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November 19, 2019

Vol. 17 No. 47



Great Dickens Christmas Fair

SUBMITTED BY DENISE LAMOTT
PHOTOS BY RICH YEE

"The Great Dickens Christmas Fair & Victorian Holiday Party" – the only event of its kind in the world – returns for its 20th season at the historic Cow Palace on Saturdays and Sundays (and the Friday after Thanksgiving) from November 23 – December 22. Join over 800 performers in a 360-degree adventure into Charles Dickens' London, where it is always Christmas eve and the holiday party is in full swing!

"Charles Dickens was a master at creating colorful characters. Our passion is bringing hundreds of these characters to life, and crafting an environment that is fully immersive, carefully curated and, above all, delightfully fun," says Executive Director Kevin Patterson, whose family launched the

continued on page 4

Ghosts

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experience of moods
and colors from the
playful and romantic
to the dramatic and
unexpected featuring
Beethoven's "Ghost"
Piano Trio,
rhapsodic
Ginastera Pampeana,
iconic Ravel Piano Trio
and more!

continued on page 16



INDEX

Arts & Entertainment . . . 21
Bookmobile Schedule . . . 23
Business 8

Classified 25
Community Bulletin Board 36
Contact Us 29
Editorial/Opinion 29
Home & Garden 13

It's a date 21
Kid Scoop 18
Mind Twisters 10
Obituary 30
Protective Services 33

Public Notices 34
Real Estate 15
Sports 26

Foot Care and Diabetes

Diabetics Have Increased Risk for Foot Wound Complications

Keeping feet clean and thoroughly dry is an important part of avoiding diabetes-related ulcers.



For people with diabetes, even a minor foot wound can become dangerous. In fact, the vast majority of toe and foot amputations performed in the U.S. each year are related to complications from foot wounds in people with diabetes.

“Sooner or later, many diabetics will develop some diabetic peripheral neuropathy – a loss of sensation,” says Amir Dastgah, DPM, a podiatrist who sees patients at the Washington Center for Wound Healing and Hyperbaric Medicine. “That means diabetic patients may develop sores and other foot problems without realizing it.”

With diabetes, the body cannot properly convert sugar from food into energy, causing sugar levels in the blood and urine to rise. Normally the body changes sugars, starches and other foods into glucose. Then insulin (a hormone

produced in the pancreas) changes glucose into energy. With diabetes, something goes wrong with this process.

“The rate of diabetes is high in the Fremont-Newark area, particularly among our Asian, Indian and Hispanic populations,” says Dr. Dastgah, who also serves as chair of the Podiatry Department at Washington Hospital. “This may be due to a combination of genetic factors and a diet that is high in carbohydrates that raise blood sugar levels.”

Dr. Dastgah notes that in addition to nerve damage, diabetes also can lead to problems with circulation of blood to the lower extremities. “The wound-healing process depends on a good blood supply,” he says. “That’s why foot wounds in diabetics are slower to heal. Also, people who have diabetes may have a weaker immune system, and it is very common for

infections to develop. In extreme cases, such infections may progress to the point where amputation of toes or the foot is required.”

Echoing the age-old wisdom that “an ounce of prevention is worth a pound of cure,” Dr. Dastgah asserts that controlling the risk factors for diabetes and learning how to effectively manage the disease can be key to avoiding the development of difficult-to-treat foot wounds. Monitoring blood sugar levels, understanding which foods impact those levels and exercising regularly are all important.

Screening for diabetes is recommended annually for people age 45 or older. Others should be screened immediately if they are experiencing any early symptoms of diabetes such as frequent urination, excessive thirst and extreme

hunger – especially for sugary foods. Even without symptoms, early screening is recommended for those who have one or more risk factors, such as obesity or a family history of diabetes.

Dr. Dastgah also recommends that all diabetics have regular exams of their feet. “Patients don’t often think about their feet when they go in for regular physical exams,” he says. “If you have been diagnosed with diabetes, you should get a ‘baseline’ exam of your feet followed by annual exams after that. If you have any concerns about your feet, ask for a referral to a podiatrist.”

continued on page 5

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



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A Washington Hospital Channel

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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	11/19/19	11/20/19	11/21/19	11/22/19	11/23/19	11/24/19	11/25/19
12:00 PM 12:00 AM	Diabetes Matters: Asian Fusion	Mental Health Education Series: Understanding Psychotic Disorders	Diabetes Matters: Dining Out Around The World	Diabetes Matters: Latin Foods	Diabetes Matters: Diabetes Conversations	Gastrointestinal Disorders	Mental Health Education Series: Anxiety Disorders
12:30 PM 12:30 AM	Healthy Gut, Healthy You		Suffer From Sinus Problems?	Colon Cancer			
1:00 PM 1:00 AM				Early Detection and Prevention of Female Cancers	How to Prevent Financial Elder Abuse/Fraud	Washington Township Health Care District Board Meeting November 13, 2019	Diabetes Matters: Filipino Food Made Healthy
1:30 PM 1:30 AM							
2:00 PM 2:00 AM	Washington Township Health Care District Board Meeting October 9, 2019	Symptoms of Thyroid Problems	Diabetes Health Fair: Eat 4 Diabetes Care	Washington Township Health Care District Board Meeting October 9, 2019	Hepatitis B and Liver Cancer: Prevention and Treatment	Diabetes Health Fair 2018: Diabetes Care	Mental Health Education Series: Mental Wellness
2:30 PM 2:30 AM			Women's Health Conference: Reclaiming Your Confidence				
3:00 PM 3:00 AM	Caregiver Series: Caring for Someone with Dementia or Other Medical-Related Memory Loss	Aortic Valve Disease: Treatment Options Including TAVR					
3:30 PM 3:30 AM	Chronic Kidney Disease: FAQ	Solutions for Weight Management	Washington Township Health Care District Board Meeting October 9, 2019	Caregiver Series: Securing Care Preferences Through AHCD	Voices InHealth: Antimicrobial Stewardship	Mental Health Education Series: Anxiety Disorders	Solutions for Weight Management
4:00 PM 4:00 AM	Sports Medicine Program: Why Does My Shoulder Hurt?			Caregiver Series: Codependency and the Caregiver	Vitamins & Supplements: How Useful Are They?		
4:30 PM 4:30 AM		Strategies to Reduce the Risk of Cancer Recurrence		Palliative Care Series: Interfaith Discussions on End of Life Topics			Women's Health through the Years: Screening is Key to Aging Well
5:00 PM 5:00 AM	Mental Health Education Series: Family Support		Preventive Screenings: When and Why are They Important?		Diabetes Matters: Diabetes & Eyes	Latest Treatment Options for Wound Care	
5:30 PM 5:30 AM		Women's Health Conference: Women & Stroke: Are You at Risk?	Women's Heart Health		Food Pharmacy: Prescription for Colon Health	Diabetes Matters: Asian Indian Cooking	Sick Feet?
6:00 PM 6:00 AM		Women's Health: Planning for Pregnancy	The Patient's Playbook Community Forum: Getting to the No-Mistake Zone	Updated Treatments for Knee Pain & Arthritis	11th Annual Women's Health Conference: Patient's Playbook	Learn the Latest Treatment Options for GERD	Digestive Health: What You Need to Know
6:30 PM 6:30 AM	Weight Management: Stopping the Madness	Stop Diabetes Before It Starts				Respiratory Health and Diseases	
7:00 PM 7:00 AM							Women's Health Conference: Gender Matters: Why Atrial Fibrillation (Afib) is More Fatal for Women
7:30 PM 7:30 AM			Mental Health Education Series: Understanding Mood Disorders	Learn About the Signs & Symptoms of Sepsis	Washington Township Health Care District Board Meeting November 13, 2019	Stress Management	Understanding HPV: What You Need to Know
8:00 PM 8:00 AM	Strategies to Help Lower Your Cholesterol and Blood Pressure	Washington Township Health Care District Board Meeting October 9, 2019		Sports Medicine Program: Think Running is a Pain? It Doesn't Have to Be			Diabetes Matters: Exercise IS Medicine
8:30 PM 8:30 AM	Diabetes Matters: Type 1.5 Diabetes		Fresh Summer Foods: Cooking Demonstration	Peripheral Vascular Disease: What You Need to Know		Sports Medicine Program: Exercise & Injury	Family Caregiver Series: Mindfulness Meditation for the Caregiver
9:00 PM 9:00 AM		Family Caregiver Series: Medication Safety			Eating for Heart Health by Reducing Sodium	Family Caregiver Series: Understanding Healthcare Benefits	
9:30 PM 9:30 AM	How To Stop Disease Before It Starts	Minimally Invasive Options in Gynecology	Advance Care Planning: Five Wishes	Inside Washington Hospital: Advanced Treatment of Aneurysms	Family Caregiver Series: How Do You Talk to Your Doctor?	How to Sleep Your Way to Better Health	Washington Township Health Care District Board Meeting November 13, 2019
10:00 PM 10:00 AM	Family Caregiver Series: Managing Family Dynamics in Caregiving	Endometriosis: Causes, Symptoms, Diagnosis and Treatment			Diabetes Matters: Straight Talk About Diabetes Medications		
10:30 PM 10:30 AM	Wildfire Smoke and Your Lungs: Do You Need to Worry?	Diabetes Matters: Basics of Insulin Pump Therapy	Mental Health Education Series: Understanding Mood Disorders	Metabolic Disorders	Keeping Your Brain Healthy	Laugh without Leaking: Understanding Female Urinary Incontinence	
11:00 PM 11:00 AM							
11:30 PM 11:30 AM	Women's Health: Depression: More Than a State of Mind	Diabetes Matters: Diabetes and Kidney Health		Women's Health Conference: Quality of Life Before and After Cosmetic Surgery	Diabetes Matters: Diabetes and Your Heart	Balance & Falls Prevention	Family Caregiver Series: Loss, Grief & Recovery

Tips to Quit Smoking and What about Vaping?

Washington Township Medical Foundation Pulmonologist Weighs In

You probably already know that smoking cigarettes is not good for your health. But you may not realize how harmful it is. Consider that cigarette smoking is still the leading cause of preventable death and disease, according to the American Cancer Society.

“Quitting smoking is the single most important thing you can do to improve your health,” said Dr. Jason Chu, a pulmonologist with Washington Township Medical Foundation. “Smoking is responsible for about 480,000 deaths in the United States each year, or about one in five deaths. Up to half of all smokers can expect to die of a tobacco-related illness. Quitting is the only way to significantly reduce your risk of dying from tobacco use.”

According to Dr. Chu, cigarette smoking can cause cardiovascular disease, lung cancer and chronic obstructive pulmonary disease. He said it’s also a factor in other cancers, and increases the risk for heart attacks and strokes as well as blood clots.

“Smoking contributes to lung infections like influenza, pneumonia and tuberculosis,” he added. “It’s associated with an increased risk of diabetes due to impaired insulin sensitivity. It raises the risk of bone loss and fractures in women. It’s also associated with an increased risk of complications during pregnancy and low birth weights, and affects fertility in both men and women. Smoking increases the likelihood of developing gastric ulcers and gum disease, and makes it harder to recover from surgery because wounds don’t heal as fast.”

Never Too Late to Quit

While there are better health gains for those who stop smoking before age 40, it’s never too late to quit.

“Quitting before 40 is associated with a sharp decline in premature death,”



Pulmonologist Jason Chu, MD, explains the impact smoking has on lung health.

Dr. Chu said. “That’s the age when the biological aging process starts to accelerate. But the risk of death is reduced even when you quit after age 60. Reducing the number of cigarettes you smoke isn’t enough. We don’t see a significant benefit for people who just cut back on their smoking.”

Great American Smoke Out

He encouraged people to take the first step on Nov. 21 during the American Cancer Society’s Great American Smoke Out. The day is dedicated to raising awareness about the dangers of smoking and helping people quit.

“It’s not easy to quit smoking because nicotine is highly addictive,” Dr. Chu explained. “Smokers develop a physical dependency on nicotine. Those who quit, develop strong cravings for nicotine that peak the first three days, but can last three to four weeks, or even months or years for some people. Withdrawal can cause depression, insomnia, irritability, anxiety, restlessness and weight gain – very unpleasant feelings that are hard to fight.”

The two main ways to quit are through nicotine replacement therapy and behavior modification, or a combination of the two, he added.

“Nicotine replacement medications do not contain nicotine,” Dr. Chu explained. “Instead, they reduce the cravings by inhibiting certain pathways in the brain. You should consult your doctor to find the best one for you.”

Behavior modification includes quit-smoking programs, support groups and other ways to help you break the habit.

“There are some basic steps you can take to help modify your behavior and create new, healthier habits,” he added. “It’s also important to reward yourself for good behavior like getting a massage, going to a sporting event, or doing something else you enjoy. You can create a plan for quitting that includes your quit day and ways you will cope with some of your cravings. Determine when you smoke and what triggers your smoking, then find other activities you can do instead.

Plan to take a long walk, exercise, or find something else to do other than smoking. But don’t replace it with vaping or e-cigarettes.”

Vaping is Not the Answer

E-cigarettes – also known as vaping – have been touted as a way to quit smoking cigarettes. But Dr. Chu warns that vaping is also harmful to your health.

“Just like regular cigarettes, e-cigarettes have the potential to cause cancer,” he said. “They can contain toxic compounds like arsenic, lead, nickel, chromium and volatile organic compounds.”

There have been more than 2,000 cases of e-cigarette or vaping-associated lung injury (EVALI) reported to the Centers for Disease Control (CDC) and 42 deaths, according to the CDC(as of Nov. 13). The CDC recently reported that vitamin E acetate contained in some products appears to be associated with EVALI, but added that the evidence is not yet sufficient to rule out other chemicals that may also be contributing.

“The vaping problem has skyrocketed since 2010, particularly among middle and high school students,” Dr. Chu said. “They come in flavors that appeal to kids like candy and cherry – there are more than 7,000 flavors. And the data shows they don’t help with smoking cessation. Among those who abstained from smoking by vaping, 80 percent are still using e-cigarettes after one year. For those who used nicotine replacement, only 8 percent are still using it after a year.”

There are a lot of resources available to help you quit smoking, including the California Smokers’ Helpline at 800-NO-BUTTS.

For more information about the dangers of smoking and additional resources for quitting, visit www.bayareahealthiertogether.com.



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What are the secrets of longevity? Throughout the world, there are people who live in “blue zones” where their diets have been linked to remarkably lower rates of heart disease, cancer, diabetes, and obesity and much higher rates of longevity. People are not just living longer, they are living better. At this seminar, learn how you can implement these concepts into your daily diet.

**Thursday, December 5, 2019
6 to 8 p.m.**

**Conrad E. Anderson, MD, Auditorium, rooms A & B
Washington West, 2500 Mowry Ave., Fremont**



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40 YEARS BJ TRAVEL

continued from page 1

Great Dickens Christmas Fair

Around every corner, guests will discover carefully detailed Dickensian holiday-themed shops, pubs, stages and dance halls. Strolling through the streets, visitors will be transported to an evening in Victorian London with the aromas of roasted sugar almonds and hot cider, the sounds of hearty laughter and singing spilling forth from pubs and music halls



The fair overflows with holiday magic for the youngest guests, offering hands-on craft activities, old-world games of skill and chance, and lively interactive shows at the Tinsley Green Children's Area and Father Christmas Stage. Youngsters can meet Father Christmas, ride the hand-powered Adventure Carousel, and have tea with characters from Alice in Wonderland. New this season – The Death-Defying Sword-Swallowing of the Amazing Cyrus Pynn!

Guests will enjoy many new interactive offerings this year, including Professor Prospero's Creature Caravan revealing magical hidden creatures living amongst us. The newly expanded Corinthian Rose Sporting Club will allow more guests to learn the noble art of fencing.

Feast on delicious foods from traditional savories like fish 'n chips and handcrafted chocolates and teacakes. This year marks the debut of Aunt Samirah's East India Cookery, a delicious culinary journey to the far reaches of the British Empire. Enjoy a frothy pint of English ale, fine wine, champagne, hot buttered rum, Irish coffee or hot toddy at one of five

traditional pubs. Or sit for traditional English high tea complete with scones and finger sandwiches.

Discover the perfect gift for family and friends amidst the more than 100 beautiful shops and carts offering fine crafts, fanciful clothing and accessories, ceramics, elegant drinkware, stunning jewelry, toys, ornaments, antiquarian books, and more. A favorite purveyor returns to the fair after many years: Midnight Moon Apothecary will offer carefully crafted fragrances, salves, teas, and tinctures.

Adult/General Admission (13+) is \$32; children (5-12 yrs.) are \$14 (under 5 free). Parking is \$12 per vehicle (charged by the Cow Palace). The Fair offers a free shuttle from the Glen Park BART station. For questions about tickets, please contact tickets.dickensfair@gmail.com.

Great Dickens Christmas Fair
Saturdays & Sundays, Nov 23 – Dec 22
10 a.m. – 7 p.m.
Cow Exhibition Hall
2600 Geneva Avenue, Daly City
(800) 510-1558
<https://dickensfair.com/>



continued from page 2

Foot Care and Diabetes

Diabetics Have Increased Risk for Foot Wound Complications

Keeping feet clean and thoroughly dry is an important part of avoiding diabetes-related ulcers.



Some other steps people with diabetes can take to protect their feet may include:

- Wearing shoes and socks when walking, even indoors
- Following proper foot hygiene, carefully washing and drying the feet daily
- Having a podiatrist treat foot problems such as corns or calluses, rather than treating them with over-the-counter remedies

People with serious acute wounds or chronic nonhealing wounds may seek a consultation at the

Washington Center for Wound Healing and Hyperbaric Medicine. In addition to podiatry, other specialties include plastic and reconstructive surgery, general surgery, vascular surgery, and infectious disease management. The clinical staff also includes certified wound nurses, licensed vocational nurses and a certified hyperbaric oxygen technician.

“We offer a multidisciplinary approach to wound care,” Dr. Dastgah explains. “Our main objectives are to prevent serious ulcerations and control infections, along with improving circulation. We provide hyperbaric

oxygen therapy in conjunction with other treatments to improve a patient’s compromised blood supply and stimulate the immune system to promote wound healing.”

The Washington Center for Wound Healing and Hyperbaric Medicine is located at 1900 Mowry Ave. in Fremont. For more information, visit www.whhs.com/wound or call 510.248.1520.

Upgrade to Health Records

SUBMITTED BY TRI-CITY HEALTH CENTER

Tri-City Health Center (TCHC) will upgrade its Electronic Health Record (EHR) to Epic in December. The new EHR platform will serve all of TCHC, including its vision and dental services. The rollout begins December 10 and is estimated to last several months.

As the new platform is rolled out, expect minor delays. Once operational, Epic will allow TCHC to create a single,

comprehensive EHR for patients, providers and employees. Patients will experience improved care, including improved wait times, easier medication management, and better scheduling. The new EHR will allow patients and providers to stay connected outside of office visits, while providing easy access to medical records.

Epic has been customized to the unique needs of TCHC and its patients, giving TCHC a greater ability to meet our mission of delivering excellent health services in a caring, nurturing and respectful atmosphere, while improving the quality of life for every individual and family in our community.

Navigation center for homeless opens

SUBMITTED BY CITY OF HAYWARD

A new Housing Navigation Center aimed at helping people who are experiencing homelessness has started operations in Hayward.

Located on city-owned property at Whitesell Street and Depot Road, the center offers short-term housing for up to 45 people at a time in dormitory settings with one meal a day, an on-site restroom, shower, laundry and kitchen facilities. It also offers intensive case management services geared toward helping people find long-term housing placements.

The center opened Monday, November 18 and is operated by Bay Area Community Services (BACS), a local nonprofit organization that runs a successful City of Berkeley Navigation Center on

which the new Hayward program is modeled.

To find program participants, Hayward Navigation Center outreach workers visit encampments and other locations, and work with other social service groups, police officers, paramedics and city maintenance crews. The center does not accept walk-ins; all residents must go through an intake process.

The Hayward City Council authorized establishment of the Navigation Center in January as a pilot project in response to a growing homeless population and corresponding emergency shortage of shelter space. The center has been developed and furnished through a combination of state Homeless Emergency Aid Program and Proposition 47, City funding private donations.



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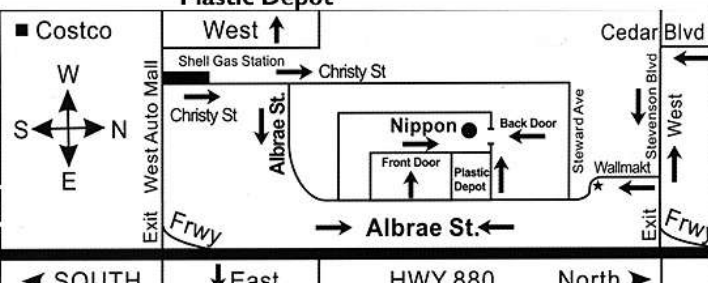
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fruitcakes return to Dominican Sisters' Holiday Boutique

SUBMITTED BY S. ROSE MARIE HENESSY

Fruitcakes! Those delightful cakes filled with nuts, fruits, spices and spirits (just to name a few ingredients). For many they are a holiday staple. For the Dominican Sisters of Mission San Jose, fruitcakes are a tradition! In 1960 Sister Theresa Beck used her secret family recipe to prepare a large batch of fruitcakes – and a wonderful tradition was born!

Each year the sisters and helpful volunteers mix 3,000 pounds of batter and prepare 1,500 cakes prized for their moist, old world flavor. Hand mixed in July, using premium candied fruits, fresh nuts and “a little” brandy – the cakes are aged for two months. In the fall the cakes are glazed, decorated, and boxed for the Annual Holiday Boutique.

This annual event goes back to the early 1960's. It was sponsored by S. Mary Bertha Rehers and the

School of Music faculty to purchase pianos. These early boutiques were held in the St. Joseph Parish parking lot and later moved to the Sisters' auditorium. And now they are held in the new Dominican Center on the Motherhouse sacred grounds. Proceeds from the Holiday Boutique contribute to care of our senior Sisters. Ten percent of the proceeds go to support recovery efforts from a global crisis.

For the last 25 years our Sister Florence Cumbelich has participated in fruitcake baking with gusto! However, she is set to retire her baking apron after this year's Annual Holiday Boutique which will be held Saturday, November 23 and Sunday, November 24 from 10 a.m. to 4 p.m.

Please come to congratulate Sister Florence on this happy milestone—and try some of the fruitcake!

Dominican Sisters Holiday Boutique
Saturday, Nov 23 – Sunday, Nov 24
10 a.m. - 4 p.m.
Dominican Center
43326 Mission Cir., Fremont
(entrance off Mission Tierra)
(510) 933-6334
www.msjdominicans.org

Three Conductors & One Choir = Great Singing

SUBMITTED BY SHIRLEY GILBERT

You've heard of the famous Three Tenors of opera fame. Now audiences will be able to enjoy the Three Conductors as they each in turn direct the East Bay People's Choir (EBPC) in a concert Saturday, November 23 at Irvington Presbyterian Church.

The Three Conductors each spent one month, from September to November, leading the choir and instructing singers in two or three selections. This innovative musical adventure became possible when there was an opening for a new choirmaster before the one-year-old choir regrouped in the fall.

“We thought it would be a very enriching and a rare educational experience for singers to have a new director-at-large every month for three months,” said Ofer dal Lal, artistic director of the sister Mission Peak Chamber Singers and mentor of East Bay People's Choir.

Joe Lim, Director of Vocal Music Studies at Pinole Valley High School, conducted EBPC in September; Sid Quinsaat, Director of Choirs at Piedmont High School took the baton from him for October; and Bryan Dyer, a veteran of the Bay Area's top vocal

groups, did the honors for November.

Now the fruits of the Three Conductors' direction can be enjoyed at a concert that is part of the Tri-City Interfaith-Council and Compassionate Fremont's “Bay Area United Against Hate” week. In keeping with this theme, the EBPC will sing songs of solidarity and compassion.

A variety of activities are planned for this special week including a candlelight vigil, Transgender Remembrance Day, tea and conversation about diversity, and interfaith Thanksgiving services at various churches in Fremont.

East Bay People's Choir is a unique and joyful ensemble that involves the whole community in song. It is open, free for all, without auditions, and welcoming to Tri-City people of all ages and cultures. The chorale group has rehearsals at Irvington Presbyterian Church every Tuesday from 7:00 to 8:30 p.m. Come one, come all.

East Bay People's Choir concert
Saturday, Nov 23
4 p.m.
Irvington Presbyterian Church
4181 Irvington Ave., Fremont
Contact: oferdallal@gmail.com

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Drivers For Survivors

4th Annual Holiday Pancake Breakfast

SUBMITTED BY LILLIAN LWIN, VOLUNTEER

Drivers For Survivors (DFS) is a 501(c)(3) non-profit organization providing free transportation service and supportive companionship for ambulatory cancer patients... from suspicious findings through completion of treatments.

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

Partnering with Newark Police Department and Alameda County Fire Department (IAFF Local 55), Drivers For Survivors is honored to invite the public to attend our annual holiday pancake breakfast fundraiser, Holiday Pancake Breakfast with Santa, on Saturday, December 14, at Newark Community Center in Newark.

Come join us for a warm and inviting breakfast with hot and cold beverages. Santa Claus will be making his appearance and, last but not least, we

will have silent auction, entertainment, raffle basket and local community organization/businesses. Your presence and support will help send a powerful message towards our mission and your contribution will help our fundraising efforts to provide a linear need and relief for cancer patients and their families.

A growing list of event sponsors include Fremont Recycling & Transfer Station, Fidelity Insurance Service, and Assemblymember Bill Quirk. In-kind sponsors: McDonald's of Newark, Newark IHOP #687, Music Plus Events, Scott Capen Photography and Castro Valley Performing Arts.

For sponsorship/donation opportunities, please e-mail sponsors@driversforsurvivors.org or call (510) 894-0135. We also welcome auction items and baskets and have several volunteer opportunities.

Drivers For Survivors Pancake Breakfast
Saturday, Dec 14
8 a.m. – 12 p.m.
Newark Community Center
35501 Cedar Blvd, Newark
(510) 894-0135
<http://driversforsurvivors.org/2019pancake-breakfast>
Tickets: \$10/adult, \$5/child

Friend of education chosen

SUBMITTED BY LAURA FORREST

The Alameda County Board of Education awarded Dirk Lorenz a Friend of Education Award earlier in November at the Niles Rotary Meeting. The award was presented by Alameda County Board of Education Trustee Eileen McDonald

Lorenz, the owner of Fremont Flowers, is a community-first businessman who provides free flowers and vases to Fremont Unified students to give to their teachers on the first day of school. He has been a sponsor of the annual Welcome Teacher Day since 2001. Lorenzo is also a sponsor of the annual Teacher Appreciation Event in Fremont schools.

The Alameda County Board of Education honored Lorenz with a resolution at its October 15, 2019 meeting.



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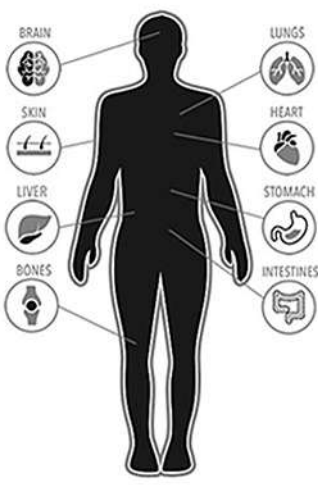
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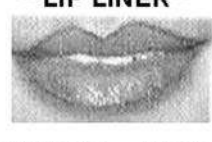
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BUSINESS

THE ROBOT REPORT

Amazon continues aggressive warehouse robotics strategy

BY OLIVER MITCHELL

Private equity giant Blackstone Group recently acquired Colony Capital for \$5.9 billion, a deal that encompasses 60 million square feet of warehouse space across 465 facilities. Blackstone reportedly now manages more than \$250 billion worth of



property worldwide. This latest portfolio of fulfillment centers puts Blackstone in control of more than 440 million square feet of distribution centers.

Logistics competitor Prologis recently purchased Liberty Property Trust for \$12.6 billion, enabling it to now manage more than 570 million square feet of industrial space. In explaining the aggressive move, Blackstone President Jonathan Gray said, “We’ve been the big buyer of warehouses around the world, probably bought \$70 billion, on the simple premise that goods are moving from physical retail to online retail.”

Probably the best, and most ironic, realization of Gray’s strategy is the recent move by Amazon to convert closed shopping malls into fulfillment centers. As more stagnant real

estate is transformed into bustling e-commerce hubs, hiring skilled labor is becoming increasingly more challenging. In the words of labor management executive Peter Schnorbach, “It used to be that every month businesses would get rid of their bottom 10% and replace them with new people. That doesn’t work anymore because you can’t replace them.”

