



Crush
kick-off

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Food bank and
thrift store call
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Flight to
Freedom

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August 27, 2019

Vol. 17 No. 35



Rail Fair returns to Ardenwood

SUBMITTED BY JACQUE BURGESS

Over Labor Day weekend, Ardenwood Historic Farm will host their 20th Annual "Rail Fair." All activities are free with the price of admission to this celebration of everything trains.

There will be unlimited train rides all three days pulled by "Katie," our diesel locomotive. The 1890 steam locomotive "Ann Marie" will be doing operating demonstrations and will park for photo opportunities.

Trains will also appear in miniature form. The Bay Area Garden Railway Society (BAGRS) will bring a variety of scale steam locomotives to operate on Saturday and Sunday. These small but mighty engines work exactly like full-size steam engines. On all three days, BAGRS

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Tri City STREET FAIR at Ohlone

SUBMITTED BY OHLONE COLLEGE
PHOTOS COURTESY OF OHLONE COLLEGE

Nestled between the foot of the popular hiking trail, Mission Peak, the rolling green foothills, and the historic Old Mission San Jose, Ohlone College's "Tri-City Street Fair" is poised to be the Bay Area's premier Street Fair experience.

We have partnered with many local businesses and organizations to help provide our community with a unique one of a kind shopping experience. 100% of the revenue generated through the sales of our vendor spaces will go directly to supporting Ohlone College programs that directly impact students. By supporting local vendors, you're also supporting Ohlone College students.

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Scottish gathering preserves heritage

BY STEPHANIE GERTSCH

On Labor Day weekend, kilts will gather to celebrate Scottish heritage at the 154th "Scottish Highland Gathering and Games" in Pleasanton. The event kicks off with a concert on Friday night, and continues Saturday, August 31 – Sunday, September 1. The festival celebrates many aspects of Scottish culture—athletics, cuisine, music and dance, and even animal care. One of the gathering's longtime vendors spoke about how heritage can be preserved by acquiring a small piece of Scotland—literally.

This year, Lord Stephen Rossiter will come to support the gathering with one of the key sponsors, Highland Titles, which takes a unique approach to saving Scotland's ancient forests. Rather than using government funding to create their nature preserves, the organization sells tiny plots of land—starting at one square foot—making the buyer technically a Scottish landowner. Rossiter explains, "Because you're a landowner in Scotland you adopt a title. It's purely a courtesy title, 'Laird,' and Laird means landowner."

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

The new school year is here and for many kids – and especially teens – that means the pressure will turn back on.

Today’s students face a lot of stress and pressure to succeed. Social media can be a constant reminder that they don’t measure up, at least in their minds. But there are ways parents can help their children cope. “Your child’s mental health is as important as their physical health,” said Susan Hsu, MD, a family physician with the Washington Township Medical Foundation. “In fact some of the

same ways we encourage people to improve their physical health can also help with mental health. Exercise, nutrition and sleep provide the foundation for good mental health.” Dr. Hsu said exercise has a positive effect on overall well-being. The endorphins released by the brain during exercise help to improve mood, energy levels and even sleep. Together, these positive effects

help to improve self-confidence and resilience, she explained. “Exercise can help to reduce anxiety and improve body image,” she added. “Exercise gives anxious children something else to focus on, as well as a sense of accomplishment. When your child sees how fun it is to be active, it is much more likely they will stay active as they get older. Seeing and appreciating what their body can do, rather than how it looks, is a great way for a child to build a positive body image.”

Dr. Hsu recommends children get at least an hour of physical activity every day. That could be during physical education at school or by participating in a sport. She also encourages families to do activities together, like taking a walk after dinner, or hiking or biking together on the weekends.

“Parents can also consider yoga or meditation for children who feel stressed or anxious,” she added. “These tools can be very helpful for kids and teens.”

Healthy Eating

A diet rich in vitamins and nutrients supports your child’s growth and development. Kids and teens need to eat plenty of fruits and vegetables, whole grains, lean proteins and dairy, and avoid processed items and sugary foods and beverages.

“Research suggests that diet is as important to mental health as it is to physical health,” Dr. Hsu added. “Nutritious food not only helps with proper brain development, it can also help to prevent mood swings. It gives your kids the energy they need to stay focused and concentrate better in school, which helps with self-esteem.”

Families should make time to eat at least one meal of the day together. Meal time can be an opportunity for kids to talk about their day.

“Coming together and sharing thoughts and feelings can help kids verbalize what they might be feeling about school, or any issues they might be having,” she added. “It’s a good way to check in with your kids.”

Sleep on It

Sleep may not be something you think about when it comes to mental health. But making sure your kids get a good night’s sleep is critical, according to Dr. Hsu.

“Getting enough sleep positively impacts neurologic development and appears to be the right medicine for the prevention of many learning and behavioral problems,” she said. “When kids and teens get enough sleep, they are less irritable and more alert. They feel better and more prepared to handle the school day.” Children ages 6

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	8/27/19	8/28/19	8/29/19	8/30/19	8/31/19	9/1/19	9/2/19
12:00 PM 12:00 AM	Voices InHealth: Antimicrobial Stewardship	Mental Health Education Series: Understanding Psychotic Disorders	Aortic Valve Disease: Treatment Options Including TAVR	Colon Cancer	Early Detection and Prevention of Female Cancers	How to Prevent Financial Elder Abuse/Fraud	Hepatitis B and Liver Cancer: Prevention and Treatment
12:30 PM 12:30 AM	Gastrointestinal Disorders		Sports Medicine Program: Nutrition & Athletic Performance	Diabetes Matters: Latin Foods			
1:00 PM 1:00 AM				Diabetes Matters: Filipino Food Made Healthy	Diabetes Health Fair: Eat 4 Diabetes Care		
1:30 PM 1:30 AM	Washington Township Health Care District Board Meeting August 14, 2019	Mental Health Education Series: Mental Wellness	Washington Township Health Care District Board Meeting August 14, 2019	Palliative Care Series: Interfaith Discussions on End of Life Topics		Washington Township Health Care District Board Meeting August 14, 2019	Diabetes Matters: Diabetes Conversations
2:00 PM 2:00 AM					Women's Health Conference: Reclaiming Your Confidence		
2:30 PM 2:30 AM		Diabetes Health Fair 2018: Diabetes Care		Caregiver Series: Caring for Someone with Dementia or Other Medical-Related Memory Loss		Mental Health Education Series: Anxiety Disorders	Mental Health Education Series: Family Support
3:00 PM 3:00 AM		Solutions for Weight Management			Caregiver Series: Securing Care Preferences Through AHCD		
3:30 PM 3:30 AM				Updated Treatments for Knee Pain & Arthritis		Washington Township Health Care District Board Meeting August 14, 2019	Vitamins & Supplements: How Useful Are They?
4:00 PM 4:00 AM	Digestive Health: What You Need to Know	Palliative Care Series: Interfaith Discussions on End of Life Topics	Caregiver Series: Caring for Someone with Dementia or Other Medical-Related Memory Loss		Mental Health Education Series: Anxiety Disorders		
4:30 PM 4:30 AM				11th Annual Women's Health Conference: Patient's Playbook		Washington Township Health Care District Board Meeting August 14, 2019	Vitamins & Supplements: How Useful Are They?
5:00 PM 5:00 AM	Caregiver Series: Codependency and the Caregiver	Washington Township Health Care District Board Meeting August 14, 2019	Palliative Care Series: Interfaith Discussions on End of Life Topics		Caregiver Series: Securing Care Preferences Through AHCD		
5:30 PM 5:30 AM				Symptoms of Thyroid Problems		Crohn's & Colitis	Stop Diabetes Before It Starts
6:00 PM 6:00 AM	Food Pharmacy: Prescription for Colon Health	Crohn's & Colitis	Stop Diabetes Before It Starts		Voices InHealth: Cyberbullying - The New Schoolyard Bully		
6:30 PM 6:30 AM				Learn About the Signs & Symptoms of Sepsis		Crohn's & Colitis	Stop Diabetes Before It Starts
7:00 PM 7:00 AM	Voices InHealth: Medicine Safety for Children	Weight Management: Stopping the Madness	How to Sleep Your Way to Better Health		Latest Treatment Options for Wound Care		
7:30 PM 7:30 AM				Understanding HPV: What You Need to Know		Diabetes Matters: Living with Diabetes	How to Talk to Your Doctor
8:00 PM 8:00 AM	Strategies to Help Lower Your Cholesterol and Blood Pressure	How To Stop Disease Before It Starts	Diabetes Matters: Exercise IS Medicine		Washington Township Health Care District Board Meeting August 14, 2019		
8:30 PM 8:30 AM				Family Caregiver Series: Advance Health Care Planning & POLST		Family Caregiver Series: Mindfulness Meditation for the Caregiver	Metabolic Disorders
9:00 PM 9:00 AM	Wildfire Smoke and Your Lungs: Do You Need to Worry?	Sick Feet?	Mental Health Education Series: Understanding Mood Disorders		Keeping Your Brain Healthy		
9:30 PM 9:30 AM				Diabetes Matters: Diabetes and Kidney Health		Family Caregiver Series: Loss, Grief & Recovery	Balance & Falls Prevention
10:00 PM 10:00 AM	Diabetes Matters: Diabetes and Kidney Health	Family Caregiver Series: Loss, Grief & Recovery	Balance & Falls Prevention		Diabetes Matters: Straight Talk About Diabetes Medications		
10:30 PM 10:30 AM				Diabetes Matters: Diabetes and Kidney Health		Family Caregiver Series: Loss, Grief & Recovery	Balance & Falls Prevention
11:00 PM 11:00 AM	Diabetes Matters: Diabetes and Kidney Health	Family Caregiver Series: Loss, Grief & Recovery	Balance & Falls Prevention		Diabetes Matters: Straight Talk About Diabetes Medications		
11:30 PM 11:30 AM				Diabetes Matters: Diabetes and Kidney Health		Family Caregiver Series: Loss, Grief & Recovery	Balance & Falls Prevention

Do You Suffer from Sinus Problems?

Free Seminar Offers Advice About Causes, Symptoms, Treatments

You've got a runny nose and congested nasal passages, making it hard to breathe though your nose – symptoms of a common cold, right? But this time, you're also suffering an ongoing frontal headache as well as pain and pressure around your eyes, cheeks and forehead. And then there's that fever that you don't ordinarily experience with a cold.

Maybe it's sinusitis – an inflammation of the sinuses. The sinuses are air-filled cavities located on either side of the nose, behind the forehead and eyebrows, and within the bony structure of the cheeks.

"Sinusitis often stems from a cold that progresses to a sinus infection, which could be caused by a virus or bacteria," says Timothy Ortlip, MD, an otolaryngologist (ear, nose and throat specialist) at Washington Township Medical Foundation (WTMF). "Other cases of sinusitis might be related to allergies, especially here in California where we have a lot of agriculture. The combination of a sinus infection that is compounded by respiratory allergies may be especially uncomfortable."

To help people learn more about sinusitis and other sinus problems, Washington Hospital is offering a free seminar featuring Dr. Ortlip on Thursday, September 12, from 6 to 8 p.m. in the Conrad E. Anderson, MD, Auditorium located in the Washington West Building at 2500 Mowry Ave. in Fremont.

Dr. Ortlip notes that early signs of acute sinusitis often can be treated and relieved by resting, drinking plenty of



Bad cold or sinus infection? Free seminar 6 to 8 p.m., Thursday, Sept. 12, answers your questions on symptoms and treatment of sinus infections. Washington West, 2500 Mowry Ave., Fremont.

fluids and using over-the-counter remedies such as saline nasal sprays or rinses, corticosteroid nasal sprays, mucolytics (mucus thinners), and nonprescription pain relievers such as acetaminophen or ibuprofen. In addition, he suggests judicious use of decongestants. If those home remedies are ineffective, patients should seek medical care.

"We can test patients for allergies, and if allergies are contributing to the problem, antihistamines may help relieve acute

sinusitis," he explains. "I generally discourage the use of decongestants, unless the patient uses them on the advice and instruction of a doctor, because those medications can cause some additional problems. Antibiotics might be considered for acute sinusitis, but only if it is determined to be a true bacterial infection. Antibiotics are often over-prescribed without determining whether the infection is actually caused by bacteria rather than a virus or allergies."

During the seminar, Dr. Ortlip will discuss additional causes, symptoms and treatments of various sinus disorders. For example, some people will develop chronic sinusitis, generally defined as sinusitis that lasts eight weeks or more.

"Some cases of chronic sinusitis might be caused by polyps that block the nasal passages or sinuses, or by other physical obstructions such as a deviated septum – a deformity of the wall between the nasal passages," he observes. "For such cases, minimally invasive procedures that go up through the nose and do not involve external incisions or scars might be used to unblock the nasal passages and sinuses. In some rare cases where there is increased risk of scarring or other problems, we might perform 'balloon sinuplasty,' similar to the balloon angioplasty used to clear blockages in the arteries.

"If you've had sinusitis a number of times, or if your symptoms persist more than 10 to 12 days, consult your physician for proper diagnosis and treatment to avoid worsening symptoms and complications," he adds. "I will allow time at the seminar to address specific questions from people who attend."

To register for the September 12 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."



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Health & Wellness



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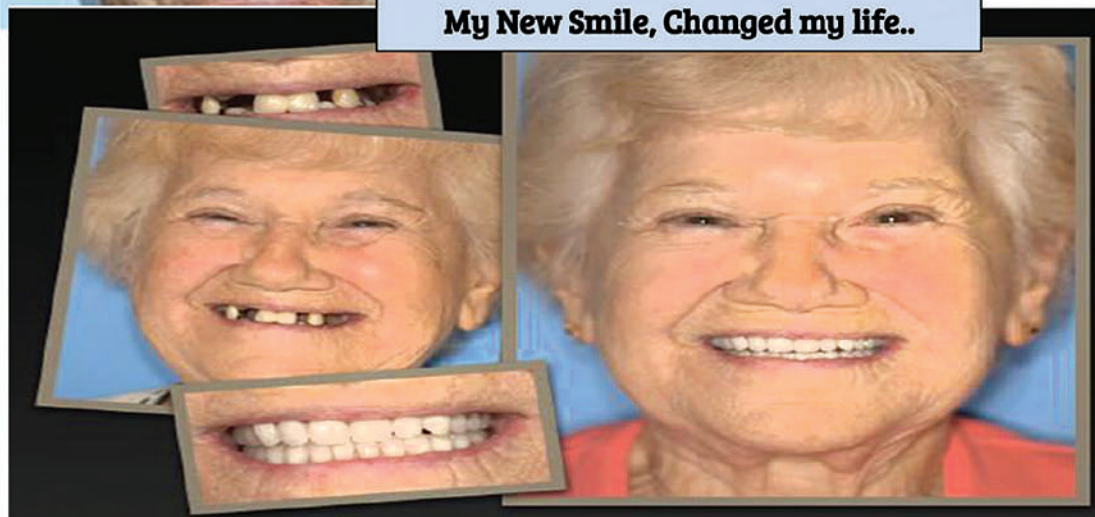
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HELP YOUR KIDS AND TEENS COPE WITH SCHOOL PRESSURES

Family Physician
Offers Tips for a
Healthy School Year



continued from page 2

through 12 should sleep nine to 12 hours every night. Teens ages 13 through 18 need to get eight to 10 hours of sleep.

Dr. Hsu adds that keeping phones and computers out of the bedroom at night can help your children get a better night's sleep. "There's no reason to be answering a text or checking out social media after bedtime," she added. "Set reasonable limits on cell phones and screen time so your kids can focus on other activities like getting a good night's sleep, finishing homework and family time."

Setting a schedule and sticking to it can also help reduce stress and improve mental health. Having a little structure can help your kids feel more organized and in control.

"It's also important for your kids to make time to do some of the activities they enjoy," she said. "If your children are feeling a lot of stress and anxiety, it might be good for them to talk with someone. If you can't be that sounding board, they could talk with a trusted teacher, school counselor, or possibly a mental health professional. Let them know it's good to talk about it."

For information about programs and services that can improve physical and mental health, visit www.whhs.com.

School receives blanket donation

SUBMITTED BY LAURA FORREST

Students at Lazear Charter Academy in Oakland will be napping in comfort with blankets made by volunteers and donated in a project led by Alameda County Board of Education Trustee Eileen McDonald.

On August 12, the first day of school, 4- and 5-year-old students lined up to receive soft, colorful blankets made by volunteers from donated fabric. Staff and volunteers, including Alameda County Superintendent of Schools L. Karen Monroe, helped each student choose from a variety of colors and patterns. This is McDonald's fourth year supporting blanket donations, which grew from a 2016 service project by Brooklyn Sisk, who was then a fifth-grade student at Oliveira Elementary in Fremont Unified School District. After that first year, McDonald decided to expand the program. She enlisted the League of Volunteers (LOV) to help with sewing, and fellow Alameda County Board of Education Trustee Ken Berrick donated funding for the flannel. In the first two years, over 120 blankets were distributed. Over the years, many in the community have stepped forward to donate funding, supplies and sewing skills. This year the program was able to give Alameda County students over 250 flannel nap blankets. "It takes a village," McDonald said.

Monetary and flannel donations can be mailed to LOV at 8440 Central Ave., Newark, CA 94560. Note "B's

Blankets" in the check memo or on the donation. Questions about the program can be emailed to Eileen

McDonald at emcdonald@acoe.org.



Alameda County Superintendent of Schools L. Karen Monroe (left), County Board of Education Area 6 Trustee Eileen McDonald (second from left), Lazear Charter Academy Co-Principal Sarah Morrill (right rear) with students at Lazear Charter Academy in Oakland.



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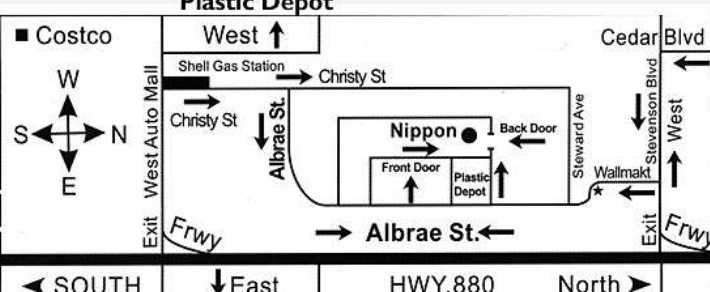
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- One entry per child.
- All entries must be the sole work of the child
- Winners will be selected on the basis of originality and art aptitude.

- Winners will be notified by phone and awarded prizes at a special ceremony Saturday, Sept. 21st, with first, second and third place winners for each category.
- Judging will be conducted by the Newark Arts Council. Decision of the judges are final.
- Entry DEADLINE IS: FRIDAY SEPT. 6th at 5:00 PM
- Artwork will not be returned

- All entries must include entrant's name, age, address and phone number on the back of the artwork.

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Newark Days Celebration, Inc.
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Autumn in Regional Parks

BY AYN WIESKAMP, BOARD OF DIRECTORS EAST BAY REGIONAL PARK DISTRICT

As the weather turns cooler but the sun still shines, it's a great time for outdoor recreation in the East Bay Regional Park District and other public open spaces. The park district has a full schedule of nature walks, other naturalist programs and special events—or you can explore on your own.

Probably the most elaborate upcoming event is the Harvest Festival on Saturday October 12 and Sunday, October 13 at Ardenwood Historic Farm in Fremont. Activities from 10 a.m. to 4 p.m. both days will include harvesting Indian corn and popcorn cobs (bring your own bags to take home a portion), magic shows, cider pressing, live old-timey music and historic crafts. There's also a narrow-gauge train, a pumpkin patch, and tours of the historic Patterson home.

Fees for the harvest festival are \$10 for adults, \$8 for seniors ages 62 and older, \$6 for children ages 4 through 17, and free for kids ages 3 and under. Parking is free. Tickets can be bought in advance at the farm or online at www.ebpcparks.org.

Ardenwood is at 34600 Ardenwood Boulevard, just north of Highway 84. For information, call (510) 544-2797.

There's no shortage of activities at nearby Coyote Hills

Regional Park. The staff naturalists offer Discovery Days from 11:00 a.m. to 3:30 p.m. every Saturday and Sunday, with hands-on activities, explorations and crafts for the entire family. Come to the visitor center at 11 a.m. for an introduction to the topic of the week or participate later in the day.

There's a village site at Coyote Hills that was occupied by Ohlone Indians for millennia before the arrival of Europeans. It now contains a reconstructed sweat lodge and other structures. At a volunteer day from 10 a.m. to 12 noon and 1:30 p.m. to 3:30 p.m. Sunday, September 15, you can learn about Ohlone culture while cleaning, weeding, and renewing the structures. Naturalist Dino Labiste will lead the program. The program is for ages 12 and older and parent participation is required.

You can join an animal-tracking program from 10:00 a.m. to 11:30 a.m. Saturday, September 21 with naturalist Kristina Parkison. Learn to differentiate between the signs left by various critters. The program is for ages 7 and older and parent participation is required.

Coyote Hills is at the end of Patterson Ranch Road, off Paseo Padre Parkway. There's a parking fee of \$5 per vehicle; programs are free. For information, call (510) 544-3220.

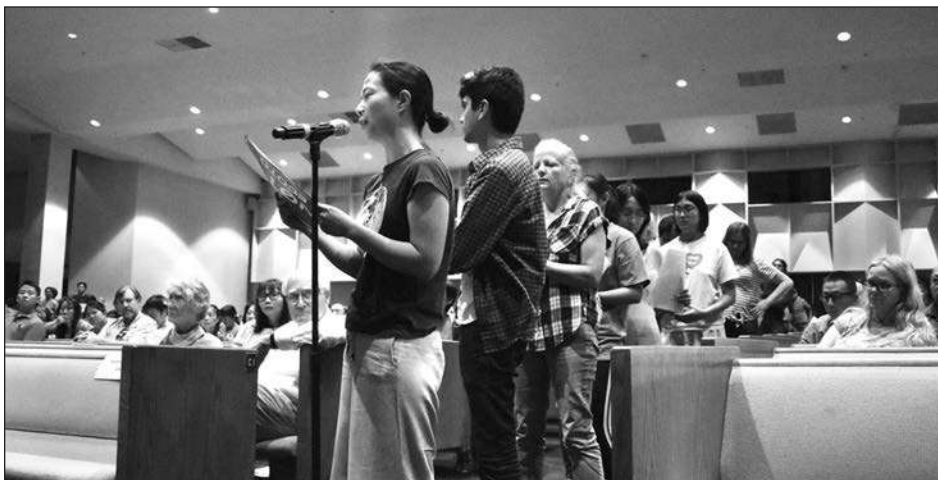
This is the season when male tarantulas venture forth in search of females in their burrows for purposes of reproduction.

Naturalist Ashley Adams will lead a hunt for roving tarantulas from 6 p.m. to 8 p.m. Sunday, September 29 at Sunol Regional Wilderness in southern Alameda County. Bring a flashlight and meet her at the visitor center. It's at the end of Geary Road, off Calaveras Road about 5 miles south of Sunol. For information, call (510) 544-3249.

In terms of future parks, the U.S. Navy has officially transferred half of the former Concord Naval Weapons Station to the National Park Service, which will then convey 2,500 acres to the park district for a new regional park. In partnership with the City of Concord and the National Park Service, the East Bay Regional Park District is establishing the Concord Hills Regional Park on the site.

The city of Concord is planning a mix of commercial and residential uses on an adjacent 2,500 acres of the former base. Most of this new park will remain open space, with a primary focus on conservation and natural resource management. Recreation (primarily trails) and park facilities will be developed on the remaining acreage, in part using already existing structures inherited from the weapons station. The park's visitor center will have exhibits and programs with an emphasis on the park's natural and cultural history and the Port Chicago explosion in 1944. The first events for the public likely will be guided walks through part of the property that is mainly open space.

Navigation center community workshop sparks housing debate



BY HUGO VERA

Fremont's Harbor Light Church was packed on Wednesday evening as residents, activists, police officers and other civil servants converged to speak on the proposed Housing Navigation Center (HNC) in the Decoto neighborhood. The meeting was facilitated by representatives of the Fremont City Council and featured a panel led by Chief of Police Kimberly Petersen to explain to the public what exactly a homeless navigation center in Decoto entails.

Per Petersen's presentation, it was established that housing navigation centers provide a pre-approved number of homeless persons with temporary housing, food, water, clothing and even educational materials over a six-month period while they are directed to affordable housing units. Chief Petersen explained that the majority of homeless people benefiting from the centers suffer from mental or physical disabilities that hinder their ability to find steady work and housing. The proposed Decoto HNC would only accept pre-scanned candidates. Petersen also cited statistics from a housing navigation center

based in Berkeley, in which 82% of its occupants successfully transitioned from the center into affordable housing.

Despite the statistics, the idea of an HNC based in Decoto has polarized many Fremont residents. At Wednesday's community workshop, several groups appeared wearing different colored shirts to signify their stance on the center. Those who wore red and teal were mainly a part of organizations against the Decoto HNC. Those who wore white spoke out in favor of homeless rights in Fremont. "I come from an immigrant background. My family came here to Fremont for a better life, so why are we turning away these homeless people when they're the most vulnerable and in need of our help?" said 19-year-old Fremont native Abhay Aggarwal.

