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The Heart
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August 13, 2019

Vol. 17 No. 33

First Ever BubbleFest

The Chabot Space and Science Center is known around the Bay Area for introducing people to the wonder of gently drifting, glowing spheres. Usually those spheres are stars and planets lightyears away—but this August the center wants to highlight some equally fascinating spheres a little closer to home: bubbles. While bubbles are much smaller and more transient than stars and planets, they too can be the gateway to exploring scientific phenomena. They are also a lot of fun. On Saturday, kids and adults can explore the world of bubbles at the Chabot Space and Science Center's "First ever BubbleFest."

Bubbles are not a new topic at the center. "We had a bubbles-themed First Friday for multiple years, and popularity kept booming for it to a point where we decided this topic was something we should explore in an all-day event. We decided it was time to make it a festival!" says Mary Catherine Frantz, marketing associate at the Chabot Space and Science Center. The topic of bubbles fits with the center's goals to encourage active learning. "Bubbles allow

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HOT AUGUST NILES CAR SHOW

SUBMITTED BY GARY MILLS

Niles Merchants Association presents "Hot August Niles Car Show," taking place this year on Saturday, August 17 along Main Street in the Niles district of Fremont. The show's focus will be a lineup of vintage and custom cars belonging to Tri-City residents. (Vehicle registration costs \$25-30 and is open until 9 a.m. on the day of the event.) In addition, food and refreshments will be available for purchase, a live band will perform, and a 50/50 raffle will be held (must be present to win).

During the car show, all the antique stores, restaurants, and coffee shops will be open along Main Street, so please take this opportunity to explore and shop the historic district of Niles.

Hot August Niles Car Show

Saturday, Aug 17
9 a.m. – 3 p.m.

Niles Main Street
Niles Blvd. & J St., Fremont
(510) 656-9192

www.facebook.com/NilesCarShow



Festival of Globe

BY JUI SADEKAR
PHOTOS BY VICTOR CARVELLAS:

What started as "Festival of India" in 1993 and revolved around the India Day Parade as an Independence Day celebration in Fremont has, over the years, evolved into "Festival of Globe" (FOG). "A few years ago, communities other than Indian-American approached us and expressed their desire to be a part of the celebration," says Dr. Romesh Japra, founder and convener of FOG. "Hispanic, Chinese, Korean groups wanted to empower their own communities. The groups were impressed to see how the festival was organized. We welcomed them to join us and started calling the event Festival of Globe."

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Frequent Heartburn Could be Symptom of Something More Serious



Free seminar explains when heartburn may be a sign of something more serious. Sept. 17, 3 to 5 p.m., Washington West, 2500 Mowry Ave.

Most people experience heartburn on occasion, especially if they've eaten a heavy, spicy meal just before bedtime. Occasional heartburn is not usually a cause for concern. Frequent heartburn that occurs twice a week or more, however, may be a symptom of a more serious condition called gastroesophageal reflux disease (GERD).

Acid reflux happens when acid from the stomach backs up into the esophagus – the “food pipe” that leads from the throat to the stomach. The acid flows upward because the valve (called a “sphincter”) between the stomach and esophagus doesn't work properly. In addition to heartburn and the possible regurgitation of stomach contents up into the throat, GERD also can cause more unusual symptoms such as coughing (especially

at night), sore throat, hoarseness and even chest pain that mimics pain from cardiovascular disease.

”Some acid reflux is normal, and almost all people have it occasionally,” says Jennifer Chan, MD, a thoracic surgeon with Washington Township Medical Foundation (WTMF) who has substantial experience and expertise in treating GERD and its complications. “Heartburn becomes a concern, however, when it is chronic and damages the esophagus. Anyone with frequent heartburn should see a physician to see if testing for GERD is indicated.”

Dr. Chan notes that while anyone can experience GERD, the risk may increase for people who are overweight. “If you gain weight around your belly, it pushes things up in your abdomen,” she explains.

To promote greater awareness of GERD's potential complications and current treatment options, Washington Hospital will conduct a free seminar featuring Dr. Chan on Tuesday, September 17, from 3 to 5 p.m. The seminar will be held in the Conrad E. Anderson, MD, Auditorium, in the Washington West building at 2500 Mowry Ave. in Fremont.

Potential Complications of GERD

“If left untreated, GERD can lead to more serious complications such as scarring or narrowing of the esophagus, which make it difficult to eat and swallow,” says Dr. Chan.

Another potentially serious GERD complication is Barrett's esophagus, which affects approximately 3.3 million Americans. In Barrett's

esophagus, the cells in the lining of the esophagus change their structure to compensate for the acid.

“Barrett's esophagus can continue to progress, sometimes becoming precancerous or perhaps even cancerous,” Dr. Chan explains.

Nonsurgical Treatment Options

In many cases, physicians recommend treating uncomplicated GERD by making a few simple lifestyle changes, such as diet modification and weight loss, which Dr. Chan will discuss at the seminar.

“Lifestyle changes can be hard for some people to maintain, and that can be discouraging,” Dr. Chan concedes. “So, in addition to making lifestyle changes, people may need

medications to help control GERD.”

There are a variety of medications available for treating GERD. Dr. Chan will explain the different medications and potential side effects at the seminar.

Other Treatments for GERD and Complications

While lifestyle changes and medications may help alleviate symptoms of GERD, improving the function of a loose sphincter between the esophagus and the stomach might be needed for fixing the symptoms and preventing complications of GERD. At the seminar, Dr. Chan will discuss various surgical options.

According to Dr. Chan, the current “gold standard” surgical approach for strengthening the sphincter is called laparoscopic fundoplication. “There are several varieties of this type of surgery that offer good results for most people,” she says.

A newer, minimally invasive procedure, involves inserting a beaded, magnetic bracelet called a “LINX” over the end of the esophagus at the location of the sphincter.

“The LINX lets food go down the esophagus to the stomach,

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InHealth broadcasts on Comcast Channel 78 in Fremont, Newark and Union City and online at www.inhealth.tv

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The full schedule of InHealth programs listed below can also be viewed in real time on the Washington Hospital website, www.whhs.com

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	8/13/19	8/14/19	8/15/19	8/16/19	8/17/19	8/18/19	8/19/19
12:00 PM 12:00 AM	Diabetes Matters: Latin Foods	Mental Health Education Series: Crisis Intervention	Voices InHealth: Antimicrobial Stewardship	Aortic Valve Disease: Treatment Options Including TAVR	How to Prevent Financial Elder Abuse/Fraud	Gastrointestinal Disorders	Mental Health Education Series: Understanding Psychotic Disorders
12:30 PM 12:30 AM	Wildfire Smoke and Your Lungs: Do You Need to Worry?		Diabetes Health Fair: Eat 4 Diabetes Care	Diabetes Matters: Diabetes: Is There an App for That?			
1:00 PM 1:00 AM	Preventive Screenings: When and Why are They Important?			Wildfire Smoke and Your Lungs: Do You Need to Worry?	Early Detection and Prevention of Female Cancers	Diabetes Matters: Filipino Food Made Healthy	
1:30 PM 1:30 AM	Washington Township Health Care District Board Meeting July 10, 2019	Hepatitis B and Liver Cancer: Prevention and Treatment	Diabetes Health Fair 2018: Diabetes Care		Mental Health Education Series: Anxiety Disorders		Washington Township Health Care District Board Meeting July 10, 2019
2:00 PM 2:00 AM			Diabetes Matters: Diabetes & Eyes	Mental Health Education Series: Mental Wellness		Washington Township Health Care District Board Meeting July 10, 2019	
2:30 PM 2:30 AM		Fresh Summer Foods: Cooking Demonstration			Caregiver Series: Securing Care Preferences Through AHCD		Washington Township Health Care District Board Meeting July 10, 2019
3:00 PM 3:00 AM	Women's Health Conference: Reclaiming Your Confidence		Washington Township Health Care District Board Meeting July 10, 2019	Palliative Care Series: How Can This Help Me?		Wildfire Smoke and Your Lungs: Do You Need to Worry?	
3:30 PM 3:30 AM		Family Caregiver Series: Mindfulness Meditation for the Caregiver			Colon Cancer		Caregiver Series: Codependency and the Caregiver
4:00 PM 4:00 AM	Deep Venous Thrombosis		Good Fats vs. Bad Fats	Your Concerns InHealth: Decisions in End of Life Care		Shingles	
4:30 PM 4:30 AM		Updated Treatments for Knee Pain & Arthritis			Relieving Back Pain: Know Your Options		Wildfire Smoke and Your Lungs: Do You Need to Worry?
5:00 PM 5:00 AM	Stress Management		Understanding HPV: What You Need to Know	Women's Health Conference: Quality of Life Before and After Cosmetic Surgery		Washington Township Health Care District Board Meeting July 10, 2019	
5:30 PM 5:30 AM		Diabetes Matters: Type 1.5 Diabetes			Washington Township Health Care District Board Meeting July 10, 2019		Digestive Health: What You Need to Know
6:00 PM 6:00 AM	Keeping Your Brain Healthy		Endometriosis: Causes, Symptoms, Diagnosis and Treatment	Balance & Falls Prevention		Family Caregiver Series: Advance Health Care Planning & POLST	
6:30 PM 6:30 AM		Family Caregiver Series: Understanding Healthcare Benefits			Wildfire Smoke and Your Lungs: Do You Need to Worry?		Mental Health Education Series: Understanding Mood Disorders
7:00 PM 7:00 AM	How to Sleep Your Way to Better Health		Family Caregiver Series: Loss, Grief & Recovery	Metabolic Disorders		Advance Care Planning: Five Wishes	
7:30 PM 7:30 AM		Diabetes Matters: Basics of Insulin Pump Therapy			Diabetes Matters: Diabetes and Kidney Health		Family Caregiver Series: Fatigue and Depression
8:00 PM 8:00 AM							
8:30 PM 8:30 AM							
9:00 PM 9:00 AM							
9:30 PM 9:30 AM							
10:00 PM 10:00 AM							
10:30 PM 10:30 AM							
11:00 PM 11:00 AM							
11:30 PM 11:30 AM							

Help Kids Manage ‘Weighty Topic’ of Backpack Safety

This is the second article in a four-part Back-To-School Series to help parents and students start the new school year safely and in good health.

Summer is winding down, and bright yellow school buses will soon appear back on the streets. Brightly colored backpacks also will appear on children and teens, toting books and supplies to school and back home again. Backpacks are a practical way for kids to carry things around, but if those packs are not fitted and worn properly, or if the backpacks are carrying too much weight, they might cause injuries to muscles and joints.

Medical Director of Washington Sports Medicine, Russell Nord, MD, notes, “The American Academy of Orthopaedic Surgeons (AAOS) cites Consumer Product Safety Commission data, which indicate that in 2014, more than 8,300 children between the ages of 5 and 18 were treated in hospital emergency rooms or doctors’ offices for backpack-related injuries. Those were just the ones who had problems severe enough to require medical care.”

A board-certified orthopedic surgeon and sports medicine specialist, Dr. Nord also is the father of four young children.

A Correct Fit

“As a father, backpack safety is a matter of concern for me,” he says. “I do appreciate the temptation for parents to buy bigger backpacks that their kids can ‘grow into,’ but the National Safety Council recommends that a backpack should not be wider than the child’s back. Also, the backpack should not extend more than four inches below the waist.”

While it might seem faster and easier for parents to shop alone for children’s backpacks, it is worth the extra effort to take children with you to ensure a proper fit. Dr. Nord observes that it also is



Many students will go back school with backpacks that are the wrong size or the wrong weight. Medical Director, Washington Sports Medicine, Russell Nord, MD, offers tips to avoid potential injury.

important to use backpacks that have well-padded, adjustable shoulder straps and a waist strap.

“The waist strap helps make sure the pack’s load is supported by the pelvis and not just the shoulders, similar to how hikers use waist straps on their hiking backpacks,” he explains. “A chest strap also can be useful to help keep the backpack snug against the back, therefore reducing the torque to which the back is exposed.”

Dr. Nord also suggests that a padded back on the pack can promote comfort, and reflective material on the backpack can help keep children safe if they have to walk to or from school in poor lighting.

“Make sure the child uses both shoulder straps, rather than slinging the backpack over one shoulder,” he says.

“Using two shoulder straps distributes the weight more evenly. When you are deciding on which backpacks are right for your children or teens, it’s good to make sure that they can adjust all the straps on their own without struggling. Specifically, small hands may have trouble opening and closing the clip for a particular waist or chest strap design, thus making it much less useful.”

The Correct Weight

Choosing the proper-size backpack is only part of the safety equation. The other primary consideration is the weight of the backpack once it contains the student’s books and other supplies.

“The American Chiropractic Association recommends that a backpack should carry only 10 percent of the child’s

body weight,” says Dr. Nord. “That means, for example, a limit of 5 pounds for a 50-pound first-grader. Because your child is likely to put more things into a large backpack, bigger is not necessarily better.

“It’s a good idea to get a sense of things and weigh the backpack on your bathroom scale,” he adds. “If the backpack is too heavy, remove objects such as books that aren’t really necessary for the particular school day or for the evening’s homework assignments. Other non-school items such as laptops, cellphones and video games also can add unnecessary weight. If the backpack is still too heavy after removing non-essential items, you can have children carry some of their books in their arms.”

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Health&Wellness



Laugh without Leaking: Understanding Female Urinary Incontinence

Do you ever lose urine when you laugh, walk or even cough? Urinary incontinence and overactive bladder issues are common among women. Yet many women suffer in silence, embarrassed to discuss their symptoms with their doctors. There is no need to feel embarrassed. At this seminar, learn about the causes, symptoms and treatment options.

**Wednesday, August 21, 2019
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SPEAKER



Victoria Leiphart, MD, FACOG
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**To register or for more
information, visit
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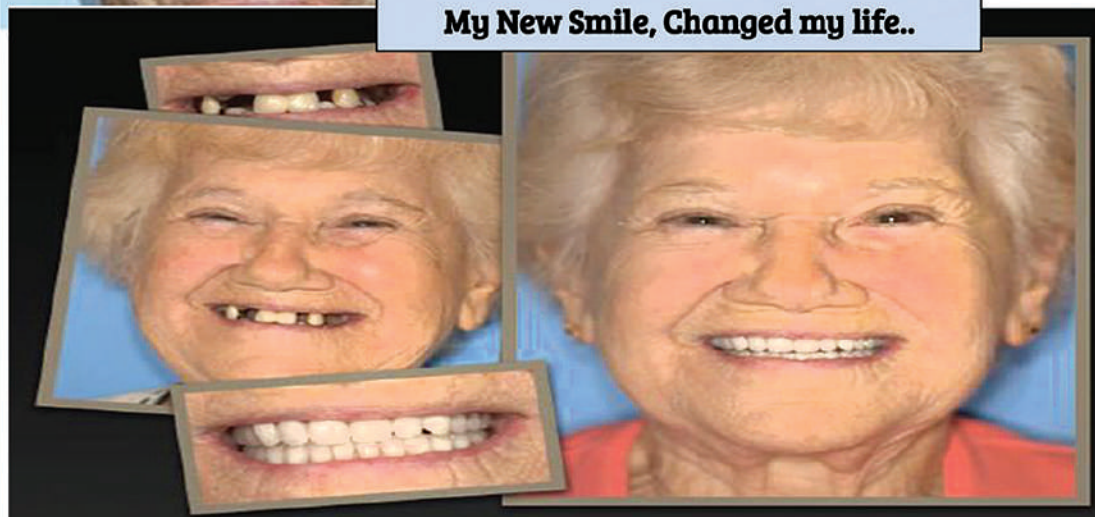
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Frequent Heartburn Could be Symptom of Something More Serious

Free seminar offers answers about complications and treatment options for GERD

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but doesn't let food, acid or bile go back up," explains Dr. Chan. "In the right patients, the LINX provides results equal to laparoscopic fundoplication surgery."

"My experience in thoracic and esophageal procedures has enabled me to determine which ones will work best for each patient," Dr. Chan concludes. "Most patients who have one of these minimally invasive

procedures are able to come off all their GERD medications, which can be life-changing."

To register for the September 17 seminar, visit www.whhs.com and click on the heading for "Events," or call 800.963.7070. If you need help finding a physician, visit WTMF's website at www.mywtmf.com and click on "Find a Doctor."

continued from page 3

Help Kids Manage 'Weighty Topic' of Backpack Safety

Dr. Nord encourages parents to follow the advice from the AAOS to watch their children as they put on their backpacks. "You want to make sure your kids can put on their backpacks and take them off easily," he says. "Also, when they lift their backpacks, have them bend at the knees to pick up the packs, rather than bend forward at the waist."

In addition to causing back, neck and shoulder pain, an ill-fitting or overly heavy backpack also can contribute to poor posture, according to Dr. Nord. "It's important to note that the wrong backpack or the weight of backpacks can – and do – contribute to posture

problems and musculoskeletal pain in the back, neck and shoulders. In addition, numbness in the arms or legs could indicate nerve damage. I urge parents to take those complaints seriously and seek medical attention for their child right away."

What About Wheels?

One question more and more parents are asking is whether they should have their children use backpacks with wheels, Dr. Nord notes. "Rolling backpacks may pose a problem on crowded sidewalks," he cautions. "Also, because some backpacks on wheels cannot be hung up on a hook or placed on a shelf, they could clutter up the floors in

classrooms and hallways, presenting a tripping hazard. Additionally, some schools do not allow rolling backpacks, so a traditional backpack may be a better idea." Regardless of the specific design chosen, the principles discussed above will help your child remain safe and comfortable when using a backpack.

If you need help finding a physician, such as a pediatric or orthopedic specialist, visit the Washington Hospital website at www.whhs.com. The website also provides information about the Washington Sports Medicine Program as well as orthopedic and pediatric services.

Hot August Thursday

SUBMITTED BY LYDIA RODRIGUEZ

The City of San Leandro invites the community to the 2019 "Hot August Thursday Concert" on August 15. This year's event will include two performances Rewind "That 80's Band," and Sacred Fire Band "A Santana Tribute." Chuy Gomez and the Q102.1 family will host the evening. Food and beverages will be available for purchase from El Taco Loco and the San Leandro Scholarship Foundation.

"We are excited to bring back Hot August Thursday for our residents," said Mayor Pauline Russo Cutter. "San Leandro knows that providing fun activities in our city means quality time together as a community. This family-friendly event aims to do just that – provide programming suitable for all ages and families to come together. We hope to see you there."

All proceeds from beverage sales managed by San Leandro Scholarship Foundation will benefit the scholarship fund that supports graduating San Leandro seniors from local public schools. For more information, contact Lydia Rodriguez, recreation supervisor at (510) 577-3477 or lrodriguez@sanleandro.org.

Hot August Thursday Concert
Aug 15
5:30 p.m. – 9:30 p.m.
Marina Park
14001 Monarch Bay Dr, San Leandro
(510) 577-3477
lrodriguez@sanleandro.org

CINEMA EXCHANGE EVENTS FOR BAY AREA FILMMAKERS

SUBMITTED BY CHRISTOPHER DENISE

Cinema Exchange is a Milpitas-based studio that offers resources to local filmmakers, whether they are looking to rent a meeting space, sound stage, or equipment—or simply drop in and network with fellow film aficionados. In the middle of August, the studio is hosting two events where anyone with an interest in film is invited to stop by.

On Wednesday, August 14 "Blackmagic demo day" will highlight the features of two next generation digital cameras from the maker Blackmagic: the URSA Mini Pro 4.6 G2 and the Pocket Cinema Camera 4K. Guests will be able to learn more about these cameras and how their functions compare. Food and drink will be provided. The event is free to attend, but registration is required. Get your ticket at [www.eventbrite.com/e/blackmagic-demo-](http://www.eventbrite.com/e/blackmagic-demo-day-tickets-65849679163?aff=efbeventtix)

[day-tickets-65849679163?aff=efbeventtix](http://www.eventbrite.com/e/blackmagic-demo-day-tickets-65849679163?aff=efbeventtix).

On Friday, August 16, the studio will continue their tradition of hosting monthly "Grill n' Chill nights" though the summer and fall (weather permitting). The event is sponsored by local meal delivery service Grillbox, so stop by to grab a beer and burger and hang out with the local film and photography community. There might even be some free swag.

Blackmagic demo day
Wednesday, Aug 14
7:00 p.m. – 9:30 p.m.

Grill n' Chill
Friday, Aug 16
7 p.m. – 10 p.m.

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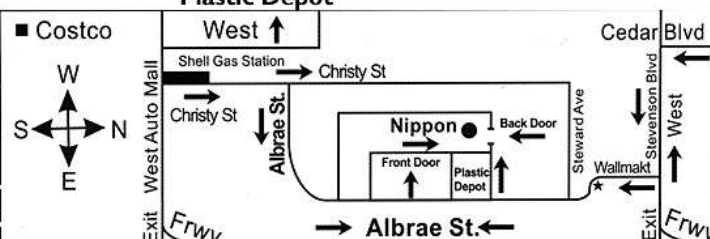
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continued from page 1

Festival of Globe

According to Japra, organizing the India Day Parade was the need in the '90s: "We were a small immigrant community then. We wanted to bring our people together and empower our children." Though the event was successful, the founders met with financial loss, but the setback didn't stop the enthusiastic FOG team from continuing to host the event. "Today, the festival showcases our rich culture, heritage, values, and traditions to mainstream Americans. We also want our children who are born in the USA to remember their roots and to be proud of their culture."

The festival offers something for everyone – mela (fair), health fair, yoga, wellness awareness, chiropractic services, cultural programs, music and dance competitions, and the grand parade celebrating democracy, freedom, and liberty. The parade boasts over 50 floats representing Bay Area organizations and different parts of India – from Kashmir to Kanyakumari and Kutch to Assam. This year, the procession will also feature a Chinese band and martial arts groups.

FOG's 2019 India Day Mela/Fair and Parade will celebrate India's 73rd Independence Day. The fair will take place on Saturday, August 17 and Sunday, August 18; the grand parade will be held



on Saturday. Sanjay Panda, consul general of India, will be the chief guest, and Vivek Oberoi, an Indian celebrity, will be the parade's grand marshal.

"We invite celebrities from India, who lead the parade as grand marshals," explains Japra. "In 1993, our grand marshal was the famous actress Asha Parekh. We have had Bollywood superstars such as Amitabh Bachchan, Vyjayanthimala, Sushmita Sen, Randee Hooda, and others as our grand marshals. This year, we are excited to have Vivek Oberoi."



As part of the festivities, over 200 local dance groups will compete in classical, folk, Bollywood, contemporary, hip-hop and other styles. Each category winner will be awarded a prize; contestants will participate in different age groups – ages 5 to 11, ages 12 to 18, and adults. The mela will feature arts and crafts, jewelry, local businesses, kids' corner, rides and games, and over 20 food booths serving cuisine from different regions in India.

"Over the past 26 years, FOG has made great strides in including all parts of the community and carrying out its mission to help communities better integrate. The United States is a bouquet of cultures, and through festivals like the India Day Fair and Parade, people can contribute ideas and grow together. We believe in 'Vasudhaiva Kutumbakam,' a Sanskrit phrase that means 'the world is one family,'" concludes Japra.

FOG India Day Mela/Fair
Saturday, Aug 17 and Sunday, Aug 18
10 a.m. – 6 p.m.

FOG India Day Parade
Sunday, Aug 18
11 a.m. – 1 p.m.

39439 Paseo Padre Pkwy, Fremont
www.FOGsv.org
FREE

Cops become celebrity waiters for a day

SUBMITTED BY HAYWARD PD

Save your quarters and dimes. And while you're at it, why not put aside a few greenbacks, too? It's for a good cause. Police in Union City will be participating in a Tip-A-Cop fundraiser to help support Special Olympics of Northern California on Wednesday, August 21. Union City Police Department (UCPD) personnel will serve as celebrity waiters at the Texas Roadhouse restaurant in the Union Landing shopping center. Tips and donations in any amount from customers will help provide local Special Olympics athletes with year-round training and competitions. Donations also help Special Olympics of Northern California

to facilitate medical screenings for athletes, including dental and vision care.

To participate in the fundraiser, diners should visit the UCPD Facebook page at www.facebook.com/unioncitypd/ to get the Tip A Cop VIP Pass, then print a copy and bring it to the restaurant. For details, call (510) 324-7623.

Tip-A-Cop
Wednesday, Aug. 21
11 a.m. – 2 p.m.
Texas Roadhouse

32115 Union Landing Blvd., Union City
<https://www.facebook.com/unioncitypd/>
(510) 324-7623

The call is out for Flea Market vendors

SUBMITTED BY JENNIFER TIBBETTS

East Bay bargain hunters look forward each year to the annual Big Fall Flea Market sponsored by the Kenneth C. Aitken Senior and Community Center in Castro Valley. Although the flea market isn't happening until October 5, now is the time for vendors to reserve a table to sell their goods and services. The cost is \$30 for residents of the Hayward Area Recreation & Park District (HARD) or \$40 for non-residents. There is a limit of two tables per vendor.

In-person table registrations will be accepted starting at 8:30 a.m. Friday, August 16 at 17800 Redwood Road, Castro Valley. For details, call (510) 881-6738.

Flea market vendor registration
Friday, Aug 16
Kenneth C. Aitken Senior Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
\$30 for HARD residents; \$40 for non-residents

Truth Thursdays



SUBMITTED BY
COURTNEY ROSE

Summer will soon be over, but there's still one more chance to make the most of the season at the final "Truth Thursdays" event on Thursday, Aug. 22 from 5 p.m. – 8:30 p.m. presented by the San Leandro Improvement Association (SLIA). The community is invited to gather around the iconic 55-foot Truth is Beauty statue at the San Leandro Tech Campus to enjoy live entertainment by headliner TinMan, multiple food trucks from Food Truck Mafia, local brews from Drakes and 21st Amendment, wine, recreational games and more.

Friends and family can enjoy bocce ball, corn hole and other games in front of Truth is Beauty, while listening to live music.

"The San Leandro Improvement Association is excited to bring the community together for safe, family-friendly summer fun for the third year at 'Truth Thursdays,'" said Gordon Galvan, San Leandro Improvement Association's president. "We invite all community members and visitors to gather under the beautiful Truth is Beauty statue and enjoy food, drinks and live entertainment."

Each "Truth Thursdays" is held at the San Leandro Tech Campus at 1600 Alvarado St.,

San Leandro. For more information about "Truth Thursdays" or the San Leandro Improvement Association, visit www.downtownsanleandro.com. To connect with Downtown San Leandro and follow things happening in the area, check out Facebook/DWTNSanLeandro, Instagram @dwtnsanleandro, or Twitter @dwtnsanleandro.

Truth Thursdays
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www.downtownsanleandro.com



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SIR Branch 59 - Social Activities for Men of All Ages

The Fremont/Newark/Union City Branch 59 of SIR holds monthly luncheon meetings featuring guest speakers and an annual holiday luncheon when wives, daughters or significant others are invited.

The next meeting will be held on Wednesday August 21, 2019, at the Fremont Elks' Lodge #2121, located at 38991 Farwell Drive in Fremont.

This month's guest speaker is Nan Su and his topic is The Wisdom and Humanity from Ancient Chinese Culture.

We provide activities for men of all ages so you should join Fremont/Newark/Union City Branch 59 of SIR! Socializing is from 11:00am to 12:00pm, and there is time to look over an extensive library of books, sign up for activities, and meet new people or shoot the breeze with old friends. The formal meeting starts at 12:00pm with branch announcements, birthday wishes and lunch, followed by an interesting and entertaining guest speaker. Meetings usually end about 1:30pm.

Activities run the gamut from golf, bowling, computers, wine tasting, bridge, bocce, and couples dining out, and more are being added as interest dictates.

SIR Branch 59 welcomes new members. Visit the website at www.sirbranch59.org or call Jim Ulam at (510) 797-9357 or email sirbranch59@gmail.com for more information. Do it today!

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BUSINESS

Discounts on solar installations and electric vehicles

SUBMITTED BY CITY OF FREMONT

SunShares is back this year and now open for registration. The City of Fremont is proud to be one of nearly 40 local government agencies and major employers participating in the 2019 Bay Area SunShares program. Through this community program, residents can access discounted pricing and resources to help them go solar and buy zero-emission vehicles.

Three local recognized solar installation companies—PetersenDean, SkyTech Solar, and Solar Technologies—have been selected for the program and are offering a 15 percent discount, making now the most affordable time to go solar. In addition, those who choose to go solar can still take advantage of the federal solar tax credit. SunShares is also offering zero-emission vehicle discounts on 2019 all-electric Nissan Leaf and 2019 hydrogen fuel-cell Toyota Mirai.

To sign up, visit <https://www.bayareasunshares.org/>. This limited-time offer is available until Friday, November 15.

**Bay Area SunShares Program
Until Friday, Nov 15**

<https://www.bayareasunshares.org/>

Back-To-School: Stocking up for school can be eco-friendly and economical

BY BEV O’SHEA
NERDWALLET

Earth-friendly school supplies might sound expensive, but you can be gentle with the planet and respectful of your wallet. Start by widening your idea of what’s “green.”

LOOK FOR FREEBIES FIRST

Using what you already have is the ultimate environmentally friendly move and fits with a frugal lifestyle. Look for pens, pencils, unused journals picked up at a convention, binders no longer in use, and unused or lightly used supplies from last year.

You may not have to buy at all. Chelsea Brennan, who blogs at Smart Money Mamas, says she sees posts on her hyperlocal Buy Nothing Facebook group every fall requesting notebooks and other school supplies. “And then someone may comment, ‘We have those, plus three composition books that have never been written in. Do you need those?’” Brennan says she borrows, donates and receives items through the group.

