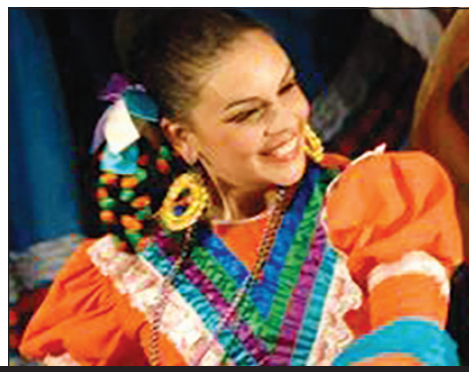




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'Mesmerizing, colorful and lively' Ballet Folklorico brings magic through dance

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Shinn House readies Christmas flair

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November 26, 2024

Vol. 23 No. 48

Brighten Friday with some green

PARK DISTRICT GIVES CHANCE TO DE-CENTER SHOPPING THE DAY AFTER THANKSGIVING

By **STEPHANIE UCHIDA**

There's nuance to the exact origins of Black Friday, which became the official day to shop for deals sometime in the 1950s and is now known as a day for unbridled aggression and excess. Even the pandemic didn't slow the lust for deals, only boosting the popularity of Cyber Monday as a day when people could search for deals from phones and laptops while malls were still shuttered. Inevitably, the focus on scoring bargains leads to people buying more than Christmas presents for loved ones, splurging on impulse buys they don't actually need, and causing waste that takes its toll on the environment.

Enter "Green Friday," the eco-friendly alternative. Or is it? The common understanding is that Green Friday traces back to "Buy Nothing Day," an alternative started in Canada in the 1990s. While Buy Nothing Day explicitly opposes consumption, Green Friday can take a softer approach of urging people to shop more sustainably by buying vintage or creating a budget—but still to shop. (A nonzero number of articles about Green Friday end with links to the eco-friendly online shops the website wants to promote.)

In the Bay Area, the East Bay Regional Park District (EBRPD) offers a chance to observe a greener Friday, while also buying nothing. On Friday, Nov. 29, the park district will waive all fees for park entrance, parking, dogs, horses, boat launching and fishing. This includes the entrance fee to Ardenwood Historical Farm in Fremont. Just a few streets away, Coyote Hills offers a drop-in Green Friday hike starting at 10:30am. See an activity list at: www.ebparks.org/we-celebrate/green-friday.

Dave Mason, Public Information Supervisor for the park district, shares, "Wherever you live in the East Bay, an East Bay Regional Park is close by, brimming with wonder and discovery. The Park District encourages the public to spend quality time outdoors on Green Friday, the day after Thanksgiving. Green Friday is a great opportunity for people to visit their Regional Parks and explore the benefits of nature with family and friends."

Another answer to the consumerism of Black Friday is Giving Tuesday, observed Dec. 3 in 2024. This is a day to donate to nonprofits and worthy causes. Those who reel back spending a bit on the previous Friday will certainly have more to give away when the weekend is over.



Instead of a day for battling shoppers, the Friday after Thanksgiving can be a time to enjoy nature. Photo credit: Stephanie Uchida



Union City approves \$92K traffic safety grant which will fund DUI checkpoints, efforts to curb distracted drivers and more. File Photo

Local councils focus on community safety

UNION CITY APPROVES TRAFFIC SAFETY GRANT, NEWARK WELCOMES NEW OFFICERS

By **PANASHE MATEMBA-MUTASA**

The Union City Council approved a resolution on Nov. 19 to accept \$92,000 in grant funding from the Office of Traffic Safety (OTS) to support traffic enforcement and safety initiatives. The grant, part of the Selective Traffic Enforcement Program (STEP), will allow the Union City Police Department (UCPD) to address ongoing issues such as impaired driving, distracted driving, and pedestrian and bicycle safety, which have been persistent concerns in the city.

Union City has faced significant traffic challenges due to heavy commuter volumes and a growing population. In 2023, the police department responded to 641 traffic collision calls, including two fatalities and 36 DUI arrests, according to UCPD Police Captain Andrew Holt. These numbers reflect a broader trend of traffic-related incidents that have plagued the city in recent years, including higher fatality rates in 2018 and 2019. Police Chief Jared Rinetti emphasized the importance of the grant, noting that it will enable the department to implement additional enforcement and education measures that would otherwise be limited by budget constraints.

The grant will fund various safety initiatives, including DUI checkpoints, enforcement in areas with frequent traffic violations and efforts to curb distracted driving. Educational programs will also be launched to teach youth about traffic safety, while police officers will receive additional training to enhance their enforcement capabilities. The funding is also earmarked for supplies and resources needed to execute these programs.

The \$92,000 grant exceeded the city's initial budget projection of \$80,000, prompting adjustments to the 2024-2025 fiscal budget to account for the additional \$12,000.

Newark introduces three new police officers

The Newark Police Department (NPD) has expanded its ranks with the addition of three new officers. Mayor Michael Hannon introduced Cydney Leath, Rodrigo Diaz-Perez and Everett Shaffer during the Nov. 14th City Council meeting, highlighting their diverse backgrounds and dedication to public service.

"If we had the opportunity to scan the room for our residents of Newark, they would say, 'That is the safest place for anybody to be in the city this evening,'" Mayor Hannon said jokingly.

Officer Leath joined the NPD in September after graduating from the South Bay Regional Public Safety Training Academy. A kinesiology graduate from Cal State Northridge, Leath's path to law enforcement was unconventional. She previously worked as a flight attendant for Delta and Norwegian airlines. During the pandemic, she demonstrated a commitment to community service, volunteering to help unhoused individuals access subsidized housing.

A U.S. Marine Corps veteran, Officer Diaz-Perez also began his tenure with NPD in September, having completed training at the Alameda County Sheriff's Office Regional Training Academy. He served as an artillery section chief from 2016 to 2020 before pursuing a degree in Administration of Justice at Las Positas College. Prior to joining law enforcement, Perez worked as a high-rise window washer for his family's business.

Rounding out the trio, Officer Shaffer brings nearly a decade of experience as an emergency medical technician (EMT) in Alameda County. After earning his EMT license at Las Positas College. Like his colleague Perez, he graduated from the Alameda County Sheriff's Office Regional Training Academy before joining NPD in September.

Managing stress during the holidays Part II

SELF CARE IS THE BEST GIFT

By **STEPHANIE UCHIDA**

The "holiday blues" are a cliché—but a true one. As hard as it is to admit to feeling stressed or down during a supposedly happy time, those who feel this way should know they aren't alone. Before giving out any gifts to others, people can give themselves the gift of self care.

Stick to routines

The best routine to boost mental wellbeing around the holidays may be the routine already in place. Essentially, where possible keep some normality amid the chaos. Kaiser Permanente Psychiatrist Dr. Jacqueline Magno, shares, "If there are certain routines or traditions that are healthy for your household, you want to keep those. You don't want to please others." There's nothing wrong with leaving the party slightly early to get to sleep at a reasonable time, or stocking up on healthy foods for breakfast and lunch before a rich dinner. It's also OK to take a break from socializing to exercise, meditate, write or draw—any mood-boosting activity. Keeping up with some of these positive routines will help avoid burnout from a sudden shift in lifestyle.

For addicts especially, it's important to keep up with meetings so they have support around a stressful time. Therapists working in addiction treatment know this and will try to work around time off and travel schedules.

Exercise

Movement is also key to keeping equilibrium. Dr. Michael Stanton, licensed clinical health psychologist and Assistant Professor at Cal State University East Bay, shares that exercise can help treat depression (and doesn't even require a prescription). He encourages his students traveling home for winter break to look up short term gym memberships in their hometowns. But exercise doesn't have to be going to the gym. It could be as simple as taking a walk or doing yoga at home. "Any bit of movement is going to help you feel better," says Stanton.

If possible, going outside is preferable. In the winter it's more difficult to get Vitamin D because of less sunlight, and people also suffer from Seasonal Affective Disorder. Chances to be outdoors in natural light are harder to come by.

Set boundaries

However, exercise, diet and sleep only help if actually observed, even in the face of pressure to go with the flow. "Some have a hard time saying no," shares Dr. Magno. "That's part of self care, to learn how to set boundaries or say no." People don't want to



There are ways to de-stress and focus on the positives, helping us stay present and connected. Photo courtesy of Kaiser Permanente

continued on page 4

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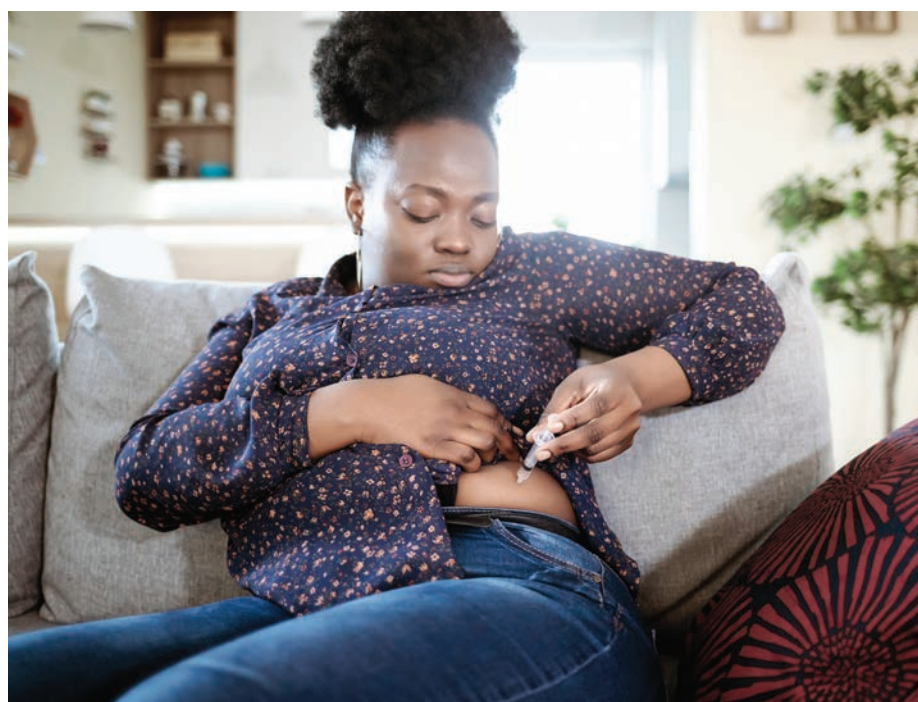
GLP-1 Medications for Diabetes Management

It's difficult to turn on a television today, or view any media outlet, and not see numerous ads for diabetes medications including Ozempic, Trulicity, and Mounjaro. What are these drugs and how do they help individuals with type 2 diabetes?

The drugs, known as GLP-1 medications, have been an integral and very successful element in the treatment of type 2 diabetes for nearly 18 years, according to Dr. Prasad Katta, a Washington Township Medical Foundation endocrinologist.

How do these drugs relate to diabetes management? What are the potential benefits and considerations for patients with type 2 diabetes for incorporating them into a diabetes management plan? Dr. Katta will answer these and other questions during a free Wednesday, Dec. 18, online Health & Wellness seminar. The 9 a.m. program, "Diabetes Management: How GLP-1 Medications Work," can be viewed on [facebook.com/WashingtonHosp](https://www.facebook.com/WashingtonHosp) and [YouTube.com/whhsinHealth](https://www.youtube.com/whhsinHealth).

According to Dr. Katta, 90% to 95% of all diabetes patients have type 2 with only 5% to 10% experiencing type 1 diabetes. The difference between the two types is whether the patient's pancreas is functioning. In type 1, the pancreas has ceased to produce any insulin, necessary to control the body's blood sugar levels. The pancreas of type 2 patients does produce some insulin, but not to the level needed by the body.



The GLP-1 drugs stimulate the pancreas to produce sufficient insulin for the patient's body to function normally. Other drugs to control blood sugar also are prescribed for type 2, but often the level of those drugs, including the use of insulin, can be reduced as the GLP-1 medications take effect. GLP-1s also can help with weight loss by slowing the stomach emptying and thus making the patient feel full, and by acting on the brain to make the patient not feel hungry.

The usual medical treatment for type 2 diabetes includes various drugs in pill form, insulin and injectable GLP-1 drugs.

Usually given as a weekly injection, the GLP-1 treatment can continue for the patient's lifetime. According to Dr. Katta, patients begin with a low, weekly dose which increases gradually. Over time, the dosage of other drugs, including insulin, can be reduced.

Most patients respond quite well to GLP-1s, he says. "Some can't tolerate it because of an allergic reaction, if they have an inflammation of the pancreas, or if they are not able to tolerate some of the medication's side effects. The level of weight loss varies from patient to patient."

Some patients don't need to stay on GLP-1s for the balance of their lives, Dr. Katta adds. "For some, changes in healthier behavior, such as eating habits and exercise, can reduce the need for the drug. And I find that I often am prescribing less insulin for my patients as their own bodies produce more insulin in response to the GLP-1 medications."

The process is slow, but effective, Dr. Katta explains. He urges type 2 patients to be patient in waiting for the drugs to take effect. They also need to continue healthy eating and exercise habits. And there can be side effects for some patients, but they can be managed by working with your doctor to monitor the drugs' impact.

For more information on Dr. Katta, scan the below QR code or visit <https://www.mywtmf.com/find-a-doctor/prasad-v-katta-md/>. Washington Hospital offers outpatient diabetes education and management services. For more information, see [whhs.com/Diabetes](https://www.whhs.com/Diabetes).



Prasad Katta, MD

"I often am prescribing less insulin for my patients as their own bodies produce more insulin in response to the GLP-1 medications."

—Prasad Katta, MD



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Diabetes: Understanding and Controlling Complications
Diabetes complications reach much further than low blood sugar levels. Find out how to control other complications and maintain overall health. This is a special presentation of our Diabetes Matters program.



Safely Home After Hip Replacement
Wednesday, Nov. 20, 9 a.m.
With increased experience and technology, same-day discharge after hip replacement is becoming more common. Join this seminar to hear the benefits of recovering at home—safely.



