



Home Alone (With the Kids)

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Don't worry, be happy (Because it will strengthen your immune system!)

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100-year-old restaurant donates meals to community

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March 24, 2020

Vol. 18 No. 11

New Rooms, New Beginnings

BY JUI SADEKAR

PHOTOS

SUBMITTED BY TRACY SARGE

Child abuse leaves scars—visible and invisible—on a child's body, mind, emotions, and even on the space where they live. Counselors, therapists, and volunteers are fighting to save children from abuse. One of the keys to recovery is having a safe space and a fresh start, both of which are difficult for children who still live in homes where they were abused.

Many times, abuse—physical or sexual—occurs in a child's room or bed, making the room itself feel unsafe. As a result, the child may stop sleeping, start acting out or become depressed, avoiding

his or her room entirely. Room Redux realizes the need for a complete fresh start and focuses on transforming the same place to help the child heal.

"[Children] go through counselling and therapy and that's great but coming back to the same room can be

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Tracy Sarge (left), executive director, Room Redux California Chapter, and Susie Vybiral, CEO and founder, Room Redux.



For local kids, there is such a thing as a free lunch

BY STEPHANIE GERTSCH

With kids studying at home for the next few weeks – or longer – families are losing one or more guaranteed meals at a time when many food basics are still out of stock at stores, and parents' jobs may be in jeopardy. Local school districts and even restaurants have stepped up to provide grab-and-go lunches to ensure children have reliable access to food while schools are closed.

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Where can seniors get meals during shelter in place?

SUBMITTED BY CARYL MAHAR

Senior Meals Take-Out Locations

Due to COVID-19 precautions and shelter in place, all senior dining sites of Spectrum Community Services have switched to take-away meals. Spectrum Community Services provides an essential service. The nonprofit organization is committed to providing meals to both homebound and mobile seniors who need the service now more than ever.

The Senior Meals (group setting meals for mobile seniors), is providing take-out containers of meals available for pick-up at various locations. If your normal dining site is not open, you may pick-up from another location. Senior Meals are for anyone in the community 60+ years old.

Never been to our Senior Meals? You can sign up now. Pick up a registration form at an open site, make a reservation for future days. Reservations are required at least three days in advance. Call (510) 881-0300, ext. 242 or email meals@spectrumcs.org to reserve your "to-go" meal. For more information, visit <https://www.spectrumcs.org/index.php>.

San Leandro
San Leandro Senior Center
13909 E. 14th St., San Leandro
Monday – Friday: Lunch 12 noon

Union City
Ralph & Mary Ruggieri Senior Center/Union City Senior Center
33997 Alvarado Niles Rd., Union City
Monday – Thursday: Lunch 12 noon

Hayward
Josephine Lum Lodge
2747 Oliver Dr., Hayward
Monday – Friday: Lunch 11:45 a.m.

Castro Valley
United Methodist Church
19806 Wisteria St., Castro Valley
Tuesday: Lunch 12 noon

(510) 881-0300, ext. 242
<https://www.spectrumcs.org/index.php>
Registration required
\$3.75 contribution requested



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March 24 is Diabetes Alert Day

Understanding the role of nutrition in diabetes control is an important part of diabetes education.

Nutrition Facts	
Serving Size tablespoons (30g) Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat 0
<hr/>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	0%
Dietary Fiber 1g	0%
Sugars 1g	
Protein 1g	
<hr/>	
Vitamin A	Vitamin C
Calcium	Iron



The coronavirus pandemic has dominated the public's attention lately, and one of the terms we are hearing is "existing medical condition" which can heighten the severity of a COVID-19 case. Diabetes is one of those conditions.

March 24 is National Diabetes Alert Day, which was started in 1986 by the American Diabetes Association to be a wake-up call about the diabetes epidemic. Diabetes Alert Day is observed annually on the fourth Tuesday in March to educate on the disease and encourage people to take a diabetes risk test.

A look at the statistics shows why it is so important to raise awareness about diabetes. In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight. More than 34 million people in the U.S. have diabetes and one in five of them don't

know it. More than 88 million American adults have prediabetes and nearly 85% of them don't realize they are at risk.

"We see people admitted to the Hospital for complications from type 2 diabetes who may have had it for as long as 10 years, but did not know it because they did not experience symptoms until now," said Luanne Sadueste, CDE, BC-ADM, inpatient diabetes educator at Washington Hospital. "The effects of untreated diabetes can be devastating, resulting in stroke, heart attack, kidney damage, limb amputation and other serious conditions. That's why we're dedicated in our efforts to encourage people in the community to take a diabetes risk assessment."

What is Diabetes: Are You at Risk?

Diabetes is a disease that occurs when your blood glucose, or blood sugar, is too

high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. With diabetes, the body doesn't make any or enough insulin, or it is not used well, and the glucose stays in the blood instead of reaching the cells.

About 5% of people with diabetes have type 1 diabetes which is a different form of the disease. With type 1 diabetes – which was formerly called juvenile diabetes – the body does not make insulin, so people who have it must take insulin every day to survive.

More common is type 2 diabetes, formerly called adult-onset diabetes, which makes up nearly 95% of diabetics and is seen in children and adults. The onset of type 2 diabetes is usually slower, and the symptoms are not as noticeable as in those with type 1 diabetes. Many people

overlook the warning signs, thinking they are symptoms of other conditions like aging or working too hard.

Early signs and symptoms of diabetes can include frequent urination; increased thirst and hunger; fatigue; blurred vision; slow healing of cuts and wounds; tingling, numbness or pain in the hands and feet; patches of dark skin; and itching or yeast infections in moist skin areas like the armpits and genitals.

Living with Diabetes

"While there is no cure for diabetes, the good news is you can make lifestyle changes such as healthy eating and increased exercise to control your blood sugar and delay or prevent diabetes from developing," says Sadueste. In her role, she and other certified diabetes educators (CDE) work one-on-one with patients in the Hospital as well as those visiting the Washington Outpatient Diabetes Center. "We counsel patients on how to use the seven self-care behaviors outlined by the American Association of Diabetes Educators to prevent and reverse the effects of diabetes-related complications."

The center also hosts a free monthly diabetes support group and community seminars, called Diabetes Matters, on diabetes-related topics every other month. Dates and topics can be found online at www.whhs.com/healthwellness.

Please note that all Hospital classes and seminars are currently postponed through April due to COVID-19 safety precautions, but many previous presentations can be found on the Hospital YouTube channel: www.youtube.com/whhsInHealth. Search "diabetes."

InHealth broadcasts on Comcast Channel 78 in Fremont, Newark and Union City and online at www.inhealth.tv



The full schedule of InHealth programs listed below can also be viewed in real time on the Washington Hospital website, www.whhs.com

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	3/24/20	3/25/20	3/26/20	3/27/20	3/28/20	3/29/20	3/30/20
12:00 PM 12:00 AM	Women's Health, Strategy for Wellness: Gender Matters, Heart Disease Risk in Women		Diabetes Health Fair 2019: Diabetes & Stroke: What's the Connection?	Active Living: Yoga Exercises		Metabolic Disorders	Mental Health Education Series: Understanding Psychotic Disorders
12:30 PM 12:30 AM	Mental Health Education Series: Mental Wellness	Hepatitis B and Liver Cancer: Prevention and Treatment	Gastrointestinal Disorders	Advancements in Lung Cancer Detection and Treatment	Sideline by Back Pain? Get Back in the Game		
1:00 PM 1:00 AM				Early Detection and Prevention of Female Cancers	Diabetes Matters: Diabetes Conversations	Washington Township Health Care District Board Meeting March 11, 2020	Healthy Gut, Healthy You
1:30 PM 1:30 AM		Anxiety: Stop Negative Thoughts	How to Prevent Financial Elder Abuse/Fraud				
2:00 PM 2:00 AM	Washington Township Health Care District Board Meeting March 11, 2020		Women's Health Conference: Reclaiming Your Confidence	Washington Township Health Care District Board Meeting March 11, 2020	Mental Health Education Series: Anxiety Disorders	Diabetes Matters: Asian Fusion	Diabetes Matters: Filipino Food Made Healthy
2:30 PM 2:30 AM						Colon Cancer	
3:00 PM 3:00 AM	Aortic Valve Disease: Treatment Options Including TAVR	Diabetes Matters: Dining Out Around The World					
3:30 PM 3:30 AM	Diabetes Matters: Latin Foods	Solutions for Weight Management	Washington Township Health Care District Board Meeting March 11, 2020	Caregiver Series: Caring for Someone with Dementia or Other Medical-Related Memory Loss	Voices InHealth: Antimicrobial Stewardship		Suffer From Sinus Problems?
4:00 PM 4:00 AM				Women's Heart Health	Vitamins & Supplements: How Useful Are They?	Weight Management: Stopping the Madness	
4:30 PM 4:30 AM	11th Annual Women's Health Conference: Patient's Playbook	Women's Health through the Years: Screening is Key to Aging Well	Preventive Screenings: When and Why are They Important?	Mental Health Education Series: Crisis Intervention	Caregiver Series: Securing Care Preferences Through AHCD	From One Second to the Next	Digestive Health: What You Need to Know
5:00 PM 5:00 AM	Respiratory Health and Diseases	Women's Health Conference: Women & Stroke: Are You at Risk?	Latest Treatment Options for Wound Care		Caregiver Series: Codependency and the Caregiver	Chronic Kidney Disease: FAQ	Diabetes Matters: Diabetes & Eyes
5:30 PM 5:30 AM							
6:00 PM 6:00 AM		Learn the Latest Treatment Options for GERD	Palliative Care Series: Palliative Care Demystified	Mindful Healing	Mental Health Education Series: Family Support	Women's Health: Planning for Pregnancy	Family Caregiver Series: Mindfulness Meditation for the Caregiver
6:30 PM 6:30 AM	Palliative Care Series: Interfaith Discussions on End of Life Topics	Family Caregiver Series: Panel Discussion				Surgical Treatment of Obstructive Sleep Apnea	Diabetes Matters: Type 1.5 Diabetes
7:00 PM 7:00 AM			Palliative Care Series: How Can This Help Me?	Stop Diabetes Before It Starts	Washington Township Health Care District Board Meeting March 11, 2020	Learn About the Signs & Symptoms of Sepsis	Sick Feet?
7:30 PM 7:30 AM	Stress Management	Washington Township Health Care District Board Meeting March 11, 2020		Family Caregiver Series: Care for the Caregiver			Family Caregiver Series: Nutrition for the Caregiver
8:00 PM 8:00 AM			Peripheral Vascular Disease: What You Need to Know	How To Stop Disease Before It Starts	Family Caregiver Series: Loss, Grief & Recovery	Family Caregiver Series: Understanding Healthcare Benefits	Keeping Your Brain Healthy
8:30 PM 8:30 AM	Family Caregiver Series: Fatigue and Depression	Diabetes Matters: Asian Indian Cooking			Minimally Invasive Options in Gynecology	Diabetes Matters: Basics of Insulin Pump Therapy	
9:00 PM 9:00 AM	How to Sleep Your Way to Better Health	Family Caregiver Series: Managing Family Dynamics in Caregiving	Advance Care Planning: Five Wishes	Women's Health Conference: Quality of Life Before and After Cosmetic Surgery	Food Pharmacy: Prescription for Colon Health	Endometriosis: Causes, Symptoms, Diagnosis and Treatment	Washington Township Health Care District Board Meeting March 11, 2020
9:30 PM 9:30 AM					Diabetes Matters: Italian Foods		
10:00 PM 10:00 AM	Diabetes Health Fair 2019: Diabetes and Foot Care	Laugh without Leaking: Understanding Female Urinary Incontinence		Mental Health Education Series: Understanding Mood Disorders	Healthy Eating: Prescription for Health	Diabetes Matters: Heart Healthy Eating	
10:30 PM 10:30 AM	Strategies to Help Lower Your Cholesterol and Blood Pressure	Inside Washington Hospital: Advanced Treatment of Aneurysms	Symptoms of Thyroid Problems				Family Caregiver Series: Hospice & Palliative Care
11:00 PM 11:00 AM							
11:30 PM 11:30 AM	Diabetes Matters: Straight Talk About Diabetes Medications	Diabetes Health Fair 2019: Standards of Medical Care in Diabetes		Diabetes Matters: Diabetes and Your Heart	Women's Health: Depression, More Than a State of Mind	Diabetes Matters: Diabetes and Kidney Health	Balance & Falls Prevention

Shelter in Place:

What Does it Mean; Why is it Necessary?



Bringing home take-out food is a great way to support local restaurants while staying in.

California is now under a statewide order to shelter in place. This order, which complements the previous shelter-in-place orders issued at the county level, was enacted to protect public health and safety during the novel coronavirus (COVID-19) pandemic.

In a move to curb the rapid spread of COVID-19 across the region, the directive called for all residents of California to stay home except to conduct essential business, like buying groceries or picking up medications. Governor Newsom noted, "You can still take your kids outside, practicing common sense and social distancing. You can still walk your dog."

Why is it Necessary?

California is considered one of the nation's "hot spots" in terms of rapid spread of the COVID-19 virus. While much is still unknown about COVID-19, it has been established that the virus is easily transmitted between people, especially in group settings. Based on this, our local health agencies and government officials decided to take extreme measures and order the shelter in place. Without dramatic interventions like this, the virus could spread exponentially and potentially

overcome the ability of health care providers to adequately care for the seriously ill.

According to the Alameda County Public Health Department, the guidance came after substantial input from the U.S. Centers for Disease Control and Prevention (CDC) and best practices from other health officials around the world.

How Does the Shelter-in-Place Order Affect You?

The intent of the order is to ensure that the maximum number of people self-isolate in their places of residence as much as feasible, while enabling essential services to continue. When you need to leave your home to buy food or complete other essential activities, you are instructed by health officials to practice social distancing, which means staying at least six feet away from others. It is also recommended that you wash your hands often, use the crook of your arm for coughs or sneezes and avoid shaking hands with people.

The directive allows for people to go outside for exercise. In fact, health officials encourage people to run, hike and walk their dogs, as long as they do it alone or with close family members, and always practice social distancing with others. As of now, public trails and parks are open, while recreation centers and clubhouses are not.

What Businesses Can You Expect to Be Open?

According to the directive, all but the most essential operations in the state of California are ordered to shut down. This includes places that attract groups of people, such as gyms, movie theaters and bars. Essential businesses such as grocery stores, banks, pharmacies and hardware stores are generally open.

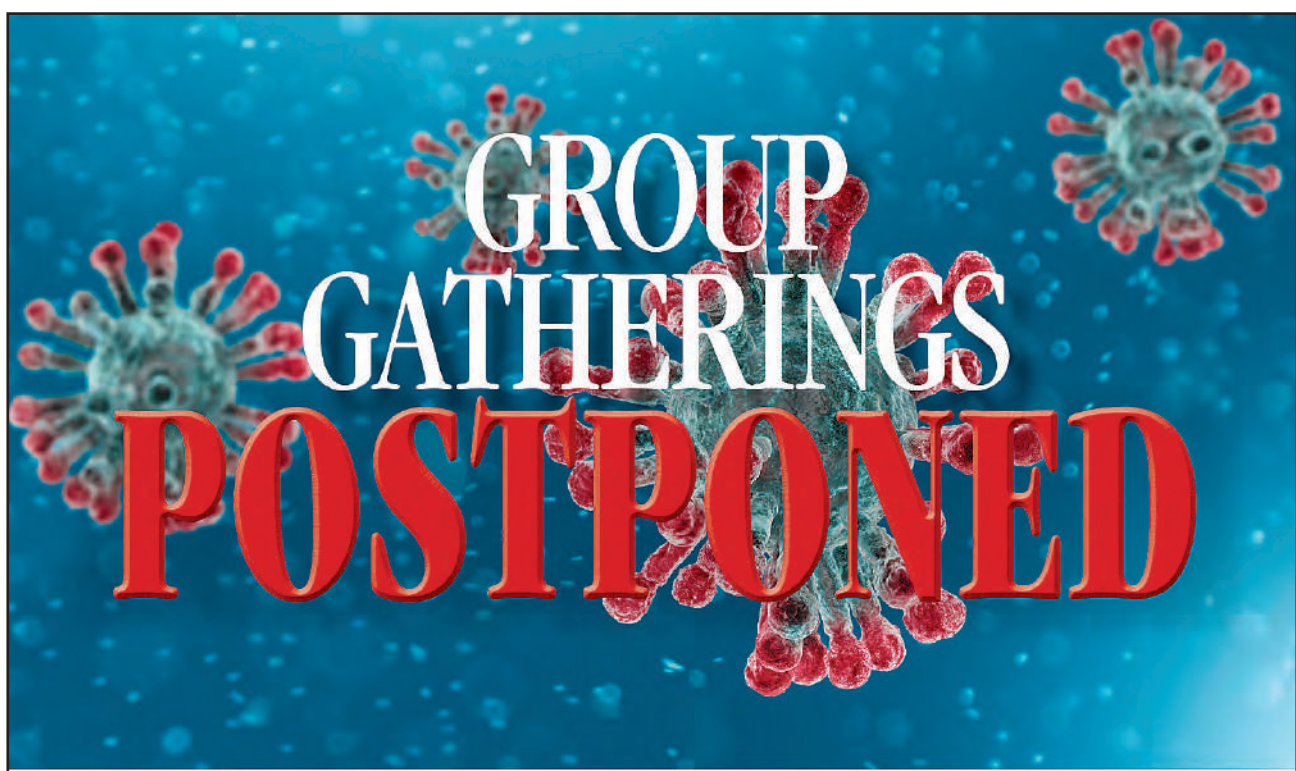
To provide a safer and easier shopping experience for vulnerable people like seniors and those with underlying illnesses, some stores such as Safeway, Target and Whole Foods have begun reserving some shopping hours for those shoppers. Restaurants are open only to fulfill

take-out or delivery orders. Your local coffee shop will likely be open, but with tables and chairs removed.

Emergency services like police and fire operations are in place and available. Washington Hospital and other health care facilities are also open, but the order calls for all routine medical appointments and elective procedures to be canceled or rescheduled. At Washington Hospital, visitors are prohibited except in special circumstances such as parent of a newborn, parent of a pediatric patient, or end-of-life situations.

More COVID-19 Information

For more information on COVID-19, go online to the CDC website at www.cdc.gov. Also, the Alameda County Public Health Department is a good resource for local information at www.acphd.org. If you would like information on Washington Hospital's preparedness and policies during the COVID-19 pandemic, visit www.whhs.com and click on the green COVID-19 box.



In order to help stop the spread of COVID-19, Washington Hospital is postponing or canceling several group gatherings scheduled for the months of March and April.

These include:

- Health & Wellness seminars
- Women Empowering Women classes
- Diabetes Matters classes
- All support groups
- Wellness programs
- Earth Day event
- Golf Tournament
- Women's Health Conference

We will keep you updated on any rescheduled events.

We remind our community members to practice social distancing when not sheltering in place.

continued from page 1

New Rooms, New Beginnings

triggering for some. Susie [Vybiral] realized that transforming the room can be a powerful tool to healing, and that is how Room Redux was formed," said Tracy Sarge, executive director of the Room Redux California Chapter.

In 2017, Susie Vybiral, CEO and founder of Room Redux, started the nonprofit in New

us. We verify the authenticity of candidates. Caregivers sign consent forms that allow the counselors to give us the family's information. Once we have the funding, we contact the family [caregiver]."

A testimonial from one mother states, "At first when I was approached by my daughter's counselor about the opportunity,

according to Sarge. "We work with counselors and caseworkers and prioritize rooms based on need and severity of the cases," she added.

The room transformations are done anonymously, so the child doesn't feel the pressure or expectation to give anything back to the volunteers. "We always go in when the child is not present. We generally like to do the transformations during the day when the child has left for school or other activities," said Sarge.

Sarge added, "We never have any contact with the children involved. We only meet with their caregiver, who fills out a form about the likes, dislikes, and preferences of the child. We discuss the transformation with the caregiver."

With chapters in Austin and Houston, Texas; Denver, Colorado; New York; Minnesota; Virginia; and Georgia, Room Redux has reorganized 22 rooms so far. The organization has now expanded to California – the Fremont Chapter is ready to roll, and the Sacramento Chapter is in its early stage. "The East Bay Agency For Children has several families in need of a room transformation. Each family has more than one child that will need a new room. I am communicating with the agency, and our goal is to do the first room in April," stated Sarge.

All volunteers must pass a background check and sign a nondisclosure agreement. Volunteers can have any level of experience with interior design, carpentry, mechanical work or no experience at all—just the willingness to help. "One lady helped in transforming a room in Texas and did a beautiful mural on the wall. We would take anybody who wants to come and help us," said Sarge.

Room Redux is able to redecorate children's rooms to create a truly safe space through generous donations and grants. People or organizations can donate money or household

items, such as furniture, beds, mattresses, and more. "We also get recurring donations," said Sarge "and sometimes people sponsor rooms as well. We make the purchases – new furniture, sometimes used furniture if it is in good condition. We always buy new mattress and bedding."

Sometimes, a counsellor informs the team if the child needs an item for therapy. "For instance, some children with anxiety might sleep better with a weighted blanket, so we may purchase that or tools or toys that can be integrated into their counseling."

Each room gets a unique name and theme such as Race Car, Puppy Love, Star Light, Mermaids, Sunshine, and so on. "Every room transformation is specifically tailored to the child and always includes the child's name prominently placed in the room—on a plaque or on a stuffed animal. We want children to know that it is their space and was done especially for them," said Vybiral.

Generally, the budget per room is from \$1,500 to \$2,000 but that can vary depending on the number of rooms and children. "We did a room in Texas that had two to three children in a room, so the budget was more compared with other rooms," added Sarge. The team works on one room at a time, but if there are siblings staying in the same house in different rooms,

the team redecorates both rooms simultaneously. Room Redux wants to do more than just room transformations; they want to be a source of information. "One of our goals is to go out in the community and let people know that this is a need. We want to tell people the reality of child abuse. We don't redecorate the room and say goodbye to the family. We tell the family to call us if the child needs further help," stated Sarge.

Dealing with a sensitive subject such as child abuse is challenging but rewarding. "We have redone rooms for kids who have not slept in their rooms for years after the abuse. After the redecoration, we have gotten letters and messages from caregivers that the children are not only sleeping in their rooms but also having friends over. They are standing tall. It completely changes their life," concluded Sarge.

If you would like to know more about Room Redux California Chapter or how you can become a part of the volunteer team or donate, visit <https://www.roomredux.org/>, call (510)-516-2258, or email hello@roomredux.org. You can also follow Room Redux California on Facebook @roomreduxcali.

Room Redux California
(510)-516-2258
<https://www.roomredux.org/>



Braunfels, Texas. "My friend flew in from California to help transform two rooms in October 2017. She also funded those two rooms that were for a 13-year-old girl and a 12-year-old boy in a two-bedroom house. Vybiral adds, "[Their] single dad slept on the couch so that his children would each have their own room. Their mother was abusive and does not have custody." It was not until 2018 that the nonprofit came together, and the team accepted projects.

The organization identifies eligible families through referrals from child protective services caseworkers, and licensed counselors and therapists treating the children. Sarge said, "It is not some random person contacting

I felt a little emotional about it. It made me feel bad because I thought people figured I couldn't take care of my kid, but if you feel like that, just know this is not at all what anyone thinks. I agreed to let Room Redux come and look at my daughter's (and her two siblings') room. When Susie came, and I saw the excitement and planning, I could see that this group truly just wants to help make your little guy or girl feel special. My daughter loved everything. She could not be happier with her new comfy space."

Sometimes, people contact the team through social media, but Room Redux asks permission to contact the counsellor the child is working with and verify details,



LETTERS POLICY

The Tri-City Voice welcomes letters to the editor. Letters must be signed and include an address and daytime telephone number. Only the writer's name will be published. Letters that are 350 words or fewer will be given preference. Letters are subject to editing for length, grammar and style.

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Act Today, Prepare for Tomorrow

By TINA KAPOOR, ECONOMIC DEVELOPMENT MANAGER, CITY OF FREMONT

The Coronavirus Disease 2019 (COVID-19) outbreak is an unprecedented economic event with inevitable disruptions to businesses across virtually all industries. The effect on our local, national, and global economies will be temporary and transitory, and businesses must put contingency plans in place now to mitigate the impact and prepare for recovery.

To assist businesses in this crisis, the City of Fremont Economic Development Department has assembled detailed

information, websites, and best practices for our business community to help lessen the pandemic's negative effects on your business.

Please bookmark COVID-19 Business Resources Page (www.fremont.gov/covidbizresources) as it will be continuously updated with new information and resources on a local, state, and national level as they become available.

Businesses can find information under the following categories:

- **Financial Resources:** Explore the many national, state, and local financial aid resources available to both businesses and employees alike, including loans, funding, and extensions on payroll taxes.

- **Technical Assistance:** Receive assistance in preparing loan paperwork for financial programs, business advice, and workshops.

- **Labor and Workforce Policies:** Implement workforce policies that reduce the spread of COVID-19 by following the best practices and utilizing additional national and local resources as needed.

- **Remote Workforce Technology Solutions:** Help your employees work from home and stay connected by offering technology services.

- **Tips for Global Manufacturers:** Assess and respond to critical operations such as pursuing alternative sourcing strategies and communicating with key stakeholders

on change in supply and demand volumes.

- **Business Resiliency:** Follow best practices such as implementing a crisis response team to keep your business running and minimize problems.

- **Staying Informed:** Implement the most up-to-date guidance from public health officials.

We're here to help your business navigate this uncertain time. You can reach our team via email at econdev@fremont.gov and our business hotline at (510) 284-4020. We are also starting to gather data on the economic impact of COVID-19 on your business. Please share information with us at econimpact@fremont.gov.

LOV is open and needs your support

SUBMITTED BY SHIRLEY SISK

League of Volunteers (LOV) will remain open during this time to ensure everyone has access to food and other assistance they may need. Emergency food pantry pickups, and now doorstep deliveries, are available to anyone in need in the Tri-Cities.

However, LOV needs help. Unfortunately, the usual Monday night BINGO game at Swiss Park is closed. As most of the BINGO fans know, this weekly BINGO game is what keeps the lights on, and the staff paid at LOV. Without it, are in danger of having to close our doors – forever.

LOV touches the lives of tens of thousands of people in our area each year. This time, LOV needs your support. No amount is too small or too large. We need \$50,000 to keep operating over the next three months of this crisis and its immediate aftermath. To help and for more information, call (510) 793-5683 or visit <https://lov.org/>.

Tri-City Volunteers food distribution in response to COVID-19

SUBMITTED BY TAYLOR JOHNSON

Mobile Pantry Program

In these times especially, the health, safety and well-being of our clients, volunteers and staff remains our top priority. Last week, we modified how clients receive food by having volunteers and staff handle all food for clients in both our Marketplace and Mobile Pantries – and continued to allow clients to choose their food.

However, in light of recent updates and the need to minimize gathering of individuals, starting Monday, March 16 until further notice TCV will introduce the following measures:

TCV Marketplace (Pantry) Program

Clients needing food will come to a parking lot check-in, receive a ticket (no waiting in line) and will “Grab and Go” pre-bagged food in our parking lot (covered if weather necessitates) and leave.

Will operate on a site-by-site basis. Many sites have already cancelled for the time being (particularly predominantly senior sites), but for those who still need food we will offer a “Drop and Go” drop-off service.

Lunch Program

Will open (also in our parking lot) between 12 noon and 2 p.m. for those unhoused clients who need a snack bag and (limited) packaged meals.

Thrift Store

Will be closed for at least the next few weeks as we need to minimize gathering and have all our staff and volunteers focus on food distribution.