Following the initial slideshow, residents were invited to voice their concerns in front of two microphones with each speaker given an allotted time of 65 seconds. Despite requests from city workers to refrain from showing a verbal bias toward anyone's speech, many residents booed and cheered with each passing speaker. "I don't want someone

who's most likely an ex-con anywhere near my children," said retired technician Maria Silva. "These people are messy, they bring in crime and garbage, and it should be the government's job to take care of them. Not the city's," she added.

Despite a sea of residents dressed in red and teal who were against the Decoto HNC, some Fremont residents took to the podium to spread a message of empathy and awareness. "People who live in Fremont have essentially won a lottery of life," said Fremont resident and military veteran Drake McCarthy. "As someone who was once homeless, I can tell you that people are not a threat. These people are our neighbors and they deserve a refuge from their suffering."

Although the meeting was advertised to run from 6:00 p.m. to 8:30 p.m., residents did not cease speaking at the podium until well past 9:00 p.m. Fremont City Council workers have stated that there will be two more community meetings, on August 24 and 26, so the community can voice their concerns before the matter of the Decoto HNC is finally decided by the council in September.



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BUSINESS

Pacific fishermen report best king salmon season in years

By Terence Chea
Associated Press

Trolling off the California coast, Sarah Bates leans over the side of her boat and pulls out a long, silvery fish prized by anglers and seafood lovers: wild king salmon.

Reeling in a fish “feels good every time,” but this year has been surprisingly good, said Bates, a commercial troller based in San Francisco.

She and other California fishermen are reporting one of the best salmon fishing seasons in years, thanks to heavy rain and snow that ended the state’s historic drought.

It’s a sharp reversal for chinook salmon, also known as king salmon, an iconic species

that helps sustain many Pacific Coast fishing communities.

Commercial salmon catches have surpassed official preseason forecasts by about 50%, said Kandice Morgenstern, a marine scientist with the California Department of Fish and Wildlife. Harvests have been particularly strong in Morro Bay, Monterey and San Francisco, but weaker along California’s northern coast.

“We’re really surprised to be seeing this many fish being landed so far this season,” Morgenstern said.

The salmon rebound comes after three years of extremely low catches that resulted from poor ocean conditions and California’s five-year drought, which drained the state’s rivers and reservoirs.

Over the past several years, regulators imposed severe fishing restrictions to protect chinook salmon, and officials declared federal fishery disasters in 2018 to assist fishing communities in California, Oregon and Washington.

This year’s adult salmon are the first class to benefit from record rainfall that filled

California rivers and streams in early 2017, making it easier for juvenile chinook to migrate to the Pacific Ocean, where they grow into full-size fish.

Chinook salmon are also being helped by improved ocean conditions that have produced an abundance of anchovies, krill and other feed. Several years ago, an El Nino event brought unusually warm water to the Pacific Coast and disrupted the marine ecosystem.

“For the salmon fishermen who’ve been dealing with disaster for so long, this is an incredible boon to their livelihoods,” said Noah Oppenheim, who heads the Pacific Coast Federation of Fishermen’s Associations.

The strong salmon season, which typically runs from May to October, is positive environmental news at a time of growing anxiety about climate change. A United Nations report released this month warns that global warming threatens food supplies worldwide.

Morgenstern says climate change is creating greater fluctuations in ocean and river

conditions, making chinook fisheries “less stable, less predictable and more challenging for fishery managers.”

Most of the chinook salmon now being caught come from the Sacramento River and its tributaries, where they spawn. Many were raised in state-run hatcheries then released into rivers to swim to the ocean. Harvests of chinook from rivers farther north have not been strong.

For consumers, the bountiful harvest has driven down wild salmon prices to \$15 to \$20 per pound, compared with \$30 to \$35 per pound in recent years. Fishermen are making up for the difference by catching more fish.

“The market is dictating right now that there’s a lot of salmon, so the customers don’t have to pay as much,” said Gordon Drysdale, culinary director at Scoma’s, a seafood restaurant at Fisherman’s Wharf in San Francisco.

The wharf is one of many California fishing communities now benefiting from the salmon boom. Pier 45, where boats

unload their fish, hasn’t been this busy in many years, said Larry Collins, who runs the San Francisco Community Fishing Association.

“This year started out with a bang, and it’s just kept banging the whole time,” Collins said. “We’re all really excited and happy the fish showed up.”

On a recent morning, commercial fisherman Brand Little, who sells to customers in the Lake Tahoe area, returned from four days of fishing with nearly 200 salmon weighing more than 2,000 pounds (907 kilograms).

“Best trip of the season,” Little said. “It’s been a long time coming.”

The salmon boom is also welcomed by sport fishermen and the boat operators who take them out to the ocean.

“When the fish are biting, it’s always good for business for us,” said Mike Rescino, who runs a charter boat. “When the people see the big reports, they’re going to come out and go fishing with us.”

MaxxDrop and FoodMaxx app heat-up the summer

Submitted by Victoria Castro

On August 14, FoodMaxx announced a new pricing initiative, MaxxDrop, in its 54 stores throughout California and Northern Nevada. The new MaxxDrop signs make it easier for shoppers to see savings throughout the store. FoodMaxx has also launched an app where shoppers can browse ads and find exclusive savings and digitalized manufacturer coupons.

“FoodMaxx prices are hotter than ever this summer,” said Dean Willhite, vice president of operations, FoodMaxx. “We’re a family-owned, Central Valley-based company. We’ve lived alongside the farmers and ranchers who grow and raise the best produce and meat since 1952. Those relationships help us bring FoodMaxx shoppers quality products at the lowest prices every day.”

The new app provides a platform for the following:

- Viewing the FoodMaxx ads
- Clipping digital manufacturer’s coupons
- Claiming special online member discounts
- Viewing and downloading recipes
- Building a shopping list from ads, recipes and/or manually
- Finding a store
- Shopping via Instacart for Home Delivery

California’s unemployment rate reaches historic low

AP Wire Service

California’s unemployment rate has again fallen to a historic low of 4.1 percent as the world’s fifth-largest economy continues to add jobs following the Great Recession.

State officials said Friday that California’s job expansion is now in its 113th month, tying the expansion of the 1960s as the longest on record. The more than 3.2 million jobs California has added since 2010 account for more than 15 percent of the country’s job gains over that time.

The jobless rate was also 4.1 percent for part of 2018.

California needs 8,000 to 9,000 new jobs each month to keep up with a growing workforce. Over the last nine years the state has averaged an additional 29,200 new jobs per month.

Analyst Michael Bernick warns a trade war with China could derail California’s job growth.

Google employees call for pledge not to work with ICE

By Rachel Lerman
AP Technology Writer

Hundreds of Google employees are calling on the company to pledge it won’t work with U.S. Customs and Border Protection or Immigration and Customs Enforcement. It’s the latest in a year full of political and social pushback from the tech giant’s workforce.

A group of employees called Googlers for Human Rights posted a public petition urging the company not to bid on a cloud computing contract for CBP, the federal agency that oversees law enforcement for the country’s borders. Bids for the contract were due Aug. 1. It is not clear if Google expressed interest. The company did

not return a request for comment.

More than 800 Google employees had signed the petition by Friday morning. Citing a “system of abuse” and “malign neglect” by the agencies, the petition demands that Google not provide any technical services to CBP, ICE or the Office of Refugee Resettlement (ORR), which provides services for refugees, until the agencies “stop engaging in human rights abuses.”

“In working with CBP, ICE, or ORR, Google would be trading its integrity for a bit of profit, and joining a shameful lineage,” the organizers wrote. They cited federal actions that have separated migrant children from parents and set up detention centers with poor conditions.

Google employees have led a growing trend in which some tech-company employees have taken public stances against their employers’ policies. Thousands of Google employees walked out last fall to protest the company’s handling of sexual misconduct claims. Employees also protested a Pentagon contract last year over work that used artificial intelligence technology to analyze drone footage.

The protests have chalked up some victories. After the walkout, Google announced new sexual misconduct guidelines, although some employees say they don’t go far enough. And the company did not renew the Pentagon contract after significant pushback.

Responding to some employee pressures has added fuel to claims from Republican pundits and lawmakers that the company is building its products to be biased against conservatives – an unfounded claim that has spawned multiple congressional hearings, although none that have produced evidence of bias.

Google was hit with criticism by President Donald Trump last week when the president tweeted, he was “watching Google very closely” after a former employee claimed on Fox News – without evidence – that the company would try to influence the 2020 election against Trump.

Google has denied claims of political bias in its popular search service and other products.

Kaiser Permanente refuses to pledge to put community needs before profits

Submitted by Jacob Hay

In a move that’s raising eyebrows from workers and patients across the country, healthcare giant Kaiser Permanente is one of only a handful of the nation’s nearly 200-largest corporations that refused to sign an August 19 “Statement on the Purpose of a Corporation,” calling on companies to shift from making shareholders their main focus to including all their stakeholders, including employees and the community.

In a Politico article, Kaiser Permanente said it didn’t sign the Business Roundtable pledge because it is a nonprofit and doesn’t have shareholders, even though the statement focuses on broadening to all stakeholders. Two corporations without shareholders – Guardian Life and New York Life – did sign the statement.

“Kaiser’s refusal to sign the statement has nothing to do with being a nonprofit and lacking shareholders,” said Hillary Distefano, a laboratory assistant at Kaiser Permanente in Berkeley. “It’s because Kaiser knows that a corporation with \$35 billion in reserves, \$5.2 billion in profits just this year, and a CEO who is paid \$16 million a year could not sign such a statement with a straight face. Even though they are a nonprofit they simply don’t believe in it.”

The 57,000 SEIU-United Healthcare Workers West members who work in Kaiser Permanente’s California facilities recently voted by a 98 percent margin to authorize an unfair labor practices strike against the corporation, beginning in October.

Plastic bottles sales banned at San Francisco airport

AP Wire Service

San Francisco International Airport is banning the sale of single-use plastic water bottles.

The San Francisco Chronicle reports Friday that the unprecedented move at one of the major airports in the country will take effect Aug. 20.

The new rule will apply to airport restaurants, cafes and vending machines.

Travelers needing plain water will have to buy refillable aluminum or glass bottles if they don’t bring their own.

As a department of San Francisco’s municipal government, the airport is following an ordinance approved in 2014 banning the sale of plastic water bottles on city-owned property.

SFO spokesman Doug Yakel says the shift away from plastics is also part of a broader plan to slash net carbon emissions and energy use to zero and eliminate most landfill waste by 2021.

Information from: San Francisco Chronicle, <http://www.sfgate.com>



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California near to ending 150-year-old posse comitatus law

AP WIRE SERVICE

California is moving to eliminate what state legislators call an outdated Wild West law requiring that citizens help police upon demand.

Lawmakers on Thursday sent Gov. Gavin Newsom a measure eliminating the California Posse

Comitatus Act of 1872.

The nearly 150-year-old law makes it a misdemeanor with a fine of up to \$1,000 for failing to help police make an arrest or catch a fleeing suspect.

Democratic Sen. Bob Hertzberg of Van Nuys says his interns initially proposed eliminating a law that he says

“belongs in the history books, not the law books.”

Democratic Assemblywoman Sydney Kamlager-Dove of Los Angeles says it was also used to help apprehend runaway slaves.

She calls it “a visage of a bygone era” now that California has plenty of professionals to catch criminals.

Hayward Area Recreation and Park District receives \$30,000 grant

SUBMITTED BY JACQUELYN DIAZ

The Hayward Area Recreation and Park District (H.A.R.D.) has been selected to receive a \$30,000 grant from the National Recreation and Park Association (NRPA) and The Walt Disney Company as part of the effort to increase access to local play spaces. The investment supports NRPA and Disney’s combined goal of providing one million kids and families with greater access to play.

As part of the national “Meet Me at the Park” play spaces grant program, park and recreation agencies across the country were invited to share their best ideas on increasing access to play spaces for children and families in their communities. Agencies with the most innovative and impactful project ideas were chosen to receive \$30,000 grants to build their projects. H.A.R.D. was one of only 27 grant recipients in the nation.

H.A.R.D. will use the \$30,000 grant at one of the community’s most innovative projects, Mia’s

Dream Come True Playground, which is a one-acre park in Hayward. The playground is designed to be fully accessible to all abilities and will have play equipment and interactive elements that are specific to Hayward and the Bay Area. The grant will fund specialized active elements such as a spray fog mist in the “San Francisco Bay Zone” of the playground.

“The H.A.R.D. Board of Directors are thrilled to be a recipient of the grant funded by NRPA and The Disney Company,” stated Rick Hatcher, board president. “The Vasquez family introduced the concept of an “ultra-inclusive” play concept on behalf of their daughter Mia in 2016. When we applied for the grant, we knew it would help make this dream a reality for the community.”

“NRPA is proud to collaborate with The Walt Disney Company to help more children and families experience the benefits of play,” said Kelly May, NRPA vice president of programs. “By increasing access to play spaces, this program will also provide unique activities tailored to local community that support healthy lifestyles.”

For more information about the Mia’s Dream playground project, please visit www.haywardrec.org. To learn more about Meet Me at the Park, visit www.nrpa.org/meet-me-at-the-park.

Tesla restarts its solar-panel business, offers rental plans

AP WIRE SERVICE

Tesla is trying to spark its solar-panel business by letting consumers rent rooftop systems rather than buy them.

Tesla Inc. CEO Elon Musk announced the offering in a series of tweets Sunday.

The company will allow residents of six states to rent solar-power systems starting at \$50 a month – or \$65 a month in California – for a small set-up.

Musk says consumers can cancel anytime, although Tesla’s website says there’s a \$1,500 charge to remove panels and restore the roof to its previous condition.

Besides California, rentals will be offered in Arizona, Connecticut, Massachusetts, New Jersey and New Mexico.

Electric car maker Tesla bought residential solar installer SolarCity for \$2.6 billion in 2016 but installations have plunged in recent quarters. Tesla stopped selling systems in Home Depot stores.

Effort to lower threshold for raising local taxes fails

AP WIRE SERVICE

A proposal to make it easier for local California governments to raise taxes or issue bonds for infrastructure projects has failed in the state Assembly.

The effort by Democratic Assemblywoman Cecilia Aguiar-

Curry was a constitutional amendment. That means it also would have needed approval from voters at the ballot to become law.

It would have lowered the threshold for local governments to raise taxes and issue bonds from two-thirds to 55 percent.

Supporters say the higher threshold made it too difficult for local

communities to raise money for schools, libraries and other projects.

But opponents say the two-thirds threshold is a necessary protection for taxpayers.

It failed to pass the Assembly despite Democrats holding a supermajority. Aguiar-Curry may bring it up for a vote again later this year.



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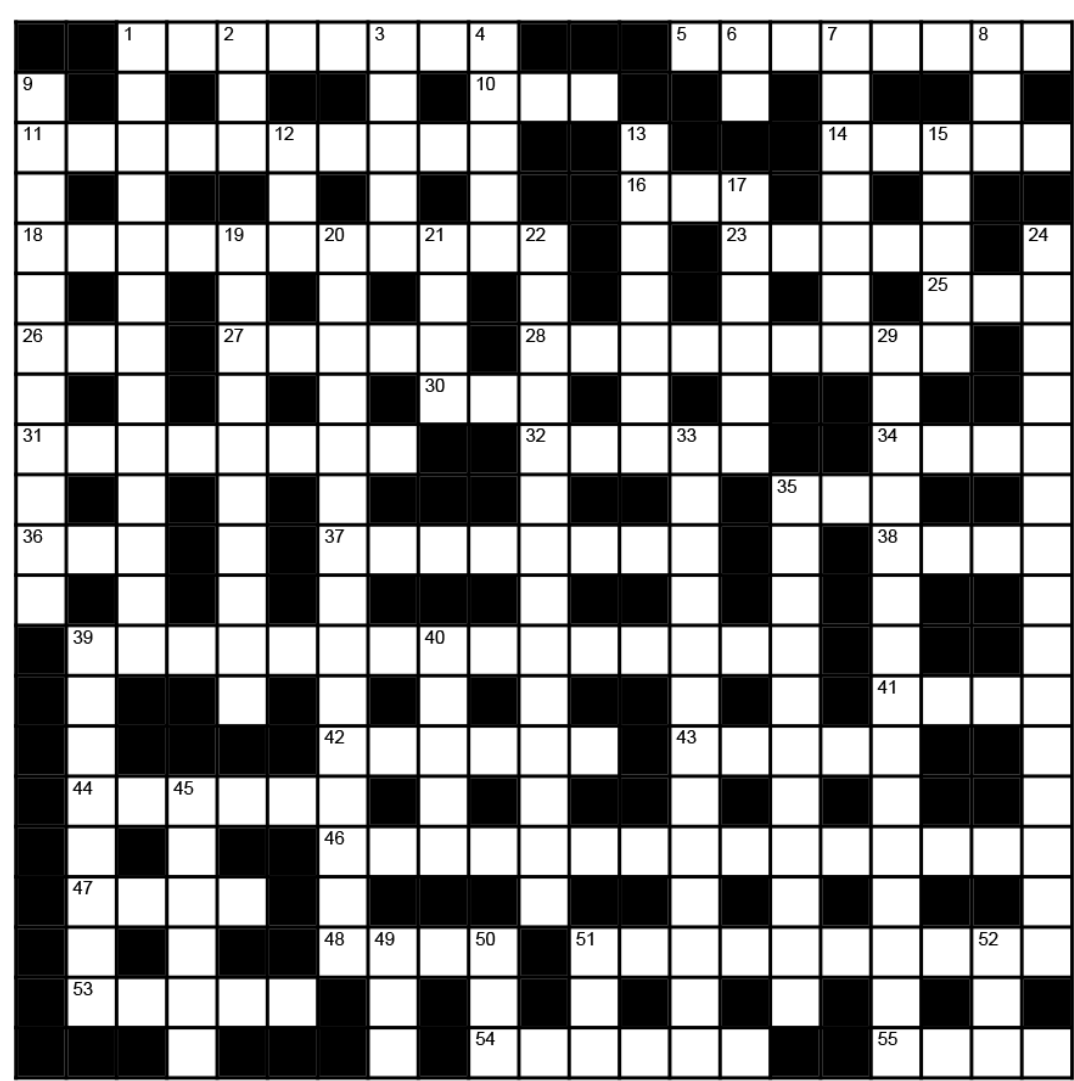
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- * Facial Palsy
- * TMJ syndrome
- * Alzheimer's disease

Mind Twisters

Crossword Puzzle



- Across

1

Eyelet creator (8)

5

Friendly (8)

10

"We've been ____!" (3)

11

Overhead (2,2,3,3)

14

They'll knock you out (5)

16

Texas ____ (3)

18

Audacious (4,2,5)

23

Gone by (2,3)

25

Suffix with Ecuador (3)

26

Mr. Rogers (3)

27

Cupcake topper (5)

28

Waters (9)

30

____ grass (3)

31

Kind of stand (8)

32

Courtroom event (5)

34

"Happy Birthday" writer (4)

35

Banned insecticide (3)

36

Medium claim (3)

37

Bill Clinton, e.g. (8)

38

Neighbor of Mo. (4)

39

Game (5,3,7)
- 41

Penny, perhaps (4)

42

"Can you believe it?!" (6)

43

Boorish sort (5)

44

Absentee (6)

46

Find fault with (4,9,2)

47

Edison's middle name (4)

48

"Cats" director Trevor (4)

51

Blue (2,3,5)

53

Manicurist's concern (5)

54

Not marked up (2,4)

55

Canceled (4)
- Down

1

Shrimp cocktail? (7,6)

2

Follower: Suffix (3)

3

Electric dart shooter (5)

4

"But of course!" (2,3)

6

... (2)

7

Gardener's supply (7)

8

Albanian currency (3)

9

Crepe preparations (6,5)

12

"48____" (3)
- 13

Rum brand (7)

15

Gives up (5)

17

Golden Horde member (6)

19

Fan (10)

20

Brainy (6,2,1,6)

21

Jason's ship (4)

22

Ringers (8,6)

24

Low ground (8,7)

29

Newspaper feature (9,6)

33

Phrase on the back of a buck (6,7)

35

End of the question (11)

39

Hold back (8)

40

"10" star (5)

45

Disclose (6)

49

John's "Pulp Fiction" co-star (3)

50

Vardalos of "My Big Fat Greek Wedding" (3)

51

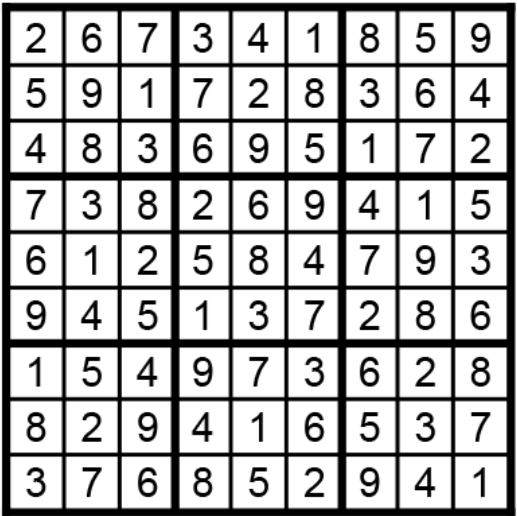
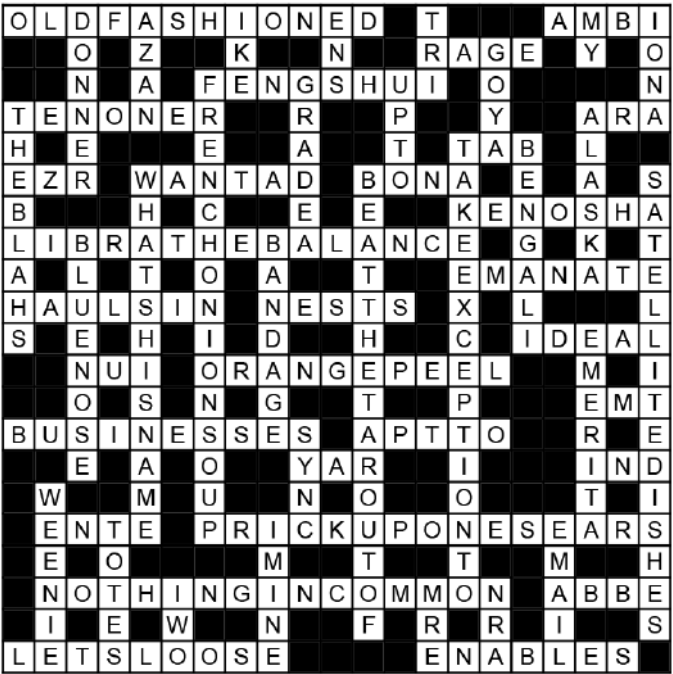
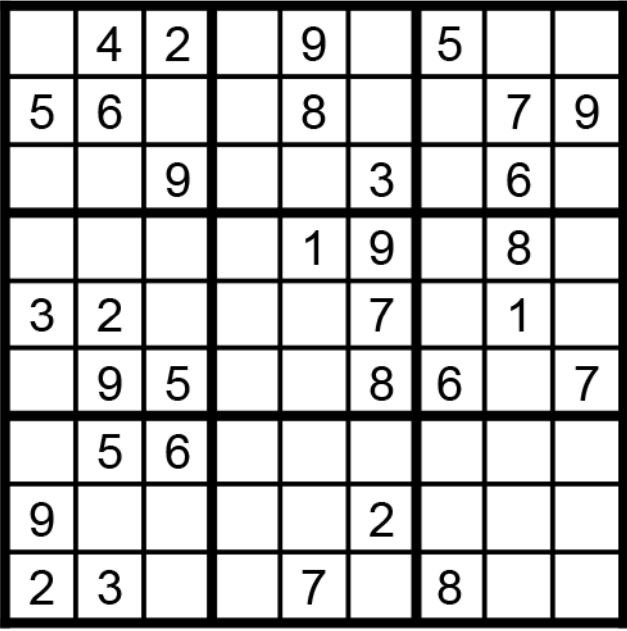
Business mag (3)

52

U.P.S. delivery: Abbr. (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 28 – SEPTEMBER 3, 2019

For All Signs: Mercury, ancient messenger god, is unusually busy throughout this week. This suggests that most of us will be preoccupied with communication of one form or another. There may be many phone calls, messages, letters, quick conversations, rapid decisions, and/or papers to write. The period is favorable for

probing into causes and finding the bottom line to any matter. Beware of the tendency to jump to conclusions or acting before all the facts are clear. Remind yourself of how the old "gossip" game is played and don't take what you hear very seriously unless it is verified by another trusted source.

Aries the Ram
(March 21-April 20): You have enough energy to spare. Apply heavy muscle to exercise or a chore that needs to be done. Otherwise you may become snappy and may pick a fight. Work with those who share your rhythm this week, or you may say things that you'll wish you had not. We each have our own drumbeat, and currently, yours is faster than most.

Taurus the Bull
(April 21-May 20): You have many favorable aspects this week. The planets offer positive passage with relation to travel, fun, romance, education, and legal interests. Move forward in any project that interests you.

