



Going Bananas

A RECIPE FOR BANANAS

CREATED IN 1950s NEW ORLEANS..... 4

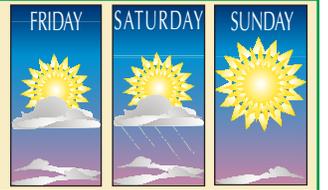
WEEKEND WEATHER

CLEAR Partly cloudy Friday
Rain Saturday

HIGHS: 56-59

0 10 20 30 40 50 60 70 80 90 100 110

LOWS: 38-42



San Leandro Times

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

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SAN LEANDRO • CALIFORNIA



PHOTO BY JIM KNOWLES

Centro-Callan Underway

The Centro Callan mixed-use project in downtown San Leandro broke ground in 2022 and the construction is coming along. The project will include a grocer on the ground floor, and 197 units of housing in a five-floor building at 1188 East 14th St. at Callan Avenue. At the groundbreaking, then-Mayor Pauline Cutter said, "San Leandro has good track record in building housing, but this will be a game-changer." Councilwoman Corina Lopez called it the first true mixed-use project in San Leandro in many years.

Both SLHS Co-Principals Gone

After his brother was removed, Reginald Richard decides to leave the school district, too; acting principal filling in

By Mike McGuire
San Leandro Times

San Leandro High School is starting off the new year with a new principal, Maite Barloga, according to San Leandro Unified School District spokesperson Keziah Moss.

Barloga had been filling in for Dr. Reginald Richardson, who had taken a leave until the end of winter break following the resignation of his co-principal and brother,

Dr. Ronald Richardson, who was removed from his job as co-principal last fall.

After his brother was removed, Reginald Richardson took a leave and then decided over break to also resign, after 10 years serving as SLHS co-principal with his brother.

The twin brothers and co-principals took the job at San Leandro High in 2014 with much fanfare. They arrived after serving as co-principals at Claremont Middle

School in Oakland.

The twins came from a family of teachers and graduated from San Francisco State and U.C. Berkeley.

After Ronald Richardson was removed from his job as principal, but not fired from the district, students and teachers came to a school board meeting in November to express their support for him. Many students spoke in praise of Richardson as a principal who took the time to get to

know them personally.

The crowd at that meeting shouted down the school board and the board called the police to quiet the crowd.

The reasons for Reginald Richardson's resignation were not made public, but the high school had been thrown into tumult last fall when Ronald Richardson was removed as co-principal, though not terminated, following allegations of misconduct.

see PRINCIPALS, page 11

City Council Must Fill Vacant Seat

Vacant District 1 seat must be filled by the end of February

By Michael Singer
San Leandro Times

Want to serve on the San Leandro City Council? Applications are now available for eligible residents of District 1, following the resignation of Councilmember Celina Reynes last month.

Reynes resigned in December, effective on Dec. 31, saying she wanted to focus on her family and her newborn baby. Although she didn't attend the last council meeting of the year on Dec. 18.

The application form and instructions to apply for District 1 are available at the

Office of the City Clerk and on the City of San Leandro's website. Applicants must be registered voters residing in District 1 to be considered for appointment.

District 1 includes downtown, Estudillo Estates, and the Bay-O-Vista neighborhoods. The application is a public document and includes questions about prior service on any San Leandro board or commission, community organization membership, and education or certifications see COUNCIL, page 11

City to Host MLK Celebration on Monday

The City of San Leandro invites the community to attend the city's annual celebration in honor of Dr. Martin Luther King, Jr., on Monday, Jan. 15, at the Marina Community Center, 15301 Wicks Blvd.

The doors will open at 10:00 a.m., and the event will start at 10:30 a.m. The ceremony commemorates the

birthday of this great American leader and his lifelong work toward equality and peace.

The year's event includes live entertainment provided by Sistahs of the Drum as well as inspiring student oratorical performances. Light refreshments and crafts for kids will also be provided, and free

see CELEBRATION, page 12

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Jimmena arrives right after the new year. Page 2

ENVIRONMENT

Creek cleanup planned for day of service. Page 3

HEALTH

Set your goals for 2024. Page 5

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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.



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



Tails



Sisu

The Pets of the Week at the Hayward Animal Shelter, 16 Barnes Court in Hayward, are both dogs, a Chihuahua and a pit bull mix.

Tails is an 11-year-old Chihuahua mix. He is looking to be in a quiet, loving home. Tails came to the shelter hungry and scared, but now is ready to be loved and fed by his forever family. Tails would do best in a home with teens

and up. **Sisu** is a 11-month-old pit bull mix. She is looking to be in a home with an active household that can help get her energy out.

Sisu is petite but packs a wallop on her activity level. Sisu would do best in a home with teens and up.

To meet or adopt Tails or Sisu, call the Hayward Animal Shelter at 510-293-7200.



PHOTO COURTESY OF KAISER PERMANENTE

Jesus Garcia and Roxana Vazquez welcome their baby Jimmena who arrived just after midnight on January 1 at Kaiser Hospital in San Leandro.

Jimmena – The New Year’s Baby

By **Mike McGuire**
San Leandro Times

Roxana Vazquez and Jesus Garcia of San Leandro had been planning a night of fine

dining at Paradiso’s on New Year’s Eve.

Then on Tuesday, January 2, they would induce labor and welcome their daughter Jimmena into the world in a relatively relaxed manner.

But Jimmena had other ideas. She arrived at 12:49 a.m. on Jan. 1 at Kaiser’s San Leandro Medical Center, according to Kaiser Permanente spokesperson Antonia Ehlers. Jimmena became San

Leandro’s first baby of the new year, and the third in the Bay Area. She weighed 6 pounds, 1 ounce, Ehlers said.

The very first in the Bay Area was born in San Jose at 12:05 a.m., but the next three babies were all born at Kaiser hospitals.

Besides Jimmena, there were babies born in San Francisco at 12:21 a.m. and Walnut Creek at 12:56 a.m., according to Ehlers.

Bay-O-Vista

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Seniors Invited to 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 Cheryland Community Center, San Leandro Senior Center, or virtually via Zoom. Call 510-881-0300 (Option 6) or register online at www.SpectrumCS.org.

CASTRO VALLEY UNIFIED SCHOOL DISTRICT SPECIAL EDUCATION PARAPROFESSIONAL JOB FAIR!

Do you have a passion for helping children learn?

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www.cv.k12.ca.us/SPED_jobfair/

Community Calendar

Hearing Loss Support Group

The East Bay Hearing Loss Support Group will meet on Saturday, Jan. 13, via Zoom. Greetings at 9:30 a.m., presentation at 10 a.m. RSVP at: info@HearingLossEB.org and click on monthly meeting Ed Auer PhD will return to share research results on the benefits of lip reading training and a program from a team at George Washington University. Auer spoke to the group in July 2022 and asked for participation. If you are someone who participated in the training program come share your experience. Everyone is welcome.

Family Art Workshop: Peace Project

Join the library for a peace-themed art project in honor of Martin Luther King Jr.'s legacy of peace at the San Leandro Main Library, 300 Estudillo Ave., on Saturday, Jan. 13, at 2 p.m. The program is presented by artists from the Museum of Children's Art (MOCHA). To register, call 510-577-3960.

Super Boba Café Night with Nidhi Chanani

Meet author Nidhi Chanani, learn how she created her newest graphic novel, Super Boba Café! on Tuesday, Jan. 16, at 6:30 p.m. at the San Leandro Main Library, 300 Estudillo Ave. Boba refreshment provided. Register for a free spot. Call 510-577-3960 for more information.