Tri-City Volunteers
37350 Joseph St Fremont
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www.tri-cityvolunteers.org



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Due to the impact of mandated public and private space closures, temporarily Tri-City Voice may not be available at many normal locations.

We are working to increase the number of open-air distribution sites for safe and easy access. In the meantime, as always, copies are available in front of our office building (39737 Paseo Padre Pkwy, Fremont).

We will continue to deliver to businesses that remain open and welcome any others who would like to become a distribution hub for Tri-City Voice. Home delivery is not affected.

The entire content of Tri-City Voice is also available at www.tricityvoice.com and through our app: TCV News. We are determined to continue our service during this difficult period and have confidence that our communities are strong and resilient.

William Marshak
Publisher/Editor in Chief
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Relief for homeowners amid coronavirus response

SUBMITTED BY EDUARDO CABRERA

The U.S. Department of Housing and Urban Development (HUD) Secretary Ben Carson in consultation with the Trump Administration and the Coronavirus Task Force on March 18 authorized the Federal Housing Administration (FHA) to implement an immediate foreclosure and eviction moratorium for single family homeowners with FHA-insured mortgages for the next 60 days. These moratoriums are part of the continued effort by President Trump to address impacts to the financial well-being of America's individuals, families, and businesses caused by Coronavirus (COVID-19).

"Today's actions will allow households who have an FHA-insured mortgage to meet the challenges of COVID-19 without fear of losing their homes, and help steady market concerns," said Carson. "The health and safety of the American people is of the utmost importance to the Department, and the halting of all foreclosure actions and evictions for the next 60 days will provide homeowners with some peace of mind during these trying times."

The guidance issued applies to homeowners with FHA-insured Title II Single Family forward and Home Equity Conversion (reverse) mortgages, and directs mortgage servicers to:

- Halt all new foreclosure actions and suspend all foreclosure actions currently in process
- Cease all evictions of persons from FHA-insured single-family properties.

"This is an uncertain time for many Americans, particularly those who could experience a loss of income. As such, we want to provide FHA borrower households with some immediate relief given the current circumstances," said Federal Housing Commissioner Brian Montgomery. "Our actions today make it clear where the priority needs to be."

FHA continues to encourage servicers to offer its suite of loss mitigation options to distressed borrowers – including those that could be impacted by the coronavirus – to help prevent them from going into foreclosure. These include short and long-term forbearance options, mortgage modifications, and other mortgage payment relief options available based on the borrower's individual circumstances.

Resources to Small Businesses

SUBMITTED BY MARK DESIO

California State Treasurer Fiona Ma on March 17 announced she has launched a resource list for small-business owners affected by the COVID-19 pandemic. The list is available at <http://bit.ly/stosmallbizlist>. It includes resources from the federal, state, and local governments, nonprofits, and the private sector.

The list contains information on grants and loans, tax deadline extensions; guidance on how to protect workers; and even private sector grants such as the \$100 million Facebook program for cash grants and ad credits.

"As a former small business owner I know how difficult it is to sort out all the programs, loans, grants, and information that are critical to your success," said Treasurer Ma. "With small businesses facing tough times, access to relevant information is even more critical."

This list will be updated periodically. If you have a resource to share, contact Gloria Li at gli@treasurer.ca.gov.

continued from page 1

For local kids, there is such a thing as a free lunch



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Most grab-and-go locations are at schools, but in Fremont restaurants such as Suji's Coffee and Joe's Corner have opened their doors for volunteers to set up a spot to hand out lunches. In most cases, the meals are Subway sandwiches, but Curry Pizza and Bombay Pizza are able to cook one small pizza per family. (Check the Fremont Unified School District website for how many meals each location can offer.)

A list of participating restaurants is available on the FUSD homepage <https://www.fremont.k12.ca.us>. For those who want to take advantage of this service, school age children should come with a parent or guardian, and bring a school ID. So that as many kids can be served as possible, people are being asked to only frequent one location per day.

Hayward, San Leandro, and Milpitas School districts are providing grab-and-go lunches at multiple schools within their cities. Lists are

available on each school's homepage. Check the requirements for your city, as some locations do not require a school ID or can provide meals for multiple days.

A list of participating school districts:
San Leandro: <https://www.sanleandro.k12.ca.us/>
Hayward: <https://haywardusd-ca.schoolloop.com/fs>
Milpitas: <https://www.musd.org/>
New Haven: <https://www.mynhusd.org>

In general, people are asked to wait for volunteers to hand over the meals rather than self-serving to cut down on possible cross-contamination. Likewise, people should take meals home rather than eating on the premises.

As restaurants are now doing takeout only, this could also be a chance for parents to support local businesses by purchasing coffee while their kids pick up a meal.



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The Tri-City Voice welcomes letters to the editor. Letters must be signed and include an address and daytime telephone number. Only the writer's name will be published. Letters that are 350 words or fewer will be given preference. Letters are subject to editing for length, grammar and style.

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March 20, 2020

An Open Letter To President Donald J Trump

Dear President Trump,

We, leaders of Asian and Chinese American, are writing to respectfully request your assistance to curb the racial tension targeting our Chinese American Community.

Ever since the "Chinese Virus" name has been used, the Chinese and Asian community are experiencing an increase of inflamed hatred, xenophobia, and physical violence directed against Chinese and Asian Americans. In addition, racial hatred is frequent and growing on social media towards our Chinese and Asian American community.

Mr. President, we understand the virus could have originated from China, and that the Chinese media is accusing our country of deploying the virus to China. Our community is now being targeted just because of our Chinese ethnicity. Your words matter greatly to our country, and to the world. We respectfully request you to address the racial attacks to our community by condemning the actions of the hateful few in this great nation of ours.

In the meantime, please consider us as your allies in the effort to contain and eradicate the COVID-19 pandemic. We would be delighted to meet with you or anyone in your Administration to discuss our concerns. Thank you for your consideration.

Respectfully,

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BUSINESS

China to expel American reporters after US curbs its media

BY KEN MORITSUGU
ASSOCIATED PRESS

China announced that it will revoke the media credentials of all American journalists at three major U.S. news organizations, in effect expelling them from the country, in response to new U.S. restrictions on Chinese state-controlled media.

The foreign ministry said early Wednesday that American citizens working for The New York Times, The Wall Street Journal and The Washington Post with credentials expiring before the end of the year must surrender their press cards within 10 days.

It is the latest in a series of tit-for-tat actions by the two governments as the Trump administration takes a more confrontational stance in dealing with China than his predecessors. The two countries remained enmeshed in a trade war despite a recent truce and have traded angry words over the coronavirus pandemic that emerged in China and has spread worldwide.

The move comes after the Trump administration designated five Chinese media outlets as foreign missions and restricted the number of Chinese who could work for them in a de facto expulsion of about one-third of their Chinese staff.

China described its steps as "necessary and reciprocal countermeasures that China is compelled to take in response to the unreasonable oppression the Chinese media organizations experience in the U.S."

The American journalists will likely have to leave China because their visas are tied to their press credentials. They won't be allowed to work in not only mainland China but also the semi-autonomous territories of Hong Kong and Macao, the foreign ministry said in a release posted after midnight on its website.

U.S. Secretary of State Mike Pompeo disputed the comparison between the U.S. and Chinese actions, telling reporters in Washington that they enjoy press freedoms that don't exist in China.

"The individuals that we identified a few weeks back were not media that were acting here freely," he said. "They were part of Chinese propaganda outlets. We've identified these as foreign missions under American law. These aren't apples to apples, and I regret China's decision today to further foreclose the world's ability to conduct free press operations."

Editors of all three news organizations condemned the action.

"The Chinese government's decision is particularly regrettable because it comes in the midst of an unprecedented global crisis, when clear and reliable information about the international response to covid-19 is essential," said Marty Baron, executive editor of The Washington Post. "Severely limiting the flow of that information, which China now seeks to do, only aggravates the situation."

Dean Baquet, executive editor of The New York Times, called it

a "grave mistake" for China to cut itself off from some of the world's top news organizations and called on the Chinese and American governments to move quickly to resolve the dispute.

"The health and safety of people around the world depend on impartial reporting about its two largest economies, both of them now battling a common epidemic," Baquet said.

Matt Murray, editor in chief of The Wall Street Journal, called it an unprecedented attack on freedom of the press at a time of crisis and said the Journal's commitment to reporting fully and deeply on China hasn't changed.

The U.S. announced earlier this month that five state-controlled Chinese media outlets would be restricted to 100 visas. It cited increasingly harsh surveillance, harassment and intimidation of American and other foreign journalists working in China.

The Chinese outlets, which employ about 160 Chinese citizens in the U.S., include the official Xinhua News Agency and China Global Television Network, or CGTN, the overseas arm of state broadcaster CCTV.

By designating the five Chinese media companies as foreign

missions, the U.S. government required them to register their properties and employees in the United States. The State Department said that was to recognize "they are effectively controlled" by the Chinese government.

Soon after, China revoked the credentials of three Wall Street Journal journalists, saying it was in response to a headline on an opinion piece in the newspaper that it considered derogatory. The U.S. then announced the visa limit for the five Chinese media outlets.

In its announcement Wednesday, China said five U.S. outlets – the three newspapers, Voice of America and Time – would be required to declare information in writing about their staff, finance, operation and real estate in China.

It also said China will take reciprocal measures against American journalists generally on visas, administrative review and reporting, without providing details.

Associated Press diplomatic writer Matthew Lee in Washington, D.C., and media writer David Bauder in New York contributed to this story.

Google sibling Verily launches COVID-19 screening website

BY RACHEL LERMAN, AP TECHNOLOGY WRITER

Google sister company Verily has launched a website to screen people who think they might have COVID-19 and point them to testing sites. But you probably can't use it to get tested quite yet.

Verily, a health tech company owned by Google parent Alphabet, launched the screening tool Sunday night for those that live in or near Santa Clara County and San Mateo County south of San Francisco.

As of Monday morning, the screening form said it was "unable to schedule more appointments at this time." Verily doesn't appear to do the testing itself but will connect users with testing facilities in partnership with the state of California.

Some people won't even get that far. Answering "yes" to having severe symptoms, for instance, leads the site to explain that "in-person COVID-19 testing through this program is not the right fit." It then suggests medical attention.

For most people, the new coronavirus causes only mild or moderate symptoms, such as fever and cough. For some, especially older adults and people with existing health problems, it can cause more severe illness, including pneumonia.

The vast majority of people recover from the new virus. According to the World Health Organization, people with mild illness recover in about two weeks, while those with more severe illness may take three to six weeks to recover. In mainland China, where the virus first exploded, more than 80,000 people have been diagnosed and more than 58,000 have so far recovered.

The screening website is managed through Verily's Project Baseline, an initiative to collect more information on people's health to map and bolster community health.

Verily launched the screening website quickly over the weekend after President Donald Trump gave an exaggerated and misleading account of it during a press conference last Friday, before Verily had announced the project.

Verily announced the screening process in a blog post this weekend, saying it intends to start with the highest risk people in the Bay Area, and hopefully expand the service if testing becomes more widely available.

The company did not immediately respond to questions about when appointments will re-open or why people with severe symptoms cannot find testing using the site.

Another piece of the screening may give some people pause. Verily asks that users connect or create a Google account before it will screen them.

The company says this is to help schedule appointments and send test results, and that the information won't be connected to other Google services without permission.

But it may still cause hesitation amid broader concerns about online privacy and the vast amount of data Google and other tech giants collect from users.

The Associated Press receives support for health and science coverage from the Howard Hughes Medical Institute's Department of Science Education. The AP is solely responsible for all content.

Twitter in deal with Silver Lake, Elliott; Dorsey still CEO

BY THE ASSOCIATED PRESS

Twitter says it's reached an investment deal with Silver Lake and Elliott Management that will keep Jack Dorsey as the social media company's CEO.

Twitter Inc. said Monday that Silver Lake will make a \$1 billion investment in the company. That money, along with cash on hand, is expected to be put toward a \$2 billion stock buyback.

Elliott Management Corp., which owns about 4% of Twitter's stock, will get one seat on Twitter's board. Silver Lake will also get a board seat.

Prior media reports had suggested Elliott was planning to nominate four people to Twitter's board and oust Dorsey.

Twitter has lagged behind businesses like Facebook and Google in terms of user growth and advertising revenue. CEO Jack Dorsey left the company to start payments company Square but returned in 2015. Now he splits his time between Square and Twitter.

News organizations drop paywall for coronavirus information

BY DAVID BAUDER
AP MEDIA WRITER

News organizations across the United States are lifting paywalls to share coverage of the coronavirus pandemic, a public service many hope will convince more readers to eventually become paying customers.

At the same time, the societal shutdown caused by the virus is exacerbating a decline in advertising revenue that has slowly choked many publications, already resulting in layoffs and furloughs.

Media outlets big and small, from The New York Times to the Telegraph-Forum in Bucyrus, Ohio, are letting people read their coronavirus coverage without a subscription.

Financial concerns shouldn't keep anyone away from news and information that could be a matter of life or death, David Yonke, Telegraph-Forum editor, wrote to readers explaining the move.

The drill is familiar at the Palm Beach Post in Florida, which has similarly dropped paywalls when hurricanes loom off the coast. The big difference here is no one knows how long this "storm" will last, said Nick Moschella, executive editor.

"When they need us most they want us for free," Moschella said Thursday. "I think there's an expectation of that."

On Sunday, the website for the Columbus Dispatch in Ohio had more than a million page views and 670,000 unique visitors. A week earlier, the site had 271,000 page views and 55,000 visitors, said Executive Editor Alan Miller, who's also regional editor for 21 Gannett newspapers in Ohio.

Readers are hungry for information about local shutdowns and people in the community who have tested positive. A popular story in Florida was the exhausting saga of a man in Boca Raton who needed to get tested. Service stories, like one that detailed steps people should take if they suspect they have the virus, are also popular, Miller said.

"We're making it free as a public service and hope that readers who appreciate that would consider subscribing to the Dispatch," he said.

Some organizations make their pitch explicitly. The Washington Post's website has a letter to readers from Executive Editor Marty Baron that links to a \$29 yearly subscription offer.

"I hope you'll agree that a first-year subscription at that price is a bargain for journalism that is at the heart of our democracy and that is, especially now, vital to public health," Baron wrote.

The Seattle Times has seen its online readership triple and, at key moments, increase ten-fold, Executive Editor Michele Matassa Flores wrote in a column. Subscriptions have increased as a result, she said.

"It's one thing to watch CNN and hear about what is going on at the White House," said news consultant Ken Doctor. "It's another thing to hear about what's going on down the street."

But Doctor fears that whatever gains that news organizations will make among readers with a newfound appreciation for their work will be more than offset by losses in advertising revenue. If concerts and other events are being canceled, and people are avoiding restaurants, that advertising will dry up.

The weekly Sacramento (California) News & Review cited those factors this week in halting print publication there and at its sister papers in Chico, Calif. and Reno, Nevada.


"We will have to suspend publishing and lay off nearly all of our amazing and talented staff, we hope only temporarily," Jeff vonKaenel, the publications' president.

Similarly, the Military Times is furloughing dozens of its staff members for two weeks. The publication aimed at veterans and active military is dependent on special events, which have been called off.

Advertising has also taken a hit at the Palm Beach Post, but Moschella said it's too early to tell what the eventual damage will be.

"We would hope that readers would soften that blow for them if they could," Doctor said.

The Associated Press receives support for health and science coverage from the Howard Hughes Medical Institute's Department of Science Education. The AP is solely responsible for all content.



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What the virus outbreak means for home loans, mortgage rates

AP WIRE SERVICE

BY HAL M. BUNDRICK, CFP, AND HOLDEN LEWIS OF NERDWALLET

The Federal Reserve cut short-term interest rates by half a percentage point on Tuesday in an effort to protect the economy from more damage from the virus outbreak. The move may present options for mortgage shoppers.

What does all this mean for home buyers? Or those looking to lock in a mortgage rate? For owners considering a refinance? And for those holding an adjustable-rate mortgage?

WHY THE FED CUT INTEREST RATES

Mortgage rates started falling weeks before the Fed's emergency rate cut. By reducing the federal funds rate, the Fed is playing catch-up, following the lead of the market forces that set mortgage rates.

The novel coronavirus identified in late 2019 has been of increasing concern to the world's stock and bond markets. The distress stems from uncertainty about how the officially named COVID-19 outbreak will impact manufacturing, tourism, travel, the hospitality industry and even consumer spending.

"Lower rates are likely to drive refinances higher and may entice home buyers out to shop as well. That's certainly the Fed's hope," says Danielle Hale, chief economist for Realtor.com. "However, if buyers are hesitant to go shopping because they want to avoid contact with others, this could dampen home sales."

THE IMPACT ON MORTGAGE RATES

The Federal Reserve manages the interest rates used by banks to borrow from each other. It's a foundation for how longer-term interest rates move.

While mortgage rates are not directly affected by Fed rate decisions, they can't resist the general direction of the bond market. Lenders use the 10-year Treasury as a guide to pricing loans, and the yields have reached record lows.

Mortgage rates are likely to follow, at least in the near-term. The 30-year loan is already approaching – and at times sinking below – the all-time low of 3.31% (with 0.70 discount points) reported by Freddie Mac on Nov. 21, 2012.

The news is also good for those with or shopping for adjustable-rate mortgages and home equity lines of credit, which are directly guided by Fed rate cuts. ARMs will likely see lower rates at their next reset period, and HELOCs could fall half a percentage point in the next billing cycle or two.

WHAT TO KNOW IF YOU'RE:

BUYING A HOME

If you're in the market to buy a home, you probably face competition from other buyers because there aren't enough homes for sale to meet demand.

There's only so much that lower mortgage rates can do to stimulate home sales. Mortgage rates and

affordability aren't the biggest challenges in today's housing market, Hale says. "A lack of options continues to be the largest hurdle," she says.

Here are tactics that make you more likely to prevail in a hot housing market:

- Get a mortgage preapproval. A preapproval letter gives sellers confidence that you'll be able to get a loan and that the sale will go through.

- Limit contingencies, such as requesting that the seller make repairs or pay your closing costs.

- Let the seller know that you can be flexible about the closing date if that's possible.

If the fear of COVID-19 makes you reluctant to tour homes but you're committed to buying this year, "now is the time to strike," says Daryl Fairweather, chief economist for Redfin, an online real estate broker. "People who commit now are going to have an advantage over people who wait."

REFINANCING

Plenty of homeowners are refinancing now. Lenders are enduring heavy workloads. You can do your part to lighten the load by submitting a complete application, with all the necessary documentation. Online applications usually will let you know if you haven't provided all the necessary documents.

Other tips:

- Know why you're refinancing so you can get the right loan. It might be to get a lower monthly payment, to shorten the loan term, replace your adjustable-rate mortgage with a low fixed-rate loan, to borrow more than you owe in a cash-out refinance, or to get rid of FHA mortgage insurance.


- Shop more than one lender. You're more likely to land the best possible deal if you apply with multiple lenders. Each lender will give you a disclosure document called a Loan Estimate. By comparing Loan Estimates, you'll be able to identify the best offer.

- Lock your rate for long enough. During normal times, a 30- or 45-day rate lock for a refinance is sufficient to close the loan on time. But when so many homeowners are refinancing at once, it might behoove you to get a longer rate lock. Ask your loan officer for guidance.

Be careful of getting a cash-out refinance. "It might be tempting to take cash out, but especially if you're worried about a recession in the future, or your job security, it might not be the best idea," Fairweather says. You want to have a cushion, instead of taking out all your equity, she says.

This article originally appeared on the personal finance website NerdWallet. Hal M. Bundrick, CFP, and Holden Lewis are writers at NerdWallet. Email: hal@nerdwallet.com. Email: hlewis@nerdwallet.com.

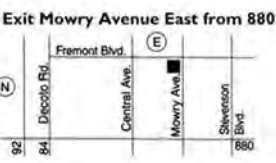
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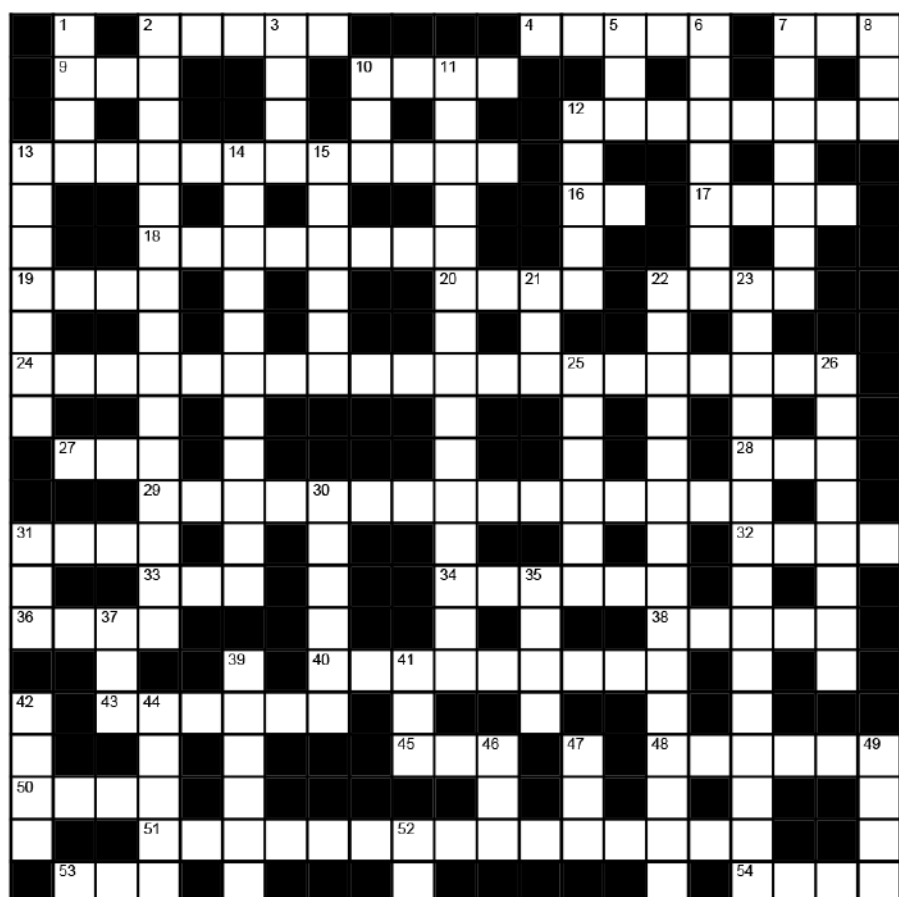
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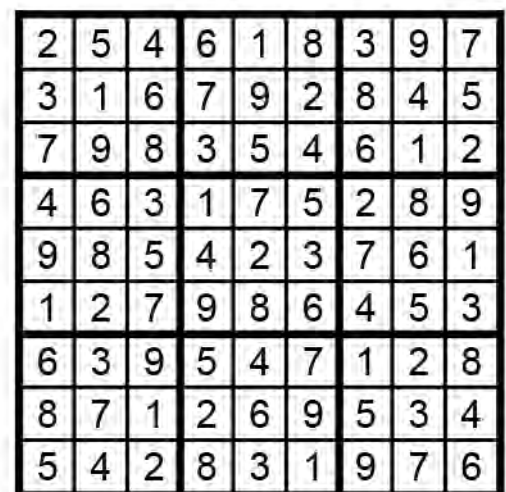
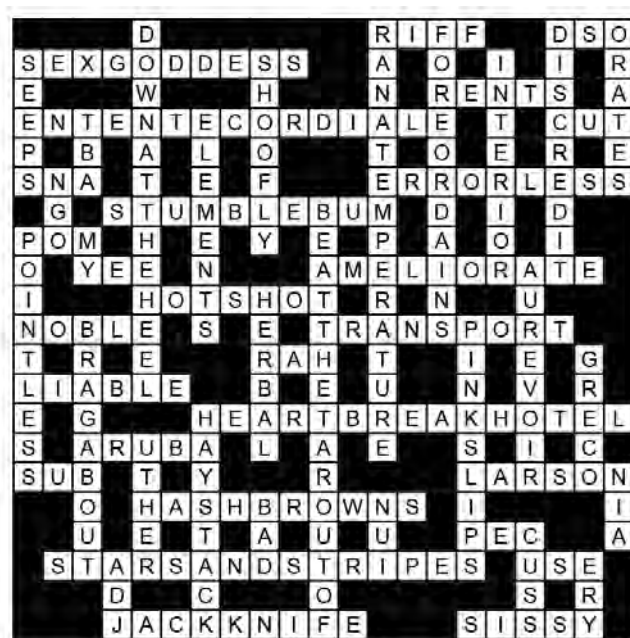
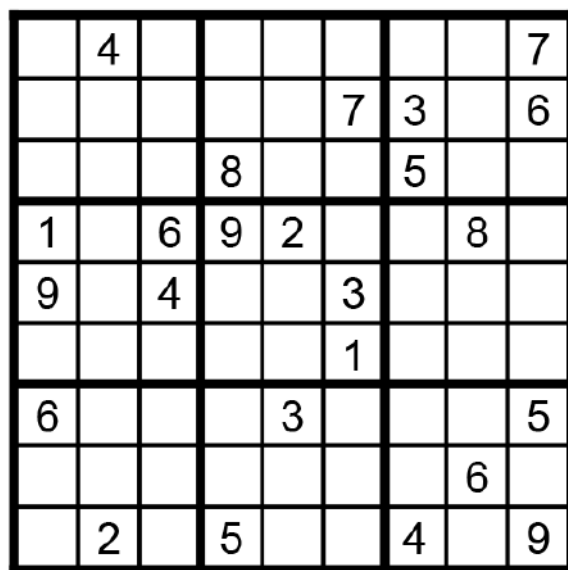
Crossword Puzzle



- | | | | | | |
|--------|---|------------|---------------------------------|-------------------|------------------------------------|
| Across | 34 | Scribe (6) | 12 | Brand of cola (5) | |
| 2 | Jeer (5) | 36 | Its motto is "Industry" (4) | 13 | Boo-boo (7) |
| 4 | Rimes of country music (5) | 38 | Permeate (5) | 14 | Theme of this puzzle (4-7) |
| 7 | It's catching (3) | 40 | Heroic action (7-2) | 15 | Cad (6) |
| 9 | Disney deer (3) | 43 | Dracula portrayer (6) | 21 | Cooler (3) |
| 10 | Column crossers (4) | 45 | Tarzan creator's monogram (3) | 22 | Hearty first course (6,5,4) |
| 12 | Sticker (5,3) | 48 | Beethoven's "Moonlight ___" (6) | 23 | Lightheaded people? (8,7) |
| 13 | Agriculture option that combines crops with livestock (5,7) | 50 | L.B.J. in-law (4) | 25 | Two-seater (6) |
| 16 | ... (2) | 51 | Was hot (3,1,11) | 26 | Relieved (8) |
| 17 | Okinawa port (4) | 53 | Major record label (3) | 30 | Violinist Menuhin (6) |
| 18 | Skeptics (8) | 54 | Done for (4) | 31 | Tempe inst. (3) |
| 19 | Break (4) | Down | | 35 | "Peter Pan" dog (4) |
| 20 | Old 45 player (2-2) | 1 | "Frasier" actress Gilpin (4) | 37 | Carpentry tool (3) |
| 22 | Fancy dressers (4) | 2 | "Relax!" (4,1,4,6) | 39 | Tea type (6) |
| 24 | Batting order? (4,4,3,2,3,4) | 3 | Vincent Lopez's theme song (4) | 41 | Bemoan (3) |
| 27 | Alpine sight (3) | 5 | Gold: Prefix | 42 | Vice president under Jefferson (4) |
| 28 | Literature Nobelism Andric (3) | 6 | "Ain't gonna happen" (2,3,2) | 44 | Dark area (5) |
| 29 | Intermittently (5,3,3,4) | 7 | Good spellers? (7) | 46 | Drone, e.g. (3) |
| 31 | Band with the hit "Barbie Girl" (4) | 8 | Famous (3) | 47 | ... (3) |
| 32 | ___-friendly (4) | 10 | Battering device (3) | 49 | Fashion model Wek (4) |
| 33 | Atlanta-based channel (3) | 11 | Rain check? (10,5) | 52 | ... (2) |

Sudoku:

Fill in the missing numbers (1 – 9 inclusive) so each row, column and 3x3 box contains all digits.



