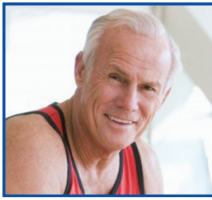




Field Day

ASSUMPTION STUDENTS
VISIT STATE CAPITOL, MEET
ASSEMBLYMAN BONTA 2



Boomer Bods

ADULT CHILDREN SHOULD
ENCOURAGE PARENTS TO
EXERCISE 5

WEEKEND WEATHER
RAINY Showers subside
on Sunday
HIGHS: 52-57
0 10 20 30 40 50 60 70 80 90 100 110
LOWS: 37-42

FRIDAY

SATURDAY

SUNDAY

San Leandro Times

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

VOL. 28 • NO. 9

THURSDAY, MARCH 1, 2018

SAN LEANDRO • CALIFORNIA



PHOTO BY JIM KNOWLES

Kids play after school at the San Leandro Boys & Girls Club on Marina Boulevard.

Big Plans for Boys & Girls Club

By Jim Knowles
San Leandro Times

The San Leandro Boys & Girls Club serves over 1,200 kids a day at several sites but the main building on Marina Boulevard is now over 50 years old.

So the club embarked on a campaign to refurbish the building and bring it up to

date with the new programs that have come along in recent years.

The current Boys & Girls Club structure, built in 1966, is actually its fourth site in San Leandro since 1947. When the last building was leveled for the San Leandro BART Station, the City of San Leandro offered to lease the club its current site for

one dollar a year, according to Bob Glotch, executive director of the San Leandro Boys & Girls Club.

"The building is 50 plus years old now and showing its age," Glotch said. "And programs have changed drastically."

The club plans to completely renovate
see CLUB, page 12

Police Want Cameras on Oakland Line

Corina Lopez argues—plan looks like the old days of segregation

By Amy Sylvestri
San Leandro Times

The City Council is considering putting up to 27 surveillance cameras on public streets around San Leandro and a police plan to put cameras along the Oakland city line drew a quick response from Councilwoman Corina Lopez.

But Councilwoman Corina Lopez said she couldn't support creating a camera policy which would record people coming in and out of San Leandro.

"I don't want to have the
see CAMERAS, page 10

At a workshop on Monday night, the council got a look at what kind of surveillance and motoring is happening around town. The workshop was for information only and no decisions were made about surveillance.

Currently, there are 137 CCTV cameras at city buildings, libraries and the downtown garage. But the plan now it to put surveillance cameras out on the public streets.

Police Chief Jeff Tudor showed the council members a map of potential locations for cameras, which he said correlated to where crime is most often reported. Tudor pointed out several spots near the Oakland city line as possible camera locations.

To support his argument for more surveillance, Tudor said that much of the crime in San Leandro is committed by residents of other cities. Of all arrests made in the past three years, 36 percent were San Leandro residents, 42 percent from other Alameda County cities, and 22 percent from outside the county.

Prepare to Pay More To Park Downtown

By Amy Sylvestri
San Leandro Times

San Leandro is so keen on technology, even the parking spots downtown are going "smart."

And under the new parking plan, some places that used to be free to park such as Pelton Center and even some residential streets, will now have paid parking.

San Leandro has hired consultants Dixon Resources Unlimited to oversee a new downtown parking system. The city has set aside \$600,000 to revamp downtown parking.

The new parking plan in—
see PARKING, page 10

SLZ High Students Dig Garden

By Amy Sylvestri
San Leandro Times

In a little nook within spitting distance of I-238, San Lorenzo High students are growing over 60 varieties of native species in a special garden.

The garden takes up about an acre off of Ashland Avenue, south of the main campus, and is overseen by former 28-year school district landscaper and current volunteer Steve Wiley.

You'd never know it to see it, but the garden is in the location of

a condemned swimming pool the school had removed more than 20 years ago, which was later filled in with concrete.

These days, any memories of the manmade pool and surrounding are long gone, replaced by California oaks, poppies, ferns and greenhouse to grow new plants

The shepherds of this new oasis are the school's Druid Club,
see GARDEN, page 12



PHOTO BY AMY SYLVESTRI

Steve Wiley oversees the San Lorenzo High garden.

INSIDE YOUR TIMES

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two documentaries. **Page 2**

FOOD

Here's something
to stew about. **Page 7**

NEWS

Councilwoman Lopez named
to tech committee. **Page 10**

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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

EDITORIAL

Fred Zehnder
Editor and Publisher

Jim Knowles
Managing Editor
jimk@ebpublishing.com

Amy Sylvestri
City Editor
amys@ebpublishing.com

Steve Schaefer
Auto Editor

Contributing Writers

Buzz Bertolero
Martha Kennelly
Carl Medford
Linda Sandsmark

PRODUCTION

Howard Morrison
Manager

Greg Benson
Art Director

Moxie Morrison
Assistant

OPERATIONS

Claudette Morrison
Business Manager

ADVERTISING

Display Advertising

Claudette Morrison

Classified Advertising

Patrick Vadnais

HOW TO REACH US

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

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

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

www.ebpublishing.com



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SL Museum to Screen Two Films for Women In History Month

The San Leandro History Museum will screen two documentaries on Saturday, March 3, for Women in History Month.

Georgie Girl will be shown at 11:15, and *Tomboys! Feisty Girls and Spirited Women* will be shown at 2 p.m. Both films are documentaries and are not rated.

“I would rather you burned this book than use the reading of it as an excuse to not make some fresh trouble today.”

— Doris Haddock, from *Granny D's American Century*

The program may not be appropriate for students under high school age. Admission is free.

Georgie Girl tells the story of former transsexual prostitute, Georgina Beyer (born George Bertrand) of New Zealand Mori descent. She was elected a member of Parliament of New Zealand

in 1999. Beyer was the first transgendered person to hold office. Georgina is eloquent, and spontaneous as she tells her story with her trademark candor and humor, seconded by the reflections of people who form a cross-section of New Zealand society, from legendary Mori drag queen Carmen, to Prime Minister Helen Clark.

Tomboys! is a lively and inspiring documentary short which explodes the myth that tomboys settle down as they get older.

Illustrating this point through stories of spirited and proud tomboys of all ages: African-American teenager Jay Gillespie; Massachusetts firefighter Tracy Driscoll; lesbian artist Nancy Brooks Brody and the inimitable political activist Doris Haddock, aka “Granny D,” whose walk across America in support of campaign finance reform has gained global attention.

Interviews with these feisty women are intercut with personal photographs and archival footage.



Assumption 8th Graders Go to Sacramento, Speak with Bonta

Assumption Catholic School 8th graders travelled to Sacramento for their annual civics field trip which included a meeting with California State Assemblyman Rob Bonta (pictured above) and a tour of the capitol. They discussed current events and the legislative process with District 18 assemblyman. During the tour, they talked with former Gov. Arnold Schwarzenegger who was in Sacramento being honored at the Air Resources Board meeting.

An Important Message to Our Readers...

For more than a quarter of a century the San Leandro Times has arrived at the doorstep of nearly every home in San Leandro as well as parts of Oakland and Unincorporated Alameda County. And it hasn't cost a penny!

For those who weren't born when the first issue of the San Leandro Times rolled off the press in 1991 and who now have kids of their own, it must seem like the Times has been around forever.