Gemini the Twins
(May 21-June 20): The lead paragraph pertains to you. Your mind is like a chattering magpie. You may feel the need to contact family members for serious discussions. Calm yourself by sorting and organizing your personal items and tools at home.

Cancer the Crab
(June 21-July 21): You may have one or two unusual experiences this week that could be written off as coincidences. They are not. Look for the meaning in each and let them teach you something you need to know. Teachers come in many forms and sometimes when you least expect it.

Leo the Lion
(July 22-August 22): Financial concerns have a way of working out favorably. You need to be open to discussion and negotiation to find the “right” solution. You have an unusual opportunity coming your way early in the week that will materialize soon.

Virgo the Virgin
(August 23-September 22): You are in high gear this week. You must use your wits and think quickly. You rather like this kind of stimulation but use caution with the accelerator. There may be a cop on every corner. Pay attention to what

you are doing with knives and other tools. Your reflexes are off a notch.

Libra the Scales
(September 23-October 22): Your aspects favor business and projects involving your home or property. Currently, you lean toward the introverted interests. Take time to enjoy books, writing, and movies that you have wanted to see.

Scorpio the Scorpion
(October 23-November 21): You have more energy than you know how to manage this week. Use caution when driving because your accelerator foot is probably a bit heavy. Pour that muscle into making improvements in your environment and the neighborhood. Be aware of your tendency to overwhelm others now.

Sagittarius the Archer
(November 22-December 21): Warning to those on diet and exercise programs: this week it

is just too easy to break training. If you mean what you've promised to yourself, don't go anywhere in which you would be in harm's way. It is a time in which you feel more outgoing and extroverted. Social life is a pleasure.

Capricorn the Goat
(December 22-January 19): Circumstances from your past may be particularly troublesome at this time. If needed, a legal consult could be very helpful. Stay within the expected limits now. Don't stretch your boundaries beyond the line.

Aquarius the Water Bearer
(January 20-February 18): Mistakes in paperwork or filing may become an irritant this

week. Double check everything to save yourself some trouble later. Back your way carefully out of domestic trouble. Your resistant attitudes are not helping the situation at all.

Pisces the Fish
(February 19-March 20): Your feelings are exuberant, and your mind is chattering like a magpie. Try to watch the faces of others. They may not be so absorbed with your ideas as you are. Write about what you are thinking so you can take a good look at it later. Not everything you plan is practical, but it will probably lead you to somewhere in creative territory.

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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- Traumatic injury
- Carpal tunnel syndrome
- Plantar fasciitis
- TMJ

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Food bank and thrift store call for volunteers



SUBMITTED BY
STEPHANIE BRISTOW

This coming fall TCV Food Bank + Thrift Store (Tri-City Volunteers) is in need of your

help. Our site provides food to over 1,000 families a week and household items at a discounted price. Volunteers make that happen! They are essential in helping us stock groceries,

organize our thrift store donations, and help our low-income and senior clients shop through the Food Bank.

Starting September through December, we are in need of

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EVENING OF EMPOWERMENT

SUBMITTED BY SAVE

Safe Alternatives for Violent Environments (SAVE) will hold their 2019 "Evening of Empowerment" on Saturday, September 21! Last year, you may recall the Golden Button Tree signifying this event. The tree was created by local artist Allie Nardella and each button was placed by members of Project LIGHT (SAVE's survivor leadership program) during a healing arts lesson. Through this collaborative art process, we recognized we were building a peaceful community and we continue to bring people together. The image you see for this year's Evening of Empowerment, Blue Button Tree, was created by community members who joined SAVE during our 2018 International Women's Day celebration. We are grateful to have a creative supporter like Nardella who has brought this transformative process into our work.

"Painting is healing for me, and I was feeling upset and disturbed about all the violence in the world," says Nardella. "I started with layers of colors on the canvas and the beauty of our blue sky and the colors of nature and the healing beauty of trees, and how much they ground me. I love painting trees because there is no wrong way to paint a tree, like humans they are each unique in their own way. This process calmed me down and connected me to my own little act of sending out love and finding some inner peace. I smiled as I began placing buttons onto the tree and the symbolism of pushing my buttons in action and I felt a deep calmness as I realized how we are each connected to this beautiful tree of life and come in many colors. I sent out an intention for universal peace and connection to our roots of love."

At SAVE's 2019 Evening of Empowerment, there will be a new tree...add your button and help build a peaceful community! Purchase tickets on Eventbrite here:
<https://www.eventbrite.com/e/2019-evening-of-empowerment-annual-gala-tickets-60961711119>.

Evening of Empowerment
Saturday, September 21
6 p.m. – 11 p.m.
Paradise Ballroom
4100 Peralta Boulevard
Fremont, CA

SAVE Community Office
Monday – Friday
9 a.m. – 5 p.m.
1900 Mowry Ave., Suite 201, Fremont
(near Washington Hospital)
24-hour hotline: (510) 794-6055
(510) 574-2252
<https://save-dv.org/>

volunteers on weekdays, especially Wednesday mornings and afternoons. TCV is flexible with your availability and any accommodations you may need. We have drop-in volunteer orientations at our site every Wednesday at 10 a.m. and Thursday at 1 p.m. Volunteering with TCV is a great way to meet your neighbors and serve your community. We hope to see you at an orientation soon!

If you have further questions, please reach out to our Volunteer Coordinator, Stephanie Bristow by email at volunteer@tcvfoodbank.org or by phone at (510) 598-4066. Thank you!

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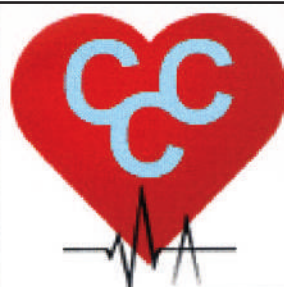
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Home & Garden

Kitchens for Different Personalities

BY ANNA JACOBY

You can tell a lot about the owners of these three kitchens. Each kitchen is beautiful in its own way and reflects the tastes, needs and wants of the people living here. My job as the designer is to ask lots of questions (and listen to the answers) and provide practical and beautiful solutions so the clients end up with a kitchen that not only looks great but also works well. I truly enjoy the challenge of space planning as much as I enjoy matching the colors, materials, and design style to each client.

Kitchen #1 Mountain "lodge" in the suburbs



This couple loves spending time in the mountains. At their getaway house in Northern California, they enjoy looking for colorful and unusual rocks in the creek, relaxing under the trees, and basically just seeking a bit of refuge from their busy Bay Area lives. For their kitchen remodel, I wanted to bring some of that mountain feel to their house in the suburbs.

To achieve this goal, I suggested Knotty Alder with a clear finish for all the custom cabinetry. The natural knots in the wood provide a rustic and casual look, and



the overall feel is warm and inviting. The backsplash is a mix of glass and slate, in the colors of the cool creek water and all the rocks visible beneath the water's surface. And the earthy brown quartz counters continue the color scheme, while also providing a hardy surface for their other passion, which is cooking. Since both are avid cooks, I made sure to include ample room for food preparation around the sink and cooktop and on the large island. My hope is that they feel the peace of the mountains each time they use the kitchen.

Kitchen #2 Sleek, modern, and everything in its place



This family wanted clean lines, a modern look, and a place for everything, so countertop clutter would be kept to an absolute minimum. To maximize storage, we widened drawers, utilized a specially designed rack for the corner cabinet, added pantry space, and included drawer organizers for utensils and spices. The strong horizontal lines of the wood grain on the cabinets are contrasted with the bold, wavy streaks in the quartz counters.



Sometimes modern design can look cold and sterile, but not in this case. We used soft, warm colors to keep the kitchen light and bright. Earth tones keep everything easy on the eyes. My favorite element is the island: the quartz "waterfall" on the side of the island really makes it a focal point. This kitchen is both beautiful and practical, even more eye-catching in person.

Kitchen #3 Elegant and great for entertaining

In contrast to the other two kitchens, this one features elegant finishes such as creamy painted cabinets with bronze glazing and a marble backsplash. It also features traditional details such as the oil-rubbed bronze finish on the faucet, applied moldings on the cabinet doors, and pendant lights with candelabra bulbs. However, despite its formal feel, the kitchen was designed for entertaining.



The island invites guests to linger and chat, and I replaced the dining table with a long, built-in banquette, leaving the floor space flexible depending on the gathering. Small cocktail tables can be pulled up to the banquette, giving guests a place to sit with a drink, or congregate in the open space; a large table can be brought in for serving buffet meals, with ample room on each side for guests to help themselves. These clients love to get together with their large extended family and friends, and this stunning kitchen is the perfect venue for them.



Anna Jacoby is a local Certified Interior Designer. Contact her at 510-378-6989 or info@annajacobyinteriors.com. You could also visit her website at www.annajacobyinteriors.com



THE ACWD CONNECTION



Back to School Water Savings Tips!

As summer comes to an end and the new school year begins, indoor water use can increase. From daily showers to more loads of laundry, it all adds up. Here are some water saving tips to help conserve during the back-to-school rush, and all year long.

- ◆ Use refillable water bottles each day and fill up with tap water. From the playground to afterschool sports, kids should stay hydrated and water is the perfect thirst quencher!
- ◆ Set a timer near the shower for five minutes or less. This will reduce water use and keep everyone on time during those hectic mornings. Use water efficient showerheads to boost conservation.
- ◆ Reuse shower towels. Hang towels out after each use so they can dry and are not being washed after a single use.
- ◆ Remind family members to turn off the water when brushing teeth and washing hands.



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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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CASTRO VALLEY TOTAL SALES: 11							
Highest \$: 1,015,000				Median \$: 815,000			
Lowest \$: 520,000				Average \$: 777,727			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
20200 San Miguel Ave	94546	520000	2	986	1978	7/19/19	
2363 Somerset Avenue	94546	600000	2	920	1963	7/19/19	
4787 Heyer Avenue	94546	700000	2	1300	0	7/17/19	
4825 Heyer Avenue	94552	728000	3	1026	1952	7/19/19	
19705 Redwood Road	94546	740000	3	1465	1992	7/15/19	
18204 Lake Chabot Rd	94546	815000	3	1440	1961	7/19/19	
19685 Betrose Court	94546	830000	3	1558	1954	7/18/19	
18926 Parsons Avenue	94546	830000	3	1171	1962	7/18/19	
20113 Center Street	94546	840000	3	1431	1964	7/19/19	
3480 Brookdale Blvd	94546	937000	3	1162	1952	7/15/19	
6301 East Castro Valley Blvd	94552	1015000	3	2168	1967	7/15/19	

FREMONT TOTAL SALES: 38							
Highest \$: 110,250,000				Median \$: 1,005,000			
Lowest \$: 365,000				Average \$: 3,851,842			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
3909 Stevenson Blvd #505	94538	365000	1	677	1972	7/17/19	
3291 Foxtail Terrace	94536	383500	1	593	1986	7/16/19	
4747 Porter Street	94538	456000	3	1400	1959	7/17/19	
39139 Argonaut Way #201	94538	475000	1	1280	1974	7/15/19	
278 Junipero Common	94536	570000	2	972	1972	7/18/19	
3776 Oxford Common	94536	627000	2	1024	1973	7/18/19	
197 Shaniko Comm #46	94539	650000	2	936	1987	7/15/19	
34755 Tuxedo Comm	94555	720000	2	991	1987	7/18/19	
4441 Ladner Street	94538	745000	3	925	1955	7/15/19	
5232 Tacoma Comm	94555	746000	2	950	1989	7/16/19	
32621 Lake Mead Dr	94555	765000	2	954	1976	7/15/19	
49002 Cinnamon Fern Comm #311	94539	810000	2	1229	2009	7/18/19	
35296 Cabrillo Drive	94536	815000	3	1108	1965	7/19/19	
3527 Langdon Comm	94538	880000	3	1430	1998	7/19/19	
4262 Bidwell Drive	94538	895000	4	1696	1962	7/16/19	
38808 Florence Way	94536	930000	4	1413	1962	7/19/19	
36403 Sea Breeze Comm	94536	975000	3	1753	2004	7/19/19	
3350 Lacock Place	94555	990000	4	2204	1978	7/16/19	
5126 Vernon Avenue	94536	990000	3	1411	1961	7/19/19	
37819 Granville Drive	94536	1020000	3	1931	1956	7/18/19	
34492 Colville Place	94555	1065000	3	1372	1972	7/16/19	
4199 Tamayo Street	94536	1110000	3	1422	1967	7/19/19	
34647 Calcutta Drive	94555	1120000	3	1633	1976	7/17/19	
35931 Killorglin Comm	94536	1150000	3	1664	1989	7/16/19	
4044 San Juan Court	94536	1178000	3	1797	1964	7/19/19	
34111 Asti Terrace	94555	1190000	4	1969	2013	7/19/19	
1541 Gilbert Place	94536	1200000	3	1562	1984	7/15/19	
36132 Corsica Place	94536	1200000	5	2326	1965	7/19/19	
1557 Gilbert Place	94536	1250000	3	1987	1984	7/16/19	
44665 Camellia Drive	94539	1284000	3	1482	1965	7/19/19	
311 Grau Drive	94536	1300000	4	1986	1995	7/19/19	
43104 Charleston Way	94538	1305000	3	1126	1955	7/15/19	
4473 Keepsake Rose Comm	94538	1305000	4	2339	2008	7/16/19	
4608 Montecarlo Park Ct	94538	1350000	4	1684	1964	7/16/19	
679 Cuenca Way	94536	1400000	4	2177	1967	7/18/19	
2665 Cabot Court	94536	1448000	0	2313	1976	7/15/19	
4580 Meyer Park Circle	94536	1457500	4	2194	1999	7/15/19	
37070 Fremont Blvd	94536	110250000	0230599		2017	7/16/19	

HAYWARD TOTAL SALES: 33							
Highest \$: 1,629,000				Median \$: 710,000			
Lowest \$: 460,000				Average \$: 772,409			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
25938 Kay Avenue #215	94545	460000	2	1128	1989	7/16/19	
11 Raintree Court #18	94544	504000	3	1400	1986	7/19/19	
712 Oneil Commons	94544	540000	2	1333	2010	7/17/19	
22081 Valencia Place #4	94541	560000	3	1482	1982	7/16/19	
633 Atherton Place #401	94541	567000	2	1075	1997	7/18/19	
22567 Pearl Avenue	94541	575000	2	1635	1910	7/19/19	
2383 Cabrillo Drive	94545	580000	0	2078	1977	7/19/19	
25786 Underwood Ave	94544	610000	3	1041	1952	7/16/19	
18956 Ricardo Avenue	94541	620000	3	1156	1951	7/19/19	
30830 Prestwick Avenue	94544	640000	3	1539	1955	7/17/19	
22579 5th Street	94541	659000	3	1296	1942	7/17/19	
26770 Hayward Blvd	94542	675000	2	1309	1930	7/19/19	
1118 Lovelock Way	94544	700000	3	1087	1983	7/17/19	
27835 Dickens Avenue	94544	705000	3	1566	1954	7/19/19	
24172 Zorro Court	94541	707000	2	1040	1952	7/19/19	
2122 Thistle Court	94542	709000	3	1399	1997	7/18/19	
26149 Adrian Avenue	94545	710000	3	1244	1959	7/15/19	
392 Shirley Avenue	94541	710000	5	1520	1951	7/15/19	
25972 Regal Avenue	94544	711500	5	1528	1952	7/18/19	
466 Ocie Way	94541	715000	3	1185	1958	7/16/19	
22779 Bayview Avenue	94541	727000	3	1242	1951	7/15/19	
31504 Hugh Way	94544	737000	3	1175	1955	7/17/19	
331 Williams Way	94541	755000	4	1999	2012	7/19/19	
1231 George Circle	94541	760000	3	1982	2013	7/15/19	
25626 West Camino Vista	94541	780000	0	1418	1978	7/17/19	
27450 Hemlock Ranch Rd	94544	835000	5	2360	2000	7/18/19	
2064 Nina Court	94541	879000	4	2214	1964	7/19/19	
3114 Madsen Street	94541	895000	3	2204	2009	7/19/19	
2847 Seadrift Circle	94545	1130000	4	2452	2006	7/15/19	
29867 Cantera Drive	94544	1135000	4	2701	2017	7/19/19	

28818 Sandcreek Drive	94545	1170000	5	2600	2003	7/18/19	
29223 Marshbrook Drive	94545	1400000	5	3671	2004	7/18/19	
7 Arundel Drive	94542	1629000	4	4434	2006	7/18/19	

MILPITAS TOTAL SALES: 17							
Highest \$: 1,585,000				Median \$: 1,155,000			
Lowest \$: 525,000				Average \$: 1,078,706			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
700 South Abel St #201	95035	525000	2	1309	2007	7/19/19	
1101 South Main St #316	95035	745000	2	1013	2007	7/18/19	
184 Marylinn Drive	95035	747500	2	1378	1983	7/17/19	
862 Lexington Street	95035	850000	3	1145	1964	7/19/19	
275 South Temple Drive	95035	852000	3	1008	1961	7/17/19	
451 Patricia Court	95035	945000	3	1102	1962	7/17/19	
117 Serenity Place	95035	972000	3	1404	2000	7/19/19	
100 Butler Street	95035	1052500	3	1597	1956	7/17/19	
2200 Petersburg Drive	95035	1155000	4	1893	1970	7/17/19	
1776 Starlite Drive	95035	1180000	4	1617	1967	7/19/19	
1019 Nova Court	95035	1182000	3	1833	1998	7/17/19	
295 Fanyon Street	95035	1190000	0	2219	1971	7/15/19	
518 Folsom Circle	95035	1190000	3	1860	1983	7/19/19	
1472 Michael Court	95035	1300000	3	1795	1984	7/17/19	
839 Platt Court	95035	1357000	4	2029	1970	7/19/19	
266 Uvas Street	95035	1510000	5	3152	1962	7/15/19	
1737 Pebble Beach Ct	95035	1585000	3	2483	1985	7/19/19	

NEWARK TOTAL SALES: 13							
Highest \$: 1,585,000				Median \$: 1,000,000			
Lowest \$: 770,000				Average \$: 1,041,231			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
36141 Ruschin Drive	94560	770000	3	1144	1961	7/15/19	
7085 Cabernet Avenue	94560	848000	3	1798	1975	7/17/19	
36264 Sandalwood St	94560	900000	3	1144	1961	7/18/19	
6149 Radcliffe Avenue	94560	960000	5	1848	1962	7/16/19	
6122 Guava Place	94560	975000	4	1489	1976	7/19/19	
5574 Abington Drive	94560	1000000	3	1628	1963	7/15/19	
4968 Winchester Place	94560	1000000	4	2370	1968	7/19/19	
8364 Peachtree Avenue	94560	1040000	4	1946	1973	7/18/19	
4972 Croydon Place	94560	1083000	4	1928	1969	7/19/19	
8528 Bayshores Avenue	94560	1100000	4	2011	2017	7/17/19	
35363 Cheviot Court	94560	1135000	4	2182	1972	7/15/19	
7728 Hazelnut Drive	94560	1140000	4	2153	1964	7/17/19	
5600 Forbes Drive	94560	1585000	0	3636	2000	7/15/19	

Real Estate Notebook

Real Estate Notebook is a monthly column focusing on home buying, selling and owning experience.

Solve real estate problems before they happen

BY DAVID STARK, BAY EAST ASSOCIATION OF REALTORS®

Buying or selling a home can be complicated but solving real estate problems can be simple. “In today’s market everyone needs to be open-minded and prepared to negotiate and work together on the transaction,” said Nancie Allen, 2019 president of the Bay East Association of REALTORS®. Allen described a few common problems that can derail a real estate transaction for both buyers and sellers. Topping the list of problems buyers face: buying stuff.

“A buyer will get pre-approved for a mortgage, get into a transaction and then make a big credit purchase,” Allen said. “We’ve actually had transactions fall apart because the buyer went out and bought all new furniture for their house and then they didn’t qualify for their loan anymore.”

Most lenders will determine a buyer’s debt-to-income ratio during the pre-approval process and then one more time right before they fund the loan. If the ratio changes, the buyer may no longer qualify for the loan. The solution? Allen said, “Once you’re preapproved for a loan, don’t make any large credit purchases until the transaction is closed.”

The condition of a home may cause problems for both buyers and sellers. Allen started with buyers, “Results of property inspections can be another stepping-stone to completing the transaction. If a property inspection reveals problems, buyers may want to reopen negotiations with the seller.” The solution? Allen said, “Remember that no home is perfect. And be prepared to negotiate fairly with the seller and be transparent about what a deal-breaker may be early in the negotiation process.”

As real estate markets change and sales prices begin to soften in many communities, buyers need to be ready for what that can mean in terms of purchase financing. “In some cases, the appraisal amount may come in under the purchase price,” Allen said. “If the buyers love the house, they may need to make up the difference. And sellers may be asked to lower the purchase price. Often it is a combination of the two.”

For the last few years limited inventory and skyrocketing prices have made residential real estate a sellers’ market. Times are changing and sellers need to understand those changes. “Be prepared to negotiate,” Allen said. “Don’t take it as an insult if somebody comes in with a low-ball offer because buyers are going to try to get the property for as low as they can. I’ve seen sellers say, ‘I’m insulted by that offer and I don’t even want to respond!’”

Allen said, “Have an open mind and know the final price will tell you what the market will bear and will not be based on what you need – that’s two different things.” Property condition, as mentioned earlier, can mean problems for sellers, too.

Buyers have more power in transactions now and homes sit on the market longer, and “as-is” may not be good enough. Allen said, “Buyers may find termite work they want done before the transaction closes, or roof work, or other property related repairs. This is again an opportunity for buyers and sellers to find a mutual solution.”

For sellers who are simultaneously selling their current home and purchasing another home, possibly out of the area, Allen emphasized they need to understand the timing of the two real estate transactions. “All the parties need to be working together to make sure the transactions close on time so the sellers can move.” If the timing doesn’t line up, the seller still needs a place to live. Allen said, “Sometimes a seller may need to request a rent-back and the buyer needs to know that up-front so they can plan accordingly.”

“The bottom line is we are now in a market where give and take on both sides are becoming more necessary. But in the end, buyers want to buy, and sellers want to sell and by working together they can both accomplish their goals,” concluded Allen.

continued from page 1

Tri City STREET FAIR at Ohlone

The Tri-City Street Fair marketplace has a little something for everyone. From clothing, keepsakes, food and drinks, or arts and crafts, we know that you will find unique and one of a kind items only found at the Tri-City Street Fair. Among this year’s vendors are Bare Root with unique house plants, Half-Price Books with

tastes from food trucks and booths. La Porchetta Toscana specializes in traditional Italian roasted pork—with all locally sourced ingredients. On the dessert side, Blocks N Bubbles will provide Hawaiian shaved ice, bubble waffles with ice cream, chocolate-dipped bananas, and boba tea. Those over 21 can engage in a little wine tasting



discount tomes, Sweet Hope Soap Co. with fragrant handcrafted soaps, Origami Owl with chic jewelry, and Peaceful Clay with colorful and natural ceramics.

Kids can have fun with bouncy houses, face painting and chalk art. All ages can try a variety of sweet and savory local

with selections from Costa Nova Wines.

Guests can expect a jam-packed afternoon of music from some of the Bay Area’s best bands, DJs, and dance companies. Audio Blonde and Jake Yoshino will perform on the live stage, and DJ artists will be DJ Funkle Chaz and

DJ PowerSerge. Join us on the dance floor or sit back, relax and enjoy the show! Enthusiastic dancers are invited to compete in All the Way Live’s 1-on-1 open styles dance competition with a \$200 cash first place prize. (Registration for the competition ends at 1 p.m.)

Come for the shopping, stay for the fun! With the Street Fairs

beautiful scenery, vast marketplace, vibrant entertainment and delicious food options, we are certain you and your families will have a great time.

Parking is free for all attendees in Lot H. No Permits or special event tickets needed.

Tri-City Street Fair
Saturday, Aug 31
9 a.m. – 4 p.m.
Ohlone College
43600 Mission Blvd., Fremont
Parking Lot H
(510) 659-6238
ohlone.edu/streetfair

continued from page 1

Rail Fair

returns to Ardenwood

is also bringing their beautiful “Roving Garden Railroad” with live plants and a real waterfall—based on the children’s books “The Boxcar Children.”

Diablo Pacific Shortline’s large modular railroad has operating freight and passenger trains, as well as a Thomas the Tank Engine train (all three days). This railroad is built low so the

On Saturday and Monday (11:30 a.m. - 3:30 p.m.) the California State Old-Time Fiddlers will play traditional American string band music, including many rare old fiddle tunes and Appalachian-style music. On Sunday (same time), the Apple Butter Brothers will play American folk music with an emphasis on “Train Songs.”



The beautiful Patterson House will be open for tours all three days. Sign up for tours at the Patterson House porch. Food will be available for purchase at the Farmyard Café (or bring a picnic). The Farmyard

Café also has ice cream, treats and cold drinks. Don’t forget your hats and sunscreen! Activities are spread out throughout the farm.