City Councilman Victor Aguilar To Speak to Washington Home Owners

The Washington Home Owners Association will host its monthly meeting on Wednesday, Jan. 17, in Room C of the Marina Community Center, 15301 Wicks Blvd. in San Leandro. City Councilman Victor Aguilar will speak about what is new in San Leandro and what is currently being undertaken by Alameda County Mosquito Abatement District. If you have any questions, call Bob Glaze at 510-352-2058.

Family Fun Night: Winter Magic Show

Mike the Magician presents an astonishing winter magic show for all ages on Wednesday, Jan. 17, at 6:30 p.m. at the San Leandro Main Library, 300 Estudillo Ave.

Critter Quest

See and touch live animals from Critter Quest on Thursday, Jan. 18, at 4 p.m. at the Manor Branch Library, 1241 Manor Blvd. in San Leandro. Discover why they were rescued and find out what you can do to help the animals around you. Great for school age children and their families. No registration needed.

Volunteer as an Adult Literacy Tutor At the San Leandro Library

Volunteer as an Adult Literacy or ESL Tutor at the San Leandro Library. Training consists of a self-paced online orientation and three in-person workshops, which will be held Monday evenings from 6 to 7:30 p.m. at the San Leandro Main Library, 300 Estudillo Ave. The three training dates will be Jan. 22, Jan. 29, and Feb. 5. To sign up for this free training, or to be added to the mailing list for future trainings, email projectliteracy@sanleandro.org or call 510-577-3944.

How to Spot Fake News

The League of Women Voters along with the Contra Costa County Library and Contra Costa TV will present a free webinar called "Mis/disinformation: How to Recognize and Respond to It" on Thursday, Jan. 18, from 4 to 5:30 p.m. To register, go to <https://bit.ly/4aIuBuD>. This webinar will explore how falsehoods spread in today's information ecosystem and how we all can avoid them, respond and deepen our capacity for constructive civil discourse. Deanna Trouost, founder of Truth in Common, will outline an approach for addressing this issue that each of us can employ. This webinar will have simultaneous Spanish and American Sign Language interpretation. Information on how to access the Zoom webinar will be sent to your email address 24 hours before the program. The library will provide closed captioning for this event. This program will be recorded and uploaded to the Library's YouTube channel after the event.

Creek Clean Up on Day Of Service

The Friends of San Leandro Creek (FSLC) invite volunteers to join the Martin Luther King Day of Service Creek Cleanup on Saturday, Jan. 20, from 10 a.m. to noon. Picking up trash helps keep our creek beautiful and healthy. Martin Luther King Day is a fun, community-building event for participants of all ages.

Sign up at: Eventbrite – Friends of San Leandro Creek Events.

Meet at the south-east side of the bridge over the San Leandro Creek on Hegenberger Road in Oakland. Park by the bridge (by the FSLC big sign), next door by Hegenburgers or at the Staging Area across the street.

Youth, scout, church, school groups and individuals are welcome. City of Oakland and Friends of San Leandro Creek waivers must be signed,



Creek cleanup volunteers pose for a photo at a past cleanup.

Clean Up Waiver Oakland waiver and children under the age of 16 must be accompanied by an adult. Waivers will also be available to sign at event.

Get your school volun-

ter service hours. Water and snacks will be provided.

Please bring your reusable water bottle to carry with you. Bring gloves, wear heavy shoes and clothing you don't mind getting dirty. Vinyl

gloves will be provided.

Bring your own 5-gallon bucket or two to collect trash for the dumpster.

Email Slevenson@sanleandro.org for more information.

Volunteer for Meals on Wheels

SOS Meals on Wheels, the provider of home-delivered senior nutrition in San Leandro and Castro Valley, needs more volunteers to keep up with the demand for service.

The work is rewarding, fun, and flexible, and meets a pressing need in our community of providing homebound seniors with a nutritious meal and wellness check.

As seniors continue to be the fastest-growing population in Alameda County, the need

for Meals on Wheels grows accordingly. We rely on our dedicated volunteer drivers to allow us to take on new clients in need of service.

Each day, volunteers meet either at the main kitchen on Polvorosa Avenue in San Leandro, or at the Castro Valley delivery hub, near Trader Joe's on Redwood Road. Pre-packed coolers with chilled meals are distributed to these volunteers by route.

The average route has 10 to 15 stops, and takes an average

of 1 to 2 hours, with a delivery window of 9:30 a.m. to 12:30 p.m. Routes can be driven at a frequency according to your availability, such as once per week, month, or when otherwise available.

Are you ready to join an amazing community of volunteers who serve our older neighbors?

Contact John Schinkel-Kludjian at 510-244-0165 or via email at John@sosmow.org.

For more information, call or visit sosmow.org.

SOS Meals on Wheels is a 501c(3) organization that fosters the independence and dignity of older adults by reducing food insecurity and isolation, with daily nutritious meals, friendly visits, and connection to support services. It serves San Leandro, Castro Valley, San Lorenzo, Fremont, Newark, and Union City, Hayward, and Oakland.

Take Off Pounds Sensibly

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 Method-

ist Church, 19806 Wisteria Street in Castro Valley.

For more information, call Sandy Montero at 510-299-7312.

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You'll Go Bananas Over These Recipes

It's no surprise that bananas are the world's most widely consumed fruit. Available year-round, they're delicious, nutritious and easy to peel and eat raw. But if all you ever do is slice them up over your Cheerios for breakfast, you're missing out on a world of flavors. Bananas can be cooked as a vegetable and used in salads and sauces, though they're most often used in a variety of drinks and desserts.

BANANAS FOSTER

In the 1950s, New Orleans was the major port of entry for bananas shipped from Central and South America. Owen Edward Brennan challenged his talented chef, Paul Blangé, to include bananas in a new culinary creation. Chef Paul created the scrumptious French Quarter dessert, Bananas Foster.

Little did anyone realize that Bananas Foster would become an international favorite and the most requested item on the restaurant's menu. Thirty-five thousand pounds of bananas are flamed each year at Brennan's in the preparation of its world-famous dessert.

1/4 cup (1/2 stick) butter
1 cup brown sugar
1/2 teaspoon cinnamon
1/4 cup banana liqueur (such as Bols)
1/4 cup dark rum
4 bananas, cut in half



BANANA CREAM PIE

lengthwise, then halved
4 scoops vanilla ice cream

Combine the butter, sugar, and cinnamon in a flambé pan or skillet. Place the pan over low heat either on an alcohol burner or on top of the stove, and cook, stirring, until the sugar dissolves.

Stir in the banana liqueur, then place the bananas in the pan. When the banana sections soften and begin to brown, carefully add the rum.

Continue to cook the sauce until the rum is hot, then tip the pan slightly to ignite the rum. When the flames subside, lift the bananas out of the pan and place four pieces over each portion of ice cream. Generously spoon warm sauce over the top of the ice cream and serve immediately. Serves 4.

BANANA-BERRY MUFFINS

1 cup whole-wheat flour (spooned and leveled)
3/4 cup all-purpose flour
1/4 cup wheat germ
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup butter, at room temperature
1/3 cup granulated sugar
1/3 cup light-brown sugar
2 large eggs
2 ripe bananas
1/3 cup 2% milk
1 teaspoon vanilla extract
1 cup frozen blueberries
Preheat oven to 375°F. Line a 12-muffin pan with paper liners.

In a bowl, whisk together flours, wheat germ, baking soda, and salt.

In a large bowl, beat butter and sugars with a mixer until light and fluffy. Add eggs, one at a time, beating well after each addition. In another bowl, mash bananas with a fork (you should have 3/4 cup); stir in milk and vanilla.

