



Memorial Day

ON THE LAST MONDAY IN MAY WE HONOR ALL THOSE WHO DIED FOR THEIR COUNTRY SERVING IN THE UNITED STATES ARMED FORCES

WEEKEND WEATHER
CLEAR Partly cloudy thru Friday
 sunny on Saturday
 HIGHS: 76-81
 LOWS: 54-59

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

San Leandro Times

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

VOL. 33 • NO. 21

THURSDAY, MAY 25, 2023

SAN LEANDRO • CALIFORNIA



PHOTO BY SCOTT FAUST

AnneMarie Yellin told the classroom of fifth graders of her family's ordeal growing up under the Nazi government when she was just about the same age as the students.

Students Hear First-Hand Account Of Life Growing Up in Nazi Germany

By Scott Faust
Special to the Times

Fifth-graders and parents who gathered May 18 in a San Leandro classroom were eager to learn about the past from Holocaust survivor AnneMarie Yellin of San Francisco.

Yellin, 94, recounted her story of

loss and resilience – as she has done many times – but she also implored her listeners to reject hatred and value differences.

“I want to emphasize that at this time there’s a lot of hate out there because people are frustrated with the situation,” Yellin said. “But accept each other.

That’s why today I want to make you aware of the word ‘acceptance,’” Yellin told the youngsters in teacher Tina Wakeman’s class at Dayton Elementary School. “We don’t have to love each other, but accept each other.”

In Chemnitz, Germany, at age 9, she
see STUDENTS, page 12

City Council OKs P.D. Use Of Military Gear

Annual review of military type hardware required by state law

By Michael Singer
San Leandro Times

San Leandro Police can continue to use military-grade weapons to protect people and property for another year following a vote by the City Council at its meeting on May 15.

The council unanimously approved the first review of the ordinance by a 7-0 vote. The vote approves the police’s use of various types of military equipment – drones, robots, battering rams, specialty rifles, and ammunition, as well as the command-center truck and the BearCat armored vehicle.

Chief Abdul Pridgen outlined the department’s current list of equipment and the number of times they were used. He presented a list of items the police would like to purchase as part of the department’s Military Equipment Funding, Acquisition and Use Policy in accordance with California Assembly Bill 481.

AB 481 became state law in 2021 and it increases oversight and use of military type equipment. It requires police departments to get City Council approval for the purchase and use of such equipment,

and provide an annual report to summarize usage. Thus, AB 481 is the reason for Pridgen’s May 15 report to the City Council.

Pridgen also reviewed the
see MILITARY, page 5

Cherry Festival To Return On June 3

The San Leandro Cherry Parade and Festival will return next Saturday, June 3, starting with the parade from 10 to 11 a.m. in downtown San Leandro, followed by the festival from 11 a.m. to 6 p.m.

The parade, including marching bands, will run from the San Leandro BART Station to the Main Library by way of Parrott Street, and north on East 14th Street.

The festival begins at 11 a.m. on West Estudillo Avenue music, food, art, and games for
see CHERRY, page 12

River Otters Turning Up in San Leandro

By Mike McGuire
San Leandro Times

River otters have started returning to the Bay Area and even to some stretches of San Leandro Creek, the Friends of San Leandro Creek revealed at a web event earlier this month.

The guest speaker at the May 9 meeting was Megan Isadore, co-founder and executive director of the Marin County-based River Otter

Ecology Project, gave a river-otter update.

She said river otters, smaller relatives of the sea otters beloved by many, are being spotted all over the Bay Area now, with the exception of the coast just south of San Francisco. But she thinks that is also promising habitat they will inhabit as their numbers grow.

A map linked to the

“River otters are smaller than sea otters, weighing 20 to 30 pounds.

Friend’s spring newsletter shows sightings through the Bay Area, but only two along San Leandro Creek and both just downhill from the Lake Chabot dam. One was at the very top of Estudillo Avenue, after it splits off from Lake Chabot Road just east of Interstate 580. The other is in the nearby Oakland neighborhood of Sheffield Village.

see OTTERS, page 11

INSIDE YOUR TIMES

COMMUNITY

Inner Wheel Club donates to crisis center. **Page 2**

GARDENING

Garden tour touts the native plants. **Page 3**

HEALTH

Debunking notions about health. **Page 5**

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

MEETING SCHEDULES

CITY COUNCIL

Council meets on the first and third Monday of each month at 6:30 p.m. in City Council Chambers, City Hall, 835 E. 14th St., San Leandro. For more information, call the City Clerk at 577-3367.

SAN LEANDRO SCHOOL BOARD

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



Pets of the Week



Cashew

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

Cashew is a 2-year-old, male Chihuahua mix. He is looking for a home with a comfortable lap to sit on and family bonding time. Cashew



Elsa

would do best with teens and up.

Elsa is a 7-month-old, female pit mix. Elsa is a timid girl, but loves toys and is good with other dogs. Elsa would do best with a family with older kids.

To adopt or for more information on Cashew or Elsa, call the Hayward Animal Shelter at 510-293-7200.



PHOTO COURTESY OF PEARL JOHNSON

Inner Wheel Club of San Leandro members Kristi Barnes, Barbara Mehan, and Sherrie Barnes deliver care packages to Bay Area Women Against Rape.

Inner Wheel Makes Donation to BAWAR

The Inner Wheel Club (IWC) of San Leandro recent-

ly donated 130 care packages to Bay Area Women Against Rape (BAWAR).

Founded in 1971, BAWAR was the first rape care crisis center in the country. The kits were filled with toiletries, journals, pens, masks, sanitizers, sweats and socks.

Children's Hospital/Cen-ter for Child Protection was

also the recipient of blankets, journals, body wash, and gift cards.

This yearly project was spearheaded by IWC Chairperson Barbara Mehan, along with Kristi Barnes, Sherrie Barnes, Linda Mahadevan, Joanne Frazier, Amy Neuman, Monika Williams, and grant writer Gloria Vasconcellos.

San Leandro Times

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

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Washington University Dean's List

Sydney Stewart of San Leandro, Calif. was named to the dean's list for the fall 2022 semester at Washington University in St. Louis. Stewart is enrolled in the university's College of Arts & Sciences.

To qualify for the dean's list students must earn a se-

mester grade point average of 3.6 or above and be enrolled in at least 14 graded units.

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Community Calendar

5k Memorial Run and Walk For Marco Ortiz

A 5k Memorial Run and 2 Mile Walk – in honor of Deputy Marco Ortiz – will be held on Thursday, May 25, at the Alameda County Sheriff’s Office Regional Training Center, 6289 Madigan Road in Dublin. Check-in at 9 a.m., ceremony and run at 10 a.m. and refreshments at 11 a.m. Hosted by the 176th Sheriff’s Dept. Academy. Please park at the Office of Emergency Services, 4985 Broder Blvd. in Dublin.

San Leandro Democratic Club Meets Tonight

The San Leandro Democratic Club’s monthly meeting will be held in person on Thursday, May 25, beginning at 6:30 p.m. in the Trustee’s Room of the San Leandro Main Library, 300 Estudillo Ave. The club welcomes new members and guests. The guest speaker will be Mark Friedman, CEO of the Eden Health District, and Ed Hernandez, a member of the Eden Health District board of directors. They will discuss how the district is serving the community in grants and sponsorships this year, providing over \$1 million in funds to local non-profit organizations. All are welcome. Out of respect for members and guests, masking is preferred.

