Bay Area Family Church in San Leandro is currently hosting a Winter Brick Show featuring an exhibit of various LEGO structures in the form of impressive buildings, vehicles, a snowy mountain with a gondola, railway yards, streets, parks and much more. Johannes Van Galen, who built the amazing LEGO structures at his home, first had a modest collection in the Netherlands, where he is originally from. When he came to California, his son became interested in working with LEGOs. Van Galen then decided to have a little LEGO display at the church which grew over time. Eventually the displays began to take up space on the second floor of the church. These display shows have been continuing for 15 years varying in size and theme. Some of the LEGO displays took Van Galen a few hours to a few days to construct while some of those without building instructions took him months to complete. His son also helped in the effort. “There are buildings and mountains that are all made up by inspiration. No instructions. Depending on size [those] can take a few days to months of building,” says Van Galen. He has been working with the local LEGO club, BayLUG, to set up the displays. The club currently has around 200 members (ages 4 years and up) who also design and create LEGO displays limited only by their imagination.

Van Galen expects at least a few hundred visitors to attend the event, and there is an entry fee which supports the Youth and Young Adult Ministry (YAYAM) camps. Furthermore, Van Galen is optimistic that the LEGO display show will continue into the future. “Yes, for sure. As I have been doing this for 15 years now” he mentioned.

If you and your family would like to see these fascinating and meticulously built LEGO structures, drop by the church on a Saturday or Sunday between 12 noon and 4 p.m. This would be a great way to spend a memorable post-holiday weekend.

Winter Brick Show

Saturdays & Sundays, 12 noon – 4 p.m.
Until January 22, 2023
Bay Area Family Church
2305 Washington Ave., San Leandro
Anxiety: Stop Negative Thoughts

When negative thoughts cycle through your mind over and over, they can have a significant impact on reasoning. Clinical psychiatrist Seema Sehgal, MD, offers perspective and tips on how to stop negative thoughts.

As a helpful note, the Washington Hospital Service League has been in existence for 67 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 $368,335 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 three $1,000 scholarships annually, which are renewable for three additional years, based on the student's academic performance and continued focus on health care. A one-time scholarship of $1,000 for a Washington Hospital Volunteer is also awarded. This year, the Service League will also offer three memorial scholarships of $1,000.

These scholarships are available to students in the Washington Township Health Care District—which includes Fremont, 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 are also eligible. The scholarships are awarded each year, and winners are chosen from graduating high school seniors and/or current college students.

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 Chair Diane Zarzycki notes the pleasure she receives by giving assistance and support to building doctors, nurses and other health care professionals in the local community.

Qualifications for the Washington Hospital Service League scholarship include:

• U.S. citizen/permanent resident
• Resident of the Washington Township Health Care District or be a current volunteer at Washington Hospital
• Age 22 or younger as of December 31, 2022
• Accepted into an accredited school, college, or university offering a bachelor's or higher degree in a health-related field
• Full-time status 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 been previously awarded a WHSL health care scholarship

(See application for detailed requirements.) Application deadline is Saturday, April 1, 2023. Applications can be found online at https://www.whhs.com/Scholarships or picked up at the main desk in the Hospital lobby at 2000 Mowry Ave.
Hip pain getting in the way of living life? Anterior hip replacement surgery might be the solution

Dr. Alexander Sah presents in-person and online event Jan. 25

Not all hip aches and pains mean you need surgery. But for some people, hip replacement surgery offers fast and safe relief, and the opportunity to return to many activities that pain has limited. At Washington Hospital’s Institutes for Joint Restoration and Research, Co-Medical Director, Alexander Sah, MD, is a leading expert on the anterior hip replacement technique. That minimally invasive approach is muscle-sparing and can therefore reduce the risk of hip instability/dislocation and shorten the time a patient must spend in the hospital following surgery.

On Wednesday, Jan. 25, at 4:30 p.m., Dr. Sah will lead the Health & Wellness seminar “Hip Replacements—The Anterior Approach,” hosted by Washington Hospital Healthcare System. This seminar will be available for viewing online and, for the first time in two years, in-person attendance will be allowed. Interested community members should visit whhs.com/events to register for the presentation and decide which viewing format is preferred.

In his own hip replacement practice, Dr. Sah almost exclusively uses the anterior approach, which has been steadily growing in preference among orthopedic surgeons. “For the past two years, the American Association of Hip Surgeons has reported that over 50 percent of hip replacement specialists in the United States now use the anterior approach,” says Dr. Sah.

In the seminar, Dr. Sah will explain why he favors the anterior hip replacement approach. He will show how the approach allows surgeons to avoid cutting through muscle, which can diminish the stability of the hip. “When the hip gets destabilized, a patient has a higher risk for dislocating it. The muscle-sparing benefit of the anterior approach means that the hip is inherently more stable after surgery,” he explains.

For hip surgeons that use the posterior approach, patients are positioned on their side, which can make some aspects of their surgery more difficult, such as measuring the patient’s leg length. “A major benefit to the anterior approach,” says Dr. Sah, “is that patients are positioned on their back. This makes accurate leg measurements easier, as well as allowing the surgeon to use a mobile X-ray machine for real-time implant sizing and positioning during the surgery.”

“Using X-ray, I can be extremely accurate in reconstructing the new hip. I can even overlay an X-ray of the healthy hip and use it to guide my reconstruction of the new hip. I do not have to wait until the patient is in recovery to review an X-ray of the final positioning. I can even overlay an X-ray of the healthy hip to guide my reconstruction of the new hip, which allows me to make any necessary adjustments before the patient leaves the operating room.”

The outcomes from this level of surgical precision are impressive. The surgery is quick; for most it takes under an hour. Dr. Sah says, “We don’t use general anesthesia, which can have lingering side effects, but instead use a spinal anesthesia which is regional and allows the patient to recover more quickly. With the minimally invasive anterior approach, patients can walk on their hip within a few hours. Half of our patients are able to go home on the same day. The recovery is so quick that most find that they can drive again within a couple of weeks, and return to their favorite recreational sports after just six weeks.”

Deciding to get a hip replacement can be a scary decision for many people. However, Dr. Sah urges, “You should consider doing it when you are healthier, before your hip has become so painful that it is affecting your back, your gait, and your overall physical health. If you are healthier to begin with, your recovery will be faster and more complete.”

President of the Anterior Hip Foundation for 2023, Dr. Sah has co-edited with his mentor Joel Matta, MD, Anterior Hip Replacement, an anthology of medical information about the surgical approach (published by Springer, 2022). His Health & Wellness seminar is an opportunity for anyone interested in hip replacement surgery to learn about the latest techniques and get their questions answered by an experienced practitioner.

To learn more, join Dr. Sah for “Hip Replacements—The Anterior Approach,” on Wednesday, Jan. 25, at 4:30 p.m. To find out where to attend the event in person or how to view it online, visit whhs.com/events or call 800.963.7070.

Virtual Health & Wellness

facebook.com/WashingtonHosp
youtube.com/whhsHealth

Wajeha Khan, LMTF Behavioral Health

Rescheduled to January!

NEW DATE: Thursday, Jan. 12
1 p.m.

Self-care and Self-compassion: Keys to Well-being

Neglecting self-care can result in feeling depleted, lacking focus, and the inability to care for others. Although challenging, it is important to prioritize time for yourself. Hear from a licensed marriage and family therapist about the benefits of self-compassion. Discover the positive impacts of self-care and which tools will enhance your overall well-being.

If you cannot join live, the presentation will continue to be available on our Facebook and YouTube pages.
Ring in the New Year with a Balloon Drop

Submitted by
Mary Katherine Frantz
continued from page 1

The original “Balloon Drop” at Chabot Space & Science Center returns in person on December 31, 2022 to ring in the new year with colorful daytime countdowns. “We are so thrilled to welcome families back for this magical tradition,” said Deputy Director, Liz Austerman, “There’s nothing like counting down together and experiencing the joy of a balloon drop in Chabot’s Rotunda.”

When it’s 11 a.m. in Oakland, it will be 2023 somewhere on the planet. To mark the occasion, Chabot will drop hundreds of colorful balloons on eager, waiting children. At the stroke of 11 a.m., 12 noon, 2 p.m., 3 p.m. and 4 p.m. Pacific Standard Time, balloons will fall from the ceiling of Chabot, and the celebration begins. Families are invited to stay for the day to participate in fun activities throughout the Center.

The Annual Balloon Drop Celebration began at Chabot Space & Science Center in 2000 as an opportunity for families to celebrate the new year without keeping children awake past their bedtimes. It’s also a great way to teach kids about the turning Earth and its time zones.

Tickets for the New Year’s Eve Balloon Drop are $29 per child. For members, tickets are $10 per child. Accompanying adults require a General Admission ticket. General Admission tickets are available at chabotspace.org. Please arrive 30 minutes before your event start time for check in.

23rd Balloon Drop Saturday, Dec 31
11 a.m., 12 noon, 2 p.m., 3 p.m. & 4 p.m.
Chabot Space and Science Center
10000 Lakeside Blvd, Oakland
(510) 336-7500
https://chabotspace.org
Children: 829 ($10 for members)
General admission for adults: $24

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Southern Alameda County, like the greater San Francisco Bay Area, is facing a housing crisis in which high demand and limited supply lead to skyrocketing costs and a lack of affordable options. One approach to solving this crisis is cohousing.

