



Leg of Lamb

LEG OF LAMB IS A VERSATILE CUT THAT LENDS ITSELF TO ROASTING, GRILLING, BRAISING, STEWING..... 4

WEEKEND WEATHER
Cloudy Partly cloudy Friday
the sunny thru Sunday
HIGHS: 76-81
0 10 20 30 40 50 60 70 80 90 100 110
LOWS: 54-59

FRIDAY

SATURDAY

SUNDAY

San Leandro Times

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

VOL. 33 • NO. 12

THURSDAY, MARCH 23, 2023

SAN LEANDRO • CALIFORNIA



PHOTO BY JIM KNOWLES

Spring Shower

Another rain storm arrived on Tuesday making everybody wonder if the wet weather is ever going to let up, but the prediction is for the sky to clear up this weekend, at least until next Tuesday.

City Lines Up Purchase of Nimitz Motel

Homeless navigation center planned; state funds pending

By Michael Singer
San Leandro Times

San Leandro's plan to buy the Nimitz Motel for \$6.2 million and turn it into a homeless navigation center is moving forward thanks to an extension of the funding, escrow process, and new partnerships.

The motel is expected to be converted into an interim navigation center and shelter for unhoused people for at least five years. Long-term, the entire site could be demolished and redeveloped into a new, higher-density permanent supportive housing development. The interim navigation center would then be moved to a new location.

The City Council approved the measure by a vote of 7-0 to provide additional time for the city manager's office to re-apply for State of California Project Homekey funding and close the deal on the property by or before Aug. 30.

The motel at 555 Lewelling Blvd. has 33 studio units with a ground-floor office and a restaurant. The motel includes on-site parking and laundry facilities. In addition to being near grocery stores, the site is also close to local homeless encampments.

"A navigation center that can house 20 to 30 people is a drop in the bucket for what this city needs," said San Leandro

see PURCHASE, page 11

County Ends Eviction Moratorium

By Mike McGuire
San Leandro Times

Alameda County's Board of Supervisors is letting the tenant eviction moratorium for unincorporated areas expire on April 29.

San Leandro, though, along with Oakland extended its eviction moratorium. Thus San Leandro residents will be protected against eviction after April 29, but not residents of Ashland, Cherryland, San Lorenzo, Castro Valley or other unincorporated communities.

"We're at the end of the emergency, and at just the beginning of what comes after,"

see ENDS, page 11

Kaiser Advises Screening for Colorectal Cancer

By Mike McGuire
San Leandro Times

Kaiser Permanente is encouraging everyone to get screened against colorectal cancer during the month of March, Colorectal Cancer Awareness Month.

Though, if you happen to miss this in March, getting checked any other month is good, too, Kaiser doctors and nurses say.

Kaiser marked the beginning of awareness month with a March 3 webinar on catching colorectal cancer early and performed free colonoscopies and endoscopies for 12 low-income, uninsured people at its San Leandro Medical Center on March 4.

see SCREENING, page 12



PHOTO COURTESY OF KAISER PERMANENTE

Kaiser Permanente joined Operation Access to provide free colonoscopies or endoscopies for uninsured patients. Shown are nurse Arlene Nishimoto, Dr. Christian Dang, and nurses Nimfa Wroblewski and Melinda Ding.

INSIDE YOUR TIMES

BUSINESS

Bigge Crane purchases new equipment.

Page 2

RELIGION

Chabad of San Leandro to host Passover meal.

Page 3

HEALTH

Six ways to make it easier to start exercising.

Page 5

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

MEETING SCHEDULES

CITY COUNCIL

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

SAN LEANDRO SCHOOL BOARD

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



San Leandro Times

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

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Pets of the Week



Rascal



Peggy

The Pets of the Week at the Hayward Animal Shelter, 16 Barnes Court in Hayward, are Rascal, a pit bull puppy, and Peggy, a German shepherd.

Rascal is a 6-month-old, male, pit bull puppy who is energetic and ready to tackle the world of play. He loves toys and doing zoomies. Since he is still a puppy, he would benefit from training and socialization. His adoption is free to a qualified home, sponsored by SantaCon Hayward.

Peggy is a 10-month-old,

female German shepherd puppy who is timid at first but loves attention once she feels comfortable with you. She will nudge your hand for pets and try to climb into your lap if you let her. She likes playing with tennis balls. She would like a home with older children. Her adoption is free to a qualified home, sponsored by SantaCon Hayward.

For more information or to adopt Rascal or Peggy, call the Hayward Animal Shelter at 510-293-7200.



PHOTO COURTESY OF BIGGE

Bigge Crane Co. of San Leandro recently purchased a new crawler crane that has a lifting capacity of 200 tons.

Bigge Buys New Crane

Bigge Crane and Rigging Co., a leading provider of crane rental and sales services, announced at the ConExpo trade show in Las Vegas, Nevada, its acquisition of the all-new Kobelco CK2000G-3

crawler crane. This state-of-the-art machine offers exciting new functionality and versatility for its class, making it an ideal addition to Bigge's expansive fleet of crawler cranes.

"I intend to add twenty CK2000 crawlers to our Perfect Fleet as soon as Kobelco can deliver the cranes. Kobelco crawlers are the most reliable cranes in our 300-crawler fleet. This size crane is the perfect replacement for our older 14000 and HC 275 crawler cranes," said Weston Settlemier, President and CEO of Bigge Crane and Rigging Co.

The Kobelco CK2000G-3 boasts a maximum lifting capacity of 200 tons, a 10% improvement compared to the CK2000-II and fits perfectly between our 160 and 275-ton crawler class.

It features an advanced control system that allows for precise load positioning and an adjustable boom configuration to meet a wide range of

job site requirements.

About Bigge

Since 1916, Bigge Crane and Rigging Co. has been the premier provider of best-in-class cranes. Bigge offers crane rentals, cranes for sale, crane parts, and specialized heavy lift equipment to customers across America.

With headquarters in San Leandro, California and Texas, Bigge operates a strategic network of over 20 service locations nationwide, allowing them to provide logistical and field support throughout the United States.

Bigge actively buys and sells new and quality used cranes and maintains a rental fleet of more than 1,800 assets. Safety, teamwork, results, innovation, and passion are central to Bigge's core values.

Bigge continues to lead the crane industry into the 21st century with generations of combined experience in the crane and rigging industry.

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Volunteers Needed for SL Creek Cleanup Day

The Friends of San Leandro Creek will host a creek cleanup on Friday, March 31, from 10 a.m. to noon on San Leandro Creek at Hegenberger Road in Oakland.

Volunteers are needed to clean up where the creek meets the bay. Meet at the creek over-crossing on the southwest side of Hegenberger - 220 Hegenberger Road in Oakland. Park in the Hegenberger's parking lot.

Recommended: sturdy shoes, long pants and sleeves, mosquito repellent. Bring gloves if you have them. Gloves, snacks and drinks will be provided. To make

this a plastic bag free event, please bring your own gloves and 5-gallon bucket (or two).

For more information, call Susan Levenson with Friends of San Leandro Creek at 510-577-6069.

All participants are required to fill out the waiver form, which will be available on-site. Children under 14 years of age are welcome at creek cleanups, but must be accompanied by an adult.

The Friends will certify volunteer hours for community service.

