

SMART
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COUPON\$

3

WEEKEND WEATHER
MILD Partly cloudy as weather warms
HIGHS: 63-68
0 10 20 30 40 50 60 70 80 90 100 110
LOWS: 48-53

| FRIDAY | SATURDAY | SUNDAY |
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San Leandro Times

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

VOL. 30 • NO. 16

THURSDAY, APRIL 16, 2020

SAN LEANDRO • CALIFORNIA

Governor Waits To See Decline In Coronavirus

Hopeful signs but curve has yet to flatten; 48 cases of coronavirus reported in San Leandro, Ashland

By Michael Singer
San Leandro Times

California may be preparing to lift its "shelter-in-place" orders but county health data suggests today may be a milestone in the fight against COVID-19.

Governor Gavin Newsom said he continues to closely monitor computer simulations that predict when the number of newly reported infections will either plateau or taper off.

Current data models predict the state could see 66 deaths reported today alone from virus-related complications.

"We need to see a decline in the rate of spread of the virus before large-scale reopening and we will be working in coordination to identify the best metrics to guide this," Newsom said in his briefing this week, adding that the decision would be based on science and not on political pressure.

Newsom announced he is working with the governors of Washington and Oregon on a so-called shared vision of reopening the states and allow businesses to resume functions.

"COVID-19 has preyed upon our interconnectedness," the three governors said in a statement. "In the coming weeks, the West Coast will flip the script on COVID-19 – with our states

acting in close coordination and collaboration to ensure the virus can never spread wildly in our communities."

see CORONAVIRUS, page 3

COVID-19 Scams Prey On Seniors

By Michael Singer
San Leandro Times

Did you recently receive an unsolicited robocall, text message, or other offer for free home testing kits to test for COVID-19?

Chances are it's a scam, one of several identified by the Alameda County District Attorney's Office.

The DA's office is warning against any schemes that prey on people's fears related to the pandemic. These offers are eager to gather your vital information such as credit card numbers, social security numbers, or private medical information.

The latest scam involves individuals going door-to-door

see SCAMS, page 12



PHOTO COURTESY OF ALAMEDA COUNTY FOOD BANK

Danny Lor and other members of the California Conservation Corps are doing volunteer work at the Alameda County Food Bank.

Food Bank Busier than Ever

By Jim Knowles
San Leandro Times

Some businesses are slow, some have shut down, but the Alameda County Food Bank is busier than ever.

The food bank is getting 10 times the number of calls for food – from around 25 per day to around 250, said Michael Alttest, the food bank's marketing director.

People who call are referred to one of a

network of local distribution spots throughout Alameda County. Alttest said there are nearly 300 locations in the county. Some are social service agencies with paid staff, and some are staffed by volunteers.

The California Conservation Corps is one group that is currently volunteering at the food bank. The facility is not taking community volunteers during the pandemic emergency.

Distribution was up by 20 percent in March over March of last year, Alttest said. And the increase just happened in the second half of March after Governor Newsom declared the stay-at-home order.

"So you could estimate if the emergency was declared on March 1, it would be up 40 percent," Alttest added.

The food bank isn't taking donations

see FOOD, page 3

To Our Readers:

Decisions on whether we will be able print and distribute the San Leandro Times are based on funds available from advertising and contributions from the public each week. It may become necessary to suspend the print edition for a time. If you do not receive a home-delivered copy, please visit sanleandrotimes.com.

Newsom Presents Plan for Re-Opening

By Fred Zehnder
San Leandro Times

Governor Gavin Newsom offered some optimism yesterday as he revealed a six-point program aimed at eventually opening the state's schools and businesses, but saying that it was conditioned on "staying the course" of current safeguards.

During his daily noontime press briefing on Tuesday, Newsom said that fewer people had

"Let's not make the mistake of pulling the plug too early."

— Governor
Gavin Newsom

died over the previous 24-hour period and that the number of patients in intensive care units had decreased in the state for the first time.

While he would not offer any timeline, the governor said that by the first of May he would be able to be more definitive about the future, depending on the state's hospitalization trends.

The six points included mon-

see NEWSOM, page 10

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Eden residents use sewing skills to make masks.

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PG&E doing essential work to maintain power.

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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



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PETS OF THE WEEK



Jeepers



Grey

The Pets of the Week at the Hayward Animal Shelter, 16 Barnes Court in Hayward, are Jeepers the cat and Grey the

bunny.

Jeepers is a beautiful and affectionate 8-year-old, black-and-white tuxedo who loves to hang out with people. She seeks attention and likes to sit in your lap.

Grey is a calm bunny who allows all handling and enjoys being around people. He loves greens, hay and an occasional sweet treat. He'd love a loving family to call his own.

For more information on Jeepers or Grey, call the Hayward Animal Shelter at 510-293-7200.

Cat Found Near Oyster Bay



A quiet, young, male Tuxedo cat was found on Neptune Drive by Oyster Bay Regional Park.

The Good Samaritan who found him said he doesn't appear to be feral so he may be owned by somebody nearby.

Call 408-966-1886.

Have You Seen Simone?

Simone

is a small

white/tabby

female

with a tabby

moustache

and a notched ear. Very shy, do not approach. Missing from Lille Ave. since March 27. Please call 510-502-7083 with any sightings.



We Hope and Pray you are staying safe and healthy during these difficult times. Special thanks to all Our Heroes keeping us safe during the Coronavirus Pandemic including the first responders, medical workers, nurses, doctors, grocery workers, delivery services, and all volunteers lending a helping hand.



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Water treatment plants are designed to eliminate pathogens, including viruses and bacteria.

EBMUD Keeps Water Safe During Pandemic; Help Keep Lines Clear

The East Bay Municipal Utility District (EBMUD) reminds customers that your water remains safe.

Clean water is fundamental to the fight against the coronavirus. EBMUD water treatment plants are designed to eliminate pathogens, including viruses and bacteria. The coronavirus does not affect EBMUD's drinking water supply.

EBMUD works around the clock providing clean, safe water for 1.4 million customers in Alameda and Contra Costa Counties, and treats wastewater amid the coronavirus pandemic.

To ensure EBMUD has a

healthy workforce and maintains safety at its facilities, the utility has shifted some operations to adapt to shelter-in-place orders.

"Especially during these unprecedented and fast-changing times, EBMUD remains committed to delivering on our promise of clean water and Bay protection," says Board President Marguerite Young. "At the same time, we are working to keep our employees healthy and safe so that they can continue supporting our East Bay community and providing vital services in the fight against coronavirus."

Because water is essential to stopping the spread of coronavirus, EBMUD has reconnected nearly all water services for customers who were disconnected due to payment issues.

