



Roasted Vegetables

ROASTED WINTER ROOT VEGETABLES

MAKE A HEARTY COLD WEATHER MEAL..... 4

WEEKEND WEATHER
CLEAR Partly cloudy thursday thru Sunday
HIGHS: 55-59
0 10 20 30 40 50 60 70 80 90 100 110
LOWS: 38-45

FRIDAY

SATURDAY

SUNDAY

San Leandro Times

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

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THURSDAY, JANUARY 4, 2024

SAN LEANDRO • CALIFORNIA



PHOTO COURTESY OF JIM GARVEY

The Public Works Department brought in some heavy equipment to lift the torpedo and plaques onto flatbed trucks to be taken the a National Guard armory in Hayward for the time being.

Submarine Memorial Dives for Safety

Memorial for submarine crews will return when SL Marina is redeveloped and opens again, whenever that may be

By Jim Knowles
San Leandro Times

The submarine memorial at the San Leandro Marina took a hit recently but now it's been moved to a safe harbor.

The memorial was damaged and

graffitied at the marina, which is now closed to the public until the marina is renovated, an endeavor that may take a while. A group decided to move the memorial for safe keeping until the marina is open again.

The memorial was installed in 1986 on the point at the far end of the marina. A torpedo rests on a stand in front of a flagpole. It's flanked on both sides by granite plaques that list the names of

see MEMORIAL, page 10

Host of New State Laws Take Effect

By Michael Singer
San Leandro Times

California lawmakers passed hundreds of new laws that took effect on January 1. Here are a few that have an effect on San Leandro.

Minimum Wage

It's now \$16 an hour in California. That's a 50-cent bump from last year. Of course, it depends on where you work and what you do for a living. In San Francisco and Berkeley the minimum wage is \$18.07 per hour, while it's \$17.94 per hour in Oakland

with health benefits.

Healthcare workers in the state must be paid a \$23 per hour minimum starting June 1, according to Senate Bill 252.

Also, for workers using cannabis when not on the clock, Senate Bill 700 makes it illegal for your employer to discriminate against you in hiring, firing, or any condition of employment.

Working From Home

Many employers are asking see LAWS, page 10

Elderly Person Burned in House Fire On Thrush Avenue

An elderly person suffered from critical burns in a house fire last Thursday night, Dec. 28.

The fire department arrived just after 8 p.m. at the house in the 1500 block of Thrush Avenue in unincorporated San Leandro to find light smoke coming from the house. Fire fighters got inside and worked to put out a raging fire in the back bedroom, according to the Alameda County Fire

Department.

Firefighters rescued a resident from the bedroom which was fully engulfed in flames. The person, who was elderly, suffered from critical burns and taken to a local hospital.

The fire cause two people to be displaced, along with two dogs. The Red Cross was called in to assist them.

The fire department said the cause of the fire is under investigation.

San Leandran Wins MacArthur Fellowship

By Mike McGuire
San Leandro Times

Longtime San Leandro resident Dr. Diana Greene Foster, a professor at the University of California at San Francisco, has received a MacArthur Fellowship, sometimes called a "genius grant," for her research on reproductive health.

She joined 19 other recipients of this year's grants

by the John T. and Catherine A MacArthur Foundation, a prize awarded annually to U.S. citizens or residents who have shown extraordinary creativity and dedication in their fields.

The grants cover both the sciences and the humanities, so they can go to artists as well as scientists.

"It was extremely surprising to get the grant," said Foster. "It was good to see that



Dr. Diana Greene Foster

reproductive science was recognized, and showed that one can do good science even on a politicized topic. UCSF and my fellow researchers deserve much of the credit, too."

Foster's "Turnaway Study" study showed the effects of women denied abortions after having sought them. The topic took on added relevance after a number of states, but not see FELLOWSHIP, page 12

INSIDE YOUR TIMES

PETS

Midnight and Gator are raring to go.

Page 2

SENIORS

Ukulele band entertains at senior lunch.

Page 3

SCHOOLS

Three new buildings open at Arroyo High.

Page 11

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Calendar.....	3
Classified Ads	8
Crossword	9
Pets.....	2
Food	4
Homes	6
Home Services	8
Letters.....	10
Obituaries	11
Seniors.....	5

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.



San Leandro Times

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

EDITORIAL

Howard Morrison
Editor and Publisher
howardm@ebpublishing.com

Jim Knowles
Managing Editor
jimk@ebpublishing.com

Contributing Writers
Buzz Bertolero
Mike McGuire
Michael Singer
Carl Medford
Linda Sandsmark

PRODUCTION

Howard Morrison
Manager

Moxie Morrison
Assistant

Claudette Morrison
Business Manager

ADVERTISING

Display Advertising
Claudette Morrison
Classified Advertising
Patrick Vadnais

HOW TO REACH US

San Leandro Times
2060 Washington Ave.
San Leandro, California 94577
Office hours: Weekdays, 9 a.m. to 5 p.m.
Main Office: (510) 614-1555
Newsroom: (510) 614-1557
Sports: (510) 614-1561
Advertising: (510) 614-1555
Classified: (510) 614-1558
Fax: (510) 483-4209
Email: jimk@ebpublishing.com
www.ebpublishing.com



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Pets of the Week



Gader



Midnight

The Pets of the Week at the Hayward Animal Shelter, 16 Barnes Court in Hayward, are both dogs, a Belgium Malinois and a German shepherd mix.

Gader is a 1-year-old Belgium Malinois. He has been waiting for his forever home since July. Gader is an energetic dog that loves to please and looks for guidance. He would do best in a home with

teens and up.

Midnight is a 1-year-old German shepherd mix. He is a very goofy dog that demands your attention and needs to play. Midnight knows he's big and tries to get away with it. He would do best in a home with teens and up. To meet or adopt Gader or Midnight, call the Hayward Animal Shelter at 510-293-7200.

Learning to Be Resilient Helped in Navy Career

Petty Officer 2nd Class Jordan Grant, a native of Oakland, California, serves the U.S. Navy assigned to Navy Recruiting Orientation Unit.

The skills and values needed to succeed in the Navy are similar to those found in Oakland, he said.

"I learned in Oakland resilience and to keep busy to stay out of trouble," said Grant. "It toughened me up and I came in more prepared for the Navy."

Grant joined the Navy five years ago. Today, he serves as a Navy recruiter.

"I joined the Navy because I promised my brother that if he joined, I would join with him," said Grant. "I also was a gun range worker and knew a lot of veterans who served and my grandfather served in the Navy."

Students attending basic recruiting courses receive a



PHOTO COURTESY US NAVY

Jordan Grant is grateful to others who helped make a navy career possible.

good dose of public speaking classes to develop communications skills that will help them not just in recruiting but throughout their Naval careers.

Students must demonstrate

"My proudest accomplishment is my first deployment."

— Jordan Grant

what they learn in the classroom with prepared speeches and perform in a simulated sales environment, where they must help an applicant make an informed, mutually beneficial decision to join the Navy.

