A captivating exhibition featuring works by renowned contemporary artist Nathan Sawaya is now open in San Francisco at 1 Grant Avenue. Special to its Bay Area debut, the critically acclaimed collection features the world premiere of “Decisions,” which is made of more than 112,000 LEGO bricks. In addition to the new artwork, guests can explore over 70 works made exclusively from one of the most recognizable toys in the world—the LEGO® brick.

continued on page 16

“It’s just so mesmerizing,” says artist Tejal Shah. Even in their static finished form, there is a hypnotic quality to her epoxy resin art where delicate layers of green and white resemble undulating waves. Shah identifies as a mixed media artist. “Some artists just focus on one skill, and that’s great, it’s their way of expression. But for me, I love doing different things,” she explains. Her life and art both reflect this attitude.

continued on page 8

Color life
with a little imagination

BY STEPHANIE GERTSCH

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continued on page 8
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.whyhs.com

**TUESDAY**

- **6:00 AM**
  - Stress Management

- **8:00 AM**
  - How to Talk to Your Doctor

- **11:30 AM**
  - Breast Cancer: What You Need to Know

- **2:00 PM**
  - Women's Health: Keeping Your Brain Healthy

- **5:00 PM**
  - Women's Health: Enhancing Clinician-Patient Relationship

**WEDNESDAY**

- **6:00 AM**
  - Washington Township Health Care District Board Meeting

- **8:00 AM**
  - Interventions: What You Need to Know

- **11:00 AM**
  - Women's Health: Conference - Women & Stroke: Are You at Risk?

- **2:00 PM**
  - Keeping Your Lungs Healthy

- **5:00 PM**
  - Diabetes Matters: Managing Diabetes During Adverse Conditions

**THURSDAY**

- **6:00 AM**
  - Washington Township Health Care District Board Meeting

- **8:00 AM**
  - How to Prevent Financial Stress: Abuse Fraud

- **11:00 AM**
  - Health Education: Critical Thinking

- **2:00 PM**
  - Keeping Your Lungs Healthy

- **5:00 PM**
  - Preventive Screenings: When You Need to Know

**FRIDAY**

- **6:00 AM**
  - Fremont Bank: Staying Healthy in 2021

- **8:00 AM**
  - Mental Health Education Series: Family Support

- **11:00 AM**
  - Washington Township Health Care District Board Meeting

- **2:00 PM**
  - Mental Health Education Series: Keeping Your Brain Healthy

- **5:00 PM**
  - Washington Township Health Care District Board Meeting

**SATURDAY**

- **6:00 AM**
  - Radiology (IR) for Your Doctor

- **8:00 AM**
  - Women's Health: Understanding Psychiatric Disorders

- **11:00 AM**
  - Women's Health: How to Prevent Chronic Pelvic Pain

- **2:00 PM**
  - Intensive Care: What You Need to Know

- **5:00 PM**
  - Women's Health: Diabetes: Diabetes and Your Health

**SUNDAY**

- **6:00 AM**
  - Fremont Bank: Staying Healthy in 2021

- **8:00 AM**
  - Washington Township Health Care District Board Meeting

- **11:00 AM**
  - Women's Health: How to Prevent Chronic Pelvic Pain

- **2:00 PM**
  - Women's Health: Managing Diabetes During Adverse Conditions

- **5:00 PM**
  - Washington Township Health Care District Board Meeting

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**Washington Hospital Service League Offers Academic Scholarships**

The Washington Hospital Service League has been active in Fremont for over 66 years—longer than the Hospital itself. During that time, countless community members have been introduced to Washington Hospital through the efforts of these volunteers. In addition to hours donated at the Hospital, the Service League contributes to the youth of the area through educational and scholarship opportunities.

The Service League’s scholarship program has awarded nearly $565,550 in scholarships since its establishment in 1961. The first scholarship of $150 was awarded to a nursing student training at Highland Hospital in Oakland.

Today, the Service League grants two $1,000 scholarships annually, which are renewable for three additional years, based on the student’s academic performance and continued focus on health care.

Additionally, a one-time scholarship of $1,000 is awarded.

These scholarships are available to students in the Washington Township Health Care District—which includes Fremont, Newark, Union City, and parts of South Hayward and unincorporated Sunol—who are pursuing studies in a health-related field. Students who currently volunteer at Washington Hospital, as well as eligible members of the Service League, are also eligible. The scholarships are awarded each year to graduating high school seniors and/or current college students.

Chaire DiNatale notes the pleasure she hopes they may someday be able to give back to the community by providing health care. Service League Scholarship

By providing scholarships, the Service League hopes to help students with their education and career goals, and in turn, hope they may someday be able to give back to the community by providing health care. Service League Scholarship

Applications can be found online at https://www.whyhs.com/About/Community-Connections/Scholarships.html or picked up at the main desk in the Hospital lobby at 2000 Mowry Ave.

Please use application for detailed requirements. Some qualifications for the Washington Hospital Service League Scholarship include:

- U.S. citizen/permanent resident
- Resident of the Washington Township Health Care District or a current student at Washington Hospital
- Age 22 or younger as of December 31, 2021
- Accepted into an accredited school, college, or university offering a bachelor’s or higher degree in a health-related field
- Full-time student, able to provide required transcripts
- Contributor to the community with at least 100 hours of volunteer service or working in a health-related field
- Three letters of recommendation from the Director of Volunteer Services, employer, counselor/advisor, or teacher

Not have previously been awarded a WHSL health career scholarship

Application deadlines is Friday, April 1, 2022.
"It is possible to feel joyful in spite of another challenging year," says Victoria Leiphart, MD. "Start by cultivating gratitude, which can open you up to joy."

Dr. Leiphart, a board-certified gynecologist at Washington Township Medical Foundation, has spent decades helping her patients live their healthiest and best lives.

For many, finding things to be grateful about over this past year may be difficult. "All of us have lost things as a result of the pandemic. The most unfortunate among us have lost family and friends, employment, or our homes," says Dr. Leiphart. Nevertheless, she encourages people to focus on what makes them grateful. This can be simple, daily things, like the sound of a child laughing or the furry companionship of a favorite pet. For Dr. Leiphart, what fills her with appreciation and joy is being outdoors. She is grateful for her regular walks through her neighborhood, where she can feel the sun and fresh air and can exchange greetings with neighbors.

Dr. Leiphart is quick to point out that the benefits of gratitude are supported by science. Numerous studies have concluded that people have the capacity to increase their level of gratitude, which in turn has been shown to improve health, lower pain, and increase happiness. "The studies are pretty clear that people who score higher in gratitude have better health," notes Dr. Leiphart.

Dr. Leiphart describes a study done with patients suffering from chronic pain who were asked to keep a daily gratitude journal for one week. At the end of the week, participants were found to be 2 percent happier than before—which doesn’t sound like much," Dr. Leiphart says. "However, after a month, those same participants, regardless of whether they continued journaling or not, reported being 5 percent happier. And after six months, they were 9 percent happier—after just that one week of journaling."

"The amazing thing about gratitude, points out Dr. Leiphart, is that it can be increased with practice. Feeling grateful becomes easier and more fulfilling over time. "You don’t have to write in a journal every day. You could do it just once a week. Or not write at all and instead set time aside, perhaps right before bedtime, to think about the things that make you grateful," she explains. In this way, gratitude can become a habit.

Another study that Dr. Leiphart likes to reference is one where participants were asked to write and personally deliver a letter to someone in their life that they had never properly thanked before. "If you really want to boost your gratitude feelings yourself," she says, "try to make the other person sick. You do not need to forgive someone to make them feel better—forget someone because you deserve to have peace within yourself. It allows you to move on."

Practicing gratitude could be the New Year gift you need for the New Year. One of the most important pieces of advice Dr. Leiphart gives to her patients right now is to keep working on maintaining social connections. "Make staying in touch with people a priority," she suggests. "And particularly, stay in touch with people in your life who have an attitude of gratefulness. If you are around people who express gratitude, it is easier to have those feelings yourself."

To learn more about community services Washington Hospital provides, visit whhs.com/AboutUs/Community-Connection.
Over the past several decades, the worsening effects of climate change have not only taken a toll on the health of the Earth, but has also been affecting the organisms that inhabit it. A fifth-grade research project enabled Aanya Rangachary to realize how severely human activities can impact our home—from greenhouse gases and carbon emissions, to helpful practices like permaculture.

That’s when Rangachary, a Bay Area seventh-grader and alumni of Fremont’s Montessori school, decided that it was time to take action. Rangachary’s business, Aanya’s Art4Earth, is committed to battling climate change through the sales of reprints of her canvas paintings inspired by contemporary artists. “It was impactful in that it made me realize that climate change is an issue, and a man-made one at that,” she explains. “I was convinced that if we caused climate change, we can and should reverse it.”