In addition, EBMUD will not disconnect customers' water service due to payment issues during this health emergency and is offering payment plan options to customers experiencing financial difficulty. EBMUD offers payment plans and a Customer Assistance Program to help qualified customers facing ongoing

economic hardships. See www.ebmud.com/cap for more information.

Access to Trails, Recreation Areas Changed

Nearly 90 miles of East Bay watershed trails, as well as Sierra foothills trails, are open. To support the safe use of open space during this pandemic, on March 19, EBMUD suspended requirements for trail permits until April 30.

Due to overcrowding and concerns for safety of park visitors, the following facilities are closed:

- East Bay: Lafayette and San Pablo Recreation Areas. Bear Creek, Briones Overlook, Valle Vista and Chabot staging areas (parking and restrooms) are closed.

- Sierra foothills: Pardee Recreation Area, Camanche North Shore Recreation Area, Camanche South Shore Recreation Area, Camanche Hills Hunting Preserve, Mokelumne River Day Use Area, and Campo Seco Staging Area and connected trail access.

see WATER, page 10



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Coronavirus: Churches go online; ice cream sent to medical workers

continued from front page

The Alameda County Health Department released city-specific data of coronavirus infections and related deaths, with some communities seeing spikes in the last week.

County health department officials reported 886 cases total as of Tuesday, which is a 26 percent increase from the 654 cases reported last week. Twenty-three people have died from COVID-19 in Alameda County.

The county reports Hayward with 172 cases, and San Leandro with 48 cases of coronavirus, which includes unincorporated San Leandro (Ashland).

The county health department's statistics can be found at: acphd.org/2019-ncov.aspx

The data shows nearly 60 percent of the reported cases are from people aged 20 to 44, with the next largest age range between 45 to 54. Slightly more men than women are reported

with the coronavirus.

Of the newer cases of COVID-19 infections are 16 residents and 21 staff members of the East Bay Post-Acute Center on Lake Chabot Road. A spokesperson for the senior-care facility

“COVID-19 spreads between people who are in close contact with one another.”

— Dr. Erica Pan, Alameda County Health Officer

says there are no related deaths from this outbreak and that those infected have been quarantined from the rest of the facility.

“People living and working in

congregated living settings, like skilled nursing and residential care facilities, are at increased risk of infection because COVID-19 spreads between people who are in close contact with one another,” said Alameda County Health Officer Dr. Erica Pan. “Due to underlying health conditions and age, the residents face higher risk of serious health consequences including hospitalization and life-threatening illness.”

Easter, Passover Traditions At Home

Religious celebrations involving face-to-face interaction over the past week were disrupted or canceled altogether. Churches and synagogues requested their congregations remain safe at home. Some provided pre-recorded messages or live streaming of services as an alternative.

For those on the front line of fighting the virus, community organizers with Castro Valley Matters delivered some 200 chocolate Easter Eggs to Eden Medical Center. The donation from Knudsen's Ice Creamery showed appreciation for medical workers on the front lines.

Alameda County firefighters surprised some families dealing with COVID-19 that needed some Easter cheer in Castro Valley. Hayward Area Recreation and Park District staff packed eggs for the firefighters to hide at the homes of some residents with children who were quarantined with the virus.

Food: Most needed: peanut butter, beans

continued from front page

from small food drives right now, but is looking for larger bulk deliveries. The most needed items are peanut butter, beans, canned meat and canned tuna, Altfest said.

“We're also seeking food

manufacturing and retail partners who have inventory of high-quality, nutritious food to donate,” Altfest said.

To donate bulk food or monetary donations, see the Alameda County Food Bank's website at www.acfb.org.

Use Your Skills to Make Masks

By Debra A. Collins
Special to the Times

Eden Area Interfaith Council (EAIC) has taken on the task of sewing face masks for our area's hospitals.

Currently, Eden Medical Center, Saint Rose Hospital, South Hayward Parish and First Presbyterian's Homeless Shelter are accepting all that we can offer.

By Friday, more than 560 masks had been made.

The project was started by Diana Ryan, Council Representative from Holy Cross Church in Castro Valley.

After hearing about the need at an Eric Swalwell meeting, Diana called upon other representatives in our council to send out the word that we would be making masks for healthcare workers in our area.

Diana and I start with the materials we hand on hand and now are relying on donations of fabric, notions, money and funds from the EAIC. Some donors go to our website (edeninterfaith.weebly.com), see the patterns we are using, and deliver cut-to-size pieces to our doorsteps.

Right now I believe we have about 18 volunteers, but at the pace we're all working, fatigue will set in. So we definitely need more volunteers. I'm worried about the surge that is suppose to happen soon.

If someone wants to volunteer, they need just some basic sewing skills. All the step-by-step directions are posted online. We even have a link to a YouTube video.



The Eden Area Interfaith Council volunteers have delivered more than 560 masks.

Because of safety concerns, all delivered fabric is put into a drier at the hottest setting for at least 40 minutes. We've heard that the virus dies at 133°F. Then with disinfected hands, the fabric is put into a ziplock bag. We deliver the bag to a seamster's doorstep so we are socially distanced.

The fabric masks, while not as good as a N95, are better than nothing and can be reused.

We know that some nurses are wearing fabric masks over their N95 ones to try to keep them sterile and lasting longer. We also know that some of the facilities using them are also giving them to patients to prevent infecting staff members.

We don't care who uses them, so long as they help anyone in need. I like to think that every stitch we sew will soothe an anxious heart. That's enough to keep me going.

Most amazing to me is the mix of people we're working with; all economic levels, a mix of nationalities and accents, and of course religions. One of our volunteers, Miranda, doesn't sew for us. She translates the directions for her two friends, Zhen and Mei. There's a brother and sister, who created over 80 masks and won't share their names. They are that modest.

To volunteer, you can go to edeninterfaith.weebly.com or call 510-206-6035. Monetary donation can be made on Eden Area Interfaith Council's Facebook page.

I'll tell you this has made the quarantine time fly by. So much more satisfying than doing Facebook or watching TV all day.

Debra Collins is a local artist and Vice President of Communications for the Eden Area Interfaith Council.

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LIFESTYLE



Great Ways to Roast a Chicken

A roasted chicken can be the anchor of a simple family supper or the most festive dinner party. And preparing it is simple.

Wash the chicken in cold water and dry with paper towels. Trim away pads of visible fat. Keep it refrigerated until roasting time. Tuck in the wings and tie the legs together with string after seasoning. A 3-pound chicken will take about 50 minutes to roast.

When roasting is done, let the chicken rest out of the oven on a warm serving platter for about 10 minutes. Pierce the meat between the thigh and breast area with a sharp knife to be sure it's fully cooked; the juices should run clear, not pink. If pink, roast for another 10 minutes or so.

While the chicken is in the oven, it doesn't require any fussing or basting.

