



## Shish Kebab

RECIPES FOR CHICKEN SHISH KEBAB  
ROASTED WITH VEGETABLES..... 4

**WEEKEND WEATHER**  
**CLEAR** Sunny Thu Rain Sat-urdat  
 HIGHS: 59-80  
 0 10 20 30 40 50 60 70 80 90 100 110  
 LOWS: 47-48

FRIDAY SATURDAY SUNDAY

# San Leandro Times

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

VOL. 34 • NO. 15

THURSDAY, APRIL 11, 2024

SAN LEANDRO • CALIFORNIA



PHOTO BY JIM KNOWLES

## Solar Eclipse

Pinky Libreia of San Lorenzo looked up at the partial solar eclipse through protective glasses on Monday in downtown San Leandro as the moon passed between the sun and the Earth. The moon only covered around a third of the sun here on the West Coast but that was still enough to bring out curious onlookers. The next total solar eclipse with a coast-to-coast path spanning the lower 48 states will occur on August 12, 2045.

## City Sees Two Murders In Two Days

Man shot and killed on Hesperian; and an 18-year-old stabbed to death at Safeway

By Michael Singer  
San Leandro Times

San Leandro police are investigating two separate homicides in two days – one on Hesperian Boulevard and the other at the Bancroft Safeway. Police responded to a call about a gunshot and discovered an adult man at the intersection of Hesperian Boulevard and Colby Street on Monday, April 1, around 6 p.m.

Alameda County Sheriff’s Deputies were first on the scene and discovered the man had been shot once in the chest. Deputies performed life-saving measures on the victim before he was pronounced dead by medical personnel, according to Lt. Abe Teng of the San Leandro Police Department. Police only described the victim as a 36-year-old man. Teng said the investigation is still active, and police are not releasing any further information at this time.

see MURDERS, page 10

## Treatments Improving For Endometriosis

By Mike McGuire  
San Leandro Times

Women with pelvic pain or menstrual difficulties need to be aware of the possibility of endometriosis, an inflammatory disease that can cause multiple medical problems and interfere with fertility, say two doctors at the Kaiser Permanente Medical Center who know the disease all too well. Treatments are improving, and women with the disorder, a leading cause of infertility, are now often able to conceive and bear healthy children, say Dr. Miya Yamamoto and Dr. Joan Manglicmot. While March was Endometriosis Awareness Month, it’s a good idea to get checked whenever you’re suffering frequent pelvic pain.

see TREATMENTS, page 12

## Torani Wins Innovation Award

By Mike McGuire  
San Leandro Times

San Leandro-based Torani Foods has won the East Bay Economic Development Association’s (EDA) annual Innovation Award for excellence in the food category. “Established in 1925, Torani is an amazing flavor company that creates opportunities for its team members, partners, community, and consumers,” said the EDA in awarding the prize. “Credited with putting the Italian soda on the U.S. map and creating the first flavored latte, their innovation is an art as much as it is a science.”

Torani moved to San Leandro in 2020 and has steadily been expanding its see INNOVATION, page 11



MALCOLM WALLACE PHOTOGRAPHY FOR EAST BAY EDA

Torani board chair Lisa Lucheta, Torani international general manager Stacy Dent, CEO Melanie Dulbecco, and East Bay EDA Red Carpet Host Taj Tashombe at the East Bay Economic Development Alliance Innovation Awards dinner.

### INSIDE YOUR TIMES

#### SCHOOLS

Students awarded for a job well done. Page 2

#### COMMUNITY

SLED to host fundraiser on the Bayfair roof. Page 5

#### POETRY

Young writers can enter poetry competition. Page 10

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# MEETING SCHEDULES

**CITY COUNCIL**  
Council meets on the first and third Monday of each month at 7:00 p.m. in City Council Chambers, City Hall, 835 E. 14th St., San Leandro. For more information, call the City Clerk at 577-3367.

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



PHOTOS BY MIKE McGUIRE

## Student Awarded for Good Work and Caring for Others

Drake Vukman (photo at left), a fifth-grader at Roosevelt Elementary School, won a Superintendent's Award for athletic skills and hard work in martial arts, as well as attentiveness, being a good listener, having empathy with others and sharing his enthusiasm with all. That's according to Roosevelt Principal David Kumamoto, who is to Drake's left here, joined by family members, teachers, board members, and Superintendent Dr. Mike McLaughlin.

Genesis Ceja, fourth-grader at Jefferson Elementary School, won a Superintendent's Award for helping lead an event that raised \$20,000 for staff and classroom needs. Jefferson Principal Natalie Valencia, describing Genesis, said "Imagine the best person you know – a peacemaker and a good friend." Here she is flanked by Principal Valencia on her left and Superintendent of Schools Dr. Mike McLaughlin on her right, with members of the Board of Education behind them.

### San Leandro Times

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

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### San Leandro Garden Club

The San Leandro Garden Club will meet on Tuesday, April 16, at 10:30 a.m., at the Marina Community Center, 15301 Wicks Blvd. in San Leandro. The speaker this month is Jill Lambie from the Alameda County Bee Keepers Association. She will cover what services they provide, types of plants that support bees, etc. Club activities include gardening tips and plants, crafts, tours, speakers, fundraising events, as well as donations to local non-profit organizations. Everyone is welcome.

### WATER HOUSE

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## Community Calendar

### Exhibit on San Leandro's Industrial History

Join the San Leandro History Museum at 21st Amendment Brewing, 2010 Williams St., for a unique program on Saturday, April 13, from noon to 4 p.m. Learn about San Leandro's industrial history by viewing a small exhibition with a short hands-on activity. This program does not require registration. Drop by anytime during that window to explore the past and present of San Leandro's Industrial History. 21st Amendment will also be hosting a small brew tasting for program participants. The program is designed for ages 21+.

### Community Chat with Fred Simon

San Leandro City Councilmember Fred Simon will hold his monthly community chat on Saturday, April 13, from 8:30 to 9:30 a.m. at the Greenhouse Market Place, 699 Washington Ave., in front of Great Clips. Listen and share ideas on improving our environment and city, and learn how to become a community ambassador.

### San Leandro Players to Present

#### Agatha Christie's Murder on the Orient Express

The San Leandro Players will present Agatha Christie's "Murder on the Orient Express," running through May 5 at the San Leandro Museum/Auditorium, 320 West Estudillo Ave. Show times are Saturdays at 8 p.m. and Sundays at 2 p.m., plus two Friday show at 8 p.m. on April 26 and May 3. Tickets are \$25 general; \$20 seniors and under 12 (other discounts may apply). For tickets or more information, visit [www.slplayers.org](http://www.slplayers.org) or call 510-895-2573. Masking is strongly recommended.

### Alta Mira Club

#### Mardi Gras Shrimp Fest

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

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### Washington Home Owners to Meet

The Washington Home Owners Association will host its monthly meeting on Wednesday, April 17, at 6:30 p.m. at the Marina Community Center, 15301 Wicks Blvd. in San Leandro. Guest speakers Wayland Li and Avalon Schultz of the San Leandro Planning Department will talk about new plans and projects in San Leandro. Washington Manor residents and the general public are encouraged to attend. This meeting is also our the board and officers annual election. For more information, call Bob Glaze at 510-352-2058.

### SL Adult School Job Fair

San Leandro Adult & Career Education Center and Rubicon Programs will host their bi-annual free, in-person Job and Resource Fair on Friday, April 19, on the campus at 1448 Williams St. in San Leandro. The event starts at 10 a.m. Join other interested job seekers to meet and discuss career opportunities and community resources with over 30 businesses and organizations ready to help you.