With mixer on low, alternately add flour mixture and banana mixture to butter mixture, beginning and ending with flour mixture; mix just until combined. Fold in frozen blueberries.

Divide batter among muffin cups. Bake until a toothpick inserted in the center of a muffin comes out clean, 25 to 28 minutes, rotating pan halfway through. Let cool in pan 10 minutes; transfer muffins to a rack to cool 10 minutes more. Yields 12.

BANANA CREAM PIE

1 (9 inch) pie crust, baked
3 cups whole milk

3/4 cup white sugar
1/3 cup all-purpose flour
1/4 teaspoon salt
3 egg yolks, slightly beaten
2 tablespoons butter
1 teaspoon vanilla
3 bananas

Have the baked 9-inch pie shell ready. In a large saucepan, scald the milk. In another saucepan, combine the sugar, flour and salt; gradually stir in the scalded milk. Over medium heat, stirring constantly, cook until thickened. Cover and, stirring occasionally, cook for two minutes longer.

In a small bowl, have the 3 egg yolks, slightly beaten, ready; stir a small amount of the hot mixture into beaten yolks; when thoroughly combined, stir yolks into hot mixture.

Cook for one minute longer, stirring constantly. Remove from heat and blend in the butter and vanilla. Let sit until lukewarm.

When ready to pour, slice bananas and scatter in pie shell; pour warm mixture over bananas. Let the pie cool and serve.

BANANA BOURBON FRITTERS

3/4 cup flour
2 tablespoons sugar; plus 2 teaspoons
1 teaspoon baking powder
1/2 cup milk; plus 2 tablespoons
1/4 cup beer
1 egg
Oil for deep frying
4 bananas; each quartered crosswise
Powdered sugar
Mint leaves

Caramel Sauce:

1 cup whipping cream
1/2 cup sugar
1-1/2 tablespoon bourbon

Mix flour, sugar and baking powder in bowl. Add milk, beer and egg and stir until smooth.

Heat oil in heavy deep skillet to 375°F. Working in batches, dip bananas into batter and then carefully add to oil. Cook until golden brown, about 3 minutes. Drain on paper towels. Pour caramel sauce onto plates. Set bananas atop sauce. Sprinkle with powdered sugar. Garnish plates with mint leaves and serve.

For the sauce, bring cream to boil in heavy medium saucepan over high heat. Cook sugar in heavy small saucepan

over low heat, swirling pan occasionally, until brown. Gradually stir hot cream into caramel (mixture will bubble vigorously). Boil until thickened to sauce consistency, 3 to 5 minutes. Add bourbon. Serve hot.



BANANA BASICS

The peak season for bananas is January through April, but they are harvested every day of the year and are available year-round. Bananas are picked and shipped green. They are the only fruit that develops a better color, aroma, texture and sweetness when ripened after harvest.

Choose plump, evenly colored yellow bananas flecked with tiny brown specks (a sign of ripeness). Avoid those with blemishes or soft spots, which usually indicate bruising. They ripen quickly – often too quickly – and also hasten the ripening of other fruits that may be stored nearby.

Bananas are a good source of vitamin C, potassium and fiber. Use fresh banana peels as part of your rose-fertilizing program. Just flatten the peel and bury it under one inch of soil at the base of a rosebush.

HOROSCOPE by Salomé

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ARIES (March 21 to April 19): It's better to get an explanation of a colleague's behavior first, rather than trying to guess at the motive. Speculation can never replace facts. What you learn could lead you to reconsider some of your plans.



TAURUS (April 20 - May 20): The practical Bovine wants to see some substantive changes in a situation that just doesn't feel right. You might want to help move things along by offering up some suggestions.



GEMINI (May 21 to June 20): You might be of two minds about a situation that seems to fit your needs, but might make more demands than you're ready for. Use both your head and heart to reach a decision.



CANCER (June 21 - July 22): Don't blame yourself if you can't figure out that puzzling workplace situation. You might not have enough facts to work with yet. Do more research and ask more questions.



LEO (July 23 - August 22): It's a good week to catch up on matters that couldn't be completed during the hectic holiday season. It's also a good week to reach out to any new friends you made over the holidays.



VIRGO (August 23 - Sept. 22): A negative reaction to a request could be misunderstood. Make sure that your reasons for saying "no" are clear. Also, be open to changing your mind if more facts come through.



LIBRA (Sept. 23 - October 22): The "security" of doing things the usual way should be balanced against the possible benefits of moving into a new direction. Also, work quickly to avoid a possible family misunderstanding.



SCORPIO (October 23 - November 21): A personal matter requires attention and might lead to a surprising revelation. Meanwhile, the new year could bring some long-anticipated changes to the workplace.



SAGITTARIUS (Nov. 22 - Dec. 21): A new friendship seems to hold less promise than you previously thought. But make no assumptions one way or another without having an open and frank talk first.



CAPRICORN (Dec. 22 - Jan. 19): Your creative input could lead to changes in the workplace. Even if some colleagues disapprove of your efforts, stay the course. You're heading in the right direction.



AQUARIUS (Jan. 20 - Feb. 18): While this week is mostly positive, a few negative factors might arise. It's best to deal with them before they create problems that can jeopardize some of your later efforts.



PISCES (Feb. 19 - March 20): You might feel like you have all the facts and support that you need to deal with a long-deferred situation. Good for you! Once the matter is finally settled, you can move on.

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Tips for Utility Customers On Watching Out for Scams

OAKLAND, Calif. — During a time when many Californians are occupied with preparations for the holiday season, scammers are working to exploit unsuspecting customers with sophisticated tactics aimed at stealing their money.

While many are aware of the potential for online shopping scams, the same danger exists for utility bill scams, where scammers will demand payment to prevent immediate disconnection, typically by telephone but also online or in person.

Reports of scams targeting PG&E customers have been at an all-time high throughout 2023.

In fact, there have been over 37,000 reports year-to-date with customer losses of over \$700,000, and an average loss of \$816. And, the holiday season provides scammers with a prime opportunity to take advantage of customers' distraction and anxiety.

"Scammers are opportunistic and will exploit times when people are busier than normal and potentially stressed, and they do not take the holidays off. Stress and distraction create a window of opportunity where people are also more likely to fall victim to a scam," said Matt Foley, lead scam investigator for PG&E. "Remember, PG&E will not contact you for the first time within one hour of

service disconnection, and we will never request payment by a pre-paid debit card or via online payment services like Zelle or Venmo."

Another new tactic that scammers are using is search engine scams, where they create fake sponsored utility payment pages on search engines like Google to trick customers.

Customers who wish to pay their utility bill online should be sure to only visit the website listed on their utility bill. For PG&E customers that is www.pge.com.

"Utility impostor scammers continue to grow more sophisticated in their tactics. Increasingly, we are seeing scammers use digital methods that target both younger and older generations. We encourage customers to stop and verify any unusual utility company requests before making a payment, regardless of whether the customer is contacted via phone, internet, or in person," said UUAS Executive Director Monica Martinez.

Signs of a Possible Scam

- Threat to disconnect: Scammers may aggressively demand immediate payment for an alleged past due bill.
- Request for immediate payment: Scammers may instruct the customer to pur-

chase a prepaid card then call them back supposedly to make a bill payment.

- Request for prepaid card: When the customer calls back, the caller asks the customer for the prepaid card's number, which grants the scammer instant access to the card's funds.

- Refund or rebate offers: Scammers may say that your utility company overbilled you and owes you a refund, or that you are entitled to a rebate.

