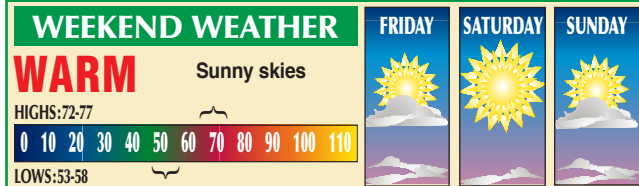


# MEMORIAL DAY

MONDAY, MAY 25TH

5



# San Leandro Times

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

VOL. 30 • NO. 21

THURSDAY, MAY 21, 2020

SAN LEANDRO • CALIFORNIA



PHOTO COURTESY OF CATHY BRESLOW/BRESLOW IMAGING

## A Salute to Hospital Workers

The Alameda County Fire Department organized a parade to celebrate the staff at Eden Hospital on National Hospital Day last Thursday.

A huge crowd of masked, cheering and waving healthcare workers were joined by members of the Castro Valley/Eden Area Chamber of Commerce, Castro Valley Rotary, CV Matters, and a number of

first-responder agencies, many displaying large signs of support.

The afternoon parade consisted of fire trucks, horses from the East Bay Regional Park District, motorcycles from the California Highway Patrol, Falck ambulances, and support from the Alameda County Sheriff and the Castro Valley Sanitary District. East Bay Regional Parks provided a helicopter flyover.

The event also marked the grand finale of #FeedEden, a community-supported effort to feed the healthcare workers at Eden Medical Center during the early days of the coronavirus pandemic.

In addition to supporting all healthcare workers, the parade acknowledged the effort by all Class of 2020 grads who had an unimaginably different senior year.

## Stage 2 Starts: Curbside Retail Allowed Open

By Michael Singer  
San Leandro Times

Alameda County is open for business—at least in front of your favorite store—as the Bay Area enters its next phase in reducing restrictions imposed by the coronavirus pandemic.

Public Health Department officials issued an order for so-called Early Stage 2 this past Monday, allowing customers to walk up to a retail store to pick up pre-ordered goods.

Workers that support retail are also allowed to return to their manufacturing and warehouse jobs. The announcement does not open the door to other office workplaces, malls, and dine-in restaurants. Schools are expected to remain closed for the time being.

The announcement comes one week after officials relaxed restrictions for outdoor activities like golf and businesses such as construction and landscaping.

### Shelter in Place Still in Effect

The three-month-old shelter-in-place order is still in effect and health officials stress that people should stay home as much as possible, wear face coverings when outside their homes, and maintain a distance of six feet or more from anyone outside their household.

“To meet our collective responsibility to safeguard our communities and manage this pandemic in the long run, we have to move slowly and incrementally,” said Colleen Chawla, director of the Alameda County

Health Care Services Agency. “We know we will see more cases as restrictions are loosened. To prevent large spikes in hospital—see STAGE 2, page 12

## Deputies Shoot and Kill Murder Suspect

A man who police said was a suspect in a murder in Oakland was shot and killed Friday in unincorporated San Leandro by Alameda County Sheriff’s deputies.

Deputies were called just before noon at the Valley Inn Motel at 17130 Foothill Blvd to assist Oakland police who were trying to make an arrest of a murder suspect. Deputies told the man they had a warrant for his arrest but the man refused to comply and used furniture to barricade himself in the second-floor motel room, according to the sheriff’s department.

During the standoff, the suspect tried to break through a wall into an adjoining room at the motel, police said.

At about 4:30 p.m., the man came out waving a firearm and see SHOOT, page 12

## L.A. Explosion Similar to San Leandro’s

The explosion that injured a dozen Los Angeles firefighters on Saturday happened at a hash oil manufacturer, the same type of operation that blew the roof off a building in San Leandro on May 7.

Los Angeles firefighters ran for their lives as a ball of flame shot out the building and scorched a fire truck across the street, according to news reports.

Witnesses reported seeing firefighters running from the building with their protective equipment on fire. A significant explosion shook the neighborhood, Los Angeles Fire Department Captain Erik Scott reportedly said.

The firefighters injuries ranged from minor to serious.

All are expected to survive.

One of the firefighters inside thought it seemed unusual when heat and pressure continued to increase from the rear of the building. Firefighters were told to evacuate just before the explosion, a move that possibly saved firefighters’ lives.

The building was used for a volatile extraction process, using butane, to extract the chemical THC out of marijuana. The product it creates is a highly potent hash oil used in vape pens, edibles and other products. The company that runs the facility, SmokeTokes, is an international distributor.

The same type of facility, using the volatile extraction process, blew the roof off the

building on Timothy Street in San Leandro on May 7. That manufacturer also used butane in its extraction process to create hash oil.

But the San Leandro facility was not yet permitted to operate. It has yet to get the required permits from the city and state.

see EXPLOSION, page 4

## Park District Gears Up For Wildfires

By Ned MacKay  
Special to the Times

Because long-range forecasts predict dry weather, East Bay Regional Park District’s fire department is gearing up for a potentially dangerous fire season.

Fire Chief Aileen Theile cited two factors: Weather forecasters are predicting more frequent, dry

offshore breezes. And although this was a relatively dry winter, some late spring rains stimulated more growth by already tall grasses.

Firefighters used to think in terms of a fire season, but with climate change, the fire season is now virtually year round.

see WILDFIRES, page 4

## INSIDE YOUR TIMES

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## MEETING SCHEDULES

### CITY COUNCIL

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

### SAN LEANDRO SCHOOL BOARD

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



## PETS OF THE WEEK



Mae



Mickey Blue Eyes

The Pets of the Week at the Hayward Animal Shelter are Mae the cat and Mickey Blue Eyes the cat.

Mae is a lovely 2-year-old gal who arrived at the shelter a bit skeptical of people. But with a little TLC, she's warming up to the idea of human companionship and enjoys head scratches and soft, comfy beds.

Mickey Blue Eyes is a very friendly 3-year-old with stunning blue eyes who is recovering from a bit of bad luck. He got scabies, an easily treatable condition that made his fur fall out. Now treated, it's already growing back. For more information on Mae or Mickey Blue Eyes, call the Hayward Animal Shelter at 510-293-7200.

### SL Demo Club to Meet on Zoom this Month

The SL Democratic Club will have a Zoom meeting on Thursday, May 28 at 6:30 p.m.

To get the link, email club president Melissa West at mwest.ude@hotmail.com."



Roberta Bliss, Piedmont Chapter Regent; Beverly Mayne, Piedmont Chapter Good Citizens Committee Chair; Kari Isaac (Rebecca's Mom), Rebecca Issac (Piedmont recipient), Kathleen Quiroz (Mollie's Mom), Mollie Quiroz (Redwood Christian recipient), Mariana Barcenas (San Leandro recipient), Kayla Hankins (Bishop O'Dowd recipient), Tera Hankins (Kayla's Mom).

## SLHS Senior Among Four To Win DAR Scholarships

The Piedmont Chapter National Society Daughters of the Revolution (NSDAR) met in

January to award scholarships to four outstanding seniors from four local high schools, including a student from San Leandro.