With 90 percent of global commerce traveling by sea and access to the internet

relying on the security of undersea fiber optic cables, Navy officials continue to emphasize that the prosperity of the United States is directly linked to trained sailors and a strong Navy.

Grant has many opportunities to achieve accomplishments during military service.

"My proudest accomplishment is my first deployment because it was just shy of a year and we were confined to the ship or pier due to COVID," said Grant. "I am proud of that because I was part of a record-breaking deployment."

Grant is grateful to others for helping make a Navy career possible.

"I would like to thank my shipmate Aviation Ordnanceman 2nd Class Farol who taught me a lot from working alongside him," said Grant. "Also, I would like to thank Chief Kesner, who taught me how to be a leader and Chief Guffey who is my number one mentor."

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Community Calendar

Community Chat with Councilmember Fred Simon

San Leandro City Councilmember Fred Simon will hold his monthly community chat on Saturday, Jan. 6, from 9 to 10 a.m. at the Manor Park pickle ball courts, 14900 Zelma St. Listen and share ideas on improving our environment and city, and learn how to become a community ambassador.

Friends of San Leandro Library Audiobook Sale

The Friends of the San Leandro Library will host an Audiobook Sale on Saturday, Jan. 6, from 10 a.m. to 4 p.m.; and Sunday, Jan. 7, from 10 a.m. to 1:30 p.m. at the San Leandro Main Library, 300 Estudillo Ave. in San Leandro. Lots of great options for audiobooks on CD and cassette. Buy one, get one free. All proceeds benefit the San Leandro Library's programs and services. This sale is cash only.

Race through the History of the Oakland Speedway

Join the library for a race through the history of the Oakland Speedway on Saturday, Jan. 6, from 1 to 3 p.m. at the San Leandro History Museum, 320 W. Estudillo Ave. The Oakland Speedway once stood where Bayfair Mall is today. Discover the many races, vehicles, and people who raced at the speedway. Be prepared to actively participate in reading and movement around the "racetrack." Activity is for ages 10+, adults are welcome. Email the Museum Curator, Dylainie Nathlich at dnathlich@sanleandro.org if you have any questions. Registration is required. Visit: <http://tinyurl.com/OaklandSpeedway> to register.

San Leandro Toastmasters Meet Every Thursday

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

American Legion Post 649 Monthly Meeting

American Legion Post 649 in Castro Valley meets on the last Monday of every month at 1800 (6 p.m.) for dinner, followed by the meeting at 6:30 p.m. at the Moose Lodge, 20385 Rutledge Road in Castro Valley. For more information, call Jim Smith at 510-305-2280.

Seniors Invited to Join Spectrum's Fall Prevention Program

Calling All Seniors: Fall into safety with Spectrum's Fall Prevention Program. Spectrum's Community Services Fall Prevention Program is accepting registration for its winter classes. The EnhanceFitness classes offer exercises addressing strength, balance, and flexibility. The Walk With Ease classes focus on self-motivated walking to boost strength and ease arthritis symptoms. Classes run from Jan. 2 to March 22 at the Cherryland Community Center, San Leandro Senior Center, or virtually via Zoom. Call 510-881-0300 (Option 6) or register online at www.SpectrumCS.org.

Resolve to Lose Weight

Join TOPS (Take Off Pounds Sensibly) for the support you need to start your weight loss journey. TOPS is a non-profit weight loss support group that meets on Fridays at 9 a.m. at the United Methodist Church, 19806 Wisteria Street in Castro Valley. For more information, call Sandy Montero at 510-299-7312. Join for fellowship and support. What do you have to lose?

Play Winter Reading Bingo

The San Leandro Library presents Winter Reading Bingo. Earn prizes and Loard's ice cream. Complete squares on the BINGO card by reading and doing activities. Join at the library or online. Stop by the library and join in on the fun. Free for all ages at all branches.



PHOTO COURTESY SPECTRUM COMMUNITY SERVICES

Everybody posed for a photo at the Christmas lunch at the San Leandro Senior Center where the Senior Center's Ukulele Band entertained. Below, City Councilwoman Xouhoa Bowen talks with diners at lunch.

Senior Center Ukulele Band Entertains at Lunch

The San Leandro Senior Center's Ukulele Band provided the music as 145 local seniors enjoyed lunch at the Senior Center on Friday, Dec. 22.

The lunch for seniors 60 and over is provided by Spectrum Community Services, which serves lunch on weekdays throughout the year.

City Councilwoman Xouhoa Bowen attended the special luncheon just before Christmas. Visit SpectrumCS.org for more info about the Senior Meals program.



Register Next Week For San Lorenzo Adult School Classes

San Lorenzo Adult School Registration is Jan. 9-10

The San Lorenzo Adult School, 820 Bockman Road in San Lorenzo, will hold in-person registration on Tuesday and Wednesday, Jan. 9 and 10, for free winter classes to learn English as a second language (ESL) and complete high school, plus low-cost classes in fabric crafts and certification in computer networking.

School staff will be ready to assist interested students 18 and older with registering for daytime and evening classes that start Jan. 16 and 17 and continue through May. The in-person registration times are 9 to 11 a.m. and 5 to 7 p.m. on Jan. 9; and 9 to 11 a.m. on Jan. 10.

Students are not required to reside in the San Lorenzo Unified School District.

Students registering for English and high school completion need to select a date for a pre-test for placement in courses that match their readiness level. More information is available online at adu.slzsd.org.

San Leandro Students Make Dean's List at Lehigh

Lehigh University in Bethlehem, Pennsylvania announced students who made the Dean's List for Fall 2023, including two students from San Leandro, **Leia Barnes** and **Hannah Gonzales**. This status is granted to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses.

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East Bay Living



Roasting Winter Vegetables

The great thing about roasting vegetables is that it's so simple. Just remember to always preheat the oven. Vegetables should be roasted in a very hot oven so that they will caramelize while staying moist and tender inside.

Many vegetables especially benefit from roasting, such as on-

ions, potatoes, carrots, and other hearty root vegetables, but most vegetables will work. While raw garlic is pungent, roasted garlic has a sweet, buttery flavor.

Toss vegetables with a quality seasoned olive oil mixture to help flavor the vegetables and keep them from becoming dry.

Roast in a heavy pan and line it

with foil for easy cleanup.

ROASTED WINTER ROOT VEGETABLES

- 1 pound rutabaga, peeled, cut into 2x1/2 inch pieces
- 1 pound parsnips, peeled, cut into 2x1/2 inch pieces
- 1 pound carrots, peeled, cut into 2x1/2 inch pieces
- 1/2 teaspoon salt
- 1/4 cup olive oil
- 1-1/2 tablespoons dried basil
- Salt and black pepper to taste
- 1/4 cup chopped fresh parsley

Place rutabaga in a pan, cover with water and add 1/4 teaspoon of salt. Bring to a boil, reduce heat to medium, cover, and simmer until tender and easily pierced with a fork, about 5 minutes. Drain well, and cool completely. Repeat steps to cook the parsnips and carrots.