Aanya’s business Art4Earth has many intricate pieces to choose from, spanning from South-Asian-inspired works to abstract, modern-day creations. “I experimented with different styles of art, as my mom continued to introduce me to the styles of many inspiring contemporary South Asian artists,” says Rangachary. “I was intrigued by the various distinct styles of art I saw. This inspired me to begin a series of paintings which would later become my interpretations of those artists.” Aanya’s Art4Earth operates online through social media platforms like Instagram and Twitter. Orders can be placed through the website, where customers have the ability to order reprints of her work as wall art, notebooks, greeting cards, or puzzles. Aanya’s Art4Earth is currently donating 100% of the profits to organizations striving to combat climate change, such as the Coalition for Rainforest Nations, where Rangachary’s donations were used to “avert 5,400 metric tons of greenhouse gases.”

Though the business has grown these past few months, having an online business venture was not always smooth sailing for the optimistic student. “I think the biggest setback I have faced so far in the last few months is gaining publicity and promoting my work to increase sales.” However, Rangachary’s efforts to persevere have connected her with various organizations, publications, and celebrities. “Another setback I faced initially,” she adds, “was that most of my work...appealed to a niche audience. I then started to expand the subjects of my art to appeal to a broader spectrum of people.” Rangachary’s newer works include a series of Harry Potter-inspired paintings entitled the Harry Potter Collection, available for purchase on her website.

Hoping to increase her contributions to the environment, Rangachary aspires to “generate enough profit to be able to reach [her] initial goal of helping over 10,000 metric tons of greenhouse gas soon.” She also aims “to use sustainable materials for her artwork, such as a black pen whose ink is made from upcycled carbon emissions.” For other young creatives with ambitions to start businesses, Rangachary shares words of motivation: “Age doesn’t matter—you are never too young to make a difference!”

Aanya’s Art4Earth
Website: aanyasart4earth.com
Instagram: @aanyasart4earth
Facebook: @aanyasart4earth
**Brazen Racing New Year’s Races**

Friday, Dec. 31 & Saturday, Jan 1
7:30 a.m. Hiker division starts
8:30 a.m. Half Marathon starts
Race around Lake Chabot
Lake Chabot Regional Park
17600 Lake Chabot Rd., Castro Valley
brazenracing.com
Registration: $50-95

**21st Balloon Drop**

Friday, Dec. 31
11 a.m. – 4 p.m.
Hundreds of (biodegradable) balloons drop for an early New Year
Chabot Space and Science Center
10000 Skyline Blvd., Oakland
(510) 336-7300
https://chabotspace.org/
Admission: $24 adults / $19 kids
Balloon Drop participation for kids: $10

**New Year’s Eve Party**

Friday, December 31
7 p.m.
India Community Center
525 Los Coches St., Milpitas
www.eventbrite.com
ww.indiacc.org
For more info: aparna@indiacc.org

**Hollywood Glitz 2022**

Friday, December 31
Tickets Starting From $39
Tickets @ http://Sulekha.com/GLITZ
Royal Palace Banquet
6098 Stevenson Blvd., Fremont
(408) 579-9426

**New Year’s Eve with Dirty Cello**

Friday, December 31
8 p.m.
Blues meets bluegrass with a twist of classical
New Year’s Eve with Dirty Cello
Bankhead Theater
2400 First St, Livermore
www.livermorearts.org

**New Year’s Eve Spectacular!**

Friday, December 31
8 p.m. – 10 p.m.
Improv comedy show
Bankhead Theater
4000 Bay Street, Fremont
(510) 373-0743
https://bankheadtheater.com/
Tickets: $20

**New Year’s Day Farm Walk**

Saturday, January 1
1:30 p.m.
Sampler around the farm and visit the animals
Ardenwood Historic Farm
36600 Ardenwood Blvd., Fremont
www.ebparks.org

**DUI checkpoint nets five arrests**

SUBMITTED BY SGT. TASHA DECOSTA, HAYWARD PD

During a recent DUI checkpoint conducted at Foothill Boulevard and City Center Drive in Hayward, the Hayward Police Department screened 759 vehicles. Of those motorists stopped, three were arrested on suspicion of DUI, with the fourth motorist arrested for a felony DUI warrant and the fifth motorist arrested on suspicion of carrying a loaded firearm.
Thank you, St. Gregorise!

Submitted by Fremont Human Services Department

Fremont’s Afghan Self-Sufficiency Program (ASSP) is helping newly arrived Afghans settle into their new homes, learn the English language, and find employment to support their families. ASSP is funded through the Biden-Harris Administration’s Afghan Reintegration Assistance (ARA) Program.

The program is designed to provide comprehensive support to former U.S. Army interpreters and their families. Assistance includes English language classes, computer literacy, U.S. culture orientation, job placement assistance, and case management.

Over the past few weeks, we’ve been offering English classes in person and online, and we’re excited to continue these important programs to help our Afghan neighbors thrive in the United States.

Thank you to the parishioners of St. Gregorise Orthodox Church in San Lorenzo for holding a drive for donated items. It is always wonderful to see how people come together to support one another.

Thank you to the city of San Leandro for hosting the King Tide Ride on Sunday, January 2nd. The event aims to educate the community about King Tides and their impacts on the environment and local wildlife.

The ride is a fun and engaging way to learn about these natural phenomena and their role in coastal ecosystems. Participants can expect to see evidence of King Tide impacts in the area, such as erosion, beach closures, and marine debris.

We encourage everyone to join us for this event and to learn more about how we can help protect our coastlines and the creatures that call them home.

Grant awards

Helping small businesses

Submitted by Paul Sanftner

There is good news for small business owners in San Leandro who have been impacted by the COVID-19 pandemic. The city of San Leandro has allocated $750,000 in grants from its share of the American Rescue Plan Act to be distributed through a new San Leandro Small Business Recovery Grant Program.

The program is aimed at brick-and-mortar, for-profit businesses in operation since before March 16, 2020, with 25 or fewer employees, and that have not already received their commercial property directly from a landlord. Eligible businesses must be located within the city limits of San Leandro.

The program awards grants of up to $15,000 each to help small businesses recover from the pandemic. All small businesses are encouraged to apply if they think they might qualify. Additionally, training and ongoing services will be provided to support the successful operations and growth of the businesses beyond the pandemic.

Initial applications are due Tuesday, January 11. Details about the grant program can be found here:


Evacuated Afghan artists paint a mural in Albania's capital

By Lila Seimi, Associated Press

A group of Afghan artists evacuated after the Taliban seized power in their homeland painted a mural in Albania’s capital Thursday to thank their host country, and urged the world not to walk away from what is happening inside Afghanistan.

“Thank you, Albania! We shall never forget it,” wrote in Albanian, and “My homeland, real of persecution,” in Afghanistan’s Pashto.

The war-torn central Afghanistan region is home to many Afghan artists, including those who have been forced to flee their homes due to the conflict.

The artists’ work was done in the city of Tirana, where scores of such works have been painted in recent years.

Albania has sheltered some 2,400 Afghan evacuees in hotels or tourist resorts. Some 150 of them have already left for other countries. The rest will stay in the small Balkan country for a few months, in a reference to Afghanistan’s multiethnic character, and an Afghan man working.

Most of their works in Afghanistan were destroyed by the Taliban, according to Sharifi, who called on “the people of the world (not to) walk away from what is happening inside Afghanistan’s soil. This is one of the ways that we want to raise the voices of our (colleagues) who are taken hostage back home in Afghanistan,” said Omaid Sharifi, co-founder of Artlords.

“Let’s support them through their difficulties. Let’s support them” in Afghanistan’s Pashto.

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Ask the DMV

By California Department of Motor Vehicles

Check some stress off your list and utilize some of DMV’s most convenient services.

‘Tis the season to... wait in line!

Whether it’s at the grocery store, bank or post office, we’ve all been there — but don’t let the DMV be one of those places.

Now you can add DMV to the “must list” for not having to wait in line for some online services!

Q: I saw a DMV Now kiosk at my local grocery store. What is it used for and how can I use it?

A: Yes! Skip the line this holiday season and renew your vehicle registration online with DMV. of course, visit the DMV website at www.dmv.ca.gov, but this is the perfect time to check out the convenience of DMV Now.

DMV Now kiosks are found at service locations, such as on the DMV’s website — find one near you by clicking here: www.sanleandro.org/767/COVID-19-Business-Resources

Can I use it if I can’t make it to the DMV office before the holidays?

A: Yes! If you’re unable to make it to the DMV office before the holidays, you can use one of DMV’s 450 DMV Now kiosks located throughout the state to help complete your vehicle registration renewal, submit proof of insurance, receive a driver or vehicle record.

DMV Now kiosks are convenient and allow you to conduct transactions quickly and efficiently. Simply scan your documents, pay the fee using a card or cash (where available) and then print your registration and sticker, plant non-operation acknowledgment, and more! Find a list of online services here: www.dmv.ca.gov/portal/dmv-non-operation-acknowledgment.

What if I need assistance or have questions not listed here?

The DMV offers other methods for completing select transactions, including DMV kiosks and Business Partner Association (BPA) locations.

