



Holly LaBarbera discusses debut novel at downtown Fremont event

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New Planetarium show grounds Chabot Space and Science Center in Ohlone culture and astronomy

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East Bay Regional Park District Insert in this issue.

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June 18, 2024

Vol. 23 No. 25

Dove Gallery Competition Exhibit



Submitted by CAROL MANASSE HAMILTON

On June 23, Dove Art Gallery in Milpitas is having the grand opening of its 5th annual "Art Competition Exhibit." Fifty artists are competing for ribbons in various media, categories, and age divisions. Professional, emerging, and student artists will have works on display in this eclectic showcase of local talent.

San Jose artist Laurie Barna is exhibiting several works including a torn-paper collage entitled "Liberty Stars and Stripes." As part of her "Liberty Series" of over 100 artworks, Barna depicts the Statue of Liberty against the patriotic backdrop of an American flag. Barna has several other works on display including an intriguing ink drawing titled "College Pastimes, 1972."

Milpitas artist Mythili Kattupalli is exhibiting a vibrant acrylic painting titled "Perspective." The facial features

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Amateur Radio: 21st Century Style

Submitted by WILLIAM ARTELT, WB9YVM

Amateur Radio, or Ham Radio for short, might seem like an old-fashioned technology in the age of cell phones and Internet. But it's actually seen a resurgence in the 21st century, offering unique benefits and skills:

- **Communication Beyond the Grid:** Unlike cell phones and the Internet, which can be reliant on infrastructure, ham radio allows communication even when the power is out or traditional networks are down. This makes it valuable for emergencies, disaster relief efforts, and remote communication.
- **Global Reach:** With the right equipment and conditions, you can connect with hams around the world, fostering international friendships and cultural exchange.
- **Technology and Experimentation:** Ham radio allows you to learn about electronics, radio waves,

and even build your own equipment. It's a great way to explore the technical side of communication.

• **Community:** The ham radio community is welcoming and supportive. Local clubs offer camaraderie, learning opportunities, and a chance to connect with people who share your interest.

National Operating Event in 2024

Amateur Radio Field Day, held annually in June, is a big event for ham radio enthusiasts in North America. In 2024, that's June 22 and 23. Clubs and individuals set up stations all across North America. In Fremont, SBARA (South Bay Amateur Radio Association) will operate at Lake Elizabeth located at Paseo Padre Parkway and Sailway Drive. The event is like a combined camping trip, radio contest, and public outreach event, all rolled into one. Here's a breakdown:

Amateur radio operators gather, often at parks or public spaces, and set up temporary radio stations. The goal is to make contacts with as many other amateur radio stations as possible over a 24-hour period. This is a friendly competition with points awarded for each contact and points awarded for installation type be it Solar, Battery, Generator or Commercial Power.

Field Day also serves as a giant emergency preparedness exercise. Participants practice setting up communications quickly and efficiently, simulating situations where traditional infrastructure might be damaged.

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Bay Philharmonic Presents Tchaikovsky Gold alongside masterful pianist Jon Nakamatsu



Jon Nakamatsu

Submitted by CANDY CULVER

Bay Philharmonic is excited to announce its season finale "Tchaikovsky Gold" performance on Sunday, June 23, at their premier venue, Chabot College Performing Arts Center in Hayward. The music of Tchaikovsky has sparked the imagination of the world. From the dramatic 1812 Overture to the beloved Nutcracker, his music always touches the heart.

The concert presents two of Tchaikovsky's most famous pieces alongside International Competition gold medalist, Jon Nakamatsu. Heralded as the "pianist's pianist," Nakamatsu's touch on

the keyboard is sophisticated and masterful, and he will perform the most famous piano concerto ever written. For this show, one of the first female Guest Conductors of the Bay Philharmonic, Lara Webber, and the Bay Philharmonic will share their passion for Tchaikovsky's ultra-dramatic 4th Symphony, his musical biography of a hero overcoming fate to triumph with hope and victory.

"You'll be so thrilled by Tchaikovsky's music, Bay Philharmonic musicians, and the incredible talent of Jon Nakamatsu," said Conductor Webber. "This show is sure to stir your soul!"

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Sports Physicals for Student Athletes

Washington Sports Medicine Program offers \$20 physicals at Irvington and Newark Memorial High Schools



On Tuesday, July 30, the Washington Sports Medicine Program will be providing pre-participation sports physicals at Newark Memorial High School. The following day, Wednesday, July 31, the sports physicals will be held at Irvington High School in Fremont.

Each day, physicals will be held from 3 to 6 p.m. High school athletes of any sport are eligible to attend. To enhance the efficiency of the process, appointments are required. To schedule an appointment, students can see their on-campus athletic trainer or beginning July 22, contact Washington Hospital's Director of Off-site

Services, Mike Rogers at Mike_Rogers@whhs.com or 510.818.7320.

"These physicals are required by the California Interscholastic Federation (CIF), but more importantly, we want to make sure these young athletes are healthy enough to play their sport," says Rogers, who is the program manager. "Though we've had our sports medicine program for several years, for the past six years, we've held the physicals at one of the local high schools." Rogers notes both the quality of the exam and the convenience to the students and their parents. "These exams

cover basic screenings, an orthopedic exam and a physical with a sports medicine physician. Feedback we received from community members was that having them at a high school made it easier on students and parents."

Both the families and the schools benefit. The cost is \$20 (cash or check made out to WHHS), and the proceeds are divided among six local high schools to be used for their individual sports medicine programs. Washington Sports Medicine Program is led by Medical Director, Dr. Russell Nord, who is board certified in both orthopedic surgery and

sports medicine. Certified Athletic Trainers are stationed at each high school and their presence on campus and at sporting events contributes to maintaining the safety of student athletes. "By having someone on-site, an athlete is more inclined to have injuries evaluated earlier. The trainer can determine whether an injury requires further medical attention. Athletes—especially high school students—have a tendency to wait before seeing a physician. This can lead to injury exacerbation and further damage by the time I see them,

continued on page 5

"These physicals are required by the California Interscholastic Federation (CIF), but more importantly, we want to make sure these young athletes are healthy enough to play their sport."
 -Mike Rogers, director of Off-site Services



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Managing Diabetes
Thomas Collins-Pallet, MD
Family Medicine

Managing Diabetes
Given the prevalence of diabetes in our community, many households have felt the impact of this condition. Family medicine physician, Dr. Thomas Collins-Pallet offers a conversation on how diabetes can be managed through lifestyle changes and medication.

Coming Soon!



Mental Health in the LGBTQIA+ Community
Suselina Acosta-Goldstein, MD
Psychiatry

Mental Health in the LGBTQIA+ Community
Wednesday, June 19, 11 a.m.
Dr. Suselina Acosta-Goldstein explores the unique mental health challenges faced by individuals within the LGBTQIA+ community, emphasizing the importance of awareness, acceptance and support.



Heart Valve Disorders in Adults: Types and Treatments
Harsh Agrawal, MD
Structural Cardiology

Heart Valve Disorders in Adults: Types and Treatments
Dizziness, shortness of breath chest pain and fatigue: these may be signs of heart valve disorders. Join this seminar to learn the various types of valve disorders and treatment options.



Naloxone: A Lifesaver in the Opioid Crisis
Zarlakhta Wayand, MD
Emergency Medicine

Naloxone: A Lifesaver in the Opioid Crisis
What is naloxone (Narcan) and how can it save lives? Discover why understanding naloxone and its proper administration is crucial for anyone who may encounter opioid emergencies.



Aquablation: A Transformative BPH Treatment
Mark Saleh, MD
Urology

Aquablation: A Transformative BPH Treatment
Aquablation is a minimally invasive treatment for benign prostatic hyperplasia (BPH). Learn the science behind this innovative technology and how the procedure relieves pain without compromises, improving the quality of life for men affected by BPH.

Other Video Topics:

- Joint Pain
- Stroke Awareness
- Washington Township Health Care District monthly board meetings

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

When: July 24, 9 a.m.
Presenter: Harsh Agrawal, MD
Structural Cardiology

- Diabetes Education
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Grateful Patient, 94, Returns to Normal Life 3 Months After Heart Valve Replacement

Hayward woman resumes 'social butterfly' lifestyle

Less than three months after an aortic valve replacement at Washington Hospital, 94-year-old Gonzala Ruelas of Hayward felt well enough to attend a relative's 86th birthday celebration.

Described by her daughter Frances Ruelas as a "social butterfly," Gonzala is thrilled to resume her normal life, which, in addition to parties, includes cooking, light gardening, and vacationing in Arizona to meet her great grandchild. The family is especially grateful to the doctors at Washington Hospital who diagnosed Gonzala's problem and repaired her heart with a minimally invasive procedure less risky to older patients.

"My mother has always been independent," says Frances. "She has lived on her own since losing her husband 15 years ago." She adds, "She cooks for herself and the family, so the hardest part for her was when she had to depend on me after her surgery."

Gonzala, the mother of five, fainted last year at home, luckily while Frances was

visiting, and was taken by ambulance to the local hospital. "I was so afraid she had a heart attack," says her daughter. The Emergency Department determined that she didn't have a heart attack, but was concerned that a heart problem caused her to lose consciousness, and instructed her to see a cardiologist.

Since she didn't have a cardiologist, Gonzala got a referral to Washington Hospital from one of her other doctors. This was their first experience with Washington Hospital Healthcare System (WHHS). Gonzala met with Ramin Beygui, MD, medical director of Cardiothoracic Surgery; and Harsh Agrawal, MD, an interventional cardiologist certified by the American Board of Internal Medicine.

Heart valves can thicken with age

After performing tests and images of Gonzala's heart, the doctors diagnosed her with a heart valve that wasn't working efficiently. It had thickened and calcified



with age, a common occurrence called aortic stenosis. The valve wasn't opening and closing the way it should, preventing the proper pumping of blood, which can cause fatigue and fainting. Gonzala needed an aortic valve replacement.

Fortunately, the Hospital has offered the transcatheter aortic valve replacement (TAVR) procedure since 2021, a minimally invasive surgery especially helpful for older patients. TAVR eliminates open-heart surgery and the need to go on the heart-lung machine, which can pose a risk for older and sicker patients. Sedation, also a risk to the elderly, is minimal, and recovery is reduced to several weeks. In most cases, TAVR also eliminates the need for a patient to take blood thinner medications for the rest of their lives, as with a mechanical valve replacement.

Dr. Agrawal performed the two-hour TAVR on Gonzala in March, and she is feeling great. She shares, "I'm very grateful to the doctors, and everyone I encountered at Washington Hospital during this procedure. Everyone was so attentive and took such good care of me. God Bless them all, and thank you."

After a brief stay, she was discharged home to recover for a few weeks, while her daughters Frances and Gloria and granddaughter Angelina stayed and cared for her. "She's doing really well. I can't believe how good she looks. I'm back to taking her out to church on Sundays," says Frances. "She's cooking, and even making food for her priest."

"The doctors and every staff member we encountered in the doctors' offices were wonderful to us. This is the best hospital. The staff did everything to make my mom

comfortable and were always helpful to me," she adds.

TAVR is an excellent option for many patients. A new bioprosthetic valve is placed in the heart, supplanting the existing valve. The insertion is made either through an artery in the groin or through an artery connecting to the heart from the chest. A small incision is made to access the artery and the new valve is inserted and placed over the old damaged valve, and put into place.

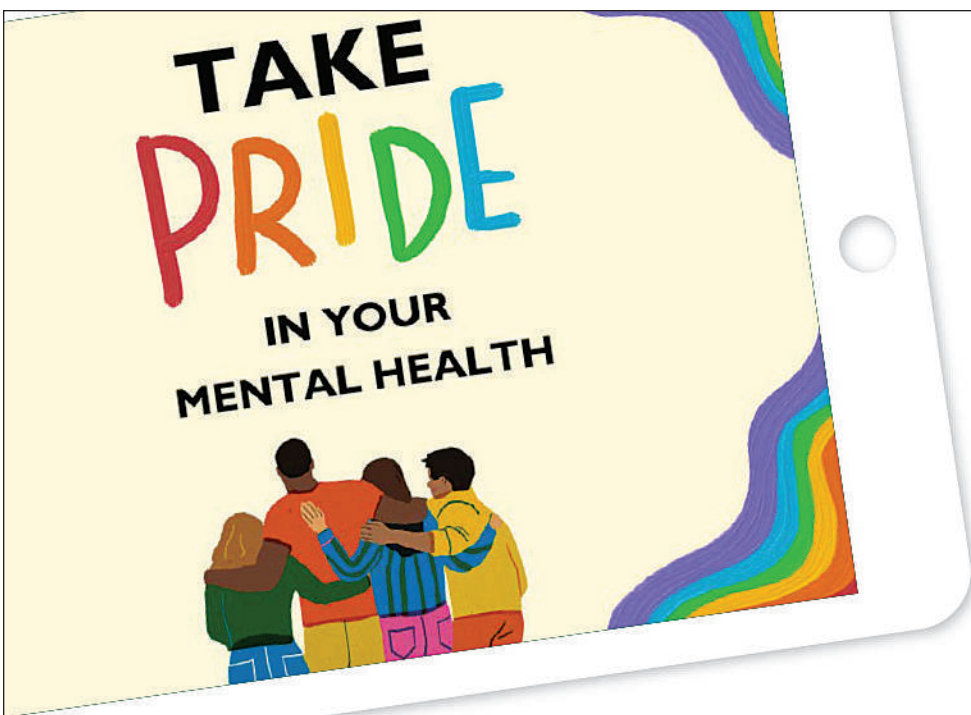
The aortic valve must be replaced if it isn't allowing the blood to come through it efficiently after the heart pumps. Aortic stenosis can't be treated with medication; the condition requires surgery to replace the valve. If the valve isn't replaced, heart failure can occur.

The Ruelas' first experience with Washington Hospital was enough to make them forever grateful patients. "We're not going to a different hospital. If anything happens in the future, we're going to Washington Hospital," says Frances.

To learn more about the Cardiac Services program at WHHS, visit whhs.com/heart. To learn more about Dr. Agrawal, scan the below QR code.



Gonzala Ruelas and her daughter, Frances Ruelas.



Wednesday, June 19
11 a.m.

Mental Health in the LGBTQIA+ Community

This talk will delve into the unique mental health challenges faced by individuals within the LGBTQIA+ community, emphasizing the importance of awareness, acceptance, and support. Discover how understanding these challenges can foster resilience, promote well-being, and create a more inclusive society.



Suselina Acosta-Goldstein, MD
Psychiatry

Online Health & Wellness

facebook.com/WashingtonHosp
youtube.com/whhsInHealth

whhs.com



If you cannot join live, the presentation will continue to be available on our Facebook and YouTube pages.

2000 Mowry Ave.
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#PatientFirst



continued from page 1

Dove Gallery Competition Exhibit



of a woman are woven into delicate rose petals. The artwork highlights a sensitive heart and promotes respect for women. Kattupalli has another acrylic painting on display that depicts the pain of the Ukraine war overlaying a sunflower which is the national flower of Ukraine.

Another Milpitas artist, Marcia Frederick, is exhibiting an original oil painting titled "Hacienda Garden." The inviting scene shows beautiful foliage surrounding a stately adobe home. Additionally, Fredrick's painting titled "Remembering Mount Shasta" shows a stunning mountain landscape as seen from a lakeside dock.

A student artist from Fremont, Devon Mandal, has several acrylic paintings on display. Her skillful depictions include a sea turtle swimming in the ocean, koi fish meandering in a pond and a stunning portrayal of a white horse. At age 15, Devon is competing against other

high school students in this juried exhibit.

Three-dimensional art is also on display. Artist Paul Mussack from San Leandro is exhibiting a unique sculpture made from recycled objects. Titled "Sunny," the playful sculpture portrays an anthropomorphic sunflower wearing a European folk-dress. Mussack is also showcasing a modern abstract painting titled "Drips and Zones."

The public is invited to view this wonderful collection of artwork at the Grand Opening on Sunday, June 23 from 12 noon to 3 p.m.

Dove Gallery Competition Exhibit

Sunday, Jun 23 – Aug 11
Sundays: 12 noon - 3 p.m.

Dove Gallery at Park Victoria Church

875 S. Park Victoria Dr., Milpitas

Dove@ParkVictoria.org



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

tricityvoice@aol.com

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Sports Physicals for Student Athletes

which often means longer recovery time," says Dr. Nord.

In addition to physicians and athletic trainers, the Washington Sports Medicine Program is staffed with physical therapists who are experienced in helping injured

athletes return to their favorite activities with as little downtime as possible.

What to expect at the exam

Students move from station to station. First, student athletes check in and hand in completed, signed, medical history forms.

Next, athletes are evaluated with basic screenings: height, weight, blood pressure and vision. Then an athletic trainer will perform an orthopedic evaluation. Finally, each student will meet privately with a sports medicine physician.

Students should wear comfortable clothing including shorts and short-sleeved shirts. The information forms must be completed in advance, including the signature of a parent or legal guardian.

Forms are available online at whhs.com/services/sports.

For information on the Washington Sports Medicine Program or to find a physician or physical therapist, visit www.whhs/sports.

NASA Fest at Chabot: Grand Opening of new NASA Ames visitor center



Submitted by ISABEL LOPEZ

A complete transformation is now underway at the NASA Ames Visitor Center at Chabot Space & Science Center. Significant changes will create a fully reimagined 360-degree experience, featuring new exhibits, models, and more.

At the new NASA Ames Visitor Center, visitors will enter a space of constant discovery, where new exhibits have been designed to continuously evolve. Here, visitors will step into the shoes of a NASA engineer as they explore firsthand the cutting-edge research and technology conducted at NASA's Ames Research Center through our interactive exhibits and models. This is your chance to gain exclusive insights from individuals at the forefront of missions like Artemis, explore exciting artifacts, and learn about the latest space developments.

The NASA Ames Visitor Center at Chabot will reopen during our NASA Fest at Chabot event on June 22 and June 23. Join us for a weekend of astronomical fun for the whole family, celebrating the reopening and featuring special NASA guest

speakers Parul Agrawal, Brian Barrientez, and Spyros Kasapis. NASA Fest at Chabot ticket prices are \$30 for adults, \$25 for youth (ages 3-12) and seniors, and \$15 discount for members.

The exhibition is part of a larger partnership between NASA's Ames Research Center in Silicon Valley and Chabot Space & Science Center to re-envision STEM learning in Oakland. Together, the organizations are modeling innovative education approaches in museum experience, community engagement, and workforce development that have direct impacts and outcomes on Oakland youth.

NASA Fest
Saturday, Jun 22 – Sunday, Jun 23
10 a.m. - 4 p.m.
Chabot Space and Science Center
10000 Skyline Blvd., Oakland
(510) 336-7300
<https://chabotspace.org>
Adults: \$24; children 3-12: \$19 (under 3 free); Students/Seniors: \$19

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Bay Philharmonic Presents Tchaikovsky Gold alongside masterful pianist Jon Nakamatsu




Lara Webber


Individual show tickets are \$25 to \$67 and are available on the Bay Philharmonic website, BayPhil.org.

Tchaikovsky Gold
Sunday, Jun 23

3 p.m.
Chabot College Performing Arts Center
2555 Hesperian Blvd., Hayward
(510) 224-4141
bayphil.org




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JEFF VASQUEZ

LETTER TO THE EDITOR

Illegitimate 5150

On June 4, 2024, my sister Tracy drove herself to the ER at Stanford Hospital due to chest pain and was afraid she was experiencing a heart attack. Shortly after, she felt better and was ready to leave. Her fiancée was there to take her home and take care of her, and I arrived within soon after to be there for her.

She was then interviewed by doctors/nurses/social workers there and was issued a 5150, which is up to a 72-hour legal psychiatric hold in the county of Santa Clara, forcing her to stay against her will. In the county of Santa Clara, you must be licensed and have a certification number to issue 5150. The physician that issued it to my sister did not have the certification. I have this in writing from the board and it is easily searchable online.

The 5150 my sister was issued also was incomplete and missing critical information, including the required phone number of the patient advocate hotline, making it invalid. The social worker told me to contact the patient advocate, and when I pointed out the number was missing, she gave me a number. I called about a dozen times and asked the hospital, doctors, and nurses to have a patient advocate come see us multiple times. But we never saw one or heard back from one.

On June 5, my sister was transferred from Stanford to Fremont Hospital despite my objection that there was no CT scan done and a medical cause for the chest pain was not ruled out. The doctor told me they wanted to do one but never got around to it.

Fremont Hospital is in Alameda county where my sister was held for the 5150 for extra

holding. Then they turned the 5150 into a 5250 which allows them to hold her for up to 14 more days. The law in California is cut and dry regarding mental health holds. A 5150 and 5250 can only be held if they are 1.) A danger to themselves, 2.) A danger to others, or 3.) gravely disabled, meaning they cannot provide for their own food, shelter, and basic needs.