San Leandro Toastmasters Open House

The San Leandro Toastmasters invites the public to a Hybrid Open House meeting – both in-person or on Zoom – on Thursday, May 25, from 6:30 to 7:45 p.m. at the San Leandro Main Library, 300 Estudillo Ave., or on Zoom (email SanLeandroTM@gmail.com for the link). Toastmasters is a supportive, fun environment to flex your public speaking and leadership skills. Unleash your potential as a communicator and leader.

The League of Women Voters Eden Area to Host Alameda County Supervisor Elisa Marquez

The League of Women Voters of the Eden Area (LWVEA) invites everyone to its annual membership meeting on Saturday, June 3, at 9:30 a.m. over Zoom: <https://us02web.zoom.us/j/81005526445>, Meeting ID: 810 0552 6445. Newly appointed Alameda County Supervisor Elisa Marquez will be the featured speaker. Marquez was appointed to complete the term of Richard Valle, who died on Feb. 8. She was a member of the Hayward City Council.

Eden Japanese Center’s Annual Bazaar

Eden Japanese Community Center, 710 Elgin St. in San Lorenzo, welcomes everyone to its annual bazaar on Saturday, June 10, from 1 to 7 p.m.; and Sunday, June 11, from 11 a.m. to p.m. with a raffle, games for kids and a silent auction. The food includes barbecued teriyaki chicken and rib dinner, sushi, udon, curry rice and shaved ice. Proceeds go to maintenance costs for the center—home to cultural activities for all generations.

Hill & Valley Club Bunco Madness

The Hill and Valley Club, 1808 B Street in Hayward, presents Bunco Madness on Saturday, June 10, at 10:30 a.m. for lunch and a lot of fun playing Bunco. Beginners are encouraged. Prizes will be given for Bunco winners, and door prizes are also available. Tickets are \$20 each and include lunch. Call Pat Keathley at 510-461-1321 or email pkeathley@icloud.com for reservations or information. Reservations are required.

Arts & Crafts Swap Meet

California Brain Waves Healing Arts Program will host an arts & crafts swap on the first Wednesday of the month from 5:30 to 7:30 p.m. at the San Leandro Main Library, 300 Estudillo Ave. Art, craft, office, school supplies and recycled items.

Resolved to Lose Weight in 2023

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?



PHOTO BY MIKE MCGUIRE

Gardeners Learn to Grow Naturally

San Leandro resident Lary Huls talked about native plant gardening at a San Leandro stop on the Bring Back Native Gardens tour on Saturday, May 6. The tour encourages residents to fill their gardens with native plants, which are more likely than introduced species to naturally control weeds, take up less water and encourage insects that birds then feed to their young. More information about native plants can be found at www.bringingbackthenatives.net.

Senior Meals Menu for the Upcoming Week

Senior Meals prepared by Spectrum Community Services are available weekdays at the San Leandro Senior Community Center, 13909 East 14th St. Join us for a tasty, nutritious lunch Monday through Friday at noon. Anyone who is 60 years or better is eligible to register to come get a meal. You must register first, and make lunch reservations three days in advance.

Spectrum requests a \$3.75 donation towards each meal or get our valued 10-meal ticket for only \$35. Option to dine-in or take-away is available. To make your advanced reservation, call and leave a message for the San Leandro Spectrum Meals Program: 510-881-0302. Visit the website for more information at, www.SpectrumCS.org

This week’s menu:
 Thursday, May 25: Southwestern chicken salad, black bean and lentil soup, chips, fruit.
 Friday, May 26: Salisbury steak with mushrooms and onions, mashed potatoes, peas and carrots, whole wheat roll, fruit.
 Monday, May 29: Memorial Day holiday – no lunch.
 Tuesday, May 30: Egg salad sandwich on whole wheat bread with lettuce, tomato and onion, chef’s choice vegetable soup, fruit.
 Wednesday, May 31: Turkey chili, tossed vegetable salad, cornbread, fruit. (1% milk served with each meal.)

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Cherry Crepes

The Festive Cherry

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Since way back in 1909, San Leandro has celebrated the beginning of the cherry harvest in what was then a town full of orchards. While you'd have to drive around a little to find a cherry tree anywhere in the East Bay these days, we aren't about to turn our back on the exquisite fruit that gave San Leandro the nickname, Cherry City. After taking a few years off, the Cherry Festival returns to San Leandro's downtown next Saturday, bigger and better than ever. And there are plenty

minute. Pour over cherry mixture; stir about 3 minutes. Pour into clean containers; cover with tight-fitting lids. Let stand at room temperature until cool. Freeze. Thaw and serve over ice cream, yogurt or pudding.

CHERRY CREPES

- 1 quart fresh cherries
 - 1/2 cup sugar
 - 1/2 cup water
 - 1/3 teaspoon salt
 - 1 tablespoon cornstarch
 - 1 tablespoon water
- For the Crepes:*
- 1 cup Bisquick baking mix
 - 1 egg
 - 1 cup milk
 - Powdered sugar

Heat oven to 350°F. Wash cherries and remove pits. Place in saucepan with sugar, water and salt. Cover; bring to a boil, reduce heat and simmer 5-8 minutes. Blend cornstarch with water; add to cherries and cook 2-3 minutes or until sauce has thickened and is clear. Keep warm. For the Crepes: Beat baking mix, egg and milk with rotary beater until smooth. Spoon 2 tablespoons batter into hot lightly greased 6- or 7-inch skillet. Rotate pan until batter covers bottom. Bake until bubbles appear. Gently loosen edge; turn and bake other

side. Makes about 12. Spoon warm cherry mixture onto crepes and roll or fold. Place crepes seam side down on oven proof platter. Bake about 5 minutes. Sprinkle with powdered sugar and serve warm.

FRESH CHERRY SALAD WITH MELON & MINT

- 1/4 honeydew melon, seeds and skin removed, and cut into 1/2-inch cubes
- 1/4 cup minced fresh mint plus sprigs for garnish
- 2 tablespoons light honey
- 1-1/2 cups pitted fresh cherries
- Lemon juice
- Juice of 2 limes

Put the cantaloupe, honeydew melon, and minced fresh mint in a bowl and turn several times. Put the honey into a small bowl with the lemon juice and stir until the honey dissolves, a minute or two. Pour this over the melons and turn several times. Add the cherries, turning them in as well. Pour the lime juice over all, garnish with mint sprigs and serve. Serves 6.

CHERRY & RED ONION MARMALADE

- 1/4 cup chicken stock
- 8 cups very thinly sliced red onions (about 2 large)
- 1/4 cup balsamic vinegar
- 2 cups pitted cherries
- Salt
- Freshly-ground black pepper

Bring stock to a boil in large pot and reduce by half over medium-high heat. Add onions, reduce heat to medium-low and cook, covered, until very soft, about 45 minutes. Uncover and continue to cook, stirring occasionally, another 30 minutes. Add vinegar and cherries and cook until caramelized, 45 minutes to an hour. Season to taste with salt and pepper. Makes a good accompaniment to grilled meats.