Sign up here: <https://ncrarecycles.wildapricot.org/event-5209610>

Community Calendar

Last Weekend to See SHLS' *Matilda The Musical*

One weekend remains to catch a performance of the San Leandro High School's Drama Department production of *Matilda The Musical* at the San Leandro Performing Arts Center, 2250 Bancroft Ave. Show times this weekend are Friday and Saturday at 7 p.m. and a Sunday matinee at 2 p.m. Tickets: \$8 students, \$15 adults, \$10 seniors (65 and over). Tickets on sale now at sanleandropac.com

Matilda is a children's story about a little girl with incredible intellect and magic powers who goes unnoticed and is neglected by her uncaring family. Her adventures start during her first day of school when she meets her new friends, who all go on a journey together to face their days at school dealing with the infamous headmistress Agatha Trunchbull.

San Leandro Democratic Club

The San Leandro Democratic Club's guest speaker will be City Councilwoman Xouhoa Bowen at the club's in-person meeting on Thursday, March 23, at 6:30 p.m. at the San Leandro Main Library, 300 Estudillo Ave. The public is invited. Masks are preferred.

Meet Hiring Managers at Job Fair

Join the San Leandro Chamber of Commerce and the City of San Leandro for the semi-annual job fair on Friday, March 24, from 11 a.m. to 2 p.m. at the San Leandro Main Library, 300 Estudillo Ave. Meet face to face with recruiters and HR managers from local companies to learn about open career opportunities. Dress to impress and please bring an updated resume to this free event for job seekers to attend. Hiring managers are onsite to fill positions in sales, retail, customer service, education, financial services, health, project management and more. Employers include: Ghirardelli, City of San Leandro, 1st United Credit Union, and many more. For a full list of open positions and attending companies, check the main event page on the San Leandro Chamber of Commerce website (<https://bit.ly/slccjob-fair2023>) and register to be entered to win a Chromebook.

Monarch Butterfly Talk at Eden Garden Club

The Eden Garden Club will meet on Monday, March 27, at 9:30 a.m. at the Castro Valley Methodist Church 19806 Wisteria St. in Castro Valley. Speaker Carol Dixon will talk about monarch butterflies and their milkweed host plants. Carol has a MA in biological science from CSU Hayward, instructor of Biology and Ecology at Chabot and Ohlone Colleges for 22 years, and 16 years at Castro Valley High School. Explore the monarch's fantastic migration, overwintering and future survival with the help of gardeners planting milkweed. Meetings are free and guests are always welcome. For more information, call 510 397-1268.

County and City to Host Storm Damage Forum

Alameda County and the City of San Leandro will host a public forum on storm damage on Thursday, March 30, from 6 to 7:45 p.m. at the San Leandro Main Library, 300 Estudillo Ave. Hear updates from the county and city on canal repair plans in San Leandro. Engineers will respond to questions. Hosted by Supervisor Lena Tam and Mayor Juan Gonzalez. Residents are encouraged to RSVP and submit questions before the meeting to <https://bit.ly/3yCmCxx>

San Leandro Toastmasters To Meet at the Library

San Leandro Toastmasters will meet on Thursday, March 30, from 6:45 to 7:45 p.m. at the San Leandro Main Library, 300 Estudillo Ave. This is the first in-person meeting since the onset of the pandemic.

San Leandro Scholarship Foundation Dinner and Silent Auction

The San Leandro Scholarship Foundation invites everyone to the Dinner and Silent Auction on Thursday, April 20, at the San Leandro Senior Community Center, 13909 East 14th St. Silent auction and entertainment at 6 p.m., dinner and speaker at 7 p.m. To donate or purchase tickets, visit SanLeandroSF.com/2023-Dinner-and-Silent-Auction. For more information, email SanLeandroSF@gmail.com.



Chabad San Leandro to Host Passover Seder

Chabad of San Leandro invites you to join a Passover Seder with insight, inspiration, community and a delicious gourmet cuisine on Wednesday, April 5, at 7 p.m.

Interactive and enjoyable for the entire family. No prior experience necessary.

You must RSVP by March 30 at www.jewishsanleandro.com/seder2023 where you will also find the address.

com/seder2023 where you will also find the address.

Making your own seder at home? We would love to help you celebrate by gifting you the special Shmurah Matzah. Email: Chabadsleandro@gmail.com. Rabbi Shmaya & Sheina Shusterman are looking forward to celebrating with you.

Senior Meals Serving Lunch on Weekdays

Senior Meals prepared by Spectrum Community Services are available weekdays at the San Leandro Senior Community Center, 13909 East 14th St. Join us for a tasty, nutritious lunch Monday through Friday at noon.

Anyone who is 60 years or better is eligible to register to come get a meal. You must register first, and make lunch reservations three days in advance. Spectrum requests a \$3.75 donation towards each meal or get our valued 10-meal ticket for only \$35. Option to dine-in or take-away is available. To make your advanced reservation, call and leave a message for the San Leandro Spectrum Meals Program: 510-881-0302. Visit the website for more information at, www.SpectrumCS.org

The menu for the upcoming week is:

Thursday, March 23: Baked cod with sun-dried tomato sauce over rice pilaf, hearty vegetable soup, fruit.

Friday, March 24: Veggie burger on whole wheat bun with lettuce, tomato and onion, chickpea carrot salad, fruit.

Monday, March 27: Baked cod with lemon-caper sauce over rice pilaf, tomato Florentine soup, green beans, fruit.

Tuesday, March 28: Chef entrée salad, whole wheat roll, fruit.

Wednesday, March 29: Turkey cranberry sandwich

on whole wheat bread with potato soup, vegetable blend, lettuce, tomato and onion, pineapple vegetable rice, broccoli raisin salad, fruit, fruit.

Thursday, March 30: Teriyaki chicken, ginger sweet Friday, March 31: Cesar Chavez Day holiday.

Warming Center Reopens Three Nights a Week

The San Leandro Warming Center has reopened at First United Methodist Church, 1600 Bancroft Ave., three nights per week. The Warming Center is sponsored by the City of San Leandro, the First United Methodist Church of San Leandro, and the Housing Consortium of the East Bay.

The San Leandro Warming Center's phone number is 510-832-1382, ext. 123, email: slwarmingcenter@hceb.org. Overnight guests receive dinner at 6:30 p.m., breakfast at 6:30 a.m., limited overnight storage for personal items, cots, and coordination with social services.

The San Leandro Warming Center has reopened at First United Methodist Church, 1600 Bancroft Ave., three nights per week. The Warming Center is sponsored by the City of San Leandro, the First United Methodist Church of San Leandro, and the Housing Consortium of the East Bay.

Cherry Festival Invites Artisans, Food Vendors, Performers to Sign Up

The San Leandro Cherry Festival is coming back and artisans, food vendors, performers, and community organizations are invited to apply. This event brings nearly 50,000 visitors from around the Bay. Don't miss this great opportunity. The application deadline is April 7. Visit www.sanleandrocherryfest.com for more information.

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Castro Valley Orchestra Concert



SUNDAY, MARCH 26TH, 2023

3:30 P.M.

Featuring

"On the Steppes of Central Asia" by Borodin
Symphony #40 "The Great G Minor Symphony" by Mozart

Saint-Saens' Violin Concerto
#3, First movement

Olivia Hsu, violin

Lalo Cello Concerto, First Movement

Cara Wang, cello

The soloists are students in the Holy Names College Preparatory Music Program
A Reception will follow the Concert

Admission is free • Masking & Distance Protocols will be observed

Redwood Chapel Community Church
19300 Redwood Road, Castro Valley

Spring: The Season for Lamb

No meat says spring better than young, tender lamb. With its cooking versatility and number of available cuts, lamb is perfect for any meal occasion from formal entertaining to casual backyard barbecues.

It lends itself to roasting, broiling, grilling, braising, stewing and stir-frying. Its naturally mild flavor is enhanced with myriad marinades, herbs and spices.