SAVE ON BACKPACKS AND OFFICE SUPPLIES

For backpacks, Mary Hunt, founder of the website Cheapskate Monthly, recommends JanSport or Eastpak for durability. If you are shopping resale, those are labels to look for because they’ll last longer. And JanSport backpacks have a lifetime warranty.

Or choose a backpack made from recycled materials. Whether you choose new, used or recycled, look for sturdy zippers, pockets and supportive, padded straps. You don’t want this year’s backpack to be in a landfill next year.

Many stores now carry office-supply lines that are earth-friendly. Several companies offer pens made from recycled plastic. Pencils can be made from recycled newspaper, but they’re more expensive than pedestrian wooden pencils. A mechanical, refillable pencil might be the more economical green choice. Notebooks and loose-leaf paper made from

recycled paper can be pricey. For example, a set of four college-ruled “composition books” at Target costs more than \$25. If recycled paper products don’t fit your budget, you can still be green by making sure your student recycles used paper instead of throwing it in the trash.

Derek B. Davis, a spokesman for Earth.com, noted that many schools now bundle required items and offer them to parents. You may not save money, but you’ll save gas and time.

CUT COSTS ON FOOD AND DRINK CONTAINERS

Davis thinks the item likely to have the biggest impact on the planet is your student’s reusable water bottle – hardly a budget breaker. Reusable packaging for lunches and snacks also saves you money and lets you contribute less to the enormous problem of plastic in oceans and landfills.

To estimate the impact of a water bottle, know this: Americans use an average of 13 single-use plastic bottles per month, according to the nonprofit Earth Day Network. One reusable bottle, over a nine-month school year, could keep 117 single-use bottles out of circulation. Tap water is vastly cheaper than bottled and eliminates plastic waste and the carbon emissions needed to distribute bottled water for sale.

There are also reusable – and dishwasher-safe – containers or bags for sandwiches and snacks. You can put those reusable bags inside a reusable lunch container. Bento boxes, which have compartments for various types of food, are another alternative. Reusable lunch bags and boxes can be purchased inexpensively new – or keep an eye out for used ones.

Davis, the father of a rising second-grader, notes that kids lose things, and suggests buying backups of water bottles or lunch containers if you see an especially good price.

SHOP SECONDHAND FOR CLOTHES

For back-to-school clothes, consider resale stores. You may find clothes that are practically new for pennies on the dollar. You save money and extend the life of the clothes, keeping them out of landfills. You can shop online with ThredUP and similar sites.

Finally, no matter where you’re shopping, bring a reusable bag, Davis says. Keep one handy in the car.

What will ultimately be most effective in cleaning up the Earth, he says, is kids seeing parents who weave green living into everyday life: For instance, making coffee at home, drinking from reusable cups and making their own seltzer.

—
This article was provided to The Associated Press by the personal finance website NerdWallet. Bev O’Shea is a writer at NerdWallet.

California seeks more people of color to draw political maps

BY DON THOMPSON
ASSOCIATED PRESS

California on Monday gave more time to apply to an independent commission that will redraw boundaries for most state and federal elections, an effort to get more people of color involved and avoid the political gerrymandering that has caused problems elsewhere.

Nearly 14,000 people have applied for the 14 positions, said California State Auditor Elaine Howle, who heads the selection process. But that’s less than half the roughly 30,000 who applied a decade ago. She pushed the deadline back to Aug. 19 after some organizations sought an even longer extension for fear that too few minority residents have applied for the commission that will draw new lines after the 2020 census.

In most states, legislators and governors draw and approve political district maps following each U.S. census, and the U.S. Supreme Court ruled in June that it had no authority to resolve partisan gerrymandering claims. But a growing number of states, including California, have moved the remapping to independent or bipartisan commissions or have changed their requirements to reduce the likelihood of partisan gerrymandering.

California voters approved a pair of ballot measures, in 2008 and 2010, creating the independent commission to redraw congressional, state Senate, state Assembly and state Board of Equalization district lines after new population figures emerge.

The commission must include five Democrats, five Republicans and four who have no party preference or belong to another party.

Howle said she’s happy with a recent increase in applications but wants more.

“We’ve really seen a significant surge in the applications that we’ve received,” Howle said, adding that fewer than 10,000 had applied a week ago. “We’re confident there will be a very diverse group.”

State redistricting officials and community groups recently increased advertising and outreach efforts in minority and ethnic communities and to women after recognizing a potential shortfall, and the additional 10 days is designed to keep up that momentum, she said.

To date, 15 percent of applicants are Latino, up from 10 percent a decade ago, she said. But Latinos make up nearly 40 percent of California’s population. The percentage of Asian and Pacific Islander applicants has doubled from a decade ago, to 7 percent, but that’s less than half their proportion in the state.

Women and those who have no party preference or belong to smaller political parties are also below their proportions of the population.

Just 40 percent of applicants are female. And 22 percent of applicants belong to smaller political parties or have no party preference, while a third of the state’s voters are unaffiliated with either major political party.

The Redistricting California Collaborative – made up of about two dozen organizations, including California Common Cause and the Advancement Project California – wanted Howle to extend the deadline until the end of September. But Howle said that would have left too little time for the more detailed selection process that follows.

“We’re very, very pleased to hear,” collaborative spokeswoman Alejandra Ponce De Leon said. “However, 10 days is still not enough to really close that disparity gap.”

With the smaller numbers, she said the pressure will be on Howle’s office to still select a pool that is diverse and representative of California’s population.

A state auditor’s panel will sort through the applications next year and select 60 potential redistricting commissioners: 20 Democrats, 20 Republicans and 20 others.

State legislative leaders from both parties will then be able to eliminate two nominees from each political category. Eight redistricting commissioners – three Democrats, three Republicans and two unaffiliated members – will then be randomly selected from the remaining candidates. Those commissioners will then select an additional two Democrats, two Republicans and two unaffiliated members.

Approving a map requires nine votes, including three from each political category of members.

Howle said she does not expect to reach 30,000 applications, even with the extended deadline. But she said she expects a greater rate of applicants to complete the next step of filling out a much more detailed application with reference letters, resulting in a larger secondary pool than a decade ago.

Newsom proposes \$331 million for housing legal assistance

AP WIRE SERVICE

California Gov. Gavin Newsom said Wednesday he wants to spend \$331 million from a settlement with mortgage lenders on legal aid for homeowners and renters.

“The middle class, and those that aspire to get in it, are being slammed because we have been unable to produce enough housing, to prevent evictions and foreclosures,” Newsom said as he presented his plan at a legal aid clinic.

Newsom’s proposal repurposes most of California’s share of a 2012 settlement between states and five large lenders related to the 2008 mortgage crisis. He still needs approval from the Legislature.

Lawmakers had previously tried to put the money toward paying back housing bonds and other purposes in the state’s general fund budget. But courts repeatedly said the state had to spend the money as it was intended on housing assistance and consumer protection programs.

Newsom’s plan aims to put the state in line with the court’s decision by giving the money to nonprofits that help Californians facing foreclosure or evictions.

California is amid a housing crisis, with rising rents and far fewer homes available than are needed for the state’s nearly 40 million residents. Newsom said he wants to keep a rent control bill off the ballot in 2020.

Instead, he hopes lawmakers send him a bill that would cap maximum rent increases. The bill has been working its way through the Legislature despite opposition from the California Association of Realtors.

Amazon’s self-driving delivery robots head to California

BY JOSEPH PISANI, AP RETAIL WRITER

Amazon’s self-driving robots will be roaming the streets of another neighborhood.

The online shopping giant says the six-wheeled robots, about the size of a Labrador, will begin delivering packages to customers in Irvine, California. It comes after Amazon began testing them in a suburb of Seattle at the beginning of the year.

Amazon says the robots, which are light blue and have the Amazon smile logo stamped on their sides, are able to avoid crashing into trash cans or pedestrians. Still, a worker will accompany the robots at first.

Other companies have been testing similar delivery robots on college campuses, delivering burgers or soda to students.

Amazon says its robots, which it calls Scout, will be delivering orders to doorsteps Monday to Friday and only during the day.



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Fremont
News Briefs

SUBMITTED BY CHERYL GOLDEN

Temporary Housing Navigation
Center Workshops

The City of Fremont will host a third community workshop about the temporary housing navigation center from 5 p.m. – 8 p.m. Monday, August 26 at Fremont Teen Center, 39770 Paseo Padre Parkway. The workshop will provide the public an additional opportunity to learn about the temporary center and the role it plays in addressing the regional homeless crisis. Each of the three workshops will follow the same agenda and format and provide the same resources.

The Fremont Teen Center has limited seating because it's a smaller facility, so the public is encouraged to attend one of the first two workshops at Harbor Light Church, 4760 Thornton Avenue— 5:30 p.m. – 8:30 p.m. Wednesday, August 14, or 10 a.m. – 1 p.m. Saturday, August 24. For more information about the workshops, city's temporary housing navigation center, and to subscribe to updates, visit www.Fremont.gov/NavigationCenter.

Bikeway Improvements Project

Construction is underway to improve the bike lanes, pedestrian crossings, and signalized intersections on Walnut Avenue between Mission Boulevard and Paseo Padre Parkway.

The project will create a complete street that balances the safety and needs of all users on the roadway and provides direct access to the Fremont BART Station in Downtown, Kaiser and Washington Hospitals, local government offices, and retail shopping centers.

Alameda County Transportation Commission (Alameda CTC) is providing most of the funding for this project with \$5 million of voter-approved Measure BB funds. To learn more, visit www.Fremont.gov/WalnutBikeway.

Clear the Shelters™
Pet Adoption Drive

Tri-City Animal Shelter is teaming up with NBC Bay Area and Telemundo 48 to host the stations' fifth Clear the Shelters™ pet adoption drive from 11 a.m. to 4 p.m. Saturday, August 17. Tri-City Animal Shelter will offer waived pet adoption fees to help local families adopt a pet. Nationally, more than 250,000 pets have been adopted through the NBC/Telemundo stations' Clear the Shelters campaign.

Movie in the Park

Visit Central Park's performance pavilion just after sunset on Friday, August 16 to enjoy Summer Movies in the Park. The city's Recreation Services Division will be playing "Dumbo." Admission is free; grab some blankets, low beach chairs, and a picnic dinner to enjoy this film with your family. For more information, visit www.Fremont.gov/MovieNight.



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Be cautious around light rail trains and busses

SUBMITTED BY VALLEY
TRANSIT AUTHORITY

Safety is the most important issue for any transit agency. In Santa Clara County, protections in place around Valley Transit Authority (VTA) light rail stations and tracks should never be ignored.

During early August there were two serious incidents involving bicyclists hit by VTA light rail trains. In both cases, warning lights and bells were working and crossing gates were down to keep people from crossing the tracks as trains approached. In both cases, those protections were ignored and serious injuries occurred.

We've put out this message often in the past, and it bears repeating: VTA bus and rail operators go through extensive safety training to operate their vehicles, but these vehicles weigh 50 tons—100,000 pounds—and they cannot stop on a dime. Pedestrians, bicyclists and other drivers must be aware they share the roads with these massive trains, as light rail tracks are on the same grade level as streets.

Please remember the following safety tips when traveling on or around the VTA bus or light rail system.

- Look both ways before crossing tracks. Watch for warning signs and stay behind the yellow line when you're on a light rail platform.

- Remove your headphones and listen for the light rail train and any audible warning signals that let you know a light rail train or a bus is approaching a stop or intersection.

- Pay attention to warning signs and street and pedestrian crossing gates. They are there to protect you and remind you to only cross the tracks when it is safe to do so.

For more information about VTA light rail and bus service in Milpitas and throughout Santa Clara County, visit the VTA website at www.vta.org.

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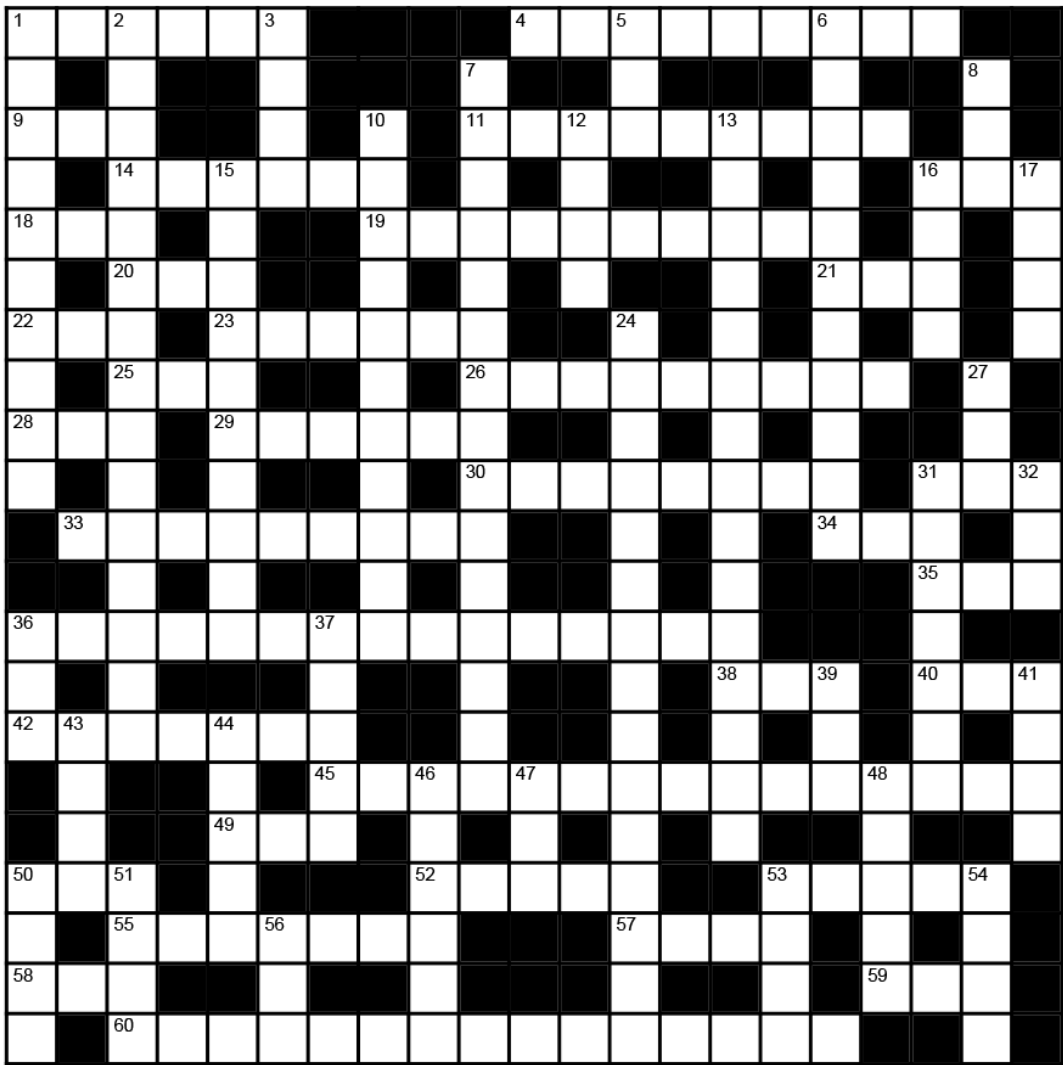
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- * Parkinson's disease
- * Tourette syndrome
- * Allergies
- * Pain management
- * High blood Pressure
- * Diabetes
- * Facial Palsy
- * TMJ syndrome
- * Alzheimer's disease

Mind Twisters

Crossword Puzzle



- Across

1 Makes sense (4,2)

4 Hits (9)

9 Canterbury can (3)

11 ___ ridgeback (hunting dog) (9)

14 Sartre novel (6)

16 Part of U.S.N.A.: Abbr. (3)

18 Japanese sash (3)

19 Cool (10)

20 Geom. solid (3)

21 Attention getters (3)

22 Beyond tipsy (3)

23 From the top (6)

25 Be busy (3)

26 Like Jerusalem's Dome of the Rock (9)

28 "Sprechen ___ Deutsch?" (3)

29 Anticipate (4,2)

30 "No kidding!" (3,1,4)

31 Literary contraction (3)

33 Heed (7,2)

34 Peter, Paul and Mary: Abbr. (3)

35 Airport inits. (3)

36 Reputation ruiner (10,5)

38 Suffix with ball or bass (3)
- 40 Where Switz. is (3)

42 Baton wielder (7)

45 Hard to grasp (8,2,2,3)

49 Riddle-me-___ (3)

50 Show ___ (3)

52 Nautical direction (5)

53 Swindler, slangily (5)

55 Ace (7)

57 Certain plaintiff, at law (4)

58 Cheat, slangily (3)

59 Shostakovich's "Babi ___" Symphony (3)

60 Camel (4,2,3,6)
- Down
- 1 Anonymous (10)
- 2 60's sitcom/90's movie (6,3,6)
- 3 Gluttons (4)
- 5 Mil. authority (3)
- 6 Know-it-all (11)
- 7 Hearty first course (6,5,4)
- 8 Motorists' org. (3)
- 10 Los Angeles suburb (3,8)
- 12 Roman emperor after Galba (4)
- 13 Green light (5,2,8)

15 Free (10)

16 Big name in magazine publishing (4)

17 Barn topper (4)

24 Was hot (3,1,11)

27 Bunion's place (3)

31 Artsy one (7)

32 Kings' org. (3)

36 Actor Alastair (3)

37 Let fly (5)

39 Cultural org. (3)

41 Anger, with "up" (4)

43 Intro drawing class (4)

44 Anklebones (5)

46 Boggled down (2,1,3)

47 Nanki-___ of "The Mikado" (3)

48 Fool (5)

50 When repeated, a vitamin B deficiency (4)

51 Nukes (4)

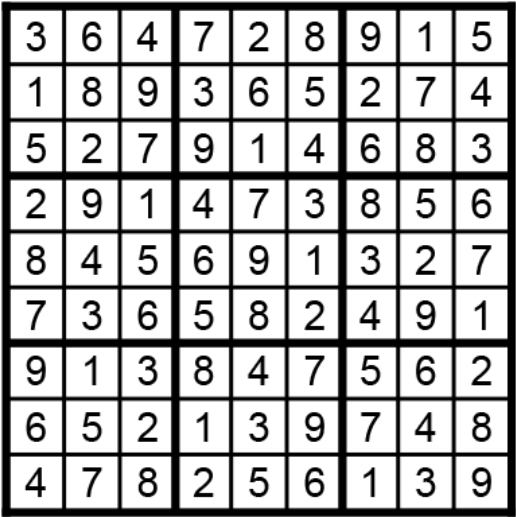
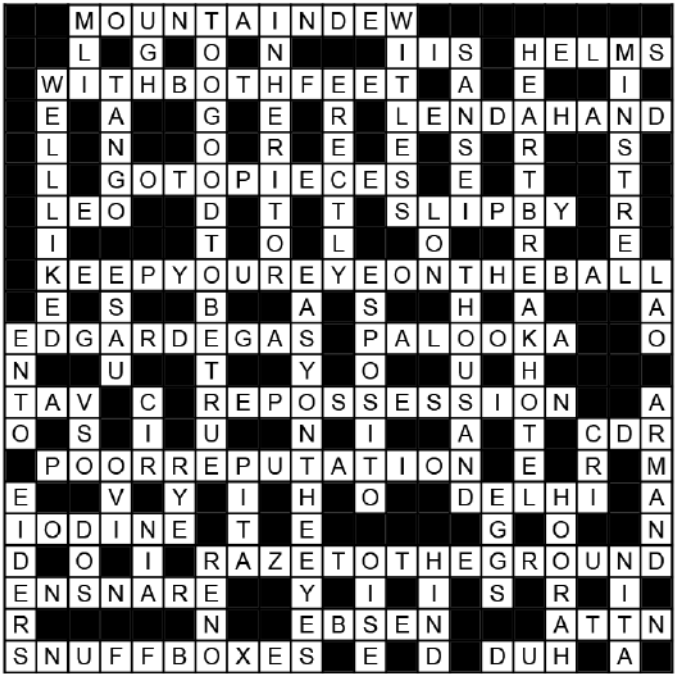
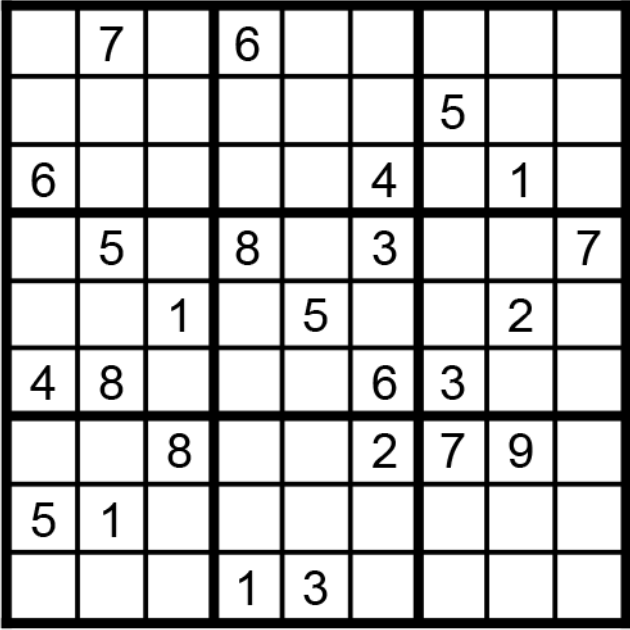
53 Clothing (4)

54 Charge (4)

56 Mont Blanc, e.g. (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: AUGUST 14 – AUGUST 20, 2019

For All Signs: The red planet, Mars, was known to the ancients as the symbol of the warrior. "He" represents that aspect of our human nature that protects our boundaries or takes fresh territory. Mars' position by sign in an individual's horoscope offers a symbol of the style he/she uses when initiative, courage and action is needed. A Mars-like personality could be described as adventurous, decisive, impatient or bellicose, depending upon the style which predominates. Michel Gauquelin, a French psychologist, who examined the horoscopes of 20,000 famous personalities, has demonstrated that Mars is prominent to a statistically significant

- Aries the Ram (March 21-April 20):** Circumstances around the workplace or daily routine are a big challenge right now. Someone in your usual environment is particularly irritating and has been for quite a while. This situation could push you over the edge of losing your temper and unfortunately, it is you who will suffer the consequences if you let that happen.
- Taurus the Bull (April 21-May 20):** You are on the brink of an experience that may generate anxiety. Even so, you are persistent in your intention to move forward. This is a rite of passage that you feel you must complete. If your body rebels and creates a challenge, step backward and wait until a better time. You are unlikely to give up entirely.
- Gemini the Twins (May 21-June 20):** Your mind is restless and easily bored this week, so find a variety of interesting things to read. You are feeling independent and you may want more alone time than is the norm. Sometimes we just need

- to see different surroundings. If you have these symptoms, try a brief weekend trip. Ground your energy in your body to avoid the jitters.
- Cancer the Crab (June 21-July 21):** The Full Moon in Aquarius on August 15 brings your attention to financial matters this week. You may be paid for a debt from an insurance company, your bank or another collective organization. Otherwise your path is smooth and free of wrinkles.
- Leo the Lion (July 22-August 22):** This is not a good time to seek praise or show your wares. Circumstances will turn against your hopes for no apparent reason. If you are in a situation of leadership, focus the group's attention on the positive traits and resources of members rather than yourself.
- Virgo the Virgin (August 23-September 22):** Mars, the warrior, enters your sign this week and will be traveling with you for seven weeks. This energy is especially helpful in defining our boundaries. Periodically we

- need to examine who we are and who we are not. Often something is eliminated. In general, it increases your courage and physical strength.
- Libra the Scales (September 23-October 22):** Issues that have been brewing for a while in relationship(s) are coming to a turning point. You and another may be vying for emotional control. This can be very subtle and create long term issues that occasionally explode to the surface. You know control is not satisfying. Look for ways to share equally.
- Scorpio the Scorpion (October 23-November 21):** This is a period in which nothing seems to go as it "should". Your planetary rulers are struggling. Take a deep breath and don't let yourself dive into the fray. Your energy will be wasted and your sense of frustration intense. Next week will look better and easier to manage.
- Sagittarius the Archer (November 22-December 21):** Your avatar planet, Jupiter, has

degree in the charts of scientists, physicians, military leaders and sports professionals. By contrast, this planet is buried in the background of horoscopes of artists and musicians. Renowned or not, we each have the need to protect our territory and it is built into our hardware. It is important to recognize the ubiquitous presence of this archetype in the psyche and give it a constructive place to operate such as watching or playing sports. If we pretend this drive doesn't exist, it can emerge personally as passive aggressive behavior and globally into unfathomable wars.

- no interference from the other planets as it journeys onward in its orbit. That suggests there are unlikely to be dramatic highs and lows during this period. Proceed with your normal routines of life and enjoy the flowers alongside the road.
- Capricorn the Goat (December 22-January 19):** Your journey this week includes a few bumps and bruises in romantic and social life. Issues related to shared resources may be the source of troubles. Shared resources include debts, loans, taxes, partnership agreements, insurance, or inheritance.
- Aquarius the Water Bearer (January 20-February 18):** The Full Moon is in your sign on

- August 15. In general, this increases activity between and among your friends and partners. Truth and secrets may be exposed. On a Full Moon the night is bright, and revelations are forthcoming because less is hidden by the shadows. Drive carefully. Your reflexes may be a bit off.
- Pisces the Fish (February 19-March 20):** Early in the week you may have a challenge concerning whether to believe information presented to you. Make a special effort to keep up with keys, tickets, and other small items. Your feelings are easily injured right now. Don't blow things out of proportion.

Are you interested in a personal horoscope? Vivian Carol may be reached at (704) 366-3777 for private psychotherapy or astrology appointments (fee required).





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THEATRE

SUBMITTED BY BELINDA MALONEY

In a magical underwater kingdom, the beautiful young mermaid, Ariel, longs to leave her ocean home and her fins behind and live in the world above. But first, she'll have to defy her father, make a deal with the evil sea witch, and convince the handsome prince that she's the girl whose enchanting voice he's been seeking.

Presented by Stage 1 Theatre, opening night will be Friday, August 16, and the show will run until Saturday, August 25. Tickets cannot be purchased online or by phone the day of a performance—they must be purchased at the box office starting one hour before the performance time. If you purchase tickets online, present your receipt at Will Call. Ticket prices are \$20 for adults and \$10 for ages 17 and under.

There is no reserved seating at this performance; choose your seats when you arrive.

The Little Mermaid Jr.
Friday, Aug 16 – Sunday, Aug 25
Friday/Saturday: 8 p.m.
Sunday: 2:30 p.m.
Newark Memorial High School Theatre
39375 Cedar Blvd., Newark
Tickets: \$10 -20

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Kim Hegg at khegg@mhcuc.org



Masonic Homes of California

Alameda County library opens its first innovation space

SUBMITTED BY ALICIA REYES

To prepare middle school and high school students with skills such as complex problem solving, critical thinking, and creativity, Alameda County Library has opened its first innovation space—Archimedes—in the Fremont Main Library. The library invites the public to the grand opening of this space on Friday, August 16.

Archimedes, funded by the Alameda County Library Foundation (ACLF), is equipped with 3D printers, vinyl cutters, sewing machines, soldering irons, and more. This summer, Kristin Berbawy, founder of Berbawy Makers, is teaching a series of classes in Archimedes that focus on creative problem-solving using computer-aided design technology, 3D design, and wearable electronics. The series builds toward two final weeklong classes when students get to work with local companies and nonprofit organizations to solve real-world challenges. Students will present their solutions to these community-defined projects at the Archimedes grand opening.

Archimedes Innovation Space Grand Opening
Friday, Aug 16
3 p.m. – 5 p.m.
Fremont Main Library
2400 Stevenson Blvd, Fremont
(510) 745-1400



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stuff the bus

SUBMITTED BY SHIRLEY SISK

Many families can't afford the back-to-school supplies that students need to start school. The list includes pencils, three-ring binders, notebook paper, school scissors, rulers, hand sanitizer, crayons, spiral notebooks, erasers, highlighters, glue sticks, colored pencils, pencil pouches, and more. The community can help the children get off to a good start in school by providing the much needed supplies. On Saturday, August 24, a Fremont Unified School District bus will be in front of Albrae Street's Walmart in Fremont. Come by and help "Stuff the Bus."

Kiwanis volunteers will be on-hand to accept the donations, and the public can receive a tax deductible receipt from the Kiwanis Club of Fremont Foundation, nonprofit arm of Kiwanis Fremont. You can also bring a check made out to Kiwanis Club of Fremont Foundation marked "Stuff the Bus" and a volunteer will go in the store and purchase for you. All donations will be turned over to the Fremont Unified School District for distribution. For more information about donating or volunteering, call Chip Koehler, president, at (650) 862-7901.

Back-to-School Supplies Donation Drive
Saturday, Aug 24
9:30 a.m. – 4:30 p.m.
Walmart
40580 Albrae St, Fremont
(650) 862-7901

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Home & Garden

Jump into the world of growing hops

By DANIEL O'DONNELL

Anecdotally, most harvested coffee beans are used to brew drip coffee or make sophisticated coffee drinks such as cappuccinos and macchiatos. However, on a smaller scale, coffee beans are used to flavor ice creams, BBQ rubs, brownies, and other foods. These alternative uses make it possible for non-coffee drinkers to enjoy a coffee bean's rich flavor much like non-beer drinkers to enjoy the flavorsome taste of hops when used to make something other than beer.

Hop plants are not vines but rather bines. Bines climb by spiraling around an object and using small bristles along the stem for support, but vines use tendrils to climb. The hop plant, *Humulus lupulus*, is closely related to *Cannabis sativa* or marijuana. A hop plant can grow two or more feet per week in the spring and can reach up to 25 feet tall before they produce hop cones that are typically referred to as hops.