For more information or answers to questions not listed here, visit www.dmv.ca.gov.
New city cohousing

The city in Bay Area continues to be a front-burner issue as we enter 2022. The League of Women Voters’ Bay Area Day in February will focus on solar- and-planning involved in placing housing in Fremont, a group called Mission Peak Cohousing. Village has just completed the essential first step in implementing a creative approach to sustainability and affordable housing for living expenses. “The Bay Area housing affordability crisis is changing single-family home ownership as residents explore explore shortages on the dream of living expenses solutions like cohousing that offer community and cost of living advantages,” wrote Casey O’Connor in the League’s Bay Area Monitor of August/September 2019. Mission Peak Cohousing Village recently completed the purchase of the 1.25 acre parcel of land in the city’s vicinity of Fremont as a means to build Fremont’s first cohousing community. Although the group hopes to eventually include affordable housing in its condominium development, most of the units will be individually owned, market-rate homes. Environmentally responsible and amenity-rich – such as environmentally sustainable design, shared space for a garden, play area, outdoor dining space, guest accommodations, a workshop, etc. – with residents typically raking in ongoing savings. Cohousing communities almost always feature a common house with large kitchen and dining area in which to share meals over four to five meals a week. Community members can design the common house to suit their furniture and fitness as well – perhaps include childcare, entertainment space, laundry facilities, music room, homework and work-from-home office space.

Looking to open a cannabis business?

By Roddy Scheer and Doug Moss

Dear EarthTalk: Is Amazon.com an environmental hero or villain?

By Roddy Scheer and Doug Moss

Not surprisingly, Amazon.com’s environmental performance is a mixed bag. One charge often levied by critics is that Amazon’s low-pricing and expedited shipping encourages-Americans to purchase more unnecessary stuff, further exacerbating our already rampant consumerism. Likewise, critics charge that the company’s “Prime” service encourages customers to order in bulk and results in a rash of goods shipped to them instead of combining multiple orders in bigger bulk, which would be more energy efficient.

Other critics attack Amazon for introducing huge commercial cannabis operations into residential and predominantly minority communities across the country. An analysis by Consumer Reports finds moving select computer services to the cloud promises significant-energy savings. As more and more companies move their servers to the cloud, the elimination of 810,000 tons of packaging material alone could save $100 million annually in waste and transportation expenses. The upshot is that as more and more companies move their servers to the cloud, the elimination of 810,000 tons of packaging material alone could save $100 million annually in waste and transportation expenses.

An environmental hero or villain?

BY RODDY SCHEER AND DOUG MOSS

EarthTalk

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Another area where the company garners green kudos is its leadership in cloud computing. Amazon’s servers no doubt use a lot of electricity (much of which is derived from renewable renewables), research suggests that companies who move their server infrastructure to cloud-based services – like industry leader Amazon Web-Services – could save up to 87% of energy. The upshot is that in more and more companies move their servers to the cloud, the elimination of 810,000 tons of packaging material alone could save $100 million annually in waste and transportation expenses.


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A small homeless encampment is hidden from the heavily used highway by a steep embankment on one side and small trees and bushes on the other. I walked to the steep embankment on one side and small public. Her goal is to separate their character Bay Area, and get their stories out to the public. She remembers, "Sometimes I also got frustrated, depressed…But art is so something that would keep me going."

The Human Side of Homelessness: Steve

By Veena Kommu

This article is a continuation to the series by Veena Kommu, a local high schooler who decided to talk to the homeless people in the Bay Area, and get their stories out to the public. She remembers, "Sometimes I also got frustrated, depressed…But art is so something that would keep me going." A small homeless encampment is hidden from the heavily used highway by a steep embankment on one side and small trees and bushes on the other. I walked to the steep embankment on one side and small public. Her goal is to separate their character Bay Area, and get their stories out to the public. She remembers, "Sometimes I also got frustrated, depressed…But art is so something that would keep me going."

Steve is a versatile artist in clay, henna, and paper crafts, she was a skilled teacher. "She knew how to teach all age groups. She would show first how to do it, ask me to do it, and gave me really good feedback—where I’m falling back, where I could improve."

"I just spent my time sharpening my skills. It was all rusty because I hadn’t touched It was all rusty because I hadn’t touched it in a long time."

She became homeless roughly six years ago when his relationship ended and his girlfriend asked him to move out. He didn’t go into the details of what led to their split.

Shah’s family moved to the Bay Area. Now with a young son as well as her daughter, Shah sketched to stay home with them. “While I was glad to have the chance to be with her children, parenting brought its own challenges. "Staying home all day, you can imagine how it is, to survive in the new country, everyone has to struggle at first." After seven years in Toronto, the family moved to the Bay Area. Now with a young son as well as her daughter, Shah sketched to stay home with them. “While I was glad to have the chance to be with her children, parenting brought its own challenges. "Staying home all day, you can imagine how it is, to survive in the new country, everyone has to struggle at first."

Shah started watching online videos and taking courses to get back into art. "I just spent my time sharpening my skills. It was all rusty because I hadn’t touched it in a long time." She did her Master’s in Home Economics and worked as a teaching assistant for two years. As a result, she moved back to Toronto with her husband and daughter meant a drastic change.

"In the beginning when I moved my daughter was very young, one and a half years old. And there was nobody to look after her. My husband used to work almost 18 hours a day. Shah also worked full time as a technical recruiter. “You know how it is, to survive in the new country, everyone has to struggle at first." After seven years in Toronto, the family moved to the Bay Area. Now with a young son as well as her daughter, Shah sketched to stay home with them. “While I was glad to have the chance to be with her children, parenting brought its own challenges. "Staying home all day, you can imagine how it is, to survive in the new country, everyone has to struggle at first."

In 2002, when her kids were older, Shah went back to school and eventually earned a second Master’s degree from Cal State East Bay, this time in Healthcare Administration. But she still remained a versatile artist in clay, henna, and paper crafts, she was a skilled teacher. "She knew how to teach all age groups. She would show first how to do it, ask me to do it, and gave me really good feedback—where I’m falling back, where I could improve."

"It was all rusty because I hadn’t touched it in a long time."

While Shah also works in acrylic painting and abstract art, many of her distinctive pieces are made with an epoxy resin. Mixing resin and a hardener creates a clear liquid that can be poured and shaped. Adding color and overlapping different shades produces a striking effect. Shah explains, "Art is not easy, just like any other art. I had to go through many trials and errors to get here."

"The way you pour it, there’s a technique, a skill," Shah explains. "And it’s not easy, just like any other art. I had to go through many trials and errors to get here."

Shah continues, "It’s a very unpredictable material. You plan something and once you pour it, you see something different!" On Shah’s website “Color Ur Imagination” you can find custom and choose boards as well as wall art. "I hear back from people who buy my pieces that they love having the piece in front of them. When they have their morning coffee they stare at it. And it gives them good vibes." She prefers to create one-of-a-kind art that’s functional as well as decorative. "I think the last six years have been an uphill climb, but in the middle of it all, I see something new."

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 Unexpectedly, however, his partner turned to him and said she had seen it began during a conversation with a fellow clinician some time ago. Our data add to a growing body of evidence demonstrating that human aging is not a linear, fixed biological process but may, at least in some cases, be reversible. Dr. Picard, “we don’t think that reducing stress in a 70-year-old who’s been gray for years will darken their hair or increasing stress in a 20-year-old will push it over the threshold, and it transitions to gray. But, says Dr. Picard, “with apologies to AMAC’s 50-plus membership.” For example, the doctor cited one volunteer who, for those in the 20 to 30 age range but, sadly, not for senior citizens,” adopting a kinder, gentler and tranquil attitude. “That’s the good news

The graying of America

By JOSE GONZALEZ, ASSOCIATION OF MATURE AMERICAN CITIZENS

We’re seeing more and more people with gray hair these days. But it’s not only because the population is growing older at a fast pace at 10,000 baby boomers retire every day and because the population will continue aging at that rate for some time to come. It’s all about the stresses of the 21st century, not the least of which is the COVID crisis. As a result, more of us — including those as young as 20 years old — are being subjected to extreme pressures, which can also turn your hair gray. In the process, say scientists.

Association of Mature American Citizens (AMAC) tracked down the science of the “graying of America” and the good news is that it is not as terrifying as it seems. “All you have to do is calm down,” says AMAC CEO Rebecca Weber, “and chances are you won’t have a gray hair on your head for a very long time.” A recent study led by Dr. Martin Picard, Ph.D. at New York University Columbia University and University of Pennsylvania, discovered you may even present and reverse the graying process by adopting a kinder, gentler and tranquil attitude. “That’s the good news for getting rid of gray hair; the bad news is for the winter season,” quipped Weber, “with apologies to AMAC’s 50-plus membership.”

One volunteer who participated in Picard’s study later depois tested their levels of stress and found that some of the gray hair of those who reported periods of reduced stress actually saw those gray hairs disappear. For example, the doctor cited one volunteer who, while on vacation, saw gray hairs return to their original color within a few days. The doctor added, “So, in light of that, we’re thinking that we need to find a threshold before it turns gray. In middle age, when the hair is near that threshold because of biological age and other factors, seven will have likely already started to gray and transitions to gray. But, says Dr. Picard, “we don’t think that reducing stress in a 70-year-old whose hair gray years for their hair will darken their hair in a 10-year-old will be enough to tip their hair gray the threshold. Our data add a growing body of evidence demonstrating that human aging is not a linear, fixed biological process but may, at least in part, be halted or even temporarily reversed.”