Lamb is best served rare to medium. Overcooking can diminish its flavor and texture. Use an instant-read thermometer for best results.

When purchasing lamb, let color be the guide. Look for meat with a soft-pink to red color with white marbling.

ROAST LEG OF LAMB WITH HERB SAUCE

- 1 (6 to 7-1/2 pound) leg of lamb, bone in
- 1/4 cup fresh lemon juice
- 8 cloves garlic, minced
- 3 tablespoons chopped fresh rosemary leaves
- 1 tablespoon salt
- 2 teaspoons coarsely

ground black pepper
Herb Sauce (recipe follows)

Preheat the oven to 400°F. Using your hands, rub the lamb all over with the lemon juice. Pat the garlic and rosemary evenly all over the surface of the meat. Season the meat with the salt and pepper, and place the lamb in a roasting pan.

Place the lamb in the oven and roast for 30 minutes. Reduce the oven temperature to 350°F and continue to cook for about 1 hour longer for medium-rare, or until a meat thermometer inserted into the center of the roast registers about 145° F to 150°F (make sure the thermometer is not touching the bone.)

Remove lamb from pan and allow to rest for 10 to 15 minutes before carving. Slice lamb and serve with sauce drizzled over the top. Serves 6 to 8.

Herb Sauce

- 1 cup chopped fresh herbs (rosemary, chives, and

- parsley)
- 2 cups diced onions
- 2 cups chicken stock
- 1 cup red wine

Position the roasting pan over your stove burners. Add mixed herbs and onions to pan, and stir to combine with pan drippings. Add chicken stock and wine to deglaze the pan, scraping the bottom with a wooden spoon to release any food. Reduce over high heat until sauce consistency. Strain before serving, if desired. Slice lamb and serve with sauce drizzled over the top.

LAMB CHOP & MUSHROOM SKILLET

- 8 lamb chops, about 2-1/2 pounds
- Salt and pepper
- 1 tablespoon olive oil
- Flour
- 8 ounces mushrooms, sliced
- 6 green onions, sliced
- 4 medium cloves garlic, minced
- 1 tablespoon butter
- 1 cup beef broth



Roast Leg of Lamb

- 1/2 cup red wine (such as pinot noir)

Sprinkle lamb chops with salt and pepper. In a large skillet, heat olive oil over medium-high heat. Lightly coat chops with flour; place in hot skillet. Sear until well browned, turning once. Remove to a plate and set aside. Reduce heat to medium.

To the skillet, add the mushrooms, green onions,

garlic and butter. Cook the vegetables, stirring, for 4 minutes. Add beef broth and red wine, and simmer until reduced by about 1/3. Add lamb chops, cover skillet, and cook for about 15 to 20 minutes, or until lamb chops are done as desired. Serves 4.

GARLIC LAMB SHANKS

- 4 lamb shanks

- 3 tablespoons olive oil
- 1 cup finely chopped onions
- 1 cup finely chopped carrots
- 1 cup chopped mushrooms
- 1 cup dry white wine
- 1/2 cup finely chopped green pepper
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 20 unpeeled garlic cloves

Cut the skin from the shanks. Brown meat in hot oil. Drain fat from skillet. Add the onions, carrots, mushrooms, wine, green pepper, cumin, salt and pepper. Top with unpeeled garlic. Bring to a boil. Reduce heat. Cover and simmer 1-1/2 hours.

Transfer shanks to a serving plate. Skim fat from juices. Spoon vegetables and juices over the meat. Serves 4.

LEGAL NOTICES

FILED JAN 18, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 594812
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Si Consulting, located at 1167 Begier Avenue San Leandro, CA 94577. in Alameda County, is hereby registered by the following owner(s): Steve Imai, 1167 Begier Avenue San Leandro. This business is conducted by an Individual. This business commenced 01/17/2023
/s/ Steve Imai
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JAN 17, 2028
MAR 02, 09, 16, 23 2023
0575-SLT

FILED FEB 14, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 595557
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Crazy Beautiful Mess, located at 699 Lewelling Blvd., Suite 146/244 San Leandro CA 94579. in Alameda County, is hereby registered by the following owner(s): Lauren Ballesteros, 14881 Wiley St. San Leandro, CA 94579. This business is conducted by an Individual. This business commenced N/A
/s/ Lauren Ballesteros
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires FEB 13, 2028
MAR 02, 09, 16, 23, 2023
0576-SLT

FILED MAR 10, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 596236
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Downtime Trails, located at 409 Warwick Ave San Leandro, CA 94577. in Alameda County, is hereby registered by the following owner(s): Kevin Smallman, located at 409 Warwick Ave San Leandro, CA 94577. This business is conducted by an Individual. This business commenced N/A
/s/ Kevin Smallman
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MAR 09, 2028
MAR 23, 30, APR 06, 13, 2023
0573-SLT

FILED MAR 7, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 596109
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Neighborhood Balcony Inspection, located at 1611 138th Avenue San Leandro, CA 94578. in Alameda County, is hereby registered by the following owner(s): Jeffrey S Falero, 1611 138th Avenue San Leandro, CA 94578. This business is conducted by an Individual. This business commenced 02/17/2023
/s/ Jeffrey S Falero
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MAR6, 2028
MAR 09, 16, 23, 30, 2023
0570-SLT

FILED JAN 27, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 595064
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Brown Money Team, located at 955 75th Ave Apt E Oakland, CA 94621. in Alameda County, is hereby registered by the following owner(s): Shanita Rochelle Thornton, 955 75th Ave Apt E Oakland, CA 94621. This business is conducted by an Individual. This business commenced N/A
/s/ Shanita Rochelle Thornton
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JAN 26, 2028
MAR 02, 09, 16, 23, 2023
0575-SLT

FILED MAR 16, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 596380
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Ancestors Cafe & Market, located at 2956 Teagarden Street San Leandro, CA 94577. in Alameda County, is hereby registered by the following owner(s): Paleru LLC, 2956 Teagarden Street San Leandro, CA 94577. This business is conducted by a Limited Liability Company. This business commenced N/A
/s/ Jijad S. Hijazi
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MAR 15, 2028
MAR 23, 30, APR 06, 13, 2023
0571-SLT

LEGAL NOTICES

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case No: 23CV028691
Superior Court of California, County of Alameda. In the matter of the petition to change the name(s) of Daisy Adelene Velasco Petitioner(s) Daisy Adelene Velasco has/have filed a petition with this court for a decree changing name(s) as follows: Daisy Adelene Velasco to Daisy Adelene Lopez. The court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. 1221 Oak Street Dept. 14, Oakland, CA 94612 on APRIL 25, 2023 at 9:30 o'clock am. A copy of this order to show cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county The San Leandro Times. The court orders that all persons interested in this matter are directed to make known any objection that they may have to the granting of the petition for change of name by filing a written objection, which includes the reasons for the objection, with the court at least two court days before the matter is scheduled to be heard and by appearing in court at the hearing to show cause why the petition for change of name should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Dated: MARCH 06, 2023
CHARLES A. SMILEY - Judge of the Superior Court
MAR 23, 30, APR 06, 13, 2023
0570-SLT

FILED MAR 14, 2023
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 596305
FICTITIOUS BUSINESS
NAME STATEMENT
Pursuant to Business and
Professions Code
Sections 17900-17930
The name of the business(es):
Elite Merch LLC, located at 123 California Ave San Leandro, CA 94577. in Alameda County, is hereby registered by the following owner(s): Elite Merch LLC, located at 123 California Ave San Leandro, CA 94577. This business is conducted by a Limited Liability Company. This business commenced 01/01/2023
/s/ Lula Burnett
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MAR 13, 2028
MAR 23, 30, APR 06, 13, 2023
0572-SLT

HEALTH & FITNESS

Advice on Gaining Mobility And Balance for Seniors

By Dr. James Mittelberger
Special to the Times

The Centers for Disease Control and Prevention recommend everyone gets at least 30 minutes of moderate to vigorous activity daily — walking, cycling, swimming — to help prevent chronic diseases, improve mental health, and improve your overall quality of life. It's true if you're 35 or 75.