The candidates for the NSDAR Good Citizen Awards were: Kayla Simone Hankins, daughter of Bervin and Tera Hankins, of Bishop O'Dowd High School; Mollie Quiroz, daughter of Maurice and Kathleen Quiroz, of Redwood Christian School; Rebecca Isaac, daughter of Mario Sandler and Kari Isaac, of Piedmont High School; and Mariana Barcenas, daughter of Fidel and Lucina Barcenas, of San Leandro High School.

The candidates were nominated by their school's staff for their dependability, consideration of others, leadership, patriotism

and other good qualities.

All four candidates competed in the scholarship contest and received scholarships. The winning entry was Kayla Simone Hankins who received an extra scholarship.

In the contest, the students were asked to describe how they tried to manifest the qualities of a good citizen. In the essay part of the contest, the students had to write an essay, without reference material, to a question that was given to them in a sealed envelope.

The question they faced after opening the envelope was: "You and your peers are our nation's leaders of tomorrow. How would you energize America's Youth to fully engage as effective citizens?"

### Library Accepting Drop Offs

The book drop-off bins at the San Leandro Main Library, 300 Estudillo Ave., will be temporarily open this week between Wednesday, May 20, at 9 a.m. and

Friday, May 22, at 9 a.m.

If you have library material, there is no hurry. The due dates have been extended until Saturday, June 13.

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## San Leandro Times

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# Work Resumes on Remodeling Boys & Girls Club



PHOTO COURTESY OF THE SAN LEANDRO BOYS &amp; GIRLS CLUB

Construction work that was shut down on March 16 has started again.

The ten million dollar renovation of the Boys & Girls Club facility on Marina Blvd. was forced to shut down as of March 16 due to the Covid-19 shelter in place order.

With construction projects now being allowed to resume, work began again on Friday, May 8, all the while following the latest safety guidelines for construction sites, according to Bob Glotch, executive director of the San Leandro Boys & Girls Club.

All of the internal demolition is complete and within a couple of weeks, framing for the new configuration of program space will begin, Glotch said. The newly renovated facility will feature a Teen Technology Center (funded primarily by Best Buy), Teen lounge, Art Studio, Music Studio, upgraded gymnasium,

new kitchen and multiple areas for breakout programs.

"There will not be one square inch of the old facility that isn't going to be touched by this project. The new facility is going to be stunning," Glotch said.

Although the project is now about two months behind schedule due to the pandemic emergency closure, the club still hopes to be able to reopen by the end of this year or early 2021, Glotch said.

The club's daily after-school programs on San Leandro and San Lorenzo school sites also had to stop on March 16 due to COVID-19. The club is now working with local officials and the two school district partners regarding future reopening of its programs and services while following all the safety protocols established by local and state

governments.

While our sites are closed physically, the club remains committed to supporting our youth and families in this time of need, Glotch said.

The club is working to develop a "Virtual Clubhouse" to provide virtual at-home learning activities to keep youth active and engaged. Staff is developing lesson plans, and outlining a calendar of multiple activities for the coming months. A "Virtual Clubhouse" tab on the Boys & Girls Club website, bgcsl.org, will be launched in a couple of weeks.

The Boys & Girls Club of San Leandro wishes the community good health and safety, and is looking forward to the day when they can once again provide daily, impactful programs for kids and families face to face, Glotch said.

## Eden Health District Funds Covid-19 Testing in Hayward

The Hayward COVID-19 Test Center on the Cal State campus was assured of remaining in operation through the end of this month after Eden Health District transferred \$250,000 to

the City of Hayward to sustain its operation.

Eden Health CEO Mark Friedman says the district will consider additional funding to extend testing operations through

June if necessary.

A new partnership between Hayward, Cal State, and the nonprofit La Familia organization was also announced last week. La Familia will employ specifically

trained health workers to begin collecting test samples at the center and will be supported by recent graduates of the Cal State nursing program.

Launched on March 23 at Fire Station No. 7 in South Hayward and relocated to Cal State on April 14, the center and Hayward mobile teams have provided COVID-19 testing of more than 6,700 people.

Of those tested, 712 were found to be infected with the coronavirus that causes COVID-19, an infection rate for those tested of under 11 percent, lab results show.

The center, the first of its kind in the nation, is located on Lot A on the Cal State East Bay campus. It is open from 9 a.m. to 6 p.m. weekdays, though it may close earlier if the available number of tests for the day has been exhausted.



PHOTO COURTESY EDEN HEALTH DISTRICT

Hayward Deputy Fire Chief Scott Anderson answers questions from (left to right) Eden Health District directors Mariellen Faria, Pam Russo and Roxann Lewis on procedures at the Hayward Testing Center.

Testing at the center is free and available to anyone regardless of where they live or immigration status. To be tested, individuals generally must have a fever over 100 degrees or other COVID-19 symptoms.

Health-care workers and first responders can make advance ap-

pointments for testing by calling Hayward's COVID-19 hotline at 510-583-4949.

Currently, the center is testing 200 to 300 people a day and it accounts for the largest single share of coronavirus testing in Alameda County on a daily basis.

## Russo Named to Eden Health Board

The Eden Health District board of directors appointed Pam Russo as a director.

Ms. Russo was sworn into office on April 15 to fill a vacancy on the five-member board due to the resignation of Megan Lynch, who resigned her position in advance of attending medical school.

By taking Lynch's seat on the board, Russo will be up for election in November.

Russo is a registered nurse with 35 years in healthcare. She worked at St. Rose Hospital, in all clinical areas of the Hayward facility. During her last 15 years as an administrator at St. Rose, Russo oversaw the fundraising arm of the hospital, government affairs, marketing and project management work.

Russo currently serves as the Executive Director of Hayward Area Recreation & Park District (H.A.R.D.) Foundation. She has been actively involved in the development and build out of Mia's



Pam Russo

Dream Come True Playground in South Hayward, an all-inclusive

park designed for children with special needs. Russo is also on the board of directors of the Hayward Chamber of Commerce, and a member of the Hayward Rotary Club.

Russo is a longtime resident of Castro Valley, and volunteers throughout the Eden Area in multiple communities.

"I've spent most of my professional life in healthcare and am excited for this opportunity to serve the public. I know the importance of being able to respond to critical situations while staying in touch with people and their health needs," Russo said.



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*"Understanding the Care Needs of Aging Loved Ones"*



# Question Mark Sculpture Already Has People Talking

By Jim Knowles  
San Leandro Times

The San Leandro City Council sounded aware that approving a \$135,000 art piece at its May 4 meeting would be controversial with all that's going on right now.

But as Yoko Ono said: Controversy is part of the nature of art and creativity.

The council unanimously approved the piece, a 15-foot-tall bronze question mark that will be installed at the Main Library.

City Manager Jeff Kay began the discussion in the online council meeting by pointing out that the money had already been appropriated before the coronavirus emergency began.

Later in the meeting, Mayor Pauline Cutter said she had heard "a lot of community input" about the piece.

Cutter puts things as mildly as humanly possible, so when she says community input you can only imagine what the comments might have been.

The money for the sculpture was already appropriated before the coronavirus emergency, Cutter reiterated. The council went ahead with the vote, aware that there would be some controversy.

But as Councilman Pete Ballew mentioned, art is controversial.