CHERRIES JUBILEE

- 1/2 cup white sugar
- 2 tablespoons cornstarch
- 1/4 cup water
- 1/4 cup orange juice
- 1 pound Bing cherries, rinsed and pitted
- 1/2 teaspoon finely grated orange zest
- 1/4 teaspoon cherry extract
- 1/4 cup brandy
- 3 cups vanilla ice cream

Whisk together the sugar and cornstarch in a wide saucepan. Stir in the water and orange juice; bring to a boil over medium-high heat, whisking until thickened. Stir in the cherries and orange zest, return to a boil, then reduce heat, and sim-

mer for 10 minutes. While the cherries are cooking, spoon the ice cream into serving bowls. Remove the cherries from the heat, and stir in the cherry extract. Pour in the brandy, and ignite with a long lighter. Gently shake the pan until the blue flame has extinguished itself. Spoon the cherries over the bowls of ice cream. Serves 6.

CHERRY MUFFINS

- 1/2 cup softened butter or margarine
- 1 cup sugar, plus extra
- 1 teaspoon vanilla
- 1 egg
- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup milk
- 1-1/2 cups fresh cherries, pitted and chopped
- 1 tablespoon lemon zest
- 1/2 cup chopped pecans

Preheat oven to 375°F. Grease 12-muffin tin or line with muffin papers.

With electric mixer, cream butter with 1 cup sugar together until light and fluffy. Beat in vanilla, then egg. Sift 2 cups flour with baking powder and salt. Stir flour mixture into butter mixture in batches, alternating with milk. Fold in cherries, lemon zest and pecans. Batter will be thick. Spoon into muffin tins, filling each cup half-way. Sprinkle tops with a little sugar. Bake for 25 minutes or until toothpick inserted into center comes out clean. Cool.

LEGAL NOTICES

FILED April 13, 2023
MELISSA WILK County
Clerk

ALAMEDA COUNTY
By-----, Deputy
FILE NO. 597154

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

The name of the business(es):
Chi-Ezuka Stores, located at 15110 E 14th Street, San Leandro, CA 94544, in Alameda County, is hereby registered by the following owner(s): Chi-Ezuka Stores, located at 27337 Manon Ave. Hayward, CA 94544, This business is conducted by a Corporation. This business commenced 04/13/23
/s/ Chidinma Ibeh

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires APRIL 12, 2028
MAY 11, 18, 25, JUN 01, 2023
0740-SLT

FILED APRIL 24, 2023
MELISSA WILK County
Clerk

ALAMEDA COUNTY
By-----, Deputy
FILE NO. 597407

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

The name of the business(es):
Stcataxes, located at 10912 Cotter Street, Oakland, CA 94605, in Alameda County, is hereby registered by the following owner(s): H Dean Hunter, located at 10912 Cotter Street, Oakland, CA 94605, This business is conducted by An Individual. This business commenced on 01/01/2022
/s/ H Dean Hunter

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires APRIL 23, 2028
MAY 11, 18, 25, JUN 01, 2023
0760-SLT

FILED MAY 08, 2023
MELISSA WILK County
Clerk

ALAMEDA COUNTY
By-----, Deputy
FILE NO. 597712

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

The name of the business(es):
Oseguera Auto Care, located at 575 C Street BLD #3, Hayward, CA 94541, in Alameda County, is hereby registered by the following owner(s): Juan Gabriel Oseguera Elizondo, 8412 E Street APT 1, Oakland CA 94621. This business is conducted by an Individual. This business commenced N/A
/s/ Juan Gabriel Oseguera Elizondo

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MAY 07, 2028
MAY 11, 18, 25, JUN 01, 2023
0551-SLT

FILED April 24, 2023
MELISSA WILK County
Clerk

ALAMEDA COUNTY
By-----, Deputy
FILE NO. 597387

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

The name of the business(es):
Do Martial Arts, located at 3963 E Castro Valley Blvd, CA 94552, in Alameda County, is hereby registered by the following owner(s): CJ Lee Do Inc, 3963 Castro Valley Blvd, CA 94552. This business is conducted by a Corporation. This business commenced 03/26/2018
/s/ Chul Jae Lee

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MAY 15, 2027
MAY 18, 25, JUN 01, 08, 2023
0582-SLT

FILED APRIL 20, 2023
MELISSA WILK County
Clerk

ALAMEDA COUNTY
By-----, Deputy
FILE NO. 597343

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

The name of the business(es):
Vancia Fitness, located at 15017 Fleming Street, San Leandro CA 94579, Alameda County, is hereby registered by the following owner(s): Vanessa Gonzalez, located at 15017 Fleming Street, San Leandro CA 94579, This business is conducted by an Individual. This business commenced N/A
/s/ Vanessa Gonzalez

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires APR 19, 2028
MAY 25, JUN 01, JUN 08, 15, 2023
0740-SLT

FILED APRIL 24, 2023
MELISSA WILK County
Clerk

ALAMEDA COUNTY
By-----, Deputy
FILE NO. 597415

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

The name of the business(es):
Digna's Maintenance & Cleaning, located at 2504 Columbine DR., Hayward CA 94545, Alameda County, is hereby registered by the following owner(s): Digna Esparza, located at 504 Columbine DR., Hayward CA 94545, This business is conducted by an Individual. This business commenced 01/30/2008
/s/ Digna Esparza

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires APR 23, 2028
MAY 25, JUN 01, JUN 08, 15, 2023
0741-SLT

FILED MAY 05, 2023
MELISSA WILK County
Clerk

ALAMEDA COUNTY
By-----, Deputy
FILE NO. 597693

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

The name of the business(es):
Zelaya's Family Day Care, located at 311 Stoakes Ave., San Leandro, CA 94577, in Alameda County, is hereby registered by the following owner(s): Gloria Zelaya, 311 Stoakes Ave., San Leandro, CA 94577. This business is conducted by an Individual. This business commenced N/A
/s/ Gloria Zelaya

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MAY 04, 2028
MAY 11, 18, 25, JUN 01, 2023
0550-SLT

FILED May 16, 2023
MELISSA WILK County
Clerk

ALAMEDA COUNTY
By-----, Deputy
FILE NO. 597938

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

The name of the business(es):
Stadium Club, located at 15698 E 14th Street San Leandro, CA 94578, in Alameda County, is hereby registered by the following owner(s): Guadalupe De Noche LLC, 15698 E 14th Street San Leandro, CA 94578. This business is conducted by a Limited Liability Company. This business commenced N/A
/s/ Jose R. Santiago

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MAY 15, 2027
MAY 18, 25, JUN 01, 08, 2023
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LEGAL NOTICE – BULK SALES

1Stop Office Furniture (1STOP), Charlie the ChairMan (CCM), and Office Rental Inc. (ORI) (Address: 1401 Factor Ave. San Leandro, CA 94577) have the intention to enter a Bulk Sales with Ecogreen Furniture, LLC (Address: 5011 Porta Rossa Cir. Pleasanton, CA 94588). The inventory will include the following assets to be transferred on estimated sale date of 6/30/2023: Chairs, tables, and storage units which include the following brands: AMQ, Friant, and Herman Miller. A more extensive and detailed list can be procured by calling: 510.569.6969. If you are a creditor(s) of 1STOP, CCM and/or ORI and you believe you may have the right to make a claim against the proceeds of the bulk sale, please do so before 6/15/2023. If you believe you have an active Lien or Claim, please reach out to 1STOP, CCM, or ORI at: 510.569.6969.

Military: San Leandro police use heavy-duty vehicle 12 times in past year

continued from front page

April 19 feedback from the Community Police Review Board (CPRB), including their recommendation that drones, robots, and other vehicles should not be used for deadly force or equipped with weapons. The CPRB also asked that the police review its policy on the use of tear gas and bean bag projectiles to disperse unruly crowds.