How Customers Can Protect Themselves

Customers will never be asked by PG&E to specifically purchase a prepaid card to avoid service disconnection or shutoff, a tactic often used in scam attempts. PG&E does not specify how customers should make a bill payment and offers a variety of ways to pay a bill, including accepting payments online, by phone, automatic bank draft, mail or in person.

If a scammer threatens immediate disconnection or shutoff of service without prior notification, customers should hang up the phone, delete the email, or shut the door and report this incident to PG&E at www.pge.com/scams. Customers with delinquent accounts will be contacted by PG&E with an advance disconnection notification, typically by mail, and included with their regular monthly bill.

HEALTH & FITNESS

New Year, New You: How to Set Inspiring Goals for 2024

By Mitch Rothbard
SPECIAL TO THE TIMES

Happy New Year! 2024 is upon us. I know you'll do your best to make this an inspiring year.

I also know that sometimes we have trouble coming up with meaningful fitness goals. The key word being "meaningful."

When it comes to reaching any goal it's important it really means something to you. In a few weeks, the glitz, glamour, and excitement of a new year fades and you're left with... well what? Your normal life, that's what. And that normal life doesn't have space to work on something else unless you intentionally make room and you won't intentionally make room for something that doesn't matter that much to you.

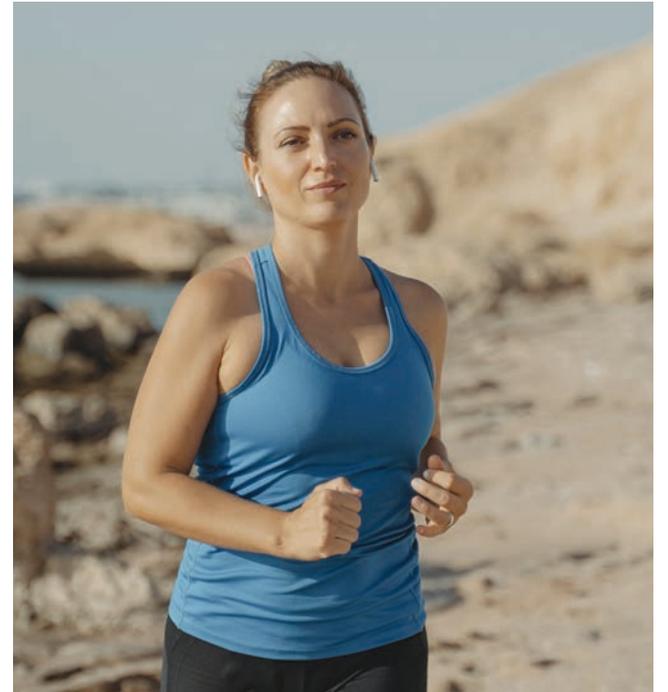
In this article, you'll learn some different things to think about when it comes to goals as we head face-first, into 2024.

Before we start, I want to let you know that if you're happy where you are right now or you don't have any extra energy or time or coming up with a goal feels overwhelming, or anything like that... it's perfectly fine.

You do you in whatever way feels best.

But if you do want to set a meaningful goal here's some things to think about.

Most importantly your goal must really mean something to you. That means forgetting about all the goals other people say you SHOULD be setting



for yourself. Never mind that stuff.

Next, ask yourself why, as in, "Why is this goal important to me?" You should know because the why is the reason you'll do the work when it starts to get a little tough.

Now, and DO NOT SKIP THIS STEP, ask yourself how, as in "How will I reach my goal?" If you don't have a plan, you won't reach it.

Lastly, during the planning stage it is crucial to be completely honest with yourself and what you're willing and able to do. If you have 3 kids and a job, then you probably won't exercise 5 days a week. If you hate getting up early, you



probably won't get up at 5am to get to morning exercise class.

If you're not sure about how to determine your willingness, just ask yourself this question, "On a scale of 0-10, how sure am I that I will perform this task?" If the answer is any less than 9, then make it a little easier. You'll know when you have it right.

Setting the right goals can be tricky, but don't forget how inspiring it should be! How awesome will it feel when you get there! Let's make 2024 a year to remember!

Mitch is the owner and head trainer at Castro Valley Fitness. He loves answering your fitness questions at the dog park with Penny, Max, and Tex most afternoons or by sending him an email at: Mitch@CastroValleyFitness.com.

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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Lack of Transactions Raises Competency Concerns

By Carl Medford, CRS
Special to the Times

There is no question that 2023 was a tough year in real estate. Even with rising interest rates, there were plenty of buyers out looking for homes. The primary problem, however, is that while homeowner wannabes were motivated and eager to purchase, sellers were not motivated to sell. Inventory levels in 2023 were at record lows with the result that Q4 in Alameda County ended with the lowest num-

ber of pending sales in over 15 years.

As can be imagined, this lack of sales has placed a terrific strain on local Realtors. Statistics just released by the National Association of Realtors reveals that in 2023, the number of real estate agents dipped by 1.7% as thousands of agents, due to the lack of income, chose to abandon real estate careers and look for other vocations.

Backing up this data is a study from the nonprofit watchdog Consumer Federation of America (CFA) released Wednesday which states that the vast majority of real estate agents nationally sold five or fewer homes in the past year and about half (49%) sold only one or no homes at all. The report goes on to say that this means the level of proficiency in the real estate industry has taken a huge hit in 2023.

I agree.

As is the case with any skill, the fewer the number of times a skill set is used, the less likely it will be for a person to perform at a peak

level. With the number of transactions at record lows, the study goes on to reveal that a significant number of agents are now part-time. Stephen Brobeck, a CFA senior fellow and the report's author, declares, "There is no other financial services industry or profession where part-time, marginal workers are so ubiquitous."

All of which brings up a very important consideration: when looking to buy or sell a home, the experience level of your real estate agent matters. I will go on to say that I believe it should be the first criteria used when evaluating the person you are going to trust with what is most likely the largest financial transaction you will have this decade. Not only are years in the business important, the number of actual transactions closed in 2023 should also be



Maintaining an outdoor compost pile through winter months will produce fertilizer for planting in the spring, and can act as a secondary heat source for a greenhouse. To keep compost active over winter, feed it the right balance of **green (nitrogen)** and **brown (carbon)** ingredients. Green scraps will be produced in your kitchen over the winter, but most of the brown matter such as dried leaves, straw and plant debris will have been produced in the fall. Gather these types of materials, bag them and store them in a dry place near your compost, so you can balance the green scraps that are added through the winter. - Brenda Weaver

Source: learn.eartheasy.com

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Mortgage Rates Move Sideways as Markets Digest Incoming Data

Between late October and mid-December, the 30-year fixed-rate mortgage plummeted more than a percentage point. However, since then rates have moved sideways as the market digests incoming economic data. Given the expectation of rate cuts this year from the Federal Reserve, as well as receding inflationary pressures, mortgage rates will likely continue to drift downward as the year unfolds. While lower mortgage rates are welcome news, potential homebuyers are still dealing with the dual challenges of low inventory and high home prices that continue to rise.

included.

There is no substitute for experience. Make sure you take time to properly evaluate who you choose to partner with.

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.