### IDES St. John Salad Bar Lunch & Bingo

IDES St. John, 1670 Orchard Ave. in San Leandro, will have a Salad Bar Lunch & Bingo on Saturday, April 20, at noon. \$15 per person. Price includes lunch and four Bingo cards. Extra Bingo cards can be purchased for 25 cents each. For tickets, call Janet Re at 510-483-1132, Willie Calvo at 510-207-6326, or Kathy Dunlap at 775-722-8208.

## Chabad San Leandro To Host Passover Seder

As the Passover season approaches, the Jewish community of San Leandro is eagerly preparing to commemorate the ancient story of liberation and freedom. At the heart of this celebration lies the Passover Seder, a time-honored tradition filled with rich symbolism, heartfelt prayers, and delectable traditional dishes.

This year, Chabad San Leandro invites you to join an unforgettable Passover Seder experience on Monday, April 22, at 7:15 p.m. RSVP: [jewishsanleandro.com/seder2024](mailto:jewishsanleandro.com/seder2024) before April 17. For more information, email [chabad-sleandro@gmail.com](mailto:chabad-sleandro@gmail.com) or call 510-736-2311.

Passover, or Pesach, holds immense significance in Jewish tradition. It marks the Exodus of the Israelites from Egypt, a journey from slavery to freedom, guided by faith and divine providence. The Seder, meaning "order" in Hebrew, follows a structured sequence of rituals and read-

ings from the Haggadah, the ancient text that recounts the Exodus story.

The Passover Seder at Chabad will feature:

- **Traditional Rituals:** Experience the timeless customs of the Seder, from the lighting of the holiday candles to the tasting of symbolic foods like matzah and maror (bitter herbs).

- **Engaging Discussions:** Explore the themes of freedom, redemption, and gratitude through interactive discussions and insightful teachings led by Rabbi Shusterman and Rabbi Karp.

- **Delicious Cuisine:** Indulge in a sumptuous feast of traditional Passover dishes, including chicken soup, gefilte fish, roast, salads and dessert.

- **Welcoming Atmosphere:** Whether you're a longtime member of the Jewish community or someone exploring Judaism for the first time, you'll feel at home in our warm and welcoming environment.

## San Leandro Players Present Murder on The Orient Express

The San Leandro Players will present Agatha Christie's "Murder on the Orient Express," is running through May 5 at the San Leandro Museum/Auditorium, 320 West Estudillo Ave.

Show times are Saturdays at 8 p.m. and Sundays at 2 p.m., plus two Friday show at 8 p.m. on April 26 and May 3. Tickets are \$25 general; \$20 seniors and under 12 (other discounts may apply). For tickets or more information, visit [www.slplayers.org](http://www.slplayers.org) or call 510-895-2573. Masking is strongly recommended.

The San Leandro Museum/Auditorium is next to the historic Casa Peralta and two blocks east of the San Leandro BART Station. Wheelchair accessible.

Agatha Christie based her novel "Murder on the Orient Express" on the kidnapping and murder of the Lindberg baby in 1932. Two other notable events helped inspire her: her first Orient Express journey in 1928, and a 1929 blizzard in Turkey that stranded the Orient Express for six days.

Ken Ludwig's clever adaptation boasts all the glamor, intrigue and suspense of Dame Agatha's celebrated novel, with a healthy dose of humor to quicken the pace.

The show features Dawn Cates, Daniel Dickinson, Charlie Esquivel, Nikolas Greene, Sara Guillen, Terry Guillory, Polina Litvak, Evan Mooney, Rob Mueller, Diane Thorne, and Jim Woodbury.

### City-Wide Community Cleanup

A citywide community cleanup day will be held on Sunday, April 21, from 9:30 a.m. to noon in honor of Earth Day. Everyone is welcome to either clean up in your own neighborhood or meet at Palma Plaza and join Cynthia Prieto-Diaz and City Councilman Bryan Azevedo. For more information or to RSVP, go to <https://forms.gle/C3mBCt9R97YmHb6s>.

### Animal Trivia Night

Test your knowledge of animal facts and compete to earn a prize at the Animal Trivia Night on Thursday, April 25, at 6:30 p.m. at the Main Library, 300 Estudillo Ave. Come with a team or join one at the event. This event is for adults 18+

## Library Events

### We Bought a Zoo Community Read Film Screening

*We Bought a Zoo*, starring Matt Damon and Scarlett Johansson in this film about a family who buy and restore a wildlife park on Friday, April 12, from 6 to 8 p.m. the San Leandro Main Library lecture hall, 300 Estudillo Ave. Rated PG. Get a ticket for a drawing to win a Group Pass to the Oakland Zoo at this event.

### Sensory-Friendly Teen Lounge

The Teen Lounge at the Main Library will be open specifically for teens with sensory needs on Monday, April 15, from 3:30 to 5 p.m. with board games, a craft activity, snacks, and a Nintendo Switch, along with our sensory toys and noise-canceling headphones. Open to teens in grades 6 to 12; parents and caregivers are welcome to stay with their teens. Register in advance: [sanleandro.libcal.com](http://sanleandro.libcal.com)

### College & Career Readiness at the San Leandro Main Library

What do I want to do with my life? Teens in grades 9-12 are invited to join us for an interactive workshop with Stanford Lecturer Shanice Webb on Saturday, April 20, from 1:30 to 3:30 p.m. at the San Leandro Main Library, 300 Estudillo Ave. Explore the endless possibilities of your future using design thinking techniques. Curious but not totally sure? Sign up to join us and we'll figure it out together. Register in advance, spaces limited. Snacks provided.

### Family Fun Night: Music & Dance with Cascada De Flores

Cascada de Flores presents a bilingual, participatory story told with music, dance and instruments on Wednesday, April 17, at 6:30 p.m. at the San Leandro Main Library, 300 Estudillo Ave. This event includes a free book giveaway, sponsored by First 5 Alameda County, while supplies last. All ages welcome.

### Retro Game Day at the San Leandro Museum

Join the San Leandro History Museum, 320 W. Estudillo Ave., for a day of Retro Video Games on Saturday, April 27, from noon to 4 p.m. Play the Wii console in our Museum Classroom or classic retro games in the Museum Auditorium. Children under 10 years of age are required to have parental supervision. Titles include: Mario Kart (2008); Wii Sports (2008); Super Smash Bros. Brawl (2008); Galaga (1981); Mortal Kombat 4 (1997); Mario Bros (1983); Donkey Kong (1981); and much more. No registration required.

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Chicken Tikka Masala

## A Taste of India

The flavors and fragrances unique to Indian cuisine come from the use of a variety of spices, including cilantro, cardamom, turmeric, cumin and fennel.

Vegetarian dishes are very popular throughout India, but Indians also cook with a variety of meats, poultry and

seafood. Oftentimes the meat is cooked in a “masala” or sauce that is made of a blend of spices, and usually contains tomatoes and other vegetables such as peppers and onions.

Rice is the main accompaniment to a meal along with breads and pappadam, a crispy lentil chip similar to a

tortilla.

Many believe that preparing Indian dishes at home means hours of grinding spices, chopping meats and dicing vegetables, but with the variety of Indian food products available in grocery stores, such as curry pastes, chutneys and cooking sauces, adding the unique flavors of India into more basic items like chicken is simple.

Here are some traditional Indian favorites.