Cohousing communities offer an alternative to traditional housing that can be more affordable and sustainable. In a cohousing community, residents own their own homes, and they also share common spaces and resources, such as gardens, playgrounds, laundry facilities, and a common house (clubhouse). The arrangement of sharing resources can help to reduce the overall cost of living, as residents are able to share expenses such as solar installation, child care, utilities and maintenance.

This is part of what motivated a group of friends to form Mission Peak Village, the first cohousing community in Fremont. The group has purchased a site in the Irvington District and submitted plans for design review to the city. They have engaged a team of experienced cohousing designers and developers and hope to break ground early in 2024.

“The market has put housing costs way out of proportion for most households,” observes Doug Ford, co-founder of Mission Peak Village and longtime Bay Area advocate for affordable housing strategies. “It is urgently necessary to think creatively about both increasing supply and designing to fit contemporary lifestyles.”

Cohousing communities can be found all over the world and are growing in popularity. In the United States, there are more than 180 cohousing communities, with many more in development. With a design based on a model popularized in Denmark, the oldest cohousing community in the United States is Muir Commons, completed in 1991 in Davis, California. Muir Commons comprises 28 homes and abundant common spaces, such as a garden and the 3,668 square foot common house with a large kitchen and dining area to accommodate gatherings of neighbors. The community also has a strong focus on sustainability, with solar panels, a greywater system, and shared electric cars. Muir Commons, in fact, has been an early adopter of renewable energy technologies.

In 2002, the community self-funded and installed what was the largest rooftop solar installation in the City of Davis at the time, and in 2019 installed 26 EV charging stations, one for each residence. Approximately 50 additional established cohousing developments are thriving in Northern California communities, including Mountain View, Santa Cruz, Oakland, Berkeley, Pleasant Hill, Contra, Santa Rosa and Sacramento. In addition to reduction in overall cost of living, one of the main benefits of these developments is the sense of connection that is often lacking in traditional neighborhoods. In a cohousing community, neighbors are likely to know and interact with one another on a regular basis. This can be especially appealing for people who are looking for more spontaneous social interaction.

Perhaps counterintuitively, people who identify as introverts say that living in cohousing is a comfortable environment because they don’t have to initiate social pursuits; all they have to do if they want to visit is go down to the community garden or go see what’s going on in the common house. Additionally, cohousing communities often have a strong focus on sustainability, which can be attractive to environmentally conscious buyers.

According to a survey conducted by the Cohousing Association of the United States, residents of cohousing communities report high levels of satisfaction with their living situation. In the survey, 87% of respondents reported being “very satisfied” with their cohousing community, while only 2% reported being “not satisfied.”

Cohousing communities are a growing trend in the housing market and are likely to continue to be popular in the future. This article is part of an ongoing series on cohousing. To learn more, visit www.cohousing.org.

Memberships in Mission Peak Village are still available. Call Kelli at (510) 413-8446 or visit Mission Peak Village on Facebook, Instagram, or the www.missionpeakcohousing.org website, where you can register for a monthly walk to explore the neighborhood around the future site in Fremont.

Submitted by Jane Muller
**Spring Semester Begins JAN 23**

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**Fremont’s Safe Parking Program:**
A Chilly Morning in the Life of Residents Who Live in Cars

**WHAT’S IT LIKE TO LIVE IN A CAR?**

Amrico Martinez parks at the churches because he likes the program and the help he gets. He is 63 and has lived in cars for five years. He says he has fallen on hard times and isn’t working. Martinez badly needs another car, but it would cost $1,000 and he just doesn’t have the money. He is without a home because he was living in a room in Niles that rented for $800. That amount suddenly went to $1,300, and he couldn’t afford it. Martinez worked 19 years for Olympus America and had to leave because he hurt his rotator cuff. He has a daughter, Analise, and he often visits his parents in San Jose. He has a particularly difficult time during Covid. He was dangerously ill with the virus and collapsed in front of a hospital emergency door. A doctor helped him up and play through mistakes. A doctor helped him up and Martinez was in a coma for 31 days. When he woke, he was terrified. When Martinez’ car was in working order, he parked at Safeway and Denny’s, but the police came at 2 a.m. and made him leave. The toughest part of living in a car, Martinez says, is the loneliness. He likes the Safe Parking Program because it puts him in touch with people. “We who live in cars,” he said, “need help and we are helped here.”

**Tell Their Stories; part 1**

Armando Martinez parks at the churches because he likes the program and the help he gets. He is 63 and has lived in cars for five years. He says he has fallen on hard times and isn’t working. Martinez badly needs another car, but it would cost $1,000 and he just doesn’t have the money. He is without a home because he was living in a room in Niles that rented for $800. That amount suddenly went to $1,300, and he couldn’t afford it. Martinez worked 19 years for Olympus America and had to leave because he hurt his rotator cuff. He has a daughter, Analise, and he often visits his parents in San Jose. He has a particularly difficult time during Covid. He was dangerously ill with the virus and collapsed in front of a hospital emergency door. A doctor helped him up and Martinez was in a coma for 31 days. When he woke, he was terrified. When Martinez’ car was in working order, he parked at Safeway and Denny’s, but the police came at 2 a.m. and made him leave. The toughest part of living in a car, Martinez says, is the loneliness. He likes the Safe Parking Program because it puts him in touch with people. “We who live in cars,” he said, “need help and we are helped here.”

**Governor Newsom Announces Judicial Appointment**

**SUBMITTED BY GOVERNOR’S OFFICE**

Toni Mims-Cochran, 53, of Alameda County, has been appointed to serve as a Judge in the Alameda County Superior Court. Mims-Cochran has served as a Commissioner at the Alameda County Superior Court since 2016. She was a Sole Practitioner from 2002 to 2016 and an Attorney at the Eviction Defense Center from 2000 to 2002. Mims-Cochran earned a Juris Doctor degree from the University of California at Berkeley School of Law. She was a clerk for Judge St. John during the construction of the Tamalpais Courthouse in San Rafael. Mims-Cochran has served as a Commissioner at the Alameda County Superior Court since 2016. She was a Sole Practitioner from 2002 to 2016 and an Attorney at the Eviction Defense Center from 2000 to 2002. Mims-Cochran earned a Juris Doctor degree from the University of California at Berkeley School of Law. She was a clerk for Judge St. John during the construction of the Tamalpais Courthouse in San Rafael.

**Champions of Character**

**SUBMITTED BY RACHEL KAHALLY**

The following Newark Memorial High School athletes were recognized as Champions of Character by their teammates this week:

**Junior Varsity Girls Basketball**

Lei Lokepa brings a positive attitude and energy to the team each and every day. She gives her best effort to master the situation and always puts the team before herself. Lei Zabello has always been a positive mindset and is willing to learn. She practices during lunch to be able to improve her skills and-bootstrap on and off the court.

**Girls Varsity Basketball**

Sydney Scott has shown sportsmanship since the season started. She takes the time to not only encourage, but high-five her teammates any chance she gets on and off the court. From when she’s in a bad mood, she still lifts her teammates up and gives her all in practice and games.

**SUBMITTED BY LEAVE THE GAME**

Lei Lokepa encourages all her teammates, getting everyone to keep their heads up and play through mistakes. She has been totally engaged and focused during our practice sessions and games.
December 27, 2022

WHAT’S Happening’s THE CITY VOICE

Page 7

INTERNATIONAL MIGRATION DROVE U.S. POPULATION GROWTH IN 2022

BY MIKE SCHNEIDER
ASSOCIATE PRESS

The U.S. population expanded by 1.2 million people this year, with growth largely driven by international migration, and the nation now has 333.2 million residents, according to estimates released Dec. 22 by the U.S. Census Bureau.

Net international migration -- the number of people moving into the U.S. minus the number of people leaving -- was more than 1 million residents from 2021 to 2022. That represented a growth rate of 168% over the previous year’s 376,029 international migrants, with every state gaining residents from abroad, according to the 2022 population estimates.

Natural growth -- the number of births minus the number of deaths -- added another 245,080 people to the total in what was the first year-over-year increase in total births since 2007.

This year’s U.S. annual growth rate of 0.4% was a rebound of sorts from the 0.1% growth rate during the worst of the pandemic from 2020 to 2021, which was the lowest since the nation’s founding. “It’s welcome because we would have been back to almost flatline growth if not for this immigration,” said William Frey, a demographer at The Brookings Institution.

Regionally, the Northeast lost almost 219,000 people in a trend largely driven by domestic residents moving out of New York, New Jersey and Massachusetts, as well as deaths outpacing births in Pennsylvania. The Midwest also lost almost 49,000 residents, driven in part by people moving out of Illinois and deaths outpacing births in Ohio.

The South gained 1.3 million residents, the largest of any region, driven by population gains in Texas and Florida that approached a half-million residents each. Other Southern states like North Carolina, Georgia, South Carolina and Tennessee had among the largest growth in numbers in the U.S. Texas, the second most populous state in the U.S., surpassed the 30 million-resident mark, joining California as the only other state in this category.

But California lost more than 115,000 residents, and had a population just over 39 million in 2022, in what was the biggest annual decline behind New York’s more than 180,000-resident loss. The population decline was driven by more than 345,000 domestic residents moving out of California, and it helped drag down the West region’s population gain to only 153,000 residents.