Coping with Grief and Bereavement During the Holidays
Wednesday, Dec. 4, 9 a.m.
Explore how grief can impact our mental health during the holiday season and strategies for coping.



Living With Serious Illness: Understanding Palliative Care
Navigating a serious illness can bring new challenges for patients and loved ones. Dr. Krishna Suri explains what it means when palliative care is offered.



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

Other Video Topics:

- Joint Pain
- Stroke Awareness
- Washington Township Health Care District monthly board meetings
- Diabetes Education
- Timely health topics such as COVID-19 and wildfire safety
- And so much more!

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PART ONE OF A TWO-PART SERIES ON OSTOMY

“I Have to Have an Ostomy?”

Washington Hospital’s comprehensive Ostomy Care offers education and support.

Editor’s Note: This is part one of a two-part series on ostomy.

The Washington Center for Wound Healing and Hyperbaric Medicine is part of Washington Hospital Healthcare System here in Fremont. Their services include a comprehensive ostomy care program for patients living with an artificial opening in the body to divert stool or urine.

The United Ostomy Associations of America estimates that about 1 million people in the United States have an ostomy, which is a surgically created opening in the gastrointestinal tract or urinary system for patients with certain conditions.

General or colorectal surgeons create the opening that is called a stoma, allowing urine or feces to leave the body and collect in an exterior pouch that the patient must empty and clean daily. Colostomy and ileostomy refer to openings in the colon and small intestine (ileum), while urostomy occurs in the urinary system.

“It’s very important to offer ostomy services,” says Thuy Vo, a nurse practitioner (NP), certified by the Wound, Ostomy and Continence Nurses Society. “Especially because an ostomy is a complex surgical procedure, and patients may have complications and comorbidities.”

Most patients with ostomies have gastrointestinal or urinary cancer, inflammatory bowel disease, incontinence, birth defects, and other medical conditions that prevent the body’s normal processing of waste.

Comprehensive Care for Inpatients and Outpatients

Vo is one of two NPs working with a team of about five specialty nurses certified in ostomy care. NPs are advanced practice nurses who diagnose, treat, emphasize prevention, and help people better manage their health. The team provides care, education, and support for patients transitioning to home and moving forward, living with an ostomy. The ostomy team works both in the Hospital and at the Washington Center for Wound Healing and Hyperbaric Medicine at 39141 Civic Center Drive.

“When a patient is having an upcoming scheduled surgery, the surgeon often sends them to see our team at the outpatient center so we can discuss their concerns, provide education, and tell them what to expect after surgery,” says Vo.

The team can also help determine the best location for a stoma incision. Since everyone is built differently and body types vary, height, weight, muscle, fitness level, and skin condition all play into this determination. The goal is to choose an optimal site that will reduce the risk of complications while considering the patient’s quality of life.

Having this type of surgery can be overwhelming for patients, so the team is supportive and assuring. “People have a hard time with a stoma. It can be very depressing for people to wake up from surgery and see a hole in their abdomen. We ease patients into it and hold their hand. We’re there for counseling and education,” she adds.

For an inpatient who may have had emergency surgery, Vo and the team can help them understand the procedure. “It can be shocking to see a stoma,” she explains. “Not everyone is ready to look at it. We help them with that.”

Temporary versus Permanent Surgery

For some patients, an ostomy might be temporary. Those who had an ostomy to allow their colon to heal, for example, can have the ostomy reversed when they’re fully recovered. But others, including people with cancer, severe cases of inflammatory bowel disease, and birth defects, might live their entire lives with an ostomy.

“One of the keys to living successfully with an ostomy is having a good attitude,” Vo continues, “This, along with understanding how to care for and maintain the pouch is important.” The skin around the stoma, for example, is prone to infection and erosion, and must be cared for properly. In addition to advising on care of the ostomy site, the team can help patients with diet, exercise,



A stoma is an opening in the abdomen that can allow waste to be diverted outside the body.

skin care, new products, psychosocial issues, intimacy, and more. “Patients can live normal, fulfilling lives,” she stresses.

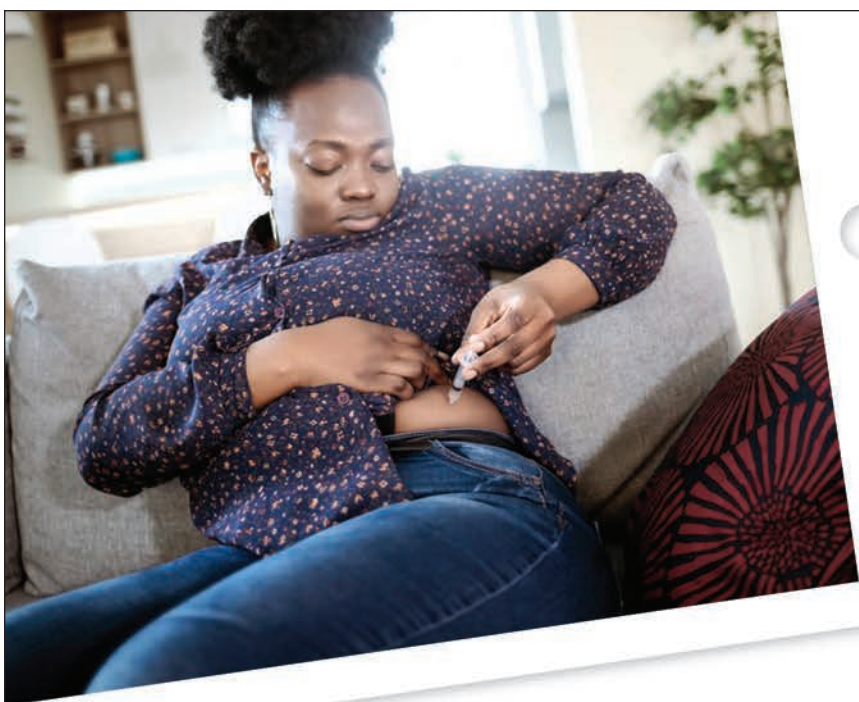
The ostomy team is comprised of certified nurses who have special training in ostomy care. In addition, the NPs and nurses are certified in wound care, which includes treating hard-to-heal ulcers, diabetic and gunshot wounds, and other types of injuries. The ostomy program is part of the Hospital’s Wound Care and Hyperbaric Medicine services, including hyperbaric oxygen therapy, a simple but effective treatment providing patients with pure oxygen inside a pressurized chamber.

The outpatient wound clinic is open to patients Monday through Friday.

The outpatient ostomy clinic is open on Fridays. “The service provides continuity of care until patients are independent with their care. We help them avoid complications, readmissions, and improve their quality of life,” says Vo.

For more information, contact the wound and ostomy clinics at 510.248.1520 or visit the website, whhs.com/Wound.

Coming Next: A patient shares how her positive attitude—and family support—helped her through an ostomy.



Online Health & Wellness

facebook.com/WashingtonHosp
youtube.com/whhsInHealth

Wednesday, Dec. 18
9 a.m.

Diabetes Management: How GLP-1 Medications Work

Join this seminar to learn about glucagon-like peptide 1 (GLP-1) medications and how they relate to diabetes management. While many people are talking about the weight loss benefits, learn how these medications work for patients with diabetes. What are the potential benefits and considerations for incorporating them into your diabetes management plan?



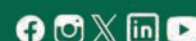
Prasad Katta, MD
Endocrinology

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

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Tri-City History A-Z in Photographs #II: Kitchen

By **KELSEY CAMELLO**, Washington Township Museum of Local History

Kitchen (noun): A room or place equipped for cooking; of, relating to, or designed for use in a room equipped for cooking; the equipment and fixtures needed to make a room suitable for cooking.



Hay press workers take a break to eat a meal out in the fields. During haying season, the cook wagon was brought onto a property and remained there until the haying was done. The cooks prepared about six meals a day for the workers, as haying was done from sunup to sundown. (Warm Springs) Courtesy of Washington Township Museum of Local History



Local families around one kitchen table. Family names include Faria, Leal, Deroche and Lemos. (Newark) Courtesy of Washington Township Museum of Local History



Workers at the Graham Manufacturing Company assemble Wedgwood stoves. At its peak, over 400 people were employed at the Newark plant. Wedgwood stoves were sold around the country and had a reputation as being among the best in the nation. (Newark) Courtesy of Washington Township Museum of Local History



Members from the 20-30 Club assemble for a meal in the famed International Kitchen. The restaurant was located on Peralta Road / Mowry Avenue near Mission Boulevard (Niles) Courtesy of Washington Township Museum of Local History

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

continued from page 1

Strategies for a stress-free holiday season



Spending time outdoors in natural sunlight, doing creative hobbies and spending time with friends are all mood boosters. Photo courtesy of Kaiser Permanente

disappoint loved ones, or they may have less power to set their own schedules—for example a college student living at their parents' house without a car. So this is one area where picking battles is also key.

People can also set boundaries around topics

of conversation at family gatherings. "Make it light during the holiday season," Magno advises. "During the holiday season, try to avoid talking about politics! Unless you can handle it. Because not everybody can be mature about it." Heated topics can drive stress, anger and

confrontation. It's fine to disengage, or for the host, to tell people to be respectful.

Do less

Michael Stanton reflects on how modern American culture can be stress-inducing because it lost traditions that helped

humans keep balance. "In this culture, it's so hard for us to build quiet time. It used to happen naturally with prayer, going to church or going to temple, whatever spiritual tradition you had."

He also advises people to unglue from phones, which can be difficult. "Oftentimes

it's your alarm clock. But that also means that it's so close to your head that it's always there, and you can always pick it up."

The wealth of information contained in handheld devices can distract from the people in the same

room who may only be there for a few hours, while simultaneously encouraging rumination. "It's tempting to binge on political news or something that's distressing," Stanton says. It's human to be concerned about the troubles in the world, but disrupting moments of peace and love will only keep people in a state of perpetual burnout and panic, less effective at helping anyone. "Am I having fun yet" is a question that can never be answered positively as long as it's being asked. Similarly trying to defeat anxiety or depression head on is a losing battle. Instead, take their power away by replacing them with something positive.

Michael Stanton has also written on health routines for East Bay Express. Read his article here: eastbayexpress.com/training-your-mind-10for-the-new-normal-1/

Sources: www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495

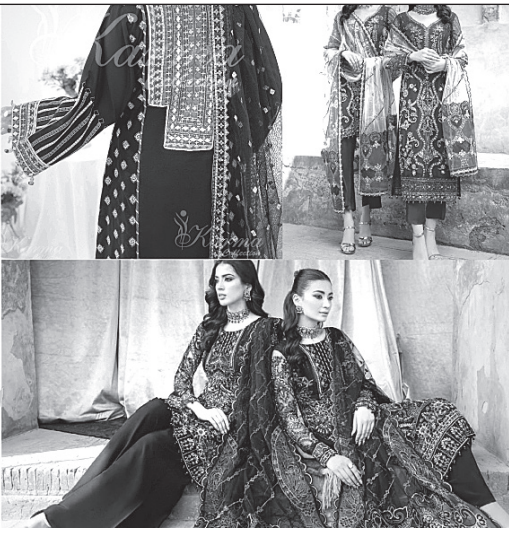
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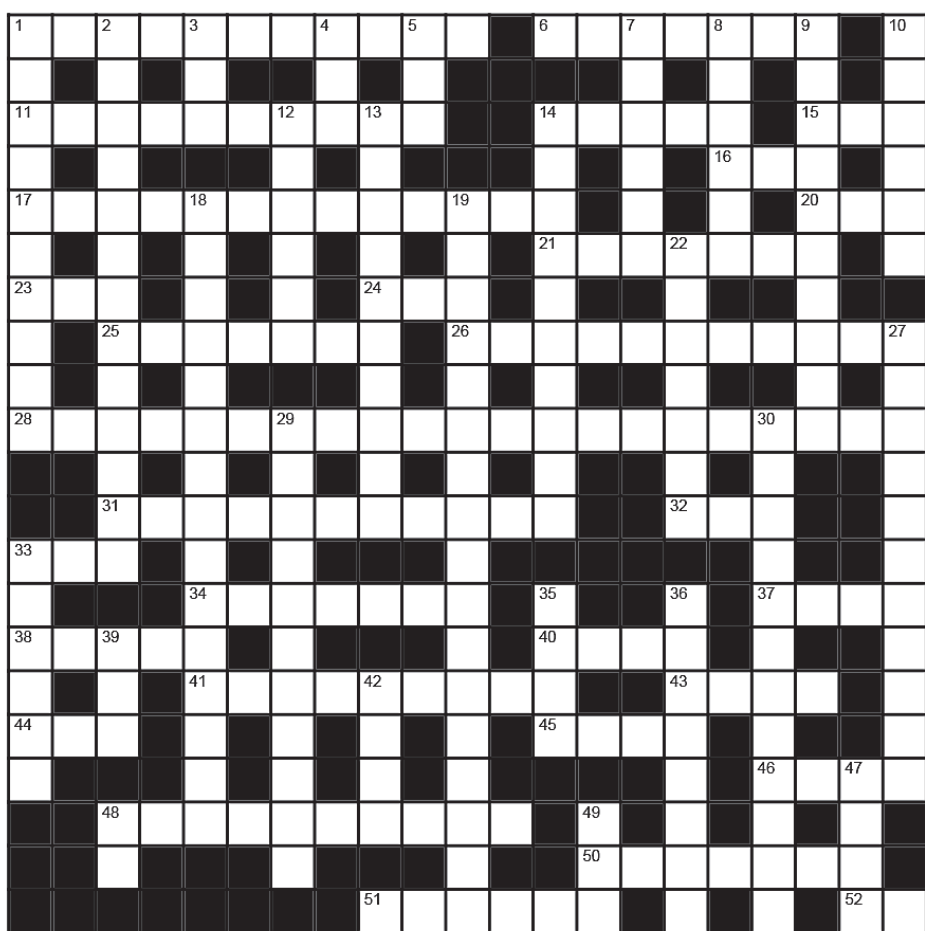
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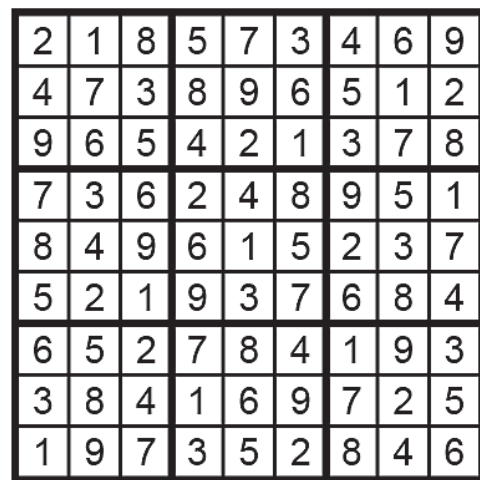
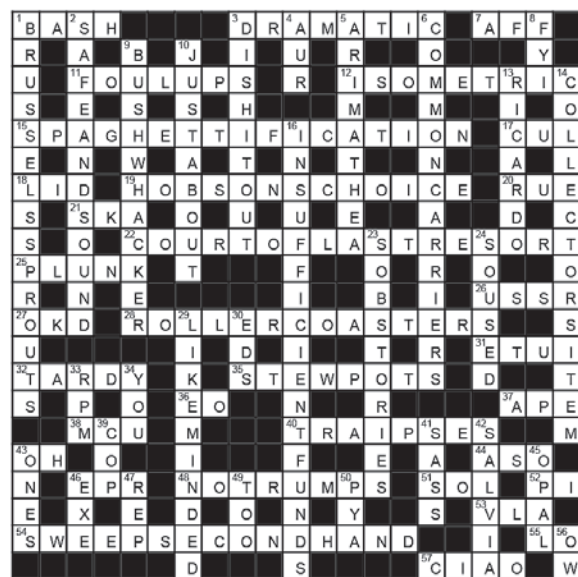
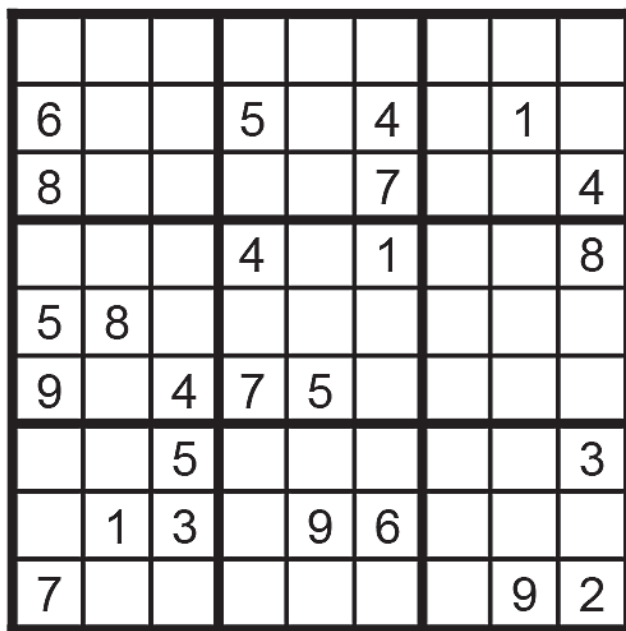
Crossword Puzzle



