Abeer Bajpai, a student at American High School in Fremont, who became one of America’s youngest licensed pilots on his 17th birthday. An explorer by nature, his head was always in the clouds, yearning for the liberation afforded by flight. “Aviation is proof that given the will, we have the capacity to achieve the impossible,” says Eddie Rickenbacker.

“The ability to roam freely in skies like birds has defied the conventional notions of human potential,” said Bajpai. “It is a human right to fly, to soar, and to experience the freedom that comes with it.”

However, Bajpai’s journey to achieve his dream was not without its challenges. He had to learn everything from scratch, from understanding aircraft systems to navigating air traffic. “It was an exciting process, but also a daunting one,” he said.

Bajpai’s passion for flight started at a young age. “Since I’ve learned to walk, I have spent hundreds of hours each year playing mobile flight games and completing flight ground school courses in my free time, and solving mock exams from old textbooks on flying,” shared Bajpai.

He took the next logical step in 2021 when he took off in his flight simulator to achieve the smoothest landing possible. “I have always wanted to try my hand at flying and finally got the chance to do so,” said Bajpai.

Bajpai’s flight simulator is state-of-the-art, and it’s equipped with the latest technology to provide a realistic flying experience. “It’s like flying a real plane, but only in a controlled environment,” said Bajpai.

With time, Bajpai took the next logical step in his journey and started taking flying lessons. “It was a challenging endeavor,” he shared. “Pilots are tasked with not only flying the plane (to a very high degree of proficiency standards), but also communicating with air traffic controllers, navigating complex airspace, and constantly monitoring for potential hazards with aircraft systems and in the environment,” added Bajpai.

Bajpai continued, “I have been flying for a few years now and have come a long way. I am looking forward to continue learning and growing as a pilot.”

Bajpai’s innate flame of exploration and curiosity, says Bajpai, was nurtured by his parents who took him to airports to spot planes. “No physical restrictions exist in the sky, and there are no fictitious boundaries or human constructs to obstruct your appreciation of nature or neuter your ability to roam freely in skies like birds,” said Bajpai.

On January 22, the Golden State Warriors welcomed a new and exciting performance to the Chase Center for their Lunar New Year Special Halftime performance, as a Chinese dance studio made history as the first to debut authentic Chinese dance styles at the arena. The studio, Lisa Performing Arts, brought a unique cultural experience to the crowd, mesmerizing them with their traditional dance moves, props, and costumes.

The performance featured a diverse range of Chinese dance styles, including the graceful and fluid movements of the ribbon dance, powerful and dynamic handkerchief dance, and mesmerizing and intricate lantern dance. The dancers, dressed in traditional Chinese costumes, captivated the audience with their skillful dance techniques and precise movements.

Principal Lisa Dong and studio director Christina Wang expressed excitement about the opportunity to showcase Chinese culture at such a prestigious venue. “We are thrilled to be a part of this historic event and to share our culture with the world,” said Dong.

The exhibit features works from local artists who used various mediums to express their views on environmental change. The pieces range from sculptures, paintings, and photographs to installations and mixed media. Each artwork is a reflection of the artists’ experiences and perspectives on climate change.

“Climate Change: RE-Imagined” opened on January 27, and will run until March 18, 2023. Over 25 participating artists as in this year’s exhibit, from Hayward, the Bay Area, and beyond. Director Dorsi Diaz, a former climate change reporter for nine years with the SF Examiner, was very pleased with the turnout. “I am heartened to see so many creative activists, artists, writers, and the community coming together to learn more ways to adapt to climate change. What we need now is a global effort to bring down emissions, and the employment of all and all feasible solutions. We need a concerted national response like what happened in World War II, with everyone working together. It’s an all-hands-on-deck movement for humanity, right now. Not tomorrow, but today. It’s time to ‘RE-Imagine’ our future.”

continued on page 11
Go Red for Women Day is February 3

Heart Disease Is the Number 1 Killer of U.S. Women

Many people mistakenly assume that heart disease is just a men’s health issue. Yet heart disease also ranks as the number one killer of American women. According to the American Heart Association (AHA), heart disease is responsible for more deaths in women than all types of cancer combined, including breast, ovarian, uterine and lung cancer. Unfortunately, many women are not aware of their risk factors for heart disease.

“For the most part, women’s risk factors for heart disease are similar to those for men — including age, high blood pressure, high cholesterol, lack of exercise, obesity, diabetes, smoking and a family history of heart disease,” says Norton Murafa, MD, an interventional cardiologist with Washington Township Medical Foundation (WTMF). “There are some differences, however. For example, heart disease in women who have not gone through menopause is not as common as it is among men of the same age, perhaps because estrogen provides some protection against heart disease. After menopause, the risk of heart disease in women increases to match that of men.”

The AHA notes that in the past, many of the major cardiovascular research studies were conducted on men, which adversely affected the diagnosis and treatment of women with heart disease. Thanks to educational efforts such as the AHA’s annual Go Red for Women Day, observed this year on February 3, women and their physicians are becoming more aware of the impact of heart disease among women. Also, in recent years, increased research on heart disease in women has revealed important differences in women’s risks, symptoms and responses to treatments.

While women are not able to control some risk factors such as age, menopause and family history, risk factors related to lifestyle choices are another matter.

“There are a lot of lifestyle choices that women can make to reduce their risks for heart disease,” Dr. Murafa explains. “Following a healthy diet with reduced saturated fat, getting enough exercise, managing your weight, avoiding smoking and limiting alcoholic beverages are all choices women can make. If a woman has a family history of heart disease, she might want to consider whether those people in her family with heart disease made poor lifestyle choices and take measures to avoid making those same mistakes.”

Dr. Murafa adds that another “choice” women can make is to reduce their risks for heart disease is to see their doctor regularly to monitor their blood pressure, cholesterol levels and blood sugar.

“Early detection of elevated blood pressure, cholesterol and blood sugar is important,” he says. “High blood pressure, heart blockages due to cholesterol buildup and diabetes can all be asymptomatic in the early stages. But if those conditions are diagnosed before they become dangerous, we do have excellent medications and other options for managing those problems.”

Women’s symptoms of heart disease, including heart attacks, may differ from men’s symptoms, too.

“Symptoms of heart disease can be more subtle in women,” says Dr. Murafa. “In the case of a heart attack, for example, women don’t always experience the classic symptom of crushing pain in the chest. Instead, they might experience sudden and unusual shortness of breath, as well as profound fatigue and indigestion or heartburn.”

Women suffering a heart attack also may experience a range of other symptoms that are seemingly unrelated to heart pain, including:

- Nausea and discomfort
- Pain in the shoulder and upper back
- Arthritic pain in the stomach or abdomen
- Cold, sweaty skin and pale skin
- Swelling of the ankles or lower legs

“We don’t really know why women can have different symptoms of heart disease and heart attacks than men,” Dr. Murafa acknowledges. “The important thing is that if a woman experiences any of these symptoms, or has any sign of short pain or a sense of an aching heartbeat, she should consult a physician right away.

Women sometimes don’t seek treatment, but they shouldn’t assume that their symptoms could not be heart-related.”

For more information about cancer-related services at Washington Hospital, visit whhs.com/Heart. If you need help finding a physician, visit www.mywtmf.com and click on the link for “Find A Doctor.”

Managing Diabetes

For more information or to register for events, call 800.963.7070 or visit whhs.com/events

Diabetes Education

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Education Will Do Your Heart Good

Noted cardiologist will discuss heart-health tips at February seminar

February, the month of heart-shaped Valentines, is also American Heart Month – the perfect time to learn more about heart health and get your own heart in shape!

According to the American Heart Association (AHA), cardiovascular disease (CVD) – including coronary heart disease (CHD) – was the most common underlying cause of death in the United States in 2019, the latest year for which data is available. That year, CVDs accounted for 814,613 deaths in the U.S., and CHD caused approximately 41.5 percent of those deaths.

“The good news is that a lot of heart disease is preventable, if people follow a healthy lifestyle and keep track of their risks for heart disease,” says Rohit Sehgal, MD, FACC, cardiologist at Washington Township Medical Foundation. “You cannot change inherent risk factors such as your age or family history of heart disease, but you really can control many risk factors associated with lifestyle choices.”

To help people learn more preventive strategies to improve heart health, Washington Hospital is offering a free seminar featuring Dr. Sehgal on Thursday, Feb. 23. The seminar, “Staying Heart Healthy,” will be presented online through both Facebook and YouTube, beginning at 3 p.m. The seminar will include time for questions from participants.

“At the seminar, I want to provide simple guidance that people can take to heart,” Dr. Sehgal explains. “For example, I will discuss the importance of regular exercise and give the guidelines recommended by the AHA and other experts. In general, these guidelines call for moderate-intensity exercise for at least 30 minutes, roughly five times a week. It’s important to choose a form of exercise you enjoy, so that you will be more likely to continue exercising. As a side benefit, exercise is one of the best antidepressants, and it also helps lower your stress level.”

Dr. Sehgal also will focus the relationship between diet and heart health. “A healthy diet is key to good heart health,” he says. “There are a variety of heart-healthy diets, including the Mediterranean diet, which we can discuss during the seminar. Most food manufacturers have eliminated transfats from their products, but it is still worth mentioning that transfats, such as vegetable shortening and some fried fast food, are trouble for heart health. We also will talk about fish and poultry that can be part of a heart-healthy diet and ways to limit consumption of highly saturated fats found in red meats. Sugary drinks also are culprit that can contribute to heart disease.”

Regular exercise and a healthy diet also can help reduce additional risk factors – including diabetes and being overweight or obese, according to Dr. Sehgal. One tool for monitoring how well you are maintaining a healthy weight is to use an online body mass index (BMI) calculator. Your BMI involves a calculation based on your height and weight. Some BMI tools, such as the “Smart BMI Calculator” (www.smartbmccalculator.com/) take additional factors into consideration, such as age, gender, ethnicity and diet.

“Many people have quit smoking over the past several decades, but smoking and use of other tobacco products still constitute a risk to your heart health,” Dr. Sehgal admonishes. “As for ‘vaping,’ it seems to be as addictive if not more so than smoking, so it is not a safe alternative. We also have seen more and more cases of patients dealing with the stress of the COVID-19 pandemic and consequent social isolation,” he adds. “As a result, we have seen a subsequent latent increase in heart disease. We will talk about ways to manage stress to lessen your risk for heart disease.”