Ever since its buyout of Kiva Systems, Amazon has been actively adding robots to its workforce. Today, Amazon employs more than 100,000 robots at 175 distribution centers nationwide. According to labor statistics, the retailer’s seasonal staff in 2016 and 2017 was 120,000 and 150,000 workers, respectively. That number dropped to around 100,000 in 2018, and many predict it could

decline further in 2019 despite this year’s holiday online spending estimated to soar to over \$140 billion (up 14%).

Amazon has also invested significant dollars into incubating exclusive robotics systems. The company announced a \$40 million investment for a 350,000-square-foot “robotics innovation hub” in Westborough, Massachusetts. Tye Brady, Amazon Robotics’ Chief Technologist, said the structure will consolidate all its automation labs and manufacturing floors into one destination to “design, build, program, and ship our robots, all under the same roof.”

For years, the e-tailer hosted “picking challenges” that invited roboticists from around the globe to compete in solving the company’s hardest fulfillment problems. Last year, the annual event mysteriously disappeared

and reappeared as an online platform for submitting grant proposals of scientific research, which enables Amazon a first look at academic breakthroughs.

In the world of corporate innovation, there is theater and then there is hands-on development. In the former, the innovation department is typically housed in a beautiful showroom full of the latest gadgets. Unfortunately, there are too many corporate actors eagerly playing the role of technology scouts purely for publicity.

Amazon operates in opposition of these stage productions. Amazon best illustrated this with the launch of its \$100 million Alexa Fund in 2015 to accelerate the ecosystem for its Echo speaker. While Apple’s voice application, Siri, was released in 2011 in millions of iPhones, Alexa quickly became the de-facto home voice assistant with over 100,000 units shipped with 70,000 voice-enabled skills. Today more than 150 products have Alexa built in and more than 28,000 smart home devices work with Alexa made by 4,500 manufacturers.

The key to this strategy was recognizing the impact of the development community and their fresh perspective to innovate in new creative ways beyond the original design. As a further testament to its success, the Alexa fund has grown to \$200 million to expand its “Alexa Everywhere” goal.

As Amazon aims to fill the Westborough property with the latest robot advancements, a similar fund model could be adopted to outpace Walmart, Walgreens and other retailers that have recently upped their innovation game. In June, Walmart hired Scott Eckert, formerly of Rethink Robotics, to run its “Next Generation Retail” division out of its New Jersey incubator Store No. 8 and Walgreens last January teamed up with Microsoft.

-- Oliver Mitchell is the founding partner at Autonomy Ventures.

County of Santa Clara Appoints New CEO for Valley Health Plan

SUBMITTED BY
LAUREL ANDERSON/QUAN VU



The County of Santa Clara has appointed Ms. Laura Rosas as Chief Executive Officer of Valley Health Plan (VHP) effective Nov. 18, 2019. In her new position, Rosas will play a critical role in the County’s mission to provide accessible, affordable and high-quality health coverage. he will oversee VHP’s managed care systems, health care delivery networks, products and infrastructure to increase member satisfaction, affordability and growth.

“VHP is a large organization that is responsible for the care of nearly 160,000 county residents and employees, and its CEO should exhibit the strong leadership and vision to enhance the future of VHP,” said County Executive Jeffrey V. Smith, M.D., J.D. “We are excited for Laura to step into this important role and tap into her vast experience leading teams to improve access to quality services.”

Rosas says she is committed to refining VHP’s strategic plan to better engage employees and

stakeholders. She’ll also plan to prioritize continuous improvement in compliance, staffing, technology deployment, business process engineering, and provider network development.

“I’m honored to be chosen to lead VHP at this critical time in the organization’s almost 35-year history,” Rosas said. “I believe VHP can become a leader in our region, promoting value-based health coverage that ensures accessible, efficient and high-quality health care to its members in Santa Clara County and beyond. I look forward to working with everyone at VHP to create a strong foundation for VHP’s continued success.”

Copyright Attorney Kelley A. Way shares expertise



SUBMITTED BY KNUTI VANHOVEN

On Saturday November 23 at 2 p.m., Fremont Area Writers will host Kelley A. Way, a Copyright, Trademark and Estate Planning Attorney. Ms. Way will give you an overview of what you need to know before signing any writers’ contract.

Most of us don’t understand or even fully read all the things we sign. Whether the subject is medical care or internet access, we’re impatient to get the help we need and naively trust that the contracts don’t contain anything that would hurt us. For authors who’ve dreamed of selling their book to a publishing house, the impulse may be to grab the contract and sign it before the publishers change their minds, but the penalties for that could be devastating.

As a newly-minted UC Davis School of Law grad and fellow of the Pacific Justice Institute, Kelley A. Way was approached by her first client, the copyright holder of a New York Times bestselling fantasy series. After the successful resolution of the case, she opened her own law firm. Now, nine years later, Kelley is a member of the Bar Associations of Contra Costa County, the State of California and the American Bar Association, including their sections on Intellectual Property Law.

In a one-hour presentation, she’ll point out some of the contract provisions you need and warn against ones you need to run from before entrusting your creation to anyone else. Afterward she’ll answer questions from attendees. This event, held at the 42 Silicon Valley campus in Fremont, is free and open to anyone interested in writing, whether they’re new to the craft or a seasoned professional. Go to <https://cwc-fremontareawriters.org/> for more information.

Workshop with attorney Kelley A. Way
Saturday, Nov 23
2 p.m.
42 Silicon Valley campus
6600 Dumbarton CIR, Fremont
<https://cwc-fremontareawriters.org/>

Prada said Tuesday that the five-year, 50 million-euro (\$55-million) loan with Credit Agricole Group will see interest rates lowered based on “achievement of ambitious targets related to sustainability.”

The targets include the number of stores that meet defined standards for “green” buildings, education workshops for employees and the use of regenerated nylon in collections.

The fashion world, recognized as the second most polluting industry after oil, has been working in recent years to adopt more environment-friendly practices. Prada’s efforts include a project, called Prada Re-Nylon, to use recycled nylon made from plastic recovered from oceans in its trademark nylon bags.

PG&E agrees to extend deadline for wildfire damage claims

BY DAISY NGUYEN
ASSOCIATED PRESS

Pacific Gas & Electric has agreed to extend by two months the deadline to file claims against the company for damages suffered from a series of wildfires in California.

Lawyers for the victims asked to extend the original Oct. 21 deadline, arguing that tens of thousands of people eligible to receive payments from PG&E have not sought compensation.

They said many wildfire survivors – still traumatized and struggling to get back on their feet – weren’t aware of their right to file a claim.

PG&E attorney Tim Cameron told U.S. District Judge James Donato on Monday the

deadline will be extended to Dec. 31 to increase participation and said the company is looking into setting up a claims center close to Paradise, which was virtually wiped off the map by a fast-moving wildfire that killed 85 people nearly a year ago.

Donato, who is overseeing the process of estimating PG&E’s total wildfire liability for its bankruptcy case, suggested expanding the outreach effort.

The new date must still be approved by a judge overseeing the bankruptcy case.

PG&E has set aside \$8.4 billion to pay wildfire victims as part of its bankruptcy plan. The company declared bankruptcy in January as it faced up to \$30 billion in damages from wildfires in 2017 and 2018 that were started by the company’s electrical equipment.

Lawyers for wildfire victims and PG&E are also considering whether new claims related to a wildfire burning in wine country will be included in the bankruptcy case.

Authorities have not determined what sparked the Kincade Fire, which started on Oct. 23 and has destroyed 374

structures in Sonoma County. However, PG&E told state regulators that it had a problem at a transmission tower near where the fire ignited. The utility had shut off power to thousands of people in Northern California that day in a bid to prevent high winds from toppling power lines and igniting wildfires.

Power was shut off to distribution lines but not to transmission lines.

On Monday, a federal judge asked PG&E to report by Nov. 29 “when, how and by whom” the jumper cable at the transmission tower was last inspected. PG&E had reported the jumper, a metal connector between an incoming and outgoing electrical line, broke several minutes before the fire was reported.

“Should we now be worried that other jumper cables inspected in the same manner have potential failures that have gone undetected?” asked U.S. District Judge William Alsup, who is overseeing the utility’s felony probation for a deadly natural gas explosion in 2010.

Prada signs loan with rates linked to sustainability

AP WIRE SERVICE

The Prada fashion group has signed what is billed as the first business loan in the luxury goods sector linking the annual interest rate to practices that help the environment.



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Networking Without Fear

By ANNE CHAN, PhD, MFT

What scares people more than ghosts, witches, and even public speaking? For many job seekers, it's networking. Many would rather face a ghoulish pumpkin than put on their business attire and face a roomful of strangers clutching glasses of wine. At the same time, having a strong network is one of the most important components of career development.

I cannot tell you the number of times clients have told me that they got a job because friends told them about job leads or passed on their resumes. Even though so much of job searching might appear virtual and impersonal, the human touch is irreplaceable. A strong recommendation from a former employer or co-worker is priceless. A resume that is accompanied by a personal recommendation is almost guaranteed a higher rating than one without. Hence, networking is one of the most important things that you can do throughout your career.

The good news for introverts is that networking doesn't have to mean talking to strangers in an uncomfortable social setting. Let's first dispel this misconception about networking. The other misconception is that you need to have a network of thousands or an online presence that attracts hordes of followers. In fact, a network of thousands who barely know you would not be very useful. Far more useful would be having a solid base of people who know you well and would be willing to answer your questions. In fact, you don't even have to use the term "network-

ing" if it brings on hives. I prefer to think about the process as building strong, helpful, and reciprocal relationships. Another positive way to reframe networking is to think of it as building a community of likeminded professionals who share your interests.

To start solidifying your professional community, try one or two of the following:

- Figure out who matters most to you in terms of your career development. Be sure to reach out to them two or three times a year to keep them in your loop.
- Ask a colleague for coffee or tea
- Join an online professional or industry group and be an active participant
- Join interest groups that might not be directly related to your profession, e.g. toastmasters, hiking groups, sports groups, etc. You never know who you might meet in these diverse groups. Yes, this too is considered networking.
- Join the alumni group of your college or high school.
- Try out a networking app (such as Shapr) that allows you to build a virtual network from scratch.

Chances are you can't entirely avoid social networking events. I know shy or introverted people would rather run screaming in the opposite direction, but I would still counsel clients to check out such events, even if it's for just 30 minutes.

Here are some strategies to survive and even thrive in a social networking event:

- Be in the right mindset. Don't approach the event with only doom, dread, and gloom. Put on a productive frame of mind with a positive message and

Counseling Corner

Anne Chan is a career counselor and licensed psychotherapist in Fremont. She specializes in helping people find happiness in their careers and lives. You can reach her at annechantcv@gmail.com

© Anne Chan, 2018

goal, such as "I am here to find out more about this industry topic," or "I am here to get to know people who share my interests."

- Set a reasonable goal for yourself. Will you introduce yourself to two people? Aim to get five business cards? Have one good conversation?
- Invite a mentor or friend who can help you navigate networking situations.
- Arrive prepared with good questions.
- Remember to be a good listener and offer help if needed. Both these qualities are very appealing and can make both you and your listener feel more comfortable.
- Wear something you love that is unique and could spark a conversation.

Even the shyest person can be an effective networker if the right approach is used. This Halloween season, don't be scared off by the words "networking" and "social event." Use as many of the strategies listed above and become the outstanding networker that I know you can be.

Anne Chan is a career counselor and licensed psychotherapist in Fremont. She specializes in helping people find happiness in their careers and lives. You can reach her at annechantcv@gmail.com.
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Alaska university taking PB&J as payment for parking tickets

AP WIRE SERVICE

What a lip-smacking offer!

Anyone with unpaid parking fines at the University of Alaska Anchorage campus has the option to reduce or cover the cost of their tickets with peanut butter and jelly.

KTUU-TV reported the university would take donations for their annual payment tradition until Nov. 8 to help combat student hunger.

Officials say the food goes to students in need. University officials say each person could use

PB&J payments for two citations issued within the past 45 days.

Officials say two 16-ounce (454-gram) jars offer a \$10 credit, three jars offer a \$35 credit and five jars offer a \$60 credit.

Officials say any unopened commercially produced nut butter-almond, cashew, peanut butter or any flavor jam, jelly, marmalade or preserves would be accepted.

Information from: KTUU-TV,
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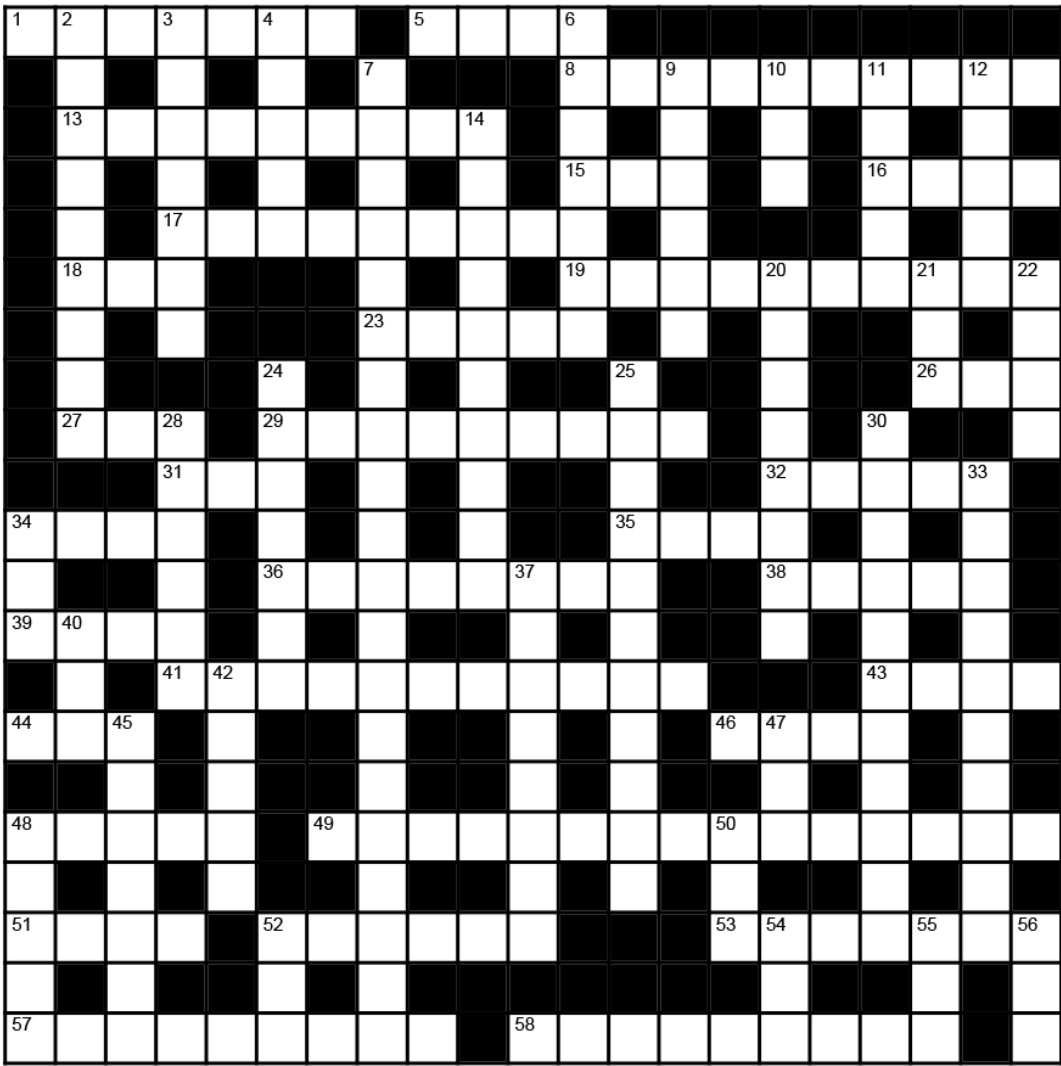
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| * Constipation/ Diarrhea | * Allergies |
| * Floaters/Dry/Watering/Blurry | * Pain management |
| * Rash/Acne/Singles/Urticaria | * High blood Pressure |
| * Frequent urination | * Diabetes |
| * Kidney stone | * Facial Palsy |
| * Parkinson's disease | * TMJ syndrome |
| * Tourette syndrome | * Alzheimer's disease |

Mind Twisters

Crossword Puzzle



- Across

1 Inane (7)

5 Pronoun in a Hemingway title (4)

8 Second part (10)

13 Fails (4,2,3)

15 Surgery sites, for short (3)

16 Wife of Esau (4)

17 Teen party (9)

18 Shoebox letters (3)

19 Seconds (10)

23 Sofia's portrayer in "The Color Purple" (5)

26 Campaigner, for short (3)

27 Danger to divers (3)

29 Scrapes (9)

31 Directional ending (3)

32 Puncture (5)

34 Method: Abbr. (4)

35 LP player (2-2)

36 Iroquoian language (8)

38 Handle (3,2)

39 "Star Trek" navigator (4)
- 41 Frank (11)

43 Gross (4)

44 Energy (3)

46 O'Neal of "Love Story" (4)

48 ___ green (5)

49 Slant (8,7)

51 Amble (4)

52 Tie (6)

53 Adjusts (7)

57 Genuine (9)

58 Butcher's offering (4,5)
- 14 Engender (4,4,2)

20 Like some grins (8)

21 Barely beat (3)

22 Ward of "Once and Again" (4)

24 Nostrum (7)

25 Occupying last place (2,3,6)

28 Eases (4,2)

30 1901 Kentucky Derby winner (3,8)

33 Loaf (10)

34 "Greetings" org. (3)

37 Flatten (8)

40 Finish, with "up" (3)

42 OPEC land (5)

45 Discussion (7)

47 Mouth, slangily (3)

48 Bolshoi rival (5)

50 Prefix with meter (3)

52 Civil War letters (3)

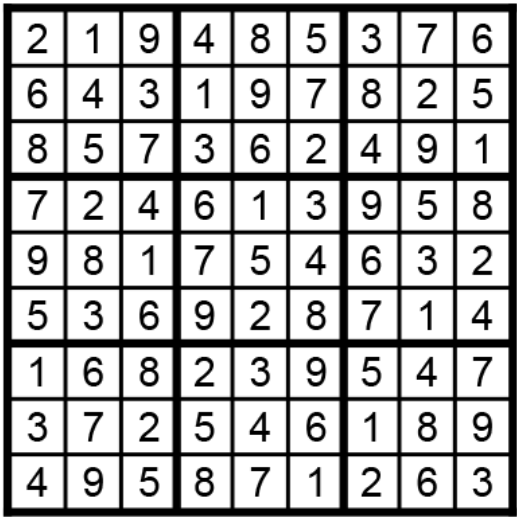
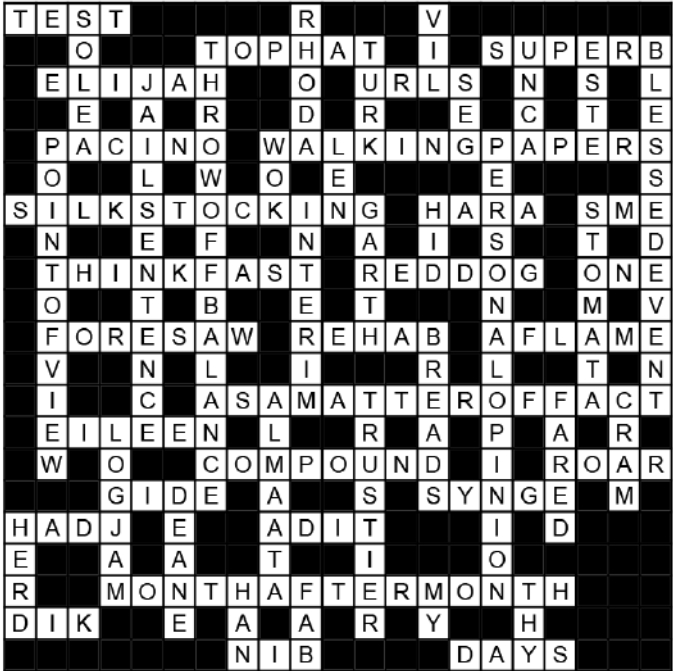
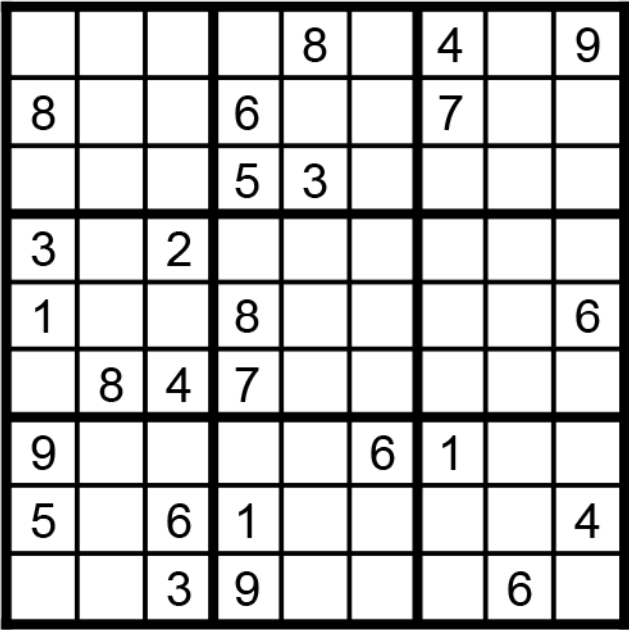
54 "Winnie-the-Pooh" baby (3)

55 A Turner (3)

56 Kind of flour (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: NOVEMBER 20 – NOVEMBER 26, 2019

For All Signs: Mercury, named for the ancient god of communication, turns direct on November 20. As it shifts into forward motion, we are likely to experience a flurry of changes in schedule, many of which may be related to the upcoming holidays. This retrograde began on October 31 in the sign of Scorpio, calling our

attention to financial and material matters. Issues of intimacy may have been highlighted. Lapses in calculation are more frequently generated while Mercury is retrograde, so double-check figures of recent weeks. Occasionally a very old error will surface for correction or long forgotten charges suddenly appear on credit cards.

Aries the Ram (March 21-April 20): Issues related to sharing of resources may be front and center this week. It is likely that one of you is crossing an invisible line and the other does not appreciate it. Avoid a blow out over this by discussing it rationally before you explode. You have a temptation to overreact during this period.

Taurus the Bull (April 21-May 20): You and your partner may need some time apart and this is a good time to take it. Otherwise, old issues may suddenly rise out of nowhere and generate dramatic disagreements. If difficulties arise, count to 10 and return to your corner to clarify thoughts before speaking.

Gemini the Twins (May 21-June 20): Your ruling planet, Mercury, turns direct this week. It is traveling through your area of work/life routines. The next two weeks is especially good for redefining your goals in relation to self-care and work habits. This is not high drama but more of a tweaked change, a minor correction, a recognition of errors.

Cancer the Crab (June 21-July 21): This is the last week before the New Moon on November 26. It is a good time for you to rest, contemplate that which is important, and take care of body and soul. Give yourself plenty of sleep and take your vitamins. At the New Moon you will feel a rebound of energy.

Leo the Lion (July 22-August 22): Your attention is shifting into the areas of children, recreation, personal creativity, and romance. You are ready for playtime and likely to be thinking about what fun activities you can generate. Attention to health matters is favored.

Virgo the Virgin (August 23-September 22): As Mercury, your ruling planet, changes direction in the house of daily travels and environment, it is well to take special care of your vehicle. Education and short distance errands may have been delayed, but now you can schedule these and follow through with greater ease.

Libra the Scales (September 23-October 22): Early in the week an opportunity to expand your social life brings smiles. You may be invited to a party or you might meet someone new. This aspect is from Venus, goddess of love and creativity. The muse may be at your side as you produce a particularly creative idea or solution to a problem.

Scorpio the Scorpion (October 23-November 21): If you feel anger brewing below the surface, speak up during a quiet moment of conversation. Don't ignore it or a sudden and unexpected moment this week may cause you to explode. Your reflexes and reactions may be too quick for your highest good. Use caution when driving, dealing with tools, and exercise.

Sagittarius the Archer (November 22-December 21): The sun returns "home" to your sign this week. You likely will find it to be energizing. Now is the time to focus on new plans for this next year of your life. Take a fresh look at where you want to direct your energy. It is

appropriate that your attention be directed toward yourself right now.

Capricorn the Goat (December 22-January 19): Venus enters your sign this week and will be traveling "with you" through December 19. Her presence gives you an air of poise and people will simply like how you look. She is a people attractor. Often when Venus is prominent, we become more interested in art forms and things of beauty.

Aquarius the Water Bearer (January 20-February 18): Your ruling planet, Saturn, is in favorable aspect to Vesta, the planet of the Vestal Virgins. These young women were

chosen in childhood to tend the gods' fire. Thus, Vesta represents devoted service. You may experience this devotion through a cause or a person and taking action will be rewarding.

Pisces the Fish (February 19-March 20): You may have been told that you are too sensitive for your own good. Early this week it is especially easy to take stressors onto your back that belong elsewhere. If you feel fatigued, bored, or depressed, you probably have done this. Maintaining emotional and physical boundaries are good for your mental health.

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



Military honored at Veterans Day event



Master of Ceremony Jim Uhlik

By **RAYMOND IBALE**

Military members accompanied by their families and friends filled the Fremont Elks Lodge 2121 this past Veterans Day. The two-hour long ceremony was a time for admiration, gratitude, and respect, as well as a salute to veterans for their contributions and their families for the sacrifices they also made.

Sponsored by the Alameda County Veterans Affairs Commission and Fremont Elks Lodge 2121, the ceremony drew hundreds of residents, local elected officials, veterans and their families.

It included presentations of colors by the American Legion Post 117 San Leandro and singing of the National Anthem by the President of Veterans of Foreign Wars (VFW) Auxiliary, Jacki Hoyt, followed the Pledge of Allegiance led by Mike Martin, U.S. Navy.

U.S. Navy veteran and master of ceremony for the event, Jim Uhlik, called up keynote speaker United States Volunteer (USV) Major Dan E. Helix, U.S. Army Second Lieutenant. Helix shared memories of his service in the Army and how it is important to honor the men and women who made the ultimate sacrifice for our country.

“They sign on the dotted line to protect an entire country...but they also know that it’s not their job, it’s their duty,” Helix said. “Veterans know

they can hold their heads up high, because they answer a difficult call. They know their families live in a free country and their service was part of the reason.”

Former U.S. Army noncommissioned officer (NCO), Thomas Fitzgerald III, also delivered his comments. Fitzgerald served in support at Operation Desert Storm and is the Assistant Director of the VA Palo Alto Health Care. He discussed updates on VA Palo Alto and their involvement with the veteran community.

“The VA is currently takes care of 9.5 million of veterans enrolled in our health care system throughout the country. We are looking to increase that number, but we need the public and our veterans to helps us get there and let members know we are here to help,” Fitzgerald said.

Fitzgerald thanked the VA for his most recent back and toe surgeries. “The reason I go to the VA is because nobody does it better than us; 23 years of receiving care and I am still walking!” he exclaimed.

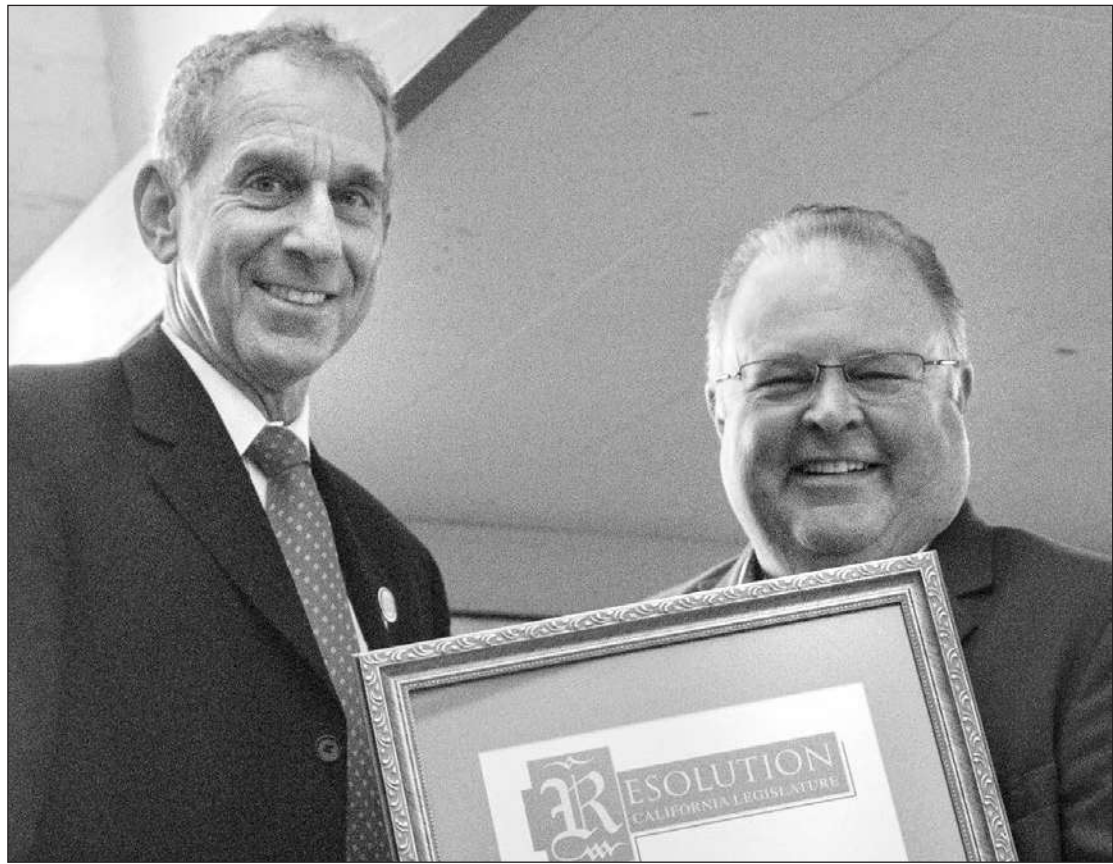
During the ceremony they played the official march song of each Armed Forces branch: the U.S. Air Force, Army, Coast Guard, Marine Corps, and Navy. Members from each branch stood and saluted while they sang their fight song.