None of these apply, as my sister was not and is not a danger to herself or others, she lives in San Carlos, has ample access to funds, and can care for herself and also her dog. She is far from disabled.

However, even if patients are considered gravely disabled (which is what they are citing as the reason for my sister's hold), assistance from friends or family members to provide food, shelter and basic personal needs is enough to qualify patients for release. My sister has a fiancée who will care for her, and I'm willing to care for her as well. She also has a brother nearby and her father and mother, who are all willing to help.

On June 6, we communicated this via email, via fax (three numbers), in person, via phone, and via a couriered letter delivered to the facility (with video evidence of receipt). The physician that wrote the 5250 is disregarding our statement and is illegally issuing a 5250.

I have observed and documented several infringements of basic rights, blatant disregard for the letter of the law, as well as an egregious misuse of professional trust. I have evidence, testimony, legal recordings, and am ready to provide more information.

TLDR: Illegitimate 5150 issued at Stanford leading to boarding at Fremont hospital with intention to force medication against religious beliefs.

Yeni Melchiorre
Fremont

West Coast Blues Society and Juneteenth Hayward present Freedom Celebration

Submitted by CITY OF HAYWARD

Juneteenth, the oldest nationally celebrated commemoration of the ending of slavery in the United States, will be observed in Hayward with a downtown event featuring live music along with exhibits and programs at Hayward Public Library during the month of June.

On Saturday, June 22, the West Coast Blues Society and Juneteenth Hayward will present the fourth annual "Juneteenth Freedom Celebration," at Hayward Heritage Plaza with a blues festival, a variety of foods, vendors, and a beer and wine garden. Kicking off the musical performances will be Leo Oliver and The Blues Knockouts, Hayward's residential Blues Band, followed by special appearance by the Russell City Memorial Blues Band, The West Coast Caravan of All Stars, featuring the legendary Fillmore Slim, all the way from the state of Mississippi, Mississippi Chuck Wallace, R&B crooner Karl Bracy, Michael Skinner singing Southern Soul and R&B, plus Reggie Rolls and other special guests.

Family- and youth-oriented activities and entertainment at the Juneteenth Freedom Celebration will include the Black Cowboy Coalition and Meekah, apparatus and demonstrations presented by

the Hayward Fire, Maintenance Services and Police departments, Hayward Public Library bookmobile Curbie, and art and recreation features presented by the Hayward Arts Council Gallery and Hayward Area Recreation and Park District (HARD). Hayward Public Library will also be marking the occasion with book displays and by decorating both library branches from June 10 through the end of the month.

Celebrated annually on June 19, Juneteenth, also known as Emancipation Day and Freedom Day, is an observance of the effective end of slavery in the United States. On June 19, 1865, almost two and a half years after President Abraham Lincoln issued the Emancipation Proclamation, Union Army Major Gordon Granger arrived in Galveston, Texas, to announce the end of both the Civil War and slavery to more than 250,000 enslaved Black people, one of the last group of slaves to be freed in the United States.

Juneteenth Freedom Celebration
Saturday, Jun 22
12 noon to 6 p.m.,
Hayward Heritage Plaza
835 C St., Hayward
www.hayward-ca.gov

Forty-one years of National Night Out

Submitted by UNION CITY POLICE DEPARTMENT

National Night Out is celebrating its 41st Anniversary.



Union City Police Department (UCPD) will have one location to celebrate the evening in Union Landing this year. The purpose of this night is to allow local businesses, community groups, CIT professionals, and first responders in the community to partner with law enforcement for an upbeat night of fun and festivities.

Please help us celebrate our community partnerships and learn about safety awareness in our city and neighborhoods and suggestions for preventing the theft of autos and electronic devices.

We will have our Mobile Command Center vehicle, SWAT Truck, Drones, Robots, great food pop-ups, a DJ, activities/entertainment for the kids, and raffles: including gifts from local vendors.

Make sure to enjoy a delicious complimentary meal during the event from Texas Roadhouse and a complimentary NNO beverage

from Starbucks, our official meal and drink sponsors of the UCPD 2024 NNO Block Party.

Thank you to all our many sponsors/ partners who make this event possible. If you would like to help sponsor this event by making a product or monetary donation or want to participate by having a booth, don't hesitate to contact UCPD Community Coordinator Crystal Raine at UCPDCommunity@unioncity.org. Visit <https://www.unioncity.org/639/National-Night-Out>

UCPD National Night Out
Tuesday, August 6
4 p.m. - 8 p.m.
Union Landing Shopping Center (Between Columbia & Best Buy)
32115 Union Landing Blvd., Union City
<https://www.unioncity.org/639/National-Night-Out>

Homicide Investigation

Submitted by FREMONT POLICE DEPARTMENT

On June 13, 2024, at approximately 11 p.m., Fremont Police Dispatch received multiple calls regarding a shooting at a drug store located within the Fremont Hub. Reporting parties stated that a security guard and another individual were involved in a verbal altercation. The altercation quickly turned into a violent encounter, which culminated with the security guard being shot and the other individual sustaining several stab wounds. Officers quickly arrived on the scene and provided life-saving efforts, but the security guard was pronounced deceased, and the other individual was transported to a local trauma hospital. This case remains an active investigation.

Anyone who witnessed the incident or with information regarding the incident, please contact Fremont Police Department's Investigations Unit at (510) 790-6900. We also accept anonymous tips. Text 'Tip FremontPD' followed by your short message to 888-777 or via the web at <https://www.fremontpolice.gov/TIP>.



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International Day of Yoga brings new light to thousand-year-old practice

By ALFRED HU

International Day of Yoga is celebrated on June 21 in recognition of the Indian practice dating back thousands of years. Indian Prime Minister Modi voiced the idea for this event in his 2014 United Nations (UN) address. It received widespread support, with 177 nations co-sponsoring it in the UN General Assembly, and was passed unanimously. Subsequently, the first International Yoga Day was celebrated successfully on June 21, 2015 in cities including New York, Paris, Beijing, Bangkok, Kuala Lumpur, Seoul and New Delhi.

The word yoga, derived from the Sanskrit root 'yuj,' has meanings as varied as its many poses, but the general consensus is that yoga is a group of physical, mental, and spiritual practices focusing on bringing harmony between mind and body, man and nature. It is also considered an art and science of healthy living. Yoga emphasizes breathing, flexibility and strength through a variety of postures, bringing important benefits such as improved strength, protection of the spine, increased blood flow and energy levels, improved sleep and stress management, lowered blood pressure and heart rate, better cognitive functioning and even improved mental health. Yoga is also built on ethical philosophies like non-violence (ahimsa), truthfulness (satya), and self-discipline (tapas), which guide practitioners toward a lifestyle of harmony, respect, and compassion.

There are many different types of yoga and poses. Some popular types are Vinyasa (poses are synchronized with breathing in a meditative rhythmic flow), Hatha (focuses on balancing opposing forces and includes a mix of poses, breathing, and meditation),

Ashtanga (six series of specific poses taught in order: fast paced and challenging), Anusara (focuses on alignment and has set patterns and flows designed to energize yogis and purify the mind) and Bikram (yoga done in a hot, steamy room focusing on 26 poses).

Yoga originated in the Indus-Saraswati River Valley of India over 5,000 years ago during the Vedantic era (Vedas are the oldest Hindu scriptures). The practice back then was described as consisting of sitting, breathing and meditating. The next phase in the evolution of yoga was around 3,500 years ago where moral guidelines such as truthfulness, self-inquiry, austerity and spiritual aspects such as karma were added. A millennium later, the Bhagavad Gita, the first scripture dedicated to yoga, was developed to emphasize social and personal responsibilities, as well as spiritual practices. The most important development in the next era, dating back 2,000 years, is the full description of yoga philosophy and practices in the Yoga Sutras of Patanjali. The sutras included asana (yoga poses) in addition to moral responsibilities and spiritual practices.

In the West, yoga took off in the late 1890s and is often credited to Swami Vivekananda (1863–1902). He first came to the United States in 1883 and was soon organizing world conferences on the subject, describing yoga as a “science of the mind.” He translated yogic texts from Sanskrit into English. In 1893, he demonstrated yoga at the Chicago World’s Fair. As a result, other Indian Yogis and Swamis were welcomed in the West. Yoga has since developed more forms and reached enormous popularity around the world.

In the East Bay Area, local teacher Dr. Ketabchi teaches the discipline of yoga to the community. Formerly a computer science professor at Santa Clara University



and founder of a software company, he decided to teach yoga a few years after his company was acquired in 2011. “I decided to do something different,” he remembers. “At the time, I was practicing yoga and I liked it. I also believed I could give back to the community through providing the opportunity to learn and practice yoga. Hence, I decided to start a yoga business called Worlds Yoga, Inc.” Still, there were challenges. “Worlds Yoga had four studios in Fremont, Milpitas, Union City, and Saratoga before COVID. I maintained only two of them in Fremont and Union City after COVID.”

Ketabchi developed his own philosophy as a yoga practitioner. “In my opinion, the main focus of yoga at the present time is health—*physically* meaning body and breath, *mentally* meaning the mind as the activity of our nervous system, and *morally* meaning social and personal responsibility and lifestyle. As such, I teach and promote what I call ‘The Yoga of BBML,’ BBML stands for Body, Breath, Mind, and Lifestyle” added Ketabchi.

Ketabchi teaches across yoga levels and styles, in person and online. He’s received positive feedback, although rebuilding has been slow after the COVID-19 pandemic. “Although the number of attendees in my classes have steadily increased since we restarted our on-site classes after the COVID shut down, some have not yet reached their pre-COVID level.” He plans to keep trying new techniques, approaches, and ideas, and incorporating them into his teachings. In addition, Ketabchi conducts teacher training programs, as well as yoga retreats. “Many of our regular yoga teachers in Worlds Yoga are the graduates of my 200 hours of yoga teacher training programs,” he added proudly.

Worlds Yoga in Fremont will hold a free yoga class on Friday, June 21 at 6 p.m. Refreshments will be provided after practice.

Fremont World’s Yoga
37353 Fremont Blvd at Peralta
<https://fremont.worldsyoga.com/>



Local History Museum Receives Aid from Newark Rotary Foundation

Submitted by THE WASHINGTON TOWNSHIP MUSEUM OF LOCAL HISTORY

The Washington Township Museum of Local History (WTMLH) would like to formally thank the Newark Rotary Foundation (NRF) for years of support for the collective local history of Fremont, Newark and Union City. Recently, the NRF granted the WTMLH \$2,000 to update the presentation display technology inside the museum, as well as to purchase overlarge banners to display on the exterior of the museum. These banners will draw attention to the museum’s often-overlooked building in Mission San Jose, while also showcasing gems from the museum’s photo collection.

Thank you to the NRF for their generous support year after year. This funding helps the museum continue to keep history alive in Fremont, Newark and Union City. Visit the museum sometime. You can find information about the museum at www.museumoflocalhistory.org. For information about Newark Rotary, please visit <https://portal.clubrunner.ca/6774/>.

THANKS



A MILLION

What to Do if You Get a Bad Performance Review: Part 1

By ANNE CHAN, PHD, MFT

The specific criteria for measuring job performance are often unclear. For instance, how does one measure if an employee “collaborates well with other team members” or “has strong communication skills?” The nitty-gritty of these expectations might not be top of mind for employees and supervisors on a day-to-day basis. But these standards will suddenly take on great importance when it comes to your annual review. These fuzzy expectations can even have repercussions for whether you keep your job. It is not uncommon for employees to think that they were doing fine and suddenly be told, in the parlance of performance reviews, that they have “not met expectations.” In some cases, people are then put on a Performance Improvement Plan (PIP) and are eventually asked to leave.

So, let’s imagine you are in your boss’s office and your heart is sinking as she is listing all the things that you did wrong or that you need to improve on. Your heart may be beating fast, you may be sweating, and you may be feeling anger threatening to burst out of you. You may be in panic mode, worried that you are on the road to being fired. What is the best way to act or respond in this all-too-common work scenario?

Rational thinking and impulse control take a backseat when our feelings flare up. Hence, the first thing to do, at this point, is to *not* do anything. This may sound strange, but it is vital that you first take control of your emotions as opposed to reacting in them. You may feel like you should say something right away, but resist the urge to argue back or blame your boss, the company, or your co-workers.

When we are attacked physically or verbally, our brains are wired to recognize any perceived threat and react instinctively. However, lashing back at your boss will be a losing strategy. What you need to do is to buy time to calm down, collect your thoughts, and then respond. Here is what you can do under attack: Note what you are feeling in your body in the moment, e.g. your heart racing, your face feeling hot, your fists clenching. Do some slow cleansing breaths before you speak so you can gain control of your tone and words.

Next, ask for more time to process the review. You could say something along the lines of, “I’d like to have some time to think about your feedback. How about we schedule a follow-up in three days?”

Do not then rush to your buddy’s cubicle to vent. Again, it is natural and normal to need to talk to someone. But walls have ears – especially cubicle walls!

You should also remind yourself that your buddy might not keep your confidentiality.

Instead, let your feelings out when you are home or in a private space. Cry, scream, shake your fists – do whatever you need to express your feelings and release them.

When you are in a calmer, less reactive frame of mind, get perspectives from trusted friends, mentors, career coaches, and previous colleagues. (I would recommend that you do not vent to current colleagues. No matter how much you believe they are on your side, you cannot be 100% sure that your confidentiality will be preserved.) It is important that you talk to people who will give you a balanced view and be honest about your strengths and weaknesses.

A bad performance review isn’t the end of the world – there are ways to respond to an appraisal that still uphold your dignity and professionalism. You are not completely helpless in the face of a performance review. How you respond to your review can change your boss’s perceptions of you and even garner his respect, believe it or not. Next month, I will cover what you can do to take control of the process and feel empowered.

Anne Chan is a career consultant and licensed psychotherapist in California. She specializes in helping people find happiness in their careers and lives. You can reach her at annechantcu@gmail.com
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Park District Celebrating Juneteenth with Free Park Day

Submitted by JEN VANYA

The East Bay Regional Park District is celebrating Juneteenth with a Free Park Day on Wednesday, June 19, in recognition of the date when the last of the enslaved Black Americans were notified of their freedom. Juneteenth is the oldest nationally recognized celebration commemorating the ending of slavery in the United States. The East Bay Regional Park District is committed to enhancing diversity, equity, and inclusion, and making the parks and agency more welcoming and reflective of the communities it serves.

Park District fees waived on Juneteenth include parking, dogs, horses, boat launching, and fishing. However, the fee waiver does not apply to swimming, camping, reservable picnic facilities (due to capacity limits), Park District concessions, state fees for fishing licenses, and watercraft inspections for invasive mussels.

Naturalist-led programs are also scheduled for the celebration of Juneteenth on Wednesday, June 19.

In the Juneteenth Celebration Walk enjoy a guided walk in the future Thurgood Marshall Regional Park: Home of the Port Chicago 50. Celebrate stories of Black history, the Civil Rights Movement, and the

fight for freedom on this land. Come ready for a mostly paved 1.5-mile hike with views of Mount Diablo. All are welcome. 10 a.m. to 1 p.m. Ages 10+, registration required.

For the Juneteenth Celebration Hike at Coyote Hills Regional Park in Fremont, enjoy a short walk in the marsh to commemorate the contributions and accomplishments of Black Americans throughout history, particularly in the realms of science, conservation, and art. 10:00 a.m. - 11:30 a.m. All are welcome, drop-in event; no registration required.

For more information, visit www.ebparks.org/Juneteenth.

Juneteenth Park District activities

Juneteenth Celebration Walk
Wednesday, June 19
10 a.m. – 1 p.m.

Thurgood Marshall Regional Park
2950 Peralta Oaks Ct., Oakland

Juneteenth Celebration Hike
Wednesday, June 19
10:00 a.m. - 11:30 a.m.

Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont

www.ebparks.org/Juneteenth.

Temple Beth Torah welcomes new Rabbi Sara Weissman

Submitted by CINDY MONROE

Temple Beth Torah, a reform congregation in Fremont, is pleased announce Rabbi Sarah Weissman as the new rabbi of Temple Beth Torah beginning July 1, 2024. Rabbi Weissman has years of experience as a pulpit rabbi and a wealth of knowledge to share with us.



Rabbi Sarah was born and raised in Santa Fe, New Mexico. She attended Amherst College in Massachusetts and graduated summa cum laude in 2003 with a degree in religion. In 2008, Rabbi Sarah was ordained at the New York campus of Hebrew Union College-Jewish Institute of Religion. As a student, she worked as a teaching and research assistant to Dr. Eugene Borowitz, one of the leading theologians of the Reform movement.

Previously, Rabbi Sarah served as assistant/associate rabbi at Congregation Beth Am in Los Altos Hills from 2008-2024, where, in addition to her pastoral and pulpit duties, she oversaw the adult education program and caring committees.

She currently serves on the Central Conference of American Rabbis (CCAR) Ethics Committee, which ensures that Reform rabbis abide by the highest standards of ethical conduct.

Rabbi Sarah and her husband, Eric Weissman, are proud parents of a son, Maverick.

Please join us in welcoming Rabbi Sarah to our community. Shabbat services take place weekly on Friday evenings at 7:30 p.m. Rabbi Sarah’s first Shabbat service will be on Friday, July 5, 2024.

Temple Beth Torah
42000 Paseo Padre Pkwy., Fremont
www.bethtorah-fremont.org

Union City Seeking Applicants for Commission or Committee Vacancies

Submitted by CITY OF UNION CITY

The City of Union City is pleased to announce that applications are currently being accepted for various vacant positions on the city’s advisory bodies. This is an excellent opportunity for residents to actively participate in local governance and provide direct input on important community issues.

The city is seeking individuals to fill the following positions:

- Arts and Culture Commission:** 2 Alternates
- Economic Development Advisory Team:** 1 Seat
- Parks and Recreation Commission:** 2 Seats
- Senior Citizens Commission:** 2 Seats, 1 Alternate

“Participating in one of the City’s advisory bodies is a great way for residents to directly impact the decision-making processes that shape Union City,” said Mayor Carol Dutra-Vernaci. “We encourage those who are interested in getting involved to apply and take advantage of this opportunity to contribute to the community.”

Applications are being accepted until July 12, 2024. For more information and to access the application form, please visit www.unioncity.org/commissions or contact the City Clerk’s Office at (510) 675-5448 or via email at cityclerk@unioncity.org.

By joining one of these commissions or committees, residents can help influence different policies and initiatives, ensuring that Union City continues to be a vibrant and inclusive place for all.



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U.S. News & World Report ranks Milpitas High School among the 2024 Best High Schools

Submitted by
SCOTT FORSTNER

Milpitas High School (MHS) has been ranked 1,026th in the nation and 136th in California on the 2024 Best High Schools list by U.S. News & World Report. The rankings evaluate nearly 18,000 schools at the national, state and local level.

Milpitas High School, which includes 3,026 students in Grades 9-12, was also ranked 361st of 2,000 in STEM High Schools. MHS has one of the most ethnically and economically diverse populations in the country at 96.7%, making it a rich environment for learners.

The methodology focuses on six factors: college readiness; reading, math and science proficiency; reading, math and

science performance; underserved student performance; college curriculum breadth; and graduation rates.

"The 2024 Best High Schools rankings highlight schools across the country where students consistently demonstrate academic excellence," said LaMont Jones, managing editor of education at U.S. News. "Having access to our data on the high schools can empower families as they navigate today's educational environment and plan for the future."

Parents and students can see how Milpitas High School compares to other institutions and how the rankings are calculated on USNews.com.

Milpitas Unified School District
www.musd.org

continued from page 1

Amateur Radio: 21st Century Style

Many clubs use Field Day as an opportunity to showcase ham radio to the public. They answer questions, demonstrate equipment, and even let interested people try their hand at making a contact.

The American Radio Relay League (ARRL) website has information on Field Day, including a club search tool to find participating clubs at their Field Day Locator. Even if you're not a licensed ham radio operator yet, Field Day can be a great way to learn more about the hobby and see it in action.

