Garden Grants awarded to high schools in Castro Valley and Hayward. Email edengardenclub@yahoo.com for more information.

First United Methodist Church Easter Sunday Service

First United Methodist Church, 1600 Bancroft Ave., invites the community to celebrate Easter Sunday on March 31. Worship service at 9:30 a.m. You're invited to bring flowers from your garden to decorate the cross in the sanctuary. Following worship service, our fellowship time will include an appetizer pot luck, and special egg hunt and crafts for kids. All are welcome.

San Leandro Players to Present

Agatha Christie's Murder on the Orient Express

The San Leandro Players will present Agatha Christie's "Murder on the Orient Express," opening on Saturday, April 6 at the San Leandro Museum/Auditorium, 320 West Estudillo Ave. Show times are Saturdays at 8 p.m. and Sundays at 2 p.m., plus two Friday show at 8 p.m. on April 26 and May 3. Tickets are \$25 general; \$20 seniors and under 12 (other discounts may apply). For tickets or more information, visit www.slplayers.org or call 510-895-2573. Masking is strongly recommended.

Free Trap-Neuter-Return Class at the San Lorenzo Branch Library

A free, beginning, cat Trap-Neuter-Return (TNR) class will be held at the San Lorenzo Branch Library, 395 Paseo Grande in San Lorenzo, on Saturday, April 6, from 1 to 3 p.m. Learn more info at feralchange.org/events

The Joy of Textile Art

Textile art by members of the African American Quilt Guild of Oakland is on display through April 9 at the Hayward Area Historical Society Museum, 22380 Foothill Blvd. in Hayward. The display showcases a collection of 40 quilts by East Bay artists, as well as the culture, heritage, and traditions of African American quilting.

Alta Mira Club Mardi Gras Shrip Fest

The Alta Mira Club, 561 Lafayette Ave. in San Leandro, will host a Mardi Gras Shrimp Fest on Saturday, April 13. Social hour at 5 p.m., dinner at 6 p.m. Tickets are \$55, includes all-you-can-eat hot and cold shrimp, pasta, salad, bread and ice cream. For tickets or more information, call Shirley at 510-562-7144.

Umpires Needed For HARD Recreation Softball

The Hayward Softball Umpires Association is recruiting year-round to work paid HARD Recreation Softball games. Men's, Women's & Co-Ed Slow pitch. We train all age groups in Fast And Slow Pitch. Call or Email Educational Director at 510-586-8592 between 9 a.m. and 9 p.m. or email umpire500.61@gmail.com



PHOTO COURTESY CITY OF SAN LEANDRO

Fresh produce on sale with live music and family entertainment return on Wednesday, April 3, as the weekly San Leandro Farmers' Market gets underway for the season in the parking lot of the Main Library.

Market: Weekly market runs every Wednesday

continued from front page

a weekly basis, coordinated by the Pacific Coast Farmers' Market Association. On opening day, music will be provided by the Karma Bandits.

Free parking for the new location will be available on the first floor of the Downtown Parking Garage, 122 Estudillo Ave., starting at 3 p.m. on Wednesdays during the market season.

Garage access from Estudillo Avenue is recommended due to the construc-

tion project underway at East 14th Street and Callan Avenue. (Visit www.parksl.com for more information).

Adjacent to the library parking lot, there is also ample street parking on both Callan Street and Estudillo Avenue. Entry to the Library parking lot will be closed on Callan Street, and partially closed on Santa Rosa Street. The entry on Estudillo Avenue will remain open.

The Farmers' Market is made possible by partnership

between the Pacific Coast Farmers' Market Association and the City of San Leandro. For more information, contact Economic Development at 510-577-3311.

Mini-Grants Available For Youth Programs

The City of San Leandro's Youth Advisory Commission (YAC) announces the release of the Youth Mini Grant for the 2023-2024 term.

This innovative annual program provides grant funding to support organizations or programs that are youth-driven and have a positive impact on San Leandro youth.

The YAC raised the grant money by volunteering and implementing special fundraising events. Additional funds to support this program were generously donated by the San Leandro Optimist Club. The total funding available for this year's Youth Mini Grant is \$1,000. The amount per award will be dependent on the number of awards granted and their corresponding funding level.

Apply online at <https://forms.office.com/g/91L-gNBbTgt> to access the application. Applications must be submitted by May 6. Early applications encouraged.

For more information, visit sanleandro.org/YAC or email youth@sanleandro.org.

San Leandro Toastmasters Meet Every Thursday

San Leandro Toastmasters meets every Thursday from 6:45 to 7:45 p.m. online through Zoom. Email sanleandrotm@gmail.com for more information. Also, the Toastmasters meet in person at the San Leandro Main Library, 300 Estudillo Ave., on the last Thursday of every month from 6:45 to 7:45 p.m.

Entries Being Accepted for the Cherry Festival Parade Set for June 1

Applications are being accepted for entries in this year's Cherry Festival parade.

The parade will kick off at 10 a.m. on Saturday, June 1, running up Parrot Street and then north on East 14th Street to Estudillo Avenue in downtown San Leandro, and finishes at the Main Library.

The Cherry Festival Parade honors San Leandro's heritage as the former cherry-growing capital of the region. Cherry Festival Parade applications are available online at www.sanleandro.org/CherryFestival.

View Tiny Art Show at the Library

View the Women's History Month Tiny Art Show at the San Leandro Main Library, 300 Estudillo Ave. through the month of March.

The library will be showing off patron submitted art

val. Applications are being accepted until Friday, March 29. San Leandro businesses, schools, residents, and community groups are encouraged to take part either by entering as a participant or coming as a spectator.

For more information regarding the Cherry Festival, visit www.sanleandrocherryfest.com or contact the City's Recreation Division at cherryfestival@sanleandro.org or call 510-577-3462.

pieces inspired by women artists to highlight and celebrate women creatives.

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Easy as Pie!

Intimidated at the mere thought of making a pie from scratch? You have lots of company. It seems to rank high on the phobia list of cooking techniques. The only tricky part is the pie crust. (See box at right.) Be sure all of the ingredients are cold. When rolling out the dough, roll out from the center, never back and forth, and don't roll off the edge of the dough. Don't overfill the crust. The filling will expand and ooze during the baking.



3-inch strip of foil to prevent excessive browning. Bake 40 to 50 minutes or until crust is brown and juice begins to bubble through slits in crust, removing foil for last 15 minutes of baking. Serve warm with vanilla ice cream or a wedge of sharp Cheddar cheese.