Tri-City Stargazer FOR WEEK: MARCH 24, 2020

All Signs: Pluto in Capricorn is lined up with Jupiter. Capricorn represents organizational structures. Meanwhile Pluto is the planet of regeneration and extremes, and Jupiter magnifies whatever it touches. Neptune in Pisces

is classic for hidden viruses. Neptune rules hospitals, "prisons" and chemistry. (Neptune was last in Pisces from 1847-1861.) Did pandemics occur during those times? Yes. I see no astrological explanation. But today, we are

medically sophisticated and informed, and globally connected. Fate may deal us our cards – but we play them. The solution is to play them with clean hands.

Aries the Ram (March 21-April 20): There's good news and there's bad news this week. The bad news is that you are going to meet obstacles, confrontations, and closed doors dealing with authority figures, bosses, government or any powerful person or group to which you might petition your case or make a plea or a request. The good news is that the Sun is now in your sign. This means you are empowered. Not only that, fair Venus will attract money to you and give you a favorable edge in financial negotiations.

Taurus the Bull (April 21-May 20): This continues to be a time when you will prefer to take a backseat and keep a low profile because this feels best to you. Interactions with younger people will please you. In fact, a younger person might inspire you or elevate your idealism about something, perhaps through a group or an organization. Even though Venus is in your sign making you diplomatic and charming; nevertheless, avoid controversial arguments about politics, religion, and racial issues because they will get nasty.

Gemini the Twins (May 21-June 20): This continues to be a popular time, which means you want to see people or be involved with groups, clubs, and organizations. You might be at home doing this through Skype or social media. Nevertheless, you will choose to interact with others more than usual by whatever means you can. Now is the time to give serious thought

to your future goals. Meanwhile, disputes about shared property, inheritances, and joint responsibilities might be nasty. Fortunately, Venus guarantees lovely moments of peace.

Cancer the Crab (June 21-July 21): The Sun is still at the top of your chart casting you in a flattering spotlight, which means others are impressed with you and see you as competent and capable. Venus smooths the way for all your relations with friends and groups. It will encourage your interaction with artistic, creative people. These supportive influences are just what you need while fiery Mars is opposite your sign creating friction with partners and close friends.

Leo the Lion (July 22-August 22): A strong impulse in your chart now makes you want to travel. However, this is not a good idea. Fortunately, this influence is an urge to expand your world. You want to learn new things, meet new people, see new places. It is possible to learn and to explore new things remotely. Take an online course. Make friends with other cultures and different parts of the world and enjoy exchanges that will enlighten you. Meanwhile, someone wants your creative advice about how to make something look more attractive.

Virgo the Virgin (August 23-September 22): Some of you might be exploring a romantic relationship with someone who is "different." This same influence makes you want to travel and explore new ideas; however, you

will likely have to do this online. This is a passionate time for you, which is why you feel intensely about many things. Important conversations with a close friend or partner are taking place. Problems with kids, if you're a parent; problems with vacations; and problems with creative ventures are discouraging. Instead, seek ways to feel inspired about art, philosophy, or music.

Libra the Scales (September 23-October 22): You still need more sleep. Get more rest. You can accomplish a lot of work by communicating with others and being hands-on because you are motivated to do so. Money, support, resources, and equipment from other sources will help you now as well. Unfortunately, confusion, chaos or difficulty is taking place on the home front or within your family dynamic. Right now, you have the advantage of being able to see your partnerships and closest relationships with more objectivity.

Scorpio the Scorpion (October 23-November 21): You continue to be in work mode; hence, you can accomplish a lot. Use this motivation to get better organized. It makes you productive, and it instills high standards within you. You also want to improve your health as well as your daily effectiveness. Venus opposite your sign guarantees excellent relations with those who are closest to you because Venus helps you to be patient with siblings, relatives, and neighbors. However, it's a two-way street. Where you find

others difficult to deal with – they might find you difficult.

Sagittarius the Archer (November 22-December 21): No matter how serious things are, you want to party. You want the freedom to express yourself and do exactly what you want. Your attitude toward all your relationships will be lighter and more playful. Take time to make your workspace more attractive. One dark cloud on your horizons might relate to money and cash flow. There is tension in this part of your chart showing upheaval or transformation. Don't worry, because in the long run you will be financially protected.

Capricorn the Goat (December 22-January 19): Your focus on home, family, and your private life continues perhaps through self-isolation or increasing demands of family members. Many of you are more involved with a parent. With Mars in your sign, you are high-energy and keen to do things. Physical exercise and increased activity on the home front are obvious outlets. However, a sweet blessing from Venus now encourages you to express your creative style through hobbies or creating beautiful things that might be of use. You need to talk to others and communicate because busy Mercury is in your House of communications this week. These are conflicting energies for you to handle.

Aquarius the Water Bearer (January 20-February 18): This continues to be a busy time mentally and physically. Many of

you are on the go with short trips and interactions with others despite the need for social distancing and self-isolation. It's as if the world refuses to stop and recognize your personal needs. Do the minimum. Explore moneymaking ideas online and talking to others online. Fortunately, the placement of Venus is helpful for you now because Venus will show you how to have fun staying at home. In fact, redecorating ideas are bubbling in your mind.

Pisces the Fish (February 19-March 20): The planets show that your primary focus is about money. Unfortunately, the ability to earn money is being interrupted for many people. However, at a deeper level, this same influence is making you ponder your own value system. As the world is changing so rapidly around you, you are forced to ask yourself, "What really matters?" Venus is in a part of your chart that will play a role in this self-discovery because it will encourage you to see how much love there is in your daily life.



By Georgia Nicols
www.georgianicols.com.

An historical archive in the California Nursery office

BY CHARLENE DIZON
PHOTOS COURTESY OF
DR. JOYCE BLUEFORD

Historical artifacts of the California Nursery Company widely vary, from photos and letters to physical belongings. The living legacy of the company can be found in the California Nursery Office Museum, a building dating back to over a hundred years ago.

The early 1900s was the California Nursery's height of expansion as it began to garner recognition. This recognition caused William J. Landers, who served as the company's president for ten years, to update the infrastructure of the nursery including construction of an office and a cottage to be used as a summer home. Unfortunately, the 1906 earthquake negatively impacted plans for this upgrade and

After the California Nursery was taken over by the City of Fremont in 1972, the Nursery Office was used for various local groups such as Fremont Animal Control from 1972 to 1983, and Fremont Police Department as a Security and Communication Network Training Area (SACNET) from 1983 to 1998.

From 1998 to 2011, the office remained vacant. This unfortunately caused many infrastructural problems including a leak in the roof that required volunteer work of non-profit Math Science Nucleus (MSN). The City of Fremont requested Math Science Nucleus to save historical documents about the nursery from Bruce Roeding, the last owner of the California Nursery Company. Roeding had kept California Nursery Historical Company files on his property in two large shipping containers since 1972. Due to the substantial amount of documentation, the vacant Cal-



California Nursery 1910



California Nursery 1911

schools. Today, the building holds displays of a wide assortment of historical artifacts that center around the John Rock and Roeding family contributions to the birth and growth of the California Nursery.

The efforts of many helped make this project a reality. California State University of East Bay contributed to the archive exhibit's visual displays and signage; Dr. Blueford sorted historical documents and Janet Barton, coordinator of the California Nursery Garden Club, created a display of the Panama Pacific International Exposition. "The contributions were a real community effort to bring history alive," says Dr. Blueford.

Unfortunately, the archive museum was only open to the public for one year due to the lack of funding to continue the tours. "My hope is for the office to become a museum again for the public to look at the

also led to the death of Landers. Thankfully, the infrastructure plans were continued and completed by Landers' son, William H. Landers.

The California Nursery Office was built in 1907. It is rumored to have been designed by famed San Franciscan architect Bernard Maybeck, according to Maybeck's daughter. Maybeck also built the nursery's President's Cottage. The office was used for administrative, export, import, and domestic sales purposes. Construction was considered modern at the time, with areas such as a telephone switching room, a men's bathroom, an outdoor patio, and amenities including gas heat and electric lighting. Later, a women's bathroom was also incorporated outside the Nursery Office and is now known as the Woman's Changing Room. An office



1923



History museum

time cleaning up the building. Board President of Math Science Nucleus Dr. Joyce Blueford explains, "The inside was very musky and so intense that workers could only stay inside for about twenty minutes." The City of Fremont contributed to the restoration effort. Math Science Nucleus then used the 2,000-square-foot space to assemble the historical documents.

The archive project was a significant contribution toward Fremont's agricultural and horticultural history as well as that of the entire county and state. After consultations with historians and school districts, it was decided that the archived material should be seen by all residents. The office was designated a field trip destination for

artifacts we've worked hard to sort through and display. Training is available for those who would like to become a docent. We would like to open from 11 a.m. to 3 p.m. on the weekends." With the help of the community, the nursery office and its remarkable archive can be revived.

For those interested in becoming a historical docent, please contact Math Science Nucleus for more information at msn@msnucleus.org or call (510) 790-6284. Historical archiving opportunities are usually scheduled on Wednesdays from 9:30 a.m. - 1 p.m. at the California Nursery Historical Park in Niles, Fremont.



was created for the company's president and manager. In 1939, the patio was enclosed with windows by noted architect Edward T. Foulkes for sales.

ifornia Nursery Office was an ideal space to organize and archive.

However, in order to make the space usable, Math Science Nucleus first spent



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Home & Garden

Fire Cider to boost immunity

ARTICLE AND PHOTOS BY LALITHA VISVESWARAN

When fall begins, and there is a chill in the air, I start collecting ingredients from my farm to make a spicy tangy tonic – Fire Cider. I am not entirely sure about the origins of this herbal remedy that boosts immunity and shatters flu, but I first heard about it from one of my favorite herbalists, Rosemary Gladstar.

What is Fire Cider?

Essentially, fire cider is a blend of anti-viral and anti-bacterial power one can have every day, one teaspoon at a time – diluted, of course. The cider is also believed to be anti-inflammatory, a decongestant, aids circulation, and boosts digestion. It is good for all ages. The downside is that it takes about six weeks for it to become medicine, and we must wait for time to do its magic before the apple cider vinegar can be decanted.

Let me tell you what Fire Cider won't do – it won't cure the flu, but it is known to prevent and shorten the flu and flu-like illnesses. This column is not medical advice. If you, dear reader, feel like you are down with the flu or experiencing flu-like symptoms, please seek medical advice immediately.

The best time to make Fire Cider is at the end of summer, so

it is ready during fall and winter and early spring when flu-like illnesses sweep our lands. But with impending pandemics, it's never a wrong time to learn this useful kitchen aid.

There are many ways to craft fire cider, but the most important ingredients are constants: garlic, onion, ginger, horseradish, cayenne pepper, raw honey, raw apple cider vinegar. Each one of these has a specific purpose and superior healing properties. The four- to six-week duration for the ingredients to meld together is also important.

Make sure all the ingredients are grown naturally and without pesticides. We are crafting this tonic for health, and it is important to use pesticide-free input. The best option would be to grow them yourself. Apart from horseradish, the rest are easy to grow or procure.

Garlic:

You want this all-around, versatile flu fighter in your fire cider. Why? Because garlic boosts the immune system, stimulates production of white blood cells, and has anti-bacterial and anti-viral properties. It is tremendously useful for keeping circulation in tip top shape. Allicin is one of the key immune-stimulating nutrients in garlic. When we use garlic for cooking, it loses its potency;

hence using raw garlic gives us the full benefit of this magic component.

Onion:

Onion has many similarities to garlic. They both have sulphuric compounds and hence Allicin. One of the key ways it helps circulation is when we sweat infections out. BO is a small price to pay for medicine that doesn't need a deductible. Onions also contain a compound called Quercetin. Recent studies now tell us that Quercetin helps minimize allergy symptoms as they tone down histamine response and inflammation. Including this is a way to modulate histamine reactions come pollen season in spring.

Ginger:

An excellent decongestant, ginger is warming and spicy. While onion and garlic work to blast sinus congestions, ginger warms the membranes from inside. It has enzymes that reduce inflammation and soothe the nausea and digestive upsets. It is also excellent for sore throats.



reliever because it releases endorphins when the taste buds think they are experiencing pain. Always use gloves while prepping cayenne or chili peppers. The seeds are high in volatile oil and can seep into your skin.

My favorite is turmeric for its anti-inflammatory and overall protective qualities. I have also added black pepper because it is now known that black pepper makes the healing qualities of turmeric more bio-available. This means that turmeric becomes even more potent when it is combined with black pepper. My second favorite optional is the herb rosemary. This time of the year, it's blooming blue, and its anti-inflammatory and circulatory properties are legendary.

How to make Fire Cider?

The time-consuming part is gathering and prepping the ingredients. There are no specific quantities. Eye ball the quantities, so they are all equal by volume. Grate, chop, and slice them finely and layer them in a sterilized glass jar. Pour apple cider until everything is fully submerged. Add powdered ingredients as seasoning. Seal it with a plastic lid as metal can corrode because we are using vinegar. Date it and shake it once every few days. After four to six weeks, decant. Add honey to sweeten.

Dilute 1 teaspoon of Fire Cider in a cup of water and have it every day. Kids won't notice if you add it to juice. You can also use it like you'd use regular vinegar in salad dressing. It doesn't need refrigeration. Make a double batch and share with family and friends.

Best wishes and good health to all. Stay safe, my friends.

Lalitha Visveswaran is a full-time farmer at Jellicles Farm in the Sunol AgPark. www.jelliclesfarm.com



Horseradish:

Horseradish is not commonly found or grown, but it is not unfamiliar to many of us. Anyone who has tasted wasabi (horseradish paste) or has grated the root in the kitchen can attest to its sharp and pungent odor and taste. It targets the mucus membranes so quickly that its sting cannot be mistaken for anything else. And that's why this is an essential ingredient for Fire Cider. Just thinking about it while typing made my eyes water and cleared my sinuses.

Cayenne Pepper:

The key ingredient in cayenne pepper is Capsaicin. Rich in Vitamin C and Vitamin A, Capsaicin is good for circulation and warms the membranes from inside out. It is also a decongestant and an expectorant. The spicy heat is also a pain

Honey:

Raw honey is not just sweet but also full of enzymes and medicinally potent. It is usually added after the six weeks of infusion.

Apple Cider Vinegar:

Finally, the star. Use raw unpasteurized Apple Cider Vinegar for best results. It is full of probiotics that support gut health, which is directly correlated with whole-body wellness. Its active ingredient, acetic acid, is a known antioxidant. It can help reduce blood sugar spikes and blood pressure, has anti-carcinogenic properties, and boosts the immune system.

Optional ingredients:

For the purpose of this article, I made a batch in which I included some extra options.



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100-year-old restaurant donates meals to community

BY STEPHANIE GERTSCH
PHOTOS COURTESY OF
NALEEM CHAKRABARTY

Joe's Corner has been a part of the Niles District in Fremont for nearly the last 100 years, evolving from a speakeasy to a family-friendly place where people can stop by with their dogs for a sandwich or local craft beer. After district schools closed on March 13 due to Covid-19, they are continuing to serve the community by providing free lunches for kids who can no longer rely on school meals.

"It's a no-brainer basically," says Naleem Chakrabarty, who has co-owned Joe's Corner with husband Amitabh for two and a half years. The couple already provides free meals to kids who are out of school for the summer, and raises funds for homeless students during the holidays. Having two kids herself, Chakrabarty was already familiar with the workings of Fremont School District. She says, "When this came along I thought, usually summer is a time when kids are looking for meals because schools are closed and they don't have a free lunch, but when this news came that schools are closed again, I thought kids are going to have the same problem."

A notice was posted on the restaurant's Facebook page over the weekend, receiving an enthusiastic response from regulars. Joe's Corner is closed on Mondays, and on both Tuesday and Wednesday, a handful of families dropped by. Chakrabarty adds, "We had a mom call saying that she was sick and has four kids; she could not step out. We had also said that we could deliver food within a five-mile radius, because we anticipated that many of them might have transportation issues."

Then on Thursday, activity picked up, and Joe's Corner served 25 meals, including several deliveries. Many people have volunteered to be delivery drivers, a service that will be important as more fall sick and quarantine at home. FUSS, a nonprofit that supports Fremont schools, also donated Subway sandwiches. Joe's Corner is now listed as a participating location on the FUSS website at <https://www.fuss4schools.org/>.

This service helps more than just kids. As of Friday, March 19, free meals will be available to anyone who needs one. Chakrabarty explains, "We have a lot of food and a lot of it is perishable, so instead

of it going to waste, why not donate it to families that need it?"

As a business, Joe's Corner is still open for takeout and delivery in accordance with "Shelter in Place" guidelines. "Every business has ups and downs," Chakrabarty says, "but the fact that we have such a good customer following and good will in the community, we appreciate that."

In its many forms, the restaurant has been a staple of Niles, even surviving the prohibition era. Chakrabarty gives a look at its history: "The restaurant itself is almost 100 years old; it was built in 1925. So, it has gone through a lot of different hands and has evolved into something completely different than what it was a couple of decades ago. It used to be known as a very rough bar. There was a speakeasy

in the basement during the prohibition area, and the story goes that there used to be a tunnel and people used to smuggle beer out of the tunnel."

Now local craft beers are sold legally to adults, and the restaurant has a toy box for children and a patio for dogs. However, locals consider Joe's Corner an integral part of Niles no matter what form it takes. Before the restrictions on public gatherings, customers turned out at the restaurant to show their support. And this week one person bought hundreds of dollars in gift cards.

"Every time people come, they come because they want to support us," Chakrabarty says. This week is no different, with customers coming in to pick up a free meal saying, "Thank you so

much for doing this for the kids. We really appreciate your business and want to support you."

Joe's Corner will be offering free meals Tuesday – Sunday, from 11 a.m. to 2 p.m. They can also deliver meals within a five-mile radius. For more information, or to volunteer or make a donation, contact Joe's Corner at (510) 896-8025 or joeskorner@gmail.com.

Joe's Corner free meals
Tuesday – Sunday
11 a.m. - 2 p.m.
37713 Niles Blvd., Fremont
(510) 896-8025
joeskorner@gmail.com



Scholarship Opportunity

SUBMITTED BY JACKIE KRANICH

Pathfinder Chapter is a local chapter of the American Business Women's Association (ABWA), a non-partisan and nonprofit organization. One of Pathfinder Chapter's main goals is to provide educational opportunities for women through scholarships. This year, Pathfinder Chapter is offering the Polly Olson Memorial Scholarship in honor of Polly Olson, a past member of 30 years.

The Polly Olson Memorial Scholarship of \$1,000 will be awarded to a deserving female student within Alameda County to attend an accredited, licensed or state approved technical, vocational or community college within California. The field of study is open and not specified. Applicants must be high school graduates or GED equivalent, or women re-entering the educational system who reside in Alameda County. The applicant must be accepted for enrollment in the fall of 2020.

Applications will be accepted through Sunday, May 10. For more information about eligibility and application details, visit <http://www.abwa-pathfinder.org/> or email Jackie Kranich at jackie@healthierliving4u.net.

Polly Olson Memorial Scholarship
Deadline: Sunday, May 10
<http://www.abwa-pathfinder.org/>

LETTERS POLICY

The Tri-City Voice welcomes letters to the editor. Letters must be signed and include an address and daytime telephone number. Only the writer's name will be published. Letters that are 350 words or fewer will be given preference. Letters are subject to editing for length, grammar and style.
tricityvoice@aol.com

Grab-a-Bagged-Lunch

SUBMITTED BY FREMONT
UNIFIED STUDENT STORE

Fremont Unified School District (FUSD) schools are closed [at least] until April 4 due to the "Shelter-in-Place Order" effective at midnight. While FUSD is actively working on measures to help all students, our community groups and volunteers are supporting them by working to provide bagged lunches to impacted students.

As more students will be coming, make sure to keep a safe distance from each other to avoid possible spread of COVID-19. As food supply is limited, try to take just one per person. Hopefully, with more shops joining in, there will be more grab-a-bagged-lunch packs available.

Bagged lunches will be available at the following participating sites from 12 noon to 2 p.m. until March 27:

North Fremont:

Milk and Honey: 34265 Fremont Blvd (125 Subway sandwiches every day / small bento boxes on various days)

Suju's Coffee: 3602 Thornton Avenue (125 Subway sandwiches every day)

Bombay Pizza: 4922 Paseo Padre Parkway (100 small pepperoni or cheese pizzas every day)

Central Fremont:

Suju's Coffee: 4949 Stevenson Blvd (125 Subway sandwiches every day)

Curry Pizza House: 39070 Fremont Blvd (100 small pepperoni or cheese pizzas every day)

South Fremont:

Subway Sandwich: 1980 Driscoll Rd (125 Subway sandwiches every day)

FUSD invites more restaurants and sandwich shops to participate in this effort. If you can help provide bagged lunches, email admin@fuss4schools.org. If you would like to volunteer, visit <https://www.signupgenius.com/go/5080e4aafab2caafc1-volunteers>. Please make sure you are healthy and keep healthy by wearing gloves especially when passing out bagged lunches.

If you would like to donate to support this effort, donate to <https://www.fuss4schools.org/>. All donations will be used to serve the impacted FUSD students and families. Please use the confirmation notice as your donation receipts. A donation report will be provided at the end of the month.

Home Sales Report

CASTRO VALLEY | TOTAL SALES: 4
 Highest \$: 1,012,000 Median \$: 855,000
 Lowest \$: 650,000 Average \$: 843,000

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
21463 Orange Avenue	94546	650000	2	1022	1943	1/21/20
19201 Stanton Avenue	94546	730000	3	1414	1952	1/22/20
3886 Lorena Avenue	94546	980000	3	2171	1935	1/22/20
19040 Helton Street	94546	1012000	5	2234	1975	1/21/20

FREMONT | TOTAL SALES: 5
 Highest \$: 1,765,000 Median \$: 1,152,000
 Lowest \$: 800,000 Average \$: 1,211,200

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
3991 Wildflower Comm #3	94538	800000	3	1433	1987	1/22/20
37645 Farwell Drive	94536	1080000	4	1902	1956	1/22/20
39649 Whitecap Way	94538	1152000	4	1760	1962	1/22/20
2929 Washington Blvd	94539	1259000	3	1156	1953	1/21/20
42721 Scofield Drive	94539	1765000	4	2372	1988	1/22/20

HAYWARD | TOTAL SALES: 12
 Highest \$: 875,000 Median \$: 697,500
 Lowest \$: 335,000 Average \$: 648,167

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
945 Fletcher Lane #B210	94544	335000	1	747	1986	1/22/20
22765 Marolyn Court	94541	370000	0	780	1940	1/22/20
21062 Gary Drive #101	94546	505000	3	1232	1980	1/21/20
24555 Margaret Drive	94542	598000	3	1604	1947	1/22/20
3079 Madsen Street	94541	640000	3	1343	2012	1/22/20
22708 Marolyn Court	94541	695000	3	1354	1950	1/22/20
26794 Peterman Avenue	94545	700000	3	2244	1957	1/21/20
31628 Trevor Avenue	94544	740000	5	2222	1957	1/22/20
2640 Hawthorne Avenue	94545	750000	3	1153	1958	1/21/20
1723 Germaine Court	94541	770000	3	1537	1956	1/22/20
28310 Capitola Street	94545	800000	4	1672	1965	1/22/20
2498 Carisbrook Court	94542	875000	4	2101	1977	1/23/20

MILPITAS | TOTAL SALES: 14
 Highest \$: 1,730,000 Median \$: 1,032,500
 Lowest \$: 624,000 Average \$: 1,096,929

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
1206 North Abbott Ave	95035	624000	3	1143	1979	2/10/20
290 North Park Victoria Dr	95035	830000	3	1150	1962	2/13/20

1461 Coyote Creek Way	95035	910000	3	1462	2013	2/10/20
530 Clover Circle	95035	930000	2	1449	2018	2/10/20
1689 Canton Drive	95035	945000	3	1240	1961	2/12/20
83 South Milpitas Blvd	95035	987000	3	2021	2018	2/14/20
1200 Creekside Way	95035	1015000	3	1522	2014	2/11/20
1964 Lee Way	95035	1050000	3	1640	2013	2/12/20
1378 Mount Shasta Ave	95035	1125000	3	1828	1977	2/14/20
1528 Portola Drive	95035	1186000	3	1249	1966	2/14/20
1776 Hazelnut Lane	95035	1225000	3	2035	2018	2/10/20
579 Odyssey Lane	95035	1350000	4	2250	2015	2/11/20
1185 Burdett Way	95035	1450000	3	1020	1971	2/10/20
689 Cardiff Place	95035	1730000	4	2390	1985	2/14/20

NEWARK | TOTAL SALES: 3
 Highest \$: 1,163,500 Median \$: 770,000
 Lowest \$: 524,000 Average \$: 819,167

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
36829 Newark Blvd #F	94560	524000	2	1166	1987	1/21/20
36186 Toulouse Street	94560	770000	3	1455	1987	1/22/20
5406 Chapman Drive	94560	1163500	4	1866	1964	1/21/20

SAN LEANDRO | TOTAL SALES: 2
 Highest \$: 565,000 Median \$: 327,500
 Lowest \$: 90,000 Average \$: 327,500

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
15941 Cambrian Drive	94578	90000	3	1984	1960	1/22/20
16714 Rolando Avenue	94578	565000	3	1410	1963	1/21/20

SAN LORENZO | TOTAL SALES: 3
 Highest \$: 650,000 Median \$: 600,000
 Lowest \$: 350,000 Average \$: 533,333

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
16029 Via Segundo	94580	350000	3	1063	1944	1/22/20
17044 Via Perdido	94580	600000	3	1068	1947	1/22/20
17335 Via Chiquita	94580	650000	3	1031	1951	1/21/20

UNION CITY | TOTAL SALES: 2
 Highest \$: 750,000 Median \$: 645,000
 Lowest \$: 540,000 Average \$: 645,000

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
2934 Flint Street #105	94587	540000	2	908	1986	1/21/20
2452 Regal Drive	94587	750000	3	1320	1970	1/21/20

Real Estate Notebook

Real Estate Notebook is a monthly column focusing on home buying, selling and owning experience.

How does pandemic affect homebuyers?

By DAVID STARK
 PUBLIC AFFAIRS DIRECTOR,
 BAY EAST ASSOCIATION OF REALTORS®

The COVID-19 crisis is having short- and long-term impacts on buying and selling homes. In the short term, REALTORS® are busy developing new practices to serve their clients while observing shelter-in-place mandates and social distancing. They do have a head-start: technology.

Real estate professionals have consistently been on the cutting-edge of communication technology. They were early adopters of mobile telephones; they were some of the first to develop and perfect commercial websites and have made social media and video key components of their business plans.

Personal interactions are an important part of real estate transactions. Even before the COVID-19 crisis, real estate professionals adopted remote participation technologies including “e-signatures” that allow the parties in a transaction to review and approve documents at any time and any location – including while sheltering in place.