Additional topics Dr. Sehgal will address in the seminar include:

• Scheduling regular checkups at least once a year to monitor risk factors such as blood pressure, blood sugar levels and cholesterol
• Limiting your intake of alcoholic beverages, with guidance as to what levels of consumption are considered “safe”
• Getting enough sleep, since deep sleep deprivation can increase the risks for heart disease, with recommendations for good “deep” sleep hygiene
• Managing stress, which can be a contributing factor in heart disease

“I believe stress is a contributing factor in heart disease,” Dr. Sehgal explains. “Stress is definitely a factor in older women who suffer Takotsubo cardiomyopathy, also known as ‘broken heart syndrome.’ This condition weakens the left ventricle, the heart’s main pumping chamber, usually as a result of severe emotional or physical stress. The ventricle actually changes shape so that it looks similar to a Take-Tsubo pot, which is a Japanese fishing pot used to catch octopuses.

“We also have seen more and more cases of patients dealing with the stress of the COVID-19 pandemic and consequent social isolation,” he adds. “As a result, we have seen a subsequent latent increase in heart disease. We will talk about ways to manage stress to lessen your risk for heart disease.”

Join the Seminar – Learn More

To view the seminar on Facebook, sign in to your account and then go to facebook.com/WashingtonHosp.

“The good news is that a lot of heart disease is preventable, if people follow a healthy lifestyle and keep track of their risks for heart disease.”

-Rohit Sehgal, MD

Thursday, Feb. 16 3:30 p.m.

Lung Cancer Detection with Low-dose CT

Lung cancer is the second most common cancer in both men and women.

At this seminar, Dr. Sunil Upender will discuss the importance of screenings to detect lung cancer at an early stage. This seminar will feature a powerful survivor story from a community member.

Sunit Upender, MD

Virtual Health & Wellness

Facebook: WashingtonHosp
You Tube: whhsInHealth

Join the Seminar – Learn More

To view the seminar on Facebook, sign in to your account and then go to facebook.com/WashingtonHosp.

If you cannot join live, the presentation will continue to be available on our Facebook and YouTube pages.
Results released in girl's request for DNA evidence of Santa

ASSOCIATED PRESS

The Rhode Island Department of Health says it was not able "to definitively confirm or refute the presence of Santa" in a young girl's home after she requested to have a partially eaten cookie and a couple of gnawed-on carrot sticks tested for DNA to see if Santa Claus is real.

The department tweeted on Jan. 23 that "we all agree that something magical may be at play."

The department said it found no complete matches to anyone in the Combined DNA Index System but said there was a partial match "to a 1947 case centered around 34th Street in New York City," referring to the movie "Miracle on 34th Street." It said it would need more DNA samples "from other known Santa encounters to make a definitive match."

The "good news" is that the lab did find the presence of DNA closely matching Rangifer tarandus, known as reindeer, when testing the carrots, the department said.

The girl, a Cumberland resident, had sent the cookie and carrot sticks to the town's police department to ask if they can be tested for DNA, Chief Matthew Benson said on Jan. 20. Benson forwarded the "evidence" to the state's Department of Health-Forensic Sciences unit for analysis.

American Library Association gets $5.5 million Mellon grant

ASSOCIATED PRESS

The American Library Association has received a $5.5 million grant from the Mellon Foundation that it will use in part to counter the surge in book banning over the past two years.

"At a time when libraries and librarians are facing immense pressure and scrutiny, it is affirming and deeply meaningful to have the support of community champions like the Mellon Foundation, who understand our plight and are willing to invest in our mission," ALA President Lonza Palos-Ledeta said in a statement. "This transformational gift will enable ALA to expand its existing programs and establish new initiatives to better serve librarians and communities across the nation," Palos-Ledeta added. TheALA also plans to expand its scholarships and other programs for librarians of color and broaden efforts to increase literacy among adults.

"Libraries remain among the country’s largest providers of adult basic education, literacy, and digital access and instruction," ALA Executive Director Tracie D. Hall said in a statement. "The Mellon Foundation’s catalytic investment in our work allows us to continue to drive innovation and future-oriented thinking towards service areas that will ultimately help position libraries for long-term impact and their users for personal agency and socioeconomic mobility."
Looking back on a century of Swiss Club

BY STEPHANIE GERTSCH
PHOTOS COURTESY OF PATRICIA SHAFFARCZYK

In 100 years, many things have changed in the Bay Area. Other things never do. Since 1925, Swiss Park in Newark has been welcoming immigrants looking to make a better life. The facility has been a place for people to gather, enjoy good food, hold dances and feasts, celebrate their culture—or learn about a new one. During tough years—WWII, and the Pandemic—Swiss Club went on hiatus, but the community has always welcomed it back. On January 23, Patricia Shaffarczyk of Washington Township Historical Society gave a presentation over Zoom on how the Club and its iconic hall got started and how they grew over the years.

The Club predated the building. Many Swiss immigrants—including Shaffarczyk’s grandparents—came to the Bay Area during the late 1800s and early 1900s to work in the dairy industry. In 1925, 18 members formed the Aelpler Gruppe Swiss Club to keep alive traditions and community through dances, Jass (Swiss card game), and Schwingfests (wrestling competitions). Originally the club met in San Francisco, but by 1934, meetings were held at Newark Pavilion, and the Swiss Park we know today opened in 1935.

Unfortunately, the lean years of the Depression made Club activities more difficult, and the Club closed entirely from 1942 – 1944 during WWII. However, by the mid-1940s, the Club saw a revival with the children of original members having grown up and started families of their own. Swiss Club participated in the 1946 Apricot festival, as well as local 4th of July parades. For the 25th anniversary of Swiss Park in 1960, the club had a float in the Newark Parade.

In 1964, Aelpler Gruppe chartered a flight to Switzerland with 300 members on board. For many it was the first time to return to Switzerland in years, while for others, including Shaffarczyk herself, it was the first time ever. “It was the first time I was on an airplane!” she reminisces, laughing. “And it was also the first time to be able to visit the home of my grandparents. And I actually met one of my grandmother’s sisters.”

Through the rest of the 20th century and into the 21st, the Club continued holding activities and trying new ones, remodeling the kitchen and adding a BBQ area, expanding the newsletter, and celebrating milestone anniversaries. In 1973, the German Language and Culture Club began holding fundraising dances at Swiss Park. In particular, 2015 was a significant year. Shaffarczyk explains, “The crown event of the decade was the 2015 Swiss Fest, a grand celebration that drew 100s of attendees for three days, celebrating with a championship Schwingfest, a Musikfest, and celebration of the 80th and 90th birthdays of the club and the hall.” (First prize for the Schwingfest was a cow.)

During the pandemic, the Club suspended activities, just as they did during WWII. Now Aelpler Gruppe is holding events when safe, and looking to the Club’s 100th Anniversary in 2025. This year, 2023, planned events are the Spring Dance on April 8, Swim Camp on June 5, and Swiss National Day on August 5. Or you can learn how to play Jass on the second Sundays of each month. Swiss Park in Newark continues to be a gathering place for people from all over the Bay Area. Shaffarczyk notes, “This is where we and others met our life partners, where we shared weddings, birthdays, food, music, and sports with friends. And where we say goodbyes. In our touchstone.”

Aelpler Gruppe Swiss Club
https://www.aelplerguppe.com/

Swiss Park Bar and Grill
5911 Money Ave., Newark
(510) 793-6272
https://swissparknewark.com/
A-1 Shoe Repair is a little heaven for all shoe owners in the Bay Area. The small business is located right off Central Avenue, just past the highway overpass in Newark. When one walks in, the scent of leather with the vintage aura of shoe polish makes it very clear what type of magic happens at this one-man shop. The best part of the whole store is the big smile and professional attitude from the tradesman himself, Randall Armstrong.

Armstrong has been involved in shoe repair his whole life. His father taught him at an apprentice every day after school, learning different techniques under his father as an apprentice. As Armstrong got older, he worked and informed his dad about the client’s arrival. When the customers come in, he will carefully inspect the items to make sure to offer a quality job at a fair price. He is very proud that for around $15 dollars, he can put life back into a woman’s heels, especially his favorite ones and fit perfectly. He occasionally repairs other leather items such as bags and purses, but not often because he feels those products these days are made cheaply, that it is not worth the repair for low-quality items.

In Armstrong’s opinion, there have definitely been changes in the shoe industry. In the past, shoes were built as pieces of art with attention to detail and quality material meant to last a long time. But he feels that nowadays, the multimillion-dollar shoe industry is just producing low-value “throw away” shoes that are manufactured differently and have a lot of unrepairable items added to them compared to the ‘good ole leather and rubber.”

Armstrong prides himself on his work ethics. “One of the big things my father taught me was that many shoe repair shops are the same; it is customer service that makes a particular one stand out. Just make sure to offer a quality job at a fair price and you will see those customers again.” He added. So, when his customers come in, he will carefully inspect the items and if he can’t offer a quality repair, he will politely decline business. “I make sure to take my time for quality work, and I refuse to rush. And if I have to rush or can’t offer good results, I won’t do it.”

Armstrong would rather remain loyal to his clients than gain a quick sale. When asked about what else he repairs, Armstrong expressed that he mainly does shoes and definitely loves repairing high heels, calling them, his cup of tea. He is very proud that for around $15 dollars, he can put life back into a woman’s heels, especially his favorite ones and fit perfectly. He occasionally repairs other leather items such as bags and purses, but not often because he feels those products these days are made cheaply, that it is not worth the repair for low-quality items.

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 shoots a video, win a scholarship

A-1 Shoe Repair

Shoot a video, win a scholarship

One of the biggest things Armstrong emphasizes to his clients is the importance of quality shoes and their proper upkeep. “You only get one set of feet in your entire lifetime, and you are on them for hours each day. Spend the time and money to invest in a good pair of shoes as they can last you a lifetime.”

Randall Armstrong can be found at A-1 Shoe Repair off Central Avenue in Newark, Tuesdays through Saturdays.

