

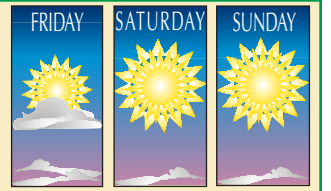


Make It Quick

SIMPLE AND QUICK, BREAD WITHOUT YEAST
HAS ITS ADVANTAGES; HERE ARE SOME RECIPES..... 4

WEEKEND WEATHER

Partly cloudy thru
Sunday
HIGHS: 59-69
0 10 20 30 40 50 60 70 80 90 100 110
LOWS: 45-48



San Leandro Times

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

VOL. 34 • NO. 4

THURSDAY, JANUARY 25, 2024

SAN LEANDRO • CALIFORNIA



Macy's announced last week that it will close its store at Bayfair. Below, three young men walk out of Macy's behind two shoppers, each carrying several purses.

PHOTOS BY JIM KNOWLES

Macy's Closing Bayfair Store

By Jim Knowles
San Leandro Times

Three guys walked out of Macy's at Bayfair on Sunday each with several women's purses hanging from their arms, the price tags hanging from the purses.

They were so casual, one of the guys was on his phone as he and his buddies

strolled out with the merchandise.

Inside, a group watched them walk out, shaking their heads.

"That's why the store is closing," said one woman. She added that she would be shocked if her kids acted like that.

Macy's at Bayfair is closing, though

see MACY'S, page 5



Ashcraft Promotes Training Program For Career in Cardiac Technology

By Mike McGuire
San Leandro Times

Training people for good-paying jobs in an emerging field is the idea behind a new program being set up by Merritt College in Oakland, promoted by longtime San Leandro community activist Bernard Ashcraft.

Local business, government and community leaders came to Merritt on January 19 to see the kickoff of their new class in cardiac technology. Merritt is adding the training to its existing program in

medical assisting – it will be listed as 102B Clinical Medical Assisting II.

Its aim is to quickly train and employ local residents as cardiac technicians skilled in using the latest heart monitors to keep people healthy.

Merritt College President Dr. David Johnson, said the college is very conscious of the multiple problems facing Oakland.

"We want to demonstrate that there's a way to earn a living wage, another way to

see TRAINING, page 12



PHOTO BY MIKE MCGUIRE

Bernard Ashcraft speaks at the kickoff of the cardiac technical training program.

March 5 Candidates Present Views

Demo Club holds forum, but just for Democratic Party candidates

By Mike McGuire
San Leandro Times

Democratic Party candidates for a number of offices including Congress in the March 5 primary were heard at a candidates forum on last Saturday at the San Leandro Main Library.

Besides four candidates vying to replace Barbara Lee in the 12th Congressional District seat as she runs for U.S. Senate, several dozen attendees heard from people running for Alameda County Superior Court Judge, State Senate from District 9 and State Assembly from District

20, as well as for Alameda County Democratic Central Committee.

While not facing an election, several of those who applied for appointment by the City Council to the vacant District 1 seat also appeared. Applications are about to close for that position, with a decision following afterward.

The forum was hosted by the San Leandro Democratic Club for candidates who are Democrats, although anyone could attend as a spectator.

see CANDIDATES, page 10

Public Asked to Share Ideas on Park Plans

By Michael Singer
San Leandro Times

San Leandro's Recreation and Parks Department is asking residents to share their thoughts on how they want their parks, open spaces, and amenities to adapt and change over the next 15 to 20 years.

This week, the city launched a series of 1-hour online meetings where the

community can comment on San Leandro's 23 neighborhood parks, community parks, and recreational amenities.

The last time the city reviewed its overall park plan was 25 years ago, according to San Leandro Recreation Services Manager Ely Hwang.

"As one of the nation's most diverse cities, the city's

see IDEAS, page 11

INSIDE YOUR TIMES

NEWS

Filice named East Bay Parks police chief. **Page 2**

EARTHQUAKES

Money available to brace & bolt your house. **Page 3**

HEALTH

Four ways to help recover from sickness. **Page 5**

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

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

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PHOTO BY JIM KNOWLES

Drop Shot

Drops remained in a front yard in San Leandro after a recent rainy morning.

Filice Appointed To Head East Bay Parks District Police

The East Bay Regional Park District appointment Roberto Filice as its new police chief.

Chief Filice has served as the chief of the Salinas Police Department since 2021, following his tenure there as assistant chief for four years.

During his tenure, his vision, in alignment with the principles of 21st Century Policing, was centered on crime reduction, fostering new opportunities for officer career development, organizational efficiency through technological advancements, and a commitment to cultivating community relationships.

Filice's academic achievements include the successful completion of the FBI National Academy (Session 255), Senior Management Institute in Policing (SMIP), FBI Law Enforcement Executive Development Seminar (LEEDS), Peace Officers Standards and Training Executive Certificate, a Master of Business Administration in Public Administration, and Master of Science degrees in Criminal Justice Administration from Columbia Southern University.

Additionally, Chief Filice holds a Bachelor of Science degree in Criminal Justice from Mountain State University and is currently attending the prestigious Executive Leaders Program at the Naval Postgraduate School in Monterey.

Filice participates in various professional associations, reflecting his commitment to ongoing learning and collaboration. He is a member of the International Association of Chiefs of Police (IACP), the Police Executive Research Forum (PERF), Salinas Faith-Based Organizations, California Police Chiefs Association, FBI National Academy Associates, serves as the Central California Representative on



Roberto Filice

the CalChiefs Board of Directors, and is a Board Member of the Marina Police Activities League.

As the largest regional park district in the country, the park system spans Alameda and Contra Costa counties and serves an estimated 30 million visitors a year through park and trail access, visitor centers, and programs. Its workforce provides services that encompass 73 parks, 55 miles of shoreline, and over 1,300 miles of trails.

The park district's Public Safety Division comprises police, fire, and lifeguard services. The East Bay Parks's police department includes the Air Support Unit, Marine Patrol, Equestrian Patrols, Investigations Unit, and a 24-hour per day 9-1-1 Communications Center.

"We are pleased to welcome Chief Roberto Filice, a highly seasoned leader and law enforcement executive with over 25 years of dedicated public service, to the East Bay Regional Park District," said Sabrina Landreth, general manager at the East Bay Regional Park District. "We look forward to his leadership and strong sense of community service in this important role that prioritizes public safety, quality of life, and exceptional park experiences."

"I am excited to be part of an organization that cares about engaging with the public and providing positive experiences in nature and recreational opportunities with safety in mind," said Chief Roberto Filice. "With a community-focused and team-oriented approach, I am ready to build partnerships, mentor and support career development opportunities, collaborate to enhance our work, and commit to serving the public in my role at the East Bay Regional Park District."

The East Bay Regional Park District is the largest regional park system in the nation, comprising 73 parks.



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Community Calendar

Teen Programs at Both

Main Library and Manor Branch Library

The Teen Lounge is open every Wednesday and Thursday from 2 to 4 p.m. at the San Leandro Main Library, 300 Estudillo Ave. And at the Manor Branch Library, 1241 Manor Blvd., Teen Zone is available every Wednesday from 12:30 to 2:20 p.m. Join the library for games, art, snacks, and fun. Open to teens in grades 6 through 12, no registration necessary.

History for Kids: Redlining

Join the San Leandro History Museum for an interpretive children's program on the history of redlining on Saturday, Feb. 3, from 1 to 3 p.m. at the San Leandro History Museum, 320 W. Estudillo Ave. This program is intended for children grades 1 through 12, however adults are welcome to join. Be prepared to actively participate in reading and movement during this program. Email historymuseum@sanleandro.org if you have any questions. Registration is required. Visit: <http://tinyurl.com/redlininginslto> to register.