- Across
- 1 Revelry with wine, women and song (11)
- 6 Antitheft device (3,4)
- 11 Forest floor growth (10)
- 14 Court seats (5)
- 15 Like the Who, in the 60's (3)
- 16 Chain offering Waffullicious Waffles (at least until November 2, 2014) (3)
- 17 Breakfast bread (7,6)
- 20 Gold: Prefix (3-)
- 21 Marvin Gaye's "What's ___" (5,2)
- 23 1968 hit "Harper Valley ___" (3)
- 24 "Despicable Me" character (3)
- 25 Low-price version (7)
- 26 It might make waves (7,4)
- 28 Make it rain, e.g. (6,3,5,7)
- 31 Basics (5-6)
- 32 "Baudolino" author (3)
- 33 Contracted (3)
- 34 Avant-garde artist born in Strasbourg (4,3)
- 37 E-mail, e.g. (4)
- 38 Bellybutton type (5)
- 40 Pianist Lupu (4)
- 41 Certainty (9)
- 43 Pepsi rival (4)
- 44 Toronto media inits. (3)
- 45 Seating sect. (4)
- 46 Little hoppers (4)
- 48 Beach building (10)
- 50 ___ king crab (7)
- 51 Reproductive cell (6)
- 52 "That hurt!" (2)
- 9 Football maneuver (4,3,3)
- 10 Some NFL bets (6)
- 12 Beneficial (2,4)
- 13 What to relax in (10)
- 14 "White Christmas" star (4,6)
- 18 See note (2,7,6)
- 19 Umberto Eco novel (9,8)
- 22 "No, No ___" (7)
- 27 French prophet whose predictions are often shoehorned into describing modern events (11)
- 29 Toss the dice, e.g. (3,4,4)
- 30 Designer of the first successful American helicopter, 1939 (4,8)
- 33 Bug (6)
- 35 Sundae topper, perhaps (4)
- 36 Of a degree specified (4,4)
- 39 Peacock network (3)
- 42 Holds up (4)
- 47 "Yes ___?" (2,2)
- 48 Therefore (2)
- 49 Highlands negative (3)

Sudoku:

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



Tri-City Stargazer FOR WEEK OF NOVEMBER 26, 2024

All Signs: My apologies for not mentioning Mercury retrograde earlier! Mercury will be retrograde from Nov. 26 to Dec.15. This is why we're dealing with confused communications, misplaced items, problems with ground transportation (cars, trucks and bikes) and delays in public transit. The postal strike is one classic example. It gets worse: The shadow phase of Mercury retrograde is from Nov. 15 to Jan. 3, 2025. This is a bummer for those who want to buy holiday gifts like computers, cell phones and high-tech equipment, to say nothing of cars, trucks and bikes.

Aries the Ram (March 21-April 20):

Your urge to travel and expand your world continues to be strong this week. Even if you can't travel in a major way, you can do day trips. Happily, Mercury retrograde will help you finish manuscripts, books and important school papers. Meanwhile, you want to play! Sports, the theater, social outings, fun activities with kids are where it's at this week. Plus, you create a favorable impression on everyone because Venus is at the top of your chart, which makes you look attractive to authority figures. (Some will begin a flirtation with a boss.)

Taurus the Bull (April 21-May 20):

Mercury retrograde can be helpful to you because it will make it easier for you to wrap up loose details with financial matters and taxes, debt, inheritances and insurance issues. You'll be surprised at how swiftly you can deal with these things (which are so easy to ignore). Meanwhile, travel for pleasure appeals! Enjoy art exhibits, new places and new faces. Part of this could be a desire to escape the increased chaos on the home front because of visiting guests, renovations, residential moves or a busy lifestyle!

Gemini the Twins (May 21-June 20):

You need more sleep. No question. Meanwhile, it might be a drag dealing with the fact that ex-partners are back in your world. For some, this could be delightful. For others, it's a horror show. Fortunately, fiery Mars is in your House of Communications, which means not only will you identify strongly with your ideas, you will express your opinions

without hesitation. Obviously, this is a good influence for doing mental work and intellectual tasks. But it also means you will defend yourself! Meanwhile, sexy affection is possible.

Cancer the Crab (June 21-July 21):

You're working hard to accomplish as much as possible. Unfortunately, Mercury retrograde is creating delays, goofy mistakes, misplaced items and equipment breakdowns. Accept this and carry on. Be a role model for others by showing you can deal with these frustrations in a classy way. However, be smart: plan ahead and give yourself extra time for unexpected delays. Fortunately, with Venus opposite your sign, partners, friends and members of the general public will be charming and helpful to you. Mars is making you identify with your efforts, especially to earn money.

Leo the Lion (July 22-August 22):

Another playful week! Buy something fun to wear because opportunities to socialize are dropping in your lap. Fiery Mars is in your sign boosting your physical energy! You're so enthusiastic, you're ready to go after whatever you want! Both the Sun and Mercury retrograde are in the most playful part of your chart, which means old flames will be back on the scene. If not physically, then in your thoughts and dreams. Your social calendar will be busy with invitations. Even work colleagues are warm and friendly to the point of flirtation.

Virgo the Virgin (August 23-September 22):

Home and family continue to be your big focus this week because

Mercury retrograde is taking place in this part of your chart. Actually, this is the perfect time to tackle home repairs and have important family discussions about matters that you've been putting off. However, Mercury retrograde will attract relatives out of the woodwork. Meanwhile, fair Venus is in the part of your chart that wants to party. This means you will still go out and amuse yourself with entertaining diversions, friends, romantic contacts, sports and playful times with kids.

Libra the Scales (September 23-October 22):

You're busy! Ever since Covid, many of us got in the habit of a slower pace. You are now truly in the thick of things schmoozing talking to everyone! Enjoy short trips and fun interactions with siblings, relatives and neighbors. Make appointments to share coffee, drinks, lunch and dinner. Note: Mercury retrograde will create travel hitches so give yourself extra time. At best delays, at worst auto breakdowns. Enjoy redecorating because you love your home. This is a great week to entertain. Interactions with friends and groups are lively!

Scorpio the Scorpion (October 23-November 21):

You're focused on finances. Perhaps budgets or how to save or earn money? Or you might focus on purchases, or decluttering. Basically, you want your possessions to reflect your values. Because Mercury retrograde is in your Money House, checks in the mail will be late. Refunds and payments will also be delayed. However, you might have a second chance to earn money in a way that you tried before? Plus, Jupiter is in

your other Money House attracting gifts and support. No wonder you're so charming and diplomatic!

Sagittarius the Archer (November 22-December 21):

With the Sun in your sign, you're more aware of your personal identity and how you present yourself to the world. You like to dress comfortably; nevertheless, it's good to do a reality check to see how others see you. You won't mind taking on a leadership role. Your physical energy and vitality are strong; and you're expressing yourself with greater confidence because both the Sun and Mercury retrograde are in Sagittarius. Ex-partners and old friends are back on the scene. Express your true self without fear or apology.

Capricorn the Goat (December 22-January 19):

While others are out there flying their colors, you're happy to enjoy your privacy. Find a comfortable little nook with good food and drink, where you can read a book. As I mentioned last week, this is an excellent time for you to do any kind of research because Mercury retrograde will help you. Meanwhile, it's a great week to shop for wardrobe treasures. Romance is affectionate. Venus in your sign continues to make you charming with everyone. And of course, Venus always ranks pleasure above work.

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

Your friends are important to you. Too often, other people don't grasp this. But this is one of the reasons you are such an excellent networker. This week you will welcome the company of others. Friends from the past will pop up again. You might even go

back to a group that you haven't been involved with for a while. Be patient with those closest to you because Mars is opposite your sign now, and this can make you feel annoyed with others. Meanwhile, secret love affairs are likely. At least a secret crush.

Pisces the Fish (February 19-March 20):

This week the Sun is still at the top of your chart casting you in a flattering spotlight. This means you continue to have the advantage of looking wonderful in the eyes of others without doing anything special. Meanwhile, due to Mercury retrograde, many of you are in contact with former bosses or parents you haven't seen for a while. On the upside, you might present an idea that was rejected before, but now—maybe it could fly? You're working hard now. One rewarding feature this week is the genuine, mutual affection you will receive by interacting with friends and groups.



By Georgia Nicols
www.georgianicols.com.

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Letters Policy

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

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

Tell A Friend Call Rachel Parra 510 745-1480

Flash Fiction contest winners inspired by frogs

THOMAS STAADEN WINS FIFTH PLACE FOR 'ESCAPE TO THE FROGS'

By STAFF

The fall Flash Fiction contest, with the theme "Frogs" was held on Sept. 28. Over the next few weeks, this paper will run the winning entries. Below is the fifth place winner. To read all the winners, go to: fremontculturalartsCouncil.org.

Escape to the Frogs
By THOMAS STAADEN

Steve was outside yet again. He snuck out after

hearing his parents argue yet again, almost screaming in fact. He could almost cry, but Steve had to go to his happy place. That was the creek next to the house. He wandered down the hill to the nearby creek, where his closest friends lived.

He got to the creek and found his little friends. Freddy, Rocky and Hoppy. He spotted them sitting by water, making the constant ribbit sounds that they always made. Steve crouched down into the weeds, and smiled.

There was a time they would hide under the water, like he would try to do at his third grade class. But eventually, this frog family had warmed up to him, and

would tolerate his presence, the only ones who would. Steve watched them as some of them swam and tried to catch flies. He could even see one hopping toward him.

It was Rocky, who knew Steve would have a fresh worm for him. Steve pulled out one of the worms in his jacket that were collected just to feed to Rocky. He pulled out the worm, and barely held it up before...

Rocky jumped, and caught the worm in his mouth. He ate it all in one gulp. 'Ewww', Steve said, quietly smiling.

The frog sat there for a second. Steve wanted to watch them all night. But what he really wanted to

do was join the family of frogs...

Then Steve heard the sirens; he knew it was for his human family. One of the neighbors must have been upset at their shouting again. Steve turned toward the Frogs, and waved goodnight.

He needed to get back; he couldn't get in trouble.

Holiday food and toy drives

By STAFF

One of the most cherished aspects of the winter holiday season—whether you celebrate the dominant Christian holidays, tolerate or avoid them altogether—is the renewed spirit of compassion. People grow more aware that for many times are hard, and it's within everyone's power to help others. And when we do so, it is part of our own flourishing.

Below are some ways to help around the Tri-City Area.

Giving Hope

Fremont's Human Services Department provides several ways to help community members facing financial pressures during the holiday season. You can sponsor a wish list, make a financial or gift card donation, make a specific donation for older adults, or purchase items for a gift

bag. www.fremont.gov/government/departments/human-services/give-back/giving-hope.

Davis Street Holiday Basket Program

Davis Street is working to provide 1,200 toy and food baskets to their clients, as well as San Leandro, Castro Valley, San Lorenzo, Ashland and Cherryland residents. You can donate directly to Davis Street, or purchase an item off their Amazon Wishlist. Donate at paybee.io@davisstreet@14 or go to the Davis Street website davisstreet.org/.

