



## Nurse Retires

DEBORAH COHEN AND FRIENDS CELEBRATE HER 49-YEAR CAREER ..... 3

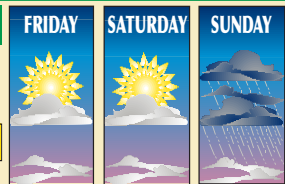


## Wild About Oats

YOU CAN DO MORE THAN SIMPLY BREAKFAST WITH OATS ..... 5

## WEEKEND WEATHER

**MILD** Warm, overcast, and a little rain!  
HIGHS: 67-72  
0 10 20 30 40 50 60 70 80 90 100 110  
LOWS: 53-58



# San Leandro Times

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

VOL. 30 • NO. 20

THURSDAY, MAY 14, 2020

SAN LEANDRO • CALIFORNIA

## Cannabis Laboratory Blows Up



SLPD DRONE PHOTO

A photo take by a police department drone shows what's left of the roof of the building on Timothy Drive after the cannabis lab exploded early last Thursday morning.

Lab operating before it obtained permit; was applying for permit and had hearing set for that night

By Jim Knowles  
San Leandro Times

The lab that blew up last Thursday is the type of cannabis manufacturer that is allowed in San Leandro, but it was still applying for the permits to operate and wasn't up to the fire and building codes.

The lab should not have been operating, because it had not even begun to get the necessary permits from both the city and the state, said San Leandro Planning Manager Andrew Mogensen.

In fact, the owner was set to appear that night, May 7, before the Planning Commission and the Board of Zoning Adjustments where it was on the agenda for approval of a conditional use permit.

The board didn't know that someone had already started to operate in the building at 1798 Timothy Drive, just west of I-880, near Williams Street. But when an explosion blew the roof off the building at 5 a.m. last Thursday it sent debris blocks away.

"We knew nothing about it. We assumed the building was an empty shell," Mogensen said. "They shouldn't have been operating."

As the city's planning manager, Mogensen sits in and offers advice at all the meetings of the Planning Commission and Board of Zoning Adjustments. The two boards are separate bodies, but are made up of the same seven members.

The zoning board had two items for cannabis manufactur-

ing on its May 7 agenda. Both applicants requested a continuation, which was granted. Their requests will be considered at the next meeting on June 4, at 7  
*see BLOWS UP, page 4*

## Two East Bay DMV Offices Reopen

Two East Bay offices of the Department of Motor Vehicles were among 25 that reopened last week to assist customers with transactions that can only be completed in a DMV field office.

The DMV had closed all its public offices on March 27 after several employees became ill with the coronavirus.

The offices at 5300 Claremont Ave. in Oakland, and at 2070 Diamond Blvd. in Concord, are now open Monday through Friday, 8 a.m. to 5 p.m. with the exception of opening at 9 a.m. on Wednesdays.

In addition to maintaining physical distancing, employees have access to disinfecting wipes, hand sanitizer, facial shields, gloves, and soap and water. The  
*see DMV, page 11*

## Hiking? Be on the Lookout for Rattlers

By Ned MacKay  
Special to the Times

This is a good time for my annual rattlesnake advisory, since the snakes are out and about this time of year.

The best way to avoid snakes is to stay on official trails, although I saw a rattler recently slinking across the Old Briones Road Trail at Briones Regional Park near Martinez. When walking or cycling, keep an eye on the path ahead.

Definitely do not take shortcuts through tall grass and brush. If you stop to rest, avoid the rock piles, logs and tall grass that are snake habitat.

If you do see a snake on a trail or fire road, give it lots of space. And for heaven's sake don't try to tease it or pick it up.



Rattlesnakes aren't aggressive but if you see one on the trail, give it plenty of space.

Rattlesnakes are not aggressive. They will avoid us if possible; we're much larger than

the small rodents that are their preferred diet.

Dogs can be a problem; curi-

ous by nature, they may run right up to a snake and get bitten. If  
*see RATTLENS, page 10*

## INSIDE YOUR TIMES

### VETERANS

World War II veteran turns 105. **Page 2**

### MEDICINE

Eden nurse retires after 49-year career. **Page 3**

### NEWS

BART installs new electrical cable at night. **Page 12**

**38,500 EVERY THURSDAY**  
THE LARGEST FREE-DELIVERED NEWSPAPER IN THE EAST BAY

Classified Ads .....	8
Crossword .....	9
Health & Fitness .....	7
Homes .....	9
Home Services .....	8
Letters .....	11
Lifestyle .....	5
Obituaries .....	10
Pets .....	2
Transit .....	12



## MEETING SCHEDULES

### CITY COUNCIL

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

### SAN LEANDRO SCHOOL BOARD

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



## San Leandro Times

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

### EDITORIAL

**Fred Zehnder**  
Editor and Publisher

**Jim Knowles**  
Managing Editor  
jimk@ebpublishing.com

**Steve Schaefer**  
Auto Editor

Contributing Writers  
**Buzz Bertolero**  
**Carl Medford**  
**Linda Sandsmark**

### PRODUCTION

**Howard Morrison**  
Manager  
**Kayla Steinorth**  
Art Director  
**Moxie Morrison**  
Assistant

### OPERATIONS

**Claudette Morrison**  
Business Manager

### ADVERTISING

Display Advertising  
**Claudette Morrison**  
Classified Advertising  
**Patrick Vadnais**

### HOW TO REACH US

**San Leandro Times**  
2060 Washington Ave.  
San Leandro, California 94577  
Office hours: Weekdays, 9 a.m. to 5 p.m.

Main Office: (510) 614-1555  
Newsroom: (510) 614-1557  
Sports: (510) 614-1561  
Advertising: (510) 614-1555  
Classified: (510) 614-1558  
Fax: (510) 483-4209  
Email: jimk@ebpublishing.com

[www.ebpublishing.com](http://www.ebpublishing.com)



California Newspaper Publishers Association member

©2019 East Bay Publishing Corporation

## PETS OF THE WEEK



Kalon



Hank

This week, the featured Rescue is Hopalong, located in Oakland. They pull many pets out of the Hayward Animal Shelter and find wonderful, loving homes for them.

The Pets of the Week are Kalon the dog and Hank the dog.

**Kalon** is a big goofy 5-month-old pup who loves car rides, walks and laying on the couch next to you. He'll even snuggle next to you while you sleep.

Kalon's world consists of eat, play, and sleep next to his people. Potty trained.

**Hank** is a sweet, 2-year-old boxer mix who loves people but can be shy initially. He needs an active family who will take him on long walks. He would also love an active doggie friend to play with. Housebroken.

For more information on Kalon or Hank, visit [www.hopalong.org/adopt](http://www.hopalong.org/adopt).

## PG&E Contributes to Food Bank

PG&E is assisting the California Association of Food Banks to establish the California Food Bank Rapid Response Fund with a \$150,000 charitable contribution to increase the capacity to purchase food and supplies, and to supplement their staffing needs through the COVID-19 pandemic

and future emergencies.

Customers in need of assistance can find a food bank close to them by searching their zip code at: [cafoodbanks.org/find-food-assistance](http://cafoodbanks.org/find-food-assistance) or by calling their local 211 number or the statewide toll-free hotline at 833-544-2374.

**1529 146th Ave., San Leandro - \$649,000**

2 BR, 1 Bath, 1101 Sq. ft. Built in 1945  
Showings by appointment only

Beautiful Upper Bal home

Virtual tour: [https://youriguide.com/1529\\_146th\\_ave\\_san\\_leandro\\_ca](https://youriguide.com/1529_146th_ave_san_leandro_ca)



**Lovewell Team**  
(#00689931 & #01912817)

"Lovewell Team" is a dynamic, award-winning Real Estate team  
Call 510-351-5555 or visit us at [www.Lovewellteam.com](http://www.Lovewellteam.com)  
— A team you can love and trust —  
**Re/Max Accord Castro Valley**

## WE ARE IN THIS TOGETHER

From Soroptimist International of the East Bay (SIEB):  
**THANK YOU**

to the Castro Valley Forum, San Leandro Times and Castro Valley residents for their support of our organization, which is dedicated to improving the lives of women and girls in our community.