### CHICKEN TIKKA MASALA

1 cup yogurt

- 1 tablespoon lemon juice
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 2 teaspoons cayenne pepper
- 2 teaspoons black pepper
- 1 tablespoon minced fresh ginger
- 4 teaspoons salt, or to taste
- 3 boneless skinless chicken breasts, cut into bite-size pieces
- 4 long skewers
- 1 tablespoon butter
- 1 clove garlic, minced
- 1 jalapeño pepper, finely chopped
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 3 teaspoons salt, or to taste
- 1 (8-ounce) can tomato sauce
- 1 cup heavy cream
- 1/4 cup chopped fresh cilantro

In a large bowl, combine yogurt, lemon juice, 2 teaspoons cumin, cinnamon, cayenne, black pepper, ginger, and 4 teaspoons salt. Stir in chicken, cover, and refrigerate for 1 hour.

Preheat a grill for high heat. Lightly oil the grill grate. Thread chicken onto skewers, and discard marinade. Grill until juices run clear, about 5 minutes on each side.

Melt butter in a large heavy skillet over medium heat. Sauté garlic and jalapeño for

1 minute. Season with 2 teaspoons cumin, paprika, and 3 teaspoons salt. Stir in tomato sauce and cream. Simmer on low heat until sauce thickens, about 20 minutes. Add grilled chicken, and simmer for 10 minutes. Transfer to a serving platter, and garnish with fresh cilantro. Serves 4.

### FLATBREAD (Roomali Roti)

- 2 cups bread flour
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 2/3 cup water

In a large bowl, sift together flour and salt. Add oil and mix in with a fork until flour is crumbly. Mix in water until the dough pulls together. Turn dough out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Cover and set aside for 45 minutes.

Knead dough again until smooth; divide into six equal parts. Form each part into a round. Roll out each round as thinly as possible; dust with flour to keep from sticking.

Invert a heavy cast iron pan over burner and heat. Spread roti over pan and cook. Roti will cook in 40 to 50 seconds. Tiny black spots will appear when it is finished. Fold Roti and serve hot. Yields about 6 servings.

### SHRIMP CURRY

- 1/4 cup vegetable oil
- 1 large onion, chopped
- 1 tablespoon ginger garlic paste
- 1 teaspoon ground corian-

- der 2/3 teaspoon salt
- 1/2 teaspoon ground turmeric
- 1 tomato, finely chopped
- 1 teaspoon ground red chile pepper
- 2 pounds medium shrimp, peeled and deveined
- 1/4 cup water
- 1 teaspoon garam masala
- Chopped fresh cilantro to taste

Heat the oil in a wok or large saucepan over nearly high heat. Add the onions; cook and stir until browned. Season with the ginger garlic paste, coriander and salt. Cook and stir for 1 minute.

Season with salt and turmeric, then mix in the tomato, chile powder, shrimp and water.

Reduce the heat to medium-high and cook for 7 to 8 minutes, until shrimp are opaque.

Taste and adjust salt and chile powder if necessary. Season with garam masala, stir and remove from the heat. Garnish with fresh cilantro and serve with flat bread or rice. Yields 5 servings.

### GINGER-GARLIC PASTE

- 4 ounces garlic, chopped
- 4 ounces fresh ginger root, chopped
- 1 tablespoon olive oil, about

In a food processor, combine the garlic and ginger. Pulse to blend, adding small amounts of olive oil to facilitate the blending, until it makes a smooth paste. Refrigerate or freeze to store

### GARAM MASALA (Indian Spice Mixture)

- 2 teaspoons cardamom
- 1 teaspoon ground cumin
- 1 teaspoon black pepper
- 2 teaspoons cinnamon
- 1/2 teaspoon ground cloves
- Ground nutmeg, to taste

Mix ingredients and store in air-tight container. Use as needed.

### LEGAL NOTICE

#### NOTICE OF PETITION TO ADMINISTER ESTATE OF

Louise Diane Delucchi  
Case Number:  
24PR063244

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: **Louise Diane Delucchi**

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

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

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

**A HEARING on the petition will be held on April 24, 2024, 10:15 a.m., Dept. 201, at 2120 Martin Luther King Jr. Way, Berkeley, CA 94704.**

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

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

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

Attorney for petitioner: Elizabeth Thompson 284854 Thompson Law Office, 1615 Bonanza Street Suite 305, Walnut Creek CA 94596 (925) 935-5566

LEGAL 1200 -24PR063244 04/04/24, 04/11/24, 04/18/24

### HOROSCOPE by Salomé

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**ARIES (March 21 to April 19):** Rumors of a change in the workplace could make you a little uneasy about going ahead with implementing your ideas. Best advice: Ignore the talk and proceed as planned.



**TAURUS (April 20 - May 20):** Everyone has an opinion on how to handle a recent business suggestion. Thank them for their advice, then go ahead and follow your own fine instincts.



**GEMINI (May 21 to June 20):** While home is your main focus this week, new issues in the workplace need your attention as well. Take things step by step. Pressures will ease in time for weekend fun.



**CANCER (June 21 - July 22):** Be less rigid when handling a relationship problem. You might believe you're in the right, but try to open your mind up to the possibilities of facts that you're currently unaware of.



**LEO (July 23 - August 22):** Leos and Leonas run at a hectic pace throughout much of the week. But by the 22nd, the Lions' dens become a "purrfect" place for you Fine Felines to relax in over the weekend.



**VIRGO (August 23 - Sept. 22):** Change is favored early in the week. This should make it easier for you to reassess your plans for handling a troubling professional relationship. Good luck!



**LIBRA (Sept. 23 - October 22):** A suggestion from a colleague could give your professional project a long-needed boost. Meanwhile, someone close to you still needs your emotional support.



**SCORPIO (October 23 - November 21):** Before complying with a colleague's request, check to see that the action benefits all, not just one person's agenda. Continue firming up any travel plans.



**SAGITTARIUS (Nov. 22 - Dec. 21):** Your social life is on the upswing, and the only problem is deciding which invitations to accept. Enjoy yourself before settling down for some serious work next week.



**CAPRICORN (Dec. 22 - Jan. 19):** With your creative aspects on high, you might want to restart your work on a project that you put aside. Your efforts will bring a surge in your self-esteem.



**AQUARIUS (Jan. 20 - Feb. 18):** While you're generous with others, be sure that you're not overlooking your own needs. Take time to assess your situation and make adjustments where necessary.



**PISCES (Feb. 19 - March 20):** Being applauded for your achievements is great, but watch out that you don't start acting like a star. It could lose you valuable support with your next project.

### CROSSWORD PUZZLE ANSWERS

E	L	A	N	U	S	S	S	A	G	E	
G	I	B	E	R	O	O	E	S	P	O	
G	R	E	E	N	B	A	Y	T	H	A	N
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## HEALTH & FITNESS

# Which Is Better, an Apple or a Snickers?

By Mitch Rothbardt  
Special to the Times

An apple or a Snickers bar: What has more nutritional value?

Are vegetables healthy? Is drinking water a good idea?

If you know the answers to these questions (The apple, yes, and yes, respectively) then you know pretty much all you need to know about nutrition. Really.

Nutrition is actually pretty simple but that doesn't mean it's easy to trust what we know.

One source of confusion is macronutrients. What are they are? What do they do? Are there bad ones?

Macronutrients, commonly known as protein, fat, and carbohydrates are the components of food.

Let's quickly break down what each one does.

**Protein:** Responsible for muscle repair and growth. Good sources include poultry, beef, and dairy.

**Fat:** Breaks down various vitamins and minerals. Also important for hormone production and joint health and can be used as energy. Healthy sources include avocados, nuts, and certain oils.