Despite the overall population loss, California had the largest growth of any state in international residents, just a hair’s breadth ahead of Florida with more than 125,000 people. California also had the second highest natural increase, only trailing Texas. Births outpacing deaths and the international arrivals made California’s population loss smaller than last year, when it dropped by more than 358,000 residents.

The West region in 2022 lost some of its luster as a magnet for domestic migration. Without international migration and a steady natural increase from births outpacing deaths, the West region would have lost population due to domestic residents also moving out of Oregon and Washington. Western hotspots like Utah, Idaho and Montana had smaller gains last year.

Some of the slower growth in the West has to do with the pandemic, which led to fewer people moving, and also the increasing cost of living in places once regarded as cheaper alternatives to California, according to Frey. “There isn’t as much magnetism for those classic magnets for moving out of California,” Frey said.

Puerto Rico lost 40,000 residents, or 1.3% of its population, due to people moving away and deaths outpacing births, and its population now stands at 3.2 million residents.
representation. A group of local young filmmakers is joining this movement by helping to create a short film on Muslim women immigrating to the United States, titled "Being Sa-rah."

"Being Sa-rah," directed by Taher Gawad, is a short family drama film that follows the story of an immigrant Muslim woman and her efforts to adapt to American culture as well as enter the U.S. workforce. After moving from Pakistan to Los Angeles with her parents and younger sister, Sa-rah watches her father take odd jobs, struggling to make ends meet. Though Sa-rah has a Master's degree in marketing and is currently interviewing for jobs, she seeks professional advice from her marketing executive and American-born cousin Ashaar, who goes by "Ash," a role of Producer. The Director of Photography is Zayd Ezzeldine, an award-winning cinematographer at Chapman University. The Writer of the script during his senior year at the University of Southern California (USC) in 2015. Ibrahim was inspired by his mother's story of U.S. immigration and her struggle to find a job. Global events relating to Muslim women and body autonomy were also contributing factors shaping the story.

The screenwriting process has been a collaborative endeavor of three Muslim women and two Muslim men—Sa-rah Khan, Fatema Bhaiji, Anam Ahmed, as well as Taher Gawad and Ibrahim Ahmed. Film buff Matt Gutierrez has taken on the role of Producer. The Director of Photography is Zayd Ezzeldine, an award-winning cinematographer at Chapman University. With the team from above, the writers relied on Zoom meetings, co-writer and Marketing. Team member Fatema Bhaiji explains, "When we needed multiple actors done by the next meeting, we would split up into groups, brainstorm, and then write it together." Hiring actors was another vital step. Casting Director Anam Ahmed states, "Family dynamic is such a crux to the story, so the most important part was casting Director Anam Ahmed. So, the importance of the story as the most important part was casting the family together and how the actors are able to interact." With several auditions behind, the final script has grown into more than Ibrahim could have hoped for. "The initial script that I had versus the one we do now is a night and day difference and that is due to the talents of our writers," he states. "Once you have nuanced perspectives from so many different people, combining them into one adds more depth to the story."

Right now, the main primary goal is finding funding. As of December 10th, a campaign with the goal of raising at least $20,000 of $20,000 within 45 days has begun. Proceeds will go directly to acting fees, on-set locations, location and equipment rental, post-production, and film festival submissions. Anam states, "Our biggest hurdle is raising that $200,000. We're making a film. We wish it could be done easily and with less money, but that's not the case." Once this goal is reached, the crew will officially have the opportunity to bring the film to life.

Developing a story based on real-life experiences of immigrants and the Muslim community was also a top priority. Having grown up in the Bay Area, Fatema Bhaiji states, "There are so many South Asians and Muslims in the community I grew up in and at our local mosque. That's part of the reason why I liked this project—as my community could feel represented on screen." Breaking stereotypes was just as essential. Taher Gawad explains, "No one will change how we are portrayed in the media. We must go out there and change it ourselves. This short film is a great step in the right direction." Ibrahim, who experienced immigration first hand alongside his family, adds, "My goal is for someone who watches the film to feel less alone. We've all gone through the same identity crisis that the characters are going through. We're in this together." Addressing these issues through an open lens creates a safe space for those seeking acceptance.

For more information regarding the film and donations, please visit https://seedandspark.com/fund/being-sarah. Instagram @being.sarah film.
PHILADELPHIA — Phileas Fogg went around the world in 80 Days in the classic 1956 movie. But Fogg was a fictional character and so he didn’t make it into the Guinness Book of World Records, recalls the Association of Mature American Citizens (AMAC). But, recently, Laura Massey-Pugh and Stevie Massey circumnavigated the world in 180 days on a tandem bicycle and won Guinness’ official recognition for their 18,000-mile triumph. It was the first time that the record keepers awarded recognition for the event to a male-female tandem team. A women’s team holds the record for their event, having biked the world in 263 days, 8 hours and 7 minutes; a men’s team did it in 281 days, 22 hours and 20 minutes. See a video interview with the riders on YouTube: www.facebook.com/BBCRadioDerby/videos/33493223005285921/.

What’s he do when he turns 9?

Maddock Lipp of Golden, Colorado is 8 years old and likely to soon receive recognition by the Guinness World Record judges for being the youngest person to have skied the slopes of all the world’s seven continents, reports AMAC. According to Guinness, to date “the youngest person to ski on all seven continents is Victoria Rae White beginning at the age of 9 years 88 days in Zermatt, Switzerland and ending aged 10 years 79 days in Winter Park, Colorado, USA, 16 March 2008.” Despite his age Maddock has been skiing for half his life, so far; he put skis on for the first time when he was 4 years old. See video of the young skier on YouTube: www.youtube.com/watch?v=QYi8N4HUYYM.

This is no tall story

Colombian Edward Hernandez recently surrendered his Guinness World Record title to Azerbeijanian Afshin Ghaderzadeh, reports AMAC. What is the title, you ask? It turns out that Ghaderzadeh is 2.7 inches shorter than the former record holder. He recently measured in as the shortest man on the planet at a height of 2-feet, 1.6 inches compared to Hernandez’ 2-feet, 4 inches. Ghaderzadeh was one and a half pounds when he was born; he’s 20 years old now and weighs in at 14.3 pounds. See video of Ghaderzadeh on YouTube: www.youtube.com/watch?v=-j65U14yZOs.

The Association of Mature American Citizens is a nonprofit, nonpartisan advocacy organization representing membership in Washington, D.C. and in local congressional districts nationwide. More information is available on its website at www.amac.us.

Submitted by the Association of Mature American Citizens

Around the world in 180 days

New flashing beacon lights go live in Fremont

As part of its Vision Zero traffic safety program, City of Fremont has installed new flashing beacon signals at three busy crosswalks to boost pedestrian safety. The newer flashing beacon signals are now operating on Mission Boulevard/OHMC College, Walnut Avenue/Godfrey Place and Paseo Padre Parkway/Onondaga Way. The lights alert drivers to stop for pedestrians walking across the street.

Since starting its Vision Zero traffic safety program in 2016, Fremont has increased the number of locations with pedestrian flashing beacons or signals from one to 20. According to city officials, having safe and convenient places to walk helps encourage more “active transportation” for physical health and local travel to nearby schools, parks and shopping.

New flashing beacon lights promote pedestrian safety on Mission Boulevard at the Ohlone College entrance.

Officer of the year named in Fremont

Maddock Lipp of Golden, Colorado is 8 years old and likely to soon receive recognition by the Guinness World Record judges for being the youngest person to have skied the slopes of all the world’s seven continents, reports AMAC. According to Guinness, to date “the youngest person to ski on all seven continents is Victoria Rae White beginning at the age of 9 years 88 days in Zermatt, Switzerland and ending aged 10 years 79 days in Winter Park, Colorado, USA, 16 March 2008.” Despite his age Maddock has been skiing for half his life, so far; he put skis on for the first time when he was 4 years old. See video of the young skier on YouTube: www.youtube.com/watch?v=QYi8N4HUYYM.

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The Association of Mature American Citizens is a nonprofit, nonpartisan advocacy organization representing membership in Washington, D.C. and in local congressional districts nationwide. More information is available on its website at www.amac.us.

Submitted by the Association of Mature American Citizens

Submitted by the Association of Mature American Citizens

Submitted by Fremont Police Association

Kudos and high fives are in order for Officer Ralph Meredith, a nine-year veteran with the Fremont Police Department, who has been named 2022 Officer of the Year by the Fremont Police Association. Meredith was nominated for the award based on his exceptional dedication and leadership in the department during the past year.

Fremont Is Our Business

Phone: 510-657-6200
www.fudenna.com

The Association of Mature American Citizens is a nonprofit, nonpartisan advocacy organization representing membership in Washington, D.C. and in local congressional districts nationwide. More information is available on its website at www.amac.us.

Submitted by Fremont Police Association

Kudos and high fives are in order for Officer Ralph Meredith, a nine-year veteran with the Fremont Police Department, who has been named 2022 Officer of the Year by the Fremont Police Association. Meredith was nominated for the award based on his exceptional dedication and leadership in the department during the past year.

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Habari Gani?

A Seven Day Celebration

This year, millions of people are expected to celebrate Kwanzu, a five-nights event celebrating African-American culture and community. The holiday is celebrated for seven days, starting on December 26 and ending on January 1.