Movement matters, especially for older adults who need to maintain their strength and balance. If seniors are strong and stable, they have a better chance of aging at home, which is the goal of the Center for Elders' Independence (CEI), a Program of All-inclusive Care for the Elderly (PACE) in the East Bay.

"At any age you have different levels of motivation to be active and it's not any different for seniors," said CEI Director of Operational Excellence Frieda Alessi, a licensed physical therapist. "Like anything else, if it's something that seems like a chore, then it's less inviting. But if it's something that's more fun to do or is engaging in other ways than just being a physical activity, that could help motivate someone to move more."

"CEI has gyms at its centers," says Alessi. "Clients can use to get active and gain strength, all with supervision. We try to make them very welcoming, and try to match



CEI PHOTO

Movement matters in keeping strong and stable.

what they like to do with what will help them with their mobility."

CEI staff is also good

"If it's something that's more fun to do...that could help motivate someone to move more."

— Frieda Alessi, physical therapist and CEI Director of Operational Excellence

about bringing the activities to its clients. Alessi said group exercises are very popular in the day center areas. People do chair aerobics, yoga or Taiichi.

"People will generally feel good after they have exercised

or participated in some physical activity," Alessi said. "It has that effect on your mental health as well as your physical health."

It is important to note that older adults should consult with their health care provider before beginning any new exercise routine, particularly if they have any underlying health conditions. Health care providers can provide guidance on safe and appropriate exercises and can help ensure that any underlying health conditions are considered when designing an exercise program.

"It doesn't need to be overwhelming," Alessi said. "Every little bit of movement has a benefit."

Dr. James Mittelberger is a gerontologist with the Center for Elders' Independence.

Six Easy Ways to Make It Easier to Start Exercising

By Mitch Rothbardt
Special to the Times

I recently heard someone say that personal trainers always preach to the converted. In other words, everything we talk about tends to focus on people already knowing about exercise and nutrition. In light of that, I want to talk to people who want to start exercising but don't know how.

Here are 6 easy ways to start exercising.

1. Walk. If you're starting from ground zero, the first step is simply to get up and

"It's about progress, not perfection. Just think about getting a little better on a consistent basis."

go for a walk. If you never walk, start with an easy 10-15 minutes once a week. It's that simple. The key is picking something you know you can do and building on it.

2. Be honest and realistic about your goals. So many people think they should "lose weight" or "get in shape" just because they think that's what they're supposed to do. Take



Mitch Rothbardt

the time to figure out what you really want and why, and you'll have a much better chance of achieving it.

4. Have fun. Figure out something you like doing and do it. If you hate walking? Maybe that's not for you. Don't like lifting weights? Maybe that's not for you. Remember, we're just talking about getting started therefore make it something you enjoy so you'll stick with it.

5. Keep it simple. I know this can be overwhelming but don't let that get to you. It's not as hard as some make it out to be. As a matter of fact, the simpler you make it, the better your chance of success.

6. Talk to someone. You know there are people who specialize in helping people who have never exercised and getting them started in a safe, fun, and effective way? Find

someone you're comfortable with, and that's worked with others like you.

7. It's about progress, not perfection. Everyone wants results, but feeling as if you're far away from your ultimate goal makes it harder to get started. Just think about getting a little better on a consistent basis. It's more realistic, and *BONUS* it's actually better for you in the long run!

My motto is "The best thing you can get from a workout is the desire for another one." If you start exercising

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."

— Hippocrates

with that in mind, you're more likely to stick to it, and if you stick to it? Well, that's when the results start happening.

Mitch Rothbardt is the owner and head trainer at Castro Valley Fitness. Email him at: Mitch@castrovalleyfitness.com

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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Local Banking Collapse Fuels Real Estate Market Uncertainty

As if things have not been crazy enough this year, last week's collapse of Silicon Valley Bank (SVB) coupled with the woes faced by First Republic Bank have fired a shot across the bow of the Bay Area's economy. How this will eventually shake out is anyone's guess. One thing for sure: it has introduced a substantial amount of uncertainty and even fear into the local housing market.

Although only 15% of SVB's loan portfolio was residential and commercial real estate mortgages, the bank's collapse will likely have a short-term effect on mortgage rates. Lawrence Yun, chief economist of the National Association of REALTORS® commented, "The Silicon Valley Bank failure, along with

a few other banks, means that the Federal Reserve cannot be so aggressive in raising its short-term interest rates," adding, "therefore, mortgage rates will decline."

Melissa Dittmann Tracey, in REALTOR Magazine, clarifies by stating, "As of Monday, mortgage rates had fallen about 50 basis points lower than last week. Yun says that when there is a panic in the financial market, investors often shift money toward safer assets, which tends to be U.S. Treasury notes and bonds. Mortgage rates lately have tended to follow the movement of Treasury yields, which are falling."

While this may be good news for prospective homebuyers in the immediate future, the demise of SVB along with other lenders that focused on

tech startups has raised concerns about the overall health of the tech sector. Since tech is such a significant part of our regional economy, any weakening could mean more layoffs which, combined with negative tech-related stock market activity, would most likely pull the bay area into a recession. This could in turn result in a lowering of local housing prices. The recent announcement of Meta (Facebook's parent company) to lay off 10,000 employees seems to add fuel to this fire.

In contrast, we have seen a recent rally in local real estate sales with the return of multiple offers and resultant price increases. Fueled by a historic shortage of inventory and buyer awareness that higher mortgage rates are here to stay, homeowner wannabes have been out in hordes snapping up elusive properties as quickly as they hit the market. While this is good for sellers, it is further deepening the local affordability crisis.

Bottom line, we are in confusing times and it is becoming increasingly difficult to predict the market's future outcomes.

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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Ants Won't Harm Fruit Trees

By Buzz Bertolero
THE DIRT GARDENER

When is the right time to start feeding my fruit trees? I have a cherry, apricot, and persimmon. Also, how can I prevent the ants from running up and down the trunks?

Established or mature Cherries, Apricots, and other fruit trees except Persimmons are fertilized annually in the late winter or early spring, February through April. Persimmons are fed in the fall, as fertilizing in the spring can cause fruit to drop from the nitrogen. New and maturing fruit trees are fed a second time from May through July. Peaches and Nectarines benefit from a second feeding as next year's fruit is produced on this year's growth. Many fruit tree-specific fertilizers are available today, so you can't go wrong with any of them. I'd apply half a pound of fertilizer per inch of trunk diameter, measured two feet off the ground is recommended for each tree. The fertilizer is evenly distributed around the drip line, not piled at the base of the tree(s), and then watered in. Before making a second application, water the tree(s) the day before or at least four hours beforehand to prevent fertilizer burn. It's not necessary now as there is plenty of moisture in the

ground from the winter rains. Ants cause little to no damage to fruit trees. They are more of a nuisance than anything else. What they are looking for is food. Ants will ferry Aphids around to feed off the clear, sticky secretions called 'Honey Dew.' This occurs during the spring and early summer months. If ants are a problem year-round, I will suspect another insect called Scale. Scale is located on the stems and branches of the trees. They are raised, bumpy areas that could be mahogany, brown, or black in color. You can control the ants from two approaches. One would have you apply a sticky resin called Pest Barrier or Tanglefoot to the tree(s) trunk. Tanglefoot/Pest Barrier is placed about two feet off the ground in a two-inch wide band. The Tanglefoot/Pest Barrier traps the ants as they march upward. Controlling the insects and eliminating the food source is the second option. This eliminates the ants incentive to be in the trees in the first place. Depending on the problem, Insecticidal soap or Horticultural Oil can be used. Both of these products are safe to use on trees with mature fruits.