1 baked 9-inch pastry shell
2-1/4 cups whole milk
3/4 cup sugar, plus 1/4 cup for the egg whites
3 eggs, separated
1/4 cup cornstarch
1 teaspoon vanilla
1-3/4 cups toasted coconut
1 tablespoon butter

LEGAL NOTICE

NOTICE OF PETITION TO ADMINISTER ESTATE OF

Willis A. Clingenpeel
Case Number:
24PR066481

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: **Willis A. Clingenpeel**

A Petition for Probate has been filed by **Richard Clingenpeel**, in the Superior Court of California, County of Alameda. The Petition for Probate requests that **Richard Clingenpeel**, be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's WILL and codicils, any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on April 5, 2024, 9:45 a.m., Dept. 201, at 2120 Martin Luther King Jr. Way, Berkeley, CA 94704.

IF YOU OBJECT to the granting of the petition you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) **four months** from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code or (2) **60 days** from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. **Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.**

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner: Spencer W. Chen,
135 Main Street, Suite 1200 San Francisco CA 94105 (415) 957-1800

LEGAL 1150-24PR066481 03/14/24, 03/21/24, 03/28/24

CLASSIC APPLE PIE

Pastry for double-crust pie
1/3 to 1/2 cup sugar
1/4 cup all-purpose flour
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/8 teaspoon salt
8 cups thinly sliced peeled tart apples (8 medium)
2 tablespoons butter

Heat oven to 425°F. With floured rolling pin, roll one pastry round into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold

and ease into plate, pressing firmly against bottom and side.

In large bowl, mix sugar, 1/4 cup flour, the cinnamon, nutmeg and 1/8 teaspoon salt. Stir in apples until well mixed. Spoon into pastry-lined pie plate. Cut butter into small pieces; sprinkle over filling. Trim overhanging edge of pastry 1/2 inch from rim of plate.

Roll other round of pastry into 10-inch round. Fold into fourths and cut slits so steam can escape. Unfold top pastry over filling; trim overhanging edge 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal; flute as desired. Cover edge with 2- to

NUT TREE CHESS PIE

1 cup sugar
1/3 cup brown sugar, firmly packed
4 teaspoons flour
1/2 teaspoon salt
1 cup chopped walnuts
1/2 cup raisins, plumped in boiling water and drained
3 eggs
2/3 cup milk
4 teaspoons melted butter
1 unbaked pie shell

Combine dry ingredients, nuts and raisins in mixing bowl. In a small bowl, beat eggs with fork; add milk and melted butter. Stir into dry ingredients, mixing well. Pour into unbaked pie shell. Bake in a slow oven (315°F) for an hour and 15 minutes. During the long, slow baking, the nuts rise and turn golden brown on top of the rich, firmly jelled filling. Serve cold. The pie cuts best after it stands chilled for 24 hours.

COCONUT CREAM PIE

Preheat oven to 400°F. In a saucepan, whisk the 2 cups of milk and 3/4 cup sugar together. Place the pan over medium heat and bring the liquid up to a simmer.

Whisk the egg yolks together. Temper the hot milk into the egg yolks. Whisk the egg mixture into the hot milk mixture. In a small bowl, dissolve the cornstarch in the remaining milk, making a slurry. Whisk the slurry into the hot milk mixture. Bring the liquid up to a boil and reduce to a simmer.

Cook the mixture, stirring constantly, until the filling is thick, about 4 to 6 minutes. Fold in the vanilla, coconut, and butter. Mix well. Pour the filling into the prepared pan and cool the pie completely. Using an electric mixer with a whip attachment, whip the egg white to soft peaks. Add the remaining sugar and whip the egg white to stiff peaks. Spread the egg whites over the top of the pie. Place the pie in the oven for about 3 to 4 minutes, or until the meringue is golden brown.

BLACKBERRY PIE

Pastry for a double crust pie
3/4 cup sugar
3 tablespoons flour
1 teaspoon cinnamon
1/8 teaspoon salt
4 cups fresh blackberries, rinsed and drained
1 tablespoon lemon juice
2 tablespoons butter

Preheat oven to 450°F. Line a 9-inch pie pan with half the pastry, saving remaining pastry for top crust. Chill both while preparing the blackberries.

Combine berries, flour, sugar and lemon juice. Spoon into pie shell, and dot with butter or margarine. Cover with top crust, and slash in several places.

Bake for 15 minutes. Reduce heat to 350°F and continue baking for 35 to 40 minutes, or until browned. Serves 5-6.

GRASSHOPPER PIE

25 Oreo cookies
1/2 cup butter, melted
2 cups marshmallow creme
1/4 cup creme de menthe
2 cups whipping cream

Crush cookies and set aside 1/4 cup of crumbs. Place remaining crumbs in a medium bowl and mix in melted butter. Press mixture firmly into bottom and sides of a 9 inch springform pan.

In a large mixing bowl, whip together marshmallow creme and creme de menthe until smooth. In a separate bowl, whip cream until soft peaks form, then fold into marshmallow mixture. Pour mixture into pan and sprinkle reserved cookie crumbs on top. Freeze at least 2 hours, until firm. Remove from freezer 20 minutes before serving to soften slightly.

CROSSWORD PUZZLE ANSWERS

S	C	A	L	E	R	A	G	A	S		
S	C	A	R	E	D	O	N	L	I	N	E
A	E	R	I	E	S	M	O	O	R	E	S
N	N	E	S	E	D	A	N	B	E	T	
D	I	E	T	L	E	N	H	A	Z	E	
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E	M	I	G	R	E	D	R	E	A	D	S
S	T	I	E	S	S	E	E	P	S		

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HOROSCOPE by Salomé

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- ARIES (March 21 to April 19):** You might feel a little sheepish about admitting your feelings for a certain someone. But do it anyway. Your sincerity will make the right impression.
- TAURUS (April 20 - May 20):** It's a good time to clean out the clutter in your home. It's also a good time to sort out personal priorities and make decisions about certain relationships.
- GEMINI (May 21 to June 20):** Avoid getting caught up in conflicting advice, even from trusted friends and family members. You need to dig for your own facts and make choices accordingly.
- CANCER (June 21 - July 22):** Conflicting aspects cause some confusion, both on the job and in your personal life. Try to keep your balance as you work things out to your benefit.
- LEO (July 23 - August 22):** Money matters become especially taxing for many Leos this week. Pay careful attention to details so that you can avoid more complicated financial problems later on.
- VIRGO (August 23 - Sept. 22):** Don't let regret for a past, rash act keep you from moving on. Meanwhile, a good friend reaches out to help you, and a family dispute needs to be resolved quickly.
- LIBRA (Sept. 23 - October 22):** Someone you thought was an ally suddenly creates on-the-job problems. Wait for the fuss and fury to end before going ahead with your plans.
- SCORPIO (October 23 - November 21):** You're moving into a more favorable period in your personal life. Continue to be patient and allow those pesky problems to work themselves out.
- SAGITTARIUS (Nov. 22 - Dec. 21):** Ask questions about a financial matter in your family. Don't rely on reassurances. Insist on proof that all is as it should be. And if isn't, why not?
- CAPRICORN (Dec. 22 - Jan. 19):** Personal relationships continue to improve. Vital information comes in about a matter that you almost gave up on. Ask a trusted friend for advice on a major purchase.
- AQUARIUS (Jan. 20 - Feb. 18):** Your financial situation continues to improve. Meanwhile, a family member makes demands on your time. Give what you can, but save some for yourself. You need it.
- PISCES (Feb. 19 - March 20):** That romantic attraction you've tried to ignore grows stronger. In addition, a former business associate turns up with important news that could affect your financial future.