Friends of the San Leandro Library DVD Sale

The Friends of the San Leandro Library will host a DVD Sale on Saturday, Feb. 3, from 10 a.m. to 4 p.m.; and Sunday, Feb. 4, from 10 a.m. to 1:30 p.m. at the San Leandro Main Library, 300 Estudillo Ave. in San Leandro. Check out the large selection of DVDs at low prices. Buy 3 and get 1 for free. This sale is cash only. All proceeds benefit the San Leandro Library's programs and services.

The Spinouts to Perform at CV Center for the Arts

There's going to be "a whole lot of shakin' going on" at the Castro Valley Center for the Arts, 19501 Redwood Road, on Saturday, Feb. 3, at 7:30 p.m. as Jared Freiburg featuring the Spinouts returns by popular demand. For tickets: cvartsfoundation.org or call 510-889-8961. Parking is free. Bart is in walking distance. Jared and the Spinouts, a San Francisco-based 3-piece band, celebrate the big names of the '50s and '60s. They celebrate Elvis to Sinatra with a healthy serving of Jerry Lee Lewis and the Big Bopper.

SL Players Auditions for Murder on the Orient Express

San Leandro Players will hold auditions for its spring production of *Murder on the Orient Express*, a classic murder mystery by Agatha Christie. Auditions will be held on Tuesday and Wednesday, Feb. 6 and Feb. 7, from 7 to 8:30 p.m. at the San Leandro Museum/Auditorium 320 West Estudillo Ave. in San Leandro. Callbacks on Feb. 8 if necessary. Rehearsals will run from February to early April when the show opens on April 6 and runs through May 5. For more information visit our website www.slplayers.org.

The Alta Mira Club to Presents a Mystery Writers' Luncheon

The Alta Mira Club, 561 Lafayette Ave. in San Leandro, will host a Mystery Authors Scholarship Luncheon on Monday, Feb. 19, at noon. Award-winning mystery writers James L'Etoile, Camille Minichino, Ann Parker and Simon Wood will speak after a salad buffet luncheon. The lunch and program is \$25 per person.

San Leandro Toastmasters Meet Every Thursday

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

American Legion Post 649 Monthly Meeting

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



PHOTO COURTESY CALIFORNIA EARTHQUAKE AUTHORITY

The home on the left slid off its foundation during the magnitude 6.0 Napa Earthquake on August 24, 2014. The home on the right did not slide off its foundation, due to seismic retrofitting.

Earthquake Brace & Bolt Now Available to More Homeowners

Thirty years after the devastating Northridge Earthquake, new retrofit opportunities are available.

Thousands of California homeowners are now eligible to apply for Earthquake Brace + Bolt (EBB) seismic retrofit grants as approximately 300 new ZIP Codes have been added to the program.

Homeowners Eligible in San Leandro and San Lorenzo

Through February 21, eligible homeowners in 815 ZIP Codes (including San Leandro and San Lorenzo) can apply for \$3,000 seismic retrofit grants to help strengthen their homes against earthquake damage.

More than \$20 million in grant funding will be available to help offset the cost of seismic retrofits that brace the crawl space walls of older homes, when present, and bolt houses to their foundations, making them less vulnerable to earthquake damage.

In the 10 years since it began, the EBB program has assisted more than 23,000 homeowners in strengthening their homes against earthquake damage. The EBB grant program is administered by the California Residential Mitigation Program (CRMP) a Joint Powers Authority between the California Earthquake Author-

ity (CEA) and the California Governor's Office of Emergency Services (Cal OES).

"California has an ever-present risk of earthquakes and no one knows when or where the next Big One might hit. But we know older homes near faults are at greater risk if they haven't been strengthened with a seismic retrofit," said Janiele Maffei, the chief mitigation officer of CEA and executive director of CRMP. "We're broadening our reach to help more homeowners safeguard their families and properties. I strongly encourage homeowners to seize this opportunity and join the growing community of Californians who've taken this vital step towards resilience."

1.2 Million Houses in California Vulnerable to Collapse or Destruction

Income-eligible homeowners may also qualify for supplemental grants. Up to \$7,000 in additional grant funds are available for households with an annual income at or below \$87,360, which may be able to provide up to 100 percent of the funds needed to cover a seismic retrofit. Grants are contingent upon meeting eligibility requirements and available funds.

There are more than 1.2 million houses in California

built before 1980 in high-hazard areas that are vulnerable to collapse or destruction by sliding off the foundation during a strong earthquake.

"The memorable earthquake that shook the Northridge area in 1994 is a profound reminder for Californians to check if their homes qualify for the EBB grant," said Glenn Pomeroy, chief executive officer of the California Earthquake Authority. "Given the unpredictable nature of earthquakes and the possibility of a life-altering seismic event, it's crucial for homeowners – especially those with older homes – to take proactive steps that can lessen the potential for earthquake damage."

Beginning January 10 through February 21, 2024, eligible homeowners can ap-

ply for a retrofit grant at EarthquakeBraceBolt.com, where they can also find detailed program information, select a trained, California-licensed general contractor and view the full list of eligible ZIP Codes and program areas. The EBB program added ZIP Codes in new areas including areas in and around Eureka, San Francisco/San Jose/Oakland, Monterey/Salinas, Santa Barbara, Los Angeles, Palm Springs and San Diego.

The new EBB registration period coincides with the 30th Anniversary of the Northridge Earthquake, a damaging 6.7 magnitude earthquake that struck early in the morning of January 17, 1994. It caused an estimated \$20 billion dollars in damages and 57 deaths and led to the state legislature creating the CEA in 1996.

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Quick Breads: Versatile and Foolproof

Perhaps because they are so simple to make, quick breads have usually been regarded as inferior step-sisters to “real” (yeast) breads. Purists may look down their noses, but quick breads have some advantages over yeast breads beyond their simplicity. Unlike traditional breads, which depend wholly upon slow-acting, temperamental living yeasts, quick breads are powered by several leavenings at once, principally by the fast and reliable chemical bang of baking powder, but also by

beaten eggs. While yeast-risen bread dough resists the easy incorporation of bulky, heavy substances like nuts, fruit and cheese, the batter of quick breads holds these ingredients in suspension while the baking powder does its leavening work around them. As a result, new variations can be created on basic recipes, simply by adding combinations like herbs, cheese, blueberries and almonds. Making quick bread is a lot like making muffins. In fact, any quick-bread recipe can be used to make muffins simply by reducing the baking time. But not every muffin recipe makes good bread.

APPLE SPICE BREAD

- 4 cups unbleached white flour
- 2 cups oatmeal
- 1 cup dark brown sugar, packed
- 2 tablespoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon allspice
- 6 large, firm apples, pared and chopped (4-5

cups)
3 eggs beaten
2-1/4 cups buttermilk
1/4 cup melted butte or vegetable oil
2 teaspoons vanilla extract

Combine flour, oats, brown sugar, baking powder, soda, salt, cinnamon, nutmeg and allspice in large bowl. Add apples and toss to coat. Beat eggs in separate bowl and beat in buttermilk, butter and vanilla.

Pour egg mixture into dry ingredients, mixing until just blended. Spoon batter into 2 greased 9x5-inch loaf pans.

Bake in 375°F oven 1 hour and 10 minutes, or until wooden pick inserted in center of loaves comes out clean. Yields 2 loaves.

CHEDDAR-HERB BREAD

- 4 cups unbleached white flour
- 1/4 cups sugar
- 2 tablespoons baking powder
- 1-1/2 teaspoons salt
- 1-1/2 teaspoons dried thyme

- 1/2 teaspoon celery seeds
- 1/8 teaspoon freshly ground pepper
- Dash allspice
- 3 cups coarsely crumbled sharp Cheddar cheese
- 1 bunch green onions including tops, chopped
- 1 egg
- 1-3/4 cups nonfat milk

Combine flour, sugar, baking powder, salt, thyme, celery seeds, pepper and allspice in large bowl. Add cheese and onions and toss to coat. Beat egg with milk in separate bowl and pour into dry ingredients. Mix until just blended. Batter will be stiff. Spoon into 2 greased 9x5-inch loaf pans and let rise for 10 minutes. Bake at 375°F for 45 minutes, or until wooden pick inserted in center of loaves comes out clean. Yields 2 loaves.

