



Morey Greenstein: accounting profession has changed, but not values

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Kick off the new year with Tom Rigney and Flambeau

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17-year-old develops water conservation app

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# TRI-CITY VOICE

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## Bay Area participates in Shop with a Cop

BY STEPHANIE GERTSCH

Around the country, police officers engaged with underserved K-12 students in the community by holding "Shop with a Cop" events throughout December. An officer is paired with one or two children to spend a gift card on presents for the children themselves or their family. One of the largest groups in the Bay Area is Shop with a Cop Silicon Valley, which helped 120 children purchase gifts for themselves and family members on December 4. Other cities such as San Leandro and Fremont also hosted their own events.

On December 11, BART Police Department hosted their 6th annual Shop with a Cop event, and treated 65 children to a shopping trip at a San Leandro

continued on page 5

### ARTICLE AND PHOTOS SUBMITTED BY GEOFFREY LANDREAU

This battle isn't for the birds. Well, maybe some lucky birds might eventually benefit from it. But for now, the upcoming "Build a Better Birdhouse Battle" exhibit at Hayward's Sun Gallery is aimed at local high school artists and art aficionados in the community.

The annual fundraising event will showcase original handmade birdhouses created by students at Hayward, Tennyson and Mt. Eden high schools and available for purchase in a silent auction. The birdhouse art projects will be on exhibit 4:00 p.m. to 5:30 p.m. Friday, January 10 and 12:00 noon to 2:00 p.m. Saturday, January 11 at the Sun Gallery in Hayward.

Each birdhouse was created by students enrolled in advanced wood shop, advanced 3D design and advanced ceramic classes. Additionally, the exhibit will include a selection of two-dimensional pieces about birds and birdhouses created by Chavez Middle School Students.

Potential bidders can stop by the gallery either day to view the birdhouses and submit a silent bid to purchase their favorite creation. The highest bid for each item at the close of the show at 2:00 p.m. Saturday, January 11 will win. Proceeds will go to the individual artists and will also help promote art programs in local schools. Admission is free; Sun Gallery can be reached at (510) 581-4050.

#### Build a Better Birdhouse Battle

Friday, Jan 10 – Saturday, Jan 11  
Friday: 4:00 p.m. – 5:30 p.m.  
Saturday: 12 noon – 2 p.m.

#### Sun Gallery

1015 E St., Hayward  
(510) 723-3180, ext. 62274  
www.sungallery.org



## Birdhouses as Art? Yes, indeed!

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# Making Fitness a Habit in 2020!

Feeling sluggish and out of shape, but skeptical about New Year's fitness resolutions that may quickly go by the wayside? Physical therapist and director of Washington Hospital's Outpatient Rehabilitation Center, Sharmi Mukherjee says, "When the weather gets cold and there isn't as much sun, it can be especially difficult to motivate yourself. But exercise has many hidden physical and emotional benefits far beyond weight loss."

A regular exercise routine can help you prevent or manage heart disease, high blood pressure, arthritis, anxiety and depression. It can improve your mood and cognitive function. And, you can make it fun with the right planning. “It is important to make changes in your life to get enough exercise,” advises Mukherjee, “but it doesn’t have to happen overnight.” A good way to begin is to consider what being physically fit means to you. For some people, being fit may mean completing a marathon. For others, it may mean climbing stairs with ease.

## Getting started

“My advice is to start slowly, but start,” says Mukherjee. For people who have not been getting much exercise, even modest physical exertion can make a difference. For instance, parking the car farther from your destination to give yourself a short walk, or taking the stairs instead of the elevator.

For working parents of young children and others juggling multiple jobs or responsibilities, finding the time to exercise can be challenging. Mukherjee feels strongly that everyone needs to make time for their physical and mental health.



The most important part of a new fitness plan is getting started. Taking a walk with friends can be a great beginning.

Her advice is to carve out time on the weekends or during breaks at work to do physical activity. “During breaks at work you can do stretches, or go for short walks. Getting even that small amount of exercise is good for you,” she notes.

One way to motivate yourself is to use a fitness tracker. Mukherjee suggests, “You don’t have to use something particularly high-tech or expensive. A pedometer wristband or phone app can count your steps, making you a little more aware of your level of activity and allow you to set goals.”

## Don't overdo it

“Remember to exercise within your limits,” cautions Mukherjee, “so that aches

and pains do not dissuade you from working out the next time.” Moreover, if you have any chronic health issues, such as arthritis, diabetes or heart disease, consult with your doctor about what level of activity is appropriate for you.

“At the beginning of the year, there are people who join gyms and start fitness classes, who have not yet made exercise a regular routine in their lives,” Mukherjee notes. “People can push themselves a little too hard. You have to start gradually or you risk injuring yourself.”

## What if you fall off the wagon?

“Sometimes people expect change to happen too fast,” Mukherjee advised. “The body takes time to change. You need

to give it time. If you fall off the wagon, it can be challenging to restart your fitness regimen. But the longer you delay, the harder it will be to get back into an exercise routine.” One way to inspire yourself is to be certain to set achievable goals, then take satisfaction when you reach them.

When you feel discouraged, Mukherjee advises making an exercise plan with a friend. “When I feel tired or unmotivated, I text a friend to see if they want to go with me for a run or to the gym. If you have someone who will work out with you, or go for a walk with you, their support can be a great motivator.” She adds, “Committing to exercising with somebody can make a real difference.”

## Make it fun

Mukherjee notes, “It is important to do something fun. Exercise does not have to be torture. Join a gym or sign up for workout classes. I highly recommend classes because they can also be an opportunity to socialize. It can be helpful to have other people around you doing what you are doing. And, in a class you have an instructor to guide you and motivate you.”

If the exercise you are doing is not engaging, find something else. Biking, hiking, swimming, dancing, and yoga are just a few of the activities that can give you a workout. Exercise is a lifestyle change. Don't focus solely on weight loss; get into the habit of doing physical activities you enjoy.

InHealth broadcasts on Comcast Channel 78 in Fremont, Newark and Union City and online at [www.inhealth.tv](http://www.inhealth.tv)



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**The full schedule of InHealth programs listed below can also be viewed in real time on the Washington Hospital website, [www.whhs.com](http://www.whhs.com)**

|                      | TUESDAY                                                                | WEDNESDAY                                                                | THURSDAY                                                                 | FRIDAY                                         | SATURDAY                                                                 | SUNDAY                                                 | MONDAY                                                                   |                                                                          |                                                                    |
|----------------------|------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------|
|                      | 12/31/19                                                               | 1/1/20                                                                   | 1/2/20                                                                   | 1/3/20                                         | 1/4/20                                                                   | 1/5/20                                                 | 1/6/20                                                                   |                                                                          |                                                                    |
| 12:00 PM<br>12:00 AM | Colon Cancer                                                           | Mental Health Education Series: Understanding Psychotic Disorders        | Aortic Valve Disease: Treatment Options Including TAVR                   | Diabetes Matters: Asian Fusion                 | Healthy Gut, Healthy You                                                 | Gastrointestinal Disorders                             | Mental Health Education Series: Anxiety Disorders                        |                                                                          |                                                                    |
| 12:30 PM<br>12:30 AM | How to Prevent Financial Elder Abuse/Fraud                             |                                                                          | Early Detection and Prevention of Female Cancers                         | Diabetes Matters: Dining Out Around The World  |                                                                          |                                                        |                                                                          |                                                                          |                                                                    |
| 1:00 PM<br>1:00 AM   |                                                                        | Washington Township Health Care District Board Meeting December 11, 2019 |                                                                          | Solutions for Weight Management                | Women's Health Conference: Reclaiming Your Confidence                    | Mental Health Education Series: Mental Wellness        |                                                                          | Washington Township Health Care District Board Meeting December 11, 2019 | Strategies to Reduce the Risk of Cancer Recurrence                 |
| 1:30 PM<br>1:30 AM   | 11th Annual Women's Health Conference: Patient's Playbook              |                                                                          | Washington Township Health Care District Board Meeting December 11, 2019 |                                                | Symptoms of Thyroid Problems                                             | Voices InHealth: Antimicrobial Stewardship             | Updated Treatments for Knee Pain & Arthritis                             |                                                                          |                                                                    |
| 2:00 PM<br>2:00 AM   |                                                                        |                                                                          |                                                                          | Diabetes Matters: Latin Foods                  |                                                                          |                                                        |                                                                          | Washington Township Health Care District Board Meeting December 11, 2019 | Preventive Screenings: When and Why are They Important?            |
| 2:30 PM<br>2:30 AM   | Caregiver Series: Securing Care Preferences Through AHCD               | Digestive Health: What You Need to Know                                  | Women's Health Conference: Women & Stroke: Are You at Risk?              | Suffer From Sinus Problems?                    |                                                                          |                                                        |                                                                          |                                                                          |                                                                    |
| 3:00 PM<br>3:00 AM   |                                                                        |                                                                          |                                                                          |                                                | Diabetes Matters: Diabetes Conversations                                 | Hepatitis B and Liver Cancer: Prevention and Treatment | Women's Heart Health                                                     |                                                                          |                                                                    |
| 3:30 PM<br>3:30 AM   | Women's Health through the Years: Screening is Key to Aging Well       | Diabetes Matters: Basics of Insulin Pump Therapy                         | Food Pharmacy: Prescription for Colon Health                             | Skin Health: Skin Cancer & Fountain of Youth   | Heart Health: What You Need to Know                                      | How to Talk to Your Doctor                             |                                                                          |                                                                          |                                                                    |
| 4:00 PM<br>4:00 AM   | The Patient's Playbook Community Forum: Getting to the No-Mistake Zone |                                                                          |                                                                          |                                                |                                                                          |                                                        | Obesity: Understand the Causes, Consequences & Prevention                | Mental Health Education Series: Family Support                           | Not A Superficial Problem: Varicose Veins & Chronic Venous Disease |
| 4:30 PM<br>4:30 AM   | Mental Health Education Series: Crisis Intervention                    | Pain When You Walk? It Could Be PVD                                      | Relieving Back Pain: Know Your Options                                   | Good Fats vs. Bad Fats                         | Washington Township Health Care District Board Meeting December 11, 2019 | Diabetes Matters: Asian Indian Cooking                 |                                                                          |                                                                          |                                                                    |
| 5:00 PM<br>5:00 AM   |                                                                        |                                                                          |                                                                          |                                                |                                                                          |                                                        | Learn About the Signs & Symptoms of Sepsis                               | Washington Township Health Care District Board Meeting December 11, 2019 | Strategies to Help Lower Your Cholesterol and Blood Pressure       |
| 5:30 PM<br>5:30 AM   | Family Caregiver Series: Caregiving From A Distance                    | Low Back Pain                                                            | Keeping Your Brain Healthy                                               | New Treatment Options for Chronic Sinusitis    | Family Caregiver Series: Understanding Healthcare Benefits               | How To Stop Disease Before It Starts                   | Washington Township Health Care District Board Meeting December 11, 2019 |                                                                          |                                                                    |
| 6:00 PM<br>6:00 AM   | Peripheral Vascular Disease: What You Need to Know                     |                                                                          |                                                                          |                                                |                                                                          |                                                        |                                                                          | Latest Treatments for Cerebral Aneurysms                                 | Metabolic Disorders                                                |
| 6:30 PM<br>6:30 AM   | Inside Washington Hospital: Advanced Treatment of Aneurysms            | How to Sleep Your Way to Better Health                                   | Mental Health Education Series: Understanding Mood Disorders             | Family Caregiver Series: Coping as a Caregiver |                                                                          |                                                        |                                                                          |                                                                          |                                                                    |
| 7:00 PM<br>7:00 AM   | Endometriosis: Causes, Symptoms, Diagnosis and Treatment               |                                                                          |                                                                          |                                                | Family Caregiver Series: Medication Safety                               | Diabetes Matters: Diabetes and Your Heart              | Laugh without Leaking: Understanding Female Urinary Incontinence         | Advance Care Planning: Five Wishes                                       | Family Caregiver Series: Coping as a Caregiver                     |
| 7:30 PM<br>7:30 AM   | Women's Health: Depression: More Than a State of Mind                  | Balance & Falls Prevention                                               | Diabetes Matters: Diabetes and Kidney Health                             |                                                |                                                                          |                                                        |                                                                          |                                                                          |                                                                    |
| 8:00 PM<br>8:00 AM   | Mental Health Education Series: Crisis Intervention                    |                                                                          |                                                                          | Pain When You Walk? It Could Be PVD            | Relieving Back Pain: Know Your Options                                   | Good Fats vs. Bad Fats                                 | Washington Township Health Care District Board Meeting December 11, 2019 | Diabetes Matters: Asian Indian Cooking                                   |                                                                    |
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# Washington Hospital Affiliation with UCSF Enhances Patient Care

## Radiation Oncologist, Dr. Nicolas Prionas Serves Tri-City Residents

The son of Greek immigrants, Nicolas Prionas, MD, PhD, grew up in the San Francisco Bay Area and has dedicated himself to serving this region. A radiation oncologist who also holds a doctorate in biomedical engineering, Dr. Prionas recently joined the staff of Washington Radiation Oncology Center (ROC) in Fremont.