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HEALTH & FITNESS

What am I Talking About? ... Deciphering Five Gym Cues

By **Mitch Rothbardt**
Special to the Times

What the heck is he talking about?

That's what some of our new clients are probably thinking when they hear me talking to some of our veteran clients. It's not that I'm talking in some weird forbidden code, it's that I'm coaching clients to perform their exercises more effectively and sometimes... well I have to admit, it sounds like a weird forbidden code.

In today's article I'll reveal what the heck I'm talking about with five of my most common cues and why they're important in making sure that people are getting the most out of their workouts.

1.) Relax your shoulders. If I had a nickel for every time I said this, I'd have a Brink's truck full of nickels. Tight

necks and shoulders are the number one issue we see and that's because everyone is so used to looking at phones and computers that shrugging has become a habit. Learning to correctly use your shoulder blades is the cure.

2.) Get tall. Your body loves straight lines. Your body also loves strong positions. Getting tall keeps your back straight, your shoulders in a good position, and your core engaged. Those are all important if you want to feel good.

3.) Set your core. You may have heard this one before, but so many people do it wrong I think it's important to bring up. You DO NOT set your core by sucking it in. Stand up and lightly push your fingers into the sides of your abs. Now, using your abs, push your fingers out. Notice how much

more stable you feel in your midsection? That's how you set your core.

4.) Grab the floor with your feet. The foot has 29 muscles and over 200,000 nerve endings. Grabbing the floor with your feet (think heel, big toe, little toe) activates many of those and improves your entire body's ability to balance and physically connect to the world around you.

5.) Hold and exhale. Generally, you want to do exercises with a quick pace as long as your form is under control. Core exercises are the opposite. You want to do those as slowly as possible. This gives your core time to work and stabilize. With many of those exercises a good hold and strong exhale activates the core even more. Take your time.

I hope this helps explain some of my strange language, but understanding only goes so far. The application is what's important. Let me know if I can help with that.

Mitch Rothbardt is the owner and head trainer at Castro Valley Fitness. Email Mitch@CastroValleyFitness.com.

Take Off Pounds Sensibly

Join TOPS (Take Off Pounds Sensibly) for the support you need to start your weight loss journey. TOPS 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.

Possible Measles Exposure at Restaurant from Patron; No Employees Contracted Measles

By **Michael Singer**
San Leandro Times

If you had an early dinner at The Sons of Liberty Alehouse in San Leandro on March 9, you may have been exposed to measles, county health officials said last week.

An Alameda County Public Health Department spokesperson said a male patron at the restaurant between 4:45 p.m. and 7:30 p.m. may have exposed other patrons to the measles virus.

The man had been out of the country recently but was unaware of his infection at the time. Officials did not release the man's name or age.

None of the restaurant staff has contracted measles, said owner Tom Lawrie.

"The patient did not become infected at Sons of

Liberty and at this time, we are unaware of anyone who developed measles due to exposure at Sons of Liberty," said Kavita Trivedi, Alameda County Public Health Department's Director of Clinical Guidance. "We are again acting out of an abundance of caution to reach people who may have been exposed."

Public Health is looking for anyone who may have been at the restaurant on March 9 during that time to check on their health status.

Those most at risk are infants younger than a year old, pregnant women, people with a weakened immune system, people who are unvaccinated, health care workers, and child-care providers.

Measles symptoms include fever, cough, runny nose, red

eyes, and a rash lasting up to a week.

Some people may develop complications such as diarrhea, middle ear infections, and pneumonia.

The measles, mumps, and rubella (or MMR) vaccine prevents the virus. Two doses of MMR are recommended for full protection. Alameda County benefits from having a high percentage of people of vaccinated against the measles.

Health officials suggest checking your immunization records or contacting your health-care provider to see if you are protected.

For additional information, visit the Alameda County Public Health Department website at www.acphd.org/measles.

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The Castro Valley Forum and San Leandro Times Present These Special Sections for 2024:

A Parent's Guide To:

Parents Guide to Summer Activities April 10 CVF, April 11 SLT
Ad Copy Deadline Noon April 3

Parents Guide: Back to School July 31 CVF, August 1 SLT
Ad Copy Deadline Noon July 24



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REAL ESTATE GALLERY



California Insurance Woes Adding Complexity To Home Purchases

By Carl Medford, CRS
Special to the Times

While it has become increasingly difficult to buy a home over the past two years due to rising interest rates and decreasing inventory, there is one additional factor plaguing the homebuying process that is becoming ever more concerning:

Purchasing homeowner's insurance.

To say that California has an insurance problem would be a significant understatement, as evidenced by State Farm's recent announcement that it will not renew 70,000 policies in the

Golden State over the coming year, affecting approximately 2% of its statewide policies. This is in addition to its decision in 2023 to no longer write business or personal property and casualty insurance in the country's most populated state.

Recent rampant natural disasters nationwide have contributed to the issue, including California's spate of wildfires and have been worsened by rising inflation and the exploding costs of rebuilding after a catastrophe. At the heart of the issue, however, is the fundamental disagreement between insurers and the California Insurance Commissioner

with its' decades old regulations. Michael R. Blood, in an AP article dated June 5th, 2023, clarifies by stating, "(California) Voters approved Proposition 103 in 1988, which allows the state insurance commissioner to reject proposed rate increases and order refunds. It has been credited with saving consumers billions of dollars, but the industry says it places constraints on accurate underwriting and pricing risk."

This is not just a State Farm issue as other companies such as Allstate have already stated they are not writing new policies in California. Those companies that remain are hiking their rates to sustain any semblance of profitability. Consequently, a growing number of homeowners statewide are choosing to go without insurance.