Tickets are sold at the gate. Cash and credit cards

are accepted. Parking is free. Presented by The Railroad Museum at Ardenwood, operated by the Society for the Preservation of Carter Railroad Resources (SPCRR), a registered 501(c)(3) nonprofit.



littlest railroad fans can follow trains around this huge layout. The California Central Coast On30 Railroad will also be back with their popular layout. New this year is the Paul Family Lego Railroad. This amazing railroad and city is built of Legos with Lego trains running through the scenes.

For children, there will be stilts and tabletop games (11a.m. -12 noon, 1 p.m. - 2 p.m.). For toddlers, we have an area set aside where they can play with multiple wooden trains, read stories from our train book library, and learn fun facts and stories about the Gray Fox that lives near our railroad tracks (10:00 a.m. - 3:30 p.m.).

For entertainment, we welcome back two music groups who have been performing at Rail Fair for over a decade.



Rail Fair
Saturday, Aug 31 – Monday, Sept 2
10 a.m. – 4 p.m.
(children’s activities close at 3:30)

Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
info@spcrr.org
<https://www.facebook.com/spcrrmuseum>
www.spcrr.org

\$12 Adults & Seniors,
\$9 Children 4 – 17, 3 and under free



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Are you an eagle-eyed reader? Circle the seven errors in the article below. Then, rewrite it correctly.

Why go to the doctor when you're not sick? Regular checkups are important for kids. These visits can happen when you're feeling fine and are sometimes called "well-child" visits because, well, you're well. Get it?

At a checkup the doctor checks to see that you're growing and developing normally. It's also a chance for you and your parents to talk with the doctor about your body. For example, you might wonder when you will grow taller, or if you weigh the right amount.

... continuing to practice something at which you want to succeed.

Immune means to be protected from a disease naturally or by getting a vaccination.

Katie was **immune** to the flu bug going around school last winter.

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

How would you set up your classroom? What rules would you have? What subject would you teach?

Standards Link: Health: Students understand ways to prevent disease.

Germ can get into your body in many ways. They can enter through your mouth or through your nose or even through a cut in your skin.

Germ
everywhere – even
all over this page!
Can you find the two
germs that match?

Standards Link: Health: Students understand ways they can maintain their own health.

Help the antibodies kill the germs.
Draw a line from each antibody to
the germ it kills.

Trace your body on a large sheet of paper. Find information in the newspaper about the human body. Paste the articles in the outline where you found the body part mentioned.

Standards Link: Health: Students identify body parts and describe their functions.

Standards Link: Health: Students understand ways they can maintain their own health.

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

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

Standards Link: Health: Students understand ways they can maintain their own health.

ANSWER: A short cut.

How would you set up your classroom? What rules would you have? What subject would you teach?



Back to School Safety Tips for Drivers, Parents and Children



Public schools in Fremont are back in session on Wednesday, August 28. We want to encourage drivers to be more aware and vigilant as thousands of children begin their new school year by walking to and from school next week. The Fremont Police Department will conduct enforcement patrols throughout the school

year, with added patrols during the first week of school in anticipation of higher than normal traffic volume.

Parents should take a proactive stance on traffic safety by taking the time to talk about safety with their children before they head back to school.

If your children are walking to school, it's a good idea for parents to plan the route ahead of time with your child. Once it has been planned out, walk the route to school with your children before the start of the year to assess hazards and select a course with the least number of traffic crossings. It's important to tell your children that they should find a walking buddy and stay on the same course each day.

Adults can teach and model safety behaviors that all children should follow, even if they don't walk to school every day. **Here are some simple reminders for drivers:**

- Slow down and be especially alert in residential neighborhoods and school zones.

- Remember to stop for pedestrians who are trying to walk across the street in a crosswalk.
- Take extra time to look for children at intersections, on medians, and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Watch for children on and near the road in the morning and after school hours.
- Never pass a stopped school bus with flashing red lights/stop sign. This is a serious safety concern as children are entering/exiting the bus.
- Reduce any distractions inside your car so you can concentrate on the road and your surroundings. Put down your phone and don't talk or text while driving.
- If your child's school has a pick-up/drop-off valet system, obey the rules and volunteers running the program.
- Only park in designated parking spaces. Do not block driveways, park in front of fire hydrants, or park in no-stopping/red zones.

Reminder for your children:

- They should cross the street with an adult until they are at least 10 years old or an age of maturity where they can make independent decisions.
- Remind them that they should never speak, accept gifts, or rides from a stranger.
- Cross the street at corners, using traffic signals and crosswalks.
- Never run out into the streets or cross in between parked cars.
- Make sure they always walk in front of the bus where the driver can see them.
- Wear a helmet when riding a bike, scooter, or skateboard.
- They should know their phone number, address, and cell phone number of a parent.

You can find more school safety tips at www.safechildren.org.

We wish all of the students in Fremont a great school year ahead! Be safe and drive carefully.

Fremont Looking for Households to Participate in Local Solar Tour



This fall, the City of Fremont is partnering with the Northern California Solar Energy Association to participate in the American Solar Energy Society's National Solar Homes Tour. The City is looking for households who would be interested in showcasing their solar systems during Fremont's Local Solar Tour on Saturday, October 5, 2019 from 12 p.m. to 4 p.m. This is an opportunity for residents to show off their system to their neighbors and help inform them about the benefits of going solar!

Fremont's Local Solar Tour will consist of a series of solar open houses where community members visit a solar-powered home, talk with the solar owner about the process of going solar, and connect with other solar supporters in their community.

If you are a solar owner and ready to sign up your household to be part of the tour or would like to learn more, please visit www.NationalSolarTour.org or contact Solar Manager Batya Gelfand at manager@norcalsolar.org or the City's Sustainability Manager Rachel DiFranco at rdifranco@fremont.gov or 510-494-4451. Households who would like to participate in the tour must sign up by August 30, 2019.

For community members interested in visiting one of Fremont's solar homes on October 5, more information will be available soon.

Fremont Open City Hall Topic for Temporary Housing Navigation Center

The City of Fremont has opened a topic on its online forum, Fremont Open City Hall, regarding the proposed temporary Housing Navigation Center. The Fremont housing navigation center will provide a clean, safe, calm and flexible environment that allows homeless persons to rebuild their lives and intensely focus on finding stable permanent housing. The center is modeled after the City of Berkeley's successful Housing Navigation (STAIR) Center.

The Fremont City Council is considering two potential locations for a temporary Housing Navigation Center:

- Parking Lot at Fremont City Hall (rear area)
- Decoto Surplus Property (unleased property next to Regan Nursery)

In addition to meeting minimum site requirements in size, these locations are within one-half mile of food and bus services, utility connection points are available, they are located outside of a fault trace zone, and not subject to the hazard of surface fault ruptures.

The forum will accept feedback until September 2, 2019. Feedback received through the forum will be shared with the City Council as part of the community outreach efforts at a City Council Meeting in September (meeting date to be determined). For more information and to take the survey, please visit www.Fremont.gov/OpenCityHallNavCenter.



Walnut Avenue 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 the majority of funding for this project with \$5 million of voter-approved Measure BB funds.

To learn more, visit: www.Fremont.gov/WalnutBikeway.

City of Fremont Summer Street Improvements

The City of Fremont has been hard at work repaving or sealing over 200 street segments, a total of 31 miles of roadway, this summer. With significant funding received through a federal grant and State Senate Bill 1 (SB1), the street maintenance work involves the repair of damaged pavement and sidewalks, asphalt overlay or sealing, installation of enhanced bicycle lanes including bike buffers in some locations, and upgrading curb ramps to ADA requirements. The work addresses 12 street segments where roadway conditions are rated as "poor", and includes portions of Warm Spring Boulevard, Deep Creek Road, Farwell Drive, and Olive Avenue.

The current overall Pavement Condition Index (PCI) for Fremont is rated as "good" (PCI 73 out of 100) and 72% of the street network was rated as "excellent" or "very good" in 2018. Road conditions have been improving citywide with the continued annual funding from the City of Fremont, Alameda County voter-approved Measure B, BB, and Vehicle

Registration Fees (VRF), and state gas taxes (including SB1).

To view a complete list of streets being paved this summer, visit www.Fremont.gov/Pavement-Maintenance.



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LETTERS POLICY

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



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www.fremontyouthsoccer.com, info@fremontyouthsoccer.com

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- **GAIN CONFIDENCE AND AN OPEN MINDSET**



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back issues archived

WIN CASH PRIZES!**Friday Night at SACBC BINGO**

5:00 pm DOORS OPEN – Flashboard games begin
 6:30 pm 4 WARM-UP BINGO GAMES **\$150 prize**
 7:00 pm 15 REGULAR BINGO GAMES **\$300 - \$400 prizes**

FLASHBOARD GAMES pay as much as **\$1,199**
WWW.SACBC.ORG/Bingo for more information.

Southern Alameda County Buddhist Church
 32975 Alvarado Niles Rd, Union City t: 510-471-2581



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(510) 574-2041

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their families in Fremont,
Newark and Union City, CA**

Care coordination, paratransit assistance,
counseling, health promotion and
caregiver support.



BINGO

Fraternal Order Of Eagles 1139

Thursday is - BINGO

**Doors open 4pm
Games Start 6:30pm**

More Info: 510 676-3314

21406 Foothill Blvd., Hayward

I need a Forever Home

Skinny is a 10 years young brown tiger who enjoys chin scratches and comfy laps. She wants to be the queen of the castle and would do best in a single cat home. She's been waiting for a loving family since early May but with kitten season in full swing, she gets overlooked by people adopting kittens. She truly deserves a 2nd chance. Spayed. Meet Skinny at the Hayward Animal Shelter.



Meeko is a sweet, slightly shy, 5 year old Cocker Spaniel/ Dachshund mix who just needs a little time to warm up to new people and places. This black and tan fluff ball has big soulful brown eyes and likes to be near people. He does well with other dogs and might do well in a home with young children. Meet Meeko at the Hayward Animal Shelter.

ENRICH YOUR LIFE - BECOME A VOLUNTEER!

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 p.m. - 10 p.m.

Food trucks, beer, wine, music

Town Fair Plaza
 39100 State St., Fremont
 fremontstreeteats.com

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

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

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

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 2190 Peralta Blvd., Fremont
 (510) 739-0430

Monday - Friday, Jul 30 - Sep 13

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9 a.m. - 5 p.m.

Photos of local wildlife

PhotoCentral
 1099 E St., Hayward
 (510) 881-6721
 info@photocentral.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 - Oct 5

Planet Hayward

11 a.m. - 5 p.m.

Eclectic art collection celebrating "The Heart of the Bay"

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 1015 E St., Hayward
 (510) 581-4050
 www.sungallery.org

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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

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Saturdays
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Year-round
15555 East 14th Street
San Leandro
(925) 465-4690
www.cafarmersmkts.com

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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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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 CITY4:15 – 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
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Wednesday

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

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

Saturdays - Sundays, Aug 1 - Oct 27

Nature Crafts
10 a.m. - 12 noon
Discover the natural world through your artistic side
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Saturdays - Sundays, Aug 31 - Oct 27

Wild Wonders
2 p.m. - 3 p.m.
Games, activities, crafts for all ages
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(510) 544-3249
www.ebparks.org

Sundays, Sep 1 - Oct 27

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

1st & 3rd Sundays, Sep 1 - Oct 20

Sunday Cinema at Newark Library
2 p.m. - 4 p.m.
Enjoy classic superhero or 80's flick. Sing-a-longs
Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 284-0684
www.aclibrary.com

Sundays, Sep 1 - Oct 19

Dove Gallery "Parables: Art with a Message" Exhibit
12 noon - 3 p.m.
Art inspired by meaningful experiences and deep convictions
Park Victoria Baptist Church
875 S. Park Victoria Dr., Milpitas
(408) 464-5011
dove@parkvictoria.org

Tuesdays, Sep 3 - Sep 24

Yoga for Everybody \$R
7 p.m. - 8 p.m.
Gain strength, flexibility, and mental focus
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Thursdays, Sep 5 - Sep 26

Lap Harp \$
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Made Up Theatre
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Saturday nights

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THIS WEEK

Tuesday, Aug 27

Hayward Tenants' Assembly

4 p.m. - 7 p.m.
Join other renters and tenants to share housing concerns
Glad Tidings Church - Tennyson
1027 West Tennyson Rd., Hayward
(510) 783-9377

Thursday, Aug 29

San Lorenzo Summer Series
5 p.m. - 9 p.m.
Local food and shopping vendors
Hesperian Blvd. & Paseo Grande
16010 Hesperian Blvd., San Lorenzo
(510) 537-5300
info@castrovalleychamber.com

Friday, Aug 30

Back 2 School Bash for Special Needs

11:00 a.m. - 1:30 p.m.
Food, dance, raffle prizes, fun activities
Kennedy Community Center
1333 Decoto Rd., Union City
(510) 675-5488
(510) 675-5492

Saturday, Aug 31

Tri-City Street Fair

9 a.m. - 4 p.m.
Open-air market, food, entertainment
Ohlone College Parking Lot H
43600 Mission Blvd., Fremont
(510) 659-6238
ohlone.edu/streetfair

Saturday, Aug 31

Canine Capers Walk R

9 a.m. - 11 a.m.
Hike the area with your furry friend.
8+
Hayward Shoreline Interpretive
Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.ebparksonline.org

Saturday, Aug 31

Ohlone Village Site Tour

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

Saturday, Aug 31

Petting Zoo and Family Fun Day

1:30 p.m. - 4:30 p.m.
Games, face painting, balloons, prizes, cotton candy
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421
www.aclibrary.org

Saturday, Aug 31

Fox Stories: Indicators that Fox are in Your Area R

2:00 p.m. - 3:15 p.m.
Gain insights into fox behavior during this walk
SF Bay Wildlife Refuge - Don Edwards
1 Marshlands Rd., Fremont
(510) 792-0222
http://donedwardsfox.eventbrite.com

Saturday, Aug 31 - Sunday, Sep 1

Scottish Highland Gathering and Games \$

8:30 a.m. - 6:00 p.m.
Games, food, music and dancing
Alameda County Fairgrounds
4501 Pleasanton Ave., Pleasanton
(925) 426-7600
www.TheScottishGames.com

Saturday, Aug 31 - Monday, Sep 2

Rail Fair \$

10 a.m. - 4 p.m.
Live music, train rides, historic railroad display
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.spccrr.org

Saturday, Aug 31 - Monday, Sep 2

Crush Kick-Off

12 noon -5 p.m.
Local wine tasting, fine crafts, live music
Chouinard Winery
33853 Palomares Rd., Castro Valley
(510) 582-9900
www.chouinard.com

Saturday, Aug 31

Movie Night \$

8 p.m.
"The Wolfman" and "Frankenstein Meets the Wolfman"
\$20 per car
Chouinard Winery
33853 Palomares Rd., Castro Valley
(510) 582-9900
www.brownpapertickets.com/event/4274608

Sunday, Sep 1

Cordage & Pine Nut Bead Making

10 a.m. - 12 noon & 1 p.m. - 3 p.m.
Make string from plants and animals, string beads. Ages 9+
Coyote Hills
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org



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Park It

By NED MacKAY

Labor Day Weekend is almost upon us, and the main event in the East Bay Regional Parks is the Rail Fair at Ardenwood Historic Farm in Fremont.

Trains of all sizes—from model railroads to a full-size steam locomotive—will be on display at the fair, which runs from 10 a.m. to 4 p.m. Saturday, August 31 through Monday, September 2. Attractions will include train rides, historic railroad equipment displays, a special area with wooden trains for toddlers, live music, and tours of the Patterson House. Bring your own picnic or buy food at the Farmyard Café.

The fair is sponsored by the park district and the Society for the Preservation for Carter Railroad Resources. Admission is \$12 for adults and seniors, \$9 for children ages 4 through 17, and free for ages 3 and under. Parking is free.

Ardenwood is at 34600 Ardenwood Boulevard, just north of Highway 84. For general information, call (510) 544-2797. For fair information, visit www.spcrr.org.

On Labor Day weekend, if you are considering camping in the regional parks, it's too late. All available campsites are booked through Sunday evening, September 1. However, there's still plenty for day-trippers to see and do.

On Labor Day itself, all picnic areas will be available on a first-come, first-served basis, no reservations. It's best to arrive early, especially at parks with swim beaches as those parks tend to reach peak attendance quickly during hot weather. Bring a

blanket to picnic on the lawns if all tables are taken.

If you barbecue, use the stands designed for that purpose. Your own portable barbecues are okay on lawn areas, but not in tall dry grass. Dispose of coals only in the concrete receptacles and not in regular trash barrels.

At the swim areas, obey any instructions from lifeguards, rangers, firefighters and police, especially if there's an emergency. Swim beaches have lifejackets available for loan at no cost. Children ages 12 and under are not permitted in the swimming area unless accompanied by a responsible, actively supervising individual age 16 or older.

Other Labor Day diversions besides Ardenwood's Rail Fair will include free Labor Day Fun at Coyote Hills Regional Park. Drop by the visitor center from 10 a.m. to 12 noon and 1:30 p.m. to 3:30 p.m. Monday, September 2 for naturalist-led old-fashioned games such as a sack race, egg relays, tug-of-war, and kick the can.

Coyote Hills is at the end of Patterson Ranch Road, off Paseo Padre Parkway in Fremont. There's a parking fee of \$5 per vehicle. For details, call (510) 544-3220.

Crab Cove Visitor Center in Alameda will host a Labor Day Open House from 10 a.m. to 4 p.m. Monday, September 2. Diversions will include songs and stories by the shore at 11 a.m., family nature fun with fish at 2 p.m., and fish feeding at 3 p.m. Visitors can also meet the center's box turtle, follow the self-guided history trail, make a nature craft, and watch a nature movie in the Old Wharf Classroom.

Crab Cove is at 1252 McKay Avenue, off Alameda's Central Avenue. You can also park at the Crown Beach lot at Otis and Shore Line Drives. For

information, call (510) 544-3187.

Sunday strollers can enjoy a naturalist-led walk from 10 a.m. to 12 noon on September 1 at Lake Temescal in Oakland. Meet at the park's north entrance for two loops around the lake—one on the high road, one on the low, 2 miles total.

Temescal is at the intersection of Highways 24 and 13. The north end is accessible from Broadway in Oakland. For information, call (510) 544-3187.

The Over-The-Hills Gang is an informal group of hikers ages 55 and older who enjoy nature study, history, and outdoor exercise. Naturalist "Trail Gail" Broesder will lead the gang from 10:00 a.m. to 12:30 p.m. Tuesday, September 3 on a mostly flat hike at Tilden Regional Park near Berkeley, starting at Inspiration Point on Wildcat Canyon Road. Everyone is welcome. For information, call (510) 544-2233.

Big Break Regional Shoreline in Oakley will honor labor with "Animals on the Job," a program that runs from 2 p.m. to 3 p.m. Sunday, September 1. Learn how Delta animals live and thrive in the wetland environment.

You can also catch up on Delta-related current events and issues during a coffee and news session with the interpretive staff from 8:30 a.m. to 9:00 a.m. Wednesdays, September 4 and October 2.

Big Break is at 69 Big Break Road, off Oakley's Main Street (Highway 4). For details, call (888) 327-2757, ext. 3050.

For a complete list of regional park programs for Labor Day and beyond, visit www.ebparks.org. And remember, regional parks are free every Friday through the end of the year in celebration of the district's 85th anniversary.



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Sunday, Sep 1
Citrus Socials Seafood Festival
\$
4:30 p.m.- 10:30 p.m.
Live music, food stalls, drinks
Town Fair Plaza
39100 State St., Fremont
<http://citrusocials.ticketspice.com/seafestival>

Monday, Sep 2
Labor Day Fun
10:00 a.m. - 12 noon & 1:30 p.m. - 3:30 p.m.
Play old-fashioned games
Coyote Hills
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Wednesday, Sep 4
Toddler Time
10:30 a.m. - 11:45 a.m.
Hear a story, do some chores, meet farm animals
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Seafood Festival

SUBMITTED BY BELLA COMELO

After a sold-out Crab Fest, Citrus Socials Team is ready to put up a sizzling "Sea Food Festival" on Sunday, September 1 from 4:30 pm at the Town Fair Plaza in Fremont. The festival will feature local beers, live music by Poco Locos, Gaurav Borkar, Aleixo de Nuem and The Pepper Water Band. Popular singer Savio Rodriques will regale the audience with Konkani, English, Portugues and Bollywood songs. As friend of Citrus Socials Joseph Lourenco put it, "It is the goal of Citrus Socials to take your senses on a culinary, visual and musical journey through elevated experiences." Citrus Socials encourages local chefs and artists to show case their talents.

At food stalls, local chefs will be dishing up sea food in unique combinations of Indian coastal flavors—such as Jhinga Ajwaini Tikka (prawn dish), Bhatti Da Jhinga, Curry Leaf Grilled Shrimps, Mahi Saufiana Tikka, Mahi Tandoori and Chettiinad-style grilled Mahi. Dessert will be Alle Belles, or crepes filled with Goa coconut jaggery.

Local chefs Austin Vaz and Suraj Jolly (the "singing chef") are ready to show off their gourmet

dishes. Cooking gourmet food has been Austin's passion since childhood. His grandfather was a chef and his mom ran a catering company. The Singing Chef Suraj is Sacramento based. Driven by his absolute love for cooking, he got onto the AB26-Home Cooked Act bandwagon and has his own start-up DishDivvy.

"This festival will not only be a gastronomical experience it will alleviate your spirit as well," said Maria Rodrigues, another friend of the Citrus Socials team.

Entrance tickets are \$15, early bird \$10. Children 8 and under enter free. Purchase tickets at <https://citrusocials.ticketspice.com/seafood-festival>. For group discounts and other modes of payments please reach out via citrusocialsllc@gmail.com.

Sea Food Festival
Sunday, Sept 1
4:30 p.m. – 10:00 p.m.
Town Fair Plaza
39100 State St., Fremont
<https://citrusocials.ticketspice.com/seafood-festival>
citrusocialsllc@gmail.com

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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.

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

Stage 1 Youth Theatre makes a splash

Entering its 31st season, Stage 1 Theatre has been a theatrical resource for the Tri-City community as an outlet for thespians of all ages. In their recent production of The Little Mermaid Jr., the youth contingent brought a magical underwater kingdom and the beautiful young mermaid princess, Ariel, to life. Ariel longs to leave her ocean home — and her fins — behind and live in the world above, much to her father King Triton's dismay. In exchange for her voice, Ariel bargains with the sea witch, Ursula, to become human and have the chance to win the love of Prince Eric, who she recently saved from a terrible storm. With her friends, Scuttle, Sebastian and Flounder, Ariel must fulfill her bargain with Ursula, but things do not always go as planned!

With music by Alan Menken, book by Doug Wright, and lyrics by Howard Ashman and Glenn Slater, the musical is a lesson in life: sacrifices we all make for love and acceptance. Stage 1 Theatre's Youth production was a resounding success, carrying on a tradition of community theatre that encourages participation by all residents.

Lorraine VanRod directed a cast of young actors ages 5 through 16 (and one drama

teacher) in an energetic and fun production. From shimmering mermaid costumes and Disney-worthy character hats, to a colorful and whimsical set accented with larger than life sea horses, beautiful shells, coral, and gadgets and gizmos galore, Van Rod's production was mesmerizing. Big ensemble numbers, "Under the Sea" and "Kiss the Girl," showcased choreography by Traci Colon. Kayla Villegas was lovely in the title role and it was clear in musical numbers that Miss Villegas has some serious vocal chops! Her singing voice is clear and soaring.

As Prince Eric, David Stacy portrayed a thinking girl's royal — full of dignified bearing, but gentle and not at all stuffy. Grant Ewing (The only adult in the show, and also NMHS drama teacher) was convincing as Ariel's father, King Triton. Audiences loved to hate Ursula the sea witch: Brooke Ung created a sinister character, adding astounding vocals in both word and song. Ellie Fu infused her Grimsby (Prince Eric's sidekick) with delightful old-world comedic bluster.

Ariel's three main ocean companions each provide a unique foil and laugh-out-loud humor. Sebastian the crusty

crustacean tasked with keeping an eye on Ariel, terrifically portrayed by Mandy Cordoba, was the perfect comedic relief—and a soaring voice in her own right. Flounder, played by London Roush added great timing and acting. Rounding out the three companions was wacky Seagull Scuttle played by Rene Exley, who deserves kudos for her number "Human Stuff."

The ensemble was universally terrific, from Eric's shipmates to the chef ensemble and Ariel's mermaid sisters, who combined for wonderful harmonies, down to sea creatures in their whimsical costumes.

Kudos for an outstanding performance by our youth contingent. Next up for Stage 1 Theatre is the musical 42nd Street, the 1980 Broadway production, winner of the Tony Award for Best Musical scheduled performances September 28 through October 13. Learn more about Stage 1 Theatre at www.stage1theatre.org.