see BUZZ, page 7



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

CASTRO VALLEY

Total: 4 – Average Price: \$1,134,250
High: \$1,880,000 – Low: \$785,000

21463 Orange Avenue 94546:
\$785,000 [2 BD - 1,022 SF - 1943
19071 Santa Maria Avenue 94546:
\$885,000 [4 BD - 1,584 SF - 1950
5068 Seaview Avenue 94546:
\$987,000 [3 BD - 1,467 SF - 1963
25709 Crestfield Drive 94552:
\$1,880,000 [3,526 SF - 2000

HAYWARD

Total: 19 – Average Price: \$813,157
High: \$1,350,000 – Low: \$500,000

4316 Edith Street 94544: \$500,000
[2 BD - 853 SF - 1950
665 Dartmore Lane #155 94544:
\$510,000 [2 BD - 906 SF - 1988
695 Bristol Drive #282 94544:

\$622,000 [3 BD - 1,045 SF - 1988

23 Trestle Drive #23 94544:

\$635,000 [2 BD - 1,520 SF - 1991

26316 Regal Avenue 94544:

\$648,000 [3 BD - 1,041 SF - 1952

27601 Stromberg Court 94545:

\$650,000 [4 BD - 1,474 SF - 1970

229 Lafayette Avenue 94544:

\$650,000 [3 BD - 951 SF - 1951

20232 Times Avenue 94541:

\$715,000 [3 BD - 1,026 SF - 1951

1714 Southgate Street 94545:

\$720,000 [3 BD - 1,128 SF - 1957

26568 Flamingo Avenue 94544:

\$735,000 [3 BD - 1,056 SF - 1952

20675 Blossom Common 94541:

\$750,000 [3 BD - 1,560 SF - 1998

784 West A Street 94541:

\$859,000 [3 BD - 2,370 SF - 2005

780 West A Street 94541:

\$859,000 [3 BD - 2,370 SF - 2005

27066 Lemay Way 94544:

\$880,000 [3 BD - 1,140 SF - 1957

25852 Gettysburg Avenue 94545:

\$952,000 [3 BD - 1,244 SF - 1959

180 Montevina Way 94545:

\$1,050,000 [4 BD - 2,047 SF -

2017

22577 Cisneros Drive 94541:

\$1,075,000 [4 BD - 2,088 SF -

2002

2952 Pickford Way 94541:

\$1,290,000 [5 BD - 2,167 SF -

1960

228 Bridgehead Lane 94544:

\$1,350,000 [4 BD - 2,485 SF - 2000

SAN LEANDRO

Total: 8 – Average Price: \$682,250

High: \$1,050,000 – Low: \$485,000

341 Macarthur Boulevard 94577:

\$485,000 [2 BD - 906 SF - 1920

855 Durant Avenue 94577:

\$485,000 [3 BD - 1,237 SF - 1920

2289 Transom Way 94577:

\$568,000 [1,062 SF - 1978

15653 Cranbrook Street 94579:

\$685,000 [3 BD - 1,120 SF - 1958

1850 Dayton Avenue 94579:

\$720,000 [3 BD - 1,121 SF - 1954

1594 Timothy Drive 94577:

\$725,000 [3 BD - 1,098 SF - 1944

267 Bristol Boulevard 94577:

\$740,000 [2 BD - 1,307 SF - 1943

16716 Cowell Street 94578:

\$1,050,000 [3 BD - 1,570 SF - 1976

SAN LORENZO

Total: 3 – Average Price: \$811,666

High: \$1,005,000 – Low: \$660,000

1518 Bandoni Avenue 94580:

\$660,000 [3 BD - 1,050 SF -

1952

782 Linnea Avenue 94580:

\$770,000 [3 BD - 1,304 SF - 1951

1619 Bandoni Avenue 94580:

\$1,005,000 [3 BD - 1,817 SF -

1952

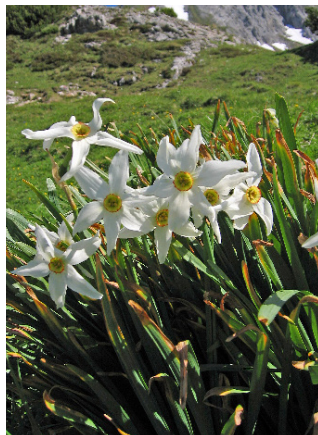
Mortgage Rates Pull Back

Mortgage rates are down following an increase of more than half a percent over five consecutive weeks. Turbulence in the financial markets is putting significant downward pressure on rates, which should benefit borrowers in the short-term. During times of high mortgage rate volatility, homebuyers would greatly benefit from shopping for additional rate quotes. Our research concludes that homebuyers can potentially save \$600 to \$1,200 annually by taking the time to shop among multiple lenders.

Buzz:

continued from page 6

Q The Daffodils we planted several years ago are now about two feet in circumference. They come up abundantly but give maybe two blooms. We always let the leaves die and turn yellow before removing them. What have I done wrong?



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CROSSWORD PUZZLE ANSWERS

G	O	O	F	M	A	A	M	W	A	G	
A	C	H	E		E	L	I	A	E	L	O
W	H	O	L	E	M	I	L	K	L	E	O
K	O	K	O	M	O		E	L	L	E	N
			N	O		B	O	S	O	M	
P	A	W	S		L	U	V	P	A	L	E
I	M	A			E	R	A		D	E	E
G	A	R	B		A	L	L		S	E	A
			M	U	R	K	Y		A	H	
F	I	O	N	A			A	R	O	M	A
A	D	V		W	I	D	E	M		O	U
R	O	I		L	I	A	R		I	S	M
O	L	E		S	I	N	O			N	E
											S



Weeding

best, but use gardening gloves if you're working around roses, briars or plants with sharp leaves. Grab a handful of weedy growth close to the ground and pull up with the roots. If the roots don't give, use a narrow trowel to loosen the soil a little more. Shake dirt off the roots and put the weeds in the compost bin

Best Buys

With fresh stock arriving for spring planting, everything in the nursery or garden center is a good buy. Look for vegetables and flowering annuals in six-packs and 4-inch pots.

Roses

Feed roses heavily to ready them for their long blooming season. Water first, then apply the fertilizer, then water again. As soon as they begin blooming, prune spent blossoms down to the first five-part leaf to gently shape the plant. Continue to feed lightly and water through the summer. Apply a thick mulch to conserve water and

A Daffodils will stop blooming when the clumps become crowded. It's too late for this year. After the foliage turns yellow and easily separates from the ground, I would dig up the clump(s). You could divide the clump(s) into smaller segments then or wait until next fall when you replant. The bulbs should be stored in a cool location. Daffodil clumps are divided every three to four years.

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.



- Birds may reject a birdhouse placed near food or water, as these attract raccoons and rats that will eat birds and their eggs.
- Claw marks on the house's surface or nesting material pulled from the entrance will show you these predators are around and can easily reach the birdhouse.
- Try mounting the house away from food and on a metal pole, rather than on a tree trunk or hanging it on a branch. Smear the pole with a petroleum jelly/hot pepper mixture and spread sharp gravel around the base to discourage intruders.