"We agreed with the CPRB, and at no time would we attach anything to make a robot or an aerial vehicle become weaponized," Pridgen said.

Pridgen reported that the San Leandro Police Department used its drones 44 times over the last 12 months while looking for suspects, including a few times where people were armed, suspected of murder or arson, and in missing person cases.

Police brought out their heavy-duty vehicles 12 different times over the same time period, including the September 7, 2022, shooting and robbery of an armored truck security guard at the Kaiser Medical Center.

Among the items on the Police Chief's wish list is the addition of 40 patrol rifles (total cost of \$120,000) that carry 30 rounds of .223 ammunition, and five more drones (total cost of \$100,000), some of which are replacements while others carry better surveillance cameras.

The purchase list also included additional supplies of bean bag shotguns and pellets, which officers used in five separate incidents in the last 12 months, according to Pridgen.

A few council members also expressed concern that officers shooting bean bags into a crowd to disperse them would injure people who were not being aggressive.

Pridgen said there might be a circumstance where the police department would need to buy new or replace existing equipment, in the name of public safety, before consulting the CPRB or the council, a process known as "exigent circumstances." Last month the CPRB asked the department to either remove the process or define it. Chief Pridgen said the department defined it. An exigent circumstance is where there is a belief of an imminent threat to people or property.

The issue is expected to

SLPD Military-Grade Equipment

- MedEvac Armored Vehicle (also known as a BearCat)
- A mobile command vehicle, and a hostage negotiation vehicle
- 9 small drones
- 1 tactical robot
- 4 breaching shotguns
- 48 AR-15 rifles
- 4 AR-10 rifles
- 35 less-lethal shotguns
- 3 tear gas/smoke launchers.

come up in future CPRB meetings.

The council members who commented all felt Pridgen was trustworthy but were skeptical that buying more military-grade equipment without some type of oversight was asking for forgiveness more than asking for permission.

Pridgen responded that his decisions to use these methods would only be done with the highest levels of protecting people and property.

"There are times when we are going to need something, and we won't have time to get council approval," Chief Pridgen said. "If we have to wait 30 days or however long it takes to get on the council agenda, when there is an item that will help keep our community healthy,"

see MILITARY, page 11

HEALTH & FITNESS

Beware of Fitness Conspiracy Theories

By Mitch Rothbardt
Special to the Times

I hate conspiracy theories. They prey on our insecurities and make us feel like we're missing that crucial bit of information that those powerful people "don't want us to know!"

They also tend to disintegrate with the tiniest bit of critical thinking.

Anyway, I thought I would talk about two of the fitness industry's favorite conspiracy theories. Why are they conspiracy theories? Because they don't make much sense when you really think about them, but they just keep hanging around.

Well, let's get started.

1: You need to lose weight.

What They Tell You: Losing weight is the only goal that really matters for your health and for your value to the world. Smaller is better. Especially if you are a woman.

The Conspiracy: The weight loss industry is a \$72 trillion industry that makes its money by making you feel bad about yourself. Here's the process:

- Tell you you're unhealthy and have little value to the world due to your body.
- Sell you something to lose weight that doesn't work or is unsustainable.
- Blame you for its failure.
- Sell you something else.

The Truth: Losing weight itself has little to no impact on our health and some methods actually make you less healthy.

If you've been told you

"need" to lose weight, just ask why. What will losing weight get you? Base your actions on the answer to that question, and you'll get better results.

2: You Shouldn't Strength Train After Age 50.

What They Tell You: The day you reach 50, you turn old and fragile and are merely a walking, talking injury risk that should be treated like a Faberge Egg.

The Conspiracy: This is based on an overall lack of knowledge about the body and how it works. I can't put it any other way.

The Truth: Strength training becomes more important as we get older.

You want to know what protects your body when you fall?

Strength.

Do you want to know how you're going to get up?

Strength.

“Strength training becomes important as we get older.”

Do you want to know how to protect your bones from osteoporosis? Strength.

If you aren't working on your strength as you get older, you are missing a huge piece of the puzzle.

There are plenty more of these fitness conspiracy theories (detoxes, anyone?), but I think you get the point. Do you know what really makes sense? If you're not sure, just ask.

Take care and stay safe.

Mitch Rothbardt is the owner and head trainer at Castro Valley Fitness. He can be reached by email at: Mitch@castrovalleyfitness.com.

Meet the San Leandro Toastmasters at the Cherry Festival

The San Leandro Toastmasters club will participate in the San Leandro Cherry Festival on Saturday, June 3.

If you want to learn how to become a more effective communicator or a dynamic leader, stop by the Toastmas-

ters' booth during the festival and speak to a member to learn about Toastmasters, and see how you too can become an influential speaker. Email the San Leandro Toastmasters at sanleandrotm@gmail.com for more information.



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Mia P. Manansala is a writer and certified book coach from Chicago who loves books, baking, and bad-ass women.

She is the author of the multi-award-winning *Tita Rosie's Kitchen Mystery series*, and uses humor (and murder) to explore aspects of the Filipino diaspora, queerness, and her millennial love for pop culture.

She will speak about her book series, her writing process and will take questions from the audience.

Mia will also be available to sign books.

san leandro public library
community read 2023

Arsenic and Adobo

Author Visit

MIA P. MANANSALA

Thursday, June 1, 2023

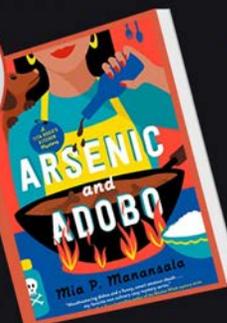
6:30 pm

San Leandro Main Library

Karp Room

300 Estudillo Ave

510-577-3971



Bayside Groundwater Facility Notice of Community Meeting June 6, 2023 at 6 p.m. to 7 p.m.

The East Bay Municipal Utility District (EBMUD) invites you to a virtual community meeting, where staff will provide an overview of the Bayside Groundwater Facility and answer questions on June 6, 2023 at 6 p.m. to 7 p.m.

Register for zoom meeting at ebmud.com/Bayside

Project Information: The Bayside Groundwater Facility, located at 2540 Grant Ave in San Lorenzo, was constructed in 2009 as a supplemental water supply source in the event of severe water rationing during a prolonged extreme drought or emergency. Water is added to the aquifer in wet years to recharge this natural storage basin. EBMUD has never extracted water from Bayside for customer use.

For more information: Visit ebmud.com/Bayside
Opt-In emails and/or submit questions in advance:
Contact baysidefacility@ebmud.com

REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



The Truth About 1% Listing Commissions

By Carl Medford, CRS
Special to the Times

A Realtor recently received a call asking if they would list a home for 1%. The seller had seen an ad stating, “We will sell your home for 1%,” and wanted to know if they would match it. The agent asked, “Are you aware the 1% does not include the entire commission?” The seller, shocked, asked, “What do you mean?” The Realtor responded, “The 1% only covers the listing commission – it does not include any commission to the buyer’s agent.” They continued, “Personally, I think that claiming they can sell your house for 1% is misleading.”

There is often confusion around real estate commissions. Normal practice nationwide is for the seller to pay a commission to the listing broker out of which the buyer’s broker is paid. As an example, if the seller pays a 6% commission, then the listing broker

typically retains 3% and gives the remaining 3% to the buyer’s broker. Brokerages advertising that they can sell a home for 1% are talking about the listing commission only – they neglect to mention that the buyer’s agent also receives a commission.