The holiday was created in 1966 by Maulana Ron Karenga, an African-American scholar. Karenga created this special holiday to honor African-American culture and community achievements.

The word Kwanzu means first fruits in Swahili, an East African language.

Kawazu

On the last day of Kawazu, friends and relatives gather for a feast. People come to honor ancestors, review the past year, and make plans for the new year.

There is lots of good food, dancing, and music.

How many differences can you find
between these two pictures?

Modern gifts to encourage creativity

A variety of images represent the harvest of current times.

Kid Scoop Puzzler

Each day of Kawazu, a puzzle is in the kitchen. There are seven candles, one for each day. The candles are called the kinara. It is said that the kinara holds the light of tomorrow.

On the first day, Color each candle that equals 14 red. Color each candle that equals 15 black, and each candle that equals 10 green.

Double Double Word Search

Kwanzaa

SWAELI

AFRICAN

AMERICAN

CULTURE

CANDLE

KINARA

ZARADJ

IMANI

DANCING

HABARI

UJAMAA

GANI

MEKA

Kwanzaa Scavenger Hunt

Look through the newspaper for pictures, articles, or phrases that show the seven principles of Kwanzaa.

CIHAR A R I N G N

KID SCOOPE VOCABULARY BUILDERS

This week’s word: GREETING

The word greeting is a message of kindness or respect.

Shima asked, “Habari Gani?” for good morning during Kawazu.

Use the word greeting in a sentence today when talking with your friends and family.

Write On!

Holidays at Your House

What holidays do you celebrate during December? How do you and your family celebrate?

December 27, 2022

Page 10

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Get the Scoop

Read today’s Kid Scoop page and use the clues below to answer each of the questions.

1. What does Habari Gani mean?
2. How many symbols are there for Kwanzu?
3. What was the tradition in Kwanzaa to give gifts that encourage what?
4. The Kwanzu candleholder is called a
5. What does the word Kwanzu mean?
6. The word for the holiday was created in 1966 by

Kid Scoop Puzzler

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City of Fremont Holiday Closure
(Police, Fire Services Not Affected)

As in years past, the City of Fremont will be implementing a Holiday Closure for many non-public safety City services. Some City offices will be closed from Friday, Dec. 23, 2022, through Monday, Jan. 2, 2023. City Holidays are observed Dec. 25, 26, 30, 2022, and Jan. 2, 2023, while limited City services will be offered Dec. 27, 28, and 29, 2022. City office participants in the Holiday Closure will re-open for business on Tuesday, Jan. 3, 2023. This closure will not affect police and fire services.

Offices that are Taking Part in the Holiday Closure Include:

- City Hall, 3800 Capitol Ave., Building A and Building B (Administrative offices)
- Fire Administration, 3500 Capitol Ave., Building A
- Development Services Center/Permit Center, 39550 Liberty St.
- Maintenance Center, 42551 Osgood Rd.
- All Community Centers and Recreation Buildings
- Age Well Centers at Lake Elizabeth and South Fremont
- Tri-City Animal Shelter, 1950 Stevenson Blvd.
- Health Promote, 3800 Capitol Ave., Building A
- Tri-City Animal Shelter, 1950 Stevenson Blvd.
- Development Services Center/Permit Center, 39550 Liberty St.
- Maintenance Center, 42551 Osgood Rd.
- All Community Centers and Recreation Buildings
- Age Well Centers at Lake Elizabeth and South Fremont
- Tri-City Animal Shelter, 1950 Stevenson Blvd.
- Parks and Recreation Registration Desk, 3800 Capitol Ave., Building A is open for walk-in registration of recreation programs from 8:30 a.m. to 5 p.m. on Dec. 27, 28, and 29.
- Parks and Recreation Division will offer camps and other programs at some facilities. Visit www.RegRec.com for more info.
- Human Services will provide limited services for Youth & Family Services and Healthy Start Program.
- Afghan Elders Association will provide limited services. Clients should contact their Health Promoter for additional info.
- The Fremont Police Department and Fremont Fire Department will continue to provide public safety services.
- Youth & Family Services will have on-call crisis counselor to respond to youth referred from the Alameda County Crisis Receiving Home and Fremont Police Department.
- The majesty of agencies at the Fremont Family Resource Center, 3955 Liberty St., will be open to the public. Please visit the REC website at cityoffremont.gov for individual agency information.
- A minimum number of City staff will be available in an on-call status to provide emergency maintenance services such as responding to storm-related issues.
- The Tri-City Animal Shelter, located at 3958 Stevenson Blvd., will be closed Dec. 23 through Dec. 26, 27, and Dec. 30, 2022 through Jan. 2, 2023, for City-observed holidays. Email Animal Shelter staff at animalshelter@fremont.gov or call 510-790-6480 for urgent matters such as picking up your found pet. Animal Shelter Services Officers will be available limited hours.
- Regularly-scheduled street sweeping will occur on Dec. 27, 28, and 29, 2022, weather permitting. No extra sweeping on City-observed holidays. (We will make every effort to provide service on a different day.)
- No changes to garbage, recycling, and yard waste collection by Republic Services both weeks.
- The Fremont Tennis Center will be open for public play, weather permitting. Those will be some limited holiday public hours; call 510-790-5510 for more info.
- Corio/Homestead Park will provide appointments by voice call or phone. Call 510-289-2080 or email mksiegfried@fremont.gov for more info.

Many City facilities and programs experience a reduction in service demand during the Holiday Closure dates. The City anticipates the Holiday Closure will have little or no impact on service delivery efficiency.

For more information on the Holiday Closure, please visit city.fremont.gov/holidayclosure or call 510-284-4093.

City's Construction and Development Services Unavailable During Holiday Closure
During the City of Fremont Holiday Closure, all construction and development services will be unavailable. More details are available below.

- The City's online permitting portal, Citrin Access, will be unavailable Thursday, Dec. 22, 2022, to Tuesday, Jan. 3, 2023, at 8 a.m. Online requests for permits and building inspections will not be available during this time. This includes planning, building, and engineering permits. Please keep this in mind when planning construction and development projects requiring these types of permits.
- The City has adopted the 2022 building and fire codes, which are effective on January 1, 2023. Applicants who wish to apply for a building/permit permit under the 2019 building and fire codes must submit their request in Citrin Access by 5 p.m. on Thursday, December 22, 2022. The phone number is 510-949-4851. Online inspection scheduling through Citrin Access will not be available until Tuesday, January 3, 2023, at 8 a.m.
- General small accounts and phone lines will not be monitored during the Holiday Closure. Staff will not be responding to emails received during the closure. Community members should avoid sending any emails during this time.
- The City’s Development Services Center/Permit Center will be closed and reopen on Wednesday, January 4, 2023, at 8 a.m.

Calendar

Christmas Tree Recycling Options
Republic Services will offer free curbside Christmas tree collection on Monday, January 2, 2023, through Friday, January 13, 2023. No need to call to request this service; simply use one of the following methods for curbside collection or drop off:

Green Compost Cart
Cut the tree into pieces or dry it locally in your green compost cart with the lid closed. Place the cart at the curb on your scheduled collection day.

Black Landfill Cart
If your tree is too fresh that it feels, contain tree shredder, or have decorations or tinsel. Place cut up your non-compostable tree, so pieces fit loosely in the trash cart with the lid closed. Place the cart at the curb on your scheduled collection day.

Curbside Collection
If your tree is too fresh that it feels, contain tree shredder, or have decorations or tinsel. Place cut up your non-compostable tree, so pieces fit loosely in the trash cart with the lid closed. Place the cart at the curb on your scheduled collection day.

Drop Off at Republic Services
Between Tuesday, December 27, 2022 and Friday, January 20, 2023, take your Christmas tree to the Republic Services customer center located at 62600 Boyce Road (Hours of Operation: Monday – Friday, 8 a.m. – 5 p.m. –Garlic). Compostable trees may be dropped off for free, while non-compostable trees may be dropped off for a $5 charge.

Bulky Collection Appointment
Christmas trees are an example of a bulky goods pickup. You can schedule a pickup at RepublicServices.com/locat ion California or by calling 510-677-6300.

Note for Multi-Family Complexes: Please have your Property Manager or Homeowner Association representative coordinate with Republic Services to request a debito box or pickup day for Christmas trees.
New Year’s Eve Spectacular!
Saturday, Dec 31
8 p.m. – 10 p.m.
Laugh Track City and audience-inspired improv, enjoy champagne and sparkling cider
Made Up Theatre
4000 Bay St., Ste B, Fremont
(510) 573-3633
http://madeuptheatre.com/
Tickets: $25
COVID: Provide proof of vaccination and photo ID, masks encouraged
Pruma’s Annual New Year’s Eve Dance
Saturday, Dec 31
8 p.m.
Music by Jibaro Son
Pruma Center
616 E. St., Union City
(510) 489-0513
https://prumacenter.org/
Tickets: $35 in advance, $40 at the door
Brazen Racing New Year’s Eve & New Year’s Day
Saturday, Dec 31 2022 & Sunday, Jan 1 2023
7:30 a.m.
5K, 10K and Half Marathon
Lake Chabot
17936 Lake Chabot Lane, Castro Valley
https://brazenracing.com/
Registration: $68 – 95
First Hike of the Year
Sunday, Jan 1, 2023
Moderate hike along Bayview and Red Hill trails
10 a.m. – 12 noon
Coyote Hills
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Page 12
What’s Happening’s Tri-City View
December 27, 2022

NEW COMBO TEST!
Covid-19, RSV, Influenza A/B (all $50 w/ insurance)
SCAN ME

- New Combo COVID-RSV/flu RT-PCR Test
- Sx COVID w/ Any Insurance
- SAME DAY or 24 hour results available
- Travel, Work, School, Medical, Mobile

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Fremont Lab: 5500 Stewart Ave, Ste 108
Mon-Fri, 8:30am-5:00pm
Union City Drive-Thru: 34800 11th St (BART)
Mon, Wed, Fri, 8:30am-5:00pm

Did you know? Concerts by day, films by night at e. Fremont
142 E. Fremont Blvd.
E. Fremont Blvd. (510) 573-3633
http://madeuptheatre.com/
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OAKLAND ZOO

Please take our community survey
CHECK OUT HAYWARD ADULT SCHOOL
Come let Hayward Adult School help you with your educational goals. We have day, evening, and some Saturday classes.