And if all goes well, there will continue to be a home-owned local newspaper for you to enjoy with your Thursday morning coffee.

But the time has come to ask for a little help from our friends, by buying a Loyal Reader Subscription to the Times.

The cost of nearly every phase of publishing and delivering a newspaper has gone up dramatically in the past 27 years, while advertising revenue — our sole means of existence — has declined. That's a bad combination.

Here's our problem. Some ads aren't available to us unless we can demonstrate that a portion of the public is willing to subscribe to the paper. That's hard to prove when the Times has always been delivered free.

So, if you value the Times, we're asking that you make a small one-time-only investment of \$10 to help keep the presses rolling.

It's the number of subscribers that's important.

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CIL to Host Baby Shower For Moms Facing Exceptional Challenges

Community Impact LAB (CIL) will host a community baby shower for 100 vulnerable new and expectant mothers on Sunday, March 4, from 2 to 4 p.m. at the San Leandro Boys and Girls Club, 401 Marina Blvd. in San Leandro.

Shower recipients have the shared experience of becoming a mother under challenging circumstances with little or no support and difficulty with acquiring needed resources for their new child. The women vary in their needs and experiences: they are homeless, newly resettled refugees, victims of domestic violence, victims of trafficking, or economically disadvantaged.

The baby shower serves to ease some of the burdens of the new parent, provide essential resources, and send the message that they are cared for by their community.

CIL is a non-profit organization focused on empowering

women and families, creating positive change, and building strong communities.

“CIL parents and children have volunteered hundreds of hours collecting, sorting, and packaging over \$50,000 worth of essential supplies to gift to new moms,” said CIL's Executive Officer, Xouhoa Bowen.

Each mom at the baby shower will receive Lift Me Up gift boxes and access to a free store with clothing, maternity items, and baby gear.

Thanks to the generosity of the San Leandro Rotary Foundation, the event will also include food, pampering stations, children's activities and resource tables.

For more information about the community baby shower or the CIL's projects, email info@communityimpactlab.org or visit www.communityimpactlab.org or www.facebook.com/communityimpactlab.

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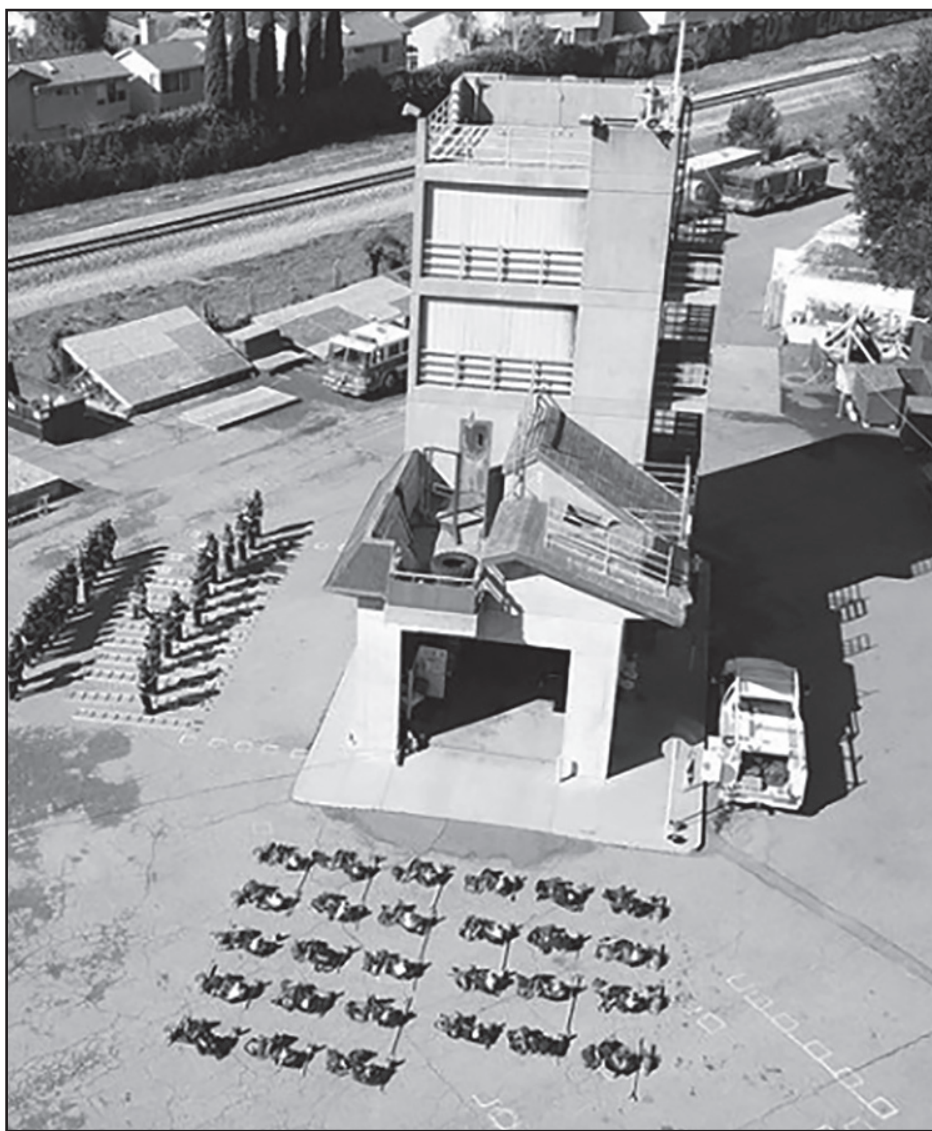


PHOTO COURTESY OF ACFD

Tower Training

Last week the current class of the Alameda County Fire Department recruits did some ladder training at their facility on Locust Street in San Leandro. There is a four-story cement tower, a single story wood residence-style structure, auto extrication, classroom, and various other training facilities for them to learn the ropes.

Do The East Bay Parks Challenge

This year marks the 25th anniversary of the East Bay Regional Park District's signature outdoor activity program, the Trails Challenge.

Trails Challenge is a free program supported through financial contributions from the East Bay Regional Park District, Kaiser Permanente, and the Regional Parks Foundation.

To complete the 2018 Trails Challenge, participants need to hike a marathon's length of trails (26.2 miles) or at least five of the 20 designated hikes in the Trails Challenge guidebook.

Each year, a new Trails Challenge guidebook highlights 20 different trails throughout the parks. From shorelines to ridge-tops, there is something for everyone. A handy matrix helps

readers choose from easy, medium or challenging hikes, and to identify trails accessible to wheelchair users, and those that allow dogs, bikes or horses.

Participation in Trails Challenge is easy – simply visit EBParks.org/TrailsChallenge to download the guidebook and get

started. No online registration is required. Free printed guidebooks and T-shirts are also available at participating Visitor Centers while supplies last.

Participants who complete the challenge and turn in their log by Dec. 1 receive a commemorative Trails Challenge pin.

CROSSWORD ANSWERS

A	H	E	M	I	N	K	E	L	S	E
W	A	D	I	N	E	E	D	E	A	R
O	V	I	D	T	O	N	E	D	O	W
L	E	T	D	O	W	N	R	I	N	S
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O	R	E	L	L	A	C	S	I	N	S
E	A	S	Y	D	Y	E	M	O	S	H

Suspect Arrested in Car Theft, Ramming of Deputy

A man has been arrested for allegedly ramming his vehicle into an Alameda County sheriff's deputy who was working speed enforcement on his motorcycle. Jack Toki, 30, of Hayward was arrested on Feb. 22 for the crime.