BLUEBERRY-ZUCCHINI BREAD

- 3 eggs, lightly beaten
- 1 cup vegetable oil
- 3 teaspoons vanilla extract
- 2-1/4 cups sugar
- 2 cups shredded zucchini
- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 tablespoon cinnamon
- 1 pint fresh blueberries

Preheat oven to 350°F. Lightly grease 4 mini-loaf pans.

In a large bowl, beat together the eggs, oil, vanilla, and sugar. Fold in the zucchini. Beat in the flour, salt, baking powder, baking soda, and cinnamon. Gently fold in the blueberries. Transfer to the prepared mini-loaf pans. Bake 50 minutes in the preheated oven, or until a knife inserted in the center of a loaf comes out clean. Cool 20 minutes in pans, then turn out onto wire racks to cool completely. Makes 4 mini-loaves.

BUTTERMILK CORNBREAD

- 1/2 cup butter

- 2/3 cup white sugar
- 2 eggs
- 1 cup buttermilk
- 1/2 teaspoon baking soda
- 1 cup cornmeal
- 1 cup all-purpose flour
- 1/2 teaspoon salt

Preheat oven to 375°F. Grease an 8-inch-square pan. Melt butter in large skillet. Remove from heat and stir in sugar. Quickly add eggs and beat until well blended. Combine buttermilk with baking soda and stir into mixture in pan. Stir in cornmeal, flour, and salt until well blended and few lumps remain. Pour batter into the prepared pan. Bake in the preheated oven for 30 to 40 minutes, or until a toothpick inserted in the center comes out clean.

BEER BREAD

- 3 cups flour (sifted)
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 (12-ounce) can beer
- 1/4 cup melted butter

Preheat oven to 375°F. Sifting flour is very important in this recipe. Mix dry ingredients and beer. Pour into a greased loaf pan. Pour melted butter over mixture. Bake 1 hour, remove from pan and cool for at least 15 minutes. This recipe makes a very hearty bread with a crunchy crust.

TOMATO BREAD

- 2-1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 teaspoons Italian seasoning
- 1 teaspoon dried thyme
- 3/4 teaspoon sugar
- 1/2 cup shredded Cheddar cheese
- 4 tablespoons grated Parmesan cheese
- 3 tablespoons milk
- 2 eggs, beaten
- 1/4 cup vegetable oil
- 2 teaspoons minced garlic
- 1 (14.5-ounce) can stewed tomatoes, drained
- 1/3 cup sliced black olives

Preheat oven to 350°F. Lightly grease an 8x4-inch loaf pan.

In a large bowl, stir together flour, baking powder, salt, the two seasonings, sugar and cheeses. In a separate bowl, mix together 1/2 cup reserved tomato juice, milk, eggs, oil and garlic. Combine liquid and dry mixtures. Fold in chopped tomatoes and olives. Pour batter into prepared pan. Bake in preheated oven for 60 minutes or until toothpick inserted into center of the loaf comes out clean.

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

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HOROSCOPE by Salomé

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ARIES (March 21 to April 19): Is that Arian self-esteem in need of shoring up? Best advice: Do something that will make someone feel good about themselves. It will make you feel proud that you did it.

TAURUS (April 20 - May 20): It's time to prove to your detractors that you're way ahead of them when it comes to getting things done. So, be sure to avoid surprise distractions and complete that project as soon as possible.

GEMINI (May 21 to June 20): Be careful not to waste your precious energy on frivolous matters that don't advance your goals. Stay focused. There'll be enough time for fun and games after you reach your objective.

CANCER (June 21 - July 22): You've done well on your own, but now could be a good time to consider advice from confidantes, as long as you continue to let your own instincts be your primary guide.

LEO (July 23 - August 22): A belated New Year's "gift" could create a problem if you feel unwilling or unable to adjust your plans and accommodate the new development. Check out all options before deciding.

VIRGO (August 23 - Sept. 22): There's a possibility that you could be goaded into making a statement you might regret. It's important to stay cool no matter how heated the conversation gets.

LIBRA (Sept. 23 - October 22): A recent sad experience can become a valuable lesson. Examine it well and take what you've learned to help you make an important upcoming decision.

SCORPIO (October 23 - November 21): Lingering problems in a personal or professional partnership still need to be resolved so you can move on. Insist on more cooperation from everyone involved.

SAGITTARIUS (Nov. 22 - Dec. 21): That recent problem that made you feel emotionally trapped and physically exhausted is gone. Don't dwell on it. Instead, make new plans and set up other goals.

CAPRICORN (Dec. 22 - Jan. 19): Your creative talents combine with a strong domestic aspect this week, which means you can start on those home-improvement projects that you've been planning for a long time.

AQUARIUS (Jan. 20 - Feb. 18): It's a good time to anticipate an upcoming change in the near future. This could mean taking on a new career, going off to a new city or moving into a new home.

PISCES (Feb. 19 - March 20): Soon, you should be learning more about the motives of those who continue to pressure you into making a decision that you're still unsure about. Use this information wisely.

CROSSWORD PUZZLE ANSWERS

S	P	A	T	A	M	P	C	E	L	L
G	A	G	I	D	O	L	U	R	S	A
T	R	U	C	O	N	U	N	D	R	U
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A	L	O	E	E	L	L	E	L	I	Z
N	E	W	S	R	E	P	S	A	P	E



PHOTO BY JIM KNOWLES

Shoppers will no longer have the Macy's at Bayfair when the store closes in April after more than half a century at the mall.

Macy's: Store opened in 1957

continued from front page

not necessarily due to shoplifting, according to a Macy's spokesperson.

Macy's opened at the mall in 1957 and has always been an anchor store at Bayfair. Macy's said it will hold a sale, starting later this month, and the store will close in April.

Macy's has already told its 60 employees at the Bayfair store about the closure, said a Macy's spokesperson. The company said severance benefits will be available to eligible employees, and employees may be considered for positions at neighboring Macy's stores.

"At Macy's, we continue to reposition our store fleet to better meet the needs of our customers in each of our markets, said a Macy's spokesperson by email. "After careful consideration, we have decided to close our Macy's Bayfair Center store."

"The decision to close a store is always a difficult one, said the spokesperson, "but Macy's is grateful to have served our customers and the San Leandro community."

Macy's reminded its customers that its stores are open at Southland Mall, Stoneridge Shopping Center, Newpark Mall, Broadway Plaza, Hillsdale Mall, and by digital shopping.

The clearance sale will begin this month and will run for approximately 8 to 12 weeks.

In 2022, Bayfair was sold to B3 Investors. The Target store at Bayfair owns its property and was not part of the sale.

B3 didn't disclose what its plans are for the property. But Bayfair is one of the City of San Leandro's Transit Oriented Development (TOD) zones, along with the downtown area.

The Bay Fair Transit-Oriented Development (TOD) plan is San Leandro's vision to create a walkable, transit-oriented community hub centered around Bay Fair BART and Bayfair Mall. The goal is to combine public gathering spaces and a mix of retail, neighborhood services, housing, and office space, according to the City of San Leandro.

The TOD project spans the entirety of the Bayfair Mall footprint and the accompanying Bay Fair BART station, and the nearby area. The city's

plans for the TOD area are retail on the ground floors and housing on the upper floors.

Many other stores in Bayfair are already closed. Plywood barriers block some parts of the mall.

Target is one of the few stores at Bayfair that was still busy with shoppers over the weekend. Kohl's was less busy but had some shoppers.