Classes start Jan 9th:

Computer Applications
English As a second Language
GED= English and Spanish
High School Diploma
Parent Education
www.has.edu
questions@has.edu

4001 Bay St., Ste R, Fremont
(510) 573-3635
http://madeuptheatre.com/
Tickets: $25
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@dgautobodypaint
About 90% of the human population resides in the northern hemisphere primarily because that is where most of Earth’s land mass is. Since the Holidays fall during winter for the majority of people, it is easy to see how that season has influenced holiday traditions. Holiday meals in the northern hemisphere are hearty. Christmas trees and wreaths are often festooned or formed into elaborate trees. The evergreen foliage provides protection. The flowers attract butterflies and bees. Both have ground cover or ground hugging qualities. The leaves make great defensive plant for home security. Arranging red berries in the garden or in decorations around the house during winter can be amazing even without the holiday celebrations. Wear color adds warmth to cold grey days. What is nice about growing these plants is that their difference is that Pyracantha has thorns and Cotoneaster does not. The first choice for many gardeners might be to plant the thornless Cotoneaster as it is less painful to prune and access the berry clusters for holiday arrangements. However, Pyracantha with them in these makes a great decorative plant for home security.

Seeing red berries in the garden or in decorations around the house during winter can be amazing even without the holiday celebrations. Wear color adds warmth to cold grey days. What is nice about growing these plants is that their difference is that Pyracantha has thorns and Cotoneaster does not. The first choice for many gardeners might be to plant the thornless Cotoneaster as it is less painful to prune and access the berry clusters for holiday arrangements. However, Pyracantha with them in these makes a great decorative plant for home security.

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**Aries the Ram**
(March 21-April 20):

March 18 is a great time to review your relationship with your partner, your family, and your siblings. You might also think about the dreams you had. You will also want to think about some of the people that you might have overlooked and some that you didn’t.

Nevertheless, you are ending this calendar year and the beginning of the new year with lucky Jupiter in your sign, which can happen only every 12 years. This is a fantastic transition for you. Instead of focusing on the past, focus on the possibilities of your future. Jupiter in your sign is a great blessing.

**Taurus the Bull**
(April 21-May 20):

As this week progresses, and your new month gets under way, the time to tie up loose ends. Use this to focus on the present and keep your eye on the future. It’s a great time to finish the unfinished business. This week you are being helped, and at times, you might feel like someone took off your training wheels. You will speed forth in happy anticipation, but you’re not alone. In fact, Mercury retrograde can help you feel stuck. But you’re not. In the second half of the month, the planet will be in opposition to Saturn, and this will help you deal with old friends and ex-partners. This week, you will discover that creative projects have been blocked. Your ambition has been put aside and left alone. All the time that Mars has been retrograde at the top of your chart. You have lost your focus and become bored. This will help you find new directions.

**Cancer the Crab**
(June 21-July 22):

As this year ends, you will think about your closest relationships – current ones and those from your past. Of course, more than most, you have an excellent memory and you enjoy savoring the past. In fact, as partners and old friends are probably back in your life this week, and in the beginning of the new year. Enjoy those handshakes and connections, and get ready for success for the first time in 12 years. Jupiter is starting to move across the top of your chart. Let’s give it a Go! for Cancer new year.

**Leo the Lion**
(July 23-August 22):

Many of you are still catching up on older details related to your work. Others are focused on past issues related to health and possibly a pet. You’ll enjoy this time, but you have a lot of unfinished business. Don’t be this detail oriented your hard work and new year begins in a letter to the next step: “everything is done.”

Mercury retrograde has clouded your delays, which we hope you can deal with. But you’re not. In fact, Mercury retrograde can help you tie up those loose ends. Assume that this is your year. Virgo the Virgin
(August 23-September 22):

Many of you are in contact with old flames and kids you haven’t seen for a while. Some might also feel that creative projects have been blocked. Others might also remember that last Christmas. Because you have a chance to do something you didn’t think possible. This is a time of reflection and contemplation. We will look back at the challenges we have survived. Although this might introduce a melancholic note, it’s important to know that you are finally leaving your journey through the Dark Night of the Soul. Now you can look forward to a year where you can get rich.

**Libra the Scales**
(September 23-October 22):

This is a time of reflection. We will look back at the challenges we have survived. Although this might introduce a melancholic note, it’s important to know that you are finally leaving your journey through the Dark Night of the Soul. Now you can look forward to a year where you can get rich.

**Sagittarius the Archer**
(December 22-January 21):

This is a year when your financial rut may change and you may find yourself in a financially secure position. This is a time to focus on the present and to keep your eye on the future. It’s a great time to finish the unfinished business. This week you are being helped, and at times, you might feel like someone took off your training wheels. You will speed forth in happy anticipation, but you’re not alone. In fact, Mercury retrograde can help you feel stuck. But you’re not. In the second half of the month, the planet will be in opposition to Saturn, and this will help you deal with old friends and ex-partners. This week, you will discover that creative projects have been blocked. Your ambition has been put aside and left alone. All the time that Mars has been retrograde at the top of your chart. You have lost your focus and become bored. This will help you find new directions.

**Capricorn the Goat**
(December 22-January 21):

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**Aquarius the Water Bearer**
(January 20-February 18):

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**Tri-City Starzagger**
(WEEK: DECEMBER 27, 2022)

All Signs: This week Mercury retrograde, which means 2022 ends with this influence and 2023 begins with it as well. The last time this happened was in the year 2016, and before that in 2009. This week will be a time of reflection and contemplation. We will look back at the challenges we have survived. Although this might introduce a melancholic note, it’s important to know that you are finally leaving your journey through the Dark Night of the Soul. Now you can look forward to a year where you can get rich.

By Georgia Nichols www.georgianicols.com

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**Sudoku:**

Fill in the missing numbers (1 – 9 inclusive) so each row, column and 3x3 box contains all digits.
The Newark Memorial Cougars took a 10-point lead into halftime against Newark Memorial, but in the third quarter, the Cougars were outscored by 23 points, losing their second straight game to 92-36.

The Cougars played their next game on 10/28 at home against the iron side of the division, the Newark Memorial Cougars. They were able to play a better game and come out with a 36-23 win.

"We were playing defense and getting more stops on the ball," said Rivera. "We should have stayed out of foul trouble to keep our lead the whole game."
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... sponsored by SantaCon Hayward. To adopt call
spending time with people, playing fetch and
other dogs and would like a home with older
Kenny is a laid back male bunny who is easy to
handle and enjoys treat puzzle toys and timo
thy biscuit treats. His adoption is free, spon
Hayward Animal Shelter (510) 293 – 7200
- 800 Patterson Ranch Rd, Fremont
Coyote Hills Visitors Center
Explore, investigate, and craft to
10:30 am - 3:30 pm
bit.ly/3UGfdGr
Coyote Hills Visitors Center
plants
Discover native pollinators and
Nectar Garden Exploration
Please show proof of vaccination
madeuptheatre.com (510) 573-3633
Made Up Theatre
8:00 pm
Laugh Track City $
Donation accepted
chabotspace.org (510) 336-7300
Chabot Space and Science Center
exhibits
viewings and after-hours access to
Planetarium shows, telescope
6:00 pm - 10:00 pm
First Fridays
...demors of Aggie and cartoon characters, candy corn,
pies with Sams and Mrs. Claus. Will include 's Blast-off.
Fremont Main Library
(510) 284-0675
...activities, blocks, Legos, and more!
1:00 pm - 3:00 pm
Tuesday, December 27
bit.ly/3DyAJaM
Castro Valley Library
Diaper Distribution Program
11:00 am - 1:00 pm
Diaper and wipes for low-income household
Hayward Public Library
(510) 284-0675
...mation of Bay Area
8:00 pm - 10:00 pm
Plethos Comedy Lab $
First Thursdays
...of 18+
8:00 pm - 10:00 pm
Tropics Bingo
...flower and foliage to obtain resources
HUSD Parent Resource Center Hub
24425 Redwood Rd, Hayward
(510) 733-9667
kidzunab.com
Second Thursdays, September - February 5
12 Weeks (Caret Share) sessions R
9:00 am - 10:00 am
Prime of peace church
38451 Fremont Blvd, Fremont
(510) 793-3966
popfremont.org
Friday - Wednesday, November - January 6
1:00 pm - 3:00 pm
Cover to Cover Book
June 8
Thursdays, December 8 -
February 3
...cycles, books, maps, and live music
Crippsmas Place
bit.ly/3DyAJaM
Newark Public Library
Cover to Cover Book
June 8
Thursdays, December 8 -
February 3
...cycles, books, maps, and live music
Crippsmas Place
bit.ly/3DyAJaM
Newark Public Library
Cover to Cover Book
June 8
Thursdays, December 8 -
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Thursdays, December 8 -
February 3
...cycles, books, maps, and live music
Crippsmas Place
bit.ly/3DyAJaM
Newark Public Library
Cover to Cover Book
June 8
Thursdays, December 8 -
February 3
...cycles, books, maps, and live music
Crippsmas Place
bit.ly/3DyAJaM
Newark Public Library
Tuesday, December 27
Game time
4:30 pm - 7:30 pm
Bring your family and friends together for a fun time, make new friends and play games.
San Lorenzo Library
335 Paso Fino, San Lorenzo
(510) 284-0669
sclibrary.org/calendar/NLZ