SBARA invites you to join us! **If you live in Fremont and want to delve deeper into ham radio, here are some resources:**

- The South Bay Amateur Radio Association SBARA (www.sbara.org). This Fremont-based club is a fantastic starting point. They hold meetings, license prep courses, and provide a space to connect with local hams.
- American Radio Relay League (www.arrl.org): ARRL is the national organization for amateur radio in the US. Their website offers a variety of information on getting started, licensing requirements, and the latest developments in the hobby.
- Online Resources: Websites like RepeaterBook allow you to find repeaters (stations that extend communication range) in your area. You can listen in (with the proper equipment) to get a feel for ham radio conversations. Additionally, YouTube has a wealth



Photo by Steve Wilson

 Feeling Unwell? Check out our Pharmacy Products! Diabetic Supplies Incontinence Supplies Wound Care and More!	 Anxiety/Sleep/Pain? Check out our CBD Products! CBD Oils Gummies Balm/Cream and More!	 Needing Comfort? Check out our Medical Supplies! Wheelchairs Cushions Compression Items and More!
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Downtown Hayward Street Parties

Submitted by
CITY OF HAYWARD

Immerse yourself in the vibrant energy of The Downtown Hayward's Street Parties!

These lively gatherings unite our community, offering an

eclectic mix of live music, delectable foods, wine and beer garden, and unique shopping experiences. Street Parties epitomize the essence of Hayward, serving as a testament to our community's spirit and charm.

On June 20, join the Street Party Car Showcase. We've carved out a spot where car enthusiasts can proudly exhibit their vehicles in a relaxed, community-centric setting. Showcase your wheels and mingle with like-minded enthusiasts, all while adding to the vibrant spirit of our downtown festivities.

Street parties, held June 20, July 18, and August 15, are public events with no admission fee. (For food and beverage vendors, complete the inquiry form on the Hayward website.)

Downtown Hayward Street Parties
3rd Thursdays: June 20, July 18, August 15
5:30 p.m. – 8:30 p.m.
B Street from Foothill to Watkins
(510) 537-2424
www.hayward-ca.gov

of channels dedicated to ham radio, offering instruction and tutorials, equipment reviews, and unique insights into the hobby.

By exploring these resources and reaching out to the SBARA amateur radio club, you can learn more about ham radio in the 21st century and see if it's the right pursuit for you!

Radio Day
Saturday, Jun 22 – Sunday, Jun 23
Morning to afternoon
Central Park
Paseo Padre Pkwy & Sailyway Dr., Fremont
www.sbara.org



Photo by Steve Wilson



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Kid Scoop

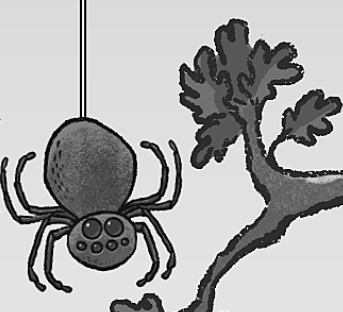
THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

Puzzle answers, recipes, videos and more at www.kidscoop.com

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FANCY WEBWORK

Different spiders weave different kinds of webs. Web-spinning spiders spin webs to trap food—the flying and crawling insects they crave.



Strand Steppers

Spiders rarely get caught in their own webs. They know where the sticky strands are located. Inside their webs are dry silk strands that they can walk on.

Follow each trail to find out which kind of web each of these spiders weave.

TANGLED WEB

Spun in quiet, dark corners, this is the most common kind of web.

Grass Spider



Garden Spider



House Spider

Triangle Spider



Just how strong is spider silk?

A thread of spider silk is stronger than a thread of steel the same thickness. It is one of the strongest materials on earth.

Circle every third letter along the spider's drop line to find out what a rope of spider silk 1 inch thick (2.5 cm) could hold.

Standards Link: Reading Comprehension: Follow simple written directions.

S
W
F
T
P
I
R
O
F
L
U
T
N
M
Y
A
S
C
O
H
A
Y
R
V
X
S

ORB WEB

This web has spokes like bicycle wheels.

TRIANGLE WEB

The spider attaches two points of its web to twigs. It holds onto the third point and attaches itself to a third twig. When an insect lands on the web, the spider loosens the end it holds and the web pulls the insect inside.

FUNNEL WEB

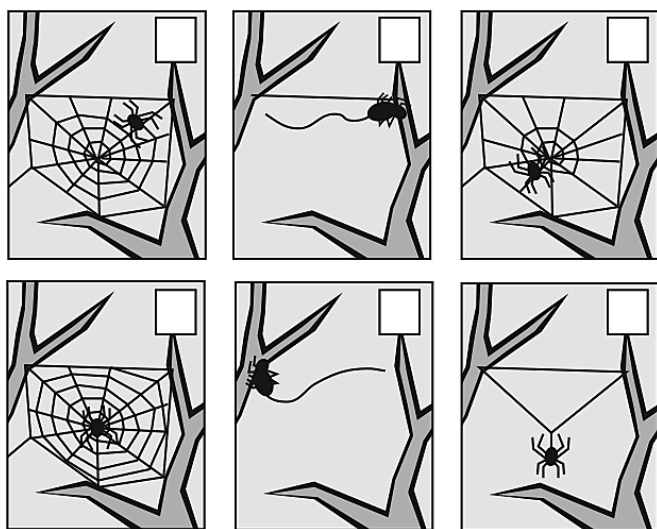
Spun between blades of grass, the funnel web has a wide opening. The spider hides at the bottom of the funnel, waiting for insects.



Standards Link: Animals have structures that aid in survival; there is variation within a species.

How do spiders make silk?

Spiders have little finger-like spinnerets at the rear of their bodies. They squeeze liquid from a silk gland between the spinnerets. When the liquid hits the air, it hardens into a long, thin thread. Spiders can make the thread thick or thin, sticky or dry, smooth or bumpy.



The Making of an Orb Web

Number the pictures in order from 1 to 6 to show the making of an orb web. It takes a garden spider less than an hour to complete an orb web.

Standards Link: Animals have structures that aid in survival.

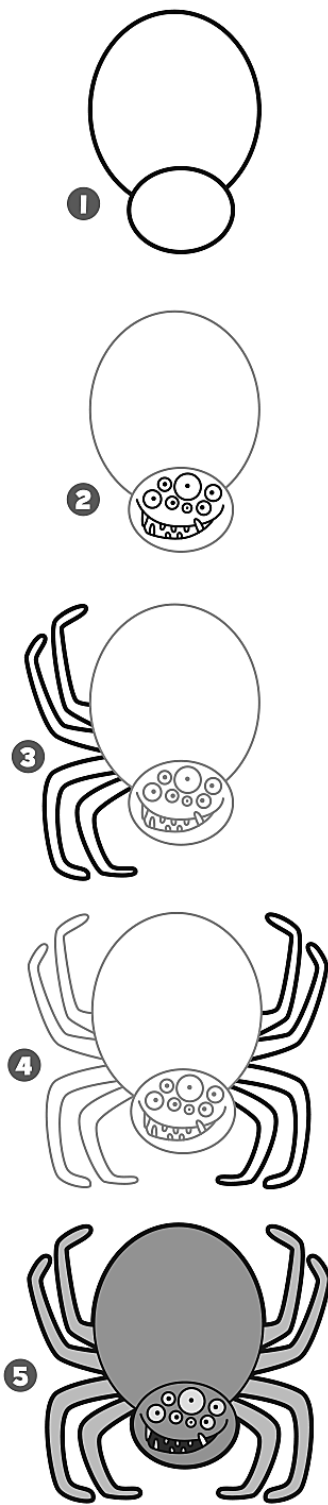
Spider Advertiser

Read the ads in today's paper. Then, use crayons or markers to create an ad for spiders! It could be a "Web for Sale" ad or an ad for something spiders need.

Standards Link: Follow simple written directions.

Kid Scoop Together LET'S DRAW!

Have a family member draw with you. Each of you follow the steps below to draw a spider. How many differences can you find between your two spiders?



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Kid Scoop VOCABULARY BUILDERS

This week's word: **ATTACH**

The verb **attach** means to connect one thing to another.

The spider can **attach** its web to twigs in bushes.

Try to use the word **attach** in a sentence today when talking with your friends and family members.

Kid Scoop Puzzler

Many spiders spin webs around their eggs. The wolf spider does this as well, and then carries its egg sac until the eggs hatch!

Draw the half of wolf spider.

Double Double Word Search

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

AIR
CORNERS
DRY
EARTH
HOLD
ORB
POINT
SILK
SPIDER
SPUN
STEEL
THREAD
TRIANGLE
WEB
WEAVE

O	E	Z	O	K	D	S	P	U	N
T	R	A	S	B	R	L	F	C	S
R	I	B	R	G	Y	V	O	T	R
I	A	W	E	T	L	J	K	H	E
A	P	E	T	W	H	W	J	R	N
N	O	B	Q	S	P	I	D	E	R
G	I	I	C	S	I	V	M	A	O
L	N	S	T	E	E	L	O	D	C
E	T	E	V	A	E	W	K	T	D

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

FROM THE LESSON LIBRARY

Word Webs

Glue a noun from the newspaper onto the center of a piece of paper. Then cut out other words that go with that noun. Glue groups of words around the center noun. Connect the words that go in one group.

Standards Link: Grammar: Identify nouns.

Why are spiders like bicycle wheels?

ANSWER: They're always spinning!

Write On! How I Helped

Write about a time you helped someone else. How did it feel?

Standards Link: Write descriptively using main idea and supporting details.

Holly LaBarbera discusses debut novel at downtown Fremont event

By STEPHANIE GERTSCH

On June 11, readers gathered in Downtown Fremont to hear Bay Area author Holly LaBarbera read from her debut novel *All I Know* (published by Buckberg Mountain Books). Originally planned for the small independent bookstore Banter Bookshop, the event drew so many registrants that it was moved to the Downtown Event Center. Pre-orders for the book also sold out. In discussion with fellow author Caroline Kim, LaBarbera talked about aspects of writing the novel and her process in general. Banter Bookshop owner Amy Davis introduced the authors and got the event started.

To set the tone, LaBarbera read a short passage from *All I Know*, where the 20-something protagonist looks back on an afternoon spent with childhood friends. The novel spans many years over the childhood and young adulthood of Kai Martin, as the character processes her complicated family dynamic. Much of the novel is about the bond between two families, especially between Kai and her childhood friend Josh, who she has a crush on. LaBarbera recalls that while writing her first draft, "It felt like they were leading me, like Josh and Kai were in my



Amy Davis, owner of Banter Bookshop, introduces Holly LaBarbera and Caroline Kim.

head telling me what was going on." Originally, she conceived the book as a love story, but with editing it grew into a coming of age where the central character moves from childish naiveté, to doubt, to a more mature faith in humanity. "It's actually Kai's story. Josh is a big part of that, but it's her story."

As a psychotherapist, LaBarbera wanted to honor some of the themes that her clients have expressed with her (although of course in a fictionalized setting). The families in *All I Know*, are dysfunctional in many ways, dealing with alcoholism, depression, and abuse. Building empathy

for the struggles people go through is also part of the story. For example, she relates that the character of Josh's dad was a straightforward "black hat western guy" in early drafts, but over time this character gained more depth.

Many of the places that the characters move through are inspired by places LaBarbera has also lived in. For example, the house Kai grows up in is based on LaBarbera's childhood home. Because the novel covers a long time period, letters are used as a framing device, often to convey how much time has passed. "You share things that you don't talk about in letters," LaBarbera explains. Letter writing is a theme in LaBarbera's own life, as she was pen pals with her grandmother growing up. The ending of *All I Know* was the most difficult part to write, because LaBarbera wanted to provide closure on Kai's story without spoon-feeding her audience all the details of the character's growth.

Some of her favorite characters in the story were Kai's no nonsense friend Dani and Kai's supportive mom. She notes that having loyal people in your life can make a big difference when you're struggling. But in the end, LaBarbera says, "[Kai] has to be my favorite because she lived in my head so much."

Although *All I Know* is LaBarbera's debut, it's not the first book she's written. LaBarbera began writing her first book, "5 Days," when her second son was getting ready to go off to college. Inspired by a passion planner (an agenda focused on goal setting), she decided to tackle the goal of writing a book. Although she hadn't studied writing before, she is a longtime reader and attendee of book clubs. She



Holly LaBarbera signing a copy of *All I Know* for an attendee.

puts it simply, "I read a lot, and I know what I like." Later in the process she joined a Community of Writers workshop. LaBarbera's mom was also able to connect her with an established editor who gave helpful feedback on the draft.

For LaBarbera, a first draft takes anywhere from six months to a year. Editing, on the other hand, can take years. She calls the process of editing "Relatively boring," because "You have to keep doing it and read the same thing over and over." Currently, LaBarbera has finished the first draft of her third book, and "5 Days" is in redevelopment to be published after that. The latest project didn't flow as smoothly. However, LaBarbera admits, "But I think it's a better first draft." She also wrote it in sequence rather than working on scenes out of order.

The event ended with a Q&A where audience members were able to ask LaBarbera both about her process, and for general writing advice. (For example, how to portray non-stereotypical symptoms of mental illness in a way that resonates with readers.)

Banter Bookshop lists upcoming story times, book clubs, and author events on their website at <https://banterbookshop.com/events>. You can order *All I Know* at <https://hollyclabarbera.com/>.

Connect with the authors on Instagram:

Holly LaBarbera @hollytellsatale
Caroline Kim @Carolinekim.writer



L: Holly LaBarbera, R: Caroline Kim

Photo Collection of Historic Park Landscapes Released

Submitted by FLORA CSONTOS

The East Bay Regional Park District is proud to unveil the Martin J. Cooney "Park Landscapes" online photo collection. This digital photo exhibit debuts a rare gathering of beautiful, nostalgic images that capture parkland and open space views of the East Bay from 1965 to 1981. At that time, the Park District was embarking on a period of considerable growth, tripling the number of Regional Parks to over 30. The Martin J. Cooney "Park

Landscapes" collection has been carefully researched and curated by Park District Archives staff and volunteers, who have dedicated many hours to the preservation of the District's history. As part of the ongoing 90th Anniversary celebrations planned throughout 2024, the photo collection is now available on the Park District's Celebrating 90 Years webpage.

The release of the Martin J. Cooney "Park Landscapes" collection spans over 14 years of Park District photojournalism from the 1960s to the early 1980s. It memorializes landscapes, historic structures, and new parklands that later became part of the Regional Parks.

In 2016, Martin's family donated over 15,000 negatives to the Park District, which were taken in the 1960s to 1980s when the Martin J. Cooney commercial studio provided professional photography services to the Park District. While Martin took some of the photos, most were taken by Nancy McKay, who became an apprentice of Martin's in 1968 while working in the Park

District's Public Affairs Department and serving as its primary photographer for over 37 years. Additional Cooney photo collections were donated in association with the Oakland Tribune archives and are housed at the Oakland Museum of California.

The four Cooney photo collections being released this year in commemoration of the Park District's 90th Anniversary include People in Parks (already available on the Celebrating 90 Years webpage), Park Landscapes, Park District Workers, and Special Events.

Learn more at www.ebparks.org/celebrating-90-years.



Photos from "People in Parks" collection by Martin J. Cooney

LETTER TO THE EDITOR

The Spread of Graffiti and Gang Tagging

The purpose of this letter is to address the problem of graffiti and gang tagging in the Irvington District. My family has been residence of Fremont, since 1984 and we have certainly seen changes in the city, but not necessarily for the better. When we came here there was no graffiti or gang tagging!

When we moved to Fremont, Congressional Quarterly listed Fremont as one of the safest cities to live in with a population of over 100,000 people. Our city management has failed us over the years, and we now live with graffiti and gang tagging.

Over the past five years we have made numerous calls to the city, to Union Pacific, and BART, only to receive a bureaucratic run around. In the military we called this "shirking responsibility." It is the old "not-me" syndrome. While the City of Fremont does have a staff to address graffiti, it has been no real help, and the spread of graffiti only continues to get worse and worse.

I do believe that the City of Fremont has the tools to stop the spread of graffiti and gang related tagging—but this issue seems to be ignored. We have called the police when we have seen individuals tagging walls, but the police have always arrived too late. Letters to Mayor Mei have gone unanswered.

Let me recommend a few approaches that might curtail, if not stop the spread of graffiti and tagging:

1. Treat tagging and graffiti as a litter violation. There are laws

on the books to stop and clear littering. The fines are large and can be elevated to a criminal offense. Maybe the litter law can be amended to include graffiti, which is a form of visual littering and uses profanity.

2. Include graffiti as part of the city's weed abatement program. It might be easier to cite BART or Union Pacific under a modified abatement policy. My recommendation is that the city needs to cite owners of buildings, walls, or any place that graffiti appears. If anyone fails to make the correction, they are fined and if they fail to pay the fine, they are taken to court; and/or

3. The city set up motion cameras in threat/risk areas. The cameras can be temporary, as they should be moved to various locations in the city that have been pre-surveyed. Fines for anyone caught tagging or making graffiti marks should be similar to litter fines. Initial fines of \$1,000 and for habitual taggers, much greater fines.

The individuals who participate in graffiti are few, but the threat is likely to increase with the expansion of housing. I suggest that you visit Irvington and personally witness the problem of graffiti along BART and Union Pacific rail lines.

I suspect that addressing the issue of graffiti and tagging with BART and Union Pacific will not be a simple challenge, but we were successful with weed abatement policy. The City needs to take culprits to court and see that they are fined.

We do not wish to have these repulsive, unsightly eyesores that tell people this is gang territory. The City leadership can do more, only if they take the issue more seriously.

Sincerely yours,

COL. Brian A. Barlow (retired)
Fremont



Our 65+ Bay Area locations let us peek at a lot more boos.

In-person or virtual visits at
Bayside Medical Group
genpeds.stanfordchildrens.org



EARTHTALK

FROM THE EDITORS OF E - THE ENVIRONMENTAL MAGAZINE

Dear EarthTalk: Which of the big tech companies are considered the greenest now?

As global demand for sustainable practices intensifies, the race among major tech companies to adopt green practices has become highly competitive. Many tech giants, including Microsoft, Apple and Google are pursuing demanding sustainability goals.

Microsoft has set the most ambitious target: to run entirely on renewable energy by 2025, to go carbon-negative by 2030, and to neutralize all past emissions dating back to 1975 by 2050. Also, Microsoft has mandated its suppliers report their emissions since 2021 and has implemented a carbon tax on its supply chain. In May 2024, the company signed the largest corporate clean energy deal, purchasing 10.5 gigawatts of carbon-free power from Brookfield Renewable Partners. Microsoft already sources electricity from solar and wind farms across America, Europe and Asia.

Transparency distinguishes Microsoft from other major tech companies: It has openly invested in carbon offset projects, such as installing clean stovetops in Kenya and protecting Indonesian forests, and has supported renewable energy infrastructure,



including backup generation for Wyoming solar grids and energy storage batteries in Ireland. In 2020, Microsoft founded the Climate Innovation Fund, investing \$1 billion in over 35 companies developing climate technology solutions for underserved communities.

Apple differs in that it mainly makes physical products. Apple hopes to limit its annual carbon emissions to less than 10 million 'unavoidable' metric tons by 2030 and reach zero net emissions via carbon offsets and removal. In 2022, Apple's carbon footprint was a staggering 22.5 million metric tons, 75 percent produced during manufacturing and 20 percent generated during product use and transportation.

Since production accounts for most of Apple's emissions, the company has prioritized material and energy sourcing. The 2019 MacBook Air's external enclosure is 100 percent recycled aluminum, reducing the product's carbon footprint by nearly half. Also, Apple is developing more durable and energy-efficient products and powering its production lines, offices and data centers with clean energy. And Apple has many carbon offset/removal projects, mostly to protect and restore wetlands, grasslands and forests.

Google has striven to neutralize its carbon emissions since its founding in 1998, and aims to exceed carbon neutrality by becoming carbon-free by 2030. Its

carbon-free plan includes three phases: offsetting, reducing and eliminating emissions. For two decades, Google has used "high-quality" carbon offsets and renewable energy. However, Google's lack of clarity about what constitutes "high-quality" makes it difficult to verify their sustainability claims. Since 2017, Google has increased reliance on wind and solar power and hopes to power all facilities soon with locally sourced carbon-free electricity. Sun and wind energy can be unpredictable and insufficient for large-scale tech operations. To address this, Google collaborated with its subsidiary DeepMind to develop machine learning systems that forecast wind farm output up to 36 hours in advance and worked with local authorities to optimize solar panel placement.

CONTACTS:

Ranking The Tech Giants' Climate Commitments | Clim8 Invest
<https://clim8.com/blog/sustainable-investing/investing-in-big-tech-ranking-the-tech-giants-climate-commitments/>

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Home & Garden

Celebrate Pollinator Month by inviting a variety of pollinators to your garden

By **MELINDA MYERS**

Photos courtesy of MelindaMyers.com

June is National Pollinator Month and it's a great time to celebrate all the pollinators that play an important role in producing food, fiber, medicine, and more that we rely on. When you think of pollinators, bees, butterflies, and hummingbirds are likely the first that come to mind. But moths, wasps, beetles, flies, bats, and some other birds also help pollinate our gardens. More than 80% of all flowering plant species, including 180,000 different species and more than 1,200 crops, rely on them for pollination.