Local elected officials—Mayor of Fremont Lily Mei and California Senator Bob Wieckowski—were in attendance. Mayor Mei presented a certificate of recognition to the U.S. Armed Forces and Elks Lodge on the behalf of the City of Fremont.

“I am delighted that this year the Alameda County Veterans Association decided to have the recognition of Veterans Day here in Fremont at the Elks Lodge. They are very active in recognizing and supporting the services of all of our military personnel,” Mei said.

In addition, the County of Alameda Board of Supervisors and Senator Wieckowski each presented a commendation to the Elks Lodge.

Uhlik thanked all those in attendance and encouraged veterans to share their story amongst each other. A luncheon was served inside the Elks Lodge after the ceremony concluded.



The Fremont Elks Lodge receives a commendation.



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Quarry Turkey Run

BY STEPHANIE GERTSCH

On Thanksgiving Day, people like to relax with family and share good food. However, a few days later, when the food coma starts to wear off, they might start thinking about getting active again and giving to a good cause. Luckily around the Bay Area there are a few Turkey-themed

Quarry Lakes has mostly flat terrain, and all levels of runners are welcome to try 5K, 10K and half marathon options. Those who can't run can still participate in the event's hiker division, which starts early to give walkers extra time. Douglas says, "For almost all of our races, we have a hiker division. So, if you feel like you need extra time but you still want to be part of



races during the last week of November. One of these is Brazen Racing's "Quarry Turkey," which is waddling off this year on November 30 at Quarry Lakes in Fremont.

The race, now in its 10th year, was conceived by Brazen Racing founders Sam and Jasmine Fiandaca as an alternative to their established Thanksgiving Day race. Chris Douglas, Sponsorship and Marketing Manager for Brazen Racing, says, "They started the Turkey Trot on Thanksgiving and they realized that people might have some familial obligations on that day, so they decided to put one on on a Saturday." The first year saw about 400 people; this year the organizers expect 1,400. According to Douglas, "For anything on trails, that's pretty massive," as most trail races in California can expect around 250 participants. In addition to a workout, this is an opportunity to bring food or cash donations for the Alameda County food bank. Last year the race collected six tons of food.

the community and do it at your own pace, we let the hiker division start about an hour before the regular races start off."

Those who complete any of the course options and also participate in Brazen Racing's "Nitro Turkey" run, held on Thanksgiving Day at Point Pinole Regional Park, will win the "Double Turkey Challenge" and receive a third medal that combines the other two into one. The medals themselves are quite ornate, displaying determined turkeys in running gear and other Thanksgiving symbolism such as cornucopias and pumpkins. They are definitely worth collecting after the race is done.

Of course, the smallest racers won't be left out. In the "Little Turkeys" race, a mini run of about a hundred yards, kids can earn their own medals and color their own bibs with crayons. They will also race against a giant turkey, but in past years, the turkey has been known to fall down and end up coming in dead last, so he is un-

likely offer much competition.

At all their events, Brazen uses a variety of difficulty levels, colorful characters and costumes, and collectible medals to create an unforgettable experience for all. "Brazen's ethos for all their events is really about trying to validate everyone's experience," says Douglas. "So everybody gets a medal, whatever distance, whether that's the 5K 10K or Half. We call out everyone's name as they cross the finish line. We celebrate the first-place finisher just as much as we celebrate the person who comes in last. You never know where people are coming from. We've heard stories of people who come for our 5Ks and they've just been cured from cancer, or they've just gotten divorced. So, who are we to be like, 'Oh it's just a 5K; No big deal!'"

All aspects of what make Quarry Turkey a memorable event trace back to community. This is an attitude shared by both the organizers and participants. Douglas says, "Runners in general, but trail runners in particular, are always really welcoming. Everyone's always looking out for each other and checking in on each other and sharing water and food if that's what's required. Helping people cross the finish line, waiting for people if that's what it takes."

In these ways, runners can truly embody the kindness and generosity of the season—and also get ahead of that turkey.

Registration can be done online at <https://raceroster.com/events/2019/21377/>

quarry-turkey-2019. Fees range from \$45 – 79 depending on distance. The Little Turkeys race is free.

Quarry Turkey
Saturday, Nov 30
7:00 a.m. Hikers
7:40 a.m. Little Turkeys Race
8:00 a.m. Half Marathon
8:20 a.m. 10K
8:40 a.m. 5K
Quarry Lakes
2100 Isherwood Way, Fremont
<https://brazenracing.com/quarry-turkey/race-info/>

Races on Thanksgiving Day

Nitro Turkey
Thursday, Nov 28
8:45 a.m. Little Turkeys
9 a.m. 5 & 10K
Point Pinole Regional Park
551 Giant Highway, Richmond
<https://brazenracing.com/nitroturkey/race-info/>
Registration \$45 - 98

Thanksgiving Workout Challenge and Turkey Trot
Thursday, Nov 28
8 a.m. – 10 a.m.
The Inner Athlete
685 E. 14th St., San Leandro
<https://www.inner-athlete.com/events>
Registration: \$45



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Home & Garden

Fall in love with these colorful plants

BY DANIEL O'DONNELL

The Bay Area has a little bit of everything. There are jazz clubs, hip hop venues and opera houses. There are restaurants and food markets that allow people here to enjoy culinary traditions from all over the globe. There are residents and visitors from almost, if not every, country in the world. There are even four distinct seasons, although they might not be as apparent as in other parts of North America.

Trees blossom in the spring, the temperatures rise in the summer, the hills get a dusting of snow in the winter, and there are splotches of colors in the landscape in fall.

New England is the most visited area in the United States for spectacular fall foliage. Parts of Arkansas, Michigan, and California's eastern Sierras also display colorful fall sceneries. However, there are no dramatic waves of fall colors that flood the landscape in the Bay Area.



Instead, fall colors are appreciated here in small splashes. There are plenty of plant choices to wade through if someone wants to give their garden more fall color.

Plants have green chlorophyll in their leaves that absorbs sunlight and converts it into energy. An abundance of these molecules causes plants to look green. When there is less daylight and lower temperatures, deciduous plants stop producing chlorophyll and begin to break it down. As the green chlorophyll disappears, other pigments become visible. Plants that have more pigmentation than others look more vibrant in autumn.

It might only take one or two plants in a garden to get radiant



of *Spiraea betuliflora* are native to Asia and North America. The plant transforms in fall from having glossy green foliage to bearing a dazzling array of bright orange, pink, and purple all on each individual leaf.

Sorghum is a drought tolerant grain that looks like a small corn stalk. Although it is primarily grown for its sweet syrup, it makes an attractive fall potted plant. Stalks turn pale yellow, leaves fade to pinkish brown and seed heads take on a reddish hue as autumn approaches. A delectable addition to an autumn garden.

There are a variety of *Heucheras*, or Coral Bells, that vividly display autumn colors. Unlike the plants listed above, they retain their fall color year round. The reason some make the list is because a plant's fall color can have an unpredictable schedule. *Heucheras* can provide fall color on demand. They are great choices for decorating fall parties and events without having to worry about when their leaves might change color. *Heuchera* "Heureka Amber Lady" is one example. It has velvety leaves that can range in color from amber to various shades of pink and even red.

In places like New England, the beautiful fall foliage eases the transition into the harsh winter. Although the Bay Area winter has a milder climate, adding some fall color to the garden can welcome winter here as well.

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

eye-catching foliage because the Bay Area does not have many trees and shrubs that display vivid fall foliage. Below are seven seasonal suggestions.

"The larger the plant the more impact" is not always the case when planting for fall color. However, it is hard to argue the point when the Chinese Pistache tree is displaying its true colors. Native to China, this medium sized tree begins to display glowing neon orange leaves in October that turn into blazing red foliage by December. It has become one of the most popular street trees in the Northern hemisphere because of this and its attractive small red fruit.

Cercis canadensis "Oklahoma" is an Eastern Red Bud tree that is primarily purchased for its plethora of magenta flowers that blossom in the warm spring air. The heart shaped green leaves open soon after the flowers fall. They turn a bright yellow in fall that seems to warm the cool autumn temperature.

Acer rubrum "October Glory," commonly known as Red Maple, reveals amazing scarlet

colored foliage as soon as the temperature begins to cool and daylight shortens. The tree can get to well over forty feet tall, making it possible for people further away to enjoy its blazing red foliage. The tree can brighten your day in the spring and summer by attracting birds, squirrels, and other wildlife. It can also be tapped for maple syrup.

If an Oak tree begins to turn yellow in The Bay Area there is a problem, unless it is a Sawtooth Oak, *Quercus acutissima*. These fifty-foot trees in fall have thousands of luminous yellow leaves that will eventually turn brown before they fall off. They are fast growing, which can be perfect for anyone who is in a hurry to get a big display of autumn color.

Sometimes planting a tree is not an option. There are some shrubs and even smaller plants that have intense fall colored foliage. *Spiraea betulifolia* "Tor" is a two- to three-foot low maintenance shrub that can be used as a standalone plant or in a row with other *Spiraeas* to form a hedge. Different varieties

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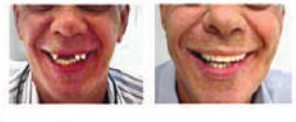
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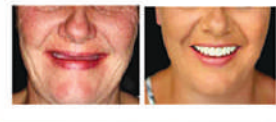
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County plans investment in funding for children’s services

**SUBMITTED BY
MAYRA FLORES**

At a recent media conference, child advocates, coalition members and County of Santa Clara Supervisors Susan Ellenberg and Cindy Chavez unveiled the county’s first Children’s Budget. The new Santa Clara County Budget report, to be released Tuesday, November 19, provides a baseline of how much money is spent on the county’s youngest residents.

“Santa Clara County needs to prioritize children because doing

so is the single most important investment a society makes in its future,” said Ellenberg. “We are unable to accomplish that goal without first knowing where we currently stand. The Children’s Budget is a critical baseline and first step towards where we are headed: towards a County that places the needs of our children as their single greatest priority.”

Ellenberg and Chavez are also formally requesting that a “childcare facilities reserve” of \$3,000,000 be created to make facilities improvements and increase the environmental health of existing childcare centers and family childcare homes.

“Childcare has become a barrier to work and economic stability, especially for mothers, who disproportionately become the unpaid caregivers when the family cannot find or afford childcare,” said Chavez. “Businesses meanwhile lose billions because of their employees’ childcare challenges. There is a direct link between access to childcare, parental employment and economic growth.”

The County of Santa Clara has nearly two million residents, of which approximately 450,000 are children under the age of 18. Children make up nearly a

quarter of the total population. The Children’s Budget sheds light on the county’s current spending on children, which amounts to about 2% of its general funds (\$170M). That amount increases nearly 10% total if state and federal funding is added (\$859M). This inaugural report, similar to the upcoming 2020 Census, can offer the county the ability to better leverage state, federal, philanthropic and private-sector dollars to ensure that its youngest residents are fully supported.

“The report’s focus on the county’s investments in our children and youth will be a

major leverage point for advocates, non-profits, and government agencies to better align, collaborate, and unite our energy and resources to support out youngest community members,” said Grace Mah, Santa Clara County School Board Trustee and Strong Start Coalition of Santa Clara Member.

For details, visit the County of Santa Clara Board of Supervisors website at <http://sccgov.iqm2.com/Citizens/Default.aspx> and then scroll to the November 19 board meeting agenda link.

CASTRO VALLEY			TOTAL SALES: 7			
Highest \$: 1,090,000			Median \$: 800,000			
Lowest \$: 600,500			Average \$: 844,143			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
3801 Mabel Avenue	94546	600500	2	818	1972	10/7/19
20634 Maria Court	94546	640000	2	1266	1992	10/8/19
2741 Jennifer Drive	94546	778000	4	1414	1961	10/8/19
4341 Gem Avenue	94546	800000	3	1202	1948	10/11/19
3018 Todd Court	94546	965000	0	2063	1977	10/11/19
5601 Lynwood Court	94552	1035500	4	2262	1980	10/11/19
25562 Crestfield Drive	94552	1090000	4	1893	1998	10/7/19
FREMONT			TOTAL SALES: 8			
Highest \$: 2,248,000			Median \$: 977,500			
Lowest \$: 772,500			Average \$: 1,121,938			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
251 Felicio Common	94536	772500	3	1240	1973	10/8/19
34468 Colville Place	94555	845000	0	1291	1977	10/7/19
3450 Ellery Common	94538	880000	3	1430	1999	10/7/19
4245 Corrigan Drive	94536	975000	3	1251	1959	10/11/19
321 Sunnyslope Drive	94536	980000	3	1416	1989	10/11/19
4651 Mildred Drive	94536	1075000	5	1812	1962	10/7/19
3441 Atwater Court	94536	1200000	4	1980	1972	10/7/19
1814 Kern Loop	94539	2248000	4	3966	1993	10/10/19
HAYWARD			TOTAL SALES: 8			
Highest \$: 1,090,000			Median \$: 745,000			
Lowest \$: 475,000			Average \$: 745,375			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
21109 Gary Drive #207	94546	475000	2	1070	1981	10/10/19
22619 Madrone Street	94541	540000	2	1140	1942	10/7/19
22558 Center Street	94541	699000	3	2063	1953	10/9/19
1741 Dove Court	94545	745000	4	1387	1964	10/11/19
501 Ethan Court	94544	745000	0	0	0	10/11/19
4025 Lambert Way	94541	819000	4	1995	2016	10/11/19
321 Loverin Court	94544	850000	4	1785	1991	10/7/19
2872 Hidden Lane	94541	1090000	5	3152	1961	10/11/19
MILPITAS			TOTAL SALES: 13			
Highest \$: 1,095,000			Median \$: 935,000			
Lowest \$: 522,000			Average \$: 894,846			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
1161 North Abbott Ave	95035	522000	2	863	1979	10/11/19
263 Barker Street	95035	700000	3	1286	1957	10/10/19
264 Parc Place Drive	95035	740000	2	1104	2005	10/8/19
51 Parc Place Drive	95035	740000	2	1192	2005	10/11/19
1867 Forest Court	95035	820000	3	1010	1965	10/11/19
1237 Daniel Court	95035	825000	3	1364	1985	10/7/19

1927 Journey Street	95035	935000	3	1709	2015	10/7/19
1686 Starlite Drive	95035	1001000	3	1272	1965	10/9/19
64 Berylwood Lane	95035	1055000	2	1498	1987	10/7/19
1004 Gordon Street	95035	1055000	3	1325	1988	10/8/19
647 Elderberry Drive	95035	1070000	3	1978	2014	10/7/19
1880 Lee Way	95035	1075000	3	1945	2013	10/11/19
1259 Calle De Cuestanada	95035	1095000	2	1528	1992	10/8/19
NEWARK TOTAL SALES: 3						
Highest \$: 1,200,000		Median \$: 870,000				
Lowest \$: 650,000		Average \$: 906,667				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
36723 Birch Street	94560	650000	3	1080	1955	10/11/19
36008 Dalewood Drive	94560	870000	3	1610	1960	10/11/19
35602 Blackburn Drive	94560	1200000	4	2181	1968	10/11/19
SAN LEANDRO TOTAL SALES: 9						
Highest \$: 1,135,000		Median \$: 612,000				
Lowest \$: 270,000		Average \$: 635,778				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
1643 163rd Avenue	94578	270000	2	979	1951	10/9/19
16700 Los Banos Street	94578	425000	2	1005	1922	10/10/19
1400 Carpentier St #417	94577	440000	2	968	1983	10/11/19
2371 Arlington Court	94578	535000	2	1018	1952	10/10/19
378 Bellevue Drive	94577	612000	2	1210	1940	10/8/19
1205 Burkhardt Avenue	94579	650000	3	1092	1950	10/9/19
16312 Miramar Pl #4	94578	680000	3	1525	1985	10/8/19
16110 Mateo Street	94578	975000	5	2390	1950	10/9/19
561 Warwick Avenue	94577	1135000	4	1958	1924	10/11/19
SAN LORENZO TOTAL SALES: 2						
Highest \$: 738,000		Median \$: 669,000				
Lowest \$: 600,000		Average \$: 669,000				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
1194 Via Los Trancos	94580	600000	3	1043	1950	10/7/19
15917 Via Marlin	94580	738000	3	1625	1951	10/9/19
SUNOL TOTAL SALES: 1						
Highest \$: 1,420,000		Median \$: 1,420,000				
Lowest \$: 1,420,000		Average \$: 1,420,000				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
2060 Kilkare Road	94586	1420000	5	2914	1971	10/10/19
UNION CITY TOTAL SALES: 2						
Highest \$: 1,189,000		Median \$: 1,085,500				
Lowest \$: 982,000		Average \$: 1,085,500				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
32766 Hilmar Street	94587	982000	3	1683	1985	10/11/19
30564 Meridian Circle	94587	1189000	5	2905	1994	10/9/19

Home Sales Report

Elks join NFL salute to veterans

SUBMITTED BY STEVE KAY

Recently, the Fremont Elks invited to play host to the USAA (a financial services group serving veterans) and Veterans of Foreign Wars (VFW) as part of the National Football League's (NFL) Salute to Veterans.

The early-November event was established as part of the NFL's week honoring veterans and was open to all veterans and their families. USAA arranged to have Eric Wright and Jesse Sapolu from the San Francisco 49ers serve as guest speakers for this event.

Both players shared stories of their days with the 49ers and answered questions from audience members. After speaking, they posed for photos and signed autographs. They were accompanied by members of the Goldrush, cheerleaders to the 49ers. As an extra bonus, veterans in attendance were given a chance to win tickets to a special pre-game tailgate party and be guests at the 49ers vs Seattle Seahawks game being held on Veterans Day.

The Elks have a motto, "So long as there are Veterans, the benevolent and protective order of Elks will never forget them." Elks always take great pride in serving veterans.

For more information about the Fremont Elks chapter, visit their website at www.fremontelks.org.



Eric Wright (L) and Jesse Sapolu (R)



NFL Night at Fremont Elks

California unemployment rate falls to new record low

AP WIRE SERVICE

California's unemployment rate fell to a new record low of 3.9% in October. The California Employment Development Department says the state added 23,600 nonfarm payroll jobs during the month.

The previous record low was 4% set in September. The department says October's gains extend California's record jobs expansion to 116 months



continued from page 1

Music at the Mission: Ghost

SUBMITTED BY
VICKILYN HUSSEY

This season, “Music at the Mission” opens its evening concerts at the Old Mission

San Jose on November 22 with one of the most quintessential instrument groups in classical chamber music besides the string quartet, the piano trio.

A sensational experience of moods, colors, emotions, and dazzling virtuosity awaits you. “Every-thing from the playful and romantic to the dramatic and unexpected,” promises pianist Aileen Chanco, who will

be performing a program of celebrated piano trios with violinist Christina Mok and cellist Jennifer Kloetzel.

“Mok dazzled us with her virtuosity, her warm vibrant tone and her elegant musicianship,” pro-claimed The Peninsula News reviewer raved, “Cellist Jennifer Kloetzel shines ... terrific soloist with a robust

and earthy sound.” “Chanco is an astonishing pia-nist. The scenes she etched were as fascinating as the paintings that had inspired the music,” said The Philippine Star.

The concert program is a powerhouse of sensational and yet very personal works: Clara Schu-mann’s Adagio from Piano Trio, Beethoven’s “Ghost” Piano Trio, Ginastera’s Pampeana No. 2 (Rhapsody for cello and piano Op. 21) and the voluptuous Ravel Piano Trio.

“In Ravel’s piece,” said Chanco, “the ranges of each instrument are greatly stretched, producing a hugely rich and vibrant sound that is challenging for each player. I both adore and I fear this piece at the same time, but I look forward to performing this with the brilliant Christina Mok and Jen-nifer Kloetzel.”

She also noted, “The Beethoven, as well, is colorful and very unique. So much that it was dubbed ‘Ghost’ for its unusual sound in the slow movement.” The piece is absolutely beautiful, with unex-pected haunting passages.

“The Ginastera Pampeana No. 2, is another piece that stretches the range of the instrument and produces a mysterious and haunting picture of the South American grasslands in Argentina,” ex-plains Chanco.

“Clara Schumann was a woman who lived through a time when it was highly unusual for a

woman to be a performing artist and composer. She was both and brilliant at it,” Chanco points out. “The wife of Robert Schumann, she was already well known as an artist under her maiden name, Clara Wieck, before they married.” It was Clara Schumann who was instrumental in popularizing Robert Schumann’s compositions by touring and performing them after his premature death.

Chanco says, “Our program opens with the slow movement, Andante, from Clara’s most famous work, the Piano Trio in G. It is an abundantly romantic and elegant opener for the Ghost concert that conjures up the beginning of a journey of stories and sound for the evening.”

Music at the Mission would like to thank the Steinway Piano Gallery of Walnut Creek and Justin Levitt, General Manager, for the use of a beautiful Steinway Piano for this concert. Tickets for the concert are available online or at the door.

Music at the Mission: Ghost
Friday, Nov 22
6:45 pm Doors open
7:15 pm Pre-Concert Talk
8:00 pm Concert
Old Mission San Jose
43300 Mission Blvd., Fremont
(510) 402-1724
www.musicatmsj.org
Tickets: \$15 - \$50

Mistletoe Madness



SUBMITTED BY
LIZ SWENSON
PHOTOS COURTESY OF
MISTLETOE MADNESS

The Bay Area’s premier Christmas craft fair “Mistletoe Madness” is returning on Saturday, November 30. With over 70 vendors packed into San Leandro’s Marina Community Center, this fair promises to be a one-stop-shop for unique Christmas gifts.

The event prides itself on featuring only local handcrafted materials. A book illustrated or written by a Bay Area local?

Hand-beaded jewelry? Hand-baked candy and cookies? All can be found at the fair. Store bought or out-of-State items are not eligible for sale at Mistletoe Madness. So not only can you find all the cute accessories and Christmas decorations you could possibly want, by shopping at the fair you can also support local artists.

Attendees of 2019’s fair can expect new items, such as hand painted ceramics in a rainbow of colors from Helene Roylance and adorable pinecone elves from Mona Chin. In addition, many veteran crafters are returning—



Imprisoned at Hogwarts!

SUBMITTED BY NATHAN SILVA

All is not as calm as it seems at Hogwarts ... a sinister young wizard is at work creating a new horcrux, and it will take an intrepid group to foil the plot and escape from Hogwarts!

The event takes place on Tuesday, November 26 and there are various time slots available for both tween and teen attendees. Groups are limited to eight people and should arrive 10 minutes prior to their start time. Latecomers cannot be accommodated due to the nature of the program. Groups will have 40 minutes to solve all the puzzles and escape the room.

Escape Room session for Tweens starts at 12:15 p.m.

Escape Room session for Teens starts at 1:30 p.m.

Escape Room session for Tweens starts at 3:00 p.m.

Escape Room session for Tweens starts at 4:30 p.m.

This program requires advanced registration. You may register by calling the Castro Valley Library at (510) 667-7900 or stopping by the Information Desk during open hours.

The Castro Valley Library is located at 3600 Norbridge Avenue, Castro Valley, and is wheelchair accessible. The Library will provide an ASL interpreter for any event with at least seven working days’ notice. For more information visit our website at www.aclibrary.org.

Harry Potter Escape Room
Tuesday, Nov 26
12 noon – 4:30 p.m.
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900
Advance registration required



such as Lisa and David Bowen with stained glass and wooden creations, Julia Neeves with scented bath and body products, and Sue Rosario with quirky steampunk jewelry.

Of course, these are only a few names among a long list of talented artists. Get a preview of

this year’s vendors on the Mistletoe Madness website under the “Sneak Peek” tab! (<http://www.mistletoemadness.net/sneak-peek.html>) Or better yet, come out on the 30th!

Mistletoe Madness
Saturday, Nov 30
10 a.m. – 4 p.m.
Marina Community Center
15301 Wicks Blvd.,
San Leandro
<http://www.mistletoemadness.net/>

Thanksgiving in Regional Parks

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

All kinds of seasonal programs are in the works as the East Bay Regional Park District celebrates the approach of Thanksgiving. For instance, you can learn everything about turkeys during a “Turkey Talk” program from 1:30 p.m. to 2:30 p.m. Saturday, November 23 at Ardenwood Historic Farm in Fremont. Thanksgiving may be too late for the iconic birds, but they can fly at up to 55 miles per hour. The program includes making holiday decorations in the turkeys’ honor.

Ardenwood will also host “Pumpkin Palooza” from 12 noon to 1 p.m. Saturday, November 23. You can learn how the gourds have become fall staples while making decorations for the Thanksgiving table.

Also, in late fall those beautiful monarch butterflies start returning to Ardenwood to spend the winter. The park’s naturalist staff will conduct a whole series of programs highlighting the insects’ amazing life cycle. First on the calendar is a monarch-spotting program from 2:00 p.m. to 2:30 p.m. on Saturday, November 30. It repeats at the same time every Saturday and Sunday in December. Meet at the park greenhouse.

Ardenwood is at 34600 Ardenwood Boulevard, just

north of Highway 84. For information on fees and programs, call (510) 544-2797. Parking is free.

Nearby at Coyote Hills Regional Park there’s a “Water is Life” hike from 9 a.m. to 12 noon Sunday, November 24. It’s a relatively flat 3-mile stroll around the marsh during a talk about the importance of water in the park and in our lives. The walk is for ages 15 and older. Wear sturdy shoes, bring water, and a snack. The event will be cancelled if it rains heavily.

A Coyote Hills program especially good for families is “Green Friday,” which will be offered from 10:30 a.m. to 3:30 p.m. Friday, November 29; Saturday, November 30; and Sunday, December 1. Walk off the Thanksgiving feast, help the naturalists create a special “Tree of Thanks” exhibit, and make a tree-themed ornament to take home.

Preschoolers ages 3 through 5 will like Coyote Cubs, a program of games, crafts, and nature explorations. It’s from 10:30 a.m. to 11:30 a.m. Monday, November 25, and at the same time on Monday, December 30. Parent or caregiver participation is required. The group will play games, explore the park and make a craft. The topic on November 25 is turkey vultures, and on December 30 it’s birds of a feather.

There’s an interactive puppet show from 4:30 p.m. to 5:30 p.m.

Friday, November 29, featuring Coyote Hills’ cultural and natural history, plus everything for which we can be thankful.

All the programs meet at the visitor center. 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 details, call (510) 544-3220.

Sunol Regional Wilderness plans a couple of turkey-themed programs, both with naturalist Ashley Adams. “Turkey Time” is from 11:00 a.m. to 12:30 p.m. Saturday, November 23. The group will hit the trails, then create a turkey craft to take home. The program is free, but registration is required. To register, call 888-327-2757. Select option 2 and refer to program number 26970.

After your Thanksgiving feast, there’s a burn the turkey hike from 10 a.m. to 1 p.m. Friday, November 29. It’s a 3-mile trek to Little Yosemite in search of birds of prey and fall colors.

Sunol Wilderness is at the end of Geary Road off Calaveras Road, about 5 miles south of I-680 and the town of Sunol. For details, call (510) 544-3249.

This is just a sample. For the full story, visit the park district website at www.ebparks.org. And however way you spend the holiday, have a happy Thanksgiving.

Heartfulness Initiative

SUBMITTED BY
PADMAJA KRISHNASWAMI

Many high school administration and staff are tackling cases of depression and stress in students, caused by unreasonable expectations. These expectations could arise from peer pressure, need for high academic performance, or trying to cater to social demands.

