

## Pirate Hoops

SAN LEANDRO HIGH RALLIES TO BEAT BERKELEY ON HOME COURT ..... 2



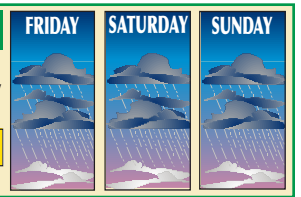
## Parents Guide

PREPARE YOUR CHILDREN TO ACHIEVE GREAT SUCCESS IN SCHOOL ..... 6-8



## WEEKEND WEATHER

**RAINY** Rain persists through Sunday  
HIGHS: 52-57  
0 10 20 30 40 50 60 70 80 90 100 110  
LOWS: 44-49



# San Leandro Times

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

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THURSDAY, JANUARY 19, 2017

SAN LEANDRO • CALIFORNIA



PHOTO BY AMY SYLVESTRI

## King Inspires Young Orators

"The dream of Martin Luther King will happen in some far-off spring," quoted San Leandro student Alvin Wong. "And soul will dance and soul will sing and march with Martin Luther King."

Wong was reciting a poem by Myra Cohn Livingston and he did it with passion. Which is why he won the elementary school age division at the city's annual Martin Luther King, Jr. oratorical festival, held Monday at the senior community center.

Each year, on King's birthday, the city holds a "Remember the Dream" contest where elementary through high school students recite some of King's famous speeches and also perform their own original poems and prose.

This year, over 100 people gathered to celebrate King's life and message. There were also performances by the Eztil Chichi "Strong Blood" Aztec Dancers and Kele Nioto & Friends.

In addition to Wong, the elementary school winners were Jose Gomez in second place and the duo of Jayla Johnson and Marvin Jaines in third.

Elliott Alvarez won the middle school division and Asiya Sulaiman and Matthew Winn came in first and second place in the high school contest.

**Alvin Wong delivers his speech at the "Remember the Dream" speech contest on Monday.**

## MLK Day Forum Tackles Race And Police Work

By Amy Sylvestri  
San Leandro Times

Retired BART police Chief Kenton Rainey says that effective police work can only happen when police officers are a part of the community and the public can relate to them as fellow citizens.

"As a young officer, I thought that I should be out there writing as many tickets as possible and sending as many people to jail as possible," admitted Rainey.

He said only years of experience taught him that community oriented policing was better for everyone involved.

Rainey spoke Monday at a special forum organized by Unity in the Community which featured discussions of race, privilege, civility, and more in honor of Martin Luther King, Jr. Day.

Rainey was hired to be the BART police chief in the aftermath of the Oscar Grant shooting. He said that some police officers don't possess "cultural competency," meaning they struggle to engage with people from all walks of life who may be different from them, so they fall back on assumptions.

Over 100 people gathered at the senior center on Monday to hear Rainey and other speakers and to share their own thoughts on some complex issues in three forums.

"It was important to us to have this conversation," said Unity in the Community founder Surlene Grant. "Today is just the start."

The largest forum was one on law enforcement in the com-

munity – a big topic coming off a year where police shootings and retaliation against police became a national conversation.

Leading that talk were speakers from the National Organiza-

see FORUM, page 14

## Artists Kicked Out Of The Gate

By Amy Sylvestri  
San Leandro Times

As of the first of the year, a collective of artists known as Factory 510 are no longer working at the The Gate, the mixed use space on the second floor of the Westgate Center on Davis Street.

The Factory's main lease-holder and some artists who worked there feel the decision not to renew their lease is an overreaction to the deadly Ghost Ship warehouse fire in Oakland.

But the Gate's owners say they are simply looking for longer-term tenants to rent the space.

The issue of affordable artists' spaces came to national attention in December when 36 people were killed at an Oakland warehouse where several artists lived and worked in unsafe conditions.

see GATE, page 3

## Rent Comes Due at Trailer Haven

By Jim Knowles  
San Leandro Times

Some residents of Trailer Haven have moved out in the wake of 25 percent rent hike at the mobile home park.

The rent increase announced last fall came due on Jan. 1.

"RVs are pulling out, a fifth one left the other morning," said Trailer Haven resident Maxina Ventura. "This lovely family with a baby. They've moving to Riverside County. Their life is turned upside-down."

Ventura has been speaking out for the residents since the property was sold last fall and the new owners sent out notices of the rent hikes. Residents own their mobile homes or RVs, but they rent the pad, the space where the home is parked.

"This is a very important part see TRAILER HAVEN, page 15



PHOTO BY JIM KNOWLES

**Trailer Haven residents Jean Smith, Ingrid Pollyak, Sonia Bohannon, Maxina Ventura and Bob Nelson were hit with big rent increases.**

## INSIDE YOUR TIMES

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San Leandro High grad joins the Seabees. **Page 4**

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Meet Atlantis if you like a big, goofy pup. **Page 16**

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## San Leandro Times

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# Bramah Lifts Pirates in Win Over Berkeley, 65-59

By Chris Peterson  
San Leandro Times

As he left his feet to slam the ball through the hoop in front of the San Leandro bench, A.J. Bramah knew he had sealed the victory for the Pirates over The Berkeley High School Yellow Jackets, as they went up, 63-59 – on the way to a 65-59 win.

Only minutes before that emphatic dunk, the outcome of the

game was anything but sealed.

After a sloppy first half that included several early turnovers and an initial 7-0 run by Berkeley High, the Pirates found themselves trailing by six points with three minutes remaining in the game.

“We were a little nervous. But once we got those jitters out, we were good,” said Pirates forward Jahari Kay.

And good they were. In the remaining 180 seconds, San Leandro rallied – turning a 6-point deficit into a 6-point lead as Bramah’s high flying spectacle added an exclamation point to the late-game comeback.

Bramah led the San Leandro Pirates in scoring with 17 points, helping to edge the Yellow Jackets, 65-59.

“We’re trying to make the playoffs, so we have to win every game from here on out” said Bramah.

But he wasn’t alone in this nail-biter of a game as Jahari Kay provided an additional spark for the Pirates. Kay scored 13 points, including an essential 3-pointer with just over two minutes remaining, to cut the Yellow Jackets lead to three.

San Leandro head coach Darnaryl Stamps said, “We had to stop being careless. We got too comfortable with the ball. That’s something we’ll clean up in practice.”

If the Pirates hope to continue their winning ways, they will have to clean up the early miscues and stay sharp.

“I think we like to keep these games interesting, I don’t know why, but I guess that’s going to help us later down the road,” Stamps added.

San Leandro (10-6) will host Mt. Eden on Friday at 7 p.m.



PHOTO BY CHRIS PETERSON

San Leandro forward A.J. Bramah puts the icing on the cake with a dunk as the Pirates staged a rally to beat Berkeley, 65-59, on Friday night in the San Leandro gym.

## Library Hosts Fashion Show of Traditional Chinese Costumes

The Asian Community Cultural Association (ACCA), Desan American Academy and the San Leandro Library will present a display of 56 traditional costumes from the minority groups of China.

Twenty-four of the colorful costumes and head pieces will be hung on the second-floor walls of the San Leandro Main Library, 300 Estudillo Ave., from Jan. 26

through Feb. 20.

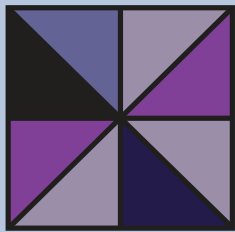
The remaining 32 costumes and head pieces will be featured in a fashion show on Saturday, Feb. 4, from 1 to 1:45 p.m. prior to the Lunar New Year celebrations.

Come see the beautiful costumes and learn from acclaimed local author Pam Chun as she shares information about the 56 minority groups. There will be limited seating at this free event.

## Main Library to Reopen on Monday

The San Leandro Main Library, 300 Estudillo Ave., will reopen on Monday at 10 a.m. after being closed since mid-December to be refurbished with new carpeting and furniture.

The first 200 visitors at Main Library’s reopening will receive a free gift as a token of appreciation for everyone’s patience and consideration throughout the library closure.



### San Leandro City Council

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Vice Mayor Lee Thomas, District 3

Deborah Cox, District 1  
Ed Hernandez, District 2  
Benny Lee, District 4  
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City Manager Chris Zapata

To receive City Council and Commission agendas and meeting materials, press releases, quarterly newsletters and City sponsored information, you can subscribe at [sanleandro.org/mycity](http://sanleandro.org/mycity).

For more information, contact Sbeydeh Viveros-Walton, Communications and Community Relations Manager at 510-577-3372 or [swalton@sanleandro.org](mailto:swalton@sanleandro.org).