Earth Day poster and writing contest

Two winners for poster entries and two winners for poems/essay entries will be selected from each grade category. Grade categories are: K-1st Grade, 2nd - 3rd Grade, 4th - 5th Grade, 6th - 8th Grade, and 9th - 12th Grade. Entries will be judged on originality, clarity, and expression of theme. In each category, first place winners will receive a $200 gift card and second place winners will receive a $150 gift card. The winning winners will also receive gift cards. Students who submit winning entries will be invited to attend a City Council meeting to receive their prize and a certificate of achievement from Mayor Mark Salinas.

For complete contest rules and submission details, visit the WaterClips website at www.acwd.org/waterclips.
Reporter/Writer Wanted

Must be:
• Proficient in English language and grammar
• Proven writing and editing skills
• Excellent driving record
Time Commitment:
• 10-20 hours per week
• Some weekend and evening hours
Duties:
• Report on council and board meetings
• Write/edit articles as assigned by Editorial Staff
• Assist Editor-in-Chief

Send resume and one 100-500 word writing sample to:
tricityvoice@aol.com
Subject: Reporter/Editor Application

Tri-City History - Street Names #1: Decoto Road

BY KELSEY CAMELLO, FOR THE WASHINGTON TOWNSHIP MUSEUM OF LOCAL HISTORY

Editor’s note: Last year, we enjoyed many vintage photos of from the Washington Township Museum of Local History, showing life in the Tri-City of yesteryear. In 2023, the column returns with a new theme: Street Names! Each month, we’ll learn the history behind one of our familiar local streets.

Decoto Road: A street that runs from the San Francisco Bay waters to the East Bay hills, and through all three of the Tri-Cities - Fremont, Newark, and Union City.

Decoto Road is named for the trio of brothers who once settled in the present-day district of Decoto in Union City. In 1867, Ezra Decoto, along with his brothers Adolphus and John, purchased from Jonah C. Clark 334 acres of land between Hayward and Niles. The brothers settled in and began farming operations there. Soon thereafter, the railroad took an interest in the land. The brothers, at a profit, sold 284 acres of their land to the Central Pacific Railroad.

Two of the three brothers moved to other parts of the Township. Ezra, however, stayed on the family farm with his wife, Janet Decoto (nee Lowrie), with whom he fathered eight children. The Central Pacific quickly sold the remaining land to the newly formed Decoto Land Company. A townsite was laid out by the Decoto Land Company, and aptly named Decoto. Streets were set out and named, and the land covered in trees.

Today this area is known as the Decoto Neighborhood, a section of the greater Union City.

Let’s explore local history together! Have a topic or idea you’d like us to look into? Email us at info@museumoflocalhistory.org.
The Bond Director reports to the Associate Superintendent or designee. The Bond Director is responsible for managing the implementation of the facilities master plan and prioritized bond program. The Bond Director successfully tracks progress of all construction projects, from conceptualization to completion. Performs related duties as assigned, may be called in to work for emergencies and may be required to work extended hours to assist in managing a facilities-based emergency.

Experience:
Minimum five (5) years in public school and/or construction Project management

Education:
Bachelor’s degree in engineering, business administration or Related field. Master’s degree preferred.

Compensation: $155,997 - $189,027 annually; Range: 31B; (7 steps; maximum reached in 5.5 years).

APPLY ON-LINE AT: www.edjoin.org/Home/DistrictJobPosting/1572505 or www.fremond.k12.ca.us.

For employment Questions, email schswa@fusdk12.net.

FREMONT UNIFIED SCHOOL DISTRICT

Now Hiring: Bond Director

TCNPC February Meeting

Submitted by
Tina Fernandez Steckler

Tri-City Nonprofit Coalition is now in its second year, to help
this community resource host more local nonprofits. In the February Zoom meeting we will discuss
how to return this spring after three years of
busily preparing for the group’s annual juried art show, and received an MFA Fellowship from
San Francisco Art Institute for graduate study in painting. Her work has been exhibited internationally and is in private collections in Europe, South Africa and the United States.
Awards will be decided on by the Juror from two
and three-dimensional artworks submitted prior to the show opening. The show will award a total of
$1,510 in cash prizes. There will be three awards of
Special Recognition awards.
Fremont Art Association
55th Annual Art Show
April 2 – 29
Entry fees for FAA members are $25 for first entry and $20 for each additional entry; nonmembers pay $30 for first entry, $25 for each additional entry. Entry forms, art specifications and entry rules are available on the FAA website at www.fremontartassociation.org.

This year’s Juror will be Lauren Jade Szabo a
Los Angeles born artist who lives and works in the
Bay Area. She graduated with a BFA in Illustration
from California College of the Arts with distinction,
and found the most helpful
structure, and what that would look like (levels, benefits, etc.)

How else can we be a resource to YOUR nonprofit?
TCNPC will also conduct a survey to include as much input from our community members as possible and then prepare a plan to make suggestions a reality.

Once you register at https://tinyurl.com/TCNPC-PCFeb2023Zoom, you will receive a confirmation email with meeting details and the Zoom link.

Questions? Use our contact form at https://tcnpc.org/contact/.

TCNPC February Meeting Wednesday, Feb 8
6 p.m.

Open Via Zoom Register at: https://tinyurl.com/TCNPC-PCFeb2023Zoom

San Leandro Farmers’ Market
Fremont
10 a.m. - 2 p.m.
2500 Merced St., San Leandro

Kaiser Union City Farmers’ Market
Wednesdays
3555 Whipple Rd., Union City

Kaiser Fremont Farmers’ Market
Thursdays
10 a.m. - 2 p.m.
39400 Paseo Padre Pkwy, Fremont

Dig Deep Farms produce bags available now at Kaiser farmers’ markets

Submitted by
Deputy Sheriffs’ Activities League

Dig Deep Farms is proud to partner with Kaiser Permanente to offer fresh, healthy, Community-Supported Agriculture produce bags at all four of Kaiser’s East Bay farmers’ markets, starting the week of January 23, 2023. To order your Dig Deep Farms bag, visit www.shopallineats.com, click the “ORDER TODAY” button, purchase your bag, and then pick up at the location you choose.
Kaiser Hayward Farmers’ Market
Mondays
10 a.m. – 2 p.m.
27505 Sleepy Hollow Ave. S. Hayward

Art show returning; entries welcome

Submitted by Fremont Art Association

Members of Fremont Art Association (FAA) are busily preparing for the group’s annual juried art show, set to return this spring after three years of

Compensation: $155,997 - $189,027 annually; Range: 31B; (7 steps; maximum reached in 5.5 years).

TO ORDER YOUR DIG DEEP FARMS PRODUCE BAG, VISIT WWW.SHOPALLINEATS.COM, CLICK THE “ORDER TODAY” BUTTON, PURCHASE YOUR BAG, AND THEN PICK UP AT THE LOCATION YOU CHOOSE.

FREMONT ART ASSOCIATION

Art show returning; entries welcome

Submitted by Fremont Art Association

Members of Fremont Art Association (FAA) are busily preparing for the group’s annual juried art show, set to return this spring after three years of COVID-19 pandemic restrictions.

Entry fees for FAA members are $25 for first entry and $20 for each additional entry; nonmembers pay $30 for first entry, $25 for each additional entry. Entry forms, art specifications and entry rules are available on the FAA website at www.fremontartassociation.org.

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Bill banning sale of kangaroo parts introduced in Oregon

A bill that would ban the sale of kangaroo parts has been introduced in the Oregon Legislature, aiming at stopping the use of animal hides by the state's largest employer.

"It's unacceptable that millions of native wild animals in Australia have been killed for the sake of high-end soccer cleats worn by a subset of elite soccer players," said Rene Tatro, a board member of the Wellness Foundation. The move "is time for these shoe manufacturers to evolve their products," he added.

Oregon's bill would make it a crime to buy, receive, sell, or commercially exchange "any product containing a part of a dead kangaroo." The ban would also apply to "products made from kangaroo leather that are routinely sold in American stores," The Center for Change, Energy, the Environment and Water said.

More than 1.3 million kangaroos were killed for commercial purposes in the country in 2021, according to the U.S. Fish and Wildlife Service. The commercial harvest of kangaroos in Australia is legal, but the animal is considered to be "recovered." The U.S. listed several types of kangaroos as "endangered" from the mid-'70s until the mid-'90s, but the animal is considered to have "recovered." According to Dr. Steven J. Forest, FDA, "It's time for these shoe manufacturers to evolve their business model to eliminate extreme animal cruelty in their product offerings," and Rene Tatro, a board member of the Center for a Humane Economy. Nike didn't respond to KLCC's request for comment, but the company told ESPN last month that it uses kangaroo leather in a "small portion" of its soccer shoes and that "we work with leather suppliers that source animal hides from processors that use sound animal husbandry and humane treatment, whether farmed, domesticated, or wild managed."

Oregon's bill would make it a crime to buy, receive, sell, or commercially exchange "any product containing a part of a dead kangaroo." Manufacturers, such as Nike, would be required to "cease using kangaroo leather" and "seek alternatives." The bill would also establish a "quota," which is the amount it is allowable to have "recovered." A federal ban on kangaroo products was proposed in the U.S. House in 2021, but was not approved. The ban on kangaroo parts has been introduced in the Oregon Legislature, taking aim at sports apparel manufacturers that use kangaroo leather from animal skins provided by "processors that use sound animal husbandry and humane treatment, whether farmed, domesticated, or wild managed." The Center for Change, Energy, the Environment and Water said that "k-leather" would not be without precedent: California enacted a ban on kangaroo-based products in 2012.

Old Mission San Jose Wed - Fri: 10 a.m. – 3 p.m. Sat & Sun: 10:00 a.m. – 4:30 p.m. 4300 Mission Blvd, Fremont California State Historic Register of Historic Places and the historic cemetery; and concludes with a tour of Old Mission San Jose. The museum was formerly the living quarters Cornace for the padres. Constructed in 1869, it is the oldest standing adobe building in Alameda County and displays historical treasures from the pre-Columbian era, Mission era, and Rancho period. Many consider the beautifully reconstructed 1869 Church to be the highlight of their visit, and it includes many original artifacts. You can follow our handy guide to identify its many treasures. A walk through the historic cemetery reminds us of prominent early settlers such as Livermore, Bent, and Alviso. And the Garden contains plants primarily from the Mission period, offering a 200-year-old olive tree. Docent-led tours of the Mission are offered on Saturday, Feb 11 and Sunday, Feb 12.