Commissions are negotiable and vary from region to region. A post by www.homelight.com states, “The national average commission rate stands at 5.8% nationwide and has hovered around 6% for decades. Agents tend to stay around the average for their area – if they ask for above the average, no one will list with them. But some choose to go lower.”

While sellers might want to pay as little as possible to sell their home, they should understand what level of service they will receive for the commission rendered. As an example, a full-service agent asking for a regular commission could be providing a

concierge level of service including oversight of property improvements, carrying improvement costs to the close of escrow, free staging, extensive professional photography package, numerous open houses and more. In contrast, an agent asking for a very low commission might simply put a sign in the yard, take pictures with their phone and post the home on the multiple listing service (MLS).

Some believe that in a hot market, any home will sell for top dollar. That is simply not true: proper preparation and marketing are still required to ensure the maximum returns. While sellers may want to cut commissions, they need to be careful; the commission they save could easily cost them substantially more in the end.

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.

The Garden Bug

Live Oak Society

In 1934, Dr. Edwin Lewis Stephens, president of Southwestern Louisiana Institute, founded the Live Oak Society, a registry of live oak trees. According to bylaws, the only *human* member permitted in the Society is the honorary Chairman, who registers and records live oak members. To become registered, the live oak must have a girth (trunk circumference) of 8 feet or greater.

– Brenda Weaver

Source: www.lgcfinc.org/live-oak-society

WEEKEND GARDENER

Changeover Season

You won’t find it marked on any calendar, but Memorial Day weekend is the changeover season for gardeners. It’s time to get everything in the ground without delay. Plant vegetables and annuals from six-packs and 4-inch pots, but start beans, corn and nasturtiums from seed because they don’t transplant well. You can still put down a sod lawn, but it’s too late to start a lawn from seed.

Planting Bushes, Trees

When setting out containerized nursery stock, fill the hole to the shoulder of the root ball, pack the soil firmly and water. As soil settles, add more as needed to complete the planting and water generously again. Use care in removing plants from containers to avoid breaking the soil ball.

Stake Plants Early

Stake all vining and tall-growing vegetables when you plant the seedlings. This way you will avoid disturbing the root system as the plant matures.

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Harvest Homegrown Fruit

By Melinda Myers
Special to the Times

Picture yourself harvesting a few fresh strawberries for your cereal in the morning or perhaps picking a few apples from your own backyard tree to cook up into a pie.

It is possible, even if you garden on a balcony or small lot. And even if you have plenty of space, you will still appreciate the fun and convenience of reaching out the backdoor and harvesting some homegrown fruit.

Strawberries are excellent container plants. Grow everbearing or day-neutral varieties, so you will be harvesting strawberries throughout the growing season.

Reduce your workload and increase success with a self-watering hanging basket (gardeners.com). Or dress things up a bit more with a decorative container.

But don't stop there. Add some dwarf fruit trees to your patio plantings. A dwarf apple, peach or pear will provide beautiful spring flowers, nice foliage for the summer and fruit for you to enjoy. Select self-fertile varieties, those that only require one plant to produce fruit, if space is limited.

Grow your dwarf trees in large weather-proof pots with drainage. Try your green thumb at growing lemons, limes and other citrus in a container. The fragrant flowers and glossy green leaves are a beautiful prelude to the tasty fruit.

Even cold-weather gardeners can put their green thumb to the test by growing a Meyer lemon, Kaffir lime or other citrus in a container. Just move the potted plant indoors for the winter and back outdoors next season once the danger of frost has passed.

And don't forget the blueberries that are high in antioxidants and flavor. These nutritious beauties require moist well-drained acidic soil. Something most gardeners do not have. This makes growing them in containers, where you control the soil, a good option.

Blueberries provide seasonal interest with their nodding white bell-shaped flowers in spring, colorful fruit in summer and yellow, orange or red color



PHOTO COURTESY OF GARDENERS SUPPLY COMPANY

Strawberries are excellent container plants. Everbearing or day-neutral varieties will provide fruit to harvest throughout the growing season.

in fall. Though only one plant is needed to bear fruit, keep in mind that your harvest will more than double if you grow two.

So survey your patio, deck, balcony or garden for space to add a container or two of fruiting plants that are sure to add

beauty and flavor to your garden and meals this season.

Gardening expert Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books. Her web site, www.melindamyers.com, offers gardening videos and tips.

RECENT HOME SALES

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

CASTRO VALLEY

Total: 2 - Average Price: \$1,032,500
High: \$1,130,000 - Low: \$935,000

17763 Almond Road 94546: \$1,005,000 [2 BD - 1,416 SF - 1919]
4663 Seven Hills Road 94546: \$1,235,000 [3 BD - 1,192 SF - 1928]
5022 Beacon Hill Drive 94552: \$1,900,000 [4 BD - 3,194 SF - 1970]

219 Cooper Avenue 94544: \$650,000 [3 BD - 1,160 SF - 1961]
1828 Florida Street 94545: \$650,000 [3 BD - 1,000 SF - 1955]
27701 Eucalyptus Court 94544: \$745,000 [1,549 SF - 1977]
28207 Rochelle Avenue 94544: \$801,000 [3 BD - 1,115 SF - 1955]
26133 Huntwood Avenue 94544: \$850,000 [3 BD - 1,130 SF - 1953]
31107 Brae Burn Avenue 94544: \$875,000 [3 BD - 1,161 SF - 1955]

HAYWARD

Total: 24 - Average Price: \$928,625
High: \$1,750,000 - Low: \$381,000

22823 High Street 94541: \$525,000 [1 BD - 384 SF - 1925]
1170 Cotter Way 94541: \$595,000 [3 BD - 1,064 SF - 1929]

25380 Meredith Court 94545: \$925,000 [3 BD - 1,486 SF - 1959]
25825 Belhaven Street 94545: \$985,000 [3 BD - 1,483 SF - 1959]
23118 Glenn Ellen Drive 94541: \$1,100,000 [2,112 SF - 1976]

553 Olympic Avenue 94544: \$1,350,000 [5 BD - 2,321 SF - 2000]

SAN LEANDRO

Total: 9 - Average Price: \$689,555
High: \$850,000 - Low: \$540,000

398 Parrott Street #206 94577: \$474,000 [2 BD - 956 SF - 1976]
348 Anza Way 94578: \$670,000 [3 BD - 1,078 SF - 1954]
15059 Wiley Street 94579: \$680,000 [3 BD - 1,438 SF - 1951]
1107 Manor Boulevard 94579: \$750,000 [3 BD - 988 SF - 1950]
16731 Los Reyes Avenue 94578: \$800,000 [4 BD - 1,500 SF - 1945]
380 Bowling Green Street 94577: \$965,000 [3 BD - 1,067 SF - 1942]

SAN LORENZO

Total: 1 - Average Price: \$780,000
High: \$780,000 - Low: \$780,000

17 Paseo Grande #A 94580: \$560,000 [2 BD - 1,056 SF - 1985]

The 30-year Fixed-rate Mortgage Reverts from Last Week

The 30-year fixed-rate mortgage averaged 6.39 percent this week, as economic crosscurrents have kept rates within a ten-basis point range over the last several weeks. After the substantial slowdown in growth last fall, home prices stabilized during the winter and began to modestly rise over the last few months. This indicates that while affordability remains a hurdle, homebuyers are getting used to current rates and continue to pursue homeownership.