Tri-Valley Haven Donation Drive

Donate an unopened wrapping paper roll or gift from Dec. 2, 3, 4, 5, 6, and 9 at Ashbury Church in Livermore from 10am - 4pm. Items should be new, non-violent, and

non-breakable. A list of needed items is posted at trivalleyhaven.org/holiday-program-donations/.

Viola Blythe

Viola Blythe in Newark posts collection barrels for holiday donations of food and toys at various schools and businesses throughout the city. Donations will be accepted through Dec. 22. View the list of locations at www.violablythe.org/.

Adopt a Family

Newark's League of Volunteers is looking for signups for their Adopt a Family program, where you can volunteer to help a particular family in need. Email Jenn Aquino for more information. jenn.aquino@lov.org. www.lov.org

Toy and Canned Food Drive

District 1 Supervisor David Haubert is hosting

a food and toy drive at Scott Haggerty Heritage House in Pleasanton. Drop off unwrapped toys and non-perishable foods from Dec. 1 - 11. Checks are also appreciated. A celebration will be held at the same location on Thursday, Dec. 12 from 6pm - 9pm (RSVP required) and donations may be made there. tinyurl.com/24FTDriveRSVP

TCV Toy Party

Tri-City Volunteers (TCV) will hold their annual toy party on Saturday, Dec. 14 at Niles Discovery Church, starting at 8am. The organization hopes to distribute toys to 600 families. Volunteers are needed to wrap toys, greet families and help parents shop for gifts. Email volunteer@tcvfoodbank.org. tcvfoodbank.org

We're Back!

SACBC Bingo

2nd and 4th Friday



5:30 pm: Doors Open—Flashboard & Lightning

6:30 pm: 10 Regular Bingo Games \$400

& 2 Special Bingo Games \$500

Flashboard Games pay as much as \$1,199.

So. Alameda Co. Buddhist Church

32975 Alvarado-Niles Rd., Union City, CA

More info: 510-471-2581

www.SACBC.org

Recycle right

TO ENSURE MATERIALS ACTUALLY GET RECYCLED, RESIDENTS SHOULD FOLLOW THESE PRACTICES

Submitted by MANGEE AUSTRIA, Tri-CED Community Recycling

Tri-CED's goal is to provide reliable and efficient recycle collection service to Union City residents, who can help by sorting your recyclables properly and avoiding placing prohibited items in the recycle cart.

All items placed in Union City residents' recycle carts are sorted at Tri-CED's material recovery facility (MRF). Sorted materials are compacted into large rectangular blocks called bales. The bales are shipped to facilities to be recycled into new products. During the sorting process at the MRF, prohibited items must be removed and sent to landfill so that they do not end up in the bales. Bales containing prohibited items cannot be recycled into new products.

The most common prohibited items Tri-CED finds inside recycle carts are plastic bags, non-recyclable plastics (#3-7), styrofoam, food waste, textiles and small appliances. Plastic bags, non-recyclable plastics, bagged materials, and styrofoam belong in the landfill cart. Food waste

belongs in the green compost cart.

Proper sorting of materials is required under California state law SB 1383, the Alameda County Organics Reduction and Recycling Ordinance, and the Union City Municipal Code. To learn how to sort materials properly, use the RE:Source tool on www.StopWaste.org.

Placing batteries in your curbside landfill, recycle or compost carts is dangerous and illegal. Batteries are classified as hazardous waste and must be disposed of safely. Tri-CED's battery collection program is offered at no additional charge to help residents dispose of batteries safely and conveniently. To request a free battery bag, call Tri-CED at 510.471.3850. They will deliver a battery bag on the next service day. Simply put all the batteries inside the bag and place the bag on the ground next to the recycle cart on your next service day. Tri-CED will pick up the batteries when they service the recycle cart. Then, they will ship the batteries to their final destination to be recycled.

To help Tri-CED service carts consistently, follow these tips:

- Set out all carts the night before or by 6am on collection service day.
- Place carts at least two feet apart from each other and other objects.
- Place all items inside the recycle cart loose with the lid completely closed.
- Set out carts with wheels and handles facing the curb.

Upcoming holiday events

By STAFF

Quarry Turkey

On the Saturday after Thanksgiving, Brazen Racing will hold their annual Quarry Turkey Half Marathon at Quarry Lakes in Fremont. Join a 5K, 10K, Half Marathon, or bring the kids to join the Little Turkeys race. Food donations to

Alameda County Food Bank are encouraged. Start times range from 7am to 8:40am on Saturday, Nov. 30. Register online at brazenracing.com/quarryturkey/.

Karaoke for a Cause

On Giving Tuesday, Plethos is raising both money and voices with Karaoke for a Cause. Join the holiday-themed performance with a tax-

deductible donation of any amount. Funds will go toward Plethos' efforts to acquire their own theater. Purchase tickets at plethos.org. The event will take place on Dec. 3 at 7pm at Dirty Bird Lounge Bird of Paradise Room.

H.A.R.D Holiday Lights

The first weekend of December, Hayward Area Recreation and Park District (H.A.R.D.) invites the

community to celebrate at three historical mansions with live entertainment, crafts and refreshments. The schedule is as follows: Mt. Eden Mansion on Dec. 3, McConaghy House on Dec. 4, and Meek Mansion on Dec. 5. All events are from 5:30pm to 7pm.

Correction

The Tri-City Voice Nov. 19, 2024 issue included the Park Happenings for November column. The correct byline for the

East Bay Regional Park District column is 'Submitted by Jen Vanya.' We apologize for any confusion.

Community Bulletin Board

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For the extremely low cost of \$10 for up to 10 weeks, your message will reach thousands of friends and neighbors every TUESDAY in the TCv printed version and continuously online. TCv has the right to reject any posting to the Community Bulletin Board. Payment must be received in advance. Payment is for one posting

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

The "NO" List:

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

NEWARK TOASTMASTERS Start your day with a boost of energy

ZOOM Every Tuesday Morning 7am - 8am
Sharpen your communication, leadership and personal growth skills
We hold "Job Interview" skills workshops
Guests always welcome
For meeting Zoom link, email wmfitts@yahoo.com
profricka@gmail.com

SAN LEANDRO HISTORICAL RAILWAY SOCIETY OPEN HOUSE

The SLHRS models the Southern Pacific from Oakland to just east of Norden using a tri-level Donner Pass helix. Public invited every Sat. 10AM - 2:30PM
1302 Orchard Ave, San Leandro
San Leandro G&O trains in back garden. New members & Model Railroad donations accepted. Visit us at www.slhrs.org

Are you troubled by someone else's drinking?

Al-Anon and Alateen Family Groups are here to help!
Al-Anon has but one purpose, to help families and friends of Alcoholics.
We have in-person and zoom meetings.
Uc-newark.northernca-al-anon.org
for a full meeting list.
You can also email Alanond17@gmail.com or call us at 510.276.2270 for more info.

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

protecting and preserving your benefits
Meets at Noon the 4th Friday every month except December at the Masonic Home on Mission Blvd, Union City
Come meet new and old friends, discuss developments regarding your benefits, share your experience and knowledge and get involved.
For info:
www.NARFE.org or 800-456-8410 (5am-2pm PT M-F) or leave msg for Jeannie at 510-792-6327

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The Newark Rotary Club was founded on May 8, 1961 and continues its community and international service work. Members share camaraderie, fun and self-service in helping others throughout the Tri-City area and beyond.
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For more information, email rotarynewarkca@gmail.com

THE HISTORIC SHINN HOUSE

1251 Peralta Blvd, Fremont, CA
Open for public tours \$4 adults, \$2 Children (7-13) on the: First Wednesday of each month, and Third Sunday of each month from 1 PM to 4 PM.
Groups of six or more need to make a reservation
Groups of five or less are welcome without a reservation
We will enforce current local CDC Guidelines
All tours are Docent led and last about one hour.
More information and group reservations email mphf.secretary@gmail.com

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Meets on 2nd Monday Of Every Month, At 1:30 PM
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Email up.dragonfly.com@gmail.com for Zoom link before the meeting.
Everyone is welcome! www.cvc-fremontareawriters.org

BINGO BINGO BINGO

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11:30 - Lunch 1:00 - Program & Meeting Group meeting monthly/bimonthly; bridge, lunch bunch, Rummikub, bocce ball & book club.
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www.friendshipforce.org
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Hayward Lions honors veterans with Thanksgiving feast



About 200 veterans attended the dinner at Hayward's Veterans Memorial Hall. Photo courtesy of James Varghese

Submitted by
JAMES VARGHESE

The American Legion Post 68, Veterans Day Celebration Dinner, held at the Hayward Veterans Memorial Hall on Nov. 16, was a great success. Around two hundred veterans gathered to enjoy a Thanksgiving turkey dinner with all the trimmings, provided by the Lions Club of Hayward Silicon Valley and Shimento Inc of Pleasanton.

The event was a heartfelt tribute to those who have served their country, offering an evening of camaraderie, delicious food and lively entertainment. The Oasis Big Band provided a free rousing soundtrack to the evening, filling the veterans hall with joyous melodies and patriotic tunes.

"It was a wonderful opportunity to show our gratitude to the brave men and women who have defended our nation," said Lions Club Foundation Chairman Khush Bodhan.

Al Rodriguez, American Legion Post 68 Commander and veterans building commissioner expressed

thanks to Lions Club of Hayward Silicon Valley, Shimento Inc and the musicians for their generous contributions.

Several veterans in attendance expressed their appreciation for the community's support and the warm hospitality. "It's heartwarming to see so many people come together to honor veterans," commented one veteran. "Events like this remind us that our service is valued and remembered."

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Contact Fudenna Bros. for more information

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

Letters Policy

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

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

Tell A Friend Call Rachel Parra 510 745-1480



The Fremont CONNECTION



November 30th is Small Business Saturday

Shop your favorite local merchants and show your support!

As Thanksgiving approaches each year, we are bombarded with a flood of advertisements that stretch all the way through the holiday season. Black Friday, the biggest shopping day of the year, has become a staple of our cultural landscape, while Cyber Monday continues to attract attention online. However, nestled between these two days of deal-hunting is a special occasion that deserves recognition: Small Business Saturday. It's essential that we direct our spending toward our favorite local shops and restaurants in Fremont to show our support.

Small businesses in Fremont are the heart and soul of our community, shaping our cultural identity and fostering a sense of belonging. These establishments instill pride in our community and contribute to what makes Fremont unique. Shopping locally keeps dollars within our community, bolstering a more sustainable, localized economy.

While it's important to appreciate our small businesses year-round, they certainly deserve a special day to shine. In Fremont, over 3,400 small businesses employ more than 27,000 individuals, with one in every four jobs tied to a local enterprise. From bustling shopping centers to beloved neighborhood districts, our community offers a diverse range of unique local experiences. No matter where you live in Fremont, there's something new waiting for you to explore and enjoy.

Small business owners face ongoing challenges, from rising costs to staffing shortages. Our support is vital to ensuring they continue to thrive in our community. So, this Small Business Saturday, and every day, let's show our appreciation. If you plan to shop this week, consider visiting your favorite local business in Fremont, or perhaps discover a new one to support!



Banter Bookshop



Dina's Family Restaurant



El Patio



HeavenlyNest



Ohlone Deli & Catering



SOHO Modern Japanese

Join Us for Holidays at the Plaza on December 6

Kick off the holiday season with Holidays at the Plaza at the Downtown Fremont Event Center on Friday, December 6, from 4 p.m. to 9 p.m. This free, family-friendly event is packed with festive fun for all ages! Take part in a magical tree lighting ceremony, explore a holiday market featuring local small businesses, and get creative with

card and ornament decorating activities. Guests can enjoy a seasonal photobooth, holiday storytime reading, and even a special visit from the Grinch! Bring the whole family to enjoy this festive evening and make unforgettable holiday memories in the heart of Fremont! Check out the event page for more details: bit.ly/HolidaysAtThePlaza





FREMONT'S 1ST ANNUAL

Holidays

at the Plaza 2024



**Eat, Drink, Shop,
Play, and Have Fun!**

Friday December 6th
from 4-9pm




Home & Garden

The marvel of mulberry

ONE GARDENER'S JOURNEY TO GROWING A SWEET FRUIT CONTAINING CHILDHOOD MEMORIES



Once harvested, mulberries can be frozen or made into a spread. Photo credit: Madhika Singh



Mulberry trees grow fast, so dedicated pruning is a must. Photo credit: Madhika Singh



Mulberries can be harvested by shaking the branches and allowing ripe fruit to fall naturally. Photo credit: Madhika Singh



Mulberries with a bit of green will be more tart, while purple ones are sweet. Photo credit: Madhika Singh



Mulberry jam pairs well with toast and tea. Photo credit: Madhika Singh



The author's grandmother introduced her to the joy of mulberry. Photo credit: Madhika Singh

By **MADHIKA SINGH**

The street vendor on his four-wheel cart, *thela*, announcing his arrival in a loud voice, brought a pile of soft bodied fruits. Some of them were green, some burgundy and others had hints of both. Even though it was expensive, my grandma believed in the value of the short-lived seasonal fruit and always bought it. I am sure she knew the medicinal benefits too. Sitting with her on a cot, I ate this fruit called *shahitoot*, or mulberry. When mom wore her silk saree, she mentioned how silkworms feed exclusively on the leaves of its tree to go through their life cycle. A few years ago I was in need of a fast-growing tree to create shade in my backyard, and the quest prompted the idea of planting the mulberry tree. With the Pakistan mulberry tree in my backyard, I could not be happier—When I pick the fruit, nostalgia blows through the leaves.

Mulberry growing

I purchased the tree from a local nursery, with the tag “Pakistan

Mulberry (*Morus alba x rubra*)” and planted it during spring. While it did come with a very heavy price tag, what can a gardener do? The nursery told us not to amend the soil too much and let it grow in native soil. They also suggested giving it frost protection the coming winter, but the two-ft tree had already grown to 10 feet by the end of the year. The next year, it bore fruit, and since then it has been doing so every spring to summer.