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### City Council To Host Annual Planning Session

Saturday, January 28 • 8:30 a.m. - 2:00 p.m.  
Senior Community Center • 13909 E. 14th St.

Mayor Cutter and the City Council invite the public to attend and offer their comments and input at the annual planning session. Agenda topics will include citywide priorities for the upcoming years, along with a review of accomplishments over the past year along with financial, policy and project updates.

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### Main Library Set to Re-Open on Monday January 23rd!

On Monday Jan. 23rd, the San Leandro Main Library will reopen its doors to the public, featuring new carpeting, furniture and paint. The renovation project was made possible by leveraging Measure HH revenue and a generous donation from the San Leandro Public Library Foundation. The City of San Leandro greatly appreciates the public’s patience as this temporary closure creates a significantly enhanced visitor experience. As a token of appreciation, the first 200 visitors will receive a free gift. Stop by and see our new and improved Main Library!



### Check Out My-SL, Our New Mobile 311 App!

Residents will now be able to use their mobile phones to report common issues such as potholes, abandoned vehicles, graffiti, broken street lights and more by using My-SL, the city’s new 311 mobile application and website ([www.my-sl.city](http://www.my-sl.city)). You can download the application on iTunes and Google Play Store by searching “My San Leandro”. We look forward to hearing from you!

### Traffic Safety Program Kick-Off Set

Tuesday, January 24 • 2:00 p.m.  
Civic Center Courtyard • 901 E. 14th St.

The City Council is set to kick-off the City’s Traffic Safety Programs for Youth and Senior Adults. Bring your children, parents, neighbors and friends to learn about traffic safety. The program includes a public awareness campaign in multiple languages in addition to school safety and traffic workshops, walking field trips and outreach events around the community.





# Gate: Artists must find new space

continued from front page

The Factory's main lease holder is Cheryl Edison, who has been a part of redeveloping the Gate since its inception several years ago.

Edison said they had artists come in to "co-work" in the space for a day, a week, a month or longer on variety of projects – everything from sculptures to 40-foot canvases destined for the San Francisco Museum of Modern Art.

Edison held the lease on a 15,000-square-foot space within the larger Gate property. Artists could sublet a small work space from her for whatever length of time they needed.

Edison said that after the Ghost Ship fire, she was inundated with calls and inspections. Before the fire she had been in talks with Gate property owners SKG real estate for a 2017 lease, but suddenly they would not give her a renewal.

Edison said that the work

areas were safe and clean.

"This tragedy caused a knee-jerk reaction," said Edison. "It upended the entire ecosystem of warehouse spaces."

SKG manager Greg Scharlemann said that it was simply an economic decision for his company to try to pursue more stable long-term tenants.

"The Factory 510 was always intended to be a temporary project," said Scharlemann. "Their one-year lease was up and it didn't make sense to renew because we are running out of space that we need for longer-term clients. It wasn't a reaction to the Ghost Ship."

Tyler Kobick, a designer and architect who worked at the Gate and was part of Factory 510, disagrees.

"Yes, absolutely this was in response to the Ghost Ship fire, although all use and occupancy was legal, inspected within the last year and sprinklered," said Kobick in an email. "Following

the fire, inspectors walked the site everyday, Monday, Tuesday and Wednesday and very clearly used the project as an example."

Kobick said that right after the fire, inspectors made them take down Christmas decorations and three days later they were notified that the Factory 510 lease wouldn't be renewed.

Kobick called the ousting of the Factory "a great loss of creative minds and business for the city of San Leandro."

The city says it has been working in partnership with SKB and inspecting the building for some time in order to ensure a safe environment, according to assistant city manager Eric Engelbart.

He added that the work began before the Ghost Ship fire.

Engelbart said that any lease issues are private arrangements that the city has no part in.

Scharlemann said that some of the artists who used to sub-lease as part of Factory 510 will



PHOTO BY AMY SYLVESTRI

An art project made up of various pianos now sits at the Gate while artists who were part of Factory 510 look for new space to work.

## Multiple Charges for Kidnapping Suspect

A man who allegedly stole a car with 4-year-old child in the backseat has been charged by the district attorney's office.

Jason Silva, 44, of San Leandro has been charged with felony carjacking with a deadly weapon and kidnapping and faces enhancements for special circumstances because of prior

felony arrests.

Silva is accused of stealing a car on Cherrywood Avenue on Jan. 10, when a mother brought one of her two children into a day care there and left the other in the back seat with the engine running.

The suspect drove off and about 15 minutes later, San

Leandro police found the car on 107th Avenue in East Oakland with the boy inside unharmed.

In court documents, Silva said he stole the car because he was cold and wet and that he abandoned the vehicle as soon as he realized a child was inside.

## Volunteer to Take Homeless Census

Alameda County is asking for volunteers for the 2017 Homeless Count which will take place on Jan. 31.

The count records the number of people staying in shelters and transitional housing on a given night and estimates the number of people who are unsheltered, living outdoors on that same night.

This effort that takes place every two years is required to continue receiving federal funding for services to end homelessness and data for policy planning.

Nearly 500 volunteers are needed to work in teams to con-

duct a visual count of unsheltered individuals. For more information, visit everyonehome.org.

### CROSSWORD ANSWERS

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# NEIGHBORS



San Leandro Petty Officer 3rd Class Veronica Prado continues 75 years of Seabee tradition.

## Seabee Veronica Prado Is Proud to Serve

By MCI David Wyscaver  
Navy Office of Community Outreach

"We Build, We Fight" has been the motto of the U. S. Navy's Construction Force, known as the "Seabees," for the past 75 years. San Leandro, California native and San Leandro High School graduate, Petty Officer 3rd Class Veronica Prado, builds and fights around the world as a member of a naval construction battalion center located in Port

Hueneme, California.

Prado works as a builder in the Navy. "I'm responsible for providing humanitarian assistance all around the world," said Prado. "We build a lot of infrastructure including schools, hospitals... There's always something new and different which helps to make the job exciting. We have the opportunity to travel all around the world helping others and that's something I truly enjoy."

Serving in the U.S. Navy has allowed Prado to continue learning about herself and improving her skills in the Seabees.

"Throughout the years, Seabees have evolved tremendously, and I think that's really incredible to see how much the community has grown in the past 75 years," said Prado. "Seabees are diverse and multitasked, which helps us to be ready to take on all sorts of missions."

## ARTS & ENTERTAINMENT

### ❖ Rhythm of the North













A celebration of the 50th state – Alaska – will be presented on Saturday, Jan. 28, at 7:30 p.m. at the Center for the Arts, 19501 Redwood Road in Castro Valley. Take this boogie-woo-

gie joy ride with John Bushell (Bishop O'Dowd Class of '70) when he presents this fast-paced, multi-media sensation, with stunning images, sizzling piano and hilarious stories to fill out the evening. (Audiences know

him as "Johnny B.") Tickets are \$20 are available online at [www.cvartsfoundation.org](http://www.cvartsfoundation.org); or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. phone 889-8961; or at the CV Adult School, 4430 Alma Ave.

### HOROSCOPE by Salomé

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

### ❖ Douglas Morrisson Theatre

The world premiere of 'Charley's Aunt '66,' a wonderfully silly farce by Scott Munson, comes to the Douglas Morrisson Theatre, 22311 N. Third St. in Hayward, beginning with a preview on Thursday, Feb. 9. Opening reception on Feb. 10. Performances are at 8 p.m. on Feb. 9, 10, 11, 17, 18, 24, 25 and at 2 p.m. on Feb. 12, 19, 25. For tickets (\$10 preview to \$29), call 881-6777 or visit [www.dmtonline.org](http://www.dmtonline.org).

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## COMMUNITY CALENDAR

### ❖ San Leandro Democratic Club Protest

The San Leandro Democratic Club will hold a protest march against Donald Trump on inauguration day, Friday, Jan. 20, from 11:30 a.m. to 1:30 p.m., starting in front of the San Leandro BART Station and going to City Hall, 835 East 14th St. The club invites people to bring signs and come to chant, sing and listen to a few speakers.

### ❖ St. Felicitas CYO Girls Basketball

St. Felicitas CYO girls basketball is taking sign-ups online through Jan. 20 for players in the second through eighth grades. Players must live in the St. Felicitas parish. All skill levels welcome. Cost is \$175. Teams are forming so sign up online now at [stfelicitascatholicyouthorganization.siplay.com/site/](http://stfelicitascatholicyouthorganization.siplay.com/site/). For more information, email Jerry DeLos Reyes at [nbk54t@sbcbglobal.net](mailto:nbk54t@sbcbglobal.net).