Place completely cooled vegetables in resealable freezer bags. Refrigerate for 1 to 2 days.

Preheat oven to 425°F.

Pour the olive oil into a rimmed baking dish. Place the vegetables into a large mixing bowl and toss

with the basil, salt, and pepper. Place the pan in preheated oven to heat for 5 minutes. Add the vegetables and toss to coat with the oil.

Roast vegetables in preheated oven, turning every 10 minutes, until tender and golden brown, about 30 minutes. Sprinkle with parsley before serving. Serves 12.

ROASTED YAM & KALE SALAD

- 2 jewel yams, cut into 1-inch cubes
- 2 tablespoons olive oil
- Salt and freshly ground black pepper to taste
- 1 tablespoon olive oil
- 1 onion, sliced
- 3 cloves garlic, minced
- 1 bunch kale, torn into bite-sized pieces
- 2 tablespoons red wine vinegar
- 1 teaspoon chopped fresh thyme

Preheat an oven to 400°F. Toss yams with 2 tablespoons of olive oil in a bowl. Season to taste with salt and pepper, and arrange evenly onto a baking sheet.

Bake in the preheated oven until the yams are tender, 20 to 25 minutes. Cool to room temperature in the refrigerator.

Meanwhile, heat the remaining tablespoon of olive oil in a large skillet over medium heat. Cook and stir the onion and garlic until the onion has caramelized to a golden brown, about 15 minutes. Stir in the kale, cooking until wilted and tender. Transfer the kale mixture to a bowl, and cool to room temperature in the refrigerator.

Once all the ingredients have cooled, combine the yams, kale, red wine vinegar, and fresh thyme in a bowl. Season to taste with salt and pepper, and gently stir to combine. Yields 6 servings.

GREEK-STYLE ROASTED POTATOES

- 2 teaspoons lemon pepper
- 1/2 teaspoon dried marjoram
- 1 teaspoon dried basil

- 1/8 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1/4 cup white wine
- 1 cup water
- 2 tablespoons olive oil
- 2 tablespoons Italian salad dressing
- 2 cloves garlic, minced
- 1 lemon, juiced
- 1 tablespoon lemon zest
- 6 medium potatoes, peeled and quartered

In small bowl, mix the lemon pepper, marjoram, basil, thyme, and rosemary. In a separate bowl, mix the wine, water, olive oil, dressing, garlic, lemon juice, lemon zest, and 1/2 the seasoning mixture. Pour into a medium glass baking dish. Place potatoes in the dish, coat with the mixture, and sprinkle with remaining seasonings. Cover, and refrigerate 8 hours, or overnight.

Preheat oven to 350°F.

Bake potatoes 1-1/4 hours, basting once half way through the bake time. Yields 6 servings.

BRUSSELS SPROUTS ROASTED WITH APPLES & WALNUTS

- 1 pound Brussels sprouts, halved
- 1 cup chopped cauliflower
- 2 apples, peeled, cored, cut into chunks
- 1 sweet onion, sliced
- 1 tablespoon olive oil, or more if needed

Salt and pepper to taste
1/2 cup golden raisins
1/4 cup chopped walnuts
1 tablespoon Chardonnay wine, or more to taste

Preheat oven to 400°F. Line a baking sheet with aluminum foil.

Spread Brussels sprouts, cauliflower, apples, and onion onto the prepared baking sheet; drizzle with olive oil. Season with salt and black pepper; stir until evenly coated.

Bake in the preheated oven until Brussels sprouts and cauliflower are tender, 20 to 25 minutes.

Transfer Brussels sprouts mixture to a serving bowl. Fold in raisins and walnuts; drizzle with

wine. Toss to coat. Serves 6.

ROASTED PLUM TOMATOES

- 12 plum tomatoes, halved lengthwise, cores and seeds removed
- 4 tablespoons olive oil
- 1-1/2 tablespoons balsamic vinegar
- 2 large garlic cloves, minced
- 2 teaspoons sugar
- 1-1/2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper

Preheat the oven to 450°F.

Arrange the tomatoes on a sheet pan, cut sides up, in a single layer. Drizzle with olive oil and balsamic vinegar. Sprinkle the garlic, sugar, salt, and pepper over the tomatoes.

Roast for 25 to 30 minutes, until the tomatoes are concentrated and beginning to caramelize. Serve warm or at room temperature. Serves 4.

ROASTED VEGETABLE MEDLEY

- 1 medium onion
- 1 medium or 2 small carrots
- 1 zucchini
- 1 eggplant
- 2 small potatoes
- 5 small tomatoes
- 1 red or yellow pepper
- 2 cloves of garlic
- Salt and freshly-ground pepper to taste
- Dried herbs (sage, thyme, rosemary, wild fennel etc.)
- 4 to 5 tablespoons of olive oil, plus more to taste

Preheat oven to 375°F. Quarter and slice the onion thinly. Dice all the vegetables into pieces that are approximately the same size (no larger than 1/2 inch).

Pile the vegetables into a baking dish so that the vegetables lie a few inches thick. Season with salt, pepper and herbs to taste and then pour the olive oil over the vegetables. Mix thoroughly but gently until they are well-coated and glistening with oil. If need be, add more oil.

Put the dish in the oven and bake for 45 minutes to an hour. Halfway through the cooking process, remove the dish from the oven and very gently stir the vegetables so that the ones at the bottom come to the top.

Towards the end of the cooking process, stir a second time. Remove from the oven and let cool slightly. Check for seasoning and serve. Serves 6.

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ARIES (March 21 to April 19): The new year holds promise for all you Lambs who know how to take advantage of the opportunities out there. The key is keeping a positive attitude.

TAURUS (April 20 - May 20): Over the course of this new year, you beautiful Bovines will continue bulldozing the barriers that stand between you and the success of your long-term plans.

GEMINI (May 21 to June 20): The new year kicks off with a major decision about a job change that could involve a lot of travel. The choice you make could influence other decisions down the line.

CANCER (June 21 - July 22): Familial relationships continue to have a strong influence on whatever long-term decisions you make involving both your career and your personal life.

LEO (July 23 - August 22): Any decisions that you put off making last year should be confronted and dealt with as soon as possible. You need to clear away the past and make room for the future.

VIRGO (August 23 - Sept. 22): Last year's disappointments are history. Expect to see more opportunities opening up and waiting for you to use them to your advantage.

LIBRA (Sept. 23 - October 22): You still have some trouble spots lingering from last year. Resolve them so that you can move on to tackle more rewarding situations.

SCORPIO (October 23 - November 21): Developments in the year ahead can be more challenging than you had expected, but the rewards will be well worth your efforts.

SAGITTARIUS (Nov. 22 - Dec. 21): You are the Philosopher of the Zodiac, and your wisdom will go a long way in helping you deal with the challenges of the upcoming year.