According to the American Society of Cosmetic Dermatologists, the mind plays a crucial role in gray hair. A study focusing on gray hair began during a conversation with a dozen clinicians some time ago. Picard, who is a fellow in the American Society of Cosmetic Dermatologists says “In the process, say scientists.

The Moment I Have Been Waiting For: June Pan A teen's thoughts on combating climate change

When I was in my first year of high school, I joined a cause I’m deeply passionate about, the severity of the climate change crisis. While Pan believes that climate change is a cause she’s deeply passionate about, by conveying her raw emotions regarding this cause she’s deeply passionate about, she details her experience during the 2020 California wildfire season and raises awareness about the importance of environmental conservation.

The task was to write an essay and if I were to write it online, that would mean completing a personal reflection and a cause she's deeply passionate about, for her essay, she says, “I sat down and poured all the thoughts and feelings I had when I first experienced the wildfire.”

The ROBOT REPORT California suspends driverless car testing

Following an accident on October 28, 2021 while operating a vehicle in autonomous mode, Pony.ai terminated testing of its autonomous vehicle (AV) manufactured by the Department of Motor Vehicles (DMV). This is the first time the state of California has suspended such a permit.

The accident occurred at 10:50 a.m. on October 30 as the autonomous vehicle was being tested on roads in Fremont, California, which is where Pony’s U.S. headquarters is located. The full accident report is posted on the CA DMV’s website.[3] Before a description of the accident: “On October 28, 2021, after turning right onto Fremont Blvd from Cushing Pkwy, Fremont, CA, Pony’s Autonomous Vehicle (Pony AV) performed a left lane change maneuver in autonomous mode. While performing the lane change, the Pony AV came into contact with a corner divider on Fremont Blvd, and the traffic sign that was posted on the divider. The Pony AV suffered moderate damage to the front of the vehicle and the undercarriage. There were no injuries and no other vehicles involved. Fremont Police department was called to report the incident and the damaged area. Pony AV has subsequently worked with local authorities to involve all issues related to the damaged sign. There have been plenty of other reported crashes involving autonomous vehicles. This incident stands out because the vehicle was operating in autonomous mode and did not involve any other vehicle.

The Robot Report reached out to both CA DMV and Pony on December 13, 2021 for more information about the remeasurement process. Neither organization responded, however, Retnaut described the following statement on behalf of Pony.ai: “On Nov. 29, the DMV notified Pony.ai that the department is suspending its autonomous testing permit, effective immediately, following a reported solo collision in Fremont, California, on Oct. 28.”

Six months ago, Pony.ai became the eighth company to receive a driverless testing permit in California. The other companies are Apollo, Aurora, Cruise, Nuro, Waymo, Zefen and Cruise. Now, and in August 2021, Pony is suspended by state law, which states that only companies using autonomous vehicles on public roads can get a testing permit. In August 2021, Pony suspended its testing. For: [https://www pony.ai/la]
Goldilocks planets have habitats that are healthy for life. A habitat is a location where an animal lives. It provides the animal with food, water, and shelter. Different habitats are home to different animals.

Are we there yet?

When Goldilocks planets first visited our solar system, they found planets that were habitable. The “Goldilocks” zone is the right place for Earth-like planets. Because, in 2002, scientists did not have a way of knowing where these planets were. We think that they are probably a different distance from the Earth than the Goldilocks zone.

CSEVBVUENFTYPAXF IDVLEMTJYHOBUNSTA RNVDWYDEATRG S

Double Word Search

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

GOLDLOCKS PORRIDGE DISTANCE PLANET EARTH RIGHT STORY WATER JUST ZONE COLD BOWL FOOD HOF

Kid Scoop Vocabulary Builders

This week’s word: POTENTIAL

The adjective potential means something that might happen someday, a possibility.

Kid Scoop Puzzler

Explorer III is a distant planet that needs protection from aCelestial zone. Planet: 2 7

KID SCOOP ON FACEBOOK

Kid Scoop Together:

Zott or Nott?

Circle all the aliens from the planet Zott using these clues: Zott aliens each have at least three eyes, but no more than five. They have antennae, but never curly or wavy ones. Their clothes have stripes, but only vertical ones.
During the COVID-19 pandemic, many City offices continue operating with reduced physical staffing. As in years past, the City of Fremont is implementing a Holiday Closure for many non-public safety City services. Some City offices will be closed on Monday, December 27, through Friday, December 31, 2021. The Holiday Closure is scheduled for Dec. 27, 28, and 29, 2021, while City holidays are observed on Dec. 24, 30, and 31, 2021. City offices participating in the Holiday Closure will be open for business Monday, Jan. 2, 2022. To view a list of services affected, call 510-494-4885.

During the Holiday Closure:

- The Fremont Police Department and Fremont Fire Department will continue to provide public safety services.
- Parks and Recreation Recreation Division, 3000 Capital Ave., Building B will be open to walk-in registration of upcoming programs from 8:30 a.m. to 5 p.m. Dec. 27, 28, and 29, 2021.
- Parks and Recreation Division will offer camps and other programs at some facilities following our COVID-19 Safety Plan. Visit www.Recreation.com for more information.
- A minimum number of City staff will be available on an on-call status to provide emergency maintenance services such as responding to storm-related issues.
- Regularly scheduled street sweeping will occur on Dec. 27, 28, and 29, 2021, weather permitting.

No street sweeping on City-observed holidays. (Due for makeup street sweeping will occur on December 29 and 30.)

- No changes to garbage, recycling, and yard waste collection by Republic Services both weeks.
- The City’s online permitting system, Citizen Access, will be unavailable starting Dec. 22, 2021, at 12 p.m. through Jan. 3, 2022 at 8 a.m. Online requests for permits and building inspections will be unavailable during this time. This includes Planning, Building, and Engineering permits. Please take this into consideration when planning for your project.
- Afghan-Ethnic Association will provide limited services. Clients should contact their Health Provider for additional information.
- Youth & Family Services will have some staff available online. Staff will respond to youth referred from the Alameda County Crisis Receiving Center.
- Most FRC agencies are working during the City’s holiday closure and will be closed according to their own holiday schedule. Call the agency to confirm your visit.

Do Your Part to be a Good Neighbor

- Keep the front of your property free from garbage or weeds/vegetation.
- Keep your yard neat and remove trash or debris that can harm wildlife such as cigarette butts, oil, and chemicals.
- Keep fences in good repair. If you share a fence with your neighbor, make sure to trim them regularly.
- If you want to install an outdoor structure like a shed or deck, contact the City’s Planning and Building staff to determine if the location of the proposed structure is okay and if a building permit is required.
- If you are undertaking construction activity on your home, follow the City’s ordinance regarding construction permits preplanning for your project.
- If you are hiring a contractor to do work, construction should only take place from 7 a.m. to 7 p.m. on weekdays and 9 a.m. to 6 p.m. on Saturdays and holidays. Construction on Sunday is not allowed. If you are doing the work yourself or with unpaid volunteers, construction should only take place from 7 a.m. to 8 p.m. on weekdays and 9 a.m. to 6 p.m. on the weekend.

If you live in a multifamily complex, please contact your property manager to learn how your tenant can be properly composted.

For more information, contact the City’s Environmental Services Division at 510-494-4570 or environment@fremont.gov.

To schedule a building inspection for Monday, January 3, 2022, at 8 a.m. Online requests for permits and building inspections will be unavailable during this time. This includes Planning, Building, and Engineering permits. Please take this into consideration when planning for your project.

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- Check that your tree is free of all decorations when placed in the gutter; this helps keep our storm drains clear.
- Green Organics Cart
- Garbage Cart
- Christmas Tree Composting
- Recycling
- Annual Field Services will be closed.

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Remember that doing your part to be a good neighbor benefit the entire community. You can help keep Fremont a safe and desirable place to live, work, and play!
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- 1 Car Garage
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- All Appliances Included
- Near Tennis Courts, Gym
- Gated Entry to Neighborhood

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Dinner with your Bug-in!
Create a garden under glass to enjoy or give as a gift to new, experienced and even reluctant gardeners. This self-contained system makes it easy to be a successful gardener with minimal care.

Purchase a terrarium or repurpose something hiding on a shelf in the basement, garage or shed. Even a cool glass container, drawer or old jar turned open side down and placed on a shallow planting tray will work. Just glue a decorative doorknob or handle on the top for easy access.

Use closed terrariums like this when growing tropical plants. They thrive in the high humidity and moist soil. Leave the top off or use open containers like glass vases, or mason jars for cacti and succulents. Use a cacti and succulent mix for these drought tolerant plants. They prefer the lower humidity and drier soil that open terrariums and cacti potting mix provide.

Once you have the container, you need to fill it with potting mix, plants, and other decorative items. Consider a layer of decorative stone, twigs, sea glass or sand at the bottom for added color and interest. Some gardeners include a layer of charcoal to help absorb any odor. The key is not overwatering as the decorative stone and charcoal won’t prevent waterlogged soil from killing your plants.

Consider covering the stone layer with black landscape fabric to prevent the potting mix from filtering through and covering up these items. Cover this with a layer of well-drained potting mix for tropical plants, and succulent mix for drought tolerant plants. Add contours to the soil level if space allows for added interest.