But Kohl's just has an entrance on the side facing the parking lot now. The entrance into the interior of the mall is closed since so much of the mall is vacant.

HEALTH & FITNESS

Ways to Recover from Sickness

By Mitch Rothbardt
Special to the Times

Getting sick is all the craze these days. Everyone's getting in on it.

Friends and family have come down with things ranging from a bit of a cough to full-on Bleach in the last month, and it's not good. It gets in the way of life, and more importantly, it gets in the way of going to the gym.

I'm only half-kidding about that. Here are some hints to help you get through this tough time.

1. Relieve Your Stress

This time of year does us all in. The holidays, the weather, the finances. Even a few days off work doesn't help. Work never really goes away, right? Stress compromises our immune system big-time, so we've got to do things to help relieve it.

Many studies have shown that exercise is a proven way to relieve stress. It releases all sorts of hormones in our

body that fight it off as well as giving us a mental break from whatever's getting us down.

Even though you might not feel like it and even though you might not be able to give everything you usually give in the gym, go in and do something if at all possible and you'll feel better in the long run.

2. Resistance Train

Many studies have shown that resistance training (push-ups, sit-ups, step-ups) helps our immune system. If it seems like I think that resistance training is a kind of panacea, you're right. I do. Because it is.

3. Eat Your Vegetables

The best way to keep yourself from getting sick is to give your immune system the ammunition to fight off the molecules that want to attack it.

Well, consider vegetables a howitzer, a stealth bomber, and the EM50 Urban Assault

Vehicle from "Stripes" all rolled into one for your body.

4. Watch "Stripes"

If you don't know what the EM50 Urban Assault Vehicle is, do yourself a favor and watch one of the funniest movies ever made, "Stripes." Laughter has also been shown to help your immune system.

Who doesn't want to see Bill Murray turn the military upside down with hilarious consequences? "BOOM-locka-locka-locka-BOOM-locka-locka-locka-BOOM-locka-locka-locka-BOOM."

In any case, take care of yourself and be well. By the way, if there's anything you'd like me to write about in the future, please let me know. I always want to be sure to write about things that people want to know. Thanks.

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

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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Five Keys to Setting an Effective List Price

By Carl Medford, CRS
Special to the Times

Setting the price for a home hitting the market is an inexact science with any number of factors going into the equation. Subsequently, with the current market as hot as it is due to limited inventory, sellers are often tempted to price their home too high, potentially

warding off significant numbers of buyers. Here are five important considerations when looking to set the correct list price:

All square footage is not the same.

Supposing the home down the street with an identical square footage just sold – the temptation is to use that selling price as the bar for your sale. While the data is impor-

tant, other factors must be included: Location – was it in a better part of the neighborhood? Condition – was it in better or worse condition than yours? Amenities – did it have a pool? Better view? Nicer landscaping? Improvements – did it have newly remodeled bathrooms or kitchen? Flooring?

Age matters

In areas where home ages vary, buyers tend to prefer newer homes over old. While two homes may have similar square footage, room count and lot size, newer homes may bring higher prices. The one exception to this would be historic neighborhoods.

Location is critical

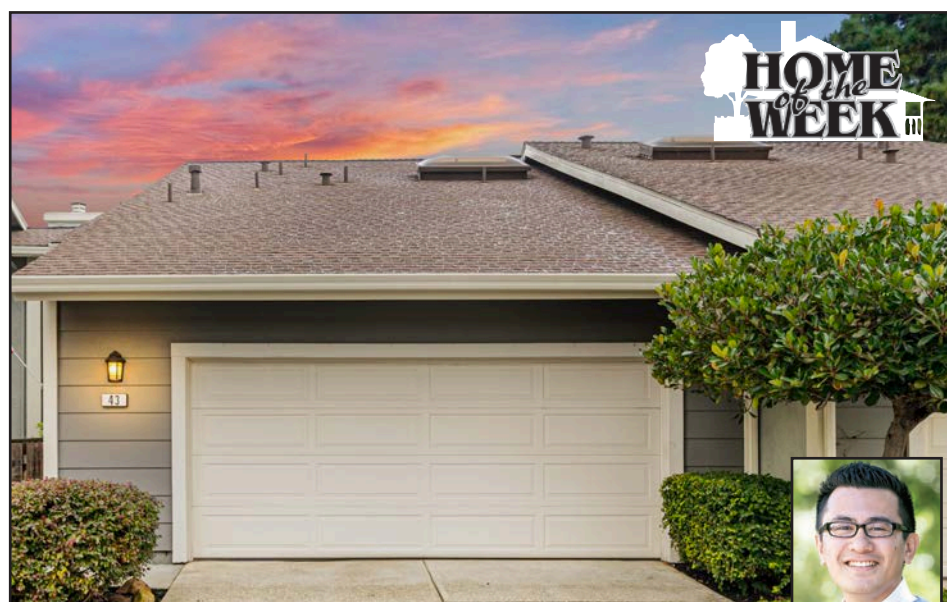
The old adage Location, Location, Location is true. The better the home's situation, the higher the price, especially in areas where the view includes water or some other attractive feature.

Multiple stories detract

Due to the limits of available land, newer homes are being built closer together and include more stories: some condos, for example, have a garage on the first floor with the kitchen as high as the third floor and bedrooms one more level higher. Imagine hauling groceries up three levels! As a result, especially for older buyers, a premium is placed on single-level homes. Not only are they more convenient to get around, they also come with larger lots, driving the price higher.

The neighborhood counts

Your home might be amazing, but if the house next door is a dump, you will unfortunately seldom get full value for yours. No one wants to



HOME of the WEEK

43 Cornwall Way • San Leandro • \$795,000

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live beside someone who obviously does not care about their home or is a renter with no incentive to maintain the property.

The best way to determine an effective selling price is to consult with a Realtor: their experience and access to market data will help you dial in an effective price.

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.

Mortgage Rates Decrease to Lowest Level Since May of 2023

Mortgage rates decreased this week, reaching their lowest level since May of 2023. This is an encouraging development for the housing market and in particular first-time homebuyers who are sensitive to changes in housing affordability. However, as purchase demand continues to thaw, it will put more pressure on already depleted inventory for sale.

RECENT HOME SALES

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

Castro Valley

19035 Mayberry Drive 94546: \$825,000 [2 BD - 804 SF - 1949
2435 Austin Court 94546: \$850,000 [4 BD - 1,946 SF - 1994
4563 Malabar Avenue 94546: \$889,000 [3 BD - 1,033 SF - 1949
2231 Lessley Avenue 94546: \$901,000 [2 BD - 1,258 SF - 1948
17976 Rockhurst Road 94546: \$915,000 [3 BD - 1,408 SF - 1960
21638 Gail Drive 94546: \$988,000 [3 BD - 1,644 SF - 1960
4989 Seaview Avenue 94546: \$1,069,000 [3 BD - 1,400 SF - 1964
18779 West Cavendish Drive 94552: \$1,425,000 [4 BD - 2,292 SF - 1978