REALTORS® are leveraging their experience and skill with various technology to show clients properties while keeping them safe. Many are providing “virtual tours” that use three-dimensional video technology to bring the open house experience to their clients from the comfort and safety of their current home. Both home-sellers and homebuyers should ask their agents about using this technology during a transaction.

In the longer term the outlook for home ownership, home buying and selling is mixed.

According to the California Association of REALTORS® (C.A.R.) what will remain the same is the long-term benefit of

wealth accumulation, positive intergenerational effects and social gains of homeownership. C.A.R. also observed that current low mortgage interest rates give first-time homebuyers a unique opportunity to capitalize on more affordable purchase financing.

However, changes during the closing weeks of March led C.A.R. to a less optimistic forecast for both the economy and the housing market in 2020. C.A.R. now predicts fewer home sales in 2020, a significant recession extending through the summer, and home prices dropping slightly.

C.A.R.’s new predictions cite that the deterioration of financial markets is making investors less wealthy, and reducing their demand for luxury properties, second homes, and investment properties. Stock market volatility also impacts potential homebuyers who plan to tap these investments for their down payment. C.A.R. says these factors could result in home sales prices dropping statewide by single-digit percentages.

The drop in demand that may

drive down prices will also resonate in the number of homes sold. C.A.R. now expect sales of existing homes will drop by approximately eight percent statewide during in 2020.

The San Francisco Bay region has been characterized for a decade by a robust economy. Predictions of a statewide recession may be surprising news. C.A.R. acknowledged that while the economy may struggle during the spring and into the summer, they expect the recession to be short-lived.

This is not the first national or international crisis that has impacted local real estate markets. C.A.R. observed that California entered the current crisis on a strong economic foundation. The crisis was caused by an external factor rather than major imbalances in the overall economy. They anticipate that while the economy and real estate markets will feel the effects of the COVID-19 crisis, the strong pre-crisis fundamentals will allow both to recover faster than the economic crisis circa 2010.

Beware of scammers taking advantage of COVID-19 fears

SUBMITTED BY TAMAR SARKISSIAN, PG&E

During the COVID-19 outbreak, Pacific Gas and Electric Company (PG&E) is alerting customers to be aware of potential scam phone calls or emails threatening to shut off power if a payment is not made.

Since the COVID-19 outbreak began, PG&E’s Corporate Security department has received several reports regarding scammers requesting payment on past due utility bills immediately with a debit card. PG&E has also seen an increase in “spoofing,” which is when the incoming call appears to come from a PG&E telephone number.

“It’s alarming that people are trying to capitalize on the pandemic and people’s fears. Unfortunately, that’s the reality with scammers. We’ve seen a steady stream of scam calls recently and are reminding customers that PG&E will never ask for personal information or a credit card number over the phone,” said James Murphy, Senior Director, Corporate Security at PG&E.

On March 12 PG&E announced that in response to the COVID-19 pandemic, it has voluntarily implemented a moratorium on service disconnections for non-payment, effective immediately. This suspension applies to both

residential and commercial customers and will remain in effect until further notice. Customers should assume that any threat related to a disruption in service for non-payment is a scam.

Earlier this year, PG&E started seeing a new scam trend with the request becoming more detailed. Scammers include specific names of customers, and in some cases, guessing general dollar amounts owed. They are also disguising their true phone numbers with a caller ID that says “PG&E” or “Pacific Gas & Electric.”

Other scam phone call tactics include:

- Notifying residents that they are eligible for a federal tax refund related to their utility bill
- Trying to sell services related to solar evaluation
- Claiming to represent a PG&E initiative to sell a product in order to gain access to their home

Here are tips that can help protect PG&E customers from all types of potential scams:

- PG&E’s Credit Department will not ask for personal information or a credit card number over the phone. Anyone who has received such a phone call and provided credit card or checking account information should report

it immediately to the credit card company or bank and law enforcement.

- Other types of scams that can impact customers include online “phishing” where scammers seek personal or financial information, as well as in-person scams where scammers pose as an electric or gas employee.
- Customers with concerns about the legitimacy of a call about a past due bill, service request or request for personal information are encouraged to call PG&E at 1-(800) 743-5000.
- Customers should always ask to see identification before allowing anyone claiming to be a PG&E representative inside their home. PG&E employees always carry their identification and are willing to show it to you.
- If you feel threatened in any way, notify local law enforcement immediately.

PG&E takes security seriously and will actively work with law enforcement to help stop any scam victimizing customers. Anyone who has received such a call can report it immediately by calling PG&E at 1-(800) 743-5000 or by visiting www.pge.com/scams.



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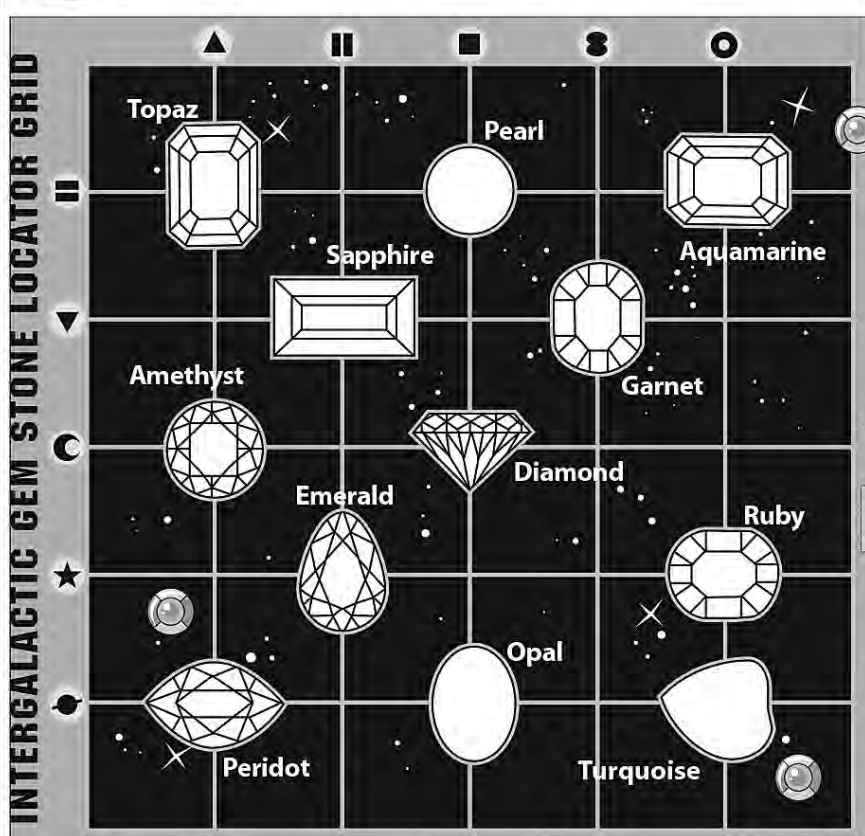
Kid Scoop Together:

You're a GEM!

You know you have a birthDAY. Did you know you also have a birthSTONE? A special gem stone has been selected to be the birthstone for each month of the year.

Discover Your Birthstone

1. Find the month you were born in the box below.
2. Next to your birthday month, there are two symbols. The first symbol shows you which horizontal line to follow on the Intergalactic Gem Stone Locator Grid. The second symbol tells you which vertical line to follow.
3. The gem at the point where the two lines meet is your personal birthstone!



- ▼ 8 January
- ▲ February
- ≡ March
- April
- ★ May
- June
- ★ July
- August
- ▼ September
- October
- ≡ November
- December

Standards Link: Math: Measure time using calendars. Reading Comprehension: Follow simple written directions.

I brought precious Alphas from planet Cryz Tahl to trade for gem stones from earth, but I dropped them all over this page. How many can you find?



Color the Birthstones

- Garnet – purplish red
- Amethyst – purple
- Aquamarine – greenish blue
- Diamond – white
- Emerald – green
- Pearl – white
- Ruby – red
- Peridot – light green
- Sapphire – blue
- Opal – blue and green and white
- Topaz – orangish yellow
- Turquoise – light blue

Birthstone Meanings

Each birthstone has a special meaning. To find out, do each math problem, put your answer on the line next to each gem and then find the answer in the list on the right.

- | | |
|------------------------|------------------------|
| 13 - 9 = ___ Garnet | 18 - 16 = ___ Ruby |
| 7 - 2 = ___ Amethyst | 9 - 6 = ___ Peridot |
| 4 + 3 = ___ Aquamarine | 11 - 10 = ___ Sapphire |
| 4 + 4 = ___ Diamond | 2 + 4 = ___ Opal |
| 15 - 6 = ___ Emerald | 8 + 2 = ___ Topaz |
| 16 - 5 = ___ Pearl | 16 - 4 = ___ Turquoise |

1. Good thinking
2. Contentment
3. Married happiness
4. Dependability
5. Sincerity
6. Hope
7. Courage
8. Innocence
9. Love
10. Loyalty
11. Health
12. Success

Extra! Extra! Words That Sparkle

Look through the newspaper for words that attract you to read more. The words could be used to attract you to an ad or a story. Can you find five? Use these words to write a story.

Standards Link: Vocabulary Development: Recognize words and phrases that show rather than tell events.

The Four Cs

Diamonds are the hardest natural materials known and they are the most popular of all the gemstones for jewelry because of their brilliance. They can only be scratched by another diamond.

They are valued by their cut, color, carat and clarity.

Cut

The most common cut is known as the "brilliant." This has 58 facets or surfaces and the light reflected in the surfaces splits into the colors of the rainbow.

Color

Most diamonds contain some color and the most common are shades of yellow or blue. A colorless diamond is both rare and expensive.

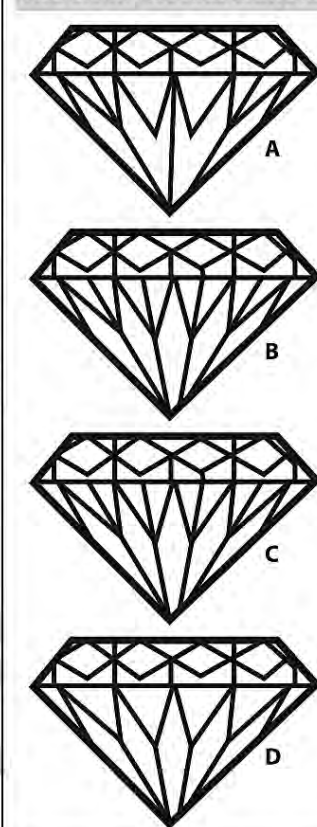
Carat

A carat is a measurement of weight. 142 carats make one ounce. A diamond that weighs a full carat is worth more than one that weighs slightly less.

Clarity

A completely clear diamond is said to be flawless but that is rare and most diamonds have spots or bubbles.

Find the two identical diamonds.



Standards Link: Visual Discrimination: Identify similarities and differences in common objects.
ANSWER: B & C

Kid Scoop-doku™

Complete the grid by using all the letters in the word STONE in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.



Birthstone Survey

- My birthstone is:
- My friend's birthstone is:
- My teacher's birthstone is:
- My pet's birthstone is:
- Family member birthstones:

Standards Link: Research: Locate information through interview and investigation.

Double Double Word Search

AQUAMARINE Find the words in the puzzle.
GARNET How many of them can you find on this page?

B	I	R	G	A	R	N	E	T	S
A	P	E	R	I	D	O	T	U	D
M	T	R	H	S	E	T	O	R	I
E	N	I	R	A	M	A	U	Q	A
T	Y	H	N	L	E	E	Z	U	M
H	B	P	E	A	R	L	A	O	O
Y	U	P	S	P	A	Q	P	I	N
S	R	A	U	O	L	I	O	S	D
T	M	S	N	O	D	A	T	E	T

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

FROM THE LESSON LIBRARY

Fact and Opinion

A newspaper publishes both facts and opinions. Look through the newspaper for three examples of each. Discuss with a parent how you can tell the difference.

Standards Link: Reading Comprehension: Distinguish between fact and opinion.

RIDDLE RHYMES

HEAT AND PRESSURE, TAKE THEIR TOLL, CREATING BEAUTY, FROM A LUMP OF COAL!

What am I?

ANSWER: A diamond

More at facebook.com/RiddleRhymes

Write On!

Diamonds and Gems

I am brilliant because ...
Finish this story.



Think Fremont



Letter to Fremont Community from City Manager Mark Danaj

Tuesday, March 17, 2020



As the City of Fremont's Chief Executive Officer overseeing the City's Emergency Operations Center, I want you to know that your City Government is working diligently to help ensure the health and safety of our community and employees. The Coronavirus Disease 2019 (COVID-19) public health crisis is unprecedented and I have enacted several emergency measures to keep the Fremont community safe and help slow the spread of the disease. Our goal is to maintain all vital essential City services, with an emphasis on public health and safety.

On Friday, March 13, 2020, I proclaimed the existence of a local emergency in the City of Fremont. The proclamation was amended on March 16, 2020, to reflect new developments and the Alameda County Health Officer's Shelter-in-Place Order (www.acphd.org/media/559661/alameda-county-press-release-20200316.pdf) issued on March 16, 2020. The proclamation to declare a local emergency was ratified by the Fremont City Council at their regularly scheduled meeting on March 17, 2020, at 7:00 p.m.

Any written comments and questions related to future City Council agendas may be submitted by email to the City Clerk's Office at cclerk@fremont.gov or by calling (510) 284-4060.

While the City of Fremont immediately began adopting policies and actions recommended by our state and county public health officials last week, the Declaration of an Emergency enables me to enact additional measures intended to slow the spread of COVID-19 and focus our City resources on essential services. The declaration will also allow the City of Fremont to access state and federal resources being made available to help those who are most vulnerable and impacted.

The City of Fremont activated the Emergency Operations Center (EOC) on March 3, 2020, and is currently operating at Activation Level 2 with City leadership and assigned EOC Staff developing necessary EOC policies and actively implementing them. All City events and non-essential meetings have been cancelled, most City facilities will remain closed until April 7, 2020, and we have modified or discontinued providing most non-essential City services. During the duration of the local emergency, the City's public safety departments and health personnel will take all necessary and reasonable steps to implement all relevant health directives in accordance with the City's emergency proclamation. The City of Fremont will also continue to regularly communicate important information made available by Federal, State, and local officials, as well as provide update on essential City services and operations. As this remains a very fluid situation, we will continue to monitor and amend services as necessary.

"The Fremont community is strong and compassionate, and I appreciate how we have all worked together to ensure everyone's safety so far," said Mayor Lily Mei. "The City's resources are being prudently allocated to ensure essential City services and operations continue to be provided to the community during this rapidly evolving situation."

Disruptions to businesses across virtually all industries will take place as a result of the outbreak. The disruption to our local, national, and global economies may be temporary and transitory, but businesses must put contingency plans in place now to mitigate the impact and prepare for recovery. While it is too early to fully understand the severity of this crisis and its long-term implications, there are several steps businesses can take now to help improve the situation. The City of Fremont Economic Development Department is assembling suggestions and resources for our businesses community to help lessen the pandemic's negative effects on your business and your employees. We will continue to share information regarding funding and technical assistance resources as they become available. We also established email and phone hotlines to respond to business inquiries at econdev@fremont.gov and (510) 284-4020.

From a communication standpoint, we will continue to work closely with Alameda County Public Health Department to monitor and mitigate the spread of COVID-19. Continued updates from the City will follow frequently. For more information and updates on how the City of Fremont is monitoring the Coronavirus Disease 2019 (COVID-19), be sure to frequently visit our Coronavirus webpage at www.fremont.gov/coronavirus. General updates will be made to the City's social media accounts on Facebook, Nextdoor, Nixle and Twitter; follow our channels at www.fremont.gov/socialmedia.

While these are unprecedented and uncertain times we're in, I can assure you that the City of Fremont is prepared. Now more than ever we must continue to be compassionate towards one another and follow the direction and orders from local authorities. We appreciate your patience while we do our best to provide critical services to our community and keep you informed. Take care of yourselves, your families, and your neighbors. We are all in this together.

Sincerely,

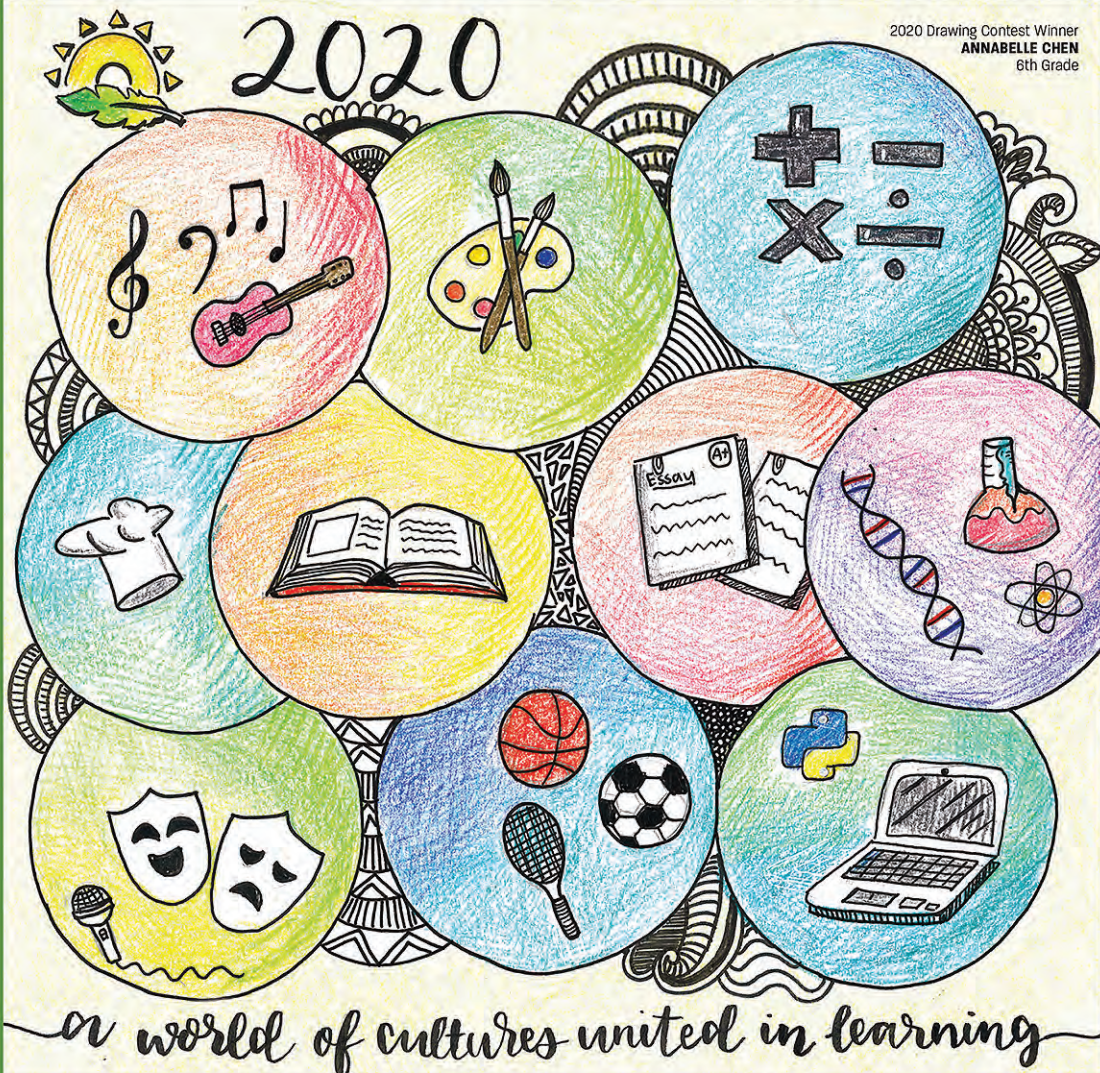
Mark Danaj
City Manager

Ohlone FOR Kids AND TEENS

Summer Enrichment Program

June 15 THROUGH August 6, 2020 Classes Available in **FREMONT & NEWARK**

FOUR SESSIONS OF CLASSES AVAILABLE for Grades 4-11



2020 Drawing Contest Winner
ANNABELLE CHEN
6th Grade

NEW CLASSES IN 2020:

- Apprentice 3D Printing
- AP English and Biology
- Robotics Programming with Raspberry Pi
- Basic Embroidery
- Bienvenido Español

Registration **IS NOW OPEN!**

Classes fill up quickly—**DON'T WAIT!**

AND OTHER FAVORITES:

- Java & Python Programming
- LEGO Robotics
- PSAT and SAT Test Preparation
- Video Game Design & Game App Design
- Pre-Algebra, Algebra, & Geometry
- Video Game Design
- Engineering
- Reading Comprehension and more!



Also offered, **OHLONE RENEGADE YOUTH SPORTS CAMPS**
Baseball | Softball | Basketball | Volleyball | Water Polo



FOR MORE INFO: (510) 979-7597 REGISTER ONLINE: ohloneforkids.com/tcv

Home Alone (With the Kids)

BY DAVID R. NEWMAN
PHOTOS COURTESY OF UNSPLASH
COURTESY OF THE NATIONAL
CANCER INSTITUT

With schools shuttered and the kiddos at home for who knows how long, families are suddenly having to deal with issues that many have never faced before. Teachers are doing their best to keep the flow of education running smoothly through online tools, but ultimately it is up to the parents or guardians to keep their young ones on task. Here are some ideas to help you with your homeschooling efforts:

Set up a routine

Just like those hazy days of summer, when there's no place to go, kids tend to sleep in and lounge about. While this can be a nice change from getting up early every day, it's important to keep everyone on a schedule. As reported by the New York Post, Massachusetts mom Jessica McHale recently created a colorful "COVID-19 Daily Schedule" that includes blocks of time for "morning walk," "creative time" and "academic time." She posted her schedule on Facebook where it has been shared over 52,000 times. Said McHale, "I had no idea so many other people would like it. I think it's because routines provide comfort, and right now, there is so much chaos that everyone is just looking for comfort and safety wherever they can find it."

Get outside

Take walks, ride bikes, go to the park. Set up an obstacle course in your backyard. Exercise is an important part of the school day, whether it's recess or P.E., and being at home should be no different. Schedule plenty of "fresh air" time to rejuvenate those tired brains.

Virtual field trips

Many museums and zoos are now offering online tours. There's no better

time to see the world from the comfort of your own home. Check out the San Diego Zoo, Monterey Bay Aquarium, Yellowstone National Park, the Smithsonian, the New York Metropolitan Museum, Ellis Island, the Louvre, the Great Wall of China, and many more! There are also online planetariums and geographic adventures where you can learn about everything from volcanoes to rain forests.

Learn the ancient arts

Once upon a time there was a class in high school called "Home Economics" where real life skills were taught. Baking, sewing, knitting, balancing a checkbook, typing, washing dishes – these are all useful skills that kids will need down the road and now is the perfect time to teach them. Some of these may already be a part

of their chore routine. If they're frustrated with school, mastering another skill may give them the confidence to keep going.

Games

Board games, card games, role playing games – these are all fun ways to pass the time and offer a break from the books. We're not talking about video games here, but games where the family can come together and socialize. Dust off those classics like Sorry!, Monopoly, Trivial Pursuit, or Twister. Work on a puzzle. Create a treasure hunt!

Home improvement

Get the whole family involved in a home improvement project, like painting the bedroom or pulling weeds or building a desk. Now is also a good time for spring cleaning – sort through those old clothes

and shoes. Or organize a closet. Clean the house of clutter. The longer we stay sheltered in place, the more important it will be to maintain a clean living environment. And the kiddos might learn some lessons in teamwork.

Read together

Sustained silent reading can be done at home, easy-peasy. It's remarkable how comforting it can be, reading a book you like in a room where others are doing the same, like an intimate library. There are many websites that offer free eBooks, including Amazon and your local library. Or you may want to try listening to an audio book or podcast together, like an old timey radio show.

With all of this online learning taking up a big chunk of the day, try to get the kids away from YouTube and Instagram with some of the above ideas. Being home with family under these circumstances can be stressful and challenging, but it can also be a time for bonding and fun.



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Adoption and foster applications are available online at www.haywardanimals.org.

Please submit your application to animal.services@hayward-ca.gov. All applications will be reviewed and initial conversations conducted by phone. Appointments to meet with your new permanent or temporary family member will be made at that time.

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(510) 494-1203
<https://fb.me/dinosgrillnewark>
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Orders: Online and by phone
Delivery: Home delivery (Newark), takeout

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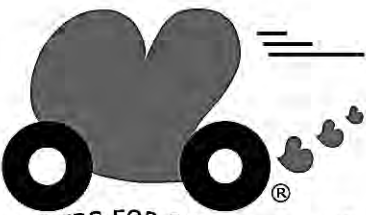
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Tri City Voice has launched our own podcast. Now, in addition to our print, website and app editions, Tri-City Voice podcast will air for 15 minutes every Tuesday with the voices and sounds of our communities. When you download the podcast each week, you'll hear local stories. We are going to chat with the local folks and tag along with our print reporters. Some of these stories will only be found on the podcast. You can download the Tri-City Voice Podcast at <https://radiopublic.com/tri-city-voice-podcast-WkaZBm> or: If you have a story you would like us to cover or would like to advertise your business or services, call us at (510) 494-1999 or email: tricityvoice@aol.com.



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Facilities and Operations Updates

SUBMITTED BY CHERYL GOLDEN

In accordance with the Alameda County Health Officer's Order (County Order) issued on March 16 and the city's emergency proclamation, changes to City of Fremont operations include the following:

Essential Construction Activities

The "Shelter in Place Order" specifically allows public works construction to continue as it is deemed "essential infrastructure" and includes work related to roads, public transportation, buildings, transportation, and underground utilities (water, sewer, gas, and communications), as well as the construction of affordable housing and housing to support individuals experiencing homelessness. Accordingly, the work activities will follow Social Distancing Requirements (Section 10c of Order).

The city plans to provide administration and construction inspection support for contractors willing to work. Projects that will continue construction work at this time are expected to include the following: Housing Navigation Center; Warm Springs BART Station West Access Bridge and Plaza; and Citywide pavement maintenance, sidewalk repairs, and ADA curb ramps. Additionally, the city will be

processing permits for requested construction within City streets by utility companies like PG&E.

Spring Recreation Programs Canceled

The Community Services Department's Recreation Services has canceled programs through April 7. Additionally, it has stopped online registration for spring programs to minimize uncertainty for community members. The department continues to accept summer registrations. Facility rentals have been canceled through April 7, and no new rentals are being processed for future dates at this time. For any questions, call (510) 494-4300 or email regerec@fremont.gov.

Republic Services Garbage Service

All garbage collection will continue regularly scheduled days; however, Republic Services is implementing two operational changes:

- Residential collection service will begin at 5:30 a.m. vs. 6 a.m. – This allows Republic Services to stagger route start times in order to limit the number of employees gathering and deploying at any one time.
- The front office will be closed to walk-in customers – Alternative options to conduct business (e.g., paying bills or obtaining overage bags) will include online

service, telephone, and mail. Options will be posted on Republic Service's website at www.republicservices.com/locations/california/fremont

Call (510) 657-3500 if you have any questions related to garbage collection.

Household Hazardous Waste

The Fremont Recycling & Transfer Station at 41149 Boyce Road is open to accept household hazardous waste drop-off. Alameda County residents can call (800) 606-6606 for business hazardous waste. Call (510) 670-6460 or visit www.stopwaste.org for details.

Playgrounds, Dog Parks, Basketball Courts, and Skate Park

At this time all recreation facilities, playgrounds, dog parks, basketball courts, skate park, programs, classes, and facility rentals are canceled/closed. Contact (510) 979-5700 or email maint@fremont.gov if you have any urgent questions.