HOROSCOPE by Salomé

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- ARIES (March 21 to April 19):** Problems begin to affect relationships, both personal and professional. Act now to shore up those weak foundations before it all comes crashing down around you.
- TAURUS (April 20 - May 20):** Take a break from all that hard work you've been doing. There's nothing like some well-earned fun and games to charge up those Bovine batteries and send you back fully energized and ready to go.
- GEMINI (May 21 to June 20):** Deception can sometimes affect perception. You should take a longer, deeper look at what you're being offered. Things might not be quite what you first thought they were.
- CANCER (June 21 - July 22):** A friend's loyalty suddenly comes into question. But, before you rush to judgment, listen to what they have to say. This could be an important learning lesson for you.
- LEO (July 23 - August 22):** The time has come for you to set things right. Your courage will help you meet the difficult challenge ahead. Others will be inspired by your actions and rally to support you.
- VIRGO (August 23 - Sept. 22):** A stubborn insistence that your way is the only way to solve problems could make things worse than they are. Open your mind to suggestions from others.
- LIBRA (Sept. 23 - October 22):** A close associate reveals a secret that could affect an upcoming decision. Rely on your natural instinct to weigh everything carefully, to help you get through this dilemma.
- SCORPIO (October 23 - November 21):** Congratulations! Your decision to take action and deal with a long-simmering situation in the workplace begins to pay off. In addition, a family member has some good news.
- SAGITTARIUS (Nov. 22 - Dec. 21):** You still need to persuade your partner that you're sincere in wanting to save this relationship. Remember: Performance speaks louder than promises.
- CAPRICORN (Dec. 22 - Jan. 19):** A disappointment in the workplace can be a blessing in disguise. Take another look at your goals and see if this is the path you really want to follow.
- AQUARIUS (Jan. 20 - Feb. 18):** Avoid winding up in the middle of an unpleasant family situation by reassuring your cantankerous kinfolk that you love them all -- but that you won't take sides.
- PISCES (Feb. 19 - March 20):** A successful workplace move begins to pay off with offers of new opportunities, but some might come with strings attached. Check them all carefully before deciding.

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THE TIMES CROSSWORD

Crossword grid with numbers 1-51.

- ACROSS: 1 Beer ingredient, 5 Adj. modifier, 8 Taverns, 12 "The Middle" actress Heaton, 14 Denny's rival, 15 Susan of "Dead Man Walking", 16 Donated, 17 Business mag, 18 Rose and fell on the sea, 20 Chicago cagers, 23 Seethe, 24 God of war, 25 Adirondack lake, 28 Martini ingredient, 29 "Star Wars" baddie, 30 Pirate's chart, 32 Arabian nomad, 34 Minus, 35 Melodies, 36 Blitzen's boss, 37 Two-piece suit, 40 Jazzy style, 41 Greek vowels, 42 Revolutionary War battle, 47 Hamlet, e.g., 48 Stumble on, 49 Winter coaster, 50 Thanksgiving veggie, 51 Section
- DOWN: 1 AWOL pursuers, 2 Bond rating, 3 USPS delivery, 4 Nature walks, 5 Outlet letters, 6 God, in Roma, 7 Eighth U.S. president, 8 London landmark, 9 Melville captain, 10 Peregrinate, 11 Raced, 13 Hostels, 19 Sharif of "Funny Girl", 20 Purse, 21 "Topaz" author, 22 Sultry Horne, 23 Loses color, 25 Clerics' robing room, 26 "So be it", 27 Group of actors, 29 Futile, 31 Unpaid TV ad, 33 Elevated, 34 Portable PC, 36 Daytime drama, 37 Hotel furniture, 38 Slanted type (Abbr.), 39 Welles role, 40 Edge, 43 Coach Parseghian, 44 Eggs, 45 Berlin's country (Abbr.), 46 Museum display

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Ms. Brown Named School District Employee of the Year

Ms. Helen Brown was named last week as the San Leandro Unified School District's (SLUSD) classified employee of the year.

Ms. Brown has been a beloved McKinley Elementary School team member for over 30 years, currently serving as a para-educator. Throughout her tenure, she has built countless positive relationships with generations of McKinley families, who trust and respect her gracious wisdom.

Mrs. Brown is amazing, kind, patient, dependable and an incredible person with a heart of gold, said one of her peers. "She can 100% be counted on for anything. She is loved and trusted by all the McKinley students and staff."

As a playground supervisor, she sees it all, knows every student, and

lends a hand wherever needed," said another. "When I brought Bancroft Orchestra students on a field trip, the McKinley alums flocked to Mrs. Brown for hugs and conversation. They felt they'd come home."

Every lunch, she regulates three sessions, holding students to safe and respectful behavior. Her own children attended McKinley, and she first became involved as a volunteer in her daughter's kindergarten class many years ago.

"I'm convinced that our school would fall apart if not for Mrs. Brown," said another staff member.

San Leandro Unified asks everyone to join in congratulating Ms. Brown on her achievement, as well as the following exceptional classified staff chosen by their schools for



Ms. Helen Brown who works at McKinley Elementary School is the district's Classified Employee of the Year.

consideration as the district launches its annual celebration of SLUSD Classified School Employees' Week: Garfield Elementary
Trina Connors, Nutrition Technician

Halkin Elementary
Angelica Franco, Parent Facilitator
Jefferson Elementary
Taryn Frazer, Library Multimedia Specialist
Madison Elementary
Rosie Garcia, Administrative Assistant
Monroe Elementary
Teresa Alonzo, Administrative Assistant
Roosevelt Elementary
Dawn Coburn, Office Assistant
Washington Elementary

Marla Losson, Administrative Assistant
Bancroft Middle School
Bryant Coronado, Parent Facilitator
John Muir Middle School
Anthony Santillan, Head Custodian
Lincoln High School
Yasmin Lopez, Office Technician
San Leandro High School
Millie Garcia, Office Technician
San Leandro Virtual Academy
Yvonne Meier, Program Coordinator
District Office
James Miller, Plumber

American Legion Post 649 Monthly Meeting

American Legion Post 649 in Castro Valley meets on the first 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. When there is a Monday holiday, the meeting will be on the second Monday. For more information, call Jim Smith at 510-305-2280.

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.

Calling on Amazon

Editor,

I walk around and I am disgusted. Disgusted with the trash littered on the street curbs. Disgusted with how people toss a plastic cup out and if they're generous enough maybe they'll clean out their whole car on the highways. Disgusted with the state of the United States.

Litter costs the United States more than \$11 billion to clean up annually and the Department of Transportation reported spending \$7 million on roadway cleanup by staff and contractors. This shouldn't be the case. People should be accountable for themselves, this will not only save peoples' tax dollars but also give everyone the chance to enjoy a clean environment.

That's why I'm calling on Amazon to eliminate their plastic packaging in their shipments because why should we pay for Amazon's own negligence, when they can use their own resources to make this happen.

Jerry Wong
San Leandro

Backwards Mailboxes Are Stupidity, not Security

Editor,

I stand by my comments published in The Times two weeks ago regarding the new mailboxes

installed at the South San Leandro Post Office. Postal Service officials state that the reverse placement of the boxes with the mail slot facing away from the driver's side in the drive-through lane is intentional and was done for security reasons.

First of all, forcing drivers to exit their cars in order to deposit their mail clearly defeats the rather obvious purpose of a drive-through lane. Secondly, how can this be considered secure from the perspective of drivers having to leave their vehicles if they're dropping off mail after dark? Third, how is this arrangement even remotely in compliance with ADA.