BASIC ROAST CHICKEN

1 (3-pound) chicken
Stuffing (optional)

1/4 pound butter, softened
2 teaspoons finely crumbled dried sage
Salt
Freshly ground pepper

Rinse the chicken and pat dry. Remove fat pads at opening of the cavity. Fill body and neck cavities with stuffing, if desired.

Blend butter and sage. Rub mixture inside and out, covering chicken all over. Season with salt and pepper. Place chicken, breast side up, using V-shaped rack to hold.

Roast at 350°F for about 50 minutes until meat thermometer registers 160°F, or make small slit with knife at second joint where leg connects. If juices run clear, chicken is done. Remove and let stand for 10 minutes. Serves 4 to 6.

ROAST CHICKEN WITH ORANGE & ROSEMARY

1 (4-pound) roasting chicken
1 tablespoon dried rosemary
1 tablespoon safflower oil

2 large cloves garlic, minced
1 large shallot, minced
2 tablespoons Dijon mustard
2 teaspoons grated orange zest
3 tablespoons orange juice
1/2 teaspoon salt
Freshly ground pepper
1 orange, cut into sixths

Rinse chicken and pat dry. Trim fat. Place chicken, breast-side up, on foil-lined shallow roasting pan. Mix 2 teaspoons rosemary with oil, garlic, shallot, mustard, orange zest and juice, salt and pepper in small dish.

Using fingers, carefully separate skin from entire breast area of chicken without tearing, making a pocket. Spoon 2 tablespoons of the orange mixture into pocket. Massage gently on surface to distribute mixture evenly over breast area.

Sprinkle remaining rosemary into cavity of chicken. Add orange

segments. Smear remaining orange mixture over surface of chicken. Tuck wings under body and tie legs together.

Place pan on rack in center of 450°-oven and roast until juices from thigh area run clear (not pink), about 1 hour, 5 minutes. Transfer from pan to warm serving platter.

Let rest 10 minutes before carving. Garnish with orange slices from cavity. Makes 4 servings.

ROAST CHICKEN WITH GARLIC

2 (3-pound) whole chickens
1 teaspoon salt
2 tablespoons dried oregano leaves
20 large cloves garlic, unpeeled
3 tablespoons olive oil
3 tablespoons dry white wine
Freshly ground pepper

Preheat oven to 450°F.

Rinse chicken and pat dry. Trim visible fat. Place chicken, breast-side up, on foil-lined shallow roasting pan. Divide 1/4 teaspoon salt and 1/2 tablespoon oregano leaves between 2 chicken cavities, sprinkling evenly. Split 16 garlic cloves and place 8 in each cavity.

Peel and mince remaining garlic. Mix with remaining salt and oregano, olive oil, wine and pepper in small dish. Using fingers, carefully separate skin from entire breast area of one chicken without tearing, making pocket. Spoon 1-1/2 tablespoons garlic mixture into pocket. Massage gently on surface to distribute evenly over breast area. Repeat with other chicken.

Smear remaining garlic mixture over surfaces of chickens, dividing evenly. Tuck wings under body and tie legs together. Leave at least 3-inch space between chickens.

Place pan on rack in center of 450°-oven and roast until juices from thigh area run clear, about 50 minutes.

Transfer from pan to warm serving platter and let rest 10 minutes

before carving or cutting up into serving portions. Serves 6.

ROAST CHICKEN WITH SMOTHERED POTATOES

3 tablespoons olive oil
1 (3-pound) whole chicken
8 red potatoes, cut in halves
3 medium red onions, cut in quarters
Salt, pepper
1 tablespoon fresh chopped rosemary, or 2 teaspoons dried, crushed
2 large cloves garlic, finely chopped

Brush 13x9-inch baking dish with 1 tablespoon olive oil. Using sharp knife or poultry shears, cut chicken down back along edges of backbone; discard backbone.

Thoroughly rinse chicken in cold water and remove pads of fat around breast and cavity areas. Sprinkle potatoes and red onions with salt and pepper to taste. Place potatoes in middle of oiled baking dish. Sprinkle rosemary and garlic over them.

Spread out whole chicken over potatoes, arranging onions around edge. Drizzle and rub remaining 2 tablespoons olive oil over chicken. Season generously with salt

and pepper.

Roast at 425°F for 45 to 50 minutes, or until skin of chicken is nicely browned. Pour off all liquid and garnish with fresh rosemary sprigs. Serves 4.

CHICKEN & STUFFING CASSEROLE

1 (6-oz) package seasoned stuffing mix
8 boneless skinless chicken breast halves (4 oz each)
1 teaspoon canola oil
1/4 teaspoon salt
1/4 teaspoon pepper
4 Swiss cheese slices, halved
2 tablespoons butter
1 (10-3/4 oz) can condensed cream of chicken soup, undiluted
1/4 cup water

Prepare stuffing mix according to package directions. Transfer to a greased 13-by-9-inch baking dish. In a large skillet, brown chicken in oil. Sprinkle with salt and pepper; place over stuffing. Top with cheese. Drizzle with butter.

Combine soup and water; spoon over stuffing. Cover and bake at 350° for 40 minutes. Uncover; bake 10-15 minutes longer or until chicken juices run clear. Yields 8 servings.

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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Hackers Killer Buyer Hopes of Owning a Home

With everyone focused on personal safety and social distancing, it is easy to forget that other types of safety are also critical. This is especially true if you are in the midst of a real estate transaction.

While we are all concentrating on not catching the coronavirus, hackers are busy with viral activities of their own.

At a time when everyone's attention is centered on COVID-19, hackers have been busy infiltrating emails and ripping off hundreds of thousands of dollars. While it is possible to survive a coronavirus attack, if hackers manage to get your money, there is no recovery. The scheme is as follows:

Hackers skim contact info, logos and more from real estate and lending websites. They then use this information to provide official-looking communications that will be sent to unsuspecting victims.

Hackers hack into email accounts of agents and lenders to obtain information about pending transactions, including client names, contact info, relevant title company information, escrow details and more.

Once the hackers have the information, they then create legitimate looking fake emails and send them to the unsuspecting victims. These emails direct the buyer and/or lender to wire the money required to close escrow to a bank account different from the official title company account. This account is controlled by the hackers, not the title company.

If an unsuspecting person wires their money to the bogus account, upon receipt it is immediately withdrawn and is consequently lost forever. Because of the nature of the attacks and the complexities of investigating these types of crimes, the odds of retrieving the funds and/or prosecuting the offenders are virtually nonexistent.

Unfortunately, many victims have fallen prey to these tactics and had their lives turned upside down. Some have lost large sums of money saved over many years: with this money gone, the hopes some had of buying their dream home have evaporated into thin air.

Wiring funds required to close escrow remains the preferred method for moving large sums of money, especially under the current restrictions. We recommend that you never

rely on an email for wiring instructions: the simplest way to prevent this tragedy is to call the title company directly and verify the wiring directions with the escrow officer responsible for your transaction.

