

San Leandro Times

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

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THURSDAY, JANUARY 21, 2021

SAN LEANDRO • CALIFORNIA

Toxic Mushrooms Growing in EB Parks

Mushrooms are an ecologically important part of East Bay parks and while they can look beautiful, some of them contain dangerous toxins.

Mushrooms of all types proliferate after the first sustained rains of the season. The death cap (*Amanita phalloides*) and Western destroying angel (*Amanita ocreata*) are two of the world's most toxic mushrooms, and both can be found in East Bay Regional Parks.

These mushrooms contain amatoxins, molecules that are deadly to many animals. Symptoms may not appear until up to 12 hours after consumption, beginning as severe gastrointestinal distress and progressing to liver and kidney failure if treatment is not sought immediately.

"Both of these mushrooms can be lethal to humans and pets if consumed," says Park District Naturalist Trent Pearce, who teaches about fungi in the Bay Area. "They are mainly associated with oak trees and can be found growing anywhere oak roots are present."

The death cap is a medium to large mushroom that typically has a greenish-gray cap, white gills, a white ring around the stem, and a large white sac at the base of the stem.

Although mainly associated with oak trees, it has been found growing with other hardwoods. It was accidentally introduced to North America on the roots of European cork oaks and is now slowly colonizing the West Coast.

see MUSHROOMS, page 16



PHOTO BY BOB GLAZE

Wind Knocks Down Manor Sign

The strong wind blew down the Manor sign on Tuesday at the corner of Manor Boulevard and Farnsworth Street. Bob Glaze said he was heading to the post office when he heard a crash and saw the sign come down. Glaze remembers when the sign was first installed in 1954. The city and the Optimist Club refurbished the sign 9 years ago.

Black Women Campaign for Sheriff, DA



JoAnn Walker



PHOTOS BY VINNIE BACON

Pamela Price

Two Black women launched a joint campaign last week to replace Alameda County's sheriff and district attorney for what they call "a progressive ticket for justice transformation."

JoAnn Walker of Hayward, a 25-year veteran San Francisco police officer, is seeking to unseat Sheriff Gregory Ahern who has held that office for 14 years.

Pamela Price, a prominent civil rights attorney in Oakland, is opposing Nancy O'Malley, who was appointed as DA for Alameda County in 2009 by the Board of Supervisors when her predecessor retired. O'Malley ran unopposed in 2010 and 2014.

In 2018, Price challenged O'Malley and garnered 42 per-
see CAMPAIGN, page 3

Former Chamber CEO Guarino Dies

Former San Leandro Chamber of Commerce CEO Tom Guarino died on Dec. 30 at John Muir Medical Center in Walnut Creek at the age of 67 of complications from Covid-19.

Guarino built up the Chamber's membership during his tenure and created new Chamber programs, before leaving to take a job with PG&E.

Guarino was born in Hollywood and raised in Covina, a Los Angeles suburb. He excelled at both baseball and basketball throughout his youth, said his daughter Teresa Guarino.

Guarino attended college at Cal Poly Pomona, where he graduated with a bachelor's degree in behavioral science with a minor in psychology.
see GUARINO, page 16

Police Recover Another Illegal Firearm

San Leandro police made a traffic stop on I-580 on Sunday and found a fully loaded AR-15 assault rifle hidden in the backseat of the vehicle.

The vehicle was pulled over just after noon on I-580 at 150th Avenue, police announced on Twitter. A probable cause search revealed the automatic rifle hidden in a bag in the backseat with a 50-round drum magazine.

Police also found a clown

mask and marijuana in the vehicle, although police didn't explain why they thought the clown mask might be noteworthy.

Police said the traffic stop helps keep San Leandrans safe by taking an illegal and dangerous weapon off the street.

SLPD PHOTO
Police photographed the assault rifle with a 50-round drum magazine.



INSIDE YOUR TIMES

■ ENVIRONMENT

Keep waterways clean, starting at front door. **Page 3**

■ FOOD

Try one of these favorite coffee cake recipes. **Page 5**

■ COVID

COVID is on the rise in San Leandro. **Page 16**

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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.



PETS OF THE WEEK



Daffodil



Thaddeus Thumper

The Pets of the Week at the Hayward Animal Shelter are two bunnies, Daffodil and Thaddeus Thumper.

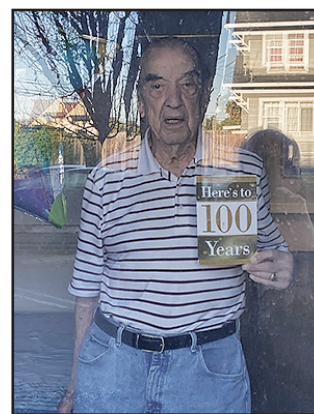
Daffodil is a hoppy female bunny who enjoys snacking on fresh greens and napping on fluffy towel beds.

Thaddeus Thumper is a friendly male bunny who allows handling and enjoys playing with his toys.

For more information on Daffodil or Thaddeus Thumper, call the Hayward Animal Shelter at 510-293-7200.



Ray Luciano's nephew, Rick Luciano, along with Ray's friends Charlie Peters and Ron Jung, came by to say happy birthday to Ray who turned 100 years old.



PHOTOS COURTESY OF RICK LUCIANO

Ray Luciano Turns One Hundred

Ray Luciano turned 100 years old last week and his friends came by to see him at Carlton Plaza.

Luciano was born and raised in San Leandro and always ate lunch at the Senior Center until the pandemic shutdown.

Ray's nephew and a couple of Ray's friends who share a table with him at the Senior Center stopped to say happy birthday to Ray, who had to wave from behind the window as a pandemic precaution.

On this Day in History - January 21

1793 - King Louis XVI was executed on the guillotine for treason during the French Revolution.

1915 - The first Kiwanis club was formed in Detroit, Michigan.

1954 - The first atomic-powered submarine, Nautilus, was launched in Groton, Connecticut.

1954 - The gas turbine automobile introduced in New York City.

1970 - The Boeing 747 made its first commercial flight from New York to London.

1977 - President Jimmy Carter pardoned almost all Vietnam War draft evaders.

Police Assist CHP in Arrest

San Leandro police caught three suspects after a foot chase near the Marina Square shopping center last Friday morning.

Police were notified by

the California Highway Patrol (CHP) of a stolen vehicle involved in a hit and run with injuries on I-880 near the Marina Boulevard exit, according to San Leandro police.

Three suspects fled the ve-

hicle and ran toward Marina Boulevard. Police arrived and began a search, soon finding the three suspects and chasing them on foot, police said.

The investigation of the incident is being handled by the CHP.

San Leandro Times

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

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Boys & Girls Club Crab Feed to Go Drive-Through This Year

The San Leandro Boys & Girls Club's annual crab feed will be on Saturday, Feb. 20, from 4 to 6 p.m.

Due to the pandemic, the crab feed will be a drive-through pick-up in the club's parking lot at 2200 San Leandro Blvd.

Each order comes with 4 pounds of crab and pasta, salad and bread.

Tickets are \$55 and ticket sales end on Feb. 15. For tickets and the raffle, visit the club's website: www.bgcsl.org.

The crab feed is sponsored by

Fremont Bank and F.H. Dailey Chevrolet.

Ravara Makes Dean's List

The University of Wisconsin-Eau Claire recently named the 2,986 students who made the fall 2020 Dean's List, including Tia Ravara from San Leandro in the College of Arts and Sciences.

These students' academic performance has been outstanding and the college recognizes them with pride.

ITEM OF THE WEEK! POWER RECLINING CHAIR

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Help Keep Waterways Clean, Starting at Home

The Martin Luther King Jr. Day of Service is an annual event hosted by the Alameda County Clean Water Program that helps keep our waterways free of harmful trash.

You don't even have to go to a creek to keep it clean. Creek cleanups start at your door. Trash travels through storm drains into creeks, and rivers to become harmful pollution.

This year, the program needs your help to clean San Lorenzo Creek, and other community waterways by cleaning up in your neighborhoods and local natural areas.

Cleanups started on Jan. 18 and you can participate on any day throughout the month, self-guided and close to home. Local streets, sidewalks, parks, and other natural areas are good choices.

Trash within our neighborhoods becomes the trash polluting the coast once the rains come. We need your help to clean your neighborhoods.

To register, please visit <https://accleanwater.eventbrite.com>

The first 10 volunteers who register will be mailed a clean water program prize pack.

Library Launches 'Project Teen Lounge'

The San Leandro Public Library recently launched "Project Teen Lounge," a series of after-school programs for teens in grades 6 through 12.

Programs will launch virtually starting in January. January programs include: Art-making with recycled materials (Jan. 27), and a resume/cover letter workshop (Jan. 26).

Teens can begin registering for January programs now at www.sanleandrolibrary.org via the library website.

Project Teen Lounge aims to make sure that San Leandro teens have skills they need to be successful in college, career, and life by providing programs that explore art/self-expression, collaboration, life skills, design thinking, and career planning.

Artists, professionals Guest Teachers

Guest teachers will include local artists, professionals in the design, tech, and medical fields, and life-skills teachers including a career consultant and

a mechanic.

Topics for programming have been developed in conversation with the Library's Teen Advisory Group and the City's Youth Advisory Council, both of which continue to consult on developing new programs.

"We are excited to expand the critical role libraries play in after-school development with teens, and deepen our connection with our community and partners," said Library Director Theresa Mallon. "We are grateful

to the State Library for funding that allows us to support our community needs."

SL Library Presents the Teen Frozen Trivia Contest

The San Leandro Library invites teenagers to join the Teen Frozen Trivia Contest on Friday, Jan. 29, at 4 p.m. For the first time in forever, the library will be asking questions all about the Frozen movies. Open to teens in 6th through 12th grades. Email kmandalay@sanleandro.org to sign up.

Zoom Workshop For Japanese Writers

ple of all ages and backgrounds.