Like honeybees and Monarch butterflies, many of these pollinators are struggling and their populations dwindling due to pesticides and loss of habitat. Gardeners can make a difference by creating pollinator gardens filled with their favorite plants.

When designing a garden, select plants with different shapes, colors, and bloom times. You'll attract a wide array of pollinators and provide them with a constant supply of nectar and pollen. Include bright white, yellow, blue, and ultraviolet-colored flowers to attract the bees. Add some tubular flowers with a spur or landing pad for the butterflies. They are especially fond of purple and red blossoms.

Don't be in a hurry to squash those beetles you find meandering over your plants. Many do not harm the plant but rather move pollen as they travel throughout your garden. These generalists visit a variety of plants, but most often can



be found pollinating large strongly scented flowers like Canadian ginger, magnolia, paw paws, and yellow pond lilies.

They can be annoying, but flies are also busy pollinating your flowers. They are generalists, like beetles, and tend to pollinate small flowers with shallow, funnel-like, or complex trap-like flowers. You're likely to see them on annuals, bulbs, goldenrod, skunk cabbage, paw paws, and members of the carrot family.

It may be difficult to welcome the often dreaded and feared wasps and hornets to your garden. However, most are solitary, not all sting and some are predators or parasitoids that help manage garden pests.

Besides helping with mosquito control, bats pollinate over 500 species of night-blooming flowers around the world.

They prefer those with a musty or rotten odor of mostly tropical and some varieties of desert plants.

Most of us enjoy watching hummingbirds visit our gardens and feeders. Hummingbirds are the primary bird pollinators in North America, carrying pollen on their beaks and feathers. They prefer brightly colored scarlet, orange, red, and white tubular flowers. Baltimore orioles are accidental pollinators spreading pollen as they feed on flower nectar while white-winged doves pollinate and spread saguaro cactus seeds.

Be sure to include milkweed, herbs, trees, shrubs, and grasses with foliage that caterpillars and others feed upon. Use native plants including trees, shrubs, flowers, and grasses whenever possible. These plants have

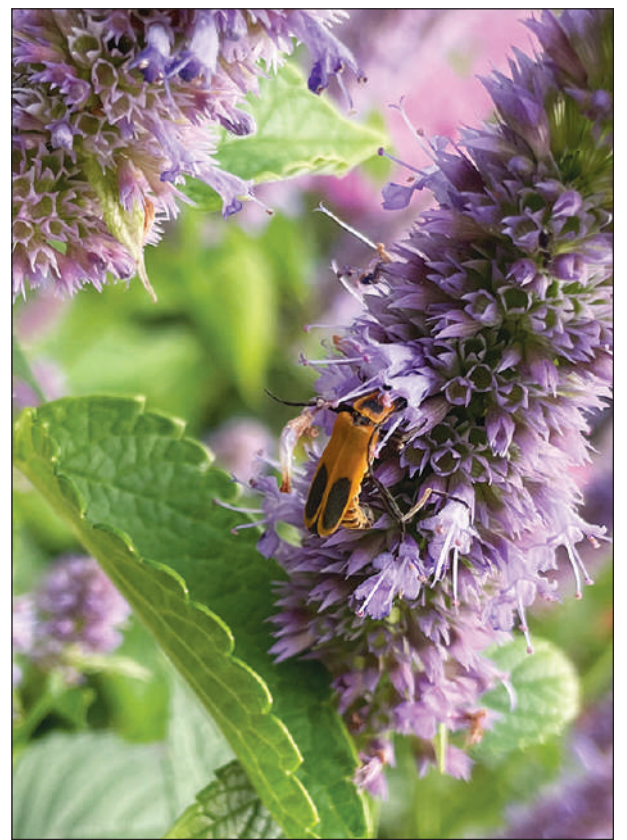
evolved with pollinators and provide the greatest benefit. Make sure the native plants you select are suited to the growing conditions and available space.

Don't overlook cultivated plants that also attract and support pollinators. Many have flowers or foliage that benefit a variety of pollinators. Watch for bees visiting thyme, borage, and calamint flowers; hummingbirds sipping on salvia, cuphea, and verbena blossoms; and swallowtail caterpillars munching on dill, fennel, and parsley leaves.

Once you create a pollinator-friendly environment, give them time to discover your pollinator paradise. It may take time but once the word gets out you will be enjoying lots of pollinators and the many benefits they provide.

For more information watch Melinda Myers' Underappreciated Pollinators webinar recording and download the handout (MelindaMyers.com).

Melinda Myers has written over 20 gardening books, including Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and the nationally syndicated Melinda's Garden Moment radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Myers' website is www.MelindaMyers.com.



THE ACWD CONNECTION

OUTDOOR WATER SAVING TIPS

- Wash your car by using a bucket instead of a hose or consider using a commercial car wash that recycles water.
- Add mulch around trees and plants to reduce evaporation and retain moisture in soil.
- Adjust sprinklers to avoid watering the sidewalk or driveway.
- Plant California natives and water efficient plants to attract wildlife and reduce the need for fertilizer and pesticides.
- Check sprinklers and hoses for leaks. Sprinkler and hose leaks are one of the most common ways water is wasted unknowingly.

For more water saving tips, visit acwd.org/conserve.

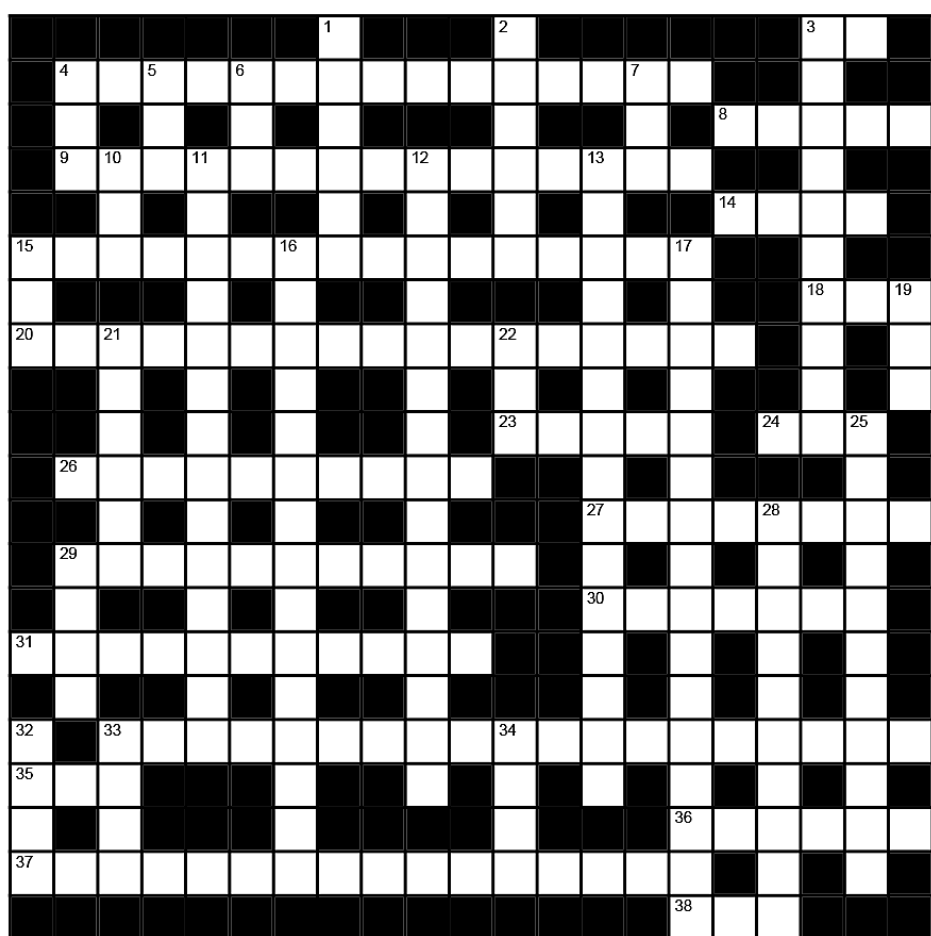


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Mind Twisters

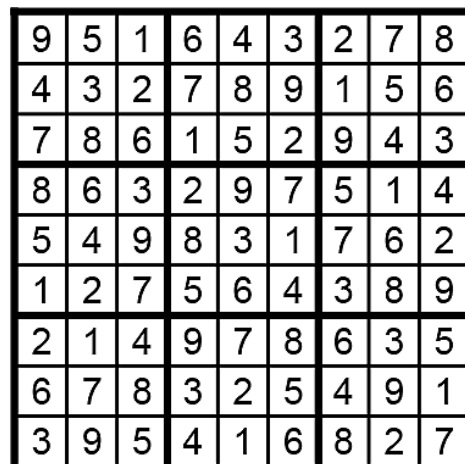
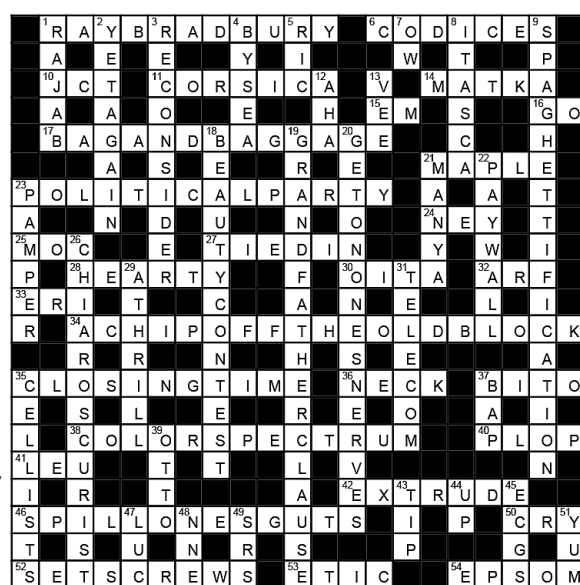
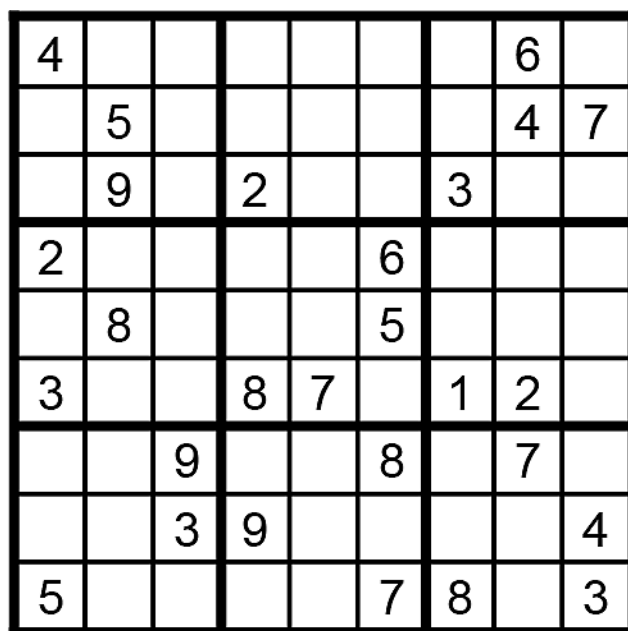
Crossword Puzzle



- | | | | |
|--------|---|----------------------------|---------------------------------------|
| Across | 38 | Fig. in identity theft (3) | (9,7) |
| 3 | I give you ___ word (2) | 19 | Bosox legend (3) |
| 4 | Trivial (15) | 21 | Fairy (6) |
| 8 | 1974 title role for Dustin Hoffman (5) | 22 | Area of San Francisco, ___ Valley (3) |
| 9 | Personal stakes (6,9) | 25 | However (11) |
| 14 | Chop ___ (4) | 28 | Pelican State native (10) |
| 15 | Widdershins (16) | 29 | Actor LaBeouf of "Constantine" (4) |
| 18 | Kind of flour (3) | 32 | Dogpatch possessive (4) |
| 20 | Sent? (9,8) | 33 | Forty-___ (4) |
| 23 | Become a member (5) | 34 | Pencil-and-paper game (4) |
| 24 | Break a commandment (3) | | |
| 26 | Engender (4,4,2) | | |
| 27 | Means of travel. (3,5) | | |
| 29 | Whopper topper (6,5) | | |
| 30 | Bribable, say (7) | | |
| 31 | Forbes 400 listee (11) | | |
| 33 | *Animal that gives birth to identical quadruplets (4-6,9) | | |
| 35 | There, in Latin (3) | | |
| 36 | Least wild (6) | | |
| 37 | Arctic sea route (9,7) | | |

Sudoku:

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



Tri-City Stargazer FOR WEEK: JUNE 18, 2024

All Signs: This week we have a strong astrological influence of Water Signs. On Monday, both Mercury and Venus enter Cancer, a Water Sign. On Thursday, the Sun enters Cancer as well to stay for four weeks. Meanwhile, in another part of the ocean, there's a lot happening with Neptune (the planet that has rulership over oceans) and Neptune is in the sign of Pisces, also a Water Sign. This means that this week, we'll all have a strong Spidey sense! However, confusion and deceit are in the picture. Don't be Queen of Denial.

Aries the Ram (March 21-April 20):

You're excited about big ideas! You're learning new things. You want to travel. Nevertheless, even though you're making exciting plans, a new influence has arrived this week that heightens your focus on home, family and your private life. Certainly, your involvement with relatives and siblings is strong. Home repairs and redecorating projects will be a priority. In fact, home and family will be your focus for the next four weeks, despite confusion and misunderstandings right now. Make sure your expectations for yourself are reasonable. Meanwhile, you're working hard and shopping!

Taurus the Bull (April 21-May 20):

You're pumped because fiery Mars is in your sign this week. (This is good!) In fact, Mars will stay in your sign for another month until July 20. In addition, three planets are changing signs this week, which will further boost your energy and give you a busy agenda. Make plans for short trips. Set aside time for increased interactions with siblings, relatives and neighbors. Grab every opportunity to learn, study and write because you're eager to communicate. However, this week, double check details and sources.

Gemini the Twins (May 21-June 20):

This is a fortunate time for you because lucky Jupiter is in your sign. (The good fortune is going to last until the middle of next year, but it's nice to be reminded because we should never take good fortune for granted.) Take care to clarify everything with authority figures (including the police) because

confusion and misunderstandings are rampant. Meanwhile, starting this week, your focus on money (including exciting purchases) will accelerate. Trust your moneymaking ideas. Enjoy shopping for pretty things for yourself and loved ones.

Cancer the Crab (June 21-July 21):

Be careful at the beginning of this week because misunderstandings might be a problem. However, Mercury, Venus and the Sun will move into your sign, giving you a tremendous advantage! Mercury will make you keen to talk. Venus will boost your charm and make diplomatic with everyone. And the Sun will be in your sign for the next four weeks giving you a chance to recharge your batteries for the rest of year! Meanwhile, this is a great time to get things done by working with others. Enjoy physical activity and athletic competitions too.

Leo the Lion (July 22-August 22):

At the beginning of this week, there's a strong likelihood of confusion, misunderstandings, even deceit regarding shared property, banking, taxes, debt and inheritances. Double check everything. Fortunately, your ambition is aroused and you're motivated to take care of your best interests. With Mars high in your chart, you won't hesitate to defend yourself or speak up. Nevertheless, starting now and for the next month, you'll cherish your privacy and seek quiet time to think about your future goals. Take it easy.

Virgo the Virgin (August 23-September 22):

It's a fact that unexpressed expectations, especially with someone close to you, will almost

always lead to disappointment. I mention this because at the beginning of this week misunderstandings with partners, spouses and close friends are likely. Be considerate. But keep your eyes open. Discussions about controversial matters are difficult now. Meanwhile, starting this week, your focus on friends, groups, clubs and organizations will increase. You'll be more popular! You might be more involved with creative, artistic types. Share your dreams for the future with others because their feedback will help you.

Libra the Scales (September 23-October 22):

Go gently at the beginning of the week, especially if you feel unsure about your facts because confusion is rampant. This confusion could relate to your job, your health or even a pet. Meanwhile, three planets have just moved to the top of your chart, which calls attention to you in a favorable way! Without doing anything special, you'll look attractive and competent in the next four weeks. You might take on increased responsibilities. Mercury and Venus will encourage conversations with bosses and VIPs. Because others admire you, you might have a flirtation with a boss.

Scorpio the Scorpion (October 23-November 21):

Make sure you have your facts correct when dealing with your kids, issues about vacations, romantic partners and anything to do with financial speculation. All these areas can be sources of betrayal or misunderstandings. Meanwhile, this week ushers in a big shift of energy that makes you want to get a change of scenery. One exciting change might be a

romance with someone from another culture. Others will explore opportunities in the media, medicine, the law, publishing and higher education.

Sagittarius the Archer (November 22-December 21):

Honesty is important to you. (And you often apply your high standards to friends and relatives.) At the beginning of this week, you might feel disillusioned by someone because they misrepresented something. Meanwhile, you're working hard and getting great results. Your focus on shared property, taxes, debt and the resources of others (especially your partner) will be strong for the next four weeks. On the upside, in the next few weeks, money will come to you! You might also receive gifts from others. Someone might let you use something that they own.

Capricorn the Goat (December 22-January 19):

At the beginning of the week, double check anything that might be disinformation. There's lots of room for confusion, especially on Monday. Meanwhile this week, three planets move opposite your sign, which increases your focus on partners and close friends for the next four weeks. Discussions will be important. Relationships will go well because you'll find it easy to express your affection. One thing to note: You will need more sleep in the next four weeks. Respect this need despite many opportunities for physical sports and fun!

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

At the beginning of this week, confusion or dishonesty, especially dealing with kids and romantic partners, might take place.

Scrutinize whatever happens. Despite this detour, three planets will shift your attention to your work. In the next four weeks, you'll be as productive as possible! You will pay attention to detail and make careful plans. Your relations with coworkers will be excellent. In fact, a work-related romance might spring up. Many of you will be keen to improve your health as well. Increased activity on the home front will require your attention.

Pisces the Fish (February 19-March 20):

At the beginning of this week, be clear in discussions about family matters. Don't lie to avoid embarrassment. It's important that everyone has feelings of mutual trust. On the upside, three planets have just moved into the most fun-loving part of your chart! (This is the only time all year this will occur.) The next four weeks are an excellent time for a vacation. You'll also enjoy social outings, sports events, musical performances, fun activities with kids, and romantic adventures, plus chances to express your creative talents. Relationships will be more lighthearted.



By Georgia Nicols
www.georgianicols.com

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Fremont opens new Pickleball Courts

By APRIL RAMOS

On Monday, June 3 the City of Fremont introduced the highly anticipated Central Park Knoll Pickleball Courts. Tucked between the Fremont Main Library and Fremont Police Station, and Lake Elizabeth, the Knoll Pickleball Courts are ready for free use to all Pickleball fanatics around the Tri-City area. The new location has eight standard pickleball courts on two elevation levels. The courts include permanent fencing, in-ground nets and posts, benches, a drinking fountain and a beautiful view of Mission Peak and Lake Elizabeth.

Just a week after the ribbon cutting ceremony where Mayor Lily Mei along with several city

representatives were in attendance, Paul Stasi and Quang Vuong, were already taking advantage of the new courts, which they advocated for, for years. “We were there since the beginning. We had groups of people going to the city council meetings to voice their opinions about needing pickleball courts,” said Vuong.

Stasi and Vuong are part of the unofficial Fremont pickleball club. “It’s not an official club where there’s a president, take minutes and pay dues. It’s a loosely knit club,” explains Stasi. The club runs primarily from the messaging app WhatsApp. Members reach out to one another when looking for people to play with. “People say ‘anybody going down to play?’



Paul Stasi (L) and Quang Vuong (R)

You might say, ‘yeah, I can be there in 20.’ Then all of a sudden you have people to play with that you didn’t know, and the next thing you know you’ll be friends,” described Stasi. Although the club isn’t official, it has over 1,000 members on the ‘Fremont California Pickleball Club’ Facebook page.

With so many Pickleball enthusiasts, Vuong described the struggle of finding locations where players were allowed to play. “At [Fremont Tennis Center], they have 18 tennis courts and on any given day a good chunk of them are vacant. We asked them for two tennis courts to be converted, and for a long time they didn’t.” Pickleball is the fastest growing sport in the US with over 200% growth in the last three years. (www.pickleheads.com) The decision to convert tennis courts to pickleball courts, and ultimately build a dedicated pickleball facility in Fremont was “a no brainer” to Vuong.