Your support of our fundraising activities, particularly our local garage sales, has allowed us to fund several community projects, which include:

- Ruby's Place • Grateful Garments • Davis Street
- Hayward Downtown Street • Girl's Empowerment Program
- The Alameda County Community Food Bank

We are proud to belong to a community that encourages hope, provides support, and responds with strength and resolve during these very challenging times.

**We will come out of this pandemic stronger and more unified than ever!**

Look for our upcoming fundraisers in the Community Calendar section of the Forum. For membership inquiries: 510.593.7377



**SOROPTIMIST**  
Best for Women



PHOTO COURTESY OF THE ZABRATSKI FAMILY

John Zabratski signed up for the military during the Great Depression and the navy became his career.

## World War II Vet to Turn 105

John Zabratski was born on May 20, 1915 in a coal mining town in Western Pennsylvania where his parents had migrated from Poland.

John's father was a coal miner who was killed by a mine cave-in when John and his three brothers and three sisters were young. His mother, in spite of the hardship, insisted that the children graduate from high school.

Life in the '20s and '30s was not the greatest. Homes resembled farm houses with no indoor plumbing, and the outhouse was across a snow-covered back yard. John grew up helping to plant the garden, repair the chicken hutch and barn and other chores, doing his school studies and playing on the football team.

After graduating from high school in 1934, John and one of his brothers thought they might make some money by joining the Army Reserves, a common adventure during the Great Depression years. At the registration office there was a double line. John on the left, his brother on the right, the officer at the head of the line assigned the left to the United States Navy, right side to the army.

Off went John for what turned out to be a 20-year career in the navy. From mine sweeper duty to submarine duty, to an aircraft carrier on the USS Essex under attacks by kamikazes in the Pacific theater.

John retired from the Navy after World War II in March of 1955. He and his wife Mary took up residence in Castro Valley soon after 1955 retirement where John and his son Bill continue to reside.

## Lunch Menu at The Senior Center

Senior lunch is take-out during the pandemic emergency; drive up and pick up your lunch; call 72 hours in advance

A low-cost senior lunch provided by Spectrum Community Services is served on weekdays at the San Leandro Senior Center, 13909 East 14th St.

Everyone age 60 and up can have lunch. A suggested donation is \$3.75, but no one is refused for lack of funds. (\$10 for those under 60.)

Call 72 hours ahead to reserve a lunch (1-510-825-9793).

The menu for lunch next week, May 18 to May 22, is:  
Monday – Cheesy pasta

bake, lima beans, cauliflower with red peppers, fresh fruit.

Tuesday – Chicken cordon bleu over rice pilaf, green beans, peas and onions, fresh fruit.

Wednesday – Cold Salad Meal – Seafood salad on romaine, pineapple coleslaw, wheat roll, fruit cocktail, low-sodium V-8.

Thursday – Hamburger on wheat bun, roasted potatoes, peas and carrots, fresh orange.

Friday – Sweet & sour chicken, chow mein noodles, baby carrots, green beans, fresh fruit.

We Are  
**TEMPORARILY CLOSED**

*Our Appreciation For Your Business & Support*

Stay Safe & We Look Forward To Seeing You When We Reopen

"Make your house a Dupree's home"  
**Dupree's FURNITURE**

EASY LAYAWAY & FINANCING AVAILABLE  
47 Years Experience  
1900 E. 14th St. • San Leandro  
**357-3000**  
[www.Duprees-Furniture.com](http://www.Duprees-Furniture.com)

OPEN TUESDAY-FRIDAY 10AM-6PM • SATURDAY 10AM-5PM • CLOSED SUNDAY & MONDAY







# Blows Up: Cannabis becoming multi-billion dollar industry

continued from front page

p.m., unless they withdraw their request, Mogensen said.

In the May 7 explosion, two men were injured and taken to a local hospital where they were treated for minor injuries, according to San Leandro police.

The two injured, plus two other men, were arrested for the illegal production of concentrated cannabis, police said. The explosion happened in what is known as a butane honey oil lab, a process that uses butane to extract concentrated THC from marijuana. It's called honey oil because it looks like honey.

## Extremely Flammable

The gas is extremely flammable and can cause an explosion from a single spark, such as static electricity, said police.

"People need to understand that this process can kill or seriously injure those who are anywhere near these types of operations," said San Leandro police Lt. Ted Henderson on May 7. "This morning, the four individuals who were arrested for this operation are extremely lucky to be alive."

The San Leandro City Council initially allowed up to five cannabis manufacturing facilities in town, but earlier this year removed the limit to allow for more, Mogensen said.

The danger of the operation was caused by the facility being constructed without building permits or according to the fire code, Mogensen said.

## Volatile Extraction Process Used to Obtain Cannabis Oil

There are two types of cannabis manufacturing that are licensed, volatile and nonvolatile. The owner who was applying to the Board of Zoning Adjustments on May 7 was applying to operate a lab that uses the volatile extraction process, as was another firm that was also applying to operate on Catalina Drive. Both firms requested their hearing be moved to next month.

The owner of the lab that blew up, Jae Roh of Bizpie Inc. of Belmont, declined to comment for this story.

The other firm applying for a conditional use permit at the same May 7 meeting was ASHA Pharmaceuticals. Both of the cannabis

manufacturing proposals were for approval of using extraction processes that use volatile solvent such as butane, hexane and propane, Mogensen said.

The city has previously approved conditional use permits for two firms, Dispersa Labs on Abram Court and Fantisy Elixirs and Medicinals on Teagarden Street, which are currently operating. Both of those facilities use cannabis extract manufacturing outside of the city and neither are licensed for volatile cannabis extractions, Mogensen said.

Many cannabis manufacturers aren't little local businesses producing for a shop. They're manufacturing on a large scale for nationwide distribution.

The City Council initially approved five cannabis manufacturing labs in town in 2017. Earlier this year, the limit was removed so there can be more than five.

At that June 19, 2017 meeting, the council voted unanimously to allow the cannabis labs. Council members said the 6 percent tax on the labs would bring in needed revenue. Former City Councilman Jim Prola spoke at the meeting, saying the major-



PHOTO BY JIM KNOWLES

Police and fire fighters inspected the building on Timothy Drive and brought in search dogs after the cannabis lab exploded earlier in the morning.

ity of San Leandro voters are in favor of it.

"There are plenty of safeguards," Prola said. "This has the potential to bring in even more revenue for our city."

Councilman Pete Ballew responded to Prola that the voters were in favor of medical marijuana, not necessarily manufacturing on a wider scale and cautioned against the impulse to approve

something that brings in "quick money."

"Once we had a proposal to have a casino at the marina because that would bring in quick money," Ballew said.

## CLOG-FREE GUTTERS OR YOUR MONEY BACK GUARANTEED!

**AFTER LeafFilter**

**BEFORE LeafFilter**

**THE NATION'S #1 GUTTER GUARD**

✓ INSTALLS ON NEW & EXISTING GUTTERS



PHOTO COURTESY EDEN HEALTH DISTRICT

Eden Health District CEO Mark Friedman delivers masks to SEIU-UHW member and Tiburcio Vasquez Health Center Receptionist Viviana Fausto.

## Eden Delivers Face Masks To Health Care Providers

The Eden Health District began the free distribution of 100,000 KN 95 masks to Eden Area first responders, health care providers, nonprofit organizations and essential workers, with the remaining masks to be delivered within the next week.

"Obtaining FDA-certified face masks has been a daunting challenge," said Mark Friedman, CEO of the Eden Health District. "The district deeply appreciates the work of these partners and is glad to provide them masks at no charge."