The big question mark has already drawn controversy on social media. And even Cutter said that she thought the question mark might "look like we don't even know what the name of our own building is."

But Cutter added that she liked the sculpture, as did the rest of the council members and public speakers. Although some

council members had a few changes they would like.

Artist Mildred Howard talked of how the library was a place she could go since she was a little girl where she could search for answers to her questions.

Especially at this time in our history, questioning has never been more important, Howard said.

"The local library was one place where I felt free to bring all my inquiries about the complex world around me," Howard said in her written statement about the art piece.

The question mark, Howard said, serves as a beacon to the intellectually curious of all ages.

Howard patiently answered a number of questions at the meeting.

Councilman Pete Ballew said the sculpture should be backlit to

make it "pop."

Councilwoman Deborah Cox wondered if it could be a "stand alone" work, out in the courtyard, rather than on the wall. But Howard said that wouldn't be possible since a question mark is two pieces.

Councilwoman Corina Lopez said that there are 50 different languages spoken in San Leandro, so that should be reflected in the poem that goes with the piece.

Cutter said that the sculpture might work better in a different location, instead of by the front door. She told Howard that the assistant city manager would be in touch with her about how to proceed with the project.

Howard said she understood because public art is a collaborative effort, open to a variety of views and suggestions.



A rendering shows how the sculpture might look at the main library.

## Wildfires: Crew thins vegetation between parks and neighborhoods

continued from front page

To combat fires, Chief Theile leads 16 full-time firefighters and some 34 on-call staff – district employees with other primary occupations, but who are also fully trained firefighters available when needed.

A new and important component of the fire department is an 8-member fuel reduction crew. This crew works throughout the year to enhance fire safety by clearing brush away from trails, trimming trees to remove ladder fuels, and piling the resulting vegetation for disposal by burning "strategically and where appropriate," as Chief Theile said. They fight wildfires too, when needed.

The fuel reduction crew also works on the district's fuel break in the East Bay hills – a zone

of thinned vegetation between regional parklands and adjacent residential neighborhoods that extends from Richmond to Castro Valley.

The fuel break serves two purposes: slowing the spread of fire between open space and adjacent neighborhoods, and providing firefighters with a place to make a stand.

Fire headquarters are at Station 1 in Tilden Regional Park near Berkeley. Seven other stations throughout the district are staffed as circumstances demand. All have engines and other equipment in place.

A dispatch center operates 24 hours per day in support of the district's firefighters and police. During a fire, the district's two police helicopters serve as observation platforms to determine

**"We ask people to take a hard look at fire safety in their own backyards."**

— East Bay Regional Park District Fire Chief Aileen Theile

fire location and speed, and best access for ground crews. The helicopters are equipped with Bambi buckets to fight fire from above with 250-gallon water drops.

Besides its own personnel and equipment, the park district has mutual aid agreements with CAL FIRE, the California Office of Emergency Services, and every fire department within Alameda and Contra Costa Counties. This enables rapid response to emergencies both within and outside the parklands.

Of course the coronavirus pandemic has dominated the news in recent times. Chief Theile noted that it was easier for the firefighters to observe the new protocols, because they are accustomed to wearing protective gear.

Additional safety measures include assigning separate crews to each engine, allowing only assigned personnel in the stations, and designating one firefighter to approach and assess a victim in an emergency situation, be-

fore committing the entire crew. Post-incident decontamination is accomplished as appropriate.

There are major ways in which the public can help the district reduce fire hazards. It should be noted that no smoking, including vaping, is permitted in the regional parks. And during any emergency, park visitors need to cooperate with all instructions from firefighters, police or park rangers.

If you see a fire while in a park, call 911, report the fire's location, size and direction of burn if possible, then leave immediately.

Beyond that, Theile said, "We ask people to take a hard

look at fire safety in their own backyards."

"It's not just one neighbor doing it, but the entire neighborhood," she added.

"Thirty feet of lean, clean and green" is the motto. This means reducing the fuel load by mowing. Beyond 30 feet there should also be thinner vegetation. Information on defensible space is available at the CAL FIRE website, fire.ca.gov.

It's also important to have an evacuation plan in case of an approaching fire. "Don't wait to be told," Theile said, "And don't block the road so that fire engines can't get in. Be informed and be prepared."

## Explosion: Volatile cannabis manufacturing

continued from front page

The San Leandro City Council voted to allow cannabis manufacturing in 2017. Two manufacturers are operating using a non-volatile process. The building that blew up in San Leandro was occupied by a company applying for permits to operate a volatile extraction process that uses butane.

The company, Bizpie Inc. of Belmont, was on the agenda for that night, May 7, for a hearing

to seek approval for its manufacturing facility before the Board of Zoning Adjustments.

The owner requested a continuation of the hearing, which was granted. The request has been moved to the June meeting of the Board of Zoning Adjustments.

The other firm that had a hearing on the Board of Zoning Adjustments at its May 7 meeting was ASHA Pharmaceuticals. It requested a continuance to the next meeting on June 4 at 7 p.m.

### LONE TREE CEMETERY'S 117TH MEMORIAL DAY OBSERVANCE MAY 25TH, 2020

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## LIFESTYLE

## A Different Sort of Memorial Day Weekend



While Memorial Day is a time we remember our men and women in uniform and those who have given the ultimate sacrifice to protect our country, the long holiday weekend is typically a time for short trips, picnics, or to gather with friends and neighbors to mark the unofficial start of summer.

Things are going to look a bit different this year, with many celebrations downsized to small backyard family affairs.

Because it's been awhile since most of us have fired up our grills, here are some reminders.

Always grill foods on a clean, oiled rack. Preheat the barbecue with the rack in place. Once the rack is very hot, use a metal brush to scrape the rack clean. Then wipe off the rack with an old towel dipped in cooking oil.

Always place foods to be grilled on a hot rack.

Direct and indirect cooking are the two ways to grill food properly. The direct method, similar to broiling, means the food is cooked directly over the heat source. For even cooking, food should be turned, with tongs, once halfway through the grilling time.

The indirect, covered method is similar to roasting, but with the added benefits of that grilled texture, flavor and appearance.

Always cook burgers to 160°F, turning occasionally with a spatula, but no pressing!

For steaks, cook to 145°F for medium rare, 160°F for medium doneness; for chicken, 180°F.

## WESTERN GRILLED STEAKS

2 pounds boneless beef chuck shoulder steaks or top round steaks, cut 1-inch thick

*Barbecue Sauce:*

1 cup ketchup  
1/2 cup cider vinegar  
1/2 cup water  
3 tablespoons packed brown sugar  
1 tablespoon Worcestershire sauce  
1 teaspoon hot pepper sauce

In a small saucepan, combine all sauce ingredients; bring to boil. Reduce heat; simmer 10 minutes. Reserve 1/2 cup sauce for brushing on steaks while grilling; cover and refrigerate. Cool remaining sauce for marinade.

Place beef steaks and marinade in plastic bag; turn to coat. Close bag securely; marinate in refrigerator 6 hours or overnight, turning occasionally.

Remove beef from marinade;

discard marinade. Place beef on hot grid over medium ash-covered coals. Grill chuck shoulder steaks 14 to 19 minutes (top round steaks 14 to 18 minutes) for medium-rare to medium doneness, turning once. Brush both sides of steaks with reserved sauce during last 5 to 6 minutes of grilling.