Be diligent. It would be doubly tragic to survive a physical virus attack only to be caught by an online variant.

Carl Medford is a licensed Realtor with Keller Williams Realty and a licensed general contractor. This article is sponsored by the Central County Marketing Association.

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HOME of the WEEK

Planting Tree Roses; Taking Care of Tulips

By Buzz Bertolero
Special to the Times

Q I'm looking to plant three tree roses to line a walkway and wondering how far apart should they be planted? Also, do they require any special care?

A Tree Roses are typically spaced four feet apart. That would be four feet from the center of one variety to another and two feet off the walkway; however, they can be placed further apart, or closer, to make them visibly pleasing.

Also, keep in mind, the type of rose you're planting. Grandiflora and Hybrid Tea varieties are large bushes and should be planted farther apart than Flo-

ribundas. This should prevent the growth from co-mingling. If that happens, you can control the side growth by pruning them in the winter and during the growing season.

Tree roses are treated no differently than a bush rose except their growth starts not at the ground but four feet off the ground at the graft. So, a five-foot high bush rose could get to be very tall as tree roses. You can prevent this by pruning it after every flush of flowers.

Also, they need to be staked to support the main stem. The stake that comes with tree rose is not adequate. The top of the stake should be right under the bud union and go six to eight inches in the round. Tree roses are susceptible to blowing over and

breaking during the windy summer months.

Q When I was in the Netherlands last autumn, I bought a few packages of tulip bulbs and planted them in pots. When the bulbs finish blooming, what do I do with them? Can I leave the spent bulbs in pots through the summer and then put them back in the refrigerator around autumn sometime? If that is the case, do I fertilize the spent bulbs?

A After flowering, leave the bulbs in the pot and fertilize with Bulb Food. Continue to water them until the foliage turns brown. The pots are stored in a dry location until the fall.

You could also take the bulbs out of the pots and store them in a paper bag. It's not necessary to cool them again. Bring them out in late October, water them, and make one application of Bulb Food. Mother Nature should do the rest.

Note: flowering tulips, daffodils, and other bulbs are usually grown in sand, not soil. We these plants, I'd discard them after blooming. Sand is very sterile so, there is little chance the bulbs can store a sufficient amount of food after flowering to do much next year.

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

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SENIORS

Creating Estate Documents During COVID-19 Crisis

Q: My father is confined to his Assisted Living Facility (ALF) and is very anxious to sign a Will and other estate planning documents. However, the facility is on "lock-down" due to the COVID-19 pandemic, his caregivers will not be able to serve as witnesses, and I cannot arrange for a mobile notary to enter to notarize documents. What can I do?

By Gene L. Osofsky
Special to the Times

A: Not every estate planning document must be witnessed or notarized. Take advantage of this legal fact so he can sign those that can be created without these formalities, as follows:

Last Will: Conventional wisdom has it that a Will executed in California always requires the presence of two witnesses to observe the Testator sign, and who so attest in writing.

However, a little known provision of California law allows a Will to be found valid even if not so witnessed, if it is later established by "clear and convincing evidence" that the Testator intended the signed document to constitute his Will.

So, ask your father's attorney to get creative so as to meet that evi-



dentiary standard. In our office, we are working up procedures to do just that, which include: remotely supervising and video recording the signing, having the signer clearly state on video that the document is his Will, and having the supervising attorney prepare an affidavit describing the signing.

Our plan also contemplates re-signing the Will with the traditional two witnesses once the COVID-19 crisis has passed.

Note: To my knowledge, this work-around has not yet been fully tested in the courts, but the "clear and convincing evidence" alternative is clearly written in the law. CA Probate Code § 6110 (c) (2).

Alternatively, and perhaps even

following a template, he might write it out all in his own handwriting on a blank piece of paper and thereby create a holographic Will, which requires neither witnesses nor notary.

Trust: While it is customary and even preferred for the Trustor's signature on a trust to be notarized, the law does not so require. A trust declaration signed only by your father would be sufficient.

If real property is to be included in the trust assets, those properties can be described in the trust by their common and legal description, and formal deeds moving them into the trust prepared and notarized later, if necessary.

If your father were to die before the COVID crisis is over, there

would be a simple court procedure that could then be invoked to transfer them into the trust, in accordance with his intention, so as to eliminate the need for a probate.

Health Care Surrogate Statement: Any patient may orally, or in writing, designate another person to act as his/her Health Care Surrogate. CA Probate Code § 4711. This act is different from naming an Agent in an Advance Health Care Directive (AHCD), which does require witnesses or notary, as well as the joinder of an Ombudsman if signed while in a nursing home.

However, your father may orally, or in writing, designate a health care surrogate by so informing the supervising health care provider at his Assisted Living Facility, and this designation requires no witnesses and no notary. The designation would be good for your father's current course of treatment or illness, or 60 days, whichever is shorter.

During that time, it actually overrides the designation of Agent in an AHCD.

Physician Order for Life Sustaining Treatment (POLST): This document requires only the signa-

ture of the patient (or patient's representative) and his/her physician. No witnesses and no notary are needed.

Power of Attorney: Unfortunately, a POA does require either two witnesses or a notarization.

So, help your father sign documents that he can now, and revisit this issue after the COVID-19 crisis passes.

Gene L. Osofsky is an estate planning and elder law attorney in Hayward. Visit his website at www.LawyerForSeniors.com

Medicare Expands Telehealth Services

Q: Does Medicare cover telehealth services? My 71-year-old mother has chronic type 2 diabetes but is very concerned about going to the doctor for fear of exposing herself to coronavirus. What can you tell us?

By Jim Miller
Special to the Times

A: Yes! Due to the coronavirus (COVID-19) pandemic, Medicare recently announced that it will be expanding coverage for telehealth services to help keep vulnerable seniors safe at home. Here's what you and your mom should know.

Telehealth Services

If you're not familiar with telehealth or telemedicine services, they are full visits with a health care provider who isn't at your location using telephone or video technology device — i.e. smartphone, tablet or computer.

Telehealth services allow Medicare beneficiaries to take care of ongoing medical problems as well

as new concerns, while following public health advice to stay home during the coronavirus outbreak.

Medicare patients with chronic health conditions now don't have to postpone a regular follow-up visit with the doctor to keep safe. They can do it via Skype or FaceTime. And people concerned they may have the virus could see their doctor or nurse practitioner virtually to find out how to get tested.

Nursing home residents will also be able to have telehealth consultations with their doctors.

If your mom isn't familiar or comfortable with technology, you or another relative or friend can assist her. You may need to go over to her house to help her do this. Bring your smartphone, tablet or laptop — but remember, don't visit *see MEDICARE on back page* if you're feeling sick.