CAPRICORN (Dec. 22 - Jan. 19): Take stock of what you propose to do in the new year and get started as soon as possible. On another note, last year's critics turn into this year's admirers.

AQUARIUS (Jan. 20 - Feb. 18): This year, the typically gentle Water Bearer can reveal a hidden streak of steel that few people suspected you had; they will be surprised to see how you use it.

PISCES (Feb. 19 - March 20): Although new friends open up different social vistas, your penchant for privacy is still strong and allows you the quiet time you need to indulge in your creative gifts.

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CROSSWORD PUZZLE ANSWERS

A	H	A	B	C	O	B	S	P	O	I
D	A	V	E	H	M	O	S	A	P	P
D	R	E	G	I	N	R	E	R	E	O
S	I	R	I	V	I	I	F	A	N	S
		N	E	E		N	P	R		
C	I	G	A	R	S	G	R	E	E	N
A	D	A	G	E		A	S	T	I	N
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E	S	S		O	D	I	E	T	A	N



PHOTO BY JIM KNOWLES

Big Splash

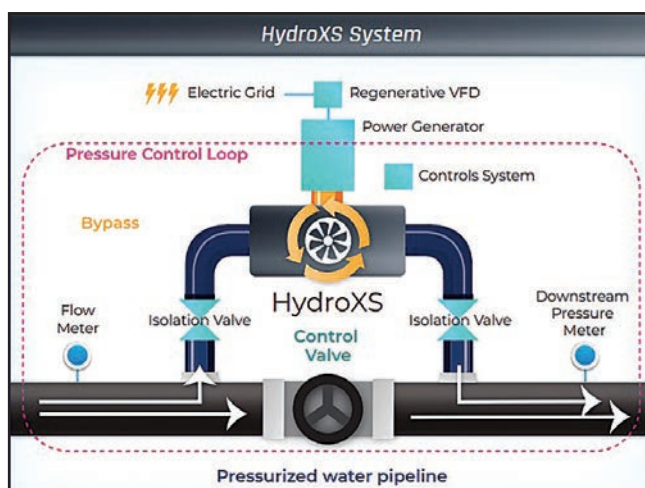
Big waves hit the coast of California on Saturday, crashing against the seawall in Pacifica.

EBMUD Generates Clean Power from Water Pressure

The East Bay Municipal Utility District (EBMUD) has partnered with InPipe Energy, a California-based clean energy company, to generate electricity from the flow of water in its water system.

This investment in innovation supports EBMUD's energy policy goal to become carbon neutral by 2030. This is the first installation of the In-Pipe technology in California.

The new in-conduit hydroelectric system works like traditional pressure regulating valves in EBMUD's water distribution system but uses a turbine to reduce water pressure in the distribution



pipeline while generating electricity, creating a reliable, clean source of power.

Installed in parallel with

EBMUD's Piedmont Regulator, InPipe's in-conduit hydroelectric system will replicate see *POWER*, page 11

Medina Named President of San Lorenzo School Board

The San Lorenzo Unified School District Board of Education unanimously approved Trustee Samuel Medina as its new president for 2024 at its Dec. 19 meeting.

Medina succeeds Kyla Sinegal, who has served in that role for the past two years.

Medina, employed with Village Properties & Associates in San Lorenzo, is an SLZUSD alum who joined the board in 2017 when he was appointed to fill a one-year board vacancy. He has since been twice reelected.

"This district has made me



Samuel Medina will head the San Lorenzo school board.

who I am," Medina said. "I am committed to being the best

version of myself I can for the position and will be relying on everybody to help me be that."

Trustee Alicia Gonzalez was unanimously chosen as board vice president/clerk, replacing Juan Campos, who has served in that role for the past year.

Penny Peck was chosen to represent SLZUSD on the board of the Eden Area Regional Occupational Program Center in Hayward, and Gonzalez will continue to serve on the board of the Mid-Alameda County Special Education Local Plan Area, known as the MAC SELPA.

SENIORS

IHSS Program: Financial Resources for Home Care

Q: Our 91 year-old mother is frail but wishes to remain at home. She has limited financial resources, so my sister is living with her and providing care without pay. Are there any government programs that might help us hire a caregiver and give my sister some relief?

By Gene L. Osofsky, Esq.
SPECIAL TO THE TIMES



persons who are eligible for Medi-Cal or Supplemental Security Income ("SSI"). With the recent lifting of the Medi-Cal resource caps (as of 01/01/2024), many more folks will now qualify for Medi-Cal, thereby making themselves eligible for IHSS upon a showing of need for home care. Note: SSI still retains the very modest resource caps of no more than \$2,000 in savings for a single individual or \$3,000 for a couple. However, the Medi-Cal door has now swung widely open in 2024, and will be the easier route to eligibility.

Income Limits: For persons with low monthly incomes, the benefit is available without a share of cost ("co-pay"). However, for persons whose monthly income is above certain levels (currently, above \$1,677 for a single person and \$2,269 for a married couple, in 2023), the applicant will have a share of cost that must be paid to the worker before the IHSS program pays the balance. Thus, the program only works well for persons with low incomes, or persons with great

need who are awarded many hours of care.

In many cases, the caregiver may hire a family member, whether a spouse or an adult child. Also, for the caregiver who works at least 80 hours per month, the program in Alameda County makes health-care available at a nominal monthly premium, a valuable benefit to the worker.

If your mother qualifies for IHSS, she could hire your sister, so that your sister could then receive both a salary and health insurance. Also, to give your sister some relief each month, your mother could split care hours, hiring your sister for some of the hours, and another caregiver for the balance of approved hours.

To find out more, call the Alameda County Area Agency on Aging at 510-639-1090, or visit: alamedacountysocialservices.org. Alternatively, you may contact our firm for assistance.

Gene L. Osofsky is an elder law and estate planning attorney who has been helping East Bay families for over 30 years with Trusts, Powers of Attorney, Probate, Medi-Cal Planning, and related matters. Visit: LawyerForSeniors.com, or call (510) 247-2555.



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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



What to Expect in Alameda County Real Estate in 2024 – Top 5 Trends

By Carl Medford, CRS
Special to the Times

2023 is done. For those following real estate, it was a tumultuous year, with enough twists and turns to put Great America's Flight Deck roller coaster to shame. Now that it is finished, what can we expect for 2024?

1. Prices are projected to rise

Even though we saw a light decrease in pricing in Decem-

ber, 2023, that can be attributed to seasonal trends and continued high interest rates. In 2024, however, the California Association of Realtors (CAR) is projecting that statewide, "California's median home price is forecast to climb 6.2 percent to \$860,300 in 2024, following a projected 1.5 percent decrease to \$810,000 in 2023 from 2022's \$822,300." They also state "existing, single-family home sales are forecast to total 327,100 units in 2024, an increase of 22.9 percent from 2023's projected pace of 266,200."