Hops are primarily grown to add flavor and aroma to beer. However, hops can add the same flavors and aromas to homemade teas, sodas, candles, soaps, face moisturizers, and hand lotions. Hops can be used to flavor homemade sausages, pasta sauces,

soups, fried chicken batter, risotto, frittatas, and (like coffee) ice cream. Finely grated dried hops can be sprinkled over tomato bruschetta, pizza, grilled salmon, curly fries, and anything else seasoned. Different hop varieties have their own strong aromas and unique flavors, so it makes sense that home gardeners are starting to grow them not only for brewing beer but also for their culinary attributes.



Photo by Daniel O'Donnell



Photo courtesy of Matt Cummings

Hop plants can be grown for aesthetic reasons as well. They are deciduous and die back in the fall, making them ideal for

creating summer shade over a patio while maximizing sunlight in the winter. They have attractive green maple-shaped leaves; when in season, the plants have loads of bright green hop cones.

Growing a hop plant in a well-thought-out location is important because the plant will not gradually 'hop' through the garden: it will aggressively run. The fast-growing bines will need a trellis, pole, cable, or some other type of vertical structure to cling to. Hop bines can also be trained to run horizontally along wires attached to a fence or wall. The growing location will also need six or more hours of sunlight to produce a substantial crop. The soil should be rich in nutrients and drain well. Multiple plants should be spaced three feet apart.

Hop plants can be grown from seed or propagated by a

piece of a rhizome from a mother plant. Growing from seed is a slow process that begins with placing the seeds in a container with some moist sand and storing them in the refrigerator for three months. The seeds should then be planted indoors where the temperature remains above 70 degrees for two months. They can be transplanted outside in the spring if they germinate. A rhizome is grown by placing it in a four-inch hole in late winter or early spring. It can be laid horizontally or placed vertically in the hole if the buds are pointing upward.

Several bines will begin to appear from a single rhizome in late spring and quickly spiral upward. Hop plants prefer moist soil and are heavy feeders, so mulch and compost work well. If you use a liquid fertilizer, it should be organic and high in nitrogen and potassium. Flowers

will appear at different times throughout the summer depending on the variety, followed by hop cones that will be ready for harvesting in late summer.

Hops are ready to be harvested when the tips begin to yellow. Hops feel light and soft and if gently squeezed, bounce back to form. The cones may not ripen at the same pace. Handpicking will ensure that hops are harvested when ready. However, most hop bines grow to well over 10 feet tall, and handpicking is not an option. In this case, cut the bines a few feet above the ground and pull them down to the ground when most hops look like they are ready for harvesting. Dry the hops for five days in a cool location and store in a sealed bag in the refrigerator for immediate use or the freezer for longer storage.

Varieties of hops are available at local home brewing supply stores and nurseries or online. Fruity, citrus, herbal, floral, spicy, earthy, and pine are the seven general classifications hop flavors and aromas fall into, and which determine what variety a person might want to grow. Whether hops will be used for brewing beer or for flavoring food – like a cup of coffee that is good to the last drop, your beer or food will be good to the last hop.

Daniel O'Donnell is the co-owner and operator of an organic landscape design/build company in Fremont. www.Chrysalis-Gardens.com



Photo courtesy of Matt Lavin

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CCCMA is pleased to welcome our new associate, Mary Borses, M.D.

Dr. Borses is a Board Certified Cardiologist and Fellow of the American College of Cardiologists. With over twenty years of experience, Dr. Borses will complement CCCMA's dedication to compassionate, comprehensive and quality medical care for our patients. Her motto, "Treat all patients like family" is indicative of her goal: to optimize the medical and emotional well-being of everyone under her care. For Dr. Borses, patient care extends to prevention as well as existing conditions with the highest level of compassion and respect for all. She personally attends to her patients at Washington Hospital.

Although new to our area, Dr. Borses is a native Californian with impeccable credentials including undergraduate studies at U.C. Davis, a medical degree from Uniformed Services University in Maryland, an Internal Medicine residency in Honolulu and Cardiology Fellowship at Ft. Sam Houston. She served as Chief of Medicine at Ft. Eustis, Virginia and Chief of Cardiology at Ft. Hood, Texas. Dr. Borses is thrilled to return to California and begin her practice with CCCMA.

Dr. Borses can advise patients with symptoms of chest pain, shortness of breath, palpitations, dizziness, fainting, fluid retention, fatigue and



stroke. She has extensive experience in evaluation and management of coronary artery disease, atrial fibrillation, congestive heart failure, cardiomyopathy, valvular heart disease, hypertension, high cholesterol and pacemakers. Since many services are available within our facility, CCCMA care results in prompt assessment and management.

To schedule an appointment with Dr. Borses at the Fremont office, please call 510-792-2012.

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Highest \$: 1,080,000		Median \$: 746,000					
Lowest \$: 540,000		Average \$: 774,750					
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
19355 Brusk Court	94546	540000	3	1020	1951	6/28/19	
21268 Tyee Street	94546	615000	3	1249	1947	7/2/19	
19976 Lorena Circle	94546	670000	2	1276	1996	7/1/19	
21925 Vernetti Way	94546	677000	0	1242	1959	6/28/19	
3901 Forest Circle	94546	680000	2	1239	2009	6/25/19	
4268 Omega Avenue	94546	700000	2	1240	1947	6/25/19	
2248 Lessley Avenue	94546	730000	3	1379	1948	7/2/19	
20395 Summerpark Pl	94552	732000	2	1282	1998	6/28/19	
3246 Somerset Avenue	94546	760000	3	1230	1956	6/25/19	
4407 Gem Avenue	94546	770000	3	1312	1950	6/25/19	
20073 Diamond Court	94546	808000	3	1276	1949	6/25/19	
4757 Rollinghills Way	94546	830000	3	1176	1959	6/28/19	
18833 California Street	94546	882000	2	1484	1958	6/28/19	
4772 Malabar Avenue	94546	920000	5	2279	1957	7/2/19	
18640 Sandy Road	94546	1002000	3	1675	1949	6/26/19	
18543 Mountain Lane	94552	1080000	3	2376	1967	7/1/19	

FREMONT TOTAL SALES: 58							
Highest \$: 3,060,000		Median \$: 997,500					
Lowest \$: 108,500		Average \$: 1,070,379					
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
4808 Central Avenue	94536	108500	3	1079	1953	6/25/19	
3575 Buttonwood Terr #205	94536	454500	2	1083	1985	6/28/19	
3416 Deerwood Terr #111	94536	535000	2	1125		06/28/19	
3883 Milton Terrace	94555	563000	2	985	1986	6/26/19	
38623 Cherry Ln #161	94536	565000	2	929	1974	6/26/19	
39951 Fremont Blvd #11	94538	610000	2	1146	1987	6/28/19	
4096 Murray Common	94538	650000	2	1189	1979	6/26/19	
4071 Grama Terrace	94536	685000	3	1126	1972	6/28/19	
4303 Sacramento Ave #228	94538	731000	2	1552	1974	6/28/19	
34528 Northstar Terr	94555	750000	2	950	1989	6/28/19	
3814 Clough Avenue	94538	750000	3	1184	1946	6/28/19	
37465 Rockwood Dr	94536	768000	3	1673	1955	7/2/19	
4060 Handel Common	94536	776000	3	1357	1979	6/28/19	
4219 Tiburon Drive	94555	777000	2	1296	1985	7/1/19	
5034 Curtis Street	94538	810000	3	1158	1960	6/28/19	
4525 San Juan Avenue	94536	830000	3	1523	1954	6/26/19	
3625 Monmouth Place	94538	830000	3	1000	1958	6/27/19	
37803 Los Arboles Dr	94536	851000	2	1230	1971	6/28/19	
5453 Wallace Place	94538	860000	3	1232	1966	6/26/19	
5084 Hilo Street	94538	865000	3	1078	1962	6/26/19	
38780 Farwell Drive	94536	880000	3	1325	1964	6/25/19	
39074 Donner Way	94538	889000	3	996	1959	6/28/19	
4553 Bianca Drive	94536	900000	3	1148	1957	6/25/19	
4836 Driftwood Drive	94536	905000	3	1119	1954	7/1/19	
4463 Hyde Comm #209	94538	910000	3	1540	2009	6/28/19	
3767 Franklin Avenue	94538	936000	3	1151	1958	6/26/19	
1952 Briscoe Terrace	94539	960000	2	1392	1972	7/2/19	
37772 Los Arboles Dr	94536	971000	4	1583	1971	7/1/19	
5735 Antone Road	94538	980000	4	1324	1964	6/25/19	
4125 Delaware Drive	94538	1015000	3	1104	1955	6/28/19	
38840 Blacow Road	94536	1040000	3	1515	1966	6/27/19	
48357 Sawleaf Street	94539	1050000	3	1510	1963	6/28/19	
40307 Linaria Circle	94538	1070000	4	1422	1995	6/26/19	
4831 Touchstone Terr	94555	1085000	3	1688	1986	6/28/19	
4217 Nerissa Circle	94555	1090000	2	1241	1981	6/25/19	
20 Montalban Drive	94536	1120000	3	1706	1984	6/28/19	
41720 Higgins Way	94539	1125000	4	1672	1960	6/28/19	
542 Palo Verde Comms	94539	1135000	3	1519	2008	6/28/19	
3100 Seymour Place	94555	1159500	0	1474	1976	6/26/19	
42914 Everglades Park Dr	94538	1160000	4	1736	1962	7/1/19	
4214 Deep Creek Rd	94555	1175000	0	1494	1979	7/2/19	
4373 La Cosa Avenue	94536	1188000	4	1740	1962	6/28/19	
1050 Durillo Court	94539	1200000	3	1342	1965	6/28/19	
5124 Keystone Drive	94536	1200000	3	1332	1954	7/2/19	
36098 Plumeria Way	94536	1230000	3	2818	1969	6/28/19	
43544 Ocaso Corte	94539	1240000	3	2058	1979	6/26/19	
34765 Gladstone Pl	94555	1275000	4	1625	1971	6/26/19	
35476 Tampico Road	94536	1280000	3	1790	1995	6/26/19	
4774 Norris Road	94536	1358000	3	1915	1952	6/26/19	
35925 Nicolet Court	94536	1360000	5	2326	1965	6/27/19	
4253 Canfield Drive	94536	1370000	3	2174	1966	6/26/19	
43319 Gallegos Ave	94539	1442000	5	2127	1955	6/28/19	
283 Fernald Court	94539	1550000	4	1280	1960	6/28/19	
4550 Norris Road	94536	1680000	5	2643	1959	6/27/19	
45500 Cherokee Lane	94539	1705000	4	2003	1975	6/26/19	
276 Guadalupe Terrace	94539	2250000	0	2922	1977	6/27/19	
591 Upper Vintners Cir	94539	2369500	5	2767	1997	6/26/19	
3060 Woodside Terr	94539	3060000	5	4210	1997	6/25/19	

HAYWARD TOTAL SALES: 43							
Highest \$: 1,827,500		Median \$: 670,000					
Lowest \$: 370,000		Average \$: 691,267					
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
22591 Nevada Road	94541	370000	3	1480	1924	6/26/19	
945 Fletcher Lane #211	94544	410000	2	946	1986	6/28/19	
18144 Robscott Avenue	94541	415000	3	1051	1951	6/27/19	
32546 Dearborn Street	94544	457500	3	1031	1951	6/28/19	
440 Medford Avenue	94541	482500	3	1161	1941	7/1/19	
340 Apricot Circle	94541	483000	5	1835	2015	7/2/19	
21178 Locust Street	94541	500000	3	950	1949	6/28/19	
23824 Stonewall Avenue	94541	510000	3	1150	1956	6/28/19	
24132 Clarendale Street	94544	540000	2	1078	1946	6/26/19	
996 Silverado Court	94541	560000	3	1314	1973	6/25/19	
25490 Franklin Avenue	94544	560000	3	951	1950	6/26/19	
22840 Evanswood Road	94541	570000	2	1170	2004	6/27/19	
26147 Underwood Ave	94544	570000	3	1059	1952	6/28/19	
175 Dogwood Court	94544	587500	3	1457	1973	7/1/19	
2198 Oak Creek Place	94541	590000	2	1375	1972	7/1/19	
2067 Duval Lane	94545	610000	4	1119	1956	6/28/19	
24611 2nd Street	94541	620000	3	1283	1954	6/25/19	
614 Blue Jay Drive	94544	622000	3	1610	1978	6/25/19	
28239 East 11th Street	94544	625000	2	1049	1959	6/28/19	

900 Old Oak Lane #4	94541	630000	3	1303	2011	6/28/19	
962 Sueiro Street	94541	640000	3	1040	1950	6/27/19	
25645 Lander Avenue	94544	670000	3	1067	1951	6/27/19	
24659 Tioga Road	94544	670000	4	1314	1952	6/27/19	
28091 Ormond Avenue	94544	675000	4	1480	1954	6/28/19	
24679 Pontiac Street	94544	680000	3	1793	1950	6/26/19	
32129 Seneca Street	94544	709000	4	1804	1951	6/26/19	
1134 Inglewood Street	94544	719000	3	1458	1953	6/27/19	
26848 Eldridge Avenue	94544	720000	3	1779	1955	6/27/19	
32388 Payne Street	94544	747000	4	1763	1951	6/28/19	
583 Minerva Street	94544	750000	5	1722	1956	6/27/19	
2759 East Avenue	94541	750000	3	1572	1920	7/2/19	
962 Saint Bede Lane	94544	790000	5	1791	1958	7/2/19	
25665 West Camino Vista	94541	800000	3	1418	1979	6/28/19	
135 Arundel Drive	94542	800000	5	4957	2011	7/1/19	
27432 Green Hazel Road	94544	802500	4	2127	2000	7/2/19	
26967 Lauderdale Ave	94545	805000	3	1771	1957	6/26/19	
20997 Birch Street	94541	810000	4	1722	1925	6/28/19	
3460 Skyline Drive	94542	812000	0	2276	1979	6/28/19	
2116 Jubilee Drive	94541	835000	3	1922	2017	6/27/19	
1623 E Street	94541	850000	4	1834	1951	6/27/19	
3118 Jamie Way	94541	860000	4	1694	1988	6/28/19	
357 Drummond Drive	94542	1290000	5	3799	2010	7/1/19	
381 Shepherd Avenue	94544	1827500	3	1025	1959	6/28/19	

MILPITAS TOTAL SALES: 7							
Highest \$: 1,325,000		Median \$: 1,017,500					
Lowest \$: 611,000		Average \$: 1,049,786					
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
237 North Temple Dr	95035	611000	2	976	1970	7/2/19	
1878 Trento Loop	95035	995000	3	1709	2016	7/3/19	
1413 Coyote Creek Way	95035	1010000	3	1668	2013	7/1/19	
341 Spring Valley Lane	95035	1017500	4	1186	1971	7/1/19	
197 Falcato Drive	95035	1085000	3	1312	1978	7/1/19	
1208 Stellar Way	95035	1305000	4	2160	1969	7/1/19	
1576 Stemel Way	95035	1325000	4	2097	1978	7/2/19	

NEWARK		TOTAL SALES: 12					
Highest \$: 1,180,000		Median \$: 861,000					
Lowest \$: 610,000		Average \$: 893,500					
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
6228 Joaquin Murieta Ave #D	94560	610000	3	1219	1981	6/25/19	
6366 Buena Vista Dr #B	94560	655000	2	1301		06/27/19	
5923 Mayhews Landing Rd	94560	720000	3	980	1955	6/26/19	
39850 Sawyer Terrace	94560	830000	2	1486	2016	6/28/19	
6226 Noel Avenue	94560	840000	3	1473	1953	7/1/19	
35442 Breton Drive	94560	845000	3	1320	1960	7/1/19	
36369 Indian Wells Dr	94560	877000	3	1196	1965	6/27/19	
5164 Ipswich Court	94560	950000	3	1254	1972	6/28/19	
35110 Rugby Place	94560	990000	4	1697	1969	7/2/19	
8557 Peachtree Avenue	94560	1075000	3	1856	1994	6/28/19	
35719 Scarborough Dr	94560	1150000	3	1672	1971	7/1/19	
5388 Chapman Drive	94560	1180000	3	1829	1963	6/25/19	

Glorious Gazanias



BY PAT KITE

I have just purchased 34 Gazania seedlings. Why? I am trying to use them as a drought resistant, weed diminisher, and ground cover. For the money I have dribbled into this front area, I could have covered the whole thing with rocks. But as a flower lover, environmental pecan, I persist. Gazanias, sometimes known as Treasure Flowers or African daisies, were probably named after Theodorus of Gaza, a Greek scholar. Translated from Greek, the word “gaza” means “riches” or “treasure.” Once upon a time, these South African natives were called, in Afrikaans, “botterblom.”

In theory there are about 30 species of this daisy-like flower. Mostly we see G. rigens/splendens, a hybrid. Colors include yellow, white, salmon, bronze, red, pink, and orange. Some have black centers or even stripes. Leaves are

medium green or grey.

Gazanias demand a sunny spot. I have tried them in partial shade, and they look sad and eventually sag away. Also, they are daylight bloomers; at night and on cloudy days, the flowers temporarily fold up and wait. Plants are short, usually to about six inches, so they are front row or parking strip advocates. They will expand slowly, and you can also multiply them by division or cuttings. Not being adept at that, I purchase six or eight pony packs for about \$4.99 each.

When researching, you may find Gazanias labeled either annual or perennial. Like much internet blather, this doesn't apply to us. Gazanias are annual in cold climates. They are perennial in warmer areas. They like it dry and hot; dry means you can put them in the ground, give them enough water to get roots started, and then pretty much sneer at drought. This plant comes from the rocky cliffs and grassy hills of

South African mountains. It is accustomed to harsh, dry climates. Overwatering makes the plants rot.

If you want birds in your garden, Gazania are happy to oblige. Flowering can occur much of the year. According to Sunset Magazine, there is a “Moonglow” variety that will stay open even on cloudy days. I shall

try to find this, just for sport.

Some folks-like-a-story for this column: In 1883, a South African botanist wrote about a felt-like covering of downy hairs on the lower side of Gazania leaves. Native Zulu women scraped this off with a thumbnail. Eventually a goodly amount was collected. This wooly material was then twisted, soaked in fat,

Pat Kite’s Garden



PAT KITE

L. Patricia [Pat] Kite’s several garden books include *KISS Guide to Gardening*, *Gardening Wizardry for Kids*, *Raccoons*, *Ladybug Facts and Folklore and Silkworms*. They may be found at [Amazon.com](#) and [Alibris.com](#).

and attached to a string. After a while there was enough for a body fringe. Native Zulu young women tied the fringe around their waists as a fashion decoration.

If you try this, let me know. I will be out there buying more Gazanias. I found an empty space and an empty space is a happy space for gardeners.

Zucchini Festival



BY ROELLE BALAN
PHOTOS BY THOMAS HSU AND
JULIE GRABOWSKI

A produce item that merits its own festival must be significant—and it’s true that the zucchini and its festival hold an important place in Hayward culture. Besides delicious zucchini bread and muffins, people come out on a summer day for fun, relaxation, and music. This year marks the 37th annual “Hayward Zucchini Festival,” which will be held on August 17 and 18 from 10 a.m. - 8 p.m. at Southland Mall behind Macy’s.

“Once they go, they bring their families every year because they like it. And, of course, the kids grow up and bring their families,” said Richard Essi, general manager of the Hayward Zucchini Festival. “It’s a Hayward tradition.”

The idea for the festival came up during a casual and humorous conversation in 1982. Hayward was suffering from a bad economy and Mayor Alex Giuliani wanted to help non-profit organizations. Giuliani hosted a barbecue one night with several council members in attendance. Guiliani’s wife asked what she should do for vegetables

and he said to just make what they had in their garden—which happened to be zucchinis. A council member suggested they hold a zucchini festival and they all laughed.

Choosing the zucchini as the main theme of the festival was destiny. Essi said council members strolled around the city and found everyone was growing zucchini in the community garden.

The primary purpose of the festival is to raise money for local non-profit organizations.

Essi said participating organizations receive festival proceeds when their members volunteer at the festival. This year’s volunteers will be from the South Hayward Lions Club, Castro Valley Lions Club, Golden Wave 103, Scholarships Incorporated, Leo’s 4C3, South Bay Amateur Radio Group, and Boy Scouts Troop 819.

The festival proudly celebrates its honored vegetable; every food booth is required to sell a dish with zucchini in it. Zucchini souvenirs are also sold at the festival. The most popular food item sold is zucchini bread. “We usually sell from 1,500 to 2,000 loaves of bread each year,” Essi said. The Pentecostals of Hayward have cornered the market on bread sales



but festival goers can also enjoy wine, wine margaritas, and wine coolers along with a variety of microbrew beers.

Live music and entertainment will greet attendees on both festival days. Artists booked so far include Charlie Brechtel Band, West Bay Rhythm, Patron, Run For Cover, and Echo Through The Garden Wall. Another attraction loved by many festivalgoers is Kid’s Town. This area is for children 4-12 years old with rides and games. Essi noted that the Zucchini Festival Kid’s Town has been recognized several times as the Best Kid’s Town in the Bay Area.

Essi serves as a judge of the zucchini growing contest, which includes three categories—most unusual shape, heaviest, and best color variation. A separate zucchini hybrid contest uses the same three categories. (A zucchini hybrid is a cross between pumpkin and zucchini.)

When Savory Magazine called him the “Foremost Zucchini Expert in the United States”, Essi chuckled saying, “I thought that was the greatest title ever bestowed upon me. It comes from my family history, because my people grew grey squash in Lebanon, and brought it to this country.”

Although the Gilroy Garlic Festival tragedy is fresh in people’s minds, Essi said there is a security plan in place to ensure everyone’s safety. Tickets are \$10; \$5 for seniors (55+), juniors (5-12), and disabled people. Kids under 5 get in free. Parking is available nearby.

Zucchini festival
Saturday, Aug 17 – Sunday, Aug 18
10 a.m. – 8 p.m.
Southland Mall (behind Macy’s)
One Southland Mall Dr., Hayward
(510) 604-9466
[www.zucchinifest.org](#)

Brask Concerts: Dan & Laurel

SUBMITTED BY WAYNE & SUE BRASK

Meeting via a chance YouTube sighting and fueled by rare musical chemistry,

eclectic Roots-Folk songwriters Dan Frechette, guitar/vocals, and Laurel Thomsen, violin/vocals, prove that musical magic is not only possible, but as described

by The Monterey Herald, “a match made in heaven.” Lyrically refreshing and musically diverse, over the past three years this Canadian-American duo has toured extensively throughout the U.S. and Canada, releasing two albums of their diverse and uplifting original material. Dan & Laurel take to the stage with exuberance, and as a concert reviewer in Tappen, British Columbia wrote, with “their energy, winsome personalities, and toe tapping rhythms, keep audiences engaged with every song.”

Since the duo played their first concert together in early 2013, they have performed close to 300 concerts ranging from house shows to festivals and theaters. Highlights have included a twelve date Home Routes tour of northern British Columbia, opening for The Wailin’ Jennys at a sold-out theater in Grass Valley, the definitive Russ & Julie’s House Concert in Los Angeles, the Eastern Manitoba

Concert Association (EMCA) series, and official showcases at the FAR-West Conference in 2014.

With broad influences ranging from Folk, Classical, Old Time and Celtic, to Gospel, Jazz, Vintage Country, Rock N’ Roll, Blues and Bluegrass, Dan and Laurel flow seamlessly through genres, tempos, stories, and moods, embodying each style with virtuosic command and keeping music fans on the edge of their seats. The enjoyment is palpable.

Brask House Concerts: Dan & Laurel
Saturday, Aug 17
7 p.m.
Mission Coffee Roasting Company
151 Washington Blvd., Fremont
(510) 623-6920
[www.braskhouseconcerts.com](#)



Arts and Crafts in Shinn Park



SUBMITTED BY ARATHI SATISH

The highly awaited 17th annual Arts & Crafts in Shinn Park will be held on Sunday, August 18. This event is sponsored by the Fremont Cultural Arts Council, Mission Peak Heritage Foundation, The Fremont Art Association, Alameda County Arts Commission, Boy Scout Troop 447 and Jack in the Box. As Al Minard, organizer of this entire event pointed out, “Our Arts and Crafts event in Shinn Park focuses your attention on some of our more talented and creative artists here in the local area—and this is such a beautiful and peaceful park near the center of Fremont.”

Local artists and historic craftspeople will display, demonstrate and sell their work. Guests can view an amazing collection of fine arts and crafts in various categories such as painting, photography, sculptures, ceramics, textiles and many other historic crafts. Many items available

for sale are not only beautiful but very useful too. Artists will also demonstrate their work as part of the “art in action” segment of the event.

Music for Minors will teach how to make instruments from simple materials and how to make music on them. The Garden Club will have succulent rings and other garden-related items. Local youth can participate in the Passport to Adventure program, as Shinn House is one of the nine local sites. To learn more about the program, see the Museum of Local History – Passport to Adventure page [https://museumoflocalhistory.org/passport-to-adventure/].

STEAM (Science, Technology, Engineering, Arts and Mathematics) projects have steadily gained popularity over the last few years, and will featured at this year’s event. Al Minard said, “We are fortunate to have Fremont Cultural Arts Council working with talented volunteers to operate several STEAM booths. This has been a big hit in the past and I am sure that it will be again this year... The young people get very creative with their STEAM projects.”

Grace Karr, STEAM/Maker Director added, “FCAC’s STEAM/Maker program was started four years ago when Fremont’s potential as a Maker Education hub was recognized. The program provided activities that inspire people of all ages to imagine and design art projects that simultaneously help them to learn new concepts about the world. FCAC has brought these activities to a wide variety of values such as Fremont Festival of the Arts, Ohlone Makers, and the Town Fair Plaza Maker Space.”

This year’s STEAM activities are being sponsored by Niles Rotary. The goal is to encourage everyone to learn about the world around them by engaging in



hands-on projects with a scientific basis. Participants will not only take part but can take their creations home free of charge. Karr listed a number of new projects that have been planned for this year, including Bay Area earthquake faults art activity, educating children about climate change, designing electronic greeting cards, bridge building, origami, making silly putty, and more. Everyone from ages 4 to 99 can enjoy fun, free activities while learning STEAM concepts.

Soft drinks and food will be available from noon onwards. Costumed, docent-led house tours provided by Mission Peak Heritage Foundation will begin at noon, with the last tour starting at 3:30 p.m. There is a \$5 charge for touring the house for adults, a \$2.50 charge for children 5-12, and no charge for children under 5. Music for Minors II and East Bay

Traditional Jazzinators will also be performing.

Shinn Park is known to be beautiful during this time of the year, and visitors are encouraged to bring their cameras. Al Minard will dress up as Abraham Lincoln and pose for pictures. The artists and crafters are all local to this area so proceeds from sale of their merchandise will be reinvested in our community. Profits from this event will be used for historical preservation and restoration by Mission Peak Heritage Foundation.

Arts and Crafts in Shinn Park
Sunday, Aug 18
10 a.m. - 4 p.m.
Shinn Park
1251 Peralta Blvd (near Mowry Ave),
Fremont
(510) 552-4839
Alminard@comcast.net

Nissan Leaf Plus: EV pioneer is competitive again



BY STEVE SCHAEFER

The Nissan Leaf is a true pioneer – the car that brought all-electric vehicles mainstream when it was introduced in 2010 as an ’11 model. It’s the best-selling EV ever (for now), with nearly 400,000 sold worldwide (130,000 + in the U.S.).

However, as competitors appeared, the venerable Leaf showed its largest flaw – lack of range. The 2018 model partially remedied that with a larger 40-kWh lithium-ion battery that pushed range up to 150 miles, but it wasn’t until the Nissan Leaf Plus arrived that Chevrolet, Hyundai, Kia, Tesla and other EVs got real competition.

The Leaf Plus boasts a new 62-kWh battery, with up to 226 miles of range in the base S Plus model. Its larger 160-kW motor produces 214 horsepower and 250 lb.-ft. of torque – a 45 percent improvement – and good

for 50-75 mph sprint that’s nearly 13 percent faster.

The new higher-density battery is virtually the same size as the older, less powerful one, so passenger and cargo capacity are unaffected. You can carry 23.6 cubic feet of stuff with ease.

Two features stand out in the new models. One is Pro-Pilot, which combines intelligent cruise control with a lane-positioning feature. While not actual autonomy, it does make long trips easier and is a starting point for the true autonomous cars of the future.

The other exciting tech feature is e-Pedal. It provides regenerative braking to not only charge the battery but also to slow down, just by lifting your foot off the accelerator. The Leaf can slow down to almost a complete stop with just one pedal. Once you get used to this, you’ll never go back.

The Leaf Plus comes in three levels: S, SV, and SL. All are

mechanically the same, and with each trim level the feature list grows longer as the price rises.

The S model gets slightly better range – 226 miles vs. 216 – likely due to lower weight. The SV Plus adds 17-inch alloy wheels, fog lights, heated steering wheel, NissanConnect with Navigation and smart-phone connections (Apple CarPlay and Android Auto), upgraded audio, and intelligent cruise control.

The SL brings in LED headlights and daytime running lights, heated outside mirrors with integrated turn signals, leather-appointed seats, an 8-way power driver’s seat, and Bose premium seven-speaker audio. You also get a host of the worthwhile safety features, including blind spot warning, rear cross traffic alert, intelligent around view monitor, and more.