### ❖ Celebrating Community Exhibit

Black Families of Fairview and Kelly Hill, depicting the diverse experiences of past and present residents of these two areas of unincorporated Hayward, will be on display in the Hayward Area Historical Society Community Gallery at 22380 Foothill Blvd. in Hayward through March 5. Opening reception is Friday, Jan. 20, from 5:30 to 7:30 p.m. For more information, call 581-0223 or visit [www.hayward-areahistory.org](http://www.hayward-areahistory.org).

### ❖ A.R.T., Inc. Members Exhibit

Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley, presents the works of A.R.T., Inc. members in the upcoming exhibit *Looking Forward*, Jan. 21 through March 4. The gallery is open Thursday through Saturday from 11 a.m. to 3 p.m. and by appointment. The exhibit features a variety of media including two and three-dimensional art. Meet and greet the artists at the awards and reception on Saturday, Jan. 21, from 1 to 3 p.m.

### ❖ San Leandro Kiwanis Club Crab Feed

The San Leandro Kiwanis Club will hold its annual Crab Feed on Saturday, Jan. 21, at the Boys & Girls Club, 401 Marina Blvd. in San Leandro. Social hour begins at 5:30 p.m. with dinner being served at 6:30 p.m. Tickets are \$50 per person, children 10 and under \$20, which includes all-you-can-eat crab, pasta, salad and garlic bread. Post-dinner dancing to live music provided by "Chico and the Band." The event is assigned seating only and always sells out so purchase your tickets early. To purchase tickets or for more information, call Terri Neumann at 895-4425.

### ❖ 4th Sunday Breakfast for Veterans

American Legion Post 117 will host breakfast from 8 to 11 a.m. every 4th Sunday of the month, except on holiday weekends, at the San Leandro Veterans Memorial Bldg., 1105 Bancroft Ave. in San Leandro. The menu will be eggs-to-order, bacon/sausage, hash browns, toast and coffee. Cost is \$7 for adults, \$5 for veterans, and all others. All donations benefit American Legion veteran programs.

### ❖ Eden Garden Club

The next meeting of the Eden Garden Club will be on Monday Jan. 23, at the Moose Lodge, 20835 Rutledge Road in Castro Valley. The speaker will be Sandra Nevala-Lee of Green Thumb Works in San Leandro. Sandra will be talking about good bugs and bad bugs in protecting and supporting native plants. There will be samples of native plants and hand outs when she

share her expertise in native planting. Meetings are free and guests are always welcome. For more information, call 397-1268.

### ❖ Sons of Norway Crab Feed

The Sons of Norway Snorre Lodge 6-61 will host its annual crab feed on Saturday, Jan. 28, at 1808 B St. in Hayward. Doors open at 6 p.m. with a no-host bar and raffle, and dinner starts at 7 p.m., followed by a raffle at 8:30 p.m. Dinner will be spaghetti, salad, garlic bread, crab and dessert. Tickets are \$50 for adults, or \$20 for children age 5 to 12. Send a check payable to Sons of Norway with a self-addressed, stamped envelope to Jeannie Thomson, 38159 Eggers Court, Fremont CA 94536. For more information, or to confirm that enough tickets are available, call Jeannie at 656-3549 or email [jeannnie352@aol.com](mailto:jeannnie352@aol.com).

### ❖ Paranormal Investigation Presentation

The Hayward Area Historical Society (HAHS) Collections and Historic Properties manager Heather Farquhar will give a presentation on paranormal investigation and historic houses at the Hayward Main Library, 835 C St. in Hayward, on Wednesday, Feb. 1, from 6 to 7 p.m. The Meek Mansion in Meek Park and the McConaghy House in Kennedy Park have both been sites of exploration for paranormal investigators and found to be active sites that includes electronic voice phenomena, cold spots, touches, apparitions and more. Farquhar will show evidence collected by investigators and provide information about how you can get involved.

### ❖ St. Leander's Valentine Crab Feed

The St. Leander's Church will have its Valentine crab feed on Saturday, Feb. 11, at the Ryan O'Connell Hall, 550 West Estudillo Ave. in San Leandro. No-host bar at 5:30 p.m. with dinner being served at 6:30 p.m. The cost of the dinner is \$45 per person and includes crab, salad, pasta and bread. Purchase 20 or more tickets at one time and receive a 10% discount. This event is assigned seating. In addition to the dinner there will also be a dessert silent auction and a sports memorabilia silent auction. Last day to purchase tickets is Tuesday, Feb. 7. For more information, call the parish office at 895-5631.

### ❖ St. Felicitas Valentine Luncheon

Tickets go on sale today for the St. Felicitas Parish, 1662 Manor Blvd. in San Leandro, for its monthly Young at Heart Luncheon on Wednesday, Feb. 15. Salad, pasta with red sauce and meatballs, garlic bread, dessert, coffee or apple cider being served. Doors open at 11 a.m. and lunch is served at noon. Tickets are \$6. Entertainment and door prizes at each luncheon. Tickets on sale as of Oct. 3 and must be purchased no later than the Monday before the luncheon. Tickets available at the parish office Monday through Thursday between 9 a.m. and 4 p.m.

### ❖ Mulford Gardens Art School Classes

The Art School of Mulford Gardens, 13055 Aurora Drive in San Leandro offers Art 101, taught by Allison Modifer, a class perfect for the adult artist wanting to get back-in to painting or drawing. The four class sessions meet on Wednesdays from 7 to 9 p.m. and cost \$120. Classes are ongoing so you can start up at anytime. Basic art supplies for in-class use will be provided but you are welcome to bring your own supplies. For more information, call 798-4297.

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.



## PARENTS GUIDE

## Sleep Is Key to Performance

**H**ere's eye-opening news: For most teens, one of the best ways to find success in school is to get enough sleep.

When well rested, teens are more likely to be healthy, energetic and have a positive attitude toward life in general—helping them be their best and do their best in school and at home.

To help, the National Healthy Sleep Awareness Project launched the "Sleep Recharges You" campaign, urging teens to get eight to 10 hours of sleep per night to promote optimal health.

"It's important to make sleep a priority," said Dr. Ronald Chervin, spokesperson for the National Healthy Sleep Awareness Project.

"Setting and sticking to a routine to get as much sleep as possible is one of the best things teens can do for their health, academic achievement and athletic performance."

#### Lack of Sleep Jeopardizes Grades, Health and Safety

More than two-thirds of students in the U.S. are failing to get enough sleep on school nights, according to a 2016 study published by the Centers for Disease Control and Prevention (CDC).

Results show that 69 percent of surveyed students reported sleeping less than eight hours on an average school night. Insufficient sleep in teens can impact everything from grades to safety.

Sleepy teens may fare worse in school than their well-rested peers. Studies show that teens who are sleep deprived may be more easily distracted and recall information more slowly. Sleeping fewer than the recommended hours is also associated with attention, behavior and learning problems.

Lack of sleep may also affect athletic performance. When teens sleep, hormones are released that help them grow taller and develop muscles. Sleep helps restore energy to the brain and body.

Studies show that teens who sleep less than the recommended hours are more likely to be overweight and develop hypertension and diabetes.

Additionally, insufficient sleep in teenagers has been found to increase the risk of depression and is associated with increased risk of self-harm.

#### Parents, Caregivers Play Crucial Role

Students should be encour-

aged to get enough sleep every night to recharge. The Sleep Awareness Project advises parents and caregivers to help by modeling healthy sleep habits, promoting a consistent sleep schedule and creating a quiet sleep environment for their teens.

Additionally, setting restrictions on screen time before bed is key to helping teens get to sleep on time. Teens may be tempted to keep using their laptops, smartphones and game consoles late into the night rather than going to sleep.

"Teens are still growing and developing and sleep is a crucial part of these processes," said Dr. Chervin. "One of the best things parents and caregivers can do for their children's health and well-being is to encourage routines that will help them get enough sleep."

A natural shift in the timing of the body's internal "circadian" clock occurs during puberty, causing most teens to have a biological preference for a late-night bedtime.

#### Learn More

For further facts, visit [www.sleepeducation.org/healthysleep](http://www.sleepeducation.org/healthysleep).

—North American Precip Synd., Inc.



Make sure that your children have positive early experiences with books.

## Get Your Teenagers to Become Lifelong Readers

**I**n today's age of technology, it's easy for teens to reject books in favor of gadgets. As these emerging technologies become increasingly important in society, parents should reinforce the educational and entertainment benefits of reading.

Here are a few tips for encouraging your children to love the written word.