“My parents immigrated to the Bay Area to pursue advanced education opportunities and made their home here,” he explains. “My father came to America to complete his PhD in engineering at Stanford University. My mother earned her PhD in education at Stanford University, where she continues to teach to this day. They instilled in me a thirst for education and a strong work ethic. I also inherited their love of the Bay Area and their desire to give back to our community.”

Dr. Prionas earned both a bachelor’s degree in biomedical computation and a master’s degree in biomechanical engineering from Stanford’s School of Engineering. He then enrolled in a challenging eight-year “dual-doctorate program” at the University of California, Davis, in which he earned both his PhD from the School of Engineering and his MD from the School of Medicine in 2014.

After earning his dual doctorates, Dr. Prionas completed his medical internship at Santa Clara Valley Medical Center in 2015. He then undertook a four-year residency in radiation oncology at Stanford, where he earned the prestigious Malcolm A. Bagshaw, MD, Award. A former chair of the Departments of Radiology and Radiation Oncology at Stanford University School of Medicine, Dr. Bagshaw was one of the world’s foremost experts in radiation therapy for cancer.

Today, Dr. Prionas is an assistant professor at UCSF in the Department of Radiation Oncology. He also cares for patients throughout the UCSF network, working to bring the innovations and cutting-edge care from UCSF into communities throughout the Bay Area.

“As a native of the Bay Area, I appreciate how fortunate we are to have institutions such as UCSF providing world-class medical care,” Dr. Prionas says.

“I also recognize, however, that traveling 40 miles in heavy traffic from Fremont to San Francisco for radiation



Bay Area raised, Nicolas Prionas, MD, PhD, joins staff of Washington Radiation Oncology Center.

therapy every day, once a day for upwards of seven weeks adds an incredible burden to an already difficult situation,” he adds. “It even could be a barrier that prevents a person from accessing care altogether. It is becoming more and more critical to increase access to cutting-edge treatments by bringing them closer to people in our communities. The partnership between UCSF and Washington Hospital allows me to be a part of that process here in Fremont.”

At the ROC, Dr. Prionas works in collaboration with his colleague Emi Yoshida, MD, who serves as medical director for the facility.

“Having two radiation oncologists allows us to treat more patients, and there are benefits to having both male and female physicians,” Dr. Prionas observes. “We also are currently upgrading our equipment, which will benefit our patients by offering even more accurate treatments that can be delivered more quickly.”

Unsurprisingly, given his heritage, Dr. Prionas is fluent in Greek, and he also speaks Spanish. He feels these language skills have been beneficial both in his education and in his work with patients. “A lot of medical terminology stems from the Greek language,” he explains. “Plus, when I care for people who speak Greek or Spanish, they gain a sense of trust and reassurance by sharing a common language.”

“The practice of medicine is not just about technology and innovation. It is first and foremost about providing compassionate, patient-centered care. I always emphasize that these are people living with cancer, not ‘cancer patients.’ When people let me into their lives to care for them, sharing their fears and hopes, it is an honor and a privilege.”

Paraphrasing a quote from the late North Carolina State University basketball coach Jimmy Valvano, who died at age 47 from cancer, Dr. Prionas shares an inspiration: “Coach Valvano urged all of us to enjoy life, the precious moments we have. He said we should spend each day with some laughter and some thought, to get our emotions going. Coach Valvano also added, ‘A person really doesn’t become whole, until he becomes a part of something that’s bigger than himself.’ For me, caring for people with cancer gives me that gift.”

### Learn More

The UCSF - Washington Cancer Center represents an affiliation between Washington Hospital and the University of California, San Francisco to provide optimal care for people with cancer in the Tri-City Area. On a temporary basis, Washington Hospital radiation oncology patients are receiving treatment in Hayward. The Washington Radiation Oncology Center (ROC), located at 39101 Civic Center Drive in Fremont, is undergoing renovation and will feature a new linear accelerator with the latest technology for radiation therapy. For more information about the UCSF - Washington Cancer Center and the ROC, visit [www.whhs.com/cancer](http://www.whhs.com/cancer). The telephone number is 510.796.7212.



## Wellness From Within



The Washington Wellness Center offers a variety of classes for men and women to help relieve pain, reduce stress, and promote strength and overall wellness.

### Wellness Classes Offered:

- Strength and Stretch
- Gentle Yoga
- “Keep it Moving” Exercise Program
- Balance Matters
- Ladies Choice Program
- Tai Chi Program
- Heartfulness Meditation



We are proud  
to announce  
our new  
Pharmacy  
Manager  
Sanjay Patel



Please join us in welcoming Sanjay Patel to the Hallers Pharmacy family. Sanjay has been a community Pharmacist in the East Bay area since 1996. Sanjay has always had a passion for taking time with each patient that comes into the pharmacy. Sanjay works with the patient's doctors to ensure they are getting a complete picture of their health. His goal has always been to ensure that each patient is adhering to the drug regimen they are on and making adjustments working with their physician. Sanjay specializes in:

- Immunizations
- Diabetic care
- Medicare Part D questions
- Specific Drug Education
- Medication Therapy management
- Over The Counter product questions
- Travel Medicine

Sanjay was born in India, received his initial Doctor in Pharmacy, and specialized in injectable formulations such as insulin before moving to America in 1993. Sanjay earned his Pharmacy license in 1996 and has worked in community Pharmacy ever since.



Outside of work, Sanjay enjoys spending time with his family, Golf, Travel, Photography, and is very active in Pharmacy Associations, please stop in and speak with Sanjay and see how he can be your partner in better medication outcomes.

**Haller's Pharmacy and Medical Supply**  
**37323 Fremont Blvd. Fremont, CA 94536**  
**Phone: 510-797-2772 Fax: 510-797-4986**

**www.hallerspharmacy.com**



**#SupportLocal**



**Free Delivery**

Hallers Pharmacy offers FREE delivery to all our customers within the Tri-City area.



**Immunizations Services**

Hallers Pharmacy offers a variety of Vaccines. We also offer Birth Control Consultations



**Alternative Therapies**

Hallers Pharmacies offers a variety of Alternative Therapies such as, Aroma Therapy, Incrediwear, Essential Oils, and a variety of vitamins and supplements.

# Bikes for Tykes

BY STEPHANIE GERTSCH

Christmas gifts have been opened, and even if the tree is still up, people are looking ahead to 2020. However, many would not have been able to enjoy the holiday season as much if it were not for community organizations who worked throughout December to bring gifts to underserved children and families. One of these organizations is Davis Street, who on December 14 distributed 1,000 bikes and helmets to children in need for the annual “Bikes for Tykes” event.

Davis Street has partnered with the San Leandro Police Officers Association for Bikes for Tykes for over two decades. Officer Louie Brandt led the program for eight years, but in 2019 Abbott Diabetes Care Division led by Jason Jower adopted the program, and doubled the goal from last year's 500 bikes to 1,000.

Planning for this event started before December. On November 19, a Bikes for Tykes helmet fundraiser at Sons of Liberty Alehouse in San Leandro, contributed 20 percent of the restaurant's sales from 5 p.m. to 10 p.m. toward purchasing helmets for the program. People also donated directly or dropped off new, unused helmets at Davis Street's Basic Needs Department.

Many volunteers were necessary for the Bikes for Tykes and Davis Street's Holiday Basket Program, which distributed gift baskets on December 23. Whether the help consisted of sorting toys, distributing baskets, or making donations, the community came together to make these events happen and give a brighter holiday to more than 1,000 low income families, seniors, and children.



continued from page 1

# Bay Area participates in Shop with a Cop



Walmart with a \$100 gift card each. Children were encouraged to spend as close to \$100 as possible and purchase one clothing item, one school item, and toys either for themselves or another person. Funds for the event came from Bart PD's Cupcakes for Kids fundraiser and donations from officers and community members.

Union City hosted their event, also at a Walmart, on December 14, when whole families were taken shopping for holiday gifts. The store also donated bikes to some children and a turkey for each family. Money for the program was raised throughout the year, with sponsors such as Walmart, Fremont Bank Foundation, Kaiser Permanente, and Alameda County Fire Department.

Fremont is now in its 12th year of hosting Shop with a Cop. On December 4, 20 children were selected to shop with officers at a local Target—but in this case they were buying gifts for family members rather than for themselves. Gifts were delivered to the



family resource center to be wrapped and picked up later in the day. Participating kids received presents that had been wrapped ahead of time, and were treated to planned activities, games and lunch.

The presents have been opened and Christmas is over, but this year's holiday season wouldn't have been as merry without the generosity of community organizations, including our local police departments.

*The presents have been opened and Christmas is over, but this year's holiday season wouldn't have been as merry without the generosity of community organizations, including our local police departments.*

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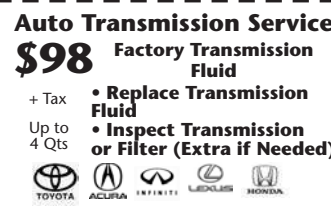
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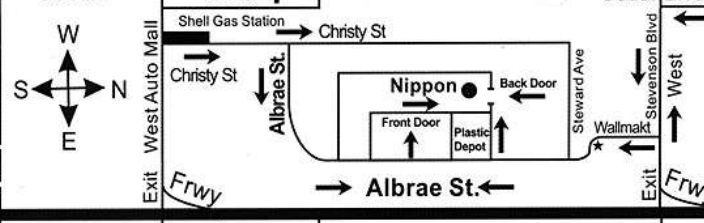
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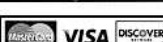
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## A New Year's Good Deed

SUBMITTED BY BRUCE ROBERTS

New Year's is always a time for resolutions to make a person's life—and the world—a better place. With that in mind, Hayward's Literacy Plus is offering Tutor Training Sessions in January for those who wish to help others improve their English skills.

Adults who feel their English skills are inadequate can feel handicapped, and insecure; that can carry over to finding a career, raising a family, and dealing with life in general. But the Literacy Plus Program can change that, with the help of citizens who are willing to tutor another person one to two hours a week.

If you would like to use your own English skills to change another person's life, contact the Literacy Plus Program at (510) 881-7910, or go to [www.haywardliteracyplus.com](http://www.haywardliteracyplus.com). Tutor orientation meetings will be held both January 14 at 5:30 p.m.

and January 15 at 1:30 p.m. Tutor Training will be held Saturday, January 25, from 9 a.m. to 4 p.m. All meetings will be at Hayward's beautiful new downtown library.

Interested? Improve someone's life in the new year!

### English Tutoring

#### Orientation

Tuesday, Jan 14 – Wednesday, Jan 15

Tues: 5:30 p.m.

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#### Training

Saturday, Jan 25

9 a.m. – 4 p.m.

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# Ohlone College Golf Tournament

SUBMITTED BY THE  
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FOUNDATION

We are pleased to announce the 35th Annual Ohlone College Golf Tournament will be held this Spring, on March 16, 2020 at Castlewood Country Club. Plans are underway to make this year's event even more memorable than ever, and we hope you will be a part of it!

The Ohlone College Golf Tournament raises funds which directly benefit our Intercollegiate Athletic Programs as well as other programs throughout Ohlone College. Because of your past support, we have new lockers for softball, baseball and soccer programs,

and were able to provide transportation for post-season teams and charter bus costs for baseball's final four appearance. This year's tournament will support a new scoreboard and Ohlone College Athletics vehicles. Golf Tournament proceeds also support numerous other student programs and professional development for faculty and staff.

There are many ways you can get involved, such as becoming a sponsor, golfer, advertiser, or by making a tax-deductible cash donation. We are also seeking gifts of all kinds for our golf tournament auction and raffle; examples include tickets, gift certificates, artwork, electronics, wine, services, and more. Anything you can contribute

will help our mission. It is also an excellent opportunity to demonstrate your support of our community.

To make a gift or to find more information, please visit [www.ohlonefoundation.org](http://www.ohlonefoundation.org). If you have questions, please don't hesitate to contact us. We can be reached by email at [foundation@ohlone.edu](mailto:foundation@ohlone.edu) or by phone at (510) 659-6020.