February is “Mission Model Month” at Old Mission San Jose

SUBMITTED BY GARY DORSEY

Every year 4th Graders around California work with their parents to create amazing models of Old Mission San Jose. Sometimes, these treasures are destined to sit after fulfilling their school assignment. This year, we’re keeping the best of the best and placing them on display for the month of February. Bring your kids to be delighted by these works of art surrounded by true historical artifacts and items from the 19th century.

Neat Mission Project Info! Our Mission San Jose 4th Grade Packet has it all. The Story of Mission San Jose, story packet, Mission Church guide sheet, and welcome brochure. All items are available in our Gift Shop or order on our website. We also have educational materials for all the California Missions. While you’re here, take a self-guided tour that explores the Mission Museum, Church, parish cemetery, and concludes in our beautiful garden. Mission San Jose, the 14th of the 21 California Missions, has been recognized by the National Register of Historic Places and the California State Historic Landmarks Commission. (To learn more, watch our 18-minute educational video in the gift shop.)
Park It: Coyote Hills Watershed Program

By Nrd McKay

Although the recent winter storms have brought significant damage to the East Bay Regional Parks, the chance to experience new programs and other enjoyable activities are still scheduled.

Before visiting a second park or participating in a program, be sure to check “things-to-do” at the Park District website, www.ebparks.org, to be sure that your desired program and park access are available. Unless otherwise noted, the programs described in this column are all drop-in, fee of charge, and registration is not necessary. Here are some special activities planned in coming days in your Regional Park.

Approximately in the light of the storms, “Water, Water, Everywhere” is the theme of a program scheduled from 10:30 a.m. to 12 noon on Saturday, February 4 at Coyote Hills Regional Park in Fremont with naturalist Erin Blackwood.

The group will explore the Coyote Hills watershed, discover where everyone’s water comes from, and learn how we are connected to and responsible for our watersheds. Participants will learn about the long evolutionary path water takes from our homes to the ocean. But Campbell has enough white shark. Great white sharks are protected to the point where you are not even allowed to take them out of the water if you book one, so Paulucci pulled it close enough for him to tag it and released it back into the ocean. But Campbell has enough photos and videos of the encounter to last him a lifetime. See video of Campbell pulling in the shark on YouTube: www.youtube.com/watch?v=Zws2PjS0g9A.

Criminals can be cunning but the police take their leaders. They’ll take their next leader. They’ll take their next leader. They’ll take their next leader.

The Chinese dance studio’s performance was well-received by fans and received a standing ovation at the Chinese New Year’s gala. The historic debut at the Chase Center is a milestone for the studio and for Chinese dance in the United States, and it is sure to be remembered for years to come.

Ling Performing Arts 4207 Ogrood Rd., #F, Fremont (510) 365-5852 https://www.lingdancecenter.com/ 

Upcoming Excellence in Education Gala

Submitted by Kathy Kimbelielsen

Fremont Education Foundation will hold their annual “Excellence in Education Gala” on Friday, February 24 at the Fremont Downtown Event Center. This year’s theme: “Candy Land” is open to all who want to come have fun and enjoy a wonderful evening. This year’s gala is a fundraiser for Fremont Unified School District teacher grants.

This Year’s honorees are: Crippens Club (Crippens Pool) – Community Honoree Carquinez & Inspiration Department – Fremont USD Honoree

Park entrance. However, at the time of writing Patterson Ranch Road is closed to vehicle traffic, though open to pedestrians and bicyclists, due to the possibility of a fire nearby Durhamton Quarry Campground.

The walk is an easy one-mile stroll on Fire trail. Most fun in the first parking lot off North Court Street, across the railroad tracks from downtown Martinez. Bring a horse if you have one; some will be available for loan. For information, call Black Diamond Mines at (510) 544-2740.

Naturalist Anthony Fisher will lead one of his birding walks from 9 a.m. to 12 noon on Monday, February 6 at Briones Regional Park. Meet Anthony at the park’s Bear Creek staging area, which is on Bear Creek Road about five miles east of Camino Pablo/San Pablo Dam Road near Orinda. For information, call (510) 544-2235.

Learn all about sheep and the wool they produce during a “Woody Lamb’s” program from 2 p.m. to 3 p.m. on Saturday, February 4 at the Environmental Education Center in Tilden Nature Area near Berkeley with naturalist Jenna Collins. During the program, make your own mini-sheep from wool, to take home.

The center is located at the north end of Tilden’s Central Park Drive, accessible from Grizzly Peak Boulevard in Berkeley via Canyon Drive. For information, call (510) 544-3050.

These are just a few of the programs scheduled in the East Bay Regional Parks. For the full list, visit www.ebparks.org/who-do-to.

Park It: Coyote Hills Watershed Program

Submitted by The Association of Mature American Citizens

The catch of the day is a 12-year-old Bobby Keenan is going to be telling his grandchildren and maybe even his great grandchildren this story, reports the Association of Mature American Citizens (AMAC). The Korean was visiting Florida recently and Campbell mom decided to take him fishing. They chartered a boat and off they went. The young man cast his line when they went over a mile offshore. He got a bite and, with the myriad needed help of the charter boat’s captain, Paul Antonick, almost had a huge catch, but the fish was 6 foot-long, 700-pound great white shark. Great white sharks are protected to the point where you are not even allowed to take them out of the water if you book one, so Paulucci pulled it close enough for him to tag it and released it back into the ocean. But Campbell has enough photos and videos of the encounter to last him a lifetime. See video of Campbell pulling in the shark on YouTube: www.youtube.com/watch?v=Zws2PjS0g9A.

Criminals can be cunning but the police take their leaders. They’ll take their next leader.
If you’ve ever been to a hockey game, you’re familiar with the large Zambonis that roll onto the rink between periods to resurface the ice. Motorized ice surface cleaners first began making their debut on ice rinks in the 1950s, and now, researchers are looking to make those machines run autonomously.

A team of students at Carnegie Mellon University (CMU), in collaboration with Duquesne Light Company, the Pittsburgh Penguins, Zamboni and Locomation, a Pittsburgh-based automation company that creates autonomous systems for semi-trucks, has developed an autonomous Zamboni for the Pittsburgh Penguins.

The collaboration started with Locomation, whose founders, Çetin Meriçli, now the CEO, and Tékin Meriçli, now the CTO, were attending a Penguins game when two saw an opportunity for the technology they’ve been developing to be used in a new way.

Locomation creates autonomous systems for semi-trucks, and the company takes a unique approach to autonomous driving. Locomation wanted to keep a human in the loop, so its system involves an autonomous semi-truck, with a resting human driver behind the wheel, following another autonomous truck being operated by a human driver. These trucks are electronically tethered to move together and can even swap places so that the driver can rest while another takes over.

While someday the company aims to develop fully autonomous semi-trucks that don’t need to follow human-driven ones, it wanted to prioritize getting its technology out into the world. This allows its autonomous driver to learn from real-world scenarios while on the road.

Typically, during a professional ice hockey game, two Zambonis clear the ice during the 20-minute break between hockey periods. Two Zambonis are used so that the resurfacing occurs quickly, and the ice surface can refreeze and be ready again for the players to take the ice for the start of the next period.

Locomation determined that it could have a similar system for the Zambonis that it uses in semi-trucks. The company reached out to John Dolan, director of the Master of Robotic Systems Development program at CMU, to see if a group of students would be interested in working on the project with them. Locomation spun out from CMU in 2018, so it was a natural collaboration fit for both organizations.

The project spanned three summers, starting with a brainstorming phase when the students determined how they would develop the system and test it, going from a small RC Car, which is a small remote-controlled platform, to the Zamboni.

After testing its proof-of-concept on the RC Car, the team of students worked on a hybrid electric vehicle, equipped with all the sensors needed for autonomous operation. This stage of the project allowed the team to work out any kinks in the automation technology before putting it onto a Zamboni.

Zamboni provided an all-electric ice cleaner for the team to work with and test. The company has completed in free ice test, with its autonomous Zamboni following another human-driven Zamboni but with an offset, so the two vehicles aren’t cleaning the same path of ice. Final tests of the system are coming up soon.
The most common time keeping system used throughout the world today is the 365-day/12-month Gregorian calendar. However, it is not the only calendar currently in use. Many Americans use calendars that are based on different criteria. These calendars are used for determining favorable dates to plan events like the Chinese New Year, which is based on the lunar calendar and the Chinese zodiac.

The Chinese New Year, symbolized by an animal, is celebrated by people all around the world. For example, the year of the rabbit, which falls in 2023, is considered a time of good fortune and creativity. Many Chinese believe that the year of the rabbit brings good luck and prosperity.

Wild rabbits live throughout the United States, from the East Coast to the West Coast, and in parks and gardens. Rabbits are herbivores, which means they eat plants. They are considered a pest in gardens because they can cause significant damage to crops and plants. Rabbits are known for their ability to eat large quantities of food in a short amount of time. They are voracious eaters and can consume up to two cups of foliage or vegetables per day.

Rabbits are attracted to gardens because they can find a variety of foods to eat. They prefer to eat seedlings, softer plants, and foliage that is not heavily scented. Some of the plants that are considered rabbit-resistant include lavender, daylilies, bee balm, foxglove, and lavender. These plants are less vulnerable to damage from rabbits.

To deter rabbits from entering gardens, there are several methods that can be used. Some of these methods include:

1. Using deterrents: Planting tall grasses and low shrubs can discourage rabbits from entering gardens. Rabbits are afraid of open spaces, so they are more likely to be deterred by tall grasses and low shrubs. Additionally, the scent of lavender and similar plants can be used to discourage rabbits.

2. Using physical barriers: Protective fences with metal or plastic netting can be used to protect garden beds, individual plants, or larger planting areas. These structures can be built around gardens to keep rabbits out. Wire walk-in structures with roofs are effective at protecting plants from rabbits.

3. Using organic repellents: Organic pepper sprays made with garlic, chili peppers, water, and a liquid detergent can be used to discourage rabbits. These sprays can be sprayed directly onto plants to deter rabbits.

4. Using human hair: Scattering human hair can discourage rabbits from entering gardens. Rabbits are sensitive to the smell of human hair, so they are less likely to enter gardens that have been treated with human hair.