Fremont parks will remain open for outdoor visitors with recommended social distancing of 6 feet. While city parks and bathrooms are still open, drinking fountains are covered for your protection and not recommended at this time.

Local Business Resources

With significant disruptions to businesses across virtually all industries, impacts of the outbreak are inevitable. The City of Fremont Economic Development Department has assembled best practices and financial resources for the business community to help lessen the pandemic's negative effects on both businesses and employees. To access these resources, please visit www.fremont.gov/covidbizresources.

VITA (Volunteer Income Tax Assistance)

The Fremont Family Resource Center's VITA program, as well as VITA programs throughout the San Francisco Bay Area, are being suspended. VITA customers with appointments will be called to cancel, and instructions will be given for rescheduling the appointment. For updates about the Fremont Family Resource Center, Ohlone College Tri-Cities Career Center, New Haven Adult School, and the Union City Family Center tax sites, visit www.fremontvita.org.

To help you file your tax returns, United Way Bay Area's Earn It, Keep It, Save It Coalition is providing access to free online tax preparation programs. For more information, visit www.earnitkeepitsaveit.org.

Classifieds Deadline: Noon Thursday
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AC Transit suspends service to East Bay Schools

SUBMITTED BY ROBERT LYLES

The Alameda-Contra Costa Transit District (AC Transit) is committed to protecting the health, safety, and well-being of our staff members and riders. Since the advent of novel coronavirus (COVID-19) in our communities, we made it a priority to monitor updates from school districts within the 13 cities and unincorporated areas served by our transit district.

By the close of school's operating hours, Friday, March 13, the following schools and districts, in our service areas, have confirmed closures: Alameda City Unified, Albany Unified, Berkeley Unified, Emery Unified, Fremont Unified, Hayward Unified, Oakland

Unified, San Leandro Unified, West Contra Costa Unified, Bentley School, Head Royce School, Oakland Hebrew Day School, Bishop O'Dowd High School, St. Mary's College High School, and Holy Names High School.

As a result of these schools' coronavirus preparedness, AC Transit will temporarily suspend supplemental bus lines (600-series) to the above canceled schools beginning Monday, March 16. These preparedness actions are being monitored and alerts will be issued when school service resumes operations.

Service to Newark Unified will operate normally on Monday, March 16. Since canceled classes vary in their duration, parents are encouraged to contact your child's school for specific lengths of closures.

To date, AC Transit has experienced no reports of coronavirus transmission aboard our transit system. We remind riders to exercise these well-established hygiene guidelines for a healthier commute

- Frequent hand washing, using soap, for at least 20 seconds
- Use hand sanitizers when soap and water are unavailable
- Avoid touching eyes, nose, or mouth with unwashed hands
- Covering your cough or sneeze with disposable tissue
- Stay home when feeling sick

We assure our riders and employees that AC Transit has a storied history of rising to meet the challenges that face our communities. Whether 1989's Loma Prieta earthquake, H1N1 viruses of 2009 and 2010, 2013's MERS outbreak, and 2019's measles outbreak, our transit service is nimble, reliable and trusted.

For alternate trip planning visit actransit.org and click Maps and Schedules or @ACTransitMedia for the latest information and updates.

Alameda-Contra Costa Transit District
(510) 891.4745
www.actransit.org

Superintendent Wallace resigns

SUBMITTED BY BRIAN KILGORE

Fremont Unified School District (FUSD) Superintendent Dr. Kim Wallace has notified the Board of Trustees that she will be relinquishing her position with FUSD when her contract expires at the end of the school year.

In a special meeting on March 20, 2020, the Board voted to accept her resignation effective June 30, 2020. In 2017, Dr. Wallace was unanimously selected to replace retiring superintendent Dr. James Morris. Under Dr. Wallace's and the Board of Trustees' leadership, annual student achievement on the Smarter Balanced Assessment Consortium (SBAC) increased by 1-3% annually in English Language Arts and mathematics and subgroups' achievement gaps were reduced by 2-4%. In 2019, FUSD was proud to be named a California Exemplary District for their work with students without permanent housing. The governing team also united the whole community to develop a Portrait of a Fremont Graduate to guide their future work.

In a message to staff, Wallace wrote, "I thank you all for enriching my life over the past six years to serve the students of Fremont Unified. Since starting here as Assistant Superintendent of Instruction to my current role as Superintendent, I have been grateful every day for the opportunity to inspire, educate, and challenge myself and others. I have considered the people in FUSD as my family and this district to be my home away from home."

The Fremont Unified School Board will begin the process of searching for a new superintendent for the 2020-21 school year. The Superintendent and Board will continue to collaborate through the transition period. Information about the process will be announced once those decisions have been made.

Classifieds Deadline: Noon Thursday
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Software Engineers (#003): Dsgn, dvlp, enhnc, dbug, suprt, mntn & tst s/w apps; Asist w/ intgrtn of s/w apps; & Trublshoot data isus, valdte rsult sets, & recmnd/implmnt procs imprvmnts.

Programmer Analysts (#004): Gathr & anlyz usr rqmnts to custmz s/w sols; Tst & implmnt sols; & Prov tchncl suprt for dlrvy of custm sols.

Programmer Analysts (#005): Gathr & eval clints' systms rqmnts; Anlyz, dfne & doc rqmnts for data, wrkflw, logcl procses & intrfcs w/othr systms; Convrtdsgns & specs into tchncl sols; Prep tech dsgn docs; Mntr perfmnc of prgms aftr implmntn; & Prov dsgn, dvlpmnt, tst & prod suprt.

Programmer Analysts (#006): Prov asistnce to eval systm rqmnts; Frmulat systm dsgn procds & qualty stnds; Instal, mdfy & mntr s/w prgms; & Asist w/sugstn of imprvmnts to extng systms.

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City service impacts and city facility closures announced

SUBMITTED BY CITY OF UNION CITY

Public access to all City facilities is closed as of March 16 until further notice. We are maintaining administrative services to residents and businesses by phone, appointment or online methods only. Emergency response by Police and Fire are not impacted by these facility closures. City facilities include City Hall, Community Centers, Police Front Lobby, in addition to other remote locations that can be found at www.unioncity.org/coronavirus.

In addition, all community and recreation programs have been cancelled until further notice.

And, we have cancelled all City commission and community meetings until further notice, with the exception of regularly City Council meetings, which will likely be limited to a small audience.

We appreciate the public's patience as we continue to assess city operations in light of this evolving situation, particularly with the County's shelter in place order. Measures to close city facilities are intended to support social distancing and overall ongoing efforts to flatten the curve. Stay informed and learn about how you can still contact the City during this time at www.unioncity.org/coronavirus.

COVID-19 resource questions? Pick up the phone

SUBMITTED BY CITY OF HAYWARD

A telephone hotline staffed by employee volunteers and others from the City of Hayward is available to provide residents with information and connections to local services and reliable resources they may need during the COVID-19 shelter-in-place order.

Launched by the City of Hayward on March 20, the number to call is (510) 583-4949. It is operating 8 a.m. to 5 p.m. seven days a week is staffed by multilingual operators.

One purpose of the hotline is to reduce demand on the Hayward 911 emergency dispatch call center. Another goal is to provide residents -- regardless of the language they speak or their immigration status -- trustworthy and updated information.

Before calling the hotline, Hayward residents are highly encouraged to first go online to the city's COVID-19 Updates webpage for information that is updated regularly. It can be reached by visiting the City of Hayward webpage at www.hayward-ca.gov/ and then typing "COVID-19 UPDATES" into the search field and following the prompt.

Volunteers needed

Meanwhile, the city is looking for local volunteers to assist with community needs arising from the coronavirus COVID-19 pandemic. Interested residents are asked to sign up by on the new Emergency Volunteer Center (EVC) webpage. Access it by visiting the City of Hayward webpage at www.hayward-ca.gov and then typing "Emergency Volunteer Center into the search field and following the prompt. It is managed by the city's Emergency Operations Center.

Registered volunteers will be contacted based on their abilities and the community need. Tasks may involve deliveries, clerical and administrative support, EVC staffing, and others as the need dictates. Volunteers must be at least 18 years old, in good health and have transportation.

Watch out for scams

Officials from the Hayward Police Department (HPD) are reminding community members

to be aware of scams related to COVID-19 and have compiled the following list of possible scams:

- Telephone fraud which might include a criminal call to a victim pretending to be clinic or hospital officials, who claim a relative of the victim has fallen sick with the virus and request payments for medical treatment
- Someone offering to sell fake or non-existent testing kits
- Questionable charity donations
- People that have been going door to door claiming to be medical staff
- People asking to do a home inspection

If someone calls you please ask for their name and title and supervisor's information, phone number and additional information. Do not provide them with your information unless you have verified that they are who they claim to be.

Please keep in mind, no federal agency will try to take advantage of others, especially during hard times. Anyone with questions, or who encounters a situation that just doesn't seem right can call HPD at (510) 293-7000.



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Visitor centers, rental facilities closed, programs cancelled

SUBMITTED BY DAVE MASON

Currently, all East Bay Regional Park District parks and trails (except those listed below) remain open to the public. If you do visit, please be prepared with your own water and hand sanitizer.

We understand that nature is a great place to get exercise and rejuvenate the mind, body and soul -- especially in time of crisis. A walk on a trail, around your neighborhood, or private backyard provides a breath of fresh air and helps reduce stress and anxiety.

Park District facilities closed until April 12 are:

Visitor Centers
Ardenwood Historic Farm (Fremont), Big Break Visitor Center (Oakley), Black Diamond Mines Visitor Center (Antioch), Coyote Hills Visitor Center (Fremont), Crown Beach Crab Cove Visitor Center (Alameda), Garin Barn (Hayward), Sunol Visitor Center (Sunol), Tilden Botanic Garden, Environmental Education Center AND Little Farm (Berkeley).

Internal Rental Facilities
Brazilian Room at Tilden Park (Berkeley), Shoreline Room at Martin Luther King, Jr. Shoreline (Oakland), Fern Cottage at Kennedy Grove (El Sobrante), Beach House at Lake Temescal (Oakland).

Programs, paid or free
This includes all school programs, recreational programs and naturalist-directed programs.

Campgrounds
Anthony Chabot and Del Valle
Swim facilities
Contra Loma, Cull Canyon, Don Castro, Lake Anza at Tilden, Lake Temescal, Pool at Robert's Regional Park, Quarry Lakes

Correction:

The article "Family Science Nights" of Tri-City Voice (March 17, 2020) was printed with an incorrect photo. The photo shown in the paper was courtesy of Chabot Space and Science Center, to promote their spring event. Photos of the February 2020 Family Science Nights hosted by Newark Unified School District were provided by Leonor Rebosura.


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LETTERS POLICY


The Tri-City Voice welcomes letters to the editor. Letters must be signed and include an address and daytime telephone number. Only the writer's name will be published. Letters that are 350 words or fewer will be given preference. Letters are subject to editing for length, grammar and style. tricityvoice@aol.com

22 VETERANS DIED TODAY BY SUICIDE



VETERANS Crisis Line

1-800-273-8255 PRESS 1



ECHO Housing is there for everyone

By ROELLE BALAN

The Bay Area is known for its ever-rising housing costs and tight rental market. In this environment, everyone deserves a fair housing opportunity. ECHO Housing, a non-profit organization, guides tenants and landlords on housing related issues to provide opportunities and assistance.

Founded in 1964, their primary service is mediation work. "We really pride ourselves in being able to mediate a lot of cases between tenants and landlords," said Angie Watson-Hajjem, Fair Housing Coordinator and Certified Mediator of Eden Council for Hope and Opportunity (ECHO) Housing. "That's a really big part of our agency, helping to bring people together, helping them work out their problems in housing." Some of the issues they mediate include Section 8 vouchers, disability rights, and discrimination cases.

Part of ECHO Housing's job is to educate people on changing requirements. For example, a new housing law passed this year makes it illegal to discriminate against people with Section 8 housing vouchers (meaning they pay part of their rent through a government subsidy). "As of January 1st, Section 8 is now a protected category," Watson-Hajjem said. Voucher holders can't get rejected by housing managers that own apartments, townhouses or single-family homes.

ECHO Housing works with renters who are disabled and are denied reasonable accommodations by property owners. These accommodations include installing a grab bar, living with a caretaker, or an emotional support or service animal. Watson-Hajjem said if someone is disabled and they can show proof, they have a right to these accommodations.

The housing organization also does a legal process called testing. Watson-Hajjem said they sometimes find evidence of



Angie Watson-Hajjem, Fair Housing Coordinator and Certified Mediator of Eden Council for Hope and Opportunity (ECHO) Housing at the main Hayward office. ECHO has a total of five locations. The other offices are in Antioch, Livermore, Oakland and Monterey.

discrimination through this method. One example she gave involves a woman going into an apartment office with her child and being turned away. Fair housing organizations like ECHO can do testing to see if having a child was the reason for the denial.

"Testers are people who pose as home seekers; they pretend like they're looking for a place to live basically. And they're given a profile, so we'll have one tester with a profile of being single, without a child, and one tester having a profile of having a child, and we have them both go in to see how they're treated," Watson-Hajjem said.

ECHO Housing has a record of successful cases that ended with a settlement. One recent case involved a husband, wife, and their two kids at an apartment complex. Watson-Hajjem said the family was given a notice to vacate because the owners were selling the property. ECHO Housing negotiated with the landowner's attorney and the tenants. The case ended with a \$14,000 settlement.

Another involved a steering case where potential tenants were told where they could live. "Steering is when a manager would only allow kids or anyone to live at a particular area of a complex, so they may steer people to a certain location," Watson-Hajjem said. She described a case

where families from an apartment complex in south Alameda County contacted ECHO saying it was suspicious that families with kids were all in one corner. They sent testers out to see what units would be shown to them. Testers with children were shown the apartments in the back and testers without children were shown the apartments in the front of the complex.

"It was a real difference in how the property was maintained, because in the front they had green grass, they had a shrub, it looked really nice and neat. And the back didn't look so nice; you had the garbage cans, and it just wasn't as well maintained," Watson-Hajjem said.

ECHO hired a fair housing attorney and sued the property owners for discrimination against families with children. The case was settled for \$25,000 and the property owners received fair housing training by ECHO Housing.

April is Fair Housing month and ECHO is involved in upcoming events, although this may change depending on the Bay Area's evolving response to COVID-19.

Watson-Hajjem will be leading a training session at a Fair Housing Seminar in Oakland. She will be speaking to members of the Apartment Owners Association at the Holiday Inn on 66 Airport Access Road April 21, 2020. Attendees can register by calling (800) 827-4262.

For more information about ECHO Housing, go to <https://www.echofairhousing.org>.

ECHO Housing
 22551 Second Street #200, Hayward
 (510) 581-9380
 855-ASK-ECHO (toll free number)
<https://www.echofairhousing.org>

Nurses protest lack of protective equipment

By STEPHANIE GERTSCH

"We are appalled at the lack of protections that are being provided to help take care of these patients who may possibly have COVID or who are positive," says Loarraine Feliciano, a nurse at Kaiser Permanente in Fremont.

Nurses around the country are gathering to protest weakening CDC guidelines (at a time when cases of COVID-19 are snowballing), shortages of vital protective equipment, and a lack of transparency from hospitals. On Thursday, March 19, nurses gathered outside the Kaiser Permanente Facility in Fremont to raise public awareness of this issue – staying six feet apart as recommended – holding signs reading "Protect Nurses, Patients, Public Health."

"Nurses provide direct care. We are with the patient 24 hours a day, seven days a week, and we put ourselves in harm's way every day that we work," says

Feliciano. According to CAL-OSHA guidelines, face masks should be changed at least every eight hours, but nurses at her facility are wearing theirs for much longer. More effective N95 masks are running low.

Additionally, nurses don't know whether the hospitals are restricting protective equipment to cut costs while still having some in storage, or if supplies have simply run out. Organizations and individuals in the community would likely come together to donate emergency masks, but first the public needs to know a shortage is going on.

Nurses need equipment like any first responders, especially on the front lines against a pandemic. Feliciano says, "A fireman does not go into a fire without having any water. A policeman does not go out there without a gun. So why are we told that we need to go into the patient's room without having the proper protection?"

She continues, "Many nurses have so much anxiety that we're just like a ticking time bomb because we also have to fight to get tested. It's like a Catch-22. They put us through this rigmarole in terms of, if we did get possibly exposed and we do show symptoms, we have to wait and be cross checked and cross checked." Feliciano has even seen some of her colleagues be required to return to work, unsure of whether they have been exposed to COVID-19.

Not only is the health of nurses at stake – so is their patients'. If they fall sick, more will go without treatment. A leader at the protest, Veronica Cambra says, "I'm an ICU nurse: you can't grow me in five minutes. You can't get all the 20 years' experience in five minutes. And God,

if I don't come to work, who's going to take care of these patients? So, they have to protect us so we can protect our community. And if we protect our community we can really contain this thing."

In addition to physical danger, going into work knowing they might spread a deadly virus takes a mental toll on nurses. "It's very difficult because our whole point of nursing is to not do any harm," Feliciano says, "And here we are, we feel like we are being harmed and we are harming other people. And that's not why we became nurses. We do not want to harm the community. We do not want to harm our patients. We don't want to harm each other and our families."

She concludes, "That is why we're so passionate and why we feel like we need to be out in the streets so the public knows what's happening in our facilities."

Cambra says, "I'm not going to stand down, because we're Americans. We're better than this. As long as we're together and our public knows what's happening, I know they'll be behind us. Because we're going to take care of their brothers, their sisters, their mothers."

Those who want to support nurses can find more information available on the National Nurses United and California Nurses Association websites: <https://www.nationalnursesunited.org/california-nurses-association>



City Council/Public Agency MEETINGS

Readers are advised to check websites for special meetings, cancellations, minutes, agendas and webcasts

CITY COUNCILS

Fremont City Council 1st/2nd/3rd Tuesday @ 7 p.m. City Hall, Bldg A 3300 Capitol Ave., Fremont (510) 284-4000 www.fremont.gov

Hayward City Council 1st/3rd/4th Tuesday @ 7 p.m. City Hall, second floor 777 B Street, Hayward (510) 583-4000 www.ci.hayward.ca.us

Milpitas City Council 1st/3rd Tuesday @ 7 p.m. 455 East Calaveras Blvd., Milpitas (408) 586-3001 www.ci.milpitas.ca.gov

Newark City Council 2nd/4th Thursday @ 7:30 p.m. City Hall, 6th Floor 37101 Newark Blvd., Newark (510) 578-4266 www.ci.newark.ca.us

San Leandro City Council 1st/3rd Monday @ 7 p.m. 835 East 14th St., San Leandro (510) 577-3366 www.sanleandro.org

Union City City Council 2nd/4th Tuesday @ 7 p.m. City Hall 34009 Alvarado-Niles Rd., Union City (510) 471-3232 www.ci.union-city.ca.us

WATER/SEWER

Alameda County Water District 2nd Thursday @ 6:00 p.m. 43885 S. Grimmer Blvd., Fremont (510) 668-4200 www.acwd.org

East Bay Municipal Utility District 2nd/4th Tuesday @ 1:15 p.m. 375 11th St., Oakland (866) 403-2683 www.ebmud.com

Santa Clara Valley Water District 2nd/4th Tuesday @ 6:00 p.m. 5700 Almaden Expwy., San Jose (408) 265-2607, ext. 2277 www.valleywater.org

Union Sanitary District 2nd/4th Monday @ 7:00 p.m. 5072 Benson Rd., Union City (510) 477-7503 www.unionsanitary.com

SCHOOL DISTRICTS

Castro Valley Unified School Board 2nd/4th Thursday @ 7:00 p.m. 4400 Alma Ave., Castro Valley (510) 537-3000 www.cv.k12.ca.us

Fremont Unified School Board 2nd/4th Wednesday @ 6:30 p.m. 4210 Technology Dr., Fremont (510) 657-2350 www.fremont.k12.ca.us

Hayward Unified School Board 2nd/4th Wednesday @ 6:30 p.m. 24411 Amador Street, Hayward (510) 784-2600 www.husd.k12.ca.us

Milpitas Unified School Board 2nd/4th Tuesday @ 7:00 p.m. 1331 E. Calaveras Blvd., Milpitas www.musd.org (406) 635-2600 ext. 6013

New Haven Unified School Board 1st/3rd Tuesday @ 6:30 p.m. 34200 Alvarado-Niles Rd., Union City (510) 471-1100 www.nhusd.k12.ca.us

Newark Unified School District 1st/3rd Tuesday @ 7 p.m. 5715 Musick Ave., Newark (510) 818-4103 www.newarkunified.org

San Leandro Unified School Board 1st/3rd Tuesday @ 7:00 p.m. 835 E. 14th St., San Leandro (510) 667-3500 www.sanleandro.k12.ca.us

San Lorenzo Unified School Board 1st/3rd Tuesday @ 7:30 p.m. 15510 Usher St., San Lorenzo (510) 317-4600 www.slz.usd.org

Sunol Glen Unified School Board 2nd Tuesday @ 5:30 p.m. 11601 Main Street, Sunol (925) 862-2026 www.sunol.k12.ca.us

Government Briefs

City Council summaries do not include all business transacted at the noted meetings. These outlines represent selected topics and actions. For a full description of agendas, decisions and discussion, please consult the website of the city of interest: Fremont (www.fremont.gov), Hayward (www.hayward-ca.gov), Milpitas (www.ci.milpitas.ca.gov), Newark (www.ci.newark.ca.us), Union City (www.ci.union-city.ca.us).

Emergency Announcements to help residents

SUBMITTED BY GOVERNOR'S PRESS OFFICE

On March 18, Governor Gavin Newsom announced executive orders and emergency actions to protect Californians in response to COVID-19 outbreak. The actions include:

Extend eligibility period for safety net services

The order waives eligibility re-determinations for 90 days for Californians who participate in:

Medi-Cal health coverage, CalFresh food assistance, CalWORKS, Cash Assistance for Immigrants, and In-Home Supportive Services.

Suspend standardized testing for students

Pending federal approval, will waive this year's statewide testing for California's more than six million students in K-12 schools.

Website to boost coronavirus awareness

A new, consumer-friendly website –

www.covid19.ca.gov –highlights critical steps people can take to stay healthy and resources available to Californians impacted by the outbreak, including paid sick leave and unemployment assistance.

\$150M funding to protect homeless Californians

Emergency protective measures to mitigate the spread of COVID-19 among Californians experiencing homelessness.

Actions include:

• \$150 million for local emergency homelessness actions. The state will provide \$100 million directly to local governments, for shelter support and emergency housing to address COVID-19 among the homeless population, and \$50 million to purchase travel trailers and lease rooms in hotels, motels, and other facilities in partnership with counties and cities to provide immediate isolation placements throughout the state for homeless individuals.

• Flexibility to local governments to spend their emergency homelessness funding on immediate solutions tailored to combatting

COVID-19 and its impacts on the homeless population.

• Official public health guidance to homeless service providers statewide about social distancing measures in shelters, access to hygiene supplies, health screening protocols, and isolation protocols for people with COVID-19 or those demonstrating symptoms. For details, visit https://www.bcsd.ca.gov/hcfc/documents/covid19_homeless_guide.pdf.

• Procuring 1,309 travel trailers from FEMA and private vendors to provide quarantine capacity.

• Tailored lists of hotels and motels that are potentially available to lease for the next several months.

• Hotel leases for the first two properties and transferring control to Alameda County. This includes a total of 393 rooms in Oakland.

Contact information during healthcare crisis

SUBMITTED BY FREMONT HUMAN SERVICES

General Information and Access to Resources 510-574-2050 humanservicesinfo@fremont.gov

Fremont Family Resource Center General Service Information Updated Number 510-574-2000

Homeless Services and Hygiene opportunities 510-574-2222

Rent Review For all rent increase questions and services 510-733-4945 rentreview@fremont.gov

Ride-On Tri-City! Program (Transportation Services for the Elderly and Disabled) 510- 574-2053

Senior Center Updates (Recorded Message) 510-790-6610

Senior Helpline (For questions about Senior Services, resources and supply needs for vulnerable persons) 510-574-2041

Youth and Family Services General Information 510-574-2100

San Leandro City Council

March 16, 2020

Recognitions:

- Proclamation declaring Friday, March 27, 2020 as Chris Gouig Day.
• Announcement by Mayor Cutter that disaster council will be reinstated for Covid-19 pandemic response.

Public Comments:

- Resident expressed frustration about the shelter in place restrictions and the ability to access crucial amenities during that period.
• Resident called for the halt of the Monarch Bay development project and expressed worries over the developing coronavirus.

Public Hearings:

- Motion directing staff to hold a public hearing, publish the U.S. Department of Housing and Urban Development draft for 2020-2024 five year consolidated

plan as well as the draft 2020-2021 annual action plan for a 30-day comment period and set a public hearing for April 20, 2020 to consider final approval for both plans.

Consent Calendar:

- Authorize agreement with the state of California to provide \$37,350 in federal-aid funds for the design phase of the Wicks Boulevard and Manor Boulevard intersection signal upgrade project and to appropriate \$323, 910 from grant funds and \$35,990 from the development fees for street improvements fund balance for the total project budget of \$359,900.
• Accept the work for annual street overlay/rehabilitation.
• Accept investment report for the quarter ending December 31, 2019.
• Adopt the 2019-2020 mid-year financial report as of December 31, 2019.
• Approve a zoning map amendment for the proposed 75-acre Shoreline Development project initiated by Monarch

Bay LLC.
• Amend and re-chapter the San Leandro Zoning Code to accommodate recent changes in state law, to make corrections and address inconsistencies, and to discontinue the cap on cannabis product manufacturing permits.
Items Removed from Consent Calendar:
• Approve a new five-year agreement for legal services with Meyers, Nave, Ribak, Silver and Wilson in an amount not to exceed \$940,000 in fiscal year 2020-2021.

Action Items:

- Discussion of the city's response to covid-19.
• Motion to ratify proclamation of local and state emergency by director of emergency services.

Mayor Pauline Russo Cutter Aye
Vice Mayor Pete Ballew Aye
Victor Aguilar, Jr. Aye
Ed Hernandez Aye
Benny Lee Aye
Deborah Cox Aye
Corina Lopez Aye

California National Guard deployed to help distribute food

SUBMITTED BY GOVERNOR'S PRESS OFFICE

California Governor Gavin Newsom announced the

deployment of California National Guard members to provide short-term food security to isolated and vulnerable Californians. The short deployment will help stabilize the immediate need of food banks.

Many food banks have been affected by a significant decline in volunteerism, impacting logistical and local infrastructure for food distribution. The California Guard will initially deploy personnel and logistical equipment to a food bank distribution warehouse in Sacramento County and will conduct immediate site assessments statewide for those counties that have requested short-term support and stabiliza-

tion. This short-term assistance from the California National Guard allows time to mobilize AmeriCorps, California Conservation Corps and Local Conservation Corps members, and other volunteers where counties have identified serious gaps.

"It's in these times of crisis that Californians are at their best, coming to the aid of those in their community who are most in need. Food banks provide a critical lifeline for families, and are needed now more than ever. Families across our state are suddenly losing work, and millions of Californians most vulnerable to COVID-19 are staying home to protect their

Fremont City Council

March 17, 2020

Due to the COVID-19 situation, the only agenda item being heard at the March 17, 2020 City Council meeting is Agenda Item 7.A - ADOPT A RESOLUTION RATIFYING THE PROCLAMATION OF LOCAL EMERGENCY.