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# Lighten up New Year's Eve

SUBMITTED BY KARIN CONN

Brian Copeland presents "Lighten up New Year's Eve" with ten of his funniest friends, including Mark Pitta (Tonight Show), Joe Klocek (Comedy Central), Justin Lockwood (SF Int'l Comedy Competition), Clara Clay (Bay Area Favorite), Mickey Joseph (Star of The Rat Pack Show in Las Vegas), Chicago Steve (\$10,000 Winner America's Funniest People), Nicole Tran (Bay Area Favorite), Ronn Vigh (E! Entertainment Police), Jann Karam (Tonight Show and Seinfeld) and Stephen B (Bay Area Favorite). Start your evening with the funniest comics around... ending at 9:30 p.m. so you can be home or at a party when the clock strikes midnight.

All these comedians under one roof on Tuesday, December 31 from 7:00 p.m. to 9:30 p.m. at the San Leandro Center for the Performing Arts. General admission tickets are \$70 Advance / \$75 at the Door. Student tickets are \$15 Advance / \$20 at the Door. Purchase on BrownPaperTickets or call (800) 838-3006.

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# Little Mermaid

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Center Stage Performing Arts will be presenting "The Little Mermaid" from Thursday, January 9 to Sunday, January 12, 2020. The musical is based on the Hans Andersen story and the Disney Film, with music by Alan Menken, and lyrics by Howard Ashman and Glenn Slater. Performers are young adults and youth ages six and up. Shows will take place at Milpitas

Community Center, at 7 p.m. Thursday and Friday, 2:30 p.m. and 7 p.m. Saturday, and 1 p.m. and 5 p.m. Sunday. There will also be special discounted school performances on Thursday morning at 9:30 and 11:30 a.m. General admission tickets are \$15; early bird tickets are \$12 if purchased before January 9. Since 2012, Center Stage Performing Arts has been bringing performing arts to the community and supporting local youth through theater programs

that promote creativity, imagination, teamwork and personal growth.

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# India-based firm pays California over foreign workers' visas

AP WIRE SERVICE

California has settled with an India-based technology company that it accuses of misclassifying foreign workers and related tax fraud, the state attorney general's office said Tuesday.

Infosys Limited, a business consulting, information technology and outsourcing

company, and its subsidiary, Infosys BPM Limited, will pay California \$800,000.

The company brought in workers using the wrong visas to underpay them and avoid paying California payroll taxes such as unemployment insurance, disability insurance and employment training taxes, Attorney General Xavier Becerra said in a news release.

About 500 Infosys employees were working in California on company-sponsored B-1 visas rather than H-1B visas from 2006 and 2017, the state said. Aside from paying state taxes, H-1B visas also require employers to pay workers the local prevailing wage and can be

challenging to obtain because there are a limited number available each year.

The settlement "shows that attempting to evade California law doesn't pay," Becerra said in a statement.

The company said the settlement avoids the time and expense of litigation and notes that Infosys strongly disputes the allegations and admits no wrongdoing.

The company has annual revenue of \$11 billion, and Becerra said the settlement covers California's losses.

A whistleblower who brought the allegations to the attention of state officials will receive 15% of the settlement under state law.

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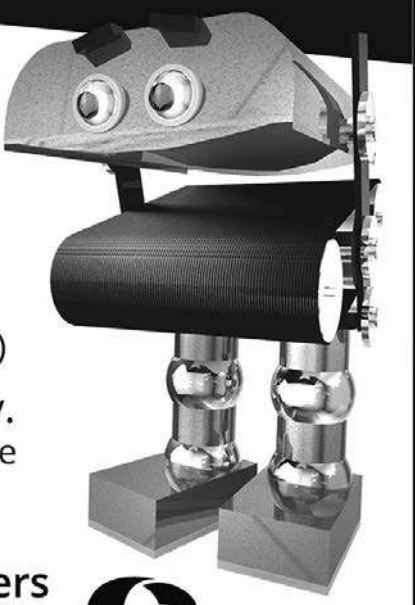
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BUSINESS

Newseum  
hailed free  
press, but got  
beaten by  
free museums

BY ASHRAF KHALIL  
ASSOCIATED PRESS

In 2008, the Newseum – a private museum dedicated to exploring modern history as told through the eyes of journalists – opened on prime Washington real estate.

Sitting almost equidistant between the White House and the Capitol on Pennsylvania Avenue, the glass-walled building became instantly recognizable for its multi-story exterior rendition of the First Amendment.

Eleven years later that experiment is coming to an end. After years of financial difficulties, the Newseum will close its doors Tuesday.

“We’re proud of how we did our storytelling,” said Sonya Gavankar, the outgoing director of public relations. “We changed the model of how museums did their work.”

The building was sold for \$372.5 million to Johns Hopkins University, which intends to consolidate its scattered Washington-based graduate studies programs under one roof.

Gavankar attributed the failure to a “mosaic of factors” but one of them was certainly unfortunate timing. The opening coincided with the 2008 economic recession, which hit newspapers particularly hard and caused mass layoffs and closures across the industry.

She also acknowledged that the Newseum’s status as a for-pay private institution was a harder sell in a city full of free museums. A Newseum ticket costs \$25 for adults, and the building is right across the street from the National Gallery of Art and within blocks of multiple

Smithsonian museums.

“Competing with free institutions in Washington was difficult,” Gavankar said.

Another problem, organizers said, is that the Newseum struggled to attract local residents, instead depending on a steady diet of tourists and local school groups. Actual Washington-area residents, who do frequent the Smithsonian and elsewhere, mostly came on school trips and rarely returned as adults.

Claire Myers fits that profile. The D.C. resident recalls coming to the Newseum in high school in a senior-year class trip. She only returned in late December for a final visit because she heard it was closing at the end of the year.

“I do think part of the reason was because it’s a paid museum,” she said. “Why go out of my way to do this when I could just go to any other free museum?”

The \$25 price tag, Myers said, creates a pressure to set aside the whole day and take in every exhibit, whereas at one of the free Smithsonian museums, she knows she can come back another time to catch whatever she missed. But Myers said she was deeply impressed by the exhibits,

particularly the Newseum’s signature gallery of Pulitzer Prize-winning photographs.

“I do wish it wasn’t going away,” she said.

The museum’s focus evolved over the years, showcasing not just journalism and historic events, but all manner of free speech and civil rights issues and some whimsical quirks along the edges. Exhibits during the Newseum’s final days included an exploration of the cultural and political influence of Jon Stewart and “The Daily Show,” a look at the history of the struggle for LGBTQ rights and a display depicting the history of presidential dogs.

Gavankar said the Freedom Forum, which originally maintained the Newseum in northern Virginia for years, would continue its mission in different forms. The educational foundation maintains a pair of exhibits on the Berlin Wall in both Reagan and Dulles airports. Next year, those displays will be replaced by exhibits on the women’s suffrage movement. The current Rise Up! exhibit on LGBTQ rights will move to a new long-term home in the Museum of Pop Culture in Seattle.

TAKES FROM  
SILICON VALLEY EAST

Building a  
Better Bay Area

BY LILY MEI, MAYOR OF FREMONT

As part of ABC7’s series, Building a Better Bay Area (<https://abc7news.com/community-events/building-a-better-bay-area-fremont/5684825/>), Fremont was selected as the first individual city to be covered, recognizing that our community is succeeding in building solutions for challenges facing the entire Bay Area.

Throughout the week of November 18, ABC7 headed to Fremont in order to shine a spotlight on our diverse community, booming advanced manufacturing industry, efforts around housing and transportation, and hidden gems of Fremont from local restaurants to noteworthy sights.

We kicked off the weeklong news series with a public, live Town Hall on November 18 at Washington Hospital with three panels: Building Better Living, Building Better Business, and Building Better Community.

Moderated by ABC7 News Anchor Kristen Sze and contributor Phil Matier, the conversation centered on Fremont’s business ecosystem, housing, transportation, and overall quality of life. I was honored to sit on all three panels with councilmember Raj Salwan (vice mayor at time of Town Hall on November 18) as we were joined by a rotation of notable city staff, business leaders, and faith leaders such as Captain Sean Washington, Economic Development Director Christina Briggs, Community Development Director Dan Schoenholz, Washington Hospital CEO Kimberly Hartz, Boehringer Ingelheim CEO Jens Vogel, and Pastor Jeffery Spencer.

I genuinely enjoyed and learned from the dialogue that took place at the town hall that featured such a rich, representative cross section of the Fremont community. These three town



hall panels served as springboards into deeper stories that were aired throughout the week around the strategic and creative solutions that are being implemented in Fremont.

**Building Better Living**

Due to Fremont’s central location between job opportunities and more affordable housing in the Tri-Valley, Contra Costa County, and Central Valley, traffic has become a leading concern for our residents. ABC7 Reporter Lyanne Melendez reported on the various innovative ways that the city staff are deterring commuters from cutting through residential streets, such as partnering with Google Maps and Waze, working with the Institute of Transportation Studies at UC Berkeley to analyze traffic congestion patterns, and programming red lights for longer and placing no-turn on red signs at key intersections.

Additionally, ABC7 reported on Fremont’s housing solutions, including the placement of the future Temporary Housing Navigation Center behind city hall in a well-resourced area and partnerships with community organizations like Habitat for Humanity East Bay/Silicon Valley and Abode Services which are building low-income housing such as Central Commons and Laguna Commons for families in need.

Finally, Schoenholz sat down with ABC7 to talk about our city’s plans to be

strategically urban as adopted in Fremont’s General Plan (in December 2011), honing in on new housing being developed near public transit options such as our Warm Springs/South Fremont BART station.

**Building Better Business**

One of our greatest strengths is building public-private partnerships to leverage Fremont businesses’ technology in our own community. Briggs expanded on Fremont’s partnerships with our business community. One example highlighted was the city’s work with Gridscape Solutions, a local clean technology firm specializing in microgrids, which led to the building of three microgrids at Fremont fire stations to establish power resiliency in the case of an emergency or natural disaster.

It’s no secret that Fremont is known as the capital for advanced manufacturing and is actively training the future workforce to fill the many new manufacturing jobs opening in the Bay Area. ABC7’s Liz Kreutz looked at one of the ways the workforce pipeline is being developed at Ohlone College. Ohlone is a local community college that offers a two-year smart manufacturing certification program to remove barriers and build the right skills for future engineering technicians and technologists.

The city also understands that both employees and residents are looking for amenities that are currently being offered

and further developed in some of Fremont’s key neighborhood business districts. ABC7 showcased local restaurants and business that give Fremont its flair and flavor including Shinry Lamian and De Afghanan.

**Building Better Community**

It’s vital for a city to have a central gathering place that provides an opportunity for people to have more community interactions and access to dynamic services. We are thrilled that our new downtown is tangibly taking shape with the development of our main street, Capitol Avenue, as well as the new downtown event center and plaza that just broke ground in late October.

Finally, what really makes Fremont great are the people that live here. ABC7 profiled our diverse community by showcasing our city’s youngest residents, homegrown talent like Kristi Yamaguchi, and cultural gathering places such as Sun Bollywood.

To read and watch all of ABC7’s original reporting on Building a Better Bay Area: Focus on Fremont, visit <https://abc7news.com/community-events/building-a-better-bay-area-fremont/5684825/>.

New year brings fare increases on BART

SUBMITTED BY BART

BART officials are reminding riders that a 5.4% inflation-based fare increase will take effect on January 1, 2020 as part of a program that has been in place since 2003 to raise fares every other year to keep up with the cost of inflation.

All new revenue from this fare increase will go to BART’s highest priority capital needs including new Fleet of the Future cars and a new train control system to provide more frequent service. It is important that fares keep up with inflation because BART is not heavily subsidized by the government and it relies on fares for two-thirds of its operating budget.

In addition, BART officials said the agency is working very hard to improve the rider experience with stepped up cleaning efforts, additional police presence to keep passengers safe, and new solutions to address the Bay Area’s homeless crisis and the impact on its system. Paper ticket fares will continue to have a 50 cent per trip surcharge. Riders are encouraged to use Clipper cards and save on this surcharge.

Youths ages 5 to 18 get 50% off with a youth Clipper card while riders age 65 and older receive 62.5% off with a Senior Clipper card. Visit [www.clippercard.com/Clipperweb/](http://www.clippercard.com/Clipperweb/) for more information.

Discounts for low income riders will also be available in 2020 when BART begins participating in the Metropolitan Transportation Commission’s Regional Means-Based Fare Discount Pilot Program expected to begin early in the year. The program will offer a 20% discount per trip to adult riders earning 200% or less of the federal poverty level.

BART riders who want to check out the new fares online can visit the Fare Calculator webpage at [www.bart.gov/tickets/calculator](http://www.bart.gov/tickets/calculator).

Intel buys Israeli  
AI chip startup  
Habana for \$2B

AP WIRE SERVICE

Intel is paying \$2 billion to buy an Israeli startup that specializes in processing chips for artificial intelligence.