Irvington High School in Fremont, has taken a pioneering initiative to do something about these issues. For several Fridays, concluding on November 8, the school has been buzzing with volunteers conducting sessions to about 600 ninth graders. Dubbed the “Heartfulness” sessions by a high schooler, these are an outcome of a joint partnership between Irvington High School and Heartfulness Institute. “This is an effort to foster a holistic development for the high schoolers,” says Ms. Amanda Melsby, Principal of Irvington High.

“The need to focus on our inner development and to strike a

balance to the inputs we receive from the external environment is of paramount importance today in this fast-paced digital world,” says Beena Shah, a volunteer trainer of Heartfulness Institute.

Sessions focus on topics such as stress management, fostering positivity and overcoming anxiety. Simple techniques of relaxation, meditation, rejuvenation and affirmation are introduced to the students as tools to help them prioritize their tasks, strengthen core values, flourish as individuals, and cultivate a healthy society. “I really resonated with the moment of pause; that taught me to respond rather than react to any situation,” says a ninth grader.

Heartfulness Institute is a global nonprofit, volunteer-driven organization. Over a million volunteers work at the grass roots level—with a fundamental belief that inner transformation can lead to transformation of a class, school and society. They believe that the ripple effect of individual action,

fostered by effective techniques of heart-based meditation, will propel humanity to strengthen interconnectedness that naturally bring about kindness, compassion, understanding, and unity.

In the Tri-City area, trainers and volunteers of the Heartfulness Institute conduct workshops and ongoing sessions on meditation techniques and related topics at various locations including Washington Hospital; Palo Alto Medical Foundation; senior centers in Fremont, Newark, Union City; as well as various corporate locations. In addition, there is an ongoing “Introduction to Meditation session” every Sunday at 10 a.m. at the Heartfulness Center at 585 Mowry Ave, Fremont. All sessions are offered for free; the organization is supported by donations. For more details about Heartfulness Institute, email us at bayarea.ca@heartfulness.org.

**Intro to Meditation
Sundays
10 a.m.
Heartfulness Center
585 Mowry Ave, Fremont
bayarea.ca@heartfulness.org**

Google plans to offer checking accounts

BY MAE ANDERSON
AP TECHNOLOGY WRITER

Google plans to add checking accounts from Citigroup and a credit union to its Google Pay digital wallet in 2020, the tech company said Wednesday.

Google confirmed an earlier report by The Wall Street Journal.

Big tech companies have been pushing into other arenas such as finance and health care to gain more access to consumer data. Google launched Google Wallet in 2011, now called Google Pay, which lets users store credit and debit card information and use them to make mobile and digital payments.

Now the Mountain View, California-based tech giant wants to add checking accounts.

“We’re exploring how we can partner with banks and credit unions in the U.S. to offer smart checking accounts through Google Pay,” the company said in a statement.

The move would let users use Google Pay but keep money in accounts that meet the federal regulatory standards for banks. While Google is working with Citigroup and Stanford Credit Union now, it hopes to add more partners in the future.

In the U.S., more than 2,000 banks already offer virtual card transactions via Google Pay, Google said.

The push comes at a time when regulators are looking into privacy practices by firms including Google and Facebook so the deals are likely to be scrutinized.

Citigroup did not immediately respond to a request for comment.

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November 23rd, 2019
9am to 3pm
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If you have any questions, please email
kcforshort@gmail.com and write "Holiday Boutique" in the subject line.

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Message in a Bottle

Over time, people have tucked messages into bottles and thrown them out to sea. Sometimes these messages are found long after they were sent. They each have a special story to tell.

Oldest Message in a Bottle Found!

The world's oldest known message in a bottle was found half-buried at a West Australian beach almost 132 years after it was tossed into the Indian Ocean. It was part of an experiment by German mariners to discover faster shipping routes by seeing where the messages drifted. The message asked anyone finding it to contact German authorities telling where it was found. Thousands of these bottles were thrown overboard over a 69 year period.

The message was dated June 12, 1886. What year was it found if it was 132 years old when it was discovered?

Find the two identical bottles.



How many bottles can you find on this page?

10-Year-Old's Message Found

On September 12, 1990, a ten-year-old English girl named Zoe threw a bottle with a message overboard from a ferry. Twenty-three years later while walking along a dike, a Dutch couple found the bottle with her message. They sent a note to her childhood home and reached her!

Use the code to read Zoe's message:

DEAR FINDER,

MY NAME IS ZOE. 11 15 22 26 9 22 WOULD YOU

5 10 18 8 22 8 12 14 22, I WOULD LIKE IT A

LOT. I AM 10 YEARS OLD AND I LIKE 25 26 15 15 22 8

PLAYING THE 21 15 7 8 22 AND THE PIANO. I HAVE A

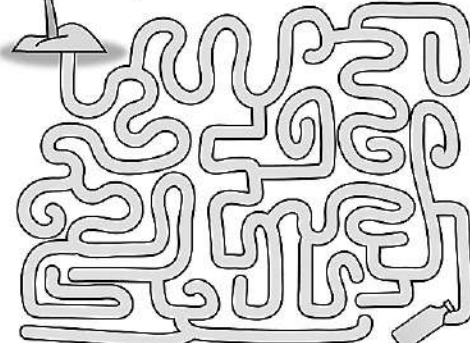
19 26 14 9 8 22 10 CALLED SPARKLE AND A 21 18 9 19

CALL 9 11 22 24 16 15 22

26 = A	20 = G	14 = M	8 = T
25 = B	19 = H	13 = N	7 = U
24 = C	18 = I	12 = O	6 = V
23 = D	17 = J	11 = P	5 = W
22 = E	16 = K	10 = R	4 = Y
21 = F	15 = L	9 = S	3 = Z

What would you write? Imagine you are going to toss a bottle with a message into the ocean. What would you write? Write it here!

Can you find the bottle's path from the island?



Extra! Extra! Bottled Words

Find five nouns and five adjectives in today's newspaper. Write a message to send in a bottle that contains these 10 words.

Standards Link: Vocabulary Development: Students identify nouns and adjectives.

Kid Scoop Puzzler

Draw the bottle that should come next to continue the pattern in each row.



Standards Link: Comprehension: Students identify and extend simple patterns.

Double Word Search

AUSTRALIAN OVERBOARD

MESSAGE
BOTTLE
TOSSED
BALLET
FINDER
DUTCH
OCEAN
FOUND
WRITE
DIKE
NOTE
YEAR
SEA

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

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

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

Message Connects People

In 2011, Daniil Korotkikh was walking with his parents on a beach in Russia. He found a bottle with a message inside that had been tossed from a ship in 1987—twenty-four years earlier!

Put Frank's message back in the right order to read it.

My name is Frank, and I'm
ship to Denmark. If you
five years old. My dad
will write back to you.
and I are traveling on a
write back to me, and I
find this letter, please

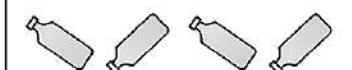
Daniil and his father wrote to Frank, who was now 29 years old. They were able to meet via an internet video link in March of 2011.

Message Mysteries

How old was Frank when he tossed the message in a bottle off of a ship?

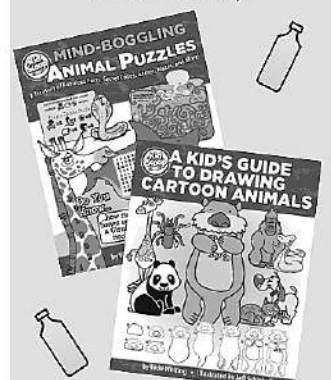
Where was Frank going when he was on this ship?

Who was Frank traveling with?



Two new Kid Scoop books are here!

Hours of fun and learning await in Kid Scoop's *Mind-Boggling Animal Puzzles* and *A Kid's Guide to Drawing Cartoon Animals* published by Happy Fox Books. They make a great holiday gift. Order from your local bookstore, Target.com, BarnesandNoble.com and Amazon.com today!



Kid Scoop VOCABULARY BUILDERS

This week's word: **OVERBOARD**

The adverb **overboard** means over the side of a ship and into water.

The fisherman fell **overboard** when trying to pull the fish into the boat.

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

FROM THE Kid Scoop LESSON LIBRARY

Letters to the Editor

Sending a letter to the editor of a newspaper is a way to get a message to thousands of people! Find the letters to the editor of this newspaper. Read what people have to say. Write a letter to the editor about something you care about.

Standards Link: Research: Use the newspaper to locate information.

How do you fit two elephants in a bottle without them touching each other?

ANSWER: Put a third one in between them.

Write On! That's Strange

What was one of the strangest things you have ever read or heard about?



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Friday, November 8 – **DJ Tasi**
Saturday, November 9 – **Vintage Plus Band**
Friday, November 15 – **The Mirage Band**
Saturday, November 16 – **Vintage Plus Band**
Friday, November 22 – **The Mirage Band**
Saturday, November 23 – **Vintage Plus Band**

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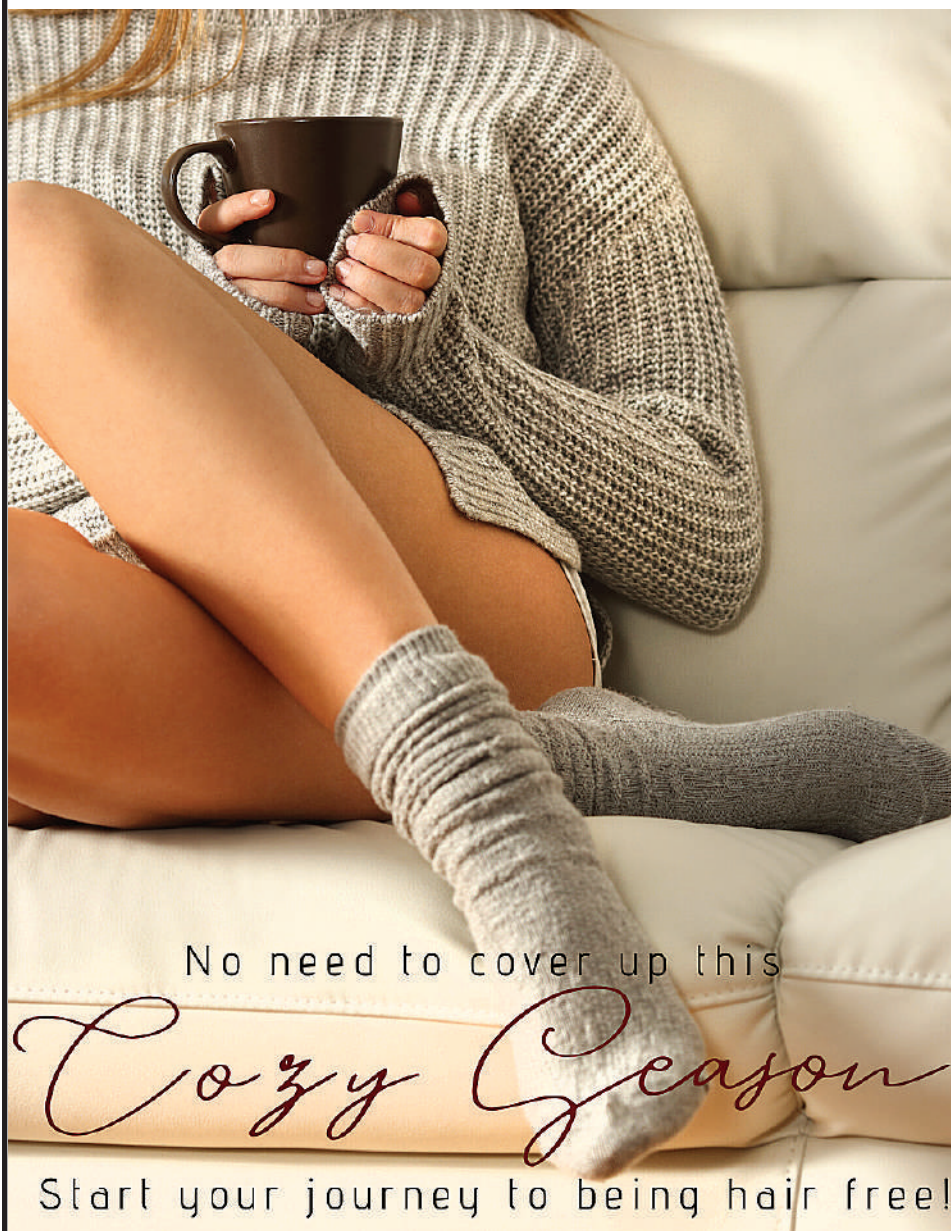
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Cozy Season
Start your journey to being hair free!

Living Well

MASONIC HOMES OF CALIFORNIA

NOVEMBER 2019

A WALK TO REMEMBER

East Bay Walk to End Alzheimer's raises funds, spirits

It was an unforgettable day of hope and celebration for the more than 2,300 people comprising 300-plus teams that gathered October 26 for the 2019 East Bay Walk to End Alzheimer's in San Ramon.

All told, participants raised more than \$625,000 to fund research into and raise awareness of Alzheimer's disease, which is already the sixth-leading cause of death in the United States—that's more than breast cancer and prostate cancer combined. As a leader in the field of memory care, the Masonic Homes of California was well-represented at the walk, fielding a plucky team of 32 walkers who together raised nearly \$3,600—almost double their initial goal.

The Alzheimer's Association's Walk to End Alzheimer's, which is held annually in 600 communities across the country, is the world's largest event to raise funds for Alzheimer's care, support, and research. Today, more than



Masonic Homes of California Resident Services Administrator Soledad Martinez and residents and staff raised funds for Alzheimer's care and research.

5 million people in the U.S. are living with Alzheimer's—and another 16 million are working as either paid or unpaid caregivers for people with the disease or another form of dementia. One in three seniors ultimately dies with Alzheimer's or dementia, and close to two-thirds of all Americans with the disease are women.

Those are the sobering facts of the disease, which has seen a 145 percent rise in Alzheimer's-related deaths since 2000. However, for one afternoon, at least, the mood around the walk was one of cheerful defiance.

"Alzheimer's disease is one of the most pressing—and frightening—issues facing the elderly today,"

says Masonic Homes of California President Gary Charland. "But by coming out and making ourselves and this condition visible through events like this, we're taking the first step toward what will someday be the breakthrough that leads to a cure."

The Masonic Homes of California has seen Alzheimer's and other memory disorders become a leading concern for its residents in recent years. Today, the Homes offer a wide range of memory care services including their Brain Gym, a technology-based program designed to prevent cognitive loss; the Compass Club, a social program for those experiencing early memory loss; and skilled nursing and other specialized care for those

at more critical stages of cognitive decline. Staff at MHC is certified in dementia care and trained in the social, physical, cognitive, emotional, and spiritual domains of memory support.

For more information about the Masonic Homes of California, visit MasonicHome.org.

A RINGING ENDORSEMENT FOR MASONIC HOMES OF CALIFORNIA

Drawing on survey results measuring factors like company values, managers' impact on employee growth, and employees' connection to the larger mission, the Bay Area News Group has named the Masonic Homes of California one of its 2019 Top Workplaces in the Bay Area.

The award is based on data collected across several categories designed to capture an organization's level of workplace engagement.

Through its licensed retirement homes in Union City and Covina and the Masonic Center for Youth and Families in San Francisco, MHC provides care and services for some of California's most vulnerable people. The organization, which now employs 423 staff across three campuses, provides outreach and services for hundreds of members, widows, and families across the state. Today, MHC offers person-centered care centered around four values: safety, personal connection, experience, and efficiency.

"MHC has always attached great importance to its commitment to the residents, clients, and families it serves," MHC President Gary Charland says. "This award shows that when it comes to our own team, we're just as focused on creating a meaningful and supportive environment. I couldn't be prouder."



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(510) 475-2137

View our video at:
masonichome.org/Transitions

HAPPY HOLIDAYS!

Welcome the Season—in Style

Come get in the holiday spirit at the 19th annual tree lighting and holiday party, cohosted by the Masonic Homes of California and Acacia Creek in Union City. The event includes entertainment provided by Stage 1 Theatre, the Fremont Christian Jazz Band, James Logan Show Choir, the Delaine Eastin Elementary Choir, and more. Holiday treats, photo opportunities with Santa, holiday crafts, and other goodies will all be available leading up to the dramatic tree lighting.

Please bring an unwrapped gift to donate to **Toys for Tots** to help a child need. No advance reservation is required for this free event, but parking can be limited. For more information, call (510) 471-3434.

Acacia Creek:
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Busy, active lifestyles to keep you energized.*

Come see for yourself how Acacia Creek is breaking the mold on what it means to age. In our vibrant, community, we empower each other to lead fulfilling lives and become our best selves.

Join us:
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acaciacreek.org

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RETIREMENT COMMUNITY
Imagine Living The Dream

UNION CITY: RCFE #011440129 SNF #020000063 COA #151 | COVINA: RCFE #191592287 COA #154

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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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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

Pickles is a handsome and
outgoing 3 year old
brown tabby who loves
to meet new people. He
was a little timid when he
first arrived at the shelter
but has since blossomed
into a very affable and
social boy. Meet Pickles
at the Hayward Animal
Shelter.



Sir Winston, an 8 month old
Turkish Van mix, was a shy little
boy when he arrived at the
shelter. Now, after getting lots
of attention and TLC from staff
and volunteers, he's blossomed
into a sweetie who gives kisses
and meows for attention.
Meet Sir Winston 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

Sundays, Sep 8 - Dec 1
Family Friendly Matinee

3 p.m.
Dates: 9/8, 10/6, 11/3, 12/1
Made Up Theatre
4000 Bay St. Suite B, Fremont
(510) 573-3633
www.madeuptheatre.com

Mondays, Sep 9 - Dec 17
Advanced Math and Science
Tutoring

6:00 p.m. - 7:30 p.m.
High school and college level help in
math, physics and chemistry
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900
www.aclibrary.org

Monday - Friday, Sep 30 -
Nov 27
Resonance Exhibit

Upstairs: Mon - Fri, 9 a.m. – 5 p.m.;
Downstairs: Mon: 5 p.m. - 10 p.m.
Tues & Thurs: 10 a.m. - 1 p.m.
Mixed media by 11 artists on their
experiences with H.A.R.D.
PhotoCentral
1099 E St., Hayward
(510) 881-6721
www.photocentral.org

Monday - Friday, Oct 4 - Dec 6
Members Show

9 a.m. - 5 p.m.
Art by members of the Hayward Arts
Council
John O'Lague Galleria
777 B St., Hayward
(510) 538-2787
www.haywardartscouncil.org

Tuesdays, Wednesdays,
Thursdays, Oct 8 - Dec 3
Day of the Dead: A
Celebration of Life

10 a.m. - 4 p.m.
Works by community artists and
members of Hayward Arts Council
Sunset Gallery
22100 Princeton St., H2, Hayward
(510) 538-2787
www.haywardartscouncil.org

Sundays, Nov 3 - Dec 29
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

Saturdays - Sundays, Nov 2 -
Dec 29
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, Nov 2 -
Dec 29
Wild Wonders

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

Arts & Entertainment

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Farmers’ Markets

CASTRO VALLEY:

Castro Valley Farmers' Market

Saturdays
10 a.m. – 2 p.m.
Year-round
Castro Valley Bart station lot off of Redwood Road
equipped to accept EBT and Market Match funds to CalFresh customers.
uvfm.org

FREMONT:

Kaiser Permanente Fremont Farmers’ Market

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

Irvington Farmers’ Market Sundays

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

Niles Farmer's Market Saturdays

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

HAYWARD:

Hayward Farmers’ Market Saturdays

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

SAN LEANDRO:

Bayfair Center Saturdays

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

Kaiser Permanente San Leandro

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

Downtown San Leandro Wednesdays

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

MILPITAS:

Milpitas Farmers’ Market at Great Mall Parking Lot

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

NEWARK:

Newark Farmers’ Market Sundays

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

UNION CITY:

Kaiser Permanente Union City Farmers’ Market

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

Union City Farmers’ Market Saturdays

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

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mobile

Times & Stops subject to change

Tuesday

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

Wednesday

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

Thursday

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

Monday

1:45 – 2:45 Delaine School,
34901 Eastin Dr.,
UNION 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
Camellia Dr. & Camellia Ct.,
FREMONT

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

For more information
(408) 293-2326 x3060

Wednesday

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

Friday - Sunday, Nov 8 - Nov 24

Next to Normal \$
Fri. & Sat. 7 p.m., Sun. 2 p.m.
Toney Award-winning “mental illness musical”
Smalltown Society Space
22222 Redwood Rd., Castro Valley
plethos.org

Sundays, Nov 10 - Jan 4

Dove Gallery Art Competition Exhibit
12 noon - 3 p.m.
Artworks from all ages in various media and styles
Park Victoria Baptist Church
875 S. Park Victoria Dr., Milpitas
(408) 464-5011
dove@parkvictoria.org

Thursday - Sunday, Nov 14 - Nov 23

The Learned Ladies \$
Thurs: 4 p.m. Fri & Sat: 7 p.m. Sun: 2 p.m.
Comedy by Moliere
American High School Theatre
36300 Fremont Blvd, Fremont
(510)796-1776 ext 57702
http://ahs-fusd-ca.schoolloop.com

Saturdays-Sundays, Nov 23 - Dec 22

Great Dickens Christmas Fair \$
10 a.m. - 7 p.m.
Shopping, entertainment, and food from Dickensian London
Cow Exhibition Hall
2600 Geneva Ave., San Francisco
(800) 226-0841
https://dickensfair.com

Daily, Nov - Dec

Photos with Santa
November: Mon – Sat, 10 a.m. – 8 p.m. (break 2 p.m.- 3 p.m.), Sun, 12 noon – 6 p.m. (break 2:30 p.m. – 3:00 p.m.)
December: Mon – Sat, 10 a.m. – 9 p.m. (break 1 p.m.- 2 p.m. and 5 p.m. – 6 p.m.), Sun, 12 noon – 6 p.m. (break 2 p.m. – 3 p.m.), Xmas Eve, 9 a.m. – 5 p.m. (break 1 p.m. – 2 p.m.)
Closed Thanksgiving
NewPark Mall
2086 NewPark Mall, Newark
(510) 793-5683

Friday nights

Laugh Track City \$
8 p.m.
Fast-paced improv comedy show
Made Up Theatre
4000 Bay St., Suite B, Fremont
(510) 573-3633
https://madeuptheatre.com/

Saturday nights

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

THIS WEEK

Wednesday, Nov 20

Canyon Middle School Choirs \$
7 p.m.
Evening of music kicking off the winter season
Castro Valley Center for the Arts
19501 Redwood Rd., Castro Valley
(510) 889-8961
www.cvartsfoundation.org

Wednesday, Nov 20

Medicare Changes for 2020
10:30 a.m. - 11:30 a.m.
Rep from HICAP provides information and answers questions
Fremont Senior Center
40086 Paseo Padre Parkway, Fremont
(510) 790-6600

Wednesday, Nov 20

Toddler Time
10:30 a.m. - 11:45 a.m.
Hear a story, do some chores, meet some farm animals. Ages 1-4
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

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Domingo

Higado
Liver

Pollo
Chicken

Carnitas
Fried Pork

Cabeza
Beef Head

Buche
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Pastor
Spicy Pork

Chile Verde
Green Pork

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FRESH HAND MADE CORN TORTILLAS,
MENUDO, POZOLE, BIRRIA, CEVICHE, SALADS,
CHILE RELLENO, ENCHILADAS
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Tuesday - Friday 10 - 9
Saturday 9 - 9
Sunday 9 - 8

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corner of Grand and Winton

386 Winton Ave. Hayward

Any Breakfast
with meat & Coffee
\$9.99+tax
Mon-Sat
10am-12pm

Wednesday, Nov 20

Transgender Day of Remembrance

7 p.m.
Honor and grieve those who have died at the hands of others
Mission Peak Unitarian Universalist Congregation
2950 Washington Blvd., Fremont
(510) 490-0200
www.unitedagainsthateweek.org

Thursday, Nov 21

The Great American St Show \$**
7:30 p.m.
Brian Copeland and Charlie Varon: life in the age of Trump
Castro Valley Center for the Arts
19501 Redwood Rd., Castro Valley
(510) 889-8961
www.cvartsfoundation.org

Thursday, Nov 21

Chinese Calligraphy R
3 p.m.
Try your hand at this delicate art using pen, brushes and ink
Fremont Hills Assisted Living & Memory Care
35490 Mission Blvd., Fremont
(510) 796-4200
https://fremonthills.watermarkcommunities.com

Thursday, Nov 21

Security on the Internet
6:35 p.m.
How the internet works and how to enjoy it safely
Union City Branch Library
34007 Alvarado Niles Rd., Union City
(510) 745-1464
www.aclibrary.org

Thursday, Nov 21

Achieve Your Financial Goals R
6 p.m. - 7 p.m.
Information session by SparkPoint Fremont
Family Resource Center, Millen-nium Room
39155 Liberty St., Fremont
(510) 574-2000
(510) 574-2020

Thursday, Nov 21

Singles Dance \$
8 p.m. - 11 p.m.
Benefits Seva Foundation to restore sight to the blind
Doubletree Newark-Fremont Hilton Hotel
39900 Balentine Dr., Newark
(510) 490-8390
www.ThePartyHotline.com

Thursday, Nov 21

Tri-City Elder Coalition Meeting
12:00 p.m. - 1:30 p.m.
Alex Schubek from City of Fremont Fire Dept.
Fremont Retirement Community
2860 Country Drive, Fremont

Thursday, Nov 21

Hayward Nonprofit Alliance Meeting
10 a.m.
Speakers Jennifer Ellis, La Familia, and Lisa Brunner from US Census
St. Rose Hospital
Sherman L. Balch Pavilion
27190 Calaroga Ave., Hayward
www.hayward.org

Thursday, Nov 21

The Making of A Nation/ The Making of Niles
12 noon - 1:30 p.m.
Panel presentation with 3 historians. Hosted by Niles Rotary Club
Washington Hospital West Anderson Auditorium
2500 Mowry Ave., Fremont
(800) 448-5433
(510) 656-1226

Friday, Nov 22

Latino Business Roundtable
8:30 a.m.
Speaker Paul Nguyen, economic development manager for the City of Hayward
St. Rose Hospital
Sherman L. Balch Pavilion
27190 Calaroga Ave., Hayward
www.hayward.org

Friday, Nov 22

Senior Citizens Thanksgiving Dinner
5:30 p.m.-9:00 p.m.
Traditional turkey dinner, music, prize drawings. Free for local seniors
Union City Ruggieri Senior Center
33997 Alvarado-Niles Road, Union City
(510) 675-5328
(510) 384-4281

Friday, Nov 22

Music at the Mission \$
8 p.m.
Playful and romantic music featuring the violin, cello, and piano
Old Mission San Jose
43300 Mission Blvd., Fremont
(510) 659-6158
www.musicatmsj.org

Friday, Nov 22

Craftzone: Holiday Craft
2 p.m. - 3 p.m.
Enjoy a fun, holiday craft. Ages 5+
Niles Library
150 "I" Street, Fremont
(510) 795-2626
(510) 284-0695

Saturday, Nov 23

Fremont Area Writers
2:00 p.m.- 4:30 p.m.
Kelley A. Way talks copyright, trademark, and estate planning
42 Silicon Valley
6600 Dumbarton Circle, Fremont
cwc-fremontareawriters.org



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www.aclibrary.org



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Saturday, Nov 23

Just Ducky

9:00 a.m.- 10:30 a.m.

Winter ducks are arriving. Bring binoculars. Ages 12+

Coyote Hills
 8000 Patterson Ranch Rd., Fremont
 (510) 544-3220
 www.ebparks.org

Saturday, Nov 23

Native Knowledge Nature Walk

1:00 p.m. - 2:30 p.m.

Plants, animals and games Ohlone people enjoyed. Ages 7+

Coyote Hills
 8000 Patterson Ranch Rd., Fremont
 (510) 544-3220
 www.ebparks.org

Saturday, Nov 23

Movie Night \$

7:30 p.m.

"The Hoosier Schoolmaster", "Spring Fever", "The Gangsters and the Girl"

Niles Essanay Theater
 37417 Niles Blvd, Fremont
 (510) 494-1411
 www.nilesfilmmuseum.org

Saturday, Nov 23

Newark Rotary Crab Feed \$

6 p.m.

All-you-can-eat crab, pasta, garlic bread, live auctions

Newark Pavilion
 6430 Thornton Ave., Newark
 (510) 793-5683
 www.newarkrotary.org

Saturday, Nov 23

Storytime with Ms. Peggy

11 a.m.