The Eden Health District has distributed and/or will distribute KN 95 masks to the following health care providers, first re-

sponders and nonprofit and labor organizations:

- St. Rose Hospital
- Hayward Fire Department
- Davis Street Community Center
- Tiburcio Vasquez Health Clinic, a federally-qualified health center in Hayward
- George Mark Children's House, a palliative care facility for children and their families located in San Leandro
- Baywood Court, a Castro Valley senior community with a skilled nursing facility
- Alameda County Meals on Wheels
- Building Futures which provides services to the unsheltered
- First 5 Alameda County for dis-

tribution to a wide range of community-based organizations and the county's childcare resource and referral agencies, BANANAS, the Community Childcare Council of Alameda County

- SEIU – United Health Care Workers for distribution to workers at health clinics and assisted living facilities as well as in-home support workers
- Hayward Chamber of Commerce for workers at local essential businesses
- Supplybank.org for distribution to essential workers in the Eden Area
- United Food and Commercial Workers for distribution to essential workers.

**LIFETIME WARRANTY** ★ Trustpilot **ACREDITED BUSINESS**

## 15% OFF

YOUR ENTIRE LEAFFILTER PURCHASE\*  
Exclusive Offer - Redeem By Phone Today!

**ADDITIONALLY**

## 10% OFF SENIOR & MILITARY DISCOUNTS

**MADE IN THE USA**

**PLUS!**

**THE FIRST 50 CALLERS WILL RECEIVE AN ADDITIONAL 5% OFF\*\***

YOUR ENTIRE INSTALL!  
\*\*Offer valid at estimate only

**FINANCING THAT FITS YOUR BUDGET!\***

\*Subject to credit approval. Call for details.

**THE LEAFFILTER SYSTEM**

Micromesh

Virgin Vinyl

Hanger

Existing Gutter

**CALL US TODAY FOR A FREE ESTIMATE**

**1-510-690-8920**

**Promo Code: 285**

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

**"My only regret is that I wish I had known about LeafFilter sooner."** -Doug L.

★★★★★

\*The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." \*For those who qualify. \*\*Offer valid at time of estimate only \*\*One coupon per household. No obligation estimate valid for 1 year. CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFNW822JZ License# WV056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H



## LIFESTYLE

## Oatmeal: More Than Just Breakfast Cereal and Cookies



There's something old-fashioned about oatmeal. After all, it was probably a mainstay at your grandparents breakfast table. Simple-to-cook, rolled oats or oatmeal served with brown sugar is a delicious and healthy way to start off the day. Oats and oat bran are full of fiber and bolster cardiovascular health.

Now marketers are pushing us to eat foods like oatmeal at nontraditional times.

"Use oatmeal throughout the day," says Becky Frankiewicz, general manager of Quaker Oats, who's website calls for topping a bowl of oatmeal with sun-dried tomatoes, Cheddar cheese, olive oil, breadcrumbs and a basil leaf to make "grilled cheese and tomato soup."

But if you just want to make oatmeal and raisin cookies, we've included that recipe, too.

In these recipes, "oatmeal" can be "old-fashioned," "quick," or "rolled oats," but not "instant."

## OAT PILAF

1/2 cup each chopped red and yellow bell pepper  
1/2 cup chopped mushrooms  
1/2 cup sliced green onions  
2 garlic cloves, minced  
1 tablespoon olive oil  
1-3/4 cups old-fashioned oatmeal, uncooked  
2 egg whites  
3/4 cup chicken broth  
2 tablespoons minced fresh basil leaves or 2 teaspoons dried basil  
1/2 teaspoon salt  
1/4 teaspoon black pepper

In a 10-inch nonstick skillet, cook peppers, mushrooms, green onions and garlic in oil over medium heat, stirring occasionally, until vegetables are crisp-tender, about 2 minutes. In large bowl, mix oats and egg whites until oats are evenly coated. Add oats to vegetable mixture in skillet.

Cook over medium heat, stirring occasionally, until oats are dry and separated, about 5 to 6 minutes. Add broth, basil, salt and pepper. Continue cooking, stirring occasionally, 2 to 3 minutes or until liquid is absorbed. Serve immediately. Serves 8.

## TURKEY BURGERS

1 pound very lean ground turkey breast  
1 cup oatmeal  
3/4 cup finely chopped onion  
3/4 cup finely chopped red or green bell pepper  
1/2 cup shredded zucchini  
1/4 cup ketchup  
2 cloves garlic, minced  
1/2 teaspoon salt (optional)  
6 whole wheat hamburger buns, split, toasted  
1/2 cup nonfat sour cream  
Lettuce and tomato slices

Lightly spray rack of broiler pan with cooking spray.

In medium bowl, combine tur-

key, oats, onion, bell pepper, zucchini, ketchup, garlic and salt, mixing lightly but thoroughly. Shape into six 1/2-inch thick patties.

Broil or grill patties 7 to 9 minutes on each side or until golden brown and no longer pink in center. Serve on buns with rounded tablespoon sour cream per serving. Garnish with lettuce and tomato, if desired. Makes 6 burgers.

## OATMEAL WITH MUSHROOMS &amp; ONION

1 cup water  
1 cup rolled oats  
2 tablespoons olive oil, plus additional to taste  
1/2 medium onion, finely sliced

2 cloves garlic, minced  
6 to 8 ounces cremini or other mushrooms, sliced  
3 to 5 sprigs fresh thyme  
1/2 cup finely grated smoky Gouda cheese  
Salt and cracked black pepper to taste  
2 to 3 sprigs fresh thyme leaves, for garnish

Bring water to a boil in a pot. Pour in oatmeal, reduce heat to a simmer, and cover. Cook for 15 minutes or until oats have reached desired tenderness.

Meanwhile pour oil into a saucepan over medium heat and bring to a simmer. Add onion and garlic and saute for 3 to 5 minutes.

Add mushrooms and thyme sprigs and saute until mushrooms turn golden brown, about 5 to 7 minutes. (If liquid dries too soon, add oil 1 teaspoon at a

time.) Remove thyme sprigs.

When oatmeal finishes cooking, remove from heat and fold in Gouda. Scoop into pan with vegetables and mix thoroughly.

Transfer to serving bowls, add olive oil, salt, and pepper to taste. Garnish with fresh thyme leaves.

Yields 2 to 4 servings.

## OATMEAL CAKE

1/2 cup soft margarine  
1 cup dark brown sugar  
2 eggs  
1 teaspoon vanilla  
3 tablespoons flour  
1-1/4 cup rye flour  
1 cup oatmeal  
1 teaspoon baking soda  
1/2 teaspoon salt  
3/4 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1-1/4 cup milk

Coconut Frosting (recipe follows)

Cream butter and sugar. Add eggs and vanilla, mix. Combine dry ingredients. Alternately add dry ingredients and milk to creamed mixture (batter will be thin).

Pour into greased 9x13-inch pan. Bake at 350°F for 30 minutes, or until toothpick comes out clean.

## Coconut Frosting

1/2 cup brown sugar  
1/2 cup soft butter  
4-1/2 teaspoons light milk  
1 cup shredded coconut

Mix ingredients until well blended. Spread on warm cake. Broil until frosting is golden brown (approximately 5 minutes).

Makes enough to cover a 9x13-inch pan.

## FREE In-Home Consultation!

We help you improve your home entertainment and home automation systems one step at a time.

"Quality Home Theater at a Reasonable Price"

510-473-2887  
Gastro Valley

**NextStep**  
AUDIO ENHANCEMENT  
brian@nextstepae.com | www.nextstepae.com

## St. Leander School

Now accepting applications  
2020-2021 School Year

Currently Enrolling  
3 & 4 year-old students  
Space is also available in  
Pre-K – 8th grade classes

Some financial scholarships are available!

For more information or to download an application please visit our website:  
[stleanderschool.org](http://stleanderschool.org)



Email: [stleander@cndo.org](mailto:stleander@cndo.org) or  
Call (510) 351-4144  
between 9:00AM – 11:00AM

QUALITY & VALUE

# YOU CAN TRUST

GUARANTEED!