– Brenda Weaver

Source: www.all-birds.com

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NOTICE OF PUBLIC HEARING
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NOTICE IS HEREBY GIVEN that the Board of Directors of the Castro Valley Sanitary District intends to amend Article IV, Section 4113 of the Castro Valley Sanitary District Code relating to permits for new connections to change the capacity fee rate from \$15,518/unit to \$16,009/unit. This revision per this public action is to become effective May 1, 2023.

NOTICE IS FURTHER GIVEN that on Tuesday, the 4th day of April 2023, at the hour of 6:30 P.M., at the District Office, 21040 Marshall Street, Castro Valley, in said District, said Board will hold a public hearing to hear and consider all comments, protests, and objections to said proposed amendment to the Castro Valley Sanitary District Code. Written protests against the proposed rate increase may be mailed or delivered to Castro Valley Sanitary District, 21040 Marshall Street, Castro Valley, CA 94546. All protests must be received prior to the close of the public hearing and must identify the owner(s) of the property or properties.

Dated: March 7, 2023
ROLAND P. WILLIAMS, JR.
General Manager
Castro Valley Sanitary District

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1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15				16						17		
18								19	20			
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31					32					33		
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		38		39				40				
41	42						43			44	45	46
47				48	49	50						
51				52						53		
54				55						56		

ACROSS

1 Blunder
5 Sir's partner
9 Witty one
12 Massage target
13 Lamb alias
14 "Evil Woman" gp.
15 Dairy aisle purchase
17 Zodiac feline
18 Indiana city
19 TV's DeGeneres
21 Rejection
22 -- buddy
24 Bears' hands
27 Candy-heart word
28 Ashen
31 "-- Believer"
32 Epoch
33 Actress Ruby
34 Attire
36 The whole enchilada
37 Barking mammal
38 Dark and gloomy
40 "I see"
41 "Shrek" princess
43 Scents
47 Adj. modifier
48 Canning jar feature
51 King, in Cannes
52 Tale teller
53 "Woe --!"
54 World Cup cheer
55 China (Pref.)
56 Legendary loch

DOWN

1 Stare stupidly
2 Twice cuatro
3 "Hmm, I guess so"
4 Criminals
5 Office note
6 "The Greatest"
7 Be sick
8 "This -- no sense!"
9 Built to last
10 Downwind
11 Thug
16 Punk-rock subgenre
20 Prune
22 Strapping
23 Track shape
24 Pot-bellied pet
25 Docs' bloc
26 "Dunkirk" or "Platoon," e.g.
27 Faucet problem
29 Meadow
30 Snaky fish
35 Chignon
37 Sure winner
39 "Lady Love" singer Lou
40 Branch
41 Gambling game
42 Pedestal occupant
43 Sleek, in car lingo
44 Inspiration
45 \$ dispensers
46 Females
49 Sundial numeral
50 Author Brown

ANSWERS ON PAGE 7

First United Methodist SL Players *Blithe Spirit* at Museum/Auditorium

Proclamation: Open and Affirming

The Church Council of First United Methodist Church of San Leandro passed a motion formalizing the congregation as being “open and affirming” at a meeting in February.

Open and affirming is the language the United Methodist Church uses to describe congregations that are intentional about welcoming LGBTQ+ persons into a congregation. Prior to voting, the Church Council conducted a congregational survey and 100 percent of those responding favored the church being open and affirming to LGBTQ+ persons.

“For the seven years I’ve been an active member of this church, I’ve felt it was welcoming and inclusive to all persons,” said council chair Adele Dow. “However, we have never publicly communicated that. Passing this motion is a way of letting the public know where we stand and aligning with the position taken by many United Methodist churches in the west.”

In recent years, the worldwide United Methodist denomination has struggled around the inclusion of

LGBTQ+ persons. In this highly diverse denomination, some congregations welcome all persons openly while others feel that pastors should not perform same sex weddings, nor should LGBTQ+ persons be ordained as pastors.

United Methodist churches in the western states (Western Jurisdiction) have advocated for inclusion of LGBTQ+ persons for decades; both ordaining LGBTQ+ persons to be pastors and electing the denomination’s first openly lesbian bishop. In 2019, the Western Jurisdiction committed itself to be a safe harbor for LGBTQ+ clergy from across the denomination.

First United Methodist Church San Leandro, at 1600 Bancroft Ave., is a small multicultural, multi-generational, open and affirming community inspired to follow Jesus with our hearts and hands. We invite all persons to the Sunday worship at 9:30 a.m. in person or on Zoom; as well as weekly adult and youth programs.

Through April 8, newcomers to Centering Prayer can learn more about this meditation. *see OPEN, page 15*

San Leandro Players production of *Blithe Spirit* by Noel Coward, is currently running at the San Leandro Museum/Auditorium, 320 West Estudillo Ave, San Leandro, next to the historic Casa Peralta.

Shows are on Saturdays at 8 p.m. and Sundays at 2 p.m., through April 2, plus two Friday shows on March 24 and March 31 at 8 p.m. Tickets: \$20 general; \$15 seniors & under 12 (other discounts may apply).

For tickets or more information, visit www.slplayers.org or call 510-895-2573. Wheelchair accessible.

Proof of vaccination and masking required.

Charles Condomine is a successful author but is having a bit of writer’s block. In order to get realistic evidence and dialogue for the book he’s writing he invites eccentric medium Madame Arcati to his home to perform a seance.

Charles, his second wife and two neighbors think the seance is a bit of a joke. But the joke’s on Charles when Madame Arcati brings Elvira, his first wife, back from the spirit world. Great fun for the entire family.

Featuring Dawn Cates, Mark DeWeese, Terry Guilory, Laura Martin-Chapin, Kenneth Matis, Gia Mirra, Nina Sundsten. Directed by Dana M. Fry.



PHOTO COURTESY OF SAN LEANDRO PLAYERS

Nina Sundsten, Kenneth Matis and Dawn Cates engage in a seance in the San Leandro Players’ production of *Blithe Spirit*.

The Weather and You: First, the Good News

By Mike Pechner
Special to the Times

First the good news, some of the medium-range forecast models show a distinct break in the wet pattern in the first week in April, giving the ground an opportunity dry and out and for local run-off from the Coastal Hills and mountains to slow.

Up in the High Sierra, the near record snow pack, (now the second snowiest winter since 1946) will begin to settle and

compress under sunny skies and warmer temperatures. There is enough snow in the High Sierra to fill all of the major reservoirs and ensure plenty of water for next year and the following year, but keep in mind that the two most recent “wet” winters, 2010-2011 and the more recent 2016-17, drought conditions returned to California only two years after winters which had snowpacks similar to the current one.

Keep in mind that when the

Central Valley Water Project was completed in 1965 by then Governor Pat Brown’s administration, the state’s population was only 18,000,000 people. Compare that to almost 40,000,000 today with essentially the same water supply. Additionally, California’s agriculture industry has grown exponentially using much more water than it did almost 70 years ago.

If below normal rain and snowfall were to follow for the

next two winters, drought conditions could increase statewide once again. Locally, the East Bay Municipal Utility District is in great shape. Total storage for the entire system is at 90 percent.

Up in the Mother Lode, Pardon Reservoir is 100% full and Camanche is 81%. The short term forecasts show sunny skies and unseasonably cold temperatures this weekend with local frost. The next significant rainstorm is expected by next Tuesday.

OPINION

LETTERS to the EDITOR

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

**Commends
Thomas and Hernandez**
Editor,

I would like to commend both Lee Thomas and Ed Hernandez for their recent letters to the editor in the San Leandro Times regarding the re-naming of the San Leandro Library. Both letters put the issue in its proper perspective, and helped galvanize a majority of citizens from all backgrounds to inform the City Council that subjects such as crime, affordable housing, business growth, infrastructure, and trash, of which all are quality-of-life issues are the very priorities the San Leandro City Council were elected to address.