The incident happened on Feb. 1 when the deputy tried to pull Toki over on Arbor Avenue in Cherryland, according to Sgt. Ray Kelly of the Alameda County Sheriff's Office.

The suspect put his vehicle in reverse and ran into the deputy.

The cop got his gun and shot several rounds into the windshield of the SUV.

The suspect was able to flee in the SUV, westbound onto A Street. A few blocks away on Royal Avenue, the suspect jumped out of the SUV and fled on foot into the surrounding area.

Weeks later, Toki was located and arrested and charged with the attempted murder of an ACSO motorcycle deputy.

Toki is in custody at Santa Rita Jail and due to be arraigned this week at the East County Hall Of Justice in Dublin on the charge of attempted murder of a peace officer with a deadly weapon and multiple other crimes.



Jack Toki

Teens Arrested in Series of Robberies Costco Parking Lot Was One Target

San Leandro Police detectives have arrested two young men in connection with a series of strong-arm robberies in San Leandro.

On Feb. 22, Jamont Baldwin, 18, of Hayward and a juvenile suspect whose name is not being released by police were arrested after an investigation, police said.

The pair is suspected of committing at least four robberies in San Leandro including two that occurred in the Costco parking lot at 1900 Davis Street, accord-

ing to Lt. Isaac Benabou of the San Leandro police.

After their arrest, evidence and other items suggest that the pair may be responsible for other robberies in the area, Benabou said.

Police have not released information about the dates, locations, or other details of the robberies.

The juvenile suspect has since been released pending further investigation.

On Feb. 27, the Alameda

County District Attorney reviewed the case and charged Baldwin with one count of robbery.

These investigations are on-going as detectives continue to examine further leads into their involvement, Benabou said.

Baldwin remains in custody at Alameda County's Santa Rita Jail in Dublin in lieu of \$150,000 bail.

Baldwin is scheduled to enter a plea at a hearing at the East County Hall of Justice this week.

Keep your out-of-town friends and family informed with a subscription to the Times!



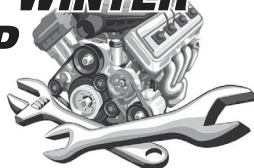
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NEIGHBORS



St. Leander's Gaels Win Championship

The St. Leander's 8th grade girls volleyball team won the CYO Metro League Championship for the third straight year. The Lady Gaels finished the season with a 9-1 record and beat Assumption in the championship game by winning two sets, 25-23, 25-15. Pictured are (back row) head coach Fredy Oviedo, Maribel Romero, Abigail Sanchez, Jathziry Esquivel, Ysabella Lucero, Karaya Chester, and assistant coach Kathy Feder. Front row, Parris Bates, Camille Dofiles, Kendal Kibanoff, Angel Oviedo, and Kaylie Gomes. Reann Young is not in the picture.

IN THE SERVICE

U.S. Air Force Airman Lois Lorraine Q. Verano graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in mili-

tary discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training also earn four credits toward an associate in applied science degree through the



Air Force Airman Lois Lorraine Q. Verano

Community College of the Air Force.

Verano is the daughter of Louie T. Verano and Esper L. Quiambao, both of San Leandro.

She is a 2017 graduate of San Leandro High School in San Leandro.

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): Congratulations, Lamb. The end of the month brings good news in the workplace, thanks to all the efforts you've made to get your projects off the ground and running.



TAURUS (April 20 - May 20): Don't let yourself be cowed into thinking you're not up to the challenge you've taken on. Keep reinforcing your self-confidence, and no one and nothing can stop you.



GEMINI (May 21 - June 20): Positive responses to a recent workplace move should give you added assurance that you're on the right track. Celebrate the good news with family and/or friends.



CANCER (June 21 - July 22): There's still a little emotional fuzziness you have to work through before you can feel really certain about your recent decisions. But you're on the right track. Stay with it.



LEO (July 23 - August 22): You're tempted by an offer that seems close to what you've been looking for. But before you pounce on it, see if you can coax out some added perks to sweeten the deal.



VIRGO (August 23 - Sept. 22): Your efforts to settle a volatile situation should prove successful. Now could be a good time to analyze what might have created the problem in the first place.



LIBRA (Sept. 23 - October 22): A once-close associate re-emerges with news that could cause you to reconsider a recent decision. But don't make a move before consulting a trusted adviser.



SCORPIO (October 23 - November 21): You might feel pressured to reveal a colleague's secret. But you can rely on your strong Scorpion sense of rectitude to help you continue to do the right thing.



SAGITTARIUS (Nov. 22 - Dec. 21): That pesky situation is still creating problems. But you are moving ahead with it, and soon it should be successfully resolved in your favor.



CAPRICORN (Dec. 22 - Jan. 19): A spate of indecision leaves you susceptible to doubt. But you'll soon regain your emotional sure-footedness and be back leading the way, as usual.



AQUARIUS (Jan. 20 - Feb. 18): Love rules the week with new romances favored for single Aquarians looking for partners. Cupid also targets renewed commitment for wedded Water Bearers.



PISCES (Feb. 19 - March 20): A surge of creativity keeps you happily busy through the week. But leave some quiet time to share with loved ones. Some long-awaited news finally comes through.

COMMUNITY CALENDAR

❖ San Leandro Parkinson's Support Group

The San Leandro Parkinson's Support Group will hold its monthly meeting on Thursday, March 1, at 10:30 a.m. at the San Lorenzo Community Church at 945 Paseo Grande. The speaker will be neurologist Dr. Mathew Arnold. For more information, call Lona White at 276-3119.

❖ Song Fest at Temple Beth Sholom

Temple Beth Sholom, 642 Dolores Ave. in San Leandro, will have a Zimriyah - Song Fest on Friday, March 2, with a potluck dinner at 6 p.m. followed by a performance at 7:15 p.m. Kenny Ellis is a versatile performer whose talent combines singing, stand-up comedy and pantomime in an entertaining one-man variety show. He performs these with a smooth vocal style that draws raves from audiences from New York to Tel Aviv.

❖ I.D.E.S. of Saint John Breakfast & Bingo

I.D.E.S. of Saint John, 1670 Orchard Ave. in San Leandro, will have a Pancake Breakfast and Bingo on Saturday, March 3, at 9 a.m. Breakfast is \$10 and includes four bingo cards, additional cards are 25 cents each. Bring canned food for the food drive. For more information and tickets, call Helder Quadros at 357-5846, or Willie Calvo at 635-6326, or Frances Leite at 886-1568.

❖ The Film Bullied at Castro Valley Library

The Castro Valley Community Alliance, in partnership with the Castro Valley Library, will show the film "Bullied," followed by a panel discussion on Saturday, March 3, from 2 to 4 p.m. at the Castro Valley Library, 3600 Norbridge Ave. in Castro Valley. The film depicts the story of a teen and his experience with anti-gay bullying, the school's reaction, and the subsequent landmark court ruling.