Trim fat from steaks; carve meat into thin slices. Makes six servings.

## GRILLED HAMBURGERS

1 pound ground beef  
1/2 cup minced onion  
2 garlic cloves, pressed  
Steak seasoning or Worcestershire sauce  
2 avocados  
1 red onion, sliced thin  
1 jar roasted red peppers  
6 large onion rolls

Mix together ground beef, minced onion and pressed garlic. Pat into patties and sprinkle with steak seasoning.

Grill to your liking, turning several times to lock in juices. Place

hamburger patties on an onion roll and top with red onion, lots of roasted red peppers, and avocado slices. Makes 6 burgers.

## BBQ CHICKEN

5 to 6 pounds assorted frying chicken pieces  
1/4 cup olive oil  
Salt and freshly-ground pepper  
Barbecue Sauce

Prepare grill for indirect cooking and position grilling rack 4 to 6 inches from heat.

Rub chicken pieces with oil and sprinkle them with salt and pepper. For the initial browning, place the chicken pieces, skin-side-down, directly over the hot coals (you will move them later for indirect cooking). Turn frequently for about 10 minutes until browned on both sides. Have a spray bottle of water at hand to douse flare-ups.

Move chicken to another part of the grill so the pieces are no longer

directly over the fire (although they may overlap slightly).

Cover the grill, with vents open halfway, and cook for 10 minutes.

Turn and cook, covered, 5 minutes more. Brush generously with sauce, cover, cook a final 5 minutes. Pass the remaining sauce around the table.

## MEMORIAL DAY POTATO SALAD

9 cups cubed, cooked, unpeeled red potatoes  
2 cups chopped celery  
1 cup mayonnaise  
2 tablespoons prepared mustard  
1/2 cup finely minced onions  
1/2 cup sweet pickle relish  
6 hard-cooked eggs, chopped  
Salt, pepper  
Paprika  
2 hard-cooked eggs, sliced

Combine potatoes, celery, mayonnaise, mustard, onion and pickle



Originally known as Decoration Day, Memorial Day was established in 1868 to commemorate the dead from the long and bloody war between the North and the South.

Over the years it came to serve as a day to remember all U.S. men and women killed or missing-in-action in all wars.

The National Holiday Act of 1971 set the date as the last Monday in May.

relish in large bowl. Toss to mix well. Gently toss in chopped hard-cooked eggs. Season to taste with salt and pepper.

Cover and chill until serving time. Adjust seasonings to taste. Garnish with paprika and sliced hard-cooked eggs.

*Variation:* For crunch and color, stir in any of following: 1 bunch red radish, thinly sliced; 1 cup broccoli florets or 1 cup lightly blanched diced, peeled carrots.

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## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Times

GUEST COMMENTARY



## Market Shifting as Anticipated Removal of SIP Inches Closer

**L**istening to media reports, we have all heard that 2020 home sales are down from previous levels. While true, that is only half the story.

We began 2020 with record low inventory consequently made worse by the COVID-19 crisis. In reality, the number of sales are down because of drastic reductions in the actual number of available properties.

Truth be told, 2020 home sales have been keeping pace with available inventory. Average days on the market are low and prices remain steady.

There also appears to be good news on the horizon: as we inch closer to June and the anticipated reduction of Shelter-In-Place restrictions, we are seeing an increase in the number of homes being prepared to hit the market.

This is good news for buyers who have not only

been frustrated with the lack of available homes, but have chafed under the viewing restrictions placed on the ones currently available.

All of which brings up a few questions:

If a flood of new listings hits the market in June, how will that impact pricing?

If numerous properties hit all at once, we could see a downward deflection in pricing. It is difficult to say, because we still have a large pool of active buyers in the region and, even with the extreme limits placed on access, interest has been high with multiple offers in some neighborhoods.

A more plausible scenario might be a stabilization in prices with fewer multiple offers.

When will we be able to do open houses again?

At this time, there is no foreseeable return to open houses as we have known them. Social distancing protocols will be in place for a long time to come and ongoing concerns about safety in homes with numerous visitors will effectively curtail open houses. Listing agents are gearing up with 3D tours and virtual open houses, and it is now possible to arrange private tours.

Normally, the best time to sell is in the spring – how has COVID-19 impacted market timing?

We honestly have no idea. It is a brave new world and everyone is feeling their way

a day, a week and a month at a time. Everything has changed: schools, businesses, stores, restaurants and more are all trying to figure out how they will function going forward.

We will continue to post information as we get more clarity, in the meantime, stay safe.

*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.*

## 24007 Janssen Court • Hayward • \$639,000



You will love this light-filled and spacious townhome with scenic views of the bay and surrounding greenery.

This 3-Bedroom, 2.5 Bath home, 1914 sq. ft., features vaulted ceilings, a master bedroom suite, new interior paint and new flooring. The living room includes a cozy fireplace and wet bar that is great for entertaining. For those who want walkability to shops, restaurants, and the movies, it's just a short walk to the heart of downtown Hayward. Great location for commuters with BART within a mile and, for those who work or attend there, Cal State East Bay less than a mile away. Virtual tour: [https://youriguide.com/24007\\_janssen\\_ct\\_hayward\\_ca](https://youriguide.com/24007_janssen_ct_hayward_ca) For more information contact The Lovewell Team, of Re/Max Accord, at (510)351-5555. (DRE #00689931, #01912817, #01947503)



## Wash Off Salt Before Putting Peanut Husks in Soil

By Buzz Bertolero  
Special to the Times

**Q** How do I keep snails off of my plants?

**A** Snails are a permanent part of our landscape. Your chances of eliminating them from any garden is nil.

They pose their biggest threat in the spring from the moist conditions and all the new seedlings or transplants being planted. Snails feed at night on herbaceous plants rather than on woody ornamentals.

As the sun comes up, snails hide in cool, dark areas. They also hide in the canopy of some ornamentals like citrus, camellias, grass plants, and others. Irrigated ground covers are perfect breeding areas.

Each adult snail lays less than a hundred eggs. A young snail takes four-month to two years to mature depending on the availability of food and moisture. Because of our climatic conditions, it's sooner rather

than later.

After the rainy season concludes, an adult snail will retract into its shell when conditions become dry. They close off the opening with a mucus seal that hardens. Snails can remain dormant in this condition for up to four years. They're a year-round problem where there is a strong marine influence than in the dry inland areas during the summer months.

Irrigating in the evening hours can contribute to their activity.

We control snails with a variety of organic and nonorganic methods. Hand-picking, stale beer, and copper tape are some of the organic controls.

Liquid and granular snail baits are widely used and with a few exceptions have metaldehyde as the active ingredient. Sluggo by Monterey Lawn and Garden is a non-metaldehyde based snail bait. It's safe around all two and four-legged animals as well as it's safe to use around edibles.

The nursery professional at



your favorite garden center is an excellent resource to discuss the snail control strategies for your yard.

**Q** Perhaps it's a silly question but is there any truth that one can add sunflower seed shells or peanut husks to the soil? What do you think?