5. Using biological controls: Fertilizing with fish emulsion can create an unpleasant smell for rabbits. This can help to deter them from entering gardens.

6. Using natural predators: Wild animals such as dogs and coyotes can also be used to deter rabbits from entering gardens. These animals can be used to kill rabbits or to scare them away.

7. Using scarecrows: Mounting plastic birds of prey on fences near vulnerable plants or placing rubber snakes around flower beds can help to deter rabbits. These are inexpensive and easy to use deterrents.

8. Using water: Spraying water on plants can also discourage rabbits. Rabbits are afraid of water, so they are less likely to enter gardens that have been sprayed with water.

9. Using scented plants: Growing plants that rabbits do not like to eat can be an effective way to keep rabbits out of gardens. Lavenders are low water use plants that are considered rabbit-resistant. They are low scented and do not attract rabbits.

10. Using deterrent measures: Fences, wire, and metal cages can be used to protect garden beds, individual plants, and larger planting areas. These structures can be built around gardens to keep rabbits out.

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Tri-City Stargazer for WEEKS January 31, 2023

All Signs: This is a lovely, laid-back week with lots of positive energy. It’s an excellent time for creative projects because we will more easily think out of the box and be open to fresh ideas. At the end of the week, power struggles and manipulations are possible, so steer clear of bossy types.

Aries the Ram (March 21-April 20): This is another lovely week! You are in a flowering spot. This means you look good to others, especially authority figures. You will be approached by others to take on increased responsibilities because they see your competence and capability. Neverless, a boss, parent or someone in a position of authority might throw you a curveball at the end of the week. You might feel angry, surprised or feel like a ‘curveball at the end of the week. Likewise unexpected news will affect legal matters, your health or publishing and the media might catch you off guard. Nevertheless, work opportunities favor you now, especially travel plans. Some of you will discover new love or an exciting flirtation with a person whose life is different. The areas where something sudden and unexpected will happen toward the end of the week that affects inferences, relics, estates, shared property or someone who is a top of your radar so perhaps that person will be the focus of events.

Cancer the Crab (June 21-July 22): You continue to look fabulous in the eyes of others because you are alert in a new blend of creative self-expression. You are in a period where you will have many opportunities to step into the limelight. In an ordinary week, you would be the one who catches eyes, but now, especially travel plans. Some of you will discover new love or an exciting flirtation with a person whose life is different. The areas where something sudden and unexpected will happen toward the end of the week that affects inferences, relics, estates, shared property or someone who is a top of your radar so perhaps that person will be the focus of events.

Leo the Lion (July 23-August 22): Good times and bad are on your mind. Many of you are property will be resolved in a way that will be similar to what began in 1994-95. This year home and real estate are beautifully favored. Enjoy buying wardrobe goodies, boots and shoes. Since late summer, your personal year comes to an end and much of what was occurring in 1994-95 will be similar to what began in 1994-95.

Virgo the Virgin (August 23-September 22): You have much to look forward to because life will get better this year. Much of what was occurring in 1994-95 will be similar to what began in 1994-95.

Scorpio the Scorpion (October 23-November 21): Home, family (and perhaps your parents) are your focus now. Nevertheless, socializing, sports events and opportunities with romantic dates are exciting. Plus, your sex drive is amped! Those are positive influences, plus the fact that you can improve your job – and possibly health at the end of the week. Likewise unexpected news related to travel might suddenly change. At the end of the week, unexpected changes to social plans at the last minute might shake up your schedule.

Sagittarius the Archer (November 22-December 21): Your friends will be aware that at the end of the week, a show of all time (8,11) will occur. This is an excellent time for healthy travel – and possibly health at the end of the week. Likewise unexpected news related to travel might suddenly change. At the end of the week, unexpected changes to social plans at the last minute might shake up your schedule.

Capricorn the Goat (December 22-January 19): Thoughts of financial security are on your mind. Many of you are organizing your possessions. What to keep? What to toss? What gives you joy? What to give away. In fact, you are entering a similar window to the one back around 1994-95 when many of you had job changes or redundant positions. This influence has continued. However, this year home and real estate are beautifully favored. Enjoy conversations because your words are more eloquent and charming. Furthermore, only you do enjoy company, you also enjoy your appearances for the beauty of your daily surroundings.

Aquarius the Water Bearer (January 20-February 18): You have much to look forward to because life will get better this year. (War until spring before you feel this shift in a big way).
Pandemic isolation has taken a toll on the human psyche. A recent Gallup poll shows a global disconnection among people by high levels of anxiety, angst, physical pain, and worry. Estimates are that the 300 million people worldwide live in loneliness. Such negative feelings produce stress and illness. The question is: what can we do to live healthier, happier, and more satisfying lives?

Robert Waldinger and Marc Schatz propose the answer in their new book, The Good Life—and a moment too soon. They make use of findings from the Harvard Study of Adult Development, an 84-year longitudinal study. The primary scientific goal for harvard researchers turns out to be meaningful human happiness. The study’s findings have been supported by the media. People are terrible at knowing what is important. In the 21st century life is changing faster than ever before with many threats (i.e., climate change, technological innovations) that disrupt our internal sense of meaning. People must find a new framework for living and meaning. To accomplish this, they draw on a growth in disconnection among people. The Harvard study’s definition of a meaningful human life is a person you could call as a 3 or 4 of a scale and consider taking care of. Mission Peak Village members are finding that connection of some sort even before they move into the project they plan to help build on High Street. Mission Peak member Matthew Martin, for example, volunteered to transport two Mission members to the San Jose Airport at 3 a.m. to catch their flight to the National Aquarium in New York. Caroline and Donna accompanied a fellow member to Pleasant Hill to support her at an evening speaking engagement. Becoming a member of a cohousing development is similar to being a member of an extended family. The Harvard long-term study provides evidence that the power and consistency of meaningful relationships is essential for human happiness. Interviews, questionnaires, and medical tests were conducted over a period of 84 years to determine the life satisfaction level of 724 original subjects and 1,300 of their descendants. The findings have been supported by hundreds of other scientific research studies involving thousands of people throughout the world. The study’s results confirm the same conclusion: Meaningful personal connection is a major ingredient in human happiness. Mission Peak Village has a few researchers for a cause: a growth in disconnection among people. The good life of its citizens is not central to most modern societys. People may lack out of potential costs of strong relationships and disrupt potential benefits. The good life of its citizens is not central to most modern societys. People may lack out of potential costs of strong relationships and disrupt potential benefits. To learn more on the topic of cohousing. To learn more on the topic of cohousing. The group of friends in Mission Peak Village is a cohort of friends. To learn more on the topic of cohousing. The group of friends in Mission Peak Village is a cohort of friends.
One of the installations this year is particularly heart-wrenching with its powerful message. “End of Capitalism” features a burned-out antique cash register, which was retrieved from Dewey Elquist’s property after the Paradise Fire in California in 2018. Burnt antique coins still cling to the register’s tray, while an antique fire and blown-out blow torch hover eerily in the background. Artist and designer Marjorie Lynne Wagner collaborated with her friend Dewey to help him RE-Cover and RE-Claim some of his property at the fire site.

The “Camp Fire” as it became known, was the most expensive natural disaster in the world at that time (in terms of insured losses). Elquist narrowly escaped with his life; his hair was burned and his face smoldering red. He lost everything, including his art collection, and RE-Imagines them.

Local Artist & Activist Jennifer Koney stuns with several large pieces from her “55”: Images of Sea Level Rise on the Hayward Shoreline” series, a stunning array of paintings meant to visually show how loss of ice and its melting effects on the earth will change. (Panel dates to be released soon; subscribe at sungallery@comcast.net to be notified.)

Steve Baker’s video “Plastiglomeration” is a thoughtful animation that begs an answer to the million-dollar question: Just how much plastic are we, as humans, actually consuming and retaining in our bodies? According to recent studies, humans have reason to be concerned:

“My spring, scientists from the Netherlands and the U.K. announced they had found tiny plastic particles in living humans, in two places where they hadn’t been seen before: deep inside the lungs of surgical patients, and in the blood of anonymous donors.” (National Geographic)

Participating artists also include Janet Briggs, Hollie Adams, Peter and Marissa Langurah, Linda Nguyen, Doni Daza, Christina Schauda, Sarah Sammis, Deborah Gallegos, Ellen Scott, Carl Dozier, Larry Van Deusen, Deborah Gallegos, Elani Scott, Maria Luisa Penaranda, Christa Schanda, Sarah Sammis, Andrea’s creative talents shine in her installations, their former lives unrecognizable after Kerpels’ masterful craftsmanship RE-Imagines them.

Alameda artist Jon Kerpels' newest installations, “Into the Twilight” next to his other majestic piece “Elevation,” which features delicately cut animal shapes chiseled in golden elegance, many of them endangered species. Kerpel frequently RE-Cycles and RE-Uses items for his installations, their former lives unrecognizable after Kerpels’ masterful craftsmanship RE-Imagines them.

Local Artist & Activist Jon Kerpel’s masterful craftsmanship RE-Imagines them.

In the same space hung Anciana artist Jon Kerpel's newest installations, “Into the Twilight” next to his other majestic piece “Elevation,” which features delicately cut animal shapes chiseled in golden elegance, many of them endangered species. Kerpel frequently RE-Cycles and RE-Uses items for his installations, their former lives unrecognizable after Kerpels’ masterful craftsmanship RE-Imagines them.

Local Artist & Activist Jon Kerpels' newest installations, “Into the Twilight” next to his other majestic piece “Elevation,” which features delicately cut animal shapes chiseled in golden elegance, many of them endangered species. Kerpel frequently RE-Cycles and RE-Uses items for his installations, their former lives unrecognizable after Kerpels’ masterful craftsmanship RE-Imagines them.

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In the same space hung Anciana artist Jon Kerpel’s newest installations, “Into the Twilight” next to his other majestic piece “Elevation,” which features delicately cut animal shapes chiseled in golden elegance, many of them endangered species. Kerpel frequently RE-Cycles and RE-Uses items for his installations, their former lives unrecognizable after Kerpels’ masterful craftsmanship RE-Imagines them.
Wednesday, January 31
1:30 pm - 2:00 pm
Let’s talk with the author and hear his stories.

Thursday, February 1
11:00 am - 12:00 pm
Learn about management & security.