Workshop leader Naomi Shibata will shepherd writers through the process of recording their own memoirs. She will demystify the writing process so participants can record these vital family stories for future generations.

Shibata is a long-time NJAHS docent, and the author of *Bend with the Wind*, a celebration of the life, family, and writings of her mother, Grace Eto Shibata.

This three-part program will be held from 10 a.m. to noon on the following Wednesdays: January 27, February 17, and March 10. The work is cumulative, and each session builds upon the completion of the previous session's efforts.

To register for this Zoom workshop, email education@haywardareahistory.org or call (510) 581-0223. For more information, visit www.haywardareahistory.org.

Project Literacy to Offer Online Tutor Training

San Leandro Public Library's adult and family literacy program, Project Literacy, is currently seeking volunteer literacy tutors for our online tutoring program.

Find out how you can help others in your community learn to read by attending Project Literacy's Online Tutor Orientation

on Zoom on Wednesday, Feb. 3, from 4 to 6 p.m.

Both required trainings will take place on Zoom on Saturday, Feb. 6, from 10 a.m. to noon; and Saturday, Feb. 13, from 10 a.m. to noon.

For more information or to register, call 510-577-3944 or email projectliteracy@sanleandro.org.

Campaign: 'Ticket for true change'

continued from front page

cent of the vote after law enforcement unions spent large sums on O'Malley's campaign and in opposition to Price.

"I knew if I won in 2018, it was going to be an uphill battle to push through true reform given the lack of commitment to address systemic issues of racial, gender and socioeconomic bias in policing and sentencing," said Price. "It was going to take collaboration and a shared vision for change."

"When JoAnn expressed her commitment to reform by running for sheriff, I knew we could be that ticket for true change for Alameda County in 2022," Price said.

While Walker is relatively unknown politically, she is a 40-year resident of the county with enforcement experience in crisis

support and suicide prevention. Her resume includes working as a community relations liaison and terrorism liaison officer.

In their press statement released last Wednesday, Walker and Price say they will run as a "Justice Done Right" slate for sheriff and district attorney. They say the slate unifies them on many of the issues that Alameda County residents want to see addressed in

the county justice system.

Common platform stances include ending mass incarceration and over-criminalization of Black and Brown youth in Alameda County, addressing racial, gender and socioeconomic bias in policing and sentencing, reducing gun violence, protecting immigrant communities, restoring public trust and investing in public health and social services.

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NEWSPAPER

Heist at Walgreens, Weapons Arrest

By Michael Singer
San Leandro Times

Alameda County Sheriff's officers were busy investigating two unrelated incidents that occurred in Castro Valley on Friday.

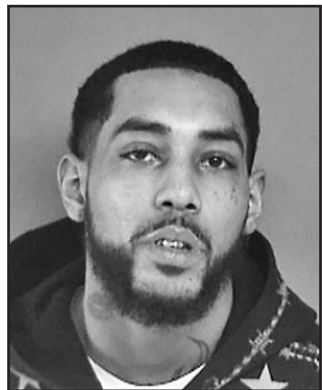
Early Friday afternoon, deputies arrested 29-year-old Lonnie Williams of Castro Valley on weapons possession charges at a storage facility on the Boulevard near Marshall Street.

Officers said Williams, who had a previous felony conviction, had several loaded weapons in his possession. A search of his storage container uncovered a stash of handguns and automatic weapons, including some that could carry 100 rounds of ammunition.

Williams was booked into Santa Rita Jail.

The suspect fled to a vehicle where an accomplice was waiting. Shoppers were in the store during the robbery but no one was injured.

While some details of the ongoing investigation are being withheld, the suspects are believed to be connected to a



Lonnie Williams

Walgreens Heist

Earlier that day, deputies responded to an armed robbery at the Walgreens Pharmacy in Castro Village that went largely unnoticed while it was in progress.

Shortly after 11 a.m. deputies say a suspect entered the store and asked for the manager.

According to Sheriff's spokesperson Sgt. Ray Kelly, the man indicated to an employee that he was armed and that it was a robbery. He demanded to be taken to the store's safe and another employee was ordered to follow along.

"The two employees were taken to the rear office where the suspect tied them up," said Sgt. Kelly. "The suspect took an undisclosed amount of cash and threatened the employees not to call the police or they would be killed."

robbery reported 30 minutes earlier at the Walgreens on Foothill Boulevard in Hayward.

Customers were shocked when they heard the news.

"It's so scary that this happened in broad daylight," said Castro Valley resident Mimi Totten. "That is one of our go-to stores. Glad no one was seriously injured."

"The poor people who work there. I shop there once a week and the employees are so sweet. I sure hope they are able to cope with such a traumatic experience," said Castro Valley resident Vanessa Nool.

A sheriff's helicopter circled



PHOTOS COURTESY OF THE ALAMEDA COUNTY SHERIFF'S OFFICE

A display of weapons confiscated by Alameda County Sheriff's deputies Friday after the arrest of a Castro Valley man on charges of illegal weapons possession.

overhead in hopes of spotting the suspects.

Detectives are following up on information regarding the

heist. Anyone with any information on either of Friday's events is asked to call the Alameda County Sheriff's Office at 510-667-7721.

BART Seeking Manager For New Homeless Plan

BART has created a new position to help address homelessness within the system and connect unsheltered people to resources.

The job – Senior Manager of Social Services Partnerships – was posted at bart.gov/jobs on Friday.

The manager's duties will focus on designing and overseeing programs and being the advisor to BART's top officials on issues related to homelessness and the health and social welfare of the system's riders.

"Homelessness is a complex issue and as a transit system we have struggled to effectively respond to the crisis occurring in the Bay Area" said BART General Manager Bob Powers. "We need someone who can work with a variety of stakeholders, find funding partnerships, and bring new ideas to the table."

The senior manager will also work closely with the BART Police Department to ensure all programs are in alignment with its policies.

The position is one of several

Alameda County Reading Program Starts with Book About Comfort Food

Alameda County Reads is the first county-wide reading program designed to inspire thousands of community members to read and discuss the same book.

The program celebrates reading a great book while building community through a thoughtful exchange of ideas.

The selected book is "Eat Joy: Stories & Comfort Food from 31 Celebrated Writers," edited by Natalie Eve Garrett.

To see a video of a discussion of the book, visit aclibrary.org/alameda-county-reads/

Participants can sign up on-

line for a discussion and arrange to pick up the book at the Castro Valley Library where free copies of Eat Joy are available while supplies last.

Seven other county libraries are participating, including the San Lorenzo branch library.

"The best comfort food will always be greens, corn-bread and fried chicken."

— Maya Angelou

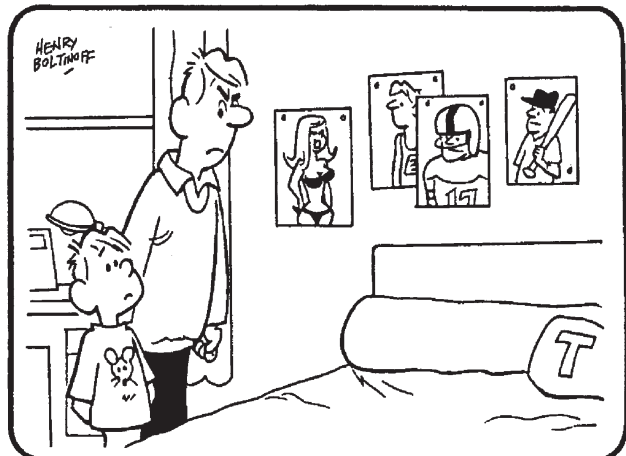
The celebration continues from February through April with many book discussion sessions and other special Alameda County Reads programs.

"In our rapidly changing world, we know that it is more important than ever to build both human and humane connections with one another," said Deputy County Librarian Deb Sica. "AC Reads is our first One County, One Book Celebration. Bon livre, bon appétit!"

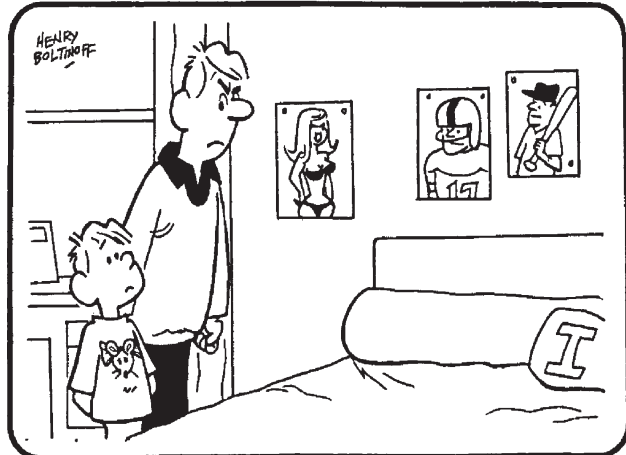
Alameda County Reads is generously funded by the Alameda County Library Foundation and the Castro Valley, Albany, and Fremont Friends of the Library.

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Letter on pillow is different. 2. Man's shirt is black. 3. Mouse design is different. 4. Lamp is missing. 5. Picture on wall is missing. 6. Curtain is longer.



AUNT FLO'S FLAMINGO FRENZY! See if you can add up all of the pink flamingoes that Aunt Flo has put in her front yard. (Count them with a friend and see if you both get the same total.)

MESMERIZING MATH!

The swami has discovered that if you multiply 99 by any number from 1 to 100, the product will always contain digits that total 18. Try it out: (99 x 9 = 891; 8 + 9 + 1 = 18), (99 x 4 = 396; 3 + 9 + 6 = 18).



LINK-UPS! Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.

Answers: Legion, malemute, needed, replace, nonevent, palate.

1. LEG 2. MALE 3. NEED 4. REP 5. NONE 6. PAL
LACE ATE ION LED MUTE VENT



| | | | | | | |
|----|---|---|---|---|---|---|
| 1. | A | | | | | K |
| 2. | | A | | | | K |
| 3. | | | A | | | K |
| 4. | | | | A | K | |
| 5. | | | | K | A | |
| 6. | | K | | | A | |
| 7. | K | | | | | A |
| 8. | K | | | | | A |

FIND THE BIG WORDS!