**A** There are no silly questions, but some are more unique than others.

Sure, why not add sunflower and peanut shells to the soil. We have found a use for eggshells, haven't we? They are just as good a source of organic matter as the more traditional

soil amendments. I'd wash the shells first to minimize or remove any salt residue. This assumes that the peanuts and sunflowers were salted. It's the salt that poses the biggest risk to plants.

Placing the shells in a bucket of water and rinsing them a couple of times should do the trick. Also, I'd crush the shells, as the smaller particles will decompose quicker than larger ones.

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



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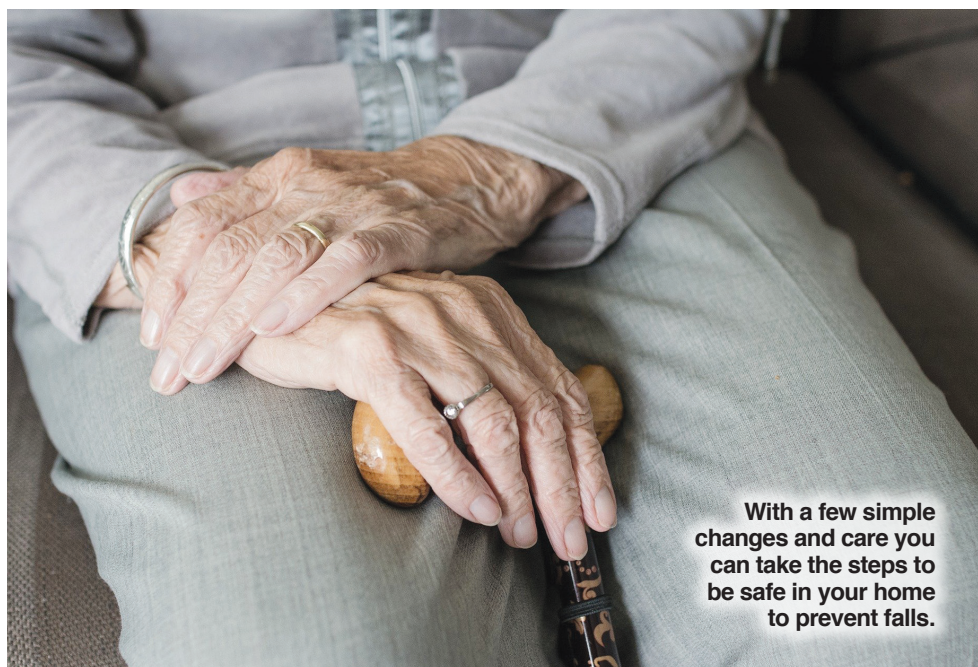
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# SENIORS



With a few simple changes and care you can take the steps to be safe in your home to prevent falls.

## Fall Prevention is Even More Necessary During Lockdown

By Pamela Stoker  
Special to the Times

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

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

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

### • Home Safety

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

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

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

toilet.

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

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

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

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

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

### Exercise

Remember that exercise is

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

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

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

Pamela Stoker, MA is the Trauma Injury Prevention Specialist at Sutter Health and Eden Medical Center.

## The Coronavirus Pandemic and Your Estate Planning Documents

*Q: My wife and I signed our estate planning documents quite some time ago. In view of the current COVID-19 Pandemic, we wonder whether there are any revisions we should consider?*

By Gene L. Osofsky, Esq.  
Special to the Times

A: Excellent question. The short answer is, "Yes." Here are some specific suggestions relating to some important estate planning documents which you probably signed:

• **Durable Power Of Attorney:** As you know, a Durable Power Of Attorney ("DPOA") allows you to nominate an Agent who will act for you in managing your financial affairs if you become unable to do so, yourself.

Many of these documents are what we call "springing" DPOA's, in that they only "spring to life" if you lose capacity. Your loss of capacity would typically be certified by one, or possibly two, examining physician(s).

In the current chaotic environment of the COVID-19 Pandemic, getting letters from physicians may be difficult. Consider changing your DPOA so that you designate your Agent to have immediate powers, as this will eliminate the need for doctors' letters.

**Note:** Just because you designate your Agent to have immediate powers does not mean that you have surrendered yours. It is like having two sets of car keys to the same automobile. Each of

you would retain powers. Obviously, you would only do this if you have total trust in your designated agent.

• **Trust:** You might consider something similar if you have a Trust and have nominated a successor Trustee to take over upon your incapacity.

Instead, consider elevating the Successor to the status of a Co-Trustee, with recitals that trust affairs can be managed by either one of you.

• **Advance Health Care Directive:** An Advance Health Care Directive ("Directive") appoints a Health Care Agent to speak for you in regard to medical treatment in the event you are unable to do so, yourself.

Usually your Agent would meet personally with your physicians to convey your wishes, especially in a critical care situation. However, in the current environment, meeting personally may not always be possible, especially if you were in a hospital setting, and even more so if you contracted the Corona Virus and were in quarantine.

Consider authorizing your Agent to communicate with your doctors by electronic communication, video, or other alternate means of communication, as an alternative to a personal meeting, so that your wishes can still be honored.

You might also express your wishes about being intubated

and connected to a ventilator to save your life. There is growing concern that being on a ventilator may result in lasting disability for the patient, even if he or she recovers from the virus.

**POLST:** Many patients, especially if they are in a hospital or critical care setting, have signed a "Physician Order for Life-Sustaining Treatment" (POLST), a two-way statement between you and your doctor which expresses your wishes on end-of-life care.

Unlike the health directive, it carries the weight of a Physician's Order, and usually is prominently positioned in your medical file on bright pink paper so that it can be easily retrieved.

Studies indicate that these Physician's Orders are generally honored more frequently than wishes stated in a Health Directive. Importantly, many POLSTs contain prohibitions on intubation, and this may be the very thing that a doctor might prescribe if you contracted the virus, especially if you need to go on a ventilator.

Discuss changes as appropriate with your doctor and then sign a new POLST.

Consider these changes now and chances are that you and your wife will feel much better about your preparedness.

Gene L. Osofsky is an estate planning and elder law attorney in Hayward. Visit his website at [www.LawyerForSeniors.com](http://www.LawyerForSeniors.com)

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## HSS Funding Covid-19 Tests At Local Health Centers

The U.S. Department of Health and Human Services (HHS) awarded \$97 million to 179 health centers in California, to expand COVID-19 testing.

Across the nation, nearly \$583 million was awarded to 1,385 HRSA-funded health centers in all 50 states, the District of Columbia, and eight U.S. territories to support their testing capacity.

The funding awards include \$142,000 to the Davis Street Community Center of San Leandro, 142,000 to Children's Hospital of Oakland, \$261,000 to Alameda County, \$522,000 to the Tiburcio Vazquez Health Center in Union City, and \$489,000 to the Tri-City Health Center in Fremont.

The funding was issued through the Health Resources and Services Administration (HRSA).

HRSA-funded health centers will use this funding to expand the range of testing and

testing-related activities to best address the needs of their local communities, including the purchase of personal protective equipment; training for staff, outreach, procurement and administration of tests; laboratory services; notifying identified contacts of infected health center patients of their exposure to COVID-19; and the expansion of walk-up or drive-up testing capabilities.