While it might be possible for an existing homeowner to own their home without insurance, it is not an option for those who are looking to purchase with financing since lenders will not fund until a homeowner's policy is in place. This fact is delaying some escrows as buyers are scrambling to locate insurance at the last



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RECENT HOME SALES

Home sales information is compiled and provided by CalResource and includes Bedrooms, Square Feet and Year Built when available

Castro Valley

22242 Lantana Court 94546: \$925,000 [3 BD - 1,424 SF - 1956
19457 San Miguel Avenue 94546: \$975,000 [4 BD - 1,326 SF - 1950
19465 Yuma Street 94546: \$1,125,000 [3 BD - 1,507 SF - 1972
17628 Vineyard Road 94546: \$1,386,500 [4 BD - 2,216 SF - 1953
TOTAL SALES: 4
LOWEST AMOUNT: \$925,000 MEDIAN AMOUNT: \$1,050,000
HIGHEST AMOUNT: \$1,386,500 AVERAGE AMOUNT \$1,102,875

Hayward

29300 Dixon Street #201 94544: \$380,000 [1 BD - 598 SF - 1984
25700 University Court #215 94542: \$525,000 [2 BD - 1,250 SF - 1982
29599 Vanderbilt Street #104 94544: \$525,000 [2 BD - 900 SF - 1988
27392 Marigold Court 94545: \$600,000 [2 BD - 884 SF - 1971
24953 Lucien Way 94544: \$821,000 [3 BD - 1,369 SF - 1950
27439 Bahama Avenue 94545: \$881,000 [3 BD - 1,128 SF - 1957
25253 Parklane Drive 94544: \$930,000 [4 BD - 1,909 SF - 2019
652 Chevy Chase Way 94544: \$990,000 [3 BD - 1,392 SF - 1958
2080 Trafalgar Avenue 94545: \$1,006,000 [3 BD - 1,199 SF - 1960
613 Chevy Chase Way 94544: \$1,077,000 [3 BD - 1,392 SF - 1958
22941 Ashwin Court 94541: \$1,385,500 [4 BD - 3,031 SF - 2017
2822 Breaker Circle 94545: \$2,200,000 [4,106 SF - 2005
TOTAL SALES: 12
LOWEST AMOUNT: \$380,000 MEDIAN AMOUNT: \$905,500
HIGHEST AMOUNT: \$2,200,000 AVERAGE AMOUNT \$943,375

San Leandro

14177 Doolittle Drive #18b 94577: \$430,000 [2 BD - 980 SF - 1973
2236 Croyden Place 94577: \$650,000 [2 BD - 1,723 SF - 1977
476 Olive Street 94578: \$670,000 [2 BD - 865 SF - 1947
3713 Anza Way 94578: \$750,000 [3 BD - 1,114 SF - 1954
15003 Norton Street #2 94579: \$768,000 [3 BD - 1,784 SF - 1984
14718 Fisk Court 94579: \$805,000 [3 BD - 1,081 SF - 1951
1033 San Jose Street 94577: \$805,000 [2 BD - 1,574 SF - 1937
16689 Ehle Street 94578: \$850,000 [4 BD - 1,943 SF - 1922
TOTAL SALES: 8
LOWEST AMOUNT: \$430,000 MEDIAN AMOUNT: \$759,000
HIGHEST AMOUNT: \$850,000 AVERAGE AMOUNT \$716,000

San Lorenzo

16013 Via Pinal 94580: \$769,000 [3 BD - 986 SF - 1944
TOTAL SALES: 1
LOWEST AMOUNT: \$769,000 MEDIAN AMOUNT: \$769,000
HIGHEST AMOUNT: \$769,000 AVERAGE AMOUNT \$769,000

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EDITION

HOME IMPROVEMENT



GR8 OUTDOORS: Avoid the eight most common mistakes when using outdoor power equipment.

Outdoor Power Equipment 101

As the weather warms and people are coaxed outside to their yards and managed landscapes, it's time for everyone to remember how to use their outdoor power equipment safely and properly.

"Think safety first," says Kris Kiser, President and CEO of the Outdoor Power Equipment Institute (OPEI), an international trade association representing outdoor power equipment, small engine, utility vehicle, golf car and personal transport vehicle manufacturers and suppliers. "I can't stress enough to review manufacturer's safety guidance before starting up any equipment—especially your lawn mower. Review your owner's manual and do maintenance on your equipment."

Also being aware of surroundings is key, he adds. "And be sure to keep kids and pets away from outdoor power equipment while it's in use."

OPEI urges homeowners and other equipment users to avoid these eight most common mistakes when using outdoor power equipment.

1. Thinking all mowers are the same. You need to know how to handle your specific equipment correctly, and do basic operations like turning it off or on and controlling speed. Review your owner's manual and how to use the equipment before use.

2. Not inspecting equipment before use. Always look over equipment before operating it. Check the air filter, oil level and gasoline tank. Watch for loose belts and missing or damaged parts. Replace any parts needed or take your equipment to a qualified service representative.

3. Not walking through your yard or work area before starting to mow or using other outdoor power equipment. Always walk the area you intend to work in, and look for and remove objects, sticks and other items that could create a hazard.

4. Removing or not using safety guards on the equipment. Never alter or disable safety protection measures. If needed, take equipment to a qualified service representative for repairs and inspection.

5. Using fuels not designed for equipment. Loading up your outdoor power equipment with gasoline with more than 10% ethanol in it can cause running problems and damage the fuel line. Always use E10 or less.

6. Using batteries or chargers that are not specified by manufacturer. While a host of batteries and chargers can be found for sale online, only use batteries and chargers specified by the equipment manufacturer.

7. Not storing fuel and batteries safely. Coffee cans, milk jugs and other non-approved containers should not be used to store fuel. Only store fuel in containers designed for it, and always use up fuel before it is 30 days old. Label fuel cans with the date of purchase and ethanol content. When battery packs are not in use, keep them away from other metal objects that can make a connection from one terminal to another. Shorting the battery terminals together may cause burns or a fire.

8. Not cleaning or storing equipment well. Equipment will run more efficiently and last longer if it's cleaned. Always remove dirt, oil or grass before using and storing your equipment. Store equipment in a dry place, avoiding damp or wet environments.

For info on safe fueling, go to www.opei.org/programs/ethanolwarning/ For more safety info visit: opei.org

Top Ten Backyarding Trends for 2024

"Backyarding" – the act of taking activities typically associated with the indoors outside into the green space around us – will continue taking root in 2024, according to the TurfMutt Foundation, which advocates for the care and use of green space, including our own backyards, community parks, green space, and school yards.

The TurfMutt Foundation predicts these 10 backyarding trends for 2024:

Improving Existing Space (Rather Than Moving to a New One). High interest rates and low housing inventory mean more homeowners have chosen to renovate rather than move into a new home. With interior improvements complete, the focus turns to backyard improvements that customize the outdoor space and artfully merge indoor and outdoor living.

Seeking a Home Near a Park or Nature. Even homeowners looking to downsize still want to maintain a connection with nature. They know backyarding can happen in any size yard and seek additional connection to nature through community parks, school yards, and other green space.

Return of Neighborhood Parties... in the Backyard. Over the last several years, homeowners have invested in their outdoor living areas, and now they are using that space to bring back neighborhood block parties in their own backyards.