GET IT ALL  
20 MAIN COURSES  
+ SIDES & DESSERT

AMERICA'S ORIGINAL BUTCHER  
**OMAHA STEAKS**  
SINCE 1917

EXPERIENCE THE DIFFERENCE  
WITH AMERICA'S ORIGINAL BUTCHER

Trimmed twice for no exterior fat, the Butcher's Cut is a leaner, steakhouse-style filet mignon. You can enjoy this incredible steak, and an amazing collection of Omaha Steaks favorites, with this special limited-time offer!

**THE BUTCHER'S BUNDLE**

- 4 (5 oz.) Butcher's Cut Filet Mignons
- 4 (4 oz.) Boneless Pork Chops
- 4 (4 oz.) Omaha Steaks Burgers
- 4 (3 oz.) Gourmet Jumbo Franks
- 4 (2.8 oz.) Potatoes au Gratin
- 4 (4 oz.) Caramel Apple Tartlets
- Omaha Steaks Seasoning Packet

~~\$239.99~~ separately  
**COMBO PRICE \$69.99**

**+ 4 MORE BURGERS FREE!**

Order Now **1.510.963.4202** | [OmahaSteaks.com/dinner424](http://OmahaSteaks.com/dinner424)  
Ask for The Butcher's Bundle **61086SNG**

**100% GUARANTEE**  
You'll love it or your money back!

\*Savings shown over aggregated single item base price. Limit 2. Free burgers will be sent to each shipping address that includes (61086). Standard S&H added per address. Not valid with other offers. Expires 5/31/20. All purchases subject to Omaha Steaks, Inc. Terms of Use & Privacy Policy: [omahasteaks.com/terms-of-useOSI](http://omahasteaks.com/terms-of-useOSI) and [omahasteaks.com/info/privacy-policy](http://omahasteaks.com/info/privacy-policy) or call 1-800-228-9872. Photos exemplary of product advertised.



# REAL ESTATE GALLERY



## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Times

GUEST COMMENTARY



## Sellers Must Maximize Online Viewing Potential

**C** OVID-19 has fundamentally altered the way we will experience life going forward. We will see varying aspects of social distancing and masks continue for the foreseeable future.

I believe we will also see significant changes in the way we buy and sell homes.

As Realtors, many of us already have the tools to hold virtual listing appointments and host visitor-free online open houses. Title companies are currently doing remote signings only and there is talk of continuing this practice going forward.

Some real estate companies are reexamining the need for large office spaces. It is becoming a strange new world.

We must also factor in COVID-19's effect on our nation's economic structures. Jobless numbers have reached staggering levels and will certainly impact the pool of available homebuyers.

Some existing transactions have already canceled for economic reasons and an additional group of buyers have lost down payments due to the recent stock market plunge. The overall effect in the short-term will most likely be a slight reduction in overall home prices lasting through Q3.

With continuing restrictions

on the ability to view homes, buyers are relying more and more on media to help them preselect the homes they find the most interesting. This means sellers must rethink the way they market their homes if they want their share of the decreasing numbers of visits.

We recommend the following:

- Prepare Extensively: Pre-order inspection reports, obtain clearances and upgrade as necessary. With fewer homes being visited, the ones that shine will be the ones getting visits and offers.
- Stage Fully: Set the stage for the pictures. Buyers are only giving sellers 7-10 seconds to grab their attention and keep them looking at any property.
- Photograph Beautifully: Still photos are no longer enough: drone shots, professional pictures, video, 3D tours and floorplans all help buyers visualize themselves in your home.
- Document Completely: Have all required documentation available, including inspections and disclosures. Make sure all are readily available online so buyer agents do not need to contact listing agents to get copies.
- Price Strategically: This is *not* the time to try to get unrealistically high prices. Buyers are currently looking

for value and if your home is priced too high, they will swipe left and move on.

Get everything right and you stand a great chance of selling. Miss any category and you may help sell your competitors home instead.

*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.*



HOME  
of the  
WEEK

**RINETTI & Co. REALTORS**  
25571 FOGGY GLEN DR. • CASTRO VALLEY

STUNNING CANYON VIEW • FIVE CANYONS COMMUNITY  
3 BEDROOMS, 2.5 BATHS PLUS BONUS ROOM - 1720 SF  
LIST PRICE \$899,000

CARRIE MILES, REALTOR • (510) 735-5223  
DRE#01909263 • MILESCARRIE@YAHOO.COM



## Spice Up Your Garden with Chilis

By Buzz Bertolero  
Special to the Times

**Q** I enjoy Mexican food and other spicy foods, so I've been reading up about chili peppers. I'm now eager to plant a few, but there are so many varieties. Which varieties do the best in this area?

**A** The popularity of chili peppers is increasing as more folks enjoy hot, spicy foods.

Location, location, location is a key with chili peppers as they like warm days and nights to produce. They must have nighttime temperatures over 55 degrees.

May is an ideal month to set out transplants or seedlings started in mid-March. In most years, the rainy season has concluded, and temperatures are warming up.



Seeds started today will be ready for the open ground in eight weeks, so I look to plant transplants. Chile peppers can be grown in containers as well as in the open ground.

There are so many varieties because of the demand for hot, and even hotter varieties. The chemical, which gives chili pepper its heat, is called capsaicin. The right variety for you

is directly related to how much heat your mouth can take. They accumulate heat as they mature, so they'll be milder when they're green and hotter as they ripen to a deep red.

The hottest part of the chili is the white flesh that attaches to the seeds inside of the pepper. This can be removed if you want to limit the heat.

William Scoville is credited with inventing the Scoville Heat Unit Scale (SHU), which measures the pungency of chili peppers. Bell or sweet peppers have a zero-rating.

Here are a few of the hot peppers and their ratings: Jalapeno 10,000 SHU, Cayenne, 30,000

SHU, Habanero, 100,000 SHU.

You may also find the "ghost pepper," Bhut Jolokia, one of the hottest in the world at 1,000,000-plus SHU. That's four hundred times hotter than Tabasco Sauce.

I'd recommend that you pick a couple of varieties to try out and then see for yourself if your yard adequate for more.

*Note:* Capsaicin is an irritant and key ingredient of Malice or pepper spray. It's essential to either use gloves when handling chilies or thoroughly wash hands afterward. Anyone who has inadvertently rubbed his or her eyes after handling a pepper will know why.

**Q** Why do the red flowers on my indoor, blooming cactus drop off so quickly. They are gone within a day or two. What am I doing wrong as my friend plant blooms for several weeks?

**A** I'd suspect that the plant is somewhere near a bowl or basket of apples, bananas, or other fruits. These fruits release a naturally occurring gas called ethylene. Ethylene gas causes the flowers to drop off prematurely. This is also a problem with cut flowers, especially carnations. The center of the petals curl up and become distorted. This ages the flowers quickly. So, I'd move either the cactus or the fruit.

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is [www.dirtgardener.com](http://www.dirtgardener.com) and questions can be sent by email to [buzz@dirtgardener.com](mailto:buzz@dirtgardener.com).

### Robert Jones and Associates

Selling San Leandro Since 1964 • [www.RobertJonesandAssociates.com](http://www.RobertJonesandAssociates.com) • DRE#00276097

**Downtown Commercial-Medical Office Building • 369 Juana Ave**



Call for details

Matt Jones  
510-798-6401  
or 357-0120



Matt Jones  
DRE#0137894

142 JOAQUIN AVE. • SAN LEANDRO • 357-0120



**Antonio & Alexia Cardenas**  
"Realtors in Motion"

Ballroom Dancers

"The Agents with the Visual Tours"  
(510) 326-4263

Visit us @

[www.ListedbyAntonio.com](http://www.ListedbyAntonio.com)

R.E. eBroker Inc. • A Virtual Real Estate Brokerage

Sales ~ Property Management ~ Leasing

SINCE 1923

**DEADRICH**

REAL ESTATE

581 E. 14th St. • San Leandro • 632-1234

[www.deadrich.com](http://www.deadrich.com) CBRE #00360465

### RINETTI & Co. REALTORS

I Consider It An Honor  
and Privilege to Serve  
My Clients

Dee-Anna Ramirez, Realtor  
(510)384-2298  
CA BRE Lic. # 01987602

Celebrating 50 Years of Service



**Village Properties**  
8 ASSOCIATES

PROPERTY  
MANAGEMENT &  
REAL ESTATE SALES

Sam & Jessica  
Medina

510.481.8400  
DRE #01838297

"Your Neighbor & Realtor!"