**Carbohydrates:** Your

body's primary source of energy and important for brain function and recovery. Healthy sources include grains, potatoes, fruits, and vegetables.

All three play an important part in your health and in my opinion, any nutrition plan that demonizes and/or eliminates one is problematic.

Without adequate protein your body can't repair itself.

Without adequate fat your joints can ache, and you won't be able to absorb crucial vitamins and minerals.

Without carbohydrates you'll feel lethargic and foggy.

The next question is, how much of each should you have each day? Unfortunately, that's an impossible question to answer here. Everyone's needs are different. We have different activity levels, body types, likes, dislikes, food intolerances, and more.

These kinds of guidelines can also cause us to rely on numbers more than what's important, which is how we feel. Ignoring that is a big reason people think they can't trust what they already know.

I don't want to leave you completely empty handed, though. Since protein tends to be the simplest as far as

guidelines let's talk about that.

Depending on your activity level, you should be eating between .25 and 1 gram per pound of bodyweight each day. That's quite a difference I know, and that gives you an example of why trying to put numbers on these things is difficult at best.

To clarify a little more, if you're sedentary and don't exercise much, you'll tend towards the .25 mark. If you exercise 2 to 3 times per week, you'll be in the .5 to .75 mark. If you exercise intensely 4 to 5 times per week, you'll be closer to 1.

I have trouble writing these kinds of articles, because as important as they may be, they can also give the wrong impression. The idea that everyone needs to eat according to some chart isn't correct. All I want to do is give you some basic information to help clear up a confusing topic.

When all is said and done it's important to realize that what you eat in one day or at one meal almost never really matters in the long run.

*Mitch Rothbardt is the owner and head trainer at Castro Valley Fitness. He can be reached at Mitch@CastroValleyFitness.com.*

## SLED to Host Cornhole Fundraiser on the Bayfair Roof

The San Leandro Education Foundation (SLED) will host its first ever Cornhole Tournament on Saturday, April 27 from 10 a.m. to 3 p.m. at the Bayfair Mall rooftop parking area, 15555 East 14th St.

In an effort to put the FUN back into fundraising, SLED is partnering with California Cornhole Association to host a family-friendly daytime event to raise funds for local education enrichment programs. The 'Spring Fling' Cornhole Tournament is a professionally-run tournament, and all players will be guaranteed at least 3 games, regardless of skill level.

You don't have to be a pro to have a great time and compete. The top three teams will win fun prizes, too.

Local vendors will be on

hand selling food and beverages, and SLED will be selling adult beverages. A free hydration station will be hosted by the Davis Street Community

“This year alone, SLED has funded science festivals, assemblies, field trips and classroom grants.

Center.

You must register in advance to play – \$60 for a team

of two. Sponsorships for local businesses are also available.

The night prior on Friday, April 26, SLED is also hosting our Spring Fling Dinner Fundraiser from 5 p.m. to 9 p.m. at the Dunsmuir Hellman Historic Estate Pavilion. Tickets include dinner catered by Tio's Mediterranean Grill, cocktails from Sons of Liberty Alehouse, a short program during a seated dinner, photo booth, DJ, and the party. Early-bird dinner tickets are \$125.

This year alone, SLED has funded science festivals and assemblies for over 5,700 students, field trips for over 2,500 students, classroom grants that benefited over 6,000 students, and much more.

Cornhole tournament tickets and fundraising dinner tickets are available at [www.sledfund.org/springfling/](http://www.sledfund.org/springfling/).

# Early Education in Money, Future Financial Success

(NAPSI)—Good news for parents: You can help your kids learn to do well. Studies suggest a clear correlation between early education in money and future financial success.

People who learned about money as children were three times as likely to have a personal annual income of \$75K or higher than those who didn't, according to a survey by Quicken, maker of the best-selling personal finance software in the U.S.

But there's a problem: One-third of adults surveyed said no one taught them about money when they were children. Among that group, only 13 percent report a high level of confidence in their finances.

People who learned about money as children were 20 percent more likely to prioritize teaching their own kids about money. Those who said no one taught them about money as a child were twice as likely to delay talking to their own children about money until age 18 or older.

### Teaching Tools for Financial Literacy

The top tools—allowance, savings accounts, piggy



People who learned about money as children were three times as likely to have a personal annual income of \$75K or higher than those who didn't.

banks—may not have changed much, but the lessons have evolved. Today, parents are teaching their children about charitable giving 60 percent more than their own parents did, using credit cards as teaching tools almost 50 percent more, and teaching their kids about investing 85 percent more than the people who taught them about money.

### Money Talk Tips

To help your family discuss finance, try these three ideas:

1. Set an example. If you're

an example of financial responsibility, your kiddos will be more likely to follow.

2. Use tools. The right tools can make a big difference. The survey showed that 62 percent of the people who do not use any personal finance tools also reported a lack of confidence in their current financial situation.

3. Talk early and often. An early start and frequent conversations about money can be key to setting your kids on the path to a healthy financial future.

## Does Your Child Suffer from Anxiety?

(NAPSI)—If your children are like most, they get anxious from time to time—but you can help them get over it.

In fact, according to the National Institutes of Health (NIH), even with the best parenting, 80 percent of little ones feel that unpleasant emotion.

Fortunately, there are several ways you can help.

For one thing, the NIH suggests parents of younger children can help them “come back to earth” from spiraling thoughts with the 3-3-3 rule: Ask your child to name 3 things they can see, identify 3 sounds they can hear, and move 3 different parts of their bodies.

For another, one of the most anxious times for little ones is at bedtime. Scary things and worries flutter and flap around, making it hard to sleep. A calming nightly routine, including reading to your children, however, lets them settle down for the night.

According to the Children's Bureau of California, reading to your child at bedtime builds trust in them that you will be there for them. With a little imagination (and a lot of love) you can create a cozy nest for happy thoughts—and sweet dreams for your kids. One excellent new picture book

that can help with that is “My Thoughts Have Wings,” by Maggie Smith. The bestselling author delivers a lyrical and reassuring book great for calming active minds at bedtime (or anytime).

The poetic book was inspired by Smith's own daughter who dealt with intrusive thoughts at night. It's a fine

way for children to recognize and name unsettling thoughts and provides an empowering, reassuring strategy for self-soothing.

The colorful hardcover is aimed at children from preschool through grade 3, published by HarperCollins and available wherever books are sold. For further info., visit

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# REAL ESTATE GALLERY



## Not All Upgrades Make You Money

By Carl Medford, CRS  
Special to the Times

With Bay Area home prices stretching the bounds of credulity, a high percentage of buyers expect the home they purchase to be move-in ready. As a result, sellers commonly upgrade their homes prior to hitting the market. Under normal circumstances, money spent on upgrades will be money earned at the sale – if the projects are carefully considered and professionally executed.

Unfortunately, some seller upgrades do not reap the anticipated returns.

To avoid spending money needlessly, here is our list of “upgrades” you are better off not doing.

1. Installing an inground pool. While a pool might be a beneficial asset in hotter regions, many bay area homebuyers do not want a pool, considering them hazardous and energy draining. We’ve actually had buyers ask us for quotes on removing pools.

2. Unprofessional upgrades. While some homeowners are skilled enough to handle repairs and upgrades, many are not. Money spent on professionals will reap dividends in the end while poorly

done projects quickly turn off potential buyers.

3. Wall-to-wall carpeting. Today’s buyers prefer solid surface floors such as hardwood or laminate. They are easier to keep clean, wear better and do not trap dust like carpets. If budget is an issue, consider laminate in the main living areas with carpet only in the bedrooms. Do not install any carpet higher than medium grade.