Friday, February 2
10:00 am - 11:00 am
Let our munchkin (2-5) enjoy some nature.

Saturday, February 4
10:30 am - 11:00 am
Let’s read, sing & honor black resist-
ance together.

Sunday, February 5
7:00 pm - 8:30 pm
Sweetheart Ball $R

UPCOMING EVENTS
Tuesday, January 31
Preparation, Career & College as Underclassmen R 6:00 pm - 8:00 pm
College admission tips & tricks by college counselor. Call to register.

Wednesday, January 31
King Tides at Coyote Hills, January 2023.

Thursday, February 1
Interactive Dyslexia simulation SR 10:30 am - 12:00 pm
Understand the frustrations our dyslexic community faces.

Saturday, February 4
Sounds in Nature in English & Spanish 9:00 am - 10:30 am
Explore different unexpected sounds heard across Coyote Hills.

Saturday, February 4
Quail Talk & Draw 10:00 am - 11:30 am
Learn about Quail while drawing it.

Sunday, February 5
Get to Know Black Conservationists! 10:00 am - 11:30 am
Explore the traditional cultural practices & the work of Black conservationists.

Sunday, February 5
Conservationists! 10:00 am - 11:30 am
Explore the work of Black conservationists.

King Tides 2023
Photos submitted by Ambarish Goswami
Local photographer Ambarish Goswami captured the 2023 King Tides on January 22, at Coyote Hills Regional Park in Fremont. King Tides are the highest tides of the year, produced when both the sun and moon are closest to the earth and exerting the strongest gravitational pull. A photo taken by Goswami at the exact same location back in May 2021 shows the dramatic difference in water level. Goswami shared over email, “I didn’t know that water encroaches this much inland. This impact of King Tides is less dramatic than the big splash that we are accustomed to seeing, but is probably more worrisome. If this water goes up a couple of feet higher, this will literally reach our doorstep.”

View more of Goswami’s nature photography on his Instagram at @ambarish.naturephotos.
Having earned his private pilot’s license, Bajpai is using this skill towards helping a cause near and dear to his heart. He supports PilotsNPaws, a 501(c)(3) non-profit organization that connects volunteer pilots and plane owners willing to assist with animal transportation with volunteers engaged in rescuing, sheltering and adopting animals. More information can be found at https://www.pilotsnpaws.org.

As an avid dog lover and a pet owner, Bajpai was disturbed by the fact that hundreds already through PilotsNPaws can be found at https://www.pilotsnpaws.org/. He supports PilotsNPaws, a 501(c)(3) non-profit organization that connects volunteer pilots and plane owners willing to assist with animal transportation with volunteers engaged in rescuing, sheltering and adopting animals. More information can be found at https://www.pilotsnpaws.org.

While flying is Bajpai’s passion, he has continued from page 1

High schooler earns his wings

child to an adult,” shared Bajpai. The training, practice and experience of piloting a plane, and all the responsibilities that come along with it have changed how he approaches challenges and hurdles in life. “I changed from a moody teenager to a stoic and rational logician,” he shared. The rigor and dedication needed by the pilot training process alone is enough to take up all of one’s time and focus, so balancing work with academics is an impressive achievement. And Bajpai came out with flying colors—literally.Busy applying to the various universities, Bajpai plans to pursue a career in aerospace engineering with the goal of designing novel propulsion and control technologies in spaceflight and aviation. “I will continue flying as a hobby, and plan to work towards a flight instructor certificate with the hope of sharing my love for aviation with others.”

While flying is Bajpai’s passion, he has other interests too. He has had a curious mind since childhood when he first read “A brief history of Time” by Stephen Hawking. He loves dirt biking. “Flying gets my adrenaline going in the air, and dirt biking does it on the ground,” heshared cheekily. He is also part of a robotics team that invented a device during the COVID-19 pandemic to allow people to safely open doors without touching the handles. This device, called the Armdle, is inexpensive and easy to install to door handle attachments that work on both pull and push doors and allows the use of arms instead of hands to open doors. Their design was the third place winner at the Community Hackathon organized by Jersey City Repul Maker Roprene Group in July 2020. We at TCV with about Bajpai the way he takes flight into adulthood, higher education and his professional career.

PilotsNPaws: https://www.pilotsnpaws.org/
Astronaut Buzz Aldrin marries long-time love on 93rd birthday

Associated Press

Astronaut Edwin “Buzz” Aldrin announced on Facebook that he has married his long-time love in a small ceremony in Fremont, Calif., which he described as state of those who choose para

New Citywide Wi-Fi Zones

The city was awarded $1.5 million to立马ally deploy community Wi-Fi zones in Fremont’s six commercial district plazas. The plazas are located in the following districts: Centrella, Irvington, Niles, Mission San Jose, Warm Springs and Downtown City Center. The new citywide Wi-Fi zones will help address the digital divide issues in these areas by allowing for equitable access among students and small businesses who may otherwise not have access to high-speed Wi-Fi internet access.

New Solar + Battery Storage at City Facilities

City staff has been working in close partnership with East Bay Community Energy (EBCE), Fremont’s electricity provider, on a project to procure solar plus battery energy storage as six city facilities. EBCE was awarded $1.2 million under the FY2023 Omnibus Bill to support this project and a similar project in Hayward. The federal dollars will be used to partially offset the cost of the systems, which will significantly lower the ultimate cost to the city.

The city is especially proud of its collaboration with public utilities, Congresswoman Ro Khanna, Senator Alex Padilla, and staff for their leadership in advocating for these important, long-term impactful projects to be included for funding.

Fremont Projects Awarded Federal Funding

SUBMITTED BY CITY OF FREMONT

With the recent passage of the FY2023 Omnibus Bill by Congress, Fremont was awarded over $2 million for projects that will benefit the city and local region through deemed projects and collaboration.

Hollow People

It’s hard to ignore the machinations of the current U.S. House of Representatives. The threat of financial default of our country’s debt payments is an extremely serious consequence of a malicious mixture of politics, ignorance and willful disregard of consequences if the full faith and credit of the United States is put at risk. Although I try to confine my comments to local issues, the fallout from this game of politics and retribution will severely impact every facet of government - including local - as well as the private sector.

There is nothing new about the use of political brinksmanship that, in the end, becomes destructive, divisive and cruel. History is replete with painful examples that result in needless suffering, even violence and inhumanity that, upon reflection, is hard to comprehend. While many disappear of these actions and

rest, others become complacent, willing tools, albeit controlled by master manipulators who lack a moral compass, regard for fellow human beings or life itself in any form.

American-born British poet T.S. Eliot (1888-1965) addressed the vagaries and ultimate disposition of those who choose to dwell in a superficial landscape of fear, greed and hatred. Best known colloquially for his poems that formed a foundation for the wildly successful play, Cat., Eliot’s works continue to have a profound impact on English literature.

Published in 1925, Hollow Men, describes some of those who present a formless façade, yet have little internal strength or fortitude.

Although of a different decade and century, his words ring true today and should sound a warning for those who choose political antics over substantive, positive responses to proving worthwhile solutions to the critical problems.

Political struggles such the 16th century Gunpowder Plot to blow up the Houses of Parliament, known for a paraplegic, Guy Fawkes, is referenced as the overall tone of the work points toward the ultimate fate of such hollow men. Their semi-existence in a desolate purgatory between life and death with little or no hope for redemption.

Eliot ends the poem on a decidedly pessimistic note that could be applied to the current political/social climate.

Recent recognition of International Holocaust Remembrance Day of Nazi fascism and extermination camps is an extreme reminder of the legacy of hollow men. Let’s hope our collective will and leadership lead us to a different conclusion.

We are the hollow men
We are the stuffed men
Lurking together
(...)

Shaped without form, shade without colour,
Paralyzed force, gesture without motion;

William Marshak

Hollow People

We are the strangled men

March 31, 2023

WHAT'S HAPPENING’S TRI-CITY VOICE

Page 21
By GENE HITCHCOCK
Recently, Manchin was among the “Happiest in the Crisis” in America’s new personal WallStreetBets list. It also has one of the largest growth rates of unemployment in the Bay Area. And Manchin has assumed a role as a regional leader in the provision of home services. Unemployment, population 230,520, has seen a rise in its unemployed population, rising from 11% in the past three years, from 608 in 2019 to 1,026 in 2022. The number of documented homeless residents has almost doubled in the past six months, reaching 866. The city’s residents have seen city park and vehicle-home movement in the past year. To address the issue, the City of Fremont has created numerous programs and plans.

The Homelessness Mitigation and Response Report was presented to the City Council on October 22. The report outlined the current unemployment situation and the city’s efforts to take action. According to a 2022 Time Count & Survey reported that the cause of the city’s homeless population is due to socioeconomic factors, many of them are living in the city due to the COVID-19 pandemic.

65% of Fremont’s homeless residents are unable to afford unsheltered housing, 15% are on the street, and 1% live in abandoned buildings. The majority of the homeless are single male residents, with women and children representing a smaller share of the population than they were in previous years, with only 29%, according to the report.

40% of unsheltered residents have a disability, meaning they live with a long-term physical or mental disability, making it impossible for them to live safely or take necessary steps to secure housing. 22% of unsheltered residents are experiencing homelessness for the first time and, generally, people that become homeless are in trouble暂 longest. Surprisingly, nearly 50% of the city’s homeless residents are either employed (14%) or seeking employment (35%).

Manchin said guidelines issued by the Treasury Department to stop issuing tax credits for vehicles and related infrastructure were intended to reinvigorate the domestic manufacturing and energy security bill, “Production in North America.”

Jennifer Granholm and Emmanuel Macron, have beekeeping community have "shameful that we rely so heavily on foreign suppliers, particularly China, for the batteries that power our vehicles," Manchin said guidelines issued by the Treasury Department to stop issuing tax credits for vehicles and related infrastructure were intended to reinvigorate the domestic manufacturing and energy security bill, “Production in North America.”

While Macron applauded Biden’s, a Democrat, efforts to reduce reliance on foreign suppliers, particularly China, for the batteries that power our vehicles, Manchin said guidelines issued by the Treasury Department to stop issuing tax credits for vehicles and related infrastructure were intended to reinvigorate the domestic manufacturing and energy security bill, “Production in North America.”