Using the definitions and the anagrams below, you must find the eight eight-letter words that fit into the framework pictured on the left. For each definition, the letters in the two anagram words must be unscrambled and used to form the word asked for.

DEFINITIONS:

1. A footnote reference.
2. Narrow, elevated walkways.
3. A wine container.
4. What waves become.
5. Christmas post office headache.
6. Lacking in conviction.
7. A small head covering.
8. A Polish treat.

ANAGRAM:

- skit + ears
- talk + caws
- oink + tags
- reek + bars
- cake + gasp
- wale + murk
- pull + sack
- sail + bake

Answers: 1. Asterisk. 2. Catwalks. 3. Goatskin. 4. Breakers. 5. Packages. 6. Lukewarm. 7. Skullcap. 8. Kielbasa.



LIFESTYLE



Coffee Cake: An All-Time Favorite

Sitting leisurely with a slice of coffee cake and a steaming cup of coffee, is one of life's little pleasures. Whether you serve it for breakfast, brunch, an afternoon snack, or dessert, this homey treat is an all-time favorite.

If you don't already have a special family coffee cake recipe in your repertoire, here are some perfect options.

SUNDAY MORNING COFFEE CAKE

For the streusel:

1/4 cup all-purpose flour
2/3 cup sugar
1 teaspoon ground cinnamon
1/4 cup butter

For the cake:

2 cups all-purpose flour
3/4 cup granulated sugar
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup butter
1 egg
3/4 cup milk, or as needed
1-1/2 teaspoons vanilla extract

Preheat oven to 350°F. Grease and flour a 9x13 inch pan.

Make the streusel topping: In a medium bowl, combine flour, sugar and cinnamon. Cut in butter until mixture resembles coarse crumbs. Set aside.

In a large bowl, combine 2 cups flour, 3/4 cup sugar, baking powder and salt. Cut in butter until mixture resembles coarse crumbs.

Crack an egg into a measuring cup and then fill with milk to make 1 cup. Stir in vanilla. Pour into crumb mixture and mix just until moistened. Spread into prepared pan. Sprinkle top with streusel.

Bake in the preheated oven for 25 to 30 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool. Makes a dozen servings.

APPLE-CINNAMON BUNDT CAKE

1-1/2 cups all-purpose flour
1 tablespoon cinnamon
2 teaspoons baking powder
1 teaspoon salt

1/2 teaspoon baking soda
1 cup butter, melted
1-1/2 cups packed light-brown sugar
4 large eggs
6 Granny Smith apples, peeled, cored, and sliced 1/4-inch thick
1 cup powdered sugar
1 to 2 tablespoons water

Preheat oven to 350°F.

In a medium bowl, whisk together flour, cinnamon, baking powder, salt, and baking soda.

In a large bowl, combine butter, brown sugar, and eggs. Whisk until smooth. Gradually whisk in dry ingredients just until combined (do not overmix).

Using a rubber spatula, fold in apples. Spoon batter into a 12-cup nonstick Bundt pan, and smooth top.

Bake until a tester inserted in

cake comes out clean, 50 to 60 minutes. Cool in pan on rack 15 minutes; invert onto rack to cool completely.

Make the Glaze: Whisk together powdered sugar and enough water to form a thick yet pourable glaze. Set rack with cake over a piece of wax paper (for easy cleanup); drizzle cake with glaze, and let set before serving. Yields 10 servings.

OLD-FASHIONED CRUMB CAKE

2-1/2 cup flour
1 cup brown sugar, packed
1 cup granulated sugar
1 teaspoon salt
1 teaspoon nutmeg
3/4 cup oil
2 teaspoons cinnamon
1 teaspoon baking soda

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): Guess what, Lamb? You're about to experience a new perspective on a situation you long regarded quite differently. What you learn could open more opportunities later.



TAURUS (April 20 - May 20): The Bold Bovine is tempted to charge into a new venture. But it might be best to take things one step at a time so that you know just where you are at any given point.



GEMINI (May 21 - June 20): It's a good time to go on that fun getaway you've been planning. You'll return refreshed, ready and, yes, even eager to tackle the new challenge that awaits you.



CANCER (June 21 - July 22): The Moon Child loves to fantasize about magical happenings in the early part of the week. But the sensible Crab gets down to serious business by week's end.



LEO (July 23 - August 22): What goes around comes around for those lucky Leos and Leonas whose acts of generosity could be repaid with opportunities to expand into new and exciting areas of interest.



VIRGO (August 23 - Sept. 22): Your concern about your job responsibilities is commendable. But you need to take some quiet time to share with someone who has really missed being with you.



LIBRA (Sept. 23 - October 22): Aspects favor getting out and meeting new people. And as a bonus, you could find that some of your newly made friends could offer important business contacts.



SCORPIO (October 23 - November 21): You might take pride in wanting to do everything yourself. But now's a good time to ask family members to help with a demanding personal situation.



SAGITTARIUS (Nov. 22 - Dec. 21): Pay more attention to the possibilities in that workplace change. It could show the way to make that long-sought turn on your career path.



CAPRICORN (Dec. 22 - Jan. 19): Your need to succeed might overwhelm obligations to your loved ones. Ease up on that workload and into some well-deserved time with family and friends.



AQUARIUS (Jan. 20 - Feb. 18): Love rules for amorous Aquarians who can make good use of their ability to communicate feelings. Don't be surprised if they're reciprocated in kind.



PISCES (Feb. 19 - March 20): Fishing for compliments? No doubt, you probably earned them. But it's best to let others believe they were the ones who uncovered the treasure you really are.

1 egg
1 cup buttermilk

Combine flour, brown sugar, granulated sugar, salt, nutmeg and oil. Remove 1/2 cup of mixture from the bowl, adding 1 teaspoon of cinnamon to it. Set aside for topping.

Combine remaining 1 teaspoon cinnamon, baking soda, egg and buttermilk and blend well. Add flour to mixture. Do not overmix.

Spoon batter into greased 13x9-inch baking pan. Sprinkle with 1/2 cup reserved topping. Bake at 375°F for 30 to 40 minutes. Yields 8 servings.

BLUEBERRY COFFEE CAKE

1 egg
1/2 cup fat-free milk
1/2 cup plain fat-free yogurt
3 tablespoons vegetable oil
2 cups all-purpose flour
1/2 cup granulated sugar
4 teaspoons baking powder
1/2 teaspoon salt
1-1/2 cups frozen blueberries
1 tablespoon all-purpose flour
2 tablespoons turbinado (raw style) sugar

2 tablespoons sliced almonds
1/4 teaspoon cinnamon

Preheat oven to 400°.

Whisk together first 4 ingredients in a large bowl. Sift together flour and next 3 ingredients in another bowl. Stir flour mixture into egg mixture just until dry ingredients are moistened.

Toss 1-1/4 cups blueberries in 1 tablespoon of flour; fold into batter. Pour into a lightly greased 9-inch springform pan. Sprinkle with remaining 1/4 cup blueberries. Stir together the turbinado sugar, sliced almonds, and cinnamon; sprinkle over batter.

Bake at 400° for 25 to 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 15 minutes; remove sides of pan. Serves 10.

PILLSBURY CHOCOLATE SWIRL COFFEE CAKE

No-stick cooking spray
1 roll Pillsbury refrigerated sugar cookie dough
2 eggs
1/2 cup Pillsbury Creamy Chocolate Fudge Flavored

Frosting

1/3 cup packed brown sugar
1/2 teaspoon cinnamon
3 tablespoons cold butter, cubed

Heat oven to 350°F. Spray 10-inch springform pan with no-stick cooking spray. Let cookie dough stand at room temperature 10 minutes to soften.

In large bowl, break up cookie dough. Beat in eggs, one at a time, with electric mixer on medium speed until blended. Spread in pan. In small microwavable bowl, microwave frosting on High 10 to 20 seconds or until just melted. Drizzle frosting over batter. Pull tip of knife through batter in wide curves; turn pan and repeat for marbled design. Bake 25 to 35 minutes or until edges are set but center still jiggles slightly.

Meanwhile, in small bowl, mix brown sugar and cinnamon. Cut in butter, using pastry blender or fork, until mixture forms coarse crumbs; sprinkle evenly over cake. Bake 5 to 10 minutes longer or until toothpick inserted in center comes out almost clean. Cool 10 minutes. Remove side of pan. Serve warm or cool. Serves 8.

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PARENTS GUIDE

Boosting Confidence Can Help Child Land a Tech Job

Confidence is a great thing. It can make people more open to learning new skills, pursuing new opportunities and living new experiences.

When it comes to career choices, confidence, or rather a lack of it, can keep qualified and motivated individuals from even considering certain fields.

Technology is at the forefront of this dilemma, according to those in the industry, who also note that lingering misconceptions may be widening a "confidence gap."

"For too long we've been telling young people that the best jobs of the future will require advanced degrees in science, technology, engineering or math," said Todd Thibodeaux, president and CEO of the Computing Technology Industry Association. "The reality is

that the vast majority of good paying jobs in the next 30 years won't require a STEM degree.

"Unfortunately, many students have concluded that they don't have the qualifications or skills to work in tech, creating a confidence gap that contributes to the lack of diversity in the tech workforce," Thibodeaux continued.

"To close this gap we need employers to open the door to more candidates with non-traditional backgrounds, and for parents and role models to encourage all young people to look at opportunities in tech when they think about their career options."

Thibodeaux explains that a great first step is to speak with young people in plain and simple language about what a career in technology truly entails.

That includes making sure they understand that working in tech isn't always about engineering, coding, calculus and Silicon Valley. It's also about customer service, teamwork, curiosity, communication and problem solving. It means working for any size company in any industry and in any location.