Nearly 88 percent of HRSA-funded health centers report testing patients, with more than 65 percent offering walk-up or drive-up testing. Health centers are currently providing more than 100,000 weekly COVID-19 tests in their local communities.

The funding for health centers is part of the Paycheck Protection Program and Health Care Enhancement Act, signed into law by President Trump on April 24. The legislation provides funding for small businesses and

individuals financially affected by COVID-19, additional funding for hospitals and healthcare providers, and increased testing capabilities to help track the spread and impact of the coronavirus.

This new funding will expand the work health centers are doing to test Americans for COVID-19, said HHS Secretary Alex Azar. Widespread testing is a critical step in reopening America, and because health centers can help notify contacts of patients who test positive, they will continue playing an important role in cooperating with state and local public health departments.

"Health centers are a first line of defense, as they are testing for coronavirus and delivering high-quality primary care to our nation's most vulnerable populations," said HRSA Administrator Tom Engels. "In the fight against COVID-19, we must marshal all of our resources to keep Americans healthy."

## Hayward Historical Society Looking For Images to Document Pandemic

Life during COVID-19 has already started to make history. Daily experiences of shelter-in-place are sure to be mentioned in history books for years to come.

The Hayward Area Historical Society (HAHS) is currently seeking contributions through its "Five Item Challenge" to document this experience.

Residents of the local area are asked to fill out a survey and supply five images that best represent their lives as they are right now during the shelter-in-place order.

The images and responses may be used in a future exhibition to illustrate this historic time. To participate, please visit: [bit.ly/HAHS5ItemChallenge](https://bit.ly/HAHS5ItemChallenge).

The Historical Society has also developed online local history sources for residents of all ages. The mini-exhibitions and topical articles feature a wide variety of information about the Hayward area.

In some cases, additional educational resources for students and teachers are made available. This can be particularly useful for parents or teachers of third and fourth graders to fit with curriculum standards.

Back issues of the Historical Society's quarterly printed newsletter, Adobe Trails, are also available on the site.

"We can't be open for our community to visit us, but we can make sure everyone can still learn about the history of the area from the comfort of home," says HAHS Executive Director Diane Curry. "Online exhibitions allow us to tell, and illustrate, some of our stories in a totally new way."

Topics include the Spanish



Flu Pandemic, the Oakland-San Leandro-Hayward Electric Railway, building Castro Village Shopping Center, the Oliver Salt Company, William and Rachel Hayward, the Pet Parade, the development of various schools, the Hayward-San Mateo Bridge, the history of Mt. Eden, and so much more.

To access the online re-

source page, visit [www.haywardareahistory.org](http://www.haywardareahistory.org)

The Hayward Area Historical Society galleries and historic sites are currently closed to the public. To support the historical society at this time, please visit [www.haywardareahistory.org/donate](http://www.haywardareahistory.org/donate) or email [development@haywardareahistory.org](mailto:development@haywardareahistory.org).

— Marcess Owings, HAHS

## San Leandro to Receive \$107,000 Public Safety Grant

San Leandro will receive \$107,000 as part of a grant from the U.S. Department of Justice to the public safety challenges posed by the COVID-19 pandemic.

The Department of Justice awarded the grants through the Coronavirus Emergency Supplemental Funding program, which was authorized by recent federal stimulus legislation.

"First responders continue to work hard to keep the public

safe at this time," said U.S. Attorney David L. Anderson, who announced the grant on May 7. "They deserve not just our admiration and appreciation, but also our support. We are pleased to announce this funding to assist law enforcement and public safety efforts throughout our district."

Cities and counties throughout Northern California from Watsonville to Humboldt County received a part of a total of \$7 million under the grant.

The law gives jurisdictions considerable latitude in the use of these funds for dealing with COVID-19. Potential uses include hiring personnel, paying overtime, purchasing protective equipment, distributing resources to hard-hit areas and addressing inmates' medical needs.

Agencies that were eligible for the fiscal year 2019 State and Local Edward Byrne Memorial Justice Assistance Grant Program are candidates for the emergency funding.

## Lunch Menu at The Senior Center

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

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

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

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

The menu for lunch next week, May 25 to May 29, is:

Monday – Closed for Memorial Day.

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

Wednesday – Southwest chicken salad on romaine, macaroni salad, pineapple tidbits, low-sodium V-8.

Thursday – Chicken pot pie with biscuit topping, peas and carrots, spiced peaches.

Friday – Chili con carne, capri vegetables, brown rice, fresh fruit.

## Hayward Rotary's \$5,000 Challenge In Support of Cherryland Food Bank

For the past eight years, volunteers from unincorporated Cherryland along with Congregation Shir Ami in Castro Valley and Eden United Church of Christ have been addressing the food insecurity needs of residents in Unincorporated Southern Alameda County.

On a recent Wednesday, the food pantry Comida para Cherryland served 1,000 clients in one hour, and demand is expected to continue leapfrogging prior levels until the shelter-in-place order is lifted.

The Hayward Rotary Club will match dollar-for-dollar gifts up to a total of \$5,000 in support of Comida para Cherryland, operated by Eden United Church of Christ.

A tax deductible donation may be mailed to Eden United Church of Christ, 21455 Birch St., Hayward, CA, 94541. Please make checks payable to "Eden United Church of Christ" and write "Comida" in the memo line.

Eden Church congregation is also an official partner of the Alameda County Community Food Bank. Every \$5 given provides a bag of nutritious groceries for a family served by Comida para Cherryland.

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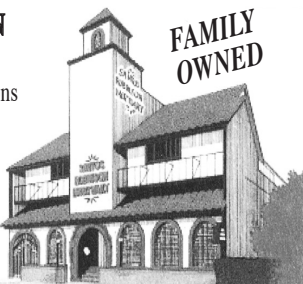
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**ARIES (March 21 - April 19):** You might not like some people's idea of a surprise. But you could be in for a pleasant shock when someone finally sends a reply to a request you made so long ago that you almost forgot about it.



**TAURUS (April 20 - May 20):** It's a time to expect the unexpected. So don't be surprised if a decision that just recently seemed final suddenly opens up and leaves you with another chance to make an important choice.



**GEMINI (May 21 - June 20):** Taking a different tack on a work project might rankle some colleagues. But the positive results of your innovative course soon speak for themselves. Celebrate by doing something fun this weekend.



**CANCER (June 21 - July 22):** Meeting new associates can be awkward, even if you're in a high positive phase right now. Best advice: Make them feel comfortable, and you'll soon forget your own discomfort.



**LEO (July 23 - August 22):** It's a good time for you social Lions to blow-dry your manes, polish your claws and look like the Fabulous Felines you are as you make new friends and influence the influential.



**VIRGO (August 23 - Sept. 22):** Expectations run especially high this week, and you should feel confident in your abilities to take advantage of what might be offered. A colleague has some advice you might find helpful.



**LIBRA (Sept. 23 - October 22):** A recent flurry of activity leaves you in need of a little breathing space, and you'd be wise to take it. Close family members should have an explanation about an emergency situation that just passed.



**SCORPIO (October 23 - November 21):** An insensitive act makes a difficult situation more so. But try not to waste either your physical or emotional energies in anger. Move on and let others fill the cloud in on the facts of life.