Select a variety of plants of different heights, textures, and colors to create an attractive terrarium garden. Many garden centers now sell small specimens perfect for these mini gardens. Low growing tropical plants such as baby’s tears, creeping fig, moss, and moss make excellent groundcovers. Small specimens of dracaenas, crotons, palms and sedum make nice upright features. Fill in the middle ground with ferns, nerve plants, polka dot plants and more.

Once assembled, terrariums are relatively easy to manage. Moisten the soil and cover. Crack the lid open if condensation builds up on the glass. Then replace the cover and monitor the soil moisture and condensation. Add additional moisture carefully. A turkey baster is an easy way to water only the plants in need of a drink.

Place your terrariums in a bright location away from direct light. Heat can build up in this covered ecosystem and cook your plants when placed in a sunny location. Now is the perfect time to gather or purchase fun glassware, planting and decorating supplies, and, of course, plants. Then take a break from the hectic holiday season to plant up a few decorations and great gifts for your loved ones.

Melinda Myers has written more than 20 gardening books, including The Midwest Gardener’s Handbook and Small Space Gardening. She hosts The Great Courses “How to Grow Anything” DVD series and the nationally-syndicated Melinda’s Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Her web site is www.melindamyers.com.
Across

1. That, in Toledo
2. In your chart this year. Vacations!
3. Your focus on home, family
4. Scorpio the Scorpion
5. Leo the Lion
6. Libra the Scales
7. Virgo the Virgin
8. Taurus the Bull
9. Capricorn the Goat
10. Sagittarius the Archer
11. Aries the Ram
12. Gemini the Twins
13. Cancer the Crab
14. Aquarius the Water Bearer
15. Pisces the Fish
16. newspaper feature (9,4)

Down

1. In your chart, which means you're
2. You have to agree with you. You
3. In your Money House, which means
4. You will be less prone to argue
5. Steve’s Scorpion
6. Reach for your charts, which means
7. party mode. Perhaps your family
8. to agree with you. You have to ask
9. Now you’ve got to get into work
10. Because you want to convince
11. Sun (10)
12. The Tobacco (21-April 20:)
13. The Lodger (12-August 22):
14. As the holiday season starts to
15. In the eyes of others. This
16. Arouse – something will radiate

What’s Happening’s Tri-City Voice

Tri-City Stargazer for Week: December 28, 2021

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

Across

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2. In your chart this year. Vacations!
3. Your focus on home, family
4. Scorpio the Scorpion
5. Leo the Lion
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13. The Lodger (12-August 22):
14. As the holiday season starts to
15. In the eyes of others. This

All Signs: Since 2019, Jupiter has been in signs ruled by Saturn, which brought restrictions to travel, hardships and a restructuring of beliefs. This week, Jupiter enters Pisces for the first time since 2010, which will create more interest in dream work, spiritual retreats, the arts, dance, music and theatre. Jupiter in Pisces will encourage compassion, sympathy and spirituality. By now, people will start to feel empowered with love and understanding, as well as a stronger sense of reality. People will start to feel more connected to politics, religion or racial issues and will be more interested in understanding others.

New Year’s, people will start to feel empowered with love and understanding, as well as a stronger sense of reality.

If you identify strongly with your beliefs you will get a promotion, a raise, an increased influence that will create more interest in dream work, spiritual retreats, the arts, dance, music and theatre. Jupiter in Pisces will encourage compassion, sympathy and spirituality. By now, people will start to feel empowered with love and understanding, as well as a stronger sense of reality.

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**Highest $: 2,890,000**  
**Median $: 1,424,900**  

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**Home Sales Report**  
**December 28, 2021**  
**WHAT'S HAPPENING'S TRI-CITY VOICE**  
**Page 15**
Fremont Art Association is thrilled to kick off the New Year with Dana Harris Seeger as guest artist at its virtual General Meeting and Art Demo on Wednesday, January 5 at 1 p.m.

Harris Seeger is an accomplished artist and educator. She holds an MFA in pictorial art from San José State University and a BA in painting from Anderson University. She has exhibited her work nationally, winning numerous awards. In 2014, she co-founded an art studio and school in San Jose called School of Visual Philosophy. In 2016, Harris Seeger was named one of KQED’s 10 Bay Area “Women to Watch.” In 2020, she became Santa Clara County Artist Laureate, and most recently was chosen as one of six Creative Ambassadors for the City of San Jose. Today, Harris Seeger taps into her teaching background, insights, and experience in cultivating a vibrant creative community.

In her demo, “Get Fired Up with Encaustic,” Harris Seeger will explain her process and create several encaustic paintings using a variety of techniques such as collage, scratching, image transfer, and mixed media oil painting on the surface of and embedded in layers of wax. While this exciting process takes time and practice to master, she believes that the results are well worth the effort.

Harris Seeger’s work is contemplative and distinctive. The presence of memories and the sense of nostalgia are palpable in her creations populated with typewriters, fans, old cameras, and other gadgets. For Harris Seeger, these objects encapsulate a time when quality and design were considered long-lasting. Their compelling presence in her work represents the coexistence of the past and present and the circularity of time.

You may view Harris Seeger’s works at: www.danaharrisseeger.com and learn about School of Visual Philosophy at: www.schoolofvisual-philosophy.com.

The January 5 meeting (free to attend) will be held via Zoom. Participants must register in advance and will receive the Zoom link via email. All details may be found on the Fremont Art Association webpage: www.fremontartassociation.org/monthlymeetinganddemo.

“The Art of the Brick” is the first major exhibition to use LEGO bricks as the sole art medium. Sawaya transforms LEGO bricks into tremendous and thought-provoking sculptures, elevating the toy to the realm of art. Sawaya’s ability to transform this common toy into something meaningful, his devotion to spatial perfection and the way he conceptualizes actions, enable him to create what almost every child has played with, into the status of contemporary art. Seen by more than seven million people worldwide, The Art of the Brick has inspired creativity and wonder in fans of all ages in over 100 cities in 24 countries across six continents.

Follow The Art of the Brick exhibit online: https://artofthebrickexhibit.com/ Facebook/Instagram: @artofthebrickexhibit
Nathan Sawaya on Instagram: @nathansawaya

Art of the Brick
Until Sunday, Feb 27
10 a.m. – 5 p.m.
1 Grant Ave., San Francisco
Tickets: $22.50 – $36.00
https://artofthebrickexhibit.com/
Gino is a 2 yr old male pit-bull mix who is smart and sweet. He knows sit, stay, & shake. He loves playing with toys and dogs. He would do well in a home with older children and other dogs, but no cats please. To adopt call Hayward Animal Shelter (510) 293-7200.

Frankie is a 1 yr old male cat who enjoys tickles. He is quite talkative so he can only handle a couple pets at a time, but he loves being pet! To adopt call Hayward Animal Shelter (510) 293 - 7200.

If you are interested in making a donation to our cause, please make your check payable to The 9th Annual Giving Hope

The 9th Annual Giving Hope is an event that is held to help provide gifts for children in need. The event is open to the public and is free of charge. The goal of the event is to help provide gifts for children in need so that they can enjoy the holiday season.

Giving Hope is a community-wide event that is held each year to help provide gifts for children in need. The event is open to the public and is free of charge. The goal of the event is to help provide gifts for children in need so that they can enjoy the holiday season.

On December 12th, supporters of St. Nick’s of Niles Benefit Bash raised the bar to amaze the event in support of Giving Hope 2021. Through the generosity of Niles Café, donations were acquired for works leading up to the event, and when the venue had to move indoors because of the weather, they were happy to offer space.

This is the 12th year the event was held. It was one of the most successful events, raising over $7,600 Funds raised help provide gifts for wish lists that were sponsored and help replenish our urgent needs fund.

Hayward Animal Shelter
16 Bomars Court, Hayward
(Near Solo & Jackson)
Connecting rescued animals with loving homes!
Biden tout savings on insulin and other drugs for Americans

BY RICARDO ALONSO-ZALDIVAR ASSOCIATED PRESS

President Joe Biden pledged on Dec. 4 that his social agenda legislation would deliver tangible savings on prescription drugs for all Americans. Relief that consumers have been promised is still in sight, he asserted. But first he has to pass Congress, where plenty of obstacles remain in his path.

Biden tried to shift the focus to paycheck protection provisions overlooked in the political machinations over the $2 trillion legislation, which deals with issues from climate to family leave. Even before concerns over clogged inflation, polls consistently showed support from Americans across the political spectrum for action to lower drug prices.

“It’s safe to say that all of us can agree that prescription drugs are outrageously expensive in this country and we need action now to address this,” he added. But even if Biden and his fellow Democrats succeed in their final push to pass the legislation, a major political electoral victory is likely. Dividends from their prescription drug provisions won’t show up right away, while the pain of rising prices is real and present. Passage will have to prove to be consistent, not a one-time, savings in next year’s midterm elections.

The big policy change — a system for Medicare to negotiate directly with drug companies — won’t begin to deliver lower costs until 2025, and only for a select set of 10 medicines, as well as insulin products. The number of drug subjects to negotiations would build with time, the Biden administration said, and continuing to grow by 20 a year.