The fruit is dark ruby to burgundy and is sweet and tart. It can reach up to five inches when ripe and can be enjoyed at varying stages of ripeness. The tree is self-fertile and does not need a pollinizer. Some people report they have successfully kept the tree in a container and harvested fruit, but I do not have any personal experience with that.

I have learned a few things in the process of growing and nurturing this tree. It is indeed a very fast-growing tree and inspires awe whenever I see it. The leaves are big and lush, making it a very dense tree as well. If the soil is

too crumbly around it, or if the tree is watered too much, it has the potential to fall over even in light winds. If you do not want mulberry trees to become huge, then keeping them pruned is a must. I have been pruning mine every winter once it has dropped its leaves.

Harvesting and storing

Harvesting the fruit is pure joy. A fun way to harvest is by spreading a clean tarp or sheet under the tree and gently shaking the branches. The ripe fruit will fall right onto the tarp. One can pick individual fruits from the tree as well. However, if I do not keep the tree pruned through the years, the sheer size and the amount of fruit would become overwhelming. I also experience birds getting to the fruit way earlier in the morning than I do. Hanging bird tape on the tree has been helpful in fending them off.

The fruit can bruise easily, ripens fast and does not last more than a few days. Acting fast is the key to a successful harvest. Not only must one pick it fast, one must then use

it fast as well. It is probably because of the fruit's short shelf that we don't find it in stores. After picking, I give mulberries a quick and gentle rinse and pat them dry on a towel, trying to finish up in a day or so. I save the extra harvest by making fruit spreads, or freezing. To freeze, rinse mulberries under cold water. Pat dry on a towel and lay them on a parchment lined tray. Once they have hardened, collect berries to be saved in a bag or a container in the freezer.

Mulberry spread

Pick a mix of sweet and tart fruit. Deep burgundy ones are very sweet, and the ones with hints of green are a bit tart. Select another fruit such as plum or even strawberries to give just a bit of body to the spread. Mulberries have a central stem and if you like to remove the stem when making the spread, please check out a video online. I do not remove the stem and roughly chop the fruit up before making the spread. Cook the roughly chopped up fruit in a heavy bottom pan on low heat, making sure it does not burn. As soon as the fruit has released

juices, add sugar and cook until the sugar has completely dissolved. Adjust sugar based on sweetness preference, total amount of harvested fruit, and tartness levels. Store the spread in the refrigerator in a glass container. We enjoy it on a breakfast toast with a hot cup of coffee, or over a scoop of ice-cream among chit-chat and laughter.

Note: This article gives an overview of growing plants, sun and soil requirements, moisture needs etc. Plant health and growth will vary based on various factors. This article is intended for gardening and culinary inspiration only. Please consult your healthcare provider should you have any questions or concerns about adding any new foods or ingredients to your diet.

The ACWD Connection

Tips to Save Water this Thanksgiving

Make water conservation part of your Thanksgiving tradition by inviting family and friends to participate in these water-saving practices:

- Fill the dishwasher before running
- Scrape food scraps off plates before rinsing
- Turn off the water while lathering your hands with soap
- Rinse fruits and vegetables in a bowl to capture excess water
- Reuse cooking water from pasta, rice and vegetables for plants
- Pour leftover glasses of water into a bucket and use it for plants

For more ways to save water, visit acwd.org/conserve.



Arts & Entertainment

Continuing Events:

Mondays, Wednesday, Fridays Oct. 14 – Dec. 20

EnhanceFitness Fall Prevention Course \$R

9:30am - 10:30am
Exercises to build strength and balance in adults ages 65+
Ralph & Mary Ruggieri Senior Center
33997 Alvarado-Niles Rd., Union City
510.876.8809
spectrums.org
Suggested donation for 10-week course: \$54

Mondays and Tuesdays

Practice Your English at Fremont Main Library

Monday: 7pm - 8pm (starting 11/4)
Tuesday: 4pm - 5pm
Practice English with tutors.
Fremont Main Library
2400 Stevenson Blvd., Fremont
aclibrary.org

Mondays and Thursdays

Food Garden Volunteer

9am - 12pm
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

6pm - 10pm
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
2pm - 4pm
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

Music and Storytime

11:30am - 12pm
Join us for stories, music, and movement. For babies, toddlers, kids, and preschoolers.
Cherryland Community Center
278 Hampton Road, Hayward
510.626.8522

Tuesdays

Comfort & Joy Ukulele R

1:30pm - 3pm
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

Thursdays

Historic Days

10am - 4pm
Ride a narrow-gauge train, tour the beautifully restored Patterson House Museum. Disabled accessible. Ardenwood admission fee applies.
Ardenwood Farms
34600 Ardenwood Blvd., Fremont
510.544.2797
Drop in program

Thursdays

Family Board Game Night

3:30pm - 5:30pm
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

5pm - 8pm
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, Nov. 7 - Saturday, Dec. 14

Connecting Cuts Exhibit

Witness the art of Bay Area artists' papercutting, intricate designs created by carving shapes in positive and negative space into paper.
Gallery hours: Thur - Sun; 12pm - 5pm
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
510.791.4357
olivehydeartguild.org

Thursdays and Saturdays

Story Time

10:30am - 11am
Picture book story time
Banter Bookshop
3768 Capitol Ave. Ste. F, Fremont
510.565.1004
bit.ly/3VFPbc

Saturdays

Laugh Track City R\$

8pm
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

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

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

Saturdays

Teen Cohort for Outdoor Education R\$

10am - 4pm
Meet new friends, build outdoor skills, and get to know your community
Ashland Community Center
1530 167th Ave., San Leandro
Noel Munivez: 510.317.2303
munnn@HaywardRec.org

Sundays

Farmyard Games

1pm
Try your hand at classic American pastimes including stunts, sack races, and the potato-spoon race. Drop-in program; Ardenwood admission fee applies.
Ardenwood Farms
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Sundays - Saturdays

Recreational Swim \$

12:30pm - 5pm
Attractions may vary.
Silliman Activity and Family Aquatic Center
6800 Mowry Ave., Newark
(510) 578-4620
bit.ly/3nxo0is

Sundays

Larry "O" Teen Workshop

10am - 12pm
Used bikes, bike parts for sale and bike repair. Donation accepted.
Larry Orozco Teen Workshop
33623 Mission Blvd., Union City
510.675.5487
www.unioncity.org/723/Larry-O-Teen-Workshop
RobertS@unioncity.org
Second and fourth Sundays of the month

Upcoming Events

Tuesday, Nov. 26

Explore Ohlone Culture

1pm - 2:30pm
November is Native American Heritage Month. Join us to get a glimpse into Ohlone Culture.

Fremont Main Library
2400 Stevenson Blvd., Fremont
510.745.1421

Tuesday, Nov. 26

24th Taiwanese Free Thanksgiving Dinner

4pm - 6pm
The Taiwanese Chamber of Commerce of S.F.B.A. and Love of Taiwan Association will sponsor their 24th Free Thanksgiving Dinner. The event is expected to serve 500 people in need.
Centerville Presbyterian Church (in Gym)
4360 Central Ave., Fremont

Saturday, Nov. 30

Mistletoe Madness

10am - 4pm
Marina Community Center
15301 Wicks Blvd., San Leandro

Tuesday, Dec. 3

A Journey Through Color

1:35pm
Student led art exhibit featuring works of art, live music from student bands and snacks for purchase.
Moreau Catholic High School
Ivaldi Student Center
27170 Mission Blvd., Hayward

Tuesday, Dec. 3

Karaoke for a Cause

7pm
Giving Tuesday fundraiser for the nonprofit theater company with a holiday-themed twist. Get you (or a singer of your choice) a spot on the holly jolly performer's list.
Dirty Bird Lounge: Bird of Paradise Room
926 B St., Hayward
Plethos.org

Saturday, Dec. 7

Believe Holiday Boutique

9am - 3pm
American High School
36300 Fremont Blvd., Fremont
Ahsboutique.weebly.com

Saturday, Dec. 7

Analysis and Impact of the 2024 Election

10 - 11:30am
San Jose State Political Science Professor Larry Gerston discusses the impact of the latest election.

Niles Discovery Church
36600 Niles Blvd., Fremont

Saturday, Dec. 7

San Leandro Library Cookbook Sale

10am - 3pm
Hundreds of books featuring cuisines from around the world will be featured. It's great time to start your holiday shopping.
San Leandro Main Library
300 Estudillo Ave., San Leandro

Saturday, Dec. 14

Tri-City Volunteer Toy Party

8am
TCV distributes toys to 600 families. Receive gifts or volunteer.
Niles Discovery Church
36600 Niles Blvd., Fremont
tcvfoodbank.org
volunteer@tcvfoodbank.org

Saturday, Dec. 14

Navidad en Mexico

7pm
Ballet Folklórico Mexicano de Carlos Moreno. Mariachi Colima and special guest singer Nina Hernandez
San Leandro Performing Arts Center
2250 Bancroft Ave., San Leandro
Early bird price: \$35 by Nov. 30
Regular price: \$50 purchased after Dec. 1
balletfolkloricomexicano.org
510.924.7849

Sunday, Dec. 15

Navidad en Mexico

2pm
Ballet Folklórico Mexicano de Carlos Moreno. Mariachi Colima and special guest singer Nina Hernandez
San Leandro Performing Arts Center
2250 Bancroft Ave., San Leandro
Early bird price: \$35 by Nov. 30
Regular price: \$50 purchased after Dec. 1
balletfolkloricomexicano.org
510.924.7849

Tree Lighting Calendar

By STAFF

While East Bay residents are decorating and putting up their Christmas trees, cities and shopping centers are doing the same, with official tree lightings where people gather for caroling, hot chocolate, visits with Santa, and of course the lighting of a majestic community tree.

Niles Festival of Lights Parade and Tree Lighting Friday, Nov. 29

6pm
Downtown Niles
www.nilesfestivaloflightspareade.org

Milpitas Tree Lighting Thursday, Dec. 5

7pm
Civic Center Plaza
457 E. Calaveras Plaza, Milpitas
www.milpitas.gov/1104/Recreation-Community-Services

It's a Wonderful Night Friday, Dec. 6

5:30pm
W. Juana Ave.
Between East 14th St. and Washington Ave.
downtownsanleandro.com/holiday/

Castro Village Tree Lighting Friday, Dec. 6

6pm
Castro Village Shopping Center (Near Loard's Ice Cream)
Castro Valley Blvd. at Santa Maria Ave., Castro Valley
castrovillage.com

City of Newark Tree Lighting Friday, Dec. 6

7pm
Newark Civic Center
37101 Newark Blvd., Newark
www.newark.org

Mission San Jose Chamber of Commerce Tree Lighting Saturday, Dec. 7

5pm

Mission Courtyard
43571 Mission Blvd., Fremont
www.msjchamber.org/christmas-tree-lighting
Hayward Light up the Season

Saturday, Dec. 7

5pm
City Hall Rotunda Plaza
777 B St., Hayward
www.hayward-ca.gov

Pacific Commons Holiday Celebration and Tree Lighting Sunday, Dec. 8

5pm
Pacific Commons, next to Market Broiler
43406 Christy St., Fremont
www.pacificcommons.com

Ohlone College celebrates Veterans Day, honors veterans among students and staff



The Veterans Resource Center at Ohlone supports student veterans and gives them a place to socialize. Photo courtesy of Ohlone College

Submitted by **DR. CELINA BARRIOS, Public Information Officer**

In a tribute to Veterans Day, Ohlone College honored past, present and future service members with a Nov. 5 event hosted by the Veterans Resource Center (VRC). This special gathering not only celebrated the sacrifices made by veterans but also highlighted the college's commitment to supporting veteran students, staff and their families. The event saw around 50 attendees.

During the event, two veterans shared their journeys—Kathryn Virrey, a student pursuing a degree in Nutrition, and Jamie Johnston, a staff member and Ohlone College Police Officer.

Kathryn Virrey, who served in the U.S. military and was stationed in Japan during Operation Tomodachi,

reflected on the significance of Veterans Day: "It's a time to connect with my fellow veterans. We've seen and done a lot in the world, and while we don't need grand gestures, it's meaningful to have a day dedicated to honoring our experiences."

Jamie Johnston, who started her career at Ohlone College in 2014 and returned in 2021 after becoming a police officer, shared: "Being a veteran is something that has to be earned and can never be taken away. It's a priceless gift. I commend all veterans for their service and sacrifices. Stand tall and proud—you've earned the right to be called a veteran."

Ohlone College President/Superintendent Charles Sasaki expressed his gratitude to the veterans who have chosen Ohlone College: "We are honored to serve our veteran students who have served our country.

Their unique perspectives enrich our campus, and we are committed to providing the resources and support they need to achieve their bright futures."

The VRC Open House on Nov. 5 also served as an opportunity to raise awareness about the challenges veteran students face and the resources available to help them succeed.

Veterans Day holds special meaning for many in the Ohlone College community, serving as a moment to recognize the sacrifices made and the strength of those who have served. Jamie Johnston offered a powerful message for her fellow veterans: "To all veterans—remember the good times, make peace with the bad, share your stories, but most importantly, stand tall and proud. You've earned it."

For more information about Ohlone's VRC and its services, visit: www.ohlone.edu/veterans/veteransresourcecenter.

Letter to the Editor

Daylight Saving Time is back!

What are we saving in reality when Daylight Saving Time (DST) is on us?

As an individual, in my curiosity and logicalness, I ask myself whether or not there has been any significant change on my utility bill (PG&E) after turning the clock back or forth. Honestly, I do not see a nickel, dime or quarter difference but always a huge increase as we welcome Daylight saving time (DST) twice a year.

By the way, nineteen states want to get rid of Daylight saving time. And

if the federal law is ever amended and, in some cases if the states around them also make the change. Arizona and Hawaii, however, are not included. The truth is March is harder on us than falling back in November. The shift in spring is associated with an increase in heart attacks, and car accident rates also go up for a few days after. It is eye-catching for our lawmakers.

It is up to the readers to speak up which is a good option: a healthy environment or hazardous daylight saving time. And

I would share some good thoughts on nature as follows:

May the sun bring you new energy by day.
May the moon softly restore you by night.
May the rain wash away your worries.
May the breeze blow new strength into your being.