# HEALTH & FITNESS

## Supercharge Your Immune System To Combat Illness – Including COVID-19

As COVID-19 has spread around the world, data has shown that those with weakened immune systems are among the most susceptible to severe illness from the virus.

A number of factors can cause a compromised immune system, and some of those, such as smoking, alcohol consumption,

and poor nutrition, are largely in our control.

At the same time, there are ways people can improve their immune system and in the process be better able to fight COVID-19.

COVID-19 is going to be with us for a while. We can wait around for a vaccine, but the reality is we need to focus on building our immune system, because the

stronger it is, the better we are prepared to counter and get over any kind of virus.

his pandemic is a wakeup call in so many ways. A healthy lifestyle, reducing the chances of having an underlying condition that can make COVID-19 symptoms much worse, has gained added importance.

And a strong immune system is

our biggest ally. We need to take this time that we have as a society to slow down and focus on our well-being."

### Ways to Build Your Immune System

- **De-stress.** This is a very stressful time for all of us and stress is hard on the immune system. When your body perceives stress, the adrenal glands release the hormone cortisol, which causes your heart rate and your blood pressure to increase.

When we're hyper-stressed, our immune system's ability to fight for us is reduced, and we're more susceptible to infections. But to help yourself and your body, start with your mind and find ways to relax.

We're not going to be in this predicament forever. Be patient and be positive."

- **Boil a healing potion.** I combine cinnamon, cardamom, black pepper, peppercorn, lemon, and sugar and brings it to a boil. Drinking it on a daily basis, the

properties from these spices activate your immune system. Together they help your cellular function while detoxifying. It's easy to do and ideal when working from home.

- **Do morning breathing exercises.** Twenty minutes of breath work in the morning is time well spent. Breathing through your nose is one of the most important things you can do for yourself.

You are activating nitric oxide, all the hormones, and your immune system to get rid of all the bad bugs, whether it's COVID-19, influenza or whatever.

- **Cook with healthy spices.** Being home all the time takes away the fast-food excuse and makes it vital to cook clean. Try cooking with mustard seed, turmeric, chili pepper, Thai chilies. These are great at building antioxidants in our body and killing off bad bacteria.

- **Exercise daily.** "Don't let social distancing guidelines prevent you from getting necessary

fresh air and exercise. Keep your distance, yes, but keep a commitment to stay fit. A 20-minutes-or-more walk is ideal. That fresh air is filled with oxygen, the fuel we need to fight any bug.

If indoors, yoga is great as a combination of activating the immune system and relaxing us internally. Doing 20 suryanamaskars – yoga poses – in your own home will activate your good-feeling hormones.

You can really take some control back in this unprecedented time by doing all you can to strengthen your mind and your immune system. As you feel healthier and less stressed, you'll come to the realization that you're going to come out of this challenge better and stronger.

*Dr. Nammy Patel, DDS, a graduate of the U.C. School of Dentistry, operates a practice called Green Dentistry in San Francisco and is the author of Age With Style: Your Guide To A Youthful Smile & Healthy Living.*



## Mosquitoes Can Transmit Viruses Too

Mosquito experts throughout the state say the increased attention on public health is a timely reminder that there are many ways for residents to protect themselves from other viruses transmitted by infected mosquitoes.

While COVID-19 is not transmitted by mosquitoes, they can transmit several other diseases. West Nile virus is a mosquito-borne disease that has impacted the lives of California residents since 2003. There is no human vaccine for West Nile virus which can cause debilitating cases of meningitis, encephalitis, and even death.

"The COVID-19 pandemic is a stark reminder that we must protect ourselves from all public health threats including mosquito-transmitted diseases," said Assemblymember Bill Quirk. "Mosquito control is essential and it's critical that residents understand that we all play an important part in helping to eliminate mosquitoes from our communities."

"With many Californians at home right now under stay-at-home orders, it's a good time to check around properties and yards for mosquito sources," said Peter Bonkrude, president of the Mosquito and Vector Control Association of California (MV-CAC). "Children who are home from school can help check yards and learn about the importance of dumping and draining all standing water. Checking flowerpots, buckets, and other backyard sources is an easy and very important activity."

Mosquitoes can lay their eggs in sources of water as small as a bottle cap and can complete their life cycle, from egg to adult, in about a week.

West Nile virus remains the largest mosquito-related public health threat in the state.

## Sheltering in Place Doesn't Keep You Safe from Falls: Tips to Protect Yourself at Home

More than 75 percent of falls happen inside or near the home where people often feel safer and roam without thought to the safety hazards around them, according to the National Council on Aging.

With the current shelter-in-place orders keeping people home, focusing on fall prevention is even more necessary.

"Falls are the majority of traumas seen at Eden and a few minor changes can help you avoid a fall," says Eden Medical Center's Trauma Program manager Kimberly Windsor, R.N.

### • Home Safety

Look around your home, paying attention to walkways, bathrooms, kitchen, and bedrooms.

For general use areas, keep the floor clear of clutter that can be a tripping hazard. Keep a phone within reach should you need to call for help (especially near the bed at night). Secure floor rugs with double sided tape or slip resistant backing.

**Bathrooms:** remember that towel racks are not grab bars. Grab bars should be properly installed near the tub/shower and toilet.

Use nonslip strips or mats in and outside the shower. Avoid the water being too hot, which can cause dizziness or burns. Keep a towel close to avoid losing your balance when reaching.

**Kitchen:** place frequently used items within reach. Putting things within reach will help you avoid relying on a stepstool or chair that you can easily lose your balance on. If you use a stepstool, make sure it has a handle for safe

usage.

Remove any rugs or floor mats that are not secured to the floor with nonskid tape or rubber backing. Clean up spills immediately—kitchen floors can be slippery and dangerous when wet.

**Bedroom:** make sure there is a nightlight to light the walkway or a light within reach of the bed should you need to get up at night.

Minor changes in your home environment will help you avoid falls. Other adjustments can also help: make sure you eat properly, limit alcohol consumption, take prescribed medications only as directed, and get enough exercise.

### Exercise

Remember that exercise is important to keep your body strong and prevent falls. If you feel comfortable walking around outdoors in your neighborhood, make sure to watch for cars and follow all traffic signals while crossing streets.

If you prefer to stay home, you can find ways to exercise like marching/walking in place, following along with an exercise show on television, or putting on music and dancing around your newly clutter-free floors!

During these times of shelter in place, safety is on everyone's mind. With a few simple changes and care you can take the steps to be safe in your home to prevent falls.

*Pamela Stoker, MA IS THE Trauma Injury Prevention Specialist at Sutter Health and Eden Medical Center.*

### The Entire line of Aura Cacia Products

**25% OFF**

On Sale in May

Aura Cacia



HEALTH UNLIMITED

— NATURAL FOODS —

San Leandro  
182 Pelton Center  
(510) 483-3630

Castro Valley  
3446 Village Dr.  
(510) 581-0220

Since 1969

Walk-In Tubs

## WALK-IN BATHTUB SALE! SAVE \$1,500

**AS SEEN ON TV**

✓ **EXPERIENCE YOU CAN TRUST!**  
Only American Standard has **OVER 140 years** of experience and offers the Liberation Walk-In Bathtub.

✓ **SUPERIOR DESIGN!**  
Ultra low easy entry and exit design, wide door, built-in safety bar and textured floor provides a safer bathing experience.

✓ **PATENTED QUICK-DRAIN® TECHNOLOGY**

✓ **LIFETIME WARRANTY!**  
The **ONLY** Lifetime Warranty on the bath **AND** installation, **INCLUDING** labor backed by American Standard.