4. Poor counter choices. Quartz is without doubt the most popular product these days, surpassing yesterday’s granite. While marble might be good in a bathroom, in the kitchen, one spilled glass of cabernet is all it takes to make a stain. Neutral counter products are best and avoid low-cost granite with pattern inconsistencies or weird colors. And laminate counters are so 1980’s.

5. Luxury upgrades. Unless your home is in an extremely affluent neighborhood, overspending on high end features such as expensive plumbing fixtures will be money down the proverbial drain. You will not recoup money spent on saunas or steam showers and, if you choose to use extremely expensive tile, do not expect the



If you choose to propagate wild violet plants, divide an established “clump” in spring or fall by gently separating the rooted stems from each other within the group, then replant them separately. Also, their seeds can be collected and sown in the fall, if you desire spring blooms.

### Wild violets

Other than watering following planting, and occasional watering throughout the growing season, wild violets require very little care. Their foliage is occasionally affected by spider mites in dry weather.

Brenda Weaver

Source: gardeningknowhow.com



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buyer to appreciate it the way you do.

6. Converting the garage. While many bay area homeowners do not park their cars in their garage, they do not want it to be a bedroom or workout room either.

We recommend you get help from your Realtor in evaluating potential upgrades BEFORE you begin: they can provide guidance and keep you from making poor choices.

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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19857 John Drive 94546: \$975,000 [4 BD - 1,750 SF - 1998  
3222 Keith Avenue 94546: \$1,014,000 [3 BD - 1,476 SF - 1952  
**TOTAL SALES: 3**  
**LOWEST AMOUNT: \$550,000 MEDIAN AMOUNT: \$975,000**  
**HIGHEST AMOUNT: \$1,014,000 AVERAGE AMOUNT \$846,333**

**Hayward**

566 Perkins Drive 94541: \$500,000 [3 BD - 1,156 SF - 1951  
197 Sunset Boulevard 94541: \$575,000 [3 BD - 1,157 SF - 1925  
476 Blue Bonnet Place 94544: \$600,000 [3 BD - 1,059 SF - 1952  
27557 Stromberg Court 94545: \$605,000 [4 BD - 1,474 SF - 1970  
257 Laurel Avenue 94541: \$618,000 [3 BD - 1,343 SF - 2003  
24475 Marie Drive 94542: \$655,000 [3 BD - 1,178 SF - 1949  
22850 5th Street 94541: \$670,000 [3 BD - 976 SF - 1940  
994 Marin Avenue 94541: \$765,000 [3 BD - 1,162 SF - 1952  
30587 Midlothian Way 94544: \$775,000 [3 BD - 1,158 SF - 1955  
1887 Chantilly Lane 94541: \$810,000 [3 BD - 1,607 SF - 1981  
27517 Orlando Avenue 94545: \$825,000 [3 BD - 1,119 SF - 1955  
2727 Gamble Court 94542: \$830,000 [1,916 SF - 1979  
2650 Sleepy Hollow Avenue 94545: \$910,000 [3 BD - 1,496 SF - 1958  
1717 D Street 94541: \$925,000 [3 BD - 1,596 SF - 1920  
1146 Inglewood Street 94544: \$930,000 [3 BD - 1,913 SF - 1953  
25705 Westview Way 94542: \$1,060,000 [4 BD - 2,465 SF - 1940  
255 Bridgewater Road 94544: \$1,525,000 [5 BD - 2,708 SF - 1999  
87 Country Club Drive 94542: \$2,300,000 [4 BD - 3,468 SF - 2015  
**TOTAL SALES: 18**  
**LOWEST AMOUNT: \$500,000 MEDIAN AMOUNT: \$792,500**  
**HIGHEST AMOUNT: \$2,300,000 AVERAGE AMOUNT \$882,111**

**San Leandro**

1420 Thrush Avenue #53 94578: \$417,000 [2 BD - 749 SF - 1994  
2184 Buena Vista Avenue 94577: \$815,000 [4 BD - 1,467 SF - 1927  
14198 Acapulco Road 94577: \$815,000 [3 BD - 1,126 SF - 1962  
15260 Upton Avenue 94578: \$958,000 [4 BD - 1,760 SF - 1952  
958 Collier Drive 94577: \$1,150,000 [4 BD - 2,502 SF - 1940

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# Fungus on Camellias Caused by Wet Weather

By Buzz Bertolero  
The Dirt Gardener

**Q** Why are my Camellia flowers so terrible looking this year? The center of the flowers are all brown.

**A** The spring-blooming Camellias, Camellia Japonica, is susceptible to a fungus disease called Camellia Petal Blight. It hasn't been a problem the last couple of years because of the lack of rain. But with the wet, damp conditions in January and February, it returned. The white and pink varieties are more susceptible than the red ones. Also, Sasanqua Camellias are not affected due to their early blooming period rather than any resistance to the fungus. The brown discoloration or rot in the center is sometimes confused with the normal damage caused by the winter wind, rain, and frost. This type of environmental damage causes the edges of the flowers to turn



[https://commons.wikimedia.org/wiki/File:Camellia\\_japonica\\_NBG.jpg#/media/File:Camellia\\_japonica\\_NBG.jpg](https://commons.wikimedia.org/wiki/File:Camellia_japonica_NBG.jpg#/media/File:Camellia_japonica_NBG.jpg)

brown, and the browning progresses toward the center of the flower. Camellia Petal Blight starts at the center or core of the flower and works its way to the outer edges of the petals. Eventually, the fungus invades the base of the flower, where a hard, black structure called a Sclerotia forms. This is the source of the prob-

lem next year. It drops off and remains dormant below the plant, until just before the flowering season, when it germinates to produce small, cup-shaped reproductive structures. These structures release spores which are dispersed in the air and land on the buds or open flowers. The Sclerotia can survive at least five years

and they don't all germinate the first year. Hence, it can skip several years in a row before returning with the right conditions. The infected flowers and/

or buds may or may not fall prematurely. There are no chemical controls for Camellia Petal Blight, although the fungicide, Captan would work if you could find it. Remember, good sanitation practices are the only cultural practices available to gardeners. You have the power to keep the spent flowers cleaned up under the canopy of the plants but don't place them in your compost pile as the Sclerotia will survive. And finally, in problem years, replace the mulch with a fresh layer of organic mulch in May.

**Q** I have a very old Clematis plant with three-inch fragrant white flowers that always start blooming in mid-February on the new growth. The leaves are six to seven inches long and dark green. So I was confused when I read that the spring-blooming varieties

bloom only on the old wood. What type of Clematis do I have?

**A** I believe you have Clematis Armandii. It's an evergreen variety and one of the earliest varieties to bloom each year in February or March. But I'll have to disagree with you about the type of wood it's blooming on. February or early March is too early for the new growth on Clematis to appear. Temperatures are just starting to warm up from the winter months; therefore, the flowers are on the old wood as the flush of new growth has yet to occur. You'd pruned this variety after the blooming period.

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.

## WEEKEND GARDENER

### Vegetables

As soon as garden beds are able to be worked after the April rains have passed, you can begin setting out vegetables, including radishes, eggplants, green peppers, beans, cucumbers and squash. Buzz Bertolero recommends waiting until May to set out tomatoes. Nurseries and garden centers are well-stocked with six-packs and 4-inch pots of vegetables ready for transplanting.