❖ San Leandro Readers Roundtable

The San Leandro Readers Roundtable will meet on Saturday, March 3, at 2 p.m. at the San Leandro Main Library, 300 Estudillo Avenue. The book up for discussion will be *The Good Lord Bird* by James McBride. This mixture of history and imagination is a moving exploration of identity and survival in Civil War-era America. All are welcome, and all books discussed are available for purchase in the Library's Booktique bookstore.

❖ All Saints Episcopal Church

All Saints Episcopal Church, 911 Dowling Blvd. in San Leandro, will host a food pantry on Saturday, March 3. Volunteers report at 11:30 a.m., the Hospitality Room with snacks for guests opens at noon, and the food distribution is from 1 to 2 p.m. Cleanup usually ends by 2:30 p.m. For more information, visit saintsalive.net and click "Social Ministries."

❖ Buon Tempo Family Dinner

The Buon Tempo Italian Club is having a Family Dinner on Tuesday, March 6, at 7 p.m. at Transfiguration Church, 4000 E. Castro Valley Blvd. in Castro Valley. Chef Joseph Sotello and his crew will be serving a six course meal with corned beef and cabbage. Everyone is invited. Tickets are \$15 for members and \$20 for non-members and may be purchased by calling the Buon Tempo dinner line at 483-6929. Advanced reservations are required by Friday, March 2.

❖ Kiwanis Club St. Patrick's Day Dinner

Join the Kiwanis Club of San Leandro for its St. Patrick's Day dinner on Saturday, March 10, at the San Leandro Senior Center, 13909 East 14th St. in San Leandro. The social and silent auction begins at 5:30 p.m., a corned beef and cabbage dinner will be served at 7 p.m. Tickets are \$30 per person. Proceeds go toward Kiwanis Club San Leandro projects. For more information and tickets, call Terri Neumann, 895 4425.

❖ The Alta Mira Club

The Alta Mira Club, 561 Lafayette Ave. in San Leandro, presents corned beef and cabbage night on Saturday March 17. Social hour and opportunity drawing starts at 5 p.m. and dinner will be served at 6 p.m. with salad, Irish soda bread, corned beef and cabbage and dessert. Tickets are \$25. Call Carol Libbrecht at 305-5393.

❖ St. Patrick's Day Dinner

St. Leandro's Church will host a St. Patrick's Day Dinner fundraiser on Saturday, March 17, at Ryan O'Connell Hall, 575 W. Estudillo Ave., San Leandro. No host bar at 5:30 p.m., dinner at 6:30 p.m. with corned beef or chicken, cabbage, carrots, potatoes, rolls, dessert and coffee. Adults \$15, children 12 and under \$8. Tickets available at St. Leander Parish Office, 474 W. Estudillo Ave. Entertainment, door prize, raffle. For more information, call 895-5631.

❖ The Plant Exchange

This year The Plant Exchange will be on Saturday, March 31, from noon to 4 p.m. at 4500 Lincoln Ave. in Oakland. The premier program of The Plant Exchange is the free, one-day event where gardeners, landscapers, urban farmers, educators, and enthusiasts all come together to exchange plants, equipment, tools, and information about ways to make our urban environment more sustainable, aesthetic, and healthy. The event also features gardening demos, food trucks, a live band, silent auction, and more. And, it is all free to everyone. For more information, visit <http://theplantexchange.org>.

❖ Aviation Museum's Open House

Hop into the cockpit of a famous fighter plane at the Oakland Aviation Museum's "Open Cockpit Day" on Sunday, March 18, from noon to 4 p.m. at Oakland Airport's North Field, 8252 Earhart Road in Oakland, just off Doolittle Drive. On Open Cockpit day museum visitors are allowed to sit inside aircraft such as the A-3 Skywarrior, A-7 Corsair, a Harrier jump jet or the flying boat Short Solent Mk 111 filmed in "The Raiders of the Lost Ark." Activities include an F/A-18 flight simulator, live music by the Friends of Ken Band, face painting, roller derby demonstrations, and drone demonstrations. For more information, call 638-7100 or see www.oaklandaviationmuseum.org.

❖ AARP Income Tax Preparation

Trained AARP volunteers will be on hand to prepare income tax returns for low and moderate income individuals and families, with emphasis on serving those over 55 years of age. These two locations offer these services: Senior Community Center, 13909 E 14th St., San Leandro, Tuesdays till April 10, from 9:30 a.m. to 2:30 p.m.; Marina Community Center, 15301 Wicks Blvd., San Leandro, Fridays till April 13, from 9:30 a.m. to 2:30 p.m. To sched-

Calendar items should be submitted at least one week prior to the desired edition of the Times, which is published Thursdays. Space limitations require we print items of the most general interest. Only Non-Profit Organizations should submit calendar items.

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HEALTH & FITNESS

Lowering the Use of C-Section

By Stephen Gray

Special to the Times

A happy life starts with a healthy beginning, so doctors continuously look for new ways to promote safer birth experiences for mothers and their babies.

Childbirth is the number-one reason for hospitalization in the U.S. and nearly one of three American babies enters the world through a surgical birth known as

cesarean-section (C-section) performed at a hospital.

C-sections can save the lives of mothers and infants when a delivery is not going smoothly, but some women undergo the surgery for no medical reason, exposing both mother and baby to potentially avoidable complications.

Overuse of C-sections brings serious risks for babies (such as higher rates of infection, respiratory complications, and neonatal intensive care unit stays, as well

as lower breastfeeding rates) and mothers (such as higher rates of hemorrhage, transfusions, infection, and blood clots).

Knowing this, Sutter Health has actively worked on lowering C-section rates in its hospitals since 1999 and the work has paid off. Eden Medical Center and eight other Sutter hospitals were recently recognized on the Hospital C-section Honor Roll compiled by Smart Care California, a coalition of public and private health



3 Ways Millennials Can Help Baby Boomer Parents Get Fit

By Jaime Brenkus

Special to the Times

Aging baby boomers who neglect their health and fitness don't just harm themselves. Their lifestyles also affect their adult children, who eventually could end up caring for them – both financially and physically – as their health declines.

Of course, that's not the only reason those adult children might feel concerned. They also like having mom and dad around, and want that to continue for years to come.

So they have a vested interest in encouraging their parents to get fit and stay fit.

But young adults who cringe at their parents' eating and exercise habits may be reluctant to broach the subject.

How can they start such a conversation? And what are some suggestions for healthy living their parents are likely to put into practice?

One thing that might be tempting, but probably won't work, is a harsh lecture.

You don't need to give them a sermon, but you should remind them of how important exercise and healthy eating are, and how much you care about having them around for you and for the grandchildren.

There is plenty of nutrition and exercise advice that can help older people. Here are a few starter tips:

- Encourage them to drink more water. This may sound basic, but not everyone drinks as much water as they should – even though this is a healthy habit that's simple to accomplish.

A CDC study, for example, revealed that 43 percent of adults drink fewer than four cups of water a day and seven percent don't drink any glasses of water at all. Presumably, they get their fluids from other beverages that have water in them.

Baby boomers grew up drinking a lot of soda and Kool-Aid. Later, they graduated to coffee and alcoholic beverages. Many of them have adapted to today's bottled-water culture, but for some those old habits may die hard and



water isn't always their first choice when thirst beckons.

- Recommend they try strength training. The most effective way to increase metabolism and to help reverse the aging process is stimulating muscles by lifting challenging weights to increase lean muscle mass. More strength will make daily life easier for them giving them better balance so they will be less likely to fall. It also can strengthen the heart, and it makes them look and feel younger.