While Mr. Thomas and Mr.

Hernandez may no longer be serving on the City Council, it is good to know they are still indeed serving the community by bringing awareness to these issues which concern all San Leandro citizens.

Tony Shull
San Leandro

Reasonable People, Speak Up
Editor,

Extreme progressives dominate the City Council and are on course to wreak havoc while the self-mutated majority (moderates) look away. The progressives are using the pandemic as a guise to further advance extreme socialist causes.

The passage of the rent eviction moratorium extension is a warning

Editor’s Note:
For clarification, in a sentence in a letter to the editor (“Eviction Moratorium Helps Struggling Neighbors,” March 16, 2023 by Stephen Michael Tow) that referred to “instigating conflict and threats of violence,” the writer was talking about comments by a public speaker via Zoom at a City Council meeting, and not referring to former City Councilmember Ed Hernandez who was mentioned earlier in the letter.

shot to wake up. The council has given tenants a license to steal. This is not the America where I grew up and we paid our bills, were accountable, and respected the police and authority. Unemployment is 3% and the pandemic is little more than the seasonal flu yet we punish small landlords who still have mortgages to pay.

The council is further aiming for general rent control laws and trying to turn the city into what Oakland has become. The council liberals mean well but their policies are making San Leandro poorer, less safe, dirtier and crushing quality of life.

ity of life.

We need to rally around our new (moderate) mayor, attend council meetings, and make the silent majority’s voices heard. San Leandro needs more homeowners investing in their community, not more below-market-rate housing that brings down neighborhoods. The council has destroyed the reputation of the SLPD, making new hiring nearly impossible and very expensive while crime rules the streets with Pamela-Price impunity. Reasonable people, please speak up now.

Phillip Gallagher
San Leandro

**City Council Majority a
Wacky Clique**

Editor,

From the beginning, City Councilmember Azevedo has shown to be unqualified for the position. He’s shown total ignorance about the issues the council has to deal with. So he has joined the clique that has an agenda lined up with the Democratic Party program of political correctness and of wasting taxpayers’ money.

The clique is now composed

of Aguilar, Simon, Bowen and Reynes, who pick fights on social media, and has no consideration whatsoever about the opinion of the majority of San Leandroans.

They voted to pass the extension on the moratorium, in spite of a great majority of speakers opposing it. Azevedo joined them while making empty statements about his concerns about mom and pop renters.

I fought for years for rent control and I continue to support it, but I totally oppose the decision of this clique to continue to allow dishonest tenants to live in their homes at the expense of taxpayers. Hence the banks’ bankruptcy in California and New York, both run by Democrats. The city had been paying the rent for illegals; it also gave \$1.1 million to La Raza Centro Legal.

Azevedo’s wishy-washy character has been shown by withdrawing his wacky proposal to name the San Leandro Library after Bernard Ashcraft. None of this would prevent Azevedo from coming up with other wacky proposals, as long as the wacky clique has the majority.

Leo T. West
San Leandro

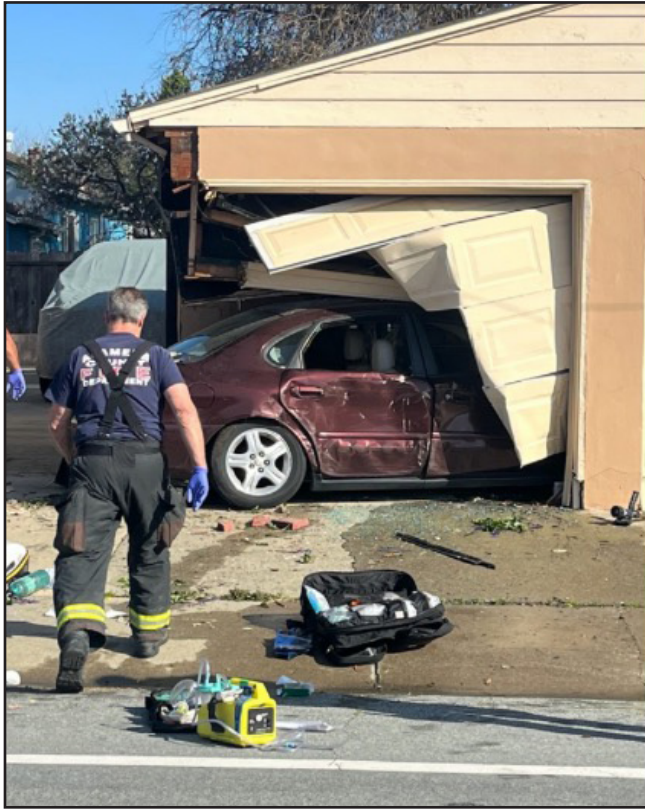


PHOTO COURTESY ALAMEDA COUNTY FIRE DEPARTMENT

Police and firefighters pulled the driver from the car.

Car Crashes into House On Edgemore Street

A car plowed into a house on Edgemore Street last Thursday morning after the driver apparently had a medical emergency.

Police and the fire department arrived and found the driver still inside the car that had smashed into the house on the 15100 block of Edgemore Street.

The driver was transported to a hospital for medical care, according to San Leandro police. No one else was injured, and the house was unoccupied at the time.

San Leandro police conducted further investigation and preliminary information leads them to believe the driver may have suffered a medical emergency before the collision.

The San Leandro Police Department requests any witnesses to the collision to contact Traffic Investigator Officer Daryl Pasut at 510-577-3208 or email DJPasut@sanleandro.org.

Purchase: Last count: 400 homeless in SL

continued from front page

resident and homeless advocate Catharine Ralph. "When we did our last homeless count, there were nearly 400 people in San Leandro. Housing for 30 people is great, and we want to get them started on the steps to getting the help they need. But this is only the beginning."

Funding the Nimitz Motel purchase still has some hurdles. In late February, the City Council Finance Committee approved up to \$3.2 million in one-time City General Fund surplus to fill the gap in funding needed to acquire the Nimitz Motel. If San Leandro is awarded Homekey grant funding, the city's one-time surplus funds for the gap funding may be reimbursed by Homekey.

The acquisition of the Nimitz Motel will not affect San Leandro's general fund balance unless the city is not awarded Project Homekey funding, according to Community Development Director Tom Liao.

Liao said the extension was necessary because the city was not awarded a Homekey 2.0 grant when it applied in the summer of 2022. The next opportunity to apply for state funding is expected later this month. To help with the process, San Leandro is partnering with new organizations and consulting firms that have Homekey experience.

"We learned a lot from that last go around," Liao said. "We expanded the team



The City of San Leandro will buy the Nimitz Motel on Lewelling Boulevard.

and are meeting regularly to figure out how to better our chances. We're currently working on our operating and legal agreements because Project Homekey will require us to be up and running in 8 to 12 months if their funding approval happens."

One new partner is Allied Housing, which manages the Mission Bell Apartments on Garcia Street in San Leandro. The city is also consulting with Andrew Hening, who has worked on five previous Homekey projects in Marin and Sonoma counties. Building Futures will continue to serve as the service provider for the navigation center, and

the Housing Consortium of the East Bay (HCEB) will provide property management services.

As for the next steps, Liao said he expects the state to start accepting Homekey applications this month. City staff is expected to present the project scope in early

April and update the proposed purchase budget. Later this summer, the City Council will consider using up to \$3.2 million in one-time City surplus General Funds as acquisition gap funding to purchase the motel. If all goes to plan, the purchase would be final by the end of August.