"Mushroom in the Rain"

Books on B
 1014 B St, Hayward
 (510) 538-3943
 www.booksonb.com

Saturday, Nov 23

Welcome Back, Anna Towers

12 noon - 2 p.m.

Meet nature enthusiast and Friendly Fungus photographer

Books on B
 1014 B St, Hayward
 (510) 538-3943
 www.booksonb.com

Saturday, Nov 23

United Against Hate

2 p.m. - 4 p.m.

Documentary screening, panel discussion, light refreshments

San Leandro Main Library
 300 Estudillo Ave., San Leandro
 (510) 577-3971
 www.aclibrary.org

Saturday, Nov 23

Turkey Time R

11:00 a.m. - 12:30 p.m.

Discover the history and humor of turkeys. Create a craft to take home.

Sunol Regional Wilderness
 1895 Geary Rd., Sunol
 (510) 544-3249
 www.ebparks.org

Saturday, Nov 23

Pumpkin Palooza

12 noon - 1 p.m.

Learn about these orange gourds, make Thanksgiving decorations

Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

Saturday, Nov 23

Garden Chores for Kids

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

Help weed, water, plant seeds, learn about heirloom vegetables

Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

Saturday, Nov 23

Turkey Talk

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

Learn about turkeys and make a Thanksgiving decoration

Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

Saturday, Nov 23

Tea and Conversation

10 a.m. - 12 noon

Pair up with someone from a different faith, make friends

St. Anne Episcopal Church
 2791 Driscoll Rd., Fremont
 (510) 490-0553
 www.unitedagainsthateweek.org

Saturday, Nov 23

East Bay People's Choir

4 p.m.

Free concert with hopeful music

Irington Presbyterian Church
 4181 Irvington Ave., Fremont
 (510) 657-3133
 www.unitedagainsthateweek.org

Sunday, Nov 24

Water is Life Hike

9 a.m. - 12 noon

3-mile walk around marsh, discuss importance of water. Meet at visitor center. Ages 15+

Coyote Hills
 8000 Patterson Ranch Rd., Fremont
 (510) 544-3220

Sunday, Nov 24

Feeding Frenzy

2 p.m. - 3 p.m.

Help feed resident aquarium animals

Hayward Shoreline Interpretive Center
 4901 Breakwater Ave., Hayward
 (510) 670-7270
 www.haywardrec.org/hayshore.html

Sunday, Nov 24

Fixin' Feed

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

Use antique equipment to grind up food for the farm animals

Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

Sunday, Nov 24

Cooking in Country Kitchen

11 a.m. - 1 p.m.

Sample food cooked on a wood-burning stove

Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

Sunday, Nov 24

Victorian Table Top Games

2 p.m. - 3 p.m.

Play a game of ball and cup, tops, or Jacob's Ladder

Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

Sunday, Nov 24

Felted Pumpkins

11 a.m. - 12 noon

Woolly craft for your Thanksgiving table

Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

Sunday, Nov 24

Beginning Embroidery

1 p.m. - 2 p.m.

Learn some basic stitches

Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

Sunday, Nov 24

Oakland Gay Men's Chorus

2 p.m.

Traditional choral music, Broadway musicals and popular songs

Union City Branch Library
 34007 Alvarado Niles Rd., Union City
 (510) 745-1464
 https://www.oaklandgmc.org

Monday, Nov 25

Eden Garden Club Meeting

9:30 a.m.

Two members share their artistic talents

Hayward-Castro Valley Moose Lodge
 20835 Rutledge Rd., Castro Valley
 (510) 723-6936
 (510) 397-1268

Monday, Nov 25

Covered California Enrollment Workshop

7 p.m. - 9 p.m.

Learn about health care options, eligibility, how to register

Fremont Main Library
 Fukaya Room B

2400 Stevenson Blvd., Fremont
 (510) 745-1467

Monday, Nov 25

Coyote Cubs: Turkey Vultures Are Gross...ly Entertaining!

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

Play games, explore the park, do a craft. Ages 3-5 yrs

Coyote Hills
 8000 Patterson Ranch Rd., Fremont
 (510) 544-3220
 www.ebparks.org

Monday, Nov 25

Milpitas Rotary Club Meeting

12 noon - 1:15 p.m.

Attorney Gautam Dutti discusses election law

Dave and Busters
 940 Great Mall Dr., Milpitas
 (408) 957-9215
 http://www.clubrunner.ca/milpitas

Monday, Nov 25

Thanksgiving Services

7:30 p.m.

"Growing in Unity" theme music & inspirational messages

St. Joseph Church
 43323 Mission Blvd., Fremont
 (510) 648-5432

Monday, Nov 25

Outdoor Discoveries: Turkey Trot R

10:30 a.m. - 12 noon

Preschool and home school nature series. Ages 4-8

Sunol Regional Wilderness
 1895 Geary Rd., Sunol
 (510) 544-3249
 www.ebparks.org

Monday, Nov 25

58th Annual Interfaith Thanksgiving Service

7:30 p.m.

Sacred readings, song, and dance

St. Joseph Hall
 43148 Mission Blvd., Fremont
 (510) 656-2364
 www.unitedagainsthateweek.org

Tuesday, Nov 26

Taiwanese Thanksgiving Dinner

1 p.m. - 6 p.m.

Free dental/medical clinic 1-4 p.m.

Dinner and entertainment 4 - 6 p.m.

Centerville Presbyterian Church
 4360 Central Ave., Fremont
 (510) 299-2223
 (510) 432-7353

Tuesday, Nov 26

Harry Potter Escape Room R

12 noon

Teams of 8 try to escape from Hogwarts. Advance registration required

Castro Valley Library
 3600 Norbridge Ave., Castro Valley
 (510) 667-7900
 www.aclibrary.org

Wednesday, Nov 27

Senior Thanksgiving Luncheon \$R

11 a.m. - 1 p.m.

Enjoy traditional turkey dinner and free raffle

San Leandro Community Center
 13909 East 14th St., San Leandro
 (510) 577-6080
 www.sanleandrorec.org

Wednesday, Nov 27

Senior Thanksgiving Luncheon \$R

11 a.m. - 1 p.m.

Enjoy traditional turkey dinner and free raffle

San Leandro Marina Community Center
 15301 Wicks Blvd, San Leandro
 (510) 577-3462
 www.sanleandrorec.org

Thursday, Nov. 28

LOV Thanksgiving Dinner

12:30 p.m. – 4:00 p.m.

Food, entertainment, children's crafts

Newark Pavilion
 6430 Thornton Ave., Newark
 www.lov.org

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THEATRE

Next to Normal

SUBMITTED BY KARIN RICHEY
PHOTO BY BRESLOW IMAGING

Dozens of people filled every square inch of Smalltown Society in Castro Valley to see the first three sold-out performances of "Next to Normal" by Plethos Productions. Audiences called the show "first rate theater," and "deeply moving," and there were many tears shed.

On the surface, the characters are your typical "normal" American family. But just beneath the facade, is Diana Goodman, a mother who has

struggled with bipolar disorder and psychosis for sixteen years. This gripping, heart-wrenching musical is a snapshot of just one of the rollercoaster years Diana, her husband and children have endured. From a song about pharmaceuticals to mental tricks played on the audience, everyone is taken along for the ride as Diana experiences the frenetic highs of mania and the absolute depths of severe depression and grief. Journey along with this family and see how empathy, patience and love help them endure.

This Broadway rock musical won the Pulitzer Prize as well as a Tony Award.

The show takes a raw and honest look at the flawed health care system, medication, side effects and the resilience of love and family in the face of crisis.

There are three more performances, Friday through Sunday November 22 - 24, and tickets are selling out fast at plethos.org.

Next to Normal
Friday, Nov 8 – Sunday, Nov 24
Fri – Sat: 7 p.m.
Sun: 2 p.m.
Smalltown Society
22222 Redwood Rd., Castro Valley
(510) 842-6005
plethos.org
General admission: \$20



Ferrari starts fashion collaboration with Armani

BY COLLEEN BARRY
AP BUSINESS WRITER

Sportscar maker Ferrari said Monday it was starting a fashion collaboration with Giorgio Armani as part of its long-awaited strategy to spread its brand to other sectors and squeeze more value out of it.

CEO Louis Camilleri told analysts that Ferrari aims to earn 10% of earnings before interest and taxes in seven to 10 years from three new areas: apparel, entertainment and luxury services.

The Italian company aims to both increase and retain a greater portion of the 800 million euros (\$892 million) in products bearing the carmaker's name, the CEO said.

"This is not just about profit, this is about enhancing our brand equity and

the vitality and vibrancy of the brand," Camilleri said.

He said Ferrari will focus the use of its brand, reducing licenses by half and eliminating a third of the product categories currently available.

Besides the apparel line to be produced in Italy through a long-term deal with Armani, Ferrari will expand its entertainment offerings, which currently comprise theme parks in Abu Dhabi and Barcelona and two museums in Italy, with driving simulation centers to leverage its Formula 1 racing heritage.

The third category, luxury services, will include a new restaurant with Michelin-star chef Massimo Bottura at the Maranello headquarters to open at the end of 2020.

Ferrari raised its earnings forecast, citing a robust third-quarter performance including a 9% increase

in deliveries.

It raised its full-year forecast for net revenues to 3.7 billion euros, from 3.5 billion euros previously. It lifted its prediction for earnings before interest, taxes and amortization to 1.27 billion euros from 1.25 billion euros.

In the third quarter, earnings before interest, taxes and amortization rose 11% to 311 million euros. Revenues rose 9% to 915 million euros.

Deliveries hit 2,474 vehicles, lifted by the Ferrari Portofino and the 812 Superfast. They were up by double-digits in Europe, were flat in the Americas and dipped 2% in greater China. Full-year volumes will be in the 10,000-region.

Ferrari has unveiled four new models this year as it renews a product portfolio, and will preview a fifth next Wednesday at an event in Rome.

Interfaith Thanksgiving Service focuses on "Growing In Unity"

SUBMITTED BY REV. JEFFREY SPENCER

The 58th Annual Tri-City Interfaith Thanksgiving Service will be held November 25 at St Joseph Catholic Church in Fremont. The program is sponsored by the Tri-City Interfaith Council (TCIC). This year's theme, "Growing In Unity," focuses on hurdles we face as a society to being truly united and the ways we can overcome those hurdles.

The liturgical fabric of the service is rich in readings from sacred text, prayers, songs, traditional costumes, dances, and music from many of the various faith and spiritual traditions represented in the Tri-Cities. The importance of passing the sacred tradition to the next generation is highlighted at the conclusion of the service when a symbol is passed from an adult to a younger member of many of the Tri-City's faith communities.

Attendees are invited to bring refreshments for a time of fellowship after the service. A financial offering will be received to underwrite an expansion of the justice ministries of the TCIC.

Parents are encouraged to bring children and youth for this inspiring and educational program. The Thanksgiving service provides a unique opportunity to become acquainted with the varied cultural and religious traditions that are such an important part of our community. A reception follows the service.

Since 1962, when three Protestant Christian churches gathered for Thanksgiving worship, this holiday service has evolved to reflect dramatic historical changes and diversity in the Bay Area. Vatican II encouraged interfaith dialogue between Catholics, Protestants, and the Jewish community. Then in the late 1980s representatives from other faith traditions joined in the celebration. Now, it is common to have people representing the Hindu, Muslim, Ohlone Indian, Unitarian Universalist, Sikh, Baha'i, and Buddhist communities share in the Thanksgiving Service.

For the second year, this interfaith service concludes the Bay Area United Against Hate Week, a movement supported by governments and non-governmental organizations around the Bay Area in November. You can learn more about it at <https://unitedagainsthateweek.org/>. You can learn more about the Tri-City Interfaith Council at <https://tcicouncil.weebly.com/>.

Tri-City Interfaith Thanksgiving Service
Monday, Nov 25
7:30 p.m.
St Joseph Catholic Church
43148 Mission Blvd, Fremont
510-797-0895
www.nilesdiscoverychurch.org

Classifieds Deadline: Noon Thursday
(510) 494-1999 | tricityvoice@aol.com

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I, Ajay kumar Mahabhyashm, resident of 38850, Farwell Dr, Apt#14C, Fremont CA 94536, issue this publication on behalf of my son Rohini Shrihan Mahabhashyam, holder if Indian passport No: K2275474. I have changed his name from Rohini Shrihan Mahabhashyam to SHRIHAN MAHABHASHYAM for all future purposes.

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Director of Precision Optics in Fremont, CA, in charge of manufacture planning, supervise fabrication staff, control project progress, etc. Email resume mehgans@svotek.com, Silicon Valley Optics Technology, Inc.

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DGN Technologies, Inc. has multiple openings at multiple levels.

Programmer Analysts (#001): Gthr & anlyze biz reqs; Dfne, anlyz, & dcmnt systms dsgn prcdres; Creat fnctnl & tchncl specificatn docs; Prov solutns & prep charts, wrkflws, digrms & othr tchncl docs; Tst & enhnc exstng systms; & prov prod suprt.

Programmer Analysts (#002): Eval systm reqs & improv exstng systms; Colabrte w/teams to formulat systm dsgn prcdres & qalty stnds; & Install, mdify & mntr s/w prgrms.

Software Engineers (#003): Dsgn, dvlp, implmnt & dlvr scalbl s/w solutns; Dsgn optmizd code; Mdfy & enhnc exstng s/w by fxng tchncl issues; & Prep tchncl dsgn docs for dvlpmnt of new featr.

Software Engineers (#004): Dvlp, dbug, & tst s/w apps; Prov s/w suport by asistng w/intgrtn of s/w apps; Trbleshoot data isus & implmnt proces improvmts; & Partcpte in dsgn & rvw proces. All positions may req travel &/or relocatn to var unanticipated client locatns thruout USA. Job Site: Fremont, CA & var unanticipated client locatns thruout USA. Resumes w/Job Code: HR, 46500 Fremont Blvd, #708, Fremont, CA 94538. See: www.dgntechnologies.com



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STATEWIDE RENT CAP: NOW WHAT?

LÍMITE DE ALQUILER A NIVEL ESTATAL: ¿Y AHORA QUÉ?

ਰਾਜਵਿਆਪੀ ਕਿਰਾਇਆ ਕੈਪ: ਹੁਣ ਕੀ?

STATEWIDE RENT CAP: ANO NA ANG SUSUNOD?

Is it rent control? Know your NEW rights as a renter in California under A.B. 1482, a statewide anti-rent gouging and limited anti-eviction protection set to take effect on January 1, 2020.

Join the RISE Coalition for a tenant know your rights workshop. Learn how to exercise, build, and protect your rights as a renter. Refreshments provided. All renters and renter advocates welcome!

Saturday November 23, 11AM - 1PM

Filipino Advocates for Justice Office
 3961 Horner St, Union City, CA 94587
 Contact: Roberta Ryan, 510-516-2642
roberta@fiaeastbay.org
 RSVP: bit.ly/2CfkDSy



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Wrestling

State rankings include local grapplers

SUBMITTED BY
TIMOTHY HESS

According to CalGrappler 2019-2020 California Girls State Rankings, the following local

girls are ranked among the top ten state high school wrestlers in six different weight classes.

101
7. Lizzette Rodriguez - James
Logan HS (Union City)
116
4. Alieshia Narvaez - Arroyo HS
(San Lorenzo)
121
8. Mikaela Troche - Newark Me-
morial HS (Newark)

150
6. Beyonce Garcia - James Logan
HS (Union City)
160
1. Ariana Pereira - Newark Me-
morial HS (Newark)
170
1. Alia Bushi - Arroyo HS (San
Lorenzo)

Source:
<http://www.calgrappler.com/2019-2020-california-girls-state-rankings/>

Football

North Coast Section playoff recap

SUBMITTED BY MIKE HEIGHTCHEW

Of the Mission Valley Athletic League teams playing in the North Coast Section tournament, only Moreau Catholic (Hayward) was able to advance to the next round.

Division 1 James Logan (Union City) lost to Pittsburg
Division 4 Newark Memorial lost to Acalanes (Lafayette)
Division 4 John F. Kennedy lost to Marin Catholic (Kentfield)
Division 5 Moreau Catholic (Hayward) beat Miramonte (Orinda)

Mariners move on in playoffs



Football

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

November 15

The Moreau Catholic Mariners (Hayward) started their quest for a Division 5 championship in impressive style on November 15th. In the opening round of North Coast Section play, Mariner offense took control from the start by opening big holes in the Miramonte Matadors defense. Amassing a 21-point lead, the Mariners applied consistent and effective pressure on the Matadors' quarterback.

The second half unveiled a new Matadors plan of attack with the quarterback moving out of the pocket which proved successful and resulted in points on the scoreboard. However, the Mariners' running attack was simply unstoppable and, every touchdown by the Matadors was duplicated by the Mariners.

Final score: Moreau Catholic Mariners 56, Miramonte Matadors 27

Next up for the Mariners is a semi-final round matchup with the Del Norte Warriors (Crescent City) on Saturday, November 23 at Moreau Catholic (7 p.m.).

22 VETERANS DIED TODAY BY SUICIDE



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Boutique Calendar

Saturday, Nov 23 – Sunday, Nov 24

Holiday Boutique

10 a.m. – 4 p.m.
Pre-paid orders: Sept 15 – Nov 15
Famous fruitcakes, accessories hand sewn by the sisters, raffles, entertainment
Dominican Sisters of Mission San Jose
43326 Mission Cir., Fremont (510) 657-2468
www.msjdominicans.org

Saturday, Nov 23

Holiday Boutique

9 a.m. – 3 p.m.
Handmade crafts, one of a kind gifts, delicious food
Fremont Veteran’s Memorial Hall
37154 Second St., Fremont
kcforshort@gmail.com

Saturday, Nov 30

Mistletoe Madness

10 a.m. – 4 p.m.
70+ vendors with handcrafted wares
Marina Community Center
15301 Wicks Blvd., San Leandro
TEXT: (510) 301-1268
http://www.mistletoemadness.net/

Friday, Dec 6 – Sunday, Dec 8

Annual Holiday Boutique

11 a.m. – 5 p.m.
Artisan’s Reception: Dec 7
Crafts and art from local artists
Sun Gallery
1015 E. St., Hayward
(510) 581-4050
sungallery@comast.net
http://sungallery.org/

Friday, Dec 6 – Sunday, Dec 8

Holiday for the Arts Show and Sale

Fri opening gala:
5:30 p.m. – 9 p.m. \$
Sat & Sun:10 a.m. – 5 p.m.
Crafts and art from local artists, live music
Olive Hyde Art Guild
123 Washington Blvd., Fremont
(510) 791-4357
http://olivehydeartguild.org/



Friday, Dec 6 – Sunday, Dec 8

20th annual Newark Artists Open Studios and Holiday Boutique

11 a.m. – 5 p.m.
Buy professional art pieces and chat with artists in their studios
Studio locations:
Simone Archer, Lynn Kozma, Sue Morford
36541 Cherry St.

Adriane Dedic, Emelie Rogers, Mary & Gene Bobik
35811 Ruschin Dr.

Imaginook Studio: Tetiana Taganska, Olga Tymoshchuk, Susan Helmer, Natalia Birktairova, Parul Parekh
39675 Cedar Blvd., Suite 135

(510) 794-3436
ad@myartstudio.com
http://www.myartistsstudio.com/

Saturday, Dec 7

Holiday Believe Boutique

9 a.m. – 3 p.m.
Over 60 vendors, trees & wreaths, live entertainment by students, bake sale, prize drawings
American High School
36300 Fremont Blvd., Fremont
(510) 552-4750

Saturday, Dec 7

Holiday Gala Boutique

8 a.m. – 4 p.m.
Gently used clothing, shoes, purses, toys, books, seasonal goods, tea, kitchen items
Union City Apostolic Church
33700 Alvarado-Niles Blvd., Union City
(510) 857-9012
(510) 774-9718



Friday, Dec 6

It’s a Wonderful Night

5:30 p.m. – 9:00 p.m.
Selfies with Santa & Mrs. Claus, horse-drawn carriage rides, donate to Toys for Tots
Joaquin & Estudillo Plazas
Between Washington Ave. & E. 14th St., San Leandro
https://sanleandrodowntownassociation.org/events/its-a-wonderful-night/

Friday, Nov 22

Jack London Square Christmas Tree Lighting

5 p.m. – 8 p.m.
Tree lighting and artisan market
Jack London Sq., Oakland
https://sf.funcheap.com/jack-london-square-holiday-festival/

Saturday, Nov 29

Niles Festival of Lights parade and tree lighting

6 p.m.
Parade with unique floats and tree lighting
Downtown Niles
37200 Niles Blvd., Fremont
https://www.nilesfestivaloflightspa-rade.org/

Sunday, Dec 1

Grinch Tree Lighting

6:30 p.m. – 8:30 p.m.
Civic Center Plaza
457 E. Calaveras Blvd., Milpitas
https://allevents.in/milpitas/the-grinch-tree-lighting-ceremony/200017939229054?ref=int-ernal-event#

Monday, Dec 2

Trees of Angels

6:30 p.m.
Entertainment, raffle, appearance by Santa and Mrs. Claus
Silliman Center
6800 Mowry Ave., Newark
https://www.whhs.com/Giving-Vol-unteering/Our-Foundation.aspx

Tuesday, Dec 3

Masonic Homes Tree Lighting

5 p.m.
Masonic Homes of California
34400 Mission Blvd., Union City
(888) 466-3642
http://masonichome.org/events/2019/12/tree-lighting/

Wednesday, Dec 4

Trees of Angels

6 p.m.
Entertainment, raffle, appearance by Santa and Mrs. Claus
Union City City Hall
34009 Alvarado-Niles Rd., Union City
https://www.whhs.com/Giving-Vol-unteering/Our-Foundation.aspx

Friday, Dec 6

Castro Village Christmas Tree Lighting

5 p.m. – 8 p.m.
Live music and entertainment, photos with Santa
Castro Village Shopping Center
Castro Valley Blvd. at Santa Maria Ave.
Castro Valley, CA
https://castrovillage.com/christmas-tree-lighting-event/



Going somewhere? Some places offer trips to the unknown

By JOHN RABY
ASSOCIATED PRESS

Mystery trips _ those that offer the hardy among us a trip to an unknown destination _ have grown into their own industry, both for individual and group travel.

Whether traveling by bus, train or plane, these vacations vary widely in length, expense and destination.

Often, clients are given a general idea where they're going. Others aren't told until they arrive at the airport. Some trips are even bought as gifts for others.

Park It

By NED MACKAY

Every year the East Bay Regional Park District offers lots of activities to offset the expected caloric intake and exercise deficit of Thanksgiving Day. This year is no exception.

It all starts with a “Burn the Turkey” hike from 9 a.m. to noon on Friday, November 29 at Redwood Regional Park in Oakland, led by naturalist Morgan Guenther. This is a hilly, challenging five-mile hike through the redwoods, starting at the Trudeau Training Center at 11500 Skyline Boulevard. Heavy rain cancels.

Or you can enjoy post-Thanksgiving fun in a program from 10 a.m. to 4 p.m. the same day at Crab Cove Visitor Center in Alameda. Watch live fish and crabs up close, make a nature craft, and meet the center’s turtle or snake. From 10:30 a.m. to noon there’s a show about water and ocean creatures on the center’s “big screen,” with popcorn and cider served. Drop in for a reptile meeting between 1 p.m. and 2 p.m. Family Nature Fun is all about turkeys from 2 p.m. to 3 p.m., and it’s fish-feeding time at the aquarium from 3:00 p.m. to 3:30 p.m.

Crab Cove is at 1252 McKay Ave. off Alameda’s Central Avenue. For information on either Morgan’s hike or post-Thanksgiving fun, call 510-544-3187.

There’s another “Burn the Turkey” hike from 10 a.m. to

1 p.m. on November 29 at Sunol Regional Wilderness in southern Alameda County, led by naturalist Ashley Adams. This one is a three-mile guided hike to Little Yosemite, a rocky gorge on Alameda Creek.

Sunol Wilderness is at the end of Geary Road off Calaveras Road about five miles south of I-680 and the town of Sunol. There’s a parking fee of \$5 per vehicle; the hike is free. For information, call 510-544-3249.

And at Coyote Hills Regional Park in Fremont, there’s an interactive puppet show from 4:30 to 5:30 p.m. on Friday, November 29 at the visitor center, highlighting the park’s natural and cultural history, plus everything we can be thankful for.

Coyote Hills is at the end of Patterson Ranch Road off Paseo Padre Parkway. There’s a parking fee of \$5 per vehicle; the puppet show is free.

Last on the calendar is a “Post Turkey Day Creek Walk” from 9:00 a.m. to 11:30 a.m. on Saturday, November 30 starting at Creekside Park in Oakley, led by naturalists from Big Break Regional Shoreline. This is a moderate, 4.5-mile walk on the paved Marsh Creek Regional Trail to look for creek-side plants and animals. Strollers are welcome. For information, call 888-327-2757, ext. 3050.

Pre-Thanksgiving programs also are planned. For example there’s pumpkin pie ice cream from 12:00 noon to 12:30 p.m. on Sunday, November 24 in the Environmental Education Center

at Tilden Nature Area near Berkeley, with naturalist Jenna Collins. The group will make ice cream using the familiar orange gourd. And from 3 p.m. to 4 p.m. the same day at the center, Jenna will show how to make a turkey ring decoration for your upcoming Thanksgiving feast.

The center is at the north end of Tilden’s Central Park Drive, accessible via Canon Drive from Grizzly Peak Boulevard in Berkeley. Call 510-544-2233.

A couple of more contemplative programs are on the calendar at Black Diamond Mines Regional Preserve in Antioch, led by naturalist aide Jake Wright. “Mountains and Memoir” is from 9 a.m. to 11 a.m. on Saturday, November 23. It’s a vigorous hike into the history of the park to make connections with our own lives.

And from 10 a.m. to 12 noon on Friday, November 29, Jake will lead a hike on the theme of giving thanks to the air, trees, soil and water.

Both hikes meet at the park’s uppermost parking lot at the end of Somersville Road, 3½ miles south of Highway 4. There’s a parking fee of \$5 per vehicle when the kiosk is staffed; the hikes are free. Call 888-327-2757, ext. 2750.

There’s lots to do in the regional parks as the holiday season continues. For full listings, visit the website, www.ebparks.org. And remember, Fridays are free in the regional parks through the end of the year, in celebration of the park district’s 85th anniversary.

Viola Blythe turkey donation

SUBMITTED BY WILLIAM GODFREY

At 10 a.m. on the morning of November 21 the Newark Police Department will deliver approximately 160 turkeys to the Viola Blythe organization at 7730 Enterprise Drive in Newark. The event will involve many police vehicles congregating in front of the warehouse. The turkeys will then be distributed before Thanksgiving to Newark residents.

Viola Blythe has been providing food and clothing for thousands of homeless men, women, and children for over 60 years. They provide services year-round, but put out special effort during the holiday season with adopt-a-family, Thanksgiving food baskets, children’s Christmas party, and Christmas food & toy baskets.

This is an annual event involving the Newark Police Department and the Viola Blythe organization joining forces to benefit the community. Questions about the event can be directed to the center in Newark at (510) 794-3437.

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

Union City City Council

November 12, 2019

Presentations:

- Recognized November as Sikh Awareness and Appreciation Month. Sikhism is a religion founded by Guru Nanak, in the Punjab region in today's India and Pakistan over five centuries ago. Sikhism is the fifth largest religion in the world with more than 25 million Sikhs worldwide. Sikhs first arrived in California through San Francisco's Angel Island Immigration Station in 1899. Sikh Americans have served in the United States military since World War I. The first Sikh house of worship called Gurdwara, in the United States was founded in Stockton on October 14, 1912. The two largest Gurdwaras in North America are in Fremont and San Jose. Proclamation accepted by Jaswinder Singh Jandi, Kashmir Singh Shahi, and Harminder Singh Sodhi.
- **Consent Agenda:**
 - Appointed Anita Roque to serve as full commissioner on the Senior Commission until March 30, 2020. Roque used to serve as alternate commissioner. Members of the Commission get paid up to \$78 a month to attend meetings.
 - Started consultant services agreement with Miller Planning Associates for \$289,300. They plan to update the city's zoning



Union City City Councilmembers with Jaswinder Singh Jandi, Kashmir Singh Shahi, and Harminder Singh Sodhi for the Sikh Awareness and Appreciation Month proclamation

- ordinance to give objective standards for multi-family housing and mixed-use developments.
- Amended lease agreement with T-Mobile West Tower LLC in Contempo Park. The first amendment to install a communications tower was made in November 18, 2014 when T-Mobile West Tower took over the lease. The company plans to raise their rent to \$2,859.11 to have their tower on city property. The city will make \$171,546 for this updated 5-year lease.
 - **Public Comment:**
 - On drinking water.
 - On library hours.
 - **Public Hearings:**
 - Adopted Ordinances for the 2019 Editions of California Building codes. The changes were introduced in October 8, 2019.