- Make sure they socialize. This isn't directly related to exer-

cise, but studies have shown that people who are active socially are healthier and live longer lives. If socializing is combined with exercise (playing tennis, taking regular walks with a friend), then that's all the better.

Helping your parents adopt a healthier lifestyle is about encouraging them to change their habits for eating, cooking, shopping and fitness. And even more importantly, it's about helping them to change their thinking habits.

Jaime Brenkus is a fitness coach for Evergreen Wellness.

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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



You Have 10 Seconds To Sell Your Home

We used to tell home sellers they had approximately 60 seconds to sell their home from the time a buyer showed up at their curb.

They would pull up and, if they liked what they saw from the street, would head inside. First impressions were everything, so we'd work diligently with sellers to make that first minute count.

Those days are gone. Now

Rates Continue Upward Climb

Long-term mortgage rates increased for the seventh consecutive week last week, according to Freddie Mac's weekly nationwide survey.

The 30-year fixed mortgage rate averaged 4.40 percent, up from 4.38 percent a week earlier.

Fifteen-year home loans averaged 3.85 percent last week, up from 3.84 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.65 percent, up from 3.63 the week before.

sellers have 10 seconds, and the decision-making process happens long before buyers make it to the front curb of any home.

In fact, if homeowner wannabes don't like what they see on their phones, they will never even turn down your street. They will "swipe left" and move on.

In the online dating world, "swipe left" or "swipe right" dominates the discussion.

If you like a profile, you swipe right to keep it so you can follow up. If you don't like what you see, you "swipe left" to dismiss the profile.

The terminology has moved into the real estate area as well. As buyers are searching, if they like a property, they will select it as a favorite and then come back and look at the details. If they do not like what they see, they quickly move on to the next profile.

How long do they take to make up their mind about any give home? Less than 10 seconds.

With such a short amount of time and only one shot to win a second look from a prospec-

tive buyer, savvy sellers realize that the pictures posted online are critical. With current buyers spending so much time watching HGTV, their tastes have shifted dramatically and their desire for move-in ready homes has exponentially increased.

Bottom line, if a seller wants a buyer to "swipe right", their home should closely resemble the homes the buyers are seeing on TV. Additionally, since Millennial buyers are attracted to viewing experiences that are high tech, 3D tours that are VR optimized are extremely beneficial.

Don't like the new reality? Sorry, this genie is already out of the bottle.

An acquaintance of mine, looking for a wife, wanted to "keep it real," so he posted a scraggly picture on his dating site. The result? No hits. The moment he posted a good picture, however, things immediately changed. Although he wasn't thrilled with the process, he did get a wife, which, at the end of the day, is really what matters.

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



On a Clear Day from the Living Room of this House, You Can See All the Way to Hawaii!*

There are panoramic views of the Bay Bridge and the skyline of San Francisco from almost every room of this beautifully upgraded and remodeled single-family home. The main level features 3 bedrooms and 2 bathrooms. There are another 3 bedrooms 2 bathrooms on the lower level with a kitchenette and a separate entrance — ideal in-law setup. **Asking price: \$974,975. Located at 113 Rantoul Circle in Bay-O-Vista, this home is open on Sunday, March 4, from noon to 3:30 p.m. Take a Virtual tour at: www.ListedByAntonio.com. Presented by "The Realtors In Motion," Antonio M. Cardenas, 510-326-4263. TWILIGHT OPEN HOUSE TONIGHT, MARCH 1, FROM 5 to 7 P.M. *In order to see Hawaii, you need a very tall ladder.**

Does Your Garage Door Need an Overhaul?

By Samantha Mazzotta
Special to the Times

If your garage door has been opening very slowly lately, or you have to push the remote button several times to get it to move, your garage door probably needs some overall maintenance.

Having to mash the remote operating button several times could indicate that the sensor eye is dirty or misaligned. Or, the battery on the remote might need changing.

The door's slow opening speed indicates a more serious problem. One of the door's torsion springs — a pair of large coils straddling the horizontal bar at the top of the door — may be broken or on their way out. A broken spring can't be repaired; it must be replaced.

You'll probably read plenty of warnings on the internet about attempting to replace them yourself. Since the coils are under tension, especially when the garage door is closed, removing them can be dangerous.

I don't have enough space to tell you how to do it safely, but if you're interested in what it takes to change these out, a detailed description can be found at DDMGarageDoors.com. DIY'er Richard Kinch provides even more good info in "How I Replaced Deadly Garage Door Torsion Springs and Lived to Tell the Tale." found here: www.truetex.com/garage.htm.

If you decide against repairing the door yourself, contact a licensed garage-door repair professional to inspect the door and

its hardware and estimate the cost of repairs.

As with any repair that you need to hire someone for, follow the "rule of three" — contact three different professionals and get a written estimate from each before allowing any work to be done.

While you're waiting for the repair, do not open or close the door. Park your car in the driveway for now. Operating the door with a broken torsion spring can cause further damage, including misalignment or derailment.

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859 Kenyon Avenue	94577: \$750,000	3 BD - 1,635 SF - 1948
14185 Maracaibo Road	94577: \$550,000	4 BD - 1,616 SF - 1963
1577 Orchard Avenue	94577: \$647,500	N/A BD - N/A SF - N/A
755 Rodney Drive	94577: \$730,000	2 BD - 1,635 SF - 1940
1427 140th Avenue	94578: \$621,000	3 BD - 1,174 SF - 1946
1510 165th Avenue	94578: \$548,000	7 BD - 1,837 SF - 1975
741 Begonia Drive	94578: \$825,000	N/A BD - 2,477 SF - 1977
14232 Orchid Drive	94578: \$625,000	4 BD - 1,162 SF - 1942
1470 Beacon Avenue	94579: \$690,000	3 BD - 1,241 SF - 1952
15448 Jutland Street	94579: \$656,500	3 BD - 1,190 SF - 1956

TOTAL SALES:	11	
LOWEST AMOUNT:	\$548,000	MEDIAN AMOUNT: \$656,500
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21909 Hoffman Way	94546: \$617,000	3 BD - 1,267 SF - 1959
17489 Kingston Way	94546: \$802,000	3 BD - 1,433 SF - 1966
3000 Todd Court	94546: \$855,000	3 BD - 2,019 SF - 1978

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Cameras: “Force multipliers’ help solve crimes”

continued from front page
impression that we’re putting cameras throughout the city, especially at the (Oakland) border as sort of a de facto wall or a regression to the time when San Leandro was a sundown town,” said Lopez. “I don’t want the impression that if we keep some people out, we’ll be better off.”

Lopez was also critical of the city’s red light cameras, which are at five intersections around town. She said that the tickets which carry a fine of \$549, are punitive.

Red Light Cameras

The San Leandro police touted a 30 percent decrease in accidents in red light camera intersections since they were installed in 2006, but that correlates to a similar decrease in accidents all over the city and the state.

Public speaker Mike Katz-Lacabe pointed out that the cameras are not installed at intersections

with the most accidents, but rather at intersections with a lot of traffic, which leads to more citations.

Over 16,000 citations have been issued via San Leandro’s red light cameras and over 14,500 stem from failure to stop while turning right on red.