#### Treat Reading Like a Privilege

If your kids believe that reading is a chore, they'll stop as soon as your influence over them begins to wane or they are no longer required to read for school. Instead, show them that reading is a source of fun.

In order to do this, position reading as a "reward." When they get good grades, take them to the bookstore. When they finish their

homework in the evening, give teens "reading privileges," as you may be inclined to do with electronic sources of media.

#### Offer Compelling Literature

One of the most important things you can do is make sure that your kids have positive early experiences with books. This will shape their opinions of reading for the rest of their lives. Beyond see *READERS*, page 8

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# Parents: Get More Involved in the Classroom

**P**arental involvement in the classroom is a well-known strategy to boost student achievement; but, according to a recent survey, 62 percent of K-12 teachers say fewer than a quarter of parents get involved in the classroom.

Teachers wish to have more parents involved, especially in elementary school. When asked what would attract more qualified educators to the field, 18 percent of K-12 teachers want more parent involvement in the classroom, with 21 percent teaching K-5 seeing the value.

The survey, conducted by the Harris Poll for University of Phoenix, highlights the unique opportunity that parents have to become more involved in their children's classrooms and to make an impact on their learning and classroom experience.

"Parents are the first teachers of their children, and they play an integral role in their education, both inside and outside the classroom," says Pamela Roggeman, Ed.D. "Communication between parents and teachers is critical to student success. As a former high school teacher, I saw firsthand how a culture of collaboration improved student outcomes and teacher satisfaction."

## ■ How Teachers Want Parents To Get Involved

When asked about ways that teachers would like parents involved in the classroom, they responded:

- Don't wait until there's an issue to connect with the teacher (68 percent).
- Ask about areas for improvement for their child (65 percent).
- Communicate regularly with the teacher (65 percent).

"The most impactful thing parents can do to stay engaged in their child's learning is to have



**Communicate with teachers to discover what at-home activities will best support what's being done at school.**

open dialogue and communication with their child's teacher throughout the year," adds Roggeman. "This allows parents to have a better understanding of their child's progression and can help parents support the academic growth of their child through at-home activities to supplement what's being done in the classroom."

## ■ Increasing Parent-Teacher Communication

Keeping regular commu-

nication with teachers can be challenging, particularly when balancing work, personal and family responsibilities. To help, Roggeman suggests four simple practices for parents to increase communication with their child's educators:

1. Identify the best method of communication. Today's teachers create numerous ways to stay engaged with parents outside the classroom, including e-mail, a

social media group, classroom websites or handwritten notes. Find out the teacher's preferred method of communication for quicker responses and stay engaged.

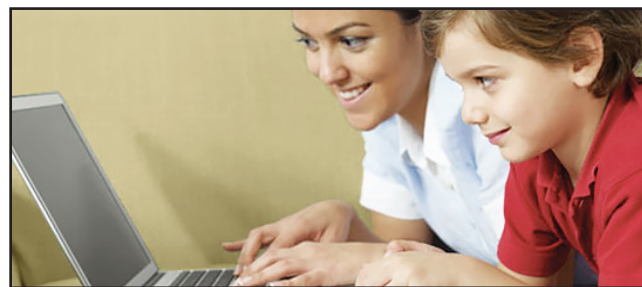
2. Ask about classroom activities and feedback on your child's performance. Learn about current classroom lessons and activities. Ask for constructive feedback on how a child is performing to better understand difficult subjects for your child and areas for improvement.

3. Don't be afraid to ask for homework help when needed. It can sometimes be difficult to help children with their homework as curriculum evolves and parents might need to "brush up" on a subject. It's natural — and not unreasonable — to ask educators for homework help and important to ensure children understand the curriculum.

4. Don't forget to say "thanks." Teachers choose the profession to make a difference in students' lives. They may manage more than 100 students a day and act not just as educators but as role models, guardians and caretakers for the nation's students.

Don't forget to say thank you to your child's teachers for choosing the profession and for all their hard work.

— North American Precis Synd., Inc.



**Many kids are teaching their colleagues tricks online.**

## What Are Your Kids Really Doing Online?

By Michael Levin

Special to the Times

**T**he internet affords children endless opportunities to get into serious trouble, downloading what they shouldn't download, looking at what they shouldn't be looking at, and getting ideas about what they shouldn't be getting ideas about.

But the good news is that if your kids are like mine, they may be doing some or all of those things... but there's something else that's attracting their time and attention.

It's called teaching.

That's right — your kids are most likely teaching other kids how to do things that interest them. The online world, especially YouTube, has turned into an academy without walls, entrance fees, or final exams. The instructors, just like the students, are barely into double digits.

My twin sons, Isaac and Walter, are variously interested in unicycling, origami, juggling, magic, Minecraft, jailbreaking their iPods, and similar subjects. Much of what they've learned about these topics has come from YouTube videos.

see ONLINE, page 8

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## Prepare Children for Success in School

One of the best things you can do for your children is to make sure they attend school every day.

After all, we want our kids to have the best possible chance of doing well in school and achieving their dreams. But getting a child to school isn't always easy. While some absences are understandable, it's important to understand the impact of each absence.

Although most parents understand the importance of getting their child to school every day, many believe that missing three or more days of school each month won't make a difference. In reality, as early as when in elementary school, students who miss just two school days per month are more likely to fall

behind in school, and less likely to graduate from high school.

Even when absences are excused or understandable, absences add up. Students who miss just two days of school each month end up missing 18 school days, or 10 percent of school days in a year.

By following these five simple tips, you can help ensure your child attends school every day. Attending school every day puts your child on the path toward success in school and in life.

### What to Do:

1. Keep track of how many days of school your child has missed.

2. Figure out why your child is absent from school. Is your child dealing with a chronic illness



As early as elementary school, students who miss just two school days per month are more likely to fall behind.

such as asthma? Are they being bullied or struggling at school? Are they staying home to help care for a family member?

3. Ask teachers and community leaders for advice and specific resources. Reach out to other parents, too, to ask for help and share tips.

4. Consider enrolling your child in a mentoring or an afterschool program. When kids work with mentors, they learn about the importance of attending school every day. With an additional support system in place, kids learn strategies to address their day-to-day challenges. Similarly, when kids get involved in afterschool programs, they are more likely to feel connected to their school communities and are less likely

to be absent.

5. Visit AbsencesAddUp.org for information on the impact of absences and resources to help prevent them in the future.

On the website, you'll learn how to help children who are struggling in school, being bullied, managing chronic illness or dealing with mental health challenges. Additionally, the site also provides parents with resources to assist with caregiving, housing and food challenges.

### Learn More

Visit AbsencesAddUp.org to find resources and tips that can help children through many challenges, whether their child isn't feeling well, their family is struggling with housing, or anything in between.

—North American Precip Synd., Inc.

## Online: Kids become teachers

continued from page 6

Much of those videos are written and produced by other kids. Which inspired my sons to put up their own instructional videos.

Now my sons are in a race with their friends for viewers and followers on their three YouTube channels. This is a unique phenomenon.

You couldn't get the average kid to stand up in front of an audience and talk about his or her favorite topic. Or, demonstrate a magic trick, or a guitar chord, or a hack on an iPod. Never gonna happen.

But allow that same kid the privacy of his or her living room, the use of a camera built into a smartphone, and the opportunity to upload a two- or three-minute instructional video on any given topic, and you've got solid gold.

As a result, there exists today an underground, invisible network of children taking turns as teachers and students, sharing with each other the skills, ideas, secrets and technological breakthroughs they cherish. This university without walls or national boundaries is, without exaggeration, unparalleled in human history.

Children have always been at the mercy of parents, teachers and school administrators when it comes to the question of how, what and when they learn. Now, the game has changed and the

power has shifted to kids.

Obviously, parental supervision is required; you don't need me to tell you just how dangerous and inappropriate the online world can be. What's most exciting about this phenomenon, however, is the fact that children are taking initiative to become teachers and sharers. They are not looking to make money doing this — although few would deny the desire to have 5 million followers and the fame (and perhaps fortune) that would accompany such success.

They're doing it for the love of the video game, hobby, hack or technique they're demonstrating to the world.

It's fascinating to imagine the new world that will arise when these online teachers reach adulthood. Their ethos is cooperation instead of compensation; amateurism instead of professionalism. How will they make a living? How will they translate the teaching skills they are acquiring into a livelihood? I don't know, but chances are, some of them will figure it out. And then they'll post their learning on YouTube, or whatever sharing technology exists at that time, and give the world the benefit of their knowledge and experience. Why not? They'll have been doing it for their whole lives.

Michael Levin is an author, and founder and CEO of Business-Ghost, Inc.