- City Reports:**
- Presented more information about adding parcel tax to the ballot. If the city wants to fund one police officer the tax rate must be \$167 a year, if two \$175 a year, as originally proposed. The ordinance will generate \$5 million by 2021 - 2022 and \$6.2 million by 2028 - 2029. Final vote to put the parcel tax on the 2020 ballot will be during the November 26, 2019 city council meeting.
 - Conducted a Study Session for a project proposal with 938 housing units, 31,020 square foot for commercial use, and roadway and park improvements. The focus was on affordable housing section. The obligation for the project is 141 units, and 98 of those units are in one 5-story building. The rest of the required

units will be built, but no decision has been made on which building they would be in. The planners and developers also discussed alternate modes of transportation including scooter/bike share, car share, and Uber and Lyft pickup/drop off areas. Councilmember Singh brought up 11th street parking being a big issue. He recommended permit or meter parking as solutions. Resident shared his comments on elevators and trash disposal chutes being better maintained.

Mayor Carol Dutra-Vernaci Aye	
Vice Mayor Gary Singh Aye	
Emily Duncan Aye	
Pat Gacoscos Aye	
Jaime Patiño Aye	

Fremont City Council

November 12, 2019

Work Session

- Evaluate impact of SB743 on transportation impacts in California Environmental Quality Act (CEQA). With California Natural Resources Agency (CNRA) certification and adoption of the changes to the CEQA Guidelines, automobile delay, as measured by “level of service” and other similar metrics, generally no longer constitutes a significant environmental effect under CEQA. Vehicle Miles Traveled (i.e., vehicle usage) per capita is recommended by the Governor's Office of Planning and Research as the most appropriate metric to evaluate a project's transportation impacts. Next steps to develop policy revisions and guidelines.

Regular Meeting

Consent Calendar:

- Execute agreement with Brightview Landscape Services, Inc. for maintenance service at library and police department administrative and detention facilities and fueling stations and animal shelter.

- Approve agreement with Precision Emprise LLC dba Precision Concrete Cutting for grinding and maintenance of pathways at Central Park.
- Award contract to Foothill Engineering in the amount of \$352,648.75 for Fremont Boulevard widening project – Phase III.
- Public Hearing to consider summarily vacating portions of landscape and all emergency vehicle access easements within 12 parcels bounded by Kaiser Drive, Campus Drive and Dumbarton Circle.
- **Ceremonial Items:**
 - Proclaim November 2019 Lung Cancer Awareness Month. Ron Fong accepted the proclamation.
- **Oral Communications:**
 - Comments about safety concerns regarding restriping of Rancho Arroyo Parkway.
 - County Supervisor Scott Haggerty spoke about the 20-year anniversary of the Fremont Resource Center and support for the Mobile Hygiene Center.
 - Comment regarding excessive use of right of way for bicycles.
- **Scheduled Items:**
- **Other Business:**
 - Presentation of investment strategies based on environmen-



Proclaim November 2019 Lung Cancer Awareness Month. Ron Fong accepted the proclamation.

tal, social and governance (ESG) criteria. Monique Spyke, Investment Manager of PFM outlined the performance of current management. Vote to retain current investment strategy PASSED 5-2 (Nay: Bacon, Kassan)

Council Referrals:

- Councilmember Bacon referral to investigate claims of City of Fremont janitors benefit

claims issues with SWA Services Group.

Mayor Lily Mei Aye	
Vice Mayor Raj Salwan Aye	
Vinnie Bacon Aye, 1 Nay	
Rick Jones Aye	
Teresa Keng (District 1) Absent	
Jenny Kassan (District 3) Aye,	
1 Nay	
Yang Shao (District 4) Aye	

New Bay Area bus service center opens

SUBMITTED BY KIM HUGGETT

Officials from Prevost, a bus service company, recently announced the opening of its newest Service Center in Hayward. Expanding on what is already the largest service network in the industry, the new location will allow Prevost to better serve the most populated state in the country.

It is a full-service facility, staffed by factory-trained technicians servicing Prevost, Nova Bus® and Volvo® coaches, as well as other brands. In addition, two mobile service vans will be based out of the new location in order to offer convenience and increase the service area.

“The newest addition to the Prevost Service Network is in response to our west coast customers’ requirements for more options and accessibility to our services. We will continue to grow in an ongoing commitment to our customers’ needs to maintain the largest and strongest service network in North America,” said Service Network Director, Randy Castillo.

The Prevost Service Network now features 11 Prevost Parts and Service Centers, 54 mobile service vans and almost 200 certified service providers. For more information, visit the Prevost website at www.prevostcar.com.

OPINION



WILLIAM MARSHAK

In the town of Pleasureville, there is universal peace and tranquility. Residents have transcended the mundane challenges of housing, traffic and income. Here, all live in towering high-rise apartment/condominiums that abut mass transit facilities to convey everyone directly to their place of work or daily activity. Within a few hundred feet of every living space, a plethora of services, shopping and entertainment amenities to satisfy all tastes and incomes is available.

Power is supplied directly to consumers through an ingenious network of carbon-free resources. There is no need for private transportation, so automobile parking spaces do not exist. Extraordinary transportation requirements, such as out-of-town trips, are satisfied by driverless vehicles that appear if summoned, then disappear to remote parking garages when idle. Recreational travel by bicycle, hoverboards or mini-carriages require little, if any, external power source. Although income inequality exists, basic support is available to every resident. Pleasureville

controls weather fluctuations to minimize challenges for commuters and travelers.

Far-fetched?

This utopian scenario exists today in the minds of planners and futurists. Similar to H.G. Wells (The Time Machine), Alvin and Heidi Toffler (Future Shock) and more contemporary futurists such as Dr. Michio Kaku who dabble in the possibilities and challenges of times to come, there is a danger of losing perspective when immersed in a vision of what is to come. Using existing metrics to contemplate the effects of change may lead to a paradox. When and how does the future engulf the past? Even those who advance to a future mindset may find themselves shackled by the parameters of today.

A recent work session of the Fremont City Council followed a presentation to the Planning Commission regarding the implementation of State Senate Bill 743 that changes how municipalities measure traffic impacts under CEQA (California Environmental Quality Act). Instead of using the current metric of "Level of Service" (LOS) that measures the number of seconds vehicles are delayed at intersections, showing miserable ratings in cities throughout the state, a new measurement is required. The Governor's Office of Planning and Research has recommended using something called Vehicle Miles Traveled (VMT) per capita. This tracks the total amount of driving over a given area. It is touted as a better metric that more accurately reflects geographic travel patterns - infrastructure, transit service

and land use.

Now, instead of confronting the miserable LOS record, getting worse with every new residential project, new criteria will be established to wipe the record clean, deliver a different metric. Creation of a new measurement provides an opportunity to plan more housing without fear of exacerbating already abysmal LOS ratings. VMT favors mixed use development since, in theory, less miles are traveled to access amenities. However, it doesn't take into account what already exists... a failed roadway system that can ill afford additional traffic. Manipulating statistics to achieve a futuristic result ignores the current dilemma. Swapping metrics brings to mind the venerable saying attributed to Mark Twain, "Figures don't lie, but liars figure."

At the conclusion of the 1985 film, Back to the Future, protagonists Doc, Marty and Jennifer are preparing for a trip to the future to correct impending problems. As Doc prepares to achieve the speed for time travel, Marty asks if there is enough road ahead. The response is, "Roads? Where we're going, we don't need roads."

However, in the sequel, there are still roads! Is there a lesson in this?

William Marshak
PUBLISHER

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High School Diplomats

SUBMITTED BY
GOKUL RAMAPRIYAN

Mission San Jose High School Junior Gokul Ramapriyan attended the High School Diplomats (HSD) US program this past summer. During the 10-day program, 40 American and 40 Japanese students met at Princeton University to discuss global issues, engage in the stigmatization of negative social norms, and learn about each other's culture.

"Attending High School Diplomats US was an opportunity of a lifetime," says Ramapriyan. "Those 10 days at Princeton changed my life, and the interactions I had with the Japanese students, American students, and staff are some that I can never forget."

HSD began in 1987 when a group from the American International Underwriters Insurance Company of Tokyo, Japan (now known as AIG) decided to offer a limited number of full scholarship trips to the United States for exceptional Japanese high school students. While in the United States, the Japanese student-diplomats had a chance to visit numerous landmarks in metropolitan areas of Washington, D.C. and New York City, as well as stay with US students and their families. The program now has over 2,600 Japanese and American alumni.

The primary focus of the trip is a 10-day cultural exchange at Princeton University, where each Japanese student is paired with an American roommate. (All accepted students receive a full scholarship to cover costs.) Together they explore the similarities and differences of their respective cultures through formal and

informal discussions, student presentations, and group activities. In the process, they build cross-cultural bridges of friendship and cooperation.

"I was able to learn more about Japanese culture and customs, but I was also able to learn more about myself," says Ramapriyan. "I became more empathetic, open-minded, and understanding because of this program. I encourage everyone who is even a little bit interested in the program to apply since it has the potential to change your life like it has changed mine."

Other students had similar positive experiences. "At HSD we learned how to build relationships better than I ever have before in my life," says Jonathan Auh, a Junior at Desert Mountain High School in Scottsdale, Arizona. "The crazy thing was, we spent 10 days together while being absolute strangers at the start and

at the end of it all, we all were closer to each other than we ever thought possible. I learned that to do that every single day requires 100% of your attention and effort into every single relationship you have with the people around you."

American alumni of HSD have a chance to participate in High School Diplomats Japan, a program where will have the opportunity to go to Japan (all expenses paid) and experience Japanese culture and lifestyle while staying with a host family.

HSD is a life-changing program that opens an individual mind through thought-provoking discussions and also teaches the principles of empathy and understanding through friendships. More information, including application deadlines for the 2020 session, can be found at www.highschooldiplomats.com.

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Fremont Memorial Chapel
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3723 Peralta Blvd. Fremont
www.fremontmemorialchapel.com

Rosa Luna Baca
Resident of Stockton
July 6, 1928 – November 15, 2019
Fremont Chapel of the Roses

Curt S. Gomez
Resident of Fremont
June 27, 1958 – November 13, 2019
Fremont Memorial Chapel

Tien Tsai Hsu
Resident of Hayward
October 11, 1959 – November 13, 2019
Fremont Chapel of the Roses

Roberta Lee Owen
Resident of Hayward
March 1, 1935 – November 11, 2019
Fremont Chapel of the Roses

Betty Burke
Resident of Fremont
May 29, 1940 – November 10, 2019
Fremont Chapel of the Roses

Edward K. Rodrigues
Resident of Fremont
July 13, 1932 – November 10, 2019
Fremont Chapel of the Roses

Robert Martinez
Resident of Fremont
September 3, 1963 – November 9, 2019
Fremont Chapel of the Roses



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Bhaggirathi Kumar
Resident of Sant Clara
August 6, 1954 – November 14, 2019

Emiliana Alfonso
Resident of Fremont
September 11, 1945 – November 13, 2019

Ruben Rodriguez
Resident of Fremont
March 2, 1958 – November 12, 2019

Gorgonoa Malinao
Resident of Fremont
September 16, 1921 – November 9, 2019

Raja Rajeswari Kotikalapudi
Resident of Palo Alto
July 21, 1956 – November 9, 2019

Barbara Archer
Resident of Fremont
November 10, 1924 – November 8, 2019

Mirra Morrison
Resident of Fremont
July 28, 1944 – November 7, 2019

Marie Braga
“Sister M. Mercedes Braga”
Resident of Fremont
November 10, 1928 – November 5, 2019

Viktor Konovalov
Resident of Fremont
November 10, 1953 – November 3, 2019

Leroy Sayas
Resident of Newark
June 1, 1941 – November 1, 2019

John Silva
Resident of Newark
September 8, 1927 – October 31, 2019

Hermene Indig
Resident of Fremont
November 13, 1931 – October 30, 2019

Don Alpers
Resident of Hayward
December 17, 1924 - October 29, 2019

Obituary

Curt Gomez

June 27, 1958 - Nov. 13, 2019

Resident of Fremont

Curt Gomez, 61, of Fremont, CA, passed away Wednesday, Nov. 13 2019 at home, surrounded by his loving family. Born June 27th, 1958 in Sacramento, CA, Curt was the son of the late Tommy Gomez and also preceeded in death by his brother, Rocky Gomez. Curt graduated from James Logan High school in Union City and later received his Liberal Arts degree from Ohlone College in Fremont. He proudly served in the US Marine Corps and completed his duty with an honorable discharge. As an active figure in his community, he assisted with the youth baseball and softball leagues of the Tri City area. Curt diligently fulfilled his role as an Alameda County Sheriff’s office employee for over 20 years. An avid sports fan, he supported all Bay Area teams but especially the Oakland Raiders. He also enjoyed listening to various genres of music including but not limited to the Temptations, the Beatles and the Doobie Brothers. Curt loved hiking outdoors or visiting Santa Cruz. Truly a warrior and



hero to his family, Curt will greatly be missed by his wife, family and all who knew him. Curt is survived by his wife of 33 years, Yolanda Gomez. Son to Betty Gomez and brother of Leslie Giambrone & John Giambrone. Curt was a dedicated father to Marina Aragon, Tommy (Amy) Gomez and Valencia Gomez. He was thrilled to be a first time grandfather of Gunnar Gomez.

A Memorial Service for Curt will be held on Friday, November 22, 2019, 4 PM, at Fremont Memorial Chapel, 3723 Peralta Blvd, Fremont.

Fremont Memorial Chapel
510-793-8900

Obituary

“Topper” Robert Lee Martinez

Resident of Fremont

September 3, 1963 – November 9, 2019



Dearly departed "Topper" Robert Lee Martinez, 56 years old of Fremont, CA. unexpectedly passed away on the evening of November 9, 2019 in Fremont, CA. He was surrounded by many family and friends.

Topper was born on September 3, 1963 in Santa Fe, NM. His parents came to California in 1966 and settled down in Fremont, CA. In 1983 he married the love of his life, "Cookie" Ruth Martinez. They celebrated 36 years of marriage this past June. He was an expert with his hands and a man of all trades. One of his many passions was restoring and customizing his 1954 Ford F-100 that he inherited from his father. He loved cruising with the Ford F-100 Elite Truck club. He dedicated all his hard work to his daughter “Chula” Catalina Martinez, who was lost to cancer in 2014. He also renovated his home to make it a loving place

for his family, friends and loved ones to gather and share wonderful memories.

Topper is survived by his Grandma Aurelia Mejia, Mother Martha Martinez, wife “Cookie” Ruth Martinez, daughter and son in law Angelina and Adrian Barroso, granddaughters Mariyah, Abigail and Analicia. His siblings "Beto" Albert Martinez and Brenda Martinez and many loving nieces, nephews, cousins, uncles and aunts.

In remembrance predeceased Catalina Martinez, Juan-Felipe Martinez, Jose Martinez, Albert Molinar, Jose Martinez and Adelia Armijo.

Topper was loved and respected by everyone he met. He was a man of character and a man of his word. Raider Nation!

Visitation will be held from 1:00 – 5:00 PM, Sunday, November 17, 2019 with a Vigil Service at 3:00 PM, Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont. Funeral Mass will be held at 10:30 AM, Monday, November 18, 2019, Our Lady of Guadalupe Catholic Church, 41933 Blacow Road, Fremont. Burial to follow at Holy Sepulchre Cemetery, 26320 Mission Boulevard, Hayward.

Fremont Memorial Chapel
510-793-8900

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

‘Tis the Season – For Flu!

SUBMITTED BY KIM BROOKS

Flu season is here, and it’s often marked by the offers of free flu shots in neighborhood pharmacies and stores across the country. Servpro cleaning pros in the Fremont area—experts in cleaning and sanitizing building materials, surfaces, and contents after fire, water, or natural disasters—remind home and business owners how important it is to step up routine cleaning efforts during this time of year. According to the Centers for Disease Control (CDC), the flu virus can remain viable on surfaces for up to 48 hours. Cleaning surfaces and objects that are frequently touched minimizes the likelihood of contacting the flu virus when you touch an infected surface.

According to the CDC, nearly 15 percent of the U.S. population suffered from the flu in 2018. More than 950,000 people were hospitalized and almost 80,000 people died from flu complications, making 2018 the most severe flu season since 2009. “As an emergency response company, we understand the hidden danger of contaminated surfaces in a workplace or home,” said Rick Isaacson, CEO of Servpro Industries, LLC. “This time of year, the flu virus can be a ‘hidden danger’ at home, at work, and in the community. It is a serious illness, and we want our friends and neighbors in the Fremont area to take it seriously.”

The CDC recommends the following to help protect yourself or your loved ones from contracting the flu.

1. Get vaccinated. The CDC recommends a yearly flu vaccination as the first and most important protection against this serious virus.

2. Thoroughly wash your hands (20 seconds or more with soap and water) or sanitize them frequently throughout the day, even if you are not infected, to help protect yourself and others.

3. Beware of frequently touched surfaces, like handrails and doorknobs. Keep them clean at home using a bleach and water solution and clean your hands as soon as possible if you must touch them in public.

If you or a family member comes down with the flu despite these precautions, keep in mind the flu spreads primarily through droplets from a sick person when they cough, sneeze, or talk. With that in mind, the CDC offers the following guidelines to help control the spread of the disease:

1. Stay home and keep your distance. Infected droplets from a sick person’s nose or mouth can travel up to six feet and land in the noses and mouths of people nearby, exposing them to the illness.

2. Wait until you are fever free – without medications – for at least 24 hours before returning to school, work, or normal activities.

3. Cover your nose and mouth with a tissue, your sleeve, or your elbow when you cough or sneeze. Dispose of the tissue and clean your hands with soap or a sanitizer with 60 percent alcohol.

There is no such thing as a foolproof flu protection plan, says Isaacson, but frequent hand-washing and conscientious cleaning practices at home, work, and in the community are precautions everyone can practice to help keep them and their loved ones healthy. For more flu statistics and tips on how to help prevent the spread of the flu virus, please visit <https://www.cdc.gov/flu>.

Obituary

Kaiser CEO Death



SUBMITTED BY
JONATHAN BAIR

It is with profound sadness that we announce that Bernard J. Tyson, Chairman and CEO of Kaiser Permanente, unexpectedly passed away early today in his sleep. On behalf of our Board of Directors, employees and physicians, we extend our deepest sympathies to Bernard’s family during this very difficult time.

Bernard J. Tyson, born January 20, 1959, assumed the role of CEO of Kaiser Foundation Health Plan, Inc. and Hospitals — known as Kaiser Permanente – in 2013, and was named chairman of the board of directors in 2014. Tyson’s career at Kaiser Permanente spanned more than 30 years, and he had successfully managed all major aspects of the organization during that time, serving in roles from hospital administrator and division president to chief operating officer.

Tyson’s influence was felt both nationally and internationally.

TIME included him on its list of the most influential people in the world and named him one of the Health Care 50. Also, in addition to being named by Modern Healthcare as one of the most influential people in health care for 5 consecutive years, he was No. 2 on the 100 Most Influential People in Healthcare list and on Fast Company’s list of most creative people.

An outstanding leader, visionary and champion for high-quality, affordable health care for all Americans, Bernard was a tireless advocate for Kaiser Permanente, our members and the communities we serve. Most importantly, Bernard was a devoted husband, father and friend. Bernard is survived by his wife, Denise Bradley-Tyson, and three sons; Bernard J. Tyson Jr., Alexander and Charles.

Effective immediately, the board of directors has named Gregory A. Adams, Executive Vice President and Group President, as interim Chairman and CEO. “Bernard was an exceptional colleague, a passionate leader, and an honorable man. We will greatly miss him,” said board member Edward Pei, Chair of the Executive Committee and the Governance, Accountability and Nominating Committee. “The board has full confidence in Greg Adams’ ability to lead Kaiser Permanente through this unexpected transition.”

Obesity in
Alameda County

SUBMITTED BY JESSICA TOUZET

It’s nearly impossible to live in the United States today without hearing about obesity and the possible associated health risks. Yet obesity is not spread out equally across the country; some states have higher and some lower rates than the national average.

According to data from the State of Obesity Organization (now known as the State of Childhood Obesity), California has the 5th lowest obesity rate in the US. However, despite this stellar ranking nearly 26% of people in California are obese. That’s up from just 10% in 1990. Overall, 48 states have an obesity rate of 25% or higher.

Still, there is variation. When you break down obesity rankings to a county level, San Francisco County has one of the lowest obesity rates at 12%, and Imperial County comes in at nearly 44%.

Based on information collected (anonymously and voluntarily) from visitors to Dietspotlight, a website offering nutrition and weight management resources, men and women in Alameda County, are on par with the rest of the state. The average man weighs about 215 pounds and has a body mass index (BMI) of 31. Women, on average, weigh about 167 pounds with a near-normal BMI of 28.4. (The high-end of normal for BMI ratings is 24.9.)

When you put the data from men and women together to get a combined look at the county, the average Alameda resident needs to lose about 44 pounds. That’s 14% lower than the state average of 51 pounds and 26% lower than the US average of 59 pounds.

To learn more about obesity statistics in Alameda, visit <https://statistics.dietspotlight.com/CA/Alameda/>.

Flowers look tired?
How to extend their vase life

BY DEAN FOSDICK
ASSOCIATED PRESS

Fresh cut flower arrangements are fleeting, but you can keep them lively longer by taking a few simple steps in selection, conditioning and nourishment.

“Cut flowers generally last five to seven days after the time they get to the consumer,” said Lisa Mason Ziegler, a cut flower grower and operator of The Gardener’s Workshop, an online flower farming school near Newport News, Virginia. “Dahlias and sweet peas are more like five days. They have a shorter life but look fabulous.”

When selecting cut flowers, keep in mind that iris, tulips, snapdragons and daffodils have an extremely short vase life – less than a week. Orchids, carnations and chrysanthemums usually last

two weeks or more.

A clean vase is important, Ziegler said. “Put it in a dishwasher to remove any bacteria. Then cut 1 to 2 inches off each stem before putting them into the vase. They’re probably clogged but cutting will open them up and they’ll be able to feed again,” she says.

Conditioning needs vary, said John Dole, an associate dean and floriculture specialist at North Carolina State University. Some varieties require more managing than others, but all cut flowers should be fed.

“Use the flower food packets that most likely came with the bouquet,” Dole said. “Mix according to directions and position the flowers into the vase. After they’ve had their first big drink, take them out, put in fresh

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George Orwell New Mexico
exhibit bares 'doublespeak' legacy

BY RUSSELL CONTRERAS
ASSOCIATED PRESS

War is Peace. Freedom is Slavery. Ignorance is Strength.

Those were the slogans of the Party in George Orwell’s 1949 novel “1984” that allowed the superstate of Oceania to keep its population under control. The Thought Police thwarted dissent. The Ministry of Truth promoted lies. The Ministry of Love tortured lovers.

Those dystopian warnings about the fake becoming the gospel have shaped the minds of generations since they appeared in print more than a half-century ago. And now a new exhibit on Orwell at the University of New Mexico’s Zimmerman Library in Albuquerque, New Mexico seeks to remind people about the author’s premonitions amid a new – yet very familiar – era.

“George Orwell: His Enduring Legacy” which runs to April, features posters and material related to “1984” and his 1945 allegorical novella, “Animal Farm.” It also contains rare Orwell books in different languages to highlight his reach and evolution as a writer.

The British-born Orwell, who died in 1950, was known for “Animal Farm” and “1984,” both of which tackled totalitarianism. Orwell’s “1984” has become a best-seller in the U.S. again during the Trump administration.

The exhibit was sparked after a longtime advocate and employee of the University of New Mexico University Libraries donated his collection of rare Orwell books. For years, Russ Davidson, a University of New Mexico professor and curator emeritus, amassed rare Orwell books from around the world.

Those rare works included first editions of “Animal Farm” and “1984” in Icelandic, Ukrainian, Swahili, French, Urdu, German, Hungarian and Spanish. He also obtained first, early and other scarce editions of many of Orwell’s other books, essays, and reportage.

Such unique books are on display in the exhibit.

Yet, the most captivating aspect of the small but powerful exhibit is the art and objects connected to themes and Orwell’s life. Artifacts and posters from the Spanish Civil War are shown to illustrate how the conflict played a role in Orwell’s intellectually formation. Orwell fought against a right-wing military coup in Spain but fled after he was shot in the throat and officials sought his arrest.

The campy book cover art also is seductive, offering commentaries about the eras the editions were produced rather than the work inside. In one edition of “1984,” for example, the cover features characters for the Sen. Joseph McCarthy Era 1950s with the words “forbidden love...fear...betrayal.” It’s almost as if novel was merely a pulp fiction soap opera found at Route 66 gas stations, except it’s not.

Then, there are the portrayals of Napoleon, the authoritarian pig in Animal Farm. Red posters show Napoleon in military gear of communist Eastern Europe. Other images show his celebrating his abundance at the sake of others, since, “all animals are equal, but some animals are more equal than others.”

Journalists, academics and political observers of every succeeding generation since Orwell’s untimely death have argued that Orwell remains relevant in their time. And, yes,

the same could be said of today.

Orwell’s concepts of doublespeak (deliberately euphemistic, ambiguous, or obscure language), newspeak (doublespeak for political propaganda) and thoughtcrimes (thoughts deemed illegal by a mob or a government) continued to be cited in response to current events.

President Donald Trump’s practice of blurting falsehoods – like saying, “The Kurds are much safer right now” after Turkey invaded Kurdish strongholds – have been called Orwellian.

The same has been noted for some Democrats. California Gov. Gavin Newsom claimed in August that the “vast majority” San Francisco’s homeless people came from Texas. (A 2019 report found 70 percent had previously lived in the city).

Even in New Mexico, the most Hispanic state in the U.S. that sits along the U.S.-Mexico border, Orwellian concepts in practice have emerged.

In 2016, for example, a left-leaning immigrant rights group denounced then-Republican Gov. Susana Martinez and her attempts to revamp a state law that allowed immigrants in the country illegally to obtain driver’s licenses. The group called a potential compromise to create a “two-tier” system to issue two types of licenses – one compliant with the federal REAL ID Act – nothing but a “scarlet letter.”

After New Mexico Democrats said it would support the compromise and the bill passed, the group changed course and publicly and proudly claimed Martinez lost.

But she won.

water and cut the stems again.

“By doing that your flowers will last longer and the sugars in the flower food will enhance their colors – particularly the purples,” he said.

By wary of homemade floral preservatives, Dole said.

“We’ve tried a wide mixture including aspirin, pennies and vinegar,” he said. “The only one that seems to have any validity is a clear soda (like 7-Up or Sprite) mixed 50-50 with water. It has to be the regular stuff with sugar.”

Additional tips for extending the vase life of cut flowers:

-- Give stems a nice flat cut if the flowers are going into a vase where the stems will be resting against the bottom, Dole said. “If you’re placing stems into a foam, a pointed cut will be better.”

-- Remove any leaves below the water line. “They’ll decompose and either get sucked up into the stems or stimulate bacteria growth,” Dole said.

-- Choose flowers that are well colored and not fully open. That will add a few days to their vase life, Dole said.

--Ethylene gas, produced by fresh fruits and vegetables, is a

naturally occurring ripening agent that can drastically shorten the life of many cut flowers. “Put your fruit in the kitchen and keep the flowers in the dining room,” Ziegler said.

-- Location is important. “The cooler the area the better,” Ziegler said. “Cut flowers last longer if kept out of direct sunlight. Refrigerating them overnight is good but it doesn’t work for all flowers. Dahlias love it; zinnias will turn black.”

Heroes and villains assemble at Comic Con

By **RAYMOND IBALE**

Hundreds of heroes, villains, and super fans rejoiced in comic book fandom at the 2nd annual Ohana Comic Con in Hayward, CA. The Veterans' Memorial Building came alive with eye-catching cosplay from all ages. Fans dressed as their favorite comic book and anime



and action figures, to stuffed toys, stickers, cards, knickknacks, and apparel.

many associate Darth Vader with actor James Earl Jones, the man behind the mask is actually C. Andrew Nelson. Nelson signed autographs, took pictures with fans, and answered questions about his time working with the Star Wars cast and George Lucas of Lucas films.

The event culminated with a costume contest. Cosplayers were pitted against one another to see who had the best costume in the

following categories: adult, children, villain, and fan favorite. It was up to a panel of three judges, including Nelson as a guest celebrity judge, to choose the best cosplayers.

A multitude of cosplayers, such as Akuma from Street Fighter, a Ghostbuster, Bumblebee from Transformers, Jason X, Link from Legend of Zelda, and a mashup costume of Inkling and Dragon Ball Z won in the costume contest.

Each winner received a gift certificate, which they spent inside at any of the vendors.