TOTAL SALES: 8

LOWEST AMOUNT: \$882,000 MEDIAN AMOUNT: \$1,220,000
HIGHEST AMOUNT: \$1,750,000 AVERAGE AMOUNT: \$1,241,714

Hayward

25000 Copa Del Oro Drive #103 94545: \$370,000 [1 BD - 608 SF - 1986
25072 Copa Del Oro Drive #102 94545: \$388,000 [1 BD - 608 SF - 1986
27557 Stromberg Court 94545: \$475,000 [4 BD - 1,474 SF - 1970
29581 Highgate Drive #120 94544: \$514,500 [2 BD - 900 SF - 1988
926 Snowberry Court 94544: \$600,000 [3 BD - 1,185 SF - 1972
1690 Ashbury Lane 94545: \$725,000 [3 BD - 1,119 SF - 1956
444 Trace Lane #256 94544: \$730,000 [2 BD - 1,286 SF - 2022
425 Grove Way 94541: \$750,000 [2 BD - 1,117 SF - 1927
27723 Mandarin Avenue 94544: \$820,000 [3 BD - 1,000 SF - 1954
2636 East Avenue 94541: \$885,000 [2 BD - 1,497 SF - 1940
26630 Call Avenue 94542: \$900,000 [3 BD - 2,314 SF - 1990
1249 Henderson Lane 94544: \$930,000 [3 BD - 1,476 SF - 1954
30235 Audubon Street 94544: \$990,000 [3 BD - 1,408 SF - 1958
2037 Continental Avenue 94545: \$1,030,000 [4 BD - 1,723 SF - 1991
3833 Star Ridge Road 94542: \$1,100,000 [4 BD - 1,629 SF - 1939
2550 Oakes Drive 94542: \$1,100,000 [3 BD - 1,514 SF - 1958
20253 Leif Lane 94541: \$1,149,000
188 Carrick Circle 94542: \$1,601,000 [4 BD - 2,532 SF - 2008

TOTAL SALES: 18

LOWEST AMOUNT: \$370,000 MEDIAN AMOUNT: \$852,500
HIGHEST AMOUNT: \$1,601,000 AVERAGE AMOUNT: \$836,527

San Leandro

15335 Washington Avenue #101 94579: \$475,000 [2 BD - 895 SF - 1985
740 Fargo Avenue #7 94579: \$512,000 [2 BD - 840 SF - 1965
583 Warden Avenue 94577: \$708,000 [2 BD - 863 SF - 1946
588 Beatrice Street 94579: \$718,000 [2 BD - 880 SF - 1947
1920 Randy Street 94579: \$825,000 [3 BD - 1,107 SF - 1956

TOTAL SALES: 5

LOWEST AMOUNT: \$475,000 MEDIAN AMOUNT: \$708,000
HIGHEST AMOUNT: \$825,000 AVERAGE AMOUNT: \$647,600

Put Closet Doors Back on Track

By Samantha Mazzotta
Special to the Times

A common problem in apartments with closet doors that fold open on sliding tracks is that they stick and sometimes completely come off the track and just swing open.

If the slider attachment at the top of the door isn't damaged, you should be able to easily put the bifold door back on its track.

Reach up to the top of the detached door -- or climb onto a sturdy step-ladder or footstool so you can reach -- and feel along the top near the front edge of the door. You should feel a round disc, or wheel, sticking up.

Place your finger on top of the wheel and push down. If it's spring-loaded, the disc will depress down and then spring back up.

Check the bottom of the

door as well. If the door opens along a top and bottom track, a similar wheel, or a simple metal pin called a pivot, will be located in the same position near the front of the door. It may or may not have a spring.

If both wheels are in good shape, great. If either one is broken or missing, contact apartment maintenance to have them repair the door. Or, if they don't

respond, contact management and ask if they can either speed up the repair, or if you can do the repair yourself and have them take the difference off the bill (you'll need to give them a receipt for parts and labor).

Let's start from the premise that both wheels are all right. It's a pretty easy fix, made easier if a friend helps steady the

door. If one of the wheels isn't spring-loaded, carefully ease that rigid wheel into the corresponding track. Then reach up (or down) to the spring-loaded disc, depress it with one finger, and guide that part of the door back into its corresponding track, sliding your finger out of the way until the disc pops up into the track. Move the door back and forth a couple times to test it.

What if the door doesn't seem be straight? That can cause the wheels to stick in

or jump out of the tracks. You can adjust the door in a number of ways: The Family Handyman website (www.familyhandyman.com) has a step-by-

step description of how to do it. Home Tip: To smooth a sliding door's path, put a thin coat of wax or silicone spray on the wheels.

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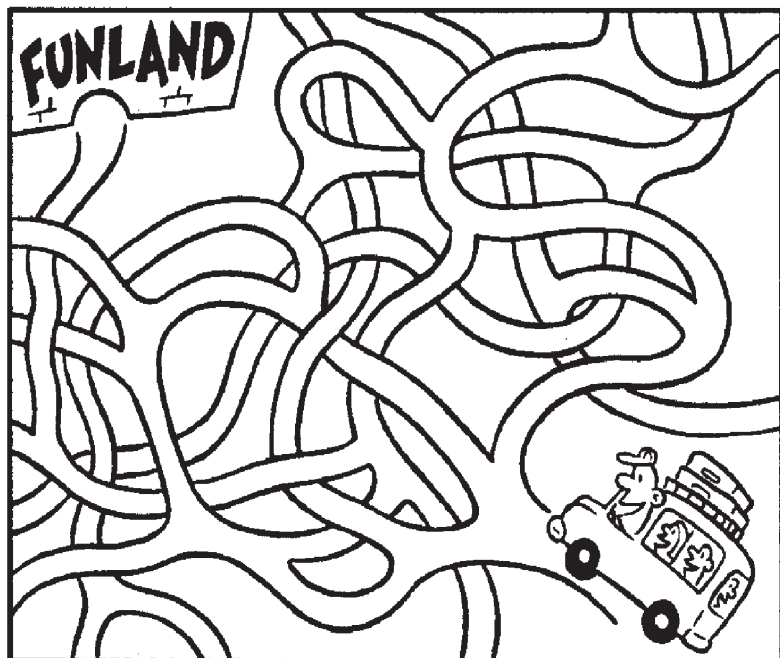
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A-MAZE-ING! See if you can find the route to Funland before it gets dark.



by Charles Barry Townsend



VACATION FUN! Our friends have arrived at their destination and can't wait to visit Funland. You

can join in by identifying the FUN-filled words listed.

Here are some hints:

1.	F	U	N		
2.	F	U	N		
3.	F		U	N	
4.	F		U	N	
5.	F			U	N
6.	F	U		N	
7.	F			U	N
8.	F		U	N	

1. Depressed mood.
2. A fly ball for fielding practice.
3. The animals of a certain region.
4. Fail a test.
5. Show off.
6. Able to write or speak easily.
7. Great wealth.
8. Where metal is melted.

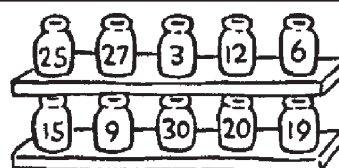
Time limit: 60 seconds.

1. Funk. 2. Fungo. 3. Fauna. 4. Flunk. 5. Flaunt. 6. Fluent. 7. Fortune. 8. Foundry.

THREE FOR A DOLLAR! To win, you must knock three bottles off the shelves. But there's a catch: The numbers on these bottles must total 50.



Bottles 6, 19 and 25. Another way: 27, 20 and 3.



SECRET AGENT! Since our friends used a travel agent in setting up their trip, we're going to honor the profession with a word square puzzle. The diagram at right has the word AGENT already inserted. You need to find four more five-letter words so that all words used read the same both across and down.

1. Serious play.
2. Characteristic of a king.
3. One that acts for another (AGENT, in place).
4. A minister's house.
5. Change.