All other agenda items to be continued to a date uncertain

Mayor Lily Mei Aye
Vice Mayor Rick Jones Aye
Vinnie Bacon Aye
Raj Salwan Aye
Teresa Keng (District 1) Aye
Jenny Kassin (District 3) Aye
Yang Shao (District 4) Aye

Call for community volunteers

SUBMITTED BY CITY OF HAYWARD

The City of Hayward issued today a call for local volunteers to assist with community needs arising from the coronavirus COVID-19 pandemic. Interested residents are invited to go online to the City of Hayward's new online Emergency Volunteer Center (EVC) at www.hayward-ca.us and follow the instructions to sign up.

During the current local emergency declaration and county shelter-in-place order, the EVC will be managed through the City's Emergency Operations Center (EOC). Registered volunteers will be contacted based on their abilities and the community need. Tasks may involve deliveries, clerical and administrative support, EVC staffing, and others as the need dictates.

Volunteers must be at least age 18, in good health and have transportation.

health and the health of others. I ask all Californians who are able to join our Neighbor-to-Neighbor campaign to safely assist those in need in your community."

Californians can learn about ways to assist their community at serve.ca.gov

OPINION



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What's Happening's Tri-City Voice is a "newspaper of general circulation" as set forth in sections 6000, et. seq., of the Government Code, for the City of Fremont, County of Alameda, and the State of California.

What's Happening's **TRI-CITY VOICE**™

What's Happening's The Tri-City Voice is published weekly, issued, sold and circulated in and from Fremont, Newark, Union City, Hayward, Milpitas and Sunol and printed in Fremont, California. The principal office of Tri-City Voice is at 39737 Paseo Padre Pkwy., Ste. B, Fremont, CA 94538. William Marshak is the Publisher

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WILLIAM MARSHAK

Shelter

times that try men's souls." He counseled his fellow citizens, "The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands by it now, deserves the love and thanks of man and woman."

The predicament we face today is no less awesome but we, as communities of the southeast Bay Area, can overcome these difficulties. While the terminology of "shelter in place" seems incongruous with the reality of what is being asked of us, the effect of restrictions and loss of livelihood is undeniable.

Using an expression and warning previously applied to brief and transitory occurrences in a situation that may, and probably will, extend for a lengthy period of time, points out the importance of proper language when addressing critical situations. Clear tone, attitude, orders and expectations are essential for compliance. Anticipated to last for weeks, if not months, the shelter in place directive is ambiguous and indistinct, raising a host of questions. For many, beside the issue of providing basic necessities, ancillary questions will arise: "What do I do now? What about the kids?"

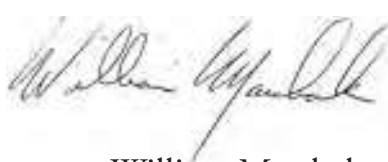
Suggestions to survive, and even thrive, during this turbulent period are surfacing from experts and others who have found balance amidst the storm. Financial stress is a constant for everyone – proprietor and employee – but beyond that major trepidation are opportunities for at least a bit of psychological shelter.

Those fortunate enough to enjoy time-consuming hobbies allowed under

current circumstances may have no problem converting time and energy to their pastime. However, some do not have a ready alternative. An answer for people of all ages may lie with organizations that promote the common good and are in dire need of volunteer labor in a wide variety of disciplines. Although some organizations have reduced their scope of service, others cannot without endangering the lives and welfare of their clients. This would be a good time to reach out to a charitable organization to see if they can use your time and/or expertise.

Thomas Paine noted the great challenge of his day was not a place for "summer soldier" or "sunshine patriot." Neither is this.

Some advice from those who deal with the psychological trauma of uncertainty counsel developing routines that create a sense of order. Within that structure, and as a shelter from adversity and uncertainty, a bit of volunteer effort can help to weather the COVID-19 storm and give perspective to our lives.



William Marshak
 PUBLISHER

In the late 60s, as the war in Vietnam was raging, fear and resentment divided the nation. Attitudes were sharply divided between support and opposition while many were stranded in the middle with fervent wishes for resolution and return to a calm, "normal" life. Artists reflected these emotions and attempted to capture the passions and drama of the times. Among the songs that mirrored the angst felt by so many, Mick Jagger and Keith Richards penned a classic song, Gimme Shelter, that expressed the anxiety, hostility and tenor of a generation; the sounds and words were rough but meaningful:

Ooh, a storm is threatening

My very life today

If I don't get some shelter

Ooh yeah I'm gonna fade away

Prior to that time and since, this country has endured challenges that, as Thomas Paine wrote in his 1776 revolutionary series of pamphlets, The American Crisis, "THESE are the

LETTER TO THE EDITOR

End the war on Mission Peak

Mission Peak is the top visitor attraction in Fremont, drawing thousands each month from around the globe. Mission Peak is also one of the city's thorniest political issues, but this is a problem of the city's own making.

The city leases land at Mission Peak to the park district, and the two agencies hatched a propaganda war against park visitors in 2014. They restricted street parking and have issued thousands of parking tickets to motorists on nearby city streets. The scheme operated like Robin Hood in reverse, giving free permits to privileged residents while fining park visitors. The ticket scam, so far, has raked in over \$200,000. All the revenue goes into the coffers of the city and none to the park district, although the park district does enforcement and pays for administration costs.

The campaign against Mission Peak seemed like a success, at first blush, because it

cut visitors by 25 percent. Over the longer term, however, the city shot itself in the foot. The city saw a political backlash from indignant nature lovers, health enthusiasts and sightseers from around the country. The city and park district are facing a hail of criticism, being stung by accusations of "parking corruption." The decline in visitors hurts local shops and restaurants. Many stores have closed, and the town center of Mission San Jose is now dead in the water.

The city's 25-year lease with the park district will expire in July 2020, at the same time as the unfair (temporary) parking ordinance is scheduled to expire. Of course, the city wants the park district to continue to expend its (limited) police resources to enforce parking on city streets. But this is contrary to the mission of the park district which is to promote access to our public parks.

The city's Liaison Committee is scheduled to meet with the park district three times each year. But, faced with mounting criticism of the mismanagement at Mission Peak Regional Preserve, the city's Liaison Committee froze—

like a deer in headlights. The Committee is finally emerging from its yearlong slumber and will hold a hearing at the Fremont City Hall on March 25 at 6:00 p.m. [postponed due to shelter-in-place]

The lease renewal is on the agenda. You can speak at the meeting, in support of the expiration of parking restrictions. Park visitors should be able to park on public streets; and, street parking should not be privatized. The parking lot at Mission Peak needs to be expanded with 300 new spaces, to alleviate congestion on city streets. Park hours ought to be normalized, to the original 5 a.m. to 10 p.m. curfew.

The costly war on Mission Peak visitors must end. It has rewarded a few nimbys, at the expense of park visitors, Fremont residents and local businesses.

wm. yragui
co-founder
Mission Peak Conservanc

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What's Happening's The Tri-City Voice is published weekly, issued, sold and circulated in and from Fremont, Newark, Union City, Hayward, Milpitas and Sunol and printed in Fremont, California. The principal office of Tri-City Voice is at 39737 Paseo Padre Pkwy., Ste. B, Fremont, CA 94538. William Marshak is the Publisher

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Resident of Monteca
August 11, 1922 – March 21, 2020
Fremont Chapel of the Roses

Naginbhai D. Patel
Resident of San Jose
June 26, 1940 – March 20, 2020
Fremont Chapel of the Roses

Matilda "Tillie" Sites
Resident of Fremont
September 20, 1919 – March 20, 2020
Fremont Chapel of the Roses

Felicitas H. Talao
Resident of Fremont
July 8, 1941 – March 16, 2020
Fremont Memorial Chapel

Danilo R. Guevarra
Resident of Fremont
May 21, 1961 – March 13, 2020
Fremont Memorial Chapel

Maria M Tijero
Resident of Fremont
May 30, 1925 – March 9, 2020
Fremont Chapel of the Roses

Armando Simoes Cardoso
Resident of Fremont
June 17, 1936 – March 8, 2020
Fremont Memorial Chapel

Manjulaben Kantibhai Contractor
Resident of Newark
April 11, 1937 – March 8, 2020
Fremont Memorial Chapel

Alice Hoch
Resident of Fremont
June 8, 1935 – February 7, 2020
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Kenton Scott Warwick
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February 2, 1944 – March 14, 2020

Marcelo Doctor
Resident of Fremont
January 16, 1934 – March 11, 2020

Stewart Galat
Resident of Milpitas
February 11, 1983 – March 10, 2020

Khamkhiene Vongchanh
Resident of Milpitas
October 15, 1931 – March 7, 2020

Jeng Huah Hwang
Resident of Hayward
October 18, 1945 – March 4, 2020

Margaret Scott
Resident of Fremont
December 18, 1957 – March 4, 2020

Parsu Ram Nandwani
Resident of San Jose
October 1, 1929 – March 4, 2020

Anthony Perreira
Resident of Fremont
February 4, 1932 – March 4, 2020

Obituary

Nicole Marie (Hansen) Wells

August 15, 1975 – January 3, 2020



Nicole passed away unexpectedly on January 3, 2020. She is survived by her three children, Austin, Nicholas and Dallys Wells of Fresno, CA, parents Laurence and Gail Hansen of Fremont, CA, brother Erik Hansen (Keli) of Manzanita, OR, grandmother Barbara Hansen of Rancho Cordova, CA, many aunts, uncles and cousins.

Born in Blue Island, IL she moved to Fremont when she was three years old. She attended Fremont Parents Nursery School, Oliveira Elementary, Thornton Jr. High and graduated from American High School in 1973. She moved to Fresno in 2000 where she raised her three children.

Her children were her pride and joy. She loved attending their sports events, cheering them on whether it was baseball, wrestling, softball, volleyball, soccer or lacrosse. Nicole often volunteered as a parent chaperone on her daughter's class trips to Hollywood, Pismo Beach, San Francisco and New York.

Nicole was a ray of sunshine to everyone who knew her. She dedicated her life to helping others. When her children were

in grade school, Nicole was a classroom aide working with blind and special education children in the Fresno Unified School District.

As a home health care provider, she excelled in providing comfort, support and companionship to elderly and adults with special needs. She believed that working with the disabled community was a gift. She had said that she learned so much from her clients and hoped that they learned something from her.

She had a soft spot in her heart for animals. She found so much joy and happiness with her dogs and cats. She loved volunteering at the Fresno Bully Rescue.

She was an avid supporter of the Juvenile Diabetes Research Foundation.

Her favorite sports teams were the Chicago Bears and Boston Red Sox and enjoyed watching them whenever possible.

She will be remembered as a compassionate person who cared deeply about the well-being of others. She will be missed by many, but her beautiful spirit will live on.

Obituary

John J. Clapp

John J. Clapp, of Newark, CA died on Saturday, February 22, 2020 at home with his family by his side. He was 64 and had been fighting IPF (Idiopathic Pulmonary Fibrosis). He was born on April 06, 1955 in Richmond, California. He attended Musick Elementary, Princes of Peace and Newark High. John & Diane had children from previous marriages, but he didn't believe in step or half children. He would say "I have four wonderful children, Johnny, Joe, Jenn and William". He enjoyed becoming a truck driver just like his dad. John was very loving to anyone that come into his life. He enjoyed playing baseball, playing with his grandkids, and his dogs. John is survived by his wife Diane, his kids & spouses: Johnny, Joline,

Joe, Patricia, Jenn, Josh, William, Robyn, his ten grandchildren: Steven, Angelina, Diana, Alyssa, Joseph "Jr", Jeremy, William "Stink", Noah, Jordyn, Skylee, his three God children Nikki, Cory, Willy, his dog Titan and cat Chunk. A celebration of Life is being held by his family on March 28, 2020. It will be held at the Newark Portuguese Sport Club, 7355 Thornton Ave, Newark, CA 94560 from 1pm – 4pm. Memorial donations may be made in John's name to the Pulmonary Fibrosis Foundation at <https://app.mobilecause.com/vf/PPFTribute/JohnJClapp>

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Obituary

Matilda "Tillie" Sites

September 20, 1919 – March 20, 2020

Resident of Fremont

Matilda "Tillie" Sites died peacefully on March 20, 2020 in Fremont, California at the age of 100 years and 6 months.

Tillie is survived by her daughter, Laura Sites-Reynolds of Portola, California and grandson, Ian Reynolds of Fremont, California. She is also survived by two step-daughters, Glenda Dearborn of Petersburg, West Virginia and Carole Smith of Auburn, California and three step-grandchildren. She was preceded in death by her husband, Glen Sites of Fremont, California who passed in 2013 at the age of 93.

Tillie was born on September 20, 1919 in South Valley, Cattaraugus County, New York, to Cleve and May Flagg. After a

tough start in life, being raised during the Great Depression, Tillie put herself through school and became an R.N. She was an early supporter of women's rights and specifically a woman's right to choose, having seen firsthand the disparities in reproductive healthcare available between rich and poor women in our society. Tillie grew tired of the frigid upstate NY winters and moved to Honolulu, Hawaii after WWII where she worked as an OB/GYN nurse at Queens Hospital. It was in Honolulu that she also met her husband of over 55 years, who was a Navy pilot serving out of Hickam Air Base. Once Glen was decommissioned from the Navy and was assigned to the FAA's Oakland Flight

Service Center, they moved to the Bay Area, settling in Fremont in 1965.

To continue her support of medical research, Tillie had arranged to leave her body to the Willed Body Program at Stanford University so they could "figure out why she lived so long". Unfortunately, due to COVID-19 concerns that program is on hold and other private arrangements will be made. Please help celebrate Tillie's very long life by donating to Planned Parenthood in her name.

Fremont Chapel of the Roses
510-797-1900

Obituary

Danilo R. Guevarra

May 21, 1961 – March 13, 2020

Resident of Fremont

Danilo Ramoso Guevarra was born on May 21, 1961, in Philippines. He passed away on March 13, 2020, in Fremont, CA at the age of 58.

Danilo is a state employee of Dept. of General Services in Oakland, CA. He loved watching NBA and adores Stephen Curry very much. He is God loving & responsible person

Danilo is survived by her beloved wife, Cristina Guevarra.



Loving father to Dianella (23), Danzel (21) & Daniela (8).

Private Family Services will be held.

Fremont Chapel of the Rose
510-797-1900

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Obituary

Felicitas Hipolito Talao

July 8, 1941 – March 16, 2020

Resident of Fremont

Felicitas Hipolito Talao, known as Fely, passed away peacefully on March 16th, 2020 with her daughters at her side. Fely was born on July 8th, 1941, to Hilario and Marcelina Hipolito. She was the youngest of their 4 children. Fely never met her father, who fought and was killed in WWII months after her birth. Her mother remarried a widower with 5 sons. They then had 9 more children. With 16 siblings, 13 brothers and 3 sisters, Felicitas, decided to become a nurse to help others and her family.



and her granddaughters, Elysia and due in June 2020, Calista. Her siblings: Eliseo, Roberto, Ricardo, Rogelio, Pepito, Rodrigo, Norma, Rosauro, Renato, and her many cousins, nieces, nephews, grandnieces and grandnephews.

Fely met her husband, Rogelio Talao, a Navy man, in June of 1966 while working as a nurse. It was a short courtship, as they married the following month on July 16th. From their marriage came 2 daughters.

Felicitas was preceded in death by her husband, Rogelio, her parents, her sisters, Teresita and Eladia, her brothers, Ruben, Rodolfo, Francisco, Vicente, and Toradio.

Fely worked as a nurse for 32 years, retiring in 1997 after almost 20 years at Washington Hospital in Fremont. She worked hard for her kids and family. Fely was a loving grandmother, spoiling her grandchildren every chance she got. She loved to travel, traveling to Europe, Australia, and the Holy Land. As a member of Holy Spirit Church, she also served as a Eucharistic Minister. She loved being surrounded by her family and friends. She was a caring sister, a loyal friend, loved her roses and orchids, and every now and then you could find her at the casinos.

Mom, we all thank you for everything you have done for us and taught us. Your strength, determination, thoughtfulness, loyalty, commitment and love will continue through us. We will miss you but know that you can now rest peacefully knowing we're all ok. Rest in peace. We love you.

Felicitas is survived by her daughter, Rosie and her husband, Jerome, and her grandsons, Carlo and Jerome. Her daughter, Cheryl and her husband, Donny,

Visitation and funeral services will be postponed until the shelter in place has been lifted. Please check back after April 7th 2020, for an update on service days and times.

Fremont Memorial Chapel
510-793-8900

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Hayward City Council

Tuesday, March 17

Presentations and Proclamations:

- Special announcement from Mayor Halliday, announcing the City of Hayward's full cooperation with shelter in place order during the ongoing COVID-19 pandemic.

- Council announces that due to city lockdown, agenda items 6-8 will not be heard and are postponed. Items 6-8 pertain to middle income affordable housing financing programs.

Agenda Items:

- Fiscal year 2020 mid-year budget review and general fund long-range financial model update per report from Finance Director Claussen.

- Consider discussion on a future City Council meeting date regarding "emergency stay in place ordinances" during the declaration of an emergency.

- Resolution approving a right-of-entry agreement between

the City of Hayward and the Hayward Geologic Hazard Abatement District (GHAD) authorizing the city to access GHAD-owned property to maintain lighting and Landscape District No. 96-1 improvements, per report from GHAD Manager Harrell.

Measures and Resolutions:

- Ratify the proclamation of a local emergency due to the spread of severe acute respiratory illness caused by novel Coronavirus (COVID-19).

- FY 2020 Mid-year budget: Motion made by council to approve staff's recommendation to explore placing a city transit occupancy tax increase on the November 2020 ballot and not conduct a poll due to the cost this would incur.

Mayor Halliday	Aye
Sara Lamnin:	Aye
Elisa Marquez	Aye
Al Mendall	Aye
Mark Salinas	Aye
Aisha Wahab	Aye
Francisco Zermeno	Aye

Newark City Council

March 17, 2020

Update on the City's response to COVID-19, Ratification of the Proclamation of the Existence of a Local Emergency by the Director of Emergency Services, and cancellation of the March 26, 2020 City Council meeting - from City Manager Benoun and Interim City Attorney Kokotaylo.

Cancellation of March 26, 2020 City Council meeting.

Mayor Alan Nagy	Aye
Vice Mayor Luis Freitas	Aye
Sucy Collazo	Aye
Michael Hannon	Aye
Mike Bucci	Aye

Milpitas City Council

March 17, 2020

The Council meeting was conducted by virtual, electronic means. In addition to the councilmembers and senior management staff, twenty-five attendees participated via electronic means.

Prior to the regular meeting, and before adjourning to a closed session, the Council held a Special Meeting with a single Action Item on Temporary Emergency Pay in view of the COVID-19 Emergency. The Council approved temporary emergency pay for non-essential full-time and part-time employees from March 17

through April 7, 2020 unless there is supplemental Federal mandated leave available for eligible employees.

Proclamation:

March was proclaimed as Women's History Month.

Consent Calendar:

- Approved execution of amendment to the Professional Services Agreement with HydroScience Engineers, Inc. to provide additional consultant engineering services for the Sewer Master Plan.

- Approved the execution of amendment to the software license and professional services agreement with Lucity, Inc. for computerized maintenance management system.

- Received a report on the emergency repair work on a water main at the intersection of Calaveras Boulevard and Park

Victoria Drive. Ratified award of emergency contract to Preston Pipelines.

Public Safety:

Following lengthy discussion, the Council created an Economic Development Sub-Committee, to be led by Council Members Montano and Dominguez. The Sub-Committee was tasked to explore schemes to help small businesses in view of the medical and financial emergency situation sweeping the City. The Sub-Committee will be named "Small Business Loan and Relief Program."

Mayor Rich Tran	Aye
Vice Mayor Bob Nunez	Aye
Carmen Montano	Aye
Karina Dominguez	Aye
Anthony Phan	Aye

Libraries and Bookmobile close as a precaution

SUBMITTED BY ERIK SANJURJO

All eight libraries throughout the Santa Clara County Library District (SCCLD) are closed to the public in response to the coronavirus pandemic. In accordance with the guidelines provided by the County Public Health Department for social distancing and banning public gatherings, SCCLD is closing all public library locations. In addition, Bookmobile service is canceled. A tentative reopening date is April 13, in line with Santa Clara County School District plans to reopen following spring break.

"Closing public libraries is an extraordinary measure and a decision that is not taken lightly," says Jennifer Weeks, acting county librarian. "The decision to close is driven by our first priority—protecting the public and our staff's health and safety."

SCCLD recommends patrons hold onto physical library materials on loan until efforts to contain the virus are lifted and the libraries reopen. No late fees will be assessed during the closed period. The library has featured online library services that they continue to offer on their newly redesigned website www.scclld.org.

For those who do not have a library account, if you live within the library district including Campbell, Cupertino, Gilroy, Los Altos, Los Altos Hills, Milpitas, Monte Sereno, Morgan Hill, Saratoga or any of the unincorporated areas of Santa Clara County, visit the website to apply for an eCard. If approved, the eCard gives you instant access to the entire online library.

Students explore and learn at Don Edwards San Francisco Bay National Wildlife Refuge

SUBMITTED BY LEONOR REBOSURA

To extend the classroom learning, Don Edwards San Francisco Bay Wildlife Refuge in collaboration with the Newark Unified School District (NUSD) Science Director and NUSD Maintenance, Operations & Transportation department organized docent-led field trips with free school buses. The first two trips were on February 3 and 13 with the 6th grade students from Graham Elementary and Schilling Elementary. Buses were provided by NUSD paid for by Don Edwards Refuge.

Sixth grade students spent the day with rangers and were scientists, applying science & engineering practices while immersed in their local environment. They observed, collected data, and presented findings as they explored the open bay, sloughs, salt marsh and salt ponds. At the Fishing Pier, they learned about the tides and aquatic life. At the marshland, they discovered unique and endemic plants native to this salt marsh habitat.

In preparation for these events, the rangers provided an orientation to all 6th grade teachers at the Elementary Professional Development Day on December 19. They discussed the activities planned at the refuge and solicited ideas on how those could connect to the science curriculum and the classroom experiences of students. A week before each field trip, the rangers meet students in

their classroom. The pre-visit introduced students to the refuge, the rangers, and what they would do at the refuge. It was important to the rangers that the students were informed and felt comfortable working and learning.

Lulu Erwin and Rossana Panuco, NUSD teachers, describe



them... All in all, this was a well-organized, thoughtfully planned out field trip."

Newark USD is very grateful to Genie Moore and Tia Glagolev, Naturalists at

Don Edwards and their rangers for enriching the lives of and educating Newark students and teachers.

Originally, more trips were planned for April and May,

but due to concerns about Coronavirus spread, two of these have been canceled. Trips scheduled for April 27 and May 18 are still on the calendar for now, and the school district will reassess after spring break on



their positive experience with the trip: "The lessons were appropriate, engaging and academically rigorous as we measured elements of the water as well as worked in the marsh. Students asked excellent questions, fully participated and had a great time. After the field trip, Tia, one of the Don Edwards teachers, followed up asking for the data we collected, sent us a video to watch and to comment on. We sent her back questions we had, and she took those questions to her biologists who later answered



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San Leandro non-essential services closed

SUBMITTED BY SAN LEANDRO PD

In accordance with the Alameda County Public Health Officer's Order that was issued March 16, San Leandro city officials announced that all non-essential city-operated facilities will be temporarily closed to the public. Closures will include all city-operated libraries, community centers, aquatics facilities, and City Hall. Other functions such as the Permit Center, Business Licenses and the Public Works Services Center will be extremely limited. This action is expected to remain in effect through April 7

Essential services such as Police, Fire protection, and infrastructure maintenance will continue uninterrupted. The city will also be working hard

with their partners in the non-profit sector to provide essential services to people who are in need.

For the most current information, please visit the City of San Leandro website at www.sanleandro.org and view the "Latest News" section or follow the City of San Leandro on social media. Periodic updates may also be provided on radio station AM 1610 and local public access television channels.

The San Leandro Police Department is reminding residents that urgent and emergency services are continuing. More information is available online at the police department's Nixle updates or the department's website at www.sanleandro.org/depts/pd.

Hayward Police Log

SUBMITTED BY HAYWARD PD

Wednesday, March 18

At about 11:30 p.m. officers responded to a report about an assault with a deadly weapon in the 30000 block of Vanderbilt Street. On arrival, officers found an injured man and woman. The man was given medical attention at the scene but he soon died. The woman was taken to a hospital and was later reported in stable condition. Officers arrested a suspect at the scene; a preliminary investigation indicated the suspect and victims were family members. It is the fifth homicide in Hayward during 2020. An investigation is continuing; anyone with information is asked to call Hayward Police at (510) 293-7176.

Silicon Valley Strong to support residents

SUBMITTED BY JANICE ROMBECK

Supervisor Dave Cortese and local officials on March 18 launched Silicon Valley Strong to help residents of Santa Clara County sheltering in place. The initiative will support countywide food distribution, especially to older adults, medically fragile, and children.

Silicon Valley Strong also involves faith-based organizations, nonprofit groups, and other community partners who daily serve the needs of county's most vulnerable residents.

"We need to bring all our resources together, including volunteers who want to help others during this health emergency, and we need them to stay informed as conditions change quickly," said Cortese.

Silicon Valley Strong (www.siliconvalleystrong.org) serves as a hub with updates and resources for vulnerable neighbors. The page is updated daily and is being translated into Spanish and Vietnamese.

Alameda County Fire Department

SUBMITTED BY ACFD

Wednesday, March 18

At about 1:30 p.m. firefighters responded to a report about a fire at a homeless encampment at San Leandro Boulevard and Peralta Avenue in San Leandro. The blaze moved to the interior of the industrial structure with moderate damage to some of its content and the roof. The blaze was quickly put out; there were no injuries.

Union City Police Log

SUBMITTED BY LT. MATIAS PARDO, UNION CITY PD

Saturday, February 22

At about 8:52 p.m. Sgt. Gannam made a traffic stop near Whipple Road and Central Avenue. During a vehicle search, Gannam found a firearm and arrested the driver, identified by police as Rahshawn Shaheeb Allen, 25; he faces charges of carrying a concealed firearm and driving with a suspended license.

Thursday, February 27

At about 8:00 p.m. officers responded to a report of a robbery on the 1100 block of Decoto Road. A female reported that as she walked through the BART overflow parking lot, a blue van pulled alongside her. A male passenger exited the van and robbed the woman of her purse. The suspect got back into the van and it drove away onto Decoto Road. The suspect was described as 17 to 21 years old and wearing a mask over his face. The case is under investigation.

Saturday, February 29

At about 1:13 p.m. officers responded to a report about a robbery in the 4300 block of Bel Estos Way. An 82-year-old woman was robbed of her purse by three to four juveniles as she exited her car. She fell to the ground during the incident and bruised her arm. The suspects were described as males, between 14 and 18 years old, thin and standing between 5-foot-6 and 5-foot-8-inches tall. One of the suspects was wearing a red hooded sweatshirt with the hood up. They were last seen running toward Alvarado Boulevard. An investigation ongoing.

Sunday, March 1

At about 3:28 p.m. officers were dispatched to the Safeway store on Decoto Road on a report of a suspect stealing property and fighting with store security. After wrestling with security, the male suspect fled the area on foot. Officer Dejong soon located and detained a suspect, identified by police as Freddie Jones, 20, in front of a nearby Starbucks. Security identified Jones as the suspect. A record check showed Jones had an active felony arrest warrant. He was arrested on suspicion of robbery and for the warrant. While being processed into jail, he was also found to be in possession of suspected methamphetamine.