✓ **44 HYDROTHERAPY JETS!**  
More than any other tub we've seen.

**FREE!**  
Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)

**Lifetime Warranty!**  
**Finance Options Available\***

Limited Time Offer! Call Today!

# 510-756-1285

Or visit: [www.walkintubinfo.com/slimes](http://www.walkintubinfo.com/slimes)

Discount applied at time of purchase. Terms and Conditions Apply. \* Subject to 3rd party credit approval. Minimum monthly payments required. Receive a free American Standard Cadet Toilet with full installation of a Liberation Walk-In Bath, Liberation Shower, or Deluxe Shower. Offer valid only while supplies last. Limit one per household. Must be first time purchaser. All offers subject to change prior to purchase. See [www.AmericanStandardBathTubs.com](http://www.AmericanStandardBathTubs.com) for other restrictions and for licensing, warranty, and company information. \* CSLB B982796; Suffolk NY:5543IH; NYC:HIC#2022748-DCA. Safety Tubs Co. LLC does not sell in Nassau NY, Westchester NY, Putnam NY, Rockland NY.



# Rattlers: Snakebites are very rare and treatment is effective

continued from front page

it's a rattlesnake, the result can be a very expensive vet bill. So keep your pet under control at all times.

If you see a rattlesnake in a parking lot or picnic area, contact

a park ranger and the ranger will relocate it.

Gopher snakes look a lot like rattlesnakes, and will even mimic rattlers by thrashing their tails to create a rattle-like sound. Their bite is painful, but they do not

inject venom. There are posters at Park District trailheads that illustrate the difference between the two kinds of snake.

In the unlikely event of a rattlesnake bite, here are first aid recommendations:

- Remain calm and move beyond the snake's striking distance.
- Remove jewelry and tight clothing before the bitten area starts to swell.
- Position yourself, if possible, so that the bite is at or below the level of your heart.

- Clean the wound, but don't flush it with water. Cover it with a clean, dry dressing.
- Minimize the victim's movement. If possible carry a victim who must be transported or have him or her walk slowly.

Get the victim to a hospital as soon as possible for anti-venom treatment. The emergency phone number within the regional parks is 510-881-1121. Using 9-1-1 works too, but it is routed through the California Highway Patrol, so there can be a delay.

Snakebites are extremely rare and treatment is effective. So with a bit of caution, common sense, and awareness of your surroundings, you can enjoy your outdoor experience free from worry.

## EB Parks Gradually Easing Restrictions

As the measures to combat the COVID-19 pandemic continue, the East Bay Regional Park District is gradually easing some of the restrictions that were imposed in the interest of public and staff safety.

Parks or park entrances that were scheduled to reopen on Sat-

urday, May 9 are Sunol Regional Wilderness in southern Alameda County; the main parking lot at Coyote Hills in Fremont; the Doolittle Drive entrance to Martin Luther King Jr. Regional Shoreline in Oakland; the Redwood Road entrance to Redwood Regional Park in Oakland; and the Bear Creek Road entrance to Briones Regional Park near Orinda on May 11.

At the request of the city of Fremont, the Stanford Avenue staging area at Mission Peak Regional Preserve will remain closed, reopening June 1.

## SARA L. ENNOR LAWYER

- Wills & Trusts
- Benefits, ERISA
- QDROs

510-633-9985

Serving Families In Our Community  
With Compassion and Service Excellence



## San Leandro Funeral Home

407 Estudillo Ave.,  
San Leandro, CA 94577

510.483.5300

www.sanleandro-fh.com

(Formerly Guerrero Mortuary)

Serving All Faiths

- Large Chapel
- Reception Room & Kitchenette



FD 442

## SANTOS-ROBINSON MORTUARY

Supporting Local Churches and Families for Over 80 Years

### FUNERAL AND CREMATION PROFESSIONALS

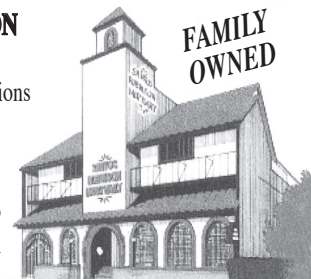
Traditional Services • Cremation Options  
Pre-Arrangements

Serving All Faiths and Cultures

510-483-0123

www.santos-robinson.com

CA LIC. FD-81



## LOCAL DEATHS

**TIMES OBITUARIES** may be submitted online at [ebpublishing.com](http://ebpublishing.com), emailed to [obits@ebpublishing.com](mailto:obits@ebpublishing.com) or faxed to 510-483-4209. Please include your phone number.

## John F. Atoigue

John F. Atoigue passed away of heart failure on Monday, May 4th at Sutter Hospital. John was born in Agana, Guam and was one of the last remaining survivors of the World II bombing, destruction and three-year Japanese occupation. In 1944 after the U.S. reclaimed the island, John and his family moved and resettled in Vallejo, CA. John was predeceased by his parents, Vicente and Brigida Atoigue, his brother Vicente Atoigue and sisters Frances Padilla and Marian Castro. He is survived by his brother-in-law Vincent Castro of Brentwood, CA. In 1950 during the Korean Conflict, John enlisted in the US Army and served as a Tank Commander in the post war occupational troops in Germany. He also spent 1-1/2 years as a member of the Honor Guard at the Presidio in San Francisco. In 1954 he wed Frances/Mary Castro of Oakland. They settled in San Leandro and raised three sons, all of whom attended Thos. Jefferson, Bancroft Middle School and graduated from San Leandro High School ---Glenn (deceased), Gregory (wife Isabel) of San Leandro and Gilbert, who is presently out to sea with the Military Sealift Command and unable to return due to being quarantined in place because of Coronavirus. John was a custom upholsterer and owned and operated John Atoigue UPH for many years. He was an active member of St. Vincent de Paul Society at St. Leanders Church and collected and distributed food for the homeless and under-privileged for over 20 years. John loved to garden and could often be seen trimming his hedge, weeding or raking leaves on Primrose Drive. He loved plants and walking through his garden, you can always discover unexpected spots of beauty and color. John is survived by his wife of 65 years, Frances/Mary, son Gregory (Isabel) and son Gilbert. John had 6 grandchildren: Gregory John, Jr. (deceased), John V. (Rebecca) of S.F., Christopher of San Leandro, Angelica (Anthony) of Hayward, Jaclyne (David) of San Leandro, and Phillip of Waipahu, Hawaii. He had 9 great-grandchildren: Elizabeth, Aidan, Alexandria, Ethan, Landon, Benjamin, Ezequiel, Keano and Tehani. Due to Coronavirus restrictions, services and burial will be small and private.



## Richard (Dick) Edward Rutledge

Dick Rutledge, an eighty-year resident of San Leandro, passed away on the afternoon of May 6, 2020, in Folsom, California, due to complications arising from Covid-19. He was 87.

Born Edward Rutledge on October 23, 1932 to Lourde Josephine (Gerran) Rutledge and Edward William Rutledge, of San Francisco, he grew up in San Leandro and graduated from San Leandro High School in December 1950. In 1955, he graduated from University of Notre Dame, while in the ROTC program. He served as a Lieutenant in the United States Air Force Reserve at Forbes Air Force Base, transferred to inactive duty in 1957, and was honorably discharged at the rank of Captain in 1969. He attended UC Berkeley, graduating in 1961 with an MBA degree. He worked for Safeway Stores, Singer Business Machines, Bechtel Corp., and NASA Ames Research Center, in positions focused on project management and computer systems analysis.

On December 2, 1961, he married Norma Ann Pesavento of Sacramento, California. They moved to a newly constructed house in the Marina Faire area of San Leandro. They attended Catholic churches in the area, first Our Lady of Good Counsel, and later St. Leander, where Dick taught classes for Confirmation and sat, with Norma, on the financial oversight board. An enthusiastic reader and writer, he authored many stories, articles, and an unpublished novel.