The California-based chipmaker said Monday that the purchase will help it speed up computing power and improve efficiency at data centers.

The move is part of Intel’s broader strategy to strengthen its AI business. The company expects AI services will generate more than \$3.5 billion in revenue this year, an increase of more than 20% from last year.

Habana, founded in 2016, will remain an independent business led by its current management team in Caesaria, Israel, according to Intel. The startup’s first processing chip, the Goya, is commercially available. Its second was announced earlier this year.



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# Virgin: Vegas-to-California train work could start in 2020

## AP WIRE SERVICE

Construction on a high-speed train between Las Vegas and Southern California could start late next year if bonds are approved by February, the company planning the project said.

Virgin Trains USA executive Tina Quigley told the Las Vegas Review-Journal that work will begin first in California, where state lawmakers recently approved a \$3.25 billion bond request.

Virgin is seeking approval in Nevada for \$950 million in bonds that state Department of Business chief Terry Reynolds said could get approval next month or in February.

Project designers say the track along Interstate 15 could whisk passengers about 185 miles (297 kilometers) between Las Vegas and Victorville,

California, in about 90 minutes. Victorville is 85 miles (137 kilometers) northeast of Los Angeles.

Construction is expected to take three years and cost \$4.8 billion.

Reynolds said final approval is needed from the Federal Railroad Administration.

Nevada funding would include \$200 million from the state debt limit allocation, allowing Virgin to market \$800 million in bonds, the Review-Journal said. Another \$150 million would come from the U.S. Department of Transportation's bond program.

Virgin Trains USA was previously known as Brightline. It already operates a high-speed train through densely populated areas between Miami and West Palm Beach, Florida.

# Facebook to tackle efforts to interfere with 2020 US census

BY BARBARA ORTUTAY AND  
MAE ANDERSON  
AP TECHNOLOGY WRITER

Facebook plans to clamp down on attempts to use its services to interfere with the 2020 U.S. census, including the posting of misleading information about when and how to participate, who can participate and what happens when people do.

Facebook and other social media companies have been trying to tackle misinformation on their services, especially ahead of next year's U.S. presidential elections. They already have similar policies around voter suppression, banning misleading information about when and where to vote, for instance.

Facebook said Thursday it will prohibit advertisements that portray taking part in the census as "useless or meaningless" or that encourage people not to participate. The company also said it will try to identify and remove misleading census posts before people see them. But it will also remove any posts it misses after the fact, using both technology and humans to spot violations. The company said it will begin enforcing the census policy in January.

The census, which happens every 10 years, is crucial to determining how many representatives a state gets in Congress and which states and

cities get billions of dollars in federal funding for infrastructure, health care, low-income programs and other projects. The results of the 2020 census also will be used to redraw electoral maps.

False and inaccurate information is already circulating online about the census. For example, posts in neighborhood chat groups warned that robbers were scamming their way into people's homes by asking to check residents' identification for the census. That was a hoax, but it left Census Bureau officials scrambling to get the posts removed from Facebook.

Facebook sometimes plays down misleading content rather than banning it outright, as it did with a faked video of Nancy Pelosi that went viral earlier this year. It can also "downrank" false or misleading posts – including videos – so that fewer people will see them. Such material can also be paired with fact checks produced by outside organizations, including The Associated Press.

But Facebook is defining misleading census posts as a violation of its community standards and thus subject to removal.

Google is also trying to prevent misinformation about the census from spreading. It set up a team to focus on preventing hoaxes and misleading information, and expanded a YouTube policy to make it clear that misinformation about the

census is prohibited on the site and will be taken down.

Facebook has long tried to steer clear of having to police its content, claiming it is a platform, not a publisher. But after revelations that that Russians bankrolled thousands of fake political ads during the 2016 elections, Facebook and other social networks faced intense pressure to ensure that doesn't happen again. It tightened political ad requirements including verifying political ad buyers and archiving all political ads for the public. But many have found ways to slip through the cracks of the system.

Facebook has been under fire for its policy of not fact checking political advertisements on its service, which critics say allows politicians to lie and then pay Facebook to amplify their lies. Facebook has said it wants to provide politicians with a "level playing field" for communication and not intervene when they speak, regardless of what they're saying.

But now that misleading information about the census is a violation of Facebook's terms, such posts will be removed even if they are coming from a politician. Facebook has a similar policy against interfering with voting.

Mae Anderson reported from New York. AP Technology Writer Rachel Lerman in San Francisco contributed to this story.

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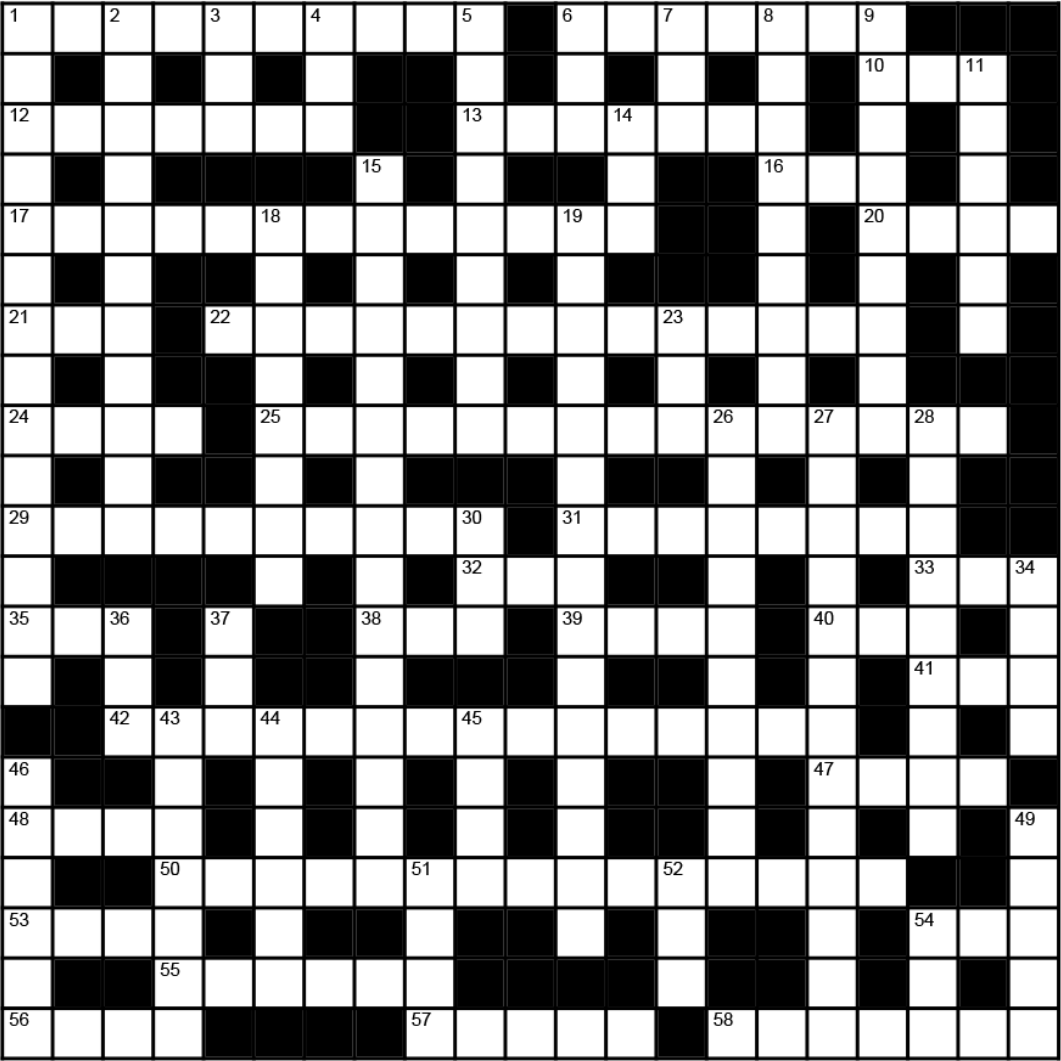
\* Facial Palsy

\* TMJ syndrome

\* Alzheimer's disease

# Mind Twisters

## Crossword Puzzle



- Across

1 Bust (6,4)

6 Part of a place setting (7)

10 Amazon, e.g. (3)

12 Ties (5,2)

13 Trattoria order (7)

16 "Baloney!" (3)

17 cattle (2 words) (8,5)

20 Buck passers? (4)

21 Rhine feeder (3)

22 Nonstop (3,2,3,3,3)

24 Fund-raising suffix (4)

25 Without delay (2,3,4,2,1,3)

29 In direct confrontation (4,2,4)

31 Roadblock (8)

32 Increase, with "up" (3)

33 Toupee, slangily (3)

35 Olive in the comics (0-3)

38 "And how!" (3)

39 Sufficient, informally (4)

40 In the middle of (3)

41 1936 candidate Landon (3)

Down

1 Trick (4,1,4,3,2)

2 Changing places (6,5)

3 D.J.'s stack (3)

4 Swindle, slangily (3)

5 Sketch (9)

6 Sounds of hesitation (3)

7 Coll. major (3)

8 Like Miss Muffet, ultimately (6,3)

9 Desperate (9)

42 Rage (6,2,7)

47 Dash gauge (4)

48 A Chaplin (4)

50 Bargain establishment (10,5)

53 Dynasty in which Confucianism and Taoism emerged (4)

54 Talk, talk, talk (3)

55 Bow applications (6)

56 "Good going!" (4)

57 Moor (5)

58 A fighting force (3,4)

11 Some suits (6)

14 Confounded (3)

15 Unused (2,4,9)

18 "Green Acres" co-star (3,5)

19 James Bond, e.g. (10,5)

23 Dadaism founder (3)

26 Fantastic (3-2-5)

27 Klutzy (13)

28 Deviation (9)

30 Verdi's "\_\_\_ tu" (3)

34 Bunk (4)

36 \_\_\_-di-dah (3)

37 "...\_\_\_ quit!" (3)

43 Sign of a slip (7)

44 Gentle slope (6)

45 Drop a line? (4)

46 Colorful bird (6)

49 "Forget it!" (5)

51 Gossip, slangily (4)

52 Kind of sauce (3)

54 Bump (3)
- ## Sudoku:
- Fill in the missing numbers (1 – 9 inclusive) so each row, column and 3x3 box contains all digits.
- 
- 
- 
- ## Word Search
- 
- Down

Dune

Egg

Entered

Exit

Eye

Farmers

Find

Flow

Get

Go

Gun

Harm

Hit

Hop

Hot

Infant

Its

Kicking

Kind

Knit

Litter

Log

Machine

Marked

Meal

Meaning

Mile

Mom

Moon

Mothers

Mouths

Mrs

My

Near

Newspaper

Nib

Nod

Oak

Odd

Of

Opening

Ore

Parts

Peels

Pig

Possibilities

Pour

Primarily

Ran

Rolls

Scale

Son

Soon

Soul

Spent

Sport

Stable

Stages

Stand

Sum

Swan

Tap

Tasted

Tax

Thy

Tile

Titles

Tones

Took

Toss

Try

Verb

View

Weed

Went

Who

Yawns

Yo-yo

# Podcasts are great!

## What are they?

BY ANDREW CAVETTE

This article is intended to be a primer, an introduction, to the world of podcasts. If you already enjoy podcasts, skip to the recommendations at the end.

### PODCAST?

Podcasts are radio storytelling without the radio. That's it. Podcasts are on-demand rather than broadcasted on the airwaves. The name comes from 'broadcast' and the original iPod. Often your smart phone has replaced that mp3 player, but the idea is the same. You use an app on your phone to download each episode -- for free -- and press Play. Simple. That said, podcasts are not limited to smart phones, so everyone can listen.

### WHY BOTHER?

The funny, frustrating and potentially amazing thing is: we are living in the golden age of a new medium that few people know about. Imagine a universe where The Sopranos and I Love Lucy; The Wire and All In The Family; Breaking Bad and Red Skelton; Fargo and MASH; The Walking Dead and Playhouse 90; Atlanta and The West Wing; Hannibal and The Honeymooners were all releasing new episodes... and nobody knew what a television was.

This is podcasting right now.

### WHEN DO PEOPLE HAVE THE TIME?

Often, people enjoy podcasts during their commute. Working out at the gym with headphones is another good time to listen. Sitting in a coffee shop? Podcasts. Waiting for the kids to get out of ballet class? Podcasts. Washing the dishes or folding laundry is podcast heaven. Gather the family around the computer like a giant, living-room radio before television was invented... Listen instead of prime-time television? Podcasts.