Creating a Backyard Oasis for Fun. From parents looking for ways to lure their kids away from screens to neighbors wanting to connect with friends, homeowners are turning their backyards into a place for fun and games. Some go all out to install a pool while others take a simpler approach like designating a strip of grass for cornhole or a small soccer pitch.

Taking Better Care of Living Landscapes. Since homeowners have come to value their lawns, trees, and plants more than ever, they are investing in their care like never before. This means investing in equipment for DIY work and calling in professionals, as needed, for pruning, rescuing diseased trees, and revitalizing turfgrass, just to name a few.

Choosing Real Grass. The trend of ripping out real grass and replacing it with fake, plastic alternatives is fading as homeowners and communities recognize the limitations – and downsides – of plastic grass. Synthetic turf is hard to clean, hot on feet and paws, and difficult to recycle.

Planting for Pollinators. Once a niche practice, planting for pollinator support is omnipresent. Homeowners understand the importance of their backyards to provide food and shelter to pollinators like birds, butterflies, and bats year-round. And they are selecting plants for their yards with pollinators in mind.

Adding Drought Tolerant Plants. Plants that are especially adapted to drier landscapes are better for water-stressed areas in our environment. Homeowners are doing their research and selecting plants that will thrive in their micro-climates.

Mixing Materials. As outdoor living has become incorporated into daily life, homeowners are taking care to design cohesive outdoor spaces. They factor in landscaping, hardscaping (patios, outdoor kitchens, etc.), and natural aes-

thetics (trees, boulders, etc.).

Backyard Birding. The birdwatching craze really took flight during the pandemic, but it's not a fleeting fad. Birdwatching is not only relaxing; it is a great way to connect with nature right outside our back

doors.

For more, sign up for Mutt Mail, a monthly e-newsletter with backyarding tips and all the news from the TurfMutt Foundation here. To learn more about creating the yard of your dreams, visit TurfMutt.com.



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LEGAL NOTICES

FILED MELISSA WILK March 19, 2024 County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 604910
FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930
The name of the business(es): PCOM, located at 633 E 14th Street #100 San Leandro, CA 94577. Alameda County, is hereby registered by the following owner(s): Professional Commercial Office Management Inc., located at 633 E 14th Street #100 San Leandro, CA 94577. This business is conducted by a Corporation. This business commenced N/A
/s/Alexander Lithgow
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires March 18, 2029

FILED MELISSA WILK March 1, 2024 County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 604377
FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930
The name of the business(es): Sage Transformations, located at 829 Bridge Road, San Leandro, CA 94577 Alameda County, is hereby registered by the following owner(s): Kinkini Banerjee, located at 829 Bridge Road, San Leandro, CA 94577. This business is conducted by An Individual
This business commenced 1/15/2024
/s/ Kinkini Banerjee
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires February 28, 2029
MAR 07, 14, 21, 28, 2024

FILED MELISSA WILK February 27, 2024 County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 604273
FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930
The name of the business(es): Advanced Patching and Maintenance, located at 1314 Pacific Ave., San Leandro, CA 94577 Alameda County, is hereby registered by the following owner(s): Carlos Jesus Avalos Padilla, located at 1314 Pacific Ave., San Leandro, CA 94577. This business is conducted by An Individual
This business commenced N/A
/s/ Carlos Jesus Avalos Padilla
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires February 26, 2029
MAR 07, 14, 21, 28, 2024

FILED MELISSA WILK March 11, 2024 County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 604681
FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930
The name of the business(es): Landscape Fowl Control, located at 575 Cape Cod Dr., San Leandro, CA 94578 Alameda County, is hereby registered by the following owner(s): Quang Hua, located at 575 Cape Cod Dr., San Leandro, CA 94578. This business is conducted by An Individual
This business commenced 1/1/2024
/s/ Quang Hua
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires March 10, 2029
MAR 21, 28, APR 4, 11, 2024
1120-SLT

FILED MELISSA WILK February 28, 2024 County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 604323
FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930
The name of the business(es): Lost & Found Asset Recovery Specialists, located at 2493 Savannah CT, Oakland, CA 94605 Alameda County, is hereby registered by the following owner(s): Denise Brazier, located at 2493 Savannah CT, Oakland, CA 94605. This business is conducted by An Individual
This business commenced N/A
/s/ Denise Brazier
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires February 27, 2029
MAR 14, 21, 28, APR 4, 2024
1111-SLT

FILED MELISSA WILK March 13, 2024 County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 604764
FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930
The name of the business(es): Cedar Creek Bio, located at 1550 Bancroft Avenue APT. 322, San Leandro, CA 94577-5257 Alameda County, is hereby registered by the following owner(s): Harris Shapiro, located at 1550 Bancroft Avenue APT. 322, San Leandro, CA 94577. This business is conducted by An Individual
This business commenced N/A
/s/ Harris Shapiro
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires March 12, 2029
MAR 21, 28, APR 4, 11, 2024

FILED MELISSA WILK March 20, 2024 County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 604940
FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930
The name of the business(es): Bamboo Advance Beauty College, located at 14624 E 14th street, San Leandro, CA 94578 Alameda County, is hereby registered by the following owner(s): Mai-pham investments LLC, located at 14624 E 14th street, San Leandro, CA 94578. This business is conducted by a Limited Liability Company.
This business commenced 03/21/2019
/s/ Christina Mai
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires February 19, 2029
MAR 28, APR 4, 11, 18, 2024

FILED MELISSA WILK March 12, 2024 County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 604756
FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930
The name of the business(es): Looksbykylee, located at 933 Macarthur Blvd., Suite 150 San Leandro, CA 94577 / 751 Midway Ave, San Leandro CA 94577 Alameda County, is hereby registered by the following owner(s): Kylee Cooksey, located at 751 Midway Ave, San Leandro CA 94577. This business is conducted by An Individual.
This business commenced N/A
/s/ Kylee Cooksey
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires February 27, 2029
MAR 28, APR 4, 11, 18, 2024

ABANDONMENT FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER 602807
The following person has abandoned the use of the fictitious business name: **PCOM INC**, at 633 E 14th Street #100 San Leandro, CA 94577. Full name of registrant is: **Professional Commercial Office Management Inc.**, at 633 E 14th Street #100 San Leandro, CA 94577. The Fictitious Business Name Statement **PCOM INC**, was filed on 12/14/2023 in the county of Alameda. Original File Number 602807. I declare that all information in this statement is true and correct. (A registrant who declares as true information, which he or she knows to be false, is guilty of a crime). This statement was filed with the County clerk of Alameda County on: top right stamp date. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14400, et seq., B&P Code.) This statement was filed with the County Clerk-Recorder of Alameda County on 03/19/2024
MAR 28, APR 04, 11, 18, 2024
1273 - SLT

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Neighborhood Worried over Man's Behavior; What Happened to the Promised Mental Health Teams?