RECENT HOME SALES

Home sales information is compiled and provided by CalResource and includes Bedrooms, Square Feet and Year Built when available

Castro Valley

3716 Greenhills Avenue 94546: \$1,310,000 [4 BD - 2,026 SF - 1987
5652 Greenridge Road 94552: \$1,620,000 [4 BD - 1,834 SF - 1960
27801 Palomares Road 94552: \$1,700,000 [4 BD - 2,926 SF -]

TOTAL SALES: 3
LOWEST AMOUNT: \$450,000 MEDIAN AMOUNT: \$1,620,000
HIGHEST AMOUNT: \$1,700,000 AVERAGE AMOUNT \$1,543,333

Hayward

27796 Vasona Court #4 94544: \$450,000 [1 BD - 874 SF - 1985
2179 Brandywine Place 94542: \$665,000 [3 BD - 1,458 SF - 1997
103 Cypress Loop 94544: \$888,000 [3 BD - 1,707 SF - 2016
2584 Jacobs Street 94541: \$895,000 [4 BD - 1,192 SF - 1954
118 Fairway Street 94544: \$935,000 [3 BD - 1,134 SF - 1955
2705 Gamble Court 94542: \$950,000 [3 BD - 1,920 SF - 1980
454 Dutchess Lane 94544: \$975,000 [3 BD - 1,170 SF - 1955
2955 Sunnybank Lane 94541: \$1,038,000 [3 BD - 2,075 SF - 1988
2979 Ralston Way 94541: \$1,100,000 [4 BD - 1,746 SF - 1979
32026 Trevor Avenue 94544: \$1,160,000 [3 BD - 2,222 SF - 1957
3146 Madsen Street 94541: \$1,215,000 [3 BD - 2,204 SF - 2009
3363 Daisy Court 94542: \$1,400,000 [2,060 SF - 1978
26165 Clover Road 94542: \$2,000,500 [4 BD - 2,560 SF - 2002

TOTAL SALES: 13
LOWEST AMOUNT: \$450,000 MEDIAN AMOUNT: \$975,000
HIGHEST AMOUNT: \$2,000,500 AVERAGE AMOUNT \$1,051,653

San Leandro

2077 Washington Avenue #314 94577: \$372,000 [1 BD - 692 SF - 1984
14835 East 14th Street #11 94578: \$500,000 [2 BD - 958 SF - 1997
14835 East 14th Street #26 94578: \$535,000 [2 BD - 958 SF - 1997
1589 Manor Boulevard 94579: \$725,000 [3 BD - 1,149 SF - 1954
1576 140th Avenue 94578: \$845,000 [3 BD - 1,179 SF - 1946
1567 Scenicview Drive 94577: \$1,350,000 [3 BD - 2,763 SF - 1978
915 Estudillo Avenue 94577: \$1,450,000 [3 BD - 2,461 SF - 1949

TOTAL SALES: 6
LOWEST AMOUNT: \$500,000 MEDIAN AMOUNT: \$785,000
HIGHEST AMOUNT: \$1,450,000 AVERAGE AMOUNT \$900,833

San Lorenzo

1442 Via Vista 94580: \$745,000 [4 BD - 1,450 SF - 1962
15924 Wagner Street 94580: \$775,000 [3 BD - 1,041 SF - 1951

TOTAL SALES: 2
LOWEST AMOUNT: \$745,000 MEDIAN AMOUNT: \$760,000
HIGHEST AMOUNT: \$775,000 AVERAGE AMOUNT \$760,000

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Many Fruit Trees Are Self-Pollinating

By Buzz Bertolero
Special to the Forum

Q This year, I want to plant an apricot, apple, and cherry trees I've been told I must have two trees close to each other to cross-pollinate. Does that mean I need identical trees, or will an apricot tree pollinate an apple tree?

A You must consider pollination concerns when planting a few trees or planning a home orchard. This discussion does not apply to citrus and other sub-tropical fruits. Not all deciduous fruit trees need a second tree for pollination. An apple tree cannot pollinate an apricot or any other type of fruit tree, just another apple variety. Many varieties, such as peaches and nectarines, are self-pollinating. There are self-fertile cherries and those cherries that

require a second variety. So, choosing the suitable varieties can become very confusing. I would make a list of those varieties you like to consider. The nursery professional at your favorite garden center is the perfect resource to help you trim the list and suggest some alternatives. Since most older gardening books were published, some very good, new varieties have become available. When making up your list, here are some other things you should keep in mind: the ripening dates, the watering needs, and the ultimate size of the trees. The ripening dates should be staggered so you can have a different fruit to enjoy from June through September. For today's garden, a semi-dwarf fruit tree is too big to plant. They often will reach a height of eighteen feet with a ten-foot spread. Instead, you want to plant Ultra Dwarf or genetic

dwarf varieties that grow to ten feet tall or less. Established Asian pears, pears, and apples need to be watered often, while cherries, apricots, peaches, nectarines, and plums are drenched once every three weeks once the rainy season concludes. It also means that the area under the canopy should be kept unplanted. So, it would help if you grouped your trees according to their watering requirements. Ultra Dwarf or genetic dwarf varieties can be grown in containers but watered more frequently than in the ground. By the end of February, you'll find your favorite garden center's broadest selection of fruit tree varieties.

Q Is it too late to plant spring flowering bulbs? I've had mine in my fridge since November. I haven't had a chance to put them in the ground yet.

on the species, you are going to get mixed results. For example, the stems on tulips will typically be shorter. Your only other choice is to throw them away, as they can't be stored and planted next fall.

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

Rainy-Day Chores

Though it hasn't been very rainy so far this January, more wet weather is likely this next week. Take this time to reassess your garden's "grand plan." Take a look at your yard in the winter grayness. If it looks too bleak, visit your local garden center to get ideas for what plants and shrubs look good during the winter season. And, if you enjoy growing plants from seed, this is the perfect time to get out those seed catalogs and start ordering. Spring will be here before you know it. Catalogs generally offer a greater variety of flowers and vegetables that you'll find on store racks.

Lawns

On dry days, rake up leaves and debris from the lawn so a buildup won't flatten the grass. Be careful about walking on the grass too much during downpours.

January Planting

This is the time to plant artichokes. Fill a hole with one part humus and two parts soil. Plant with the buds to the surface of the soil and add mulch after growth starts. All other bare-root flowers, shrubs and berries can be planted now.

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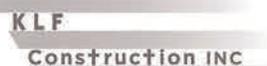
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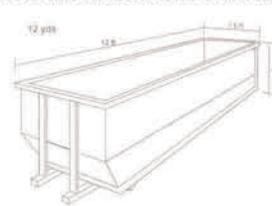
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Expires December 13, 2028

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. Alameda
County, is hereby registered by the following owner(s): Karina Suse
Bibiano Nunez, located at 30166 Bridg-
evue 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 County
Clerk of Alameda County on date
indicated by file stamp above.
Expires December 05, 2028
DEC 14, 21, 28, JAN 04, 2024

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 County
Clerk of Alameda County on date indi-
cated by file stamp above.
Expires December 14, 2028
DEC 28, JAN 04, 11, 18, 2024

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 Eveleth
Ave San Leandro, CA 94577. Alameda
County, is hereby registered by the
following owner(s): Ricki Davis, located
at 2050 Eveleth Ave San Leandro, CA
9457. This business is conducted by An
Individual. This business commenced
12/12/23
/s/Ricki M. Davis
This statement was filed with the County
Clerk of Alameda County on date indi-
cated by file stamp above.
Expires December 11, 2028
JAN 04, 11, 18, 25, 2024
1070- SLT

FILED December 21, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 602952

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

The name of the business(es):
Generations Notary Service, located
at 62 Oakes Blvd #6 San Leandro, CA
94577 / P.O. Box 2355 San Leandro,
CA 94577. Alameda County, is hereby
registered by the following owner(s):
Jennifer Neira Heystek, located at 62
Oakes Blvd #6 San Leandro, CA 94577.
This business is conducted by An In-
dividual. This business commenced
12/21/23
/s/Jennifer Neira Heystek
This statement was filed with the County
Clerk of Alameda County on date indi-
cated by file stamp above.
Expires December 20, 2028
JAN 11, 18, 25, FEB 01, 2024