2. Interest rates are projected to fall

In response to the Fed's decision to stop rate hikes for the moment, Danielle Hale, chief economist at Realtor.com, in an emailed statement, declared, "[M]ortgage rates will continue to ease in 2024 as inflation improves and Fed rate cuts get closer. Mortgage rates could near 6.5% by the end of the year, a key factor in starting to provide affordability relief to homebuyers."

3. Technology-driven services are projected to rise

Expect technology in the real estate space to increase in 2024, especially the use of AI (artificial intelligence). As 2023 Realtors saw a decline in the number of listings due to the extremely tight market, agents, looking for ways to enhance

the consumer experience in 2024, are looking at tech solutions to bridge the gap.

4. Affordability issues expected to continue

As California prices are expected to rise, increasing purchasing power will be offset by higher prices. Even though listings are projected to increase in 2024, buyer affordability will still remain very low. CAR states, "Hous-

ing affordability is expected to remain flat at 17 percent next year from a projected 17 percent in 2023."

5. Sellers to seek strategic options to assist buyers

With interest rates projected to remain above 6%, there will be an increase in the number of sellers looking for creative solutions to enable buyers to purchase their homes. Whether closing cost credits, buy-down

credits, pre-paid HOA fees – expect sellers to get more creative in 2024.

Looking to buy or sell in 2024? Fasten your seatbelt – we are anticipating another crazy year as challenges continue.

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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cory@redoakrealty.com
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Prepping the soil

Work now to improve your soil for the coming year's growth. First: do a **soil test** to see if it is lacking pH-raising materials like lime, or acidifying items like elemental sulfur, and purchase what is needed. With a pitchfork or spade, gently begin breaking up your existing soil, then gently work in compost, cow or horse manure, any needed materials determined by your soil testing, and organic fertilizers like greensand, rock phosphate, kelp, bonemeal or bloodmeal. The microbes and beneficial soil-dwellers will start working right away to break all these nutrients down in time for spring planting. – Brenda Weaver

Source: bonnieplants.com

Heading into the New Year, Mortgage Rates Remain on a Downward Trend

The rapid descent of mortgage rates over the last two months stabilized a bit this week, but rates continue to trend down. Heading into the new year, the economy remains on firm ground with solid growth, a tight labor market, decelerating inflation, and a nascent rebound in the housing market.

Best to Transplant Roses While they Are Dormant

By Buzz Bertolero
Special to the Times

Q I need to transplant a few hybrid tea roses to another area. Should it be done before or after they are pruned, or does it matter?

A It doesn't matter whether the bushes are pruned before or after being transplanted. Most gardening books recommend transplanting roses while they are dormant. In the Bay Area, January and February would be typical; however, with our mild temperatures, roses never go completely dormant. Also, it is not unusual for them to bloom in January, although the foliage looks crummy. This confuses and frustrates many gardeners as they wait for dormancy that never comes. The ideal time to relocate or transplant roses is

Thanksgiving through March. Roses are successfully moved when the days are short and daytime temperatures are below seventy degrees. Hybrid Tea roses are large rose bushes that reach five to six feet in height. I would prune them before transplanting as it reduces the size of the bushes, making transplanting easier with fewer branches getting in the way. Removing three feet from the top and two to three feet off the sides is common. A common mistake when transplanting roses is to plant them too deep. The top of the first root should be at or near the soil surface. All too often, the bushes are planted up to the bud union. The bud union is where the desirable rose variety is budded to the rootstock and should be above ground. Problems can develop from the poor drainage from our clay soils and the constant moisture as roses

are watered frequently. This is easily corrected by removing the excess soil to the top of the first root at transplanting. Also, the distance between the bud union and the origins will vary significantly between bushes. The more significant issue is the projected wet winter. The wet conditions often delay things, but don't worry; replanting even as late as April shouldn't be a problem. The late planting only delays the first flush of flowers.

Q I want to plant some lettuce, but I'm concerned it will freeze. What varieties are the most resilient to cold temperatures?

A Lettuce will freeze if it gets cold enough. Fortunately, that does not occur very often in the Bay Area. All leaf and head-type lettuces are okay to plant for the

winter months. But I prefer Lettuce as I don't have to wait for it to mature. You pick the outer leaves as the plants grow. At

this time of the year, it is much slower than in April or May. The other issue may be the soil is too wet. I then suggest you plant in containers. Also, it's too cool for seeds, so I replant transplants from your favorite

garden center.

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

WEEKEND GARDENER

Roses

January is the month to prune your rose bushes as well as deciduous trees, shrubs, grape vines, kiwis and berries. Apply dormant oil spray after pruning, not before. Do not prune any spring-flowering trees or shrubs until they finish blooming.

Prune roses way back, using clean, sharp tools and protect your hands with heavy gloves. Make all cuts at 45-degree angles above an outside bud eye, about a quarter-inch above the eye. Take out twiggy and malformed growth.

For a moderate pruning, cut bushes 18 to 24 inches high with three to six canes left in place. Severe pruning produces larger, but fewer blooms. Floribundas and grandifloras often benefit from a light pruning.

On old garden roses, don't do anything until after the spring bloom. Prune tree roses and hybrid teas to a vase shape. Climbing roses bloom on mature canes, so don't be overzealous. Train their canes against a fence or trellis by attaching the canes to the structure in a horizontal position.

Slithery Pests

Snails and slugs love rainy weather and will be after young winter annuals. The quickest, safest way to get rid of them is to hand pick them at dusk using a flashlight. They can often be found clinging to the garden hose and along the side of sheltered bricks. Secure them in a plastic bag and put them in the garbage.

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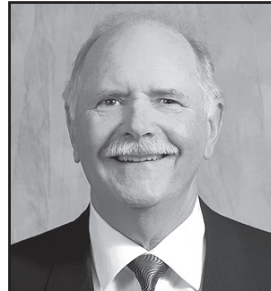
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MELISSA WILK

December 12, 2023

County Clerk

ALAMEDA COUNTY

By-----, Deputy

FILE NO. 602729

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Swimmers Only Association, located at 5465 Holland St Oakland, CA 94601. Alameda County, is hereby registered by the following owner(s): Ali Tali Garry Muhammad, located at 5465 Holland St Oakland, CA 94601. This business is conducted by An Individual. This business commenced 12/12/21 /s/Ali Tali Garry Muhammad

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FILE NO. 602807

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Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
PCOM Inc., located at 633 E 14th Street
#100 San Leandro, CA 94577. Alameda
County, is hereby registered by the fol-
lowing owner(s): Professional Commer-
cial 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
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dicated by file stamp above.
Expires December 13, 2028

FILED December 12, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 602693

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Los Perez, located at 28232 Industrial
Blvd., Hayward CA 94545 / 1462 Rieger
Avenue Hayward CA 94544. Alameda
County, is hereby registered by the fol-
lowing owner(s): Hipolito Perez, lo-
cated at 1462 Rieger Avenue Hayward
CA 94544. This business is conducted
by An Individual. This business com-
menced N/A