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www.stage1theatre.org



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Mel Nunes Sportsfield

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Grand Opening & Ribbon Cutting

opening remarks by
Vice Mayor Suzy Collazo

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DJ
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Friday, September 6th
6:00-8:00pm

First drop-in by
Council Member
Mike Bucci

NEWARK Recreation and Community Services
In association with
RED CURBS

6800 Mowry Ave. Newark, CA 94560
For more info call 510-578-4668

Education Workshop for Fremont Renters and Landlords

SUBMITTED BY CITY OF FREMONT

The City of Fremont Human Services Department and Housing Division are hosting a free education workshop. All Fremont renters and landlords are encouraged to attend. Topics that will be covered include the City's ordinance on Source of Income Discrimination. Housing discrimination based on source of income is banned in the City of Fremont. Learn more at this workshop about your housing rights and responsibilities.

Renter/Landlord Workshop
Tuesday, Sep 3
1:00 p.m. to 2:30 p.m.
Fremont Main Library
2400 Stevenson Blvd., Fukaya Room A
(510) 574-2054

Classifieds Deadline: Noon Thursday
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I JANKEE PATEL, daughter of NARENDRABHAI KANTILAL PATEL, holder of Indian passport No. M8134272 issued at AHMEDABAD on APR 15, 2015, Permanent resident of India and presently residing at 7112 CROSS CREEK CIR, APT C, DUBLIN 94568, USA do hereby change my name from JANKEEBEN MAULIN PATEL To JANKEE PATEL, with Immediate effect.

EARTHTALK

Dear EarthTalk: A chef told me that our food choices are the major driver of climate change around the world, but it seems to me that electricity generation and transportation are really more the problem, no?

— Melanie G., Moodus, Connecticut

It depends how you slice it. Producing electricity (power plants) and getting ourselves and our stuff around (transportation) do generate the majority of greenhouse gas emissions around the world. But while the agriculture sector in and of itself is only responsible for about 10% of greenhouse gas emissions, the impact of our food choices ripples throughout other sectors as well, with the untold transport miles devoted to shipping food within and between continents, driving to and from restaurants and the grocery store — and all the disposable

packaging food is wrapped in that gets tossed into landfills.

Meanwhile, we all use lots of electricity and gas to cook and prepare our food and to keep it cool in the fridge until we're ready for it. And since we throw away some 30 percent of the food we buy, much of the carbon emitted to produce and transport it is for naught. No doubt, our food choices are an important factor in moving society away from our profligate use of fossil fuels and toward a greener future.

Whether or not you've already taken steps to reduce your carbon footprint by driving or flying less and boosting the efficiency of the buildings and appliances where you live and work, you can do a lot more by changing your diet. The UK office of the non-profit WWF has teamed up with Knorr Foods, one of the largest food brands globally, to launch a new initiative called The Future 50 Foods which encourages people to diversify their diets beyond the carbon-intensive staples so many of us rely on day-to-day.

"Greater diversity in our diets is essential, as the lack of variety in agriculture is both bad for nature and a threat to food security," reports WWF. "Currently 75 percent of the world's food comes from just 12 plant and five animal species."

This so-called dietary monotony is not just bad for our bodies, given the lack of diversity and limited consumption of some

vitamins and minerals, it is also linked to a decline in the diversity of plants and animals used in and around agriculture. According to WWF, we've lost some 75 percent of the genetic plant diversity in agriculture since 1900.

Some of the "future 50 foods" that WWF and Knorr would like us to eat more of include some familiar ingredients — lentils, kale, wild rice — as well as others that you've probably never heard of let alone considered eating, like pumpkin flowers, cactus and fonio, a nutrition-rich, ancient West African grain that Cooking Light magazine calls "the new super grain that could replace quinoa."

"Many of these have higher yields than the crops we currently rely on and several are tolerant of challenging weather and environmental conditions, meaning they could not only reduce the land required for crops, but also prove invaluable in the face of growing climate uncertainty," says WWF. "It's essential that we change our eating habits to ensure we protect our planet whilst feeding the growing global population."

EarthTalk is produced by Roddy Scheer and Doug Moss for the nonprofit EarthTalk. Check out our other columns at www.emagazine.com/earthtalk-qa/. To donate, visit www.earthtalk.org. Send your questions to: question@earthtalk.org.

Sheriff:
Trio of thieves
thwarted by
misleading
gas jug

AP WIRE SERVICE

Authorities in Kentucky say three thieves thought they were stealing gasoline from a property for their broken down car until the car stopped working again.

Laurel County Sheriff's Office on Facebook said the three stole a 5-gallon gasoline jug from a garage for their car. Except there wasn't gasoline in the jug. It was peroxide.

News outlets report Latasha Bryant, Timothy Storms and Dustin Napier were arrested Wednesday on various charges including burglary.

Spokesman Gilbert Acciardo says after the trio filled their tank up with peroxide, they pushed the vehicle onto the victim's property.

The sheriff's office says Napier was found with a pill in her mouth that she refused to spit out. Bryant was found with a glass pipe.

It's unclear if an attorney is available to comment.

TOP FLIGHT

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SPORTS

Football

Cougars open season with a win

SUBMITTED BY TIMOTHY HESS

The Newark Memorial Cougars football team opened their 2019 season with a hard fought 14-12 victory over the Tennyson Lancers (Hayward) on August 23rd. The Cougars opened the scoring in the second quarter on a 2-yard touchdown pass from Jacob Berry to Robert Elwanger. Tennyson came out strong in the second half and scored to make it 7-6. In response, the Cougars' Ethan Macrohon blocked a punt deep in Tennyson territory and his teammates pounced on the ball in the end zone for a touchdown. Berry made the Point After Touchdown to make it 14-6. Tennyson rallied for another touchdown and the Cougar defense made a huge stop on the 2-point conversion attempt to end the game, Cougars 14 – Lancers 12.



Titans Junior Varsity succumbs to Las Lomas powerhouse

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

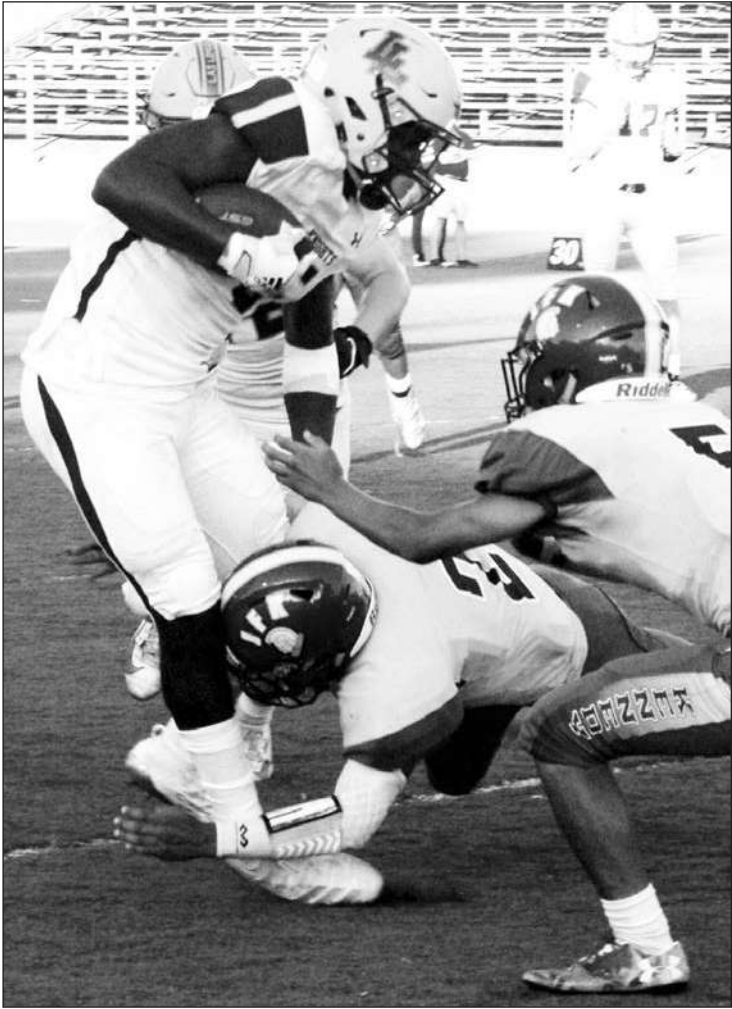
The John F. Kennedy Titans (Fremont) JV team lost to the JV Knights of Las Lomas (Walnut Creek) 33-0 on August 22nd. Losing ground quickly in the contest, Titans defense was willing, but unable to stop the Knights while the offensive line could not create any momentum to challenge Knights scores.



Titans suffer hard non conference loss

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The John F. Kennedy Titans (Fremont) varsity team opened the 2019 season on August 22nd with a monumental task: contain the potent offense of the Las Lomas Knights of Walnut Creek. With two Knights players already committed to Division 1 schools, it was an uphill battle from the kickoff with no answer to the Knights powerful roster. A 54-0 Knights victory was a signal and challenge to the Titans who, although blanked on the scoreboard, were able to demonstrate a respectable, yet sporadic, defense and offense.



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LETTER TO THE EDITOR

The right choice

The City of Fremont has been the subject of a great deal of controversy around a proposed Housing Navigation Center. The Navigation Center, sometimes also referred to as a Temporary Housing Navigation Shelter, is the city’s latest answer to the homeless crisis. The shelter is to be paid for with a state Homeless Emergency Aid Program (HEAP) grant.

You would think that the city using money given to it by the state to combat homelessness, which is a major problem in Fremont, would be something that everyone could support. And everyone does support using the money to help those in need. The controversy is around how to use those funds.

To date, the city has selected two potential sites to build the center, one on Decoto Rd and one at City Hall. City staff have been instructed to perform an analysis on each of these sites to determine which will be the best choice. And therein lies the controversy.

There are three major arguments going on, with some residents arguing for the city hall site, while other residents support the Decoto location. A third group is arguing to just hurry up and build it, regardless of location, as they see the only two choices being build a navigation center or do nothing. The result is that Fremont is becoming fractured, with neighborhoods debating each other in-person at city council meetings and then spewing vitriol on social media. Fremont, a city known for its compassion, is losing its luster.

Lost in all of this is the right solution. There is a right choice and it is not one of those that is being argued for. There is only one real choice, and that is to not build a housing navigation center at all.

Now that does not mean doing nothing. The challenge of homelessness is one of the fundamental moral challenges of our time and it must be addressed. To ignore the problem would be unconscionable, but the reality is that it is a massive problem and to be successful we must apply our limited resources in the most effective way. And navigation centers are not effective.

While there are a lot of “reports” of success, there is no credible evidence that navigation centers reduce homelessness. San Francisco has been building navigation centers for over five years, spending tens of millions of dollars. What do they have to show for it? A documented 14% success rate in getting navigation center residents into permanent housing and a growing homeless population.

The San Francisco Chronicle quotes Jeff Kositsky, Director of the Homelessness Department in San Francisco, as saying, “Some of the Navigation Centers are costing us more than permanent supportive housing,”.

Clearly navigation centers are not a recipe for success.

And yet the City of Fremont simply chose to spend the money on a navigation center, without doing the proper homework. If there was any effort by the city to determine if a navigation center would actually help solve the problem, it has not been made public.

There isn’t even a plan to pay for it. The HEAP grant will not cover the costs of operating the center for even one year. Factor in construction costs, and what is left of the grant will only pay for a few months of operation. There is no published plan to pay for this center once the grant runs out.

Now, the HEAP grant does not require that the funds be used on a navigation center and they can be spent in a variety of ways. In fact, the program guidelines state “The parameters of the program are intentionally broad to allow local communities to be creative and craft programs that meet the specific needs they have identified”.

To be clear, there is no requirement to spend the money on a navigation center.

And the homeless agree. In the Alameda County Homeless Count and Survey Comprehensive Report 2019, a survey the City of Fremont participated in, homeless people were directly asked how monies should be spent to end homelessness. The top two responses were affordable rental housing (52%) and permanent help with rent/subsidy (38%). Of the six choices, a shelter came in last at number six.

So, if the citizens of Fremont cannot agree where to build the center, the city has no plan to pay for it, the homeless population the center is supposed to serve doesn’t want it, and there is no legitimate evidence that navigation centers work, then why build one?

Instead, spend the money on things that will have an impact. The HEAP grant guidelines specifically state that the funds can be spent on “Housing vouchers, rapid re-housing programs, and eviction prevention strategies”, which is exactly what the homeless themselves are asking for.

If the City Council will do that, then they will be showing true leadership. They will end the in-fighting that is going on in the city, they will show that they are spending our tax dollars responsibly, and most importantly, they will actually help the homeless.

And isn’t that the whole point?

Keith Parker
Fremont

Mel Nunes Skatepark grand opening

SUBMITTED BY KATIE DENNIS

Attention skaters and skate fans! On Friday, September 6 starting at 6 p.m., the skatepark in Mel Nunez Sportsfield will have its grand opening and ribbon cutting ceremony. Vice Mayor Sucy Collazo will deliver opening remarks, and there will be a “first drop-in” by Councilmember Mike Bucci. Attendees can expect DJ music, food trucks, raffle prizes, and professional skating demos. This event is sponsored by Newark Recreation and Community Services in association with Red Curbs.

Mel Nunes Skatepark grand opening
Friday, Sept 6
6 p.m. – 8 p.m.
Mel Nunes Sportsfield
6800 Mowry Ave., Newark
(510) 578-4668



NEWARK UNIFIED SCHOOL DISTRICT

5715 Musick Avenue
Newark, CA 94560-2554
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EXECUTIVE DIRECTOR OF HUMAN RESOURCES
Jessica Saavedra

ANNOUNCEMENT OF BOARD VACANCY AND PROCEDURE FOR APPLICATION

August 16, 2019

To the Newark Community:

As announced on August 15, a vacancy was created on the Board of Education of the Newark Unified School District when Board member Nancy Thomas’s resignation became effective on August 2.

The Board member vacancy will be filled by Board appointment. Beginning today and ending at 4:00 pm on September 3, 2019, the Board will be accepting applications to fill this position.

On September 19, 2019 the Board anticipates meeting in an open session public meeting at 5:00pm at the District Office to review all applications and to interview the candidates. Candidates should make themselves available for this meeting. The Board’s appointment of the candidate to fill this position will take place at the September 19, 2019 Board meeting after discussion of candidates.

Applications will be accepted from 8:00 a.m. to 4:00 p.m., at the District Office, beginning August 19, 2019. To be considered as a candidate, the application must be received in the District Office by 4:00 pm on September 3, 2019. Any application received after 4:00 pm on September 3, 2019 will not be accepted.

If you have any questions or concerns, please feel free to contact Mr. Patrick Sanchez at 510-818-4112

Sincerely,

BoardofEducation
Newark Unified School District

Solving California’s teaching shortage

SUBMITTED BY KIMBERLY HAWKINS

Online teaching credential programs may be the key to solving the state’s teacher shortage, and Cal State East Bay recently launched the California State University System’s first.

“Many people today want to teach, and they could be great teachers, but they just can’t get access to a good teaching program,” said James Mitchell, a teacher education professor. “Now that we have the technology to work with students remotely, we can reach candidates who would otherwise not be able to attend this kind of program.”

Mitchell is referring to Cal State East Bay’s new Online Single Subject Teaching Credential Program, a yearlong online program dedicated to providing the skills needed to effectively teach adolescents. The fully-online program offers a credential for those who want to teach grades six through 12.

“This is the program that will meet the needs of today’s learners,” said Mitchell, who is also the

program’s director. “We want to train Bay Area teachers from the communities they’re going to serve, as well as those from outside our territories.”

According to the California Teachers Association, there is currently a strong need for middle and high school teachers in the Bay Area and across the state. California will need an additional 100,000 teachers over the next decade, and Mitchell says this program will contribute to reducing that staggering number.

“This kind of program needs to happen now because in five years we’re going to need teachers more than ever,” he said. According to Mitchell, the program received three times the estimated number of applications and candidates he referred to as “pioneers in their field.”

For more information, visit: <https://www.ce.csueastbay.edu/ce/programs/single-subject-teaching-credential/>

Veteran reunited with dog tag lost during WWII’s Pacific War

AP WIRE SERVICE

A 97-year-old U.S. Army veteran from Bismarck has been reunited with a dog tag he lost in Papua New Guinea while serving in World War II.

A stranger found Ed Boger’s dirty, rusted dog tag about five years ago while digging a hole for a school flagpole in Lemieng, Papua New Guinea, The Bismarck Tribune reported. Kenneth Muo knew that only American soldiers wore dog tags,

and, armed with information on the tag including Boger’s hometown and mother’s name, he determined to return it to its rightful owner.

Boger was deployed on his 21st birthday in October 1942. He fought with the 112th Calvary Regiment of the Texas Army National Guard and spent more than three years in the Pacific. He was discharged from the military after the war ended in 1945.

“We were scheduled to go into New Guinea when the (Japanese) started taking over the schools ... they were after the schools, and I was in what we call a regimental combat team and it was scheduled to go over there to stop (them),” Boger said.

Muo posted his find on World War II Facebook groups. Some years passed before a National Guard member in Wisconsin saw one of the posts, found the obituary of Ed Boger’s brother and reached out to Ed’s son, Charles Boger.

Boger surprised his dad when the old dog tag arrived by mail in June.

“He got all choked up and emotional about it,” Charles

Boger said. Ed Boger said he doesn’t even remember losing the tag.

“I was happy they found it,” he said, adding: “I was surprised because I had never seen it from the time, I lost it and they found it.”

Muo said he was surprised that Ed Boger was still alive, and he wrote a letter to accompany the tag, saying: “I am so proud of myself I was able to get this tag to you.”

He said in his letter that the area where he found the tag used to be an old U.S. Army base that has become overgrown by jungle. Aircraft guns and old fighter planes remain in the area.

“I thought I would find some skeletons around that place because there were many bullet shells, mostly .50-calibre shells,” Muo said. He found the tag about 50 yards (45 meters) from the base.

Information from: Bismarck Tribune, <http://www.bismarcktribune.com>

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

Milpitas City Council

August 20, 2019

- Pledge of Allegiance was led by Boy Scouts Troop 92
- In the absence of Mayor Rich Tran, Vice Mayor Karina Dominguez conducted the meeting.
- Consent Calendar:**
- Adopted ordinance to discontinue the Planning Commission Subcommittee.

- Adopted ordinance amending Milpitas Municipal Code relating to massage establishments and practitioners
- Authorized investment of monies in the Local Agency Investment Fund and updated officers’ information.
- Approved the Investment Policy for FY 2019-20.
- Authorized a Stormwater Management Facilities Operation and Maintenance Agreement for mixed use project at 1315 McCandless Drive.
- Authorized a Stormwater Management Facilities Operation

- and Maintenance Agreement for the Ellison Park residential project at 231, 247, 271 Houret Drive and 1757 Houret Court.
- Accepted the additional FY 2018 Citizen Options for Public Safety (COPS) grant funding.
 - Approved establishment of the Milpitas Assistance Program and the Residential Building Incentive Program.
- Public Hearing:**
- Following a public hearing, approved the Site Development Permit, Conditional Use Permit, Vesting Tentative Map, and Environmental Assessment to

allow development of a 40-unit residential condominium building at 2001 Tarob Court. Approval of the project included approval of exception, requested by the applicant The True Life Co., to the affordable housing building requirement, permitting payment of an in lieu fee to the City.

Rich Tran (Mayor)	Absent
Karina Dominguez (Vice Mayor)	Aye
Carmen Montano	Aye
Bob Nunez	Aye
Anthony Phan	Aye

Green Infrastructure Plan

SUBMITTED BY CITY OF FREMONT

The City of Fremont is developing a green infrastructure plan to improve water quality and reduce impacts of increased stormwater flows created by the Bay Area’s growing urbanization. The plan will outline how the city will phase in additional green infrastructure facilities and projects over the next 20 years.

Green infrastructure uses specially-designed landscaped areas, pervious surfaces, and cisterns to manage stormwater in a natural and environmentally sustainable way. While older “gray infrastructure” approaches use concrete and metal structures to move stormwater quickly away from streets and other impervious surfaces, green infrastructure allows stormwater to infiltrate into native soils or filter through fast-draining engineered soils. These innovative designs slow runoff from urban and suburban environments to keep pollutants out of local creeks and the Bay.

The green infrastructure planning process will include:

- Updating local planning documents to incorporate green infrastructure requirements
 - Adopting guidelines, standard specifications, and typical designs for green infrastructure
 - Identifying opportunities to incorporate green infrastructure in public and private development projects, including roadway improvements, storm drain infrastructure, and other public facilities
- Examples of green infrastructure facilities are available on the Alameda Countywide Clean Water Program website, <https://www.cleanwaterprogram.org/index.php/programs/green-infrastructure.html>. For more information about the city’s local green infrastructure planning process, call the Environmental Services Division at (510) 494-4570.

California governor signs law to limit shootings by police

By Don Thompson Associated Press

California is changing the standards for when police can use lethal force under a law signed Monday that seeks to reduce officer-involved shootings.

“We are doing something today that stretches the boundary of possibility and sends a message to people all across this country that they can do more and they can do better to meet this moment,” said Gov. Gavin Newsom as he stood alongside family members of people killed by police.

California’s old standard has made it rare for police officers to be charged following a shooting and rarer still for them to be convicted. Frequently it’s because of the doctrine of reasonable fear: If prosecutors or jurors believe that officers have a reason to fear for their safety, they can use force up to and including lethal force.

The law by Democratic Assemblywoman Shirley Weber of San Diego will allow police to use lethal force only when necessary to defend against an imminent threat of death or serious injury to officers or bystanders. But lawmakers dropped an explicit definition of

“necessary” that previously had said officers could use deadly force only when there is “no reasonable alternative.”

One catalyst was last year’s fatal shooting of Stephon Clark, an unarmed black man suspected of vandalism whose death sparked major protests in the state capital and reverberated nationwide. Despite the public anger, law enforcement objections stalled the bill last year and even some supporters had reservations until it was amended in May.

The measure passed with bipartisan support after major police organizations won concessions and ended their vehement opposition.

Several police agencies said the new law simply codifies policies already used in major California cities that emphasize de-escalation. Others said the law may have a significant effect if is coupled with a pending Senate bill requiring that officers be trained in ways to de-escalate confrontations, alternatives to opening fire and how to interact with people with mental illness or other issues.

Plumas County sheriff’s Deputy Ed Obayashi, a use-of-force consultant to law

OPEN LETTER TO THE NEW HAVEN UNIFIED SCHOOL DISTRICT

July 31, 2019

Transition to a New System of Electing Governing Board Members

I am writing to encourage your participation in an important process led by the New Haven Unified District Governing Board. Starting on April 30, 2019, the District initiated the process of transitioning the method by which Governing Board members are elected. Under the current “at-large” system, all registered voters in the District’s boundaries can vote for candidates for Board member seats.

Under the new proposed system, candidates will be elected by “trustee areas.” This means only voters within a given trustee area can vote for candidates who reside within that same area. The intent of this proposed system is to offer greater opportunities for Board representation for candidates that might not otherwise be elected under an at-large system. Transitioning to this new system requires the Board to hold public hearings on proposed trustee area boundaries (or maps) prior to asking the Alameda County Committee on School District Organization to approve the change.

If the Committee approves the change, “by-trustee” area voting would be held starting with the 2020 general election, on Tuesday, November 3, 2020. Please note that all current Board members will serve out the full length of their elected terms regardless of the location of their residences. The anticipated release date of the map options prepared by the District’s demographer is late August, 2019. Additionally, the District will be releasing a map toolkit, providing the community with the opportunity to submit draft trustee area plans for consideration.

District’s demographer will review the submissions for compliance with the requirements of creating voting areas and bring forward for consideration those that meet the requirements. The District will host two community meetings to discuss and take questions on the map options / community map toolkit. There will also be a series of three public hearings regarding the map options.

You are invited to attend as many as you would like. If you cannot attend a hearing and wish to review and/or comment regarding potential trustee areas as well as the proposed “trustee area” maps, please do not hesitate to submit your comments and feedback. The proposed maps will also be posted on the District’s web site, www.mynhusd.org, as soon as they are available.

You may email any comments or questions to the Superintendent email at: bytrusteeelection@nhusd.k12.ca.us.

You may also comment by telephone at (510) 476-2611.

I look forward to your participation.

Sincerely,
John Thompson, Ed.D.
Superintendent

PUBLIC HEARINGS

- Tuesday, Sep 3 6:30 p.m.
- Tuesday, Sep 17 6:30 p.m.
- Tuesday, Oct 1 6:30 p.m.

District Office – Board Room
34200 Alvarado-Niles Rd., Union City

COMMUNITY INFORMATION MEETINGS

Wednesday, Sep 4 5:00 p.m.
Itliong-Vera Cruz Middle School
31604 Alvarado Blvd., Union City

Thursday, September 5 5:00 p.m.
Cesar Chavez Middle School
2801 Hop Ranch Rd., Union City

enforcement agencies, said that the final law mainly leaves the old legal standards in place.

“It’s a false sense of security to those that think this is going to shift the needle,” he said.

In the final version, lawmakers removed an explicit requirement that officers try to de-escalate confrontations. Law enforcement officials said that would have opened officers to endless second-guessing of what often are split-second life-and-death decisions.

The measure still contains the strongest language of any state,

according to the American Civil Liberties Union, which proposed the bill and negotiated the changes.