Risk of serious illness from the coronavirus is much greater for older people and those with underlying health problems such as lung conditions, diabetes or heart prob-

lems. Many seniors are also managing chronic health issues that put them at heightened risk.

Until recently, telehealth coverage under original Medicare has been limited to beneficiaries only in rural areas, and patients often need to go to specially designated sites for their visits.

The expanded telehealth coverage, which will remain in effect during the coronavirus outbreak, now allows doctors and hospitals to bill Medicare for visits via telemedicine that previously had to take place in person, at a medical office or facility.

If your mom happens to get her Medicare benefits through a private Medicare Advantage plan, they will also be expanding their telehealth services. For coverage details, contact her plan directly.

Other Medicare Coverage

In addition to the expanded tele-

health services, Medicare will also be covering all coronavirus testing costs to see your mom has been infected, and medically necessary hospitalizations, so if her doctor recommends that she remain in quarantine at the hospital rather than self-isolating at home, she will not have to pay for these costs.

And if your mom has a Medicare Part D prescription drug plan, it will cover the coronavirus vaccine when it becomes available and will waive prescription refill limits so she can have extra medication on hand during the pandemic.

For more information on how Medicare is covering the coronavirus see Medicare.gov/medicare-coronavirus. And for the latest information on the coronavirus, visit Coronavirus.gov.

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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NEW! Free Family Caregiver Classes now Offered by Video Conference

Since Hope Hospice has had to temporarily suspend our Family Caregiver Education Series and Living With Dementia group classes in light of the region's COVID-19 response, we transitioned the courses to video conference via Zoom technology. Classes remain complimentary to the public in our Tri-Valley and adjacent East Bay service area. Additionally, families who care for a loved one living with dementia and have questions about specific challenges they are facing can request a free private consultation via Zoom.

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MedShare Now Sending Supplies Domestically

MedShare is used to sending surplus medical equipment to poor countries overseas where it's needed, but now the nonprofit is responding to the needs of Californians.

The Atlanta-based humanitarian aid organization – with a distribution center on Teagarden Street in San Leandro – is partnering with Blue Shield of California to provide medical supplies to local clinics across California to aid the effort to contain coronavirus.

Since the World Health Organization declared coronavirus a global health emergency, MedShare has donated more than \$1.3 million worth of aid, including more than 2.8 million masks and nearly 200,000 isolation gowns to hospitals and clinics to help medical personnel working on the frontlines of the coronavirus outbreak.

The objective of MedShare's Disaster Relief program is to provide medical supplies and equipment to communities where there are gaps in the infrastructure or lack of access to critical supplies needed to support recovery.

MedShare said it has been working with local safety-net clinics in the Bay Area to provide masks, gowns, and gloves in order to help protect healthcare workers who are treating vulnera-

ble populations of people in their communities.

MedShare collaborated with the California Primary Care Association to conduct a Personal Protective Equipment (PPE) needs assessment with 34 different clinics across the state. These clinics support underserved populations in California.

With the growing demand for their services, they are experiencing a shortage of PPE and aren't expected to receive replenishments from manufacturers until mid-April.

MedShare found that several of the more than 50 clinics that it already works with in the San Francisco Bay Area needed supplies as well. In total, supplies will be provided to 46 clinics in California.

To help fill the anticipated gap over the next few weeks, Blue Shield of California has committed \$100,000 to MedShare to provide needed PPE to these clinics in California.

"We're committed to working together with our partners to provide medical supplies and equipment to underserved communities in this time of need," said Charles Redding, CEO and President of MedShare.

For more information, visit www.medshare.org.



PHOTO BY JIM KNOWLES

Defense Stops Viruses

Taking defensive action against the coronavirus doesn't stop Mike Freitas of San Leandro from being a Raider fan. He made his own Raiders facemask, and no matter where the team moves, Freitas says he will always be a Raider fan.

Swalwell to Host Weekly Q&A

Congressman Eric Swalwell will hold a Facebook Live Q&A on Thursday, April 16, at 1:30 p.m. with special guest Dr. Abayomi Jones, executive director of student health & counseling services at Cal State East Bay. Find the forum at [Facebook.com/CongressmanEricSwalwell](https://www.facebook.com/CongressmanEricSwalwell).

Newsom: Schools might stagger times

continued from front page

Monitoring and testing more people, increased measures to protect the most vulnerable, adequate staffing and supplies at hospitals to meet any future patient surges, development of therapeutic medicines, continued physical distancing and wearing facial coverings, and re-instituting shelter-in-place if it became necessary.

Options for schools would include deep cleaning of facilities and such options as staggering times of classes and instituting new rules for PE, recess and

assemblies, Newsom said.

California's future might mean fewer tables in restaurants where menus would be disposable and servers wear masks.

Newsom said mass gatherings of hundreds or thousands in the state's foreseeable future were "not in the cards."

The governor declined to answer a question at his news conference regarding President Trump's statement on Monday that he — not the governors — had the exclusive authority to reopen society.

Water: People can help keep the pipes clear

continued from page 2

This situation is changing rapidly, so please check www.ebmud.com/recreation for the latest information. See below for more information on the trails:

Critical Work Continues

Help keep EBMUD crews healthy. EBMUD employees are designated disaster service workers who staff the treatment plants, fix main breaks and keep pollution out of San Francisco Bay. If crews are in your neighborhood to repair a critical pipeline, please maintain proper social distance — at least six feet.

To ensure the continuity at water treatment plants, EBMUD is taking the following precautions: geographically isolating operations staff; restricting access to the treatment plants; increasing cleaning frequency; ensuring

a consistent supply chain for chemicals; keeping operators in reserve; and soliciting qualified retirees for added backup.

Flushing Wipes and Other Paper Damages System

Help protect our wastewater workers by not treating your toilet like a trash can. If you are out of toilet paper and switch to paper towels, tissues or wipes, do not flush them. Even "flushable" wipes do not break down like toilet paper, and instead can clump and create hazards for customers' private sewer pipes, EBMUD's wastewater system and system operators who work to keep pollutants out of San Francisco Bay. Throw wipes and other paper products in the trash and flush only the three Ps: pee, poo and paper. Now is not the time for a sewer backup in your home.

LOCAL DEATHS

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Earl Dambley

Earl Dambley born in Portland, Oregon on December 14, 1925, passed away at Eden Hospital, Castro Valley, on April 11, 2020, at the age of 94 from medical complications and Covid-19.

Earl was a Navy Veteran, of 20 years, who served his country in World War II, Korea, and Vietnam. He served on 3 aircraft carriers, the Princeton, the Bon Home Richard, and the Ranger. His last ship was a destroyer, the O'Brien.

He was a member of the VFW #819 in San Leandro.

An avid dancer, he enjoyed the music and friendships he and his wife made at the senior dances in San Leandro and Hayward.