## Readers: Set a good example

continued from page 6

school assignments, be sure your teens are reading compelling literature for fun.

The best way to do this is to give them books that you know they'll enjoy — that way, they'll always be either reading or anticipating their next read. Serial literature can be a great way to accomplish the goal of keeping kids interested.

### Model Good Reading Behavior

Let your kids see you reading. If they know that you like to read, then they'll imitate your behavior. Teens may not always act like it, but they do look up to you.

Don't replace reading with

interacting with your teens; instead, read at a time when they are already engaging in independent activities.

Start your own little household book club. During dinner or another portion of the day spent together, discuss what you both are reading and what you like about the books. Make recommendations and swap great books.

So when your kids are staring at their screens, remember that this generation can find just as much joy in books as you did when you were younger. All you need to do is give the extra push.

—StatePoint

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# SENIORS

## Family Loans: Avoid Running Afoul of IRS Rules

By Gene L. Osofsky, Esq.

Special to the Times

**Q** My wife and I want to make a loan to our son to help him buy a home. We are really not interested in charging interest and we might even forgive the loan in our Wills. Are there any tax implications of which we should be aware?

**A** Yes, there are. Concerns regarding intra-family loans of this nature often fall into two categories:

**(1) The Initial Loan: Imputed Interest:** If you were to make an interest-free, or below-mar-

ket rate, loan to your son, the IRS would presume that the loan was really a disguised gift. Gift Tax rules would then be implicated. Depending upon the amount involved, the "loan" could trigger an obligation to file a Gift Tax Return and either (a) a reduction in your remaining lifetime exemption amount, or (b) an obligation to pay a gift tax.

Thus, in order to recognize this transaction as a true loan, the IRS requires that it carry a minimum interest rate. This minimum rate is called the Applicable Federal Rate ("AFR"), which is published monthly by the IRS.

To the extent the interest on

your loan is below that rate, you and your wife would be deemed to have imputed income, even if you never actually receive any interest payments. Some people refer to this as phantom income.

If you failed to report it on your tax return, the IRS could determine that you had underreported your income, and you might then be subject to income tax on the phantom interest and an under-reporting penalty.

However, if you structure the loan properly at the outset, you can avoid these Gift and Income Tax problems.

Essentially, you would prepare a written promissory note which

assigned a rate of interest to the loan at least equal to the then applicable AFR.

By way of example, a \$50,000 loan for a three-year term made in January, 2017, must carry an interest rate at least equal to 0.96 percent to comply with the AFR. If for a term of 3 to 6 years the AFR would be 1.97 percent, and if for a term of 9 years or longer the rate would be 2.75 percent. Notes payable "on demand" require use of a blended rate.

So long as the loan were structured in this manner and the corresponding interest declared on your tax returns, you would be in good stead with the IRS.

Note: There is an exception to the imputed interest rules where the total loans outstanding to your son do not exceed \$10,000, and a qualified exemption for loans between \$10,000 and \$100,000.

**(2) Loan Forgiveness; Recognition of Income:** Sometimes parents provide in their wills or trust that loans to their children are to be forgiven upon the parents' demise.

The question that arises in this context is whether the debt forgiveness results in the recognition of income to the child under the "Cancellation of Debt" ("COD") rule.

Good news: generally speaking, amounts cancelled as a result of bequests or inheritances are exceptions to the recognition of income rule, and loan forgiveness in this context would usually not result in the recognition of taxable income to the child.



Gene L. Osofsky

Another option: use your Annual Exclusion Amount (\$14,000/person/year in 2017) to partially forgive his debt each year. Same result, over time.

These rules are complex. Anyone considering debt forgiveness would be well advised to seek professional advice as part of one's planning.

Gene L. Osofsky is an elder law and estate planning attorney in Hayward. Visit his website at [www.LawyerForSeniors.com](http://www.LawyerForSeniors.com).

## Get Help for Your Bladder Control Problems

By Jim Miller

Special to the Times

**I**ncontinence is very common in seniors. According to the CDC, more than half of women and 30 percent of men ages 65 and older are affected by it.

Fortunately, there are a wide variety of treatment options that can help, as well as a number of absorbent pads or underwear you could use for leakage protection. Here's what you should know.

### See A Doctor

If you leak unexpectedly (aka stress incontinence) or sometimes have such a strong urge to urinate (urge incontinence) that you fear you won't make it to a bathroom in time, your first step is to make an appointment with your primary care doctor, or see a gynecologist, urologist or urogynecologist.

A doctor can determine if a medication side effect or a condition like diabetes or a urinary-tract infection might be causing urine leakage. They can also set you up with a treatment plan.

Depending on the reason or type of incontinence, here are some common treatment options.

**Non-drug therapies:** There are a number of exercises, bladder

training techniques and lifestyle strategies that should be the first line of treatment.

Kegel exercises (repeatedly tightening and relaxing the muscles that stop urine flow) are especially helpful for women with stress incontinence, or leaking when they laugh, cough, sneeze, lift heavy objects or exercise.

Bladder training involves keeping a diary of urination and accidents, then slowly increasing the time between bathroom visits. It's most effective for those with urge incontinence.

There are also a number of lifestyle strategies that can help, such as cutting down on caffeinated and alcoholic drinks, which cause you to produce more urine.

Getting sufficient fiber in your diet to keep yourself regular, because constipation can contribute to incontinence. Losing weight if appropriate, because excess weight puts pressure on the abdomen and bladder, and being overweight can also lead to Type 2 diabetes, which causes damage to the nerves that control the bladder.

And, if you smoke, quit, because smoking leads to excess coughing which can cause urine leakage.

**Medications:** Several drugs are approved for urge incontinence (or overactive bladder), such as prescription mirabegron (Myrbetriq), oxybutynin (Ditropan XL and generic), solifenacin (Vesicare), and tolterodine (Detrol and generic).

While drug treatments are effective for many people, you also need to know that more than half of those who take incontinence drugs stop within six months because of side effects including constipation, drowsiness, dry mouth, blurry vision and dizziness.

Injections of Botox into the bladder muscle are also approved for this condition and may reduce the urge to urinate. This is usually prescribed only if other medications haven't been successful.

Medications should only be considered for those who continue to have bothersome symptoms despite having tried lifestyle changes and therapy exercises.

**Electrical stimulation:** Mild electric shocks to nerves in the lower back or the pelvic area can stimulate and strengthen muscles that are involved in urination. This

can help with both urge and stress incontinence, but it requires multiple treatments over many weeks.

**Surgery:** Several surgical procedures are available for stress incontinence. The most common is sling surgery, where strips of synthetic mesh are implanted to support the urethra. This surgery is very effective in most patients, but should be a last resort.

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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# REAL ESTATE GALLERY



## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Times

GUEST COMMENTARY



### Millennials 'Investing' in Coffee, Not Their Future

A new survey from Acorns reveals that Millennials are better at managing their coffee beverages than their finances.

Acorns, developer of the Micro-investing app which tracks credit card purchases, just released a poll of 1,900 Millennials revealing alarming information about their spending habits.

Mary Bowerman of USA Today states, "Forty-five percent of 18 to 23 year olds have spent more on coffee than investing in their retirement, and 35 percent of 24 to 35 year olds have done the same."

The survey revealed that over 50 percent of Millennials do not feel comfortable with the fundamentals of saving or investing. Coupled with the fact that Millennials are expected to live longer than their forebears and will need

more long-term savings to live comfortably in their retirement years, current coffee habits could be paving the way to a future financial fiasco.

It's believed that part of this trend results from the ongoing urbanization of Millennials and a coffee shop culture that promotes convenience and a local meeting environment. Consequently, many are willing to spend dollars for a beverage they could make at home for pennies.

These habits have fueled the rampant growth of coffee shops but could have serious long-term effects for the drinkers, only 5 percent of which are actively investing.

With 73 percent stating they do not have a monthly budget and 39 percent revealing that they're anxious about their finances, it is no

shock to discover that 70 percent insist that their education did not provide them with adequate information to help them manage their finances.

Not only do many Millennials not have a long-term retirement investment strategy, a large percentage are having difficulty saving for more fundamental short-term items. Such as a house. Since the purchase of a home is considered by many a key component of a sound investment strategy, this is very troubling.

Our advice?

1. Realize the need to plan. Begin thinking strategically.

2. Speak to an investment advisor. Look for individuals with flat percentage fees based on the size of your portfolio instead of those who charge for trades and commissions. *see MILLENNIALS, page 11*



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### Mortgage Rates Move Lower Again

Average mortgage rates moved lower again last week, according to Freddie Mac.