Equally important, young people need to know about the many resources available to them to learn about careers in tech, network with others who share their interests and acquire the skills that will help them land a job. Here are a few examples:

- The Technology Student Association is a national, nonprofit career and technical student organization of 250,000-plus middle school and high school students that offers exciting opportunities in networking, competitions, leadership and community service. For more information, visit tsaweb.org
- The National Cyber League offers students of all ages game-meets-edutainment competitions

simulating real-life cyberthreats in a safe environment so students can learn how to defend against threats. To learn more, visit nationalcyberleague.org

- TechGirlz inspires middle school girls to explore the possibilities of technology through the creation of free, fun, interactive "TechShopz" led by industry professionals, community leaders and students. Get the details at tech-girlz.org.

The tech industry is in the midst of a massive new wave of innovation. Advances in renewable energy, artificial intelligence, bionics, robotics, healthcare and many other areas are changing virtually every walk of life. To turn these possibilities into realities, millions of knowledge workers and technology professionals will be needed.

"Don't think that you need to be a math or science genius or that you need to have coding skills or that if you're not good at 'computational thinking' you don't have a chance. All you need is confidence in yourself," says Thibodeaux.



Teaching Kids Money Basics

Amazingly, many teenagers will graduate high school with little knowledge about how finances work, flying blind into a hurricane-sized storm of potential debt, bad loans, bankruptcy, and no savings or retirement.

As a parent, you can head this off. To help, the makers of the app BusyKid are offering these tips and financial basics for getting started.

- Chores. Introduce chores early and treat them as if it's your child's first job. By changing the mindset around chores, kids can develop a good work ethic that can carry over to a real job.

- Modern Money. It's estimated that less than 10 percent of the world's currency is actually paper or coins. This means your child needs to know how to manage invisible money, including paying bills and tracking credit and debit card spending.

- Savings. Thirty-nine percent of Americans admit to having no money in a savings account. Teach children to save a portion of money they receive from birthdays, holidays, babysitting, mowing grass, etc. A good rule of thumb for kids: 50 percent savings, 40 percent spending and 10 percent sharing.

- Sharing. Contributing to non-profits not only feels good but helps others in need. It could also provide a tax benefit when your child is old enough to be filing.

see MONEY on page 7

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PARENTS GUIDE

Pets Provide Opportunities For Learning

By Hugh Norton
Special to the Times

A friend and I were recently discussing family pets. Their family had recently adopted a dog, and he was pointing out that while his children had fervently promised to take care of the pet with the best of intentions, they didn't necessarily have the greatest track record of following through. After the first few months, he and his wife found themselves handling 90 percent of the responsibilities.

Regardless of who handles the bulk of the responsibility for a pet over the long term, the conversation got me thinking about

the many valuable teaching moments that can present themselves when you bring a pet into your family.

While parents often use pet ownership as a tool to teach overall responsibility, there are great opportunities to use the experience to impart lessons concerning financial responsibility as well.

Trying before Buying

Children and teenagers don't always understand the long-term consequences of their decisions. However, if you can get them to take care of neighbors' or friends' pets (with you there to supervise if necessary), they'll be able to experience the balance

of work and enjoyment that goes into having a pet before the final decision is made to foster or adopt a pet of their own.

It may even be a good way of creating income and encouraging entrepreneurship.

They might offer friends and neighbors a service – the first few dog walks, check-ins or litter box changes as freebies and then charge a small fee for services.

The experience will help them get a taste of the responsibilities while practicing entrepreneurship and learning about the effort needed to succeed and rewards that can come from starting a business.

In addition, if they are able to amass an income of their own from the experience, you may want to consider having them chip in to cover part of the adoption fees.

Creating a Budget

The real work (and fun) starts once you bring a pet home. Picture this: your children have learned about the many responsibilities that come with having a pet and are taking it upon themselves to handle all the basic associated chores (a parent can dream, right?).

Even if your children don't exactly tackle these chores with the grit and determination you would have hoped for, you can teach them financial lessons by involving them in all pet-related financial decisions and transactions and by teaching them how to create and follow a budget.

Have them start by listing out the necessary expenses, such as food, vet check-ups and toys. Then work together to research the anticipated costs and create a plan.

There is a big difference in the budget needed to bring home a small goldfish versus a cat or even a large dog.

If you want to teach your children about budgeting in this context, they'll need an income to use to cover their expenses. The money could come from an allowance, continued pet care work or a part-time job if they're old enough. Or you may have to fund a special pet care account that they help manage.

Importance of Saving

While a budget is primarily intended to be used to cover day-to-day expenses, it's also an important tool for planning for the future.

To help teach your children the importance of saving, make sure to teach them to set aside money in the budget for longer-term expenses including boarding or pet sitting fees for when your family travels or even an emergency medical fund for visits to the vet.

Boarding and medical care can be quite expensive. To help set your child's expectations and set savings targets, research your pet or breed of pet and base your savings plans on the information you find.

Tangible savings accounts, such as a jar labeled with the saving goal, could be a good

option if only a small amount of funds needs to be saved.

As savings needs grow, it could be a good opportunity to open a joint checking or savings account where your child can deposit money and practice using an account.

Bottom line: For children and adults alike, learning about money can be difficult when it's only an abstract concept.

By tying the prospect of getting and taking care of a new pet to the importance of earning, budgeting and saving money, you can help teach your children about financial responsibility and instill money habits that could serve them for the rest of their lives.

Hugh Norton directs Visa's financial education programs.

Money: Management and Knowledge

continued from previous page

- Investing. If your child ever wants to retire, he or she will need to invest money along the way, and practice makes perfect. Luckily, there are resources available to teach them how, including some fantasy investing games, as well as apps like BusyKid, which provides a place to buy real shares of stock for as little as \$10.

- Compound Interest. Compound interest is when a bank pays interest on both the prin-

cipal (the original amount of money) and the interest an account has already earned. As an example, if you put \$1000 in the bank with compound interest of 10 percent, in 20 years you'll have more than \$7,000. Without compound interest, it would be \$3,000. Let your money make money!

- Credit Cards. This is not free money! Have one card for emergencies or travel, but make sure the annual percentage rate is low and is paid off monthly. Your

kids will be flooded with offers as soon as they're old enough, so teach them to say no, even when promised gifts for signing up.

- Student Loans. The U.S. student loan debt is currently \$1.45 trillion (an average of \$37,000 per student) and nearly 7 million loans are in default. Follow this simple rule -- don't borrow more than your child will earn in his or her first year out of school.

For more money management knowledge visit www.busykid.com.



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SENIORS

Acupuncture: Is It Worth Trying And Is It Covered by Medicare?

Q: Is acupuncture a viable treatment for pain and is it covered by Medicare? Since the pandemic hit, I have a lot of lower back and neck pain and am wondering if it's worth trying. What can you tell me?

By Jim Miller
Special to the Times

A: Many studies over the years – funded by the National Institutes of Health – have found acupuncture to be very effective in easing pain and can help with a variety of other ailments too. Here's what you should know.

Acupuncture Treatment

First used in China more than 2,000 years ago, acupuncture has become increasingly popular in the United States over the past decade.

While acupuncture isn't a cure-all treatment, it is a safe, drug-free option for relieving many different types of pain including low back pain, neck pain, osteoarthritis, migraine headaches, fibromyalgia, post-operative pain, tennis elbow, carpal tunnel syndrome, dental pain and more. Studies have also shown that it can be helpful in treating asthma, depression, digestive disorders, menopause symptoms like hot flashes, and nausea caused by chemotherapy or anesthesia.

Exactly how or why acupuncture works isn't fully understood, but it's based on the traditional Eastern theory that vital energy flows through path-

ways in the body, and when any of these pathways get blocked, pain and illness result. Acupuncture unblocks the pathways to restore health.

However, today most Western practitioners believe that acupuncture works because it stimulates the nerves causing the release of endorphins, which are the body's natural painkiller hormones. It's also shown to increase blood circulation, decrease inflammation and stimulate the immune system.

What to Expect

During acupuncture, practitioners stimulate specific points on the body by inserting thin needles through the skin. The needles are solid, sterile and disposable (used only once), and as thin as a cat's whisker.

The number of needles used for each treatment can vary anywhere from a few, up to a dozen or more. And where the needles are actually stuck depends on the condition being treated, but they are typically inserted about one-quarter to 1-inch deep and are left in place for about 20 minutes. After placement, the needles are sometimes twirled or manipulated, or stimulated with electricity or heat.

You may feel a brief, sharp sensation when the needle is inserted, but generally it's not painful. Once the needle is in place, however, you may feel a tingling sensation, numbness, mild pressure or warmth.

How many treatments you'll need will depend on the severity

of your condition – 12 treatments done weekly or biweekly is very common. It's also important to know that acupuncture can be used in conjunction with other conventional medical treatments, or by itself.

Cost and Coverage

The cost per treatment typically runs anywhere from \$40 to \$150, depending on where you are in the country and what style of treatment you are receiving.

Today, an increasing number of private insurance plans, including some Medicare Advantage plans, and policies provided by employers offer some type of acupuncture coverage.

You'll also be happy to know that last January (2020), the Centers for Medicare and Medicaid Services announced that original Medicare will now cover up to 12 acupuncture sessions in 90 days for patients with chronic lower back pain. Eight additional sessions can be added if patients show improvement.

But in order to receive Medicare coverage, you must use a licensed acupuncturist who is supervised by a medical doctor, physician assistant or nurse practitioner trained in acupuncture, who will need to process the acupuncture claim. Currently, licensed acupuncturists can't directly bill Medicare.

To find an acupuncturist in your area ask your doctor for a referral, or you can do a search online. Two good resources are the National Certification Com-



While acupuncture isn't a cure-all treatment, it is a safe, drug-free option for relieving many different types of pain

mission for Acupuncture and Oriental Medicine (nccaom.org), and the American Academy of Medical Acupuncturists (medicalacupuncture.org),

which offers a directory of MDs and DOs who are certified to practice acupuncture.