The new Leaf, introduced as an ’18 model, gave the car a thorough style update inside and

out while retaining the basic structure. You can see carryover pieces in the unique windshield pillars and interior door panels, but the front and rear body sections and the rest of the interior are brought stunningly up-to-date. The new dash, part of the “gliding wing” design language, offers a larger 8-inch center screen with all the easy-to-use features of a smart phone.

The first-gen Leaf’s styling was meant to stand out, but today’s car is a bit more angular and wears the corporate V-Motion grille, with blue 3 D mesh (blue means “clean” in car design language, not green). The taillamps are now horizontal, creating a harder edge than the softly integrated ones in gen one. The odd headlamps are swapped for more conventional units.

My test car, an SL Plus, wore the optional white and black two-tone paint (\$695). Kick plates (\$130) were the only other optional. The sticker, with shipping, came to \$44,270. With its success, the Leaf no longer qualifies for the full \$7,500 Federal tax break, but hopefully legislation will extend that program. Base S Plus models start at \$37,445, including shipping while the base Leaf S starts at just \$29,990 plus shipping.

You may ask why Nissan didn’t just replace the 40 kWh-battery, 150-mile-range standard Leaf with the new one. The answer is contained in the above paragraph; 150 miles is plenty of range for most people, so the standard Leaf offers a significantly less expensive EV choice than the other EVs – by thousands of dollars. With

Auto Review



Over the past 25 years, Steve Schaefer has tested more than 1,200 cars and published a weekly story on every one. As a teenager, he visited car dealers’ back lots to catch a glimpse of the new models as they first rolled off the transporter. He is a founding member of the Western Automotive Journalists.

Contact Steve at
sdsauto53@gmail.com
My blog for alternative
vehicles: stevegoesgreen.com

remaining tax breaks and rebates, Leaf can become a very affordable way to go electric.

The new Leaf feels smooth and powerful. Its seats are more comfortable than the ones in the Bolt EV. Quality is high, offering a near-luxury ambience found in cars like the Jaguar i-Pace. I was surprised that my top-level Leaf Plus didn’t have a telescoping steering wheel, but otherwise it felt loaded.

However, things are changing fast in the world of electric transportation. With Leaf Plus, Nissan is keeping up with the competitors but not surpassing them. It’ll be interesting to see what the pioneer brings out for its next act – an EV crossover, perhaps?



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Make Space for Reading the Newspaper Every Day!

Read the newspaper for a few minutes every day and you will be on your way to success in school and life! *Kid Scoop* is fun to read once a week, but what can you do on the other days of the week?

This week, use *Kid Scoop* all week long. We have created a fun newspaper reading game for each day of the week!

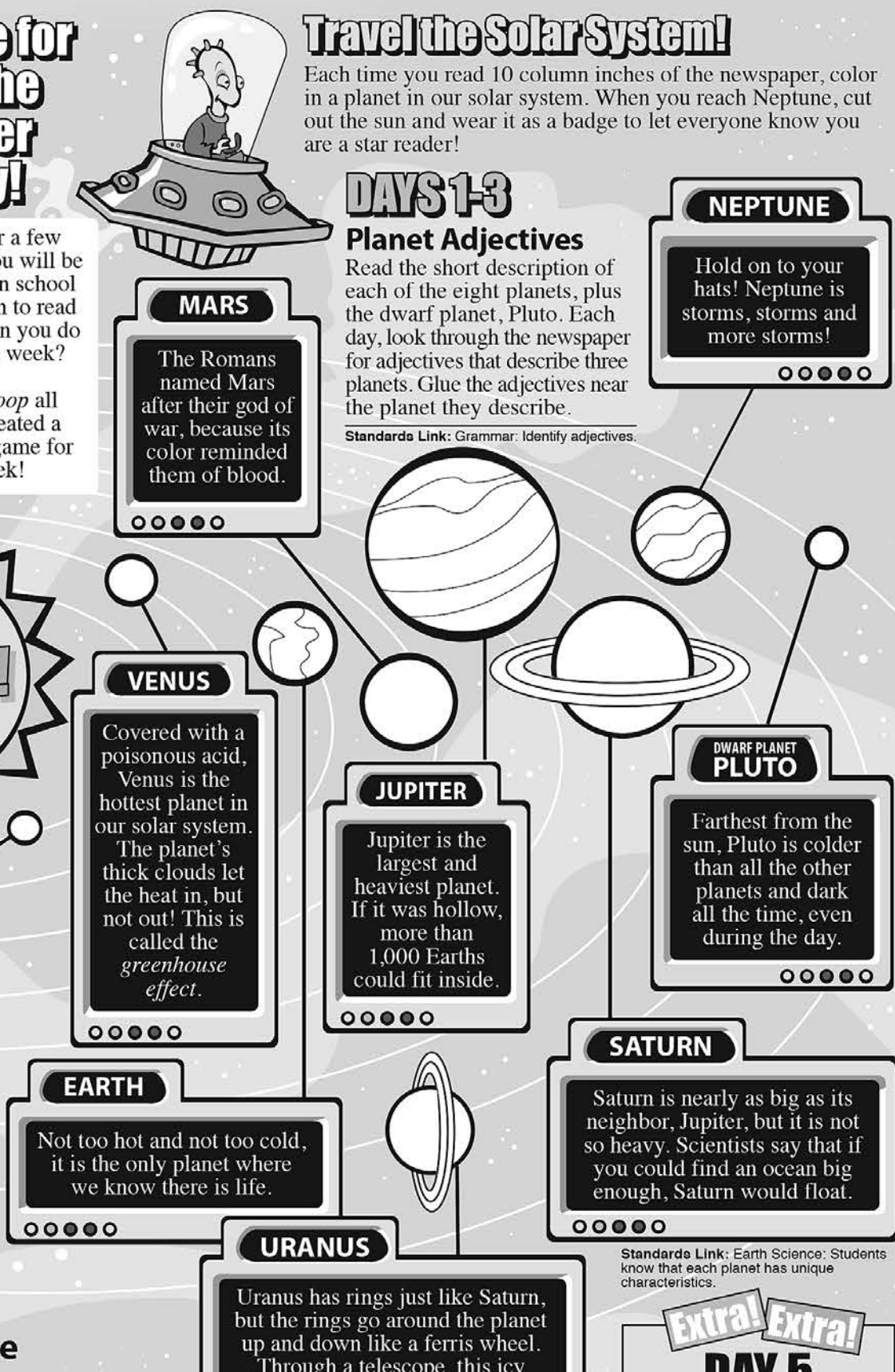
Travel the Solar System!

Each time you read 10 column inches of the newspaper, color in a planet in our solar system. When you reach Neptune, cut out the sun and wear it as a badge to let everyone know you are a star reader!

DAYS 1-3 Planet Adjectives

Read the short description of each of the eight planets, plus the dwarf planet, Pluto. Each day, look through the newspaper for adjectives that describe three planets. Glue the adjectives near the planet they describe.

Standards Link: Grammar: Identify adjectives.



MARS

The Romans named Mars after their god of war, because its color reminded them of blood.

VENUS

Covered with a poisonous acid, Venus is the hottest planet in our solar system. The planet's thick clouds let the heat in, but not out! This is called the *greenhouse effect*.

JUPITER

Jupiter is the largest and heaviest planet. If it was hollow, more than 1,000 Earths could fit inside.

NEPTUNE

Hold on to your hats! Neptune is storms, storms and more storms!

MERCURY

Closest to the sun, Mercury's days are a whopping 800° F and at night the temperature drops to 300° F BELOW zero!

EARTH

Not too hot and not too cold, it is the only planet where we know there is life.

URANUS

Uranus has rings just like Saturn, but the rings go around the planet up and down like a ferris wheel. Through a telescope, this icy planet looks greenish-blue.

SATURN

Saturn is nearly as big as its neighbor, Jupiter, but it is not so heavy. Scientists say that if you could find an ocean big enough, Saturn would float.

DWARF PLANET PLUTO

Farthest from the sun, Pluto is colder than all the other planets and dark all the time, even during the day.

DAY 4

How heavy is the asteroid?

Asteroids are space rocks that orbit the sun between Mars and Jupiter. They come in all shapes and sizes.

Look through the newspaper for a number to put into each of the boxes on the asteroids. Do the math and find out what each asteroid weighs!

$12 + \square = \square$ tons

$22 - \square = \square$ tons

$\square + 9 = \square$ tons

Standards Link: Number Sense: Compute sums and differences.

DAY 5

Extra! Extra!

Pretend you are sending a package into space that, if life exists on other planets, will tell about life on Earth. Look through today's newspaper to find pictures and articles that you would put into your package. Tell why you selected each one.

Standards Link: Earth Science: Students know that Earth has distinct characteristics.

Kid Scoop Puzzler

DAY 6 Satellite Story

The moon is a satellite. A satellite is a smaller object that orbits around a larger one. Some satellites, like moons, are natural. Others are man-made. People have launched man-made satellites into orbit around the Earth to take pictures of clouds and land forms, and to study space.

Natural or Man-Made?

Look through the newspaper and find five things that are natural. Then find five things that are man-made.

Standards Link: Earth Science: Students know that the Moon orbits the Earth; some objects moving in the sky are natural and some are man-made.

Double Double Word Search

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

PLANETS

JUPITER

PLUTO

MERCURY

URANUS

SATELLITE

VENUS

EARTH

MARS

SATURN

NEPTUNE

SPACE

ORBIT

STAR

R I O Y R U C R E M

N R U T A S D T O S

N H G R U S I E R T

U T R S E L C N B E

O R R V L T P U I N

U A A E D T I T T A

M E T N E C A P S L

T A S U U H E E U P

S M O S O S N N S J

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

FROM THE Kid Scoop LESSON LIBRARY

DAY 7

Find words in the newspaper that begin with the first letter of each of the eight planets in our solar system. Use the words to write a sentence that will help you remember the order of the planets. (For example: My Very Eager Mother Just Served Us Nachos.)

Standards Link: Vocabulary: Recognize beginning sounds.

How do robots shave?

ANSWER: With a laser blade.

Kid Scoop Together Book Scoop

Use the Kid Scoop Secret Decoder Ring to discover the name of this book by Stuart Gibbs, which is available at the library.



This is a thriller starring a group of kids trapped inside a moon base. When one of the top scientists turns up dead, Dash jumps into action to find the killer. This chapter book is a fast paced/murder mystery/science fiction read and the first in a series of space thrillers.

To discover the name of this book, find the letter on the outer ring, then replace it with the letter below it on the inner ring.

K L P O T O P K T

U H H F Y P K T

P V L C P Y H H E

Reasons to love your library:

- Going to a library regularly will result in you reading more.
- Owning a library card teaches you the responsibility of looking after it and the responsibility of looking after the books you take home and returning them on time.
- The wealth of choice in books, movies and tapes allows you access to more information that you otherwise would ever be able to reach.
- Children's librarians are a great resource steering you to more books and topics than you might otherwise have considered.
- Children's libraries everywhere have programs that encourage reading, researching and exploring mind-expanding information.

Kid Scoop VOCABULARY BUILDERS

This week's word: **HOLLOW**

The adjective **hollow** means having a space inside.

The bird made its nest in the **hollow** of a tree.

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

Write On!

Exaggerate!

I can race as fast as a rocket to Mars! Make up your own exaggerations.



Think Fremont



Open Letter to the Fremont Community from Police Chief Kimberly Petersen on the Proposed Temporary Housing Navigation Center

The safety and security of our community is the Fremont Police Department's highest priority. I am writing this letter to address questions we're hearing from the community regarding how a proposed navigation center might impact the safety of our community.

The proposed temporary Housing Navigation Center (HNC) in Fremont will be modeled on the city of Berkeley's STAIR Center and run by Bay Area Community Services (BACS). This is not a traditional homeless shelter where residents simply sleep in the building and leave in the morning like the City's winter shelter model. The model used by BACS is an intensive services model, where resources are provided to assist residents with their individual and unique challenges during the day and housing navigators work fulltime to identify long-term housing opportunities. The objective of the program model is to get homeless persons off the street and into a safe and permanent housing situation within four to six months. Available resources include intensive mental health services and job placement to help prepare HNC clients for sustained success once placed in long-term housing. At night two HNC staff members are always on-duty, one of whom is assigned to monitor the facility's sleeping areas and grounds to ensure a safe environment.

The BACS counselors and housing navigators continue to work with their participants for a time period even after they are successfully housed. Using this particular model, BACS has demonstrated a success rate of better than 80%. Their own measure for success requires a one-year lease in the client's name and three months of sustained housing.

All of us want to know if a temporary HNC would attract crime to the area around the center. I asked Berkeley PD to review their crime statistics in the area surrounding the STAIR Center over the past year. The Berkeley facility opened in June 2018. Over the course of the first year, their statistics showed that crime did not go up, and Berkeley PD views the crime impact of the STAIR Center as "low to negligible." Also, Berkeley PD reported 29 calls for service at the STAIR Center itself during the same time period, primarily calls involving disputes between residents related to the communal living arrangements.

As a point of comparison, I looked at our experience with Fremont's long-standing shelter, Sunrise Village, located in the south end of Fremont. This shelter has a more traditional model, which accepts both individuals and families with children for extended periods of time. It has been part of our community for over 30 years. In 2018, we received 42 calls for police service at this shelter. Most of these calls involved disputes and altercations between shelter residents. It is not considered a problem location for our Patrol teams.

Finally, we all want to know if a temporary HNC would draw more homeless persons to the surrounding area. Fremont would not have the only navigation center in the Bay Area. Several other local cities already have navigation centers operating or are building them, including San Francisco, Oakland and Berkeley; Hayward is also planning a center. Berkeley's STAIR center was built intentionally in the middle of its most entrenched homeless encampment. Their Street Team was tasked with recruiting from this encampment and now the encampment is essentially gone—it has not drawn more homeless to its surrounding area. Fremont's own Sunrise Village has not drawn other homeless to its surrounding area.

The proposed temporary HNC in Fremont would dedicate the first 22 beds to homeless persons recruited from the immediate area by the center's Street Outreach Team. The other 23 beds would be dedicated to homeless persons from the Tri-Cities area, prioritized by vulnerability.

I recently came across a research paper titled, "Navigation Centers: What do Neighbors Have to Fear?" which was authored in May 2018 by Miki Bairstow, a graduate student at the Goldman School of Public Policy at the University of California, Berkeley. It provides valuable information related to neighborhood concerns of navigation centers. I encourage you to read it at <http://hsh.sfgov.org/wp-content/uploads/Navigation-Center-Neighborhood-Impacts-Final-Report.pdf>.

I want to reiterate that safety for all community members is our highest priority. Homelessness is a complex issue requiring multi-pronged solutions. Based on my research, I believe the temporary Housing Navigation Center will not decrease community safety. That's because the people who would live at the temporary HNC are already here, living on the streets. As Fremont's Police Chief, I believe the residents living in the temporary Housing Navigation Center will be more stable due to the on-site resources and 24/7 supervision. If we are able to bridge the gap and transition people off the streets and into housing every six months, this could have a significant impact on a growing problem. I believe a temporary Housing Navigation Center in Fremont will contribute to a safer community for all by reducing homelessness in our city. This model is a proven strategy and I welcome the opportunity to turn the tide and reduce homelessness in the city of Fremont.

Sincerely,

Kimberly Petersen
Chief of Police



Fremont.gov



cof@fremont.gov

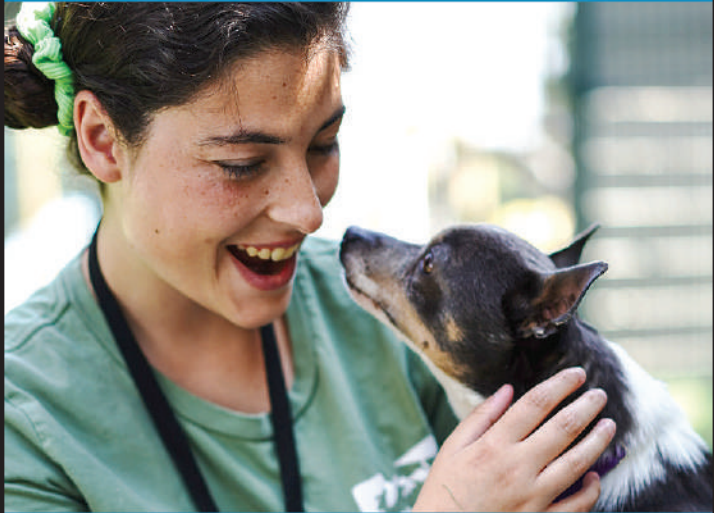
Fremont.gov/Social Media





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Friday, August 16th - The Mirage Band
Saturday, August 17th - Vintage Plus Band
Friday, August 23rd - Level Set
Saturday, August 24th - Vintage Plus Band
Friday, August 30th - DJ David
Saturday, August 31st - Vintage Plus Band

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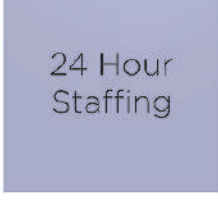




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OAKLAND ZOO oaklandzoo.org

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7:00 pm 15 REGULAR BINGO GAMES \$300 - \$400 prizes
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32975 Alvarado Niles Rd, Union City t: 510-471-2581



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Thursday is - BINGO

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More Info: 510 676-3314

21406 Foothill Blvd., Hayward

I need a Forever Home

Banana is a 12 years young gal
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eyes, fluffy tan fur and ear-to ear
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dogs and children. She truly
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share her golden years with a
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Sadie is a gorgeous, 3 years young
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explore new areas and she likes
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Animal Shelter.

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Hayward Animal Shelter

www.facebook.com/haywardanimalshelter
510-293-7200
16 Barnes Court (Near Soto & Jackson)
Hayward
Tuesday - Saturday 1pm - 5pm

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



CONTINUING
EVENTS

Mondays, May 14 - Dec 30
English Conversation Group

1 p.m. - 2 p.m.
Practice spoken English in a friendly
environment
Union City Branch Library
34007 Alvarado Niles Rd.,
Union City
(510) 745-1464

Fridays, May 17 - Oct 25
Fremont Street Eats

5:00 p.m. - 10:00 p.m.
Food trucks, beer, wine, music
Town Fair Plaza
39100 State St., Fremont
fremontstreeteats.com

**1st & 3rd Tuesdays, May 21 -
Aug 20**

Castro Valley Street Eats
5 p.m. - 8 p.m.
Food trucks, activities
Adobe Art Center
20395 San Miguel Ave.,
Castro Valley
(510) 881-6735

Saturdays, May 25 - Aug 31
Campfire Program

8 p.m. - 9 p.m.
Games, songs and stories around the
campfire
Anthony Chabot Campground and
Park
9999 Redwood Rd., Castro Valley
(510) 690-6677
(510) 544-3187
www.ebparks.org

Tuesdays, May 28 - Aug 27
Practice Your Spoken English R

4 p.m. - 5 p.m.
Chat session for intermediate and up
English learners
Fremont Main Library
Fukaya Room A
2400 Stevenson Blvd., Fremont
(510) 574-2063
www.aclibrary.org

Thursdays, Jun 20 - Sep 19
Fatherhood Class

6:30 p.m. - 8:30 p.m.
Relationship, parenting, management,
job search skills
Fremont Family Resource Center,
Pacific Room #H800
39155 Liberty St. (at Capitol),
Fremont
(888) 308-1767
www.r3academy.org/fremont

Wednesdays, Jun 26 - Aug 14
Chess Club

3 p.m. - 4 p.m.
Chess lessons for kids going into
grades 2-6
Irvington Library
41825 Greenpark Dr., Fremont
(510) 795-2626
www.aclibrary.org

Fridays, Jun 28 - Aug 30
Teach Seniors Technology

3:30 p.m. - 4:30 p.m.
Computer/cell phone questions
answered
Milpitas Senior Center
40 North Milpitas Blvd, Milpitas
(408) 586-3400

Fridays, Jun 28 - Aug 30
GO the Game Club

3:30 p.m. - 5:45 p.m.
Learn to play this ancient game of
strategy
Union City Branch Library
34007 Alvarado Niles Rd.,
Union City
(510) 745-1464
www.aclibrary.org

Saturdays, Jun 29 - Aug 31
Zumba Kids

2:30 p.m. - 3:30 p.m.
Dances, games. Wear comfy shoes and
clothes
New Hope Community Church
2190 Peralta Blvd., Fremont
(510) 739-0430

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Year-round
Castro Valley Bart station lot off of Redwood Road
equipped to accept EBT and Market Match funds to CalFresh customers.
uvfm.org

FREMONT:

Kaiser Permanente Fremont Farmers’ Market

Thursdays
10 a.m. – 2 p.m.
Year-round
39400 Paseo Padre Pkwy., Fremont
800-949-FARM
www.pcfma.org

Irvington Farmers’ Market Sundays

9 a.m. – 2 p.m.
Year-round
Bay Street and Trimboli Way, Fremont
800-949-FARM
www.pcfma.org

Niles Farmer's Market Saturdays

10 a.m. - 2 p.m.
Year-round
Niles Town Plaza
37592 Niles Blvd., Fremont
bestfarmersmarkets.org

HAYWARD:

Hayward Farmers’ Market Saturdays

9 a.m. - 1 p.m.
Year-round
Hayward City Plaza
777 B. St., Hayward
415-472-6100
www.agriculturalinstitute.org

SAN LEANDRO:

Bayfair Center Saturdays

9 a.m. - 1 p.m.
Year-round
15555 East 14th Street
San Leandro
(925) 465-4690
www.cafarmersmkts.com

Kaiser Permanente San Leandro

Wednesday
10 a.m. - 2 p.m.
Year-round
Merced St and Fairway Drive
www.pcfma.org

Downtown San Leandro Wednesdays

4 - 8 p.m.
March 27 - October 9
Parrott Street and East 14th Street
San Leandro
www.pcfma.org

MILPITAS:

Milpitas Farmers’ Market at Great Mall Parking Lot Sundays

8 a.m. – 1 p.m.
Year-round
GREAT MALL
882 Great Mall Drive., Milpitas
800-949-FARM
www.pcfma.org

NEWARK:

Newark Farmers’ Market Sundays

9 a.m. - 1 p.m.
Year-round
NewPark Mall
2086 NewPark Mall, Newark
415-472-6100
www.agriculturalinstitute.org

UNION CITY:

Kaiser Permanente Union City Farmers’ Market

Tuesdays
10 a.m. – 2 p.m.
April 9 - November 12
Kaiser Permanente Medical Offices
3553 Whipple Rd., Union City
800-949-FARM
www.pcfma.org

Union City Farmers’ Market Saturdays

9 a.m. – 1 p.m.
Year-round
Old Alvarado Park
Smith and Watkins Streets, Union City
800-949-FARM
www.pcfma.org

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Times & Stops subject to change

Tuesday

4:30 – 5:20 Weibel School, 45135 South Grimmer Blvd., FREMONT
5:50 – 6:40 Booster Park, Gable Dr. & McDuff Ave., FREMONT

Wednesday

12:45 – 2:15 Glenmoor School, 4620 Mattos Dr., FREMONT
6:00 – 6:30 Camellia Dr. & Camellia Ct., FREMONT

Thursday

11:30 – 12:30 Our Lady of Grace, 19920 Anita Ave., CASTRO VALLEY
2:15 – 3:15 Cherryland School, 585 Willow Ave., HAYWARD

Monday

1:45 – 2:45 Delaine School, 34901 Eastin Dr., UNION CITY
4:15 – 4:45 Contempo Homes, 4190 Gemini Dr., UNION CITY
5:15 – 6:45 Forest Park School, Deep Creek Rd. & Maybird Circle, FREMONT

Tuesday

4:45 – 5:30 Baywood Apartments, 4275 Bay St., FREMONT
5:50 – 6:30 Jerome Ave. & Oholones St., FREMONT

Wednesday

1:00 – 2:00 Del Rey School, Via Mesa & Via Julia., SAN LEANDRO
2:30 – 3:00 Eden House Apartments, 1601 165th Ave., SAN LEANDRO
3:30 – 4:00 Baywood Court, 21966 Dolores St., CASTRO VALLEY
6:00 – 6:30 Camellia Dr. & Camellia Ct., FREMONT

Milpitas Bookmobile stops Renew books by phone (800) 471-0991

For more information (408) 293-2326 x3060

Wednesday

1:50 – 3:00 Foothill School, 1991 Landess Ave., MILPITAS
3:30 – 4:00 Friendly Village Park, 120 Dixon Landing Rd., MILPITAS

Saturdays-Sundays, Jul 6 - Aug 31

Nature Crafts
10 a.m. - noon
Discover the natural world through your artistic side
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Saturdays - Sundays, Jul 6 - Aug 31

Wild Wonders
2 p.m. - 3 p.m.
Games, activities, crafts for all ages
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Sundays, Jul 7 - Aug 25

Animal Feeding Time
10:30 a.m. - 11:00 a.m.
Discuss reptiles, observe feeding time
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Monday - Friday, Jul 15 - Aug 23

A Visual Journey
Mon - Thurs: 8 a.m. - 6 p.m. Fri: 8 a.m. - 5 p.m.
Artwork by Vinay Kumar Verma and Neel Kamal Verma
Phantom Art Gallery at Milpitas Community Center
457 E. Calaveras Blvd., Milpitas
(408) 586-3409
http://www.ci.milpitas.ca.gov/milpitas/departments/recreation-services/cultural-arts-theater/phantom-art-gallery/

Monday - Friday, Jul 30 - Sep 13

Celebrating Wildlife: The Animals of Sulphur Creek
9 a.m. - 5 p.m.
Photos of local wildlife
PhotoCentral
1099 E St., Hayward
(510) 881-6721
info@photocentral.org

Fridays, Aug 2 - Aug 23

Summer Family Storytime and Craft
1:30 p.m. - 2:15 p.m.
Fun with stories and crafts. Ages 3-5
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421
www.aclibrary.org

Thursday - Sunday, Aug 9 - Sep 21

Annual Textile Exhibit
12 noon - 5 p.m.
Traditional and contemporary artists
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivehydeartguild.org

Friday - Sunday, Aug 16 - Aug 25

The Little Mermaid Jr. \$
Fri & Sat: 8 p.m. Sun: 2 p.m.
Disney classic about a mermaid who dreams of becoming human
Newark Memorial High School Theatre
39375 Cedar Blvd., Newark
(510) 791-0287
www.stage1theatre.org

Friday - Sunday, Aug 16 - Oct 5

Planet Hayward
11 a.m. - 5 p.m.
Eclectic collection of art celebrating "The Heart of the Bay"
Sun Gallery
1015 E St., Hayward
(510) 581-4050
www.sungallery.org

Wednesdays, Aug 21 - Oct 30

Citizen Police Academy R
5:30 p.m. - 9:00 p.m.
Volunteers train to assist Newark Police
Newark Police Department
37101 Newark Blvd., Newark
(510) 578-4000
(510) 578-4352
beverly.ryans@newark.org

Friday nights

Laugh Track City \$
8 p.m.
Fast-paced improv comedy show
Made Up Theatre
4000 Bay St, Suite B, Fremont

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Martes
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Miercoles
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Jueves
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Viernes
Friday

Sabado
Saturday

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Pollo
Chicken

Carnitas
Fried Pork

Cabeza
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Buche
Pork Stomach

Pastor
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Chile Verde
Green Pork

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Tuesday - Friday 10 - 9
Saturday 9 - 9
Sunday 9 - 8

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https://madeuptheatre.com/

Saturday nights

8 p.m.
Audience-inspired improv play
Made Up Theatre
4000 Bay St, Suite B, Fremont
(510) 573-3633
https://madeuptheatre.com/

THIS WEEK

Tuesday, Aug 13

The Turbos \$
8 p.m. - 11 p.m.
Entertainment and great microbrews
The Bistro Brew Pub
1001 "B" Street, Hayward
(510) 886-8525
www.the-bistro.com

Wednesday, Aug 14

Blackmagic demo day R
7:00 p.m. – 9:30 p.m.
Discover and compare two cutting edge digital cameras
Cinema Exchange
1759 South Main St., #124/128, Milpitas
(408) 912-2614
www.cinema.exchange

Thursday, Aug 15

Summer Concert Series
6 p.m.- 8 p.m.
Big Horn Band playin' R&B hits
Lake Elizabeth Central Park
1100 Stevenson Blvd., Fremont
(510) 793-5683
www.fremont.gov/concerts

Thursday, Aug 15

Downtown Street Party
5:30 p.m. - 8:30 p.m.
Car show, entertainers, food
Downtown Hayward
B St. and Foothill, Hayward
(510) 537-2424
www.hayward.org

Friday, Aug 16

Grill n’ Chill

7 p.m. – 10 p.m.
Hang out with local filmmakers, burgers and beer provided
Cinema Exchange
1759 South Main St., #124/128, Milpitas
(408) 912-2614
www.cinema.exchange

Friday, Aug 16

Live Music \$

8:00 p.m. - 11:30 p.m.
Latin Rhythm Boys
World Famous Turf Club
22519 Main St., Hayward
(510) 881-9877
www.WorldFamousTurfClub.com

Friday, Aug 16

Movies Under the Stars:

Dumbo
Sunset
Bring a blanket, low chairs and picnic dinner
Central Park Lake Elizabeth
40000 Paseo Padre Pkwy., Fremont
(510) 494-4300

Friday, Aug 16

Night Sky Party R

8:30 p.m. - 10:30 p.m.
View the night sky through a telescope, make a star chart
Alviso Environmental Education Center
1751 Grand Blvd., Alviso
(408) 262-5513
https://nightskysummer19.eventbrite.com

Friday, Aug 16

Outdoor Movies Around the District: Incredibles 2

6:00 p.m.
Bring a blanket, low back chair and picnic. Rated PG
Adobe Park
20395 San Miguel Ave., Castro Valley
www.haywardrec.org

Friday, Aug 16

Ol' Fashioned BBQ Lunch \$

12 noon
Enjoy lunch on the patio with friends, play lawn games
Barbara Lee Senior Center
40 North Milpitas Blvd., Milpitas
(408) 586-3400
www.ci.milpitas.ca.gov

Friday, Aug 16

Talent2Give fundraiser against hunger

5 p.m. – 7 p.m.
Art sales by local young artists raise funds to fight hunger
Slap Face Coffee & Tea
37324 Fremont Blvd, Fremont
talent2give@gmail.com

Friday, Aug 16

Innovation Space Grand Opening

3 p.m. - 5 p.m.
Tour of new space, equipment demos, presentations
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421
www.acsbdc.org

Saturday, Aug 17

PEP: Personal Emergency Preparedness Class R

9 a.m. - 12 noon
Strategies to prepare for and cope with disasters
Fremont Fire Training Tower
7200 Stevenson Blvd., Fremont
(510) 494-4244
FirePubEd@fremont.gov



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Park It

BY NED MACKAY

During the heat of summer, early evening is a good time to explore the East Bay Regional Parks. With that in mind, the naturalists at Black Diamond Mines Regional Preserve in Antioch are offering two upcoming twilight programs.