Wednesday, December 28
Holiday Drive-In Movies
6:00 pm - 8:00 pm
Garb open at 4:30 pm
December 27
December 28
December 29
December 31
Holiday Traditions: Drive-In Movies
12:30 pm - 7:00 pm
Share your own new year traditions along with this classic mid-century show.
Arwoodwood Farms Blvd, Fremont
(500) 327-2770
arwoodwoodfarms.com

Thursday, December 29
New Year’s Eve Specials
8:00 pm - 10:00 pm
Enjoy a hilarious improv comedy show to ring in the new year
7090 Oklahoma Ave, Fremont
(510) 756-7000
radiotickets.com

Friday, December 30
New Year’s Eve Dance Party
8:00 pm - 12:00 am
Music by ‘Groove Combines’ Musical Band, food and drink
Our Lady of the Rosary Church
705 S. Shafter, Newark
(510) 479-2600

Saturday, December 31
New Year’s Eve 2022
8:00 pm - 12:00 am
DIY dressing/homemade and Bollywood melodies
Deka Community Center
525 Lone Creek St, Milpitas
(408) 914-1530
info@dekacomm.org

Saturday, December 31
Bollywood Gitz NITE
7:00 pm
Dinner buffet, ballroom dance, super fun parties
Bollywood 2023 and surprise celebrity
Royal Plaza Banquet Hall
6956 Stevenson Blvd, Fremont
(510) 998-8500
SukeshGan.com/2023

Saturday, December 31
New Year’s Eve Art for Kids
10:00 am - 2:00 pm
Warms up with apple cider & learn what animals & plants do to prepare for cold while strolling
San Leandro Regional Wilderness Center
899 Gary Rd, San Lealrndo
(510) 544-5245
eparks.org/branch
Registration: 8-18 years

Saturday, December 31
New Year’s Eve Celebration for Kids
11:00 am - 12:00 pm
Make crafts, play games, and celebrate new year with music and dance
Milpitas Public Library
160 N Main St, Milpitas
(408) 262-1171
oldgod

Saturday, December 31
Winter Wonderland Work Wk
10:00 am - 2:30 pm
Warms up with apple cider & learn what animals & plants do to prepare for cold while strolling
San Leandro Regional Wilderness Center
899 Gary Rd, San Leandro
(510) 544-5245
eparks.org/branch
Registration: 8-18 years

Saturday, December 31
New Year, New View Hike
9:00 am
Moderate hiking for 7+ years
Coyote Hills Visitors Center
10:00 am - 12:00 pm

Sunday, January 1
New Year, New View Hike
10:00 am - 12:00 pm
Warm up with apple cider & learn what animals & plants do to prepare for cold while strolling
San Leandro Regional Wilderness Center
899 Gary Rd, San Leandro
(510) 544-5245
eparks.org/branch
Registration: 8-18 years

Sunday, January 1
New Year, New View Hike
9:00 am

San Leandro
Utility Box Call for artists
SUBMITTED BY CITY OF SAN LEANDRO
San Leandro is looking for Alameda County artists to transform utility boxes into art pieces celebrating the city’s culture. Selected artists will be compensated for their work, and their art will be on display around the city.
Artwork submitted for this call should represent a part of San Leandro’s legacy and history—whether sustainability, technology, innovation, or aspects of the city’s 150-year history. The San Leandro Utility Box Call, “By installing artwork on utility boxes in San Leandro, we create a platform for storytelling and communication, transforming unattractive, obtrusive utility boxes into vibrant art pieces and a topic of interest for the community.”
Those interested should submit an application on the ABG-Art Group’s webpage at https://www.abgartgroup.com/. A photo gallery of vibrant art pieces and a topic of interest for the community.”

Honorable Roll
University of Sioux Falls, South Dakota
Top 20/50 Dead Fall 2022’s List
• Audrlia Vargas of Hayward
Chadron State College, Nebraska
Winter 2022 Honor Roll
• Karen Phipps-Hamilton of Fremont

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Those interested should submit an application on the ABG-Art Group’s webpage at https://www.abgartgroup.com/. A photo gallery of vibrant art pieces and a topic of interest for the community.”

Fremont Friends of the Library
BOOK SALE
Fremont Main Library, in the Fukaya Room
2400 Stevenson Blvd., Fremont, CA 94538
JANUARY 13, 14, & 15, 2023
• Friday, January 13: 2 pm - 6 pm
• Saturday, January 14: 10 am - 3 pm
• Sunday, January 15: 12 pm - 3 pm
Clearance sale
Only $5 per paper grocery bag
We will provide shopping bags.
Books & magazines only in bags.
CDs & DVDs are 50% off marked price.
FEATUREING:
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Child Craft, copyright 1954 (complete 15 volumes)
Credit cards accepted, $10 minimum
Mask required

COMMUNITY uniteS
to brighten holidays for seniors and families
SUBMITTED BY SEBASTIAN FOTOUHI
Davis Street is grateful to Sebastian Fotouhi for his time, effort, and love to transform their Holiday Basket Program for the Holiday Baskets Program.

San Leandro Call for utility box art
Through January 15, 2023
https://www.abgartgroup.com/
It is important to know how alcohol affects you. As 2022 gives way to 2023, there are lots of enjoyable ways to celebrate the New Year at our regional parks. For example, you can learn about the amazing variety of New Year traditions from around the world during a program from 12:30 p.m. to 1:30 p.m. on Saturday, December 31 at Fremont Regional History at Shadow Cliffs in Fremont with naturalist Christ Garcia. Examples of New Year rituals include eating noodles, smashing crockery and hanging onions on the door (my preference is a wreath). The program is drop-in, registration is not required. Admission fee must apply. New Year’s Eve is a family-friendly, non-alcoholic event.

2023 is the year of the rabbit, and what better way to celebrate than with a New Year’s bird hike? The informal Let’s Get Outside Club plans a hike from 9:00 a.m. to 12:30 p.m. on New Year’s Day, Sunday, January 1 at Sunol Regional Wilderness in southern Alameda County, led by naturalist Betty Dotson. The idea is to track what species of birds are overwintering in the Delta. The group will meet at the parking lot, then walk the trails. All ages and skill levels are welcome, although parent participation is required.

Sunol Regional Wilderness at the end of Geary Road off Calaveras Road about six miles south of Sunol. There’s a parking fee of $5 per vehicle.

There are many other programs planned in the regional parks as well. For information, visit www.ebparks.org/things-to-do.
Las Posadas

BY STAFF
PHOTO BY VICTOR CARELLAS

In 2022, Fremont Cultural Arts Council and Old Mission San Jose held the 40th Las Posadas procession in Fremont. Different local musicians performed each night in a combination of virtual and in-person events. The performance that night was from Kristy Del Rio and her Merry Band. The final night of Los Posadas was December 23, with an organ concert at the Mission from Ron McKean. We are looking forward to next year’s Las Posadas in Fremont! Learn more at: https://fremontculturalartscouncil.org/events/las-posadas.

William Marshak
PUBLISHER

The sound of this new year will be a collective sigh of relief in 2023 after two years of difficulty in our last few days. As another calendar year begins, although largely symbolic, it signals a renewal of purpose and intent to improve and excel beyond what has been done. Many New Year toasts embody this rite of passage including the often-quoted Irish blessing, “May the best day of your past be the worst day of your future.”

American-born poet, T.S. Eliot referenced a New Year with new beginnings. “For last year’s words belong to last year’s language, and next year’s words await another voice. And to make an end is to make a beginning.” And, for those who resolve every year to break old, undesirable habits, a humorous quip… “May all your troubles during the coming year be as short as your New Year’s resolutions.”

Through sincere and humorous toasts to an advanced number of the calendar, a change of attitude is requisite for many of us. Resolutions to react to adversity with more composure and understand elements of divergent opinions with respect should be among the promises made to create greater harmony with family, friends and associates. Can this be the resolution that defies short-lived adherence?

Tolerance, patience and respect of community health and welfare has been sorely tested by a pandemic that has been reluctant to relent. On the political and social scene, virtual gatherings and meetings are slowly including face-to-face encounters. The effect has been a reemergence of community activity and commerce. Effective vaccines have changed the health landscape, but COVID and other health issues remain a challenge for the new year.