### Flowers

Summer annuals and perennials can also be planted this month to brighten up flower beds. Look for petunias and zinnias—two of the most popular annuals—available in a wide range of colors, shapes and sizes to fulfill any requirement, whether for dramatic massed beds and borders, window boxes or planters on the patio. Select plants with healthy, deep green foliage. In both vegetable and flowers gardens, watch out for hungry snails which have multiplied many times over due to all the wet weather.

## Mortgage Rates Continue to Show Little Movement

Mortgage rates showed little movement again this week, hovering around 6.8 percent. Since the start of 2024, the 30-year fixed-rate mortgage has not reached seven percent but has not dropped below 6.6 percent either. While incoming economic signals indicate lower rates of inflation, we do not expect rates will decrease meaningfully in the near-term. On the plus side, inventory is improving somewhat, which should help temper home price growth.



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**LEGAL NOTICES**

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

FILED March 29, 2024  
MELISSA WILK County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 605206  
FICTITIOUS BUSINESS  
NAME STATEMENT  
Pursuant to Business and  
Professions Code  
Sections 17900-17930  
The name of the business(es):  
Marina's Harmony, located at 24645  
Broadmore Ave. Hayward, CA 94544. Alameda  
County, is hereby registered by the following  
owner(s): Marina Garcia, located at 24645  
Broadmore Ave. Hayward, CA 94544. This  
business is conducted by An Individual. This  
business commenced 12/2020  
/s/Marina Garcia  
This statement was filed with the County  
Clerk of Alameda County on date indicated  
by file stamp above.  
Expires March 28, 2029  
APR 04, 11, 18, 24, 2024  
1280 - SLT

FILED March 26, 2024  
MELISSA WILK County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 605109  
FICTITIOUS BUSINESS  
NAME STATEMENT  
Pursuant to Business and  
Professions Code  
Sections 17900-17930  
The name of the business(es):  
Dabarkadz Filipino Bistro, located at  
24297 Hesperian Blvd. Hayward, CA  
94545. / 1442 Mount Palomar Dr., San  
Jose, CA 95127 Alameda County, is hereby  
registered by the following owner(s): Asian  
Grill & Bar LLC, located at 24297 Hesperian  
Blvd. Hayward, CA 94544. This business is  
conducted by An Individual. This business  
commenced N/A  
/s/Teresita Collong  
This statement was filed with the County  
Clerk of Alameda County on date indicated  
by file stamp above.  
Expires March 25, 2029  
APR 04, 11, 18, 24, 2024

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

ABANDONMENT FICTITIOUS BUSINESS NAME STATEMENT  
FILE NUMBER 586705  
The following person has abandoned the use of the fictitious business name:  
**UNIVERSAL CARPET,**  
at 1600 86th Ave.  
Oakland, CA 94621.  
Full name of registrant is:  
**Tomas Gutierrez,**  
at 1600 86th Ave.  
Oakland, CA 94621.  
The Fictitious Business Name Statement  
**UNIVERSAL CARPET,**  
was filed on 2/25/2022 in the county of Alameda. Original File Number 586705. I declare that all information in this statement is true and correct.  
(A registrant who declares as true information, which he or she knows to be false, is guilty of a crime). This statement was filed with the County clerk of Alameda County on: top right stamp date.  
NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14400, et seq., B&P Code.) This statement was filed with the County Clerk-Recorder of Alameda County on 03/12/2024  
**APR 11, 18, 25, May 2, 2024**  
1273 - SLT

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

FILED March 12, 2024  
MELISSA WILK County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 604740  
FICTITIOUS BUSINESS  
NAME STATEMENT  
Pursuant to Business and  
Professions Code  
Sections 17900-17930  
The name of the business(es):  
Flooring Installers, located at 1600  
86th Ave., Oakland, CA 94621. Alameda  
County, is hereby registered by the following  
owner(s): Tomas Gutierrez, located at  
1600 86th Ave., Oakland, CA 94621.  
This business is conducted by An Individual.  
This business commenced N/A/s/Tomas Gutierrez  
This statement was filed with the County  
Clerk of Alameda County on date indicated  
by file stamp above.  
Expires March 11, 2029  
APR 11, 18, 24, MAY 02, 2024  
1285 - SLT

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

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

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

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5 Enterprize letters  
8 Stuffing herb  
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13 Aussie hopper  
14 Hockey legend Phil, to fans  
15 Home of the Packers  
17 Compared to  
18 Congeal  
19 Sturdy tree  
20 Spassky's game  
21 -- -Manuel Miranda  
22 Huge  
23 Bottom  
26 Fear-stricken  
30 "E Pluribus --"  
31 Blue hue  
32 Lighten  
33 Arty area  
35 Hinder  
36 Sailor  
37 Soda container  
38 Norwegian inlet  
41 "It's c-c-cold!"  
42 Right angle  
45 Actress Russo  
46 Chinese brew  
48 Diminutive suffix  
49 Mosquito barrier  
50 Cupid's alias  
51 Thames town  
52 Multipurpose truck  
53 Compass point

**DOWN**  
1 Omelet needs  
2 Old Italian money  
3 Help a crook  
4 Born abroad?  
5 City-related  
6 Drench  
7 Sauce source  
8 "The Italian Job" actor  
9 Tennis champ Arthur  
10 Transcript stats  
11 Eternities  
16 Dark film genre  
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21 Color named for a fruit  
22 Journalist Nellie  
23 Gist  
24 Year in Spain  
25 "Gee, ya think?"  
26 Alias abbr.  
27 Yoga pad  
28 Jargon suffix  
29 Aachen article  
31 Bro or sis  
34 '60s chic  
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38 Gratis  
39 Joan of rock  
40 Aware of  
41 Author Harte  
42 To be, in Toulon  
43 Some July babies  
44 Endure  
46 Wildebeest  
47 Up-to-date

**ANSWERS ON PAGE 4**



2024 Arts, Culture and Creativity proclamation event participants include (from left to right): Theresa Rude, Arts Commission Vice-Chairperson; Rachel Osajima, Arts Commission Director; Nate Miley, President of the Alameda County Board of Supervisors; Lena Tam, County Supervisor; Winda Shimizu, Arts Commission Chairperson; Elisa Márquez, County Supervisor; Keith Carson, County Supervisor; Eileen Dalton, Economic and Civic Development Department Director; Melissa Wilk, Auditor-Controller/Clerk-Recorder; Sandra Rivera, Community Development Agency Director; Kimberly Gasaway, General Services Agency Director; Violet Harlo, Arts Commission Program Coordinator. Appointed Arts Commissioners not in attendance at the event include Megan Fister, Andrea Guskin, Diane Gotanda, Ernest Jolly, Grace Karr, Mina Mangewala, Theresa Navarro, Jody Sahota, Usha Shukla, Margaret Thornberry, Linda Willis and Sawsan Wolski.

## Alameda County Supervisors Declare April as Arts and Creativity Month

The Alameda County Board of Supervisors proclaimed April as Arts, Culture and Creativity.

The Alameda County Arts Commission is excited to celebrate this 6th Annual California Arts, Culture and Creativity Month led by Californians for the Arts.

President Nate Miley and

Board Members presented the proclamation to Alameda County Arts Commission Chairperson Winda Shimizu and Vice-Chairperson Theresa Rude, joined by appointed Arts Commissioners, supporters and staff.

The Arts Commission believes that arts, culture and creativity are essential to

our thriving community. Arts inspire discovery, lifelong learning, and joy. Culture creates connections and strengthens community. Creativity sparks innovation and positive change. Learn more about the Alameda County Arts Commission's programs at [arts.acgov.org](http://arts.acgov.org).