“Twilight on the Trail” will take place from 7:15 p.m. to 10:15 p.m. Saturday, August 17.

Naturalist Kevin Dixon will lead a search for late-soaring hawks and early evening owls as the group walks 4½ steep trail miles, returning under a near-full moon. The hike is for ages 9 and older. The hike is free, but registration is required. For registration and information, call (888) 327-2757; select option 2 and refer to program number 25820.

A naturalist-led 15-minute uphill walk, for ages 5 and older, to the park’s Rose Hill Cemetery is scheduled from 6 p.m. to 8 p.m. Sunday, August 18. Many of the miners who worked in what is now Black Diamond Mines and their families are buried at Rose Hill. Learn their stories of heroism, tragedy, and endurance. Meet at the parking lot at the end of Somersville Road, 3½ miles south of Highway 4. For information, call (888) 327-2757, ext. 2750.

A couple of enjoyable programs are on the agenda at Big Break Regional Shoreline in Oakley. A session from 2 p.m. to 3 p.m. Sunday, August 18 will focus on rabbits and their habits. At another program from 6 p.m. to 8 p.m. Tuesday, August 20, amateur artists of all ages are welcome at a self-expression session. Chalk will be provided to help transform the visitor center patio into an art gallery. This is the eighth annual international “Chalk the Walks” event.

Big Break is at 69 Big Break Road, off Oakley’s Main Street. For information call (888) 327-2757, ext. 3050.

Naturalist Anthony Fisher will lead a birding walk from 8 a.m. to 11 a.m. Sunday, August 18 at Crockett Hills Regional Park in Crockett. Meet at the Crockett Ranch Staging Area on Crockett Boulevard.

Fisher leads another birding walk from 9 a.m. to 12 noon Monday, August 19 at McLaughlin Eastshore State Park. Meet at the Seabreeze Market lot on University Avenue just west of the bridge over I-880 in Berkeley.

A naturalist-led bird walk will also take place from 8:30 a.m. to 10:30 a.m. Sunday, August 18 at Hayward Regional Shoreline. It’s a 2-miler for ages 12 and older. Wear layers, bring water, and apply sunscreen. Meet at the west end of West Winton Avenue in Hayward.

For information on either of Fisher’s walks, call

(510) 544-2233. For information on the Hayward walk, call (510) 544-3220.

Naturalist “Trail Gail” Broesder plans two walks in the Tilden Nature Area near Berkeley on Saturday, August 17. First is a lake-to-lake watershed walk from 9 a.m. to 12 noon to explore the Wildcat Creek watershed, discover some park district history, and see hidden waterfalls. Then from 2 p.m. to 3 p.m., it’s all about blackberries, with a chance of sampling the fruit.

Both programs start at Tilden’s Environmental Education Center, north end of Central Park Drive. For information, call (510) 544-2233.

“Early Morning on the Mudflat” is the theme of a program from 8:00 a.m. to 9:30 a.m. Saturday, August 17 with naturalist Morgan Guenther at Crab Cove Visitor Center in Alameda. Wear shoes or boots that can get muddy. Then from 11 a.m. to 12 noon the same day, Guenther will lead an hour of nature-themed songs and stories for all ages.

Crab Cove Visitor Center is at 1252 McKay Avenue, off Alameda’s Central Avenue. For details, call (510) 544-3187.

There’s always a lot to see and do in the East Bay Regional Parks. For a full schedule, visit www.ebparks.org. And remember, from now through the end of the year, Fridays are free in the regional parks in celebration of the agency’s 85th anniversary.

Transportation service and supportive companionship for ambulatory cancer patients, from suspicious findings through completion of treatments

Drivers For Survivors provides this for ambulatory cancer patients living in the following designated areas of South, Central, and East Alameda: Fremont, Newark, Union City, Hayward, San Leandro, San Lorenzo, Ashland, Cherryland, Castro Valley, Dublin, Livermore and Pleasanton going to all cancer-related medical appointments within a 60-mile radius of ZIP code 94538, freeing them to focus on their health and essential treatment.

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ProgramCoordinator@DriversForSurvivors.org
www.DriversForSurvivors.org

Help us help local cancer patients...come to an event, donate funds or donate services

Saturday, Aug 17

Corn Mosaics

11:30 a.m. - 12:30 p.m.

Create a craft with Indian corn

Ardenwood Historic Farm

34600 Ardenwood Blvd., Fremont

(510) 544-2797

www.ebparks.org

Saturday, Aug 17

Cart of Curiosities

9 a.m. - 11 a.m.

Cart filled with wonders of cultural and natural history

Coyote Hills

8000 Patterson Ranch Rd., Fremont

(510) 544-3220

www.ebparks.org

Saturday, Aug 17

Wake Up the Farm

10:30 a.m. - 11:00 a.m.

Help prepare a snack for sheep and goats

Ardenwood Historic Farm

34600 Ardenwood Blvd., Fremont

(510) 544-2797

www.ebparks.org

Saturday, Aug 17

Garden Chores for Kids

1:30 p.m. - 2:30 p.m.

Help weed, water, plant seeds in garden. Learn about heirloom vegetables

Ardenwood Historic Farm

34600 Ardenwood Blvd., Fremont

(510) 544-2797

www.ebparks.org

Saturday, Aug 17

Global Warming Workshop

9:30 a.m. - 12 noon

Focus on global warming. Snacks provided

Mission Peak Unitarian Universalist

Congregation

2950 Washington Blvd., Fremont

(510) 490-0200

jgoby@hotmail.com

Saturday, Aug 17

Open House

1 p.m. - 5 p.m.

Visit museum and see fossils. Electricity sessions and planetarium

Children’s Natural History Museum

4074 Eggers Dr., Fremont

(510) 790-6284

msn@msnucleus.org

Saturday, Aug 17

Fremont Beekeepers Meeting

3 p.m. - 6 p.m.

Workshop, meet local beekeepers

LEAF C.R. Stone Garden

55 Mowry Ave., Fremont

FremontLEAF@gmail.com

Saturday, Aug 17

Shred Event

11 a.m. - 2 p.m.

Bring documents that you need shredded

Lone Tree Cemetery

24591 Fairview Ave., Hayward

(510) 582-1274

Saturday, Aug 17

Dan Frechette & Laurel Thomsen \$

7 p.m. - 9 p.m.

Roots-Folk duo

Mission Coffee Roasting House

151 Washington Blvd., Fremont

(510) 474-1004

www.braskhouseconcerts.com

Saturday, Aug 17

Why Tides Matter R

10 a.m. - 11 a.m.

Learn about tides with an easy 1-mile hike

Alviso Environmental Education

Center

1751 Grand Blvd., Alviso

(408) 262-5513

<https://eectides2019.eventbrite.com>

Saturday, Aug 17

Wheels and Wildlife Bike Tour R

4 p.m. - 7 p.m.

Learn about Refuge, wildlife and habitats on 4.5 mile ride. Ages 10+

Alviso Environmental Education

Center

1751 Grand Blvd., Alviso

(408) 262-5513

<https://190817-bike.eventbrite.com>

Saturday, Aug 17

Cemetery Clean-Up and Open Day

9 a.m. - 12 noon

Bring your gloves, rakes and water.

Visit grounds and ask questions

San Lorenzo Pioneer Cemetery

Corner of Usher Street & College

St., San Lorenzo

(510) 581-2516

www.haywardareahistory.org

Saturday, Aug 17

Eden Area Village Monthly Coffee

9 a.m.

Helping seniors remain in their home and be engaged in community

Hayward Area Historical Society

Museum

22380 Foothill Blvd., Hayward

(510) 581-0223

www.edenareavillage.org

Saturday, August 17

First ever Bubblefest

10 a.m. - 5 p.m.

Live shows, music DIY bubblemaking

Chabot Space and Science Center

10000 Skyline Blvd., Oakland

(510) 336-7300

www.chabotspace.org

Saturday, Aug 17

First Latin Jazz Festival \$

11 a.m. - 5 p.m.

Afro-Caribbean and Latin musical

heritage

Rowell Ranch

9725 Dublin Canyon Rd. Located

off Interstate 580, Between

Castro Valley and Dublin

(510) 581-2577

www.rowellranchrodeo.com

bayarealatinjazzfestival.com

Saturday, Aug 17

Comedy Shorts Night \$

7:30 p.m.

“A Woman,” “Out West,” “Going to Congress,” “Flying Elephants”

Niles Essanay Theater

37417 Niles Blvd, Fremont

(510) 494-1411

www.nilesfilmmuseum.org

Saturday, Aug 17

Bookstore Romance Day

11 a.m.

Love is in the air, story time with a lovely theme

Books on B

1014 B St., Hayward

(510) 538-3943

www.booksonb.com

Saturday, Aug 17

Lovely Lavender R

1:00 p.m. - 3:30 p.m.

Learn the history of lavender and make soap. Ages 8+

Coyote Hills

8000 Patterson Ranch Road,

Fremont

(510) 544-3220

www.ebparks.org

Saturday, Aug 17 - Sunday, Aug 18

Hayward Zucchini Festival

10 a.m. - 8 p.m.

Zucchini food, live music, kids' games, zucchini-growing contest

Southland Mall

312 Southland Mall Dr., Hayward

(510) 581-5498

(510) 604-9466

www.zucchiniifest.org



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Summer brings live music

Summer is the perfect time to lay out a blanket or pull up a lawn chair and listen to your favorite bands (or discover new ones!) in the long pleasant evenings around the East Bay. In 2019, the summer season will kick off with on June 15 in Fremont with the Pacific Commons Summer Concert Series, starting with pop and rock hits from Cover Story. The fun will continue with concerts from Milpitas to San Leandro. Milpitas will start their season with their Juneteenth summer concert on June 18, to pick up again on July 16 with Lyin I’s. Meanwhile, Hayward will join in with their Municipal Band and Summer Music in the park series, starting June 16 and August 4 respectively. Hayward’s lineup includes Chris Marquis’ Giant Garage Spiders, Sycamore 129 Blues Band, and What’s Up Big Band—and that’s just the start of the season. Newark will host Music at the Grove (starting June 21 with Big Band Beat), and San Leandro will join in with Hot August Thursdays.

With concerts running through September, there is plenty of time for music lovers to make the most of those summer days.

Aug 23: Static & Surrender
Aug 24: The Jones Gang

HAYWARD

Summer Music in the Park
Presented by Hayward Odd Fellows & H.A.R.D
Sundays, 1 p.m. – 5 p.m.
Hayward Memorial Park
24176 Mission Blvd, Hayward
haywardrec.org

Aug 25: Kari & the SweetspOts and Dee Smith
& Joe Melchoir III
Sept 8: TBD
Sept 15: TBD
Sept 22: TBD
Sept 29: TBD

SAN LEANDRO

Hot August Thursday
Sacred Fire Band
Thursday, Aug 15
6 – 10 p.m.
Marina Park
14001 Monarch Bay Dr., San Leandro
(510) 577-3462
www.sanleandro.org

FREMONT

Central Park Summer Concert series
Thursdays, 6 – 8 p.m.
Central Park Performance Pavilion
40204 Paseo Padre Pkwy
(510) 494-4300
RegeRec@fremont.gov
https://fremont.gov/290/Summer-Concert-Series

Aug 15: East Bay Mudd (R&B hits)

Niles Home Concert Series
Friday, Aug 23 – Saturday, Aug 24
6:00 p.m. – 10:00 p.m.
Historic Niles
37735 Second St., Fremont
(510) 825-0783
www.facebook.com/NilesHomeConcert
Tickets: \$25 minimum donation
RSVP

Saturday, Aug 17

Clear the Shelters Event

1 p.m. - 5 p.m.
Adopt a pet, low-cost spay and neutering
Hayward Animal Shelter
16 Barnes Ct., Hayward
(510) 293-7200
www.haywardanimals.org

Sunday, Aug 18

Old Fashioned Butter Making \$

11:00 a.m. - 12 noon
Churn cream into butter
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Aug 18

Bus Museum Open House \$

11 a.m. - 3 p.m.
Explore a variety of historic buses and enjoy a BBQ
Pacific Bus Museum
37974 Shinn St, Fremont
www.pacbus.org

Sunday, Aug 18

Birding the Shoreline

8:30 a.m. - 10:30 a.m.
2-mile walk to the shoreline. Ages 12+
Hayward Shoreline at West Winton
3050 West Winton Ave, Hayward
(510) 670-7270
www.haywardrec.org

Sunday, Aug 18

Berry Picking

10:30 - 11:30 a.m.
Blackberries are ready! Bring your own basket to fill and take home
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Aug 18

Ohlone Village Site Tour

1:30 p.m. - 3:30 p.m.
.5-mile walk to a 2,000 year-old Ohlone village site
Coyote Hills
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Sunday, Aug 18

Rabbit Rendezvous

2:00 p.m. - 2:30 p.m.
Rabbits are great hoppers and use their long ears to sense danger
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Aug 18

Wax: It's the Bee's Knees

1 p.m. - 2 p.m.
Make a candle and taste some honey
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Aug 18

Arts & Crafts in Shinn Park

10 a.m. - 4 p.m.
Creations from local artists and historic crafters
Shinn Park
1251 Peralta Blvd., Fremont
(510) 552-4839
alminard@comcast.net

Sunday, Aug 18

Be Natural: The Untold Story of Alice Guy-Blache \$

4 p.m.
First female film director
Niles Essanay Theater
37417 Niles Blvd, Fremont
(510) 494-1411
www.nilesfilmmuseum.org

Sunday, Aug 18

Baby Boomers Dance \$

2 p.m. - 5 p.m.
Wear a 60's/70's outfit and dance to a live band!
Holy Ghost Hall
16490 Kent Ave, San Lorenzo
(510) 329-1705

Monday, Aug 19

Milpitas Rotary Club Meeting

12 noon - 1:15 p.m.
Art Commission's plans for street, sidewalk, and mural art
Dave and Busters
940 Great Mall Dr., Milpitas
(408) 957-9215
http://www.clubrunner.ca/milpitas

Tuesday, Aug 20

Restaurant Walk \$

6 p.m. - 8 p.m.
Sample food from local restaurants. Benefit for CV Lions Club
Castro Valley Village
Norbridge Ave. Between Redwood Road & Castro Valley Blvd.,
Castro Valley
(510) 581-2897

Wednesday, Aug 21

Toddler Time

10:30 a.m. - 11:45 a.m.
Hear a story, do some chores, meet some farm animals
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Wednesday, Aug 21

Tomato Saucing and Seed Saving

6 p.m. - 8 p.m.
Social hour and workshop
LEAF C.R. Stone Garden
55 Mowry Ave., Fremont
FremontLEAF@gmail.com

Wednesday, Aug 21

Embrace the Artist Within You R

6 p.m. - 8 p.m.
Mind, body, spirit gathering for women. Adults only
Fremont Family Resource Center,
Pacific Room #H800
39155 Liberty St. (at Capitol),
Fremont
(888) 308-1767
(510) 578-8680
Shailajad@save-dv.org

Thursday, Aug 22

Truth Thursdays -"Season Bookend Event"

5:00 p.m. - 8:30 p.m.

Food trucks, games, live entertainment

San Leandro Tech Campus
1600 Alvarado St., San Leandro
(510) 281-0703
www.downtownsanleandro.com

Friday, Aug 23

Home Concert Series \$

6 p.m. - 10 p.m.
Music by Static & Surrender
Historic Niles
37735 Second St, Fremont
(510) 825-0783
www.facebook.com/NilesHomeConcert

Friday, Aug 23 - Sunday, Aug 25

Greek Festival

Fri: 5:00 p.m. - 10:00 p.m.
Sat: 11 a.m. - 10 p.m.
Sun: 11:30 a.m. - 7:00 p.m.
Traditional food and dancing, church tours
Resurrection Greek Orthodox Church
20104 Center St., Castro Valley
(510) 581-8950
www.GreekFestival.me

Saturday, Aug 24

Home Concert Series \$

6 p.m. - 10 p.m.
Music by The Jones Gang
Historic Niles
37735 Second St, Fremont
(510) 825-0783
https://www.facebook.com/NilesHomeConcert

Author-led workshop on how to get published

SUBMITTED BY
NANCY GUARNERA

Do you aspire to be a writer? Do you dream of being a published author? Do you hesitate to submit your work, because you aren't sure how to prepare it for publication? Do you submit your work, only to be rejected over and over again without ever knowing why? Help is on the way!

Author Tish Davidson will be guest speaker at the Fremont Area Writers (FAW) August 24 meeting where she will present a free “Prepare to Publish” workshop for writers of all experience levels. The workshop will focus on a four-step process for making written work publishable. These steps include:



Tish Davidson

- Targeting appropriate contests and media outlets
 - Customizing written works to fit the target
 - Polishing the text so that it is free from errors that make it an easy target for rejection
 - Avoiding careless submission mistakes.
- Those attending will receive handouts on where to find publications accepting submissions and current contests, as well as a checklist to determine

if their piece is free of instant rejection errors.

Davidson was Submissions Editor for the 2019 California Writers Club Literary Review. Her publishing credits include everything from restaurant reviews, to magazine features, to 13 books published by Scholastic, Mason Crest, and ABC-CLIO. Her work can be found in anthologies such as Adams Media, Harlequin, Scribes Valley Press, and Medusa's Laugh Press. Most recently she placed second in the memoir category of the international Ageless Authors competition.

Prepare to Publish
Fremont Area Writers
Saturday, Aug 24
2 p.m. – 4 p.m.

42 Silicon Valley, Room 106
6600 Dumbarton Circle,
Fremont

Free to non-members;
\$5 for members
cwc-fremontareawriters.org



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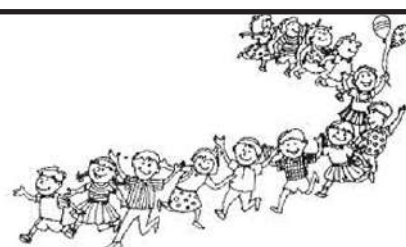
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 Job Site: Fremont, CA. Work on development of optical subassembly and integrated circuit package designs that meet the critical Radio Frequency (RF) performance and cost requirements of high-speed optical transceivers. Send resume and transcripts by mail only to Finisar Corporation ATTN: HR, 1389 Moffett Park Drive, Sunnyvale, CA 94089

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 Debbie Pfisterer, CEO/Owner
1-510-427-2515

info@blueheroncatering.com
www.blueheroncatering.com

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DEMYSTIFYING THE HOME BUYING PROCESS: A HOME BUYER'S SEMINAR

SATURDAY, AUGUST 17, 2019 | 10:30 - 11:30 AM
 39465 Paseo Padre Parkway, Fremont CA 94538
 Keller Williams, 3rd floor Conference Room

An overview of the Bay Area Real Estate Market, Current Housing Trends and the Loan Process from start to finish.

The event is presented by Realtor Ren Briones with guest speaker **Stacey Huang of Diversified Mortgage Group.**

FREE ADMISSION.
 Light refreshments will be served.



PLEASE RSVP:
renbriones@kw.com
510-676-6035

REN BRIONES
 Bay Area Realtor
 CalDRE# 02082662



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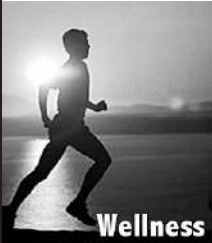
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SPORTS

Mel Nunes park gets new turf fields

SUBMITTED BY DAVID ZEHNDER

The community is invited to the grand opening and ribbon-cutting of new turf fields at Mel Nunes Sportsfield Park on Saturday, August 24. Newark Mayor Alan L. Nagy, members of the Newark City Council, Newark Soccer Club Officials and special guests USA National Soccer players Brandi Chastain and Paul Bravo will be present at the event. Festivities include on-field activities and demonstrations, community booths, and a special meet-and-greet with players from Oakland Roots professional soccer team.

Mel Nunes Park Turf Fields’ Grand Opening
Saturday, Aug 24
10 a.m.
Mel Nunes Sportsfield Park
6800 Mowry Ave, Newark
(510) 578-4620

Planet Hayward: The Heart of the Bay

SUBMITTED BY
DORSI DIAZ
PHOTOS COURTESY OF
SUN GALLERY

Sun Gallery is celebrating Hayward in its latest exhibit “Planet Hayward: The Heart of the Bay,” which opens Friday, August 16. An Artists Reception will be held on Saturday, August 24 from 1 p.m. – 4 p.m., with light beverages and appetizers served.

Director Dorsi Diaz, a Hayward resident since birth, had played with the idea of having an exhibit on Hayward for several years, and the dream was catapulted into reality when Diaz won a piece of artwork last year at a fundraiser for the Hayward Arts Council. The piece, named “Planet Hayward” by Jeanne Bertolina, features a planet-shaped world with all three of Hayward’s City Halls spiraling forth from the center, along with the famous Hunts Cannery Water Tower. Enthralled by the name, Diaz asked Bertolina if she would mind her using the title for a show on Hayward. Thus “Planet Hayward: The Heart of the Bay” was born.

The call for art asked for the fun and unusual, the past and the present, plus the quirky and the unique. And Hayward residents, artists, and photographers did not fail to provide. In a large installation inside the main gallery, artists Peter and Maureen Langenbach have sprouted “The Garden of Hayward,” a quirky installation that features over 35 “fruit and vegetable heads” complete with vegetables stuck in the ears, eyes or mouths of each piece. The Langenbachs’ work reaches back to the 70’s, and their signature whimsical style is apparent throughout.

With collaboration from Diaz during installation, the garden grew substantially when all involved soon realized they could actually add all the elements of a full-fledged garden. So, in came the garden arch, radio flyer wagon, antiquated wheelbarrow and plastic fruits. Viewers are invited to walk through the arch of this delightful piece and take selfies with their favorite vegetable or fruit head. Nearby are pieces on loan from the Hayward Area Historical Society. The pieces provide glimpses into Hayward’s rich agricultural past, which has roots dating back to the 19th century.

Hayward’s own Poet Laureate Bruce Roberts also jumped into action when he heard about the show and brought in his favorite poems about Hayward: “Hayward Public Library,” “Drivin’ Hayward Blues!”,

“It’s Hayward’s Fault” (about our infamous earthquake fault), “Hayward Daily Review, 1959,” and “Save the H.”

In a vintage panoramic shot that Roberts also provided, Roberts’ own great grandfather is pictured among the first alumni to graduate from the old Hayward High School. The classical white school building that stood on Foothill Blvd. featured Greek Ionic columns, low-pitched roofs and friezes of Greek gods. Before it was torn down in 1967, the school had received numerous architectural awards and was a cherished memory of many Hayward residents.

In another fun walk down memory lane, visitors will find themselves awash with photographic blasts from the past: “Ye Olde Pizza Joynt” (with memorabilia provided by Mary Ann Henningsen, daughter of the original owners) and The Hayward Motor Movies (yes, really, Hayward did once have a Drive-In at the corner of Mission and Tennyson!). In a fun spin, Motor Movies is now “operational” again thanks to artist Bill Learned’s miniature working rendition. And still in operation, ¼ Giant Burgers, with its iconic neon sign, is also on display, photographed by Renea Turner.

The “Hayward Fishery Fresh Fish & Restaurant” (who can ever forget that sign?), photographed by Amy Nelson Smith, invokes childhood memories of wharf-like scents on a downtown Hayward street. Hollie Adamic memorializes The Meek Mansion with stunning panoramic photography, while artist Kevin Street demonstrates amazing wood craftsmanship in his piece of All Saints Church, lovingly worked on since last year. Other equally wonderful artists and contributors to the Planet Hayward Exhibit include

Nina Starr, Christa Schanda, Phillip Gallegos, David Steffes, Adisa Sefic, Bill Learned, Joe Santiago, Linda Lens, Patra Nesseth-Steffes, Valerie Caveglia, Carl Gorringe—plus the gallery’s own resident dance troupe, Grupo Folklorico Tlapalli.

There’s too much to cover in writing, so you’ll just have to wander down to the Sun Gallery yourself to take your own walk down memory lane and chat with other show goers experiencing those same whiffs of Hayward nostalgia. Sun Gallery is open Friday - Sunday from 11 a.m. – 5 p.m. and admission is free. The Planet Hayward exhibit closes Saturday, October 5.

On Friday September 27, the public is invited to attend Sun Gallery’s Annual “Evening for the Arts” Benefit, which enables it to provide shows like Planet Hayward to the community. Call the gallery at (510) 581-4050 to reserve \$35 Early Bird tickets for a night of entertainment, silent and live auction, plus food and fun. Tickets include a full course dinner. In-kind donations for the silent auction are also welcome.

The Sun Gallery is a 501 c3 non-profit organization serving the community since 1975.



continued from page 1

First Ever BubbleFest

for open ended observation, experimentation, investigation, and discovery which are key elements of Chabot's Educational Philosophy. Bubbles also provide a great way to study science concepts such as elasticity, surface tension, chemistry, geometry and light!"

The festival will feature a range of activities, from open-ended bubble play appropriate for children under 5, to live music and bubble shows that will appeal to all ages. Below are a few highlights (which can

also be read on the center's website):

Live Bubble Shows

Tom Noddy and Sterling Johnson are widely acclaimed and renowned for their skill in bubble art and performance. Tom Noddy has been featured on the Tonight Show multiple times and was even on their Best of the Year segment. Sterling Johnson is the only person to ever put a bubble inside a bubble inside a bubble on stage without any tubes or straws, and the



first person to walk completely through a bubble film.

Bubblemania

This is exceptional hands-on bubble play that includes bubble wands that look like flowers, butterflies, dinosaurs, dol-

phins and more, bubbles hoops that make giant bubbles, and bubble racquets and baskets that let bunches of bubbles swirl and fly around. The visual presentation is filled with soap bubble creations that mesmerize the audience with seemingly impossible creations of shimmering, wiggling reflections of light, color and flowing liquid motion, of all shapes and sizes.

Live Music

Fleeting Trance will be performing at BubbleFest on the Chabot Observation Deck. The music consists of elements of folk, country, blues, rock, soul and rock. FT heads into its 20th year with seven albums and over 100 songs released in an upward trajectory set.

BubbleFest will run from 10 a.m. to 5 p.m. Please check the website for a detailed schedule of shows. Tickets are \$14 for youth and \$22 general admission; they can be purchased online at <https://chabot-space.org/calendar/bubblefest/>.

First ever Bubblefest
Saturday, August 17
10 a.m. - 5 p.m.
Chabot Space and Science Center
10000 Skyline Blvd., Oakland
(510) 336-7300
www.chabotspace.org
Tickets: \$14 - 22



Greek Festival *offers* *food, fun, and taste of Hellenic traditions*

BY ALFRED HU
PHOTOS BY VICTOR CARVELLAS

Welcome or “kalos irthes” to the 48th annual “Greek festival” in Castro Valley hosted by the Castro Valley Resurrection



Greek Orthodox church from August 23 – 25. Attendees can look forward to delicious Greek food such as roasted chicken seasoned to perfection, moussaka, freshly tossed Greek salad, freshly baked bread, feta cheese, and kalamata olives—as well as traditional favorites such as gyros, souvlaki (meat kebabs), tiropita (cheese pie in filo), spanakopita (spinach pie in filo), dolmades (stuffed grape leaves), meatballs, and fried

calamari.

For those with a sweet tooth, the festival will offer freshly baked pastries such as baklava and kataifi (shredded filo sheets with nuts and honey), galaktoboureko (custard-based dessert), koulourakia (butter

often helped him out. As for pastries, Efstathiou said “one of my favorites is loukoumades (a donut-like pastry dipped in honey and sprinkled with nuts),” and added, “we use recipes handed down from generations.” Efstathiou also said that this year the festival will feature a whole lamb roasting on a spit as one of the main dishes.

In addition to great food, attendees can enjoy live entertainment featuring Greek music performed by the Live Mythos Greek Band, folksongs and dancing, as well as a chance to view traditional Greek costumes. Dancing lessons will also be available for those wishing to further immerse themselves in the culture. Efstathiou said, “I love Greek dancing and showing our culture is so amazing.” It all gives you a feel of Greece without leaving the East Bay. Also, vendors will be present selling ceramics, crafts, Russian dolls and extra virgin olive oil. You can even have fun in practicing basic Greek by saying “yahsoo,” meaning “hello,” and “efkharisto,” or “thank you.”

Chris Hondros, another coordinator, says the festival provides an opportunity for attendees to be “Greek for a day,” and that experiencing festival hospitality (including church tours) is a way for people to find out about the Greek Orthodox faith. Hondros also mentioned that the festival will have an outreach booth focusing on feeding the needy on the second and fourth Saturday of each month.