Send your senior questions to: Savvy Senior, P.O. Box

5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

Order Your Free Credit Reports

By Matilda Charles
SENIOR NEWS LINE

For years we've been able to get one free credit report per year from each of the three credit bureaus. Right now, we're able to get a free one each week until the middle of April.

Why? Their generosity is likely due to the astronomical number of scams coming out of the COVID crisis. The number of unemployed crooks has surely gone up, making your good credit too enticing to pass up.

This is one time when constantly monitoring our credit is a good idea. Besides ordering

your credit reports, one additional big step is to freeze your account, making it impossible for someone to apply for credit in your name.

All three credit bureaus (TransUnion, Equifax and Experian) can be accessed in the government clearinghouse website www.annualcreditreport.com ... theoretically, that is. In 2015, 2017 and today, I was only able to access TransUnion.

For the other two I had to go to the individual website. One I had to call, as the website was down.

If you decide to order your credit reports by phone, allot several hours to the task and turn down any background noise so you'll be able to hear clearly.

Go to www.usa.gov/credit-reports to learn more about

credit reports, scores, freezes and errors.

If you want to try to get all three reports at once, call 1-877-322-8228 at the Annual Credit Report location. The others are:

• Equifax: 1-888-548-7878 or 1-800-685-1111; equifax.com.

• Experian: 1-888-397-3742; experian.com.

• TransUnion: 1-800-916-8800 or 888-909-8872; transunion.com.

Once you get your report, either online or in the mail, study it carefully.

Look for accounts that you never opened and the names of people you don't know. Be sure all the information is correct. If you need to file a complaint, go to ftc.gov/complaint or call 1-877-FTC-HELP (1-877-382-4357).

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SENIORS

How Seniors Can Make Their Bathrooms Safer, Easier to Use

Because more accidents and injuries happen in the bathroom than any other room in the house, this is a very important room to modify, especially for seniors with mobility or balance problems.

Depending on your needs and budget, here are some simple tips and product recommendations that can make a bathroom safer and easier to use.

Floor: To avoid slipping, a simple fix is to get non-skid bath rugs for the floors. Or if you want to put in a new floor get slip-resistant tiles, rubber or vinyl flooring, or install wall-to-wall carpeting.

Lights: Good lighting is also very important, so install the highest wattage bulbs allowed for your mom's bathroom fixtures and get a plug-in nightlight that automatically turns on when the room gets dark.

Bathtub/shower: To make bathing safer, purchase a rubber suction-grip mat, or put down adhesive nonskid tape on the tub/shower floor. And have a carpenter install grab bars in and around the tub/shower for support.

If you use a shower curtain, install a screw or bolt-mounted curtain rod, versus a tension-mounted rod, so that if you lose your balance and grab the shower curtain the rod won't spring loose.

For easier access and safer bathing, consider getting a shower or bathtub chair so you can bathe from a seated position. In addition, you should also have a handheld, adjustable-height showerhead installed that makes chair bathing easier.

If you have the budget for it, another good option is to install a curb-less shower or a walk-in bathtub. Curb-less showers have no threshold to step over, and come with a built-in seat, grab bars, slip resistant floors and an adjustable handheld showerhead.

While walk-in tubs have a door in front that provides a much lower threshold to step over than a standard tub, they also have a built-in seat, handrails and a slip resistant bottom, and some have therapeutic features like whirlpool water jets and/or bubble massage air jets.

Curb-less showers and walk-in tubs run anywhere between \$2,500 and \$10,000 installed.

Toilet: Most standard toilets are around 15 inches high and can be



an issue for taller seniors with arthritis, back, hip or knee problems. If you have trouble getting on or off the toilet, a simple solution is to purchase a raised toilet seat that clamps to the toilet bowl, and/or purchase toilet safety rails that sit on each side of the seat for support. Or, you can install a new ADA compliant "comfort height" toilet that is 16-to-19 inches high.

Faucets: If you have twist handles on the sink, bathtub or shower faucets, consider replacing them with lever handle faucets, or with a touch, motion or digital smart faucet. They're easier to operate, especially if you have hand arthritis or gripping problems.

Also note that it only takes 130-degree water to scald someone, so turn your hot water heater down to 120 degrees.

Doorway: If you need a wider

bathroom entrance to accommodate a walker or wheelchair, an inexpensive solution is to install some swing clear offset hinges on the door which will expand the doorway an additional two inches.

Emergency assistance: As a safety precaution, you should also consider purchasing a voice-enabled medical alert system like Get Safe (GetSafe.com) for the bathroom. This device would let you call for help by simple voice command, or by pushing a button or pulling a cord.

You can find all of these suggested products at either medical supply stores, pharmacies, big-box stores, home improvement stores, hardware and plumbing supply stores, as well as online.

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

Stimulus Payments and Medi-Cal, SSI

Q My wife and I are both on SSI and Medi-Cal and we just received \$1,200 under the federal stimulus program, and hope to receive another round if Congress and the new administration approve more. Will these payments mess up our public benefits, which we depend upon?

By Gene L. Osofsky, Esq.
Special to the Times

A The short answer is "No." Some background may be helpful:

As you may know, the basic Medi-Cal and Supplemental Security Income ("SSI") rules are that both income and assets are considered in terms of eligibility.

If the stimulus payments were considered income, they would potentially undermine that eligibility or at least increase the Medi-Cal recipient's Co-Pay ("Share of Cost") for health care services.

Also, since the value of countable assets of recipients on SSI and/or Medi-Cal must be under the permissible resource ceilings, there was also concern that these stimulus payments would put many over these ceilings and result in their termination from these vital public benefit programs.

Because of these concerns, immediately after the last round of stimulus payments in April, 2020, the Commissioner of Social Security issued an important statement which recited, in part, as follows:

"Please note that we will not consider economic impact payments as income for SSI recipients, and the payments are excluded from resources for 12 months." [Emphasis added]

Because federal public benefits law provides that state Medicaid (Medi-CAL) programs cannot impose eligibility requirements that are stricter than SSI requirements,

the Commissioner's pronouncement of favorable treatment for the SSI program essentially resulted in the extension of the same treatment to the Medi-Cal program.

In accord with federal law, the Medi-Cal folks in Sacramento then issued a statewide directive to all counties further clarifying this matter, essentially affirming the Secretary's statement of "no effect."

While they have not yet issued another statewide directive with regard to the last round of stimulus payments a few weeks ago, my contacts at the Department of Health Care Services in Sacramento assure me that the same treatment will apply, again, and that a further written directive to that effect will issue soon.

There is one caution, however: if the stimulus payments are saved, and not spent within the 12 month grace period, then they will thereafter count as resources, and that circumstance could then undermine a beneficiary's ongoing eligibility.



Gene L. Osofsky

However, if the stimulus payments are spent in the interim, or used to purchase exempt resources (e.g. funeral plan, clothing, automobile, home repair, etc.), then there would be no adverse effect after that 12 month grace period.

Lastly, for folks reading this article, please do not confuse economic stimulus payments with unemployment assistance payments. The latter will count as income in the month received, and if not spent in the month of receipt will count as an asset as of the next following month. So be careful to distinguish these subsidies.

Further, these stimulus payments will not be counted as income for purposes of the various subsidies available to qualify for health insurance under plans available through Covered California. However, Pandemic Unemployment Benefits will count.

For those wishing for more information, please see this same article on our website, where we have included internet links to articles and source materials for further reference.

Gene L. Osofsky is an Elder Law and Estate Planning attorney in the East Bay. Visit his website at www.LawyerForSeniors.com.

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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Many Looking to Relocate After the Pandemic: Top 6 Reasons

With a COVID-19 vaccine in place and inoculations underway, people are imagining what it might look like once this pandemic is behind us.

The world as we have known it is no more, so many are looking to make significant real estate moves once the all clear is sounded. Here are our top 6 reasons:

- I'm sick of this home.

Homes that may have been OK prior to the pandemic have proven to not work in the shelter-in-place environment; especially homes with a smaller footprint.

The search is on for larger homes with more outdoors room, dedicated home office spaces with doors that can shut, flex space and more.

- I'm sick of my partner.

While some have suggested forced proximity has improved relationships, others tout in-

creasing online applications for divorce agreements as evidence the pandemic has taken a toll on partnerships.

Expect to see an increasing number of homes come on the market as couples look to sever links and go their own way.

- I'm sick of this area.

People historically willing to endure hardship to remain employed realize that work-from-home policies have changed everything. There is less need to join long commuter traffic lines, pay premium prices to live close to work, inhabit high density areas or endure the exorbitant costs of Bay Area living.

The lines to head to less populous areas with lower prices have already formed.

- I'm sick of poor air quality.

With increasing numbers of forest fires, poor air quality is forcing people with chronic ailments such as asthma to make a choice: spend money on extensive filtered heating and cooling system with hepa filters and remain indoors or move to areas with better air. COVID-19 has proven that staying inside is not the desired option, so many are looking elsewhere.

- I'm sick of political biases.

A growing number are feeling politically alienated and are seeking to move to locales more in alignment with their political perspectives.

- I'm sick of growing state legislation and taxation.

Watching the State's response to the pandemic, many have decided to vacate to other

parts of the country. Citing heavy-handed overregulation and skyrocketing taxes, there is a growing movement to relocate to regions with more lenient business regulations and no state taxes.

With so many changes, it is a brave new world and many are looking to capitalize and move to a better life.

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.

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Apple Trees Pollinate Apple Trees; Shape Hydrangea Any Time

By Buzz Bertolero
Special to the Times

Q I'm looking to plant a small orchard, but I'm a bit confused. I've read that I must have two trees close to each other for fruit production. Does that mean I need to have two identical trees, or do I need to plant two different varieties, or do they need to be the same?

A This is a great — and common — question to ask regarding pollination of fruit trees.

First, another variety within the same species pollinates individual fruit trees. For example, an Apple tree can't pollinate an Apricot or any other type of fruit tree. You will need two

cherries, apples, apricots, etc.