/s/Hipolito Perez
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ty Clerk of Alameda County on date in-
dicated by file stamp above.
Expires December 11, 2028
DEC 21, 28, JAN 04, 11, 2024

FILED December 06, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 602487

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Sorrento Auto Sales, located at 22268
Mission Blvd., Hayward, CA 94541. Al-
ameda County, is hereby registered by
the following owner(s): Karina Suse
Bibiano Nunez, located at 30166 Brid-
geview Way, Fremont CA 94544. This
business is conducted by An Individual.
This business commenced N/A

/s/ Karina Suse Bibiano Nunez
This statement was filed with the Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
Expires December 05, 2028
DEC 14, 21, 28, JAN 04, 2024

FILED December 08, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 602587

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Serene Living Care, located at 2843
Sunnybank Lane, Hayward CA 94541.
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by the following owner(s): Gailee
Kwon, located at 15165 Orion Road San
Leandro, CA 94579 / Rowena Del Rosa-
rio-David, located at 2208 Charter Way,
San Leandro CA 94579. This business is
conducted by a General Partnership.
This business commenced 11/01/2023

/s/Gailee Kwon
This statement was filed with the Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
Expires December 07, 2028
DEC 21, 28, JAN 04, 11, 2024
1062- SLT

FILED December 15, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 602832

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Slikker's Donuts, located at 1321
MacArthur Blvd., San Leandro, CA
94577. Alameda County, is hereby reg-
istered by the following owner(s): Mei
Chhun, located at 611 Dolores Ave.,
San Leandro, CA 94577. This business
is conducted by a Limited Liability
Partnership. This business commenced
12/15/2023

/s/Mei Chhun
This statement was filed with the Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
Expires December 14, 2028
DEC 28, JAN 04, 11, 18, 2024

FILED October 31, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 601749

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Valley Nail & Spa, located at 4170 Pied-
mont Ave., Suite A, Oakland, CA 94611.
Alameda County, is hereby registered
by the following owner(s): Lmvo Corpor-
ation, located at 4170 Piedmont Ave.,
Suite A, Oakland, CA 94611. This busi-
ness is conducted by a Corporation.
This business commenced 10/28/2023

/s/My Thi VO
This statement was filed with the Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
Expires December 07, 2028
DEC 21, 28, JAN 04, 11, 2024
1062- SLT

FILED December 12, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 602728

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Hottie Body, located at 2050 Evelet
Ave San Leandro, CA 94577. Alameda
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lowing owner(s): Ricki Davis, locatec
at 2050 Eveleth Ave San Leandro, CA
9457. This business is conducted by Ar
Individual. This business commencec
12/12/23

/s/Ricki M. Davis
This statement was filed with the Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
Expires December 11, 2028
JAN 04, 11, 18, 25, 2024
1070- SLT

FILED December 1, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 602400

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Precise Built Construction, located at
829 Webster Street APT 505, Haywarc
CA 94544. Alameda County, is hereby
registered by the following owner(s)
Roberto A, Figueroa, located at 825
Webster Street APT 505, Hayward CA
94544. This business is conductec
by An Individual. This business com-
menced N/A

/s/Roberto A, Figueroa
This statement was filed with the Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
Expires November 31, 2028
JAN 04, 11, 18, 25, 2024
1072- SLT

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Fri., Jan. 19, 2024

7:00 PM



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Sat., Feb. 17, 2024

7:00 PM



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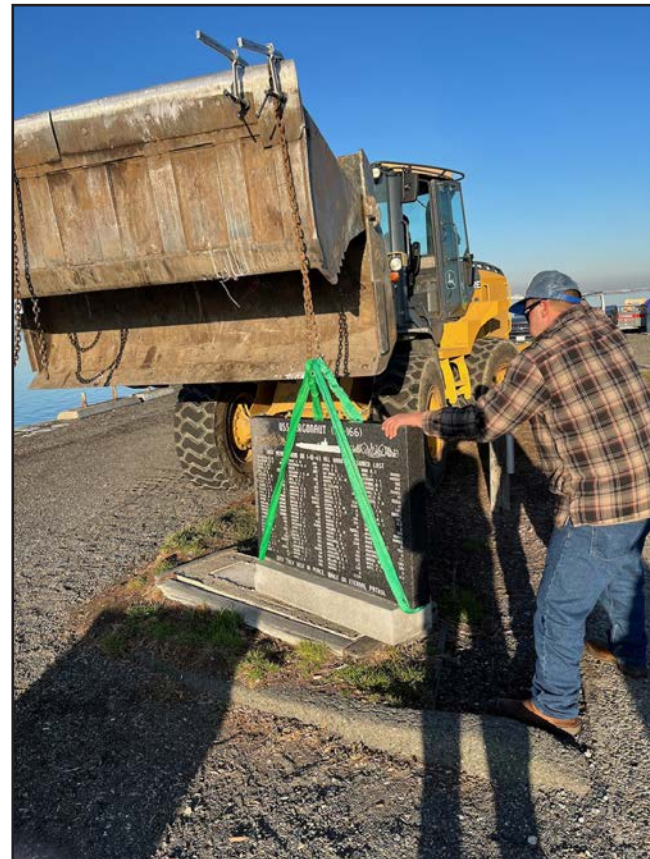
ACROSS

- Melville captain
- Male swans
- Luau dish
- Humorist Barry
- Med. plan options
- PC program
- Barrel bottom bit
- Concerning
- Old Olds
- Voice in an iPhone
- Half of XIV
- Rooters
- Formerly called
- "Morning Edition" aier
- Humidor contents
- Salad base
- Maxim
- Sean of "Rudy"
- Bequest
- Surround with light
- Judge Lance
- Approves
- Iowa crop
- WWII service member
- "See ya!"
- Some
- "Legally Blonde" role
- Branches
- Wish otherwise
- Intend
- Harvest
- Curvy letter
- "Garfield" dog
- Catches some rays
- Deli loaves

DOWN

- Totals
- Mata --
- Say it's so
- 2013 Keira Knightley film
- Sour cream tidbits
- Hotel chain
- Ho-hum
- Away from NNW
- Brazilian rubber
- Frank
- Wall St. debuts
- Clean slate
- Upright
- Bit of mischief
- Baseball's Ripken
- Chemical suffix
- Joke
- JFK info
- Goose egg
- cone
- Cried in pain
- Tertiary Period epoch
- Give a dam
- Burden
- Deli loaves
- Jai --
- Bailiwick
- Eliot Ness, e.g.
- Nile vipers
- Punk rock offshoot

ANSWERS ON PAGE 2



PHOTOS COURTESY OF JIM GARVEY

The crew that moved the submarine memorial for safe keeping poses for a photo. At right, a Public Works bulldozer lifts one of the plaques with a list of missing U.S. Navy submarines.

Memorial: Plaques honor crews of 65 lost U.S. Navy submarines

continued from front page

lost U.S. Navy submarines, 52 lost in World War II, 10 before the war and 3 after.