Other provisions would take effect earlier:

• Copays for insulin would be limited to $35 a month, starting in 2023. Biden called the high cost of insulin “one of the most egregious examples” of out-of-pocket costs. He was introduced at the White House by a woman, Josha Meigs, who couldn’t afford insulin for her Type 1 diabetes.
• Drugmakers would be required to pay rebates to Medicare if they raise prices faster than inflation, starting that same year. That provision would benefit people with private insurance as well.
• Medicare recipients with high drug costs would get a cap on their annual financial expenses, $2,000 in 2024.
• Shingles vaccines and other shots covered under Medicare Part D would be cost-free to consumers, starting in 2024.

In an interview following Biden’s speech, Stephanie J. Hill, head of the industry lobby Pharmaceutical Research and Manufacturers of America, said that “a damaging bill jammed through a partisan process will not provide patients struggling to afford their medications meaningful relief.”

But a recent overview of the legislation from the nonprofit Kaiser Family Foundation found that most negative drug negotiation provisions would pass to the states, and that premiums on pre-existing and out-of-pocket costs for seniors, and other provisions of the legislation would reduce out-of-pocket costs for those who are privately insured.

Biden said the industry has lost the price-drama debate with the American people. “It’s not a partisan issue,” said Biden. “It’s clearly a public health career — so many other diseases. They don’t care whether you are a Democrat or Republican. They want to Congress to finish the job.” He emphasized.

Core provisions of the Biden bill draw from earlier legislation that was supported by then-President Donald Trump but failed to advance. Those include the cap on out-of-pocket costs for seniors on drug plans on prescription drugs that raise price faster than inflation.

The $55 monthly copays were also covered under Trump through regulation, and are now available in a limited though growing number of Medicare prescription plans. Biden would greatly expand access and benefit.

Meanwhile, Medicare recipients are shown to be an enthusiastic welcome to the impact of high drug costs.

About half of next year’s $23.60 increase to Medicare beneficiaries is related to those monthly copayment provisions is due to the program’s need to financially prepare for a pension coverage condition on a $5,000-a-year Alzheimer’s drug. In the absence of a Medicare drug plan, those adults already grow out to millions of seniors selling them that they can save up to $170 a month.

In a recent poll by the Los Angeles Times, Sen. Bernie Sanders, the Vermonite Independent, is also the planned administration to hold back on the Medicare investment that fuels innovation.

Poor allyship is speaking over marginalized people by taking control and making decisions that are not theirs.

What some white liberals are beginning to realize is that they better begin to seek the Negro as an ally to their white cause. We are beginning to realize is that they better begin to seek the Negro as an ally to their white cause.

The word is set apart from “ally,” a term that has come to be used in the context of political alliances. The word “allyship” is meant to extend the concept of an alliance to include relationships based on trust, consistency and accountability with marginalized individuals and/or groups of people. If it is not, the self-defined— work and efforts must be recognized by those you are seeking to ally with.

Allyship should be an “opportunity for people of all races and cultures to understand each other,” the study said.

The new word of the year, Dictionary.com announced on Dec. 6, was “allyship,” named as the “word of the year” by the online dictionary. According to Dictionary.com, it is a concept that has been gaining traction in recent years, particularly in the areas of anti-racism and social justice.

The dictionary’s editors said that “allyship” is a term that has been used in various contexts, such as in the struggle for racial equality and in the fight against discrimination.

BY LEONNE ITALIE ASSOCIATED PRESS

Allyship, an old term made new again, is Dictionary.com’s word of the year.

The look-up tool set with 70 million monthly users took the unusual step of announcing a word it added just last month, though “allyship” first surfaced in the mid-1940s and John Kelly, the dictionary’s associate director of content and education, said the selecting was “no small achievement.

The term refers to a concept of a person who is committed to an understanding that working with marginalized individuals and/or groups of people. It is commonly used to describe relationships based on trust, consistency and accountability.

In addition, teachers, frontline workers and members who jobs help, understand that they are working with marginalized individuals and/or groups of people. If it is not, the self-defined— work and efforts must be recognized by those you are seeking to ally with.

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‘Train Your Brain’

The effects of Parkinson's Disease (PD) are felt far beyond the individual. Your friends, family and caregivers both young and old are also impacted. The City of Union City – Parkinson’s Exercise Program is hosting a free virtual book club that will tackle three different books to serve as the basis for a conversation about what lifestyle and environmental factors can heavily influence your life.

Led by longtime PD advocate Ann Boylan and Parkinson’s Exercise instructor Carmen Davis, this virtual book club is a great way to socialize and learn through the latest research and lived experience of others. Even if you can’t keep up with the readings, Union City invites you to join in on the conversation. Sessions are open to all individuals with PD, friends or family members, or caregivers of someone with PD.

‘Train Your Brain’ virtual book club
Wednesdays, Jan 12 – Feb 16
6:30 p.m. – 7:30 p.m.
Via Zoom
To sign up contact: (510) 675-5600, or
www.unioncity.org/parkinsons

Optimist Club
Girls’ Basketball Classic

Submit by Darryl Reina
33rd annual Newark Optimist Club Girls’ Holiday Basketball Classic will be held at Newark Memorial High School Event Center on December 28 - 30. The three-day event feature both girls' varsity and junior varsity division. Eight games will be played each day.

Opening round schedule for Tuesday, December 28 is as follows:

Junior Varsity Division
9:00 am – Foothill vs. Castro Valley
10:30 am – Irvington vs. Midle-Atherton
12 Noon – Miramonte vs. Napa
1:30 pm - Santa Teresa vs. Newark Memorial

Varsity Division
3:15 pm - Castro Valley vs. Menlo-Atherton
4:45 pm - St. Patrick - St. Vincent vs.

Lick-Wilmerding
6:15 pm - Sequoia vs. Santa Clara
7:45 pm - Napa vs. Newark Memorial

Honor Roll
Milwaukee School of Engineering, Wisconsin 2021 Fall Dean’s List
Garin Jankowski of Fremont

Iowa Wesleyan University, Fall 2021 Dean’s List
Derek Marrufo of Fremont

Biola University, California 2021 new enrollees
Josephine Huang of Fremont
Sena Kim of Fremont
Caleb Kotsubo of Fremont
Sarah Najarian of Hayward
Rebekah Stockinger of Hayward
Brooke Ung of Fremont
Tri-City History

Queries No. 12

By KELSY CAMERLO, FOR THE WASHINGTON TOWNSHIP MUSEUM OF LOCAL HISTORY

Q: Can you tell me 10 things about Tri-City History that I don’t already know?

A: Yes, I can!

1. The building at the corner of Smith and Vallejo Streets (3939 Smith St.) was then aptly named “The Holly House.”

2. The building houses Union City Chamber of Commerce and other businesses.

3. Smith and Vallejo Streets (3939 Smith St.) were unified under the brand-new Fremont Unified School District.

4. The largest employer in Newark was the Wedgewood Factory (Iron Railroad Parts). It later produced coal-, iron railroad parts. It later produced coal-, and finally gas-burning stoves. The Wedgewood name was known across the United States for quality and durability.

5. General John C. Fremont and his troops camped all over California, but Mission San José was where he set down roots. He left $3,000 with the American consul at Monterey, along with instructions to purchase Mission San José and the land surrounding it, but the usual purchased land in Mariposa instead. Fremont was incensed, until he learned that his new land was laden with gold!

6. The largest employer in Newark was a once-a-month plant—Wedgewood Stoves. Before it closed in 1955, the factory employed 500 people. Founded in 1882, James Graham Foundry first produced cast iron railroad parts. It later produced coal- and finally gas-burning stoves. The Wedgewood name was known across the United States for quality and durability.

7. Wedgewood name was known across the United States for quality and durability.

8. At one site, Niles was home to a unique establishment called the International Kitchen. Located just a half mile south of the town of Niles on Niles-Centerville Road (where Monty Ave. and Mission Blvd. intersect), it recorded as 555 Peralta Blvd.), this restaurant served up to 2,000 dinners on a typical Sunday. The business opened in 1937 as a gift shop, but quickly expanded to include first a small restaurant, then a large dining area, banquet rooms, lounge, and garden area, a cocktail lounge, and a larger gift shop. Each day heralded a unique dish representing a different foreign nation. A 1960 fire destroyed the building, which was later rebuilt. By the 1970s, however, the restaurant had closed forever.

9. Hidden Valley Inn and Dude Ranch, two miles south of Mission San José, was the place to visit in Warm Springs. Formed by Leland Stanford, and later marketed as a health resort, it eventually became a popular spot for large parties and those seeking fine drinks and dining. Visitors could enjoy recreational swimming and horseback riding, live music, and dancing. The 1880 hotel had a swimming pool and a bowling alley.

10. Heads-up to Hayward residents who live in one of eight neighborhoods throughout the city where residential parking permits are issued: your current permit will expire Friday, December 31.

The administration building. Two people suffered smoke inhalation injuries and were taken to a hospital for treatment. Firefighters determined that large filters for the HVAC system caught on fire; an investigation into the cause of the blaze is underway.