Although Stasi and Vuong are grateful the three-year process of a new court has come to fruition, they are still hoping for important additions to the facility. Some improvements include bathrooms, gates between the two elevation courts and lights. “These low intensity lights, they’re not for Pickleball,” Vuong points out about the lamp posts that were left from what

was once an empty parking lot. “Luckily, during the summer dusk is around 8:30 p.m., but during the winter its 5 o’clock. So, imagine working folks during the weekdays. They have to wait for the weekends to play,” Vuong explained. “And it’ll be hours going to waste for these nice new courts,” added Stasi.

As for bathrooms, the city has placed portable restrooms near the courts. However, some players still choose to walk about four minutes to the nearest building restroom. Regarding the gate problem, Vuong has gotten creative by fashioning a makeshift fence with a small tarp so their game ball doesn’t roll down to the lower-level courts.

After the persistent efforts of local ‘pickleheads,’ the Knoll Pickleball Courts are a great start by the city to keep up with the demand of the fast-growing sport. Vuong shared, “All around the city there are a bunch of tennis courts unused, they would not make any space. But luckily after more than two and a half years they gave us [these courts].”



Knoll Pickleball Court at Central Park Fremont.

Union City’s Mark Green Sports Center

By JACK ALCORN
Photos courtesy of Union City

The Mark Green Sports Center has a full fitness center with weight lifting and endurance equipment, an aerobics room, locker rooms, and a 12,000 square foot gymnasium.

The popular local facility offers adult sports programs, open gym time for basketball, volleyball, badminton, table tennis, and family fitness programming. Small Group exercise programs, personal training and fitness therapy at the center are great ways for the novice gym goer to stay in shape.

Activity and class offerings at the sports complex include:

- Aerobics
- Strength Yoga
- ZUMBA
- Senior Fitness
- Tai Chi

Nutrition workshops and special events to promote fitness, health and wellness occur throughout the year. Child care is provided at the center while parents focus on their fitness.

The Mark Green Sports Center is also available for private rentals on Saturday afternoons and evenings. The gymnasium can accommodate up to 500 persons banquet style, 600 for assembly, and has a full commercial kitchen.

A modest membership fee includes all group exercise classes and open gym sports offered by the Mark Green Sports Center.



The Mark Green Sports Center on Union City Boulevard

For more information visit www.unioncity.org/290/Mark-Green-Sports-Center.

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ALZHEIMER'S AND OTHER forms of dementia affect 5.8 million Americans today, the majority of whom are elderly. Over time, this condition impacts memory, cognitive functioning, reasoning and behavioral abilities. Elderly patients with dementia need special support. In-home dementia care, day care, and memory care facilities can help.

Researchers have yet to find a cure for dementia, but they have learned how to improve the quality of life of individuals living with it. That includes care practices that support the unique needs of older adults with dementia. These programs are often highly structured, with lots of individual support. Staff usually have advanced training in dementia and geriatrics care, and meaningful activities are designed to keep participants engaged and connected.

WHAT'S THE DIFFERENCE BETWEEN IN-HOME CARE, DAY CARE, AND DEMENTIA CARE FACILITIES?

Specialized memory care is available in several settings. Choose one based on what's best for your loved one and your family.

In-home services

- Support services are offered one-on-one in the convenience of home
- Often includes non-medical help, like support with daily tasks
- May provide in-home medical care by a nurse, physical therapist, or another licensed health professional

Day care for dementia patients

- A safe place for your loved one to visit to socialize with others and participate in expert-led activities
- Often provide transportation and meals
- Depending on the center, may also provide services including medical assistance, personal care, and therapies

Memory care community

- A residential setting that provides 24/7 care and support for individuals living with dementia or other memory-loss conditions
- Spaces and programs designed by memory care experts—for example,



to prevent wandering—and to engage residents at every stage of dementia

- Depending on your loved one's needs, a memory care community may also provide assisted living services like non-medical and medical care

The right setting for you will also depend on the level of care that your loved one requires for any other health conditions, from assisted living to skilled nursing.

WHAT HAPPENS IN MEMORY CARE PROGRAMS?

Memory care activities can include any number of activities, including:

- Gardening and horticultural therapy
- Art and art therapy
- Pet therapy
- Music appreciation
- Memory activities
- Games and other mental activities
- Spiritual support
- Social opportunities

In some cases, memory care services can include additional support from a certified nursing assistant. These support services may include passing out medication, serving food, caring for hygiene, and support with other daily tasks.

WHERE CAN I FIND DEMENTIA CARE NEAR ME?

In general, primary care physicians and geriatricians are excellent resources for community supports. So start by reaching out to your loved one's doctor. If you're in the East Bay, visit the Pavilion at the Masonic Homes in Union City. Our community is staffed by experts. Above all, we're devoted to keeping your loved one safe, providing the daily assistance they need, and connecting them with their very

DEMENTIA CARE IN UNION CITY

THE PAVILION at the Masonic Homes on Mission Boulevard provides high quality memory care in elegant surroundings. New apartments with views of the creek, daily activities that help maintain a purposeful life, and freshly prepared meals that nurture the body help make THE PAVILION a wonderful option for those who need assistance with memory care.

Call us at (510) 216-0624 or visit pavilion-unioncity.org today to schedule a tour.

EXTRAORDINARY LIVING

Bay views. Gorgeous apartment homes. Retirement living at its finest.



Come see for yourself how Acacia Creek residents break the mold on what it means to age. Our active, vibrant community empowers residents to live their best lives in retirement.

Tour today!
(510) 216-0624
AcaciaCreek.org



Transitions Short Term Care
Comfortable Recovery, Unparalleled Care

Recover from illness, surgery or injury in a tranquil and upscale environment with hotel-style amenities and restaurant-style dining. Our experienced caretakers help you recover in comfort right here in Union City.

(510) 429-6487  **Masonic Homes of California**
TRANSITIONS

View our video at: masonichome.org/transitions

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www.HaywardAnimals.com

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*Connecting rescued animals
with loving homes!*



Rufus is a 6 year old Terrier mix looking for a calm home to call his own. Rufus is looking for that special some one to have his back when he is nervous and can help in his journey to getting back to looking GQ status. Rufus would do best in a mature home with teens and up. To meet or adopt Rufus contact Hayward animal shelter at 510-293-7200



We have Guinea pigs! Come down to Hayward Animal Shelter and check out a variety of cute, scruffy, young guinea pigs looking for a good home. To adopt or meet them contact Hayward Animal Shelter at 510-293-7200.

\$ = Entrance or Activity Fee
R= Reservations Required
Schedules are subject to change.
Call to confirm activities shown in these listings.

Arts & Entertainment

CONTINUING EVENTS

Mondays, June 10 - August, 29

Beginners Bharatanatyam for Kids

5:00 pm - 5:45 pm
Have you been enchanted by the Indian classical dance, Bharatanatyam, and wanted to try it? Here is your chance! Join us to learn some basic dance steps, hand gestures and sitting postures that introduce you to this dance form. This is a series of 12 weekly classes, held every Monday.
Recommended for kids, ages 8-12. No prior experience required. Registration required. Your single registration will register you for the entire series. Please enter your child's name, not the parent's.
Fremont Library
2400 Stevenson Blvd., Fremont
(510) 745-1400

**Mondays and Thursdays
Food Garden Volunteer**

9:00 am - 12:00 pm
Learning from experienced gardeners. LEAF CR Stone Garden
55 Mowry Ave., Fremont
volunteer@fremontleaf.org
Volunteer agreement form is required.

Tuesdays

East Bay Games Meet

6:00 pm - 10:00 pm
German/Euro style board games and card games.
Swiss Park
5911 Mowry Ave., Newark
(510) 936-2523
meetup.com/east-bay-games
sfdavidkaye@yahoo.com

Tuesdays

East Indian Seniors R

2:00 pm - 4:00 pm
Anyone who is retired and of Indian origin or interested in Indian culture is welcome to join us.
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 790-6606
Second and Fourth Tuesdays of the month

Tuesdays

LEGO® Time

3:00 pm - 4:30 pm
Use your imagination and engineering skills to create your own LEGO® designs.
Centerville library
3801 Nicolet Ave., Fremont
(510) 795-2629
Drop-in. For everyone.

Tuesdays

Music and Storytime

11:30 am - 12:00 pm
Join us for stories, music, and movement.
Cherryland Community Center
278 Hampton Road, Hayward
(510) 626-8522
For babies, toddlers, kids, and preschoolers.

Tuesdays

Comfort & Joy Ukulele R

1:30 pm - 3:00 pm
A group of ukulele players with volunteer leaders to practice familiar songs as well as learning new.
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 790-6606

Wednesdays

Folk Dancing Social R

9:00 am - 10:30 am
Join together in the wonderful spirit of dancing and savor the beautiful music from all over the world.
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 790-6606

Wednesdays

Book Club AWC R

10:00 am - 12:00 pm
The book club meets for stimulating discussions.
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 790-6606
Second and fourth Wednesdays of the month

Thursdays

International Folk Dancing R\$

11:15 am - 1:00 pm
Celebrate the cultural roots and traditional life of various countries.
Age Well Center at South Fremont
47111 Mission Falls Ct., Fremont
(510) 742-7529
In English and Chinese.

Thursdays

Bocce Ball Class R

11:00 am - 12:00 pm
Learn how to play Bocce Ball.
Age Well Center at South Fremont
47111 Mission Falls Ct., Fremont
(510) 742-7529
Rain will cancel class.

Thursdays

Chinese Calligraphy Social R

2:00 pm - 4:00 pm
Bring your own supplies and socialize and have fun while doing calligraphy.
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 790-6606
There is no teaching on site.

Thursdays

Historic Days

10:00 am - 4:00 pm
Ride a narrow-gauge train, tour the beautifully restored Patterson House Museum. Every historic day ends with an animal feeding at 3 pm. This is a drop-in program; no registration is required. Disabled accessible.
Ardenwood admission fee applies.
Ardenwood Farms
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Thursdays

Chinese Music Ensemble R

1:00 pm - 3:30 pm
Open to all who are interested in performing traditional Chinese music.
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 790-6606

Thursdays

Family Board Game Night

3:30 pm - 5:30 pm
Play together with family and friends, or make some new friends at the library.
Centerville library
3801 Nicolet Ave., Fremont
(510) 795-2629
Board games will be provided.

Thursdays

The Peaceful Poets

5:00 pm - 8:00 pm
Join a Milpitas-based group of writers and appreciators of poetry.
Milpitas Public Library
160 N Main St., Milpitas
(408) 262-1171
For teens, adults, and seniors.
Last Thursdays of the month

Thursday, June 13 - August 3
54th Annual Textile Exhibition

Thursday, Jun 13 - Saturday, Aug 3
Thurs - Sun; 12 noon - 5 p.m.
Artwork will showcase a variety of textile techniques including quilting, macrame, wearables, sculpture, hand-dyed/painted fabrics, and much more.
Olive Hyde
123 Washington Blvd., Fremont
(510) 791-4357

Thursdays and Saturdays

Story Time

10:30 am - 11:00 am
Picture book story time
Banter Bookshop
3768 Capitol Ave. Ste. F, Fremont
(510) 565-1004
bit.ly/3VFpbc

Fridays and Saturdays

Free Telescope Viewings

7:30 pm - 10:30 pm
Join Chabot astronomers on the Observatory Deck for a free telescope viewing!
Chabot Space and Science Center
10000 Skyline Blvd., Oakland
(510) 336-7300
chabotspace.org/calendar
Weather permitting.

Saturdays

Laugh Track City R\$

8:00 pm
Series of improvised games and scenes
Made Up Theatre
4000 Bay St. suite B., Fremont
(510) 573-3633
madeuptheatre.com

Saturdays

Free Beginner Pickleball Lesson

12:00 pm - 2:00 pm
Free pickleball lesson taught by a USPA professional.
Hall Memorial Park
304 La Honda Dr, Milpitas
(408) 586-3210
Drop-in. Weather permitting.

Saturdays

Teen Cohort for Outdoor Education R\$

10 am - 4 pm
Meet new friends, build outdoor skills, and get to know your community as we participate in activities, such as Hayward Shoreline Hike and Clean-Up, Quarry Lakes Excursion; Coyote Hills Excursion; Fishing; rock climbing on our 28-foot rock wall, hiking; and a Sulphur Creek Guided Tour.
Ashland Community Center
1530 167th Avenue, San Leandro
Noel Munivez: (510) 317-2303
munnn@HaywardRec.org

Sundays

Farmyard Games

1:00 pm
Join us for some old-fashioned fun! Try your hand at classic American pastimes including stilt, sack races, and the potato-spoon race. This is a drop-in program; no registration is required. Ardenwood admission fee applies.
Ardenwood Farms
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Sundays

Practice Your English: Group Conversation for Adults

2:00 pm - 3:00 pm
Improve your conversation skills by chatting with other people about everyday topics in a friendly, welcoming group
Castro Valley Library
3600 Norbridge Ave., Castro Valley

Sundays

Weekly meditation Session R

8:30 am - 9:30 am
Explore the effortless way to ultimate bliss.
India Community Center
525 Los Coches St., Milpitas
(408) 934-1130
samarpanmeditationusa.org
info@indiacc.org, info@samarpanmeditationusa.org

Sundays - Saturdays

Recreational Swim \$

12:30 pm - 5:00 pm
Attractions may vary.
Silliman Activity and Family Aquatic Center
6800 Mowry Ave., Newark
(510) 578-4620
bit.ly/3nx00is

Sundays

Larry "O" Teen Workshop

10:00 am - 12:00 pm
Used bikes, bike parts for sale and bike repair.
Larry Orozco Teen Workshop
33623 Mission Blvd., Union City
(510) 675-5487
www.unioncity.org/723/Larry-O-Teen-Workshop
RobertS@unioncity.org
Donation accepted.
Second and fourth Sundays of the month

UPCOMING EVENTS

Friday, June 21

54th Textile Exhibition Opening Reception

7 p.m. - 9 p.m.
Artwork will showcase a variety of textile techniques including quilting, macrame, wearables, sculpture, hand-dyed/painted fabrics, and much more.

Olive Hyde
123 Washington Blvd., Fremont
(510) 791-4357

Saturday, June 22 - Sunday, June 23

South Asian Mental Health Conference \$R

Saturday - In Person
Sunday - Virtual
8 a.m. - 6 p.m.
Sessions on breaking stereotypes around mental health in South Asian Culture.
Cal State East Bay Hayward
25800 Carlos Bee Blvd., Hayward
Register on Eventbrite
Tickets: \$55 - \$150

Saturday, June 22

Holy Trinity Lutheran Church Spaghetti Feed

All you can eat food and drink
Beer and Wine extra
Prizes, Silent Auction, Kid Zone
4:00 pm - 7:30 pm
38801 Blacow Road, Fremont
510-793-6285

Saturday, June 22

Rhythm Builders

1:00 pm - 1:45 pm
Join The Rhythm Builders on an interactive journey through rhythm, song, and movement! They will be hosting a fun and interactive performance for children and their caregivers. Children will enjoy songs, movements, and playing instruments.
Fremont Library
2400 Stevenson Blvd., Fremont
(510) 745-1400

Sunday, June 23

Tchaikovsky Gold

3:00 pm
For this concert we're presenting two of his most famous pieces alongside International Van Cliburn Piano Competition gold medalist, Jon Nakamatsu. Heralded as the "pianist's pianist," Jon's touch on the keyboard is sophisticated and masterful, and he'll perform the most famous piano concerto ever written. Jung-Ho and the Bay Philharmonic will share their passion for Tchaikovsky's ultra dramatic 4th Symphony, his musical biography of a hero overcoming fate to triumph with hope and victory.
Chabot College Performing Arts Center
25555 Hesperian Blvd., Hayward

Monday, June 24

Washington Hospital Trauma Center Ribbon Cutting

5:30 pm
Morris Hyman Critical Care Pavilion Lobby
Washington Hospital
2000 Mowry Ave., Fremont

Tuesday, June 25

Bollywood Dance for Kids

3:00 pm - 4:00 pm
Join us to groove to Bollywood music, learning the fusion of dance steps that is Bollywood Dance. This dance form incorporates different dance styles including bhangra dance, hip-hop, Arabic and jazz dance. Recommended for kids, ages 8-12. No prior experience required. No registration required. Limited seats available. Tickets will be handed out at the Children's Service Desk, 15 minutes prior to the start of the program.
Fremont Library
2400 Stevenson Blvd., Fremont
(510) 745-1400

Wednesday, June 26

Fremont's 2024 State of the City Address

1:00 am
Fremont Mayor Lily Mei will present the annual State of the City Address
Fremont Downtown Event Center
3500 Capital Ave., Fremont

Wednesday, June 26

Pygmy Goats with 4-H

1:00 pm - 2:00 pm
Learn how to care for animals, good hygiene, and all the opportunities Alameda County 4-H provides. After the presentation there will be an opportunity to meet and pet a real pygmy goat! This presentation is appropriate for children ages five and up. Space is limited. Free tickets are available on a first come, first serve basis. Tickets will be distributed outside in the breezeway to the right of the main entrance, starting at 12:45pm.
Fremont Library
2400 Stevenson Blvd., Fremont
(510) 745-1400

Wednesday, June 26

Bri Crabtree & Silly Circus Show

1:00 pm - 2:00 pm
Family-friendly circus show from award-winning performer, Bri Crabtree! Laugh along to this comedic show, marvel at the magic tricks, and enjoy some circus performances.
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900

Saturday, June 29

Coventry & Kaluza Circus Show

1:00 pm - 1:45 pm
Award winning circus comedians, Coventry & Kaluza, bring a variety of skills and thrills to their show which features juggling, acrobatics, music, comedy, dog tricks, and high numbers hula hooping. It's interactive fun for the whole family!
Fremont Library
2400 Stevenson Blvd., Fremont
(510) 745-1400

Saturday, June 29

Dale Hardware's 100th Anniversary Block Party

11:00 am - 2:00 pm
The Tri-Cities residents are invited to come celebrate with us as we fire up the grills and serve delicious barbeque for our neighbors. The event will also include product demonstrations, children's games and activities, special day-of- offers and much more!
Dale Hardware
3700 Thornton Ave., Fremont
(510) 797-3700

Saturday, June 29

Rhythm Builders

1:00 pm - 1:45 pm
Get ready to make some noise! Join the Rhythm Builders for an interactive session of stories, movement, and music. Connect with your sense of rhythm this summer and find your own beat.
Newark Library
37055 Newark Blvd., Newark
(510) 284-0675
<http://www.therhythmbuilders.com/>

Saturday, June 29

Bohème Out of the Box

1 p.m. - Bohème Out of the Box
4:30 p.m. - Out of the Box: Encore Concert
Kennedy Park Amphitheater
1333 Decoto Rd., Union City
(510) 675-5445
www.sfopera.com/box
www.unioncity.org/589/Arts-Culture-Studio-11

Sunday, June 30

Indigo Dyeing

1:30 pm - 3:00 pm
We will use clothespins and rubber bands to create patterns on cotton fabric. Indigo is a very magical and special dyeing process. This workshop will be messy and dye may permanently stain clothes and temporarily stain skin. Please wear old clothes that you don't care about! All materials will be provided.
San Lorenzo Library
395 Paseo Grande, San Lorenzo
(510) 284-0640

Monday, July 1

Digital Business Basics Bootcamp

6:00 pm - 8:00 pm
This comprehensive program is designed to provide you with the essential tools and strategies needed to succeed in the digital landscape.
John Gibson - (510) 284-0675
Newark Library
37055 Newark Blvd., Newark

Tuesday, July 2

Firecracker Slime

3:00 pm - 4:00 pm
Create your very own concoction that is stretchy, fluffy, and oh so fun to play with! All materials are provided. Slime is washable. Suitable for kids, ages 5+. This activity is messy, please dress accordingly; some child-sized aprons will be available. Please register for this event as space and supplies are limited.
(510) 284-0640
San Lorenzo Library
395 Paseo Grande, San Lorenzo

Tuesday, July 2

Mystery Book Club

6:30 pm - 8:00 pm
Fellow mystery lovers, join us on the first Tuesday night of each month for a lively discussion of classic and current mysteries. Read this month's selection, drop in and join the fun! The club will be discussing The Killing Hills by Chris Offutt.
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900

Thursday, July 4

Parade and Free After Party

11:00 am - 1:30 pm
Food Trucks, Entertainment, Games, Giveaways, and more.
Fremont Downtown Event Center
3500 Capital Ave., Fremont

Friday, July 5 - 7; Saturday, July 11 - 13

Ohlone College Presents Grease

8:15 pm
This is the Live Show starring Ohlone Students After a whirlwind summer romance, Gang leader Danny Zuko and good girl Sandy Dumbrowski are unexpectedly reunited when she transfers to Rydell High.
Ohlone College
Smith Center Amphitheatre
43600 Mission Blvd., Fremont
(510) 659-6000
Smithcenter.com

Saturday, July 13

Niles Concert on the Plaza

4:00 pm - 8:00 pm
Great Music - Great Community
Niles Town Plaza
37592 Niles Blvd., Fremont

Wednesday, July 17

Magical Mark

1:00 pm - 2:00 pm
Magical Mark is a full-time professional magician who has been delighting audiences across the greater Bay Area for over 7 years. This interactive program brings everyone together for an experience that is both entertaining and inspiring.
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900

Friday - Sunday, July 19 - August 4


StarStruck Theatre Disney's Beauty and the Beast

This summer join StarStruck as we step into the enchanted world of Broadway's classic, Disney's Beauty and the Beast, an international sensation that has been produced in 37 countries worldwide. Based on the Academy Award-winning animated feature, the stage version includes all of the wonderful songs written by Alan Menken and the late Howard Ashman, along with new songs by Mr. Menken and Tim Rice. The original Broadway production ran for over thirteen years and was nominated for nine Tony Awards, including Best Musical.
Ohlone College
Smith Center
43600 Mission Blvd., Fremont
starstrucktheatre.org
(510) 659-6031
Tickets: \$25 - \$35


Tuesday, July 30


American Red Cross Blood Drive

11:00 am - 5:00 pm
Blood drive
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900




KITTENS FOR ADOPTION







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Rizzo & Toto

If you would like to learn more or apply for adoption scan the QR code.
WWW.OHLONEHUMANESOCIETY.ORG
 Ohlone Humane Society offers assistance with spay or neuter for your pets and community cats.