FILED December 07, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 602953

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

The name of the business(es):
Wild Ladybug Creations, located at 62
Oakes Blvd #6 San Leandro, CA 94577
/ P.O. Box 2355 San Leandro, CA 94577.
Alameda County, is hereby registered
by the following owner(s): Jennifer Nei-
ra Heystek, located at 62 Oakes Blvd #6
San Leandro, CA 94577. This business is
conducted by An Individual. This busi-
ness commenced 12/01/23
/s/Jennifer Neira Heystek
This statement was filed with the County
Clerk of Alameda County on date indi-
cated by file stamp above.
Expires December 06, 2028
JAN 11, 18, 25, FEB 01, 2024

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
This statement was filed with the County
Clerk of Alameda County on date indi-
cated by file stamp above.
Expires December 11, 2028
DEC 21, 28, JAN 04, 11, 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.
Alameda County, is hereby registered
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 County
Clerk of Alameda County on date indi-
cated by file stamp above.
Expires December 07, 2028
DEC 21, 28, JAN 04, 11, 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 Corpora-
tion, 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 County
Clerk of Alameda County on date indi-
cated by file stamp above.
Expires December 07, 2028
DEC 21, 28, JAN 04, 11, 2024
1062- 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, Hayward
CA 94544. Alameda County, is hereby
registered by the following owner(s):
Roberto A. Figueroa, located at 829
Webster Street APT 505, Hayward CA
94544. This business is conducted
by An Individual. This business com-
menced N/A
/s/Roberto A, Figueroa
This statement was filed with the County
Clerk of Alameda County on date indi-
cated by file stamp above.
Expires November 31, 2028
JAN 04, 11, 18, 25, 2024
1072- SLT

FILED December 21, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 602953

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

The name of the business(es):
Generations Midwifery Service, locat-
ed at 62 Oakes Blvd #6 San Leandro,
CA 94577 / P.O. Box 2355 San Leandro,
CA 94577. Alameda County, is hereby
registered by the following owner(s):
Jennifer Neira Heystek, located at 62
Oakes Blvd #6 San Leandro, CA 94577.
This business is conducted by An In-
dividual. This business commenced
12/21/23
/s/Jennifer Neira Heystek
This statement was filed with the County
Clerk of Alameda County on date indi-
cated by file stamp above.
Expires December 20, 2028
JAN 11, 18, 25, FEB 01, 2024

FILED December 29, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 603102

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

The name of the business(es):
Yan&O, located at 197 Medford Ave
Hayward, CA 94541. Alameda County
is hereby registered by the following
owner(s): Oliverio Soto Linda, locat-
ed at 97 Medford Ave Hayward, CA
94541. This business is conducted
by An Individual. This business com-
menced 12/12/23
/s/Oliverio Soto Linda
This statement was filed with the County
Clerk of Alameda County on date indi-
cated by file stamp above.
Expires December 28, 2028
JAN 11, 18, 25, FEB 01, 2024
1080- SLT

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ANSWERS ON PAGE 4



PHOTOS COURTESY SAN LEANDRO UNIFIED SCHOOL DISTRICT

Two Students Receive Awards for Excellence

Promise Winston, center holding plaque, received a Superintendent's Award at Tuesday night's San Leandro school board meeting for both her academic excellence and her diplomatic skills. She has been a leading member of Bancroft Middle School's peer advocate program that shows students how to resolve disputes peacefully and respectfully. Winston is flanked by Bancroft Principal Jeff Sloane at left and Superintendent Mike McLaughlin at right, with school board members and district staff behind her.

Joshua David, center holding plaque, received a Superintendent's Award at Tuesday night's San Leandro school board meeting for both his academic excellence and his service in student leadership at John Muir Middle School. David also plays volleyball and tennis, and was nominated for the award by a coach. He is flanked by his family and by Muir Principal Elisa Alvarez at far left in the front row. Standing behind David are school board members, and at far right Superintendent Mike McLaughlin.

OPINION

LETTERS to the EDITOR

Letters must include the writer's name, address and phone number, and must be under 300 words. Letters can be edited for clarity or length. Letters are the views of the author and not necessarily the views of the newspaper or its advertisers. E-mail letters to: letters@ebpublishing.com or send by mail to: The Editor, San Leandro Times, 2060 Washington Ave., San Leandro, CA 94577.

Real Estate Writer Has It All Wrong

Editor,
Carl Medford's column on Dec. 14th is a real nothing burger compared to Samantha Marrotta's column on getting ready to sell. Carl wastes 7 paragraphs on a "buy and hold" message before poking 99.9% of SL readers, who are not real estate investors, in the eye.
Just like every week, Carl apparently has a need to tell us all that we are idiots if we don't buy now or sell now. Can we get a new "Special to the Times" real estate reporter that doesn't talk down to the readers?
At the same time, Carl ignores the recent landmark, \$1.8B verdict

against the National Association of Real Estate in Texas. Can you believe it Carl?
Real estate agents were refusing to list houses on the MLS unless sellers agreed to a 6% commission rate. Plaintiff's successfully argued that real estate agent's use of the MLS and other tactics restricted price competition to ensure that each real estate agent continued to collect 3 percent for each transaction regardless of the amount of work.
Gental readers, you will remember that Carl scolded us all earlier this year for believing that the percent commission was non-negotiable. Looks bad for your argument Carl. I won't expect you to

comment on this letter as usual.
John Clouston
San Leandro

Demonstration for Palestine Ignored

Editor,
On December 18th, a good number of opponents to Israel's war on the Palestinians held a demonstration in front of City Hall, but there was no mention of the event in the *San Leandro Times*. Michael Singer, in his article about the meeting, only wrote about the cameras.
After the demonstration, the group attended the City Council meeting demanding a declaration of a cease fire. The City Council ignored their demands and Celina Reynes was forced to withdraw her motion. The council ended the meeting with no resolution.
The same group showed up at the January 2nd City Council meeting. Mayor Gonzalez took some public comments and then left the majority for the end of the meeting. The Palestinians' supporters wouldn't allow it. There were chants in support of Palestine and denunciation of the genocide. The City Council adjourn the meeting with most of the agenda pend-



Send a letter to the editor to Letters@ebpublishing.com
Letters must include the writer's name, address and telephone number.

ing. Again, not a word in the *San Leandro Times*.
It's just that the council members are not willing to turn on their moneyed backers. Long live Palestine.

Leo T. West
San Leandro

Bills Will Protect Tribal Land

Editor,
There are sacred sites of Indigenous Peoples around the country. The places are where ceremonies, foods, medicines and burial sites are located. But they are being threatened by the building of pipelines and mining. This is a violation of federal treaties that Indigenous

Peoples have made with the federal government.
The current laws which is supposed to protect the interests of Indigenous Peoples, fail to enforce it. Fortunately, there are two bills in Congress which will protect Indigenous lands: The Advancing Parity on Public Land Act and the Tribal Cultural Areas of Production Act. This will increase protection of lands which preserve sacred sites and ensure that Indigenous governments are allotted as sovereign nations. I hope that Congress will make both of these bills become laws.
Billy Trice Jr.
Oakland

Council: Potential council members make a pitch for the open seat

continued from front page relevant to public service.