		A		
		G		
A	G	E	N	T
		N		
		T		

Illustrated by David Coulson

1. Drama. 2. Regal. 3. Agent. 4. Manse. 5. Alter.

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By-----, Deputy
FILE NO. 603173

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Sections 17900-17930
The name of the business(es):
Supreme Cleaning Service, located at
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Alameda County, is hereby registered
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/s/ Emanuela Garcia Trejo
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MELISSA WILK
January 18, 2024
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 603448

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Terencia Antonio Insurance Agen-
cy, located at 1403 Kelley Ave, San
Leandro, CA 94577. Alameda County,
is hereby registered by the following
owner(s): Maria Terencia E. Antonio, lo-
cated at 1403 Kelley Ave, San Leandro,
CA 94577. This business is conducted
by An Individual. This business com-
menced 02/01/22
/s/ Maria Terencia E. Antonio
This statement was filed with the Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
Expires January 17, 2029

FILED
MELISSA WILK
December 12, 2023
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 Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
Expires December 11, 2028
JAN 04, 11, 18, 25, 2024
1070- SLT

FILED
MELISSA WILK
December 21, 2023
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 Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
Expires December 20, 2028
JAN 11, 18, 25, FEB 01, 2024

FILED
MELISSA WILK
December 07, 2023
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 Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
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JAN 11, 18, 25, FEB 01, 2024
1083 - SLT

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MELISSA WILK
January 18, 2024
County Clerk
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By-----, Deputy
FILE NO. 603436

FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Happy House Daycare , located at
33841 11th Street, Union City , CA
94587. Alameda County, is hereby reg-
istered by the following owner(s): Maria
Salgado, located at 33841 11th Street,
Union City , CA 94587. This business is
conducted by An Individual. This busi-
ness commenced 01/18/24
/s/ Maria Salgado
This statement was filed with the Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
Expires January 17, 2029
JAN 25, FEB 01, 08, 15, 2024
1041- SLT

FILED
MELISSA WILK
December 1, 2023
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 Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
Expires November 31, 2028
JAN 04, 11, 18, 25, 2024

FILED
MELISSA WILK
December 21, 2023
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 Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
Expires December 20, 2028

FILED
MELISSA WILK
December 29, 2023
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 Coun-
ty Clerk of Alameda County on date in-
dicated by file stamp above.
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1080- SLT

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THE TIMES CROSSWORD

ACROSS

DOWN

ANSWERS ON PAGE 2

Candidates: Four candidates running for Congressional seat

continued from front page

The top two vote-getters on March 5 will advance to the general election in November.

City Council to Appoint New Member

The five people at the meeting seeking appointment to District 1's city council seat were mostly familiar to those who follow San Leandro politics and news. That seat became vacant with the recent resignation of Celina Reynes.

This council seat will be picked by the City Council, not the voters, but it was a chance to hear the people vying for the seat.

Mike Katz-Lacabe is a former school board member who frequently attends and comments at city meetings. Stephen Cassidy is a former mayor and school board member.

Ken Pon has served on the

Planning Commission and on the school board. Sbeydeh Viveros-Walton chairs the city's Library Historical Commission.

Expected to attend, but not present, was David Anderson, a former senior commissioner with the city.

Katz-Lacabe vowed to continue Reynes' work for tenant protections if elected. He called for meeting people's needs rather than "trying to arrest our way out" of problems. He had earlier served on the Community Advisory Budget Task Force, which had wrestled with public safety, homelessness and mental health issues facing the city.

Cassidy said he hasn't entirely decided if he wants to return to city government, but notes that it does have a big effect on people's lives. His daughter, he said, would

like to remain in San Leandro and follow in her mother's footsteps as a public school teacher. Public policies may affect whether she is able to do so, he said.

Cassidy said he is against rent control, but he's for other tenant protections. He also called for reforming the current landlord-tenant commission, which he called almost nonfunctional now. He also vowed more attention to public safety if elected.

Ken Pon said he has served on probably 25 different clubs, commissions, and task forces on behalf of the city. He served 8 years each on the school board and the Planning Commission.

Pon said he especially liked the Planning Commission because it made a long-term impact on the city.

"They approved 2,000 units of housing during my time there, though we haven't seen too many of them yet," he said.

Pon is against police intervention for mental health issues, and wants housing not just for the homeless, but also for residents' own children as they become adults. He said he thought housing protections should be fair for both tenants and landlords, saying he didn't yet know what the details should be, but he is willing to look at the facts.

Sbeydeh Viveros-Walton had just put in her application shortly before the forum.

"If appointed I'll be a very boring member. I do the work and make decisions," she said.

Viveros-Walton is a higher education director at Public Advocates, the biggest public-interest law firm west of the Mississippi, and has served as president of the Peralta Colleges Foundation. She also is the founder and vice chair of the East Bay Women's Political Alliance.

Viveros-Walton said she supports tenant protections but is unsure what the details of rent controls should be. She says she is part of a union household and supports fair treatment for everybody, including city employees.

Four Running for Congressional Seat

Congresswoman Barbara Lee is running for the U.S. Senate, and Tony Daysog, Abdur Sikder, Lateefah Simon and Jennifer Tran are all hoping to replace Barbara Lee in her Congressional seat.

They all vowed to continue Lee's legacy in reducing U.S. war involvement and defense spending. Lee cast the only vote in the House of Representatives against the Iraq War, for example.

For Tony Daysog, his fight for peace is very personal — his mother survived the Nagasaki atomic bombing at age 5. His extended family still owns a farm less than three miles from that explosion's ground zero.

Daysog has served on the Alameda City Council for 19 years. He said that fighting climate change and sea level rise is also especially important to Alameda, as it is an island. He has a 20-point "peace and



PHOTOS BY MIKE MCGUIRE

Candidates hoping to succeed Representative Barbara Lee in the 12th Congressional District appeared at a candidates forum at the San Leandro Main Library on Saturday. From left are Jennifer Tran, Abdur Sikder, Lateefah Simon and Tony Daysog.

fairness" platform detailed in his campaign website at www.daysog.com.

Daysog pointed out that bridges over creeks and thefts from mailboxes are both federal issues where he would like to get the federal government to help.

Lateefah Simon has sometimes been in the news as a BART director dealing with its troubles, but less well-known is how she got there. She was an outreach coordinator at 16 for the Young Women's Freedom Center, and its executive director by 19. At age 23, her advocacy work made her the youngest woman ever to win a MacArthur Foundation "Genius Award," and she has served as a trustee of the California State University system.

Simon rides BART and other mass transit by necessity more than choice — she was born legally blind. It was the police shooting of Oscar Grant on BART that first moved her to run for its board, in 2006.

Simon would like to serve on the House Foreign Affairs Committee if elected, and would like to greatly cut the military budget, which is over \$800 billion. Her campaign website is at www.lateefahsimon.com.

Jennifer Tran is a professor of Ethnic Studies at Cal State University East Bay as well as a business leader and trilingual community organizer. She describes herself on her website, drtranforcongress.com, as "a queer Vietnamese American woman and the proud daughter

see CANDIDATES, page 11



Hoping to be appointed to the vacant District 1 seat on the San Leandro City council are Mike Katz-Lacabe, Stephen Cassidy, Sbeydeh Viveros-Walton and Ken Pon. Not pictured: David Anderson.

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.

Taxed Out of Our Homes

Editor,
Proposition 19, passed by California voters, included a nasty increase in taxes few had realized. If you own a home and want to give it to your heirs after you die, it gets reassessed at that time, even if you have a trust. This can mean

your kids will have to pay many times your assessed taxes to keep the home. This is called a "Death Tax." It is unreasonable and we need to change this by supporting the Howard Jarvis effort the repeal this tax. Go to RepealTheDeathTax.com and sign it today, and print and have everyone you know

sign and mail it to them. February 5 is the deadline to get the initiative on the November ballot. Let's not make our children have to sell their inheritance just to pay the tax.

Corey Anderson
San Leandro

Oppose Measure J

Editor,

Working people should oppose Measure J that the school district placed on the ballot for March 5. With interest, the \$174 million loan is expected to cost taxpayers \$343 million. This is simply another band aid directed at a failing public school system nationwide that San Leandro can't deal with in isolation.

I am for increasing spending on all aspects of public education including educator's wages and

benefits as well as all support staff. But this is not going to do that. There is plenty of money in society, America's top 5 weapons contractors made \$196 billion in 2022 and profits are good selling rocket launchers at \$400 million each. Biden sent over \$250 million to support the genocide in Gaza in December alone. Fraud and abuse in Afghanistan and Iraq was estimated at \$31 billion and \$60 billion.