Weber said the law “changes the culture of policing in California.” She was joined on stage by fellow lawmakers and family members of people who have been shot by police, including Clark’s family and the mother of Oscar Grant, a man killed by police officers on an Oakland train platform in 2009.

—

The bill is AB392.

OPINION



WILLIAM MARSHAK

Environmental concerns are not new. The pivotal publication in 1962 of *Silent Spring*, written by Rachel Carson, an American marine biologist, sparked concern and debate about the indiscriminate use of pesticides. She posited a fictional town where spring arrived without the sounds of birds and other wildlife. Manmade chemicals had infiltrated the entire ecosystem to eliminate many lifeforms. The chemical industry defended its products while Ms. Carson predicted catastrophic consequences if pesticide use was left unchecked. Amid a storm of controversy and critical praise and condemnation, DDT was banned in the United States. Also, just prior to the release of the book, it was revealed that thalidomide was linked to birth defects and it was also banned from distribution in the U.S.

The constat push-pull between market forces and environmental concerns continues to this day. With increased product longevity, effects that are both welcome and deleterious are revealed. Typically, consumers become aware of these issues when a protective agency or association releases findings developed over many months or years. Recently, one of the most ubiquitous and troubling concerns to reach widespread public

attention is water quality. On the East Coast, Newark, New Jersey has joined Flint, Michigan – although from different problems - combating high levels of lead in public water systems.

Across the country, another menace has become known by the acronym, PFAS. Perfluoroalkyl substances (PFAS) are stable chemicals that repel water and oil and have been used extensively since the 1950s. Unfortunately, these substances can be carried by water and do not break down easily. A wide variety of products contain PFAS: carpets, clothing, non-stick pans, paints, polishes, waxes, cleaning products, and food packaging. Firefighting foam containing PFAS is used by military and firefighting facilities as well. As a result, groundwater can absorb this contaminant. Multi-year studies are now underway to determine the effects of significant exposure to this class of chemicals.

A tracking database of the presence of PFAS by Northeastern University, Boston is available and, according to the data shown, this area has either extremely low or no excessive, reportable levels of these chemicals in our local water. According to the State of Rhode Island Department of Health, “Studies show that human exposure to PFAS is widespread and most people in the United States and in other industrialized countries have measurable amounts of PFAS in their blood.” As with any ubiquitous chemical, caution is a good path to follow. It is a great relief to view the database of questionable levels of PFAS and find that, although military installation use of firefighting foam is listed, our local municipal water districts are not.

This is a reminder to all of us of the importance of guarding the quality of our infrastructure. Environmental concerns are real and it is only through vigilance and competence of protective agencies – international, national, regional, local - that the public can avoid what Carson called “a chain of poisoning and death.” Currently, Amazon rain forests are burning and many don’t care. In the midst of environmental crisis, it is easy to look the other way and pretend such actions do not affect us. Carson says, “It is human nature to shrug off what may seem to us a vague threat of future disaster.” She concluded then, and it remains even more clear today, “We stand now where two roads diverge. But unlike the roads in Robert Frost’s familiar poem, they are not equally fair. The road we have long been traveling is deceptively easy, a smooth superhighway on which we progress with great speed, but at its end lies disaster. The other fork of the road— the one ‘less traveled by’— offers our last, our only chance to reach a destination that assures the preservation of our earth.”

Our springs are not yet silent... let’s keep it that way.

William Marshak
PUBLISHER

Time capsule from 50 years ago has nothing inside

AP WIRE SERVICE

Officials in a New Hampshire town are trying to figure out how a recently opened time capsule from 50 years ago has nothing in it.

Library director Cara Potter in Derry tells WMUR-TV that since she started there five years ago, the safe has been sitting on a shelf. Before that, it was kept at the old municipal building in town.

The combination was on the back of the safe. Potter said it took several tries to get it open recently on the

50th anniversary of when it was sealed in 1969. But it was empty.

No one has a list of what was originally put inside.

Officials said they have no idea who could have opened it and taken the items. They even speculated that nothing was put in there in the first place.

—

Information from: WMUR-TV, <http://wmur.com>

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RESIDENT OF FREMONT
April 22, 1916 – August 20, 2019

Robert Hoffman
RESIDENT OF FREMONT
November 11, 1951 – August 15, 2019

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

Obituary

Mae Nelson Lewis
April 22, 1916-August 20, 2019

Mae passed away August 20, 2019 in Fremont, California. Mae was born in Jamestown, NY to the late Harold E. Nelson and Mabel Wistran Nelson. She was predeceased by brothers Howard and Ralph, and by husband Emory R. Lewis. Mae is survived by daughter Joan Trusler of Port Orange, Florida and son William Lewis (Patricia) of Fremont. She is also survived by grandsons Scott Trusler of Daytona Beach, Florida; Jeffrey Trusler of Jamestown, New York; granddaughters Hillary Lewis of Fremont; Brit Renshaw (Jeffrey) of Folsom, California; and Jenna Young of Denver, Colorado (Jon) as well as eight great-grand-children.

Mae was a long time resident of Jamestown, New York and member of the Immanuel Lutheran Church, where she was baptized, confirmed and married. She graduated from Jamestown High School in 1934 and for many years worked for Lockwood's Department Store and the Presbyterian Home in Jamestown. In addition to being active in her church, Mae was a member of the Jamestown Order of the Eastern Star.

In 1983 Mae moved to Fremont, California to be close to family and soon after became a member of the Christ the King Lutheran Church. Mae was

active in the CTK Lunch Group, Debbie's Thursday Seniors, and the Vanners. Until her final days, Mae completed the newspaper crossword every morning, read voraciously, and loved her patio time in the sunshine. She never missed sending a birthday greeting to friends and family, including her many great-grand-children. She loved and was beloved. Her smile warmed the hearts of family and friends.

A celebration of Mae's life will be held at 2:30 PM on Saturday, September 7, 2019 at Berge Pappas Smith Chapel of the Angels, 40842 Fremont Blvd., Fremont, CA. In lieu of flowers, Mae requested donations to Christ the King Lutheran Church, 1301 Mowry Avenue, Fremont 94538 or to a charity of your choice.

Obituary

Robert L. Eichler
May 14, 1931 – June 23, 2019

Born in Missouri to John and Noreen Eichler, Robert lived in Union City where he and his wife were in business for 34 years (Union City Florist). He served in the US Navy and was stationed in the South Pacific during the Viet Nam and Korean Wars. He also served a term on his beloved city's Planning Commission. His wife said she didn't know what a wonderful life she had until he was gone.

Services were held June 27, 2019.

What millennials get wrong about Social Security

AP WIRE SERVICE
BY LIZ WESTON OF NERDWALLET

Few issues unite millennials like the future of Social Security. Overwhelmingly, they're convinced it doesn't have one.

A recent Transamerica survey found that 80% of millennials, defined in the survey as people born between 1979 and 2000, worry that Social Security won't be around when they need it. That's not surprising _ for years, they've heard that Social Security is about to "run out of money."

The language doesn't match the reality. Social Security benefits come from two sources: taxes collected from current workers' paychecks and a trust fund of specially issued U.S. Treasury securities. This trust fund is scheduled to be depleted in 2034, but the system will still collect hundreds of billions in payroll taxes and send out hundreds of billions in benefit checks. If Congress doesn't intervene, the system can still pay 77% of projected benefits.

In any case, chances are good Congress will intervene, as it did in 1977 and 1983, to strengthen Social Security's finances. Social Security is an enormously popular program with bipartisan support and influential lobbies, including the immensely powerful AARP, looking out for it.

Still, millennials who believe Social Security won't be there for them could make bad choices about their retirement savings. The worst outcome would be if they didn't save at all, convinced retirement was hopeless. But any of the following myths could cause problems.

'I CAN SAVE ENOUGH TO RETIRE EVEN WITHOUT SOCIAL SECURITY'

Good luck with that. Currently, the average Social Security benefit is just under \$1,500 a month. You would need to save \$400,000 to generate a similar amount. (That's assuming you use the financial planners "4% rule," which recommends taking no more than 4% of the portfolio in the first year of retirement and adjusting it for inflation after that.) And that may be underestimating the value of Social Security. The Urban Institute estimates that many average-income single adults retiring between 2015 and 2020 will receive about \$500,000 in benefits from the system while couples will receive roughly \$1 million. Millennials, meanwhile, are projected to receive twice as much: about \$1 million for an average-income single adult and \$2 million for a couple.

Trying to save enough to replace 100% of your expected Social Security benefit might well be impossible, and could cause you to stint on other important goals such

as saving for a child's education or even having a little fun once in a while.

A more realistic yet still cautious approach would be to assume you'll get 70% to 80% of what your Social Security statement projects, says Bill Meyer, founder of Social Security Solutions, a software tool for Social Security claiming strategies.

"Somewhere between a 20% to 30% reduction seems like the worst-case scenario to me," Meyer says.

'I CAN IGNORE MY SOCIAL SECURITY ACCOUNT'

Your future Social Security check will be based on your 35 highest-earning years. To get what you're owed, however, your earnings need to be reported accurately and that doesn't always happen. Employers may not report the correct information to Social Security, or may not report your earnings at all. You can correct those errors if you catch them in time. Fixes could be difficult decades from now, when the employer may have gone out of business and needed documents may be unavailable.

Millennials may be more exposed to errors than previous generations because they tend to change jobs more, Meyer says. That makes it important for them to check their earnings records, which they can do by creating an account on the Social Security Administration's website.

"Every two to three years, you should log on and make sure that your earnings are reflected correctly," Hayes says.

'IF IT'S STILL AROUND, I SHOULD GRAB IT AS SOON AS POSSIBLE'

Millions of Americans make this mistake every year, locking in permanently reduced payments and potentially costing themselves up to \$250,000 in lost benefits by claiming too early. But Congress is highly unlikely to cut benefits for those in retirement or close to retirement age, Meyer notes.

Instead, there likely will continue to be incentives for delaying your Social Security claim. Currently, benefits increase by about 7% to 8% for each year you wait to apply after age 62 until benefits max out at 70.

Working an additional few years also can compensate for low- or no-earning years earlier in millennials' careers, when incomes may have been depressed by recession or gig-to-gig work.

"A higher-earnings year can replace a lower one," Meyer says. "You can fill in those gaps."

NerdWallet: When can I retire? <http://bit.ly/nerdwallet-when-to-retire>

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Kaiser Permanente intensive care unit recognized

SUBMITTED BY JONATHAN BAIR

The American Association of Critical-Care Nurses (AACN) recently conferred a silver-level Beacon Award for Excellence on the intensive care unit of the Kaiser Permanente Fremont Medical Center.

The Beacon Award for Excellence recognizes unit caregivers who successfully improve patient outcomes and align practices with AACN's Healthy Work Environment Standards. Units that achieve this three-year, three-level award meet national criteria consistent with Magnet® Recognition, the Malcolm Baldrige National Quality Award and the National Quality Healthcare Award.

"We're very proud to receive this recognition of the excellent care our nurses, physicians and staff deliver for our most critical patients in Fremont," said Karen Tejcka, chief nurse executive and chief operating officer of the Kaiser Permanente Fremont Medical Center. "Conditions that require intensive care are the most complex, and spending time in the ICU is trying not only for patients but also for their families. The Beacon Award recognizes the great healing work of our caregivers as well as the thoughtful and caring ways that they communicate with patients and families during a difficult time."

"I'm proud that the American Association of Critical Care nurses recognizes the wonderful work of our ICU professionals," said Eric Cain, MD, physician-in-chief of the Fremont Medical Center. "Every day our nurses, physicians and staff work compassionately to do the very best for our patients and their families."

The silver-level Beacon Award for signifies an effective approach to policies, procedures and processes that includes engagement of staff and key stakeholders. The Intensive Care Unit earned its silver award by meeting the following Beacon Award for Excellence criteria:

Leadership Structures and Systems

Appropriate Staffing and Staff Engagement

Effective Communication, Knowledge Management and Learning and Development

Evidence-Based Practice and Processes

Outcome Measurement

Don't want to buy? You can borrow household items too

BY MELISSA KOSSLER DUTTON
ASSOCIATED PRESS

Amanda Blum enjoys trying new recipes and experimenting in the kitchen, but like many home cooks she's reluctant to buy expensive and bulky kitchen appliances.

So she was delighted to learn about Kitchen Share, a nonprofit near her home in Portland, Oregon, that loans out kitchen equipment. Bloom, who likes to preserve fruits and vegetables at this time of year, found a name-brand pressure canner there that makes the task easier and safer.

Since then, she's become a regular borrower, checking out Kitchen Share's blender, ice cream maker and pressure cooker.

"This is such a huge resource," she said. "It solves the problem of having to buy all these things."

Around the country, traditional libraries and a small number of non-profit lending operations loan out collections of

household items: cake pans in Akron, Ohio; paintings in Minneapolis; telescopes in St. Louis; sewing machines in Rochester, New York.

For traditional libraries, such items are a natural extension of their mission to provide resources to the community. Many of the other institutions see lending programs as a way to help people save money or lead more sustainable lives by owning fewer things.

As with books, "it's the idea of collections that are purchased by a group and used by multiple people over and over again," said Jen Lenio, collections manager of the Rochester Public Library.

The Rochester library system's offerings are driven by patron interests, as well as a desire to assist low-income people, she said. The success of library craft classes inspired the staff to create borrowable knitting and crochet kits. Recognizing that the ability to make or repair clothes could be useful, the team purchased sewing machines that patrons can check out.

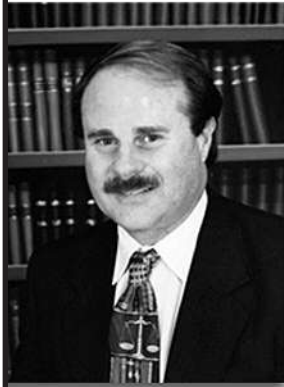
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21 states sue Trump administration over new coal rules

BY DON THOMPSON AND ADAM BEAM
ASSOCIATED PRESS

A coalition of 21 Democratic-led states sued the Trump administration Tuesday over its decision to ease restrictions on coal-fired power plants, with California's governor saying the president is trying to rescue an outdated industry.

In June, the U.S. Environmental Protection Agency eliminated the agency's Clean Power Plan and replaced it with a new rule that gives states more leeway in deciding upgrades for coal-fired power plants.

The lawsuit, filed in the U.S. Court of Appeals for the District of Columbia Circuit, says the new rule violates the federal Clean Air Act because it does not meaningfully replace power plants' greenhouse gas emissions.

"They're rolling things back to an age that no longer exists, trying to prop up the coal industry," California Gov. Gavin Newsom said at a news conference. He said the lawsuit was not just about Trump but "our kids and grandkids" who would continue to be harmed by coal pollutants.

West Virginia Attorney General Patrick Morrisey, whose state produced the second most coal behind Wyoming in 2017, predicted the lawsuit will ultimately fail at the U.S.

Supreme Court, which stayed an earlier Obama administration attempt in 2016 at the request of a competing 27-state coalition.

He called the lawsuit a "big government 'power grab'" and argued that the Democratic attorneys general "are dead wrong" in their interpretation of the Clean Air Act.

The White House did not immediately respond to a request for comment. The U.S. EPA said in a statement that it wouldn't comment on pending litigation, but that it "worked diligently to ensure we produced a solid rule that we believe will be upheld in the courts, unlike the previous administration's Clean Power Plan."

The lawsuit was filed by attorneys general in California, Colorado, Connecticut, Delaware, Hawaii, Maine, Maryland Massachusetts, Michigan, Minnesota, New Jersey, New Mexico, New York, North Carolina, Oregon, Pennsylvania, Rhode Island, Vermont, Virginia, Washington, Wisconsin and the District of Columbia.

"The science is indisputable; our climate is changing. Ice caps are melting. Sea levels are rising. Weather is becoming more and more extreme," New York Attorney General Letitia James, who is leading the coalition, said in a statement. "Rather than staying the course with policies aimed at fixing the problem and protecting people's health, safety, and the environment, the Trump Administration repealed the Clean Power Plan and replaced it with this 'Dirty Power' rule."

The states were joined by six local governments: Boulder, Colorado; Chicago, Los Angeles, New York City, Philadelphia and South Miami, Florida.

The EPA's analysis of the new rules predicts an extra 300 to 1,500 people will die each year by 2030 because of additional air pollution from the power grid. But EPA Administrator Andrew Wheeler in June said Americans want "reliable energy that they can afford," adding he expected more coal plants to open as a result.

"It's more of a fossil fuel protection plan," California Attorney General Xavier Becerra said.

It would replace the Clean Power Plan, which would require cutting emissions fossil fuel-burning power plants. Becerra said that was expected to eliminate as much climate change pollution as is emitted by more than 160 million cars a year, the equivalent of 70 percent of the nation's passenger cars, and was projected to prevent up to 3,600 additional deaths annually.

Newsom and James said states' existing efforts to reduce greenhouse gases are beginning to work while creating green jobs and vibrant economies.

In the Northeast, 10 states including New York formed the Regional Greenhouse Gas Initiative that has reduced power plant emissions by more than 50 percent.

California's power grid used more energy from non-greenhouse gas sources like wind and solar power in 2017 than from electricity generated by fossil fuels for the first time since the California Air Resources Board began keeping track. The board also found that pollution from transportation did not rise as fast as in previous years and reported that 2017 was the second straight year emissions fell below the state's 2020 target.

"We're trying to fill needs that the community has," Lenio said.

The Akron-Summit County Public Library's cake pan lending program was so popular, the institution decided to buy kitchen tools to circulate too.

The items _ including measuring cups, kitchen scales and baking dishes _ appeal to the area's large student population and younger patrons setting up households, among others, said Monique Mason, manager of the libraries' science and technology division.

The collection includes utensils that people might use only rarely, like a cherry pitter, candy molds and holiday cookie cutters, and bulky items they might not have room for.

"When you look how much space a pasta maker or a food dehydrator takes up _ do you really want to have to store these items?" Mason said.

The library treats the items

like books, allowing people to reserve them online and sending them to various branches for pickup, she said. Patrons are required to return the kitchen items clean, and are advised to wash them before using.

St. Louis County Library in Missouri has a telescope lending program, which was suggested by the St. Louis Astronomical Society. It began in 2014 and was an "instant hit," said director Kristen Sorth said. "People seem very appreciative of the opportunity and treat them very well," Sorth said.

Loaning telescopes aligns with the library's interest in promoting science education, she said, by giving people access to cool equipment.

"I've done it a couple of times. I had one as a kid and I like to see what I can see in the night sky," said Craig Williams of St. Louis, who hopes to own one

someday.

In the twin cities, the Minneapolis Art Lending Library, a non-profit group, promotes art appreciation by lending out original works that borrowers can hang on their walls at home.

Part of a library's mission is to help patrons learn, and that isn't limited to books, says Christine Feldmann, a spokeswoman for the Anne Arundel County Public Library in Annapolis, Maryland, which loans out fishing poles and ukuleles, among other items.

"The library is really about connecting people with resources," she said. "These programs are just an extension of that."

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August 12th to 14th, 6pm — 9pm
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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.



Theft at The Great Mall

SUBMITTED BY MILPITAS PD

On August 25, 2019, at approximately 7:33 p.m., officers responded to a report of a theft at the Diamond by Chainery, located at 302 Great Mall Drive, where three suspects smashed displays and stole jewelry. As officers arrived to the mall, shoppers were running because they thought a shooting had occurred. In the abundance of caution for the shoppers, businesses, and our community, the Great Mall was evacuated with the assistance of the Santa Clara County Sheriff's Office, San Jose Police Department, California Highway Patrol, and Great Mall management. Officers quickly engaged and systematically searched the mall, and determined there were no victims or evidence of a shooting.

At approximately 10:40 p.m., officers completed a comprehensive search and the mall was released to the Great Mall Management.

The investigation at the jewelry store is still ongoing and there are no other details at this time, outside of three men that entered the store in dark clothing that smashed glass jewelry displays to steal an unspecified amount of jewelry.

SUSPECT #1: Black male in dark clothing
SUSPECT #2: Black male in dark clothing
SUSPECT #3: Black male in dark clothing

The Milpitas Police Department would like to thank the Santa Clara County Sheriff's Office, San Jose Police Department, California Highway Patrol, and Great Mall Security for their swift response and assistance at the Great Mall!

If you have any information regarding this incident; then you are 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>

Scam Alert

SUBMITTED BY NEWARK PD

Newark Police has received calls about an email the callers believed were distributed by the City of Newark. One caller was a local resident and another was from a company located in Southern California.

The email is FROM: "noreply@newark.org". The Subject of the email lists: "[secure] City of Newark".

There are two attached PDF documents that when opened, ask for personal information to be entered. After entering your information, it is automatically sent to the Scammer, allowing the Scammer to gain access to your personal accounts.

The Newark Police Department would like to remind the general public that the City of Newark will never email you or your business requesting personal information.

Newark Police Department
37101 Newark Blvd, Newark,
CA 94560
(510) 578-4237

BART Police Log

SUBMITTED BY BART PD

Saturday, August 17

At 5.58 a.m. a man identified by police as Timothy Magee of Antioch was arrested at San Leandro Station for Prohibition Order, Court Order Violation. Magee was transported and booked into Santa Rita Jail.

Monday, August 19

At 6.26 a.m. a man identified by police as Tommy Vigil of San Leandro was arrested under 25400(a)(2) PC for carrying a concealed firearm at San Leandro Station. He was booked into Santa Rita Jail.

Tuesday, August 20

At 10.20 p.m. a man identified by police as William Lusk was booked into Santa Rita Jail 529(a)(4) PC for impersonation and a no-bail warrant. Warrant Arrest - Castro Valley Station

At 6.32 p.m. a male juvenile, 15, was arrested for 487(c), 243(b) x2 and 148 PC. He was transported and booked into Juvenile Hall for "Battery on a Peace Officer."

Calling for public safety dispatchers

SUBMITTED BY NEWARK POLICE DEPARTMENT

The Newark Police Department is hiring public safety dispatchers; deadline to apply is Friday, September 6. The first review of qualified applicants is Monday, September 9. The position will remain open until filled. Interested applicants must submit their application, resume, and supplemental questionnaire online using CalOpps via www.calopps.org.

Public Safety Dispatchers Application
Deadline: 5 p.m. Monday, Sept 6
www.calopps.org

Travel Agent Theft

SUBMITTED BY LT. JOHN TORREZ, MILPITAS PD

On August 8, a Milpitas resident contacted the Milpitas Police Department regarding the House of Aloha Hawaii travel business based in Honolulu, Hawaii. The resident had paid the business for travel services, but did not receive the services they purchased. Officers investigated further and identified 12 additional victims who had conducted business with the House of Aloha Hawaii

The Milpitas Police

Department has been in contact with the Santa Clara County District Attorney's Office, California Department of Justice Seller of Travel Program, and Honolulu Police Department regarding this investigation. The Milpitas police referred this investigation to the Santa Clara County District Attorney's Office for a criminal complaint against House of Aloha Hawaii for theft by false pretenses and failure to provide travel services as promised.

The Milpitas Police Department believes there are additional Milpitas residents that

have paid the House of Aloha Hawaii for travel services, which were either not delivered or partially delivered. We encourage those residents to contact the police at (408) 586-2400. If you conducted business with the House of Aloha Hawaii and reside outside of Milpitas, we encourage you to call your local police department. Additionally, information regarding this investigation 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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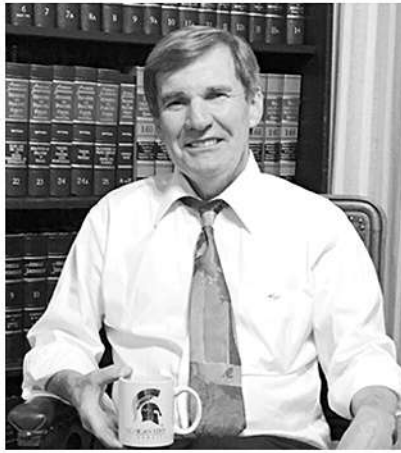
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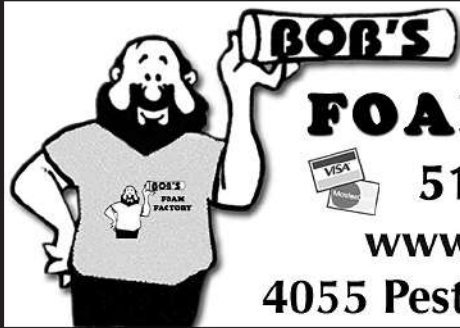


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PUBLIC NOTICES

NOTICE OF PUBLIC HEARING
CITY OF FREMONT
ART REVIEW BOARD

NOTICE IS HEREBY GIVEN THAT THE ART REVIEW BOARD OF THE CITY OF FREMONT WILL HOLD PUBLIC HEARINGS ON THE FOLLOWING PROPOSALS. SAID PUBLIC HEARINGS WILL BE HELD AT 3:30 P.M., ON WEDNESDAY, SEPTEMBER 18, 2019, AT THE CITY OF FREMONT DEVELOPMENT SERVICES CENTER, NILES CONFERENCE ROOM, 39550 LIBERTY STREET, FREMONT, CALIFORNIA, AT WHICH TIME ANY AND ALL INTERESTED PERSONS MAY APPEAR AND BE HEARD.