On Jan. 2, the City Council voted 6-0 to accept applications until Jan. 29 by 5 p.m. The council will review the submissions and will interview candidates at its regular

“ I want to help stabilize the council. I have the experience.

— Ken Pon

meeting on or before Feb. 20, or at minimum, narrow down applicants to those they wish to interview.

Each council member will be allowed two questions for applicants to answer.

The City Council has 60 days to fill the vacant council seat, until Feb. 29, in accordance with the City Charter. The appointed council member's term will expire on Dec. 31, 2024.

The person appointed to the District 1 council seat could run in the general election in November. The winner of that race will hold the council seat until the end of 2026.

Councilmembers Pete

Ballew, Victor Aguilar, and Fred Simon stated that council members should publicly disclose if they have prior conversations with any organization or group, like a union, pertaining to selecting a District 1 applicant.

If the council cannot agree on an applicant, the city would be required by law to call a special election prior to the November general election at the cost of \$900,00 and leave the choice up to the voters.

While the city has not yet received any official candidates, the Times has confirmed that Kenneth Pon and Michael Katz-Lacabe will apply for the position. Both men ran unsuccessfully for the District 1 council seat in 2014.

Pon is a 30-year certified public accountant who lost the District 1 election to Reynes in 2022. His civic record includes eight years as president and clerk of the San Leandro Unified School District Board of Trustees, 25 years on the Bay-O-Vista Improvement Association, and 28 years with the San Leandro Downtown Association.

“I want to help stabilize the council and assist them in achieving their priorities for the citizens of San Leandro. I have the experience,” Pon told

Apply Now to Fill City Council Seat

Apply Now: Accepting Applications to fill City Council District 1 Seat

The City Clerk's Office is accepting applications to fill the vacant seat in City Council District 1.

Applicants must be a registered voter and reside in District 1. The term of office will be ten months and expires on 12/31/24.

Applications must be submitted to the City Clerk by 5 p.m. on Monday, January 29, 2024, by email (clerk@sanleandro.org) or in person.

*Application: District 1 City Council Appointment Application

*A list of supplemental questions is forthcoming.

If you have any questions, contact the City Clerk at clerk@sanleandro.org or 510-577-3366.

the Times.

Katz-Lacabe is a privacy expert and a frequent speaker at City Council meetings. In 2006, Katz-Lacabe was elected to the San Leandro school board, where he served as president for two years. He most recently served on the San Leandro Community Advisory Budget Task Force

from 2020-2021.

“I would be honored to serve as the representative for San Leandro's District 1 and follow in the footsteps and progressive ideals of Celina Reynes,” Katz-Lacabe said.

The last time San Leandro replaced a City Council seat was in 2012 with the departure of Joyce Starosciak in District

4. Starosciak announced her resignation in July. The council appointed her replacement, Tom Dlugosh, in September. Benny Lee was voted into the District 4 council seat later that year.

Prior to that, the council appointed Surlene Grant to fill a vacant seat for District 2 in 1998. Orval Badger was appointed in 2001 to fill the vacant seat for District 1. The City Council appointed Jim Prola to fill the vacant seat for District 6 in 2007.

Simon Picked as Vice Mayor

In other City Hall news, the council voted in Fred Simon to serve as the vice mayor in 2024 by a vote of 4-1, with Councilman Pete Ballew dissenting. Ballew made a motion to nominate Xouhoa Bowen as vice mayor, but the rest of the council voted for Simon.

The vote to name Simon vice mayor appears to run against a rule the council recently made that forbids a council member running for re-election being named vice mayor. The issue may arise

Meeting Disrupted, Moves To Another Room

Before the discussion on picking a new council member for District 1, several people disrupted the meeting with

“ I would be honored to serve and follow in the progressive ideals of Celina Reynes.

— Mike Katz-Lacabe

chants for San Leandro to officially support a ceasefire in Gaza because of the Israel-Hamas War.

After repeated unsuccessful attempts to quiet the crowd, Mayor Juan González announced that the council would move to a separate room to continue the meeting where it would be broadcast online on Zoom.

Principals: Acting principal filling in

continued from front page

A student walkout at the high school followed on November 14, along with a mass demonstration of support for him by students and some faculty at the school board meeting that night. At that meeting, the district released a summary of results of an investigation into Ronald Richardson's actions.

At its December 12 meeting the school board met in closed session to approve a settlement with Ronald Richardson and accepted his resignation. Dr. Reginald Richardson remained in good standing but asked for a leave.

Barloga Serving as

Acting Principal

Maite Barloga will serve as acting principal until a permanent principal is hired.

Barloga had earlier served as assistant principal at the high school, part of a career in the district that started out with her teaching at Bancroft Middle School. She had also been a principal in another district.

Earlier, Barloga had been a student in the San Leandro schools herself while her now mother-in-law, Mary Beth Barloga, was a longtime leader at Roosevelt School.

While she is quite familiar with San Leandro High School, Maite Barloga will be

assisted by associate principal Beth Silbergeld and by Mark Corti, a former administrator who has come out of retirement.

Monica Guzman, a prin-

cipal on special assignment, will be at the high school several days a week. Moss, who once served as assistant principal there, will carry out

see PRINCIPALS, page 12

Louise “Diane” Delucchi

May 27, 1945 ~ Dec. 25, 2023

San Leandro Resident

Diane was born in Oakland to parents Ernest and Dorothy Delucchi on May 27, 1945. Diane passed away peacefully at her home on December 25, 2023, at the age of 78. Diane was a longtime Oakland and San Leandro resident and worked as the Office Manager at Oakland Scavenger for many years. She loved animals, gardening, cooking and traveling. Diane was an active parishioner at St. Felicitas Church and volunteered at Pastoral Care, Parish Council, Loaves and Fishes, St. Vincent De Paul, and April Showers. She belonged to the Alpicella Women's Club, Friendly Connections and Catholic Daughters. Diane was a beloved sister, aunt, cousin, and friend to many. She will be dearly missed by her nieces and their spouses: Maureen Shapiro (Ed) and Susan Calvao (Dave), her grand niece and nephews: Jenna and Jeff Calvao, Nick, Josh, and Ben Shapiro, and dear friends: Kathy Zazzeron and cousin Irene Hagebusch.



A memorial funeral liturgy will be held on Wednesday January 17, 2024 at 10:30 AM at St. Felicitas Church in San Leandro.

Frank J. Livingston

April 17, 1934 ~ October 13, 2023

It is with sadness that we said farewell to Frank Jeffrey Livingston on October 13, 2023. Frank was 89 years old at the time of his passing. Frank was born on April 17, 1934 in Oakland to Marion C. Livingston and Phyllis H. Livingston. He was raised in Oakland and Castro Valley, having graduated from Hayward High in 1952. Frank is predeceased by his sister, Berdie Lee.



Soon after graduating, Frank pursued his passion for cars by joining a car club, “The Satan's Angels,” and working for a local car detailer and repair facility. Then, in 1958, he decided to pursue a career in law enforcement at the urging of a friend. Through determination and commitment, Frank was hired as an Alameda County Deputy Sheriff in 1959. Within two years, Frank was recruited away to join the San Leandro Police Department where he served for the next 24 years, ultimately retiring as a Police Captain. He served with distinction, pride, and a profound commitment to the San Leandro community.

Frank was predeceased by his first wife, Sylvia Livingston. The two lived in San Leandro and had three children, who survive Frank: Christy Winding of Chico, Craig Livingston of Alamo and David Livingston of Danville.

He is also survived by his wife of 28 years, Kathy Livingston and her three children and Frank's stepchildren: Sherryl Maughan of San Leandro, Terri Rivas-Llucuna of Fairfield, and Raymond “Skeeter” Rivas of Sonora. Frank is also survived by many grandchildren and great grandchildren who will miss him dearly.