Zafar Yousufzai
Fremont

PUBLIC NOTICES

NOTICE OF PUBLIC HEARING CITY OF FREMONT PLANNING COMMISSION

NOTICE IS HEREBY GIVEN THAT THE PLANNING COMMISSION OF THE CITY OF FREMONT WILL HOLD A PUBLIC HEARING ON THE FOLLOWING PROPOSALS...

LI BAO LI TOWNHOMES - 4467 Central Avenue - PLN2022-00331 - To consider a Discretionary Design Review, Vesting Tentative Tract Map 8692, Private Street, and a Modification of Zoning Standards...

PALISADE FREMONT BOULEVARD - Ice House Ter - Fremont Boulevard - PLN2024-00080 - To consider a General Plan Amendment from Regional Commercial to Tech Industrial...

ELLSWORTH MIXED USE EXTENSION - 43401 Ellsworth Street - PLN2025-00071 - To consider a 24-month extension for a project previously denied under PLN2021-00292...

2024 CODE UPDATE - HOUSING ELEMENT IMPLEMENTATION - Citywide - PLN2025-00074 - To consider adoption of a resolution for objective design standards for historic homes...

For further information on any of the above items, contact the respective project planner above for that particular project.

* NOTICE *

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

JOEL PULLEN, AICP, SECRETARY FREMONT PLANNING COMMISSION



CNSB # 3873681

BULK SALES

NOTICE TO CREDITORS OF BULK SALE (Division 6 of the Commercial Code)

- (1) Notice is hereby given to creditors of the within named Seller(s) that a bulk sale is about to be made on personal property hereinafter described. (2) The name and business addresses of the seller are: LINCOLN RETIREMENT VILLA, LLC, 41040 LINCOLN ST, FREMONT, CA 94538...

CNS-387347#

FICTITIOUS BUSINESS NAMES

FICTITIOUS BUSINESS NAME STATEMENT File No. 610129

Fictitious Business Name(s): PORSCHER, 5740 CUSHING PARKWAY, FREMONT, CA 94538 County of ALAMEDA



NOTICE OF PUBLIC HEARING

2024 Code Update - Housing Element Implementation (PLN2025-00074)

To consider adoption of a resolution for objective design standards for historic homes associated with State law compliance and an ordinance for associated text amendments to the Historic Resources Chapter (FMC Chapter 18.175); and to consider exemptions for the proposed amendments from the requirements of the California Environmental Quality Act (CEQA)...

APPLICANT: City of Fremont

PUBLIC HEARING: Notice is hereby given that the Fremont Planning Commission will consider a recommendation to City Council on Thursday, December 12, 2024, at 7 p.m. in the Council Chambers at 3300 Capitol Avenue, Fremont, California, at which time all interested parties may appear and be heard.

Any questions or comments on the project should be submitted to:

James Willis, Senior Planner

Location: 39550 Liberty Street, Fremont Mailing: P.O. Box 5006, Fremont, CA 94537-5006 Phone: (510) 494-4449 E-mail: jwillis@fremont.gov

CNSB # 3873672

FICTITIOUS BUSINESS NAME STATEMENT File No. 610127 FLETCHER JONES MOTORCARS OF FREMONT, 5760 CUSHING PARKWAY, FREMONT, CA 94538 County of ALAMEDA

CNS-3874026#

FICTITIOUS BUSINESS NAME STATEMENT File No. 610499 FIVEWAY AUTO SALE, 38665 FREMONT BLVD UNIT 2, FREMONT, CA 94536, County of ALAMEDA

CNS-3872409#

FICTITIOUS BUSINESS NAME STATEMENT File No. 610494 ASSEMBLY OFFICE SOLUTIONS, 688 N. M. ST., LIVERMORE, CA 94551, County of ALAMEDA

CNS-3872060#

FICTITIOUS BUSINESS NAME STATEMENT File No. 610358 CHESNEY'S COUNTRY KITCHEN, 1200 W WINTON AVE #217, HAYWARD, CA 94545 County of ALAMEDA

CNS-3870423#

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].)

FICTITIOUS BUSINESS NAME STATEMENT File No. 610489 ERIN LORRAINE MEDIA, 2904 HILLEGASS AVE, BERKELEY, CA 94705 County of ALAMEDA

CNS-3870424#

FICTITIOUS BUSINESS NAME STATEMENT File No. 610331 FICTITIOUS BUSINESS NAME(S): BAY AREA VETERINARY MEDICAL CENTER OF UNION CITY, CA, 33663 MISISON CENTER OF UNION CITY, CA, 94587 County of ALAMEDA

CNS-3870423#

FICTITIOUS BUSINESS NAME STATEMENT File No. 610476 FICTITIOUS BUSINESS NAME(S): NILES BICYCLES, 161 I ST., FREMONT, CA

94536; MAILING ADDRESS: 4509 RODERIGO CT. FREMONT, CA 94555, County of ALAMEDA Registrant(s): NILES BICYCLES, 4509 RODERIGO CT., FREMONT, CA 94555 (CALIFORNIA) Business conducted by: A LIMITED LIABILITY COMPANY

FICTITIOUS BUSINESS NAME STATEMENT File No. 610156 Fictitious Business Name(s): NRITYA ANAND ACADEMY OF DANCE, 2434 OLIVE AVE, FREMONT, CA 94539 County of ALAMEDA

FICTITIOUS BUSINESS NAME STATEMENT File No. 610462 Fictitious Business Name(s): TENG ACUPOINTURE, 2140 PERALTA BLVD STE 112, FREMONT, CA 94536, County of ALAMEDA

FICTITIOUS BUSINESS NAME STATEMENT File No. 610347 Fictitious Business Name(s): PICTURE PERFECT PHOTOGRAPHY, 40137 KELLY ST, FREMONT, CA 94538 County of ALAMEDA

FICTITIOUS BUSINESS NAME STATEMENT File No. 610178 Fictitious Business Name(s): ERIN LORRAINE MEDIA, 2904 HILLEGASS AVE, BERKELEY, CA 94705 County of ALAMEDA

FICTITIOUS BUSINESS NAME STATEMENT File No. 610107 Fictitious Business Name(s): CHEERING FOR KIDS, 46560 FREMONT BLVD #106, FREMONT, CA 94538, County of ALAMEDA

The registrant began to transact business using the fictitious business name(s) listed above on MAY 2012. 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].)

CNS-3866341# FICTITIOUS BUSINESS NAME STATEMENT File No. 610108 Fictitious Business Name(s): ROUND TABLE PIZZA, 46600 MISSION BLVD, FREMONT, CA 94539, County of ALAMEDA

FICTITIOUS BUSINESS NAME STATEMENT File No. 610156 Fictitious Business Name(s): RAH SAMI PIZZA LLC, 46600 MISSION BLVD, FREMONT, CA 94539, County of ALAMEDA

FICTITIOUS BUSINESS NAME STATEMENT File No. 610203 Fictitious Business Name(s): EZ PACKING AND SHIPPING, 31157 SAN BENITO ST., HAYWARD, CA 94544, County of ALAMEDA

CNS-3866338# FICTITIOUS BUSINESS NAME STATEMENT File No. 610422 Fictitious Business Name(s): MIKE ZHU, 31157 SAN BENITO ST., HAYWARD, CA 94544

CNS-3866337# FICTITIOUS BUSINESS NAME STATEMENT File No. 610347 Fictitious Business Name(s): PICTURE PERFECT PHOTOGRAPHY, 40137 KELLY ST, FREMONT, CA 94538 County of ALAMEDA

CNS-3872659# FICTITIOUS BUSINESS NAME STATEMENT File No. 610347 Fictitious Business Name(s): PICTURE PERFECT PHOTOGRAPHY, 40137 KELLY ST, FREMONT, CA 94538 County of ALAMEDA

CNS-387184# FICTITIOUS BUSINESS NAME STATEMENT File No. 610178 Fictitious Business Name(s): ERIN LORRAINE MEDIA, 2904 HILLEGASS AVE, BERKELEY, CA 94705 County of ALAMEDA

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF RONALD L. MYERS CASE NO. 24PR098475 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both: of RONALD L. MYERS AKA RONALD LEE MYERS AKA RONALD MYERS

PUBLIC NOTICES

California, County of ALAMEDA. The Petition for Probate requests that ALAN K. MYERS 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 12/18/2024 at 9:45 A.M. in Dept. 201 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: AMBER C. HASKETT, ESQ., HASKETT LAW FIRM, P.C., 5820 STONERIDGE MALL ROAD, SUITE 207, PLEASANTON, CA 94588. Telephone: 925-460-8850 11/12, 11/19, 11/26/24 CNS-3869892#

TRUSTEE SALES

T.S. No. 125974-CA APN: 501-0818-006-00 NOTICE OF TRUSTEE'S SALE IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED

8/11/2017. 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 PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER ON 1/9/2025 AT 9:00 AM. CLEAR RECON CORP, as duly appointed trustee under and pursuant to Deed of Trust recorded 9/1/2017 as Instrument No. 2017193105 of Official Records in the office of the County Recorder of Alameda County, State of CALIFORNIA executed by: KIRK WHITE AND LAURA WHITE, HUSBAND AND WIFE AS JOINT TENANTS, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE; at the 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: MORE ACCURATELY DESCRIBED IN SAID DEED OF TRUST. The street address and other common designation, if any, of the real property described above is purported to be: 5233 PAXTON CT, FREMONT, CA 94536 The undersigned Trustee disclaims liability for any inaccuracy of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured 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: \$437,444.27 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned or its predecessor 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 all 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 mortgage, 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

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 Resident of Fremont
 May 16, 1943 – November 22, 2024

Paul A. Rogers
 Resident of Fremont
 December 24, 1944 – November 7, 2024

Reuel V. Bundang
 Resident of Hayward
 January 21, 1936 – November 19, 2024

Gloria A. Nite
 Resident of Fremont
 September 20, 1936 – November 20, 2024

Chris West
 Resident of Fremont
 February 16, 1966 – October 31, 2024

Rick Maddock
 Resident of Fremont
 October 27, 1951 – November 17, 2024

Richard W. Kendrick, Jr.
 Resident of Tracy
 August 14, 1956 – November 13, 2024

Augusto I. Mendiolo, Jr.
 Resident of Fremont
 January 30, 1960 – November 13, 2024

Ronald W. Cambra
 Resident of Fremont
 July 22, 1950 – November 9, 2024

Marjorie M. Pine
 Resident of Discovery Bay
 February 21, 1928 – November 5, 2024

Gregory Brahaney
 Resident of Fremont
 December 7, 1951 – November 2, 2024

Muniratanam Naiker
 Resident of Redwood City
 July 22, 1952 – November 3, 2024

Jessica L. Manning
 Resident of Fremont
 July 17, 1981 – October 25, 2024

Gloria J. Contreras
 Resident of Fremont
 April 28, 1943 – November 2, 2024

Joseph S. Virzi
 Resident of Fremont
 February 19, 1964 – October 29, 2024

Raymoki Engler
 Resident of Fremont
 October 30, 1959 – October 30, 2024

Ervin B. Mayer
 Resident of Union City
 June 16, 1930 – October 28, 2024

Cyd Smith
 Resident of Newark
 October 15, 1956 – October 28, 2024

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Jyotsna Patel
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 January 7, 1945 – November 20, 2024

Bhag Singh Ahuja
 Resident of Fremont
 February 8, 1940 – November 20, 2024

Praneetha Veldurthi
 Resident of Livermore
 November 25, 1993 – November 20, 2024

Abilash Seshadri
 Resident of San Francisco
 June 24, 1991 – November 19, 2024

Erlinda De Guzman
 Resident of Fremont
 February 3, 1944 – November 19, 2024

Ajit Kulkarni
 Resident of India
 August 20, 1955 – November 17, 2024

Le Ja Chua
 Resident of Martinez
 August 5, 1933 – November 16, 2024

Hardev Grewal
 Resident of Hayward
 April 3, 1929 – November 16, 2024

Prabhakar Pamula
 Resident of Fremont
 July 18, 1961 – November 15, 2024

Faramarz Azadan
 Resident of Fremont
 June 28, 1950 – November 11, 2024

Hemlata Sanghani
 Resident of Fremont
 March 19, 1925 – November 10, 2024

Meera Khara
 Resident of San Jose
 July 5, 1944 – November 9, 2024

Ronald Johnson
 Resident of Fremont
 September 5, 1944 – November 8, 2024

Art Swenson
 Resident of Fremont
 August 24, 1942 – November 8, 2024

Srinivasababu Pochiraju
 Resident of Dublin
 March 15, 1960 – November 8, 2024

Guadalupe Guerrero
 Resident of Hayward
 December 18, 1947 – November 8, 2024

Anant Rishi
 Resident of Newark
 December 9, 1982 – November 5, 2024

Letter to the Editor
Let's Talk Trash:
 A call to action for environmental health

As the holiday season is upon us, joy and cheer fill the air. This season, a time for gift-giving, festive gatherings, and joyous celebrations, often goes hand in hand with the less festive reality of increased consumerism and waste. Americans increase their solid waste by an estimated 25% or 5.8 million tons between Thanksgiving and New Year's Day. According to the Center for Biological Diversity, that is the equivalent of the weight of 28,713 Boeing 747 airplanes. Trash, a seemingly mundane topic, is a critical issue with far-reaching environmental and health consequences.

According to the Environmental Protection Agency, Americans generate approximately 292.4 million tons of municipal solid waste. Nearly half of the waste is sent to landfills that release harmful greenhouse gasses like methane and carbon dioxide, and trace amounts of hydrogen and nitrogen. Landfills, despite being lined with plastic or clay, can still experience leaks. This can lead to the release of leachate, a toxic liquid containing ammonia and other harmful substances. When leachate seeps into nearby water bodies, it can trigger eutrophication, a process where excessive plant growth depletes oxygen levels, creating "dead zones" that harm aquatic life.