PUBLIC ART FOR FAIRFIELD RESIDENTIAL DEVELOPMENT INSPIRATION PLAZA SITE IN WARM SPRINGS INNOVATION DISTRICT - To provide feedback (including artists to consider, type of art, and budget) for new public art installation located at the Fairfield Residential Inspiration Plaza site at 44758 Old Warm Springs Boulevard at the northeast corner of South Grimmer Boulevard and Old Warm Springs Boulevard in the Warm Springs/South Fremont Community Plan Area as part of the Warm Springs Innovation District Art Work Plan, and to consider an exemption from the California Environmental Quality Act (CEQA) per CEQA Guidelines Section 15061(b)(3). General Rule, which states that, where it can be seen with certainty that the activity will not have a significant effect on the environment, that activity is not subject to CEQA.
Project Planner - David Wage, (510) 494-4447, dwage@fremont.gov

PUBLIC ART FOR DUSTERBERRY NEIGHBORHOOD PARK (CITY PROJECT) - To provide feedback (including guidelines for artist request for proposal, type of art, and budget) for the proposed public art installation, located within the main gathering plaza of the proposed Dusterberry Neighborhood Park, located at the intersection of Dusterberry Way and Peralta Boulevard; and to consider exemption from the California Environmental Quality Act (CEQA) per CEQA Guidelines that the activity will not have a significant effect on the environment and activity is not subject to CEQA. Project Manager - Mark Mennucci, (510) 494-4530, mmennucci@fremont.gov

* NOTICE *

If you challenge the decision of the Art Review Board in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the Secretary, Art Review Board at, or prior to, the public hearing.

LUCIANA TORRES
FREEMONT ART REVIEW BOARD



CNS-3286846#

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG19030131
Superior Court of California, County of Alameda
Petition of: Kwok Leung Chan for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Kwok Leung Chan filed a petition with this court for a decree changing names as follows: Kwok Leung Chan to Hei Chan
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: 9-20-19, 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: August 6, 2019
WYNNE S. CARVILL
Judge of the Superior Court
8/27, 9/3, 9/10, 9/17/19

CNS-3286873#

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:
Petitioner 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 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: 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:
Petitioner 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. 562348
Fictitious Business Name(s):
Viet Cafe & Sandwich, 4378 Thornton Ave, Fremont, CA 94536, County of Alameda
Registrant(s):
Johnny X Nguyen, 31391 Beacon Bay Dr, 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

Fremont
NOTICE TO BIDDERSSale of City Surplus Property
Sealed Bid Auction

Sealed Bid Opening* will be held publicly at the Finance Department of City of Fremont
3300 Capitol Avenue, Building B, Fremont, CA 94538
at 10:00 A.M. PST on Thursday, September 26, 2019
37697 Third Street, Fremont, CA
Portion of APN 507-0320-001-00

1,152± s.f. home with 3 bedrooms and one bath
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Commission to Buyer's Agent: 2% of the Purchase Price

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8/29/19 (Thursday) from 11:30 a.m. to 1:30 p.m.
9/12/19 (Thursday) from 2 p.m. to 4 p.m.
9/24/19 (Tuesday) from 11:30 a.m. to 1:30 p.m.

Submit Sealed Bids to:

City of Fremont Finance Department / Purchasing Division at 3300 Capitol Avenue, Building B, Fremont CA 94538 no later than 10:00 A.M. on 9/26/2019

A \$7,000 bid deposit and a proof of funds are required with the sealed bid

Bids submitted after 10:00 A.M. on 9/26/19 will not be considered

*An oral bid auction will be held immediately after the sealed bid opening if the City receives written bids that result in a tie. Only the highest bidders who made the same offer will be allowed to participate.

For full details, please visit <https://fremont.gov/2554>
Contact: Eva Ip, Real Property Agent (eip@fremont.gov)

CNS-3287004#

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/ Johnny X Nguyen, Owner
This statement was filed with the County Clerk of Alameda County on August 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).
8/27, 9/3, 9/10, 9/17/19

CNS-3287191#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 562263
Fictitious Business Name(s):
Mission Smiles Dentistry, 43625 Mission Blvd., Suite 201, Fremont, CA 94539, County of Alameda
Registrant(s):
Bina B Joshi DDS Inc. 2519 River Blvd., Bakersfield, CA 93305; 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/ Bina B Joshi, Owner/President
This statement was filed with the County Clerk of Alameda County on August 13, 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).
8/27, 9/3, 9/10, 9/17/19

CNS-3286874#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 562382
Fictitious Business Name(s):
Now Engineering 4811 Mowry Ave., Fremont, CA 94538, County of Alameda
Registrant(s):
Matthew John Nowacki, 4811 Mowry Ave., Fremont, CA 94538
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/ Matthew John Nowacki, Owner
This statement was filed with the County Clerk of Alameda County on August 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).
8/27, 9/3, 9/10, 9/17/19

CNS-3286472#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 561827
Fictitious Business Name(s):
All Ways Accessories Inc. 36322 Tudor Place, Newark, CA 94560, County of Alameda
Registrant(s):
All Ways Accessories Inc. 36322 Tudor Place, Newark, CA 94560
Business conducted by: a corporation
The registrant began to transact business using the fictitious business name(s) listed above on May 3, 2017
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 Presley, President
This statement was filed with the County Clerk of Alameda County on August 1, 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).
8/27, 9/3, 9/10, 9/17/19

CNS-3286362#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 562017
Fictitious Business Name(s):
Casual Fields LLC, 20583 Cambridge Ave, Hayward, CA 94541, County of Alameda
Registrant(s):
Casual Fields LLC, 20583 Cambridge Ave, Hayward, CA 94541; CA
Business conducted by: A Limited Liability Company
The registrant began to transact business using the fictitious business name(s) listed above on N/A

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, 29583 Ruus Rd., Hayward, CA 94544, 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-3280118#

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. 561547
Fictitious Business Name(s):
Abdul's Packaging, 39899 Balentine Drive, Suite #200, Newark, CA 94560, County of Alameda

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 561282
Fictitious Business Name(s):
95 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 NA
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#

GOVERNMENT

PUBLIC HEARING NOTICE

Notice is hereby given that on September 12, 2019, at 7:30 p.m., or as soon thereafter as the matter may be heard, in the Council Chambers, 37101 Newark Blvd., Newark, CA, the Newark City Council will hold a public hearing to consider adoption of an ordinance related to text amendments to the Zoning Ordinance of the Newark Municipal Code to revise various sections including Sections 17.07.020, 17.07.030, 17.07.040(D)(E), 17.08.020, 17.13.040(B), 17.26.090(E) & 17.26.280, generally affecting: land uses, pedestrian walkways, landscaping, design standards, public notice requirements and other development standards.

The purpose of the text amendments are to change land uses and revise language of the City of Newark Zoning Ordinance. Specifically, the proposed changes would amend how government offices, public safety facilities, lodging house, guesthouse, tutoring centers and instructional services are permitted in residential and commercial zoning districts. In addition, design standards are proposed which affect: landscaping, pedestrian walkways, single-family design review and distances between buildings. Public notice requirements for large family daycares would also be proposed.

On August 13, 2019, the Newark Planning Commission unanimously voted to approve Resolution No. 1981 recommending approval of the proposed text amendments identified above.

Following the public hearing, the City Council may take such action on the ordinance as it deems appropriate. Interested persons are invited to submit written comments prior to, and may testify at, the public hearing. All comments will be considered by the City Council.

Details are available during regular business hours at the Planning Department, 37101 Newark Boulevard, Newark, CA 94560, and by contacting Art Interiano, Deputy Community Development Director, by telephone (510) 578-4331 or email art.interiano@newark.org.

If you challenge a City action in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice or in written correspondence delivered to the Newark City Council at, or prior to, the public hearing. Subject to exhaustion of administrative remedies, Code of Civil Procedure Section 1094.6 requires you to initiate such a proceeding in court within 90 days of the final decision in this matter.

SHEILA HARRINGTON
City Clerk

8/27/19

CNS-3286502#

UNION SANITARY DISTRICT
PUBLIC NOTICE

On August 12, 2019, the Union Sanitary District ("District") Board of Directors adopted Ordinance No. 36.04, Sewer Use Ordinance, and Repealed Ordinance No. 36.03.

Ordinance 36 provides for the regulation of discharges to the District's sanitary sewer system. The ordinance applies to industrial, commercial and residential dischargers and establishes the requirements for the District's pretreatment program in compliance with federal, state and local laws. Ordinance No. 36.04 updates the District's regulations consistent with federal law, and includes clean-up revisions and modifications to achieve consistency with the District's other ordinances. Revisions include: updated definitions; the addition of mass limit rates for prohibited discharges; additional requirements for dental facilities pursuant to federal law; provisions regarding the acceptance of groundwater remediation water sources; limitations on the use of food waste devices; expanded regulations prohibiting the discharge of chemical solutions; the prohibition of unapproved sanitary sewer connections; and notification requirements for slug loadings.

The ordinance was discussed and approved following a noticed public hearing held at the Union Sanitary District Board meeting of August 12, 2019 and will take effect on September 12, 2019. A copy of the ordinance may be found on our website at www.unionsanitary.ca.gov, or may be obtained at our offices located at 5072 Benson Road, Union City, California.

CNS-3283884#

PUBLIC AUCTION/SALES

NOTICE OF LIEN SALE AT PUBLIC AUCTION
Notice is hereby given that personal property in the following units will be sold at public auction: on the 9th day of September, 2019 at or after 2:15 pm pursuant to the California Self-Storage Facility Act. The sale will take place at U-Haul Moving & Storage of Fremont, 44833 Thornton Avenue, Fremont, CA 94536. The items to be sold are generally described as follows: clothing, furniture, and / or other household items stored by the following people:
Name Unit # Paid Through Date
Sarah Setok C133 6-6-2019
Tina Silva B115 5-4-2019
Mark Willis B116 6-12-2019
Nicholas Sisois C161 6-21-2019
Krystal Franco B233 5-25-2019
Mireya Soto C142 5-24-2019
8/20, 8/27/19

CNS-3284686#

PUBLIC NOTICES

NOTICE OF LIEN SALE AT PUBLIC AUCTION
Notice is hereby given that personal property in the following units will be sold at public auction: on the 9th day of September, 2019 at or after 12:15 pm pursuant to the California Self-Storage Facility Act.
The sale will be conducted at: U-Haul Moving & Storage, of Fremont, 44511 Grimmer Blvd. Fremont, CA 94538. The items to be sold are generally described as follows: clothing, furniture, and / or other household items stored by the following people:
Name Unit # Paid Through Date
Angel Perez 278-79U 6-16-2019
Kevin Girard 271U 6-16-2019
Tiffany Festi MM414 6-10-2019
Tristan Pardee 371 6-10-2019
Sanjiv Purohit MM400 4-29-2019
8/20, 8/27/19

CNS-3284667#

TRUSTEE SALES

NOTICE OF TRUSTEE'S SALE TS No. CA-18-846340-AB Order No.: 180582589-CA-VOI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 3/27/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the

terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): CHARLES RYAN AND ALDA RYAN, HUSBAND AND WIFE Recorded: 4/5/2007 as Instrument No. 2007132684 of Official Records in the office of the Recorder of ALAMEDA County, California; Date of Sale: 9/12/2019 at 9:00AM Place of Sale: At the Scottish Rite Center, 1547 Lakeside Dr., Oakland, CA 94612 in the 3rd Floor Lodge and Banquet Room Amount of unpaid balance and other charges: \$253,184.35 The purported property address is: 4158 AQUARIUS CIR, UNION CITY, CA 94587 Assessor's Parcel No.: 483-0073-040-00 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on the property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 800-280-2832 for information regarding the trustee's sale or

visit this Internet Web site <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: CA-18-846340-AB. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return of the monies paid to the Trustee. This shall be the Purchaser's sole and exclusive remedy. The purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders rights against the real property only. Date: Quality Loan Service Corporation 2763 Camino Del Rio South San Diego, CA 92108 619-645-7711 For NON SALE information only Sale Line: 800-280-2832 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318. Quality Loan Service Corp. TS No.: CA-18-846340-AB IDSPub #0155729 8/20/2019 8/27/2019 9/3/2019 8/20, 8/27, 9/3/19

CNS-3282632#

T.S. No. 080013-CA APN: 486-0085-067-00 NOTICE OF TRUSTEE'S SALE IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST. DATED 3/22/2002. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 9/11/2019 at 12:00 PM, CLEAR RECON CORP, as duly appointed trustee under and pursuant to Deed

of Trust recorded 3/27/2002, as Instrument No. 2002136850, of Official Records in the office of the County Recorder of Alameda County, State of CALIFORNIA executed by: RUTH E. BENAVIDES, AS SURVIVING JOINT TENANT AND ROBERT ANTHONY BENAVIDES AN UNMARRIED MAN AS JOINT TENANTS WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: AT THE FALLON ST. EMERGENCY EXIT OF THE ALAMEDA COUNTY COURTHOUSE, 1225 FALLON ST. , OAKLAND, CA 94612 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: MORE FULLY DESCRIBED ON SAID DEED OF TRUST The street address and other common designation, if any, of the real property described above is purported to be: 33834 WASHINGTON AVE UNION CITY, CALIFORNIA 94587 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$126,956.52 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned or its predecessor caused said Notice of Default and Election to Sell to be

recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (844) 477-7869 or visit this Internet Web site WWW.STOXPOSTING.COM, using the file number assigned to this case 080013-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR SALES INFORMATION: (844) 477-7869 CLEAR RECON CORP CLEAR RECON CORP 4375 Jutland Drive San Diego, California 92117 8/13, 8/20, 8/27/19

CNS-3281022#

Fremont News Briefs

SUBMITTED BY
CHERYL GOLDEN

Back-to-School
Safety Tips

Public schools in Fremont are back in session on Wednesday, August 28. We want to encourage drivers to be more aware and vigilant as thousands of children begin their new school. The Fremont Police Department will conduct enforcement patrols throughout the school year, with added patrols during the first week of school in anticipation of higher than normal traffic volume.

Parents should take a proactive stance on traffic safety by taking the time to talk about safety with their children before they head back to school. If your children are walking to school, it's a good idea to plan the route ahead of time with your child. Then walk the route to school with your children before the start of the year to assess hazards and select a course with the least number of traffic crossings. It's important to tell your children that they should find a walking buddy and stay on the same course each day. Adults can teach and model safety behaviors that all children should follow, even those who don't walk to school every day.

Reminders for drivers:

Slow down and be especially alert in residential neighborhoods and school zones.

Remember to stop for pedestrians who are trying to walk across the street in a crosswalk.

Take extra time to look for children at intersections, on medians, and on curbs.

Enter and exit driveways and alleys slowly and carefully.

Watch for children on and near the road in the morning and after school hours.

Never pass a stopped school bus with flashing red lights/stop sign. This is a serious safety concern as children are entering/exiting the bus.

Reduce any distractions inside your car so you can concentrate on the road and your surroundings. Put down your phone and don't talk or text while driving.

If the school has a pick-up/drop-off valet system, obey the rules and listen to volunteers running the program.

Only park in designated parking spaces. Do not block driveways, park in front of fire hydrants, or park in no-stopping/red zones.

Reminders for children:

Children should cross the street with an adult until they are at least 10 years old or an age of maturity where they can make independent decisions.

They should never speak to, or accept gifts or rides from a stranger.

Cross the street at corners, using traffic signals and crosswalks.

Never run out into the streets or cross in between parked cars.

Always walk in front of the bus where the driver can see them.

Wear a helmet when riding a bike, scooter, or skateboard.

Know their phone number, address, and cell phone number of a parent.

For more information on school safety tips, visit www.safechildren.org.

Workshop for Renters
and Landlords

The City of Fremont Human Services Department and Housing Division are hosting a free education workshop from 1:00 p.m. to 2:30 p.m. Tuesday, September 3 at Fremont Main Library 2400 Stevenson Boulevard. All Fremont renters and landlords are encouraged to attend. Topics that will be covered include the city's ordinance on source of income discrimination. Housing discrimination based on source of income is banned in the city. Learn more at this workshop about your housing rights and responsibilities. To RSVP visit www.Fremont.gov/Education-Workshop, email RentReview@Fremont.gov, or call (510) 733-4945.

Fremont Boulevard
Safe and Smart Corridor
Project

The city plans to begin the Fremont Boulevard Safe and Smart Corridor Project in early 2020 to manage congestion and improve safety for all modes of travel. The project will cover

the 10-mile stretch of Fremont Boulevard between Paseo Padre Parkway and Cushing Parkway.

A major component of the project is traffic signal modernization, which was identified by the community as a top priority in the city's newly adopted Mobility Action Plan. Smart sensors will help streamline traffic flow, ensure adequate intersection crossing times, and prioritize signals for transit and emergency vehicles. These improvements will enhance safety for pedestrians, bicycles, and drivers, supporting Fremont's Vision Zero initiative to eliminate traffic fatalities.

The project also supports the city's Climate Action Plan by reducing greenhouse gas emissions. Construction is anticipated to begin early next year. Funding for the work is granted by Measure BB, approved by Alameda County voters in 2014, and administered by the Alameda County Transportation Commission. To learn more about the project and how to get involved, visit www.fremontsmarcorridor.org.

Safe Toxic Waste
Disposal

The Fremont Household Hazardous Waste Drop-Off Facility, 41149 Boyce Road, provides residents with an environmentally safe and convenient method to dispose of hazardous waste. The facility is open from 8:30 a.m. to 2:30 p.m. Wednesday to Friday and from 8 a.m. to 4 p.m. Saturday. The center is closed for Thanksgiving Day, Christmas Day, and

New Year's Day.

The city encourages residents to take advantage of the free drop-off facility instead of disposing of hazardous waste in the garbage, sink, toilet, or storm drain, which can have harmful effects on our communities and the environment. Some of the unwanted paints, cleaners, sealants, and garden products left at the drop-off facility are moved to the Fremont Recycling & Transfer Station's re-use area. These items are available for free.

Accepted items include aerosols, automotive fluids, batteries/electronic waste, fluorescent tubes/bulbs, household chemicals/cleaners, pharmaceuticals, sharps/syringes/lancets/needles, paints/solvents/thinners, pesticides/herbicides/fertilizers, pool chemicals, mercury thermometers, and rat poison/pest control products.

For more information, visit www.household-hazwaste.org or call (800) 606-6606. Some small businesses can also use the site; call (510) 670-6460 for details.

Animal Shelter
Adoption Fees

The Tri-City Animal Shelter has waived adoption fees through the end of August. With nearly 70 cats and 20 dogs available for adoption, you are sure to find the perfect addition to your family. For details, visit www.TriCityAnimalShelter.org.

EARTHTALK

*Dear EarthTalk:
I've heard about "Zero Waste" grocery stores in Europe where everything is sold in bulk and customers bring and fill up their own reusable containers and bags. When will we get some of these here on this "side of the pond?"*

— Jane Smith, Boston, Massachusetts

Many mainstream American grocery stores and chains now have bulk sections

for dried foods like nuts and spices, though most everything else still comes sealed in plastic, cardboard, aluminum or glass, which customers then recycle or discard once they devour the contents.

The U.S. Environmental Protection Agency (EPA) estimates that containers and packaging make up almost a quarter of all landfill waste, with the average American generating four pounds of trash a day, most of its food-related. Furthermore, Americans throw out about a third of the food we buy, largely because we're forced to buy more than we need due to the way food is pre-packaged for sale.

One solution to both of these problems is the "zero-waste" grocery store which sells in bulk (or "loose") to customers who bring their own containers and shopping bags and fill them up with just the amount of food they will eat. Besides the obvious environmental benefits of reducing the stream of waste to landfills and energy-intensive recycling processors, zero-waste grocery stores also tend to be easier on the wallet — given that packaging adds upwards of 40 percent to the cost of many everyday food items.

Zero-waste food stores began turning up in Europe in just the last 15 years. The success of stores like Germany's Original Unverpackt, France's Day By Day, Denmark's LØS Market and the UK's Bulk Market and Earth.Food.Love shows a strong proclivity, at least in Europe, for a green grocery experience.

Zero waste markets are a harder sell in the U.S., but that hasn't stopped a few entrepreneurs from trying. The nation's first zero waste grocery store, In.gredients in Austin, Texas, opened with fanfare in 2012 but had trouble competing with a nearby traditional grocery store — and finally shut its doors for good in April 2018. "We realized...we weren't changing shoppers' habits," Erica Howard Cormier, In.gredients' former GM, told CNBC. "You have to plan a lot to go to the grocery store with your own containers, and people would go to the store across the street because they forgot their container."

Nevertheless, others have ventured forth undaunted. Some of the biggest are Precycle and the Filling Station in New York City, Dill Pickle Co-op in Chicago, Simply Bulk Market and Zero Market in

Colorado, the Refill Shoppe near Los Angeles, People's Food Co-op in Portland, Oregon and Central Co-op in Seattle. And in Vancouver, BC is Nada, one of the biggest and most successful zero waste markets in the world. The store claims to have diverted some 30,500 containers from landfills since opening in 2014.

A search on the Litterless.com's "Zero Waste Grocery Guide" turns up dozens of zero waste grocery options in most major U.S. metropolitan areas, even if some are smaller specialty stores or just sections in traditional markets. So, grab a few Tupperware containers and that old college reunion tote bag and get shopping!

EarthTalk is produced by Roddy Scheer and Doug Moss for the nonprofit EarthTalk. To donate, visit www.earthtalk.org. Send questions to: question@earthtalk.org.

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.lwvfnuc.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	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	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	YOGA WORKSHOP FREE FOR DIABETICS 14 Sessions - 1.5 Hr. Each Start Dates: Sept 7, & Nov 2, Address: Donegal Court, Newark Full address given to registered participants Call /Text: 801-471-1729 sdm-bayarea@sewausa.org https://sewausa.org/event-3513272	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	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	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	AMERICAN LEGION POST 649 Veterans and Active Duty Military are Invited Meetings 1st Monday each month. Meeting Starts at 6:00PM with Dinner Formal meeting starts at 7:00 pm Meet at the Moose Lodge 20835 Rutledge Rd Castro Valley www.amlegionpost649.org
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

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	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	
Business Writing Fremont Adult and Continuing Education Writing well is one of the most important skills you need for success in almost any position in the business world. Communicating well allows you to deliver your ideas clearly. September 3 – October 15 Tuesday 3:00 PM – 5:30 PM https://fremontk12.asapconnected.com/#CourseID=204173	The BUON TEMPO CLUB CRAB FEED Sat., Oct.12 - Transfiguration Church, 4000 East Castro Valley Blvd \$50/Person/All You Can Eat Alaskan Dungeness Crab, Pasta, & Salad ALL Proceeds - GEORGE MARK CHILDREN’S HOUSE No Host Happy Hour 5-6 P.M.Dinner 6 P.M. A Raffle of Gift Baskets & Silent Auction of Fancy Desserts THIS IS A PRE-PAID EVENT To make Reservations—Send your check, pay to: BUON TEMPO CLUB: Rick Martins, Ticket Chairman P.O. Box 2625, Fremont, CA 94536 For More information go to www.buontempoclub.org (events)		Home Craft Fair - 48th year October 2,3,4,5 Wednesday 10am - 4pm Thursday10am - 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	FREE National Geographics 1963-2007 510-783-9909 ext: 108	Monday Night BINGO 2nd Monday of each month Nostalgic style BINGO At Niles Mobile Home Park 711 Old Canyon Rd. Near Vallejo Mills Elem. School Doors open 5:00 pm Games start at 6:00 pm More info . . . 510-513-3237	Wanted: Tenors & Basses Sing with the Mission Peak Chamber Singers! Rehersals 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

Combating Opioid Crisis

**SUBMITTED BY U.S. DEPARTMENT
OF HEALTH AND HUMAN SERVICES**

On August 8, the U.S. Department of Health and Human Services (HHS), through the Health Resources and Services Administration (HRSA), awarded \$31,536,255 to California to combat the opioid crisis. The investments will enable

HRSA-funded community health centers, rural organizations and academic institutions supporting residents in California establish and expand access to integrated substance use disorder and mental health services. The awards support HHS’s Five-Point Opioid Strategy that was introduced under President Trump in 2017.

California is receiving \$26,203,437 to increase access to high quality, integrated behavioral health services, including the prevention or treatment of mental health conditions and/or substance use disorders, including opioid use disorder through the Integrated Behavioral Health Services

(IBHS) program. Among the IBHS award recipients are Tiburcio Vasquez Health Center Incorporated in Union City, Tri-City Health Center in Fremont, and Davis Street Community Center in San Leandro.

In addition to HRSA’s investments in community health centers, HRSA’s Federal Office of Rural Health Policy is awarding more than \$111 million to 96 rural organizations across 37 states as part of its Rural Communities Opioid Response Program (RCORP) initiative. California will receive \$1,000,000.