Speed is an essential component of the new business but fast checking to preserve truth is essential. Trust was, and remains, a crucial element between consumers and media. The public felt it could rely on most reporting by news organizations as fair and impartial, based on supported facts. The concept of “alternative facts” was left to sensationalistic and extreme commentaries, considered entertainment rather than serious journalism. As the pressure of speed and other forms of communication ramped up, even honored and trusted news sources have become suspect. Carefully, sensationally threatens the entire news industry, freedom of the press and our democracy.

Tri-City Voice understands that although world, national and state events are extremely important, our publication will remain committed to the communities we call home. We have all, at one time or another, suffered the consequences of fleeting attention to New Year resolutions. But, in the midst of a pandemic, the aftermath of a brutal campaign year and civil unrest, this may be a good time to pay special attention to attitudes and introspection. Some New Year resolutions compare this moment to a new book, yet to be written; let’s write a good one! Although only a tick of the clock’s second hand separates the old year from the new, in that moment, we can all join a toast attributed to Oprah Winfrey… “Cheers to a new year and another chance for us to get it right.”

Tri-City Voice echoes the words of Albert Einstein: “Learn from yesterday, live for today, hope for tomorrow.” Albert Einstein: “Learn from yesterday, and another chance for us to get it right.”

New Year resolutions compare this moment to a new book, yet to be written; let’s write a good one! Although only a tick of the clock’s second hand separates the old year from the new, in that moment, we can all join a toast attributed to Oprah Winfrey… “Cheers to a new year and another chance for us to get it right.”

William Marshak
PUBLISHER

December 27, 2022
BY KELSI CAMELLO, FOR THE WASHINGTON TOWNSHIP MUSEUM OF LOCAL HISTORY

Team (noun): A number of persons forming one of the sides in a game or contest. In this case - baseball.

Let’s explore local history through themes and photographs. Have a topic or idea you’d like us to explore? Email us at info@museumofflocalhistory.org

Niles, 1911: Niles Baseball Team - Early on in Niles, baseball could be played at either Mayhew’s field (opposite the original Niles Station location) or on Sullivan’s field (where the Sullivan underpass is now located).

Newark, early 1900s: Wedgewood Baseball Team.

Warm Springs, 1916: Warm Springs Baseball Team.

Centerville, July 4, 1911: Centerville Baseball Team, in newly acquired uniforms, pictured before the July 4th game against Mill Valley.

NOW until NEW YEARS!

FREE ADOPTIONS on all puppies, kittens, dogs, cats, rabbits, and guinea pigs at Hayward Animal Shelter!

Bring home a furry friend for the holidays by adopting between now and the new year!

View available adoptable animals and fill out an adoption application at www.haywardanimals.org/adoptions or come view animals in person:

1:00 - 5:00 pm
Hayward Animal Shelter
16 Barns Court, Hayward CA 94544
(510) 293 - 7200

Requirements to adopt:
Valid photo ID
Proof of Address
If renting, need landlord permission to have pets.

NOW UNTIL
NEW YEARS

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WANTED: part time help for outside work (raking, sweeping, dusting, etc.). No experience necessary, flexible hours, pay is minimum wage. Send Email or Call customerservice@fudenna.com or call 510-657-6200.

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COMMENTS

December 27, 2022
CLASSIFIEDS Deadline: Noon Thursday
(510) 494-1999 | tricityvoice@aol.com

TRI-CITY VOICE LETTERS TO THE EDITOR

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

lettersto@tri-cityvoice.com

LETTERS POLICY

WANT TO WRITE A LETTER TO THE EDITOR?
Send letters to tri-cityvoice@aol.com. Letters must be 350 words or fewer and include name, address and daytime phone number. The Tri-City Voice reserves the right to edit letters for length, grammar and style.
Facebook at California ABLE Act Board, To stay in touch, please follow CalABLE on beyond $2,000 and planning for their future. prevent people with disabilities from saving money Supplemental Security Income. These asset limits not counted towards asset limitations set by the ABLE Age Adjustment Act, giving millions of veterans and others who became disabled later in life the opportunity to achieve financial equity.”

For more information about CalABLE or how to open an account, visit www.calseb.org.

California Treasurer Fiona Ma and CalABLE advocates have urged Congress to act on the passage of the ABLE Age Adjustment Act included in the American Rescue Plan Act of 2021. This historic legislation, signed into law by President Joe Biden on March 11, 2021, expands access to ABLE accounts by raising the tax-favored ABLE accounts beginning January 1, 2022.

First introduced by Rep. Tony Cárdenas (CA-29), the ABLE Act of 2014 was the most significant program for people with disabilities, applauded the program for people with disabilities, applauded the impact will be even greater with the passage of the Americans with Disabilities Act, (ABLE) Act of 2014 was the most significant tool for people with disabilities. CalABLE allows for people with disabilities, including veterans and others who became disabled later in life the opportunity to achieve financial equity.”

The federal Achieving a Better Life Experience (ABLE) Act of 2014 was the most significant legislation for people with disabilities since the passage of the Americans with Disabilities Act. 30 years ago, said Treasurer Ma, also shares the CalABLE board of directors. “Through CalABLE, people with disabilities have purchased homes, paid for educational expenses, covered out-of-pocket medical costs, and to make back taxes, CalABLE impact will be even greater with the passage of the ABLE Age Adjustment Act, giving millions of veterans and others who became disabled later in life the opportunity to achieve financial equity.”

CalABLE accounts are a relatively new financial tool for people with disabilities. CalABLE opens accounts with CalABLE or how to open an account, visit www.calseb.org.

To stay in touch, please follow CalABLE on Facebook at California ABLE Act Board, Instagram at wwwcalable, Twitter at @wwwcalable, and LinkedIn at CalABLE.
NASA Mars lander InSight falls silent after 4 years

By MARISA DUNN
ASSOCIATED PRESS AEROSPACE WRITER

It could be the end of the red dust line for NASA’s InSight lander, which has fallen silent after four years on Mars. The lander’s power levels had been dwindling for months because of all the dust coating its solar panels. Ground controllers at California’s Jet Propulsion Laboratory knew the end was near, but NASA reported that InSight unexpectedly didn’t respond to communications from Earth on Dec. 18.

“It’s unusual InSight may have reached the end of its operation,” NASA said Dec. 19, adding that it last communicated was Dec. 15. “It’s unknown what prompted the change in its energy.” The team will keep trying to contact InSight, just in case.

InSight landed on Mars in 2018 and was the first spacecraft to land on Mars in 2021 when its microphone was on. The lander’s other main instrument, including several caused by man-made events. The most recent space event caused by InSight, earlier this year, left the ground shaking for at least six hours, according to NASA. The seismometer readings shed light on Mars’ interior.

A German digging device – meant to measure the temperature of Mars’ interior – never made it deeper than a couple of feet, short of the intended 16 feet. NASA declared it dead nearly two years ago. InSight recently sent one last audio file, shared by NASA via Twitter on Dec. 19.

“Your power’s really low, so this may be the last image I can send,” the team wrote on InSight’s behalf. “Don’t worry about me though; my time here has been both productive and serene. If I can keep the team wrote on InSight’s behalf. “Don’t worry about me though: my time here has been both productive and serene. If I can keep

Working Widower

Dear Working Widower: Your entitlement to surviving spouse benefits from your wife actually never expires so, you can wait until you stop working full-time, or until you reach your full retirement age (FRA), to claim your benefit as a widower. Social Security’s “cutting off” isn’t until you reach your full retirement age which, for you, is 66 years and 8 months. That is the age at which your earnings from working will no longer affect your Social Security benefit. So, you can simply defer claiming your survivor benefit until you reach your FRA, or until you stop working full-time and won’t exceed the annual earnings limit (the earnings limit changes yearly, for 2023 it is $21,240). But there is no way to avoid the earnings test if you’re collecting SSA benefits of any kind before you reach your full retirement age. If you collect your surviving spouse benefit early and exceed the earnings limit, SSA will take away benefits equal to $1 for every $2 you are over the limit (full of what you exceeded the limit by), and if your work earnings are high enough it can permanently disqualify you from receiving SSA benefits. The penalty for exceeding the earnings limit is also less severe in the year you reach your FRA.

You might take some comfort in knowing, anyway, that taking your survivor benefit before your FRA would mean it would be reduced by 4% to 7% for each full year (by 8% for each year you’re early) but waiting until you reach your FRA to claim it would mean you’d get 100% of the survivor benefit you’re entitled to (the same amount your wife was entitled to when she died). And you can claim your survivor benefit only if and collect that benefit for the rest of your life. If you choose to claim your survivor benefit before your FRA and switch to your own higher amount at 70, your personal SS retirement benefit at 70 will be almost 27% more than it would be at your full retirement age. That would be a good way to avoid the earnings test, maximize both benefits, and secure the highest possible Social Security benefit for as long as you live.