The 30-year fixed-rate mortgage

averaged 4.12 percent, down from 4.20 percent the week before. A year ago at this time, the 30-year rate averaged 3.92 percent.

Fifteen-year loans averaged 3.37 percent, down from 3.44.

Adjustable rate mortgages (ARMs) were also lower last week.

The five-year ARM averaged 3.23 percent, down from 3.33 percent. A year ago, the 5-year ARM averaged 3.01 percent.

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The State of San Leandro Real Estate 2017

Yikes, only 26 detached homes currently for sale, one home went pending after receiving 41 offers. Our local economy is still one of the strongest in the nation. Maybe it's a good time to sell...Thoughts?



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# Pitch Canker Strikes Pines; Plum Tree Sprouts Volunteer

By Buzz Bertolero  
The Dirt Gardener

**Q** One of our large pine trees is dying. My next-door neighbor noticed it and said it could be due to a broken sewer line that occurred two years ago. There is a healthy tree about 15 feet to the left of the dying one. What should I be doing to correct the problem?

**A** The answer to this problem is not clear cut, but I'd be surprised if the broken sewer line is the cause of the problem. It's been too long after the fact for this problem to be showing up now.

In the Bay Area, pine trees, particularly Monterey Pines, are dying from the stress caused by the drought and Pitch Canker. These stressed trees are susceptible to bark beetles and other insects that carry the Pitch Canker Disease.

Insects feed on the trees releasing the Pitch Canker fungus that plugs the water conductive tissues and causes lesions where sap collects and drips down the trunk. The disease usually starts in the older needle bundles.

There is an excessive amount of needles that turn brown and drop, while at the tips new growth continues to develop.

Next, we see die back starting in the lower part of the canopy as entire branches die. The dieback continues up the tree until it's completely defoliated.

Unfortunately, there are no known chemical controls for this disease.

Healthy trees will fend off the

insects, so the disease is not an issue. So, I'd have an arborist come on site and evaluate the trees. They can advise you as to what can be done next. For more information, go to <http://ipm.ucanr.edu/PMG/PESTNOTES/pn74107.html>.

**Q** A volunteer plum tree has sprouted in my backyard. Should I take the time to dig it up and put it in a pot or just not bother with it?

**A** It's always a gamble to cultivate volunteer fruit trees. Trees started from a plum pit or an apple seed are always unpredictable. You have no idea what you are going to get until the crop matures.

Also, there are no guarantees it will produce in the first place. This is called plant genetics.

Those trees started from vegetative parts will produce fruit that is a mirror image of the original or parent tree. The problem here is that most fruit tree varieties are not growing on their own root. So, the shoots, suckers, or volunteers will



Bay Area pine trees are beginning to show the ill effects of the long drought.

not be clones of the desirable variety but that of the rootstock.

Fruit trees are budded onto different types of rootstocks to restrict their growth or to make a variety more tolerant to soil conditions or pests. So, if you're looking for a productive tree, it's probably not worth the effort to cultivate it.

More than likely, your expectations will not be fulfilled; however, there can be exceptions.

If you are curious, then I

would dig it up, transplant it into a pot and wait to see what happens. You can always graft or bud a desirable variety to it at some other point in time.

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

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56 Chumalia Street	94577	\$425,000	3 BD - 1,362 SF - 1983
910 Collier Drive	94577	\$755,000	3 BD - 1,691 SF - 1936
2284 Croyden Place	94577	\$470,000	N/ABD - 1,371 SF - 1977
14193 Doolittle Drive	94577	\$350,000	2 BD - 980 SF - 1973
420 Elsie Avenue	94577	\$639,000	3 BD - 1,472 SF - 1946
499 Estudillo Ave #106	94577	\$406,000	2 BD - 1,206 SF - 1981
964 Estudillo Avenue	94577	\$735,000	4 BD - 2,126 SF - 1931
2064 Fairbanks Street	94577	\$535,000	3 BD - 1,185 SF - 1951
1343 Gardner Boulevard	94577	\$480,000	3 BD - 1,008 SF - 1942
1473 Orchard Avenue #A	94577	\$400,000	6 BD - 2,276 SF - 1990
612 Pala Avenue	94577	\$735,000	3 BD - 1,890 SF - 1939
2363 Sitka Street	94577	\$510,000	3 BD - 1,018 SF - 1950
376 Suffolk Drive	94577	\$560,000	3 BD - 1,421 SF - 1944
2077 Washington Ave #115	94577	\$270,000	1 BD - 692 SF - 1984
1560 165th Avenue	94578	\$435,000	2 BD - 836 SF - 1920
556 Dahlia Court	94578	\$639,000	3 BD - 1,659 SF - 1978
792 Floresta Boulevard	94578	\$531,000	3 BD - 1,108 SF - 1954
16031 Gramercy Drive	94578	\$680,000	4 BD - 2,427 SF - 1949
509 Olive Court	94578	\$340,000	3 BD - 1,014 SF - 1950
16264 Saratoga Street #1	94578	\$410,000	3 BD - 1,096 SF - N/A
2293 Somerset Avenue	94578	\$481,000	2 BD - 800 SF - 1963
14762 Wake Avenue	94578	\$403,000	2 BD - 957 SF - 1945
1002 Devonshire Avenue	94579	\$605,000	3 BD - 1,288 SF - 1950
1166 Trojan Avenue	94579	\$540,000	3 BD - 1,020 SF - 1950
1366 Trojan Avenue	94579	\$530,000	3 BD - 1,241 SF - 1952

TOTAL SALES: 28  
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HIGHEST AMOUNT: \$755,000

MEDIAN AMOUNT: \$495,500  
AVERAGE AMOUNT: \$510,714

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16114 Via Paro	94580	\$500,000	3 BD - 986 SF - 1944

TOTAL SALES: 5  
LOWEST AMOUNT: \$500,000  
HIGHEST AMOUNT: \$635,000

MEDIAN AMOUNT: \$535,000  
AVERAGE AMOUNT: \$548,000

## Millennials: Brew coffee at home

continued from previous page mission-heavy loaded funds.

3. Set financial goals and benchmarks. If you have no target, you'll hit it every time.

4. Develop a comprehensive savings and investment plan.

5. Buy a coffee maker, a good travel cup and brew at home. Also, avoid the mucha grando mocha frampawhatsit latte... it's not only bad for your wallet, it's not so great for your body either.

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 at [www.ccmgtoday.com](http://www.ccmgtoday.com).

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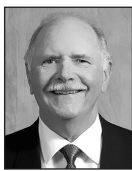
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**COSTA, Antonio Luis DUARTE, Richard Frank PARKER, Henrietta PORRILL, Janet G. RONNINGEN, Kenneth VALLADON, Robert "Bob"**

**COSTA, Antonio Luis**, October 18, 1925 – January 6, 2017. Portuguese-American. Husband, father, grandfather, and great-grandfather.

**PORRILL, Janet G.**, a longtime resident of San Leandro, passed away on January 16, 2017 in Castro Valley, with her loving family by her side. She will be interred at Sacramento Valley National Cemetery. Arrangements made by Santos-Robinson Mortuary in San Leandro (510-483-0123, [santos-robinson.com](http://santos-robinson.com)).

**RONNINGEN, Kenneth**, a longtime resident of San Leandro, passed away on January 10, 2017 at the age of 87. He was a veteran of the U.S. Navy on the USS Princeton in the Korean War. His wife, Donna, and son, David, preceded him in death. He is survived by his 2 sons, Kevin and Keith, and their wives and children. At his request, no services will be held. Arrangements made by Santos-Robinson Mortuary in San Leandro (510-483-0123, [santos-robinson.com](http://santos-robinson.com)).

## Henrietta Parker

born in Sacramento on October 8, 1931, peacefully reunited with her late husband of 53 years, James Parker, on Friday, January 6, 2017 at home with her loving children Debra Parker and Bruce Parker near by.

The children who love and miss her are respecting her wish of no funeral.

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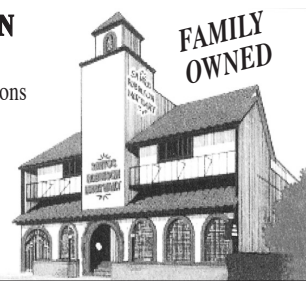
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## Richard Frank Duarte

Resident of San Leandro • May 12, 1933 – January 11, 2017

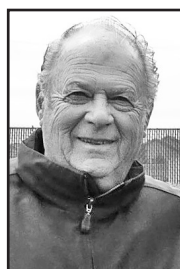
Richard Frank Duarte, 83, passed away Wednesday, January 11, 2017 peacefully at his home. He was a faithful parishioner of St. Leander Catholic Church. Richard was a commercial fisherman for over 45 years, and he loved the time that he spent on the water. Upon retiring, Richard enjoyed traveling each year with his close friend, Connie, to many different places, with Mexico being one of his favorites.