Turlock-based Ohana Comic Con comes back to the Bay Area on April 5, 2020. The event will take place at the Fremont Elks Lodge. Admission will be free for children 12 years old and under, and \$7 for adults. For more information follow Ohana Comic Con on Facebook at www.facebook.com/Turlock-ComicCon



characters, complete with makeup and props.

For those who may be new to the comic con scene, the word cosplay is a shortened form of two words: costume and play. Cosplay is the act of portraying a fictional character in while in costume.

"Cosplay gives you a chance to express yourself and identify with your favorite character," Newark resident Yvonne Lo said. "Going to Comic Con is always fun because you get to see a wide array of beautiful cosplays."

For casual fans, it was their time to explore and purchase items from vendors' displays; from vintage comic books, comic-themed collectables,

The intimate atmosphere offered goes a chance to roam around freely without it feeling crowded. For some attendees, this was their first-ever comic con.

"This is my first one, I have never been to [a comic con] before. The atmosphere is very chill, and you can get a sense of the artistic community," said Alameda resident Andie Nguyen.

Nguyen described the event in one word, "Ohana," meaning family in Hawaiian.

The Ohana Comic Con held special events such as gaming tournaments, autograph sessions, live artist sketching sessions, and a costume contest.

The guest of honor was none other than Darth Vader. While



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San Leandro Police Log

SUBMITTED BY LT. ISAAC BENABOU,
SAN LEANDRO PD

Friday, October 25

• October 25: A 17-year-old male driving a stolen vehicle westbound on Marina Boulevard led an officer on a pursuit when he did not pull over after the officer tried to make a traffic stop. Eventually, the male lost control of vehicle and struck a mother and child as they were crossing the intersection of Fairway and Doolittle drives. He then fled the scene; another officer located the vehicle as it was being driven onto eastbound I-238, but then lost sight of it. Soon, he spotted the teenager running away from the stolen vehicle on foot and gave chase and eventually took him into custody. A search revealed the teenager had a loaded gun in his pants. He was arrested and taken to juvenile hall and is facing various charges including felony charges. The mother and child sustained major non-life-threaten-

ing injuries and were treated and released at area hospitals.

Tuesday, October 29

• Officers responded to a report about a man with a gun in the 400 block of Nabor Street. Officers located the suspect and an associated vehicle. During a vehicle search a loaded firearm was found. The suspect, identified by police as John Teixeira, 40, of San Leandro was arrested on various firearm violations including being a felon in possession of a firearm.

Wednesday, October 30

• Detectives, trying to make a traffic stop on a known wanted felon, located a 2006 Ford Mustang in the parking lot of the Radisson Hotel on Edes Avenue in Oakland. Three occupants in the vehicle were taken into custody without incident. During a vehicle search, two guns were recovered. Two men, identified by police as Steven Casey, Jr., 29, of Oakland and Jorge Garcia, 29, of San Leandro were arrested on multiple firearm violations. The third occupant in the vehicle, identified by police as Maria Cabrera, 23, of Oakland was arrested on an outstanding felony warrant.

Thursday, October 31

• Officers responded to a report that a gun was brandished during an argument at Toyon Park. On arrival, an officer saw a man, identified by police as Gabriel Veliz-Cortez, 26, of Oakland discard a firearm under a vehicle and then run out of the park with four other males. As more officers arrived, Veliz-Cortez was caught and arrested on the 1500 block of 146th Avenue without incident. He faces a charge of being a felon in possession of a firearm.

Thursday, November 7

• At 10:31 a.m. detectives arrested four men and one female juvenile in connection with a series of recent grand thefts and strong-arm robberies in the San Leandro area primarily targeting elderly people in the Asian community. Police identified the suspects as Noah Moreno, 19, of San Leandro; Elijah Henry, 20, of Oakland; Aaron Duran, 20, and Jamont Baldwin, 19, both of Hayward. Also arrested was a 17-year-old female. The four men are in custody at Santa Rita Jail and facing various charges; the juvenile was taken to juvenile hall for charging.

Alameda County Fire Department

SUBMITTED BY ACFD

Saturday, November 9

• At 11:45 p.m. firefighters responded to a report of a fire in a two-story duplex on Depot Road in Union City. The fire started in the garage but spread to the first floor of the unit. One dog was rescued from the residence. The fire's cause is under investigation; no injuries were reported.

Monday, November 11

• At 2:09 p.m. firefighters responded to a call about a gas leak at a construction site in Newark. The manager on the scene told firefighters that an ammonia pipe was accidentally cut during a planned construction event. Hazmat 12 responded from San Leandro to secure the leak and allow the residual gas to dissipate. No injuries were reported.

Tuesday, November 12

• At 11:51 a.m. firefighters responded to a report of a small house fire on Maraschino Place in Union City. The fire was quickly extinguished. Eight occupants and three dogs were displaced from the residence and one disabled person was removed by Union City police. There were no injuries.

Fremont Police Log

SUBMITTED BY GENEVA BOSQUES, FREMONT PD

Tuesday, November 12

• At 2:50 p.m. patrol officers responded to a report about a suspicious person at Irvington Community Center on Blacow Road who had reportedly told a young child at the playground that he had a gun and wanted to injure someone. No weapon was seen. The suspect was described as an Asian male about 17 to 20 years old, wearing a black hoodie, black bandanna and carrying a black bag. Officers searched the area but were unable to locate the suspect. Stepped-up patrols are ongoing in the area. Anyone with information about the incident is asked to send an email to School Resource Officer Joel Luevano at Jluevano@fremont.gov.

Alameda County Sheriff's Office

SUBMITTED BY SGT. RAY KELLY

Monday, November 11

• At about 3:00 p.m. deputies conducting a welfare check at a residence on the 19900 Block of San Miguel Avenue in Castro Valley looked inside the building and saw a male on the floor. Deputies entered the residence and found the man dead with injuries that were consistent with a homicide. The victim was identified by authorities as Troy Schwenk, 55, of Castro Valley. Detectives and crime laboratory workers responded to the scene and a homicide investigation was started. Later, the victim's son, identified by authorities as Christopher Schwenk, 28, was arrested on suspicion of homicide and is being held at Santa Rita Jail. An investigation is ongoing.

BART Police Log

SUBMITTED BY
LES MENSINGER AND
BART PD

Sunday, November 10

• At 1:28 a.m. a man identified by police as Robert Ross, 38, of Oakland was arrested at Bay Fair station in San Leandro on a no-bail parole hold warrant and booked into jail.

Wednesday, November 13

• At 10:11 a.m. a man identified by police as Richard Porter, 48, of Hayward was arrested at Fremont station on suspicion of resisting arrest. He was booked into Santa Rita Jail.

• At 1:29 p.m. a man identified by police as Sion Martinez, 23, of San Leandro was arrested at Bay Fair station in San Leandro on an outstanding \$10,000 warrant from the CHP. He was booked into Santa Rita Jail.

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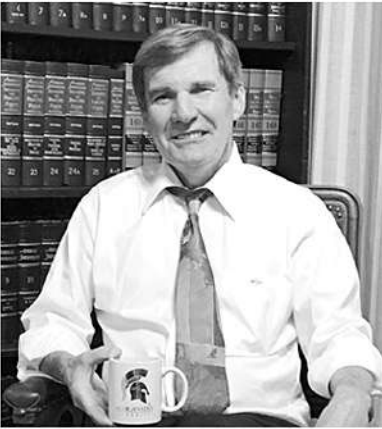
STEPHEN F. VON TILL, ATTORNEY AT LAW

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

NOTICE OF PUBLIC HEARING
CITY OF FREMONT
HISTORICAL ARCHITECTURAL
REVIEW BOARD

NOTICE IS HEREBY GIVEN THAT THE HISTORICAL ARCHITECTURAL REVIEW BOARD (HARB) OF THE CITY OF FREMONT WILL HOLD PUBLIC HEARINGS ON THE FOLLOWING PROPOSALS. SAID PUBLIC HEARINGS WILL BE HELD AT 6:30 P.M., ON THURSDAY, DECEMBER 5, 2019, AT THE CITY OF FREMONT, NILES CONFERENCE ROOM, 39550 LIBERTY STREET, FREMONT, CALIFORNIA. AT WHICH TIME ANY AND ALL INTERESTED PERSONS MAY APPEAR AND BE HEARD.

MOHAMMAD RANA RESIDENCE ADDITION AND ACCESSORY DWELLING UNIT – 37737 Fremont Boulevard- PLN2019-00024 - To consider Historical Architectural Review of a proposed addition to the rear of an existing single-family residence previously determined to be eligible for the California Register of Historical Resources, and the construction of a new detached accessory dwelling unit, and detached carport at 37737 Fremont Boulevard in the Centerville Community Plan Area, and to consider a categorical exemption from the California Environmental Quality Act (CEQA) per CEQA Guidelines Sections 15303, New Construction or Conversion of Small Structures and 15331, Historical Resource Restoration/ Rehabilitation. Project Planner – Terry Wong, (510) 494-4456, twong@fremont.gov

NELAPATLA RESIDENCE – 43599 Ellsworth Street – PLN2019-00271 - To consider Historical Architectural Review for the construction of a new single-family residence, and the modification/relocation of an existing single family residence located at 43599 Ellsworth Street within the Mission San Jose Historical Overlay District in the Mission San Jose Community Plan Area, and to consider an exemption from the California Environmental Quality Act (CEQA) per section 15303, New Construction or Conversion of Small Structures. Project Planner – Terry Wong, (510) 494-4456, twong@fremont.gov

* NOTICE *

If you challenge the decision of the Historical Architectural 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 Historical Architectural Review Board at, or prior to, the public hearing.

WAYLAND LI
FREMONT HISTORICAL ARCHITECTURAL
REVIEW BOARD



CNS-3314985#

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG19038314
Superior Court of California, County of Alameda
Petitioner of: Ngai Man Chao for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Ngai Man Chao filed a petition with this court for a decree changing names as follows:
Ngai Man Chao to Joseph Ngai Man Chao
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: 11/10/2020, Time: 11:00 AM, Dept: 17
The address of the court is 1221 Oak Street, Oakland, CA 94612
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 Happening Tri-City Voice
Date: October 8, 2019
Wynne S. Carvill
Judge of the Superior Court
11/5, 11/12, 11/19, 11/26/19

CNS-3309769#

FICTITIOUS BUSINESS
NAMESFICTITIOUS BUSINESS
NAME STATEMENT

Fictitious Business Name(s):
Sycamore TECH, 6170 Thornton Ave Suite C, Newark, CA 94560, County of Alameda
Registrant(s):
Amarjeet Chouhan, 39150 Sundale Dr Apt #4, 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/ Amarjeet Chouhan
This statement was filed with the County Clerk of Alameda County on October 30, 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). 11/19, 11/26, 12/3, 12/10/19

CNS-3314665#

FICTITIOUS BUSINESS
NAME STATEMENT

Fictitious Business Name(s):
Grace Janitorial, 35731 Bettencourt St #133, Newark, CA 94560, County of Alameda
Registrant(s):
Graciela Villa Camodina, 35621 Haley St #113, Newark, CA 94560
Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on 07/01/18
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/ Graciela Villa Camodina, Owner
This statement was filed with the County Clerk of Alameda County on October 28, 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). 11/19, 11/26, 12/3, 12/10/19

CNS-3314664#

FICTITIOUS BUSINESS
NAME STATEMENT

Fictitious Business Name(s):
File No. 565349
Fictitious Business Name(s):

Canaan Remodeling and Service, 21125 Tye Ct, Castro Valley, CA 94546, County of Alameda
Registrant(s):
Xiao Yi Yu, 21125 Tye Ct, Castro Valley, CA 94546

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/ Xiao Yu, Owner / Manager
This statement was filed with the County Clerk of Alameda County on November 12, 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). 11/19, 11/26, 12/3, 12/10/19

CNS-3314390#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 565045
Fictitious Business Name(s):
N.S. Transportation, 164 Teddy Drive, Union City, CA 94587, County of Alameda
Registrant(s):
Narinder Singh, 164 Teddy Drive, Union City, CA 94587
Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on 10-31-19
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Narinder Singh, Owner
This statement was filed with the County Clerk of Alameda County on October 31, 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). 11/12, 11/19, 11/26, 12/3/19

CNS-3313012#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME

File No. 501752
The following person(s) has (have) abandoned the use of the Fictitious Business Name(s):
The Fictitious Business Name Statement for the Partnership was filed on Feb 25 2015 in the County of Alameda.
Shirley's Skincare and Salon, 36640 Fremont Blvd Ste B, Fremont, CA 94536, County of Alameda
Registered Owner(s):
Shirley Fraga, 43697 Excelso Dr, Fremont, CA 94539
This business is conducted by: An Individual
I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to this section 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/ Shirley Fraga
This statement was filed with the County Clerk-Recorder of Alameda County on October 25, 2019.

CNS-3312507#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 565029
Fictitious Business Name(s):
Pest Med, 842 Boggs Ave., Suite F, Fremont, CA 94539, County of Alameda
Registrant(s):
Kendra Kessinger, 842 Boggs Ave., Suite F, Fremont, CA 94539
Joshua Michael Wallace, 1341 N. Pointe Place, Modesto, CA 95355
Michael Collins Hill, 1845 Ednamary Way, #E, Mountain View, CA 94040
Business conducted by: A General Partnership
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/ Kendra Kessinger, General Partner
This statement was filed with the County Clerk of Alameda County on October 31, 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). 11/12, 11/19, 11/26, 12/3/19

CNS-3311046#

STATEMENT OF WITHDRAWAL OF
PARTNERSHIP OPERATING UNDER
FICTITIOUS
BUSINESS NAME

File No. 564642
The following person(s) has/have withdrawn as a general partner(s) from the partnership operating under the Fictitious Business Name:
The Fictitious Business Name Statement for the Partnership was filed on October 21 in the County of Alameda.
Pest Med, 842 Boggs Ave., Suite F, Fremont, CA 94539, County of Alameda.
Registered Owner(s):
Michael Damien Montgomery, 5079 Tottenham Ct., San Jose, CA 95136
Monica Kessinger, 842 Boggs Ave., Suite F, Fremont, CA 94539
I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to this section 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/ Kendra Kessinger, Partner
This statement was filed with the County Clerk-Recorder of Alameda County on October 31, 2019.

CNS-3311045#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 564240-241
Fictitious Business Name(s):
(1) Spicy Herb, (2) Sleeping Yoga, 4490 Ladner St, Fremont, CA 94538, County of Alameda
Registrant(s):
Radhi Kataria, 41230 Vargas Road, Fremont, CA 94539
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/ Radhi Kataria, Owner
This statement was filed with the County Clerk of Alameda County on Oct 8, 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). 11/5, 11/12, 11/19, 11/26/19

CNS-3310128#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 564402
Fictitious Business Name(s):
Paras Enterprises, 48492 Arkansas Pl, Fremont, CA 94539, County of Alameda
Registrant(s):
Creative Young Minds LLC, 48492 Arkansas Pl, Fremont, CA 94539; 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 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/ Tarek H Parekh, Member
This statement was filed with the County Clerk of Alameda County on October 14, 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). 11/5, 11/12, 11/19, 11/26/19

CNS-3310036#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 564665
Fictitious Business Name(s):
Skyfare Travels, 38525 Blalaw Rd., Fremont, CA 94536, County of Alameda
Registrant(s):
Skyfare Travels, LLC, 38525 Blalaw Rd., Fremont, CA 94536; California
Business conducted by: A Limited Liability Company
The registrant began to transact business using the fictitious business name(s) listed above on n/a I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Navneet Sooch, Owner-Manager
This statement was filed with the County Clerk of Alameda County on October 22, 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). 11/5, 11/12, 11/19, 11/26/19

CNS-3309770#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 564855-564856
Fictitious Business Name(s):
1. Digital Myths Studio; 2. Digital Myths, 47610 Wabana Common, Fremont, CA 94539, County of Alameda
Registrant(s):
Digital Myths Studio, Inc., 47610 Wabana Common, Fremont, CA 94539; Delaware
Business conducted by: A Corporation
The registrant began to transact business using the fictitious business name(s) listed above on Sept. 30, 2014
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/ Jefferson Dong, CEO & Co-Founder
This statement was filed with the County Clerk of Alameda County on October 28, 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). 11/5, 11/12, 11/19, 11/26/19

CNS-3309768#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 564742
Fictitious Business Name(s):
Protective Glass Coatings, 3888 Artist Walk Common #115, Fremont, CA 94536, County of Alameda
Mailing Address: P.O. Box 56050, Hayward, CA 94545
Registrant(s):
Manish P. Maharaj, 3888 Artist Walk Common #115, Fremont, CA 94536
Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Manish P. Maharaj, Proprietor
This statement was filed with the County Clerk of Alameda County on October 23, 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). 11/5, 11/12, 11/19, 11/26/19

CNS-3309468#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 564771
Fictitious Business Name(s):
Automation Technology Associates, 47 Snyder Way, Fremont, CA 94536, County of Alameda
Registrant(s):
Herbert B. Dela Rosa, 47 Snyder Way, Fremont, CA 94536
Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Herbert B. Dela Rosa, Owner
This statement was filed with the County Clerk of Alameda County on October 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). 11/5, 11/12, 11/19, 11/26/19

CNS-3308842#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 564449
Fictitious Business Name(s):

HB Trucking, 2210 Mann Ave., Union City, CA 94587, County of USA/Alameda

Registrant(s):
Harkawal Singh Bhuller, 2210 Mann Ave., Union City, CA 94587
Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Harkawal Singh Bhuller, Owner
This statement was filed with the County Clerk of Alameda County on October 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). 10/29, 11/5, 11/12, 11/19/19

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 564642
Fictitious Business Name(s):
Pest Med, 842 Boggs Ave., Suite F, Fremont, CA 94539, County of Alameda
Registrant(s):
Kendra Kessinger, 842 Boggs Ave., Suite F, Fremont, CA 94539
Monica Kessinger, 842 Boggs Ave. Suite F, Fremont, CA 94539
Michael Collins Hill, 1842 Ednamary Way, Mountain View, CA 94040 #E
Joshua Michael Wallace, 1341 N. Pointe Place, Modesto, CA 95355
Damien Michael Montgomery, 3079 Tottenham Ct, San Jose, CA 95136
Business conducted by: A General Partnership
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/ Kendra Kessinger, General Partner
This statement was filed with the County Clerk of Alameda County on October 21, 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). 10/29, 11/5, 11/12, 11/19/19

CNS-3307830#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 564111
Fictitious Business Name(s):
Pupper's Plants, 36501 Niles Blvd, Fremont, CA 94536, County of Alameda
Registrant(s):
Elaine Owyang, 40087 Mission Blvd #361, Fremont, CA 94536
Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on 11/2015
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/ Elaine Owyang
This statement was filed with the County Clerk of Alameda County on October 3, 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). 10/29, 11/5, 11/12, 11/19/19

CNS-3307829#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 564366
Fictitious Business Name(s):
Love Ya Skz, 2126 Newpark Mall #141, Newark, CA 94560, County of Alameda
Mailing Address: 39541 Gallaudet Dr #3006, Fremont, CA 94538
Registrant(s):
Maria Raufi, 39541 Gallaudet Dr #3006, 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/ Maria Raufi, Owner
This statement was filed with the County Clerk of Alameda County on October 11, 2019
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 10/29, 11/5, 11/12, 11/19/19

CNS-3306514#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 564140-2
Fictitious Business Name(s):
1. SIKH PANCHAYAT, 2. SIKH PANCHAYAT SODHSANGAT, 3. KHALSA PANCHAYAT, 1024 Joleen Ct., Hayward, CA 94544, County of Alameda
Registrant(s):
Bajjit Singh Sohi, 34864 Mission Bl #247, Union City, CA 94587
Davinder Singh, 1024 Joleen Ct., Hayward, CA 94544
Jasdev Singh, 321 Stone Bridge Dr., Fremont, CA 94536
Business conducted by: Co-partners
The registrant began to transact business using the fictitious business name(s) listed above on 10-04-2019
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/ Davinder Singh, Owner/General Partner
This statement was filed with the County Clerk of Alameda County on October 4, 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). 10/29, 11/5, 11/12, 11/19/19

CNS-3306513#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 564143
Fictitious Business Name(s):
BABAK TRUCKING, INC. 1024 Joleen Ct., Hayward, CA 94544, County of Alameda
Registrant(s):
Babak Trucking, Inc., 1024 Joleen Ct., Hayward, CA 94544; California
Business conducted by: A Corporation
The registrant began to transact business using the fictitious business name(s) listed above on 10/04/2019
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/ Davrida Singh, Owner/President
This statement was filed with the County Clerk of Alameda County on October 4, 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). 10/29, 11/5, 11/12, 11/19/19

PUBLIC NOTICES

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

Attorney for Petitioner: ERIC G. DZUBUR, 21550 Foothill Blvd., #3, Hayward, CA 94541, Telephone: (510) 582-2588 11/12, 11/19, 11/26/19

CNS-3312997#

NOTICE OF PETITION TO ADMINISTER ESTATE OF JOHN A. FARIA**CASE NO. RP19028042**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: John A. Faria A Petition for Probate has been filed by Conceicao Faria in the Superior Court of California, County of Alameda. The Petition for Probate requests that Conceicao Faria be appointed as personal representative to administer the estate of the decedent.

A hearing on the petition will be held in this court on January 6, 2020 at 9:31 a.m. in Dept. 202 located at 2120 Martin Luther King Jr. Way, Berkeley, CA 94704.

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

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

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

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

Attorney for Petitioner: Thomas C. Tagliarini, 2200 Powell Street, Suite 1050, Emeryville, California 94608, Telephone: (510) 444-0692 11/12, 11/19, 11/26/19

CNS-3311550#

NOTICE OF PETITION TO ADMINISTER ESTATE OF GEORGE KHAWAHIE**CASE NO. RP19036792**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: George Khawahie A Petition for Probate has been filed by Ariadna Khawahie in the Superior Court of California, County of Alameda. The Petition for Probate requests that Ariadna Khawahie be appointed as personal representative to administer the estate of the decedent.

The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions

without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court on December 10, 2019 at 9:31 in Dept. 202 located at 2120 MLK Jr., Way, Berkeley, CA 94704.

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

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

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

Attorney for Petitioner: Peter Shelton, Peter Shelton Law, 2041 Bancroft Way, Suite 206, Berkeley, CA 94704, Telephone: (510) 394-5483 11/5, 11/12, 11/19/19

CNS-3310663#

TRUSTEE SALES

NOTICE OF TRUSTEE'S SALE TS No. CA-12-53885-VF Order No.: 120407877-CA-MAI YOU ARE IN DEFAULT UNDER DEED OF TRUST DATED 9/19/2005. 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 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 to 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): MOHAMMAD H. YOUSUFZAI AND ZARGHNA K. YOUSUFZAI Recorded: 9/28/2005 as Instrument No. 2005417108 of Official Records in the office of the Recorder of ALAMEDA County, California; Date of Sale: 12/19/2019 at 1:00 PM Place of Sale: On the Fallon Street Steps of the Alameda County Courthouse located at 1225 Fallon Street, Oakland, CA 94612 Amount of unpaid balance and other charges: \$996,018.71 The purported property address is: 2977 MIRALOMA WAY, UNION CITY, CA 94587 Assessor's Parcel

No.: 463-0099-092 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 800-280-2832 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-12-53885-VF. 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 right's 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-12-53885-VF IDSPub #0158158 11/19/2019 11/26/2019 12/3/2019 11/19, 11/26, 12/3/19

CNS-3312880#

NOTICE OF TRUSTEE'S SALE TS No. CA-18-837996-JB Order No.: 994519 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/16/2004. 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 a 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 to 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): THINH TIEN NGO AND AI LINH HOANG, WHO ARE MARRIED TO EACH OTHER, NGA THI NGO, AN UNMARRIED PERSON, AND VINH QUANG NGO, AN UNMARRIED PERSON Recorded: 12/10/2004 as Instrument No. 2004547800 and modified as per Modification Agreement recorded 7/26/2007 as Instrument No. 2007279573 of

Official Records in the office of the Recorder of ALAMEDA County, California; Date of Sale: 12/31/2019 at 12:00 PM Place of Sale: At the Fallon Street emergency exit to the Alameda County Courthouse, 1225 Fallon St., Oakland, CA 94612 Amount of unpaid balance and other charges: \$83,600.56 The purported property address is: 111 POPPY COURT, FREMONT, CA 94538 Assessor's Parcel No.: 531-0219-055 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 819-846-7649 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-18-837996-JB. 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 right's 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-18-837996-JB IDSPub #0157994 11/12/2019 11/19/2019 11/26/2019 11/12, 11/19, 11/26/19

CNS-3310682#

T.S.No.:2019-01139-CAA.P.N.:092A-1010-021-00 Property Address: 37045 SAN ANTONIO STREET, NEWARK, CA 94560 NOTICE OF TRUSTEE'S SALE. PURSUANT TO CIVIL CODE § 2923.3(a) and (d), THE SUMMARY OF INFORMATION REFERRED TO BELOW IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR. NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED. IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 07/25/2006. 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. Trustor: Arnulfo Munoz, a married man, as his sole and separate property. Duly Appointed Trustee: Western Progressive, LLC Deed of Trust Recorded 08/09/2006 as Instrument No. 2006304063 in book ---, page-- and of Official Records in the office of the Recorder of Alameda County, California, Date of Sale: 12/04/2019 at 12:00 PM Place of Sale: AT THE FALLON STREET EMERGENCY EXIT OF THE ALAMEDA COUNTY COURTHOUSE,

1225 FALLON STREET, OAKLAND, CA 94612 Estimated amount of unpaid balance, reasonably estimated costs and other charges: \$563,589.31 NOTICE OF TRUSTEE'S SALE THE TRUSTEE 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, A SAVINGS ASSOCIATION OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: All right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described as: More fully described in said Deed of Trust. Street Address or other common designation of real property: 37045 SAN ANTONIO STREET, NEWARK, CA 94560 A.P.N.: 092A-1010-021-00 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. 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 thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$563,589.31. Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt. 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 of the Deed of Trust has executed and delivered to the undersigned a written request to commence foreclosure, and the undersigned has caused a Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE OF TRUSTEE'S SALE 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 this 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 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 (866)-960-8299 or visit this Internet Web site <http://www.altisource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx> using the file number assigned to this case 2019-01139-CAA. 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. Date: October 28, 2019 Western Progressive, LLC, as Trustee for beneficiary C/o 1500 Palma Drive, Suite 237 Ventura, CA 93003 Sale Information Line: (866) 960-8299 <http://www.altisource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx> Trustee Sale Assistant WESTERN PROGRESSIVE, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. 11/12, 11/19, 11/26/19

CNS-3310001#

Newark City Council

November 14, 2019

Presentations and Proclamations:

- Introduction of Employees: Ivan Quon, Accountant Nick Darnell, Aquatics Coordinator
- Proclaim November 17-23 as United Against Hate Week
- Commend Newark Days Committee members

Public Hearings:

- Approve CEQA findings for Sanctuary West, a 469-unit residential project on approximately 430 acres within Area 4. Representatives of regional environmental groups, Citizens Committee to Complete the Refuge and unaffiliated residents questioned the validity of the Recirculated Environmental Impact Report and asked for either a supplemental EIR or rejection of the project. Arguments against included: safety and limited access, vulnerable habitat and species, sea level rise, lack of amenities,

recreation and services, traffic impacts, mosquito concerns. Passed 4-1 (Nay, Bucci)

Consent Calendar:

- Second reading of ordinance authorizing implementation of Community Choice Aggregation Program.
- Adopt a Compensation Plan for certain positions in the Exempt Service Employee Group; amend hourly wage rate schedule for part-time, seasonal and temporary classifications.
- Cancel November 28 and December 26 city council meetings.
- Amend Records Retention Schedule.
- Introduce an ordinance and

set December 12 as a hearing date to amend Newark Municipal Code referencing building codes and regulations.

- Approve final map and subdivision agreement for Compass Bay, 138-unit residential subdivision.
- Approve release of security bonds for 8270, 8417, 8418, 8419 and 8420 Sanctuary Village.

Non-Consent:

- Authorize a contract amendment with Rhoades Planning Group for additional planning services for Newark Old Town Specific Plan. PASSED 3-0-2 (Recuse, Collazo, Freitas)
- Authorize application for

Senate Bill f2 Planning Grants Program Funds for Historic Newark District Specific Plan. PASSED 3-0-2 (Recuse, Collazo, Freitas)

City Council Matters:

- Reappoint William Fitts and Debbie Otterstetter to the Planning Commission.
- Kudos to Solid Rock Community Church for sponsoring after school activities at library.

- Donations gratefully accepted for LOV Thanksgiving dinner
- Silliman Center tree lighting (Trees of Angels) on December 2 at 6:30 p.m. Activities begin at 5:30 p.m.