Councilman Lee Thomas said that he felt that the right on red violations aren’t the most dangerous type of violations, so it’s unclear whether the red light cameras are really deterring dangerous driving.

“What I feel like is the money maker is right turns,” said Thomas. “Were right turns really a danger?”

Keith Cooke, the city’s engineering and transportation director, said that the income from the right turn violations essentially pays for the cameras.

“In effect, the right turns are subsidizing the system,” said Cooke.

The city is currently under contract with Australian company Reflex and pays \$5,200 per month per camera. The \$2.4 million contract with Redflex ended in April of 2019.

Thomas brought up a recent scandal of Redflex’s in Chicago where the company settled a lawsuit with that city for \$20 million over bribery. A Chicago employee got a 10-year jail sentence for accepting bribes to get the cameras installed.

In addition, there are also 92 body cameras being used by San Leandro police officers, small cameras that attach to police uniforms.

Katz-Lacabe said that he supported the body cameras at first, but now thinks the system is broken because the police get to determine who sees the footage and essentially monitor themselves.

Katz-Lacabe also isn’t a fan of surveillance cameras and pointed out that while cameras

can be useful in solving crimes, there is no data saying they actually prevent crimes.

“Cameras aren’t a crime prevention measure,” said Katz-Lacabe. “They make people feel safe, but that’s about it.”

Chief Tudor said he agrees that there are no statistics that show cameras prevent crime, but said video footage is great evidence in prosecuting crimes.

Tudor said that cameras – both city owned and those owned by private citizens – are “force multipliers” have helped solve crimes including a rape at the Bayfair BART station and the rolling gun fight on Dowling Boulevard.

“Myself and my staff are very concerned with the perception of the community,” said Tudor. “We don’t want to have big brother, but when I go to meetings people ask me ‘Chief, why don’t we have cameras?’ I can’t have an officer on every corner.”

Lopez Named to Tech Committee

San Leandro City Councilmember Corina Lopez has been elected Vice Chair of the National League of Cities (NLC) Information Technology and Communications Committee.

As Vice Chair, Lopez will play a key role in shaping NLC’s policy positions and advocate on behalf of America’s cities and towns before Congress, with the administration and at home.

The NLC Information Technology and Communications federal advocacy committee has lead the responsibility for developing NLC’s federal policy positions on issues involving telecommunications and information systems (and public access to these systems), privacy concerns, cable TV, phone services, spectrum issues, communications tower siting, universal service, broadcasting and defense of city right-of-ways from degradation caused by installation of communication facilities. The appointment was announced by NLC President Mark Stodola, Mayor of Little Rock, Arkansas.



City Councilwoman Corina Lopez.

In addition to Lopez, the leadership of this year’s committee will consist of Chair Gary Resnick, mayor of Wilton Manors, Florida; and Vice Chair Stephanie Piko, mayor pro tempore of Centennial, Colorado.

“I’m very excited to be extended this opportunity to not only represent our city on a national level, but to also advocate for our community as we grow as a Smart City and continue to improve services by using technology in new ways” said Lopez.

Parking: Meter maid Jeeps to collect data

continued from front page
cludes meters where people have the option pay via phone app (which charges a 20 to 35 cent service fee per transaction). The app can let you know if your time is running out and offer you a chance to pay to extend your parking period remotely. The new app-based payment option went live on Feb. 15.

Parking downtown is at a premium. The council will consider charging graduated fees where you’d have to pay more for a prime spot and less for a spot further away.

No fee structure is in place yet, but the council is considering \$1.50 per hour in premium spaces, 75 cents elsewhere.

Consultant Julie Dixon said that the new parking rates may be a burden to employees who must park downtown daily, but she believes they can create “affordable” permits for low-income workers.

“This isn’t designed to be a cash grab by any means,” said Dixon.

And as far as enforcement goes, the city will be using two Jeeps equipped with license late

readers to see if parked cars are all paid up.

Of course the license plate readers can also tell the meter maids whether a car is stolen – in that case, they are instructed to notify a police officer. The data from the license plate readers will be uploaded to the Northern California Regional Intelligence Center (NCRIC) at the end of each shift.

NCRIC is a law enforcement database which critics say can infringe on privacy right. The license readers will be running within a month, so if you park

downtown be ready to have your information monitored.

There will also be an effort to prevent people from re-parking. The plate reading technology can monitor exactly where cars are and you’ll need to move at least one-tenth of a mile to be in the clear.

In the coming months, the city will create the new parking rates and will also negotiate a paid parking agreement with Pelton Center.

And the new parking rules don’t end in the commercial
see PARKING, page 12

THE TIMES CROSSWORD

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ACROSS

- “If I may interrupt, ...”
- Pen filler
- Otherwise
- African gully
- Born
- Sweetie
- “Metamorphoses” poet
- Make less intense
- Disappointment
- Shampoo directive
- Author Buscaglia
- Cravat
- Fireplace minutia
- Square dance party
- ___ constrictor
- Prompt
- Court
- Overwhelm
- Archipelago components
- Suitable
- Modern-day evidence
- Frighten
- Dusk
- Prison security measure
- Pelvic bones
- Baseball’s Hersher
- Varnish ingredient
- Breaks a
- Commandment
- Simple
- Coloring agent
- Slam-dance

DOWN

- MPs’ quarry
- Own
- Tend manuscripts
- Center
- Halved
- Night light?
- Barbie’s companion
- Formed a vortex
- Ponce de ___
- Cutting tools
- Sea flyer
- Great Lake
- “___ the ramparts ...”
- Pirouette pivot
- Recede
- Cattle call?
- Satchel
- Attila, e.g.
- Hooter
- Trouble
- Ph. bk. data
- 100 lbs.
- In an ominous way
- Newspaper pg.
- Hostel
- Cruel treatment
- Conical-cap wearer
- ___ gin fizz
- Cat of “Iron Chef America”
- High cards
- Vacillate
- Hodgepodge
- Victories
- Doggerel Ogden
- Antiquated

ANSWERS ON PAGE 3

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Mark Edward Ledwick

Mark Edward Ledwick, 67 of Castro Valley, California passed away peacefully at home while taking his afternoon nap on January 26, 2018.

Mark Leaves behind his bride of 40 years, Judy Ledwick. His four sons, Cory, Sebastian, Lance, and Sterling Ledwick. He also leaves behind his granddaughter Tinsley Ledwick, sister-in-law Karen Mudge, brother-in-law Leroy Perry, and one niece, three nephews, along with many great nieces and nephews all of southern California.

Mark had many friends that will miss him dearly. Mark enjoyed family gatherings, running, mountain climbing, fishing, and playing poker with his buddies.

Please join us at the Neighborhood Church, Three Crosses in Castro Valley, California to celebrate Marks life on Friday, March 2, 2018 at 1:30 p.m.

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OPINION

LETTERS to the EDITOR

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

Correcting 'a Few Misconceptions' In 'Church and State' Letter

Editor:

In response to the letter from Corey Anderson ("Blames School Violence on 'Separation of Church and State'," *Letters*, February 22), I would like to correct a few misconceptions.

It is the First Amendment, not the Second, that says "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof."

To bring a Christian God into the public school classroom would be to establish Christianity, a religion, against the First Amendment. There is no way to respect the many different religious and non-religious beliefs of children who attend the public schools by creating a Christian practice that would not infringe on this right.