Summer Food Trucks

Special events:

Dale Hardware
110th Anniversary Block Party
Saturday, June 29
11 a.m. - 2 p.m.
Dale Hardware
3700 Thornton Ave., Fremont

San Leandro Artisan Market
Saturday, July 13
11 a.m. - 4 p.m.
222 Davis St., San Leandro

Castro Valley Pride
Saturday, July 20
12 noon - 5 p.m.
Castro Valley High School Tennis Courts
19221 Redwood Rd.,
Castro Valley

San Leandro Comedy in the Plaza
Saturday, July 20
5:00 p.m. - 7:30 p.m.
300 Estudillo Ave.,
San Leandro

Ongoing:

Niles Street Eats
Wednesdays
5 p.m. - 9 p.m.
Niles Town Plaza
37592 Niles Blvd., Fremont

City of Fremont Concert Series
Thursdays: June 27, July 11,
July 18, July 25, August 1
5 p.m. - 8 p.m.
Central Park
40204 Paseo Padre Pkwy.,
Fremont

Fremont Street Eats
Fridays
5 p.m. - 9 p.m.
Downtown Event Center
3500 Capitol Ave., Fremont

Ohlone College Flea Market
Second Saturdays
9 a.m. - 3 p.m.
43600 Mission Blvd.,
Fremont

Summer Outdoor Movie Nights

Movies on the Lawn

June 14 - July 7
Wednesday - Sunday
6 p.m.
Alameda County Fairgrounds
Gates 8 & 12 off Valley Ave.,
Pleasanton
<https://annual.alamedacounty-fair.com/>
With Fair admission

Aloha Movies
8 p.m.
July 12: Little Mermaid
August 2: Moana
Kennedy Community Park
1333 Decoto Rd., Union City

Friday, June 28
The Sandlot
Milpitas Sports Center
1325 E. Calaveras Blvd.,
Milpitas
At Independence Day Pool Party
cityofmilpitas.simplertix.com
Admission: \$6 per person

Friday, July 26
Teenage Mutant Ninja Turtles:
Mutant Mayhem
Delano Manongs Park
1650 McCandless Dr., Milpitas

Friday, August 9
The Mighty Ducks
Dixon Landing Park
Milmont Dr. & Jurgens Dr.

Other than June 28,
admission is free; purchase
reserved seating for up to six
people for \$12 on
cityofmilpitas.simplertix.com.

Movies Under the Stars at the Smith Center
7 p.m. Vendors, food & fun
8:15 p.m. Movie starts

Wednesday, July 17
Encanto
(Face painting)

Friday, August 9
Grease Sing-a-Long
(Classic cars show)

Friday, September 6
Wonka
(Contest: Find a golden ticket)

Smith Center at
Ohlone College
43600 Mission Blvd., Fremont
(510) 659-6031
www.smithcenter.com
\$5 per person; \$25 movie pass
for four (\$30 at the door)



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Contact Fudenna Bros. for more information

Phone: 510-657-6200

Email: customerservice@fudenna.com

Office located at 39823 Paseo Padre Pkwy. Fremont CA, 94538

Summer Concerts:

Concerts at Alameda County Fair

June 14 – July 7
Wednesday – Sunday
(excluding July 4)
7 p.m. Gates open
8 p.m. Concert starts
<https://annual.alamedacounty-fair.com/concerts/>
Tickets: \$15 - \$45 (purchase on fair website)

Groovin' at the Grove

Fridays, June 28, July 12 & 26
5 p.m. – 7 p.m.
Gates open 4 p.m.
June 28: Opening: Fossil;
Headliner Evolution The Ultimate Journey Tribute Band
July 12: Opening Sabrosito;
Headliner Cisco Kid
July 26 Opening: One More Time;
Headliner Tortilla Soup
Shirley Sisk Grove
(by NewPark Mall)
39270 Cedar Blvd., Newark

Milpitas Summer Concert Series

Red, White & Boom fireworks and Concert

Thursday, Jul 4
5 p.m. – 9 p.m.
Milpitas Sports Center
1325 E. Calaveras Blvd.,
Milpitas
Admission: \$6 advance;
\$8 at the door

Friday, Jul 19
6:30 p.m. – 8:30 p.m.
Jive Machine
Creighton Park
1260 Creighton Ct., Milpitas

Summer Concert Series
Thursdays: June 27; July 11,
18, 25; August 1, 8
6 p.m. – 8 p.m.

(Parking lots fill up by 5 p.m.)
June 27: Three Queens of Soul
(Soul, R&B, Motown)

July 11: Momotombo SF
(Latin Rock)

July 18: Wolf Jett (Americana)

July 25: Bombay Disco Co.
(Bollywood)

August 1: 925 Band
(Party Band)

August 8: You Should Be
Dancing (Bee Gees Tribute)
Central Park Performance
Pavilion
40000 Paseo Padre Pkwy.,
Fremont
www.fremont.gov

Summer Concert Series

Fridays, 7 p.m. – 9 p.m.
June 28: The Cheeseballs
(Funk, Soul, R&B)
July 26: Neon Velvet (70s, 80s,
90s, contemporary hits)
August 23: East Bay Mudd
(Classic Soul, R&B)
September 27: Foreverland
(Michael Jackson Tribute)

The Block Plaza (near Koja
Kitchen)
43806 Pacific Commons Blvd.,
Fremont
<https://pacificcommons.com/>

Niles Concerts on the Plaza

Saturdays: Jul 13, Aug 10, Sept
14
4 p.m. – 8 p.m.
Bands TBA
Niles Town Plaza
37482 Niles Blvd., Fremont
www.niles.org



FREMONT UNIFIED SCHOOL DISTRICT Now Hiring: Director, Purchasing

The Purchasing Director reports to the Associate Superintendent or designee to manage the central purchasing function of the District, including contract preparation, review and administration; to develop and implement District-wide purchasing policies and procedures; to oversee the operation of the District warehouse, mail service, duplicating services, courier and the personal property control system; and to perform other job-related duties as required.

Experience:

Five years of increasingly responsible experience in the purchasing field. A valid certificate as Certified Purchasing Manager issued by the National Association of Purchasing Managers, or the California Association of Public Purchasing Officers will be accepted for up to two years' experience.

Education:

Equivalent to the completion of a full four-year course of study leading to a Bachelor's Degree in Business Administration or a related field is preferred

Compensation: \$141,752.76-\$171,648.13 annually; Range 16; (7 steps; maximum reached in 6 years).

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<https://www.edjoin.org/Home/JobPosting/1949373>

For employment Questions, email slsingh@fusdk12.net

Woman's 2023 death was first fatal black bear attack on a human in California records, officials say

ASSOCIATED PRESS

A woman found dead last year in a mountain community was the victim of the first documented fatal black bear attack on a human in California, authorities said.

The death occurred in Downieville, a tiny town in the Sierra Nevada, two hours northeast of the state capital, Sacramento TV station KCRA reported Wednesday.

On Nov. 8, Sierra County sheriff's deputies checking on the welfare of a resident who hadn't been seen for a few days found a broken door and bear scat on the porch, Sheriff Mike Fisher told the station. Inside were the remains of Patrice Miller, 71.

"It appeared that the bear had probably been there several days and had been feeding on the remains," Fisher said.

It was initially believed that Miller died before the arrival of

the bear and that it may have been drawn by the scent.

Meanwhile, there were many reports from concerned citizens about a bear repeatedly returning to the house. A state depredation permit was issued and a bear was trapped on the property and euthanized, according to Fisher.

Then came the findings of Miller's autopsy, which were first reported by The Mountain Messenger, a local weekly newspaper.

"Patrice had passed away due to a bear mauling or a swipe and a bite to the neck area," Fisher said.

The state Department of Fish and Wildlife confirmed that it was the first record of a deadly black bear attack on a human in the state.

"It's a big deal," said Steve Gonzalez, a department spokesperson. "That doesn't happen in California. Normally a bear is going to stay away from you, a bear that hasn't been normalized to human behavior."

Investigators learned from Miller's daughter that her mother had a constant problem with bears trying to get into her home, and that she had physically hit one.

Another bear then became a problem in Downieville and was euthanized after trying to break

into a school gym, resulting in a significant decrease in bear activity, the sheriff said.

DNA tests confirmed that the first bear euthanized was responsible for killing Miller.

Bears breaking into homes or trash cans in search of food have become a problem in California — from Lake Tahoe in the Sierra down to the foothill suburbs of Los Angeles, where some have been known to raid refrigerators and take dips in backyard pools and hot tubs.

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Starts 7/27, 8/24, 9/28, 10/26

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Saturday, July 13 - 2pm
Ryan Lu, 12 started playing piano at age 5. He has performed at Carnegie Hall, Merkin Concert Hall and New Jersey Performing Arts Center. Besides piano, Ryan also plays cello in New Jersey Symphony Youth Orchestra.
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WILLIAM MARSHAK

Know when to hold 'em, know when to fold 'em

For over two decades, Sharon and I have been fortunate to publish What's Happening Magazine (1998-2002) and Tri-City Voice (2002-). Born from curiosity about our relatively new surroundings and frustration with reporting of events after they occurred, we decided to produce a modest newsletter highlighting coming local events. Things quickly spun out of control and we ended up with a full-fledged magazine.

Canvassing the area for information, possible articles and advertisers, the warm people, interesting places, cultural diversity and rich history of the southeast Bay Area soon became apparent. Our first advertiser, Swiss Park in Newark is a good example. Stopping in to what appeared to be a small restaurant and bar, I met Rosemary Ramsell who opened a door to the large meeting hall, ringed with flags of the cantons of Switzerland. She explained that the facility was (and remains) under cooperative Swiss-American ownership and how dairy farms once existed close by.

As we traveled through the area, it became evident that our philosophy of concentrating on local people, local

venues and local events was not only a personal commitment, but recognized and well-received by the community.

Over time, we were able to convince more advertisers to join our efforts and many are still with us to this day. Notable among them is Washington Hospital that has been steadfast in its support. The list is too long to enumerate in this column, but they appear throughout our issues and are deeply appreciated. As a broadsheet size publication, Tri-City Voice defied the odds during difficult economic challenges with the help of our loyal readers, subscribers and advertisers.

From a small apartment with our pet cat and rabbit walking over and sitting on our carefully laid pages preparing for printing, to the generous offer by Roland and Terri Willits to occupy space in their building free of charge and finally to our present location and generous support of Larry Fudenna and the Fudenna family, Sharon and I, along with a wonderful staff of editors, writers, in-house and delivery personnel have continued to serve our communities.

With an able staff, supportive community and advertisers, Sharon and I have decided to ensure continuation of Tri-City Voice by joining the Weekly's group of newspapers and introduce new management.

Father Time has given us clear signals to spend more time with family, especially our new great-granddaughters. Although we have trained and prepared our staff to carry on our goals and philosophy without us, it is a bittersweet moment with no small amount of regret. However, we anticipate an active retirement with plans for a small business – nothing as grand as Tri-City Voice – to keep us busy.

Thank you is not enough but please accept this sentiment as a deep and true feeling of gratitude for our tumultuous, exciting and wonderful experience.

As the Kenny Rogers song, The Gambler, says, "know when to hold 'em, know when to fold 'em..." We are walking away from the table with pride in our publication, our communities and what we know will be a bright future for both.

William Marshak
PUBLISHER

Couple rescued from desert near California's Joshua Tree National Park after running out of water

ASSOCIATED PRESS

A couple hiking in the desert south of Joshua Tree National Park in Southern California was rescued after running out of water, authorities said.

On Sunday, the man called 911 and reported that his girlfriend was dehydrated and weak, according to a statement from the Riverside County Sheriff's Office posted Monday on social media.

A search and rescue helicopter crew was dispatched on June 9, when temperatures reached triple digits, to the area known as

Painted Canyon and found the couple huddled in a dry creek bed, the office said.

A video posted online by the Sheriff's Office shows the helicopter hovering above the couple lying on the desert floor, with the man trying to shield her with his body from the blazing sun and wind. The man and woman were then hoisted into the helicopter one by one.

The couple was flown to a landing zone where an aeromedical helicopter rushed the woman to a hospital "due to her severe condition," according to Riverside County Sheriff's Office Aviation Unit's Rescue 9 post. The man was transported to a local hospital

by ambulance, the sheriff's office told SFGATE.

The deserts of Southern California are among the hottest areas in the state. On June 9, weather stations near the Painted Canyon area saw highs ranging from 100 to 105 degrees Fahrenheit (37.8 to 40.6 Celsius), according to the National Weather Service.

"Please remember as the temps increase take more water than you think you will need, have a hiking plan, and tell two people where you are going," the Sheriff's Department said.

ADJUDICATION:

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

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Submitted by **ARVIND GANESH**
Photos by Kayla Schmah Photography

In a remarkable display of their commitment and dedication, the Oakland Strokes fielded a club record 69 athletes across nine boats in the US Rowing Youth National Championships. Six of those nine boats made the A final for their respective events, demonstrating the program's quality across age categories and boat classes. This massive showing, the largest in the club's history, saw them compete against over 8,000 athletes from 224 clubs across the nation.

On the Women's side, the Varsity 8 finished 11th overall in the largest event of

the competition, surpassing 20 other clubs. The 2V 8+ from the Strokes finished 7th overall, U17 8+ finished 6th, and U16 8+ finished 5th. Women's Head Coach Allison Ray expressed her pride in the team's performance, highlighting the depth of their strength and skill and the unwavering support they provided to each other. "The Oakland women have demonstrated the depth of our strength and skill. More importantly, we have witnessed how 36 athletes can support each other in every way. Building a team requires trust and passion. I'm immensely proud of all of them."

On the Men's side, the Youth 4- won the National title, posting a smashing time

of 6:29.90 and besting the other 29 top clubs from the country. The Men's Youth 8+ also reached the podium, finishing 3rd overall. The Men's 2V 8+ finished 22nd, U17 2x finished 8th, and the Men's U16 8+ finished 9th. Men's Head Coach, Jovan Jovanovich, expressed his pride in the team's performance, saying, "This victory is a testament to our athletes' hard work and dedication. I couldn't be prouder of them."

Overall, the week was a resounding success for the club, a testament to the relentless efforts of these young athletes and the coaching staff throughout the year. With 37 Seniors graduating and embarking on their rowing journeys across the country at

various D1, 2 & 3 programs, the future shines brightly. The younger crews are poised to build upon the experience and success of this year, and a new wave of rowers is set to join the High School program from the Middle School team. If you or someone you know is interested in learning more about rowing and how you can try it out, whether it is through one of our Learn to Row summer programs or testing it out in the fall, check out Oaklandstrokes.org for more information.



Fremont Football Fundraiser

Submitted by **FREMONT FOOTBALL AND CHEER LEAGUE**

Fremont Football and Cheer League is hosting their Pancake Fundraiser at the Newark Pavilion.

Join in to enjoy a great pancake breakfast for a good cause. Breakfast plates include eggs, sausage, bacon and coffee or orange juice. A mimosa bar will be available at additional charge.

FFL Pancake Fundraiser
Saturday, June 29
Doors open: 8:30 a.m.
Serving: 9:00 a.m. – 12 noon
Newark Pavilion
6430 Thornton Ave., Newark
Tickets: \$6 - \$10

Honor Roll

University of Maryland Global Campus Dean's List

- Julius Beck of Hayward
- Toney Chaplin of Hayward
- Siosifa Faanunu of Hayward
- Jonathan Pascual of Fremont
- Rhonda Whitney of Hayward
- Lianyi Zheng of Union City

Hofstra University Provost's List

- Varun Sridhar of Fremont

DeSales University Spring 2024 Dean's List

- Diya Stephen of Fremont

University of Iowa Spring 2024 Dean's list

- Emmily Patneaud of Newark

PUBLIC NOTICES

CIVIL

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

Case No. 24CV079192 Superior Court of California, County of ALAMEDA Petition of: AHMAD SADAM ZAHID SAKHI JAVED for Change of Name TO ALL INTERESTED PERSONS: Petitioner AHMAD SADAM ZAHID SAKHI JAVED filed a petition with this court for a decree changing names as follows: AHMAD SADAM ZAHID SAKHI JAVED to ZAKHAROV JAVED

The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted.

Notice of Hearing: Date: OCTOBER 11, 2024, Time: 9:30AM, Dept.: 15, Room: ... The address of the court is 1221 OAK ST., OAKLAND, CA 94612

CNS-3824009#

FICTITIOUS BUSINESS NAMES

FICTITIOUS BUSINESS NAME STATEMENT

File No. 806955 Fictitious Business Name(s): FUNCTIONAL LINK, 32913 LAKE BLUESTONE STREET, FREMONT, CA 94555, County of ALAMEDA

Registrant(s): SHIH TING CHIU, 32913 LAKE BLUESTONE STREET, FREMONT, CA 94555, County of ALAMEDA Business conducted by: AN INDIVIDUAL

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ SHIH TING CHIU

CNS-3824010#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 8069496 Fictitious Business Name(s): HALLER'S HOME HEALTH, LLC, 37323 FREMONT BLVD, FREMONT, CA 94538

Registrant(s): HALLER'S HOME HEALTH, LLC, 37323 FREMONT BLVD, FREMONT, CA 94538 Business conducted by: a limited liability company

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) HALLER'S HOME HEALTH, LLC /s/ JASMINE

CNS-3824005#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 806642 Fictitious Business Name(s): C.G. UHLENBERG LLP, 46560 FREMONT BOULEVARD SUITE 403, FREMONT, CA 94538

Registrant(s): ALLYSON GALVEZ ANCHETA, 4355 BEL ESTOS WAY, UNION CITY, CA 94587, County of ALAMEDA

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ PEGGY H. CHEN

CNS-3824002#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 806907 Fictitious Business Name(s): STACKED BY ALLY, 4355 BEL ESTOS WAY, UNION CITY, CA 94587, County of ALAMEDA

Registrant(s): ALLYSON GALVEZ ANCHETA, 4355 BEL ESTOS WAY, UNION CITY, CA 94587, County of ALAMEDA

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ ALLYSON GALVEZ ANCHETA

This statement was filed with the County Clerk of Alameda County on 05/31/2024 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner.

FICTITIOUS BUSINESS NAME STATEMENT

File No. 606966 Fictitious Business Name(s): AKSHAR MARATHI SHALA, 5113 RIDGEWOOD DR., FREMONT, CA 94555, County of ALAMEDA

Registrant(s): PRIYANKA KATTI, 5113 RIDGEWOOD DR., FREMONT, CA 94555, County of ALAMEDA Business conducted by: AN INDIVIDUAL

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ PRIYANKA KATTI

CNS-3823999#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 606325 Fictitious Business Name(s): CENTRAL MAINTENANCE, 2590 MARASCHINO CT., UNION CITY, CA 94587

Registrant(s): MANSOUR G NAINI, 2590 MARASCHINO CT., UNION CITY, CA 94587 Business conducted by: an Individual

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) S/ MANSOUR G NAINI

CNS-3821539#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 606898 Fictitious Business Name(s): CASA SERENA/CASA SERENA APARTMENTS, 36000 FREMONT BLVD., FREMONT, CA 94536, County of ALAMEDA

Registrant(s): FREMONT FEE OWNER LLC, 15910 VENTURA BLVD STE 1450, ENCINO, CA 91436 Business conducted by: A LIMITED LIABILITY COMPANY

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ MURSAL MCHREF

CNS-3821398#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 606909 Fictitious Business Name(s): RACSAK 1896 SANTA MARIA DR., UNION CITY, CA 94587, County of ALAMEDA

Registrant(s): MARIA LUISA SAMPAGA, 31396 SANTA MARIA DR., UNION CITY, CA 94587, County of ALAMEDA

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ MARIA LUISA SAMPAGA

CNS-3821392#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 606450 Fictitious Business Name(s): BERKELEY CADEMY, 43475 ELLSWORTH ST, FREMONT, CA 94539

Registrant(s): EDUMAX, INC., 40963 OLMSTEAD TER, FREMONT, CA 94538 Business conducted by: a Corporation

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ EDUMAX, INC

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner.