Taxes like this are divisive as many without children in public schools will think twice. Home owners will also not find it popular and landlords will pass costs on to renters. But the main point is the money is out there.

When individuals want our vote for City Council they pledge to "fight" for us. But what does that

mean? Measure J will benefit moneylenders, banks and big business where the money can be found. U.S. corporations are profiting handily in these predatory wars.

Council members will say that they have no choice, and blame Sacramento or the Feds. This is a cop-out.

The reality is that they have no strategy for challenging the domination of corporations over our lives and society in general. That the teachers' union president supports it is another capitulation. The NEA has 300,000 members in California alone, that's where our power lies.

We can't expect the politicians loyal to the two capitalist parties to do anything differently.

Richard Mellor
San Leandro

Candidates: State Senate District 9 candidates

continued from page 10
ter of refugees."

She also heads the Oakland Vietnamese Chamber of Commerce.

"We need to move to end war," she said of what she would like to do in Congress if elected.

"In my first 100 days in Congress, I'm going to introduce a bi-partisan bill to the House called the Modern Cities Act," Tran said. "This legislation will finally take our American cities into the 21st century we all deserve."

The act would bring, as Tran puts it, "sensible solutions to real problems," including public safety, homelessness, and small business and workforce development. Her campaign website is at drtranforcongress.com.

Abdur Sikder, a computer science professor at San Francisco State University, asked fellow candidates and the audience, "How do we accept 118 murders in Oakland?" He called for actually solving public safety problems instead of playing a "blame game."

Sikder grew up in Bangladesh, has family members involved in law enforcement there, and has lived in several other countries besides the United States. He offered voters his international expertise to help bring about financial stability, economic development, and a fresh perspective for California in Congressional District 12.

Sikder supports the abolition of the student loan system and calls for free high-quality public college education as well as universal healthcare and peace. His website is at drsikderforcongress.com.

State Assembly, District 20

Liz Ortega is running unopposed for re-election to State Assembly in District 20.

"Everyone should have access to low-cost insurance," she said, noting one source of concern for her constituents.

Ortega said that as we confront homelessness, we need to keep people in their homes in the first place. Apartment deposits should be limited to amounts reasonable for most people, Ortega said.

Ortega also called for raising the minimum wage for health care workers. Asked what a living wage should be for all occupations, Ortega said at least \$25 to \$30 an hour, given the high costs of living here.

Ortega noted her success in diaper drives that helped 400 families, noting that diapers are one necessity for families

not covered by federal or state aid programs. She took some credit for getting the state to fund San Leandro's soon-to-open navigation center for the homeless, and said she was happy she could get millions of dollars in other aid to her hometown.

As to the upcoming year, Ortega said "I'm just looking for people to register to vote, and to turn out to vote."

State Senate, District 9

In State Senate District 9, term limits prevent incumbent Nancy Skinner from seeking re-election. Hoping to replace her are San Ramon City Councilmember Marisol Rubio and current Assembly District 15 incumbent Tim Grayson, a former mayor of Concord.

Rubio said she was the only candidate who could present a 100 percent woman's point of view, to a few chuckles from the audience.

Rubio called for taking another look at our state budget, which went suddenly from a big surplus to a big deficit. She called for universal health care, quality education for all as the first step toward equity, and attention to the environ-

ment. She noted she is an executive board member for the Sierra Club.

Rubio touted her science background and said the legislature needed someone with this. Her campaign website is at www.marisolforca.com.

Grayson promised to push his Green Empowerment Bill, which ties together several key issues.

"My top priority is to ensure better jobs, higher wages and more economic opportunity for Californians," Grayson wrote on his website. "It costs way too much to live and work in California, and the jobs available to our workers are not keeping up with rising inflation and taxes."

Ideas: Better usage

continued from front page
Recreation and Parks Master Plan is needed to understand better the current usage of our existing parks and recreational assets, the needs and requests of our community, and expand utilization for recreational purposes system-wide," Hwang said. "This initiative will enhance the current system pri-

oritizing resident feedback and allow us to plan holistically for the next 25-plus years."

The online forums focus on three areas as part of a "learning and discovery" phase.

The Sports and Athletics see IDEAS, page 12

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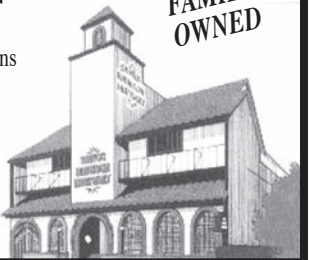
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Obituaries

Frank Gomes

Frank Gomes was born in Oakland California in 1941 to Frank and Nettie Gomes. After a long illness, Frank passed away at the age of 82 early in the morning on December 16th, 2023 at home with his family. Frank was a longtime employee of Coca-Cola.



Frank is survived by his wife of 61 years Wilma. He is also survived by his children, Julie (Kent), Chris and Ken (Kathy), his brother Roy, 6 grandchildren, Brionna, Dominic, Kaylie, Krystie, Jack and Mitchell and a great-grandson Dominic Jr. Frank was loved by his nephews, great nieces and nephews and many cousins and close friends.

James M. Macedo

April 8, 1947 ~ December 19, 2023

Hamilton, MT - James M. Macedo was born April 8, 1947, in San Leandro, California, the only child of Joseph (Joe) and Mildred (Millie) Macedo. He passed away quietly with his loving family by his side on December 19, 2023.

Jim began his lifelong passion of service as a young child, going with his mother to volunteer at various charity organizations she belonged to. He continued this work by joining the service and later the police force where he served for over 32 years. Throughout Jim's life, he found joy in helping those in need which was evident in his service to his family, community, friends & neighbors. Jim loved to travel and was always eager to take trips to various countries around the world with his family and friends.

Jim was raised in San Leandro, California, and graduated from St. Elizabeth High School in Oakland, and went on to attend classes at the University of San Francisco and Chabot College in Hayward while serving in the United States Marine Corps (Active Reserves) until he was honorably discharged as a Sergeant in 1972. In 1968 he joined the University of California Berkeley Campus Police Department and embarked on his career of service in that police force until he retired as Sergeant of Police in 2001. During those years as an officer, Jim would work many long hours, was involved in leading the Narcotics Law Enforcement Task Force, and was dedicated to being a mentor to other younger officers. Additionally, he would often attend continuing education classes to further his law enforcement education, and eventually taught classes related to law enforcement at Chabot-Las Positas Community College in Pleasanton, California. After Jim retired from the police force in 2001, he first worked as a customer service representative for Delta Airlines in the Oakland, California airport, in the hopes that he could continue to serve his community well and travel the world during his days off. He subsequently spent many years providing security for various companies to include the San Francisco 49ers and the Oakland A's. His last employment was working for the KTVU Fox 2 News Station, providing security to the news men and women out in the field reporting in various locations in the Bay Area.

Jim is survived by William Hamilton and wife Dana Hamilton, Kendall Mouw and husband Ryan Mouw, to whom he was a father, his three grandchildren, Warren Mouw, Claire Mouw, & Grant Mouw, his longtime love & companion Gail Morgan, his spiritual adviser and confidante Lori King, and numerous friends, and neighbors.

A Celebration of Life (open house) will be held at the Sheffield Village (Jim's neighborhood of 43 years) Community Center's Park (247 Marlow Dr, San Leandro, CA 94577) on Saturday April 20th, 2024 from (12/noon to 3pm). The family suggests that memorials be made to the Alzheimer's Disease Research Bright Focus Foundation. Condolences may be left for the family at www.dalyleachchapel.com.