It is the job of the family to bring God into the lives of their children and teach virtue and morals. Many choose faith as a way to transformation, but there are many paths prescribed by many different religions and even those without religion for this process to occur.

For the public schools to chose Christianity over all other beliefs is truly un-American. Any child is free in any school to pray silently whenever he/she wishes during the school day; no one can prevent that connection with their God.

—Donna Schempp
Oakland

More Religion in Schools Not the Answer to Gun Violence

Editor:

I'm not sure what can be done to stop gun violence, but I'm certain that more religion in schools is not the answer.

A 2016 American Journal of Medicine study noted that in 2010, when compared to other high-income countries, the U.S. gun-related homicide rate was 25 times higher, and 49 times higher for 15- to 24-year-olds.

The overall firearm death rate in the U.S. from all causes (including suicides) was 10.0 times higher. It is obvious to everyone but the delusional that we are doing something wrong in the U.S.

According to a 2014 Pew Research Center study (35K surveyed), 71% of the U.S. is Christian. 68% of U.S. Christians said religion was very important to them, and another 24% said "somewhat important." US Muslims express similar rates of importance.

The U.S. is already comparatively a very religious country. But countries that are far less religious have much lower gun-related death rates.

According to a Gallup poll (64K interviews), more than 50% of respondents from the Netherlands, the U.K., Japan, Germany, Australia, Spain, Australia, Canada, France, Denmark and Ireland reported being atheist or non-religious. None of those countries has a firearm death rate that is higher than 30% of the American firearm

death rate.

The countries with the least religious populations (where less than 20% of residents describe religion as important in their lives) – Czech Republic, Japan, France, the U.K. and Australia, all have extremely low rates of gun-related homicides (0.0 to 2.8) when compared to the U.S. rate of 10.6.

The Philippines and El Salvador, two of the most religious Christian countries in the study, have some of the highest gun homicide rates in the world.

There simply is no evidence that greater religious activity reduces gun violence anywhere.

—Andrew Kopp
San Leandro

Thanks to All Who Honored the Victims of Gun Violence on Friday

Editor:

Thank you everyone for coming and honoring the victims of gun violence at Root Park on Friday, February 23. It's a shame what's going on in this country with gun violence at our schools, churches, work places and every other public place.

We need to make a stand and it starts at a local level. A special thanks to SLPD for cooperating with us on this event and Council Member Benny Lee for supporting the victims.

—Bryan Azevedo
San Leandro

Guns in School: Who are the Good Guys, Who are the Bad?

Editor:

My longevity is due to this policy: "never argue with someone holding a gun." So, how will students be able to question what their gun-totin' teachers say, in safety?

What happens if a disruptive student throws a spitball in class? Will he/she be shot? How about just a simple wound if it's a first offense?

Since substitute teachers don't work full-time, will the school provide a gun when they get an assignment, or will they have to bring their own?

Since three armed guards were unable to stop carnage at the Parkland school, how many armed guards will it take?

If giving "good guys" guns will protect against bad guys with guns, how will we know who are the good guys? How will they be chosen?

Questions abound, but I'm sure the President has thought this through thoroughly. The Donald wouldn't duck deep analysis, would he?

—Bruce Joffe
Piedmont

City Employee Pension Plans: How Will We Pay for Them?

Editor:

The problem with city employee pension plans is nothing new. An article in your issue of June 14, 2015 (three years ago), stated: "The city has arranged expensive retirement plans with employees and now must figure out a way to

pay them in the coming years."

Obviously, after nearly three years, very little has been accomplished.

You can start by lowering the \$271,000 a year for every policeman.

—Ron Robinson
San Leandro

Use Revenue Increases to Help Fund Pensions, Not an 'Ale Trail'

Editor:

The headline on the front pages of the San Leandro Times dated Nov. 16, 2017 stated "Rosy Business Forecast Given to City Council" and now the Council is thinking about funding an "ale trail" between two breweries.

On Nov. 23, 2017, in a letter to the editor, I suggested using the increase in revenue "to help reduce our unfunded city pensions and not come up with any more forgivable loans like the \$150,000 that they gave to the owner of the Bal Theatre."

Well, fast forward a short nine weeks later and the headline in the Times dated Feb. 1, 2018 reads, "City Budget Forecast: In the Red" and the headline two weeks after that on Feb. 15 reads "City Unprepared for Looming Pension Cost."

How could the City Council consider paying for the proposed ale trail and also provide another "forgivable loan" like the one they gave to the Bal Theatre as this was not the first forgivable loan that they approved.

In addition, let's not forget about the proposal to build a new \$100,000-plus sign on East 14th Street at 150th Avenue that reads "Welcome to San Leandro," which reminds me, where's the funding for our other sign on East 14th Street that's missing several metal plaques that were stolen years ago for their salvage value and never replaced?

Our City Council needs to stop acting like an idiotic ostrich and pull its head out of the sand and start paying attention to more pressing items like covering our unfunded pension cost, which have doubled from \$105 million in 2014 to \$210 million in 2018, instead of dealing with these "feel good" La-La Land items.

If they keep kicking our pension cost issue down the road you can be assured that San Leandro will be forced to declare bankruptcy and then we will all end up crying in our beer... no trail needed.

—Brent Heath
San Leandro

Roads Are Too Small to Handle Traffic if Apartments Are Built

Editor:

I was offended by Gary Langbehn's letter ("Stands By His Use of the Term 'NIMBYs'," *Letters*, Feb. 21 regarding the Silva building proposal for 1388 Bancroft Avenue. I have lived on Upper Estudillo, above the 580 freeway, for 44 years. I do not know any of the people who would be impacted in the immediate neighborhood of the proposed apartment building. I do, however, drive through that area several times a day. I have watched with interest the discussion about 1388 Bancroft.

San Leandro is an older community, and it does not have 4- or 6-lane roads leading out of that neighborhood.

We have 2-lane roads, leading to I-580, which cannot be expanded.

Each day during the commute hours, the backup going to the freeway is long. When parents are dropping off or

picking up their children at Bancroft Middle School, traffic grinds to a halt. Parents drive into the private parking lot at 1300 Bancroft, which is forbidden, creating an additional traffic hazard.

Perhaps the developer should scale back his plans, and build something in the scale which fits the neighborhood.

I watched the condo being built, at 1550 Bancroft, many years ago. It is in the scale with the surrounding neighborhood. So, the developers are not going to make as much money as they would like, but they have no right to disrupt the entire area to achieve their financial goals.

—Ann Hardwig
San Leandro



Send a Letter
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INQUIRING REPORTER

Do you agree with Trump's plan to have teachers with guns?

— Asked around town

It depends. There are some crazy people around. But then there are some crazy teachers, too.

Ricardo Analos
Oakland



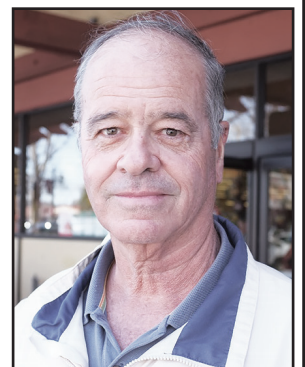
Yes, and I don't even like Trump. I never thought I would agree with him. I'm a mom. I have a child and he's autistic. I feel better knowing he's protected. But then more guns at schools could be a hazard, too.