- Newark Jr. High School Marching Band has been nominated by Congressman Ro Khanna to represent the State of California in the 2020 Memorial Day Parade in Washington, D.C. A gofundme page has been opened to help: <https://www.gofundme.com/f/newark-jr-high-band-dc-trip>
- Oral Communications:**
- None

Mayor Alan Nagy Aye
Vice Mayor Lucy Collazo Aye,
2 Recuse
Luis Freitas Aye, 2 Recuse
Michael Hannon Aye
Mike Bucci Aye, 1 Nay



Ivan Quon, Accountant



Nick Darnell, Aquatics Coordinator



Proclaim November 17-23 as United Against Hate Week

COMMUNITY BULLETIN BOARD

	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	
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		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	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.	
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: Easydusz@gmail.com or call: 510-276-2270		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	
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	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	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
		BRIDGE Fremont Bridge Club 10 AM Fridays (game starts) Bronco Billy’s Pizza 41200 Blacow Road sanctioned with hand records - \$7 - free for newcomers - Email or show up early for partner Email if interested in lessons fremontbridgeclub@gmail.com	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 Cribbage Club Meets to play weekly, every Weds. We play a Cribbage Tournament starting at 6PM. at ROUND TABLE PIZZA at 5544 Thornton Ave., Newark We welcome experienced players and will work with new players hoping to learn the game. Email:Accgr43@gmail.com For more information.
	Free Weekly Adult ESL Class Listen, Speak, Read, Write Begins 9/24 - Tuesdays 10-11:30am South Bay Community Church 47385 Warm Springs Blvd Info: 510-912-1698 eslsbcc@gmail.com	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	Learn English Vocabulary for everyday life issues Free Weekly English Class for Adults Tuesdays 11:40am-12:10pm South Bay Community Church 47385 Warm Springs Blvd. Fremont Contact: Harry for info 510-410-9160
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	Serious Mental Illness Free 12 week course for caregivers of someone with a serious mental illness starting Jan 4, 2020 from 9:00-11:30 in Fremont. Registration required. Contact: Joe Rose at 510-378-1578 or Email F2F@NAMIlacs.org http://www.NAMIlacs.org http://www.NAMI.org	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	FREE National Geographics 1963-2007 510-783-9909 ext: 108	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 lhoynes@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		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

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	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		Soroptimist International of the East Bay Annual \$1,000 Live Your Dream Award If you are a woman with financial responsibility for yourself and a dependent and enrolled in an undergraduate or technical training program please apply at bit.ly/LYDA-apply or contact Donna Whitehouse at 510 924-7622 or rambosmom@comcast.net for more information. Deadline for applications is November 15, 2019	Adult Day Program Direct care staff wanted to work with people with developmental disabilities in community-based settings or environment. Must be dependable and own a vehicle. Background check. Training available Call (510) 690 -9570
VETERANS OF FOREIGN WARS POST 9601 Veterans and Active Duty Military are Invited Meetings 2nd Tuesday each month. Meeting Starts at 6:30PM Veterans Memorial Building 22737 Main St Hayward, CA 94541 www.vfw9601.org	The BUON TEMPO CLUB CRAB FEED Saturday, December 14th at Transfiguration Church, 4000 East Castro Valley Blvd \$50/Person All You Can Eat Dungeness Crab, Pasta, & Salad ALL Proceeds Go To the Buon Tempo Club Scholarship Fund, We gave 7 young women college scholarships of \$2,000--2,500 No Host Happy Hour 5-6 P.M. Dinner at 6 P.M. Raffle of Gift Baskets & Silent Auction of Fancy Deserts PRE-PAID EVENT Reservations—Send check, made out to BUON TEMPO CLUB Rick Martins, Ticket Chairman P.O. Box 2625 Fremont, CA 94536 BEFORE DECEMBER 12TH For More information www.buontempoclub.org (events)			
	Square Dance in Newark The Farmers & Farmerettes Square Dance Club - for 58 year Meets Wed., 7:30-9:30pm Newark Pavilion 6430 Thornton Ave., Newark Plus level dancing. Visitors welcome - Meet new friends Feed you step counter Dancing for fun & fitness www.farmersandfarmerettes.org		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	Holiday Gala Boutique Saturday, December 7, 2019 8:00 AM to 4:00 PM SELL or SHOP for new or gently usedclothing, shoes, purses, toys, books, seasonal goods, tea Patty Nava (510) 857-9012 or Gloria Reymundo (510) 774-9718 vending Info Union City Apostolic Church 33700 Alvarado-Niles Blvd. Union City
FIRST UNITED METHODIST CHURCH 2950 WASHINGTON BLVD, FREMONT, CA We welcome you and your family into the life of Fremont First, regardless of your skin color, ethnicity, sexual orientation, gender identity, physical or mental capacity, religious background, family configuration, economic means or immigrations status. Check out our website: www.firstchurchfremont.org	Get an early start to shopping attend the Holiday Boutique Sat., Nov. 2nd 10-4pm Georgian Manor 1419 Buckingham(offRuus) in Hayward - Great gifts for holidaygiving jewelry, christmasgoodies & more Special raffle Call 510-887-4366		¡ÚNETE A NOSOTRAS! Hermanas Dominicanas de Misión San José Boutique anual Sábado y domingo 23 y 24 de noviembre de 10 am-4pm Regalos hechos a mano, pasteles de frutas, arte, entretenimiento. 43326 Mission Circle, Fremont (off Mission Tierra) www.msjdominicans.org	JOIN US! Dominican Sisters of Mission San Jose Annual Holiday Boutique Sat & Sun Nov. 23 & 24, 10am-4pm Handmade gifts, fruitcakes, art, entertainment 43326 Mission Circle, Fremont (off Mission Tierra) www.msjdominicans.org
FREMONT AREA WRITERS SPONSORS NEW LITERARY OPEN MIC Third Sunday of every month Sign-up at 3:00 Reading 3:30-5:30 Begins October 20th at Starbucks 39201 Cedar Blvd in Newark A family friendly venue for family appropriate material Free event! Everyone is welcome!	**SEEKING VENDORS** Seeking quality arts & crafts vendorsfor our 15th annual “Believe” Holiday Boutique in Fremont on Saturday, December 7 9am-3pm Sponsored by American High School PTSA Contact 510-552-4750 or holidayvendors@americanhigh-ptsa.org		“Believe” Holiday Boutique Sat. December 7, 9am-3pm Fremont’s largest! Over 60 artisan vendors Bake sale & live entertainment FREE admission and parking American High School 36300 Fremont Blvd, Fremont Proceeds benefit the Class of 2019 Safe & Sober Grad Nite celebration	
	Soroptimist of the East Bay 15th Annual Holiday Boutique Saturday, November 23, 10am-4pm Hill and Valley Club 1808 B Street, Hayward Hand Crafted Gifts, Holiday Décor, Jewelry, Wardrobe Accessories, Stationary, Confections Lunch and refreshments available Call Donna Whitehouse at 510 924-7622 for information			Hanukkah Fair & Celebration sponsored by Women of Temple Beth Torah Sunday, December 8, 11:00 AM to 1:30 PM 42000 Paseo Padre Pkwy., Fremont Hanukkah gifts, Kids’ crafts, Lunch and Latkes Admission Free for more info womentbt.giftshop@gmail.com or 656-7141

Nonprofit supports Tamil culture in Bay Area

SUBMITTED BY MARZUKA NOORTHEEN

As the year of 2019 is almost clocking out and 2020 is clocking in, San Francisco Bay Area Tamil Mandram (BATM) successfully wrapped up the last event for the year, Children's Day, on November 9 at Centerville Jr. High. BATM is a non-profit organization that promotes the Tamil community the Bay Area, including circulating Tamil magazines and conducting Tamil language classes for children and adults. The Children's Day event included dance performances from our younger members and recognition of volunteers.

On behalf of BATM, Deputy Consul General Rajesh Naik and Fremont City Mayor Lily Mei proudly acknowledged Muvafika Noortheen, Akhilesh Theiventhiran, Prakash, and myself (Marzuka) in recognition of our passionate support and extensive hours of



volunteer service to Tamil Mandram. This is the second time I have received a volunteer appreciation award from BATM, and such recognition is my highest honor.

I heartily thank President Mr. Annamalai, V.P. Mrs. Meena, Cultural V.P. Mrs. Saranya, Secretary Mr. Raja, and Treasurer Mrs. Kanagalakshmi for their whole-hearted support! BATM has given me a firm foundation for my future, and I hope Bay Area youths will continue to step up to be part of the BATM family. It is more than a great experience.

Learn more about BATM at bayareatamilmanram.org.

California bans hotels from using tiny plastic bottles

AP WIRE SERVICE

Hotels in the nation's most populous state will have to stop giving guests small plastic shampoo bottles under a new law set to take effect starting in 2023.

Gov. Gavin Newsom announced Wednesday he had signed a law banning hotels from giving guests plastic bottles filled with shampoo, conditioner or soap. It takes effect in 2023 for hotels with more than 50 rooms and 2024 for hotels with less than 50 rooms.

Violators could be fined \$500 for a first offense and \$2,000 for subsequent violations.

The law follows similar actions by some of the world's largest hotel chains. Marriott International has said it plans to stop using small plastic bottles in its hotel rooms by December 2020. IHG, which owns Holiday Inn, Kimpton and other brands, said it will eliminate about 200 million small bottles by 2021.

Last year, Walt Disney Co. said it would get rid of small plastic shampoo bottles at its resorts and cruise ships.

The law comes as California officials are trying to reduce the amount of plastic waste. The state already bans grocery stores from giving customers single-use plastic bags without charging a fee. Last year, former Gov. Jerry Brown passed a law allowing restaurants to hand out plastic straws only upon request.

The Personal Care Products Council opposed the legislation, arguing it would hurt personal care product manufacturers.

Running for office? Get that paperwork ready

SUBMITTED BY ROV MEDIA

Candidate nominations for Santa Clara County offices participating in the March 3, 2020 Presidential Primary Election are being accepted through Friday, December 6. Nominations can be extended to Wednesday, December 11, for contests in which an eligible incumbent officeholder does not file.

Registrar of Voters’ Shannon Bushey said candidates should call the Candidate Services Division at (408) 299-8639 or come into the office in order to review their forms and the requirements for a successful filing.

“There is no leeway in the filing deadline,” Bushey said.

“Candidates should file their nomination papers as early as possible so that any incorrect or incomplete forms may be corrected before the filing deadline, which in most cases cannot be extended.”

All fees and nomination documents, including a Declaration of Candidacy and nomination signatures, must be filed with the Santa Clara County Registrar of Voters’ Office no later than 5:00 p.m. on Friday, December 6 (or by Wednesday, December 11, if an eligible incumbent does not file) in order to qualify as a candidate.

December 6 is also the filing deadline for local jurisdictions to place measures on the March ballot.

The following Federal, State and local offices are up for election:

- U.S. President
- U.S. Representative, Districts 17, 18, 19 and 20
- State Senate, Districts 13, 15 and 17
- State Assembly, Districts 24, 25, 27, 28, 29 and 30
- Judge of the Superior Court, 29 offices
- Santa Clara County Board of Supervisors, Districts 2, 3 and 5
- City of San Jose, City Council, Districts 2, 4, 6, 8 and 10
- City of Santa Clara Police Chief -- One Short Term
- Milpitas Unified School District Governing Board -- One Short Term

Except for those running for City of San Jose offices, candidates may pick up and file nomination papers at the Registrar of Voters’ Office, which is located at 1555 Berger Drive in San Jose, Building 2. City of San Jose and City of Santa Clara candidates -- who have different filing requirements and deadlines -- must pick up and file nomination papers with the City Clerks’ Office.

A 2020 Presidential Primary Election Candidate Guide is available to assist those running for office, with valuable information pertaining to qualifications for office, terms of office, procedures, fees, forms and deadline dates. The Candidate Guide is available at no cost and may be picked up from the Registrar of Voters’ Office or downloaded from the Registrar of Voters’ website at www.sccvote.org under the Candidates & Measures tab.

For more information, contact the Registrar of Voters’ Office at (408) 299-8683.

Burger King brings a plant-based Whopper to Europe

By DEE-ANN DURBIN AP BUSINESS WRITER

Burger King is introducing a plant-based burger in Europe. But it's not the Impossible Whopper that's been a hit with U.S. customers.

Instead, a Dutch company called The Vegetarian Butcher will supply the new soy-based Rebel Whopper. It will go on sale Tuesday at 2,400 restaurants across Europe.

Impossible Foods' burger hasn't been approved for sale in the European Union because it contains genetically modified ingredients. The EU requires testing on such products before they are sold.

A spokesman for the Dutch government confirmed that Impossible submitted an application last month and is awaiting a ruling from the European Food Safety Authority.

The Vegetarian Butcher was founded in 2007. Unlike Impossible, which only makes burger meat, The Vegetarian Butcher makes plant-based chicken, hot dogs, sausages and even tuna, and sells its products in 17 European countries. Consumer goods company Unilever acquired The Vegetarian Butcher at the end of 2018.

The Impossible Whopper – made by California-based Impossible Foods – attracted many new U.S. customers to Burger King when it debuted this spring. Miami-based Restaurant Brands International – which owns Burger King – said the chain's U.S. sales rose 6% in the third quarter, compared to growth of 1% the prior year.

The Impossible Whopper was such a success that Burger King is now testing other versions – including a kid’s Impossible Cheeseburger at 180 U.S. restaurants.

Impossible gets heme – the protein that gives its burger meat-like flavor and texture – from soy leghemoglobin, which is found in the roots of soy plants. To make heme in high volume, Impossible inserts DNA from soy into yeast and ferments it.

The U.S. Food and Drug Administration doesn't approve foods before they go on the market and relies on companies to ensure their safety. But the FDA does require approval of additives such as artificial colors. Since soy leghemoglobin also gives Impossible burgers their color, the agency required Impossible to get approval before selling uncooked burgers in grocery stores. The FDA approved Impossible's petition in July.

Impossible Foods wouldn't say when it expects to sell the Impossible burger in Europe. Impossible burgers have been sold in restaurants in the U.S., Hong Kong and Singapore for years.

Burger King said it partners with different suppliers globally for many of its products, not just plant-based burgers.

“Given the positive reactions to the product in the U.S.A. and raising demand in Europe, Burger King wanted to bring this category to Europe as soon as possible,” the company said in a statement.

Sales of plant-based meat substitutes have grown an average of 22% annually in Eastern Europe over the last five years, and 13% annually in Western Europe, according to Euromonitor International. That's even faster than the 12% annual growth in the U.S.

News Briefs

SUBMITTED BY
CHERYL GOLDEN

City of Fremont Giving Hope Holiday Giving Program – Help Spread Holiday Cheer

Join us now through December 13 to help

For 20 years, the Fremont community has come together to bring cheer to those in need at the holidays through the City of Fremont Human Services Department Giving Hope Program. This program invites members of the community to help families, seniors, and seniors with pet companions in need by sponsoring a wish list or making a donation. In 2018 alone, the community came together to help 310 individuals and 45 companion animals by bringing in over \$104,000 worth of gifts and financial donations. This was possible due to the generosity of the Fremont community. We invite you to join us in spreading holiday cheer.

Giving Hope is a reminder that our community cares!

Giving Hope helps raise the spirits of its neighbors in need by providing gifts from a personalized wish list and grocery cards to children, seniors, and families who are struggling. Low-income seniors with pets also receive supplies and treats for beloved companions. Children and students supported by the program receive the learning supplies they need to succeed. By shopping for a personalized wish list, you show your neighbors in need you care.

Are you ready to shop?

If you like to shop, contact Jane O’Hollaren at the City of Fremont’s Family Resource Center and you will be provided with the personalized wish list of a family, senior, or senior with pet companion. Then purchase gifts, including a grocery gift card, and return all the items to the City of Fremont’s drop off spots by December 13, 2019. Please plan to spend \$100 per individual on the list.

Not a Shopper?

If you’re not a shopper yet still want to help, you can make a financial contribution. Contributions are used to buy

Purchasing necessary medication or medical equipment for a senior whose fixed income just wouldn’t stretch

gifts for wish lists without a sponsor. After the holidays, we apply money not spent on gifts to the Human Service Department’s urgent needs fund. This flexible funding allows us to help with

critical needs our clients may be facing all year long, which are not covered under governmental program guidelines. In the past, these funds helped in many ways, for example:

- Providing a grocery gift card to a family in which the sole breadwinner has recently lost their job
- Acquiring transportation vouchers for a mother and child who need to get to urgent medical care
- Placing a homeless family into a hotel while a care manager negotiates space in a shelter for them
- Purchasing necessary medication or medical equipment for a senior whose fixed income just wouldn’t stretch

Donations to Giving Hope are deductible to the extent allowable. The City of Fremont's Tax ID Number is 94-6027361. In January, the City of Fremont will send letters of gratitude acknowledging all donations. To make a financial contribution through our secure website online, visit www.Fremont.gov/GivingHope-Donate.

Please contact Paula Manczuk-Hannay, Development Officer, for more information about Giving Hope or other ways you can help those served by the City of Fremont Human Services Department. Paula can be reached at 510-574-2049 or PManczuk-Hannay@Fremont.gov.

Supporting Fremont’s Temporary Housing Navigation Center

As part of the City of Fremont’s strategic approach to addressing the growing homeless crisis, the City is opening a temporary Housing Navigation Center (HNC) located in the rear parking lot of City Hall, 3300 Capitol Ave. The HNC is an innovative approach to help those experiencing homelessness find housing while providing a clean, safe, and calm environment so participants can focus on finding stable, permanent housing. The HNC is anticipated to open in mid-2020.

The temporary Housing Navigation Center aims to be a welcoming and private environment for the participants and an integrated part of Fremont’s new downtown. The City invites the community to be part of making the HNC a success; community members can support the HNC in a variety of ways including monetary donations, donating items from the HNC wish list, or volunteering on service days. All donations are tax-deductible. For more information and to make a donation visit www.Fremont.gov/HNCDonate.

Attend Fremont’s Free Fixit Clinic on November 19

The first monthly Fixit Clinic residency starts Tuesday, November 19 from 6 p.m. to 8 p.m. at the Fremont Main Library’s new Archimedes Maker Space, located at 2400 Stevenson Blvd.

Fixit Clinics are staffed by volunteer Fixit Coaches who generously share their time, tools, and expertise to consult with

participants on the disassembly, troubleshooting, and repair of items. Bring any non-functioning electronic gadgets, small appliances, computers, toys, sewing machines, bicycles, fabric items, etc., for assessment, disassembly, and possible repair. Fixit Clinics are open to all ages.

Fixit Coaches (and helpful neighbors) will be available for consultation on broken items. The workspace, specialty tools, and guidance will be provided to help participants disassemble and troubleshoot their item.

Whether you fix it or not, you'll learn more about how it was manufactured, and leave with new skills and a sense that reuse and repair beats the landfill any day.

To sign up visit <https://goo.gl/forms/39NBTO65essMhmYJ3>.

The Fixit Clinic series is sponsored by the Alameda County Library System, StopWaste (www.stopwaste.org), and the City of Fremont.

Fixit Coaches needed for Fremont Library’s New Maker Space

Fremont’s first monthly Fixit Clinic residency starts Tuesday, November 19 from 6 p.m. to 8 p.m. at the Fremont Main Library’s new Archimedes Maker Space, 2400 Stevenson Blvd.

Fixit Coaches are needed to ensure the program’s success. First-time Fixit Coaches and fixing families are always welcome! No big time commitment.

To sign up visit <http://bit.ly/fixitcoachsignup>, and select “2019-11-19 Fremont Main Library Fixit Clinic Residency.”

Being a Fixit Coach is easy. Simply provide participants with encouragement to investigate their broken item and guidance with tools. Be a listener more than a repairer; let participants talk about how they used the item and how it broke—that often provides valuable hints as to what's wrong. See how much you can do without actually handling the item. Empower the item's owner to do the troubleshooting and disassembly. Move among items and consult with others to cross-train and maximize transfer of knowledge for everybody—including you!

Event founder Peter Mui and the volunteer Fixit Clinic coaches generously donate their time and tools to the program, and more volunteers are always needed.

Information on upcoming Bay Area Fixit Clinics is posted on Facebook at www.facebook.com/pg/Fixit-Clinic/events.

The Fixit Clinic series is sponsored by the Alameda County Library System, StopWaste (www.stopwaste.org) and the City of Fremont.

Thanksgiving Break Camps

Keep your child engaged this Thanksgiving Break with the City of Fremont school break camps. Camps take place November 25-27 with full day, half day, and extended care options. For information, visit www.Fremont.gov/Camps or call 510-494-4300.

Lawmakers want Twitter to fight Census disinformation

AP WIRE SERVICE

U.S. lawmakers say they have concerns Twitter may be used to spread disinformation about the 2020 Census, and they’ve asked the company for details on how it will combat the threat.

Almost five dozen Democratic lawmakers wrote to Twitter CEO Jack Dorsey about their concerns Monday.

Their letter notes Twitter and other social media were used by “malicious actors” to manipulate voters during the 2016 presidential election. They say banning false information about the census and identifying false accounts will help ensure public trust.

In a statement Tuesday, Twitter spokeswoman Katie Rosborough says the company has been discussing with the Census Bureau how best to support a successful 2020 Census. She says company policy prohibits false information about civic events.

Twitter last week announced it was ending political campaign and issue ads.

Sikh Appreciation Month



SUBMITTED BY
JATINDERPAL KAUR SAHI

On November 9, at Hayward City Hall the local Sikh community celebrated November as Sikh Awareness and Appreciation Month as recognized by state of California, local governments and school boards. The birthday of founder of Sikh religion Guru Nanak is also celebrated in November and this year is especially important as it is the 550th anniversary of his birth. The event was hosted by Sikh Spirit Alliance and hosted at Hayward City Hall.

Attended by elected and appointed officials and over 250 community members, the event honored six local Sikhs from various background for their exemplary work in the community.

Sikh Excellence Award winners are as follows:

- Upkar Kaur Ubhi (Punjabi Language Professor at UC Berkeley)
- Tejpal Singh (Coordinator of FGS Sports Academy & youth programs)
- Dr. Harkesh Singh Sandhu (Founder of the international nonprofit Sahaita)

- Professor Ranjit Singh (renowned instructor of classical Gurmat Sangeet)
 - Major Tejdeep Singh Rattan (Granted religious accommodation to serve in US Army)
 - Dr. Gurpreet Kaur Padam (Founder Board member of Sikh Family Center and Guru Nanak Free Medical Clinic)
- The keynote speaker was LTC (Lieutenant Colonel) Kamal Singh Kalsi, who is based in New Jersey. LTC Kalsi, along with Major Rattan were the first two Sikhs to receive religious

accommodations in the US Army after the ban on beards and turbans was put into effect in 1981. Since then, with the efforts of LTC Kalsi and others, the US Army has since lifted the ban.

In addition to the appreciation event, there are also art displays by local Sikh youth at the Hayward Main Library and Union City Library and a picture display at Mark Green Sports Center.

Veteran explains life before and after receiving service dog

BY RACHAEL RILEY,
THE FAYETTEVILLE
OBSERVER

After serving 12 years in the Army, Raeford veteran Preston Jackson Jr. credits his canine to saving his life.

It was just a couple of months ago that Jackson was paired with his service dog Pilot through K9s for Warriors.

In just that short time-frame, Jackson credits Pilot for helping him cope with his post-traumatic stress disorder and wants to share with other veterans about how the canine has given him hope.

Originally from South Philadelphia, Jackson was raised by his grandmother, Josephine Wilson, and godfather, Robert Ferrante.

Jackson said he never got into trouble as a kid and worked various jobs that included even walking neighbor's dogs.

At the end of his 11th grade year in school, Jackson decided to drop out to "make money."

He soon found not having a diploma hindered his job opportunities for full-time positions he wanted.

He says: "As a young man growing up in South Philadelphia, I was always told the military wasn't the place for a black man and I sort of believed that growing up until I saw a few of the older brothers that I knew of, and they were in the military and came back in their Class A-s, and I always wish that I could do it."

Jackson went to night school and earned his diploma in two months. He joined the Army on May 10, 1995, starting out with field artillery.

After training at Fort Sill, Oklahoma, and going through airborne school at Fort Benning, Georgia, his first duty station was at Camp Casey, Korea.

He was assigned to Fort Bragg in 1996, where he became his military occupation specialty to change an armament crew member for Kiowa OH-58 helicopters.

His next duty station in 1999 was in Germany.

By that time, he had his first son, Kytel Collins-Jackson. His second son, Nyjel, was born in December 1999.

After the Sept. 11, 2001, terrorist attacks, Jackson was assigned to Macedonia, returned back to Fort Bragg in 2002 and was assigned to a Black Hawk helicopter unit to deploy to Kandahar, Afghanistan at the end of 2002.

"I experienced a lot of things there. I won't get into too much detail, but it was the first time I lost somebody. We lost our captain over there," Jackson said.

After the deployment, he'd deploy with a Kiowa unit to Iraq in 2006 and was stationed in Mosul.

"When I was there, I had sniper fire many times, mortar rounds – constantly getting 8 to 10 mortars a day the whole time I was there," Jackson said.

After returning back to the states in June 2007, Jackson made the decision to not reenlist, as he had surgery at Camp Qatar from a meniscus knee tear he had from an airborne jump right before the deployment.

Jackson got out of the Army at the end of September 2007.

While he was in the Army, his wife at the time had completed a basic law enforcement training course, and found a job in Scotland County.

Jackson told the sheriff at the time he would work for him, because the sheriff hired his wife.

After completing his own basic law enforcement training, Jackson was hired as a bailiff in November 2008, and became a school resource officer for more than four years because he requested a job that would allow him to work with children.

By 2014 a new sheriff was elected, and Jackson said 16 people including himself and his wife were let go.

"I didn't talk a lot, and I didn't take a lot of nonsense. They were trying to figure out what was wrong with me," he said of a few coworkers. "At the time I didn't even know that PTSD was causing these problems – the snapping, yelling at folks,

having short patience, not wanting to be around groups."

Jackson went back to Sandhills Community College, where he had gone through his basic law enforcement training, and went through the culinary program.

Though starting to feel physical pain, he wanted to motivate younger classmates and didn't wear his knee braces to class.

During an evaluation in his senior year, he fell in the kitchen and asked his classmates to bring him the ingredients so he could finish the project.

Soon after, Jackson was going through a divorce and said he sunk into a deep depression and isolated, as both his sons were in college.

"I was talking to other people like the medicine wasn't working. The classes wasn't working. What about other options?"

Jackson said another veteran he met at the Fayetteville Veterans Affairs Health Care Center, told him about service dogs.

His son looked online and found K9 for Warriors.

Founded in 2011 by Shari Duval, K9s For Warriors is a national nonprofit that takes eligible shelter dogs and trains them to be service dogs for post 9/11 veterans and service members with symptoms of post traumatic stress disorder, traumatic brain injury, and/or military sexual trauma.

After applying for the program, Jackson left for the three-week, in-house training program in Florida that is no cost to veterans.

"You go through an interview process again to make sure they got the right dog," Jackson said.

Jackson believes he found that "right dog," in Pilot, who was a dog surrendered to the Bradford County Animal Control in Florida and sponsored by the Karpus Family Foundation.

"As soon as I saw him, he jumped up in my arms," Jackson said. "I got down and we connected like bam! I mean literally we

connected right then and there, and I felt this sense of relief like, 'Wow I finally got here.' I was crying," Jackson said.

Jackson remembers the first day of training was rough on his back and knees, but an instructor encouraged him to "fight through," it if he wanted the dog.

Jackson said he believes Pilot is able to pick up on his emotions and gives him cues if needs to leave a situation, or has woken him up during the night when he's forgotten to wear his sleep apnea machine.

"The things I was having problems – being around people, trusting society, bracing myself – these are all the things he can do, looking out for me, not allowing me to engage in the stuff that's going to cause me to be depressed or have high anxiety," Jackson said.

Jackson said as a service dog, when Pilot has on his vest, strangers and friends should not pet or feed Pilot.

"The reason why we ask you to not touch the dog is so that you don't distract him from doing his job," Jackson said. "And the whole thing is as severe as my PTSD is – a sound, a smell, a person yelling, a person's sight reminds me of somebody else – can have go back to I'm on guard now."

Jackson said Pilot is also causing him to get out of his house, which is why he credits K9s for Warriors and wears the organization's logos on shirts to tell other veterans about it.

"I don't want you to walk away from me as somebody who got a dog and be like well he got his dog and he doesn't care about me," Jackson said.

And Jackson said he believes more veterans and soldiers could benefit from service dogs.

"We wouldn't have to euthanize dogs and soldiers' lives would be saved," he said.

Information from: The Fayetteville Observer, <http://www.fayobserver.com>

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