By Mike McGuire
San Leandro Times

San Leandro has been working to set up mental health intervention teams since Steven Taylor was shot to death in the Hesperian Boulevard Walmart by a San Leandro police officer almost 4 years ago, on April 18, 2020.

After that death, a number of local residents argued that Taylor was having a mental health crisis that could have been better handled by mental health professionals than by the police.

The city has begun acting on that suggestion. Soon, officials say, there will be mobile mental health teams better equipped to talk down mentally troubled people than the police are. Steven Taylor could have lived, some say, had there been such a team then.

But on a usually quiet block in the Lower Bal neighborhood, residents are now having a mental health crisis of their own. One of the residents who lives alone in a house has taken to running up to other houses and threatening his neighbors, according to people in the neighborhood.

Sometimes he dresses only in gym shorts, sometimes in his underwear, and sometimes he goes bottomless, said neighbors. Sometimes he

carried a hammer or a pole, but has never hit anyone with either.

Recently, he ran after a man pushing an infant in a stroller, threatening both, one neighbor said. That was preserved on video by a different neighbor, and you can hear the father saying to leave him and his child alone. But nobody was actually assaulted.

The closest to violence that's occurred was a car's tires being punctured, though there's no proof the troubled neighbor did that.

This situation would seem right up the alley of the mobile mental health teams, some of the neighbors say.

But we don't have those mental health teams yet. They were endorsed by the Community Advisory Budget Task Force in 2021 and embraced by the City Council soon after, and are still in the process of being set up. One of those task force members, Juan Gonzalez, has since been elected mayor.

"We hope we get them soon," said City Councilmember Bryan Azevedo. "The Fire Department has taken the lead, along with our Human Services Department, and they're working on how to put them into action."

Azevedo, along with Fred Simon, had supported the push

on the council to get the mental health team, a push led by former councilmember Celina Reynes.

Jessica Lobedan, human services director, confirmed that and said efforts are also underway to find a contractor for mental health services after the initial contact with a troubled person.

Simon said he had wondered what had become of the idea, given that it was agreed to three years ago. For two of those years, he served on the fire chief's advisory committee, and said he has considerable faith in Chief William McDonald to get the program going.

"He's a very compassionate man, and he's had experience in other cities that had programs like this. Fire departments in a number of cities have a tradition of aiding the mentally ill, rather than calling the police every time there's a problem."

In Alameda County, there's currently one countywide mental health team through the Community Assessment and Transport Team (CATT) program, Simon said. They do their best but struggle to get everywhere they are needed, he added.

A person could summon that team by calling 911 and asking for CATT, Simon said.

But when one neighbor in the Lower Bal called the police, the teams were not mentioned or offered, and the neighbor hadn't been aware the county teams existed to ask for them. The police department has not returned inquiries as to why a call was not sent to the CATT teams.

San Leandro is trying along with the fire department to match intervention services to what is needed here, Simon said.

In the meantime, people dealing with a troubled neighbor can call the county's 2-1-1 program

to see what resources are available, or else call the police.

Lobedan suggested neighbors facing a similar situation can also call ACBH (Alameda County Behavioral Health) Crisis at 510-891-5600 to request consultation or a mobile crisis or outreach teams. That applies anywhere in the county except Berkeley or Fremont, where similar programs operate, and can be called Monday through Friday 8 a.m. to 6 p.m. There are somewhat longer hours, from 7 a.m. to 11 p.m. seven days a week, at the CATT teams, which you need to call 911 to request.

The Lower Bal residents did call the police, and one

neighbor praised the department for taking notice of the problem — though they weren't able to solve it.

"The man runs back into his house after each of these incidents before the police can arrive," the resident said. "So they don't see anything themselves, and they say they can't go after someone in their own house if they didn't see a crime occur."

That neighbor and others,

following police advice, got restraining orders against the troubled man, telling him basically to stop threatening people or menacing their property. So far, he hasn't followed that legally binding demand, the neighbor said.

"Our whole system of getting mentally ill people ongoing care just doesn't seem to be working," said Simon. "It feels like it's just catch and release much of the time."

Meals on Wheels Needs Volunteers

SOS Meals on Wheels, the provider of home-delivered senior nutrition in the San Leandro and Castro Valley, needs more kitchen volunteers to keep up with the demand for service.

The work is rewarding, fun, flexible, and meets a pressing need in our community of providing homebound seniors with a nutritious meal and wellness check.

The SOS Meals on Wheels kitchen is a joint effort of our staff and volunteer teams. Our staff cooks, cleans, and plans for the over 1,800 meals we serve daily, but we rely heavily on our dedicated volunteers

to portion, pack, and seal our meals five days a week.

Monday through Friday, volunteers come to our San Leandro kitchen starting at 9 a.m., and work on our tray line for about 2-and-a-half hours. Ideally, we would have about five volunteers a day. Currently, we are falling short of that goal, with Thursdays and Fridays being the most challenging to fill.

Sign up today and start tomorrow. Visit sosmow.org/volunteer. For additional information, contact John Schinkel-Kludjian at 510-244-0165 or via email at John@sosmow.org.

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.

Storm Water Fee Keeps Pollution Out of the Bay

Editor,

As a San Leandro parent, I'm worried about how the impacts of climate change, like big storms, will impact my family. As the Political Director at Save The Bay, I know the importance of maintaining city infrastructure to protect communities and the environment.

I'm excited that San Leandro is proposing to invest in our city's stormwater infrastructure and hope

that other property owners will join me in supporting the Stormwater Fee Amendment.

Protecting our community from storm flooding and keeping pollution out of the bay is a top priority for me, my family, and my organization. The city has not raised stormwater fees in over 30 years. Your article incorrectly stated the size of the fee—most properties will only see an increase of \$1.97 a month, or even a decrease for the smallest properties.

The crosswalk in front of my child's school floods almost every time it rains, putting kids at risk when they walk outside the crosswalk to avoid getting wet. Ensuring San Leandro's children can safely walk to school during a storm and that the bay is clean and safe for everyone is priceless—and certainly worth \$2 a month to me.

Allison Chan
San Leandro

I'll Carry the Flag

Editor,

Last year's Cherry Festival Parade was missing our United States national flag out front, proudly. I hope the City of San Leandro will remedy this oversight this year. If no suitable honor guard can be found, I'll wear my Sunday best and carry the Stars and Stripes myself.

Del Crane
San Leandro

Preserve the Ohlone Shellmound



Send a letter to the editor to Letters@ebpublishing.com. Letters must include the writer's name, address and telephone number.

Editor,

The Ohlone Shellmound village site, on a parking lot at 1900 Fourth Street in Berkeley, will be returning to the Ohlone Indians after an historic deal of \$27 million and years of legal battles.

The site, which was established 5,700 years ago, was home of the Ohlone Indians before both the Spanish conquistadors and white settlers took over.