Lastly, a determined thief is certainly not going to be deterred by the placement of the slot on the box. This entire fiasco has far more to do with stupidity than security.

Mike Denton
San Leandro

Ethics Committee Ends Investigation

Editor,

Earlier this week the bipartisan House Ethics Committee closed an investigation of me based on a 2020 GOP allegation involving a campaign volunteer. For more than three years, Speaker McCarthy and MAGA Republicans tried to silence my advocacy in Congress by waging a public smear campaign.

Nearly ten years ago I assisted the FBI in their counterintelligence investigation of this campaign volunteer. At the time, the case and my assistance, were briefed to Republican Speaker of the House John Boehner and two years later, Republican House Speaker Paul Ryan re-appointed me to the House Intelligence Committee. Neither Speaker questioned my actions nor politicized my cooperation.

The FBI has repeatedly said I was never under suspicion of wrongdoing and praised my cooperation with their investigation. In spite of all this, a House Republican filed a complaint with the House Ethics Committee.

The Committee had this case for more than two years. They had the power of subpoena. They received answers from me in response to requests for information. They closed the case and did not make a finding of wrongdoing.

It's time to move on.

If the intent in bringing this complaint, taking me off the Intelligence Committee, and leveling false smears was to silence me, that is not going to happen.

I will continue to be a voice on behalf of my constituents and a passionate defender of democracy.

Your support has helped sustain me and my family during this time. Thank you.

Eric Swalwell,
member of Congress,
representing California's 15th
Congressional District

All in the Same Sentence

Editor,

Praise the Lord and you have got to be kidding me all being used in the same sentence. The City Council finally voted to end the rental eviction moratorium on July 31 (praise the Lord) when all of

the other cities in Alameda County ended the moratorium three months sooner on April 29. What blew me away is the fact that the Council gave the renters until next year, yep next year (January 17) to pay up, that's the you have got to be kidding me part.

The renters knew from the very beginning that there was no free lunch and the past rent would be due in full, it was just a matter of time and now it's not due until 2024. So why the extension until January 17 when it should be paid in full when the moratorium ends on July 31?

The most naive person living in San Leandro or maybe Alameda County must be Councilmember Celina Reynes who was the only member who voted against ending the moratorium as she said it would cause a lot of evictions. Duh! Does she think that everyone will run to the bank on January 16 like the Silicon Valley Bank run last month and withdraw all the rent money that is due and pay the landlords on the 17th?

Let's remember that a lot of mom and pops worked very hard to purchased rental property for their retirement nest egg and now the wait goes on and on and on to get paid what is rightfully due them.

I guess it's just another bizarre decision made by our illustrious City Council to kick the can down the road, think pot holes and this time it turns out to be 2024.

Brent Heath
San Leandro

Refusal to Raise Debt Ceiling Increases the Debt

Editor,

Kevin McCarthy, leading (or perhaps following) his party's MAGA extremists, claims to be oh-so-concerned by our National Debt that he is threatening default for

the first time in history. Yes, the national debt is too high, but yes, it is the result of budgets already approved by both Republicans and Democrats in Congress.

If Republicans were truly concerned about the high debt, they shouldn't have approved tax cuts for the very rich, during Trump's mis-administration, while reducing resources for IRS tax collection. Reduced revenue along with higher spending increases debt.

Default on financial obligations that have already been incurred will lower our nation's credit rating. That will increase the cost (interest rate) for governmental borrowing. Higher borrowing costs will increase the national debt even higher.

McCarthy's refusal to raise the debt limit will actually increase the very debt he pretends to want to reduce.

Bruce Joffe
Piedmont

Survey on Jury Duty for Research Project

Editor,

I'm a public administration graduate student at Golden Gate University. I'm working on a research project to study the impact of juror compensation on hardships, demographics, and perceptions of jury service in Alameda County, California.

If you're a resident of Alameda County, I would greatly appreciate you taking the time to fill out this anonymous survey. More information is available when you visit the following link: (<https://forms.gle/Eb7PSXv3NR7rTZBK9>).

My goal is to get as many responses as possible, so feel free to share with other residents too. Thank you for your time and help.

Stephen Michael Tow
San Leandro

Otters: 'Otters have fought off much larger animals'

continued from front page

You might think river otters would be found near where streams meet the ocean, but this is often not the case, Isadore said. Otters are land animals, and while they do fine in the ocean, they can be found well inland. They usually are found in aquatic environments such as streams and marshes, where they find their favorite foods, she added.

Fortunately, one of those favorite foods is crayfish, which are mostly non-native and will feast on baby salmon if otters don't eat the crayfish first, Isadore said.

Otters are sometimes seen on the shores of Lake Chabot, and even around Lake Merritt near downtown Oakland.

"They can be quite urban animals," she said. "They probably find too many people for their taste around Lake Merritt, so they don't stay long but they do visit."

The otter activist showed a video of a man fishing in a park in Walnut Creek, holding his dog in his lap. Both pay scant attention to an otter walking by, carrying a fish in its mouth.

"They're both doing the same thing, after all," Isadore said.

She praised the man for keeping his relatively small dog on his lap with the otter nearby, for the safety of both animals.

Dogs might be bad news for otters, but otters have been known to fight off much larger animals: foxes, bobcats, coyotes, even a bald eagle. She showed short videos of some of those encounters. Sometimes otters are protecting their young but also keeping food they had just caught away from thieves.

We may think of sea otters



PHOTO BY TOM REYNOLDS, RIVER OTTER ECOLOGY PROJECT

A river otter at rest. Otters have been seen around Lake Chabot.

as small animals, but river otters are even smaller, Isadore said. While a sea otter typically weighs 50 to 60 pounds when grown, a river otter is about half that, from 20 to 30 pounds, according to the River Otter Ecology Project website.

Isadore urged area residents to do all they can to protect river otters, starting with giving them some space if you spot them. Her group's website urges keeping streams clean, not letting anything flow into them that might make them unsafe for otters. That includes lawn chemicals, runoff carrying those chemicals from over-watering, and detergents from washing your car.

The river otter project also needs people to spot and count river otters throughout the area. You can get more information on their efforts at www.riverotterecology.org.

Military: 'Trust and hold us accountable and I am going to do the right thing'

continued from page 5

munity safe, it doesn't make sense from an operational standpoint not to be able to do that. Trust and hold us accountable, and I am going to do the right thing, and if there is something that will keep our community safe and it isn't approved, I am going to use it and say this is why I used it." The CPRB has not yet scheduled its next meeting for June.

Currently, the San Leandro Police Department's list of

military-grade weapons and equipment includes:

- A MedEvac Armored Vehicle (also known as a Bear-Cat)

- A mobile command vehicle, and a hostage negotiation vehicle

- Nine small drones
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- Three tear gas/smoke launchers.

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Obituaries

Michael Austin Parker

Michael Austin Parker went home to God on May 2, 2023. He was 75 years old. He was born in Berkeley, CA and spent the last 40+ years raising his family in San Leandro, CA.



He was married to the love of his life Carol for 49 beautiful years; together for 58. Michael is survived by his wife Carol, children Steven, Cherie, and Michael. Granddaughters Brianna and Adalyn, grandsons, Austin, Michael, Isaiah, and Gabriel, and his sister Karen. Mike also has many nieces as well as a huge extended family and too many dear friends to count. He rejoins his beloved brother Richard, who preceded him in death.