FICTITIOUS BUSINESS NAME STATEMENT

File No. 606451 Fictitious Business Name(s): LITTLE STEAMERS, 43531 MISSION BLVD, FREMONT, CA 94539

Registrant(s): EDUMAX, INC., 40963 OLMSTEAD TER, FREMONT, CA 94538 Business conducted by: a Corporation

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) EDUMAX, INC /s/ KWEIWEI JEN

CNS-3820115#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 606635 Fictitious Business Name(s): REDTULIPS, 40442 GRIMMER BLVD APT#2, FREMONT, CA 94538

Registrant(s): MUSSART KHAN, 40442 GRIMMER BLVD APT#2, FREMONT, CA 94538 Business conducted by: a Married Couple

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) S/ RAIS KHAN

CNS-3819311#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 606448 Fictitious Business Name(s): MOBILE NOTARY BY VICTORIA ROSE, 1303 MCFARLANE LANE, HAYWARD, CA 94544, County of ALAMEDA

Registrant(s): VICTORIA MUNOZ, 1303 MCFARLANE LANE, HAYWARD, CA 94544, County of ALAMEDA Business conducted by: AN INDIVIDUAL

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ VICTORIA MUNOZ

CNS-3817523#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 606244 Fictitious Business Name(s): ITECH N TALK, 39164 PASEO PADRE PARKWAY, FREMONT, CA 94538

Registrant(s): SHAIMA YUSUFZAI, 39164 PASEO PADRE PARKWAY, FREMONT, CA 94538, County of ALAMEDA Business conducted by: AN INDIVIDUAL

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ SHAIMA YUSUFZAI

CNS-3816600#

GOVERNMENT

CITY COUNCIL OF UNION CITY NOTICE OF ADOPTION OF AN ORDINANCE

NOTICE IS HEREBY GIVEN THAT THE CITY COUNCIL OF THE City of Union City, on Tuesday, June 11, 2024, passed and adopted the following ordinance: Ordinance No. 923-24 AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF UNION CITY AMENDING CHAPTER 2.06 "CAMPAIN CONTRIBUTION LIMITATIONS IN MUNICIPAL ELECTIONS" AND ADDING CHAPTER 2.09 "VOLUNTARY EXPENDITURE LIMITS" TO THE UNION CITY MUNICIPAL CODE

The ordinance was approved by the following vote: AYES: 3 Councilmembers Sakakihara, Singh, and Vice Mayor Wang NOES: 0 None ABSTAIN: 0 None

and Vice Mayor Wang NOES: 0 None ABSTAIN: 0 None ASENT: 2 Councilmember Patiño and Mayor Dutra-Vernaci

NOTE: The ordinance is effective 30 days from the date of adoption. SUMMARY OF ORDINANCE: The proposed ordinance amends Chapter 2.06 of the Union City Municipal Code to increase campaign contribution limits for City Council candidates from \$720 to \$800 and adds Chapter 2.09 to establish a voluntary expenditure limit program, allowing candidates to limit their campaign expenditures in exchange for specified benefits.

This summary was prepared by the City Clerk pursuant to Government Code § 36933. DATED: Wednesday, June 11, 2024 /s/Thai Nam Pham, MMC, CPMC City Clerk

CNS-3823655#

CITY COUNCIL OF UNION CITY NOTICE OF ADOPTION OF AN ORDINANCE

NOTICE IS HEREBY GIVEN THAT THE CITY COUNCIL OF THE City of Union City, on Tuesday, June 11, 2024, passed and adopted the following ordinance: Ordinance No. 923-24 AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF UNION CITY APPROVING AND RE-ADOPTING A MILITARY EQUIPMENT USE POLICY AS STATED IN CHAPTER 2.62 MILITARY EQUIPMENT USE POLICY OF THE UNION CITY MUNICIPAL CODE IN COMPLIANCE WITH ASSEMBLY BILL 481

The ordinance was approved by the following vote: AYES: 3 Councilmembers Sakakihara, Singh, and Vice Mayor NOES: 0 None ABSTAIN: 0 None ASENT: 2 Councilmember Patiño and Mayor Dutra-Vernaci

NOTE: The ordinance is effective 30 days from the date of adoption. SUMMARY OF ORDINANCE: The proposed ordinance requires law enforcement agencies with approved military equipment use policies to submit an annual report to the City Council and make it publicly available online.

This summary was prepared by the City Clerk pursuant to Government Code § 36933. DATED: Wednesday, June 12, 2024 /s/Thai Nam Pham, MMC, CPMC City Clerk

CNS-3823654#

CITY OF UNION CITY DEPARTMENT OF PUBLIC WORKS CITY PROJECT NO. 24-08 NOTICE TO CONTRACTORS

Sealed proposals for the work shown on the plans entitled: CENTRAL AVE STREET LIGHT REPAIR PROJECT, CITY PROJECT NO. 24-08, will be received at the office of the City Clerk of the City of Union City, City Government Building, 34009 Alvarado-Niles Road, Union City, California, until Wednesday, July 10th, 2024, 2:00PM PST.

The Contractor shall possess a Class A and/or C-10 (Electrical) California contractor's license at the time this contract is awarded.

General Work Description: Work generally involves streetlight replacement and installation of damaged and/or missing poles, luminaires, overhead wiring, and other related work indicated and required by the plans, Standard Specifications, and these special provisions.

Minimum wage rates for this project as predetermined by the Secretary of Labor are set forth in the special provisions. If there is a difference between the minimum wage rates predetermined by the Secretary of Labor and prevailing wage rates determined by the Department of Industrial Relations for similar classifications of labor, the contractor and his subcontractors shall pay not less than the higher wage rates.

Pursuant to Section 1773 of the Labor Code, the general prevailing rate of wages in the county in which the work is to be done has been determined by the Director of the wage rates appear in the Department of Transportation publication entitled General Prevailing Wage Rates, (current semi-annual which have been predetermined and are on file with the Department of Industrial Relations are referenced but not printed in said publication. 6/18, 6/25, 7/2/24

CNS-3822781#

PUBLIC HEARING NOTICE MASTER FEE SCHEDULE AMENDMENT

NOTICE IS HEREBY GIVEN THAT THE CITY COUNCIL OF THE City of Newark at its City Council meeting on Thursday, June 27, 2024, at or after 7:00 p.m. will review adjustments to existing fees for services or functions performed by the City of Newark.

Specific amendments will be made to the Fiscal Year 2025 Master Fee Schedule to update development impact fees for various building permits. Data establishing the estimated cost required to provide the service for which the fee or service charge is levied and the revenue sources anticipated to provide the service will be available to the public at the Office of the City Clerk beginning June 17, 2024.

Publication: Tri City Voice June 11 and 18, 2024. /s/ SHEILA HARRINGTON City Clerk

CNS-3821098#

UNION SANITARY DISTRICT NOTICE OF FILING REPORT AND PUBLIC HEARING IN CONNECTION WITH THE COLLECTION OF FISCAL YEAR 2025 SEWER SERVICE CHARGES ON THE PROPERTY TAX ROLL

NOTICE IS HEREBY GIVEN THAT pursuant to Sections 5471 and 5473, et seq. of the Health and Safety Code of the State of California and Union Sanitary District Ordinance No. 31, the Board of Directors of Union Sanitary District will consider whether to collect its charges for sewer services for fiscal year 2025 on the tax roll, in the amount of general taxes, consistent with past practices.

The District has filed a written report with the Secretary of the Board of Directors describing each parcel of real property subject to the charges and the amount of the charges against that parcel for fiscal year 2025. The District's report is on file and available for public inspection at the District Offices.

Reference, the charges for a single-family homeowner (the majority of USD's customers) and all other rates for individual customers can be found by contacting the District at (510) 477-7500 or on the Districts website www.unionsanitary.com/rates/sewer-service-charges

NOTICE IS FURTHER GIVEN that on Monday, the 24th day of June 2024, at the hour of 4:00 p.m. or as soon thereafter as the matter may be heard, during the Board meeting to be held at the Union Sanitary District Boardroom, 5072 Benson Road, Union City, California, in said District, the Board will hold a hearing to consider the report and whether to collect the sewer service charges for fiscal year 2025 on the property tax roll. At the hearing, the Board of Directors will hear and consider all objections or protests, if any, to the District's report. Any questions regarding the charges may be directed to Mark Carlson, CFO, Business Services Manager. Publish dates: June 11, 2024 - Tri-City Voice June 18, 2024 - Tri-City Voice June 21, 2024 - Argus June 21, 2024 - Argus /s/ SHEILA HARRINGTON City Clerk

CNS-3819864#

CITY COUNCIL OF UNION CITY NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN THAT THE CITY COUNCIL OF THE City of Union City will hold a public meeting on Tuesday, June 25, 2024, at 7:00 PM, or soon thereafter, to receive and consider all evidence and reports related to the following:

A Resolution To Approve The Annual Engineer's Report For Fiscal Year July 1, 2024, To June 30, 2025, Conduct A Public Hearing Concerning The Levy Of Assessments In Accordance With Section 22625 Of The Landscape And Lighting Act Of 1972 For The Maintenance, Operation, And Servicing Of Public Lands And To Renew The Citywide Landscape And Lighting District No. 3 (LLAD No. 3)

All interested parties are reminded that the current assessment rate of \$90.19 per parcel is not proposed to change. All interested parties are invited to attend the said hearing and express opinions or submit evidence for or against the proposal as outlined above.

Further information on the above matter may be obtained or viewed on the City's webpage under City Council Agenda for the June 25, 2024, meeting on or before June 20, 2024. If special assistance is required, please call (510) 675-5348 so accommodation can be arranged. While not required, 48-hour notice is appreciated. DATED: Friday, May 31, 2024 /s/Thai Nam Pham, MMC, CPMC City Clerk

CNS-3819714#

CITY OF UNION CITY DEPARTMENT OF PUBLIC WORKS CITY PROJECT NO. 18-17 NOTICE TO CONTRACTORS

Sealed proposals for the work shown on the plans entitled: RUGGIERI SENIOR CENTER GENERATOR UPGRADE PROJECT CITY PROJECT NO. 18-17, will be received at the office of the City Clerk of the City of Union City, City Government Building, 34009 Alvarado-Niles Road, Union City, California, until Tuesday, July 2, 2024, 1:30PM PST, at which time they will be publicly opened and read in the Council Chambers of said Building.

The Contractor shall possess a Class A or C-10 (Electrical) California contractor's license at the time this contract is awarded. Bids are required for the entire work described herein. This contract is subject to the State contract nondiscrimination and compliance requirements pursuant to Government Code Section 12990. Bid Package & Bid Package Location. All the project work is to be done in accordance with the bid package on file with the Public Works Department - City of Union City, 34009 Alvarado-Niles Road, Union City, California 94587.

Eligibility to bid on this project requires bid package to be electronically obtained from the City. Bid package may be obtained at no charge via email request to the City at publicworks@unioncity.org. Non-biddable plans and specifications shall be available to view at various Builders' Exchanges throughout the Bay Area and on the City of Union City website at www.unioncity.org.

General Work Description: The project is to replace the existing emergency generator at Ruggieri Senior Center located at 33997 Alvarado-Niles Road, in the City of Union City, California. The work generally includes the removal of existing fence, generator and footing, concrete path, main switchboard, automatic transfer switch, and associated conduit and feeder; abandon and cap existing gas service connections; construction of concrete masonry unit wall, generator footing and concrete path; installation of generator set, manual transfer switch, automatic transfer switch, docking station, distribution panel, electrical meter main with breaker, splice boxes, pull boxes and associated conductors and conduits; testing, inspection and documentation as required; coordinate with new service upgrade and construction with PG&E; provide temporary power and/or non-interruptible power supply to avoid any potential of power interruption; clean and maintain jobsite and demobilize.

All questions should be emailed or fax to Tommy Cho of City of Union City, email: tommyc@unioncity.org. The successful bidder shall furnish a Payment Bond, a Performance Bond, and a Maintenance Bond. Minimum wage rates for this project as predetermined by the Secretary of Labor are set forth in the special provisions. If there is a difference between the minimum wage rates predetermined by the Secretary of Labor and prevailing wage rates determined by the Department of Industrial Relations for similar classifications of labor, the contractor and his subcontractors shall pay not less than the higher wage rates.

Pursuant to Section 1773 of the Labor Code, the general prevailing rate of wages in the county in which the work is to be done has been determined by the Director of the wage rates appear in the Department of Transportation publication entitled General Prevailing Wage Rates, (current semi-annual which have been predetermined and are on file with the Department of Industrial Relations are referenced but not printed in said publication. 6/4, 6/11, 6/18, 6/25/24

CNS-3819458#

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF: STANLEY WILLIAM HUMPERT CASE NO. 24PR077102

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of STANLEY WILLIAM HUMPERT.

A PETITION FOR PROBATE has been filed by AARON NOEL HUMPERT in the Superior Court of California, County of ALAMEDA.

THE PETITION FOR PROBATE requests that AARON NOEL HUMPERT be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.)

The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in this court as follows: 06/28/24 at 9:45AM in Dept. 201 located at 2120 MARTIN LUTHER KING JR. WAY, BERKELEY, CA 94704

REMOTE APPEARANCE: The Court allows, but does not require, all parties who wish to attend the hearing on the above date and time, including those who wish to state objections, to appear by audio or video technology. The parties should consult the court's website for the specific telephonic and video applications available.

The parties may also contact the probate clerk in the respective department for information concerning remote appearances. Parties must be present at least five (5) minutes before the scheduled hearing time.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney

PUBLIC NOTICES

knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. In Pro Per Petitioner AARON NOEL HUMPERT 2215 ROSE STREET BERKELEY CA 94709 6/11, 6/18, 6/25/24

CNS-3820200#

NOTICE OF PETITION TO ADMINISTER ESTATE OF ANIL JACOB CASE NO. 24PR076962

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: ANIL JACOB A Petition for Probate has been filed by EVANGELINE ANIL in the Superior Court of California, County of ALAMEDA. The Petition for Probate requests that EVANGELINE ANIL be appointed as personal representative to administer the estate of the decedent. The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The

independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court on JULY 8 2024 at 9:45 A.M. in Dept. 202 Room N/A located at 2120 MARTIN LUTHER KING JR WAY, BERKELEY, CA 94704.

If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner: GOPI GOLLAPUDI ESQ., 4695 CHABOT DR., SUITE 200-B, PLEASANTON, CA 94588, Telephone:

510-896-0232 6/4, 6/11, 6/18/24

CNS-3818577#

TRUSTEE SALES

TSG No.: 8788962 TS No.: 23-016556 APN: 092A-1010-154 Property Address: 37167 SAINT MARY ST NEWARK, CA 94560-3224 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 09/04/2012. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 07/11/2024 at 09:00 A.M., America West Lender Services, LLC, as duly appointed Trustee under and pursuant to Deed of Trust recorded 09/12/2012, as Instrument No. 2012297952, in book page , of Official Records in the office of the County Recorder of ALAMEDA County, State of California. Executed by: ZHI XIN XIE AND MIN CHAN ZHOU, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by 2924(b), (Payable at time of sale in lawful money of the United States) Fallon Street Steps Alameda County Courthouse, 1225 Fallon Street, Oakland, CA 94612 All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: AS MORE FULLY DESCRIBED IN THE ABOVE MENTIONED DEED OF TRUST APN# 092A-1010-154 The street address and other common designation, if any, of the real property described above is purported to be: 37167 SAINT MARY ST, NEWARK, CA 94560-3224 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to

pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$ 331,552.55. The beneficiary under said Deed of Trust has deposited all documents evidencing the obligations secured by the Deed of Trust and has declared all sums secured thereby immediately due and payable, and has caused a written Notice of Default and Election to Sell to be executed. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and if applicable, the rescheduled time and date for the sale of this property, you may call 800-280-2832 or

visit this internet website www.Auction.com, using the file number assigned to this case 23-016556 information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Website. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction if conducted after January 1, 2021, pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call 855-976-3916, or visit this internet website https://www.auction.com/sb1079, using the file number assigned to this case 23-016556 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the date of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid, by remitting the funds and affidavit described in Section 2924m(c) of the Civil Code, so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagee, the Mortgagee or the Mortgagee's attorney. Date: America West Lender Services, LLC P.O. Box 23028 Tampa, FL 33623 America West Lender Services, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE FOR TRUSTEES SALE INFORMATION PLEASE CALL 800-280-2832NPP0460926 To: TRI-CITY VOICE 06/11/2024, 06/18/2024, 06/25/2024 6/11, 6/18, 6/25/24

CNS-3820657#

SOCIAL SECURITY MATTERS

Ask Rusty – I’m Already Collecting Social Security – How Will My WEP Reduction be Calculated?

By RUSSELL GLOOR, NATIONAL SOCIAL SECURITY ADVISOR, AMAC FOUNDATION

Dear Rusty: I don't understand exactly how the Windfall Elimination Provision (WEP) works for my situation. I turned 62 in 2017 and am currently still working in a "non-covered" job, not paying into Social Security, but from which I will get a government pension when I retire. I began collecting Social Security at my full retirement age in 2021 and am now collecting \$1,507 per month thanks to the cost of living adjustments since I started. Will my Social Security benefit be reduced by \$587 if I retire this year?

Signed: Confused by WEP

Dear Confused: You're certainly not alone to be confused by WEP, and your situation is somewhat special because you started your Social Security (SS) benefits before taking your "non-covered" government pension. And, unfortunately, most tools and charts which suggest how much WEP will reduce your Social Security benefit don't accommodate that nuance very well.

In your case, when you claimed Social Security at your full retirement age (FRA), you were awarded the full benefit you were entitled to, unreduced by WEP because you were not yet collecting your non-covered government pension. You were able to collect your full SS amount and receive each year's full cost of living adjustments (COLA) to those higher amounts. What actually happens is that each person's Primary Insurance Amount (PIA) is first determined at age 62, and

Social Security applies an annually awarded COLA to their PIA (primary insurance amount), even if they're not yet receiving benefits. You received your full PIA, including COLA, because you claimed at your full retirement age. But when you start collecting your pension from your non-covered government job, the Windfall Elimination Provision (WEP) will kick in and reduce your Social Security benefit.

The amount of WEP reduction depends on how many years you had contributed to Social Security from "substantial" earnings but, with 20 or fewer years, the maximum WEP reduction is determined by the year you turn 62 and doesn't change. Since you turned 62 in 2017, your maximum WEP reduction, according to Social Security's process, is \$442.50 – lower than the \$587 you suspect.

Nevertheless, due to the way Social Security calculates the WEP reduction, the reduction from your

current amount will seem larger than the WEP maximum. And that's because of the way Social Security applies the WEP reduction to your benefit. They start by first removing all cost-of-living increases since you were 62 from your primary insurance amount (PIA). They will then take your PIA (sans COLA) and subtract \$442.50 (if you have more than 20 years of substantial SS-covered earnings they will subtract less), and then they will reapply all the cost-of-living increases since you were 62 to your WEP-reduced PIA.

What just happened, in effect, is that your previous (pre-WEP) COLA increases were removed from your PIA, and those same COLA percentages were reapplied to your smaller WEP-reduced PIA, to arrive at your new monthly benefit amount under the Windfall Elimination Provision. And that new amount will be lower than your previous SS benefit amount by more than the published maximum WEP reduction for the year you turned 62.

A word of caution: Timely notification to Social Security of your non-covered pension is very important. As soon as you receive your non-covered pension award

letter, deliver it to your local Social Security office and request a WEP recalculation of your SS retirement benefit. The WEP recalculation will likely take months to process, during which time you will continue to receive your higher non-WEP SS benefit. That means you will be overpaid for the period between when your non-covered pension started and the month your new WEP SS payment began, and that overpayment must be refunded to Social Security.

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

EARTHTALK

FROM THE EDITORS OF E - THE ENVIRONMENTAL MAGAZINE

Dear EarthTalk: What is the so-called "Internet of Animals" project all about and how does it aim to help the conservation cause?