Cher'e Sanders
Hayward



Yes, I don't see why not. Some teachers are ex-military, or teachers could be trained in the use of firearms.

Steve Ballard
San Leandro



I don't agree. There should be more psychological counseling to help people so they don't resort to guns. There shouldn't be guns in schools.

Nathan Saechao
Oakland,
works in San Leandro



Partially, yes, if it's done the right way like the air marshals. Keeping the kids' safety in mind, some of the staff could be armed. It would take some getting used to in America. In Israel there are teachers with rifles.

Isaac Soria
San Leandro



Club: Everything will be updated

continued from front page

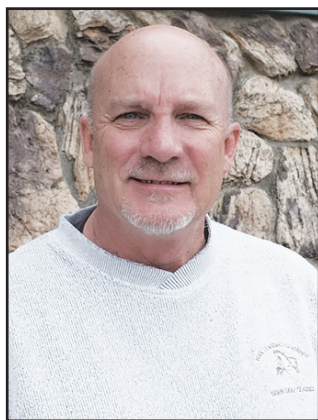
vate the facility at a cost of \$10 million, half of which has been raised.

"We had a lead donor who wishes to remain anonymous," Glotch said. He adds that the board members have pledged another \$325,000, and the rest they hope to get from foundations and donations.

The lead donor gave a deadline of April 2019 to match that initial donation, so the club has just over a year.

"It's pretty scary but pretty exciting, and it's pretty expensive," Glotch said. "But of all the people we've talked to, nobody has told us we're crazy yet. Because the kids are important."

The main room at the club – The Great Room, as it's called – used to be a basic recreation room with ping-pong and pool



Boys & Girls Club executive director Bob Glotch.

tables. Now the physical fitness is all in the gym, and the main room is adapted to a variety of programs and as study hall for homework help.

Everything will be updated – even the parking lot, which will

become a green space. The club plans to have more outside activities, including gardening which ties into the nutrition education program.

The kitchen will be entirely brought up to date. Glotch said the kids love the programs on how to prepare dishes with fresh, healthy food.

There is no teen center in San Leandro, so the new club plans to have something for that age group, too.

"We want to engage the community – with the garden, family nights – and make this space an opportunity for people to use as a community hub," said Pat Marino, the club's grant writer and capital campaign manager.

For more information on the San Leandro Boys & Girls Club, or the improvement program, call Bob Glotch at 510-483-5581.



PHOTO BY AMY SYLVESTRI

The native garden at San Lorenzo High School is sort of an oasis between busy Lewelling Boulevard and I-238.

Garden: Sprouting ideas

continued from front page

over 50 kids who drop by to weed and water, and make sure the plants are thriving.

"About 21 years ago, the district said they'd landscape this area and they never did," said Wiley. "The kids said, 'If you don't, we will. And if you don't like what we do, rip it out.' So I call it our ninja garden."

The Druids grow all sorts of plants native to the area, from California poppies, to wild grasses.

Today, the garden is thriving, featured in the "Bringing back the natives garden tour" as the only public school featured on the tour.

During the weekend of the self-guided tours of East Bay native gardens, the Druid Club welcomes visitors to the campus and sells their cultivated plants. Wiley says they hope to sell up to \$3,000 worth of California native plants this year and the La Raza Club will be on hand to do lunch.

The San Lorenzo High garden's clients include the Oro Loma Sanitary District, the East Bay Municipal Utility District, and the East Bay Regional Parks District, all of whom have bought plants to contribute to their native environmental programs.

Another function of the gardens is to host those groups, along with young kids on field trips. At different stations around

the garden, kids will learn from Druid Club members and retired teachers about the plants and their uses, from acorn soup to weaving thrushes into baskets, to making fire.

"I've seen a volunteer make fire in under two minutes; that blows the kids' minds," said Wiley, who said the young volunteers are equally impressive. "It's so fun to see kids teach the adults."

Marco Andrade is a senior in the Druid Club and was at the native garden this past Monday after school to pull some weeds.

"I didn't know anything about plants before I got here," said Andrade. "I didn't know why certain plants grew in certain climates or what they needed to survive. But the Druids will teach you and that's so cool. Plants are so cool."

On field trip days from local schools, the kids in the garden and Druid club will set up stations to talk about the plants, pounding acorns, discussing which branches might have made the best arrow shafts and how local tribes might have bartered outside

the area for arrowheads.

Wiley said local schools often drop by and he also teaches elementary schools how to plant native plants in their own gardens because larger field trips are difficult to organize.

"I tell teachers, 'If you put in 10 plants, you'll have your own garden at your own school,'" said Wiley.

The Druid Club's native garden is open to the public outside school hours near the intersection of east Lewelling and Ashland Avenue.

Flowers and cuttings will be on sale during the "Bringing Back the Natives Tour" on Sunday, May 6, at San Lorenzo High from 10 a.m. to 5 p.m.

But Wiley says the best benefit of the garden is still as a teaching tool.

"Every teacher comes out here and sees a different classroom," said Wiley. "The English teacher might have a class come out here to write poems. The history classes can talk about the natives to this area. Amazing things can happen out here."

Parking: Permit parking coming soon

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area. The city is considering requiring parking permits in residential areas. Currently, city staff is looking into which residential areas will require permits.

Councilwoman Deborah Cox

said she anticipates some resistance from people who don't want to pay to park right in front of their own house.

"People will say 'Why should I pay to park, I live here?' That will be something we'll have to address," said Cox.

Corned Beef and Cabbage Dinner

The Alta Mira Club, 561 Lafayette Ave. in San Leandro, presents corned beef and cabbage night on Saturday March 17.

Social hour and opportunity drawing starts at 5 p.m. and

dinner will be served at 6 p.m. with salad, Irish soda bread, corned beef and cabbage and dessert.

Tickets are \$25. Call Carol Libbrecht at 305-5393.



Pictured above are, left to right, Janet Liang, Roxana Perez, Shonda Scott, Dr. Stacy Thompson (Chair, Alameda County Commission on the Status of Women and Event Co-Chair), Wendy Sommer, Beena Ammanath, Leilani Shaffer, Hilary Bass, Susan S. Muranishi (Alameda County Administrator and Event Co-Chair) and Rona Popal. Honorees not pictured are Winda I. Shimizu, Trina Ostrander, Amanda Berger, Liisa Pine Schoonmaker and Nicole Curran.

Alameda County Women's Hall of Fame to Induct New Members

Thirteen local women representing the region's rich diversity as well as a remarkable range of achievement will be inducted into the Alameda County Women's Hall of Fame at its 25th Anniversary Luncheon and Awards Ceremony on March 24 in Oakland.

The 2018 Alameda County Women's Hall of Fame Luncheon and Awards Ceremony will take

place at 12:30 p.m. on Saturday, March 24, at the Greek Orthodox Cathedral, 4700 Lincoln Ave. in Oakland. Tickets to the event are available at <http://acgov.org/whof/>.

The program, co-sponsored by the Alameda County Board of Supervisors and the County's Commission on the Status of Women, will once again raise

funds to support important local partners serving women and families in Alameda County.

In addition, it will support local girls' academic pursuits through the Mary V. King "Leading the Way" Youth Scholarship Fund, named after the former Alameda County Supervisor and Women's Hall of Fame co-founder who died in 2015.

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