He leaves behind his wife of 37 years, Margaret Dambley, his twin sister, June Bennett, Corvallis, Oregon, his step son, Steve Rodrigues and wife, Denise, Carmichael, California, and step son, Don Rodrigues and wife, Debi, and grandson, Brandon, Coconut Creek, Florida, and two granddaughters, Deven Rodrigues, Brooklyn, New York, and Bianca Rodrigues, Anchorage, Alaska. Also leaves many nieces and nephews in California and Oregon.

Private services will be held at the Sacramento Valley National Cemetery.



Telesforo S. Hernandez

Telesforo S. Hernandez a longtime resident of San Leandro passed away on April 6, 2020 at the age of 101.

He is survived by his wife Teresa and his 4 children, Telesforo, Salvador, Adela and Gregoria. He also leaves his grandchildren and great-grandchildren. Telesforo was loved very much and will be greatly missed.

There will be a private burial due to the COVID-19 restrictions and a Funeral Mass will be held at a later date when it is safe to do so. Arrangements by Santos-Robinson Mortuary, 510-483-0123.

Mary Helen Pesa

1924 ~ 2020

Beloved sister, wife, mother, grandmother and great-grandmother passed away April 1, 2020. She was 96.

Mary was born to parents Joseph and Christina Piplica in Oakland, CA. She was preceded in death by her husband Boris, sister Anne, brothers Tony, Sammy and Mike. Mary was a longtime resident of San Leandro, CA. She attended Church of the Assumption weekly. For 40 years, Mary would take the bus to San Francisco to work at I. Magnin Department Store. She retired in 1989.

She is survived by her son, Boris Jr. (Cecelia), grandchildren Beau and Brianna (Matthew) and great-grandson Carson.

The family wishes to thank all of her caregivers from Advent Care Hospice, Redwood Road Board and Care & Genesis SNF.

A private burial was held at Holy Sepulcher Cemetery in Hayward, CA on April 6, 2020.



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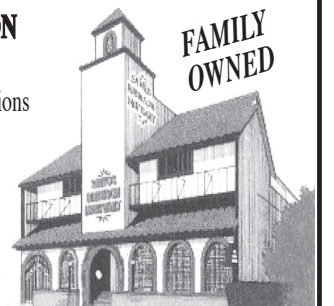
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Church Food Pantry Van Stolen

Van recovered on Monday with catalytic converter missing

A church van used to deliver food to the needy was stolen last Thursday.

But on Monday, the day after Easter, the vehicle was found.

The vehicle is used by the food pantry of All Saints Episcopal Church in San Leandro to serve the needy in the community.

"The van was stolen the morning of Maundy Thursday when Christians remember the Last Supper Christ had with his disciples," said Rev. Justin Cannon of All Saints. "It breaks my heart someone would steal a food pantry van from a church."

The van was recovered this week in Oakland. Its ignition

was damaged and the catalytic converter was removed, so it will need some repairs before it's back on the job.

The van is a former City of San Leandro vehicle given to the church, Cannon said.

All Saints has been giving to the needy with its food pantry for 11 years. Groceries are given out on the first Saturday of the month. The next time will be Saturday, May 2, from 11 a.m. to 2 p.m.

All Saints Episcopal Church is located at 911 Dowling Blvd. in San Leandro.

For more information, to volunteer or make a donation, visit saintsalive.net/social-ministries/.



All Saints van for the food pantry was stolen at 5:30 a.m. last Thursday but found on Monday.

City to Distribute Funds To Local Food Providers

The City of San Leandro will award \$135,000 in city funds to assist local non-profit food pantries or other organizations that provide food or meals to help people in need as result of the covid-19 pandemic.

The emergency funding will be allocated to approximately nine San Leandro-based non-profit organizations that provide large-scale food relief to the public, according to the City of San Leandro. Funding recipients will include local food pantries, mobile meal service providers or other programs that provide food to income-qualified or otherwise disadvantaged recipients.

This new program is part of a larger city effort to support San Leandro's recovery from the pandemic and the resulting economic challenges, according to the City of San Leandro. In the

coming weeks and months, the city will continue to introduce new programs to support residents, small businesses and non-profits using a combination of local and federal funds.

"Here in San Leandro we are fortunate to have a network of local non-profits that are providing food where it is most needed," stated Mayor Cutter. "Yet many of these providers are facing a surge in demand as many of our residents are impacted by the coronavirus and related shelter in place orders. There are many people in our community in need of support. That's why our City is stepping up to support our local emergency food network so that San Leandrans can put food on the table for themselves and their families during this crisis."

For more information, contact Eric Engelbart at eeengelbart@sanleandro.org.

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 or fax to: 510-483-4209, or send by mail to: The Editor, San Leandro Times, 2060 Washington Ave., San Leandro, CA 94577.

'Kindness' Website Helpful

Editor:

A recent letter writer ("Questions 'Feel Good' Website," *Letters*, April 9) seems to display much anger at the City's Mayor and Council over the new SLKindness.net website.

This website is very helpful. I appreciate it and the thought that has gone into creating it. I believe it will continue to help after this crisis is over and life goes back to the next "new normal."

In an unknown period of time, the world will open up again. People will go back to work and life will return to something of a normal rhythm.

We will still need volunteers to do what needs to be done. With the SLKindness.net website, people can find out where they can volunteer to do work which needs doing. It is a clearing house for any and all non-profits which need volunteers of any type.

Before this website, there was no single place to go to see which organization in the community needs help from volunteers. Before this, a prospective volunteer had to be aware of each organization and make individual contact.

How many people have said they wanted to volunteer their time and then Googled "volunteer opportunities near me" and found links to volunteering in NYC, found that there are tax deductions you can take to volunteer, and discovered that volunteering at animal shelters is a good idea.

Having a local website where local organizations can list openings for volunteers to work locally in our community is a great use of City resources.

Since the writer is concerned about what will be done with the overflow at San Leandro Hospital it would be best to call Alameda County since they operate that hospital.

As for the homeless, there are many

people volunteering in many different capacities to make sure that the homeless are not left stranded during this crisis and they have a regular opportunity to come in for food so their health is checked also.

I am very proud to live in a City where "Kindness Matters." I believe many others in San Leandro do also. Check out SLKindness.net – it is growing and I am sure as the website grows there will be many opportunities posted for people of all ages and interests.

—Maira Fry
San Leandro

Solace at the Marina

Editor:

The coronavirus keeps us indoors and distances us from others. When we can get out-of-doors we have a greater appreciation for open space than we did when it was business as usual.

When I consider what family members are going through to cope with hospitalized loved ones, they need a place to find solace.

Unlike the large urban hospitals, San Leandro has the Shoreline Marina just a short drive away from our full-service hospitals. It serves as a place to get away for a time, to collect their thoughts, decompress, pray and meditate to help overcome any helpless feelings.