The Resurrection Greek Orthodox



church in Castro Valley was established in 1971 and has been hosting the Greek festival annually to introduce Greek Orthodox Christian faith and Hellenic (Greek) culture, cuisine and heritage to the Bay Area. In fact, hosting Greek festivals is a proud tradition of Greek Orthodox churches throughout the USA and Canada and is one way of giving back to the community. Proceeds from the festival also offer financial help to the church.

Castro Valley Greek Festival
Friday, Aug 23 – Sunday, Aug 25
Friday: 5 p.m. – 10 p.m.
Saturday: 11 a.m. – 10 p.m.
Sunday: 11:30 a.m. – 7 p.m.
Castro Valley Resurrection Greek Orthodox Church
20104 Center St, Castro Valley
(510) 581-8950
<http://www.greekfestival.me>

Homework Center

SUBMITTED BY NATHAN SILVA

Are you looking for community service hours or need job experience for your resume? The Castro Valley Library is looking for dedicated and enthusiastic high school student volunteers, to come just a few hours a week, for its after-school homework assistance center. Sign up for

hours on Mondays, Tuesdays, Wednesdays, and Thursdays to help students tackle their homework and gain valuable experience.

Be sure to bring a completed and signed homework center volunteer application to the orientation. For more information or to register, call the library at (510) 667-7900, or Nathan Silva, librarian II, at (510) 608-1141 or visit <https://events.aclibrary.org/event/5540457?hs=a>.

Homework Center Volunteer Orientation
Wednesday, Aug 21
4 p.m. – 5 p.m.

Returning volunteers arrive between 4:00 p.m. – 4:30 p.m. to schedule hours
New volunteers arrive at 4:30 p.m. for orientation and scheduling

Homework Assistance Center
Mondays, Tuesdays, Wednesdays, and Thursdays
3:30 p.m. – 5:00 p.m.

Castro Valley Library
3600 Norbridge Ave, Castro Valley
(510) 667-7900
(510) 608-1141
<https://events.aclibrary.org/event/5540457?hs=a>

City Council/Public Agency MEETINGS

Readers are advised to check websites for special meetings, cancellations, minutes, agendas and webcasts

CITY COUNCILS

- Fremont City Council
1st/2nd/3rd Tuesday @ 7 p.m.
City Hall, Bldg A
3300 Capitol Ave., Fremont
(510) 284-4000
www.fremont.gov
- Hayward City Council
1st/3rd/4th Tuesday @ 7 p.m.
City Hall, second floor
777 B Street, Hayward
(510) 583-4000
www.ci.hayward.ca.us
- Milpitas City Council
1st/3rd Tuesday @ 7 p.m.
455 East Calaveras Blvd., Milpitas
(408) 586-3001
www.ci.milpitas.ca.gov
- Newark City Council
2nd/4th Thursday @ 7:30 p.m.
City Hall, 6th Floor
37101 Newark Blvd., Newark
(510) 578-4266
www.ci.newark.ca.us
- San Leandro City Council
1st/3rd Monday @ 7 p.m.
835 East 14th St., San Leandro
(510) 577-3366
www.sanleandro.org
- Union City City Council
2nd/4th Tuesday @ 7 p.m.
City Hall
34009 Alvarado-Niles Rd.,
Union City
(510) 471-3232
www.ci.union-city.ca.us
- WATER/SEWER**

Alameda County Water District
2nd Thursday @ 6:00 p.m.
43885 S. Grimmer Blvd., Fremont
(510) 668-4200
www.acwd.org
- East Bay Municipal Utility District
2nd/4th Tuesday @ 1:15 p.m.
375 11th St., Oakland
(866) 403-2683
www.ebmud.com
- Santa Clara Valley Water District
2nd/4th Tuesday @ 6:00 p.m.
5700 Almaden Expwy., San Jose
(408) 265-2607, ext. 2277
www.valleywater.org
- Union Sanitary District
2nd/4th Monday @ 7:00 p.m.
5072 Benson Rd., Union City
(510) 477-7503
www.unionsanitary.com
- SCHOOL DISTRICTS**

Castro Valley Unified School Board
2nd/4th Thursday @ 7:00 p.m.
4400 Alma Ave., Castro Valley
(510) 537-3000
www.cv.k12.ca.us
- Fremont Unified School Board
2nd/4th Wednesday @ 6:30 p.m.
4210 Technology Dr., Fremont
(510) 657-2350
www.fremont.k12.ca.us
- Hayward Unified School Board
2nd/4th Wednesday @ 6:30 p.m.
24411 Amador Street, Hayward
(510) 784-2600
www.husd.k12.ca.us
- Milpitas Unified School Board
2nd/4th Tuesday @ 7:00 p.m.
1331 E. Calaveras Blvd., Milpitas
www.musd.org
(406) 635-2600 ext. 6013
- New Haven Unified School Board
1st/3rd Tuesday @ 6:30 p.m.
34200 Alvarado-Niles Rd.,
Union City
(510) 471-1100
www.nhusd.k12.ca.us
- Newark Unified School District
1st/3rd Tuesday @ 7 p.m.
5715 Musick Ave., Newark
(510) 818-4103
www.newarkunified.org
- San Leandro Unified School Board
1st/3rd Tuesday @ 7:00 p.m.
835 E. 14th St., San Leandro
(510) 667-3500
www.sanleandro.k12.ca.us
- San Lorenzo Unified School Board
1st/3rd Tuesday @ 7:30 p.m.
15510 Usher St., San Lorenzo
(510) 317-4600
www.slzusd.org
- Sunol Glen Unified School Board
2nd Tuesday @ 5:30 p.m.
11601 Main Street, Sunol
(925) 862-2026
www.sunol.k12.ca.us

Government Briefs

City Council summaries do not include all business transacted at the noted meetings. These outlines represent selected topics and actions. For a full description of agendas, decisions and discussion, please consult the website of the city of interest: Fremont (www.fremont.gov), Hayward (www.hayward-ca.gov), Milpitas (www.ci.milpitas.ca.gov), Newark (www.ci.newark.ca.us), Union City (www.ci.union-city.ca.us).

Alzheimer Prevention and Preparedness Task Force members announced

SUBMITTED BY GOVERNOR’S PRESS OFFICE

Governor Gavin Newsom announced on August 9, 2019 who will join Former First Lady Maria Shriver as members of the Governor’s Alzheimer’s Prevention and Preparedness Task Force. Shriver will serve as Chair of the Task Force.

“Far too many Californians have seen the crushing grip of Alzheimer’s on our loved ones,” said Governor Newsom. “It is one of the leading causes of death among Californians with particularly severe impacts on our mothers, wives and daughters. It’s time we take meaningful action for those living with Alzheimer’s and for the people who love and care for them.”

The Task Force will consist of a diverse group of caregivers, health service providers, researchers, innovators, affected families and media professionals. The group will begin meeting in November 2019 as part of national Alzheimer’s Awareness Month. The Task Force will be responsible for releasing a report in the fall of 2020, coinciding with the overall Master Plan on Aging.

“I’m very grateful to Governor

Newsom for appointing me to chair the Alzheimer’s Prevention and Preparedness Task Force,” said former First Lady Maria Shriver. “This Task Force will lay out a path for our state to deal with Alzheimer’s and other aging-related diseases. Our mission is to develop a plan that will disrupt the way we deal with Alzheimer’s and change how citizens, politicians, cities, corporations and community organizations work together to tackle this disease.”

The number of Californians age 65 and older with Alzheimer’s in 2018 was 670,000 – more than in any other state – and this is expected to grow to 840,000 by 2025. There are 1.6 million caregivers for Californians with Alzheimer’s and other dementias. African Americans are about two times more likely than white Americans to have Alzheimer’s and other dementias. Hispanics are about one and one-half times more likely than white Americans to have Alzheimer’s and other dementias.

Task Force Members

- Maria Shriver, Chair, founder Women’s Alzheimer’s Movement
- Secretary George Shultz, Strategic Advisor, former Secretary of Labor, Secretary of the Treasury and Secretary of State

- Dr. Marcy Adelman is a clinical psychologist, psychotherapist, and is the co-founder of Openhouse, a resource for LGBT seniors in the San Francisco Bay Area.
- Kumaran Akilan is a first year UC Merced student from Cupertino, California.
- María P. Aranda, PhD, Associate Professor, USC Suzanne Dworak-Peck School of Social Work, and Executive Director, USC Edward R. Roybal Institute on Aging at the University of Southern California.
- Keith L. Black, MD, Chairman and Professor of the Department of Neurosurgery, Director of Maxine Dunitz Neurosurgical Institute, and Director of Johnnie L. Cochran, Jr. Brain Tumor Center at Cedars-Sinai Medical Center.
- Dr. Susan Bookheimer, Joaquin M. Fuster Chair in Cognitive Neuroscience at the David Geffen School of Medicine at UCLA.
- Kathleen Brown, former California State treasurer
- Dan Buettner, explorer, National Geographic Fellow, journalist and producer.
- Wynnelena Canlas Canio, MD, CMD, Chief of outpatient Geriatric Medicine at Kaiser Permanente (KP) in Santa Rosa, California.
- Tim Carpenter, founder and Chief Executive Officer at EngAGE,
- Susan DeMarois, director of state government affairs for the national Alzheimer’s Association.
- Josh Fryday, California’s Chief Service Officer. Fryday is the former Mayor of Novato.

- Paula Gann and Kyle Scrivner: Paula is the mother of Kyle, born with Down syndrome and diagnosed with Alzheimer’s disease.
- Adele Hayutin, PhD, Annenberg Distinguished Visiting Fellow at Stanford University.
- Oanh Meyer, Ph.D., MAS, Department of Neurology at University of California, Davis.
- Bob Linscheid, President & CEO of the Linscheid Enterprises Inc.
- David Lubarsky, chief executive officer for UC Davis Health.
- Pam Montana, spokesperson in the fight against Alzheimer’s.
- Doug Moore, Executive Director of the United Domestic Workers of America,
- Graciela Moreno, journalist
- Secretary Leon E. Panetta, former Secretary of Defense
- Lauren Miller Rogen, screenwriter, director, and producer.
- Dr. Howard Rosen, behavioral neurologist at UCSF Memory and Aging Center.
- Lily Sarafan, President and CEO of Home Care Assistance
- Dr. Sharon Sha, Clinical Associate Professor of Neurology and Neurological Sciences at Stanford University
- Todd Shetter, Chief Operating Officer of ActivCare Living
- April Verrett, President of Service Employees International Union (SEIU), Local 2015
- Dr. Kristine Yaffe, Professor of Psychiatry, Neurology, and Epidemiology at UCSF.

Fremont mayor issues correction on homeless statistics

SUBMITTED BY CITY OF FREMONT

On Friday, August 9 Fremont Mayor Lily Mei issued a correction to a July 29 open letter to the Fremont community addressing homelessness issues in the city. Here is the text of her correction:

It recently came to my attention that we communicated an inaccurate statistic. It turns out that homeless-related issues constitute roughly 10% of the calls for service requiring police response from the Fremont Police Department, not 50% as previously shared.

I apologize for the error which came from a staff report that explained “More than half of our homeless related calls for service are initiated in the Central Policing Area/Downtown.”

We’ve updated public documents accordingly, which you can find at the following links:

Press Release: www.Fremont.gov/ArchiveCenter/ViewFile/Item/2192
Homeless Newsletter: www.Fremont.gov/HomelessNewsletter

Sincerely,
Lily Mei, Mayor

Community survey for climate action plan update

SUBMITTED BY FREMONT COMMUNITY DEVELOPMENT DEPARTMENT

Since the adoption of City of Fremont’s first Climate Action Plan (CAP) in 2012, the City has implemented a number of projects, programs, and policies that have resulted in significant reductions in greenhouse gas emissions and earned Fremont regional recognition as a sustainability leader. Fremont is now working to update its CAP to align with the new 2045 carbon neutrality goal recently established by the Fremont City Council in February 2019.

As part of the CAP update process, the City is seeking the community’s help in identifying actions that will make Fremont a cleaner and healthier place for everyone. Strategies for achieving these goals can include transitioning to renewable and fossil-free energy in buildings and vehicles, enhancing sustainable transit and travel options, reducing waste and pollution, incorporating green building design, restoring natural habitats, drawing down carbon dioxide from the atmosphere through plants and trees, and increasing our resilience to climate change.

To gain feedback, the City is inviting the community to complete the Climate Action Plan Update Survey. You can access the survey online at <https://stories.opengov.com/fremontca/published/j8uKMlLb0>.

By taking the survey, everyone can play an active role in designing a healthy and sustainable future for Fremont!

New election model for 2020 revealed

SUBMITTED BY SANTA CLARA COUNTY

The Registrar of Voters has released a draft Election Administration Plan (EAP), which outlines how the Voter’s Choice Act (VCA) will be implemented. The draft plan comes after a series of community meetings to gather feedback on the new voting model coming to Santa Clara County starting in 2020.

The document — available for review at scvvote.org/voterschoice — covers topics including how the process will change for voters, with extensive information about the operation of the new Vote Centers that will replace traditional Polling Places. It also outlines details about the Vote-by-Mail process – under the new model, all voters will receive a ballot in the mail – as well as ballot drop-box options.

The VCA model provides far more services at the Vote Center locations than were available at Polling Places, and language and accessibility issues were discussed and analyzed following the community meetings held to help shape the plan. That included 12 meetings geared specifically to the EAP – with eight aimed at specific languages, two for accessibility discussions and two for general discussion. Input was also received at three meetings each of the Language Accessibility Advisory Committee (LAAC) and Voting Accessibility Advisory Committee (VAAC).

“We had so much helpful feedback from community members who wanted to come out and make their thoughts known and voices heard,” said Registrar of Voters Shannon Bushey. “But we don’t want people to think it’s too late – we encourage everyone to read the draft document and help us finalize the plan.”

The draft EAP is currently being translated into eight languages based on the population of Santa Clara County: Chinese, Spanish, Tagalog, Vietnamese, Khmer, Korean, Hindi and Japanese. All versions can be downloaded and will be posted online on or before August 16. Comments and feedback are welcome, and can be provided through online forms. Hard copies will be available at the Registrar of Voters’ Office.

A public hearing on the draft EAP will be held from 5:30 p.m. to 7:30 p.m. August 30 in the Board of Supervisors Chambers at the County Government Center, 70 W. Hedding St., San Jose. Following a 14-day public comment period to offer amendments, the County’s final EAP will be formally adopted and submitted to the Secretary of State for approval.

The Voter’s Choice Act was signed into law on September 29, 2016, adding an option to the California Elections Code that allowed authorized counties — upon approval of their Board of Supervisors — to conduct any election by mail, with certain requirements. Under VCA, all voters are mailed a ballot starting 29 days before the election, and each county sets up numerous ballot drop-off locations and Vote Centers where any county voter may cast a live ballot should they not want to vote by mail. VCA was one of many election reforms designed to change how elections may be conducted in order to increase voter participation and voter engagement by expanding voting options.

OPINION



WILLIAM MARSHAK

Within the next few weeks, the annual ritual of a new school year will begin for local districts - public and private. Each district follows its own calendar, but notwithstanding the initial date of attendance, the intent is identical for all of them. For our social structure to maintain its values and purpose, succeeding generations must be able to possess a basic understanding of shared information, values and morality. We should recognize that the vital interests of our society are closely tied to an educated and aware electorate that can absorb, analyze and make informed and rational decisions to guide our communities, country and partnership in world affairs.

Responsibility for civic obligations is a family charge but also shaped by interactions with classmates, teachers and school conventions as well. Since for many children, hours spent at school are a critical environment for social behavior, it is incumbent to recognize the importance of how teachers and schools shape the future. If resources are limited and must be prioritized, following food and shelter, nurturing education should be at the top of the list. Attitudes toward fellow human beings and universal codes of morality following the Golden Rule

BELLS WILL RING

[treat others as you would like to be treated] are impressed through actions and examples set by contemporaries and authority figures. School is a microcosm of the world at large, a training ground for future leaders and adherents alike.

Unrest in the teaching profession is an indicator of a larger issue. What value is placed on education and those chosen to model behavior for the next generations? Not only should rewards for successful outcomes be great, but the expectation of exceptional performance by those who guard and perpetuate academic and social standards should match them. Although political thought may differ, construction of a rational and reasoned matrix of information and facts must be at the root of well-informed population – young and old.

George Orwell warned against ignorance as described a dystopian future in his novel, 1984, written in 1949. “Big Brother” controls thought through psychological manipulation. A totalitarian state has evolved to promote safety and happiness over freedom. A laissez-faire attitude that promotes seemingly contradictory ideas dominates as history is subverted: “Who controls the past controls the future. Who controls the present controls the past.” Big Brother is transparent but persuasive because a simple idea is implanted, “War is peace. Freedom is slavery. Ignorance is strength.”

If this sounds frighteningly familiar, the beginning of a new school year is the time to act as guardians of the future. Classrooms are incubators of social behavior and reasonable response to challenges. Those entrusted with the care of students are a valuable and critical resource that should be highly

compensated, closely monitored and supported to endorse a free exchange of ideas and attention to factual analysis. Exposure to misleading “alternative facts” and twisted analysis has become commonplace in a world of instantaneous communication. Few filters and even less control over the flood of information – true, false and everything in between – has clouded simplistic right/wrong, moral/immoral distinctions. It is only fair that those who guide students in and outside classrooms prepare them for the onslaught and contradictions of Big Brother.

The solution to Big Brother is free and open education for everyone... all of us, no matter what station in life. As our schools open their doors to new and returning students, active involvement between educators, parents and the community-at-large is essential to maintaining our freedom and democratic ideals. Even though our system is imperfect and often fails to produce stellar results, the principles remain the same and should not be subverted to maintain the illusion of control. The year 1984 is in the past and should remain there!

William Marshak
PUBLISHER

PUBLISHER
EDITOR IN CHIEF
William Marshak

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

What's Happening's **TRI-CITY VOICE**™

What's Happening's The Tri-City Voice is published weekly, issued, sold and circulated in and from Fremont, Newark, Union City, Hayward, Milpitas and Sunol and printed in Fremont, California. The principal office of Tri-City Voice is at 39737 Paseo Padre Pkwy., Ste. B, Fremont, CA 94538. William Marshak is the Publisher

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The Platypus of Alameda Creek



SUBMITTED BY GEORGE AND GLORIA GATES

Recent reported sightings of a platypus on the Alameda Creek Trail in the Niles area have been confirmed. Cyclists and joggers have reported seeing this creature, usually only spotted in Australia and New Zealand, lurking behind a fence on this well-traveled trail.

It turns out the local platypus is actually a creation by Niles resident, George Gates, who saw the potential of transforming an old, dead branch in to a “live” creature and bringing a smile to folks enjoying the scenic walking and biking trail.

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BirthMarriageObituaries

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Augusta M. Jackson
RESIDENT OF FREMONT
March 10, 1918 – August 8, 2019

Mary M. Ferrario
RESIDENT OF UNION CITY
December 10, 1937 – August 6, 2019

Larry Bruce Moti
RESIDENT OF SACRAMENTO
July 5, 1954 – August 5, 2019

Alan “Robert” Walker
RESIDENT OF FREMONT
August 14, 1937 – August 5, 2019

Sebastian Kalahikiola Crowder
RESIDENT OF NEWARK
October 16, 1984 – August 2, 2019

Delphine Ott
RESIDENT OF MANTECA
January 14, 1935 – August 1, 2019

Sandra Ann Meyer
RESIDENT OF FREMONT
January 24, 1957 – July 31, 2019

Paul Phillip Leever
RESIDENT OF FREMONT
May 21, 1936 – July 26, 2019

Bernice R. Ortiz
RESIDENT OF FREMONT
January 19, 1941 – July 21, 2019



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Yu Chin Wang
RESIDENT OF FREMONT
September 8, 1929 – August 7, 2019

Paul Gordon Jr.
RESIDENT OF FREMONT
October 12, 1963 – August 5, 2019

Madeline Lowden
RESIDENT OF FREMONT
July 27, 1928 – August 5, 2019

Alfred Ramirez II
RESIDENT OF FREMONT
December 30, 1974 – August 3, 2019

Cosmo Mangiardi
RESIDENT OF FREMONT
March 26, 1921 – August 2, 2019

Wanda Anderson
RESIDENT OF UNION CITY
January 29, 1926 – July 31, 2019

Satya Narayana Gutta
RESIDENT OF FREMONT
July 24, 1952 – July 31, 2019

Robert Campillo
RESIDENT OF NEWARK
September 15, 1959 – July 28, 2019

Jose Cueva
RESIDENT OF FREMONT
March 25, 1945 – July 26, 2019

Doris Van Leeuwen
RESIDENT OF FREMONT
November 21, 1925 – July 29, 2019

Lakshmi Chittaranjan
RESIDENT OF FREMONT
March 20, 1933 – July 28, 2019

Edward Resczewski
RESIDENT OF FREMONT
July 6, 1928 – July 27, 2019

Obituary

Sandra Stewart

February 11, 1942 - July 24, 2019

Sandra Stewart, mother of Jon Stewart and grandmother of Noelani Stewart, passed away on July 24, 2019 at home in Everett, WA.

She fought the good fight but the cancer had the final say.

Sandra (Sandi) was born in San Francisco, CA on February 11, 1942 to Nicholas Isaeff and Marie Jacobs.

She was preceded in death by her parents; and her husband, Edward Stewart (April 2013).

She is survived by her son, Jon M. Stewart; daughter-in-law, Annie; and granddaughter, Noelani Stewart. She leaves her sister and brother-in-law, Ann and Lee Seronello of Napa, CA; and sister and brother-in-law, Susie and Dan Vlasoff; and nieces and nephews. She also leaves special friends, Tony Viveiros of Vacaville, CA; and Kay and

John Bishop of Everett, WA.

Sandi had multiple administrative careers with the U.S. government and school districts in the Bay Area. She worked hard and served her employers with the highest levels of positive professionalism.

For relaxation, Sandi loved to play bingo and the slot machines at local casinos, and traveling to Hawaii and the Caribbean. Sandi, Ed and Jon had many adventures together relaxing in the tropics and fishing in Alaska. Sandi often had the most, biggest, or both of the catch when they fished at Yes Bay Lodge in Meyers Chuck, AK.

Rest in peace and know that we will always miss you but are forever grateful for the mom, grandmother and friend that you have always been

Obituary

Esther Alvarado

January 12, 1927-July 21, 2019

Resident of Fremont



Esther Alvarado age 92 years old, born in Corpus Christi, Texas passed away at home with her beloved family at her bedside. Esther is survived by her five children, Enriqueta Richmond, Elisa Mehraban , Eduardo Alvarado, Trinidad Marrquin (Hector) from Texas, Elsa Wagner and Ernesto Alvarado.

Grandchildren Lily Mehraban, Victor Mehraban, Dana Richmond, Dean Wagner, Bryan Wagner and Olivia Wagner along with her Great -grandchildren Jazmine, Lela, Anthony and Makayleigh. Along with nephew Hector Alvarado (Sandra) as well as many other nieces and nephews. She has now joined her husband Vicente Alvarado and beloved son-in-law Raymond Wagner.

Esther loved her family dearly , she was definitely a woman with a loving welcoming heart. And how she loved to tell stories, especially her beautiful memories of her family and their history.

Gravesite services to be held on August 15, 2019 at 9am at Holy Sepulchre in Hayward, Calif.

Obituary

Louie Sira

Louie Sira entered peacefully into rest on August 4, 2019 in Hayward, California. He was 67 years old.

Born August 18, 1951 in Alameda County, California to parents Mary and Albert Sira, Louie worked as a custodian for the Tracy Unified School District for over 20 years. He was an adventurous type, and loved to ride his bike and go fishing. He also enjoyed walking around Berkeley, going to A's games, the 49ers, and Casper's hot dogs. He was a music lover – his favorites were Blondie and the oldies. He fell in love with the Lord and attended Abundant Life Center Iglesia Apostolica in Hayward for many years. Louie was preceded in death by his wife of 18 years, Mary Ellen Sira, in 2016, and his siblings Meada, Jesse, Basilo, Blanche, Helen, Emily, and



Manuel. He is survived by his children Lisamarie Cabrera and Matthew Sira; granddaughter Ammariah Cabrera; and siblings Nado, Nieves, Jim, Steven, Inez, Ida, Ventura, Gloria and Alice.

A memorial Service will take place at Abundant Life Center Iglesia Apostolica. Wednesday August 14th at 1:00pm.

FREE PRESCHOOL

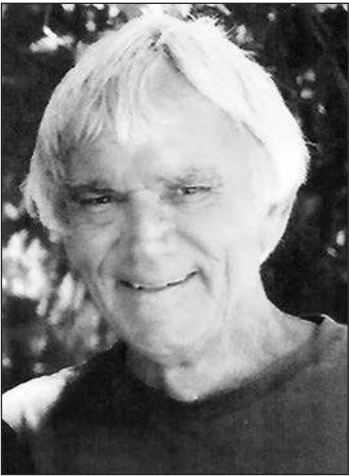
Fremont Unified School District offers FREE preschool for income-eligible families. The income limits have been raised recently and more families are qualifying. Children must be 3-5 years old and toilet trained. It's a 3-hour class, 5 days per week. Openings now and throughout the school year. For information: 510-659-2579 or preschool@fremont.k12.ca.us

Obituary

James “Jim” Pfenning

Jim Pfenning passed away July 23 at the age of 84 from pneumonia. He died at his Fremont home of 43 years with his family by his side.

Jim was born in Portland, Oregon on February 21, 1935 and moved to San Francisco as a youth. He attended Abraham Lincoln High School where he had a storied athletic career, excelling in soccer, baseball and football. He was inducted into the Lincoln High School Hall of Fame 1950-1953 and was a member of the 1952 All-City Football Team. He attended Oregon State University on a football scholarship, but a broken ankle ended his dreams of playing college ball. He returned to the Bay Area and completed a BA at San Francisco State. His athleticism landed him a teaching and coaching job in the Alvarado district of Union City. He loved teaching 7th grade and brought



the study of history alive through storytelling and hands-on activities. He retired in 1995 from New Haven Unified School District after 33 years.

Jim's love of sports stayed with him all his life. He was an avid San Francisco 49ers and Giants fan. He played tennis, and later in life, took up golf and archery. He loved to travel and did so extensively, exploring Europe,

Asia, and Egypt. Copenhagen had a special place in his heart. He returned to Europe many times, always ending his time on a beach in southern Spain. Jim also loved jazz, cooking, and spending time with his family. He was a dedicated and loving husband, father, and grand-father.

Jim is survived by his wife Joyce; daughter Kirsten Pfenning, daughter-in-law Zoe McGeary and grand-daughter Remy Pfenning of Oakland; son John Pfenning of San Jose, and sister Penny Carlson of Concord. We will miss his quirky sense of humor, his expressive eyes, and his love of new experiences.

No public service will be held.

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Obituary

Paul John Gordon Jr.

Paul John Gordon Jr, 55, passed away suddenly Monday, Aug 5, 2019. He was born Oct 12, 1963, in Hayward, CA to the late Paul and Shirley Gordon.

He was a retired machinist and belonged to the Teamsters Local 70. Paul was an avid Dolphins fan and loved to spend time with his family.

He is survived by his daughter Melissa Gordon; sisters, Deborah Oswald and Heather Wallace; brother Joseph Gordon, also survived by several nieces and nephews.

He was proceeded in death by his loving wife Suzanna Gordon and niece Amanda Oswald.



Donations may be made to the account set up with Go Fund Me https://www.gofundme.com/1pv9j0ma1c

Obituary

Madeline R. Lowden

July 27, 1928 – August 5, 2019



Madeline was born in Pittsburgh, PA, the family then moved to Swissvale where she attended Swissvale High School graduating in May of 1947. She enlisted in the United States Navy in 1951 where she met Lloyd William Lowden, they married March 20, 1953. After transferring to several different Military Bases they settled in Newark CA in 1969. Joining Saint Edward's Parish where Madeline served for 40+ years.

She loved serving her church family.

Madeline is survived by her son, Daniel Lowden, his wife Sojnia whom reside in Anchorage AK, daughter Katheline Monnier, her husband Pierre, residing in San Ramon CA, daughter, Maureen Lowden, residing in North Bend OR, granddaughter Ashley Perry, her husband Christopher, Alexi and Adrian Monnier and Jayden, great-granddaughter Serai, great-grandson Jevani, sister, Kathleen Rielly, her husband Don Rielly, brother Ken Donnelly, nieces,nephews, great-nieces and great-nephews.

Family and friends are invited to attend a Mass held on August 22, 2019 at 10:30 AM at Saint Edward Catholic Church, 5788 Thornton Avenue, Newark, CA. A Rosary and Burial will be held on August 23, 2019 at 1:30 PM at Sacramento Valley National Cemetery, 5810 Midway Road, Dixon CA.

Suspicious Device Rendered Safe at Walmart

SUBMITTED BY LT. ABBIE SERRANO, MILPITAS PD

On August 9, 2019, at 4:31 P.M., the Milpitas Police Department responded to the Walmart at 301 Ranch Drive on the report of a suspicious device inside the store. The store was evacuated as a precautionary measure while the device was evaluated.

The San Jose Police Department Bomb Squad responded to Walmart and rendered the device safe. Upon closer examination, the device was determined to be fireworks. The Santa Clara County Sheriff's Office provided an explosive detection canine to sweep the store for additional devices; none were located.

The investigation concluded at 11:05 p.m. There were no reported injuries and the Milpitas Police Department is currently conducting follow up to determine who may have placed the device inside the store.