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STEPHEN F. VON TILL, ATTORNEY AT LAW

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Juris Doctor, University of Illinois (7th in class)

Quoted by Ralph Nader in his book "No Contest" (1996)

Instructor Stanford Univ. Advanced Trial Advocacy 1995 - Present

Faculty Law Clinic Santa Clara University College of Law 1987

Editor, University of Illinois Law Review 1968-1969

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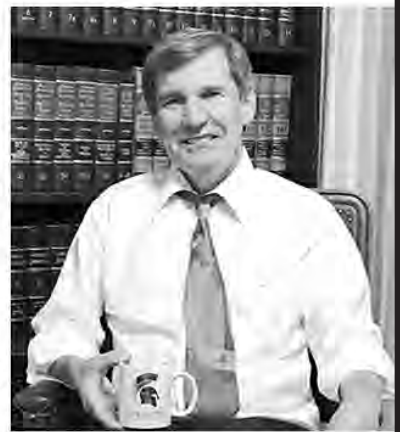
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PUBLIC NOTICES

NOTICE OF PUBLIC HEARING CITY OF FREMONT PLANNING COMMISSION

NOTICE IS HEREBY GIVEN THAT THE PLANNING COMMISSION OF THE CITY OF FREMONT WILL HOLD A PUBLIC HEARING ON THE FOLLOWING PROPOSAL. SAID PUBLIC HEARING WILL EITHER BE HELD AT 7:00 P.M. ON THURSDAY, APRIL 9, 2020, AT THE COUNCIL CHAMBERS, CITY HALL, 3300 CAPITOL AVENUE, FREMONT, CALIFORNIA, AT WHICH TIME ANY AND ALL INTERESTED PERSONS MAY APPEAR AND BE HEARD; OR, IF THE CITY HAS DEEMED IT NECESSARY IN THE INTEREST OF PUBLIC HEALTH TO LIMIT THE ATTENDANCE OF PUBLIC ASSEMBLIES TO PREVENT OR MITIGATE THE EFFECTS OF CORONAVIRUS 2019 (COVID-19), SAID PUBLIC MEETING MAY BE HELD VIA TELECONFERENCE AND MADE ACCESSIBLE TELEPHONICALLY OR OTHERWISE ELECTRONICALLY TO IMPOSE AND PROMOTE SOCIAL DISTANCING UNDER THE AUTHORITY OF EXECUTIVE ORDER N-25-20, AS AMENDED.

TESLA R&D MANUFACTURING AT KATO ROAD - 47700 Kato Road - PLN2020-00157 - To consider a Conditional Use Permit for hazardous material, a Finding for Modification of Zoning Standards to allow a Floor Area Ratio (FAR) increase from 0.48 to 0.60 FAR and a parking reduction, and a Discretionary Design Review to allow an approximately 29,745-square-foot addition consisting of largely interior improvements within an existing building for a research and development and manufacturing facility located at 47700 Kato Road and 1055 Page Avenue in the Bayside Industrial Community Plan Area; and to consider the adoption of an Addendum to the previously approved 1996 Negative Declaration in accordance with the requirements of the California Environmental Quality Act (CEQA) Guidelines Sections 15162 and 15164, and/or as a separate and independent basis, the adoption of a Mitigated Negative Declaration prepared and circulated for the project in accordance with the requirements of CEQA Guidelines Section 15070.

Project Planner - James Willis, (510) 494-4449, jwillis@fremont.gov

For further information on any of the above items, contact the respective project planner above for that particular project. Due to the effects of COVID-19 promoting social distancing, early submission of public comment in writing via email is strongly recommended.

* NOTICE *

If you challenge the decision of the Planning Commission in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the Planning Commission at, or prior to, the public hearing.



BULK SALES

NOTICE OF BULK SALE (subject to Com. C. 6106.2)

The following definitions and designations shall apply in this Notice without regard to number or gender:

SELLER: Human Resource Group, Inc. 37085 Fremont Blvd, Fremont, CA 94542
BUYER: Healthperts, 37085 Fremont Blvd, Fremont, CA 94542
BUSINESS: BOGIE'S DISCOUNT PET FOOD & SUPPLIES
 37085 Fremont Blvd, Fremont, CA 94542
DATE OF CONSUMMATION: April 9, 2020
LAST DAY TO FILE CLAIMS: April 9, 2020
ESCROW HOLDER: WILLIAM DUNN ESCROW, INC., 1350 Dell Avenue, Suite 204, Campbell, CA 95008

Notice is hereby given that Seller intends to make a bulk sale of the assets of the above described Business to Buyer including all stock in trade, furniture, and equipment used in said Business, to be consummated at the office of the Escrow Holder at the time of consummation or thereafter. Creditors of the Seller may file claims with the Escrow Holder on or before the last day to file claims stated above. This sale is subject to California Commercial Code 6106.2.

Seller has used the following other business names and addresses within the last three years so far as known to Buyer: None

Healthperts, Inc.
 BY: WILLIAM DUNN ESCROW, INC.
 Agent for Buyer - Susan Berry, Pres. 3/24/20

CNS-3355076#

FICTITIOUS BUSINESS NAMES

FICTITIOUS BUSINESS NAME STATEMENT
 File No. 569541

Fictitious Business Name(s):
Shiksha 990 Yucatan Ct, Fremont, CA 94539, County of Alameda
 Registrant(s):
 SASH LLC, 990 Yucatan Ct, Fremont, CA 94539; California
 Business conducted by: A Limited Liability Company
 The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ Vaishnave Ragavan, Managing Member
 This statement was filed with the County Clerk of Alameda County on March 12, 2020
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/24, 3/31, 4/7, 4/14/20

CNS-3355206#

FICTITIOUS BUSINESS NAME STATEMENT
 File No. 569416

Fictitious Business Name(s):
EcoGeoBuild, 39267 Marbella Terraza, Fremont, CA 94538, County of Alameda
 Registrant(s):
 David Buckley, 39267 Marbella Terraza, Fremont, CA 94538
 Business conducted by: An Individual
 The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ David Buckley
 This statement was filed with the County Clerk of Alameda County on March 6, 2020
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/17, 3/24, 3/31, 4/7, 4/14/20

CNS-3352043#

Blach Construction Company Fremont Unified School District- Thornton Middle School Conversion Project Increment 3 (Phase 1) - Athletic Fields NOTIFICATION TO POTENTIAL BIDDERS

Notice is hereby given that Blach Construction Company is seeking bids for Thornton Middle School Conversion project, Increment 3. The scope of work included in increment 3 (phase 1 of construction) includes but is not limited to:

- Site Demolition, Grading, Paving
- Landscape & Irrigation
- Site Concrete
- Fencing
- Utilities

This Notice is given pursuant to the requirements set forth in California Education Code 17406.

The successful bidder will be selected on a best value basis. Each bidder must comply section 17407.5 of the California Education Code for Prevailing Wage+ Skilled and Trained Workforce.

It is mandatory that all contractors holding C-4, C-7, C-10, C-16, C-20, C-34, C-36, C-38, C-42, C-43, and C-46 licenses, who seek to submit proposals to perform work covered by the aforementioned specialty licenses must be prequalified by the District pursuant to Public Contract Code section 20111.6 at least five business days prior to the deadline for submission of bids to Blach. The District will not process prequalification applications submitted later than 10 business days prior to the deadline for submission of bids to Blach.

If you are interested in bidding the Thornton Middle School Conversion Project-Increment 3, please contact Donna Spain (donna.spain@blach.com).

Request for Bids will be issued on 3/18/20 with the bids due on 4/1/20.

The criteria for the Best Value selection will be as follows:

Proposal price	50 points possible
Ability to meet construction schedule	25 points possible
Interview and previous experience	25 points possible

CNS-3354663#

new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/24, 3/31, 4/7, 4/14/20

CNS-3355202#

FICTITIOUS BUSINESS NAME STATEMENT
 File No. 569122

Fictitious Business Name(s):
HR Code, 41411 Elen Street, Fremont, CA 94538, County of Alameda
 Registrant(s):
 Marco T Flores, 41411 Elen Street, Fremont, CA 94538
 Business conducted by: An Individual
 The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ Marco T Flores, Owner
 This statement was filed with the County Clerk of Alameda County on March 2, 2020
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/17, 3/24, 3/31, 4/7/20

CNS-3352768#

FICTITIOUS BUSINESS NAME STATEMENT
 File No. 569007

Fictitious Business Name(s):
Hayward Ghazni Sister City Committee, 39605 Stevenson Pl #133, Fremont, CA 94539, County of Alameda
 Mailing Address: 68 Ramona Ave, San Francisco, CA 94103
 Registrant(s):
 World Family Development & Education Program, 39605 Stevenson Pl., Apt. 133, Fremont, CA 94539; California
 Business conducted by: A Corporation
 The registrant began to transact business using the fictitious business name(s) listed above on 02/26/2020
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ Hassan Etemadi, Chairman (CEO)
 This statement was filed with the County Clerk of Alameda County on February 26, 2020
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/17, 3/24, 3/31, 4/7/20

CNS-3352747#

FICTITIOUS BUSINESS NAME STATEMENT
 File No. 568714

Fictitious Business Name(s):
Niles Territory Tree Service, 36836 2nd St., Fremont, CA 94536, County of Alameda
 Registrant(s):
 Marcos Homorody, 36836 2nd St., Fremont, CA 94536
 Business conducted by: An Individual
 The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ Marcos Homorody, Owner
 This statement was filed with the County Clerk of Alameda County on February 19, 2020
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/17, 3/24, 3/31, 4/7/20

CNS-3352722#

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
 File No. 566620

The following person(s) has (have) abandoned the use of the Fictitious Business Name(s):
 The Fictitious Business Name Statement for the Partnership was filed on 03/18/2019 in the County of Alameda.
Alpine Motors, 7679 Thornton Avenue, Ste. E, Newark, California 94560, County of Alameda.
 Registered Owner(s):
 Rafael Bautista, 644 Greenlake Drive, Sunnyvale, California 94089
 This business is conducted by: an individual
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to this section that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ Rafael Bautista, Owner
 This statement was filed with the County Clerk-Recorder of Alameda County on March 6, 2020.
 3/17, 3/24, 3/31, 4/7/20

CNS-3352043#

FICTITIOUS BUSINESS NAME STATEMENT
 File No. 569089

Fictitious Business Name(s):
Sutra, 32548 Regents Blvd, Union City, CA 94587, County of Alameda
 Registrant(s):
 Nidhi Singh, 32548 Regents Blvd, Union City, CA 94587
 Business conducted by: An Individual
 The registrant began to transact business using the fictitious business name(s) listed above on 2/28/2020.
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ Nidhi Singh
 This statement was filed with the County Clerk of Alameda County on February 28, 2020.
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/10, 3/17, 3/24, 3/31/20

CNS-3350808#

FICTITIOUS BUSINESS NAME STATEMENT
 File No. 568781

Fictitious Business Name(s):
G Illumination, 3231 Alder Ave, Fremont, CA 94536, County of Alameda
 Registrant(s):
 Duong T. Duong, 14825 Story Rd., San Jose, CA 95127
 Business conducted by: An Individual
 The registrant began to transact business using the fictitious business name(s) listed above on N/A
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ Duong T. Duong
 This statement was filed with the County Clerk of Alameda County on February 26, 2020.
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/10, 3/17, 3/24, 3/31/20

CNS-3350275#

Registrant(s):
 Lan Wu, 3231 Alder Ave, Fremont, CA 94536
 Business conducted by: an Individual
 The registrant began to transact business using the fictitious business name(s) listed above on 07/22/2010.
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ Lan Wu, Owner
 This statement was filed with the County Clerk of Alameda County on February 20, 2020.
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/10, 3/17, 3/24, 3/31/20

CNS-3348588#

FICTITIOUS BUSINESS NAME STATEMENT
 File No. 569058

Fictitious Business Name(s):
Zeus Appliance Repair, 39899 Balentine Dr. Ste. 200, Newark, CA 94560, County of Alameda
 Registrant(s):
 Zeus Appliance Repair LLC, 39839 Balentine Dr. Ste. 200, Newark, CA 94560; California
 Business conducted by: a Limited Liability Company
 The registrant began to transact business using the fictitious business name(s) listed above on N/A
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ Seresat Cucan, Manager
 This statement was filed with the County Clerk of Alameda County on February 27, 2020.
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/10, 3/17, 3/24, 3/31/20

CNS-3348587#

FICTITIOUS BUSINESS NAME STATEMENT
 File No. 568533

Fictitious Business Name(s):
Meadow Square Liquor, 4200 Blacow Rd Suite F, Fremont, CA 94538, County of Alameda
 Registrant(s):
 Dilbagh S. Cheema, 3258 Puttenham Way, Fremont, CA 94536
 Business conducted by: an Individual
 The registrant began to transact business using the fictitious business name(s) listed above on 12/5/10.
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ Dilbagh S. Cheema, Sole Proprietor
 This statement was filed with the County Clerk of Alameda County on February 13, 2020.
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/10, 3/17, 3/24, 3/31/20

CNS-3348586#

FICTITIOUS BUSINESS NAME STATEMENT
 File No. 568320

Fictitious Business Name(s):
Variades Niki, 34716 Alvarado Niles Rd, Union City, CA 94587, County of Alameda
 Registrant(s):
 Avrit Ramos, 34864 Mission Blvd, Apt 170, Union City, CA 94587
 Business conducted by: An Individual
 The registrant began to transact business using the fictitious business name(s) listed above on 04-27-2015
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ Avrit Ramos, Owner
 This statement was filed with the County Clerk of Alameda County on February 5, 2020
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/3, 3/10, 3/17, 3/24/20

CNS-3347657#

FICTITIOUS BUSINESS NAME STATEMENT
 File No. 568465

Fictitious Business Name(s):
Peralta Properties, 43650 Vista Del Mar, Fremont, CA 94539, County of Alameda
 Registrant(s):
 Amrjan Basrai, 43650 Vista Del Mar, Fremont, CA 94539
 Business conducted by: an individual
 The registrant began to transact business using the fictitious business name(s) listed above on 05/20/2019
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ Amrjan Basrai
 This statement was filed with the County Clerk of Alameda County on February 11, 2020
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/3, 3/10, 3/17, 3/24/20

CNS-3347653#

FICTITIOUS BUSINESS NAME STATEMENT
 File No. 568811

Fictitious Business Name(s):
JD Custom Cabinets, 37400 Cedar Blvd. Suite E, Newark, CA 94560, County of Alameda
 Registrant(s):
 Julio Rolando Chamalle, 36436 Buckeye St., Newark, CA 94560
 Business conducted by: an individual
 The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section

17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ Julio Rolando Chamalle, Owner
 This statement was filed with the County Clerk of Alameda County on February 21, 2020
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 3/3, 3/10, 3/17, 3/24/20

CNS-3347646#

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
 File No. 558982

The following person(s) has (have) abandoned the use of the Fictitious Business Name(s):
 The Fictitious Business Name Statement for the Partnership was filed on May 10, 2019 in the County of Alameda.
Family 37796 Appletree Ct., Fremont, CA 94536, County of Alameda
 Registered Owner(s):
 Heidi Leung, 37796 Appletree Ct., Fremont, CA 94536
 This business is conducted by: An Individual
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to this section that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ Heidi Leung, Owner
 This statement was filed with the County Clerk-Recorder of Alameda County on February 11, 2020.
 3/3, 3/10, 3/17, 3/24/20

CNS-3346105#

GOVERNMENT

CITY OF FREMONT PUBLIC HEARING

Notice is hereby given that the City of Fremont City Council will hold a public hearing to consider the following proposals. Said public hearing will be held at 7:00 p.m., Tuesday, April 7, 2020, Council Chambers, 3300 Capitol Ave., Bldg. A, Fremont, CA, at which time all interested parties may attend and be heard.

DECOTO LUX HOMES APPEAL- 3057 DECOTO ROAD - PLN2016-00338
 Public Hearing (Published Notice) To Consider an Appeal of the Planning Commission's Denial of a Planned Unit Development Permit, Discretionary Design Review Permit, Vesting Tentative Parcel Map No. 10474, 474 Private Street to Allow Demolition of an Existing Single-Family Residence and Development of Four Single-Family Residences on a 0.60-Acre Parcel, and to Consider an Exemption from the California Environmental Quality Act (CEQA) per CEQA Guidelines Section 15332, In-Fill Development Projects.
 If you challenge any decision of the City Council in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City Council at, or prior to, the public hearing.
 SUSAN GAUTHIER, CITY CLERK
 3/24/20

CNS-3355433#

Public Notice FOR IMMEDIATE RELEASE: UNION SANITARY DISTRICT 5072 BENSON ROAD UNION CITY, CA 94587 CONTACT: SAMI GHASSAIN (510) 477-7600

NOTICE OF SIGNIFICANT VIOLATOR

Notice is hereby given that, pursuant to the requirements of 40 CFR Section 403.8 (f) (2)(viii) of the General Pretreatment Regulations for New and Existing Sources, the Union Sanitary District (USD) is required to publish the names of all dischargers to the District's wastewater treatment plant that were in Significant Non Compliance (SNC) with EPA Pretreatment Regulations and/or the District's Sewer Ordinance No. 36.04 requirements at any time during the 2019 calendar year.

The following discharger to Union Sanitary District's treatment plant had significant violations during 2019:

Britech Electropolishing, Inc. 6821 Central Avenue, Suite A Newark, CA
 Routine compliance sampling of Britech Electropolishing, Inc. (Britech) detected a Total Toxic Organic (TTO) concentration of 3.0 mg/L which is in excess of the allowable 40 CFR 433 Metal Finishing Daily Maximum Limit of 2.13 mg/L at the designated Categorical Pretreatment sample location (001). Britech was issued Notice of Violation N19-003, which required it to determine the cause of the violation, take immediate action to prevent a recurrence and to perform self-monitoring to confirm its compliance status. Britech was issued an Administrative Penalty, which has been paid.
 Britech was classified as Significant Non-Compliance (SNC) for exceeding the Technical Review Criteria (TRC) Daily Maximum limit for TTO during the January-June Evaluation Period of 2019 in accordance with 40 CFR 403.8(f)(2)(viii) (B), defined as those in which 33 percent or more of all of the measurements taken for the same pollutant parameter during a 6-month period equal or exceed the product of the numeric Pretreatment Standard or Requirement including instantaneous limits, as defined by 40 CFR 403.3(i) multiplied by the applicable TRC (TRC=1.4 for BOD, TSS, fats, oil and grease, and 1.2 for all other pollutants except pH).
 Confluent Medical Technologies, Inc. 47533 Westinghouse Dr. Fremont, CA
 Confluent Medical Technologies, Inc. (Confluent) performed self-monitoring sampling at the Federal Pretreatment sample location (001), which indicated a nickel concentration of 7.7 mg/L. This result exceeded the 40 CFR 433 Metal Finishing Daily Maximum limit of 3.98 mg/L. Also, the average of all samples taken during December 2019 was 3.21 mg/L, which exceeded the 40 CFR 433 Metal Finishing Monthly Average of 2.38 mg/L. Confluent was issued Notice of Violation N19-013, which required it to determine the cause of the violation, take immediate action to prevent a recurrence and to perform self-monitoring to confirm its compliance status. Confluent was issued an Administrative Penalty, which has been paid.
 Confluent was classified as Significant Non-Compliance (SNC) for exceeding the 40 CFR 433 Metal Finishing Technical Review Criteria (TRC) Daily Maximum limit and Monthly Average limit for nickel during the July-December 2019 Evaluation Period in accordance with 40 CFR 403.8(f)(2)(viii) (B), defined as those in which 33 percent or more of all of the measurements taken for the same pollutant parameter during a 6-month period equal or exceed the product of the numeric Pretreatment Standard or Requirement including instantaneous limits, as defined by 40 CFR 403.3(i) multiplied by the applicable TRC (TRC=1.4 for BOD, TSS, fats, oil and grease, and 1.2 for all other pollutants except pH).
 Raxium, Inc. 1250 Reliance Way Fremont, CA
 Raxium, Inc. (Raxium) performed self-monitoring sampling at the Local Limit sample location (FAC) which indicated a cyanide (CN) concentration of 6.9 mg/L. This exceeded the Local Limit of 0.65 mg/L. Raxium was issued Notice of Violation N19-012, which required it to determine the cause of the violation, take immediate action to prevent a recurrence and to perform self-monitoring to confirm its compliance status. Raxium was issued an Administrative Penalty. Raxium was classified as Significant Non-Compliance (SNC) for exceeding the Local Limit Technical Review Criteria (TRC) limit for cyanide during the July-December 2019 Evaluation Period in accordance with 40 CFR 403.8(f)(2)(viii) (B), defined as those in which 33 percent or more of all of the measurements taken for the same pollutant parameter during a 6-month period equal or exceed the product of the numeric Pretreatment Standard or Requirement including instantaneous limits, as defined by 40 CFR 403.3(i) multiplied by the applicable TRC (TRC=1.4 for BOD, TSS, fats, oil and grease, and 1.2 for all other pollutants except pH).
 3/24/20

CNS-3355243#

PUBLIC NOTICES

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF JOSEPH DONALD SIMMONS CASE NO. RP20058308

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Joseph Donald Simmons A Petition for Probate has been filed by Kimberley A. Simmons in the Superior Court of California, County of Alameda. The Petition for Probate requests that Kimberley A. Simmons be appointed as personal representative to administer the estate of the decedent. The Petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person

files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court on April 15 2020 at 9:31 am in Dept. 202 located at 2120 Martin Luther King, Jr. Way, Berkeley, CA 94704. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: ASHLEY E. DAY,

3000F Danville Blvd., #318, Alamo, CA 94507, Telephone: 925-844-4479 3/17, 3/24, 3/31/20 CNS-3353914#

NOTICE OF PETITION TO ADMINISTER ESTATE OF GUNTER PAUL BARTH CASE NO. RP20055332

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Gunter Paul Barth A Petition for Probate has been filed by Jung Hwa Woo Barth in the Superior Court of California, County of Alameda. The Petition for Probate requests that Linda S. Durston be appointed as personal representative to administer the estate of the decedent. The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court on April 06 2020 at 9:31 AM in Dept.

202 located at 2120 Martin Luther King, Jr. Way, Berkeley, CA 94704. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: Linda S. Durston, 1604 Solano Avenue, Berkeley, CA 94707, Telephone: (510) 526-1376 3/10, 3/17, 3/24/20 CNS-3350894#

PUBLIC AUCTION/SALES

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that pursuant to the Provisions of Chapter 10, Section 21700 at Seq. of the Business and Professions Code of The State of California the undersigned will Sell at public sale by competitive bidding on the 13th of April, 2020 11:00 AM , on the premises where said property has been stored, and which are located at HOLIDAY STORAGE, 43033 Osgood Road , in the city of Fremont , County of Alameda, State of California (510-657-9596), the goods, chattels, or personal property described below. In the matter of: SP 13 DAN KANE SP 34 KEN KOHL SP 71 MARIA DELEON SP 83 MARC RICE SP 102 MARC RICE Misc. household items and furniture. JOHN CARDOZA AUCTIONEER, Agent for Owner Purchase must be made with CASH ONLY and paid for at the time of purchase. All purchased goods are sold AS IS and must be removed at the time of sale. Sale subject to prior cancellation in the event of settlement between owner and obligated party. 3/17, 3/24/20 CNS-3352996#

Letter from Hayward Mayor Halliday

As your Mayor, I want you to know that your City Government is working through the COVID-19 public health crisis to keep the Hayward community safe, limit the spread of the disease, and to maintain all vital City services, including emergency medical response services.

City Manager Kelly McAdoo and her staff have been working around the clock to implement policies and actions being recommended by our state and county public health officials. These actions include cancellation of non-governmental City events and meetings and alteration and reduction of non-essential services,

both to reduce potential exposure to the virus in our community and to focus resources on meeting essential needs. Many of these actions are being taken pursuant to a declaration of local emergency by the City Manager.

Pursuant to the stay-at-home order by the Alameda County Health Officer, I am also directing that all non-essential business of the City Council and all City of Hayward commissions, boards and appointed bodies be postponed during the pendency of the order, which currently runs until April 7. For on-going news, information and updates on COVID-19

and how the City of Hayward is responding, go online here.

COVID-19 has become a pandemic that is threatening communities and disrupting everyday life, not only in Hayward but throughout the world. We must all focus on defeating it now. Your City Government will continue to provide vital services, but it also is up to all of us to abide by the stay-at-home order while doing whatever we can to help those around us.

Hayward is a resilient community. Our resilience is rooted in our diversity of experiences, cultures, talents and

backgrounds. It is girded by the investments we have made in our public safety, emergency medical, utility, environmental and maintenance infrastructure and personnel. We are also a generous community, deserving of our moniker "Heart of the Bay." We are strong, and we have what it takes to meet this challenge.

These are scary times. But we are prepared. Let us draw together, even as we practice the art of social distancing.

BARBARA HALLIDAY
MAYOR, CITY OF HAYWARD

BART Police Log

SUBMITTED BY LES MENSINGER AND BART PD

Friday, March 13

• At 8:29 p.m. a woman identified by police as Shannon Rodriguez was arrested at Fremont station on an outstanding felony warrant. She was booked into Santa Rita Jail.

• At 10:48 p.m. a man identified by police as Don Demetrie Knight, 30, of Oakland, was arrested at Bay Fair station in San Leandro on an outstanding felony warrant from Georgia after extradition was confirmed. He was booked into Santa Rita Jail.

Saturday, March 14

• At 7:59 a.m. a man identified by police as Timothy Knockum, 53, of Oakland, was arrested at Union City station on suspicion of violating a court restraining order. He was booked into Santa Rita Jail.

Tuesday, March 17

• At 5:58 p.m. a woman identified by police as Vanessa Jimenez, 28, of Carmichael, was arrested at South Hayward station on two outstanding warrants. Because of seizures, she was taken to St. Rose hospital where she was medically cleared and then booked into Santa Rita Jail.

Wednesday, March 18

• At 4:31 a.m. a man identified by police as Donald Nelson, 58, of Sacramento, was arrested at Warm Springs/South Fremont station on suspicion of violating parole and disturbing the peace. He was booked into Santa Rita Jail.

Rotary Club gift a big lift for Navigation Center



SUBMITTED BY CITY OF HAYWARD

The new Hayward Navigation Center and its mission to provide a path off the streets and out of homelessness got a big lift recently with a generous \$83,000 donation from the Hayward Rotary Club.

The gift helped pay for the purchase of one of two residential sleeping dormitories at the Center, which has been providing a transitional home with one meal a day, laundry, lavatory and shower facilities, storage, and supportive and housing placement services to 44 people at a time. Since its November 2019 opening, the Center has moved 10 individuals into permanent housing and anticipates

graduating eight more of its residents by the end of March.

The City Council authorized establishment of the Navigation Center in January 2019 against a backdrop of a worsening chronic homelessness crisis in Hayward and across the Bay Area. To learn more about ways to support the Center, go to the City of Hayward website and search Housing Navigation Center.

The Hayward Rotary Club is a non-partisan, non-political service organization dedicated to giving back to the local community and supporting vital projects and programs that build a stronger future for Hayward and the world. To learn more about the Club and its work, visit www.haywardrotary.org

A message to local grocery stores and critical retailers

SUBMITTED BY CITY OF FREMONT

Throughout the nation, many grocers and other critical retailers have responded by adjusting their hours for additional cleaning

and reserving specific hours of operation for those who are considered vulnerable, defined by the Centers for Disease Control and Prevention (CDC).

The City of Fremont is encouraging its local grocery stores and critical retailers who can do so to join in making these compassionate adjustments during this time. The city is requesting that stores offer designated "senior shopping hours." This designation would allow those who are identified as among the most vulnerable to the Coronavirus (COVID-19) to feel more comfortable shopping in a less crowded environment. For stores that are considering or already offering senior shopping hours, we thank you for assisting us in our efforts to preserve the safety of our community and mitigate the spread of COVID-19.