### I WANT IN... BUT HOW?

Popular podcast apps for Android phones are: Pocket Casts, Google Podcasts and RadioPublic. The iTunes app is standard for listening on Apple phones. In addition, Spotify has a vast collection of podcasts. Podcasts are not limited to smart phones. You can listen on your computer. If you know what show you want, visit their website and press Play. You can also choose to be a crazy person, like me... download each episode onto a USB thumb-drive and play the files from a cheap, plastic radio with a USB slot.

### WHERE TO BEGIN?

The British comedian and podcaster, Adam Buxton, has a theme song with the line: "I added one more podcast to the

giant podcast bin / Now you have plucked that podcast out and started listening..."

There are a staggering number of podcasts to pluck from the bin. You will find your podcast niche once you are more comfortable, but where to start... Download these shows via your podcast app or just Google search the show title.

- This American Life – The granddaddy of non-fiction, radio storytelling is still on the radio, but their podcast downloads far out-pace the radio listenership.

Episode to try: The Room of Requirement ep. 664

- The Anthropocene Reviewed – Best-selling author, John Green, rates things like lawns, sports rivalries, sunsets and whispering, all on a five star scale. The podcast is amazingly well-written and isn't really about rating things. Episode to try: Air Conditioning and Sycamore Trees ep. July 25, 2019.

- Criminal – The subgenre of true-crime podcasts could be an article all by itself, but this podcast is regarded as one of the best. If true crime tickles you, try Ear Hustle produced inside San Quentin prison and Serial - a podcast so popular that Saturday Night Live did a parody. Episode to try (Criminal): Ex Libris ep. 22

- This Is Love – Produced by the same people as Criminal, but entirely about love in all its forms. Wonderful, endearing. Episode to try: What Are We Going To Do. ep. 6

- 99% Invisible – A podcast about the designed world that we hardly ever notice. Not just for design nerds, not by a long

shot. Episode to try: Rebar And The Alvord Lake Bridge ep. 81

- Heavyweight – What if investigative journalism stopped covering world news and corruption so it could help you deal with your personal problems? Host, Jonathan Goldstein, helps people reconcile things in their lives that have always bothered them (hence the title). Produced with self-effacing humor, the episodes are always touching. Episode to try: (Too many good ones) #7 Julia and #6 James.

- 10 Things That Scare Me – An incredibly short podcast. People list the aforementioned 10 things and then stop. It's the most humanizing podcast I have ever heard and just what we all need in 2019. Episode to try: Listen to several in a row for the full effect, start at the start.

More shows: Reply All, Bundyville, Wild Thing, Everything Is Alive, Rough Translation, Meat, Cautionary Tales, Nice Try.

- A tip for those who want to podcast their own stories. Use HowSound

### NOTE:

Tri-City Voice will be hosting a podcast in 2020. Watch for an announcement in a following issue.

# Morey Greenstein: accounting profession has changed, but not values

SUBMITTED BY  
ELLESHA WANIGASEKERA

Morey Greenstein is the founding partner of Greenstein, Rogoff, Olsen and Co. CPAs and advisors, based in Fremont since 1964. This year he celebrated his 90th birthday. In his long life he has seen the city and the field of accounting grow and change, but many of the same values still serve.

In the summer of 1963, Morey left his San Francisco employer to strike out on his own, with a wife, three kids, a mortgage, and little knowledge of how to run a business, much less an accounting firm. He used an office in Palo Alto that belonged to a venture capital firm and tapped into his strong network to get the fledgling firm off the ground. At the end of the first year of business, he was able to hire a secretary, followed by a bookkeeper. Work was sometimes contracted to a handful of other CPAs that Morey had grown up with. Soon the business could cover all its expenses.

With its growing client base spread over Oakland, San Leandro, and Palo Alto, the firm moved to Fremont, into an office then located on Mowry Avenue. Morey remembers tracts of open land in the area now occupied by Whole Foods. A department store used to be located on part of the land where Washington Hospital now stands.

Initially, Morey didn't think he would stay in public accounting - he thought he might eventually take on a role as a CFO at a private company. However, the firm grew steadily, and in 1974, it became a partnership. In 1980, a second office was



opened in Palo Alto. As of this year, the firm employs 30 accountants.

Having entered the profession in 1954, Morey remembers making copies of documents with carbon paper, then with the wet copy process developed by Kodak.

Tax returns used to be filled out manually on sheets of paper then submitted to a service provider, which would key in the data and return the papers. Morey says that while it's easier now, he can't say it wasn't more fun back then!

Accounting and tax may now be highly automated, but Morey believes that accountants have an important role in serving clients – they can analyze, project, and act as consultants. Even while doing routine bookkeeping, accountants can evaluate client needs and generate creative solutions.

Morey states that the qualities that helped him succeed are still relevant – being self-motivated, a go-getter, and a salesman. It's imperative to know your trade, be good at it, and specialize – general practitioners can easily be replaced by automated systems.

He also believes it is important to contribute to the community and has served on professional societies and on the boards of local non-profits. Work-life balance is important, even in a demanding profession. Since childhood, his passion has been golf – he used to be president of the Castlewood Golf Club in Pleasanton. He also now enjoys watching the San Francisco 49ers.

When asked about his definition of success, Morey replied that it has changed over the years. In the early days, outsmarting an IRS agent was considered a win! Now, on his 90th birthday, Morey considers the legacy he has built as a marker of success.

"It's been a fun ride, certainly interesting, and I'm glad I took it," he says.

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## Heart to Heart seminar for girls and boys

SUBMITTED BY IVY WU

These informative, humorous and lively discussions of puberty, the opposite sex and growing up set parents and their pre-teens on a straight course for talking with one another on these important topics. Join us for these very popular classes developed by Julie Metzger, RN of "Great Conversations" in the Seattle, WA area.

"For Girls" is for girls, 10-12 years of age, and their moms or other adult resource person. Each class includes discussions on the physical changes of puberty and menstruation, what girls should know about boys, social issues, sexuality and sexual reproduction.

"For Boys" is for boys, 10-12 years of age, and their dads or other adult resource person. Each class includes discussions on body changes to expect during puberty,

myths vs. facts, what boys should know about girls, sexuality and sexual reproduction.

Please note that all "Heart to Heart" classes are held in two sessions.

Classes may be cancelled up to two weeks before the start date with a full refund. Cancellations/changes made within two weeks of the start date of the class incur a \$25 administrative fee. No refunds are given for cancellations or requests for changes of class dates made after the start of the class.

One "seat" in the registration is for one adult and one child pair. If you are interested in bringing an additional child, you will need to make a unique registration. Please see our webpage at [www.hearttoheart.stanfordchildrens.org](http://www.hearttoheart.stanfordchildrens.org) for more information about registering multiple children, age appropriateness, and other FAQs. You will receive an email confirmation when you submit your registration. If you do not see it, please check your spam filter. If you have any questions, please call us at 650-724-4601.

We understand and honor the diversity of all families. Please feel free to contact us if you have any questions.

### Girls' session:

**Sunday, March 29**

**2:30 p.m. - 7:00 p.m.**

**Patterson Elementary School - MPR**

**35521 Cabrillo Dr., Fremont**

**<https://www.stanfordchildrens.org/en/classes/class-detail?evt=HHG>**

**Registration: \$120**

### Boys' session:

**Thursday, March 12 & 19**

**6:30 p.m. - 8:30 p.m.**

**Warm Springs Elementary School – MPR**

**47370 Warm Springs Blvd., Fremont**

**<https://www.stanfordchildrens.org/en/classes/class-detail?evt=HHB>**

**Registration: \$120**

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| Sat., Jan. 11 – Vintage Plus Band | Fri., Jan. 31 – The Mirage Band  |
| Fri., Jan. 17 – Level Set Band    | Sat., Feb. 1 – Vintage Plus Band |

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**FREMONT CA 94538**

# Home & Garden

## Favorite Design Projects of 2019

ARTICLE AND PHOTOS BY ANNA JACOBY

With this last column of the year, I thought I'd share with you four of my favorite design projects from 2019, and what I like most about them. They all came out beautifully, capturing the needs and wants of the clients, and each space has its own unique personality. Perhaps they will inspire you for your own projects in 2020.



Sleek and Modern Master Bath

### Sleek and Modern Master Bath

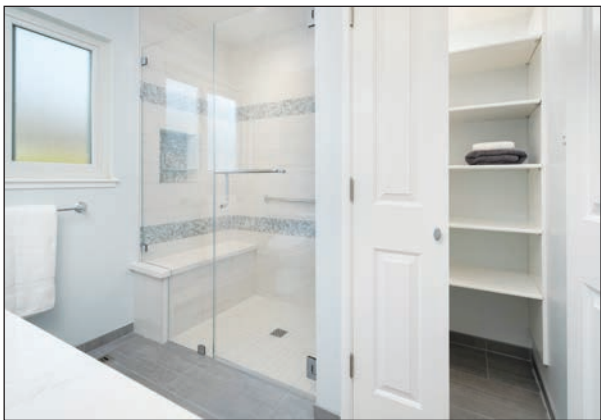
#### What I love about it

- **The contrast of colors and textures:** Note the smooth, polished white countertops contrasted with almost-black wood grain on the vanity cabinet. Also, note the embossed wavy, linear pattern in the white shower wall tiles, contrasted with the randomness of the black pebbles on the shower pan and backsplash. Strong horizontal and vertical lines are softened by the round mirror, and wavy curved lines in the tile.
- **The clean, minimalistic aesthetic:** Contemporary design tends toward minimal ornamentation, thus the slab-front cabinet doors and drawers and sleek countertop. The custom-designed vanity, featuring six good-size drawers, will help keep visual clutter to a minimum.
- **The pop of red:** I could have used just about any accent color in this bath, given the black and white backdrop. But I chose red, for a burst of energy and fun.

### Soft and Pretty Guest Bath

#### What I love about it

- **Great use of space:** The original bath had an old, shallow tub, and a very dark and claustrophobic separate shower stall. To remedy this situation, we turned the tub area into a large walk-in shower and converted the former shower into a spacious linen closet. The result is a very open, functional, light and bright new bath that meets everyone's needs.
- **The color scheme:** My favorite color is blue, and I'm always happy when I can incorporate it into a design.



Soft and Pretty Guest Bath

I love the combination of the soft blue walls, the blue mosaic accent tiles, and all the crisp white and gray. It's a very peaceful bathroom to walk into.



Large and Open Kitchen

### Large and Open Kitchen

#### What I love about it

- **Expansive new layout:** This kitchen started out as a small U-shaped kitchen with minimal counterspace and storage. By eliminating the peninsula and using the entire length of the walls, we were able to greatly expand the storage capacity and work spaces. Two cooks can easily and comfortably work in this kitchen now.



Large and Open Kitchen

- **The color scheme:** The dark gray lower cabinets provide an unexpected pop of rich color to the kitchen, and the crisp white upper cabinets keep it light and bright. The tile backsplash very successfully ties the two colors together. And the warm wood tones on the floor prevent all those grays from looking cold.

### Warm and Welcoming Kitchen

#### What I love about it

- **Great use of space:** Removing two walls and creating a new entrance from the front door made all the difference in the world. It enabled us to add a huge new island and increase the storage and workspace. And the best part is that this new design looks like it was meant



Anna Jacoby is a local Certified Interior Designer. Contact her at 510-378-6989 or [info@annajacobyinteriors.com](mailto:info@annajacobyinteriors.com). You could also visit her website at [www.annajacobyinteriors.com](http://www.annajacobyinteriors.com)



Warm and Welcoming Kitchen

to be this way all along. It blends seamlessly with the adjacent rooms, and provides a spacious, yet welcoming, space for family and friends.

- **The materials and colors:** I love the beautiful wood grain on those gorgeous cherry cabinets.
- **(Also note the matching cherry pantry door.)** Paired with the cream, rust and reds present in the counters, backsplash and walls (and even the front door), this warm color palette creates a very inviting ambiance.



Warm and Welcoming Kitchen

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2. Decrease your shower time. Also, encourage family members to do the same for added savings.
3. Inspect your landscape regularly for leaks and fix broken sprinkler heads to avoid water waste.
4. Collect water in the shower while waiting for the hot water. Use this water for plants and landscape.
5. Purchase a rain barrel and harvest rainwater from gutters and look into our rain barrel rebate program.
6. In winter, water dry areas in landscape by hand instead of running entire irrigation system.

Visit [www.acwd.org/conserve](http://www.acwd.org/conserve) for more water saving ideas and rebate information.