Plastic pollution, in particular, poses a significant threat to marine ecosystems. Microplastics, tiny plastic particles, have been found in everything from the deepest oceans to the highest mountain peaks. These particles can be ingested by marine animals, leading to health problems and even death. The United States is the highest contributor to global plastic waste. Although there is a strong public interest in recycling these materials, questions arise if recycling is the panacea to waste management. However, in reality, only a meager amount of plastic is recycled. Beyond marine ecosystems, land-based waste also has detrimental effects. The health effects of environmental pollution due to landfills are myriad. From causing respiratory illness to cancer, the effects of pollution are deleterious. Although landfills are an important method of solid waste management, they may not be the best possible solution.

To address this growing crisis, we must adopt a more sustainable approach to consumption and waste disposal. This involves reducing our reliance on single-use plastics, recycling, and composting, and supporting policies that promote waste reduction and recycling. An effective strategy is to embrace the principles of the circular economy or closed loop economy, which aims to keep products and materials in use for as long as possible, and zero waste is targeted. By repairing, reusing and recycling, the demand for new resources is reduced and waste is minimized. Additionally, supporting local businesses and buying products with minimal packaging can help reduce the amount of waste generated.

Individual actions, while important, are not enough. Governments and corporations must also play a significant role in addressing the waste crisis. Governments can implement

stricter regulations on waste disposal and promote sustainable consumption practices. Corporations can reduce packaging, use eco-friendly materials, and adopt sustainable business practices.

The future of our entire existence depends on our ability to address the issue of waste. By embracing a more sustainable lifestyle, we can reduce our environmental impact. As the saying goes "We have not inherited the earth from our ancestors, we have borrowed it from our children." Let's make a conscious effort to reduce, reuse and recycle, in that order and work together to build a cleaner and greener future.

Sivashankari Pillai
 Fremont

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Fremont teens work on Gun Smoke report



In Project Unloaded, teens and young adults lead campaigns and reports investigating gun culture and safety. Photo provided by Project Unloaded

DATA SHOWS DECREASE IN GUNS IN TV PROGRAMS

By **MARC VICENTE**

Under the second amendment of our Constitution, citizens have the right to bear arms. While this makes it legal to own guns, does owning any really help keep people safe? The people behind Project Unloaded believe otherwise. Founded by Executive Director Nina Vinik in 2022 and led by teen and young adult leaders across the United States, the project is a youth-powered organization that focuses on informing today's youth about facts on gun safety and ownership through various campaigns and reports.

On October 24, 2024, a press release was uploaded to their website compiling data they have collected from the past year involving the portrayal of guns in media—titled “Gun Smoke.” Bay Area high school students Shiven Patel and Esha Ambre compiled most of the data for this year's report that documents gun usage in the TV shows from major networks like ABC, NBC, CBS and Fox. They watched and coded three years worth of footage about



Project Unloaded reports include SNUG (Safer Not Using Guns), and Guns Change The Story. Photo provided by Project Unloaded

gun depictions in every show that ran in primetime across the four major networks during the last week of September. Afterwards, they coded the type of show, whether a gun was shown and how the gun was used, whether or not it was fired.

Key aspects of their findings from this report include a stagnation in gun portrayal in 2024 similar to norms set in 2022, despite Hollywood having labor strikes that occurred last year. Thirty-three percent more guns were shown on TV this year, but shows

without guns actually won 96% of the time slots and proved more popular than those that featured guns.

“This report highlights a disconnect between what creators are producing and what audiences actually want,” Ambre says about the group's findings. “Americans see enough gun violence in real life, and many of us are tired of seeing it in our entertainment, too. Seeing guns on TV can impact people's views on guns and crime in real life and spread these dangerous myths—especially in our generation.”

According to Patel, Project Unloaded aims to eventually try collaborating with people working in entertainment regarding how to tell different stories about guns in the future.

Other ongoing Project Unloaded campaigns include SNUG (Safer Not Using Guns), which showcase their findings through social media platforms that youth frequently visit, such as Instagram, Tiktok and Snapchat. Guns Change The Story is another campaign that mixes video footage with mad-lib style

storytelling detailing how there are more risks than advantages to owning a gun.

“I found out about Project Unloaded's work through Tiktok the day after witnessing a shooting in the parking lot of a football game at my high school, and I immediately wanted to get involved,” Patel says. “High school students already have a lot to worry about, between college decisions, clubs and classes. We shouldn't have to worry about being shot too, but many of us do because gun violence is the number one

killer of children and teens in the U.S. We all deserve to be safe, and working with Project Unloaded allows me to feel like I'm part of the much-needed solution.”

Learn more at the official website www.projectunloaded.org. Follow their Instagram and Tiktok @projectunloaded for information about their ongoing SNUG and Guns Change The Story campaigns. Contact the group via email under media@projectunloaded.org

Downtown Hayward adorns the neighborhood to welcome the holiday season

By **NICK YOO**, Assistant District Manager of the Downtown Hayward Improvement Association

Downtown Hayward is gearing up for a vibrant November filled with exciting updates and events!

Prepping for the Holiday Season

Both locals and visitors will soon notice exciting changes taking shape in the area. Among the improvements, you can expect to see new planters that add a splash of color and life to the streets, along with charming strand lights strung along Foothill Boulevard. These updates will not only beautify the area during the day but create a warm and inviting atmosphere at night. In addition, Downtown Hayward Improvement Association (DHIA) is launching new banner programs that will further enhance the neighborhood's

visual appeal. Banners will be decorated with prints of downtown public art murals.

To top it off, as the holiday season approaches, DHIA will transform Foothill Boulevard into a festive wonderland, with holiday lights illuminating the overhead arches.

What's Coming Up in Downtown Hayward

This December, the neighborhood will be buzzing with joy, offering a chance for the community to enjoy fun times together.

Join the Downtown Hayward Improvement Association for its most cherished tradition, the Annual Light Up the Season event on Saturday, Dec. 7, at the City Hall rotunda. This beloved celebration promises a magical day featuring games, live performances, and the breathtaking tree lighting as the sun sets. Enjoy an evening of music and dance, sparkling displays and a special visit from Santa.

For others seeking a challenge, put your skills

to the test at the Squid Games Pop Up on Sunday, Dec. 15, from 12pm to 8pm at Craft Pizzeria & Sector 11 in Downtown Hayward. If you think you have what it takes to outsmart the Squid Game enforcers, this is the perfect event for you. Hosted by 82ALLNIGHT, the Asian Art Museum of San Francisco and 12KST Shop, this event channels the thrilling energy of the hit Netflix series, but with a family-friendly twist!

Join the fun with competitions like Laser Tag, score big in the arcade, shop local K-Pop vendors, and groove to the beats spun by DJ Dailo Mac. Throughout the day, you can collect stamps for a chance to win prizes.

For the latest updates on Downtown Hayward Improvement Association, please visit us at downtownhayward.com and follow us on Instagram @DowntownHayward, and Facebook @DowntownHaywardCA.



Hayward's Light up the Season on Dec. 7 will feature music and dance performances, and a tree lighting. Photo credit: Downtown Hayward Improvement Association

‘Mesmerizing, colorful and lively’ Ballet Folklórico brings magic through dance

CHRISTMAS SHOW CELEBRATES TRADITION



Each “Navidad en Mexico” features a new generation of children alongside the company’s professional dancers. Photos provided by Ballet Folklórico Mexicano de Carlos Moreno



The Ballet Folklórico Mexicano de Carlos Moreno company was founded in 1967. Photos provided by Ballet Folklórico Mexicano de Carlos Moreno



A common image of Ballet Folklórico is women twirling colorful skirts, but the dance form embraces diverse traditions of Mexico. Photos provided by Ballet Folklórico Mexicano de Carlos Moreno



The 2024 Navidad en Mexico will take place on Dec. 14-15 at San Leandro Performing Arts Center. Photos provided by Ballet Folklórico Mexicano de Carlos Moreno

By **CONNIE CHEUNG**

“I’ve been doing this for over 50 years of my life,” said Carlos Moreno Jr., a professionally-trained dancer and now director of the Ballet Folklórico Mexicano de Carlos Moreno dance company that was founded by his father in 1967, “and every year I’m still being exposed to new dances.”

The group’s recent “Las Tortugas” dance from the Chiapas region of Mexico tells the story of “turtles that come on beaches and the women who protect them,” said Ariela Moreno, Carlos’s daughter. The high-school senior will perform in the company’s upcoming Christmas event. The choreography even included baby turtle props, a reference to sea turtles who return en masse every year to the same beaches to lay eggs and hatch new generations.

The Folklórico dancers in San Leandro have also returned year after year since 1971 to perform their beloved “Navidad en

Mexico” show, each time featuring a new generation of children alongside the company’s professional group, and debuting new choreography along with traditional classics. This year, the two-hour extravaganza will occur on the weekend of Dec. 14-15.

“It’s a very beautiful, colorful production, and will keep you on your toes as to what comes next,” said Alexandra Flores-Mejia, who joined the Carlos Moreno group after graduating from James Logan High School in Union City over a decade ago. Flores-Mejia particularly enjoys the Calabaceados style of dance from the state of Baja California, which she says has “a lot of fast footwork, high kicks and high energy.”

Ballet Folklórico encompasses a stunning array of styles, as diverse as the country it hails from. Popularized in the 1950s and ’60s, the genre blends indigenous Mexican dance with elements of formal western technique. “It takes years to master,” explained Carlos Moreno Jr., who started dancing

when he was a toddler and accompanied his father as a teenager on research trips to different parts of Mexico, before joining Ballet Folklórico as a professional dancer in Mexico City. Since then, Moreno has returned to the Bay Area and continued building out the organization here.

A common perception of Mexican dance includes women with flowing skirts accompanied by men with wide hats and a mariachi band—a style popularized in Guadalajara, a long-time tourist destination since the colonial era. But the country has many other traditions spanning its mountainous and coastal regions. Folklórico is not “just a bunch of people hopping around a hat, a ‘sombbrero,’” Moreno said, but a real dance form that artists can take pride in learning and developing seriously.

Some locales favor sandals or dancing barefoot, while others might feature simple peasant garb. To reflect these different cultures authentically, the studio in San Leandro maintains a rich variety of

costumes, some of which were handmade by Moreno’s mother decades ago, and others which were specially sourced from Mexico. The company has also started selling its own specialty outfits, which, to Moreno’s delight, have been shipped to customers globally as Folklórico Mexicano becomes more popular.

In the Bay Area, Carlos Moreno’s dancers have performed at community events, school shows, and even San Jose Sharks and San Francisco 49ers games. Luna Garcia, an instructor and dancer with the company, said it feels invigorating to see so much cultural acceptance and representation. “When I was younger, I never saw this type of celebration for different cultures,” Garcia said, adding, “Now that I’m older and going to the elementary schools to perform, I’m able to see that they care a lot about celebrating and respecting other cultures. I love that.”

Of all the Folklórico Mexicano performances, the annual “Navidad en Mexico” show is particularly special.

“It’s always the highlight of my year,” Ariela Moreno said, explaining, “We only get to do some of these dances once a year at our Christmas show.” Ariela, who intends to study dance in college following the footsteps of her father and grandfather, is particularly eager to see this year’s “Mariachi Viva” song, which her father choreographed. “I’ve done it since I was 11 years old, and it’s now my sister’s turn,” she said, laughing.

For dancers, Ballet Folklórico offers a chance to feel a larger sense of belonging and connection. From young to old, past to present, the form continues to expand in imaginative ways and embraces a spirit of celebration that remains relevant today. Mejia-Flores notes the inspiring example of her former high school dance teacher, who is still part of the Folklórico company past the age of seventy. “As long as my body is letting me, I don’t see myself stopping,” she said.

Echoing her fellow dancer’s feelings, Ariela Moreno also reflected on the powerful cultural tradition she is part of.

“Folklórico dance is the dance of the people, and it derives from the stories and legends that are told in Mexico,” she said. “For us Folklórico dancers, it’s not just a way to express ourselves, but to express our culture.”

“Dance is like my way of life. I don’t think I would be able to live without it,” Ariela concluded. Many dancers, across cultures, would agree with this sentiment.

Navidad en Mexico
Saturday, Dec. 14: 7pm
Sunday, Dec. 15: 2pm
San Leandro Performing Arts Center
2250 Bancroft Ave., San Leandro
balletfolkloricomexicano.org
Tickets on Eventbrite
Early bird price: \$35 by Nov. 30
Regular price: \$50
purchased after Dec. 1

Milestones and progress for women in politics

Submitted by **SHARON TURNERY**

While this election did not herald in the first woman to the White House, this election did see a few milestones for women. As we approach the final months of 2024, it’s important to reflect on the strides women have made, particularly in the context of the U.S. Congress, where they continue to shape the nation’s legislative agenda.

Women are a growing presence in Congress. As of 2024, the number of women serving in the U.S. Congress has reached historic levels, highlighting both the progress and the

challenges that remain. This election cycle has brought the number of women in Congress to exceed 150 for the first time in U.S. history. This is a major milestone that underscores the increasing political influence of women. Women now occupy nearly 30% of the seats in the U.S. House of Representatives and around 25% in the Senate. Both chambers have seen substantial gains in recent years. This still reflects a gender disparity when compared to the overall population, where women make up approximately 51%. Despite this, women have made tremendous strides toward ensuring that

their perspectives, voices and priorities are represented in the legislative process.

Several key moments in 2024 showcase how far women have come in American politics. More women than ever before ran for political office across all levels of government. A notable increase in women of color, particularly Black, Latina and Asian-American women, helped diversify U.S. politics. Here are a few of the milestones women have achieved this election cycle.

- Angela Alsobrooks (D-MD) will be the first Black woman to serve in the U.S. Senate from Maryland.
- Lisa Blunt Rochester (D-DE) will be the first

woman to serve in the U.S. Senate from Delaware. She is also the first Black woman to represent the state in the Senate.

- With the success of Angela Alsobrooks and Lisa Blunt Rochester, the U.S. Senate will for the first time have two Black women senators serving simultaneously.

- Yassamin Ansari (D-AZ) will be the first Middle Eastern / North African woman to represent Arizona in the U.S. Congress

- Julie Fedorchak (R-ND) will be the first woman to represent North Dakota in the U.S. House. With Fedorchak’s success Mississippi is the only state left that has never sent a

woman to the U.S. House.