The Los Angeles developer's planned 1,000-resident community will give visitors a feeling of being excluded from using the Marina. People who are in stress are not comfortable traipsing through private residents.

No wonder it has taken 100 meetings and 10 years to push their design through. It just doesn't fit with charm and culture that San Leandro has to offer.

—Reed Pendleton
San Leandro

Redemption Centers Unlawful

Editor:

With great fanfare in 1986, California enacted, after 17 years of wrangling, a bottle bill in which acquiring consumers give their nickel to the store, the money went to Sacramento for storage and then back to the locations that would give us our nickels back when we brought in our empty cans or bottles.

Thanks to negotiations, the many stores that sold the beverage containers to the public didn't need to give the nickel back (like they do in Oregon and most elsewhere), but the big sellers were supposed to support fixed opportunities nearby to get your nickel back.

The original law identified about 45 locations in Oakland, Berkeley and Alameda where you could get your nickel back, but over the last 35 years the program got whittled down, so that now, in an urban area of 600,000 or more people, there is nowhere to get your nickel back.

Alameda caved last July when the service provider said they couldn't make any money and closed down — nobody squawked.

Now the shelter-in-place ruling closed down all the buybacks in Oakland and Berkeley and they're gone "for the duration." The bourgeoisie can take money into a hardware store and come out with stuff, but a shopping cart collector or anybody else can't take stuff into a recycling center and come out with money.

Barbershops provide what they call "essential services," but can and bottle redemption centers are now unlawful. Meanwhile the state sits on \$300 million dollars of our nickels while the big shots try to decide how to spend the money without making anybody mad with an axe to grind. It's a sad place we live.

—Arthur R. Boone, Oakland
(first chairperson of Oakland's short-lived Waste Reduction and Recycling Commission in 1979)

A Very Special Teacher

Editor:

I really want to give a shout out to a very special San Leandro school teacher.

Today, Miss Ketner, a first grade teacher from Madison Elementary, personally delivered school supplies, handwritten personalized letters, and a class photo to every one of her student's homes.

It was a completely heartwarming moment when I walked out onto my front porch to find a package made out to my 6-year-old son. Being witness to my son's own excitement, I can only imagine the reactions of the rest of Miss Ketner's students as they received the thoughtful package placed upon their doorways. Moreover, she did this on a Saturday at that!

This act is a prime example of the above and beyond deeds that individuals are performing amidst all of the uncertainties and difficulties that the COVID-19 and the Shelter in Place restrictions have placed on our communities.

I'm sure when I say this, I speak for the all of Miss Ketner's Crew: We love you Miss Ketner and thank you so much for being such a great teacher!

—Valerie Refrea
Madison Elementary School Parent

A Generosity of Spirit

Editor:

These last weeks I have been so appreciative of the generosity of spirit that I have witnessed from the San Leandro community.

Our teachers found ways to connect with our preschooler. Over a dozen households, some I didn't even know, helped me put together the rent funds for someone who had lost all their income.

Folks who run one of the local food pantries made sure we picked up groceries for the family in need. Neighbors checked in with us. A church made sure we had Easter baskets for the kiddos and let us pick up one for a neighbor.

The pharmacy folks were really kind. I've seen so much sharing of resources, so many people volunteer to help each other, people visibly showing support for our front line workers, and just basic care for each other. I've seen people step up to support individuals who have been harassed for reasons of racism.

Right now the news is just relent-

lessly difficult to hear and there is so much heaviness. I so appreciate the moments of kindness and grace I have witnessed. We've told our five-year-old that right now the world is sick and we are all doing our part to participate in the healing. To know that we are collectively participating in this common goal is encouraging. It gives me hope. Thank you San Leandro.

—Gloria Strohm
San Leandro

Too Many Sitcoms

Editor:

I am writing this with a little levity and to change the current subject.

It would be very nice to turn on the television set after dinner and not find that there are multiple listings on multiple stations for "Modern Family" and "The Big Bang Theory."

—Ron Robinson
San Leandro

Earth Day's 50th Anniversary

Editor:

With the 50th anniversary of Earth Day on April 22nd, we are already reducing our carbon footprint during the pandemic by curtailing travel. But we can do so much more by cutting our consumption of animal meat and milk products. Yes, that.

A recent article in the respected journal *Nature* argues that animal agriculture is a major driver of climate change, of air and water pollution, and of depletion of soil and freshwater resources. Oxford University's prestigious Food Climate Research Network reports that solving the global warming catastrophe requires a massive shift to plant-based eating.

In an environmentally sustainable world, we must replace meat and dairy products with vegetables, fruits, and grains, just as we replace fossil fuels with wind, solar, and other renewable energy sources.

We can begin with a 1-minute NY Times food test at <https://www.nytimes.com/interactive/2019/04/30/climate/your-diet-quiz-global-warming.html>. Then, let's celebrate the 50th anniversary of Earth Day at our supermarket.

—Kurt Champler
San Leandro

PG&E Doing Essential Work to Keep Power On

PG&E says it remains focused on essential projects to provide continuity of service during the COVID-19 crisis.

These essential projects involve maintaining, repairing and upgrading the safety and reliability of its infrastructure as well as wildfire mitigations.

While California's shelter-at-home order remains in effect, it exempts essential workers performing any work necessary to the operation and maintenance of gas and electrical systems and services.

Electric Work

PG&E will continue performing electric work for essential services including emergency response to restore electric service, preparedness for Public Safety Power Shutoff events, enhanced vegetation management and work associated with its Wildfire Mitigation Plan.

Customer impacts will be minimized to the extent possible. Where service interruptions are required to safely complete critical work, PG&E will work to limit the number and duration of planned outages.

"We understand the impacts of a service interruption given the current shelter-at-home orders for

our communities, and the potential disruption or hardship these outages may cause," said Laurie Giammona, PG&E's Chief Customer Officer.

Essential Gas Work

PG&E's Gas Operations likewise will continue conducting essential work to deliver natural gas to customers, including emergency response for reights and to restore gas service, safety surveys and patrols of gas pipelines, and

fulfilling 811 requests to locate and mark PG&E underground infrastructure.

"Given the extraordinary COVID-19 situation, safe, consistent gas and electric service are more important today than ever before," said Andy Vesey, PG&E president. "This work, at such an uncertain time, remains vital to customers and communities."

For more information, visit www.pge.com/covid19

Scams: Fake offers

continued from front page

claiming to be an Alameda County employee to conduct COVID-19 tests. The district attorney's office says county employees are not visiting homes and anyone who claims so is a fraudster.

In addition, the DA says to stay away from fake "Senior Care Packages" that are sent to seniors with sanitizers, tests and even perhaps a suggestion of a vaccine, some claiming Trump has ordered the test.

There are also fake offers for air duct cleaning and sanitation that enable consumers to breathe

free of bacteria to protect their families. Both are scams.