Following his retirement in 1997, he wrote a local newspaper column focusing on San Leandro businesses, and took up square dancing with Norma as members of "Skirts and Flirts." He was a dedicated fan of Notre Dame football and enjoyed travelling to attend games. In January 2016, he moved to Carlton Senior Living in San Leandro; and then in 2018 to Oakmont of Folsom.

He is predeceased by his wife, Norma, who passed in April 2015. He is survived by his son William and his wife Emily Litz of New York City; daughter Mary (Rutledge) Segismundo and her husband Joe Segismundo of San Leandro; daughter Joyce (Rutledge) Starosciak and her husband Allan Starosciak of Granite Bay, CA; son Robert and his partner Mona Eltahawy of Montreal and New York City; son Stephen of Folsom; and daughter Susan (Rutledge) Leffel and her fiancé Steve Reno of Oakley, CA, and his grandchildren: Chloe, Krissy, and Joey Segismundo; Sam and Crissy Starosciak; Aiden and Sophie Rutledge; Carley, Evan, and Nicholas Leffel. He is also survived by his cousin Jill (Ashman) Peterson of Kirkland, WA.

No services are planned at this time, due to restrictions against public gatherings.

## LOCAL DEATHS

## Sandra Joy Storch

Sandra Storch passed away on April 12, 2020. She is deeply missed by family and friends.

Born in Brooklyn, Sandi moved to California for her Master's in Public Health from UC Berkeley and spent her career as a nutritionist with the WIC agency. Specializing in lactation consulting, Sandi helped organize the Guinness World Record for the most women breastfeeding at once (1,130 mothers in Berkeley, CA - 2002) and architected peer-to-peer breastfeeding support to underserved communities. An outdoor enthusiast, she summited Mt. Whitney after recovering from lymphoma in 2007. Share a memory or photo by searching for "Storch" on GatheringUs.com



## Maxine Smith Green

November 27, 1930 ~ April 20, 2020

Maxine, a resident of Castro Valley, California, passed away on Monday, April 20, 2020, at the age of 89 in San Leandro, California. She was surrounded by her family in a room where so many happy occasions were celebrated.

Maxine was born in Burley, Idaho, on November 27, 1930, to Elwin and Ella Smith. She grew up in Clearfield, Utah, with her three sisters, and graduated from Davis High School. She married Jerry Green in 1950, and had one son, Thomas, in 1956.

Maxine and Jerry worked together on many creative pursuits including Ogden's Christmas Village. They owned a clothing store called "The Colony" in Ogden, Utah, which was awarded best small store in the United States by Seventeen shortly after it opened. They continued the store in San Leandro when they moved to California in 1969.

Maxine was also involved in the Junior League of Ogden, the Soroptimist Club of San Leandro, the Women's Improvement Club of Rio Vista, the LDS Relief Society, and the Daughters of the Utah Pioneers.

At 89 years, she had lived a full life and will be greatly missed by her family. She is survived by her son Tom and his wife Deana, her four grandchildren and their spouses: Elizabeth and Jesse Zanzinger, Aaron and Leslie Green, Sarah and Roland Garrido, and Rachel and James Wadsworth, her ten great-grandchildren: Thomas, Dean, William, Della, Abigail, Jack, Eleanor, Rowan, Henry, and Peter, and her sisters: Norrine (Walton), Laura (Warren), and Trudy (Larkins).

She was preceded in death by her husband, Jerry Green, and her parents, Elwin and Ella Smith.

Maxine will be buried at the Memorial Gardens of the Wasatch in Ogden, Utah. A celebration of her life will be held at a future date.





## Awwad Delivers Groceries to Seniors During Pandemic Emergency

Davis Street's Basic Needs Manager Emile Awwad loads up his truck with fresh groceries to deliver to the most vulnerable during the pandemic. Awwad has served Davis Street's clients since 1995.

"Our seniors are in desperate need of food and cannot go to a store or leave their house because of coronavirus, and we need to help them," Awwad said.

During the first week of Shelter-in-Place, Davis Street's Food Pantry saw a 225% increase in the number of individuals seeking food, and many are at high risk for COVID-19.

Awwad implemented a drive-through grocery bag pick-up and drop-off following CDC protocols to continue to provide services safely to those in need. He is hand-delivering groceries to Davis Street's seniors and at-risk clients who cannot leave their homes.



## Pallen's Offers Free Online Fitness Classes

Pallen's Martial Arts Family Fitness, 1660 Washington Avenue in San Leandro, has been providing families in the community with fitness and martial arts training since 1968.

While COVID-19 has presented challenges to families struggling at home, experts agree that physical fitness and moderate exercise are more important than ever.

Pallen's is offering a free, new online Physical Education Strive Fit Program for San Leandro Schools, and will be freely and easily accessible.

The free on-demand Strive-FIT Physical Education School program is a dynamic cardio and strength training program designed exclusively for kids at home.

The program has lots of fun

martial art movie style moves, yoga & kick boxing drills that develop every major muscle group, and made for students who may have never done Martial Arts before. The program is built to release stress and burn off excess energy.

For more information regarding Pallen's Martial Arts Family Fitness, visit [www.PallensMartialArts.com](http://www.PallensMartialArts.com).

## DMV: Driving tests still suspended

*continued from front page*

DMV is also providing hand washing stations for customers, who will be required to wear a face covering and remain 6 feet apart in line.

Behind-the-wheel driving tests are still suspended.

Entry into DMV buildings will be metered, and customers may experience extended wait times.

Employees in the DMV's other 170 offices will continue

to provide services virtually until they reopen in the coming weeks. Meantime, customers are urged to use online services to complete transactions, including driver's licenses and vehicle registration renewals.

The DMV had previously extended all driver's licenses that expire between March 1 and May 31, 2020. Drivers 70 years and older were sent 120-day temporary paper extensions in the

mail. Drivers 69 and younger can request a free temporary paper extension online.

The Real ID enforcement deadline has been extended from Oct. 1, 2020 to Oct. 1, 2021 because social distancing measures have prevented many Americans from applying for and receiving new compliant forms of identification.

More information is available at [www.dmv.ca.gov](http://www.dmv.ca.gov).

# OPINION

## LETTERS to the EDITOR

Letters must include the writer's name, address and phone number, and must be under 300 words. We reserve the right to edit as necessary. E-mail letters to: [letters@ebpublishing.com](mailto:letters@ebpublishing.com) or fax to: 510-483-4209, or send by mail to: The Editor, San Leandro Times, 2060 Washington Ave., San Leandro, CA 94577.

### No Conspiracy at the Library...

Editor:

I appreciate your taking the time to print the letters you receive from our well-informed citizenry. To wit: Mr. Leo T. West's brilliant treatise on the City Council's use of a different area code when providing San Leandro residents the opportunity to join a conference call.

Mr. West suggests that the Council seeks to "...restrict the number of participants" and arguing that, in using a San Jose area code, the Council's methods are "...politically motivated." What Mr. West, a politically motivated contributor to your fine publication if ever there was one, fails to point out is that the teleconference is actually a link provided by the San Leandro Library.

Ten seconds of strenuous research has revealed that not only is there a link to a (free) Zoom meeting version of the weekly get together, but that there are phone numbers listed for areas throughout the country, in cities like Houston, Tacoma, Chicago and New York. For the sake of those cities, I hope residents in those areas have more productive things to do with their time than stress over a phone call.

Oh... the topic of the virtual library program? It's the Friday Wine Down Virtual Happy Hour for Adults 21 & Over.

Participants are asked to join and talk about what they're "reading, learning, streaming, and watching, or listening to."

Perhaps Mr. West should consider joining one of these calls, if he can accept the fact that they aren't politically motivated at all. These are people

who miss their chance to visit a public library, a location that throughout our country's history has been a place for people to congregate and learn.

I implore Mr. West to consider coming out of his Fox News bunker, even if only in a virtual way, to learn from others that everyone isn't intent on ruining the country, denying science, ignoring warnings from people who actually know things, and wondering how to score points with likeminded individuals. If you do manage to come out, please don't follow the example of our president - wear a mask. I'm assuming you're not worried about messing up your makeup.