- Sarah McBride (D-DE) will be the first openly transgender person to serve in the U.S. Congress. She will hold Delaware’s at-large U.S. House seat.

- Thirteen women (8D, 5R) will serve as governors in 2025, marking a new record. The previous record was set in 2023 with 12 women serving as governors.

As we head towards the close of 2024, women’s presence and influence in U.S. politics have reached new heights. With a record number of women serving in Congress, new milestones have been achieved that signal a shift toward greater representation and

leadership. However the work is far from complete. The continued push for equality, representation and the dismantling of systemic barriers will ensure that women’s voices remain key in shaping the future of the nation.

Monthly program

The League of Women Voters of Fremont, Newark, and Union City’s monthly program will be held on Dec. 7 from 10am to 11:30am at Niles Discovery church in Fremont. Speaker Larry Gerston, political science professor emeritus from San Jose State University, will present “Analysis and Impact of the 2024 Election.”

James Logan senior wins NCS golf title

ALYSSA LIM MAKES HISTORY WINNING THREE STRAIGHT DII CHAMPIONSHIP TITLES



Alyssa Lim qualified for the NCS DI championship at Paradise Valley Golf Course. Photo by Adrian Lim



Alyssa Lim shows off her top score at the NCS DII championship. Photo by Adrian Lim



Alyssa Lim claimed the championship spot at the prestigious TGR Junior Invitational at Pebble Beach. Photo by Adrian Lim

By **ANDREW JOSEPH**

Union City native and James Logan High School senior Alyssa Lim is making history winning Mission Valley Athletic League (MVAL) with first individual score and then three straight Division 2 league championships in a row her senior year. Lim will be attending Carnegie-Melon University on a scholarship as a student-athlete next fall 2025 on their women's golf team.

"I won three out of three years in MVAL, so I'm happy about that," said Lim about her championship wins. "I qualified to play at the Berkeley Country Club for the Regional Championship which is a course I was really excited about playing because it's such an elite place to play with the best of the best and I won to qualify for a NCS Division 1 title."

Lim just won the Tiger Woods TGR Jr Invitational on October 13-14, and she followed that two days later with a top individual MVAL win

to qualify for North Coast Section (NCS) D2.

"I won with a -7 under par record, the best score of all time in the history of the TGR Tournament, which was a very special moment for me," added Alyssa Lim, whose younger brother Aston Lim also played at the last TGR Tournament.

On October 28, she won her third consecutive NCS Division 2 title at Rooster Run Golf Course in Petaluma. This qualified her for NCS D1. She came in as a top individual at the D1 tournament in Paradise Valley Golf Course, with a score of 69 to qualify for the California Interscholastic Federation (CIF) NorCal Regional at Berkeley Country Club. There, Lim won again and qualified to play at NCS DI Championships and finished as a top qualifier. She is now preparing for the official finale of her senior year at the high school level.

Lim was recently named one of the national 2024 Rolex Scholastic Junior All-American Honoree. The

honor is the most prestigious recognition as a golfer announced every year.

"Making the Rolex Scholastic Honoree, I'm really honored to be recognized for the work I've put in balancing my academics and golf," said Lim. "This is definitely a full circle moment at this point in my career knowing I made the right decision to play golf."

Finding time to balance schoolwork and time for golf has been a major key to the success that Lim has achieved. She said that taking multiple advanced placement classes while traveling to tournaments has prepared her for what is to become next year during her freshman year on Carnegie-Melon's women's golf team. Out of over 20 total college offers she received, Lim made her decision based on which would best balance academics and golf.

She has also been sponsored for the last three years by golf companies Titleist and Footjoy. Although James Logan

High does not currently have a girl's golf team, Lim competed as an individual representing her school. Representing James Logan and Union City is important to Lim in paving the way for the next generation of girl golfers at James Logan in hopes of soon forming a girls' team for the school.

"I hope that I can leave behind a meaningful legacy at James Logan where Logan Colt girls can hopefully have their own team to play with in the future," shared Lim. "I would love to come back and help mentor some of the kids here in the future. There is one young girl who will be playing at Logan in a few years who plays golf very well with a promising career I would love to see accomplish great things in the future."

The following are some of Alyssa Lim's recent results: NCS Girls' D1 Championship, Paradise Valley Golf Course, Fairfield - November 4, 2024

Place: Top Individual Qualifier (High School Girls) -- Score: 69 (-3)

Qualified for CIF Northern California Girls' Regional Championship, Berkeley Country Club, Berkeley

NCS Girls' DII Championship, Rooster Run Golf Course, Petaluma - October 28, 2024

Place: Champion (High School Girls) -- Score: 67 (-5)

Qualified for NCS DI, Paradise Valley Golf Course, Fairfield

Mission Valley All-League Girls Golf Championship, Redwood Canyon Golf Course, Castro Valley - October 16, 2024

Place: Top Individual Qualifier (High School Girls) -- Score: +1

Qualified for NCS DII, Rooster Run Golf Course, Petaluma

TGR Junior Invitational Championship, The Links at Spanish Bay, Pebble Beach - Oct 14, 2024

Place: Champion (Girls 16-18 Match Play) -- Score: 3&2

TGR Junior Invitational Qualifier, The Hay, Pebble Beach - October 13, 2024

Place: Champion (Girls 16-18) -- Score: 45 (-9)

Qualified for TGR Junior Invitational Championship, The Links at Spanish Bay, Pebble Beach

JTNC Championship Coyote Creek, Coyote Creek Golf Links, Morgan Hill - September 21-22, 2024

Place: T2 (Girls Championship) -- Score: 70-69 (-5)

USGA 10th Women's Amateur Four-Ball Qualifier, Del Rio Country Club, Modesto - August 26, 2024

Place: Champion (Women) -- Score: 65 (-7)

Qualified for USGA 10th Women's Amateur Four-Ball Championship, Oklahoma City Golf & Country Club, Oklahoma City, OK

Notah Begay III Jr Golf Northern California Regional, Coyote Creek Golf Links, Morgan Hill - July 27-28, 2024

Place: T2 (Girls) -- Score: 73-74

Cribbage Club completes first quarter of the season

Submitted by **WAYNE MORRIS AND TRACY YOTT, ACC Grass Roots Cribbage Club #43**

Finishing nine tournaments of the 36-tournament season (2024-2025), the Grass Roots Cribbage Club #43 (GR 43) has completed their first quarter of play. As a part of the American Cribbage Congress (ACC, www.cribbage.org), and chartered by the Grass Roots program, (www.cribbage.org/grassroots) with over 200 clubs in cities across North America, GR 43 promotes cribbage for the purpose of entertainment and education.

The weekly tournaments consist of nine games played in a round-robin style with all players seated randomly. Earning two game points for a win and three game points for a skunk (win greater than 30 pegs), everyone is striving to break the threshold of 12 game points to qualify for Grass Roots Points (GRPs).

The GRPs are used to determine the club champion at the end of the season. Cumulative GRPs earned over years played determine Lifetime Achievement Awards. The 2023-2024 Club Champion, Ben Holder, earned his Gold Award (4,000 GRPs) last season.

The top five GR 43 members in GRPs for the first quarter are Loren Lookabill (80 GRPs), Tracy Yott (64 GRPs) and Rich Hammock (45 GRPs), Theo Mattingly (42 GRPs) and Farokh Ziari (42 GRPs).

The top five GR 43 members in Win Percentage are Loren Lookabill, Tracy Yott and Rich Hammock, all winning 59.3% of the games they played. Farokh Ziari won 57.1% of his games while Jim Perry won 53.3% of the games he played.

Highlights of the first quarter include 28-point hands by Rich Lewis and Ben Holder, both in tournament #2. Wayne Morris also had a 28-point hand in tournament #8. The second-best hand in cribbage, the

28-point hand consists of any ten-point card with all four 5s in a hand. The odds of getting a 28-point hand are about one in 171,000. The other highlight of the first quarter is the most recent one. In tournament #9, Rich Hammock won all nine games, known as a Grand Slam. The adage "It's an easy game to play when you get the cards" sure held true for Rich as he could do no wrong that night.

Grass Roots Cribbage Club #43 always welcomes new players of any level.

They play every Wednesday night (except for the night before Thanksgiving and during the Christmas holiday season) at Stanley's Sports Bar upstairs in Sharks Ice Fremont. Players should arrive by 5pm to get acquainted and get in a warmup game or two before the tournament starts at 5:45pm.

Visit the club Facebook page at www.facebook.com/groups/ACCGrassRoots43 for more information.

OPINION

Drive courteously, please

Over the summer, the Bay Area experiences collective amnesia over how to drive in the rain, as many may have noticed during the heavy rains last Friday and on Monday. In defiance of slick roads and spraying water, arrogant Californians zoom around with headlights off and a bare minimum of following distance.

Fitting well with this increased consciousness around traffic issues, Union City City Council accepted a \$92,000 grant to improve traffic safety



Stephanie Uchida
Assignment Editor

at its Nov. 19 meeting. Traffic issues include DUIs and traffic collisions—including some fatalities—and the grant will go towards DUI checkpoints and educational programs. With long commutes as part of their daily routine, Bay Area residents face dangers on both city streets and highways.

In recent years, Fremont has also improved its streets to provide extra protection for bike lanes and pedestrians. The rounded sidewalk corners projecting into intersections give more space to pedestrians, but also lead to delays when cars turning right block those in the same lane going straight.

I've also seen cars accidentally swerve into

the bike lanes while trying to turn right, not realizing their mistake until the row of bollards is between them and the road. Then they have to cautiously reverse past the bollards while looking extremely silly.

I also did some double takes at the new bike lanes, and I try to stick to the center lane at intersections unless I'm actually turning in order to avoid the right lane traffic jams. To keep my sanity while driving, I leave enough time for how long the commute actually takes and remember that arriving a minute earlier is not worth a fender bender—or someone's life.

Luckily it looks like the rest of this week will

be clear while people are driving to visit relatives for Thanksgiving. But around the holidays the police are also more vigilant about checking for DUIs. So be careful out there. Let's stay courteous even when the rain creates more driving stress.

Editor Samantha Campos, publisher Dan Pucrano, assignment editor Stephanie Uchida, and composite editor April Ramos will take turns writing to our readers.

Stephanie's bio: I grew up in Fremont, in a neighborhood walking distance from Lake Elizabeth. In my 20s I did some stints in Los Angeles,

Japan and San Jose, before moving back to Fremont a bit before I started working at Tri-City Voice, first as a writer and then as assignment editor. That means a lot of reviewing submissions, working with freelancers, editing, and writing. By working at a local paper I learned so much more about the history and goings-on of my home city. I feel lucky to be helping people tell their stories, and it's fun to be the expert among my friends about what's happening around the East Bay.

Cross Country runners push through the mud towards the finish line

NORTH COAST SECTION CHAMPIONSHIP MEET BRINGS MUDDY CHALLENGE



The Newark Memorial girls' team made school history qualifying for the state championship. Photo by Todd Tokubo



Runners faced the challenge of having to run through the rain and mud during the important NCS meet. Photo by Todd Tokubo



Kenji Kawabata received first place in the Division III boys three-mile race. Photo by Todd Tokubo

By **APRIL RAMOS**

While most people around the Bay Area were inside taking shelter from the rain over the weekend, North Coast Section (NCS) cross country runners were pushing through the mud in one of their most significant races of the season. On Saturday, Nov. 23, the NCS Cross Country Championships was held at Hayward High School. Although the meet was highly competitive, with the state championship qualification on the line, most runners had slower times than usual due to the mud that was brought by

the wet weather throughout the day.

Even with the rainy weather, some high school teams in and around the tri-cities had some first-time milestones. The Newark Memorial High School girls' team qualified for the California Interscholastic Federation (CIF) State Championship for the first time in their school's history. The girls team got fourth place overall in the Division III three-mile race. Leading the pack for Newark was senior Grace Veloza in ninth place with a time of 19:35. Trailing Veloza was another Newark Cougar,

Alice McCarty only four second behind, claiming 10th place out of the 153 runners in the group.

More wins from the female athletes came with an impressive win from the Castro Valley girls' team. In the three-mile Division I race, the Castro Valley Trojans secured second place. Their top runner, Iliana Nierengarten, came in third with a time of 18:44.8. Although Nierengarten is only in her sophomore year, she made an impression with her win. Seniors Anna and Maya Dughi earned 10th and 12th place for the Castro Valley team. Another

notable win came from Trojan Maria Kryuchkov. As a freshman, Kryuchkov was 15th out of the 54 girls racing and received a time of 19:52.3.

Along with the Newark Memorial girls, the boys team also qualified for the state championship with their performance on the Hayward High cross-country course. The team as a whole earned fourth place among the 24 other schools in the Division III category. Newark Memorial's junior, Kenji Kawabata, claimed an impressive win as he was the first runner to cross the finish line and win the gold

medal. Kawabata's time in the three-mile course was 16:36.4. This was a time that was significantly affected by the weather, as his three-mile time at the Mission Valley meet on Nov. 6 was 14:52.4. Senior Michal Tellez was the next Newark Cougar to cross the finish line claiming the 21st spot with a time of 17:34.6.

The CIF Cross Country Championship will take place Saturday, Nov. 30 at Woodward Park in Fresno. For a full list of the NCS meet results, visit www.diablotiming.com

TRI-CITY VOICE

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EDITORIAL

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Jessica Wu

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John Schinkel-Kludjian
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Barbara Wong**

PHOTOGRAPHERS

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DIRECTOR

CREATIVE SERVICES

Cindy Couling

CREATIVE SERVICES

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INTERNS

**Neel Bhimani
Dhanya Ganesh
Nanki Kaur
Jessica Kim
Olivia Ma
Vidyuth Sridhar
Ethan Yan
Callie Yuan**

PUBLISHER

Dan Pulcrano

CHIEF REVENUE OFFICER

Daniel Payomo

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**Subscribe
Call 510-494-1999**

**fax 510-796-2462
39737 Paseo Padre Park-
way, Fremont, Ca 94538
tvc@tricityvoice.com
www.tricityvoice.com**

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