From the start of 2000 until now, there have been legal battles between the Ohlone Indians and developers known as Ruegg and Ellsworth who want to build housing on top of it. Now that the site will be returned to the Ohlone Indians under the Sogorea Te's Land Trust, I hope that they will be allowed to preserve their way of life.

Billy Trice Jr.
Oakland

Downtown: Volunteer group turns it over to Business Improvement District

continued from front page
involves street cleaning and funding Community Ambassadors downtown as well as putting on events.

"Downtown is in good hands," Jackman said as he handed Mack-Rose the check.

Jackman, the owner of Fun Flicks Outdoor Movies, said it was Covid and its after-effects that did in the San Leandro Downtown Association, an all-volunteer group of downtown businesspeople.

During the initial lockdown, members first scrambled to meet virtually to plan eventual in-person events, once restrictions were lifted. Meanwhile their own businesses suffered from both pandemic closures and decreased business afterwards.

"People looked at a big event like Sausage & Suds and didn't realize there were only about a dozen people, all volunteers, making it come together," said Downtown Association member Michelle Tiernan, of One Elle Management Fiduciary Services.

Morgan Mack-Rose, executive director of San Leandro Improvement Association, said her group's success built directly on the groundbreaking work and early success of the Downtown Association.

One of the things the Downtown Association advocated for was a Business Improvement District (BID), which is a self-taxing district established by property owners to enhance the economic vitality of a specific commercial area. The tax is a surcharge to the property tax. The BID later became called the San Leandro Improvement Association (SLIA).

This provided a stable funding base for the new organization, which could then hire a few paid staff to coordinate armies of volunteers at the events, easing the strain on the organization's leaders.

"It really is mostly volunteers who do the work at the actual events, though," said Mack-Rose.

The Downtown Association started out as the San Leandro Downtown Business Association in January 1994, as a revival of an earlier group. They started out with the holiday "Miracle On East 14th Street" holiday festival, (later the name was changed to "It's a Wonderful Night").

In 1997, hoping to build on the sausage makers and micro-breweries in town, the group started planning the very first Sausage & Suds Festival for that October. Larry Allphin and Virginia Fox, on

behalf of the Association, invited festival goers to sample British beers from the about-to-open The Englander Pub.

Actor Jack Palance signed copies of his new book and Tower of Power lead singer

"Nothing was going on downtown so Sausage & Suds was such a big deal.

— Ken Pon

Lenny Williams performed at the event. Attendance was good, and lines for food and drink long at times.

The Downtown Association went on to help institute or continue other events, such

as Bike SL, the Downtown Farmers' Market.

Members at the final meeting praised Larry Allphin, who ran Allphin's Jewelry on Parrott Street for decades as the driving force behind revitalizing San Leandro's downtown. The business was family run for almost a century, and the pandemic closure cut short the owner's plan to make it to 100 years before shutting it. Allphin retired and now lives out of state.

"He was the group's spiritual president, even if not the official one, from the start," said founding member Ken Pon, who was an accountant downtown for years and often served as the group's treasurer.

"Nothing was going on downtown, so Sausage & Suds was such a big deal," Pon said. "Larry Allphin's vision was that he loved San Leandro, and wanted to bring people downtown, to make San Leandro a



PHOTOS BY MIKE MCGUIRE

San Leandro Downtown Association President Paul Jackman, standing, shares appreciations of each other's work with SLDA members, from left, Ken Pon, Marilyn Fong, Anna Edwards and John Martin at a farewell meeting and party March 14.

vibrant city."

Jackman asked people at the table for their favorite memories of Sausage & Suds or of the Downtown Association more generally, and after

a few specific ones came up, everyone else said it had been working with each other for those years.

Mack-Rose praised the group, saying what's most

remarkable is that all these small business owners found the time to do something for the community, even though they had plenty to do running their own businesses.



Downtown Association President Paul Jackman gives check for almost \$20,000, the group's remaining funds, to San Leandro Improvement Association Executive Director Morgan Mack-Rose to carry on their work. Looking on are, in foreground, are Anna Edwards of Anna W. Edwards Fine Arts, and at right, John Martin of the Portuguese Band of San Leandro.



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FAMILY OWNED

Isabel Castro Atoigue

Isabel Castro Atoigue, beloved wife, mother, grandmother, daughter, sister and friend, passed away on March 10, 2024 after a long battle with heart disease. The second of eight children, Isabel was born on July 5th, 1959 in Tamuning, Guam to Vicente Castro and Soledad Rivera. In 1973 she moved to California with her father and enrolled in Milpitas High School, where she excelled in academics and acquired a love for soccer. Isabel enrolled in Evergreen Community College in 1977, choosing the Administration of Justice program which allowed her to participate in multiple ride-alongs with the Milpitas Police Department. Through this experience she explored her love of social justice and became an advocate for numerous causes. In 1978, she married her husband, Gregory Atoigue Sr. and they welcomed the first of five children.



The birth of her first child, who had albinism, focused Isabel's advocacy on children with disabilities, specifically those with an IEP in public schools. Isabel became a fierce and outspoken proponent for this community and she often attended school board meetings with professional consultants to push for ADA accommodations and specialized support. On January 20th 1998, Isabel's world collapsed when her eldest son was brutally murdered and the investigation mishandled by the San Leandro Police Department. The subsequent harassment and illegal acts against Isabel and her family, coupled with the hundreds of court proceedings compounded her suffering. But Isabel never stopped fighting. This determination is what continues to motivate and inspire her children.

In the years that followed, Isabel sought to continue her advocacy as a volunteer for the Society of St. Vincent de Paul, and provided much needed support to the unhoused community through food distribution. She also worked as a security liaison for St. Leander's church where she was tasked with maintaining the integrity of the buildings for a variety of events.

Isabel is preceded in death by her two oldest sons, Gregory John Atoigue, Jr, John Vincent Atoigue, her father Vicente (Big Ben) Cruz Castro (Familian Siket), her mother Soledad Rivera Castro (Familian Gotgohu), her brother Vincent Felix Castro, and her father-in-law, John Fox Atoigue.

Isabel is survived by her husband of 45 years, Gregory Atoigue, Sr, her devoted son Christopher Allen Atoigue, her adoring daughters Angelica Marie Atoigue and Jaclyne Darlene Atoigue, her mother-in-law Frances Mary Atoigue and her doting daughter-in-law Rebecca Cisneros, as well as her most prized treasures, her nine grandchildren: Elizabeth, Aidan, Alexandria, Ethan, Landon, Ezequiel, Lorenzo, Benjamin and James. She leaves behind her sisters Rosalyn Moreno of Hollister, CA, Lucelle Cox of Lancaster, CA, Cathy Gresl of San Antonio, TX, Barbra Manibusan of Round Rock, TX, Valentina Fortin of Sahaurita, AZ, and Evelyn Cox of Blanchard, OK; not to mention dozens of cousins, aunts, uncles, nieces, nephews and her best friend, Sue Keever of Hayward, CA.