For details, visit the Residential Parking Permit Program page on the City of Hayward website at hayward-ca.gov/services/residential-parking-permit, or call Data Ticket customer service at (800) 479-1834.
William Marshak

This Friday marks not only the end of a traditional work week, but the last day of the year 2021 as well. Typically, a coda of the year reflects positive accomplishments of the previous twelve months within a nostalgic theme. Hope and resolutions for the New Year spring from past imperfections and a pledge to do better during the next solar cycle.

In this case, COVID has been an overriding melody throughout the year, joined by additional natural and man-made catastrophes. But, in spite of this, this Tri-City Voice has recorded many positive accomplishments of individuals, government, private and public organizations as well. There appears to be light at the end of the pandemic tunnel and, with perseverance and continued adherence to health guidelines, some semblance of normalcy is beginning to return.

Lessons learned from the severe constrictions of a world-wide crisis include realization that the essence of a free society is universal education of its population. Restriction of thought leads to irrational and irresponsible action.

Amid drought, California advances big new reservoir project

By Adam Brook, Associated Press

Amid a severe drought, California regulators on Dec. 15 vowed to advance what could be the state’s fifth major new water storage project in decades, despite warnings from tribal and environmental groups that it would hamper the extinction of multiple species of salmon.

The vote by the California Water Commission on the Sites Reservoir project was 3-2 in favor of approval. Critics said the project would siphon water from rivers and harm salmon by altering the flow. The commission agreed that the project would likely affect the fish, but said any needed changes in how it is operated could be made later.

Most of California’s major reservoirs are connected to rivers and rely on gravity to fill them with water that comes from snowmelt in the mountains. The Sites Reservoir would have water pumped to it from the nearby Sacramento Valley.

The idea behind the reservoir is to take water from the river only when it has extra water to give, such as during large storms like one last October that set a single-day Sacramento rainfall record.

Environmental groups say that doesn’t make sense because all of water in the river has a significant purpose.

“If there is no such thing as excess water in the environment,” said Steve Evans, rivers and water quality in downstream ecosystems Coalition. “That water is needed for fisheries and every time you take it out of the system, it has led myriad populations into disastrous situations that only serve to aggravate the ambitions of a few and bring misery to the rest of us. The antidote for the scurvy for support, including your money. The reservoir is one of seven water storage projects in California governor with the same name. The idea behind the reservoir is to take water from the river only when it has extra water to give, such as during large storms like one last October that set a single-day Sacramento rainfall record.

Unfortunately, some people involved in politics choose to engage in theatre for support, including your money. The reservoir is one of seven water storage projects in California governor with the same name. The idea behind the reservoir is to take water from the river only when it has extra water to give, such as during large storms like one last October that set a single-day Sacramento rainfall record.

Most of California’s major reservoirs are connected to rivers and rely on gravity to fill them with water that comes from snowmelt in the mountains. The Sites Reservoir would have water pumped to it from the nearby Sacramento Valley.

The idea behind the reservoir is to take water from the river only when it has extra water to give, such as during large storms like one last October that set a single-day Sacramento rainfall record.

Unfortunately, some people involved in politics choose to engage in theatre for support, including your money. The reservoir is one of seven water storage projects in California governor with the same name. The idea behind the reservoir is to take water from the river only when it has extra water to give, such as during large storms like one last October that set a single-day Sacramento rainfall record.
Enforcement actions are being accepted to fill an open Board of Trustee seat with Chabot-Las Positas Community College District. The candidate chosen will represent Area 3, which includes South Hayward and Union City and will serve as a member of the board until the next election in November 2022.

Applications are available on the Chabot-Las Positas Community College District website at www.clpccd.org. For more information, call Kelly Constell, Executive Assistant, Chancellor’s Office at (510) 485-5172 or send an email to Kconstell@clpccd.org.

For more information, contact Jane Corpus, Assistant Finance Director, or Jane Chua, Interim Assistant Fire Marshall. Visit the Santa Clara Valley Water District’s website at www.scvwcd.com for information about the Santa Clara Valley Water District’s Easements and City Owned Lands Program. A public hearing was held on December 21, 2021, at which time the ordinance to be adopted was introduced. The public hearing was continued to the regular meeting on January 4, 2022, at which time the ordinance to be adopted will be considered for final adoption.

Aye Abstain 1 (Montano).
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Robert Allan Baker  
October 15, 1933 – December 22, 2021  
Resident of Fremont

Robert (Bob) Allen Baker moved in December 22, 2021, at home in Fremont with his wife, Marilyn Arington, daughter Lee Ann Druffel, her husband, Donald Druffel, their daughter Nancy Baker, her husband, Miles Johnson, their son Robert and his wife, Anna Robertson, and their three children, Robert and his wife, Anna Robertson, and their three children, and their great-grandchildren, as well as six grandchildren and 11 great-grandchildren. A graveside service was held by the family.

Fremont Chapel of the Roses  
510-797-1990

On the morning of Saturday December 18th, Rene Chikhani passed away after a long battle with cancer. Rene was born in Lebanon on May 29, 1936, and spent his early years of life in the small village of Fafra. After graduating from high school, Rene moved to Lebanon, where he lived until his final days.

Robert Allen Baker
October 15, 1933 – December 22, 2021
Resident of Fremont

Rene was surrounded by his family and loved ones in his final moments. Rene was a loving husband, a father, a brother, and a grandfather. He knew his wife, Marilyn, and his children, Lee Ann, Robert, and Nancy, very well. He was a devoted family man with three siblings.

Rene Chikhani was a provider. He was a hard worker, a dedicated provider, and a beloved family member. Rene was the second child of five kids, and he had 7 grandkids. Rene was married to Nawal, his wife of 58 years, and they were blessed with four children, 4 kids, and 7 grandkids.

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Rene was born in Lebanon on May 29, 1936, and spent his early years of life in the small village of Fafra. After graduating from high school, Rene moved to Lebanon, where he lived until his final days.

Rene ended up in Cleveland, Ohio as a teenager, working at a gas station to help support his family. During his senior year of high school, Rene entered the University of Ohio to help take care of his Aunt after she became ill. When Rene turned 18 he was drafted to the U.S Army where he was an engineer, and a proud member of the Fort Huachaca rifle team.

Rene would enjoy a highly successful career as an engineer in 1987 while working for Ampex, Rene invented a system for recording and reproducing radar signal information that helped identify large aircrafts from smaller aircrafts.

Above everything, Rene was a provider. He constantly sacrificed his time, energy and efforts into making the lives of those around him better. His final moments were symbolic as he was surrounded by the family that he loved, and his wife, Nawal, built from the ground up.

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Robert (Bob) Allen Baker moved in December 22, 2021, at home in Fremont with his wife, Marilyn Arington, daughter Lee Ann Druffel, her husband, Donald Druffel, their daughter Nancy Baker, her husband, Miles Johnson, their son Robert and his wife, Anna Robertson, and their three children, Robert and his wife, Anna Robertson, and their three children, and their great-grandchildren, as well as six grandchildren and 11 great-grandchildren. A graveside service was held by the family.
New Year in the East Bay Regional Park District continues the welcome trend toward in-person interpretive programs, with some enjoyable activities scheduled for the first weekend in 2022.

Naturalist at Ardenwood Historic Farm in Fremont plans to start the year with a walk along the shoreline and improve wildlife habitat. Preregistration is required to reserve a time slot for yourself or your group. Details will be available soon at the park district website: www.arpd.org.

For more information, visit the East Bay Regional Park District website: www.arpd.org.

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**Draw your own City Council map**

**Submitted by City of Union City**

Based on updated information from the 2020 Census, Union City is updating the City Council district boundaries and is asking residents for input. City officials are accepting suggestions, ideas and proposed redistricting changes from residents who can propose new district map amendments using online mapping tools posted on the city website.

To get started, residents should visit unioncity.ca.gov/districts-elect to get the link to mapping tools. Residents also can request a paper map for pickup at City Hall during normal business hours. To be considered for new district maps, residents must provide information and feedback on what they believe should be included in their council district. The feedback is due by Monday, January 9, 2022.

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**Park It**

By Nick Macrini

New Year in the East Bay Regional Park District continues the welcome trend toward in-person interpretive programs, with some enjoyable activities scheduled for the first weekend in 2022.

Naturalist at Ardenwood Historic Farm in Fremont plans to start the year with a walk along the shoreline on Saturday, January 1. Enjoy the weather, visit the farm animals and discover something new at the farm.

Two-mile “Farm Walkabouts” are also scheduled at Ardenwood from 10:30 a.m. to noon on Sunday, January 2, and 16:30 p.m. to 3:30 p.m. on Sunday, January 2. Tidal Naturalists will lead a search for interesting plants and wildlife, and tell stories of the people who lived and worked at Ardenwood. Meet at the train station. And a top-making workshop is on the Ardenwood calendar from 3:15 p.m. to 3:45 p.m. on Sunday, January 2. Make your own top and complete in a skittles tournament for prizes.

Ardenwood is located at 34600 Ardenwood Blvd., just north of Highway 84. For information on activities and park hours, visit the park district website: www.arpd.org or call (510) 544-2797.