**SAGITTARIUS (Nov. 22 - Dec. 21):** It's a good time to look into that training program or college course you've been considering. You might have a good place to use those sharpened skills sooner rather than later.



**CAPRICORN (Dec. 22 - Jan. 19):** Education dominates much of your aspect during this week. You might want to start checking out those summer session courses that could help advance your career plans.



**AQUARIUS (Jan. 20 - Feb. 18):** Progress often comes in fits and starts. But at least you're moving straight ahead with no backsliding. You should soon be able to pick up the pace and reach your goals in due time.



**PISCES (Feb. 19 - March 20):** Be wary of a deal that gives confusing answers to your questions. Remember: It's always risky swimming in unknown waters, so you need all the help you can get to stay on course.



# Mia's Five-Month-Long Adventure in San Leandro

By Jim Knowles  
San Leandro Times

Mia the cat had been missing since Nov. 1 so everybody thought she was gone for good.

But she turned up, safe and sound, about 90 miles from home.

So how did Mia wind up in San Leandro, so far from her owner Yolyn Goldschmidt of Healdsburg in Sonoma County?

After 5-and-a-half months nobody expected to see her again, probably not even her sister cat, Ellie.

It all started with the wildfires in Sonoma County last fall. Goldschmidt was out of town when the evacuation order came out. Goldschmidt's daughter picked up the two cats, Mia and Ellie, and left to stay with her sister, Ella Goldschmidt in San Leandro.

But while at Goldschmidt's house on Thornton Street, one of the cats got away.

Ella Goldschmidt put up signs around her neighborhood,

but she couldn't find Mia. It didn't seem imaginable that the cat could have wound up on the other side of East 14th Street.

"I didn't think she would cross that busy road," said Gold-

**"It just didn't seem like a feral cat."**

— Nicole Erny

schmidt, a graduate student at Cal State East Bay.

## Meanwhile, Over on Elsie...

But over on the other side of East 14th Street, on Elsie Avenue, were some people who keep an eye on the neighborhood cats, both the domesticated kind and the feral kind.

Nicole Erny and a friend started noticing that one cat hanging out with the feral cats

didn't act like a feral cat.

"I have a friend who feeds a couple of feral cats and this cat popped into that scene and it just didn't seem like a feral cat," Erny said.

For one thing, the cat would go into a house and feral cats don't do that.

So Erny's friend took the cat to a vet and the cat had a microchip. The chip had the owner's name in Healdsburg. They called the owner, Yolyn Goldschmidt, who was delighted.

"It's a true story!," said Goldschmidt over the phone from Healdsburg. "My daughter is bringing the cat up today (from San Leandro). The cats are a matched pair, two sisters."

When Mia returned it was "kiss and hiss" for a couple of days before the sister cats settled down together again, Goldschmidt said.

"We are very grateful to have them home," she said.



PHOTO COURTESY OF YOLYN GOLDSCHMIDT

Mia, left, is back home with her sister Ellie after she was found in San Leandro.

## OPINION

### LETTERS to the EDITOR

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

#### Question Mark Questioned

Editor:

Well, I think it's very apropos that our illustrious City Council was in full agreement to spend \$135,000 on a new sign that will be installed at the library. After all, it's not their money so all of them raised their hands and voted for it.

I can just visualize the meeting. Council member says "I have a great idea how to spend money which shows that we are actually doing something important and productive" and the others follow suit just like monkey see monkey do and say "lets do it." It's very fitting that they approved a sign that will be a question mark (say what?) as that fits right in with the other crazy items that they've done over the past few years.

We have one new member on the Council and he is fitting right into this stupidity and will surely be reelected just like the other yo-yos unless we do something about it, oh lord help us.

Once again, a reminder that our city is now operating in the red for the first time thanks to their ludicrous antics and they elect to spend money on a question mark. If they really insist on spending money on a sign I think it should be a big "L" for loser as that is what our Council is turning our city into. And please install it on the front of City Hall as our library doesn't deserve to be associated with this group of bird brains.

—Brent Heath  
San Leandro

#### Library '?' 'Questions Status Quo'

Editor:

In response to the Letters to the Editor regarding the wisdom of allocating

city funds for a public art piece by well-known and respected Bay Area artist Mildred Howard.

As a community we are living through difficult times and many San Leandrans are hurting. Many stores and restaurants have closed, along with cherished institutions like our libraries.

We have taken drastic safety measures, like sheltering in place and social distancing to save lives. Fortunately, our City Council and City staff have stepped up to help, with particular attention to the most vulnerable by focusing on food access, tenant protections and support for small business, among other efforts.

Yet no matter how bad it gets, this situation is temporary, and a more normal existence will eventually return. That's why we believe it's unhelpful to chastise an art project for our Main Library that's been years in the making and through numerous rounds of public review before the Arts Commission and City Council. All such meetings are noticed in advance with detailed agendas and made accessible to the public.

Funding for the project was allocated over two years ago to help the Commission in its efforts to enhance the artistic and cultural life of San Leandro. With these funds, the Commission has also provided grants to support local artists, live theatrical and comedic performances, and musical instruments for our public schools.

Communities without access to art or culture are often places without vision for a brighter future or civic pride. So it's heartening that nationally-acclaimed artist Mildred Howard's design is already fodder for public debate. This

is what good art does: it stimulates us to do our best thinking, to question the status quo, and speak to one another. This pandemic is stealing much from us, but we needn't let it steal our hope, optimism or cultural life.

We invite the public to attend an upcoming arts commission meeting to see what we are working on and voice your opinions.

—Suzanne Pershing, Chair

—Nancy Gonchar, Vice Chair

City of San Leandro Arts Commission

#### Laments GOP's Minority Status

Editor:

Readers here know that government made us go home, closed where we work, stopped our paychecks, and told us to stay away from each other. But do the readers also know that same government is still paying government employees their full salaries – and not just fire and police? While the fat cats in City Hall get fatter, government expects you to be happy with an unemployment check and no toilet paper.

Once again, government is doing to you what it would never, ever do to itself.

In California, there are few Republicans in public office and none in any position of administrative authority; all of this was done to you – done cheerfully and with no end in sight – by politicians with a "D" behind their name.

Remember this when you go to the polls in November.

—Allan K. Lindsay-O'Neal  
San Leandro

#### No Newspapers for Millennials

Editor:

Please stop throwing the San Leandro Times at every house, all they do is lay there and litter the sidewalks. Millennials, anyone under 40 and many others do not want to read this and won't even pick them up. Just leave bundles at the stores and library, community centers where us seniors can pick one up.

—Crystal Raphael  
San Leandro

#### List of Detractors Grows

Editor:

In response to my "Public Comment" for the City Council meeting of 05/04/20, the City Clerk called me to inform me, very diligently, that now there will be a free number provided, 1(888)788-0099 for the public participation. It was a nice conversation, in contrast to other individuals and City Departments that don't even bother to respond to messages, for they're "working hard from home."

Evidently, Ken Maas doesn't bother to read the City Council agenda or he has some reading disability. However, the objective of my detractors is not to look at the evidence or the facts. The objective is to shoot the messenger, as clearly expressed in many letters. It's the lawyers' version of "pounding on the table."