We like to thank the San Jose Police Department and the Santa Clara County Sheriff's Office for their assistance.

Anyone with additional information regarding this incident is encouraged to call the Milpitas Police Department at (408) 586-2400. Additionally, the information can be given anonymously by calling the Crime Tip Hotline at (408) 586-2500 or via the Milpitas Police Department Website at: http://www.ci.milpitas.ca.gov/crimetip

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M-F 10-7 Evening & Weekends By Appointment

Colleagues remember former parks and recreation board member

SUBMITTED BY JACQUI DIAZ

Members of the Hayward Area Recreation & Parks District (HARD) are mourning the passing of former HARD Board of Directors Member Carol Severin who passed away in July. Severin served the community as a HARD Board Member from 1980 to 1994.

Over a 60-year career, Severin supported the parks and recreation field in California through her outstanding contributions in leadership, strategic planning, partnership building, communications, and initiating recreation and parks experiences at the local, state and national levels.

Severin also served on the East Bay Regional Park District board, representing Castro Valley, Hayward, Union City and portions of Fremont, Pleasanton and Dublin. In addition to her leadership as an elected official, she was a Professor of Recreation and Leisure Studies at San Francisco State University and served as President of the California Society of Park and Recreation Educators. She also



Carol Severin

had an exemplary career in public administration, serving in management positions for the cities of Monterey, San Francisco and San Mateo.

Severin served as a board member to the California Association of Recreation and Parks Districts (CARPD) which works to promote and support recreation and parks districts throughout the State. In 2014 she was awarded the Jim Meredith Award of Distinction by CARPD as well as a lifetime achievement award from the national society for Outdoor Recreation Professionals (SORP). Additionally, the

Carol Severin Intern Scholarship fund at San Francisco State University Department of Recreation, Parks and Tourism was established by the Regional Parks Foundation that same year.

When elected as a Hayward Area Recreation and Park District Board Member in 1980, Severin helped the district address the financial impacts of Proposition 13 and continued to expand facilities and programs. During her tenure on the board, the district completed major capital improvement projects including the Ashland Community Center, Kenneth Aitken Senior Center, Cannery Park, Deerview Park, El Rancho Verde Park, Hillcrest Knolls Park, Lakeridge Park, Mervin Morris Park, Old Highlands Park, and Palomares Hills Park.

During her tenure, Ms. Severin was known for her dedication to the parks field and the desire to ensure access by everyone. She stated many times that saving the land was a priority and providing opportunities to enjoy the parks was equally important.

SOCIAL SECURITY COLUMN

Social Security terms in plain language

BY LINDA ZAMFINO SOCIAL SECURITY REPRESENTATIVE

Some of the terms and acronyms people use when they talk about Social Security can be a little confusing. We're here to help you understand all you need to know. Social Security employees strive to explain benefits using easy-to-understand, plain language. In fact, The Plain Writing Act of 2010 requires federal agencies to communicate clearly in a way "the public can understand and use."

If a technical term or acronym that you don't know slips into the conversation or appears in written material, you can find the meaning in our online glossary at www.socialsecurity.gov/agency/glossary.

Social Security's acronyms function as verbal shorthand in your financial planning conversations. If you're nearing retirement, you may want to know what PIA (primary insurance amount), FRA (full retirement age), and DRCs (delayed retirement credits) mean. These terms involve your benefit amount based on when you decide to take it. If you take your retirement benefit at FRA, you'll receive the full PIA (amount payable for a retired worker who starts benefits at full retirement age). So, FRA is an age and PIA is an amount.

Once you receive benefits, you get a COLA most years. But don't expect a fizzy drink – a COLA is a Cost of Living Adjustment, and that will usually mean a little extra money in your monthly payment.

What about DRCs? Delayed retirement credits are the incremental increases added to the PIA if you delay taking retirement benefits beyond your full retirement age. If you wait to begin benefits beyond FRA – say, at age 68 or even age 70 – your benefit increases.

Sometimes learning the terminology can deepen your understanding of how Social Security works for you. Discover and share more at www.socialsecurity.gov.



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

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the agency providing such information. Tri-City Voice does not make or imply any guarantee regarding the content of information received from authoritative sources.



Alameda County Fire Department



SUBMITTED BY ACFD

Thursday, August 8

• At 2:43 p.m. firefighters responded to a call about a dump truck rollover on the southbound Interstate 880 onramp at Whipple Road in

Union City. The truck driver was able to exit the truck on his own and was not injured. Firefighters remained at the scene until a medium and heavy wrecker were able to pull the truck upright and remove it from the roadway.

Longtime traffic officer honored



SUBMITTED BY NEWARK PD

In a recent in-house ceremony, officials from the Newark Police Department presented Officer

Michael Allum with a plaque recognizing his work as a Motors Officer in the traffic unit. Allum worked in the traffic division from November 2012 to February 2019.

393 new Cal fire firefighters

SUBMITTED BY
STEPHEN RODRIGUEZ

After two devastating fire seasons in which California's firefighters worked for weeks, and sometimes months, without

a break, Governor Newsom has announced the hiring of 393 new firefighters. Of the 393, 369 will be placed on fire engines and the remaining 24 will supervise military crews – the result will be better response times and less costly overtime. Firefighters will continue to work long hours but will not endure seemingly-endless shifts throughout fire season.

"As President of CAL FIRE Local 2881, I cannot over-emphasize the importance

of Govern Newsom's action. His leadership brings a more reasonable approach to the way we fight fires in California. Our firefighters will continue to work incredibly long shifts without being driven to a breaking point. We are appreciative," stated Tim Edwards.

CAL FIRE Local 2881 is made up of 6,500 men and women on the front line of California's catastrophic fires.

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Juris Doctor, University of Illinois (7th in class)
Quoted by Ralph Nader in his book "No Contest" (1996)
Instructor Stanford Univ. Advanced Trial Advocacy 1995 - Present
Faculty Law Clinic Santa Clara University College of Law 1987
Editor, University of Illinois Law Review 1968-1969
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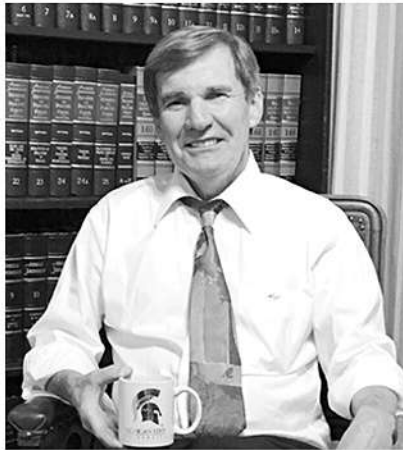
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PUBLIC NOTICES

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG19029373

Superior Court of California, County of Alameda
Petition of: Yen Shen Wang for Change of Name
TO ALL INTERESTED PERSONS:
Pettitioner Yen Shen Wang filed a petition with this court for a decree changing names as follows:
Yen Shen Wang to Michael Wang
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

Notice of Hearing:

Date: 9-13-19, Time: 11:00 am, Dept.: 17
The address of the court is 1221 Oak St., Oakland, CA
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: What's Happenings Tri-City Voice
Date: July 31 2019
WYNNE S. CARVILL
Judge of the Superior Court
8/6, 8/13, 8/20, 8/27/19

CNS-3280937#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG19027547

Superior Court of California, County of Alameda
Petition of: Maria del Carmen Dubon for Change of Name
TO ALL INTERESTED PERSONS:
Pettitioner filed a petition with this court for a decree changing names as follows:
Maria del Carmen Dubon to Carmen Dubon
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

Notice of Hearing:

Date: 09-06-19, Time: 11:00 a.m., Dept.: 17
The address of the court is 1221 Oak St., Oakland, CA
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri-City Voice
Date: July 18, 2019
WYNNE S. CARVILL
Judge of the Superior Court
8/6, 8/13, 8/20, 8/27/19

CNS-3280119#

FICTITIOUS BUSINESS
NAMESFICTITIOUS BUSINESS
NAME STATEMENT

File No. 561241

Fictitious Business Name(s):
Pal's Pizza & Grill, 5480 Central Ave, Newark, CA 94560, County of Alameda
Mailing Address: 29878 Larrabee Street, Hayward, CA 94544
Registrant(s):
Jaswant Singh, 29878 Larrabee Street, Hayward, CA 94544
Manjinder Singh, 29878 Larrabee Street, Hayward, CA 94544
Business conducted by: A General Partnership
The registrant began to transact business using the fictitious business name(s) listed above on 07-16-19.

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Manjinder Singh, General Partner
This statement was filed with the County Clerk of Alameda County on July 16, 2019.
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/13, 8/20, 8/27, 9/3/19

CNS-3282611#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 561525

Fictitious Business Name(s):
Tasty Pot, 34909 Newark Blvd., Newark, CA 94560, County of Alameda
Registrant(s):
Integrated Cuisine Corp, 5250 Rancho Del Norte Dr., Fremont, CA 94555; California
Business conducted by: A Corporation
The registrant began to transact business using the fictitious business name(s) listed above on April 2015.

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Jun Yang, President
This statement was filed with the County Clerk of Alameda County on July 24, 2019.

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/13, 8/20, 8/27, 9/3/19

CNS-3282438#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 561230

Fictitious Business Name(s):
Ring Leader Janitorial, 7826 Lockwood St., Oakland, CA 94621, County of Alameda
Registrant(s):
Sherman L. Phillips II, 7826 Lockwood St., Oakland, CA 94621
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on 1/15/2015.

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Sherman L. Phillips II, Owner
This statement was filed with the County Clerk of Alameda County on July 15, 2019.

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

pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/13, 8/20, 8/27, 9/3/19

CNS-3281460#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 561496

Fictitious Business Name(s):
Regal Group Referrals, 39465 Paseo Padre Pkwy, Ste. 3550, Fremont, CA 94538, County of Alameda
Registrant(s):
Regal Group Investments, Inc., 39465 Paseo Padre Pkwy, Ste. 3550, Fremont, CA 94538; California
Business conducted by: a corporation
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Hsiao-Ling Pien, President
This statement was filed with the County Clerk of Alameda County on July 24, 2019.

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/6, 8/13, 8/20, 8/27/19

CNS-3280621#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 561506

Fictitious Business Name(s):
AYA, Autobody Repair, 29503 Ruus Rd., Hayward, CA 94542, County of Alameda
Mailing address: 4521 Deborah Ct., Union City, CA 94587
Registrant(s):
Amaduddin Yasini, 4521 Deborah Ct., Union City, CA 94587
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on 7-20-2019.

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Amaduddin Yasini, Owner
This statement was filed with the County Clerk of Alameda County on July 24, 2019.
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/6, 8/13, 8/20, 8/27/19

CNS-3280120#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 561489

Fictitious Business Name(s):
C.G. Uhlenberg LLP, 46560 Fremont Blvd., Suite 403, Fremont, CA 94538, County of Alameda
Registrant(s):
Peggy H. Chen, 44961 Cougar Circle, Fremont, CA 94539
Stephen Au, 44961 Cougar Circle, Fremont, CA 94539
Business conducted by: a Limited Liability Partnership
The registrant began to transact business using the fictitious business name(s) listed above on July 22, 2009.

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Peggy H. Chen, General Partner of CGUCPA, LLP
This statement was filed with the County Clerk of Alameda County on July 24, 2019.
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/6, 8/13, 8/20, 8/27/19

CNS-3280118#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 560942

Fictitious Business Name(s):
Washington Radiation Oncology Center, A Medical Group, Inc. 39101 Civic Center Drive, Fremont, CA 94538, County of Alameda
Registrant(s):
Washington Radiation Oncology Center, A Medical Group, Inc., 2000 Mowry Avenue, Fremont, CA 94538; California
Business conducted by: A Corporation
The registrant began to transact business using the fictitious business name(s) listed above on June 13, 2008.

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Albert L. Brooks, President
This statement was filed with the County Clerk of Alameda County on July 5, 2019.
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/6, 8/13, 8/20, 8/27/19

CNS-3279838#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 561547

Fictitious Business Name(s):
Abdul's Packaging, 39899 Balentine Drive, Suite #200, Newark, CA 94560, County of Alameda
Registrant(s):
BLCO Logistics, Inc. 39899 Balentine Drive, Suite #200, Newark, CA 94560; California
Business conducted by: A Corporation
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Gurpartal Basrai, President
This statement was filed with the County Clerk of

one thousand dollars [\$1,000].)
/s/ Yi Chen, Secretary
This statement was filed with the County Clerk of Alameda County on July 25, 2019.
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/6, 8/13, 8/20, 8/27/19

CNS-3279620#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 561282

Fictitious Business Name(s):
CS Nail Salon, 31879 Alvarado Blvd., Union City, CA 94587, County of Alameda
Registrant(s):
Mach V. Lam, 33719 Railroad Ave., Union City, CA 94587
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Mach V. Lam, Owner
This statement was filed with the County Clerk of Alameda County on July 17, 2019.

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
8/6, 8/13, 8/20, 8/27/19

CNS-3279617#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 561503

Fictitious Business Name(s):
Riwaayat Jewels, 38525 Blacow Rd, Fremont, CA 94536, County of Alameda
Registrant(s):
Navneet K. Sooch, 38525 Blacow Rd, Fremont, CA 94536
Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Navneet K. Sooch
This statement was filed with the County Clerk of Alameda County on July 24, 2019.

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
7/30, 8/6, 8/13, 8/20/19

CNS-3278360#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 561097

Fictitious Business Name(s):
Fiona Miller, 4795 Hansen Ave., Fremont, CA 94536, County of Alameda
Registrant(s):
Fiona McLellan, 4795 Hansen Ave., Fremont, CA 94536
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Fiona McLellan
This statement was filed with the County Clerk of Alameda County on July 11, 2019.

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
7/30, 8/6, 8/13, 8/20/19

CNS-3277201#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 561338

Fictitious Business Name(s):
Alpine Heating and Air Conditioning Inc, 35946 Anjou Pl, Newark, CA 94560, County of Alameda
Registrant(s):
FMH Inc, 35946 Anjou Pl, Newark CA 94560; California
Business conducted by: A Corporation
The registrant began to transact business using the fictitious business name(s) listed above on 8-1-2003.

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Kenneth M Stensland, CEO
This statement was filed with the County Clerk of Alameda County on July 18, 2019.
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
7/30, 8/6, 8/13, 8/20/19

CNS-3276333#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 560811

Fictitious Business Name(s):
Fremont Botanicals, 3717 Fremont Blvd, Fremont, CA 94539, County of Alameda
Registrant(s):
GSB Pharmaceutical Enterprises, Inc 37323 Fremont Blvd, Fremont, CA 94536; CA
Business conducted by: A Corporation
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Gurpartal Basrai, President
This statement was filed with the County Clerk of

Alameda County on July 2, 2019
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
7/23, 7/30, 8/6, 8/13/19

CNS-3275558#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 561086

Fictitious Business Name(s):
Pacific Anchor Boats, 38472 Cedar Blvd., Newark, CA 94560, County of Alameda
Registrant(s):
Roberto Corres, 4437 Glidden Way, Fremont, CA 94536
Business conducted by: married couple
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Briana J. Corres Rivera
This statement was filed with the County Clerk of Alameda County on July 10, 2019.

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
7/23, 7/30, 8/6, 8/13/19

CNS-3274316#

PROBATE

NOTICE OF PETITION TO
ADMINISTER ESTATE OF
JOHN A. FARIA

CASE NO. RP19028042

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of John A. Faria
A Petition for Probate has been filed by Perry J. deFaria in the Superior Court of California, County of Alameda.
The Petition for Probate requests that Perry J. deFaria 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 8/14/2019 at 9:31 a.m. in Dept. 202 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: Charles A. Triay, One Kaiser Plaza, Suite 750, Oakland, CA 94612, Telephone: (510) 463-3170
7/30, 8/6, 8/13/19

CNS-3277912#

REPORT OF SALE AND PETITION FOR
ORDER CONFIRMING SALE
OF REAL PROPERTY

Case Number: RP18923690

Hearing date and time: 08/14/19
9:30

Dept. 202
Superior Court of California, County of Alameda,
2120 Martin Luther King Way, Berkeley, CA 94704, Probate
Estate of Gerald Fishburn decedent

1. Petitioner: Lola Russo is the personal representative of the estate of the decedent, conservator, or minor and requests a court order for:
b. confirmation of sale of the estate's interest in other property sold as a unit as described in Attachment 2c
c. approval of commission of: 4.5% of the amount of \$32,625.00
d. additional bond is not required.
2. Description of property sold
a. interest sold: 100%
b. Improved
d. Street address and location: 3744 James Avenue, Fremont, CA 94538-3414, County of Alameda
e. Legal description is affixed as Attachment 2e.
3. Appraisal
a. Date of death of decedent or appointment of conservator or guardian: DOD - 08/28/2018
b. Appraised value at above date: \$870,000.00
c. Reappraised value within one year before the hearing: \$870,000.00
d. Appraisal or reappraisal by probate referee has been filed.
4. Manner and terms of sale
a. Name of purchaser and manner of vesting the: Seema Gupta
c. Sale was private on: 6/24/2019
d. Amount bid \$725,000.00
Deposit \$21,750.00
e. Payment Cash
f. Other terms of sale
5. Commission
a. Written contract for commission was entered into with: Stacy Lahn, Ardent Realty & Associates
c. Purchaser was procured by: Zeke Mujaddadi, Home Advantage Corp.
a licensed real estate broker who is not buying for his or her account
d. Commission is to be divided as follows: 4.5% Total - 2% to Sellers Broker and 2.5% to Buyers Broker
6. Bond

a. Amount before sale: \$98,000.00
b. Additional amount needed: None
7. Notice of sale
a. Published
8. Notice of hearing
a. Special devise:
(1) None
b. Special notice:
(3) Required written notice will be given
c. Personal representative conservator of the estate, or guardian of the estate:
(3) Written notice will be given
9. Reason for sale
a. Necessary to pay
(1) debts
(2) devise
(4) expenses of administration
(5) taxes
b. The sale is to the advantage of the estate and in the best interest of the interested persons.<

Fremont Police recognize teen Explorers



SUBMITTED BY FREMONT PD

Twelve teenagers representing Fremont Police Explorer Post #119 were recently recognized for their work in the community during 2019 by the Fremont Police Department.

The Explorer Program is a fun and safe way for teenagers, ages 14-18, to learn about the field of law enforcement. Over the course of several months each year,

explorers donate between five and 20 volunteer hours by participating in various police department activities including riding with officers, traffic control, giving police department building tours and visiting schools.

Capping off each year's program, explorers participate in the San Diego County Law Enforcement Explorer Academy at UC San Diego. During the weeklong academy explorers

receive formal classroom training in various law enforcement related disciplines. This year's program met from August 3 through 10.

Recruitment for the next Fremont Police Explorer program starts in January 2020. For details about the program, visit their website at www.fremontpolice.org/Explorers or call (510) 790-6691.

BART Police Log

SUBMITTED BY LES MENSINGER AND BART PD

Saturday, August 3

- A man identified by police as Lozano Hayden, 30, of Union City was arrested at Bay Fair station on suspicion of public intoxication. He was booked into San Francisco County Jail.

Monday, August 5

- At 9:21 a.m. a man identified by police as Lionel Dixon, 47, of Oakland was arrested at San Leandro station on two outstanding warrants. He was booked into Santa Rita Jail.

Thursday, August 8

- At 6:11 p.m. a man identified by police as Lloyd Hayes, 32, was arrested at San Leandro station on suspicion of assault with a deadly weapon and child endangerment. He was issued a prohibition order and booked into Santa Rita Jail.

Life-Saving technology is coming

SUBMITTED BY SUPERVISOR DAVE CORTESE

During the 2017 wildfire season in Santa Clara County, communication towers were destroyed, evacuation alerts never reached residents and responders couldn't communicate with each other as they battled the fires. Communication during emergencies is a matter of life and death. Before the end of the year, Santa Clara County will receive two Mobile Operations Satellite Expeditionary System or MOSES devices that, within minutes, can provide cell service or wi-fi to thousands of residents and emergency personnel. And because they are mounted on small trailers, they can be towed to remote areas and set up for residents and emergency personnel.

Santa Clara County will be the first county in California to be able to use this system thanks to \$4 million in state funding requested for us by State Assemblymember Evan Low. And while we're on the subject, please sign up for AlertSCC, a County emergency warning system that can send messages directly to your cell phone, mobile device, email or landline in case of flooding, wildfires and other disasters.

Supervisor Dave Cortese
(408) 299-5030
www.supervisorcortese.org

Tip-A-Cop event to benefit Special Olympics

SUBMITTED BY CHP HAYWARD

The always-popular Tip-A-Cop fundraiser for Special Olympics programs is returning to Hayward. This time, law enforcement volunteers from the Hayward Office of the California Highway Patrol (CHP) will be working as hosts and waiters at Black Bear Diner on Thursday, August 15.

All tips given to CHP volunteers during the event will be donated directly to Special Olympics Northern California, which provides year-round sports training and competition for

children and adults with intellectual disabilities or closely-related developmental disabilities.

This event is one of hundreds of across the region conducted by the Law Enforcement Torch Run for Special Olympics Northern California. Their goal is to raise funds to help improve the quality of life for Special Olympics athletes.

Tip-A-Cop
Thursday, Aug 15
8 a.m. – 2 p.m.
Black Bear Diner
25202 Hesperian Blvd.,
Hayward
(925) 944-8801
www.sonc.org

Wearable electronic device

THE ROBOT REPORT

An international team of scientists has developed an ultra-thin, wearable electronic device that facilitates smooth communication between humans and machines. The researchers said the new device is easy to manufacture and imperceptible when worn. It could be applied to human skin to capture various types of physical data for better health monitoring and early disease detection, or it could enable robots to perform specific tasks in response to physical cues from humans.

Wearable human-machine interfaces have had challenges — some are made from rigid electronic chips and sensors that are uncomfortable and restrict the body's motion, while others consist of softer, more wearable elastic materials but suffer from slow response times.

While researchers have developed thin inorganic materials that wrinkle and bend, the challenge remains to develop wearable devices with multiple functions that enable smooth communication between humans and machines.

The team that wrote the paper included Kyoseung Sim, Zhoulyu Rao; Faheem Ershad; Jianming Lei, Anish Thukral, Jie Chen, and Cunjiang Yu at University of Houston. It also included Zhanan Zou and Jianling Xiao at University of Colorado, Boulder, and Qing-An Huang at Southeast University in Nanjing, China.

Wearable nanomembrane reads human muscle signals

Kyoseung Sim and company have designed a nanomembrane made from indium zinc oxide using a chemical processing approach that allows them to tune the material's texture and surface properties.

The resulting devices were only 3 to 4 micrometers thick, and snake-shaped, properties that allow them to stretch and remain unnoticed by the wearer.

When worn by humans, the devices could collect signals from muscle and use them to directly guide a robot, enabling the user to feel what the robot hand experienced. The devices maintain their function when human skin is stretched or compressed.

The researchers also found that sensors made from this nanomembrane material could be designed to monitor UV exposure (to mitigate skin disease risk) or to detect skin temperature (to provide early medical warnings), while still functioning well under strain.



Soft, unnoticeable, multifunctional, electronics-based, wearable human-machine interface devices.
Credit: Cunjiang Yu

Kansen Chu delivers funding to prevent car break ins

On Friday, August 10 at 10:00 Assemblymember Chu presented a check of \$3.75 million in State funding to address car break ins around Santa Clara and Alameda Counties. This money will go toward a collaborative effort among city officials and police departments to combat the recent rise in “smash and grab” crimes.

In a press release, Chu stated, “I am very concerned about the increasing amount of car break-ins and personal property being stolen. I know that this boost in funding to our local police departments will go a long way to combat this problem.”

Also in attendance were Mayor Rich Tran of Milpitas, Mayor Alan Nagy of Newark, Vice-Mayor Raj Salwan of Fremont, and Councilmember Raj Chahal from Santa Clara. Police chiefs who came to

speak on this issue and support the funding were Chief Armando Corpuz of Milpitas, Captain Sean Washington of Fremont, Chief Mike Carroll of Newark, Deputy Chief Shawny Williams of San Jose, and Chief Mike Sellers Assistant Chief Dan Winter of Santa Clara.

The Newark Police Department reported a 30 percent increase in car break ins from 2015 to 2018, while Fremont reported 27 percent and San Jose 14 percent. Meanwhile, Santa Clara saw a 125 percent increase during the first three months of 2019 compared to the beginning of the previous year. Newark's Police Chief Mike Carroll pointed out that car break ins are a serious crime because in addition to losing the dollar amount of the items stolen, victims may lose items of sentimental value or work projects, and they lose work hours replacing smashed windows.

Strategies the police will take in dealing with the problem include increased community awareness, cracking down harder on fencers as well as thieves, and cooperation over city and county lines. People should be careful to lock their cars, stow any valuables out of sight, and turn off any electronic devices or switch them to airplane mode to disable Bluetooth. Thieves often use Bluetooth sensors to locate hidden laptops and phones in cars.

Although some thieves operate as individuals, the most damage is caused by organizations systemically targeting shopping malls and other areas with large parking lots, moving across cities and counties (usually down 101 or 880 freeways). These operations sell laptops and other stolen items overseas for thousands of dollars. Because thieves don't target just one location, it's important for

police departments to share information with each other and work together to stop car break ins.

Prevention is the best strategy. “These types of crimes are profitable. We have to make it as uncomfortable as possible for these criminals because the impacts are severe,” said Fremont Police Captain Sean Washington. “In addition to the property loss, the emotion impacts victims experience oftentimes are significant.”

The funding will go to overtime for police officers to investigate cases, awareness campaigns similar to San Francisco's Park Smart aimed at individuals and businesses, outreach to businesses to post signs warning about theft, and provide support to a regional taskforce.