Whether waiting until 70 to claim your own SS retirement benefit makes sense depends on whether it will be higher at age 70 than your survivor benefit at your FRA, and on your life expectancy. Achieving life expectancy for a man your current age and 64 and you would break even monorarily at about age 81 if you wait until age 70 to claim your own SS retirement benefit. So, you get the most in cumulative lifetime benefits by waiting until your FRA to claim your survivor benefits and to continue to grow, up to age 70 if you wish. You should strive to maximize whichever benefit will be highest – your own, or your survivor benefit – and collect that benefit for the rest of your life. If you choose to claim your survivor benefit at your FRA and switch to your own higher amount at 70, your personal SS retirement benefit at 70 will be almost 27% more than it would be at your full retirement age. That would be a good way to avoid the earnings test, maximize both benefits, and secure the highest possible Social Security benefit for as long as you live.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation’s staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amafoundation.org/programs/social-security-advisory) or email us at ssadvisor@amafoundation.org.
December 19, 2022

• Castro Valley update from AC Transit Board Director Murphy McCauley and staff. Riderhip at 189,000 daily. Service recovery operations are at 88% across levels with approximately 65% ridership (55% less) and growing. Castro Valley bus lines 28 and 93 are active, not operating at pre-pandemic levels. Line is active, operating at pre-pandemic levels on weekends.

• Asthetic remote teleconference meetings for the Castro Valley Municipal Advisory Council. Passed 5-2 (Nay: Malgros, Moore)

Castro Valley Municipal Advisory Council

Cheri Bill Malgros Nay
Ken Carlson Aye
Shannon Killibrew Aye
Chuck Moore Nay
All Public Nay
Toyo Thomas Aye
Ilya Prokofiev Aye
טעם הגירה: ארבעים אחוזים מאוכלוסיית ביקור תיירות בקופנהגן הגיעו מבריטניה, כ-16 אחוזים מאוכלוסיית ביקור בגבעות הולנדית הגיעו מבינלאנד, כ-10 אחוזים מאוכלוסיית ביקור בממלכה המאוחדת הגיעו מצ'כיה, כ-3 אחוזים מאוכלוסיית ביקור בוויסקונסין הגיעו מאירופה, כ-10 אחוזים מאוכלוסיית ביקור במינסוטה הגיעו ממערבה, כ-15 אחוזים מאוכלוסיית ביקור במונטנה הגיעו מקנדה ו-25 אחוזים מאוכלוסיית ביקור בשוויזרלנד הגיעו מאינדיאנה.EMBER WINDOW  

אמריקאים לפי מדיה**: 394,000
אמריקאים לפי מפקח: 422,000
אמריקאים לפי פדרציה: 450,000
านוס נותר: 50,000

לכן,UGH WINDOW

* STATISTICAL WINDOW

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车厢103
Children's medicine shortage hits as fever pick

By Tom Murphy

 pleasantly druggable

Nursing students are stuck in two lengthy, often-adversarial processes: preparing for the NCLEX and acquiring the clinical experiences needed to pass. A recent survey on this topic can be found here. This article focuses on the impact of these two processes on nursing students and offers suggestions for improvement.

NCLEX is a rigorous examination that assesses a student's knowledge and skills in order to determine if they are prepared to practice as a registered nurse. It consists of multiple-choice questions covering a range of nursing topics such as anatomy, physiology, pharmacology, and patient care.

Clinical experiences, on the other hand, provide practical opportunities for students to apply their theoretical knowledge in real-world settings. These experiences often involve interacting with patients, performing necessary procedures, and observing clinicians in action.

Both NCLEX and clinical experiences are essential components of a nursing education. However, students often find these processes challenging because of the time commitment and financial costs associated with them.

Preparing for NCLEX involves a lot of studying and practice exams. Students must also arrange for clinical placements, which can be difficult due to limited availability and scheduling conflicts.

The prolonged nature of these processes can lead to burnout and stress. This article aims to address some of these issues and provide suggestions for improvement.

A closer look: What's happening

It's important to note that one study found that over 40% of nursing students experience burnout during their clinical rotations.

The prolonged nature of NCLEX and clinical experiences can also affect students' mental health. A recent study reported that nursing students experience higher levels of anxiety and depression compared to other college students.

The article concludes with suggestions for improving the current system, including increasing the availability of clinical placements and providing more support and resources for students during this time.
December 29, 2022

Mission Peak re-leased to East Bay Regional Park District

By Jack Alcorn

Fremont City Council has completed a 2-year negotiation for the future of our popular East Bay Regional Park District (EBRPD) to maintain and manage the city-owned Mission Park Regional Preserve. The 900-acre park provides access to more than 5,000 acres of state park hiking trails and amazing views from a 2,500-foot summit. EBRPD has managed the site since 1978. In 1993 Fremont entered into the lease for 25 years. When it expired in July 2020, monthly agreements for work were entered into as long as they were subsidized by fees. In May 2021 the full council approved a long-term lease agreement to EBRPD for 20 years. In July 2022 the lease had its first review and council voted to extend it another 10 years.

In addition to community input, council oversight over the lease has centered around three bargaining points: control of operating hours, council review of EBRPD performance and direction to build a new parking lot.

After much conversation between the two agencies and months of fiery public comment at hearings for the issue, the Fremont Council finalized a workable agreement with EBRPD at the December 6 city council meeting. Allowing public participation tends to delay spending hours more. City power over construction permits provides balance to the potential parking lot plans of EBRPD. And EBRPD capacities that outweigh City resources brought the council to a consensus to acquire and manage Mission Peak.

The park is accessible by parking through Ohlone College (8400 Mission Blvd.) and has a staging area and entrance with limited parking on Stanford Avenue between Mission Blvd. and Webel Dr. The Stanford Avenue staging area is also the western access to the Ohlone Wilderness Trail, a 29-mile hiking and riding trail through some of southern Alameda County’s most beautiful wilderness. Visit the mission-peak website for hours, activities and other information.

Fremont recruiters asking for popular boxART program

Submitted by City of Fremont

Artemis, students, photographers and graphic designers: the City of Fremont is looking for new artists to paint and design images on traffic signal control boxes in the city. The theme for the image is “Sustainability.”

The deadline to make submissions is Monday, January 30 at 12.00 noon. For details, visit the boxART Call for Artists website at city.fremont.gov/boxartcall.

San Leandro City Council

December 19, 2022

Action Items:

Second Reading of an Ordinance amending the Zoning Map and adopting Zoning Code amendments related to the 2023-2035 Housing Element Update. Passed 7-0

Items Removed from Consent Calendar:

– Authorize a non-professional services agreement with Year Up, Inc. for Workforce Development Interns in 2023. Passed 7-0

From Los Coches Street.

zonage classification from Heavy Industrial to Light Industrial for right-of-way.

provide direction to staff.

County Civil Grand Jury Final Report “If You Only Read the Ballot, staff to proceed with community engagement on proposed rates; examined by paramedics. No other people were inside the structure. The safely exited the building with non-life-threatening injuries and was later examined by paramedics. No other people were inside the structure. The

examined by paramedics. No other people were inside the structure. The

safely exited the building with non-life-threatening injuries and was later

December 6, 2022

Other Business:

– Received staff report on Draft Water Rate Study and directed staff to proceed with community engagement on proposed rates, identified date for public hearing as March 7, 2023

– Appointed Brian Sulivan as Interim Fire Chief.

– Consent Calendar:

– Authorize a letter in response to the October 7, 2021 Santa Clara County Civil Grand Jury Final Report “If You Only Read the Ballot, staff to proceed with community engagement on proposed rates; examine by paramedics. No other people were inside the structure. The

safely exited the building with non-life-threatening injuries and was later

December 6, 2022

Karina Dominguez

Carmen Montano

Mayor Pauline Cutter

Bryan Azevedo

Mayor Pro Tempore

Pete Ballew

City Attorney

Mayor Maylene Cutter

Pete Ballew

Victor Aguilar

Bryan Azevedo

Fred Simon

Jonathan Ayres

Cris Luna


submission.

across the state to provide improved

access, throughout the state to provide improved

1970 requires bicyclists to give a copy of the title from the vehicle that the catalytic converter was taken from. For crimes that are suspected of organized retail theft, they may be given a written notice or citation and released.

or parent-in-law, child, sibling, grandparent or
grandchild.

workers to take up to five days of bereavement leave for the death of a close family member, such as a spouse, domestic partner, parent, child, stepparent, child, grandparent or
grandchild.


pay incapacity. Senate Bill 1162 requires employers with 3 or more employees to include salary for open jobs available to applicants and employers. It also sets new pay data reporting requirements based on gender and race.

the Belmont Area. Assembly Bill 1947 makes it illegal to enter or to be on the side of any business for the purpose of a family member, such as a spouse, domestic partner, parent, work

recreational agreement with EBRPD at the December 6 city meeting.

in community to consistently reject draft agreements. Community concerns over many issues have caused

new long-term lease agreement. Council and community concerns over many issues have caused the council to consider new draft agreements. Traffic snarls, parking hassles and colder weather have made the park’s enthusiasm for

December 6, 2022

The 2022 Legislative session ended with almost 1000 bills signed into law this year. Here is a rundown of a dozen of the

January 30 at 12:00 noon. For details, visit the

City of Fremont

December 6, 2022

Maysor Rich Tran

Carmen Montanos

Anthony Phan

Karin Domingues

Evelyn Chua

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new long-term lease agreement. Council and

no longer required to be citizens or permanent residents of the United States to become police officers in California. Instead, they only need to be legally authorized to work in the U.S.

to work at the park’s enthusiasm for

non-EBRPD capacities that outweigh City resources. And power over construction permits provides balance to the potential parking lot plans of EBRPD. And EBRPD capacities that outweigh City resources brought the council to a consensus to acquire and manage Mission Peak.

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Fremont call for utility box art

Through January 30, 2023

city.fremont.gov/boxartcall
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