Ken Maas is the latest arrival to the gang of detractors who anxiously look for my letter in the San Leandro Times to be able to spill their bile. To Ken Maas, John Clouston, John Quillen, Wendy Smith, Jim Mehmer, Kenneth Kellogg, Bruce Joffe, Dave Williams, Dwight Pitcaithley, Tom Schuessler, George Banks, etc., I say with Don Quixote: "The dogs are barking Sancho, that's a sign that we're riding on." Yes, we're riding on and marching on, all the way to November 3 and beyond.

Greetings from R- Mike Garcia the newest member of Congress from L.A. The "opportunity" is backfiring. There's a saying in Spanish that goes: "To get to know a lame person you have to see him/her walk" and the people of California have seen the lame Democrats walk, from goofy Gavin Newsom and down the list.

—Leo T. West  
San Leandro

#### Meat Shortage Keeps Us Safe

Editor:

There is good news from COVID-19

for this Memorial Day. We won't be getting stuck in traffic jams. And, the meat shortage will keep us safe from our outdoor grills.

Folks who grill hamburgers and hot dogs face a nasty choice. The U.S. Meat and Poultry Hotline advises grilling at high temperature to avoid food poisoning by E. coli and Salmonella bacteria. But the National Cancer Institute warns that high-temperature grilling of processed meats generates cancer-causing compounds.

Fortunately, we no longer need to choose between food poisoning and cancer!

A bunch of enterprising U.S. food processors have met this challenge head-on by developing a rich variety of convenient, healthful, delicious plant-based veggie burgers, veggie dogs, and soy nuggets. These products don't harbor nasty bugs or cancer-causing compounds. They are missing the cholesterol, saturated fats, drugs, hormones, and pesticides of their animal-based alternatives. And, they are waiting for us in the frozen food section of our favorite supermarket, along with nut-based ice creams, and other dairy-free desserts.

This Memorial Day, in the shadow of COVID-19, let's stay safe in more ways than one!

—Kurt Champler  
San Leandro

#### The Question Mark

Editor:

Behold the library's question mark, Which leads to questions rather stark. Will it be opened the whole day Or is this another holiday?

—George Z. Banks  
San Leandro



Send a Letter to the Editor  
[Letters@ebpublishing.com](mailto:Letters@ebpublishing.com)



# Face Masks with Valves Could Do More Harm than Good

Experts are warning against wearing face masks with valves that could do more harm than good.

These masks might help protect the person wearing one, but the one-way valves allow virus droplets to escape and infect others. When you breathe out, the valve opens and air goes out with possible virus droplets along with it.

Just a plain mask is better because it protects both the wearer and others.

"Respirators with exhalation valves should not be used in situations where a sterile field must be maintained, because exhalation valve allows unfiltered exhaled air to escape," said the Center for Disease Control and Prevention.

The San Francisco Health Department issued a warning via Twitter last week that said: "The ones with the valves or openings on the front are not safe and may actually propel your germs further."

San Francisco's original pub-



The San Francisco Department of Public Health issued a Tweet with this graphic that shows a face mask with a valve, which is not recommended, and a regular medical face mask.

lic health order said that any mask with a one-way valve should not be used.

The San Francisco Fire Department said that firefighters and paramedics come to the aid of someone wearing a valve face mask and have to cover the valve masks with a second mask to

protect themselves.

The masks with valves are intended for things like construction work where a worker protects themselves from particles in the air. But they're not intended for pandemics because they don't prevent the emission of virus droplets.

# Stage 2: Numbers encouraging but precautions still necessary

continued from front page  
izations and deaths, we all need to do our part."

If the number of people infected, hospitalized, or die from COVID-19 continues to decrease, Alameda County will enter "Later Stage 2" recovery. Restrictions would be relaxed for malls, schools, child care, offices, dine-in restaurants, and outdoor museums.

In the future, Stage 3 would reopen movie theaters and religious services, as well as personal and hospitality services. Reopening concerts, conventions, and sports arenas would happen in Stage 4.

"While the data is moving in the right direction, we are monitoring the five indicators with vigilance and caution," said Dr. Erica Pan, Health Officer for

testing capacity as new public testing sites continue to open. Health officials are also concerned about enough personal protective equipment (PPE) for healthcare partners, which is much less than requested.

Lastly, Pan noted that sufficient disease containment would be needed as well as an expansion of a contact tracing program, isolation and quarantine support, and more COVID surveillance.

State health officials say they will now focus efforts on hotspots including areas around senior care facilities and high-occupancy housing.

## COVID Car Culture

In addition to curbside pick-

up for retail, Alameda County Public Health Department officials are now permitting people to meet when people are in their own cars for up to 3 hours. Gatherings of up to 200 cars at a time are permitted, but meetings with more than 10 cars must have onsite security. Sales of food and beverages are prohibited and there must be space for emergency vehicles to get through.

Social distancing and face-covering requirements are still in effect for gatherings in cars and passengers must be from the same family.

"These gatherings are considered fairly low risk, but only if all rules are followed," said Pan.

**Social distancing and face-covering requirements are still in effect.**

Alameda County.

Pan says the restrictions were eased after the number of new COVID cases and hospitalizations remained flat or decreased in the last two weeks. Alameda County has enough hospital capacity to handle COVID-19 cases even if there is a surge in infections later this year, she added.

Currently, county health officials report 2,523 cases of coronavirus infections with 86 related deaths. San Leandro reported 122 infections. Castro Valley reported 108 cases. The rest of the unincorporated area saw 183 cases.

Still, county health officials say they are still lagging in their

# Shoot: Motel vacant

continued from front page

fired at least one shot at the deputies who returned fire. The man was shot several times and pronounced dead at the scene, according to sheriff's department spokesman Sgt. Ray Kelly. The suspect has not yet been identified.

The motel was mostly vacant

due to the coronavirus lockdown, Kelly said.

As standard procedure, the deputies involved in the shooting have been placed on paid administrative leave. The shooting is being investigated by the sheriff's department and the Alameda County District Attorney's Office.

## News Briefs

### Virtual Cancer Workshop

Eden Medical Center will present a virtual workshop titled "Eating for Healing" from 5:30 p.m. to 7:30 p.m. today (May 21) for people with cancer, caregivers, families, and survivors. Learn nutritious recipes with ingredients known for both their healing and disease prevention benefits. Plant-based meals are easy to create and help support the immune system. Registration is required by calling 925-933-0107. Once registered, you will be provided the virtual meeting information.

### PG&E Seeking Contact Information

PG&E customers in high fire-threat areas of the East Bay are urged to contact the utility company with their updated contact information so they can be notified before a Public Safety Power Shutoff is initiated during windy, hot weather conditions. If you have a new cell phone number, a new preferred email address or haven't checked in with PG&E to make sure your information is current, visit [www.pge.com/mywildfirealerts](http://www.pge.com/mywildfirealerts) or call 1-866-743-6589.

## LEGAL NOTICE

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

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

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

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires APRIL 24, 2025

MAY 7, 14, 21, 28 2020  
264-SLT

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

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

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

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

Expires APRIL 27, 2025  
MAY 14, 21, 28, JUNE 04, 2020  
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