The Arts Commission is

distributing 35,000 arts education advocacy activity sheets and paint brushes with partners throughout the county. The sheets have watercolor paint embedded in the paper, so all that is needed is a little water.

Major supporters are the Alameda County Board of Supervisors and the Alameda

County Auditor-Controller/Clerk-Recorder Agency. Partners include Alameda County Library, Alameda County Community Food Bank, First 5 Alameda County, Oakland Vet Center, CREATE CA, Californians for the Arts and more.

A coloring page version of the activity sheet is also avail-

able for download from the Arts Commission's website. Over 10,000 coloring pages and crayons are distributed annually at the Clerk-Recorder's Office and other County locations.

Learn more about the Alameda County Arts Commission's programs visit [arts.acgov.org](http://arts.acgov.org).

## Submit Your Poems for Alameda County Youth Poet Laureate Competition

The Alameda County Library is taking applications through April 30 for the 2024 Alameda County Youth Poet Laureate competition.

The countywide competition, in its fourth year, celebrates teen poets committed to artistic excellence and social impact in Alameda County. The announcement coincides with National Poetry Month, a month-long celebration in April that recognizes the contributions of poets and the significance of poetry in our lives.

Applications for the 2024 Alameda County Youth Poet Laureate competition will be accepted through April 30, with finalists being announced at the end of August. Teens 13 to 18 who live in Alameda County are eligible to apply. Applicants must submit:

- Three original poems.
- An artist statement depicting who they are and what poetry means to them.
- A biography
- A reference from an adult

sponsor.

• Contact information for a parent/guardian if the applicant is under 18.

For more information about the Alameda County Youth Poet Laureate competition, including the application process, visit [aclibrary.org/youth-poet](http://aclibrary.org/youth-poet).

This year's winners and finalists will be selected by a panel of judges from the Bay Area spoken word and restorative justice communities, and are judged based on the content, craft, and voice of their work. The Alameda County Youth Poet Laureate competition is made possible with the partnership and support of Urban Word and the Alameda County Library Foundation.

The selected 2024 Alameda County Youth Poet Laureate will serve as an ambassador to inspire civic engagement, social justice, cultural awareness, and literary excellence among young people in Alameda County.

The Laureate will:

- Perform at public events throughout the year.
- Receive a MacBook and a suite of Apple products.
- Have their poetry featured in a published anthology with other national Youth Poet Laureates.

The Laureate and Vice-Laureate will also be eligible to compete in the State of California and West Regional Youth Poet Laureate competitions.

The Library received a record-breaking 52 submissions in 2023—more than double the previous year. Brian Guan was named the 2023 Youth Poet Laureate, and Sunwoo (Sunny) Eom was named the 2023 Youth Poet Vice-Laureate. There were four finalists.

Guan, Eom, and the finalists have performed at public events throughout Alameda County—visiting an elementary school to speak about poetry and activism to hosting a panel on college admissions

with university poets. Guan said that serving as the 2023 Alameda County Youth Poet Laureate has given him an unmatched platform to engage in meaningful ways with local communities.

## Murders: 18-year-old stabbed to death

*continued from front page*

The following day, April 2, around 5:15 p.m., police were called to a stabbing at the Safeway grocery store at 555 Bancroft Avenue near Dutton Avenue.

An 18-year-old man was found stabbed once in the chest with an item, possibly a knife of some sort, Teng said. Officers performed first aid until the man could be transported to a local hospital. Unfortunately, the man succumbed to his injuries later in the evening.

The victim was part of one of two groups that had a verbal

confrontation inside the store, according to Teng. The victim and a person from the other group got into a physical fight just before the stabbing.

"During the altercation, the suspect produced a knife and stabbed the victim before fleeing from the scene," Teng said. "It was not apparent any other members of either group were directly involved."

San Leandro police are reviewing surveillance footage from Safeway as part of the investigation.

"We can determine at this time that these homicides were not associated with each

other and appear to be isolated incidents," Teng said. "The investigations into both cases are progressing concurrently, but no arrests have been made at this point."

Anyone with information about the stabbing at Safeway should call Detective C. Pricco at 510-577-3244. The San Leandro Police Department also has an anonymous tip line at 510-577-3278, or Text-to-Tip at 888777 (keyword: TipSLPolice).

see *POEMS*, page 11

# Innovation: 'We can't wait to celebrate our 100th anniversary right here'

*continued from front page*  
worldwide operations since, according to the company's website.

They produce over 100 flavors of syrups, and their 2024 Flavor of the Year is Torani Puremade Galaxy Syrup. The company describes it as "an out-of-this-world, fantastical flavor that brings to life the molecular structure of dust clouds in space." Fortunately, they say, this tastes much like juicy raspberries and dark rum.

"We relocated to San Leandro just four years ago and we already feel such a part of this innovative community," said Torani Chief Executive Officer Melanie Dulbecco. "Receiving the East Bay EDI award was the perfect way to top off an amazing first few years here."

"Celebrating the evening and sharing a table with other San Leandrans reminded us that we can't wait to celebrate our 100-year anniversary in 2025 right here and expand our impact," she added.

Another San Leandro

company, Cuberg, was runner-up for the EDA innovation award in the Advanced Manufacturing category. Cuberg makes lightweight batteries that promise to lower the weight and greatly increase the range of electric airplanes and ground vehicles.

Cuberg just announced a major expansion of its San Leandro facility.

The award in that category went, however, to Saildrone of Alameda, which makes un-crewed surface vessels for ocean science, research, mapping, and maritime security.

East Bay EDA, founded in 1990, is a public-private partnership that promotes strategic economic development throughout Alameda and Contra Costa Counties. Its 150 members make up diverse networks of business, government, and community leaders who see the region as an unrivaled place to live, work and do business.

Both Torani and Cuberg say they are currently hiring in some job categories.



PHOTOS BY MALCOLM WALLACE PHOTOGRAPHY FOR EAST BAY EDA

Torani and San Leandro city officials flank Torani CEO Melanie Dulbecco, in front, who holds the innovation award the company won from the East Bay Economic Development Association at its March 28 awards dinner.



# Poems: 'Poetry gives us a window into the lives of others'

*continued from page 10*  
new, welcoming audiences. It is invigorating. While it may be easy to feel intimidated by the sheer scope of teen talent we have in the Bay Area, please know that your creative voice has incredible value. You deserve to be heard!"

"Poetry ignites creative expression, increases empathy, and gives us a window into the lives of others," said Deb Sica, Acting County Librarian. "When teen poets speak their truth, they plant the

seeds for the change we need today and tomorrow. We must continue to listen and learn from them."

Previous winners have gone on to compete on a regional and national level. Zoe Dorado, the Inaugural 2021 Alameda County Youth Poet Laureate from Castro Valley, was named the 2024 West Regional Youth Poet Laureate and will compete in the 2024 National Youth Poet Laureate this month in Washington, D.C. Brian Guan, the 2023 Alameda County Youth Poet

Laureate also competed in the regional competition and placed as a runner-up.



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Torani CEO Melanie Dulbecco beams as she holds the Innovation Award the company won at the East Bay Economic Development Association's annual awards event March 28. At left, Dulbecco talks with Red Carpet Host Taj Tashombe at the East Bay Economic Development Association's Innovation Awards dinner.

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FAMILY OWNED

## Treatments: First symptoms often occur in a woman's early 20s

*continued from front page*

vic pain or other symptoms, they said.

Dr. Manglicmot, an emergency room doctor, gave birth to her first child, now three months old, after having her endometriosis treated by Dr. Yamamoto, an endometriosis specialist with Kaiser.