There are no words that fully encapsulate the immeasurable beauty and generosity of Isabel Atoigue. For those who had the privilege to know and love her she was a warrior, a teacher, a cheerleader and a friend. Isabel filled every life she touched with warmth, laughter, and wonderment. To quote a family friend "there has never been, and will never be anyone like Isabel." Her loss has been devastating but to focus on that alone would do a disservice to her many amazing contributions to this world. Therefore, let me simply say thank you on behalf of every person who was fortunate enough to laugh, cry, sing, dance and be in your company. Thank you for filling our bodies with your delicious food, our minds with your wisdom, our hearts with your unconditional love and our souls with your goodness. We will carry your legacy forward with the same devotion and spirit you modeled each and every day. We love you (Mama, grandma wumsy, Izzy, partna) always, to infinity and beyond!

The Weather and You

More Snow Could be in Store for the Sierra this Week

By Mike Pechner
Special to the Times

It's spring and we have had some spring weather last week when we hit 70 in San Leandro and 75 in the Tri-Valley.

This nice warm-up is almost a memory now as the pendulum has swung back to winter. The Sierra Nevada has seen over a foot of new snow.

Norden at historic Donner Summit on old U.S. 40, the Lincoln Highway, now has 88 inches snow on the ground and seasonal total snowfall to date

of 307 inches.

The last three days of this week could see another 48 inches of new snow pushing the total above the average annual snowfall of 350 inches.

This is excellent news because this will give us the first back-to-back winters of above average snowfall in quite a while. The water supply at EBMUD shows total system storage of all the lakes and reservoirs is at 84 percent, which is 105 percent of the historic average.

This year's spring run-off should fill all of the High Sierra lakes and reservoirs.

Looking at longer range forecast models, rain is likely for the last weekend of March which will spill into the first of April. El Niño is waning and it appears that we are going into La Niña by the start of summer.

Looking at statistics for summer temperatures for La Niña following an El Niño Winter show near to below normal temperatures for the entire East Bay and Tri Valley area, which boils down to average to below averages temperatures for this summer. Considering the rate hikes from PG&E, that's probably good news.

The Weather and You by meteorologist Mike Pechner, Golden West Meteorology, former KTVU meteorologist and currently the Weather and Climate Specialist for CBS News Bureau, San Francisco.



PHOTO BY JIM KNOWLES

Pirates second baseman Lorenzo Charles fields a throw as an Acalanes base runner dives safely into second base.

Zhao Named to Dean's List

David Zhao of San Leandro, Calif. was named to the Dean's List at Rochester Institute of Technology for the fall semester of the 2023-2024 academic year. Zhao is in the accounting program.

Full-time degree-seeking undergraduate students are eligible for Dean's List if their term GPA is greater than or

equal to 3.4 and completed, at least 12 credit hours.

Rochester Institute of Technology is home to leading creators, entrepreneurs, innovators, and researchers. Founded in 1829, RIT enrolls more than 20,500 students in 200 programs, making it among the largest private universities in the United States.

Pirates Fall to Acalanes, 6-1; Travel To Tennyson Today

The Acalanes High baseball team capitalized on key hits to beat San Leandro, 6-1, last Thursday on the Pirates home field.

This week. San Leandro

travels to Tennyson today (Thursday) for a game at 4 p.m. On Saturday, the Pirates travel to Miramonte for a game at 4:30 p.m.

Arroyo High will host

Piedmont on Friday at 4 p.m.

San Lorenzo travels to Hayward High today (Thursday) for a game at 4 p.m. On Saturday, the Grizzlies host Concord at 11:30 a.m.



Fri. March 29	AIRWAVES	8PM
Sat. March 30	AUGUST REED BAND	6PM
Fri. April 5	BLUES BOTTLE BAND	8PM
Sat. April 6	TOUCH OF GLASS	6PM
Sun. April 7	THE FLOW	4PM
Fri. April 12	DEE COCO & Co.	8PM
Sat. April 13	MASTERPIECE THE BAND	6PM
Sun. April 14	GGBS - LAUREN HALLIWELL	4PM
Fri. April 19	MR LEO RHYTHM AND SOUL	8PM
Sat. April 20	3 O'CLOCK JUMP	1PM
Sat. April 20	PATRÓN LATIN RHYTHMS	6PM
Sun. April 21	PAPER THIN BAND	4PM

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100: Met future wife at basketball game

continued from front page
enjoying life."

Until Sarah passed away in August 2021, the couple had traveled around the United States, the Caribbean, Canada, South America, Central America, Africa, Europe, Asia, and Australia. Sometimes, they went without interpreters.

"I went to Europe for the first time in the 1980s and saw where my mother was born in Turkey and then to Rhodes, [Greece], where my father was born," Benny said.

Born on March 28, 1924, to Allegre (Abrevaya) and Elias Jason, Benny attended PS 47, then the Lexington School for the Deaf, and eventually the New York School for the Deaf.

"My mom was happy because finally I was able to communicate in sign language," Benny said.

The family moved to Oakland in 1939. Elias opened a shoe repair shop near the corner of Davis and Hays streets, relocating the store down the street near Douglas Drive and settling down at 695 East 14th Street near City Hall as the Dutton Shoe Repair.

"My father repaired shoes for all the navy servicemen

in Alameda and made a lot of money," Benny said. "I worked for him, and I slept in the store. That's how it was back in the beginning."

Benny attended The California School for the Deaf in Berkeley (CSDB), where he remembers taking the trolley to and from school for a nickel. His future wife, Sarah She-

“My father repaired shoes for all the navy servicemen in Alameda and made a lot of money.”

— Benny Jason

maria, also attended CSDB, but she moved out of state during her senior year.

The couple met in 1951 at a basketball game in Boise, Idaho, fell in love, and settled in with Benny's parents

until they moved in 1955 to a home on 148th Avenue in San Leandro, where they raised Jack (now in Los Angeles and business partner to Marlee Matlin) and Sam, who lives in Castro Valley.

After his father passed, Benny kept the shop open and additionally worked as a janitor at a furniture factory in Fremont. He later worked at the Oakland Airport for an intermodal transportation company until he retired. Benny has been very involved in the deaf community as a member of the Deaf Community Center in San Leandro and as an archivist and historian at the California School for the Deaf in Fremont.

While the hearing impaired still face many challenges, Benny says he uses technology like Facebook, Facetime, and video phones to keep connected.

"Benny collects information about relatives and family," Jack said. "Because of him, everybody knows about their family trees. He also shares photos of his travels to family-related sites. They see the world through his eyes. They've gone everywhere he's traveled."