Richard is survived by his devoted son, Lance Duarte (Debby), and grandchildren (Austin and Jami) of Granite Bay; as well as his devoted son, Daniel Duarte (Suzanne), of Eldorado Hills. Richard was preceded in death by his father, Frank Duarte; and his mother, Louise Munsey. Richard had so many close friends and family members that will miss him greatly. He will be remembered for his sense of humor and easy-going personality.

Family and friends are invited to a viewing on Saturday, Jan. 21, from 10:30 to 11:30 a.m. followed by a funeral service at noon at Holy Angels/Holy Sepulchre Cemetery, 1051 Harder Road, in Hayward. Burial to follow.

In lieu of flowers, contributions may be made to St. Leander Church in San Leandro or St. Philip Neri Parish Church in Alameda.

Arrangements made by Holy Angels Funeral & Cremation Center, 510-537-6600.



## Forum: 'extreme pressure in law enforcement to speak as one'

*continued from front page*  
tion of Black Law Enforcement Executives (NOBLE), who said there are no easy answers, but that open conversations between cops and the public they serve are important.

One woman in the audience said she sees police at things like fairs and festivals, but there needs to be a deeper connection beyond public relations.

"They say 'check out my badge, check out my gun, shake my hand,' and that's good, but I think that we need to engage on another level," she said.

The Unity in the Community event was one attempt to get beyond those shallow interactions, according to the organizers and speakers.

"I was once a black little girl who became a black woman who happened to decide to become a police officer," said retired deputy chief Jan Glenn-Davis of NOBLE. "I was black and female long before I decided to wear blue."

Glenn-Davis said that gave her a perspective not every officer has, so she worked hard to share that perspective.

Rainey says a key to cutting racial tensions between the police and public is "community oriented policing" to eliminate the "us vs. them" perception some people have about the police.

Glenn-Davis, agreed, saying one problem in a lot of police departments is the pressure to present a united front at all costs.

A big chunk of Monday's discussion fell on 49er quarterback Colin Kaepernick's decision to "take a knee" during the National Anthem in protest of the police shootings of several unarmed black men nationwide.

The Santa Clara police union subsequently threatened to boycott patrolling at 49er games, where they work voluntary overtime.

One man at Monday's forum asked how the police could essentially refuse to do their jobs just because they disagreed with someone.

Glenn-Davis explained that it was the police union, not the police department, making that threat. She said the dynamic

between unions and departments are complicated, because even though the union is made up of officers, their chief has no authority in dictating their behavior as a union.

Glenn-Davis said that many times it will be up to an outside group to be critical of cops because "there is extreme pressure in law enforcement organizations



Retired BART Police Chief Kenton Rainey

to speak as one" even if they disagree with a policy or action of the union.

Glenn-Davis went on to say that can be troubling because open communication is key in police work, race relations, and society as a whole.

She gave an example of a time she went out on call with a rookie officer and he repeatedly addressed the young Hispanic woman they were talking to as "ma'am" as his trained dictated.

Glenn-Davis said she could see the young woman becoming more and more angry the more she was called "ma'am" and that the communication was breaking down. Finally she asked the woman what she wanted to be called — her name — and they continued and got the information they needed.

Later, Glenn-Davis asked the officer why he kept calling the woman "ma'am" despite it obviously irritating her.

"He said 'That's what we were taught at the academy,' and I said 'There's training but there also needs to be a bit of common sense as well,'" said Davis.

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## Robert "Bob" Valladon

passed away peacefully on Monday, January 16, 2017 where he shared a room with his wife, Mary, at the St. Regis Retirement Center (Memory Care Unit) in Hayward.

He was raised in Oakland and attended St. Joseph's High School in Alameda, followed by the University of San Francisco, graduating in 1951 with a degree in Accounting. At age 14, he made a decision to join the Seminary, following the footsteps of his oldest brother — Reverend Walter Valladon. While studying for the priesthood, he frequently went to the soda shop and was served many milkshakes by the future love of his life — Mary Klichan. He never went back to the Seminary and married Mary in 1951.

His work career started at the Chevrolet plant on 73rd Avenue in Oakland from 1951 to 1963, prior to the opening of the General Motors plant in Fremont, where he worked from 1963 until it's closing in 1981. Bob successfully performed multiple functions in all aspects of accounting throughout the years.

Living in the "Manor" district in San Leandro, Bob and Mary raised a family of five children and is survived by all of them — Kathy Bernard (Gary), Theresa Vidal (John), Robert Valladon, Jr. (Bobbie), Matt Valladon (Sandy) and Annette Maduell (Dave). He is also the proud "Papa" of 11 grandchildren — Jason (deceased), Jeff, Scott, Sean, Lauren, Tara, Andrea, Josh, Kate, Danielle and Allison; and 8 great-grandchildren — Gianna, Colin, Parker, Mia, Caden, Jackson, Weston and Clayton.

Bob is preceded in death by his three brothers, Reverend Walter J. Valladon, William J. Valladon and Alfred J. Valladon.

Bob always put family first! He adored his family and will be remembered for his storytelling, his respect and love for his wife, Mary, and his love for the 49ers! And, there was seldom a visit with "Dad" without enjoying his favorite adult beverage — a good, strong "Old Fashioned".

In lieu of flowers, memorial donations can be made to the Alzheimer's Association at [alz.org](http://alz.org) or Maryknoll at [maryknoll.org](http://maryknoll.org). Visitation service will be held on Sunday, Jan. 22, from 11 a.m. to 1 p.m. with a Vigil service at 1 p.m. at Santos-Robinson Mortuary, 160 Estudillo Ave., in San Leandro. A Funeral Liturgy will be held on Monday, Jan. 23, at 10:30 a.m. at St. Felicitas Church, 1662 Manor Blvd., in San Leandro. Burial to follow at Holy Sepulchre Cemetery in Hayward.





# Trailer Haven: Rent soars and politicians pass the buck

continued from front page

of affordable housing in this city, and we're unprotected by the city and county (from rent hikes)," Ventura said. "Many families are on a fixed income or SSI, so it's a vulnerable population."

Trailer Haven residents took their plight to City Hall, but there's not much city government can do. The city has talked about offering their program that helps homeowners improve their homes, but that doesn't help pay the rent.

The management company says the rent increase is needed: the property taxes have risen due to the sale; the sale requires them to pay a \$101,000 "transfer tax" to City Hall; and to improve the property.

The rent at Trailer Haven was below other mobile home parks in the area, said Brock Kaveny, spokesman for Cascade Corporate Management which runs the park for the ownership group. He said that just a few people have moved out of the park.

Kaveny said that management is offering residents a 10 percent reduction in rent if they qualify — around \$70 a month

off rent for a single trailer space. Copies of the form have been sent to the residents, he said, and a couple of residents have qualified for the assistance so far.

But Ventura says, even if someone qualifies for the assis-

**"If I move I'll have to live in God-knows-what county."**

— Trailer Haven resident  
Bob Nelson

tance program, the rents have been raised a lot more than the deduction. And to qualify, a person has to be at least 62 years old, and have total assets below a certain amount.

So even if you had a low income, but had a little savings for old age, you wouldn't qualify, Ventura said.

Another stipulation to the rent assistance program is that no more than 10 percent of the residents of the park can be on it.

So out of the 190 mobile homes, only 19 households, tops, can qualify, Ventura points out.

Chike Udemezue, who serves in San Leandro's Recreation and Parks Commission as well as several school district advisory committees, said that City Hall should help Trailer Haven residents with their rent.

"Since the city collected the transfer tax (\$101,000), they should be proactive and work out something fair," Udemezue said. "They should work with them because these are low-income residents trying to make a living."

Though that's not likely to happen. Ventura's requests to Congresswoman Barbara Lee and state Assemblyman Rob Bonta didn't produce much either. Their staff people said there's not much they can do. A reply from Senator Diane Feinstein politely told Ventura that it's not a federal issue, and advised Ventura to talk to her local City Council.

The leaders are at a loss, yet housing that people can afford is



PHOTO BY JIM KNOWLES

Last fall, Trailer Haven residents took their dilemma to the steps of City Hall.

one of the main problems facing people in the Bay Area.

Residents say that even the price on refilling their propane tanks has been raised by the park, among other cost increases. So it's a difficult situation for a lot of residents who don't have much money.