Endometriosis, which affects somewhere between 2 and 11 percent of American women, occurs when tissue similar to that found in the uterus (or womb) begins growing elsewhere, usually in the pelvic region. It can cause inflammation and the formation of scar tissue, leading to pain, interference with bowel and bladder function, as well as difficulty in conceiving, according to Yamamoto.

Untreated, it can worsen, sometimes rendering a woman infertile, she said.

Manglicmot said that like many young women, she thought painful periods could be normal, especially if family members had experienced them.

"I'd never been to an OB-Gyn (specialist in women's health) when I was young," Manglicmot said. "But as I got older and wanted to start a family, the pain got even worse. It was debilitating. I was really doubling over in pain, and it wasn't always related to my period."

She checked with an OB-Gyn, had a pelvic exam and learned she had a cyst in her ovary that needed to be removed, or resected to use

the proper medical term. Ultrasound then revealed the endometriosis.

"You never know what you'll find with endometriosis until you go in surgically," Yamamoto said.

She said that endometriosis is often fought by suppressing hormones that also aid fertility, sometimes by use of birth control pills.

Manglicmot subsequently conceived naturally, but she miscarried. She began having pain again, and found she had a second cyst, which was removed.

She was treated for endometriosis, but the treatment was paused long enough for her and husband Moawia Nasir to conceive their son Zeid. She had a normal pregnancy and Zeid was born healthy.

"If a woman with endometriosis does conceive, she often has a normal pregnancy," Yamamoto said. "It's often a race between conceiving and holding off a recurrence of the endometriosis."

While people tend to connect birth control pills with family planning, there are actually several medical conditions they are used to treat, Yamamoto said. While there is a well-known risk of blood clots, it is a small one and in fact is smaller than the risk of blood clots during pregnancy.

Manglicmot said symptoms of endometriosis can include painful periods to the point where you can't function and can't get out of bed. Sometimes there are changes

in bowel or bladder function. There can be pain with sexual intercourse.

"Some women have normalized really painful period pain, when it really isn't normal," Yamamoto said.

This can be because family members experienced it, though there is some genetic basis for endometriosis. How much is unknown, she said.

Seeing your primary OB-Gyn is the first step in finding out whether any pain or discomfort is normal, Yamamoto said. Adult women at Kaiser have a primary OB-Gyn as well as a primary care physician.

Teens, who are often still seeing a pediatrician, sometimes have painful first few periods, but pediatricians are quite comfortable talking with them about this. Normally, pediatricians share medical information for patients up to age 21 with parents. Teens can also contact one of Kaiser's Teen Clinics, where some confidential visits are available, Yamamoto said.

Kaiser recommends cervical cancer screening at age 21, with pelvic exams. Yamamoto said the first onset of endometriosis symptoms often occurs in a woman's early twenties, and can also occur when a couple first try to conceive and discontinue birth control.

It's not only birth control that can help suppress endometriosis symptoms, Yamamoto said. So can pregnancy itself or breastfeeding, because of the hormones released by both.



PHOTO COURTESY OF KAISER PERMANENTE

**Baby boy Zeid, now three months old, was born healthy after mom Dr. Joan Manglicmot's treatment for endometriosis.**

## 2024 Winning Flowers for Your Garden or Containers

By **Melinda Myers**  
Special to the Times

Make some room in your garden or containers for the new All-America Selections 2024 National award-winning plants.

These winning varieties are tested in trial gardens across the United States and Canada. Volunteer judges rate entries based on their improved performance, flavor, disease resistance, and other unique qualities related to their performance in gardens and containers.

Celosia burning embers was selected for its bronze foliage with dark pink veins that contrasts with its vibrant pink flowers. Like other celosias, this variety is heat, humidity, and drought tolerant. Grow it in a container or garden bed in a sunny location. Grow plenty as you will want to pick a few to add to summer bouquets and dried arrangements.

Siam Gold marigold is another season-long bloomer that thrives in full sun and tolerates heat and

drought. The three-to-four-inch double flowers top 18 to 20" tall plants that do not need staking. Purchase transplants or extend your planting budget by starting these seeds right in the garden.

Interspecific Solarscapea XL Pink Jewel impatiens offers a tropical look and feel to full and partly sunny locations. You'll enjoy flowers all season long as well as this plant's superior disease resistance, including resistance to downy mildew disease. Grow this in mass in garden beds and borders or in a few containers on your patio, deck, or balcony.

Sure Shot White Petunia can tolerate crazy weather conditions including heat, cold rain, and sunshine. This petunia hybrid grows eight to ten inches tall and works well in containers, hanging baskets, and garden beds. You'll enjoy the lightly fragrant flowers that help attract bees and other pollinators to your gardens.

EnViva Pink petchoa is a cultivar of a petunia and calibrachoa

hybrid. This variety wowed the judges with its mounded habit that persisted throughout the growing season. The bright pink flowers with yellow throat held up through heat and rain. Grow these in containers, hanging baskets, and garden beds.

Sweetheart Kisses verbena adds a vibrant mix of red, rose, pink, and a bit of white to full and partly sunny spots in your landscape. The airy foliage creates a nice backdrop for the flowers.

Use it as an annual ground cover, edger in a flower bed or mixed border, or in a container alone or mixed with other annuals. Then watch for the butterflies and bees stopping by the flowers.

Combine these winners with your other favorite flowers to create a stunning landscape and eye-catching containers this growing season.

Melinda Myers Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Myers' website is [www.MelindaMyers.com](http://www.MelindaMyers.com).

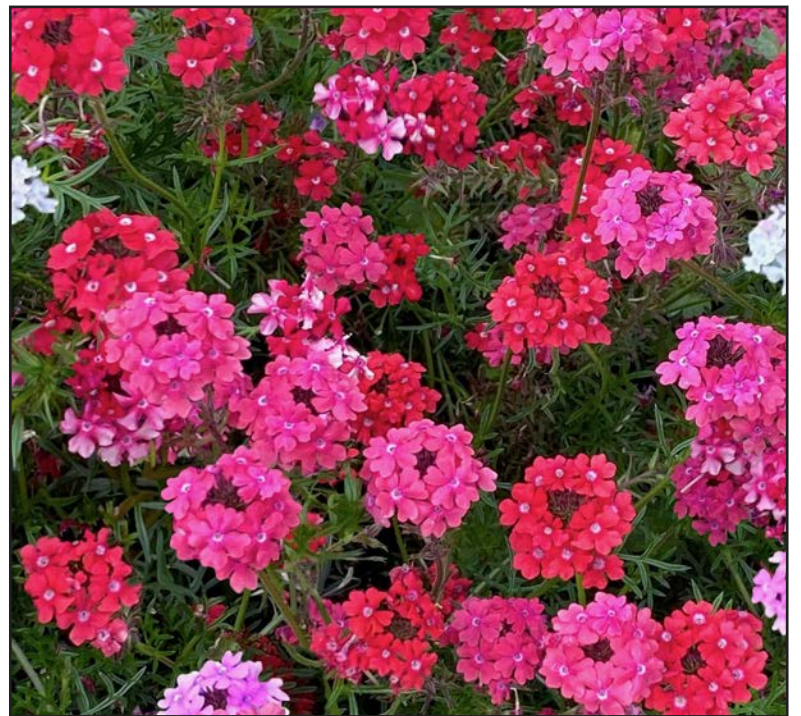


PHOTO COURTESY OF ALL-AMERICA SELECTIONS

**Sweetheart Kisses verbena attracts pollinators and brings a vibrant mix of red, rose, pink, and a bit of white to gardens or containers.**