At the Environmental Education Center (EEC) in Tilden’s Nature Area near Berkeley, there’s a “Nature’s Trail” program from 1 p.m. to 3 p.m. on Sunday, January 2. Tidal Naturalists also lead morning birding in the rain in various parks and preserves. These are two great ways to get some fresh air with friendly people. The next one is on January 5. Meet at Mondiala Farm Park at the end of Martin Ray Parkway in Richmond.

EEC is located at the north end of Tilden’s Central Park Drive, next to Linda Farm. For information, call program, call (510) 544-2283.

While you are at Tilden, Regional Parks Botanic Garden is a great place to visit. The garden has sections devoted to every botanical region in California, so even in winter, there’s always something in bloom. Garden hours are 8:30 a.m. to 5 p.m. daily. It’s located at the intersection of Wildcat Canyon Road and South Park Drive, next to the Brazil. For information, call (510) 544-3169.

King tides are the highest tides of the year, and you get a sense of what may happen in the future as sea levels rise due to climate change. You can see the results of king tides locally during the first three days of January at Redwood viruses and Bay Point Regional Shoreline on Carquinez Strait in northern and northeastern Contra Costa.

At Martinez the peak of the king tide is 11.27 ft on January 1, 12.8 p.m. on January 2, and 12.3 ft on January 3. At Bay Point the peak occurs at 11:32 a.m., 12:23 p.m. and 1:16 p.m. respectively. You can get involved as a citizen scientist to record the king tides with California King Tides Project. To participate, visit the district’s website: www.sfco-parks.org.

Lookout Mountain district plans to honor the memory of Dr. Martin Luther King, Jr. by celebrating a 27th annual Day of Service from 9 a.m. to 1 p.m. on Monday, January 17 at Martin Luther King, Jr. Park in Oakland. Participants will help to clean up the shoreline and improve wildlife habitat. Prenotification is required to reserve a time slot for yourself or your group. Details will be available soon at the park district website: www.arpd.org.

The backdrop of the calendar of upcoming events and programs, the park district plans to start the year with an easy walk around the grounds starting at 1:30 p.m. on Saturday, January 1. Enjoy the weather, visit the farm animals and discover something new at the farm. The work was difficult and the conditions were downright deplorable, but he persisted and worked hard to make a life for himself. He became fluent in English and taught himself carpentry skills that would make anyone proud of himself.
Wednesday, December 14

At about 11:00 a.m. officers located a stolen vehicle in the parking lot of Target, 39201 Fremont Blvd. A high-risk traffic stop was made by police at Posta Valentina, 3910 Stevenson Blvd. A witness was able to provide a video of the suspect who was later identified. A warrant was issued for the suspect, later identified by police as Robert Lee. Lau was arrested by an outside law enforcement agency on suspicion of theft.

Friday, December 17

At about 12:48 p.m. officers located a stolen vehicle in the parking lot of Target, 39201 Fremont Blvd. A high-risk traffic stop was made by police at Stevenson Place Apartments, 4141 Stevenson Blvd. A witness was able to provide a video of the suspect who was later identified. A warrant was issued for the suspect, later identified by police as Michael Bullock, 35, on suspicion of theft.

Saturday, December 18

At 8:14 a.m. a person identified by police as Anthony L., 27, of Berkeley was arrested at Hayward station on suspicion of vandalism. Lee was booked into Santa Rita Jail.

At 5:06 p.m. a man identified by police as James Hardy, 39, of Hayward was arrested at Hayward station on suspicion of possessing the station agent and on outstanding warrant. He was booked into Santa Rita Jail.

At 1:56 p.m. a man identified by police as Michael Bechere, 39, of Hayward was arrested at Hayward station on suspicion of possessing the station agent and on outstanding warrant. He was booked into Santa Rita Jail.

At 5:47 p.m. a man identified by police as Melvin Monk, 32, of Oakland was detained in the parking structure at Hayward station. A record check showed an outstanding warrant.

At 12:30 p.m. a man identified by police as Michael Bechere, 39, of Hayward was stopped at Hayward station on suspicion of fare evasion. A record check showed an outstanding warrant. He was booked into Santa Rita Jail.

At 11:43 p.m. Community Service Officer Lau investigated a report about a burglary to a vehicle in the 5000 block of Mowry Ave. While checking the area, Lau located a backpack that appear to have been dumped and is working on identifying and contacting the property owners.

Sunday, December 19

At 11:30 p.m. Community Service Officer Lau investigated a report about a burglary to a vehicle in the 5000 block of Mowry Ave. While checking the area, Lau located a backpack that appear to have been dumped and is working on identifying and contacting the property owners.

Thank you for your years of support.
Players of the same level will be combined in this camp for the sport, so fun will be the focus. Hand-eye coordination and basic drills will be important. Camps are divided into entry/intermediate and advanced levels. Camps will take place from January 3-7 and will be registrations for all levels of players for Table Tennis Winter Camps. Entry/intermediate level: At any age, basics are consistent skills. Many new strokes will be added to their tournament/league players of any level who have learned to promote healthy competitive atmosphere.

A-1 Comm. Housing Svcs. A HUD Approved Agency Credit and Money Mgmt. Workshop Presented on Zoom For dates, go to our website: www.a1chs.org call 510.674.9227 for more info. Camp will be in operation.

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The Friendship Force of the San Francisco Bay Area Experience a country and its culture with local hosts; meet global visitors. African guests in 2022. Info: wmfitts@yahoo.com or call us at 510.276.2270 for more info. Non-members $349; members $339

Indian community, Table Tennis is accepting registrations for all levels of players for Table Tennis Winter Camps. Camps will take place from January 3-7 and will be divided into entry/intermediate and advanced levels. Entry/intermediate camp is from 3:00 p.m. to 5:30 p.m. on Monday, Tuesday, Wednesday, Thursday, and Friday, from 2-5 years old.

Entry/intermediate level: At any age, basics are important. Hand-eye coordination and basic drills will be part of this camp. It is equally important for kids to enjoy the sport, so fun will be the focus.

Advance level camp is from 3:00 p.m. to 5:30 p.m. on Monday through Friday, for players 5-14 years old.

Advance level: This camp is targeted for tournament-league players of any level who have learned the basics, but have yet to hone their rallying and consistency skills. Many new strokes will be added to their arsenal in this camp, such as, approaches, drop, serve, return, and net game. This session will start with drills aiming at stroke perfection, footwork and positioning followed by match or match-like situations. Technical equipment tips and fitness will also be part of this class.

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Table Tennis Sports Center
NOTICE OF PUBLIC HEARING

Notice is hereby given that the Planning Commission of the City of Fremont will hold a public hearing on the following proposal: FOR A ORDER TO SHOW CAUSE FORMED TO CHANGE NAMES AS FOLLOWS:

TO ALL INTERESTED PERSONS:

Petitioner filed a petition with this court for a decree changing names as follows:

Date: 01/21/2022, Time: 11:00 A.M., Dept.: 17, County of ALAMEDA

JUDGE DESAUTELS

A copy of this Order to Show Cause shall be published in its general circulation, printed in this county: WHAT'S HAPPENING'S TRI-CITY VOICE

WHAT'S HAPPENING'S TRI-CITY VOICE

December 28, 2021 Page 28

A copy of this Order to Show Cause shall be published in its general circulation, printed in this county: WHAT'S HAPPENING'S TRI-CITY VOICE

WHAT'S HAPPENING'S TRI-CITY VOICE

December 28, 2021 Page 28

Government

GOVERNMENT

FREMONT WILL HOLD A PUBLIC HEARING ON THE FOLLOWING PROPOSAL. THE PUBLIC HAS THE OPPORTUNITY TO OFFER TESTIMONY OR COMMENT ON THE FOLLOWING PROPOSAL. THE FUTURE DIRECTIONS OF THE CITY AND PROPOSED INCREASES TO THE COMMUNITY CENTER FUND. THE HEARING WILL BE HELD AT THE CITY OF FREMONT CITY HALL, 5000 SOUTH BARTHOLOMEW AVENUE, FREMONT, CA 94538 AT 7:00 P.M. ON JANUARY 26, 2022.

NOTICED: In accordance with subdivision (a) of Section 17920 of the Business and Professions Code, the filing of this statement does not of itself authorize the use in this state of a fictitious business name(s) listed above on N/A.

12/21, 12/28/21, 1/4, 1/11/22

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December 28, 2021 Page 28

Government
December 28, 2021

Mission Valley Track and Field holiday giving

Deadline Jan 1

(510) 384-7172

Mission Valley Track and Field holiday giving

Track and field holiday giving

Submitted by Lee Webb

Mission Valley Track and Field is a non-profit organization in Union City that trains people all ages and abilities.

The club also serves seniors, youth, war veterans, special Olympians, para-Olympians, and Olympians as needed. During the holiday season we are giving back to these groups in need. We are looking for donations and any information on groups in need that would benefit from them.

Welcome donations include:

- Clothes – all sizes and types
- Gift baskets
- Building – Mats, T-shirts
- Books, educational items
- Tools, washcloths
- Food for Christmas meals
- Spree equipment
- Gift certificates/gift cards
- Tolietries

If you have any questions or need more information, please contact Lee Webb at (510) 384-7172.
Don’t Delay Your Care. It’s Safe to see your WTMF doctor.

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