Perhaps known best for his passion for custom cars, hotrods and swap meets, Frank was well known in the custom car community often by his nickname, “Fastback Frank.” He won many awards for his various hotrods and customs over the years, including “Best of Show” at the Oakland Roadster Show for his 1949 Chevy fastback, and “The Caribbean,” which graced the cover of Car Craft magazine in January 1958. Later in life, Kathy and Frank would tour all over the United States, attending car shows and competitions – always warmly received by their many friends coast-to-coast.

A Celebration of Life will be held on Saturday, January 13, 2024 from 11 a.m. to 4 p.m. at the Marina Community Center, 15301 Wicks Blvd. in San Leandro.

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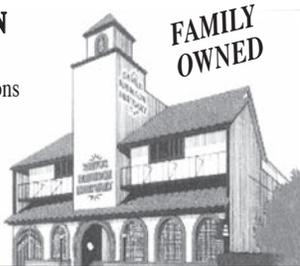
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Excerpts from Martin Luther King's Greatest Speeches

Nobel Peace Prize Lecture (1964)

"Yet, in spite of these spectacular strides in science and technology, and still unlimited ones to come, something basic is missing. There is a sort of poverty of the spirit which stands in glaring contrast to our scientific and technolog-

ical abundance.

The richer we have become materially, the poorer we have become morally and spiritually. We have learned to fly the air like birds and swim the sea like fish, but we have not learned the simple art of living together as brothers."

"Proud to be Maladjusted" (1966)

"There are some things in our nation and the world for which I am proud to be maladjusted and wish all men of goodwill would be maladjusted until the good society is realized. I never intend to adjust myself to segregation and discrimination. I never intend to become adjusted to a religious bigotry. I never intend to adjust myself to economic conditions that will take necessities from the many to give luxuries to the few, leaving millions of people smothering in an air-tight cage of poverty in the midst of an affluent society. I never intend to adjust myself to the madness of militarism and the self-defeating effects of physical violence."

"The Other America" (1967)

"I think America must see that riots do not develop out of thin air. Certain conditions



Martin Luther King, Jr.

continue to exist in our society which must be condemned as vigorously as we condemn riots. But in the final analysis, a riot is the language of the unheard. And what is it that America has failed to hear? It has failed to hear that the plight of the Negro poor has worsened over the last few years. It has failed to hear that the promises of freedom and justice have not been met. And it has failed to hear that large segments of white society are more concerned about

tranquility and the status quo than about justice, equality, and humanity. And so in a real sense our nation's summers of riots are caused by our nation's winters of delay. And as long as America postpones justice, we stand in the position of having these recurrences of violence and riots over and over again. Social justice and progress are the absolute guarantors of riot prevention."

"The Three Evils of Society" (1967)

"And so the collision course is set. The people cry for freedom and the congress attempts to legislate repression. Millions, yes billions, are appropriated for mass murder; but the most meager pittance of foreign aid for international development is crushed in the surge of reaction. Unemployment rages at a major depression level in the black ghettos, but the bi-partisan response is an anti-riot bill rather than a serious poverty program."

"Beyond Vietnam: A Time to Break Silence" (1967)

"If America's soul becomes totally poisoned, part of the autopsy must read 'Vietnam.' It can never be saved so long as it destroys the deepest hopes of men the world over. So it is that those of us who are yet determined that 'America will be' are led down the path of protest and dissent, working for the health of our land."

I've Been to the Mountaintop" (1968)

"All we say to America is to be true to what you said on paper...Somewhere I read of the freedom of speech. Somewhere I read of the freedom of press. Somewhere I read that the greatness of America is the right to protest for rights. And so just as I say we aren't going to let any dogs or water hoses turn us around, we aren't going to let any injunction turn us around. We are going on. We need all of you."

Celebration: Prizes for students in oratory contest; poetry slam

continued from front page admission.

San Leandro students in 3rd through 12th grades are invited to participate in the oratorical festival and poetry slam.

Students can win gift card prizes in their grade category (\$100 first place, \$50 second place), prizes made possible

by the San Leandro Optimist Club.

Entry forms are available online at sanleandro.org/MLK and are due by Friday, Jan. 12, (the original deadline was January 8th).

For more information, contact Liz Hodgins at 510-577-3473 or ehodgins@sanleandro.org.



ACCEPTING APPLICATIONS TO FILL CITY COUNCIL DISTRICT 1 SEAT

The City Clerk's Office is accepting applications to fill the vacant seat in City Council District 1. Applicants must be a registered voter and reside in District 1. The term of office will be ten months and expires on 12/31/24

Applications must be submitted by email to the City Clerk by 5 p.m. on Monday, January 29, 2024

Contact: clerk@sanleandro.org or 510.577.3366

Application may be found by visiting SanLeandro.org/CityCouncil



Volunteer as an Adult Literacy Tutor

Project Literacy, the library's adult literacy and ESL program, is training new volunteer tutors in January.

Make a New Year's Resolution to give back to your community. Help an adult learn to read and change a life!

Over 20 percent of people in our community have low literacy levels. They struggle on the job, when seeking information, when communicating with teachers and healthcare providers, and in many other situations. But you can help.

After your training, you will be matched with an adult

who wants to improve their reading and writing or their English language skills.

You will work one-on-one with your learner for two hours a week in person at the library and/or online.

Tutor Training

Training consists of a self-paced online orientation and three in-person workshops, which will be held Monday evenings from 6 to 7:30 p.m. at the San Leandro Main Library, 300 Estudillo Ave. The three training dates will be Jan. 22, Jan. 29, and Feb. 5. To

sign up for this free training, or to be added to the mailing list for future trainings, email projectliteracy@sanleandro.org or call 510-577-3944.

Volunteer Qualifications

Teaching experience is not necessary. Project Literacy is looking for individuals who show empathy, respect, and patience for others in the learning process. They will provide tutors with training and support.

Project Literacy tutors must:

Live in Alameda County, be at least 18 years old and have a high school diploma or GED, be able to speak, read, and write English well, complete the self-paced online orientation and all three training workshops, tutor a minimum of 2 hours per week for a period of at least 6 months, pass fingerprinting/Live Scan.

Become a volunteer tutor and give the gift of literacy to an adult in your community.

Call 510-577-3944 for more information or to register.

TOGETHER, WE CAN DO GREAT THINGS.

Open House

SUNDAY, JANUARY 28TH

ASSUMPTION SCHOOL

1851 136TH AVE. SAN LEANDRO WWW.ASSUMPTIONSCHOOL-SL.ORG

Together, we will give your child a safe, welcoming environment to grow into a life-long learner, and provide tools for long-term academic success.

10 AM PARISH MASS

We welcome you to attend our 10am School Liturgy at the Church of Assumption

11:45 AM
Principal's Welcome

Prospective families meet with our Principal for a 15-minute greeting before tours and classrooms open.

12 - 2 PM
School Tours

led by 6-8th graders

Tour starts every 30 minutes by the office. TK-8th grade classrooms will be open. Come meet our teachers!

Register online to reserve your spot today for school tour! All are welcome! Come meet our staff & community. www.assumptionschool-sl.org/openhouse



SCHOOL DISTRICT PHOTO

San Leandro High School Acting Principal Maite Barloga, second from left, chats with students in the school's courtyard area.

Principals: VV

continued from page 11

her former duties at SLHS one day a week, she said.

The district will now look for a permanent principal for the school, Moss said.