COMMUNITY BULLETIN BOARD

Eden Community Connections Circle of Friends Come join with other mental health clients looking for mutual support and fun. We meet every Wed. 1:30-3pm at various locations in San Leandro and Hayward. Call Judy 510-605-8412 for information	Fremont FAMILY RESOURCE CENTER 24 agencies help Tri-City residents with employment, counseling, childcare subsidies, housing, legal, public benefits, health insurance, workshops & more. Mon-Fri 8-5. 39155 Liberty St, Fremont 510.574.2000 or Fremont.gov/FRC	Let's Do Lunch! Volunteer for LIFE ElderCare Meals on Wheels Mon – Fri, 10:30-12:30 Choose your day(s) Call Tammy 510-574-2086 tduran@LifeElderCare.org www.LifeElderCare.org	10 lines/\$10/ 10 Weeks \$50/Year 510-494-1999 tricityvoice@aol.com Shout out to your community Our readers can post information including: Activities Announcements For sale Garage sales Group meetings Lost and found 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. 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 (non-profit humane organization adoptions accepted) • No P.O. boxes unless physical address is verified by TCV	
SPARKPOINT FINANCIAL SERVICES for Low-Income Residents FREE financial coaching & services. SparkPoint Info Session 3rd Thursday, 6-7pm City of Fremont Family Resource Center 39155 Liberty St, Rm #A120 To register, call 574-2020 Fremont.gov/SparkPointFRC	Tri-City Free Breakfast Program VOLUNTEERS NEEDED! Help serve hot nutritious meals. Students Community service hours! Irvington Presbyterian Church 4181 Irvington Ave, Fremont Mon, Wed, & Fri Any time between 5am-9am Contact Rich Doberstein at rich.dare2dream@sbcglobal.net	DISCOVERY COVE Drop-in Childcare Center Fremont Family Resource Center Open to the public M-F 8:30-5. Staffed by City of Fremont Rec Dept. Open to well children aged 2-10. \$8/hour per child. 39155 Liberty St, #H850, Fremont. Fremont.gov/FRC Reservations: 510.574.2010		
League of Women Voters Fremont-Newark-Union City www.lwvfnc.org Free meetings to inform the public about local, regional and statewide policy issues. Participate in non-partisan in-depth, discussions with guest speakers at our meetings. All sites are wheelchair accessible	Al-Anon & Alateen Family Groups are here to help you Are you troubled by someone else's drinking? Al-Anon has but one purpose, to help families and friends of alcoholics. We share our experience, strength and hope Website: alanond17.weebly.com For a meeting list or Email: Easyduz@gmail.com or call: 510-276-2270	FREE AIRPLANE RIDES FOR KIDS AGES 8-17 Young Eagles Hayward Airport Various Saturdays www.vaa29.org Email for more information youngeagles29@aol.com		
Is Food a Problem For You? Try OVEREATERS ANONYMOUS Do you eat when you're not hungry? Do you binge, purge or restrict? Is your weight affecting your life? No dues, no fees, no weigh-ins, no diets. All are Welcome www.oasaco.org or www.oa.org 510-449-7610	Is Your Life Unmanageable Because of Debt? Are you sick of bouncing checks, paying late fees, & having creditors knocking at your door? You are not alone DEBTORS ANONYMOUS www.debtorsanonymous.org Fri. 7pm St. James Episcopal Church 37051 Cabrillo Terrace Fremont 510-449-7610		FREE PRESCHOOL Fremont Unified School District offers FREE preschool for income-eligible families. The income limits have been raised recently and more families are qualifying. Children must be 3-5 years old and toilet trained. It's a 3-hour class, 5 days per week. Openings now and throughout the school year. For information: 510-659-2579 or preschool@fremont.k12.ca.us	
ABWA-Pathfinder Chap. American Business Women's Assoc. provides opportunities for women personally & professionally thru leadership, education, networking Dinner Meetings: 3rd Wednesday each month. DoubleTree 39900 Balentine Dr, Newark (Fremont): 6:30-9:00 pm Call Harriet 510-793-7465 www.abwa-pathfinder.org	TRI-CITIES WOMEN'S CLUB Meets on the third Tuesday Elk's Club on Farwell Drive 9:15 – Cards & Games 11:45 – Lunch 1:00 – Program & Meeting Group meeting monthly/bimonthly; marathon bridge, walking group, lunch bunch,rummikub group, pinochle group, bocce ball & book club. For more info, call 510-656-0162	Bay Area Guide Dog Puppy Raisers Looking For Volunteers Interested in giving back to their community Raise a puppy and change a life! We meet Thursday 7-8pm For more information Call Randy Hollenshead 510-331-4862	A-1 Comm. Housing SVCS Credit & Money Management Workshop Resolve your credit issues & be better money managers Every 2nd Saturdays 10am-2:30pm 22693 Hesperian Blvd. #150 Hayward, CA 94541 Please register www.a1chs.org or call 510-674-9227	FREMONT COIN CLUB Established 1971 Meets 2nd & 4th Tues 7pm At the Fremont Elks Lodge 38991 Farwell Dr., Fremont Guests Always Welcome, Enjoy Show N Tells, Drawings Auction, Refreshments www.fremontcoinclub.org 510-366-1365
		Do you get nervous when you have to speak in public? Newark Toastmasters can help Learn this skill and more in a supportive atmosphere It's FREE to attend Tues 7am-8:10am Newark Library 6300 Civic Terrace Ave., Newark 510-796-3562 or 510-402-8318 www.1118.toastmastersclub.org		FREMONT STAMP CLUB Meets 2nd Thurs. each month 7pm Fremont Community Activities Center 3375 Country Dr., Fremont Collectors of all ages welcome www.fremontstampclub.org/ or call Tom 510-793-9124 write12me@gmail.com
English Conversation Cafe Practice your English & enjoy refreshments Small conversation groups with English tutors, Beg & Adv Students Free / Drop-ins welcome Tuesdays 7-8:30pm Bridges Community Church 505 Driscoll Road, Fremont 510-651-2030 / nateg@bridgescc.org	Sunday Sermon Translations South Bay Community Church welcomes our neighbors with written sermon translations in Chinese, Spanish and Urdu Message in written translation Sundays 8:00 am South Bay Community Church 47385 Warm Springs Boulevard Fremont, CA 94539 For information and to request another language : 510-490-9500	Afro-American Cultural & Historical Society Sharing our culture and history in the Tri-Cities and surrounding area Meetings: Third Saturday Except Dec, Feb, June, July 5:30pm Newark Library 510-793-8181 aachstricity.org Welcome!	Union City Toastmasters All are Welcome! Every1st & 3rd Monday from 7-9pm 904 H Street, Union City Practice your Speaking Skills & Lead with Confidence! For more information 5269.toastmastersclubs.org/ 510-386-7722	Fremont Cribbage Club Meets to play weekly, every Weds. We play a Cribbage Tournament starting at 6PM. at SHAKERS PIZZA at 4075 Thornton Ave., Fremont We welcome experienced players and will work with new players hoping to learn the game. Email:Accgr43@gmail.com For more information.
Become a volunteer driver with LIFE Eldercare Drive older adults to appts/errands Flexible weekday scheduling Call Valerie 510-894-0370 x2 vdraeseke@LifeElderCare.org www.LifeElderCare.org	Do you want to help build our Model Railroad Layouts & Operate Trains? The Tri-City Society of Model Engineers Looking for new members Meet Fridays - 7:30pm-9:30 pm Niles Plaza 37592 Niles Blvd., Fremont www.nilesdepot.org or call 510-325-2092	Free Health Coaching Session Weight loss, Blood Sugar Balance, Cognitive Health and Better Sleep. Work with a Coach for Better & Longer Lasting Results. www.missionvalleyhealthcoach.com jackie@missionvalleyhealthcoach.com 510-320-3956	Zumba with Jazzy Jenny! Monday nights 7:30pm-8:30pm at Hope Community Church 2190 Peralta Blvd., Fremont Cost is FREE but donations are appreciated. Men and Women 12 + Zumba is a fun filled dance workout with many rhythms from around the world	AMERICAN LEGION POST 837 Veterans and Active Duty Military are invited Meetings 3rd Tuesday each month - Except July and Dec. Social Time 6:30pm General Meeting 7:15pm VETERANS MEMORIAL BUILDING (NILES) 37154 2nd & E Strets Fremont www.POST837.org
F.U.N. (Fremont, Union City, Newark) PROGRESSIVES Join us for pizza and politics Bronco Billy's Pizza 41200 Blacow Road Fremont Most meetings 6pm - third Sun of the month. For Info Visit our website: www.funprogressives.com Contact us at: funprogressives@gmail.com		The Tri-Cities Democratic Forum meets every 3rd Wednesday Chadni Restaurant- 5748 Mowry School Rd- in Newark. Resident of Fremont, Union City or Newark. Get involved in the political process, stay informed On local & national issues. Meet like-minded people. Contact President Sean Manalo sean.t.manalo@gmail.com	Public Community and Event Spaces Open to all ages Town Fair Plaza at the corner of Capitol Ave and Downtown Fremont CHECK US OUT AT: WWW.TOWNFAIRPLAZA.COM	Newark Cub Scout Pack 441 Looking for adventurous kindergarteners to fifth graders to join our Pack! Meetings are every third Wednesday at 6:30pm at Holy Redeemer Church, 35660 Cedar Blvd, Newark. For more information: pack441cubmaster@yahoo.com
Make a new friend! Be a volunteer friendly visitor with LIFE ElderCare Spend time with a lonely older adult. You both will enjoy your weekly visits. Call Linda 510-894-0370 x3 lhoyne@LifeElderCare.org www.LifeElderCare.org	Zumba Kids with Jazzy Jenny Kids ages 4-12 Saturdays 2:30pm-3:30pm At Hope Community Church One hour of games,fun, and dancing. The last Saturday of every month is Zumba Family! For more info email: zumba.jazzyjenny@yahoo.com	SiliconAndhra ManaBadi Telugu Language Program 501c3, ACS-WASC accredited Approved by school districts ManaBadi classes many locations For ages 4 years and above OPEN to non-heritage students http://manabadi.siliconandhra.org/ Sridevi Ganti 510-364-2493 sridevi.ganti@manabadi.siliconandhra.org	Buon Tempo Italian American Club Family Dinners 1st Tuesday of Month at 7 P.M. at Transfiguration Church in Castro Valley Everyone is welcome: Members \$15/Guests \$20 5-Course dinner Reservations by prior Friday at 510-483-6929 www.buontempoclub.org	Do you like learning about history? Are you interested in antiques & collectibles? Meet 2nd Tuesday each month to share lunch and learn something new. Contact Fran at 510-792-0388 or June Swift (510) 797-5315 or email dieseln@comcast.net

COMMUNITY BULLETIN BOARD

A-1 Comm. Housing SVCS 1st Time Home Buyers Certification Workshop Learn the process of homeownership & What Down Payment Assistance Programs are available for dates & location, go to www.a1chs.org or call 510-674-9227	LOVE to WRITE? WANT to WRITE? WRITER'S BLOCK? Fremont Area Writers (FAW) is here to HELP! Meets 4th Saturdays (except July & Dec) 2:00 to 4:00 P.M. 42 Silicon Valley, 6600 Dumbarton Cir, FRMT. Great speakers! "Second Saturday" Monthly Readings w/ a published author from 2:00 to 4:00 P.M. Half Price Books in the Fremont Hub. Open Mic 4th Mondays 7:00 to 9:00 P.M. at Suju's on Thornton Ave next to Dale's Hardware in FRMT. Critique Groups to help you from first draft to publication Everyone is welcome! www.cwc-fremontareawriters.org		FOR SALE Dining room table 26" wide X 61" long X 29" high Butcher block top, white legs 4 matching chairs Drawer at each end for storage \$60 for the set Also rocker recliner, good condition Rocks but doesn't recline - \$25 (510) 276-1439	MEHS Band & Orchestra FLEA MARKET 4TH Saturday of the month (weather permitting) March through October \$20 Cash fee for Vendors Due the day of flea market Set up 6am - 7am - 3:30pm 2300 Panama St. Hayward officialmehsband@gmail.com
HAYWARD AIRPORT OPEN HOUSE SUNDAY, SEPT 22, 2019 10am - 4pm Free Entry & Free Parking Aircraft, Classic Cars Food Truck DJ & Booths 20301 Skywest Dr. Hayward www.haywardairport.org or call 510-293-8678		53rd Annual Art Show – ARTIST CALL 8/25 Application Deadline! Apply at www.fremontartassociation.org/ annual-art-show ~FREMONT ART ASSOCIATION~ 37697 Niles Blvd., Fremont, CA 510.792.0905	Home Craft Fair - 48th year October 2,3,4,5 Wednesday 10am - 4pm Thursday 10am - 5pm Friday 10am - 5pm Saturday 10am - 4pm 1608 Via Santa, San Lorenzo (Follow signs on Bockman Road) Hundreds of Handmade Gifts for Giving and Keeping	
You are invited! Hayward Arts Council Benefit "Celebrate the Arts" Fri. Nov. 8 - 5:30-8:30pm Hayward City Hall Rotunda 777 B Street Buy tickets- \$50 before Oct 30 www.haywardartscouncil.org 510-538-2787 Support HAC Galleries, Visual and performing arts programs	Wanted: Tenors & Basses Sing with the Mission Peak Chamber Singers! Rehearsals every Tuesday 7:30-9:30PM Irvington Presbyterian Church Concerts: Dec 7/8, 2019, March 14/15 & May 30/3 Some singing experience & ability to read music helpful but not required. (Altos & Sopranos welcome too!) Contact: info@chambersingers.org 510-356-MPCS (6727)	GARAGE SALE Sat. Aug 17 & Sun Aug 18 9am-3pm 36360 Beech Place Newark, 94560 Men & Women's Clothing Shoes - Household goods (lamps, linens, Kitchen utensils) Misc. Tools and other things	Wanted: Tenors & Basses Sing with the Mission Peak Chamber Singers! Rehearsals every Tues. 7:30-9:30pm Irvington Presbyterian Church Concerts: Dec 7/8 2019 March 14/15 & May 30 2020 Some singing experience & ability to read music helpful bu not required (Altos & Sopranos welcome too! info@chambersingers.org 510-356-6727	Centennial Celebration September 28 - 10am-5pm American Legion Post 68 and American Legion Auxiliary Unit 68 - Hayward B Street Downtown Hayward Parade and Festivities All are invited For info Call Alfredo Rodriguez 510-537-6105 email: readyajr@yahoo.com

California's only known wolf pack adds 3 pups

AP WIRE SERVICE

Wildlife officials say at least three new wolf pups have joined the only known pack in California.

KQED reports that trail cameras set up by the state Department of Fish and Wildlife in northeast California recorded the pups and two or three adult wolves in June.

Amaroq Weiss advocates for West Coast wolves with the Center for Biological Diversity. He says that the return of wolves to the state is an important development for conservation efforts.

Wolves are protected under California's Endangered Species Act even as the federal Fish and Wildlife Service has proposed to delist grey wolves as an endangered species.

In 2011, a grey wolf with a radio collar named OR-7 crossed the California border from Oregon and became the first wolf in the state since 1924.

Fremont resident celebrates 100 years of life



SUBMITTED BY FRANK MARTIN

Carmen Rivera Melia celebrated her 100th birthday with a party among 70 of her friends and family, including her three children, seven grandchildren, and four great-grandchildren. Carmen was born in Hawaii in 1919 to Spanish immigrants Antonio and Carmen Martin, who moved to the mainland a few years after her birth. Carmen has been a resident of Fremont for the last 40 years.

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.

tricityvoice@aol.com

LETTER TO THE EDITOR

Fremont nixes nonprofit picnic area use

A Northern California registered nonprofit dog rescue group was stunned last week to learn the city of Fremont would place restrictions for the group to reserve a Central Park picnic area. The group intended to host its private bi-annual potluck picnic for its supporters and volunteers as a small fundraising event. The group has hosted these events for many years at other locations in Sunnyvale, Dublin, Sacramento, and Visona Lake County Park in Los Gatos.

The reason given to the group was that the City of Fremont does not allow cash transactions with a picnic area reservation application/permit. The group was surprised, as there were no municipal code regulations cited regarding transactions, nor did this limitation appear in the published rules and restrictions

for reserved picnic area use. The application itself for the reserved picnic areas only asked for a declaration if the area was to be used as a fundraiser. The Fremont Municipal code also listed a fundraiser declaration requirement be made on the reservation application. The group did so.

The group sought out a park supervisor for clarification and, after a phone call and a couple of emails, the unwritten no cash transaction rule was reaffirmed. The supervisor contacted did not offer any explanation nor cite any city codes governing such limitations. As the supervisor contacted has only recently come to Fremont, they could not say when this unwritten rule was first imposed.

The supervisor went on to further suggest that the nonprofit apply for a "special event" permit that would allow cash transactions. This 10-page application is the one the city requires for festivals and event gatherings of large groups, where requests for police patrols and portable toilets can be made. Obviously, this type of permit application was inappropriate for the group's small event, which typically attracts 40 to 50 people.

What puzzled the group was that the only limitation found regarding transactions was on the application for a "drop-in" picnic

site, which designates one as non-reservable, used on a "first-come, first-served" location. Perhaps the city was trying to regulate picnic area use for non-legitimate cash transactions?

The registered 501©3 nonprofit group carries its own liability insurance as well as asking each event attendee to sign a liability waiver. Small attendance fees are donated, and they offer donated items for sale to the supporters. As such, not being able to have cash transactions would be very inconvenient, as people rarely carry checkbooks around, and if so, would not want to write checks for small amounts under \$20.

If anyone would care to support the rescue group in its efforts to save West Highland White terriers, information can be found at www.westieres-cuenorcal.org. The volunteer group rescues Westies from the Central Valley to the Oregon border, fostering the dogs in private homes until "forever home" placements can be made. There have been Westie Rescue activities in the Bay Area for over two decades. The group is currently seeking another Bay Area location to host its picnic gathering.

Teresa Houseworth
Fremont

Alameda County office of education

SUBMITTED BY
LAURA FORREST

On July 9, 2019, the Alameda County Board of Education honored Trustee Eileen McDonald and Trustee Fred Sims for 15 years of service. Trustee McDonald serves Area 6, which includes all Newark and the northern and western portions of Fremont. Trustee Sims serves Area 5, which includes Hayward, Union City, and the southern portions of unincorporated communities Cherryland and Fairview.

McDonald and Sims are part of a seven-member Board of Education that provides oversight to the 18 districts and three Regional Occupational Programs of Alameda County.



Alameda County Board of Education Trustee Fred Sims, Superintendent of Schools L. Karen Monroe, Trustee Eileen McDonald



Civic Center project moves forward

By WILLIAM MARSHAK

A breezy afternoon signaled a change for the City of Newark as

dignitaries and citizens gathered to celebrate the official groundbreaking for a complete makeover of administrative, police and library services facilities on Thursday, August 8. City Manager David Benoun opened the ceremony with introductions and Newark Police Chief Mike Carroll commented that the new buildings are the realization of a dream for much needed change; an infrastructure that will provide adequate space and resources for his department in its own building. Mayor Alan Nagy displayed a ceremonial shovel from the groundbreaking of the current city hall building in 1965 and lauded Newark

voters for supporting the new construction. Alameda County Librarian Cindy Chadwick was jubilant over the new state-of-the-art library that would be built on the location of the ceremony at the corner of Newark Boulevard and Thornton Avenue.

While previously announced that the new city hall would be named in honor of Mayor Emeritus and former city councilmember David W. Smith, when it was his turn to address the crowd, Smith had a surprise for the current mayor. In a “yowza” (Smith’s favorite phrase) moment, and a lighthearted spirit of breaking naming traditions,

the new library building will bear the name of current mayor Alan L. Nagy. Smith recounted Nagy’s long tenure with the City of Newark and recalled how both he and Mayor Nagy began their friendship as young men serving with Junior Achievement. When Smith complained about the politics of Newark, his friend retorted, “Do Something” and he did... they both did!

The stained-glass artwork of the current administration building will be repurposed to greet staff and visitors at the entry of each of the new buildings. Design firm Perkins and Will and general contractor Webcor will begin construction work on the \$72.3 million complex this month. Senior Vice President Matt Rossie of Webcor and Sarah Rege, principal/senior project manager of Perkins and Will, remarked that they look forward to creating an environmentally sensitive and beautiful city center.

Recognition was given to city council members, past and present along with the Newark Planning Commission – Chair William Fitts, Vice Chair Jeff Aguilar and Commissioners Karen Bridges, Debbie Otterstetter and John Becker.

The Civic Center Project Team that spearheaded the effort included Chief Building Official/City Architect Ray Collier, City Manager David Benoun, Public Works Director Soren Fajean, Police Chief Michael Carroll and Administrative and Project Assistant Roya Gonzales. Previous Project Team members included former City Manager John Becker and Assistant City Manager Terrence Grindall. Special mention was made of Laurie Gebhard and a team of Newark employees – Kathy Slaughter, Lisa Vera, Mary Teixeira - who coordinated the groundbreaking ceremonies.

With a ceremonial turn of shovels, the program ended with cheers and enthusiastic approval; a bright future for Newark. As Vice Mayor Sucy Collazo and councilmembers Luis Freitas, Michael Hannon and Mike Bucci joined the mayor for the groundbreaking, Mayor Nagy stated, “The ground we turn today rises to new facilities that will conduct the people’s business far into the future.”

All city and library operations will continue throughout the construction period, expected to be complete in 2021.



Award-winning pianist to perform Fremont recital

SUBMITTED BY
FREMONT SYMPHONY GUILD

Classical music and piano enthusiasts in the Tri-City area may want to mark their calendars for an afternoon recital by award-winning pianist Leyla Kabuli, sponsored by Fremont Symphony Guild.

Kabuli, 19, is the winner of the guild’s Young Artist Competition and will perform a selection of familiar and unusual works on a Steinway grand at the home of Dr. and Mrs. Eduardo Kneler in Fremont at 3:00 p.m. Sunday, August 18.

Kabuli is a Regents’ and Chancellor’s Scholarship student at UC Berkeley where she is pursuing a double major in Music and in Electrical Engineering and Computer Sciences. She has won numerous prestigious awards, including the Los Angeles Young Musician

International Competition; performed on NPR’s From the Top and was invited to perform at their 2017 Gala. She was also featured in San Francisco’s Noontime Concerts as recipient of the Helen von Ammon Emerging Artist Award and has soloed with the Sonoma Philharmonic, Waring Festival Orchestra, Nova Vista Symphony, Palo Alto Philharmonic, Soli Deo Gloria and more.

The recital will include a reception with wine and hors d’oeuvres. Tickets are \$35 for adults, \$10 for students. Because space is limited, tickets should be purchased in advance. The recital address will be given at the time of purchase.

Leyla Kabuli piano recital
Sunday, Aug 18
3 p.m.

Private Fremont residence

Advance tickets: \$35 adults; \$10 students

Ticket reservations and address:

Caryl Dockter, (510) 793-6375 or acdockter@comcast.net

Barbara Gorsuch, (510) 673-0085 or bigorsuch@att.net

Chris Johnson, (510) 793-1938 or bcjohnson1@comcast.net

Hop on for historic Bus experience

SUBMITTED BY RON MEDAGLIA

As technological advancements continue to alter how and what we do, Pacific Bus Museum dedicates itself to preservation, restoration, and display of buses as part of the history of transportation in America. To honor this history, the museum will host an open house on Sunday August 18. Those with an interest in buses can enjoy a fun day.

On display will be the museum’s operational historic bus fleet and numerous visiting historic and modern buses. Climb aboard the buses and experience the glory and magnificence of these machines and learn how you can be a vital part of ensuring that they are not lost to time.

Activities will include a flea market of bus memorabilia and bus-related merchandise, BBQ lunch for purchase (a choice of hamburger or cheeseburger or BBQ chicken breast, macaroni and potato salads, chips, water or soda and dessert), raffles and an afternoon bus caravan with several photo opportunities. Tables will be available at the flea market (free to members, nonmembers \$25).

All proceeds from the event go to the nonprofit Pacific Bus Museum. For more information, visit the museum’s website at www.pacbus.org or its Facebook page at www.facebook.com/Pacificbusmuseum.

Pacific Bus Museum Open House
Sunday, Aug 18
11 a.m. – 3 p.m.
Pacific Bus Museum
37974 Shinn St., Fremont
www.pacbus.org
www.facebook.com/Pacificbusmuseum
One table free to a museum member;
nonmembers and extra tables are \$25
BBQ cost: \$10 for adults and \$7 for children
(ages 12 and under)
Admission is free

Festival gig
is over,
but
West Coast
Blues
will survive

By STEPHANIE GERTSCH

In July of 2019, the Hayward Russell City Blues Festival celebrated 20 years of enlivening the streets of downtown Hayward with the unique blues sound of the Bay Area. Unfortunately, due to funding issues this was also the last year the festival will appear in this form. Ronnie Stewart, Executive Director of the West Coast Blues Society, says the spirit of Russell City will, however, live on through other events and venues.

The area known as “Russell City” was never officially incorporated into Hayward, but was a widely-recognized part of the community. During the development period of the 30s – 50s, African American and Mexican people settled in Russell City to work in the shipyard industry. “Redlining” (banks denying loans to residential areas deemed

risky) often excluded minorities from many neighborhoods, but those who remained developed their own culture, with their own churches, crops, farmers’ markets and clubs and music.

“Piano players would play all night and then 7 or 8 o’clock in the morning, they’d leave for church and play in church,” Ronnie Stewart recalls, laughing. “Everybody had a story about Russell City.” Someone needed to keep those stories alive. “So, I said... We gotta perpetuate this history and bring this history to the public.” Thus, West Coast Blues Society was founded.

Blues has Southern and African

Jazz musicians would play at upscale hotels all Friday evening, then after midnight, head over to Russell City. Inevitably the sounds mixed. “They just stopped playing jazz and came on over to Blues!”

American roots, but the widespread influence of the style can be heard in the sounds of many performers and bands, including The Rolling Stones,

Michael Jackson and Lady Gaga. One of the most famous music legends to play at Russell City was Ray Charles, but the area also had its own blues legends such as Big Joe Turner, Big Mama Thornton, and T Bone Walker.

One might ask, “What is ‘West Coast’ blues?” For Stewart the answer is simple: “Ninety percent of the bands from Chicago have harmonicas... West Coast Blues had horns because the West coast was heavy into jazz.” Jazz musicians would play at upscale hotels all Friday evening, then after midnight, head over to Russell City. Inevitably the sounds mixed. “They just stopped playing jazz and came on over to Blues!” laughs Stewart. Some blues bands had five to seven horns, and they used five- or six-note chords rather than three notes. “Our sound was more sophisticated,” says Stewart. “We used more of what we call jazz progression, what we call triage in music.” Overall, West Coast Blues has a more complex and upbeat sound than its East Coast counterpart.

“All our festivals had some sort of kinship to the music that was played in Russell City,” says Stewart. A festival could showcase the mostly-undocumented history of Russell City and make it accessible to the general public. “A way to bring it to the public in a real ‘branding way’ as we say nowadays... was to do some sort of public event... to get a cross section of the community there and at the same time perpetuate that history. So, I said, ‘Let’s do a Hayward Russell City Blues Festival.’” The “Hayward” part is important: the event would not be eligible for city funding unless it was explicitly connected to Hayward in some way.

Unfortunately, a recent change to Hayward funding policy meant cuts for

festivals across the board, and Hayward Russell City Blues Festival lost funds they needed for artist fees, promotion, and branding. While there are many beloved summer festivals around the Hayward Area (Street Parties, Zucchini Festival, and this year’s Bay Area Latin Jazz Festival, to name a few), Russell City Blues Festival was unique. “We were constantly telling people this isn’t just a festival to have fun,” Stewart explains, “this is to learn and understand about what once was a community of African Americans and Mexican people.” The value went beyond entertainment and into the realm of historical preservation.

However, the West Coast Blues Society is looking into other ways to bring the heritage of Russell City to the public. One idea is doing a three- or four-week Saturday music series at the new Library Plaza, featuring a different band or two each night. This fits in with the Bay Area culture of outdoor summer concerts. Stewart would also like to start a “Russell City Area Historical Society” to complement the Hayward Area Historical Society (HAHS), which currently has only limited material on Russell City.

“The Hayward Russell City Blues Festival hasn’t died,” says Stewart. “We’ve gone to a new format. Whether we get funding from the City of Hayward [or not], we will definitely have our Russell City Blues music series... We’re still gonna perpetuate that history, and we’re still gonna have programming, lectures, and awareness about the City.”

West Coast Blues Society
(510) 472-8800
www.westcoastbluessociety.org

LACE UP THOSE
RUNNING AND
WALKING SHOES

SUBMITTED BY TINA FERNANDEZ
PHOTO BY ICONIC LAB

Officials from the HERS Breast Cancer Foundation are gearing up for their annual fundraising 5k Walk, 5k/10k Run and Community Expo coming in September to Quarry Lakes Regional Recreation Area in Fremont. The event, now in its 20th consecutive year, brings together breast cancer patients and survivors from all over the Bay Area, along with their families and supporters, to celebrate life and raise money for HERS, a nonprofit organization.

This year’s event is set for Saturday, Sept. 28 and is open to runners and walkers of all ages and experience levels. Many walkers and runners form teams and wear fun costumes or matching group outfits to show their love and support.

New this year will be a choral performance, Yoga On The Grass (an alternative to walking/running), an expanded Community Expo and live classic R&B music during lunch. A

remembrance dove launch with bird enthusiast Jim Dempsey is also planned. Master of Ceremonies for the day’s events will be KTVU FOX 2 reporter and news anchor Heather Holmes.

Both the 5k & 10k are scenic runs through the packed gravel trails circling through Quarry Lakes Park. The course is not USA Track & Field (USATF) certified; the distance has been measured and is approximate. Walkers are welcome, but no bicycles or skateboards are allowed.

Entry fees are \$40 for adults, \$15 for youths 12 to 17, and \$5 for children under 12. Adults will receive a commemorative T-shirt with their entry fee, while youths and children will receive a finishers medal. Registrations made the day of the race will be \$5 higher. Group and corporate rates are also available. Race/Walk day check-ins will be 7:00 a.m. to 9:00 a.m. with 10k runners starting at 9 a.m., 5k runners at 9:15 a.m., and walkers at 9:20 a.m.

For registration information and program details, visit the HERS Breast Cancer Foundation Walk/Run website at



<http://hersbreastcancerfoundation.org/walk-run/> or call (510) 790-1911.

HERS Breast Cancer run/walk
Saturday, Sep 28
7:00 a.m. to mid-afternoon

Quarry Lakes Recreational Area
2100 Isherwood Way, Fremont
(510) 790-1911

<http://hersbreastcancerfoundation.org/walk-run/>
Advance tickets: \$40 adults, \$15 youths, \$5 children

Talent2Give fundraiser
against hunger

SUBMITTED BY
DAKSH KOHAR

The launch of Talent2Give, a local non-profit organization, will be held at Slap Face Coffee & Tea in Fremont on Friday, August 16 at 5 p.m. Guests are invited to purchase art by local students who are passionate about using their talents to give back to the community. The event will include children’s art and recycled swag items at nominal prices. All donations will go to Kids Against Hunger to help feed starving children.

Slap Face Coffee & Tea is located at 37324 Fremont Blvd, Fremont, CA 94536. It is an arty, bi-level hangout featuring live music events, espresso drinks, and ice cream. Directions and

more information can be found at <https://www.facebook.com/slapfacecoffee>.

Talent2Give is a non-profit organization that raises money to combat childhood hunger through selling the work of young artists. Founder Daksh Kohar is a rising sophomore at American High School and has won several awards in art competitions. Kohar feels strongly that each kid deserves good nutrition. A happy and healthy gut is key to making a happy childhood. He wants to use his talent to contribute in fight to eradicate child hunger. He shared, “My mother has always been a huge supporter of my art and has encouraged me to use it for bigger purposes. Inspired by her, I am launching

my organization on the eve of her birthday.”

Talent2Give is looking for young artists who can collaborate to grow this organization. Singers, painters, sculptors, knitters...all artists are welcome to join and use their God-given gifts to make a difference in the world. For more information about the event and Talent2Give, contact Daksh Kohar at talent2give@gmail.com.

Talent2Give fundraiser
against hunger
Friday, Aug 16
5 p.m. – 7 p.m.
Slap Face Coffee & Tea
37324 Fremont Blvd, Fremont
talent2give@gmail.com

The Apple credit card is here

AP WIRE SERVICE

The Apple credit card designed primarily for mobile use is here.

Some iPhone users who requested a notification about Apple Card will get invites Tuesday to apply through Apple’s Wallet app. The company plans to expand sign-ups more broadly in coming weeks. The card, announced in March in partnership with Goldman Sachs, is available only in the U.S.

The company promises quick sign-ups and the elimination of most fees. Customers typically get 2 percent cash back when using Apple’s app to pay. Industry experts say financial benefits of the card mirror many of those already out there for consumers.

What sets Apple Card apart from other cards is its reliance on

the iPhone. Though customers can request a physical card for free, an iPhone is required to apply, check statements and pay balances.

The app will offer tools to manage spending and suggest payment amounts based on past payments and spending. And cash back rewards return to customers through an Apple Cash account, which can be used for other purchases, credit card payments and transfers to traditional bank accounts.

Goldman will be in charge of approving applications and monitoring transactions for fraud. Apple says it isn’t getting transaction data and has agreements that bar Goldman from using data for other purposes, such as advertising and marketing Goldman’s other services.

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