On a Saturday in December, the group hoisted the torpedo and the granite plaques onto trucks and moved them to a National Guard armory in Hayward.

"This was done largely to prevent any further vandalism which may have led to permanent damage," said Jim Garvey who helped with the

move. "The intent is to reinstall the torpedo and plaques once the park is ready for them."

The California Lost Boat Memorial Fund and submarine veteran groups from Mare Island helped with the move. Also lending a hand were the San Leandro Public Works Department, Alpine Construction, the American Legion Riders, and two members of the Ouimette family, descendants of the World War II vets

"This was done to prevent further vandalism which may have led to permanent damage.

— Jim Garvey

who installed the memorial in 1986.

"Public Works picked up the torpedo from its stand and put it on a flatbed pulled by an Alpine Construction dump truck," Garvey said. A second flatbed truck carried the plaques.

Garvey said he doesn't exactly know who arranged it, but the California Highway Patrol ran a traffic break once the truck got to I-880 for its trip to Hayward.

During World War II, 263 U.S. Navy submarines crewed by 16,000 sailors sank 1,178 merchant ships and 214 naval vessels. Of the 263 submarines, 52 were lost and 3,617 men never returned. At the same time, Germany lost 781 U-boats, Japan lost 130 and Italy lost 85.

In 1960, each state commander of the Submarine Veterans of World War II was asked to select a "Lost Boat" for his state to commemo-

rate. California selected the U.S.S. Argonaut. In the 1980s, California also selected the U.S.S. Grampus. Both boats are among those engraved in the plaques on the San Leandro memorial.

The memorial will be cleaned up and refurbished while it's in storage.

"It's possible we can remove the graffiti with acetone," Garvey said. "We'll have it worked on by an auto body shop."

Laws: New laws on working from home, rent deposits, camping

continued from front page

ing workers to return to the office. Senate Bill 731 says your employer must give you a 30-day advance written notice before requiring you to return to in-person settings. Of course, employees who have a disability have the right to work virtually, if applicable.

Maternity

Senate Bill 848 requires employers to offer reproductive leave within three months of the event, which must be separate from your other time-off benefits. Additionally, you now have five days off for a death in the family.

Senate Bill 616 says your employer must give you at least 40 hours or five days of accrued sick leave or paid sick leave in a 12-month period if you have worked for them at least 30 days.

Renting, Cap on Security Deposits

There are a batch of new laws protecting tenants, including capping security deposits at one month's rent, even if the unit is furnished or not (Assembly Bill 12), prohibiting the use of a person's credit history as part of the application process (Senate Bill 267), and protections for tenants in rent-controlled units who have permanent disabilities related to mobility.

With the passage of Assembly Bill 1620, these tenants can relocate to an available and accessible unit at the same rental rate and terms. This only applies to housing with five or more units.

Bicycle Riding

A new section to Assembly Bill 1909 (the OmniBike Bill) allows you and your bike to

cross an intersection if the "WALK" or "Walking Person" light appears in your direction. Cars and trucks must now completely change lanes before passing you if the lane change can be done safely. This adds to the requirement that motorists stay at least three feet away from cyclists.

Camping at a State Park

You could be charged fees, including the cost of the first night, if you cancel your reservation somewhere between two and six days of your stay, according to Assembly Bill 618.

Creation of an Ebony Alert

Like an Amber Alert for abducted minors and Silver Alert for lost seniors, Senate Bill 673 creates a new

emergency alert used to help locate missing Black women and youth.

Public Safety Changes

Senate Bill 2 strengthens laws against concealed carrying of firearms in some public spaces, including sidewalks and school zones.

Law enforcement will also increase the potential prison sentences for criminals convicted of dealing high amounts of fentanyl with the passage of Assembly Bill 701.

Senate Bill 14 now classifies child sex trafficking as a "serious felony," which makes it a strike under the Three Strikes Law, and imposes harsher penalties and sentencing.

LGBTQ Support

The California Department of Social Services will need to



Canceling your reservation at a state park, if not done in time, could cost an extra fee under a new law.

make sure LGBTQ youth are placed with supportive and gender-affirming foster parents, according to Senate Bill 407. The law requires a family to demonstrate the ability and willingness to meet a child's needs, regardless of sexual orientation, gender identity, or gender expression. Also, if a department store has at least 500 employees in California, they are required to have a gender-neutral section of children's toys, required by Assembly Bill 1084.

Ribbon Cutting as Three New Buildings Open at Arroyo High

By Scott Faust
Special to the Times

Facilities include features for students with special needs

The San Lorenzo Unified School District cut a ceremonial ribbon on Dec. 13 to dedicate three new classroom buildings at Arroyo High School, an \$8 million project funded through bond Measure B passed in 2018.

Students, staff, administrators, school board trustees, community members and construction partners gathered in an outdoor classroom adjoining the new wing on the far west end of Arroyo High.

The project has a combined total of 12,275 square feet. One building, with three classrooms, is specially designed for students with special needs. It has its own circle

drive and includes kitchen and laundry facilities to help teach independent-living skills. The other two buildings have a total of five classrooms for a variety of general education classes.

The new facilities will allow for removal of nine remaining portable classrooms at Arroyo, which date back to the 1990s. That aligns with the SLZUSD board of trustees' commitment to use bond funds to replace portables with permanent structures wherever possible.

Measure B also funded a similar three-building, six-classroom wing at San Lorenzo High, which will likely be occupied in August 2024.



PHOTOS COURTESY OF SCOTT FAUST

Joining in a Dec. 13 ribbon-cutting ceremony at Arroyo High School are, from left, Doug Marr, director of maintenance and operations; Penny Peck, board trustee; Eboni Odior, field representative for Assembly-member Liz Ortega; Mandy Guan, AHS senior and ASB president; Daryl Camp, superintendent; student Jessie Huynh; Angela Webster, AHS principal; Janavette Cole, Alameda County Office of Education board member; Silin Huang, district director for Alameda County Supervisor Lena Tam; and Renee Lama, assistant superintendent for educational services.

Those buildings also will replace portable classrooms.

Other modernization projects funded by Measure B include new classroom buildings at Lorenzo Manor and Colonial Acres elementary schools, as well as new roof-

ing and gutters, renovated restrooms, improved paths of travel and surfaces, electronic locks, video surveillance and public address systems.

Future plans include a new classroom building at Washington Manor Middle School

and further modernization at Arroyo and San Lorenzo high schools, including new fencing, security cameras and electronic locks.

Cutting the ribbon at the end of the 45-minute ceremony was Arroyo senior Jessie

Huynh, a student with special needs.

"We are thankful to the people who made this happen," Huynh said. "We are looking forward to starting our new year here. Thank you everyone!"



This aerial view shows one of three buildings in the new wing at Arroyo High School, as well as a new outdoor classroom.

Power: Power generation helps reduce greenhouse gas emissions

continued from page 5

the function of the existing regulator while generating approximately 130,000 kWh of emission-free energy per year for use onsite.