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| CASTRO VALLEY   TOTAL SALES: 10 |       |                     |     |      |        |        |
|---------------------------------|-------|---------------------|-----|------|--------|--------|
| Highest \$: 1,025,000           |       | Median \$: 779,500  |     |      |        |        |
| Lowest \$: 615,000              |       | Average \$: 815,400 |     |      |        |        |
| ADDRESS                         | ZIP   | SOLD FOR            | BDS | SQFT | BUILT  | CLOSED |
| 21994 Cameron Street            | 94546 | 615000              | 2   | 978  | 194711 | 19/19  |
| 19535 Alana Road                | 94546 | 675000              | 3   | 1341 | 194911 | 15/19  |
| 4314 Seven Hills Road           | 94546 | 725000              | 3   | 1040 | 196211 | 15/19  |
| 4275 Omega Avenue               | 94546 | 760000              | 4   | 1470 | 194711 | 18/19  |
| 20481 Summercrest Dr            | 94552 | 760000              | 3   | 1435 | 199811 | 19/19  |
| 21028 San Miguel Ave            | 94546 | 799000              | 3   | 1554 | 194811 | 15/19  |
| 21407 Tanglewood Drive          | 94546 | 830000              | 3   | 1779 | 196011 | 18/19  |
| 17796 Trenton Drive             | 94546 | 975000              | 3   | 2020 | 196211 | 15/19  |
| 22041 Barnhill Lane             | 94552 | 990000              | 4   | 2126 | 197011 | 19/19  |
| 18889 West Cavendish Dr         | 94552 | 1025000             | 0   | 2078 | 197811 | 19/19  |
| FREMONT   TOTAL SALES: 22       |       |                     |     |      |        |        |
| Highest \$: 1,500,000           |       | Median \$: 954,500  |     |      |        |        |
| Lowest \$: 378,000              |       | Average \$: 954,409 |     |      |        |        |
| ADDRESS                         | ZIP   | SOLD FOR            | BDS | SQFT | BUILT  | CLOSED |
| 37335 Sequoia Road              | 94536 | 378000              | 1   | 593  | 198611 | 15/19  |
| 5606 Chestnut Comm #Cmn         | 94538 | 520000              | 2   | 945  | 197111 | 15/19  |
| 38574 Vancouver Comm            | 94536 | 583000              | 2   | 976  | 197911 | 15/19  |
| 37265 Dutra Way                 | 94536 | 600000              | 2   | 841  | 195111 | 18/19  |
| 4250 Hardwood Street            | 94538 | 780000              | 3   | 950  | 195911 | 18/19  |
| 3768 Capitol Ave #517b          | 94538 | 815000              | 0   | 0    | 011    | 15/19  |
| 4248 Ogden Drive                | 94538 | 820000              | 3   | 1269 | 196211 | 15/19  |
| 36352 Pizarro Drive             | 94536 | 895000              | 3   | 1168 | 195611 | 19/19  |
| 4648 Serra Avenue               | 94538 | 910000              | 0   | 1440 | 197611 | 15/19  |
| 5672 Coral Court                | 94538 | 940000              | 4   | 1324 | 196311 | 15/19  |
| 37350 Portico Terrace           | 94536 | 949000              | 4   | 1631 | 199711 | 15/19  |
| 32688 Lake Arrowhead Ct         | 94555 | 960000              | 0   | 1234 | 197611 | 15/19  |
| 35536 Morley Place              | 94536 | 1020000             | 3   | 1579 | 197111 | 19/19  |
| 37891 Farwell Drive             | 94536 | 1036000             | 4   | 1502 | 195811 | 18/19  |
| 2415 Lockwood Ave               | 94539 | 1125000             | 3   | 1146 | 196011 | 18/19  |
| 4150 Perkins Court              | 94536 | 1140000             | 4   | 1797 | 196411 | 18/19  |
| 42719 Everglades Park Dr        | 94538 | 1150000             | 4   | 1736 | 196211 | 15/19  |
| 2385 Marion Avenue              | 94539 | 1168000             | 4   | 1114 | 195411 | 18/19  |
| 3180 Raleigh Court              | 94555 | 1190000             | 4   | 1494 | 197111 | 18/19  |
| 44849 Insight St #1002          | 94538 | 1248000             | 0   | 0    | 011    | 19/19  |
| 600 Jupiter Court               | 94539 | 1270000             | 3   | 1254 | 196411 | 18/19  |
| 40923 Cantare Place             | 94539 | 1500000             | 3   | 1536 | 196511 | 15/19  |
| HAYWARD   TOTAL SALES: 16       |       |                     |     |      |        |        |
| Highest \$: 759,000             |       | Median \$: 588,250  |     |      |        |        |
| Lowest \$: 345,000              |       | Average \$: 570,469 |     |      |        |        |
| ADDRESS                         | ZIP   | SOLD FOR            | BDS | SQFT | BUILT  | CLOSED |
| 27680 Loyola Avenue             | 94545 | 345000              | 3   | 1536 | 195711 | 15/19  |
| 2435 Creekside Court            | 94542 | 395000              | 1   | 785  | 199111 | 15/19  |
| 241 Anderly Court #22           | 94541 | 430000              | 2   | 940  | 199211 | 19/19  |
| 31214 Tepic Place #25           | 94544 | 455000              | 2   | 1435 | 198111 | 15/19  |
| 27654 Del Norte Court           | 94545 | 470000              | 3   | 1254 | 197011 | 15/19  |
| 290 Shepherd Avenue             | 94544 | 500000              | 2   | 722  | 196011 | 15/19  |
| 1320 Mattox Road                | 94541 | 515000              | 2   | 1531 | 200511 | 15/19  |
| 451 Laurel Avenue #2            | 94541 | 571500              | 3   | 1630 | 200411 | 15/19  |
| 310 Fairway Street              | 94544 | 605000              | 3   | 1134 | 195511 | 15/19  |
| 307 Toscana Way                 | 94545 | 615000              | 3   | 1349 | 201011 | 15/19  |
| 22107 Prospect Street           | 94541 | 629000              | 3   | 2006 | 194911 | 15/19  |
| 344 Medford Avenue              | 94541 | 644000              | 4   | 1920 | 196211 | 15/19  |
| 1310 Homestead Lane             | 94545 | 705000              | 3   | 1285 | 195611 | 19/19  |
| 2542 Hermosa Terrace            | 94541 | 740000              | 3   | 1274 | 195011 | 18/19  |
| 1311 Martin Luther King Dr      | 94541 | 749000              | 3   | 1982 | 201311 | 15/19  |
| 2482 Lancaster Court            | 94542 | 759000              | 3   | 1434 | 195911 | 18/19  |

| MILPITAS               |       | TOTAL SALES: 18       |     |      |              |       |        |
|------------------------|-------|-----------------------|-----|------|--------------|-------|--------|
| Highest \$: 1,999,000  |       | Median \$: 987,000    |     |      |              |       |        |
| Lowest \$: 644,000     |       | Average \$: 1,018,333 |     |      |              |       |        |
| ADDRESS                | ZIP   | SOLD                  | FOR | BDS  | SQFT         | BUILT | CLOSED |
| 242 Arbor Way          | 95035 | 644000                | 2   | 924  | 199211/20/19 |       |        |
| 1463 Nightshade Rd #20 | 95035 | 694000                | 1   | 1072 | 201811/21/19 |       |        |
| 601 Clover Circle      | 95035 | 774000                | 2   | 1207 | 201811/18/19 |       |        |
| 1463 Nightshade Rd #41 | 95035 | 800000                | 2   | 1243 | 201811/22/19 |       |        |
| 1685 Delano St #10     | 95035 | 835000                | 2   | 1163 | 201811/22/19 |       |        |
| 1930 Trento Loop       | 95035 | 935000                | 3   | 1709 | 201611/22/19 |       |        |
| 370 Riesling Ave #20   | 95035 | 950000                | 3   | 1552 | 201811/19/19 |       |        |
| 215 Casper Street      | 95035 | 970000                | 3   | 1116 | 195611/19/19 |       |        |
| 1685 Delano St #20     | 95035 | 986000                | 3   | 1552 | 201811/22/19 |       |        |
| 1105 Nicklaus Avenue   | 95035 | 988000                | 4   | 1416 | 197911/18/19 |       |        |
| 1685 Delano St #23     | 95035 | 999000                | 3   | 1530 | 201811/22/19 |       |        |
| 1685 Delano St #30     | 95035 | 1001000               | 3   | 1552 | 201811/22/19 |       |        |
| 1783 Mccandless Drive  | 95035 | 1015000               | 3   | 1640 | 201311/22/19 |       |        |
| 477 Glenmoor Circle    | 95035 | 1057000               | 3   | 1452 | 198611/18/19 |       |        |
| 1582 Mccandless Drive  | 95035 | 1160000               | 3   | 2077 | 201411/19/19 |       |        |
| 1766 Crater Lake Ave   | 95035 | 1185000               | 4   | 1451 | 196511/21/19 |       |        |
| 2009 Lee Way           | 95035 | 1338000               | 3   | 1512 | 201411/20/19 |       |        |
| 1371 El Camino Higuera | 95035 | 1999000               | 5   | 3352 | 198811/21/19 |       |        |

| NEWARK                      |       | TOTAL SALES: 9      |     |      |              |       |        |
|-----------------------------|-------|---------------------|-----|------|--------------|-------|--------|
| Highest \$: 1,081,000       |       | Median \$: 755,000  |     |      |              |       |        |
| Lowest \$: 412,500          |       | Average \$: 719,167 |     |      |              |       |        |
| ADDRESS                     | ZIP   | SOLD                | FOR | BDS  | SQFT         | BUILT | CLOSED |
| 6246 Joaquin Murieta Ave #A | 94560 | 412500              | 3   | 1346 | 198211/15/19 |       |        |
| 6286 Joaquin Murieta Ave #L | 94560 | 474000              | 2   | 905  | 198211/18/19 |       |        |
| 39865 Cedar Blvd #228       | 94560 | 520000              | 2   | 1071 | 198611/15/19 |       |        |
| 35156 Lido Blvd #D          | 94560 | 520000              | 2   | 1060 | 198411/18/19 |       |        |
| 5941 Central Avenue         | 94560 | 755000              | 3   | 1447 | 198011/15/19 |       |        |
| 36628 Port Anchorwood Pl    | 94560 | 845000              | 4   | 1654 | 197611/15/19 |       |        |
| 5756 Moores Avenue          | 94560 | 900000              | 3   | 1456 | 196711/19/19 |       |        |
| 38932 Spicebush Place       | 94560 | 965000              | 4   | 2131 | 201611/15/19 |       |        |
| 36088 Salisbury Drive       | 94560 | 1081000             | 4   | 1928 | 197211/18/19 |       |        |

| SAN LEANDRO             |       | TOTAL SALES: 12     |     |      |              |       |        |
|-------------------------|-------|---------------------|-----|------|--------------|-------|--------|
| Highest \$: 1,118,000   |       | Median \$: 693,500  |     |      |              |       |        |
| Lowest \$: 442,000      |       | Average \$: 715,667 |     |      |              |       |        |
| ADDRESS                 | ZIP   | SOLD                | FOR | BDS  | SQFT         | BUILT | CLOSED |
| 1400 Carpentier St #204 | 94577 | 442000              | 2   | 977  | 198311/15/19 |       |        |
| 1517 136th Avenue       | 94578 | 590000              | 2   | 972  | 194711/15/19 |       |        |
| 1289 Dutton Avenue      | 94577 | 625000              | 2   | 1071 | 191411/19/19 |       |        |
| 14950 Lark Street       | 94578 | 630000              | 3   | 1176 | 194511/15/19 |       |        |
| 3709 Anza Way           | 94578 | 660000              | 3   | 1114 | 195411/19/19 |       |        |
| 802 Portola Drive       | 94578 | 692000              | 3   | 1158 | 195611/15/19 |       |        |
| 715 Arthur Avenue       | 94577 | 695000              | 3   | 1084 | 194211/18/19 |       |        |
| 15490 Tern Court        | 94579 | 700000              | 3   | 1471 | 199911/15/19 |       |        |
| 34 Dabner Street        | 94577 | 701000              | 4   | 1908 | 191611/19/19 |       |        |
| 15369 Bay Port Court    | 94579 | 760000              | 4   | 1663 | 200711/15/19 |       |        |
| 2341 Pacifica Court     | 94579 | 975000              | 3   | 2608 | 199911/19/19 |       |        |
| 1775 Hillview Drive     | 94577 | 1118000             | 4   | 2778 | 196011/15/19 |       |        |

| UNION CITY               |       | TOTAL SALES: 4      |     |      |              |       |        |
|--------------------------|-------|---------------------|-----|------|--------------|-------|--------|
| Highest \$: 1,155,000    |       | Median \$: 840,000  |     |      |              |       |        |
| Lowest \$: 515,000       |       | Average \$: 837,500 |     |      |              |       |        |
| ADDRESS                  | ZIP   | SOLD                | FOR | BDS  | SQFT         | BUILT | CLOSED |
| 523 Tamarack Drive #10   | 94587 | 515000              | 2   | 1072 | 197611/15/19 |       |        |
| 35560 Monterra Terr #102 | 94587 | 570000              | 2   | 1023 | 200111/18/19 |       |        |
| 5847 Carmel Way          | 94587 | 1110000             | 4   | 1895 | 199911/15/19 |       |        |
| 34252 Pinnacles Drive    | 94587 | 1155000             | 4   | 1995 | 200011/18/19 |       |        |



We speak the following languages:  
English, Mandarin, Cantonese, Shanghaiese, Spanish, Indonesian,  
Hindi, Telugu, and Romanian

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## Have a Happy, Healthy Winter!