Manchin said guidelines issued by the Treasury Department to stop issuing tax credits for vehicles and related infrastructure were intended to reinvigorate the domestic manufacturing and energy security bill, “Production in North America.”

Jennifer Granholm and Emmanuel Macron, have beekeeping community have...
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FREE (on time) ESTIMATE.

Call NOW! 510-706-6189
Randy McFarland
Linda Sue Chiapetto
April 5, 1958 – January 27, 2023
Resident of Union City

Linda Sue Chiapetto peacefully passed away with her sister and brother at her side at the age of 91. She is survived by her sister Jane; brother-in-law David; brother David; nephews Christopher John, and Elf, nieces Danielle, Anil, and Randy. Linda was born in Castro Valley to William and Donna Chiapetto. In Fremont with two brothers and a sister: Randy, Jane, and David. Linda was very active in Special Olympics. She started as a twin and continued well into adulthood until being sidelined by a knee injury. She participated in all sports, but especially loved floor hockey. She had a fulfilling career at Dale Hardware in Fremont and a career atreek Hardware in Fremont. She had a fulfilling career at Dale Hardware in Fremont and a career at Dale Hardware in Fremont. She participated in all sports, but especially loved floor hockey. She had a fulfilling career at Dale Hardware in Fremont where she made countless friends and was treasured like family from the owner of the company for 52 years. A Graveside Service will be held for Linda on Tuesday, February 7th, 12:30pm at Lone Tree Cemetery, 3723 Peralta Blvd., Fremont. In lieu of flowers, please consider making a donation to Special Olympics (2528@specialolympics.org) or the American Heart Association (heart.org).

Fremont Chapel of the Roses
510-797-1900

William “Bill” Pereira
June 27, 1931 – January 21, 2023
Resident of Fremont

William Pereira passed away in Fremont on January 21, 2023, at the age of 91. He is survived by his high school sweetheart and loving wife of over 70 years, Evelyn Pereira, his son Michael Pereira (Carol), and his daughter Cynthia Bhoorge (Emilio). William was also survived by 14 grandchildren, 10 great grandchildren and many nieces and nephews. He was predeceased by his parents Amicie and Neta Pereira and his sister Adeline Kempson. William enjoyed golf, fishing, hunting and traveling, either on a cruise or in an RV. He served 2 years in the Army during the Korean War. He was a long time member of S.I.R.S. and worked at Central Chevrolet as a service tech for 47 years.

A Memorial Service will be held on Thursday, February 2, 11 am at Fremont Chapel of the Roses, 40944 Peralta Blvd., Fremont, CA 94536.

Fremont Chapel of the Roses
510-797-1900

FREE Adult Reading and Writing Classes are offered at the Alameda County Library

Tell A Friend
Call Rachel Parra 510-745-1480
Robert “Bobby” Kelly

October 11, 1967 – January 12, 2023
Resident of Fremont

Robert “Bobby” Edward Kelly departed this world on January 15th, 2023. Robert was born to Berry Louise Upchurch and Eric Edward Kelly (deceased) on October 11th, 1967, in San Jose, California. He was the 4th of 6 siblings and the oldest son.

Robert attended Paradise high school in Paradise, CA where he learned and established agricultural landscaping skills and developed a love for bartending. In his spare time, he loved seeing new cultures like Coyote Hills, Gurn’s Park and Mission Peak. He loved riding and fishing at Shinn Pond, Mission Bay, damming his own garrison, and had an all-time favorite, video gaming with J. Goodling, Devon, and Tyler Warren.

Robert is survived by his mother, Berry Louise Upchurch, and siblings, Sara [Chris], Katie [Chloe], and Rob Red.

Luke Allen Emmett

December 12, 1994 – January 2, 2023

Luke had a deep connection with Jesus Christ. He named his brand “The Good News.” In lieu of flowers, the family has donated money to organizations that are a part of your choice. This obituary will be updated with卢kes own words.

To Do: Major Moore Racecar FOREVER ABUNDANCE

When purchasing green alternatives for home power generation, there are many factors that the energy consumer looks for. Most are hoping to find options that are more efficient, or the lightest, or the most portable, but what about the most recyclable? This question is often overlooked when making such a purchase. Unfortunately, investigating a product’s life cycle can have disastrous consequences, especially if reducing your environmental footprint is a concern.

Take solar panels, for example. The average solar panel lasts roughly 25 years, and the vast majority of them were purchased and put into use within the last 10 years. This means that within the next 15 years, millions of panels will reach the end of their life. A 2020 study out of the federally funded National Renewable Energy Laboratory found that as much as 80% of solar modules could arrive in landfills globally by 2050, and by 2070 solar panels could make up to 10% of all waste on the planet.

To make matters worse, if the waste isn’t disposed of properly, it could cause problems for the groundwork in its very incineration. Solar panels contain trace amounts of toxic compounds, such as lead, and a carcinogen known as cadmium sulfide. If either of these chemicals were to leach into a freshwater source, the water would become unusable to use in more capacities. Although solar panels are recyclable, there is little incentive to do so. Most materials from lead, cadmium, hydrofluoric acid or acidophiles, are produced to make solar waste, and are 80% less energy-intensive to make. They are also paper-thin, require no silicon production, no glass, no sealants, and are even more efficient in low-light conditions!

EarthTalk

MOUNTAINS OF SOLAR WASTE: WHAT CAN BE DONE?

March 2023

For background, visit https://emagazine.com. To view more EarthTalks, see more policies and initiatives:


SolarSail Solar: www.nansolar.com

EarthTalk is produced by Rudy Scherer and Doug Moe. For EarthTalk’s mailing list, please visit https://emagazine.com. For questions or answers, please visit EarthTalk.org.

LETTERS POLICY

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

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Page 25

WHAT’S HAPPENING’S TRI-CITY VOICE

January 31, 2023

WE ARE OUR SOLAR PANELS, but in 10-20 years a lot of them will be heading for landfills if we don’t figure out how to deal with all the “little stuff” that people normally buy, there is another option available known as further third-party solar panels. The lightweight modules have a carbon footprint that is 20% that of silicon, they do not require toxic chemicals such as lead, cadmium, hydrofluoric acid or acidophiles, they produce less raw waste, and are 80% less energy-intensive to make. They are also paper-thin, require no silicon production, no glass, no sealants, and are even more efficient in low-light conditions!

ONLINE CONTACTS

To order for more information on questions and answers, please visit EarthTalk.org.
FICTITIOUS BUSINESS NAME STATEMENT

Business conducted by: AN INDIVIDUAL

HAWK CIRCLE E305, FREMONT, CA 94538

The registrant began to transact business using CHARLES A SMILEY CITY VOICE

Notices

I declare that all information in this statement is true and correct.

No. Case No. 22CV024902

NAMES

File No. 594421

Alameda County

NOTICE IS HEREBY GIVEN THAT THE

FICTITIOUS BUSINESS NAME STATEMENT

The filing of this statement does not of itself

includes the reasons for the objection at least two

indicated below to show cause, if any, why the

judgment for an order or decree, or appeal, and the

written correspondence delivered to the Planning

Commission at the meeting listed

the Planning Commission of the City of Union City will hold a

NOTICE IS HEREBY GIVEN

that the registrant knows to be false is guilty of a

THE CITY OF UNION CITY

CIVIL

INDIVIDUALS

NOTICE OF PETITION TO ADMINISTER ESTATE OF

CITY OF UNION CITY

from the California Environmental Quality

The Draft IS/MND is available for public review

approval at its March 9, 2023, Board Meeting

Boulevard, Fremont, CA 94538, attn.: Kerri Smyth,

What’s Happening’s Tri-City Voice

January 31, 2023 Page 26

PUBLIC AUCTION/SALES

TRUSTEE SALES

CITY OF UNION CITY

NOTICE OF PETITION TO ADMINISTER ESTATE OF

DAVID JACOBS,

Selling time and place: 10:30 a.m. on March 2, 2023, at 1060 Amador Street, Fremont, CA 94538.

PUBLIC NOTICES

FICTITIOUS BUSINESS NAMES

FICTITIOUS BUSINESS NAME STATEMENT

Business conducted by: Van Der Valk

25057 HIGGINS ROAD, FREMONT, CA 94536

Business conducted by: Josanne Van Der Valk

The 30-day public review period is from January

The filing of this statement does not of itself

includes the reasons for the objection at least two

indicated below to show cause, if any, why the

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Boulevard, Fremont, CA 94538, attn.: Kerri Smyth,
**Public Notices**

**County agency seeks to fill open seat**

**Submitted by Rachel Jones**

Alameda County residents who are interested in participating in county government are encouraged to consider applying for an alternate public member seat on the Alameda Local Agency Formation Commission (ALACO).

The commission is responsible for coordinating local and timely changes in local governmental boundaries, conducting special studies that review ways to recognize, simplify and streamline government, and establishing planning policies of influence on cities and special districts in Alameda County. 

There are seven voting members on the commission (two county members from the Board of Supervisors, two city members selected by the Mayor’s Conference, two Special District members selected by the Independent Special Districts; and one public member). Additionally, there are four alternate public members.

Public members on the commission represent Alameda County citizens in an objective and impartial manner. To qualify, applicants must be residents of Alameda County, and cannot be a current board or council member, officer or employee of Alameda County, a city or Special District in Alameda County.

Meetings are typically held on the second Thursday of every odd month (January, March, May, July, September and November) at 2 p.m. in Dublin. The appointment term is four years. Commission members receive $125 per meeting.

Applications for the alternate member public seat are being accepted through Friday, March 5. The commission will review applications and a supplementary questionnaire. Interviews are scheduled for the week of March 27. For details about the commission or to download an application, visit the LAFCO website at www.alamedalafco.org.

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**Get etched for free**

**Submitted by Union City Police Department**

In response to an upsurge in catalytic converter thefts from vehicles, Union City Police Department (UCPD) is partnering with TKL Elite Auto Repair in hosting a Catalytic Converter Etching event on Saturday, March 4 where vehicle owners can have their vehicle identification number (VIN) permanently etched onto the catalytic car part.

Catalytic converter thefts, which are located between the engine and muffler of most cars manufactured after 1978, often have catalytic converters that would otherwise pollute the air. These precious metals like palladium, platinum and rhodium which these units filter for scrap. Hybrid cars, SUVs, and trucks are often the vehicles most preferred by thieves, but almost any vehicle can be a target.