"This project generates clean energy while providing clean drinking water.

— EBMUD board member Marguerite Young

This system is expected to offset nearly 6 metric tons of CO2 emissions.

"EBMUD is always looking for innovative opportuni-



PHOTO: EBMUD

The in-conduit hydro-electric system works like a pressure regulating valve while producing electricity.

ties to meet our goal to become a carbon-neutral enterprise and contribute to fighting climate change," said EBMUD Board Member Marguerite

Young. "This project generates clean energy while accomplishing our mission of providing clean, safe water to our customers. I'm looking

forward to seeing more projects like this in our service area and around the country."

Since 2000, EBMUD has reduced its greenhouse gas

emissions by roughly half by generating and using solar energy, biogas and hydroelectricity, as well as by purchasing lower-emission energy, installing energy-efficient equipment and machinery, and purchasing zero- or low-emission vehicles. In-conduit hydroelectricity generation presents another opportunity to reduce EBMUD's carbon footprint.

EBMUD, California's second-largest water and wastewater retail utility with 1.4

million customers in Alameda and Contra Costa counties, will evaluate the performance and economics of the pilot to determine if this site or other locations can offer a cost-effective source of zero-emission energy.

"We will continue to implement cutting-edge solutions to meet our energy and sustainability goals, which is good for our community and the planet," said EBMUD General Manager Clifford Chan.

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Fellowship: Greene plans to do a similar study in Nepal

continued from front page

California, subsequently tightened restrictions on abortion following the Supreme Court's overturning of the Roe vs. Wade decision.

Perhaps even more influential was her study several years ago of access to contraception, which led some 21 states, including California, to change their laws. Even though President Obama's health care reforms had required coverage of birth control, many women were able to get only small amounts of contraceptives prescribed at a time.

Foster's research showed that women and families were healthier, both physically and economically, if they could receive a prescription for up to a year of contraceptives at a time, and were actually less likely to seek an abortion. Some states changed their laws accordingly.

Society seemed to be better off with easier access to contraception, Foster said of that study.

"Plus, in my personal view, one should be able to plan the

“Conversations on reproductive health are too focused on politics.

— Dr. Diana Grene Foster

timing of one's children,” she added.

In the Turnaway Study, Foster and her fellow researchers talked with more than 1,000 women across the country to see what happened when women who sought an abortion were denied one compared to women who did receive one.

They found women who were denied an abortion suffered both economic and health harms in the short term, were more likely to live

in poverty afterward, were more likely to remain in abusive relationships, and were more likely to be unemployed months or years later.

They also found that women who sought and did receive an abortion experienced greater financial stability, set more ambitious life goals, were able to provide more stability for children they'd already had, and were more likely to have a wanted child later.

They found little regret five years after an abortion and no increased mental illness among women who had sought and received an abortion.

Foster said in a MacArthur Foundation press release, “A rigorous scientific approach allows us to think about abortion without the distortion of a political lens. We need to know the consequences for people who get a wanted abortion and, of increasing relevance in our country, also those who are unable to end an unwanted pregnancy.”

Foster said that people often think a MacArthur Grant winner is soon visited by a



PHOTO: JOHN D. AND CATHERINE T. MACARTHUR FOUNDATION

Dr. Diana Greene Foster will use the award to finance more research.

truck that drops off a large pile of money at their house. Actually, she said, winners tend to use the money to finance more of the same research that won them the award, and it gets disbursed slowly as needed.

In her own case, she's carrying out a study similar to the Turnaway Study in Nepal,

in the Himalayas, and that's where much of the grant will go. In Nepal, abortion is legal, but women are frequently not able to access it.

Most of the rest of the award will go to finance a play about reproductive health that her sister, Leslie Greene, is preparing to stage, Foster said.

She hopes that depoliticizing reproductive health will help society move discussions of policies more toward their effects on people facing the consequences of those policies.

“Conversations on reproductive health generally are too focused on politics,” she said.

Recycle Your Christmas Tree into the Landscape

By Melinda Myers
Special to the Times

Don't drag that Christmas tree to the curb to be hauled away by the trash collectors. Give it a second, even third life, in your landscape.

No live Christmas tree? Don't worry. I'm sure your friends and neighbors will share theirs.

Move your locally grown Christmas tree outdoors after the holidays. Avoid trees imported from other states that may host invasive insects that can infest your landscape and nearby Christmas tree farms. Your local municipality or Department of Natural Resources has more information on any threats and disposal recommendations for your area.

Use your cut Christmas tree to protect evergreens in your landscape from winter winds and sun. They make excellent windbreaks while shading sensitive plants in your landscape.

Strategically place your discarded tree on the windward side of rhododendron, boxwood, and other broadleaf evergreens to reduce problems with winter burn. Place it on the south side of these plants to shade them from the drying winter sun.

Or remove the branches and use them as winter mulch

over bulbs and perennials. Layer the boughs over the plants and soil to keep the soil consistently cold. This reduces the risk of early sprouting and winter damage that can occur during winter thaws.

Or set the tree in the landscape for a bit of added greenery. Secure it in a snow pile

“Sweep up the fallen needles that were under your tree indoors and use them as mulch in the garden.

— Melinda Myers

or use stakes and guy wires in milder climates where the soil is not frozen. The birds will enjoy the added shelter and you will enjoy watching these visitors to your landscape.

Then consider adding a bit of food for your feathered visitors. Decorate the trees with fruits, berries, and seeds the birds can enjoy. Stringing cranberries and popcorn is a fun family activity and makes an attractive outdoor garland. Slices of oranges on colorful yarn and homemade bird ornaments can complete the adornments.

Sweep up the fallen needles that were under your tree indoors and use them as mulch in the garden. Place them directly on the soil or atop the snow. As the snow melts, the needles will be right where they belong. And don't worry, they will not make the soil too acidic. In fact, as they break down, they add organic matter to the soil.

As spring arrives, consider chipping and shredding your tree into mulch for trees and shrubs or pathways in the landscape. No chipper? You and your neighbors may want to rent a chipper to shred these and other prunings for use as mulch in your landscapes.

And, if this is not possible, check for recycling resources



PHOTO COURTESY OF MELINDAMYERS.COM

Removing the branches from Christmas trees and layering them over bulbs and perennials keeps the soil consistently cold, reducing the risk of early sprouting and winter damage.

in your community. Many municipalities have special pickups for Christmas trees. These are chipped, shredded, and made available for people to use in their landscapes.

Lake communities often sink the discarded trees to the bottom of lakes and ponds to provide habitat for the fish. Another great way to give your tree a second life.

And once you discover the value of this free resource you may find yourself collecting a few more from the neighborhood. But your family may ask that you wait until dark to drag your evergreen treasures back home.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's*

Handbook, 2nd Edition and *Small Space Gardening*. She hosts *The Great Courses* “How to Grow Anything” instant video and DVD series and the nationally syndicated *Melinda's Garden Moment* radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Myers' website is www.MelindaMyers.com.