"The health and safety of our seniors and vulnerable community members is of critical importance. I call on members of our business community to consider this as they

adjust operations. These actions will protect our seniors and most importantly, slow the spread of Coronavirus (COVID-19)," said Fremont Mayor Lily Mei.

We understand that many Fremont businesses may be experiencing disruptions to their business during this difficult time. The city is actively supporting its business community through this crisis, and if you have specific questions about your business, call our business hotline at (510) 284-4020 or email econdev@fremont.gov.

We encourage those Fremont businesses planning to offer senior shopping hours at their location to please email Vware@fremont.gov or call (510) 284-4013. For information regarding Coronavirus (COVID-19), visit our dedicated webpage at www.Fremont.gov/Coronavirus.

COMMUNITY BULLETIN BOARD

**10 lines/\$10/ 10 Weeks
\$50/Year**

510-494-1999 tricityvoice@aol.com

Shout out to your community

Our readers can post information including:

- Activities**
- Announcements**
- For sale**
- Garage sales**
- Group meetings**
- Lost and found**

For the extremely low cost of \$10 for up to 10 weeks, your message will reach thousands of friends and neighbors every TUESDAY in the TCV printed version and continuously online.

TCV has the right to reject any posting to the Community Bulletin Board. Payment must be received in advance. Payment is for one posting

only. Any change will be considered a new posting and incur a new fee.

The "NO" List:

- No commercial announcements, services or sales
- No personal services (escort services, dating services, etc.)
- No sale items over \$100 value
- No automobile or real estate sales
- No animal sales (non-profit humane organization adoptions accepted)
- No P.O. boxes unless physical address is verified by TCV

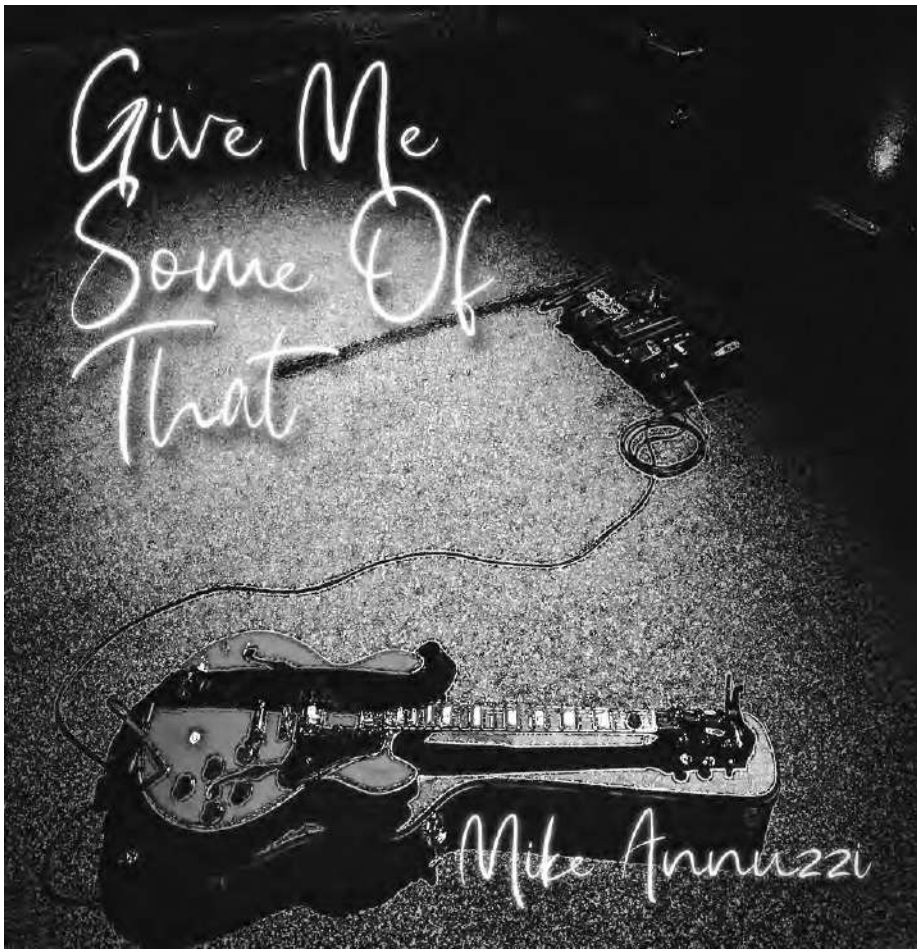
FREE PRESCHOOL

Fremont Unified School District offers FREE preschool for income-eligible families. The income limits have been raised recently and more families are qualifying. Children must be 3-5 years old and toilet trained. It's a 3-hour class, 5 days per week. Openings now and throughout the school year. For information: 510-659-2579 or preschool@fremont.k12.ca.us

FREE ENGLISH CLASSES Northwestern

Polytechnic University, Fremont, The Intensive English Program is offering a one-time opportunity for students learning English to take affordable 8-week intensive courses, starting April 28, 2020. contact ESL@NPU.edu or call (510) 592-9688 X 52 www.npu.edu

<p>A-1 Comm. Housing SVCS Credit & Money Management Workshop Resolve your credit issues & be better money managers Every 2nd Saturdays 10am-2:30pm 22693 Hesperian Blvd. #150 Hayward, CA 94541 Please register www.a1chs.org or call 510-674-9227</p>	<p>Fremont FAMILY RESOURCE CENTER 24 agencies help Tri-City residents with employment, counseling, childcare subsidies, housing, legal, public benefits, health insurance, workshops & more. Mon-Fri 8-5. 39155 Liberty St, Fremont 510.574.2000 or Fremont.gov/FRC</p>	<p>Adult Day Program Direct care staff wanted to work with people with developmental disabilities in community-based settings or environment. Must be dependable and own a vehicle. Background check. Training available Call (510) 690 -9570</p>	<p>DISCOVERY COVE Drop-in Childcare Center Fremont Family Resource Center Open to the public M-F 8:30-5. Staffed by City of Fremont Rec Dept. Open to well children aged 2-10. \$8/hour per child. 39155 Liberty St, #H850, Fremont. Fremont.gov/FRC Reservations: 510.574.2010</p> <p>Fremont Cribbage Club Meets to play weekly, every Weds. We play a Cribbage Tournament starting at 6PM. at ROUND TABLE PIZZA at 5544 Thornton Ave., Newark We welcome experienced players and will work with new players hoping to learn the game. Email:Accgr43@gmail.com For more information.</p> <p>UNITY CHURCH OF CASTRO VALLEY A Center for Positive Living Rev. Donna Caldwell invites all people to attend our 11:00 a.m. Sunday Services 20121 Santa Maria Ave., Castro Valley For classes & other activities 510/538-1416 www.unitycv.org</p>	
<p>SPARKPOINT FINANCIAL SERVICES for Low-Income Residents FREE financial coaching & services. SparkPoint Info Session 3rd Thursday, 6-7pm City of Fremont Family Resource Center 39155 Liberty St, Rm #A120 To register, call 574-2020 Fremont.gov/SparkPointFRC</p>	<p>FREMONT COIN CLUB Established 1971 Meets 2nd & 4th Tues 7pm At the Fremont Elks Lodge 38991 Farwell Dr., Fremont Guests Always Welcome, Enjoy Show N Tells, Drawings Auction, Refreshments www.fremontcoinclub.org 510-366-1365</p>	<p>AI-Anon & Alateen Family Groups are here to help you Are you troubled by someone else's drinking? AI-Anon has but one purpose, to help families and friends of alcoholics. We share our experience, strength and hope Website: alanond17.weebly.com For a meeting list or Email: Easyduz@gmail.com or call: 510-276-2270</p>	<p>League of Women Voters Fremont-Newark-Union City www.lwvfnc.org Free meetings to inform the public about local, regional and statewide policy issues. Participate in non-partisan in-depth, discussions with guest speakers at our meetings. All sites are wheelchair accessible</p> <p>Zumba Kids with Jazzy Jenny Kids ages 4-12 Saturdays 2:30pm-3:30pm At Hope Community Church One hour of games, fun, and dancing. The last Saturday of every month is Zumba Family! For more info email: zumba.jazzyjenny@yahoo.com</p>	
<p>ABWA-Pathfinder Chap. American Business Women's Assoc. provides opportunities for women personally & professionally thru leadership, education, networking Dinner Meetings: 3rd Wednesday each month. DoubleTree 39900 Balentine Dr, Newark (Fremont): 6:30-9:00 pm Call Harriet 510-793-7465 www.abwa-pathfinder.org</p>	<p>Is Your Life Unmanageable Because of Debt? Are you sick of bouncing checks, paying late fees, & having creditors knocking at your door? You are not alone DEBTORS ANONYMOUS www.debtorsanonymous.org Fri. 7pm St. James Episcopal Church 37051 Cabrillo Terrace Fremont 510-449-7610</p>	<p>TRI-CITIES WOMEN'S CLUB Meets on the third Tuesday Elk's Club on Farwell Drive 9:15 – Cards & Games 11:45 – Lunch 1:00 – Program & Meeting Group meeting monthly/bimonthly; marathon bridge, walking group, lunch bunch, rummikub group, pinocle group, bocce ball & book club. For more info, call 510-656-0162</p>	<p>Buon Tempo Italian American Club Family Dinners 1st Tuesday of Month at 7 P.M. at Transfiguration Church in Castro Valley Everyone is welcome: Members \$15/Guests \$20 5-Course dinner Reservations by prior Friday at 510-483-6929 www.buontempoclub.org</p>	<p>Native Plant Sale Sunday, May 3 - 10am-5pm San Lorenzo Envior Club 50 E. Lewelling, San Lorenzo Bargains - most plants \$7 Over 80 native plant species 500 + student grown plants East Bay Mud Staff - rebates Garden talks by experts bringbackthenatives.net</p>
<p>LOVE to WRITE? WANT to WRITE? WRITER'S BLOCK? Fremont Area Writers (FAW) is here to HELP! Meets 4th Saturdays (except July & Dec) 2:00 to 4:00 P.M. 42 Silicon Valley, 6600 Dumbarton Cir, FRMT. Great speakers! "Second Saturday" Monthly Readings w/ a published author from 2:00 to 4:00 P.M. Half Price Books in the Fremont Hub. Open Mic 4th Mondays 7:00 to 9:00 P.M. at Suju's on Thornton Ave next to Dale's Hardware in FRMT. Critique Groups to help you from first draft to publication Everyone is welcome! www.cwc-fremontareawriters.org</p>	<p>Do you like learning about history? Are you interested in antiques & collectibles? Meet 2nd Tuesday each month to share lunch and learn something new. Contact Fran at 510-792-0388 or June Swift (510) 797-5315 or email dieseln@comcast.net</p>	<p>Free Health Coaching Session Weight loss, Blood Sugar Balance, Cognitive Health and Better Sleep. Work with a Coach for Better & Longer Lasting Results. www.missionvalleyhealthcoach.com jackie@missionvalleyhealthcoach.com 510-320-3956</p>	<p>Zumba with Jazzy Jenny! Monday nights 7:30pm-8:30pm at Hope Community Church 2190 Peralta Blvd., Fremont Cost is FREE but donations are appreciated. Men and Women 12 + Zumba is a fun filled dance workout with many rhythms from around the world</p>	<p>FAW "SECOND SATURDAY" Meet your local FAW authors Second Saturday of Every Month Sponsored by Half Price Books & Fremont Area Writers 39152 Fremont Hub Reading 2:00 to 4:00 pm Different author each month Fiction, nonfiction, poetry, etc. EVERYONE IS WELCOME!</p>
<p>FIRST UNITED METHODIST CHURCH 2950 WASHINGTON BLVD, FREMONT, CA We welcome you and your family into the life of Fremont First, regardless of your skin color, ethnicity, sexual orientation, gender identity, physical or mental capacity, religious background, family configuration, economic means or immigrations status. Check out our website: www.firstchurchfremont.org</p>	<p>Union City Toastmasters All are Welcome! Every 1st & 3rd Monday from 7-9pm 904 H Street, Union City Practice your Speaking Skills & Lead with Confidence! For more information 5269.toastmastersclubs.org/ 510-386-7722</p>	<p>Afro-American Cultural & Historical Society Sharing our culture and history in the Tri-Cities and surrounding area Meetings: Third Saturday Except Dec, Feb, June, July 5:30pm Newark Library 510-793-8181 aachstricity.org Welcome!</p>	<p>A-1 Comm. Housing SVCS 1st Time Home Buyers Certification Workshop Learn the process of homeownership & What Down Payment Assistance Programs are available for dates & location, go to www.a1chs.org or call 510-674-9227</p>	<p>Monday Night BINGO 1st Monday each month at Niles Mobile Home Park 711 Old Canyon Rd., Fremont Near Vallejo Mills Elem. School Doors open 6:00pm Games start at 7:00pm more info: 510-513-3237</p>
<p>FREMONT PARKINSON'S SUPPORT GROUP Fremont Senior Center 40086 Paseo Padre Parkway, Fremont, CA Meets 7:00 p.m. fourth Monday of the month except in May, Aug. & Dec. Join us for speakers & discussions with Members the world</p>	<p>FREE INCOME TAX PREP IRS-Certified Tax Preparers \$56,000 or less annual household income. Other restrictions may apply. OHLONE COLLEGE TRI-CITIES CAREER CENTER 39399 Cherry St, #1211, Newark. Tuesdays thru Apr 14 by appt only. Schedule appt at fremontvita.org; if unable, call 510.574.2026.</p>	<p>MEHS Band & Orchestra FLEA MARKET 4TH Saturday of the month (weather permitting) March through October \$20 Cash fee for Vendors Due the day of flea market Set up 6am - 7am - 3:30pm 2300 Panama St. Hayward officialmehsband@gmail.com</p>	<p>Fremont Area Writers Sponsors "THIRD SUNDAY" LITERARY OPEN MIC Writers share their original work Third Sunday of Every Month Sign-up 3:00 Reading 3:30 - 5:30 At Starbucks - A family friendly venue for family friendly material 39201 Cedar Blvd Newark EVERYONE IS WELCOME!</p>	<p>Stanford University & OSU's Smart & Connected Kids for Sustainable Energy Communities' Family-based Energy Data Mapping and Thinking Program is enrolling now! Registration for this research project for families with at least one child aged 9 – 14 is underway; March 14, 21, 28, April 4 & 11. Each family receives a Powerley energy bridge showing real time energy use. Participants engage in a series of energy use educational activities during the in-person sessions, ending with a final Energy Poster session. To sign up and for more information contact, Purvi Shah pushah@stanford.edu Dr. June Flora jflora@stanford.edu or Principal Investigator Hilary Boudet hilary.boudet@oregonstate.edu.</p>
<p>F.U.N. (Fremont, Union City, Newark) PROGRESSIVES Join us for pizza and politics Bronco Billy's Pizza 41200 Blacow Road Fremont Most meetings 6pm - third Sun of the month. For Info Visit our website: www.funprogressives.com Contact us at: funprogressives@gmail.com</p>	<p>FREE INCOME TAX PREP IRS-Certified Tax Preparers \$56,000 or less annual household income. Other restrictions may apply. FREMONT FAMILY RESOURCE CENTER 39155 Liberty St, #H830 Fremont. Open Jan 22 - April 15. W-Th: 4-8pm; Fri: 10am-1pm 510.574.2026</p>	<p>FREE INCOME TAX PREP IRS-Certified Tax Preparers \$56,000 or less annual household income. Other restrictions may apply. NEW HAVEN ADULT SCHOOL 600 G St, Union City. (Entrance on H St) Open Saturdays thru Apr 11 10am-1:30pm (Closed March 14) 510.574.2026</p>	<p>VETERANS OF FOREIGN WARS POST 9601 Veterans and Active Duty Military are Invited Meetings 2nd Tuesday each month. Meeting Starts at 6:30PM Veterans Memorial Building 22737 Main St Hayward, CA 94541 www.vfw9601.org</p>	<p>AMERICAN LEGION POST 649 Veterans and Active Duty Military are Invited Meetings 1st Monday each month. Meeting Starts at 6:00PM with Dinner Formal meeting starts at 7:00 pm Meet at the Moose Lodge 20835 Rutledge Rd Castro Valley www.amlegionpost649.org</p>
<p>FREE INCOME TAX PREP IRS-Certified Tax Preparers \$56,000 or less annual household income. Other restrictions may apply. FREMONT FAMILY RESOURCE CENTER 39155 Liberty St, #H830 Fremont. Open Jan 22 - April 15. W-Th: 4-8pm; Fri: 10am-1pm 510.574.2026</p>	<p>FREE INCOME TAX PREP IRS-Certified Tax Preparers \$56,000 or less annual household income. Other restrictions may apply. NEW HAVEN ADULT SCHOOL 600 G St, Union City. (Entrance on H St) Open Saturdays thru Apr 11 10am-1:30pm (Closed March 14) 510.574.2026</p>	<p>VETERANS OF FOREIGN WARS POST 9601 Veterans and Active Duty Military are Invited Meetings 2nd Tuesday each month. Meeting Starts at 6:30PM Veterans Memorial Building 22737 Main St Hayward, CA 94541 www.vfw9601.org</p>	<p>AMERICAN LEGION POST 837 Veterans and Active Duty Military are invited Meetings 3rd Tuesday each month - Except July and Dec. Social Time 6:30pm General Meeting 7:15pm VETERANS MEMORIAL BUILDING (NILES) 37154 2nd & E Strets Fremont www.POST837.org</p>	<p>AMERICAN LEGION POST 837 Veterans and Active Duty Military are invited Meetings 3rd Tuesday each month - Except July and Dec. Social Time 6:30pm General Meeting 7:15pm VETERANS MEMORIAL BUILDING (NILES) 37154 2nd & E Strets Fremont www.POST837.org</p>



SUBMITTED BY MIKE ANNUZZI

Guitarist and songwriter Mike Annuzzi has been a familiar face in Newark for the past six years, performing weekly at Aloft Silicon Valley. He's active in the community and performs over 200 dates around the Bay Area annually. Now he is releasing his first single since 2016, "Give Me Some of That," available starting March 20.

Annuzzi says, "I wrote 'Give Me Some of That' in mid-2016 after getting a call to open for Country Music great, Josh Thompson, who has written many hits for Blake Shelton, Jason Aldean, Brett Young and more. With only a couple of weeks leading up to the show, I challenged myself to write a new love song that would fit some of Josh's recent releases." The single was well-received, and Annuzzi continued to work on the song in his studio, adding in pedal steel guitar.

Annuzzi has performed at a wide range of stages from music venue residences to festivals, and shared the stage with Country artists such as Love And Theft, Steve Moakler, Josh Thompson, Lucas Hoge, Brodie Stewart. He has won awards such as Song of the Year in West Coast Songwriters' 2019 International Song Contest.

"I am very proud of Give Me Some of That and honored to be able to share this new release," says Annuzzi. "I owe this all to my family, friends, and patient fans who have pushed me forward for many years and continue to encourage and inspire me daily. My hope is that listeners will include this song in their personal love story

playlist."

This success comes during a trying time for Annuzzi's career. Due to the impact of Covid-19, Annuzzi lost 30 gigs in one week, and he expects all his live gigs to be canceled for the near future. However, he is still performing via social media and promoting his new single. He says, "I hope that fans will consider purchasing or streaming my new single not only because I am excited about the song and that more sales will help increase my chart numbers, but also because it will truly be a big support to me financially at this moment."

Learn more about "Give Me Some of That" at <http://mikeannuzzi.com/gmsot>.



Delivery giant DoorDash takes step toward public offering

**BY ALEXANDRA OLSON
AP BUSINESS WRITER**

Food delivery giant DoorDash has taken a first formal step toward a stock market debut.

The San Francisco-based company announced Thursday that it has confidentially filed a draft S-1 form with the Securities Exchange Commission outlining its proposed public stock offering. There was no proposed date for an initial offering, which could be a long way off. Last year, rival Postmates delayed plans for

an IPO, citing unfavorable market conditions.

DoorDash Inc. has overtaken Grubhub as the top digital food delivery company in the U.S., according to data analytics firm Second Measure, capturing 38% of monthly food delivery sales in January, compared to 31% for Grubhub.

Analysts have said both DoorDash and Postmates are burning cash and need money-raising options as the third-party delivery business becomes more fragmented and competitive.

Wall Street has been wary of fast-grow-

ing, money-losing companies. Ride-hailing company Uber – another major delivery player through Uber Eats – has traded well below its IPO price since going public last year, as has rival Lyft.

Besides Uber, Grubhub is the only publicly traded digital food delivery company. Grubhub saw its stock plunge last fall after slashing full-year revenue expectations, citing costs associated with gaining customer loyalty in a crowded field.

Food delivery apps are fighting over a growing but still small market. Delivery

represents only about 3% of all restaurant orders, according to market research firm NDP.

Delivery companies are also facing legal battles over business practices that critics say harm both restaurants and freelance workers that deliver meals.

DoorDash has pledged \$30 million to fight a new California law that would give contractors workplace protections of full-fledged employees. In New York, the City Council is considering a legislation to cap the commissions that food delivery apps charge restaurants.

Ex-Google self-driving car project picks up new investors

AP WIRE SERVICE

Google's former autonomous vehicle project is becoming a more autonomous business by bringing in its first investors besides its corporate parent.

Waymo has secured \$2.25 billion from a group of investors led by Silver Lake and the Canadian Pension Plan Investment Board to help the company continue to develop its self-driving technology for its ride-hailing service and a recently launched trucking division.

Other investors in the deal announced Monday include Mubadala Investment Company, auto part makers Magna International, venture capital firm Andreessen Horowitz and AutoNation, the largest auto dealership chain in the U.S.

Until now, Waymo had been exclusively relying on the deep pockets of its parent company, Alphabet, which also contributed to the \$2.25 billion investment.

The infusion of money from new investors marks Waymo's biggest step yet toward eventually spinning out of Alphabet. That's something analysts have speculated will eventually happen once its self-driving car technology becomes advanced enough to begin generating significant revenue.

Waymo CEO John Krafcik said a spinoff has "always been on the road map" during a Mon-

day conference call with reporters. "We look at this investment as another validation of what we are doing," Krafcik said. He declined to disclose how much Waymo is being valued by the investors, but said the company is still in discussions to raise even more money.

Alphabet doesn't disclose specifics about Waymo's financial performance, but bundles its results with a group of other high-risk projects and companies known as "Other Bets." That division lost \$4.8 billion last year on revenue of just \$659 million.

But analysts think Waymo could turn out to be a gold mine because it is considered to be the leader in the race to build robotic cars that could eventually eliminate the need for humans behind the steering wheel and revolutionize the way people get around.

So far, though, Waymo is only operating a small ride-hailing service in the Phoenix area, although it still plans to branch out into other parts of the U.S. and eventually internationally, too.

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Don't worry, be happy

Because it will strengthen your immune system!

SUBMITTED BY
CHRISTINA CHIN-NEWMAN, PH.D.

Do you find yourself stuck in bed reading endless news updates about the coronavirus? Or regretting that your special events were cancelled or postponed to an unknown date? Some of us are finding that having the freedom to work and learn at home is actually harder than going to work or school, and that we miss our family, friends, teachers, co-workers, and routines. Social connection is essential to good mental health, yet the social distancing required of us can result in isolation and loneliness.

The good news is that psychologists have more knowledge than ever about the keys to living a good life, including the roots of happiness. Although it may sound selfish and frivolous to be concerned with increasing your own happiness, being happy is related to having a stronger immune system, and if you are healthy you will be able to contribute more at home and at work for people who are depending on

positive information. This means that we need to make a deliberate effort to savor the positive.

How about cultivating more of a positive quality in your life - perhaps joy, gratitude, or

thanking them for what they have done for you. Or you can reminisce about the funniest things that have happened to you. You might want to contact people who shared those



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humor? It can be beneficial to reflect on something that made you happy, something you are grateful for, or something that made you laugh. You can do this by writing in a journal, posting on social media, or discussing at the dinner table or over the phone. You may consider writing a letter to someone who has played a special role in your life,

experiences with you to have a good laugh about the past! Check out laughter yoga videos with laughter exercises, which have been found to improve people's health. Watch comedies and comedians, and read comic strips and humorous books that make you laugh.

Mindfulness – Have you ever been driving or walking somewhere, only to realize that you have no idea of what just took place because your mind wandered? Being mindful is the opposite of being mindless. Rather than dwelling on the past or being obsessed with what the future may hold, being mindful means focusing on the present moment. This can be done by using your five senses to appreciate the little things in life, whether the beauty of nature or the taste of each bite of food.

It is not necessary to meditate in order to bring mindfulness into your life - you simply need to periodically stop and observe the environment and your internal state - but mindfulness meditation has been associated with health benefits, including boosting your immune system. This is because doing meditation



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you. According to researchers, here are some adaptive qualities that are key to strengthening our mental and physical health:

Focusing on the Positive - Consuming negative news can be stressful, so it's important to provide balance with positive information, whether videos of cute animals, or hopeful news stories. Unfortunately, as Dr. Rick Hanson puts it, our brains have evolved to be Velcro for negative information and Teflon for



meditate-1851165_1920: Courtesy of Pixabay



benjamin-manley-QkflfhJn1KA-unsplash: By Benjamin Manley, via Unsplash

can calm you down by deactivating your sympathetic nervous system (fight-or-flight response) and activating your parasympathetic nervous system (relaxation).

In recent years mindfulness meditation has become popular in the West, so there are many free secular guided meditations available online. Meditation does not need to take place for a long time, or in a certain pose, in order to be effective. Many people like to meditate at the beginning or the end of the day, or before starting a new task or doing something important.

Self-Compassion - Last but not least, strive to be as kind to yourself as you would to other people you care about, and keep in mind that any difficulties you're experiencing are not unique, but part of our shared common humanity. Even if you are your own worst critic, guided meditations and writing exercises can help you develop compassion for yourself. Self-compassionate people are healthier because they are better able to deal with stress. Taking care of yourself not only means taking care of your physical health (such as by sleeping and eating well, staying hydrated, and getting moderate exercise), but doing whatever is necessary for good mental health (doing things that bring you joy, walking in nature, forgiving yourself for mistakes, and not feeling guilty when you need to say no to people to preserve time for yourself).

If you're able to incorporate these strategies of positive thinking, mindfulness, and

self-compassion into your life - even in the tiniest of ways - you may find that your heart is lighter, your anxiety level lower, and your immune system stronger.

Online resources:

UC Berkeley's Greater Good Magazine – <https://greatergood.berkeley.edu/> - Many short, easy-to-read articles based on the latest science of positive psychology.

Dr. Rick Hanson's website - <https://www.rickhanson.net/> - A recent podcast covers the topic "Fear in the Time of Coronavirus." He also has a free e-newsletter, "Just One Thing," which covers the kinds of tips that are in his book and course of the same name.

New York Times' Fixes - <https://www.nytimes.com/column/fixes> - News stories of hope, "covering solutions to social problems and why they work."

Guided Meditations - The app Insight Timer is available for free on Android and iPhone, and contains audio recordings from numerous teachers so that you can find someone whose style is a match for you.

Dr. Kristin Neff's Self-Compassion website - <https://self-compassion.org/> - In addition to learning more about what self-compassion is, you can use the free tools in order to increase your own self-compassion (guided meditations and writing exercises).

We help you focus on the important things in life.



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Physician (In Training)



Alan Olsen, CPA
Father and GROCO
Managing Partner



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