Bob Nelson, who is disabled and on government assistance, says his rent is up 29 percent but he can't find a less expensive place to live.

"It's too high but it's lower than a lot of places," Nelson said. "If I move I'd have to live in God-knows-what county."

Nelson has contacted housing advocate organizations — ECHO Housing and the Department of Housing and Urban Development (HUD), but came up empty handed.

"I called both and they don't care," Nelson said. "They say, 'We can't help you. Good luck.'"

## OPINION

### LETTERS to the EDITOR

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

#### Calls for Elimination of Left-Turn Signals to Improve Traffic Flow

Editor:

A simple method to improve traffic flow by 15 to 20 percent — as well as improve gas mileage — is to eliminate the red left-turn signal on all two-lane roads (such as Williams St.) as well as most four-lane roads. A driver can turn left at driveways and cross streets without a signal, but can't turn left at the signal. Where is the logic?

A person can right turn from a side street at a signaled intersection after making sure he doesn't interfere with oncoming traffic, but he isn't allowed

to use the same judgement when turning left. Where is the logic?

It is not uncommon to see two or three lanes of traffic waiting for a red left-turn signal with no other traffic in sight. I have lived in several cities in many states and have never seen such a hindrance to traffic flow.

—Don Desrochers  
San Leandro

#### 'Disturbed' by City's Plan to Spend \$750,000 on Border Sign

Editor:

It is very disturbing to hear that the City Council is ready to waste

\$750,000 on a non-functional border sign in San Leandro.

It is a waste of money when a project such as this won't yield any benefits for anyone especially the homeless and displaced renters. We need to remind the City Council that however "Art" is needed, and I believe in art, that it should be eco-friendly and functional.

There were interesting suggestions made by one who wrote in: I say yes to a grove of cherry trees, a garden, a water fountain, an art space or another shelter. Play with your imagination, it's a lot of money — use it wisely, folks.

—Maria Luisa Penaranda  
San Leandro

#### Appalled by Republicans Attempt To Repeal Health Care Act

Editor:

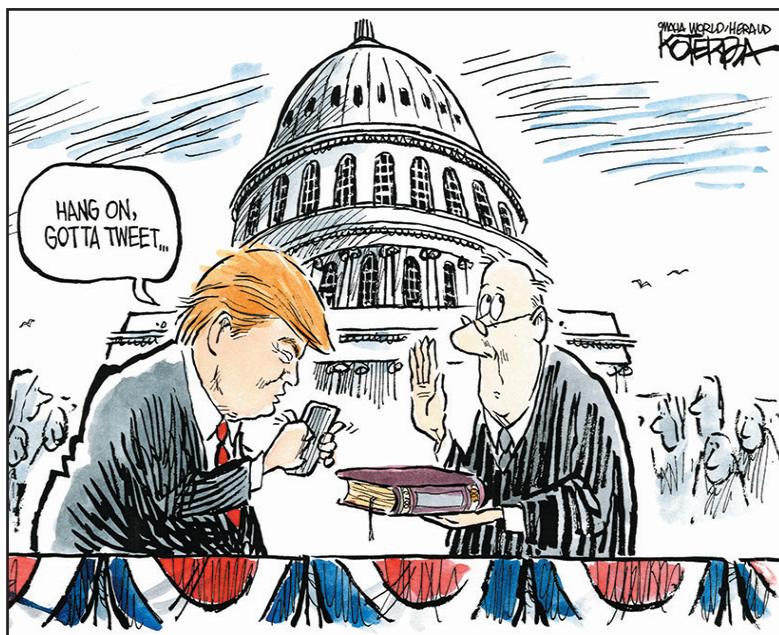
Here they go again. The Republicans in Congress are trying to repeal the Affordable Health Care Act for the umpteenth time. Now they feel that they can succeed with the incoming Trump administration.

It was appalling while watching on CPAN-2, Senate Majority Leader Mitch McConnell of Kentucky, along with his fellow Republicans, demean the health care reform law as a failure.

What they are aren't telling everyone is that this law helps 24 million Americans get proper care that they never have. Also, it included the Indian Health Care Improvement Act which improves the health of American Indians, especially those who live in rural areas.

For a party that claims to be pro-life, the Republicans in Congress are showing their hypocrisies by denying the majority of Americans basic health care and they need to stop it now.

—Billy Trice, Jr.  
Oakland



## THE TIMES CROSSWORD

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### ACROSS

- 1 Aid
- 5 Verse
- 9 Wander about
- 12 Neighborhood
- 13 Fairy tale baddie
- 14 \_\_\_ de Janeiro
- 15 Coup in bridge or baseball
- 17 Moreover
- 18 Release
- 19 Patchwork horse
- 21 Mad
- 24 Roe provider
- 25 Golfer McIlroy
- 26 Haughty, strutting sort
- 30 Ms. Gardner
- 31 Bluefin and albacore
- 32 Oft-chanted initials
- 33 Round Table member
- 35 Smile
- 36 Transaction
- 37 Skin-covered craft
- 38 Stimulant
- 40 One who's gonna get it?
- 42 Address for 33-Across
- 43 Extensive treat for sightseers
- 48 Tackle the slopes
- 49 "\_\_\_ Lang Syne"
- 50 Ticklish Muppet
- 51 Tyrannosaurus \_\_\_
- 52 Witnesses
- 53 Peruse

### DOWN

- 1 Crone
- 2 Blunder
- 3 Meadow
- 4 Saute
- 5 Sit for a snapshot
- 6 Leer at
- 7 Historic time
- 8 Tennessee city
- 9 Courtroom group
- 10 "\_\_\_ That a Shame"
- 11 Old fogey
- 16 Parched
- 20 Author Fleming
- 21 Fast-shrinking sea
- 22 PBS science show
- 23 International auto race
- 24 Expecterated
- 26 Tug
- 27 Yoko of music
- 28 21-Down's continent
- 29 Tug
- 31 Anti-riot chemical
- 34 Bee follower
- 35 Type of snake
- 37 Tease
- 38 Cold War abbr.
- 39 Toll road
- 40 Revolutionary War hero
- 41 Tackles' teammates
- 44 Regret
- 45 Bullring bravo
- 46 Actress Thurman
- 47 Scepter

ANSWERS ON PAGE 3



## Demo Club to Protest on Jan. 20

The San Leandro Democratic Club will hold a protest march against Donald Trump on inauguration day, Friday, Jan. 20, from 11:30 a.m. to 1:30 p.m., starting in front of the San Leandro BART Station and going to City Hall, 835 East 14th St.

## Men's Crab Feed at Assumption

The Assumption Dads' Club will host the Men's Crab and Pasta Feed today (Thursday) in the Assumption School gym, 1851 - 136th Ave. in San Leandro. The doors open at 5 p.m. and dinner will be served starting at 6:30 p.m. Poker table and 50/50 raffle. Suggested donation is \$50.

## City to Host Traffic Safety Program on Tuesday

The City of San Leandro will host a traffic safety program for youth and senior adults on Tuesday, Jan. 24, at 2 p.m. in the courtyard in front of the San Leandro Police Station, 901 East 14th St.

Residents are invited to bring children, parents, neighbors, and friends.

To improve the safety of children and older adults in

traffic, the city secured a California Office of Traffic Safety (OTS) grant to conduct a bicycle and pedestrian safety program at thirteen K-8 schools and a traffic safety education program for older adults in San Leandro. The kickoff will feature Mayor Pauline Cutter, the City Council, the Senior Commission as well as leadership from local school districts.

"I'm excited to see more people biking and walking throughout our city," said Mayor Cutter. "This grant will allow us to expand and coordinate our outreach and education efforts so that we can create a safer city for everyone."

The City will partner with Alameda County Transportation Commission's Safe Routes to School Program, the San Leandro

and San Lorenzo Unified School Districts, and Safe Moves, a nationally recognized leader in traffic safety education programming dedicated to increasing the traffic safety IQ school children and older adults.

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

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## Pets of the Week



Atlantis



Caspian

The Pets of the Week from the Hayward Animal Shelter, 16 Barnes Court in Hayward, are Atlantis the dog and Caspian the bunny.

Atlantis is a big, goofy pup who likes toys, treats, and attention. He's easy to handle and good with other dogs, though he could use more socialization. Good with kids 13 and older.

Caspian is a handsome, sweet bunny who enjoys being spoken to softly, parsley, and sleeping in soft, quiet places. A bit shy, he'll thrive with a little TLC. He's neutered and ready to go home.

For more information on Atlantis or Caspian, call the Hayward Animal Shelter at 293-7200.

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