To make things even more confusing, some varieties require a specific variety for cross-pollinating purposes. For example, Black Tartarian cherry pollinates Bing cherry but not the Royal Ann.

Then there are self-fertile varieties, which do not require a pollinator. Stella cherry, Yellow Delicious apple, Blenheim apricot, and all the peach varieties are examples of self-fertile fruit trees. These trees do not require a second variety of fruit.

The nursery professional at your favorite garden center is an excellent resource. Some good home garden varieties are unknown to the general gardening public.

When selecting fruit tree



varieties, one thing that is commonly overlooked is the ripening dates. You want to stagger the maturity dates so the crops don't all ripen on top of each other.

Also, keep in mind that a semi-dwarf fruit tree will reach a height of 15 feet with an eight-foot or more spread. This may be too large for many of today's gardens.

The Ultra Dwarf Fruit trees are ideal for smaller yards and are available at a limited number of garden centers. They reach a height of seven to ten feet. January and February is an excellent time to make your selections. If you wait until spring, the section in containers will be much smaller.

Q I have a hydrangea plant that is still in its pot. I want to keep it as a house or porch plant. Is it okay to cut it back at this time?

A Once Hydrangeas finish blooming, they're typically pruned. However, you can shape them at any time of the year.

The newer varieties bloom on both the old and new wood, which allow you to prune anytime. The older varieties, planted last century, bloom on the second year wood. The old spent flowers and stems are cut off as close to the ground as possible. The rest of the plant is trimmed for shape; otherwise, you remove the following season flowering wood.

Since you're planning on keeping it as a container plant, you should transplant it into a larger container in the spring. Its current pot is not big enough for the long term.

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

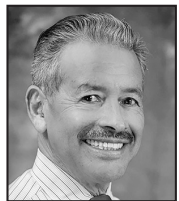


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When it Comes to Chainsaws, Put Safety First

Unfortunately, 2020 has seen more than the usual number of natural disasters. With unprecedented floods, hurricanes and wildfires, nature has unleashed destruction from coast to coast. That means homeowners nationwide have been facing necessary cleanup, often requiring heavy-duty power equipment like chainsaws, which can create even more hazards if used improperly.

Before tackling outdoor cleanup projects, make sure you have the right tools for the job, along with safety gear, and that you know the right procedures for using them. In recognition of National Chainsaw Safety Month, the experts at Husqvarna offer recommendations for safely operating your equipment.

Protective gear is everything

Before operating a chainsaw - or any power tool - make sure you have proper gear to safeguard life and limb (plus vision and hearing).

Equip yourself with:

- * Protective pants, trousers or chaps

- * A forestry jacket

- * Anti-slip boots

- * Saw protection gloves

- * Helmet with earmuffs, visor and protective glasses

Also, avoid wearing loose-fitting clothing when running any heavy-duty power tools.

You can find all the protective gear you need at Husqvarna.com.

Before you begin work

Have your equipment inspected, especially if it hasn't been used in a while. Review safety protocols, tips and safety videos on Husqvarna's Chainsaw Academy to be prepared.

Proper techniques

If you're new to using chainsaws, it's best to take a course. But even if you've used this equipment before, a safety refresher is always wise before

handling heavy-duty power tools like chainsaws.

Important tips to remember:

1. Don't fell a tree on your own property. If a storm or another disaster damages a tree in your yard, contact a professional, like emergency responders, to handle it. Issues such as power lines and nearby homes can make this job more difficult - and a lot more dangerous.

2. Don't work alone. Whether you're in your backyard or further afield, it's always smart to have a buddy nearby - but at least 10 feet away while you're working, and not in the potential path of a falling tree or branch. If you absolutely must work on your own, be sure others know where you are, and keep a cell phone handy.

Buddy tip: Don't startle your friend while they're using power tools - make sure they see you coming, as they may be unable to hear you.

3. Clean up first. Make sure the area is clean before you cut. Removing excess debris, rocks and nails ensures you have a safer cutting area.

4. Watch that kickback zone. When the chain grips the wood, it can throw the saw and blade back and upward from the force of the rotating chain. When you saw with the upper part of the nose of the guide bar, there is significant risk for kickback.

Kickback can be very hazardous, and may occur at any time if the saw is not handled properly.

To safeguard against kickback, always:

- * Use a chainsaw with a functioning chain brake.

- * Wrap thumbs and fingers completely around the handle.

- * Keep your left thumb under the front handle. This can help you catch the saw safely if kickback occurs.

All Husqvarna chainsaws include an inertia-activated chain brake. If kickback occurs and the tip of the bar is forced upwards, the inertia of the front guard should activate the chain brake instantly to stop the chain.

5. Know how to hold your chainsaw - And never climb or stand on a tree while using a chainsaw.

- * Wrap your thumbs and fingers completely around the handle, holding your front hand under the front handle to reduce kickback.

- * Hold the saw close to your body for better balance.

- * Place your left foot in front of your right and bend with your knees, not your back.

- * Make sure the chain has stopped rotating before moving to another spot.

Care for your equipment.

Clean your chainsaw before



storing:

- * Clear debris from the saw, including the body and guide bar.

- * Loosen the chain bar, allow the chain to cool, then place the scabbard over the saw.

- * When the chainsaw is cool, clean the chain break band, then remove the chain to clean the inside track.

- * Check the air filter and tighten any loose screws.

Following these important guidelines will help you weather this stormy year more safely.

-Statepoint

Mortgage Rates Tick Up

Long-term, fixed mortgage rate rose a little last week, according to Freddie Mac's weekly nationwide survey.

The benchmark 30-year mortgage averaged 2.79 percent, up from the previous week when it averaged 2.65 percent, a record low. A year ago at this time, the 30-year

rate averaged 3.65 percent.

Fifteen-year fixed-rate mortgages averaged 2.23 percent, up from 2.16 percent.

And five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.12 percent, up from 2.75 percent.

"While mortgage rates are expected to increase modest-

ly in 2021, they will remain inarguably low, supporting homebuyer demand and leading to continued refinance activity," said Sam Khater, Freddie Mac's Chief Economist. "Borrowers are smart to take advantage of these low rates now and will certainly benefit as a result."

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WEEKEND GARDENER

Assessing Your Soil

Planting instructions usually say, "Place in soil with good drainage." But how do you know whether or not your soil drains well? If water forms puddles in your flower beds and stays there for a time after a rain, it is *not* draining well. Another test: Dig into the soil with 48 hours after a normal rain. If the soil breaks up without clumping, then it has good drainage. But, if the soil sticks together like Silly Putty, the drainage is poor. You can increase drainage in heavy soil by adding compost or peat moss. Building a raised flower bed will also work.

Prune, Prune, Prune

Prune crape myrtles severely to force growth on new flowering wood. Prune dormant deciduous flowering vines and shade trees. And prune those roses if you haven't already done so. But hold off pruning spring-flowering ornamentals until just after they bloom.

Landscape

Plant acacia, dogwood, forsythia, lilac, mimulus, flowering quince and other ornamental shrubs and trees.

Spray

Spray peach and nectarine trees for peach-leaf curl. This spray should be done during the next week before trees begin to put out new growth.



Songbirds in winter

Missing your wild feathered friends? If you stand near some trees and make soft

"psh-psh-psh" sounds, this is bird parlance for "a predator is near," and even in winter, some birds may pop by to investigate! They may also make a few short "call notes" of their own to help warn of danger. Your best ally in this trick is the black-capped chickadee, often the first to respond. They can vary the rate or urgency of their calls to convey the distance or the immediacy of the threat. - Brenda Weaver

Source: northernwoodlands.org

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Water Authority Builds New Platform for Harbor Seals

By Ned MacKay
Special to the Times

Harbor seals, those sleek and slinky residents of San Francisco Bay, now have a new venue where they can bask after swimming – a floating platform just offshore between Encinal Beach and the USS Hornet museum in Alameda.

Harbor seals prey on anchovies, herring and bottom-dwelling fish in the bay. But they need to get out of the water in a safe place to warm up between swims.

Enter the Water Emergency Transportation Authority, a regional public transit agency. When WETA moved its maintenance facilities to Alameda, it had planned to destroy an old dock where a few seals often basked. When wildlife advocates objected, WETA financed construction

of a floating platform where the seals could haul out.

The platform is 20 by 25 feet,

“The seals seem to like it. Up to 80 of them have squeezed together on it.”

with one side sloped to allow the seals easy access from the water. Constructed of reinforced concrete with a Styrofoam core, it's the only known floating platform

in the world built specifically for seals. The designer was Dr. Jim Harvey, director of San Jose State University's Moss Landing Marine Laboratories.

The seals seem to like it. Up to 80 of them have squeezed together on it, and mother seals have been seen nursing their pups there.

The Marine Mammal Protection Act includes harbor seals. Boaters and kayakers should watch from a distance. If the seals raise their heads, it means that they feel threatened, and you should back off. They can be seen easily with binoculars from the shoreline Bay Trail.

East Bay Regional Park District's Encinal Beach is located at the end of a road off Alameda's Central Avenue, just past Encinal High School and Lincoln Avenue.



Harbor seals like to climb out of the water and bask in the sun.

Linney Elected to President Of EBMUD Board of Directors

The East Bay Municipal Utility District (EBMUD) Board of Directors recently unanimously elected Doug Linney President of the EBMUD Board of Directors for 2021.

The board also unanimously elected John Coleman to serve as board vice-president.

Linney resides in the City of Alameda and represents Ward 5, which includes Alameda and San Lorenzo, West Oakland, the Oakland Airport Area, and a portion of San Leandro.

Linney was elected to the board of directors in 2000, and won re-election in 2004, 2008, 2012, and was appointed in 2016 and 2020. He previously served as board president from 2009 to 2010.