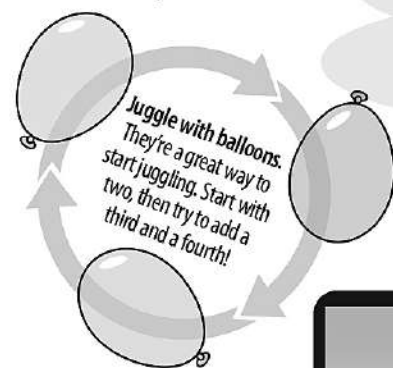
When the weather outside turns frightful, it gets harder to get your much needed exercise.

Moving around keeps you healthy and feeling good. Give these safe and fun indoor activities a try and let us know what you think!

### WINTER HEALTH TIP: Hydrate!

If it's cold outside, you might not feel thirsty. However, it is important that you keep drinking water throughout the day. A good reminder is to drink a glass of water each time you go to the bathroom.

How many differences can you find between this boy and his reflection?



### Extra! Extra! Hundred Toss

Crumple up a sheet of newspaper into a small ball. Cover the entire ball with masking tape. Toss the ball back and forth with one or more pals, counting from 1 to 10 each time the ball is successfully caught. If someone drops the ball, start counting from 1 again. Can you make it all the way to 100?

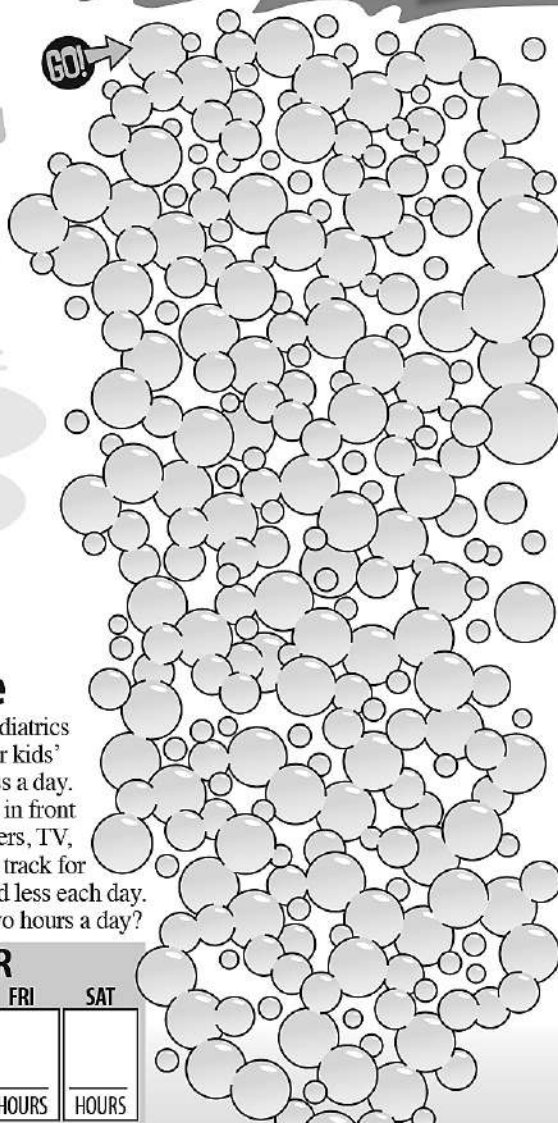
Standards Link: Reading comprehension. Follow simple written directions.

**Dance Up a Storm:** Turn on some music and dance for joy and good health! Happy, jumpy music will make you feel good as well!



### The Lava Game

Pretend you can't touch the floor or the lava will burn you up. Travel through the house on chairs, pillows, tables and furniture your parents allow.



### WINTER HEALTH TIP: Limit Screen Time

The American Academy of Pediatrics recommends parents limit their kids' screen time to two hours or less a day. How much time do you spend in front of a screen each day? Computers, TV, phones ... it all adds up. Keep track for one week and try to do less and less each day. Can you keep it to less than two hours a day?



### SCREEN TIME TRACKER

| SUN   | MON   | TUE   | WED   | THU   | FRI   | SAT   |
|-------|-------|-------|-------|-------|-------|-------|
| HOURS | HOURS | HOURS | HOURS | HOURS | HOURS | HOURS |

### Wash Your Hands Often!

Exercise keeps you healthy. Remember to wash your hands throughout the day. Visit [kidscoop.com/scrub-squad/](http://kidscoop.com/scrub-squad/) to find a Kid Scoop video and printable activity pages that help make hand washing fun!



Starting up top at "GO," can you find your way through the gaps in these bubbles all the way back down to this little boy?



### Hand Exercises

Now that your hands are nice and clean, they could use a little exercise. Try these:

### Stretch & Squeeze

Spread your fingers out as far as possible. Feel that s-t-r-e-t-c-h? Now squeeze them into two tight fists. Repeat 10 times.

### The Big Reach

Stand with your feet slightly apart. Reach your hands up, up, UP as high as you can. Now bend and reach for your toes. Repeat 10 times.

### Helicopter Hands

Extend your arms straight out, level with your shoulders. Slowly start twirling your arms in a circular motion. Spin them faster and faster for 60 seconds.

### Pat on the Back

Hold your hands out in front of you. Reach over your shoulders and pat your back for 30 seconds. Cross your arms and try again. Do this for 30 seconds. You deserve a pat on the back!

Standards Link: Physical Education. Use a variety of basic and advanced movement forms.

### The Kid Scoop book for puzzle lovers!

A great gift idea! Order from your local bookstore, Target.com, BarnesandNoble.com or Amazon.com today!



### Kid Scoop Puzzler

Unscramble each of the mixed-up words.

### When should I wash my hands?

- after playing DISTOUE O \_ \_ \_ \_ \_ I \_ \_ \_
- after using the STORMORE R \_ \_ \_ \_ \_ T R \_ \_ \_
- before eating or KONCOGI \_ \_ \_ \_ \_ O O \_ \_ \_
- after petting SANIMLA \_ \_ \_ \_ \_ L S \_ \_ \_
- before and after visiting a sick DRFNEI F \_ \_ \_ \_ \_
- after blowing your nose, coughing or sneezing
- after taking out the RATHS T \_ \_ \_ \_ \_

Standards Link: Reading Comprehension. Follow simple written directions.

**Let's Talk:** With your family, discuss things you can do to be healthier in 2020. Come up with a plan to eat healthier foods, get more exercise and spend fun time together!

### Double Double Word Search

REMINDER

EXERCISE  
HEALTHY  
HYDRATE  
WEATHER  
PRETEND  
THIRSTY  
MOVING  
TRAVEL  
DANCE  
STORM  
LIMIT  
SAFE  
TIME  
WASH

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

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| E | W | H | E | E | N | L | E | G | I |
| S | H | T | C | F | E | T | T | N | L |
| I | S | E | N | V | A | S | I | I | P |
| C | A | W | A | R | I | S | M | V | R |
| R | W | R | D | L | N | I | E | O | E |
| E | T | Y | T | S | T | O | R | M | T |
| X | H | W | E | A | T | H | E | R | E |
| E | T | H | I | R | S | T | Y | E | N |
| R | E | D | N | I | M | E | R | R | D |

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

### FROM THE Kid Scoop LESSON LIBRARY

### Healthy Feels Good!

Everyone feels better when they eat right, exercise and get plenty of rest. Look through the newspaper for things that are good for your body. Choose three or more that appeal to you.

Standards Link: Health. Students recognize and practice positive health behaviors.



What do mountains wear in cold weather?

ANSWER: Snowcaps.

### Write On!

### Write Words Wonderfully

Write a sentence in which most, or all of the words start with the same letter.

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SILICON VALLEY

# 17-year-old develops water conservation app

BY DHOHA BARECHE

"I am an avid environmentalist. My vision and passion for life is to combine environmental science with computer science to help raise awareness about water conservation." Those are the words of Sohail Attari, a 17-year-old senior at Fremont's Irvington High School, who runs the registered non-profit organization Youth for Sustainability and software application Showerly.

Attari's interest in the topic started about four years ago when he heard a news anchor talk about how teenagers take long showers. He decided to conduct research on the issue and discovered that showers are the second largest source of water consumption, as well as the least expensive to reduce. It sparked his interest in water conservation and how technology could be used to help people decrease shower times. His drive afforded him the opportunity to intern at the University of California, Berkeley alongside academics who make climate data analytics tools for the State of California.

This experience led to the launch of his non-profit, Youth For Sustainability, in 2016 to raise awareness of water conservation and sustainable practices. With two sub-chapters in Palo Alto and Los Gatos, including 50 members and 20 volunteers, Attari works alongside his colleagues and Bay Area boy scouts, elementary schools, and high schools to conduct trash clean-ups and educate citizens on how to preserve watersheds.

Attari came up with the idea of using sand clocks to help people track how much time they are using in their showers, as he wants to "inspire and encourage people and give them the proper and necessary tools to help them accomplish what they might not have before." Youth for Sustainability has now distributed 4,000 sand clocks to 100 boy scout troops in five states.

Through this, Attari developed a passion for programming by building his own website for Youth For Sustainability. "My start in programming came out of necessity. When I was building a website for my non-profit, I wasn't interested in using templates such as Weebly or WordPress since I wanted to customize it to my exact liking." Instead, he expanded his horizons by learning about various programming languages, which later helped him develop his own water saving app.

The smartphone application Showerly allows people to track and decrease their shower time. With over 310 users from 10 different countries and 15 unique features, this innovative and engaging software allows users to compete with local and global communities for the lowest shower times. Currently, Showerly is only available on Android; Attari is working on enhancing the application with feedback he receives from users before its release on Apple.

However, these accomplishments did not come with ease. Attari struggled to acquire funding for his organization "I emailed nearly 100 places including water districts, state agencies, and non-profits but most did not have any grant programs that I could apply for." Fortunately, the Santa Clara Valley Water District provided funding to carry out his project. Additionally, he faced many difficulties when trying to integrate the database for the app Showerly and had to work with friends and family to get it to function properly. "I had to familiarize myself not only with the Android Studio development environment, but also with optimizing the code to make the app as fast as possible." However, Attari believes overcoming obstacles gave him the experience necessary to continue developing apps.

In the future, he wishes to implement a voice recognition feature that will allow users to start and stop the app's timer, rather than having to physically



tap the button on their device. He also seeks to collaborate with water districts on developing different tools that will assist with water conservation. Attari envisions a prosperous future for his work as he wishes to expand Youth For Sustainability on the national level, grow Showerly, and continue raising awareness about the climate crisis.

Showerly app: <https://play.google.com/store/apps/details?id=com.balanstudios.showerly>

Youth for Sustainability: <http://youthforsustainability.org/>

# Local author releases Moon Manual

SUBMITTED BY SPRINGER NATURE

Robert Garfinkle has announced the publication of Luna Cognita: A Comprehensive Observer's Handbook of the Known Moon. In it, he gives detailed advice for observing all lunar nearside features, from the largest craters

to the tiniest ridges and an unparalleled collection of lunar history and facts.

This comprehensive, all-in-one handbook takes the reader on a unique journey to our closest celestial neighbor. This three-volume set covers the Moon begins with a section on the Moon's place in human history,

mythology and lore, before gravitating closer to the Moon itself through scientific sections on the Earth-Moon system, lunar motions and cycles.

Advice is offered on how to purchase, use and care for lunar observing and photography equipment. Techniques for observing the Moon (both with the naked eye and optical instruments) are detailed as the reader approaches the Moon's surface on this visual tour-de-force.

Written in an accessible, engaging manner, Luna Cognita is an invaluable resource for anybody who looks up at the glowing sphere in the night sky and wants to learn more about the "Known Moon."

**Luna Cognita**  
**[www.springer.com/gp/book/9781493916634](http://www.springer.com/gp/book/9781493916634)**  
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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**

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



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

**CONTINUING EVENTS****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](mailto:dove@parkvictoria.org)

**Friday, Dec 6 – Sunday, Jan 5****Zoolights at Oakland Zoo**

5:30 p.m. - 9:00 p.m.