And while donating to charities to help is admirable, the DA's office says scammers create fake charities or pose as officials from entities such as the World Health Organization and the Centers for Disease Control and Prevention. Don't fall for them.

Price Gouging

The DA's office is also warning about price gouging by businesses throughout the county. Price gouging refers to sellers trying to take unfair advantage of consumers during an emergency or disaster by increasing prices for essential consumer goods and services by more than 10 percent. DA Inspectors report there has been a steady stream of complaints since the shelter-in-place order was announced in March.

"It is illegal for any business to profiteer while we are in a state of emergency. All residents of Alameda County must continue to have access to necessary supplies, especially when the community's health is at stake," said District Attorney Nancy O'Malley.

Things to look for are handwritten changes to barcodes or drastic markups on the advertised price. If you think you are a victim of price gouging, you can report it on the DA's website (alcodea.org/cewpd/) or by calling 510-383-8600.

Covid-19 Testing Site Moves to CSUEB

The City of Hayward COVID-19 Testing Center moved this week to a new location on the campus of California State University, East Bay.

The new location provides more space for vehicle and foot traffic management, and improved accessibility for disabled visitors to the Testing Center.

The new site at CSUEB is in Parking Lot A on West Loop Road, across the street from the Student Health Center and library.

"We are tremendously appreciative of the partnership with Cal State East Bay to provide a new home for this vital service at a critical moment," said Hayward Fire Chief Garrett Contreras.

Contreras also thanked the neighborhood around the fire station that previously accommodated the testing site.

"I also want to express our gratitude to the Tennyson Park

neighborhood for welcoming the Center when we launched it there three weeks ago at Fire Station #7," Contreras added. "Their cooperation and support made this possible and is helping to save lives today."

The Testing Center was established by the Hayward Fire Department to take pressure off hospital emergency rooms, provide quicker answers for first responders and health care workers with COVID-19 symptoms, and better inform members of the public so they know to isolate if infected with the COVID-19 coronavirus.

Testing at the Center is free and open to anyone with COVID-19 symptoms and a fever over 100 degrees. Symptoms include cough and shortness of breath. No referral from a doctor is required to be tested. Everyone is welcome regardless of where

they live or immigration status.

Health-care workers and first responders can make advance appointments for COVID-19 testing by calling the City's COVID-19 information hotline at (510) 583-4949.

The Center is open Tuesday through Sunday from 9 a.m. to 6 p.m. or until the number of tests that can be processed for the day are exhausted.

In cooperation with the County Health Department, the Testing Center also is deploying teams of firefighter-paramedics and health clinicians to provide COVID-19 testing at nursing homes and for other community members considered most in need based on their living and health conditions.

To learn more about how the City of Hayward is responding to the COVID-19 pandemic, visit www.hayward-ca.gov/covid-19.

PG&E Closes Recreation Facilities During Pandemic

PG&E is closing its camping and day-use recreational sites across its service area at least through June 29, at which time it will reassess the closure plan.

For the safety of the public and its staff, the utility has temporarily shut down its 38 campgrounds and day-use sites, and has reduced maintenance associated with restroom cleaning and trash collection.

PG&E's recreational facilities, including picnic areas and

lakes that offer fishing, boating and swimming, have been available for the public to enjoy for many decades.

The window to make camping reservations usually opens in April, but it has now been pushed to June, with the potential to be pushed out further. The PG&E camping season is generally Memorial Day through Labor Day.

For updates and information about PG&E facilities, visit www.pge.com/recreation.

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 ahead

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

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, April 20 to April 24, is:

Monday – Pancakes, turkey sausage, break-

fast potatoes, cinnamon applesauce, fruit juice.

Tuesday – Brown rice, black beans, chicken burrito bowl, corn with red peppers, broccoli, seasonal fresh fruit.

Wednesday – Cold salad meal: seafood salad on romaine, pineapple coleslaw, fruit cocktail, wheat roll.

Thursday – Chicken jambalaya, white rice, capri vegetables, spinach salad, cinnamon apples.

Friday – Beef chow mein, cabbage, mixed vegetables, fruit salad.

Don't Wash Produce with Detergent

Before eating or preparing fresh fruits and vegetables, wash the produce under cold running tap water to remove any lingering dirt. This reduces bacteria that may be present.

If there is a firm surface,

such as on apples or potatoes, the surface can be scrubbed with a brush.

Consumers should not wash fruits and vegetables with detergent or soap.

These products are not ap-

proved or labeled by the U.S. Food and Drug Administration (FDA) for use on foods. You could ingest residues from soap or detergent absorbed on the produce.

— U.S. Dept. of Agriculture

LEGAL NOTICE

FILED
FEBRUARY 25, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 568899

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

The name of the business(es):
Irma's House Cleaning Bay Area located at 1769 140th Ave., San Leandro, CA 94578, in Alameda County, is hereby registered by the following owner(s): (1) Irma Ramirez, (2) Roxanne Mata, 1769 140th Ave., San Leandro, CA 94578. This business is conducted by co-partners. This business commenced N/A.
/s/ Irma Ramirez, Roxanne Mata
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires FEBRUARY 25, 2025
**MAR 26, APR 02, 09, 16, 2020
251-SLT**

FILED
MARCH 10, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 569467

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

The name of the business(es):
East Bay Cookies located at 949 Bridge Rd., San Leandro, CA 94577, in Alameda County, is hereby registered by the following owner(s): (1) Liesl Probasco, 949 Bridge Rd., San Leandro, CA 94577 (2) Alison Knotek, 520 Diehl Ave., San Leandro, CA 94577. This business is conducted by co-partners. This business commenced 02-03-20.
/s/ Liesl Probasco, Alison Knotek
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MARCH 10, 2025
**APR 02, 09, 16, 23, 2020
250-SLT**

FILED
MARCH 03, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 569185

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

The name of the business(es):
Lorena House Cleaning Services located at 348 105th Ave. Apt A, Oakland, CA 94603, in Alameda County, is hereby registered by the following owner(s): Lorena Salazar, 348 105th Ave. Apt A, Oakland, CA 94603. This business is conducted by an individual. This business commenced 01-01-20.
/s/ Lorena Salazar
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MARCH 03, 2025
**APR 02, 09, 16, 23, 2020
257-SLT**

FILED
MARCH 19, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 569681

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

The name of the business(es):
Adult Jam located at 15345 Churchill St., San Leandro, CA 94579, in Alameda County, is hereby registered by the following owner(s): Elizabeth Eisler, 15345 Churchill St., San Leandro, CA 94579. This business is conducted by an individual. This business commenced 4-1-13.
/s/ Elizabeth Eisler
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MARCH 19, 2025
**APR 09, 16, 23, 30, 2020
255-SLT**

Starting a New Business?

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