"I am honored to serve as board president and guide the district in discussions that will deepen our commitments to our communities especially now, during a time of global uncertainty," Linney said. "EBMUD

will soon be 100 years old and our customers continue to be our highest priority. As board president, I look forward to leading open, compassionate dialogues about a range of critical issues including water affordability, climate change, community engagement, and long-term infrastructure investment."

Coleman, a resident of Walnut Creek, represents Ward 2, which includes the cities Lafayette and Walnut Creek, the town of Danville, communities of Alamo, Blackhawk and Diablo, and portions of Pleasant Hill and San Ramon.

Coleman, EBMUD's longest serving board member, was first elected in 1990. He served as board president from 1996 to 2000 and again from 2011 to 2012. He also served as vice president in 1994, 1995, 2009 and 2010.

EBMUD's Board of Directors consists of seven members publicly elected by geographical

wards. To ensure continuous leadership during any local or state emergency, on Jan. 26 the board of directors is expected to reappoint or appoint for the first time standby officers for each of EBMUD's seven wards.

These standby officers would be called upon to support the district in the event a board member
see LINNEY, page 16

For more information and a map, visit www.facebook.com/almadaseals1. To volunteer and report observations, contact almadaharborseals@gmail.com.

Fee Collection

Fee collection has resumed at many East Bay regional parks. To encourage easy public access and use of regional parks and trails during the pandemic, the park district waived collection of all fees in 2020. But the district resumed charging fees on Jan. 4 this year in order to help fund many of the programs and services that it hopes to reopen when the

pandemic subsides.

Fees include parking, camping, fishing and boat launching. Fees may also be reinstated for use of seasonal facilities and services such as swimming, reservable picnic areas, and recreational programs, if these activities can resume later this year.

The basic parking fee is \$5 per vehicle (\$6 at Del Valle south of Livermore). In fact most regional parks charge no parking or entry fees. And those that do so at major entrances often have other entrances that are free of charge.

Your go-to website for all sorts of useful outdoor recre-

ation information is www.eb-parks.org. Browsing the website, you can find out about the park district's Trails Challenge, get the latest news updates, stay current on programs and policies, download park maps and brochures, and view any of several dozen entertaining nature education programs produced by the district's enthusiastic naturalist staff.

Of course the parks themselves are always open during daylight hours. But with a little advance research on the website, you can make your visit that much more safe and enjoyable.

City Launches Tri-Lingual 'Warmline' Phone Service During Pandemic

As part of the City of San Leandro's ongoing efforts to help those who have been impacted by the coronavirus pandemic, it has launched the first tri-lingual "warmline" in Alameda County.

The service enables members of the public to contact professionals via telephone who are trained to provide emotional support, coronavirus testing site information, and many other social services or referrals.

In partnership with the City, La Clinica de la Raza will provide

services for Spanish-language residents, and Asian Health Services will provide services to Chinese-language speaking residents in both Cantonese and Mandarin dialects. Both organizations will also provide services in the English language, based on the caller's language preference.

Resources for the program were made possible using Community Development Block Grant funds derived from the federal CARES Act.

For Spanish: call 510-535-

8480, Monday to Friday, from 9 a.m. to 5 p.m. (except public holidays).

For Cantonese and Mandarin: call 510-735-3940, Monday 1 to 3 p.m., Tuesday 1 to 5 p.m., Thursday 9 a.m. to noon, Friday 1 to 3 p.m.

Anyone experiencing suicidal thoughts should call the National Suicide Prevention Lifeline at 800-273-8355. Those experiencing life-threatening emergencies, call 9-1-1

"I have no doubt that some

members of our community may be in need of emotional or medical support as a result of the pandemic and its related impacts to daily life," said Mayor Pauline Russo Cutter. "That's why I am so pleased that we are now able to offer this important service, which is being offered with the kind assistance of two local non-profit service organizations. I wish to thank these organizations for striving to make an important impact for our diverse community."

LOCAL DEATHS

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Marcel Pellerino

Marcel Pellerino, 94 of San Leandro passed away peacefully on December 23, 2020 at Carefield Assisted Living in Castro Valley.

He is survived by his loving wife of 58 years, Theresa, daughters Kathy (son Kyle) Lisa, Tom (son Dylan). Son of the late Peter and Elmire Pellerino, and a graduate of Oakland Technical High. He retired from Peterson Mfg. Co. as a Teamster for Local 70. He enjoyed Church, sports and singing. He had a keen sense for recalling special events.

No services are planned due to the virus. We welcome donations to your favorite charity in his name.



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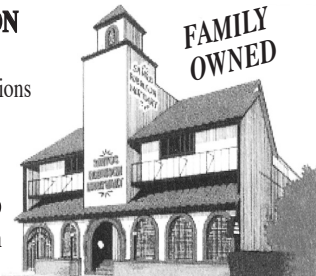
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OPINION

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.

Aloha, Tom Guarino

Editor:

Legendary San Leandro Chamber of Commerce CEO Tom Guarino will be remembered as a friend to all and a tireless proponent of all things San Leandro.

During his tenure at the Chamber, Tom could be seen whizzing around town in his tiny GEO Metro dwarfed by the Chamber's gigantic scissors precariously hanging out the passenger window. If there was a ceremonial ribbon in need of cutting, Tom was your man!

Tom was a pioneer in digital communications, developing a massive database and email list that he used to spread the word on important issues and events impacting local business owners and residents. He was an early adopter of inclusion and recognized San Leandro's diversity as a strength that was untapped.

He created the African American and Asian American Business Councils in the early 1990s to address this. He revived many community events and reintroduced the vintage promotional tagline of: "San Leandro: Home of Sunshine and Flowers." With vision and leadership, he transformed the San Leandro business community.

After the Chamber, Tom went on to become a Public Affairs Director for PG&E where he traded his giant scissors for oversized checks that he loved to give out in support of local nonprofits. Whether it was foster youth, the arts, or the elderly, Tom would lend his support to anyone and everyone in need.

I remember when Tom joined the Public Affairs Team at PG&E. His territory included Oakland, Berkeley and Richmond. From day one, Tom celebrated the diversity and fit right in, becoming a fixture in a remarkable array of cultural and political communities. His new friends and experiences compelled him to expand his travels to include numerous trips to Mexico and Africa.

Tom's circle of friends and supporters was as vast and diverse as the Bay Area. From members of Congress and governors, to the folks who cleaned the restrooms, Tom was their friend.

I can still picture him at community events wearing his signature Hawaiian shirt and flip-flops (Tom enjoyed being a bit underdressed and understated!) where he would know and happily engage with everyone from the honoree to the wait-staff. Tom had a smile, a fist bump and a kind word for all.

Tom loved and embraced life, people, sports, music and problem solving.

Tom is survived by his daughter, Teresa, grandson Valentino, and granddaughter Alyssa. He was also proud papa to two four-legged family members, George Harrison and Mona Lisa.

Tom was the preeminent Chamber C.E.O. and the best Government Affairs Director PG&E ever had but, most importantly, Tom was a true friend. He was larger than life with his obsession to do good things and help people...even people he didn't know.

We will see you in the next Chapter Tommy G. Aloha.

—Gordon Galvan, San Leandro

'Defunding' Not a Solution

Editor:

I am writing to give you some feedback on the San Leandro Police Department budget.

I first of all believe in the police department and feel they provide a tremendous service to our community. I hate to think of our town with a reduced police department by the current en vogue term "Defund." What does this accomplish?

I think it is more important to figure out what it is that we want as a community for our police and create standards, training and procedures to accomplish this goal.

Additionally, our community might consider options to our 911 system. Instead of sending out the police if the dispatcher felt a "softer" approach was more appropriate, they could dispatch "crisis responders" in a van staffed with a couple of professionals to handle domestic violence, people acting "irrationally" in public, etc. The van would be staffed with a social worker, a psychologist, etc.

The idea being to defuse tensions and solve the matter without force. If they felt they could not control or contain the situation, they could then call in armed assistance. This is being done currently done in Eugene and other areas.

Read: www.themarshallproject.org/2020/07/24/crisisresponders

There are many approaches to developing a police department of the future, but defunding, reduction in force, etc. is not a solution, it is a knee jerk reaction that doesn't at the end of the day accomplish anything or reduce the possibility of another George Floyd tragedy. Let's think this through and envision what our community wants the future to look like with our police department.

It's very hard to make positive changes like modified training, "crisis responders" and at the same time reduce resources to make those changes. What are your goals? What is your plan to get there?

—Flint Evans, San Leandro

'Situation Unsustainable'

Editor:

Kudo's to Mr. Brent Heath ("SL's Outrageous Salaries, Letters, Jan. 14) on city salaries and pensions.

It is absurd to pay a police officer almost \$500,000 per year, no matter how good a job he or she is doing. No public servant should make more than the President, \$400,000 per year, and no pension should be more than 30 to 40% of the person's highest salary.

The current situation is clearly unsustainable in the long run, and our children and grandchildren are going to pay the price.

—Don Siefkes, San Leandro

'Mental Illness on Parade'

Editor:

Support Mental Illness! Publish a letter by Leo T. West that supports the mental-illness-on-parade that recently occurred at our country's capitol!

Support the desecration of federal buildings (against which Ex-President raided) by the motley mob of dangerous, disgruntled (mostly) white men! Publish

a letter that praises a "movement that will keep growing stronger on the face of the arbitrariness of the system!" Would Mr. West advocate bank robbery in the face of the arbitrariness of the financial system?

Support federal crimes, in print! Support hate speech!

Calling this a "movement" is like calling Martin Luther King a "hate-monger." Mr. West may remember that many white Southern lawmakers leveled that exact charge against Dr. King.

I would love to know how, to Mr. West, this riot was a "clear political victory;" except that I don't want to read one more of his illogical screeds, ever again.

—Gwendolyn Bikis, San Leandro

Sick and Angered by Insurrection

Editor:

I am not a U.S. citizen. Although born a Britt, I have been a legal resident here for many years. What I witnessed January 6th made me sick and angry towards those that acted out their seditious treason upon the capital of this great country.