In the early 2000s, animal behavior specialist Martin Wikelski was reflecting on the value of monitoring wildlife, which had already been the bulk of his work for decades. Be it through putting GPS chips on birds to understand their migration patterns, or placing radio collars on coyotes to follow their movements through urban areas, it was undeniable that using technology to monitor the movements and physiology of wildlife species was the best way to learn more about their behaviors and habitats.

However, Wikelski knew from experience that monitoring animals had limitations. Only the largest mammals and birds could be monitored due to the large size of GPS technology, and the energy needed to complete monitoring projects was monumental. In an effort to make monitoring more viable on larger scales, Wikelski came up with the idea for an "Internet of Animals": A satellite system that would continuously receive monitoring data from GPS chips placed on animals around the world.

Wikelski soon founded the International Cooperation for Animal Research Using Space (ICARUS) program to bolster his efforts in monitoring smaller



creatures. The idea was to develop a chip that was small enough to be placed on more than half of the mammalian species living on Earth, around 40 percent of all birds, and hundreds of reptilian species. These chips would collect temperature, location and accelerometer data and promptly send the data up to a network of low orbit satellites in Earth's atmosphere called "CubeSats", which would in turn send the signals to "Movebank", an online public database. (Accelerometers are used to measure sedentary time, physical activity, physical activity energy expenditure, and sleep-related behaviors.) After decades of development and design, the technology has now been testing the project on smaller scales for more than half a decade.

If ICARUS succeeds in launching a sustainable, broad-scale version of the "internet of animals," the benefits the

project would bring to environmental research are nearly infinite. For starters, getting more consistent insight into animals' behaviors and biology could help scientists understand the main threats to wildlife and their habitats to better conserve them.

Additionally, information on meteorology and climate could be provided by creatures that are especially sensitive to inclement weather and temperature changes; for example, elephant seals already provide more than 80 percent of our sea surface temperature data. And that's to say nothing of the potential discoveries that could be made in biology and zoology to further inform our understanding of the climate crisis and conservation.

There are still many challenges that must be overcome before the internet of animals goes online. The GPS chips need to be reliable enough to give accurate data for

months or years without malfunctioning, or else the project will not be physically or financially sustainable. That's a lot of pressure to put on a device the size of a nickel. However, with the project already in testing, and financial backing being provided by NASA and several national governments, it may not be long before Wikelski's dream becomes a reality.

CONTACTS:

ICARUS: Global Monitoring with Animals, https://www.icarus.mpg.de/en.

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LIFE CORNERSTONES

Birth

Marriage

Obituaries

For more information
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October 29, 1971 – June 16, 2024
Fremont Chapel of the Roses

Marva "Carla" Strong

Resident of Union City
September 12, 1941 – June 11, 2024
Fremont Memorial Chapel

Robert Bettencourt

Resident of Fremont
March 22, 1987 – June 7, 2024
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Mary Lucile Saraf

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Resident of Hayward
April 8, 1959 – June 9, 2024
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Denise West

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March 20, 2014 – June 11, 2024

Nikhil Suvarna

Resident of Redwood City
May 12, 1973 – June 11, 2024

Frank James

Resident of Fremont
December 25, 1941 – June 9, 2024

Patricia Spalding

Resident of Newark
March 26, 1940 – June 9, 2024

Ashvinkumar Mehta

Resident of San Jose
December 15, 1937 – June 9, 2024

Ghanshyam Patel

Resident of Fremont
March 10, 1942 – June 9, 2024

Boonthum Srisungneon

Resident of Fremont
September 19, 1947 – June 7, 2024

Molinito Regalado

Resident of San Jose
August 6, 1957 – June 6, 2024

Ashvini Varma

Resident of India
December 12, 1958 – June 4, 2024

Nandita Roy

Resident of Fremont
January 26, 1939 – June 3, 2024

Scott Christensen

Resident of Fremont
August 28, 1964 – June 2, 2024

Lian Rickey

Resident of Fremont
October 12, 1965 – June 2, 2024

Oscar Aquino

Resident of San Jose
November 19, 1952 – June 1, 2024

Stephen Morris

Resident of Newark
August 18, 1950 – June 1, 2024

Christina Childers

Resident of Dublin
May 11, 1948 – May 31, 2024

Corazon Reyes

Resident of Fremont
November 25, 1939 – May 31, 2024

Gloria Alegado

Resident of Union City
January 7, 1944 – May 31, 2024

Suryanshu Gehlot

Resident of Redwood City
February 8, 1997 – May 31, 2024

Saroja Gopalakrishnan

Resident of Fremont
July 20, 1948 – May 30, 2024

Vicki Gersey

Resident of San Jose
June 25, 1948 – May 29, 2024

Gregory Porter

Resident of San Francisco
September 15, 1950 – May 27, 2024

Veronica "Mona" Boxley

Resident of Stockton
May 21, 1961 – May 27, 2024

Robert Tall

Resident of Rancho Murieta
January 7, 1948 – May 27, 2024

Scott Raymond Christensen

Resident of Fremont

August 28, 1964 – June 2, 2024

Scott Raymond Christensen passed away unexpectedly on June 2, 2024. He was born in Fremont, California to Jack & Carolyn Christensen and was an only child. He is survived by his parents and his two sons, Vincent & Christopher Christensen, four grandchildren, Gracie, Emilio, Nataly, Eeve, and the mother of the children Thalia, and Grandmother, Luella Gandara, and longtime companion and friend, Ahn. He also is survived by his Uncle Richard and Aunt Charlene, of Oregon and Aunt Sherrill and his cousin, Cherie, of Redlands, Ca and many other nephews, nieces and cousins in the Midwest and East Coast. As well as his mentor Steve and all of his brothers in recovery.

Scott grew up playing Little League baseball and was one of the best pitchers and catchers in the leagues he played in. He also played soccer and football. All through his life, he loved to fish. He joined the Army Reserves in 1981. Following his time, he then went to school to become a CNC Machinist. In his later years, he went into the care of Solidarity, also known as Alameda House, a recovery center. He shared with his family that one night he heard God call his name and telling him that it was time. He came home and subsequently entered Solidarity. His mentor, Steve was a wonderful counselor and following his recovery Steve



encourage him to enter into college. He earned an AA in Substance Abuse from Merritt College, subsequently attended Ohlone College and went on to earn a BA Degree in Ethnic Studies at U.C. Berkeley. This was a very proud moment in all of our lives. He then worked to receive an ACCBC Addiction counselor certificate. While earning his degrees, he also worked at Solidarity as the manager helping others overcome their addictions. He loved helping others with their addictions and felt he was needed and doing God's Calling. We are very proud of his accomplishments.

We will miss him more than words can express and envision God wrapping His loving arms around him and welcoming him home. A Memorial Service is planned for Saturday, June 15, 2024 at 11:00 am, at Prince of Peace Lutheran Church, Fremont, Ca.

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Emilio Fastidio Alipio Jr.

Resident of Reno, Nevada

January 21, 1946 - May 4, 2024



Emilio Fastidio Alipio Jr. passed away on May 4th, 2024 in Reno, Nevada at the age of 78. Emilio leaves behind his wife of nearly 52 years, Esmeralda, their six children, Valerie, Cecile, Calixtra, Emily, Lucinda, and Emil, and 10 grandchildren.

Emilio was born on January 21, 1946 in Castillejos, Zambales in the Philippines. He was the seventh of nine surviving children of Calixtra Fastidio Alipio and Emilio Duque Alipio Sr. In 1966,

he joined the United States Navy and started boot camp in San Diego, California. After almost 22 years of service, Emilio retired as a Chief Petty Officer (E7). He went on to work at the US Postal Service for 11 years. He enjoyed fishing, gardening, hunting, singing and playing guitar and watching true crime documentaries.

Visitation will be held on Thursday, June 20th from 4-8pm with a Vigil Service at 6pm at Fremont Memorial Chapel, 3723 Peralta Blvd. in Fremont. Funeral Mass is scheduled for Friday, June 21st, 12:30pm at St. Anne's Catholic Church, 32223 Cabello St. in Union City. A burial will follow at Cedar Lawn Cemetery in Fremont.

Fremont Memorial Chapel
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Isabel Conens Hougen Holmes

On June 5, 2024, Isabel Conens Hougen Holmes passed away at Eden Medical Center. A lifelong resident of Alameda County, Isabel was born June 24, 1934, in Oakland, California to Dorothy and Peter Conens. She attended St. Jarlath School, Holy Names High School, UC Berkeley, and Providence School of Nursing before earning a Bachelor of Science in Nursing Education from Holy Names College. For several years, she was a teacher of nursing at Providence School of Nursing before marrying her first husband, Ralph Hougen and starting a family. Isabel and Ralph bought a home in Fremont where they were members of St. Leonard parish. Sadly, after two years of marriage, Ralph died. When Isabel remarried, she and her second husband Richard Holmes, raised their family in Oakland where Isabel was active in the PTA at Grass Valley School, in her children's education, and St. Paschal Baylon Catholic Church.

Isabel is survived by her children Chris (Carolyn), Krista (Mike), and Rachel (Geoff); grandchildren Caitlyn (Justin), Jonah, Celsea, Elizabeth, Nathan, and Ayla; and many nieces and nephews. She was predeceased by her first husband,



Ralph E. Hougen, her second husband Richard A. Holmes, her parents Peter and Dorothy Conens, her siblings (Justine, Erwin, Dorothy, and Catherine) and niece Denise.

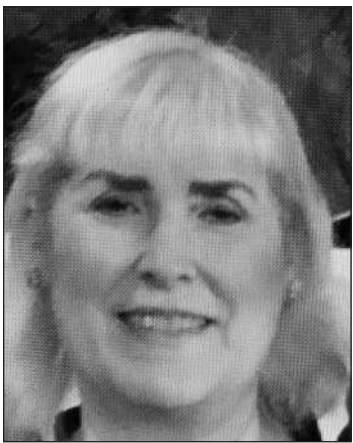
A visitation will be held on June 19, from 5-7 pm at Jess C. Spencer Mortuary in Castro Valley. A Mass of Christian Burial will be celebrated in memory of Isabel on Thursday, June 20, at Our Lady of Grace Catholic Church in Castro Valley. Interment will follow at Holy Sepulchre Cemetery in Hayward.

Mom was a lifelong lover of ice cream and animals, and she believed strongly in education and guardian angels. Please consider donations in her name to St. Jude Children's Hospital or the ASPCA.

Mary Lucile Saraf

May 14, 1947 – June 16, 2024

Resident of Fremont



In June 1970, when she came to San Bernardino, CA for her elder brother, David's wedding, she met Dilip, who was one of the ushers, where they connected. Three weeks' later they were engaged and then got married at the Stanford Memorial Church in July.

Their son, Rajesh was born in 1973 and since then she devoted herself to raising him and helping him through the challenges he faced in his younger days because of our interracial marriage. For his school, Peninsula Children's Center, she was an active volunteer and was on the Board of Peninsula Children's Center Chartered Auxiliary. As a fund-raiser of the PCCCA she made significant contributions to fundraising during their annual Festival of Trees event celebrated during the Holiday season. For this she received the CA Governor's commendation.

After residing in Menlo Park, Palo Alto, Atherton, and Los Altos Hills, the Sarafs moved to Fremont, CA, where she resided until her passing. Survivors include her husband, Dilip, of nearly 54 years, son Rajesh, and elder brother David Arnold, Jr. of New City, NY.

Fremont Chapel of the Roses
510-797-1900

Mary Lucile Saraf, wife of Dilip G. Saraf and mother of Rajesh Saraf passed away at the Niles Canyon Post Acute center in Fremont, CA on June 16, 2024.

Mary Lou was born in Glen Burnie, MD, on May 14, 1947. Her father, David Arnold, was an executive at Westinghouse Corp., where her mother, Virginia Arnold, also worked. Brought up in in the suburbs of Baltimore, after her graduation, from the Glen Burnie High School, Mary Lou attended Marion College, in Marion VA, and then moved to Manhattan, NY, where she was a top photographer's and fashion model for several years.

During her teen years Mary Lou was also a jousting champion and represented her state as Maryland's top jouster at the World's Fair in NY in 1964. As a member of church's choir, she sang and played both piano and organ.

Mr. Rudy Lopez

Mr. Rudy Lopez was born on November 25, 1955 in Fremont, California. Rudy passed away in Modesto, Ca, on June 2, 2024, peacefully with his daughter by his side. Rudy is survived by his daughter Cristina Lopez-Jacobs granddaughter Mia Pittman, and siblings Fred Lopez, Evelyn Lopez, Sarah, Gonzalez, and Marcy Zepeda.

A celebration of life will be held at Antigua Event Center in Riverbank, California on June 23, 2024 from 12 PM to 5 pm.



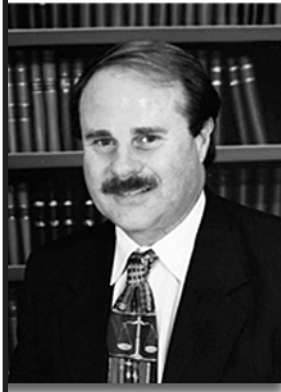
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38750 Paseo Padre Parkway
Suite C-1, Fremont

Please call for day, evening,
or weekend, appointment

SOCIAL SECURITY MATTERS

Ask Rusty – I'm Working after age 65; Why Aren't I Exempt from Medicare Part B Premium?

By RUSSELL GLOOR, NATIONAL SOCIAL SECURITY ADVISOR, AMAC FOUNDATION

Dear Rusty: Why, as I continue to work after age 65 and have FICA taxes taken from my check, am I—or anyone—also compelled under the threat of penalties, rate increases, etc. to immediately take Medicare Part B? Am I not then effectively paying into the system twice? As more and more people over 65 continue to work, isn't that a consideration that should be evaluated by Congress—if one is working past 65, above a specific level of income and paying FICA taxes, the Medicare Part B premium is waived?

Signed: Working Senior

Dear Working Senior: FYI, 6.2% of the FICA payroll taxes you pay while working goes to Social Security, and another 1.45% goes to fund Medicare Part A (hospitalization coverage, which is free to you). None of the FICA payroll tax you pay from your work earnings goes to fund Medicare Part B (coverage for outpatient services), which is the part of Medicare for which you must pay a premium.

Said another way, your FICA payroll taxes do fund Medicare Part A, which is free to you, but do not provide any funding for Medicare Part B. Part B is funded from two primary sources—the premiums paid by beneficiaries, and the federal government from the general Treasury. Premiums from enrollees pay for about 25% of Part B healthcare expenses and the remaining 75% of Part B operating expenses are paid from the general U.S. Treasury (not from Social Security money).

So, it's necessary to separate Part B from your thinking about the payroll taxes you pay while working—you're not paying anything to fund Part B through your FICA taxes. You aren't compelled to enroll in Part B (it's optional), but if you don't enroll during your initial enrollment period (three months on either side of the month you turn 65) and don't have other equivalent "creditable" coverage from an employer, and you enroll in Part B later, a late enrollment penalty will apply (10% additional premium for each full year after age 65 you go without creditable healthcare coverage).

So, your premise in suggesting that Part B be free (the premium waived) if you're working over a certain age or after an amount of time contributing to the program isn't valid, because no one contributes to Medicare Part B through FICA payroll taxes—Part B beneficiary contributions are only made through premiums paid by those enrolled in it. And you don't need to enroll in Part B if you have "creditable" healthcare coverage from an employer. The Part B non-enrollment penalty only applies if you enroll after your initial enrollment period has expired and didn't have "creditable" healthcare coverage after you turned 65. "Creditable" is a group plan with more than 20 participants.

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Victim identified in Southern California homicide case, 41 years after her remains were found

ASSOCIATED PRESS

A victim whose skull was found by children in a Southern California city in 1983 has been identified 41 years after her remains were first discovered, authorities said.

The Orange County Sheriff's Department identified the victim Friday as Maritza Glean Grimmett, a Panamanian native who moved to the U.S. in the late 1970s. Grimmett was 20 years old at the time of her disappearance, authorities said in a news release. The investigation involved a DNA analysis using Grimmett's remains that helped investigators identify relatives.

After children discovered Grimmett's skull while playing in an area that is now part of Lake Forest, a city about 43 miles (69 kilometers) southeast of Los Angeles, about 70% of her remains were excavated from the ground. In the decades that followed, authorities were not able to identify the victim.

In 2022, a DNA sample from Grimmett's remains was sent to Othram Laboratories, a forensics group based in Texas, the sheriff's department said. A missing persons program within the U.S. Department of Justice funded the DNA extraction and testing. Authorities later discovered "a direct family line" for Grimmett and contacted one of her distant relatives in 2023, they said.

The relative recommended the findings of the forensics investigation be posted to a Facebook group focused on women who went missing in the 1970s and 1980s, the sheriff's department said. A month after the findings were posted, a woman reached out to investigators and said she believed she was the victim's missing mother.

Relatives later submitted DNA samples to authorities, who identified the victim. The investigation is ongoing.



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New Planetarium show grounds Chabot Space and Science Center in Ohlone culture and astronomy



L to R: Ohlone community member, Dolores "Dottie" Galvan Lemeira, Vincent Medina, Louis Trevino, Tina Laudani, Stacie Hungerford

By **STEPHANIE GERTSCH**

"If you've ever heard a good story told, especially a Native story, the cosmology of the universe were the props," says Andrew Galvan, an elder in the Ohlone community, and panelist at the June 9 premiere of the new planetarium show "Mur Taaraxtak"—or "Ohlone Skies"—at Chabot Space and Science Center in the Oakland hills. The museum's domed theater explores the science of the moon and sun, mars, the Milky Way Galaxy, and cultural topics like the Mayan astronomy and the Zodiac. A collaboration with Café Ohlone, "Mur Taaraxtak," looks at the skies from the perspective of the first people ever to do so, the Chochenyo speaking Ohlone of the East Bay.

Vincent Medina (who runs Café Ohlone with partner Louis Trevino), shared what this

educational show means to the community. "As a kid, I came to the Chabot [Space] on field trips, and as much as I enjoyed it, it's common to feel like we are often left out of the story altogether, even though right here, where we're sitting, is in a very specific area of the Redwoods we've always lived in. This area right here is called Huichin."

Combining descriptions of ancient traditions and beliefs about the night sky with 20th century photos of Ohlone community and footage of Trevino demonstrating acorn processing, "Mur Taaraxtak," shows the fortitude of the Ohlone people. That even enduring the genocide of the Mission system, they are still living and observing their culture in an unbroken connection with their land. Medina says, "Anthropologists would erroneously write us off and make it sound like we left the earth, even though we never did. When

we walked into different institutions throughout our homeland, we seldom would see ourselves being represented at all. And if we did, it wasn't in a factual way."

"Mur Taaraxtak" explores how Ohlone people tracked the Sun and solstices, the phases of the Moon, the Pleiades, Milky Way, and even eclipses. Much of this knowledge serves a practical purpose, as the Moon influences the tides and the best times to fish in the Bay and harvest oysters. Images of the natural landscape and Ohlone basketry are incorporated with the projections of the sky over the Planetarium dome. Chochenyo (with English translation) is used at various points in the program. Near the end is a recording of Ohlone community members Tina Laudani and Stacie Hungerford singing a Chochenyo lullaby. The word "Osse" describes both a star and the act of rocking a baby to sleep,



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and the song repeats, "My star, to you I rock to sleep." Laudani and Hungerford also performed the lullaby to kick off the day's events.

Due to a large turnout, the show was screened three times on June 9. In addition to the shows, Karuk weavers demonstrated traditional basket making, and display tables for the California Indian Museum and Cultural Center and for Native artist Jean LaMarr.

Of course, some beliefs and practices are for the Ohlone community only. But there is much knowledge the community is happy to share so that everyone can appreciate the language and storytelling, technology, culinary arts, and fortitude of the first people to ever live in the Bay Area. As the Ohlone community works to make sure their story is told, more people will be aware of the cruelty and injustice in local history. But the public will also know more about how the original people of this area have always lived.

Vincent Medina noted, "Change doesn't have to be adversarial or scary. Change could be something we all benefit from together, where everybody is uplifted... Nobody wants to be fed lies, and nobody wants a sugar-coated version of history. But when we can acknowledge the truth and the beauty that's indigenous to this area right here, us Ohlones are uplifted. And the public who's not Ohlone is reminded in a positive way that this area has never been a new world, that this place is old and ancient, has an original identity that persists on."

For more on Andrew Galvan, read the story by Hugo Vera on the preservation of the Ohlone Cemetery in our April 5, 2022 issue: <https://tricityvoice.com/04-05-22/>.

Chabot Space and Science Center
chabotspace.org