Nationally, HRSA is also awarding nearly \$70 million to Opioid Workforce Expan-

sion Programs (OWEP) for professionals and paraprofessionals to fund 64 grantees and over \$17 million to the Graduate Psychology Education (GPE) Program to fund 49 grantees. California will receive \$3,432,819 in OWEP funding and \$899,999 in GPE funding. The awards support training across the behavioral health provider spectrum including community health workers, social workers, psychology interns and post-doctoral residents.

To learn more about HRSA’s work combatting the opioid crisis, visit HRSA’s Opioid Crisis page at <https://www.hrsa.gov/opioids>.

Honor Roll

Massachusetts College of Pharmacy and Health Science University, Boston, MA
Spring 2019 Dean’s List
Lambert Diep, Fremont

\$117M invested in local park and recreation projects

SUBMITTED BY DAVE MASON

The East Bay Regional Park District has published a 10-year report on its Measure WW local grant program. The report showcases the many local park and recreation projects throughout Alameda and Contra Costa counties funded by the park district.

As of 2019, the park district has approved \$117 million in local grant program funds for 236 total projects. Funds will continue to be paid to local entities as projects enter construction and are completed in years to come.

“The East Bay Regional Park District is proud to partner with local park and recreation agencies to help improve the quality of life for East Bay residents,” said East Bay Regional Park District General Manager Robert Doyle. “The 10-year report highlights how funds have been invested, including how the \$117 million approved by the park district has been leveraged by 277 percent for \$324 million in total park and recreation improvements.”

In 2008, voters in the two counties approved Measure WW, a \$500 million bond extension, to expand regional parks and trails, and to preserve and protect open space for recreation and wildlife habitat. Measure WW extended Measure AA, which was originally approved in 1988. Measure WW, passed with 72 percent support, was the largest regional bond funding measure for parks in the U.S.

Of the \$500 million from Measure WW, \$125 million (25 percent) was allocated on a per-capita basis for grants to 46 cities, communities, local park and recreation districts, county service areas, and Oakland Zoo to address local park and recreation needs.

Of the 46 public entities authorized by Measure WW to receive local grant program funds, 43 have received their total grant funds or have projects that have been approved to receive funds. Cities and public agencies decide for themselves what recreation facilities need funding and submit applications to the East Bay Regional Park District to receive funds.

“We are pleased that Measure WW has been able to assist local communities in improving their local parks and recreational facilities,” said East Bay Regional Park District President Ayn Wieskamp. “So far, the Park District has paid \$96.8 million directly to local cities and service areas for 170 completed projects.”

Some of the improvements include enhanced parks, playgrounds and community open spaces, renovated pools, new sports and recreation centers, upgraded skate parks, dog parks, sports courts, and additional walking trails. To view the full report, visit www.ebparks.org/MeasureWWReport.

SOCIAL SECURITY COLUMN

Social security’s recent top five blog posts

By LINDA ZAMFINO
SOCIAL SECURITY REPRESENTATIVE

Social Security matters to millions of people, and that’s why we aptly named our blog Social Security Matters. Over the past several years, more and more people have realized that our blog is a trusted source for information and easy-to-share articles. Here are five recent popular blog posts:

Three common ways your social security payment can grow after retirement

You made the choice and now you are happily retired. You filed online for your Social Security benefits. They arrive each month in the correct amount exactly as expected. But, did you ever wonder if your Social Security check could increase? You can see all three ways at blog.ssa.gov/three-common-ways-your-social-security-payment-can-grow-after-retirement.

So, you’ve lost your Social Security card

Losing important documents is frustrating, especially something as important as your Social Security card. You’ll want to consider whether you really need to get a replacement card. Knowing your number is what’s important, after all. You’ll rarely need the card itself – perhaps only when you get a new job and have to show it to your employer. Learn how to replace your card at blog.ssa.gov/so-youve-lost-your-social-security-card/.

Is that phone call from us?

It’s the morning of a busy day at home and you get a call from an unknown number. You answer, only to find yourself on the receiving end of a threatening message saying your Social Security benefits will stop immediately unless you provide your personal information. It happens every day to thousands of Americans, and it’s not Social Security calling. Read more about this scam at blog.ssa.gov/is-that-phone-call-from-us/.

Need to change your name on your Social Security card?

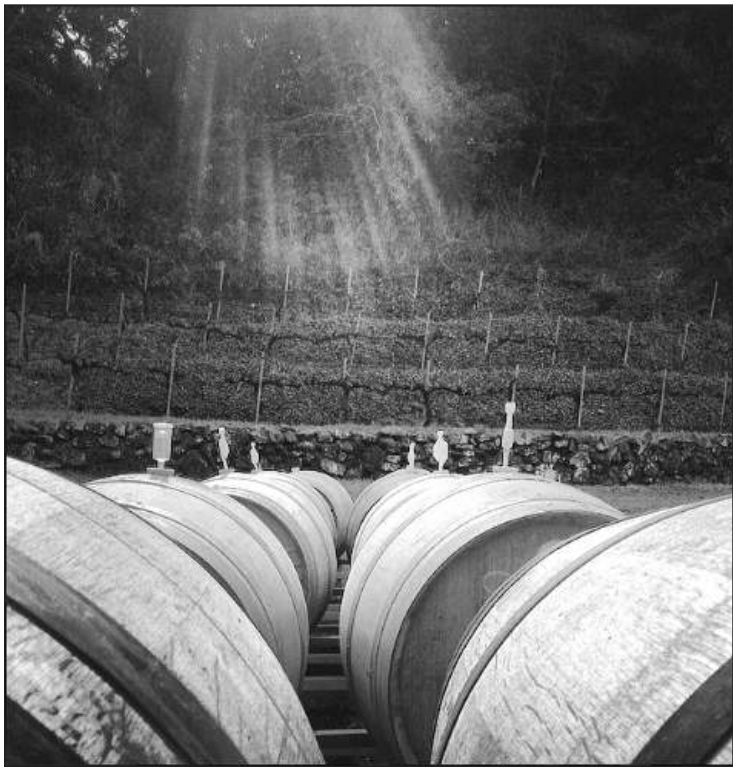
Are you changing your name? If so, let Social Security know so we can update your information, send you an updated card, and make sure you get the benefits you’ve earned. Updating your card is easy at blog.ssa.gov/need-to-change-your-name-on-your-social-security-card.

Spruce up your financial plan with Social Security

Now that tax season is over, it’s probably a good time to evaluate some financial “best practices” for the rest of the year. A good spring cleaning can clear out the clutter to let you see a clear path for your future. Social Security is always here to help. Even if you just started working, now is the time to start preparing for retirement. Achieving the dream of a secure, comfortable retirement is much easier with a strong financial plan. Read more at blog.ssa.gov/spruce-up-your-financial-plan-with-social-security.

These aren’t the only topics that might matter to you on Social Security Matters. You can always subscribe and get alerts for new policies, Cost-of-Living Adjustment (COLA) information, and more.

Crush kick-off



SUBMITTED BY
CAROLINE CHOUINARD
PHOTOS COURTESY OF
CHOUINARD VINEYARD
AND WINERY

From Saturday, August 31 to Monday, September 2, Chouinard Vineyard and Winery will celebrate fall with their annual “Crush kick-off.” All three days, attendees will be able to shop for fine crafts—such as knitting, crochet, and jewelry—listen to live music, and sample the winery’s classic vintage in the beautiful Palomares hills.

Owner Caroline Chouinard gives the following description of wines available for tasting:

Our 2018 San Francisco Bay Chardonnay is one of the four wines being poured at our yearly festival Crush Kick-off.

This newly released wine is cold-fermented in stainless steel, producing a crisp and refreshing lively Chardonnay.

We will also be pouring our just released San Francisco Bay Cabernet Sauvignon Rose, a tart, very slightly sweet rose, very



varietal and fruity. Both wines are estate grown.

Then there is our new red table blend of three vintages of Cabernet Sauvignon, Petite Sirah and Zinfandel, a perfect mixture of fruit-forward young vintages and older barrel-aged vintages that have developed rich complexities.

Finally, we will be pouring 2015 Old Vine Zinfandel, Lodi, from a low-yield vineyard planted in 1901 that produces concentrated wines with rich fruit flavors.

The event will run from 12 noon to 5 p.m. all three days, and live music will be from 2 p.m. – 4 p.m. Dawn Coburn will play Saturday and Sunday, and No Bones Duo will make an appearance on Monday.

Guests who stay late on August 31 can join the winery’s final summer movie, a double feature of “The Wolfman” and “Frankenstein Meets the



Wolfman.” The movie will begin at dusk (around 8 p.m.), and gates will open at 6:30 p.m. Although Crush Kick-Off is free, there is a charge of \$20 per car for the movie. Movie tickets can be purchased at www.brownpapertickets.com/event/4274608.

Crush Kick-Off
Saturday, Aug 31 – Monday, Sept 2
12 noon – 5 p.m.
<https://www.chouinard.com/events/crush-kick-off-movie-night/>

Summer Movie
Saturday, Aug 31
Gates open 6 p.m.
Movie begins at dusk (around 8 p.m.)
Tickets: \$20 per car
www.brownpapertickets.com/event/4274608

Chouinard Vineyard and Winery
33853 Palomares Rd.,
Castro Valley
(510) 582-9900
mamachouinard@gmail.com



continued from page 1

Scottish gathering preserves heritage

Highland Titles was founded in 2006 by Peter Bevis and his daughter Laura. Bevis wanted to conserve property he already owned and the project ballooned. Since then, people around the world decided they fancied the idea of becoming a Laird or Lady while helping support Scotland’s nature and wildlife at the same time. Rossiter came onto the project in 2011 to help with the sales and marketing side. In addition to the original site in Glencoe Wood, Highland Titles purchased a second location called Mountain View in 2014. Native red squirrels and Osprey are thriving in the parks; the Mountain View location is also a bumblebee haven.

The two preserves host nature walks, school trips, guided tours—and a yearly gathering for the Lairds and Ladies. People can find their plots using an app, which gives the location of the user’s plot from anywhere in the world and directions once a user is in the vicinity. The nature preserve can also be experienced remotely via webcams. “It’s immense fun for people to say, ‘Actually, I own a part of Scotland,’” says Rossiter, admitting, “Albeit a very small part, but they do own part of Scotland.”

Rossiter enjoys attending Scottish gatherings around the world to see how people interact with Scottish culture and heritage and support causes like nature

preservation while also having fun. “A lot of Americans and Australians feel that their heritage is in Scotland,” he says. Of course, the gathering in Pleasanton is significant as one of the biggest Scottish events in the USA. “They have bagpiping, they have all the different highland games, like throwing the hammer, doing the caber tossing... You can eat haggis while you’re there, drink iron brew. It’s a great event, very professionally run.”

Naturally, there will be a wide range of vendors and events to experience at the

Pleasanton gathering. The heavy athletics are always a big draw, with superhuman feats of caber tossing, stone putting, and weight throwing. A little less strenuous is the Kilted Mile race, where anyone wearing a kilt can enter to compete for a cash prize.

The Jordanhill and St. Andrews stages will feature Scottish country dancing, fiddling, harping and singing from 10 a.m. to around 3:30 p.m. on Saturday and Sunday. Living history village introduces attendees to Scottish culture of yesterday and today. Non-human members of the Scottish community will be present in the form of Clydesdales, Highland Cattle, sheep, and sheepdogs.

A full schedule of the gathering, with lists of vendors and entertainers, is available at www.thescottishgames.com. Online ticket sales are currently closed,

but tickets can still be purchased at the San Ramon Marriott lobby on Thursday, August 29 and Friday, August 30. Tickets will also be available at the entrance gates both days of the gathering. Prices start at \$15 for youth, \$30 for adults, for one day.

If you’re interested in becoming a Scottish landowner, stop by the Highland Titles booth to buy a plot at a discount. If you’re not able to attend, you can still get a 10% discount online at <https://www.highlandtitles.com/> with the code “tricity.” (The code is valid through December 31, 2019.)

Grandstand Schedule
10 a.m. Kilted Mile
12 noon Opening Ceremonies
3rd marine Aircraft Wing Band
National Anthems
Introductions & Announcements
1 p.m. Heavy Athletics
4 p.m. Closing Ceremonies

U.S. Drum Major Finals
3rd marine Aircraft Wing Band
Pipe Bands & Dancers
Song performances

6 p.m. Bands march off

Scottish Highland Gathering and Games
Saturday, Aug 31 – Sunday, Sept 1
8 a.m. – 6 p.m.

Alameda County Fairgrounds
4501 Pleasanton Ave., Pleasanton
www.thescottishgames.com
Tickets: \$15 – 45
Parking \$10



A triumphant Flight to Freedom

BY HUGO VERA

On a sweltering Saturday afternoon in the East Bay foothills, locals take refuge from the heat wave with air conditioning or by cooling down at the pool. However, children taking part in day camp at Hayward’s Sulphur Creek Nature Center are beating the heat while learning about animal conservation in the shade of centuries-old willow trees.

While educational day camps are wrapping up at Sulphur Creek in preparation for the coming school year, the center and its tireless volunteers prepare for one of the center’s most popular and crucial events. This fall, the center will hold its 22nd annual “Flight to Freedom Celebration.” This annual fundraiser allows locals over age 21 to purchase tickets to an evening filled with food and spirits provided by Buffalo Bill’s Brewpub, Owl Ridge Wines, Twining Vine Winery, and Phoenix Glass; live music from guest band “Hugh and the Heffners;” and most importantly the culmination of animal recovery efforts.

At the Flight to Freedom celebration, a select number of once-injured or orphaned birds of prey such as hawks or owls are released back into the wild. “The goal of the center is to take in animals that are local to the area, who are usually injured or

orphaned, and to raise them up,” says Sulphur Creek Director of Wildlife Education and Coordinator Wendy Winsted.

The veteran animal caretaker has been with the center for 23 years, having started out as a volunteer with the Hayward Area Recreation and Park District (HARD). Following the creation of Hayward’s San Felipe Nature Center in the 1960s, the growing need for East Bay wild animal hospitals and sanctuaries led to Sulphur Creek’s establishment in the 1970s.

Volunteers estimate that Sulphur Creek helps educate more than 1,200 local children a year about local wildlife and animal conservation efforts, thanks in part to the center’s outreach with East Bay elementary and middle schools. The center is home to more than 100 resident animals, with some on their path to a full recovery and eventual release; others injured to the point that they must be kept in the center for the rest of their lives. Center volunteers report that locals bring in anywhere from 600 to 700 animals per year, after having found them on the street or far from their natural habitats. The most recognizable of these species include barn animals, red tailed hawks and the California golden eagle.

Despite being often called a “bird sanctuary,” the center houses far



more than just creatures of flight. Indoor units of the center contain enclosures for hundreds of species of reptiles, amphibians, arthropods and, in Winsted’s words, “all kinds of bugs.” On this particularly warm afternoon, the center’s indoor museum purposely leaves its lights off to ensure that the enclosures don’t reach dangerously high temperatures.

The center does its best to nurse and house as many local creatures as it can, but the task has its restrictions. Only native Californian wildlife are permitted to stay at Sulphur Creek, and the center cannot take in animals any larger than the average fox.

In addition to facilitation from HARD, much of the center’s operations are the result of volunteer work and donations, hence Flight to Freedom’s purpose. The \$80 that guests spend per ticket goes entirely to the center. Guests are also able to partake in a silent auction and a raffle in

which the winners are able to assist animal caretakers in the release of the newly emancipated birds. “This event is about allowing people to appreciate native wildlife and to learn about them through the experience,” states Winsted.

“The center is, in my opinion, one of Hayward’s hidden gems,” says Winsted. “Not only is it one the largest recreation centers in California, but it’s one of the few that is open seven days a week and where guests can come learn about the animals free of admission.”

Flight to Freedom Celebration
Saturday, Sept 7
6:30 p.m. to 9:00 p.m.
1801 D St., Hayward
(510) 881-6747
www.haywardrec.org
Tickets: \$80
On-site parking free, but limited

Plastic Pollution Solutions

SUBMITTED BY NISSA NACK

Plastic waste has become one of the world’s most pressing environmental issues, with over 8 million tons of plastic finding its way to the oceans each year. On Sunday, September 8, come learn what you and Union City can do to help reduce waste and curb plastic pollution. The library will share daily actions you can take

to help combat single-use plastic pollution. The session is presented by Union City recycling programs coordinator Jennifer Cutter. Free kitchen food scrap recycling containers will be available while supplies last. For more information, call (510) 745-1464 or visit <https://guides.aclibrary.org/union-city> under Events.

Reduce Waste and Curb Pollution
Sunday, Sep 8
1:30 p.m. – 2:30 p.m.
Union City Library
34007 Alvarado Niles Rd.,
Union City
(510) 745-1464
<https://guides.aclibrary.org/union-city>
under Events

Housing Project Fills Empty Lot in San Lorenzo

BY ROELLE BALAN

An empty lot in downtown San Lorenzo will now be occupied by a mixed-use housing and retail project. The project, called Village Green, will have 163 rental housing units and 11,524 square feet of retail space. Located on west Hesperian Boulevard, between Paseo Grande and Via Mercado, it was approved after two public hearings during the July 23, 2019 Alameda County Board of Supervisors meeting. The community has been historically underdeveloped; Alameda County Supervisor Wilma Chan said the empty lot in San Lorenzo has been vacant for 23 years.

Albert Lopez, Planning Director of Alameda County Community Development Agency said developer Terry Demmon from Demmon Partners started a contract four or five years ago with the Bohannon family to start the Village Green project. “It would be a center where you can have somewhere to go to meet someone for a cup of coffee, which really didn’t even exist in San Lorenzo, or still doesn’t exist,” Lopez said.

According to a document prepared by Alameda County Community Development Director Chris Bazar, the project is an L-shaped, 4-story residential building with retail on the bottom floor, and surface, street, and structured parking.

Lopez said San Lorenzo was a community developed during the Post War Era and is owned by the Bohannon family. “San Lorenzo is a detached single-family home community, the very typical slice of America,” Lopez said. He explained the downtown area used to have a Mervyn’s and a couple other big retail stores.

During the period of the 80’s and 90’s, Lopez said a lot of small communities, including San Lorenzo, lost what was called a “downtown core.” “Mervyn’s went away, and there wasn’t really any sort of multi-family housing that was in San Lorenzo—apartments, there’s a few here

and there but for the most part, it’s largely a single-family detached neighborhood,” Lopez said.

The attempt to increase multi-family housing and build up the downtown area met with some resistance. The two public hearings during the July 23, 2019 meeting involved two groups appealing against the project. The first one was the Alameda County Residents for Responsible Development. Lopez said the organization is a group of labor unions that were concerned about the air quality during the construction of the project.

“Essentially, you’re going to have trucks and bulldozers, and all the dust that’s created with that. There’s pretty well-defined mitigation measures by the air district to be able to deal with that,” Lopez said. “I think we demonstrated that our environmental consultant got it right, and that he really did use the correct modeling and made the right assumptions and showed that it was not going to be impactful in that area.”

The group’s second concern was about the relocation of a PG&E pipeline on

Hesperian Boulevard. They saw this as a public issue and environmental concern. “There was enough control, enough oversight. For example, a standard for [PG&E] is they have an inspector on site whenever you’re within 10 feet or so of the pipeline,” Lopez said. “They have a whole set of controls in place to prevent a disaster.”

The second concern at the meeting was from Alameda County resident Richard Hancocks, who questioned whether the project would meet parking requirements and contain enough retail space. The planning department did a study on current retail trends and concluded they did have the right amount of retail space for the project. “People are shopping more for experiences than they are for things,” Lopez said. “They want to go out to eat, they want to see a show, they want to be entertained, they want to see other people. There’s more of an experiential demand than there is for shoes and towels, things that you buy online.”

Hancocks’ other concern was that the streets are being used for parking. A description of the project says there will be

233 off-street parking spaces for residents, 33 off-street spaces for customers, and 60 on-street spaces on Via Arriba and Via Mercado. Hancocks thought the parking requirement plan was not consistent with a planning manual called the San Lorenzo Village Center Specific Plan.

At the hearing, community members echoed calls for a downtown area. “There was a sense that there wasn’t really a downtown, like someone could say, ‘meet me downtown,’” Lopez said. During the July 23, 2019 meeting Supervisor Chan said Demmon negotiated with the community about making housing units for teachers and veterans.

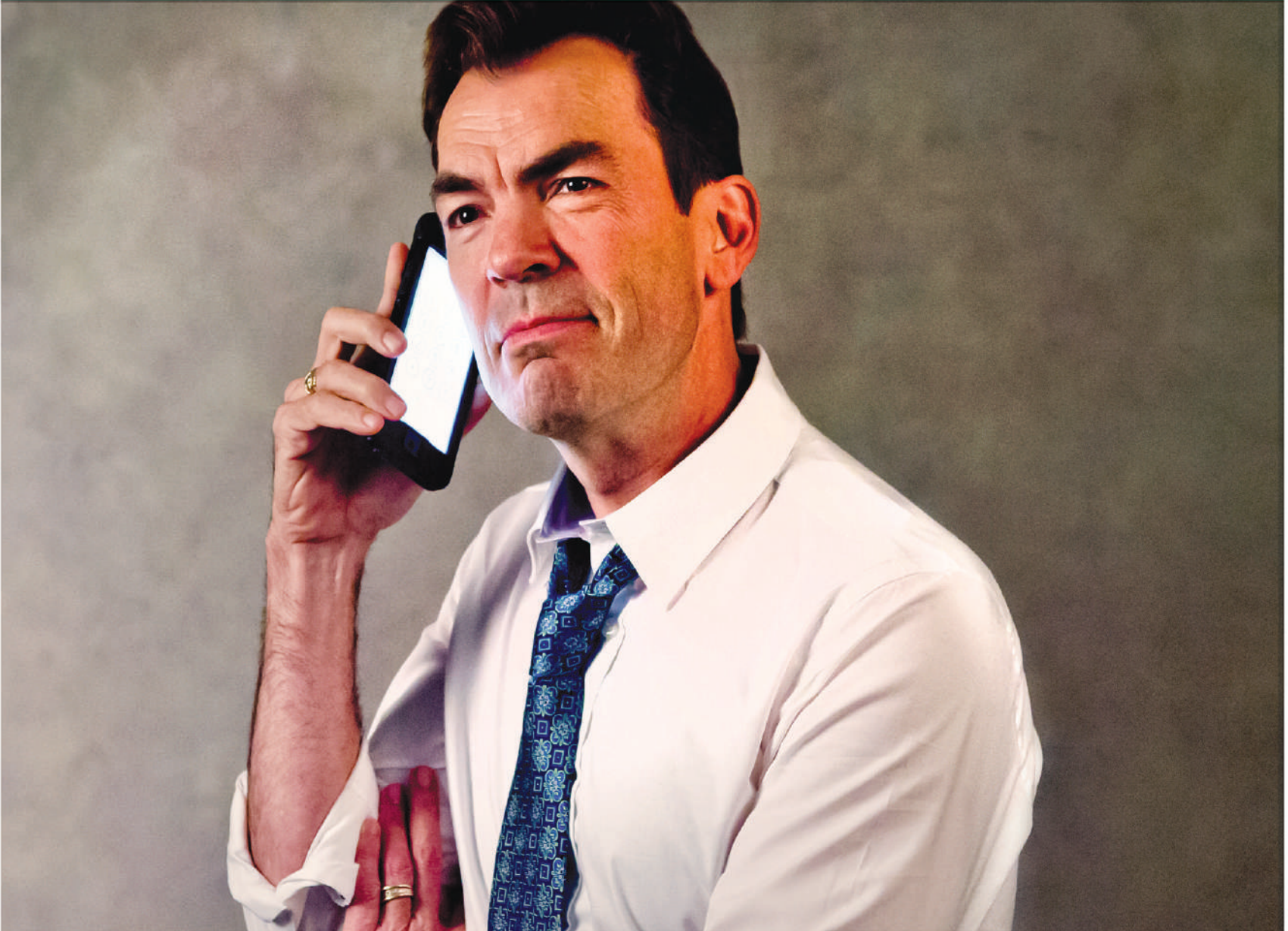
Stores for the retail portion of the Village Green project have not been identified yet. “It’s probably going to be mostly small mom and pop businesses, some chains, coffee shops, maybe a small restaurant or something like that,” Lopez said.



Corner of Paseo Grande and Hesperian Blvd.

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because caring for my patients isn't a nine-to-five job.



Washington Township Medical Foundation (WTMF) has some of the most dedicated physicians in the Bay Area. Dr. Steven Curran chose to practice Family Medicine after he “discovered he was actually a people person,” and this branch of medicine gave him an opportunity to focus on wellness, and improve the quality of life for all his patients. He’s been an important member of WTMF since it began, and appreciates the combination of support with freedom to pursue his goals. Dr. Curran, like his colleagues, believes in the basics—listening more than talking, being attentive and following through. MyChart is just one way he communicates with other providers, and stays connected to his patients. “The great thing here is that we really care about all of our patients, from the moment someone enters our office to the time they leave and beyond.”



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is an online resource which allows our patients to see their personal health information in a safe, secure and private manner. Accessible from your mobile or desktop device, you can view your test results, prescriptions, allergies, immunizations, and other portions of your health record. You can also send a message to your doctor’s office, schedule an appointment, or request a referral.



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