UCPD officials say that having a VIN etched onto a catalytic converter helps police identify the owner if the part is stolen and that the thief can be charged with possession of stolen property. The engraving process takes about 15 minutes.

The free event is open to Union City residents only and is set for 8 a.m. to 12 noon at TKL Elite Auto Repair at 36006 Mission Blvd. in Union City. Because of the popularity of the event, appointments fill up quickly. To register, send an email to UCPDCommunity@unionsafecity.org or call UCPD Community Coordinator Crystal Rain at (510) 675-5284.

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**Fremont Police Log**

**Submitted by Milpitas Police Department**

With the tax season gearing up, officials from the Criminal Investigations Bureau at Milpitas Police Department are offering the public several tips that alert victims to tax fraud activity such as telephone scams, identity theft and fake verification notices.

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**Union Sanitary District**

**January 23, 2023**

**Motions**

- Approve updated policy concerning female employees' reproductive rights and protections, Equal Employment Opportunity (to be reviewed by the Personnel Committee)
- Modify the July 10, 2023 Board meeting, and cancel the November 27 and December 25, 2023 Board meetings
- Authorize a contract change order with C. Owsia & Co. for the Primary Diaper No. 7 Project
- Award the contract for the closing of Primary Diaper No. 6 to Wastewater Solution Management
- Continue the emergency action to repair two sewer lines in the City of Fremont damaged by fiber optic line installation
- Amend Task Order No. 2 with Carillo Engineers, Inc. for the Waste Thickener Replacement Project
- COVID-19 update and adjourn the meeting

**Applications for the alternate member public seat on the Board of Supervisors, two city

---

**Fremont Police Log**

**Wednesday, January 18**

An officer responded to an area report about an injured male walking on Fremont Boulevard, south of Sandalwood Drive. Upon arrival, officers learned the male was walking and counting money in his hand when two unknown people approached him and demanded money, then cut his arms with an unknowable object. The suspect fled westbound on Fremont Boulevard on bicycle. The victim was taken to a hospital for treatment. The case is being investigated as a robbery.

**Thursday, January 19**

- Officers responded to a report from a person in a residential area about an argument at an elderly neighbor's home. A person had entered the home, argued with the resident and threw items onto the ground, then left the residence. Among officers located the adult suspect nearby and made an arrest. The stolen firearms were recovered near the residence. The case is being investigated as a home invasion robbery and abuse.

**Saturday, January 21**

- An officer responded to a possible domestic violence report at an apartment complex. Upon arrival, officers spoke to an adult in the doorway of the apartment, the person stated to

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**Officer responds to a report from a person in a residential area about an argument at an elderly neighbor's home. A person had entered the home, argued with the resident and threw items onto the ground, then left the residence. Among officers located the adult suspect nearby and made an arrest. The stolen firearms were recovered near the residence. The case is being investigated as a home invasion robbery and abuse.”
May 2022 when authorities in investigation, led by detectives January 10 in connection with a

After an eight-month investigation involving several law enforcement agencies, five suspects were taken into custody. January 10 in connection with a series of common room arm robberies in several fraternity houses. The multi-agency investigation, led by detectives from San Leandro Police Department (SLPD), resulted in May 2022 when authorities in.

San Leandro, Hayward, Oakland, Berkeley and Alameda reported similar incidents involving tobacco sales and cash. Communities served by Alameda County Sheriff’s Office (ACSO) also assisted, according to SLPD officials. Over the months, detectives spent hours conducting surveillance, collecting data and records, and ultimately identified five suspects involved in 27 robberies with an estimated loss of more than $30,000. In the early morning hours of Tuesday, January 10 tactical teams from SLPD, ACSO and Hayward Police Department deployed four simultaneous search warrants in various East Bay locations and arrested all five suspects without incident. At a hearing last week, evidence included two loaded and unregistered firearms along with two spent fireworks shells was recovered. SLPD identified the suspects as Patricia Sarmiento, 22; Ray Jonnie Sutton, 22; Lorenzo Sarmiento, 20, and Desegogar Sarmiento, 24, all of Oakland, and Antal Teles Pinto, 22, of Richmond. The suspects have been charged with armed robbery by the Alameda County District Attorney’s Office.

There is a lot of good out there. The moms, the coaches and staff, they were incredibly gracious from beginning to end. The coaches were kind to our players on the field, held an incredible standard of respect and went out with a sense of accomplishment and going without a doubt that this team showed sportsmanship even if they didn’t win the game and that, in my opinion, is sometimes harder!


date

Milpitas girls’ softball season spring season

NCS Newsletter

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BART Police Log

Monday, January 23

At 10:44 p.m. a person

Newark Memorial found out that their bus leave Marin Catholic until 6 p.m.

Newark Memorial took the lead at the top ranking in the MVAL varsity boys’ soccer.

Near the end of the first half both teams were setting up great plays for a goal. Cougars’ Amanda Rodriguez received a high pass from the right wing, beat it towards the goal but overthrew the shot. The next one was a pass from teammate Megan inside the box but the shot went to the left corner of the box from the left wing and it was blocked.

The inspired Chabot men followed with a defensive-minded, 57-50 win over CSM. Dede Franklin paced the Chabot women (8-14, 3-1) with 17 points.

Chabot women win at the buzzer

Chabot women’s basketball team nearly brought the house down Friday, January 14 with a scintillating 56-54 win over visiting College of San Mateos 40-foot buzzer-beater by Emilia Doug事业, a sophomore transfer from Skyline.

As a recreational softball league, we are focused on giving the young girls in our community the confidence and leadership skills to succeed in life, while also being active and healthy under the fundamentals of athletics. Along with the previously mentioned league goals, we will be teaching our players the fundamentals of softball in a fun, healthy and safe environment. Our league will also place emphasis on instilling the importance of respecting teammates, opponents, coaches and officials.

Our softball program has been well received by our community and the families we serve.

The spring season runs from March 14 to May 20. Registration fees include uniform, memory book, team photo and medal. Regular registration is $90; 111-147 regular registration is $60. Register between February 4 to avoid late fee.

For more information contact milpitassoftball@yahoo.com, call (925) 344-3080 or visit www.mnpalsoftball.com.

Union City Police Log

Thursday, January 26

Night shift patrol officers responded to a report about a person

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straight losses to Piedmont,” said Bradley. “and bounce back strong coming off of our last two
Ava Hinrichsen’s seven points. Sofia Tom’s 11 points, Amaya Jiao’s nine points, and
Young who added 7 points. The Trojans offense was led by
include senior Geriah Bradley with a game high 18 points,
January 27th in a Western Alameda County Conference
Castro Valley Trojans 56-34 in Castro Valley on Friday,
“Pickleball is a great sport for those who
convert, San Jose resident Jim Chen says,
Longtime tennis player and pickleball
referring to the satisfying sound of hitting
sport derivative played with supersized
ambassadors for court resources and
She also coordinates with other bay area
400.” As a Fremont pickleball ambassador,
Tilly is in the group. I would say
“When I started playing pickleball in
have more bounce in our step and play with a better
rhythm,” said Pirates’ head coach Dennis Flannery.
San Leandro began to capitalize off Trojans’ turnovers
so that allows her to be open and drive in the paint.”
Third quarter.
The game stayed close in the first quarter and much of
the second quarter with both teams battling for position and
placing pressure on defense. Castro Valley’s only lead
was their first basket of the game going up 2-0. The game
was tied 12-12 at the end of the first quarter and tied
again at 18-18 with 3:52 left in the first half. “We play on
our own confidence as we make a couple good plays we
have more bounce in our step and play with a better
rhythm,” said Pirates’ head coach Dennis Flannery.
San Leandro began to capitalize off Trojans’ turnovers
by turning them into fast break points in transition.
Securing multiple defensive rebounds was an important
part of our game this entire night. The Pirates began to
break away with the advantage going into halftime with a
31-19 lead. “It’s precisely what we really try to work on
these points, getting our defensive rebounds, and boxing out,”
damned, “it’s kind of a makeshift
serve instead of two, and you can only gain
a point when you are on the serving side.
Mentioning that the pickleball paddle
a racket is a common newbie faux pas, but
mistakenly calling the pickleball paddle
a rocket in a common novice faux pas, but
the pickleball community is as forgiving as it is generous to beginners.
The ping-pong-like paddle option can range from
very cheap plastic to more expensive carbon fiber.
The ball is slightly larger than a tennis ball but is made of
hard plastic and designed with holes that slow the ball’s velocity.
But make no mistake; you do hustle on the court. Serve
equite, ‘it’s not as fast as a tennis ball, but it’s a quick game because you have to
close with being seven feet from the net on
one side and seven feet from the net on the
other side. So, it’s 16 feet to work with.
When both opponents are playing each other, it’s very fair.”
Hopping on the pickleball bandwagon
is not without its challenges. Tilly noted
the lack of dedicated local pickleball courts in the Tri-City.
Those available locally are shared with the Fremont Tennis Center
with scheduled open play hours, to which Tilly adds, “it’s kind of a makeshift
form as the moment. Other cities like
Milpitas and Hayward have dedicated pickleball courts, and they’re always packed.” She referred to the
strawed well-developed facility in Mitchell Park in
Palo Alto as ‘pickleball heaven.” While
advocating for more local pickleball courts in the works. Tilly and Steve carry on
with the ongoing mission to connect people to the sport and, in the process,
build a community with a growing passion for this exciting sport.

San Leandro Convincingly Beats Castro Valley

The San Leandro Pirates girls’ basketball team beat the
Castro Valley Trojans 56-34 in Castro Valley on Friday,
January 27th in a Western Alameda County Conference
(WACC) league matchup. Leading scorer for the Pirates
include senior Geriah Bradley with a game high 18 points,
Melona Ramirez with eight points, and Chause Young
Who added 7 points. The Trojans offense was led by
Sofo Tom’s 11 points, Amaya Jiao’s nine points, and

“Pickleball is a great sport for those who’ve been victims of cancer,” said coach Flannery.
“Cancer’ tribute to the people we have lost to cancer and
affected by cancer. “The halftime event was our ‘Coaches for
the Cure’ event. As a Fremont coach, I got to be
dedicated local pickleball courts
and they’re always
in the Tri-City. Those available locally are
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