Donna Bartley Reed

June 20, 1926 ~ January 15, 2024

Donna Bartley Reed, born June 20, 1926 in Waterloo, Iowa passed peacefully at home on January 15th at the age of 97. She was the daughter of John and Ella Bartley. She graduated from the University of Minnesota with a degree in Business Administration where she was a member of the Alpha Chi Omega sorority. Her first job after college was selling children's clothes at Neiman Marcus in Dallas/Ft. Worth, Texas. She decided to return home to Waterloo where she met and married Dale Reed on April 16th, 1955. After many work transfers which included Peoria, IL, Washington DC, and Ottawa, Ontario, Canada, she, and Dale settled in San Leandro, California in 1963. Donna was more than just a housewife. She managed their group of apartment buildings. Donna was active in the community serving for over 25 years on the Library Historical Commission where she headed up fundraising campaigns, worked on the restoration of the Casa Peralta House and helped the library to obtain much needed grant money. She was a 75-year member of PEO. She was also a member of the Alta Mira Club and the Friends of the Library. In her free time Donna enjoyed reading, sewing, knitting, playing bridge and traveling. Donna always had a positive attitude about life and enjoyed a good laugh. She was always there to help a friend. Donna was proud of her family and always made them feel loved and cherished.



She is survived by her 3 children, Kathy (Jeffrey) Narum, Richard (Kellee) Reed, and Ann (Alan) Fagan. She was the proud grandmother of 5 grandchildren: Jennifer(Rob) Hardy, Elisabeth (Andrew) Olson, Jack Reed, Helen Fagan and Bradley Fagan and two great grandsons and her sister Ann Sackett. She was preceded in death by her husband Dale, and her parents John and Ella Bartley.

Please join the family to celebrate Donna's life on Sunday, January 28th between 11:30 and 2:00 at Marriott Pleasanton 11950 Dublin Canyon Rd. Pleasanton, CA.

In lieu of flowers, donations may be made to the San Leandro Friends of the Library or the Pleasanton Museum on Main.

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BETTER TOGETHER, OUTSIDE

The Parks Master Plan will set a vision for San Leandro's park system, aligning with the City's General Plan and core values. It aims to balance open space, enhance existing parks, diversify recreation, explore joint-use agreements for expanding acreage, and create memorable community spaces. Please join us for a drop-in open house workshop!

El Plan Maestro de Parques establecerá una visión para el sistema de parques de San Leandro, alineándose con el Plan General y los valores fundamentales de la ciudad. Su objetivo es equilibrar los espacios abiertos, mejorar los parques existentes, diversificar la recreación, explorar acuerdos de uso conjunto para ampliar la superficie cultivada y crear espacios comunitarios memorables. Por favor, únase a nosotros para un taller de puertas abiertas sin cita previa.

公园总体规划将为圣莱安德罗的公园系统设定愿景，与市的总体规划和核心价值观相一致。它旨在平衡开放空间，增强现有公园，丰富娱乐活动，探索共用协议以扩大占地面积，并创建令人难忘的社区空间。请加入我们的随时欢迎您的开放日研讨会。

City-Wide Workshop Taller a Nivel de la Ciudad 全市研讨会

Saturday, February 10th **Sábado, 10 de febrero** 二月十日星期六
10am – 1pm 10am – 1pm 上午10点 - 下午1点

Marina Community Center
15301 Wicks Blvd San Leandro, CA

Want to talk specifically about the future of Washington
Manor Park? Join us for this drop-in open house:

¿Desea hablar específicamente sobre el futuro del Parque
Washington Manor? Únase a nosotros para esta jornada
de puertas abiertas sin cita previa:

想要专门讨论Washington Manor Park的未来吗?

请加入我们参加这个随时欢迎您的公开研讨会:

Saturday, January 27th **Sábado, 27 de enero** 一月二十七日星期六
10am – 12pm 10am – 12pm 上午10点 - 下午1点

Marina Community Center
15301 Wicks Blvd
San Leandro, CA

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Ideas: Park meetings coming up

continued from page 11

session focuses on topics like pickleball, dog parks, sports fields, sports leagues, community gardens, skateparks, and aquatics. Two sessions were held this past Monday and Tuesday. About 30 people representing the school district, volunteer groups, sports and athletic organizations, and resident-led nonprofit groups attended each session.

"One of the many main themes that has emerged from these meetings is the need to build stronger partnerships between the city, school districts, and local organizations to expand park access and provide more amenities," Hwang said.

The Youth, Seniors, and Accessibility session spotlights crosswalks and sidewalks, Americans with Disabilities Act (ADA) accessibility, bike access, youth programs, senior programs, playgrounds, and safety. One

online session was held yesterday. The second session is scheduled for tonight (Thursday) between 5 and 6 p.m.

The Culture and Environment session covers arts programs, habitats, wildlife, trees and plants, and cultural groups. One meeting is scheduled for January 31, starting at 10 a.m. The second meeting is slated for February 1, starting at 5 p.m.

Recreation and Parks has also scheduled two in-person, open house-style workshops. The first workshop, this Saturday, Jan. 27, between 10 a.m. and noon, will focus on the future of Washington Manor Park. Attendees will be asked what they love about the park today and what they might want the city to improve.

The second workshop, on Saturday, Feb. 10, from 10 a.m. to 1 p.m. at the Marina Community Center, will focus on the overall vision for San

Leandro's recreation and parks system. Hwang said the goal is to provide a roadmap for balancing open space access and natural conservation, investing in improving existing parks, and offering a wide range of recreational opportunities to San Leandro residents.

The Recreation and Parks Master Plan project was launched in October 2023 and is expected to run to December 2024. The department is currently wrapping up its park-by-park inventory and analysis this month.

The group is looking at categories such as equipment condition, the tree canopy's health, visibility from the street, and evidence of misuse or vandalism. The findings will be cross-referenced against San Leandro's General Plan along with its Shoreline Marina Master Plan and the Bicycle and Pedestrian Master Plan to help guide development.

Training: Good paying jobs

continued from front page

do things," he said.

Oakland Deputy Mayor Dr. Kimberly Mayfield said young people entering the labor force don't always see opportunities that pay a living wage in stable industries. She said these jobs start out at \$25 to \$31 an hour, and the IRhythm company, which plans to hire many of the graduates, adds a \$5,000 signing bonus.

Ken Baker, head of talent acquisition for iRhythm, said his company is growing and needs an ongoing source of employees.

The company's public relations director, Kassandra Perry, said they expected to get high-caliber employees

from the program.

Baker said when the company was looking for a community partner, they quickly thought of Ashcraft, who has a 25-year relationship with the Peralta Community College District and has helped set up a number of training programs with them. Ashcraft's heads the Bay Area Business Roundtable and has pressed local businesses to hire graduates of those programs.

"I didn't pull this program together all by myself. You need a collaboration," Ashcroft said. He thanked the Peralta organization for the work they do around job development.

Ashcraft noted that the

state's very first green job training program had been set up at Merritt College with his involvement.

"We need to rebuild after COVID," Ashcraft said. He added that this applied not only to business and communities, but also our schools and the students, staff and teachers at them.

San Leandro City Councilman Fred Simon said he would do all he could to support the program.

"I lost my own father several months ago to a heart attack," Simon said. "We need more cardiac technicians."

After the meeting, Perry said that demand was growing for medical devices generally, with some of that growth being in portable devices that can be monitored remotely. The Zio monitor, which IRhythm sells, has an advantage over an electrocardiogram (EKG or ECG) given in a doctor's office in that it captures heart activity over a much longer period of time.

This means it is able to detect heart arrhythmias (irregular heartbeats) that are intermittent and that might be missed in a briefer monitoring.

You can get more information about the Merritt College program in cardiac technology by contacting Dr. Muwafu Al Asad (known at Merritt as "Dr. Al"), who is program director for the Medical Assisting certificate program, at malasad@peralta.edu or by calling him at 510-468-1861.

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