Castro Valley Orchestra to Perform

Castro Valley Orchestra will present a concert at Redwood Chapel Community Church, 19300 Redwood Road in Castro Valley, on Sunday, March 26, at 3:30 p.m. The orchestra will perform com-

positions by Mozart, Borodin, Lalo and Saint-Saens. Students from Holy Names College will appear with the orchestra. Admission is free and a reception will be held immediately after the concert.

Ends: County eviction moratorium to expire at the end of April

continued from front page

said Julie Yim of Supervisor Lena Tam's office afterward, summing up the board's actions. "Work is just beginning, working to create creative solutions to the problems we still have."

Supervisors at the meeting vowed to explore possible assistance to people facing eviction after the moratorium expired, but did not give details at the meeting.

Neither tenant groups nor landlords were pleased with actions taken, or not taken, at the meeting. Landlords and landlord groups had wanted an immediate end to the moratorium, while tenant groups had argued that protections were needed against the eviction wave they see as likely after the moratorium expires.

"It's a day when supervisors couldn't deliver on the most basic tenant protections," said Barisha Spriggs of Eden

Renters United.

She said Keith Carson, from District 1, was the only pro-tenant supervisor left on the board following two recent deaths and an election.

Former District 3 Supervisor Wilma Chan died in 2021, and her appointed successor Dave Brown did not run for re-election. Lena Tam won that seat.

District 2 Supervisor Richard Valle died last month and has not been replaced, leaving the board with only four members currently.

"I wouldn't call Supervisor Miley pro-tenant," Spriggs said of the supervisor representing Ashland and Cherryland as well as Castro Valley in District 4. Her group had also criticized Tam for taking campaign contributions from landlord groups.

Landlords speaking at the meeting spoke of exceptional hardship to them due to the

moratorium.

Chunchi Ma, a Fremont landlord, said, "Governor Newsom made a promise to all the housing providers here in California that every land owner or landlord who incurred a loss will be compensated 100 percent by the (rent assistance) program. That hasn't happened."

"Housing providers have struggled greatly during the moratorium," said Joshua Howard, with the California Apartment Association. "We appreciate your leadership in looking at ways to ensure that housing providers who did not get paid rent ... that we can make those housing providers whole."

Asked after the meeting how many tenants actually did not pay rent during the moratorium, Supervisor Carson said most in the unincorporated areas had continued to pay their rent, as far as he

knew. He suggested checking exact numbers with the county Community Development Agency. But that agency did not return calls for comment.

The board reversed itself, however, on three proposed tenant protection laws they had earlier passed. These would have required just cause for evictions in the unincorporated areas, along with fair chance, limiting how much information could be asked from prospective tenants, and setting up a rental registry to ensure laws were being followed.

The bill's required "first reading" passed 4-0 in December, with Supervisor David Haubert from District 1 abstaining. Before it could hold the required second reading, usually used for minor technical amendments, the board then lost two of those "yes" votes with Tam replacing Brown and with Valle's death.

Supervisor Keith Carson voted again in favor of the three ordinances at the Feb. 28 meeting, but abstentions from other supervisors killed the measures.

Nate Miley voted for the Fair Chance ordinance, but supervisors Haubert and Tam abstained, leaving it with only two votes given Valle's death. Miley, Haubert and Tam all abstained on the Just Cause and Rental Registry ordinances, leaving those with only a single "yes" vote when three

were required for passage.

Carson said the tenant protections are in place for the next two months, and the supervisors will look into redirecting remaining federal funds to assist tenants after that time.

"We're looking at us as a county finding out how different everything will be through the pandemic and post-pandemic, like most counties," Carson said. "The fabric of life may well have changed in every area."

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Screening: The screening has prevented many cancer cases

continued from front page

Colonoscopies examine the lower gastrointestinal (GI) tract with a scope, and endoscopy looks at the upper GI tract, also with a scope.

Kaiser partnered for both events with the medical nonprofit Operation Access, which arranges medical care for the poor through a number of Bay Area clinics and hospitals.

The disease is the fourth most common cancer in America, but the second deadliest, said Dr. Abhik Roy, Kaiser San Leandro gastroenterologist, in Friday's webinar. Fortunately, it's usually cur-

able if caught early, and there are several widely available screening methods that could save your life, he said.

The key to finding colorectal cancer early is that if it develops it's preceded by pre-cancerous lesions, or polyps, in the intestinal tract that take years to turn cancerous, Dr. Roy said. These can be removed before they become dangerous, during a colonoscopy and using the same scope.

Roy said that it's thought that about half of current colorectal cancer deaths could have been prevented if pa-

tients had been screened early on, and that the screening does prevent many deaths.

Starting at age 45, younger for some patients if a doctor advises, you should get checked once a year, usually using a less-invasive FIT test, Roy said. This involves simply sending a stool sample to a lab, and is painless. If anything abnormal is spotted, a colonoscopy is usually recommended by your doctor, Roy said.

Kaiser Permanente said that since they started sending annual FIT tests to most members, they have seen colon cancer deaths drop by

52 percent and colon cancer incidence drop by 26 percent.

Dr. Roy noted, though, that sometimes blood found in the stools can be caused by as common and non-lethal a condition as hemorrhoids, but it's best to check further.

Kaiser patient guidelines recommend getting a colonoscopy about every ten years, for a closer look inside the GI tract, or more often if your doctor recommends.

At the March 4 screening, patients had all been referred by community clinics, which had found concerning results in earlier tests.



Kaiser Permanente teamed up with volunteers from the nonprofit Operation Access to provide 12 free colonoscopies or endoscopies for uninsured patients. Shown here are, from left to right, are Melinda Ding, RN, sedation Nurse; Nimfa Wroblewski, RN, also a sedation nurse, and Dr. Kiran Nandamuri, gastroenterologist.

"This isn't a singular event for us – operation Access does about 50 events like this a year, throughout the Bay Area," said Angelica Gutierrez, program manager with Operation Access. "We partner with organizations other than Kaiser as well."

One of the patients getting a procedure Saturday was Cesareo Carrillo Carmona, a farmworker from Linden in San Joaquin County who also took part in Friday's webinar. Operation Access had arranged a colonoscopy for him two years ago, he said, and he had recently gone to a clinic for a different medical problem. The doctor found some blood in his GI tract and recommended he repeat the colonoscopy.

Carmona was grateful to Operation Access and Kaiser for the care, as he lacks regular medical insurance and is exposed to various risks on the job and in the traditional diet of his community.

Carmona was optimistic

about the procedure the next day. "I'm in God's hands, and Dr. Roy's hands," he said through an interpreter.

Dr. Roy said there are a number of things people can do, other than screenings, to lessen their chances of getting colorectal cancer. Genetics do play some role, so if there's a family history of cancer and especially colorectal cancer, one should be especially vigilant against the disease. That's also true if you're Native American or Black, as members of those two groups are a bit more likely to be diagnosed with the cancer.

Everybody, though, should take other precautions as well, Dr. Roy said. Control weight, don't smoke, and try to cut down on red meats, processed foods and food additives, all of which are thought make inflammation more likely.

"All of the things you would do to keep the rest of your body healthy will keep your colon healthy as well,"

Dr. Roy said.

Open: Public invited

continued from page 10

tive practice at drop-in Q&A at 8:30 a.m. Saturday mornings, followed by prayer at 9 a.m. Visit fumcsl.org for times and Zoom links for all programs.

And, the public is invited to walk the courtyard labyrinth during daylight hours.

For more information, contact pastor@fumcsl.org or joyce-dow@comcast.net.

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