Their insurrection all inspired and led by the most vile, odious so-called president to ever squat in the White House. How 70 million Americans chose to vote for this corrupt con man is beyond reason. Nevertheless it is their "Freedom of Choice." Inspired by their lack of critical thinking, no doubt!

Many of those 1/6 domestic terrorists will be paying the price for following their tangerine Judas Goat. They are arresting them as we write. And in the coming months and years many will all be charged with a felony, no less. For the FBI, along with Homeland Security, are now looking at all of those postings on social media that the traitors left for them to I.D.

What's more troubling here in San Leandro is an individual (individuals) that support the machinations of these criminals, along with the most corrupt president in the history of these United States.

Leo West writes in support of these criminals and his nefarious tangerine hero. He scribbled "four patriots died in the demonstration at the Capital." Wrong! Those were unfortunate criminals and let's say, more than a little ignorant on thinking they could achieve such an insurrection upon America.

The real patriot heroes were the two Capitol officers who died protecting America's democracy and the Capitol. No mention from West of these two brave police officers. I suppose he sees them as collateral damage seeing he has such disdain and lack of reverence for this country and its citizens.

West scribbled, "It was a clear political victory for a movement that will keep growing stronger." Leo, you do exhibit a genuine firm grip on ignorance. But then again without you we can't tell who the real patriots are.

—Victor Krevocheza, San Leandro

Calls News Media 'Pathetic'

Editor:

In response to Tom Kunich ("Phony Propaganda," Letters, Jan. 7) - he's absolutely right! And the fraud goes well beyond the changing of election laws - illegally and unconstitutionally, the scanning of fraudulent ballots, the rigging of voting machines, the dismissal of poll watchers, etc. This election was rigged and it was planned long ago. Why do you think Biden never campaigned? He didn't have to. But one of the biggest efforts

to change the outcome of this election was by the media and big tech-censoring people and information.

The fake news media in this country is pathetic. They are liars. Make no mistake, the withholding of info and lying by the news media and the censoring of info and peoples view points on social media by big tech, had a great impact on this election. Of course, all in the favor of Biden. No matter what party you represent, every American should be concerned about this. We live in the greatest country because of our Constitution that gives us the freedoms we all love, the right to free speech, the right to protect ourselves, the right to vote and have fair and honest

elections. The 2020 election was far from that. And the news media and big tech censoring info and people with opposing view points, and eliminating their competitors (Parler) for the same reasons, is a direct violation of our rights. And it's being done at the behest of our government, because they can't do it. Everything that's taken place these past 4 years and still taking place, is everything they do in Communist, Socialist countries. It won't be long and they'll be eliminating our text and email communication too. For those of you that are ok with this, let's see how you feel when the shoe's on the other foot.

—Kellie Wynhoff, San Leandro

INQUIRING REPORTER

Have you ever gotten lucky with the lottery?

— Asked downtown

I won \$5,000 once on a scratcher ticket. I wish I won a million. I play Lotto, MegaMillion, Powerball. Over the years I've lost more than I've won. But I'm working, I only play what I can afford.

Ricardo Guevarra
San Leandro



No. I play the scratchers sometimes. I've won \$10 or \$20 a few times. That's it.

Joaquin Haro
Oakland



Never. I don't play. It preys on people who have very little means. That money could have been put into savings, or for diapers. It's a pipe dream, a long shot, versus restructuring the economic system so it's fair for everybody.

Carla Keener
San Leandro



I once won a thousand dollars on the Pac Man scratchers right here at Express Liquors. Every Wednesday and Saturday, I play the Lotto and buy a couple of scratcher tickets.

Margarete Myers
San Leandro



Not yet, not the big one. I hope to win. I already played both of them this week, the Mega and the Powerball.

Jackie Frederick
San Leandro



Mushrooms: Often growing among oaks

continued from front page

The death cap is not native to California.

The Western destroying angel is a medium to large mushroom that usually has a creamy white cap, white gills, a white ring around the stem (that can disappear with age) and a thin white sac at the base.

It fruits from late winter into spring. It is associated exclusively with oaks. Unlike the death cap, it is a native California mushroom.

"The Park District urges the



Death Cap



Western Destroying Angel

PHOTOS COURTESY OF THE EAST BAY REGIONAL PARK DISTRICT

DEADLY FUNGUS: The Death Cap mushroom, at left, and the Western Destroying Angel at right are two of the world's most toxic mushrooms. Both pop up in East Bay parks after the first hard rains of the season.

Seasonal Warning

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

"Dog owners should keep a close watch on their dogs during the winter months," said Mason. "Pet owners should contact a veterinarian immediately if they suspect their pet may have eaten a toxic mushroom."

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

Linney: Standby officers picked

continued from page 14

is deceased or is missing during an emergency.

Standby officers would represent EBMUD and its interests until the elected board member becomes available, or until a new board member is elected or appointed.

If reappointed or appointed for the first time, standby officers for EBMUD Board of Directors in 2021 will include:

• Ward 1 (Director Lesa R. McIntosh): Celia McCoy, Linda Jackson-Whitmore, Lynelle Lewis

• Ward 2 (Vice President John A. Coleman): Dennis Diemer, Carol Rowley, Robert Dean

• Ward 3 (Director Marguerite Young): Jennifer Jackson, Peter Vorster, Alexander R. Coate*

• Ward 4 (Director Andy Katz): Margo Schueler, Xanthe Berry, Helen Burke

• Ward 5 (President Doug Linney): Heinrich Albert, James Prola, Ronald M. Stork

• Ward 6 (Director William B. Patterson): Robert Harris, Jose Guzman, Kevin S. Blackburn

• Ward 7 (Director Frank Mellon): Calvin Sakamoto, Gene

Ashford Jr., Gregory Chan
*First-time appointment.

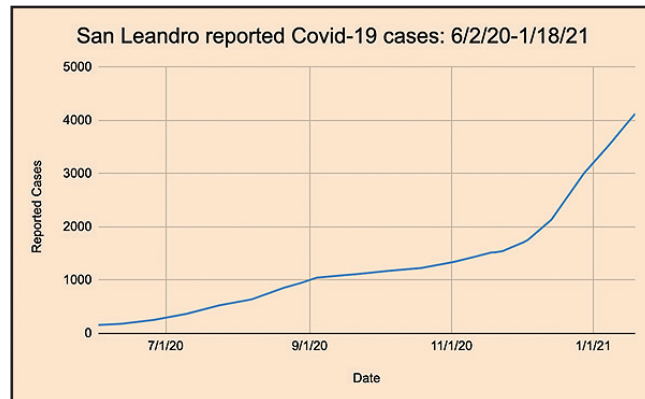
Covid Cases on The Rise in SL

San Leandro now has over 4,000 confirmed cases of Covid-19, according to the Alameda County Public Health Department.

The number of cases is also rising more quickly, as 62 percent of all confirmed coronavirus cases in San Leandro have been diagnosed since Thanksgiving. The figures are compiled from county health department data

by Stephen Cassidy, communications specialist the Eden Health District and former mayor of San Leandro.

On Tuesday, the number of cases in San Leandro reached 4,175. The actual rate can be four times the number of confirmed cases, said Cassidy, who added, "Let's be extra careful and try to reduce the spread as the vaccines are rolled out."



Guarino: 'Connected with people'

continued from front page

in communications. He moved to Northern California in 1978 to take a job as news director for KCPO Radio in Quincy. For six years he directed news and hosted talk shows while also a full-time correspondent for the Sacramento Bee and freelancing news stories for the Associated Press, United

Press International, Mutual Radio, and NBC Radio.

His time in Plumas County proved beneficial. Guarino married DonnaMarie Ferro, director of disabled student services for Feather River College and two years later welcomed daughter Teresa Ferro Guarino, who the proud parents named after

Mother Teresa. The family moved to Paradise, California when Guarino became the news director for KPAY radio in Chico.

Guarino spent nine years as a

radio journalist, and worked at Assemblyman Chris Chandler's field office in Yuba City. He became director of economic development at the Chico Chamber of Commerce and later CEO. In 1996, he moved to the Bay Area and later became the CEO of the San Leandro Chamber of Commerce.

Guarino was most recently the government relations representative for PG&E.

"He simply connected with people and found that over time he learned that he didn't necessarily have to have all the answers," said Guarino's daughter Teresa Guarino. "He seemed to know everyone in the East Bay and his laid-back attitude set him apart from other corporate executives."

Guarino is survived by daughter, Teresa Guarino of Alameda; granddaughter Alyssa Rose; grandson Valentino Guarino Pineda; and sister Marilu Marak of Eastdale, Calif., and brother in law Bob Marak; niece Heather Ann and her husband Stephen; and great-nephews Logan and Caleb; DonnaMarie Ferro, (Tom's daughter's mother); and his rescue dog George Harrison Guarino.

A virtual celebration for Tom Guarino will be held Saturday, Jan. 30, at noon. Go to tinyurl.com/TomGuarino to register.



Tom Guarino

Send Your Sweetheart & Loved Ones a Special Valentine Message

Published in the February 10th issue of the Castro Valley Forum and the February 11th issue of the San Leandro Times!

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To the world's most terrific kids.
All our love, Mama and Denny

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Line of hearts • First line bold
Up to 20 words

♥♥♥♥♥
JOAN
Happy Valentine's Day To My Love
We'll Be Together Always — RJ

STYLE #2
Large heart • Short name on heart
Up to 10 words

♥♥♥♥♥
TO MY VALENTINE
♥♥♥♥♥
JOAN SMITH
♥♥♥♥♥
ALL MY LOVE ROBERT JONES

STYLE #3
All-cap message over large heart
Up to 10 words

♥♥♥♥♥
JOAN SMITH
♥♥♥♥♥
Thank You For Being My True Love
For All These Years!
Your Sweetheart,
Robert Jones

STYLE #4
All-cap name with hearts
Up to 20 words

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