Mike had a talent and love for baseball that will leave him unforgettable to the ones that knew him. He grew up playing for multiple teams often in the same day. After graduating from Oakland High he signed professionally with the Detroit Tigers in 1969. His only dilemma was that he had already fallen in love with Carol and wanted to start a family of his own. He transitioned his playing career to Softball where he was most proud of his run as the reigning longball champion on Channel 7. He was an amazing father to his children and an even more amazing Papa to his grandchildren.

In 1988, he opened a sports card shop in Washington Manor where he grew his extended family and clientele for over 35 years. His success was due to his honesty and work ethic, often open seven days a week. He loved to make people laugh and cry and had a special knack for helping those in need. He always had advice for everyone. He had a huge heart and will be dearly missed by all whose lives he touched. He is gone from the world but will be remembered forever.

Marilyn Donaldson Winkler

Marilyn Donaldson Winkler, dearly loved, truly missed, died May 11, 2023, age 97.

Born and raised in Hillsborough, CA of parents Melvin Smith Donaldson and Adelheid (Heidi) Saier Donaldson, whose parents were California pioneers of Scottish and German descent.

Graduated Burlingame High School, Student Body President; graduated University of Michigan, Chi Omega. While attending University of California, Hastings School of Law, she met and began dating her future husband, then Hastings 3rd-year and Student Body President, Robert V. Winkler, who convinced her she would not be needing her law degree. Only after marriage and raising four children did she return to U.C. Boalt School of Law and finish her Juris Doctorate degree. She subsequently managed the law offices of several attorneys.

Married on her birthday in 1951, Robert and Marilyn moved to San Leandro in 1955 where Robert had his law practice. Four children over 12 years kept Marilyn busy. She was devoted to her children's formal and extracurricular educations. Marilyn was also active in her husband's law offices, hiring the best new lawyer graduates for her husband's practice. They hosted fund raising and campaign parties at their home for judicial candidates, congressmen, and governors. Marilyn was an active Episcopalian, having been a member of St. Matthews, All Saints, St. Cuthberts and currently Holy Cross, Castro Valley. She was active in Questors. She fought for the preservation of coastal access. Second generation member of P.E.O. Sisterhood, providing educational opportunities for women. She loved travel, history, gardening, music, reading, cooking and entertaining.

Predeceased in 2005 by her beloved husband Robert. Survived by her four children and their spouses, Heidi, Robert (Karen), William (Alanni), Susan (Steve), grandchildren Victor, Alex, Elise, Daniel, Kimberly, Robert, Biagio, Josh, Jake; great-grandchildren, Robert, Atlas, Chelsea, Emily, and Leo. Memorial services: June 3, 2023, 1:00 p.m., Holy Cross Church, 19179 Center St., Castro Valley. Donations in lieu of flowers to either Friends of San Leandro Creek or the San Leandro Boys & Girls Club.

Cherry: Over 50 artisans, vendors

continued from front page
the kids. Enjoy music on two stages from some of the Bay Area's best party bands from R&B to Latin rhythm.

Win a prize and have a laugh in the Fun Zone where kids can play carnival games and people of all ages can play pickleball. Check out the vendor market where over 50 artisans will be selling handmade goods. See the judges select the best cherry pie recipes.

Fresh cherries will be available at the Cherry Market and you can have a bite to eat from a wide selection of local food vendors, selling cuisine from around the world. A beer garden will feature beverages from local breweries and sangria, hosted by the San Leandro Chamber of Commerce.



PHOTO BY JIM KNOWLES

Entertainment, food and drinks will be on the bill as the Cherry Festival returns next Saturday, June 3.



PHOTO BY SCOTT FAUST

The fifth graders in Ms. Wakeman's class at Dayton Elementary gathered around AnneMarie Yellin for a photo.

Students: 'Excited and honored'

continued from front page
watched in horror as Nazis dragged her father from the family's apartment on Nov. 9, 1938, known as Kristallnacht, or "the Night of Broken Glass," when Hitler's SS troops attacked Jewish communities throughout the country. During her talk at Dayton, she showed students the cloth gold Star of David she was forced to wear.

That night shattered the comfortable, happy family and school life she had known until then.

"We lost everything," Yellin said. "It doesn't matter. Do you know what's important? Life. To be alive."

In the years before the Nazi's campaign to exterminate the Jews, her mother had the means to buy her husband's release from Buchenwald, and the family was smuggled into Belgium, where they took refuge in Brussels.

After the Germans occupied Belgium in 1940, her parents stayed hidden in an attic room with the help of local resisters. Yellin, who spoke only German, was placed in a nearby convent school for girls. Along with dozens of other Jewish girls, she was able to hide in plain sight while pretending to be Catho-

lic, a faith she later converted to as an adult.

In 1948, after the war's end, Yellin began another new life, this time in San Francisco, where she was sponsored by an aunt. Her father was able to join her four years later.

"Do you know what's important? Life. To be alive."

— AnneMarie Yellin

Her mother had previously died in Belgium following a stroke and a lack of adequate medical treatment. Yellin said she had childhood friends and extended family members who died in the Nazi death camps.

"So I came here, and I had to adjust also," she said. "New language, new friends, new relatives, but I made it. Went to high school. Learned English. I met my husband, I got married. We had two children."

She lost both her children

as adults, her son to drug abuse as a young man and her daughter in middle age to chronic disease.

For Wakeman's students, Yellin's appearance was a rare opportunity to hear from someone whose life trajectory was dramatically altered by a great tragedy of the 20th century. She said she uses the Holocaust as a focus for using historical fiction to learn about history and character development, drawing on the novel "Milkweed" by Jerry Spinelli, set in Warsaw, Poland.

Their study leads into reading and learning about social justice as an ideal and responsibility that all people have to make their communities and world a better place, Wakeman said.

After Yellin's brief talk, students' questions zeroed in on details, but that did not obscure the bigger picture.

"The students were very excited and honored by AnneMarie's visit," Wakeman said. "In our debrief, students commented how amazing and brave she was to deal with the many horrible things in her life. One student shared that even after all the terrible things she had to deal with she was a kind and happy person."

"Many students noted that she lost so much and that her lesson to them was to not hate and be respectful to others instead."

Wakeman said she is hopeful that message will stick.

"I wanted them to see how the smaller moments of doing the right thing really matter in the larger picture of who they are becoming as human beings and citizens in a community," Wakeman said.



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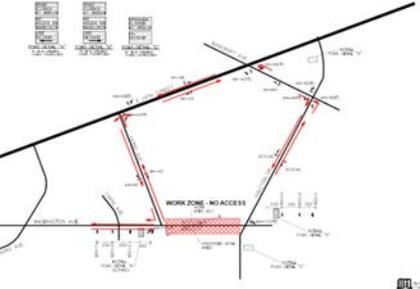


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DURING THE CLOSURE NO THRU TRAFFIC WILL BE PERMITTED. ALL TRAFFIC MUST USE DETOUR ROUTE PROVIDED; PLEASE PLAN ACCORDINGLY. MESSAGE BOARDS AND PUBLIC NOTICES WILL BE SET AND DELIVERED PRIOR TO THE CLOSURE.






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REGISTRATION CLOSING MAY 31, 2023



We have programs for all kids U4-U19, 2020 - 2005



To register, go to:
www.castrovalleysoccer.com/register/recreational-registration