—Ken Maas  
San Leandro

### But About that Question Mark

Editor:

I was furious when I learned our mayor and city council voted unanimously last week to install a giant \$135,000 metal question mark on the side of the main library.

How could new public art even be a priority right now given what has happened over the last few months? Many San Leandrians don't know how they will put food on the table, educate their children from home or find work. How could a feel good art installation be appropriate right now?

But after really, really thinking about it, I've completely changed my mind. I think we should not only put a big question mark on the side of the main library, it needs to be much, much bigger!

What is a better metaphor for the questionable governance we've all

endured for years in our once beautiful city? What expresses better the questionable priorities that have our city council voting on art as people are hungry and unhoused in San Leandro?

A big question mark will perfectly memorialize the last 10 years and all our questionable decisions.

It's interesting to note, we're not going to install an exclamation point signifying a job well done! Nor will it be a period to show we've actually completed something on time and budget. No, it's a big question mark.

With a projected \$10 million deficit this year due to the downturn, we won't be able to keep the libraries open and staffed but at least we'll have a big shiny question mark on the main library. How apropos.

—Gary Langbehn  
San Leandro

### Pandemic's One-Time Opportunity

Editor:

What can be learned from the coronavirus pandemic?

- Preparing for epidemics before they happen saves lives.

- Responding to epidemics at the first signs of outbreak saves lives and reduces damage.

- Denying there is a problem enables the catastrophe to accelerate.

- Delaying response causes preventable deaths and costs uncountable fortune.

- The cost of early preparation, prevention and response is very low, compared to the cost of doing nothing.

- We can apply these lessons to the global climate crisis. We are suffering

early signs: hurricanes are more powerful and damaging; droughts are more severe and flammable.

- Some people, regrettably in political leadership, deny there's a problem.

- Delaying response enables the crisis to accelerate; climate change feeds itself and may soon become unstoppable.

- The cost of changing from our oil-based energy economy is large, but the cost of not changing will become catastrophic.

With commerce largely shut down by coronavirus, and the price of oil sinking into negative numbers, we now have a special, one-time-only opportunity to switch to non-polluting, renewable energy sources to avert the climate change catastrophe.

—Bruce Joffe  
Piedmont





## HARD GM McCreary to Retire

Paul McCreary, general manager of the Hayward Area Recreation and Park District (HARD), submitted his retirement letter last Thursday. It will be effective Sept. 30.

McCreary, who told the HARD board of directors last summer that he planned to retire this year, will have completed nearly five years with the district and more than 30 years of public service when he steps down.

"I will be endlessly indebted to my amazing staff for the incredible work they've done, for the spirit they have brought to work each day, and for continually finding ways to be progressive," McCreary said in a statement. "Without them nothing could have been accomplished." Under McCreary's leadership, the district saw increased transparency and continued stewardship of its long-term financial stability, with general fund reserves rebounding to a record level.

He said his proudest accomplishment was the passage of the \$250 million bond measure by 79 percent of voters, and the



**Paul McCreary will retire from HARD on Sept. 30.**

subsequent development of the district's first multi-year capital improvement program.

McCreary oversaw many capital improvements during his tenure including several land acquisitions to improve access to parks. He guided the planning and development of several other projects including the renovations of Hayward Community Gardens, Greenwood Park, San Lorenzo Community Park, Kennedy Park, Sorensdale Recreation Center,

Hayward Senior Center, and San Lorenzo Community Center.

McCreary also worked to expand the Park Ranger Program to help reduce crime in parks

**"We are grateful to Paul for his leadership and contributions."**

— Board president Paul Hodges

and develop the district's first emergency operations center with direct radio communications to all other public safety agencies in the East Bay.

"We are grateful to Paul for his leadership and contributions to the district," said board President Paul Hodges. "We know he will leave the next general manager with a solid foundation for a path of continued success particularly during the challenging times ahead."

HARD's board of directors will determine how to proceed with selecting the next general manager in the near future.



BART PHOTO

**MAJOR MILESTONE:** The 9 p.m. shutdown of BART train service is allowing workers, to install some 2 miles of new high-voltage electrical cable every night with this mechanical cable puller beneath the 16th & Mission Station.

## BART Installing High-Voltage Cable during Late Night Hours

BART workers buzzed with activity last Friday night in the tunnel at the 16th and Mission station. Crews had reached a major milestone in an important infrastructure improvement — the large-scale installation of modern, robust high-voltage cables.

The existing electrical system dates back to when BART was built in the 1960s.

The operation involved pulling three large cables through a conduit using a mechanical cable puller, an upgrade partly funded

by the Measure RR bond that voters approved in 2016.

BART is using a new type of lightweight — but strong — conduit that takes less time to install and which will provide a longer service life.

BART's infrastructure and system upgrades are considered essential work under the coronavirus shelter-in-place orders. Workers are equipped with face masks, safety glasses, hard hats and other personal protective equipment (PPE), and keep the greatest social distance possible

on each job.

The additional time is made available by the system's 9 p.m. early closure as a result of low ridership during the pandemic.

Customers may be affected by the need to single-track for this project. The extra time is necessary to bring in staff and materials to be ready to go when trains stop running, allowing for three cable pulls instead of one per shift. That equals up to nearly 2 miles of cable that can be installed each night, shaving off many months of work.

## Airliners to Divert to North Field on Monday

The Oakland International Airport will be closing Runway 12/30 on Monday, May 18, from 9:30 a.m. to 2:30 p.m. for pampas grass removal and other maintenance.

The North Field runways will be used during this time for jet departures and landings. Aircraft

may overfly residential areas and residents may experience unusual aircraft noise.

The Port of Oakland apologizes in advance for any disturbances. Aircraft noise concerns may be directed to Noise Hotline at 510-563-6463.

## LEGAL NOTICE

FILED  
APRIL 24, 2020  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By \_\_\_\_\_, Deputy  
FILE NO. 570079

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es):  
WON KEM, LLC located at 2601 Alvarado St., San Leandro, CA 94577, in Alameda County, is hereby registered by the following owner(s): WON KEM, LLC, 2601 Alvarado St., San Leandro, CA 94577. This business is conducted by a limited liability company. This business commenced 12/04/2019.

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires APRIL 24, 2025

**MAY 14, 21, 28 2020**  
**264-SLT**

FILED  
APRIL 27, 2020  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By \_\_\_\_\_, Deputy  
FILE NO. 570102

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es):  
(1) Fam-It (2) Every Day Free Item located at 828 Begonia Dr., San Leandro, CA 94578, in Alameda County, is hereby registered by the following owner(s): (1) Jonathan Chew (2) Ching Yee Chew, 828 Begonia Dr., San Leandro, CA 94578. This business is conducted by a married couple. This business commenced N/A.

/s/ Jonathan Chew, Ching Yee Chew  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires APRIL 27, 2025

**MAY 14, 21, 28, JUNE 04, 2020**  
**265-SLT**

**"I don't know what the big deal is. I've been social distancing since about 1965."**

— Older gentleman overheard downtown

# GUARANTEED Life Insurance up to \$15,000.00

Modified Whole Life Insurance from Physicians Life Insurance Company

Cash to help pay your funeral, medical bills or other final expenses.

- Guaranteed acceptance ages 45 to 85\*
- No medical exam, no health questions
- Lock in your rate for life

Call for your FREE Information Kit

**1-510-690-8921**

or go to [www.life55plus.info/sltimes](http://www.life55plus.info/sltimes)

► **Plus – you'll also get a FREE Final Wishes Planner!**



\*Ages may vary by state. Guaranteed for one of these life insurance policies.

6236 Benefits reduced first two years. Insurance Policy L770 (ID: L770ID; OK: L770OK; TN: L770TN).

## Starting a New Business?

The SL Times reaches 99% of homes in San Leandro

File your Fictitious Business Name Statement with us Today

Stop by or call Patrick V. at (510) 614-1558

**2060 Washington Ave, San Leandro, CA 94577**