Light displays, laser shows, kids' rides  
 Oakland Zoo  
 9777 Golf Links Rd., Oakland (510) 632-9525  
<https://www.oaklandzoo.org>

**Monday - Friday, Dec 6 - Jan 17****Veterans Art Project Exhibit**

9 a.m. - 5 p.m.

Art projects created by veterans and their partners  
 John O'Lague Galleria  
 777 B St., Hayward (510) 538-2787  
[www.haywardartscouncil.org](http://www.haywardartscouncil.org)

**Fridays, Jan 3 - Jan 31****Toddler Ramble: Is There a Storm Brewing? \$**

10:30 a.m. - 11:15 a.m.

Kids 1-3 learn about weather through play and exploration  
 Hayward Shoreline Interpretive Center  
 4901 Breakwater Ave., Hayward (510) 670-7270  
[www.haywardrec.org/hayshore.html](http://www.haywardrec.org/hayshore.html)

**Saturdays-Sundays, Jan 4 - Jan 26****Monarchs: Pollinator Royalty**

12:30 p.m. - 1:30 p.m.

Learn how butterflies affect our surroundings  
 Ardenwood Historic Farm  
 34600 Ardenwood Blvd., Fremont (510) 544-2797  
[www.ebparks.org](http://www.ebparks.org)

**Saturdays-Sundays, Jan 4 - Jan 26****Monarch Spotting**

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

Use a spotting scope to look for butterflies  
 Ardenwood Historic Farm  
 34600 Ardenwood Blvd., Fremont (510) 544-2797  
[www.ebparks.org](http://www.ebparks.org)

**Saturdays-Sundays, Jan 4 - Jan 26****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](http://www.ebparks.org)

**Saturdays-Sundays, Jan 4 - Feb 29****Wild Wonders**

2 p.m. - 3 p.m.

Games, activities, crafts for all ages  
 Sunol Regional Wilderness  
 1895 Geary Rd., Sunol (510) 544-3249  
[www.ebparks.org](http://www.ebparks.org)

**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/>

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**Thursday is - BINGO**

**Doors open 4pm**  
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**21406 Foothill Blvd., Hayward**

**I need a Forever Home**

Dottie, a Blanc de Hotot mix, is a sweet, albeit a bit shy, bunny. Despite that, she's OK with handling, although sometimes she is a bit wiggly. She loves nibbling on chew toys and snacking on parsley and timothy hay. She has soft white

fur with black rings around her eyes. Meet Dottie at the Hayward Animal Shelter.

Dash is an outgoing, easy to handle French Lop. He loves exploring and is quite insistent on getting where he wants to go when something interests him. He loves greens and an occasional piece of fruit. He has soft brown fur and big brown eyes. He needs an indoor-only home. Meet Dash at the Hayward Animal Shelter.



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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

## THIS WEEK

### Wednesday, Jan 1

**Brazen New Year's Day \$R**  
7:30 a.m.  
*Trail race for walkers, 5K, 10K and Half-Marathon*  
Lake Chabot  
17600 Lake Chabot Rd., Castro Valley  
(888) 327-2757  
https://brazenracing.com

### Wednesday, Jan 1

**New Year's Day Farm Walk**  
11:30 a.m. & 1:30 p.m.  
*Enjoy the winter weather, visit the animals*  
Ardenwood Historic Farm  
34600 Ardenwood Blvd., Fremont  
(510) 544-2797  
www.ebparks.org

### Thursday, Jan 2 - Friday, Jan 3

**Take a Break in Nature R**  
10:30 a.m. - 12 noon  
*Go to the park for nature, science and exploration. Ages 5-10*  
Sunol Regional Wilderness  
1895 Geary Rd., Sunol  
(510) 544-3249  
svisit@ebparks.org

### Thursday, Jan 2

**Bedtime Storytime**  
7:00 p.m. - 7:30 p.m.  
*Songs and stories for families. Children 8 and under need adult caregiver*  
Union City Branch Library  
34007 Alvarado Niles Rd., Union City  
(510) 745-1464

### Saturday, Jan 4

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

### Saturday, Jan 4

**Bird Walk**  
8 a.m. - 10 a.m.  
*Discover patterns of behavior, migration, and habitat. Ages 8+*  
Alameda Creek Regional Trail  
Niles Staging Area Old Canyon Rd. in Niles District, Fremont  
(510) 544-3220  
www.ebparks.org

### Saturday, Jan 4

**Nature Detectives: Marshy Movement \$**  
11 a.m. - 12 Noon  
*Kids 3-5 hike and explore animal movement*  
Hayward Shoreline Interpretive Center  
4901 Breakwater Ave., Hayward  
(510) 670-7270  
www.haywardrec.org/hayshore.html

### Saturday, Jan 4

**Raspberry Jam R**  
1 p.m. - 4 p.m.  
*Learn about a micro-computer for digital-making and coding*  
Castro Valley Library  
3600 Norbridge Ave., Castro Valley  
(510) 667-7900  
www.aclibrary.org

### Saturday, Jan 4

**Monarchs For Kids**  
10:30 a.m. - 11:30 am.  
*Educational look at butterflies. Ages 3-6*  
Ardenwood Historic Farm  
34600 Ardenwood Blvd., Fremont  
(510) 544-2797  
www.ebparks.org

### Saturday, Jan 4

**Science Explorers: Chemical Reactions**  
1:30 p.m. - 2:30 p.m.  
*Explore science with fun and experiments. Ages 7+*  
Centerville Library  
3801 Nicolet Ave., Fremont  
(510) 795-2629  
www.aclibrary.com

Merry Christmas and  
Happy New Year 2020

We will be closed from December 24 - January 1st

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**Jueves**  
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**Viernes**  
Friday

**Sabado**  
Saturday

**Sunday**  
Domingo

**Higado**  
Liver

**Pollo**  
Chicken

**Carnitas**  
Fried Pork

**Cabeza**  
Beef Head

**Buche**  
Pork Stomach

**Pastor**  
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**Chile Verde**  
Green Pork

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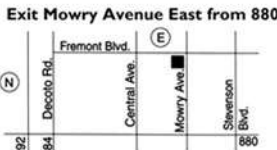
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**www.aclibrary.org/book-**  
**mobile**

**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

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**Outreach@driversforsurvivors.org**  
**www.DriversForSurvivors.org**

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

### Saturday, Jan 4

#### Music & Movement

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

*Songs and movement that build motor/social skills. Ages 6 and under with adult*

Centerville Library  
3801 Nicolet Ave., Fremont  
(510) 795-2629  
www.aclibrary.com

### Sunday, Jan 5

#### Ohlone People & Culture

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

*Learn about their intimate relationship with nature, family and their ancestors. Ages 8+*

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

### Sunday, Jan 5

#### Alameda Creek Walk and Talk

9 a.m. - 12:00 noon

*Relatively flat 3-mile hike around the marsh*

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

### Sunday, Jan 5

#### Drop-in Knit and Crochet Club

2 p.m. - 3 p.m.

*Work on your own project or create hats and scarves to donate to homeless*

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

### Sunday, Jan 5

#### There's Treasure Everywhere \$

2 p.m. - 3 p.m.

*Dipnet the marsh and collect plankton samples. Ages 5+*

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

### Sunday, Jan 5

#### Marvelous Monarchs

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

*Slide show and visit to the eucalyptus grove. Meet at granary*

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

### Tuesday, Jan 7

#### Family Zumba Fundraiser \$R

6:30 p.m. - 7:30 p.m.

*Benefits the Youth Advisory Commission's Mini-Grant program. Ages 5+*

San Leandro Senior Community Center  
13909 East 14th Street, San Leandro  
(510) 577-3462  
www.sanleandrorec.org

### Tuesday, Jan 7

#### Dynamic Resumes

2:30 p.m. - 3:30 p.m.

*Tips for creating a good resume*

Fremont Main Library  
2400 Stevenson Blvd., Fremont  
(510) 745-1421  
www.ohlone.edu/careercenter

### Thursday, Jan 9

#### Audition to join the MFMI kids choir

3:30 p.m. - 4:30 p.m.

*Does your child love to sing? Grades 1-6*

Niles Elementary School  
37141 Second St., Fremont  
(510) 733-1189  
www.musicforminors2.org

### Thursday, Jan 9 - Sunday Jan 12

#### The Little Mermaid \$

Thurs & Fri: 7 p.m., Sat: 2:30 p.m. & 7 p.m., Sun: 1 p.m. & 5 p.m.

*Based on the Hans Andersen story and the Disney Film*

Milpitas Community Center  
457 E. Calaveras Blvd., Milpitas  
(408) 586-3210  
centerstagepa@yahoo.com  
www.ci.milpitas.ca.gov/recreation

### Friday, Jan 10 - Saturday, Jan 11

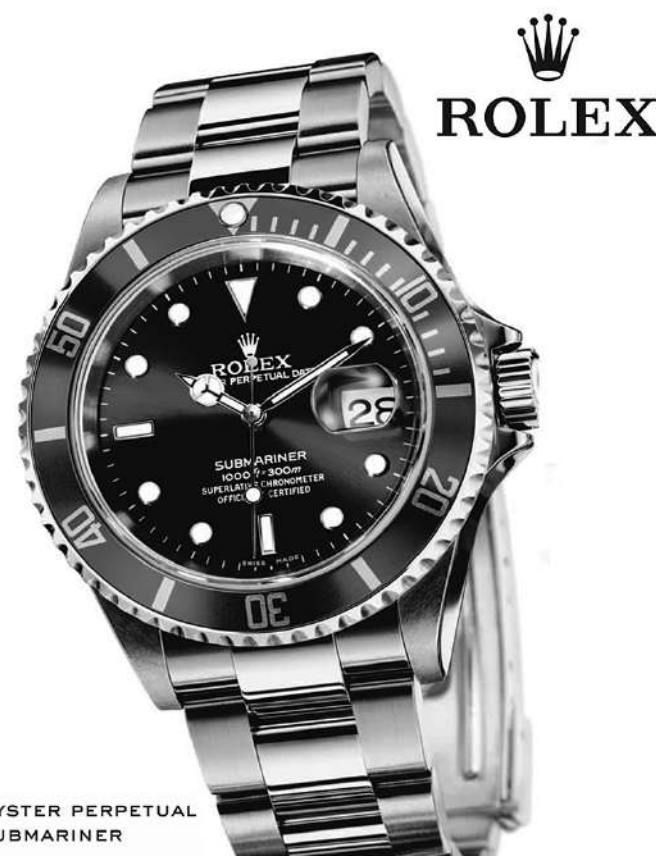
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Sat: 12 noon - 2 p.m.

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It is unfortunate many people think their only option is to “rest” or just as bad mask their pain with pills and hope that it just goes away...

My report titled “7 Quick and Easy Ways To End Back Pain and Stiffness.” is simple, actionable advice, that is easy to follow and proven to work to help those suffering years on end.

My name is Joewel Pascual, Doctor of Physical Therapy specializing in helping people 45+ find natural and long lasting relief from back pain.

My reasons for writing this report are clear and simple: to help people in this area make a better, more educated and more informed decision about their health.

And the good news is this...Today I'm giving away a completely **FREE** copy of this report (Value \$28) Inside, could be the solution that lets you keep active, maintain independence AND live free from harmful medication for years to come.

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-To your Great Health, Joewel Pascual, PT, DPT

THE AUTHOR OF THIS REPORT, Owner of AMP Physio. One of California's leading physical therapists helping those in the Tri-city area.

Naked fireman, binky-binging bulldog: New England's odd 2019

By WILLIAM J. KOLE  
ASSOCIATED PRESS

New Englanders fired up the weirdness machine again in 2019, and it cranked out oddities pretty much nonstop.

There was a giant spinning ice disk in Maine, a naked firefighter in Rhode Island, and twin mysteries in Massachusetts and Vermont, where people reported that intruders had entered their homes – only to vacuum and scrub them clean.

A sampling of some of the region's stranger stories from the past 12 months:

Cosmic Carousel

A slowly rotating ice disk the width of a football field formed in the Presumpscot River in Westbrook, Maine, outside Portland, mesmerizing crowds and entertaining ducks who, one observer said, were rotating on the big Lazy Susan. The alien-like disk spun slowly counter-clockwise for days, grinding to a halt only after an attention-seeker from New Jersey tried to hack a giant peace sign on it with a hatchet.

Binky-Binging Bulldog

No wonder this hound wasn't hungry.

A family in Wellesley, Massachusetts, brought its 3-year-old bulldog, Mortimer, to a Boston veterinary hospital after he suddenly stopped eating. An X-ray revealed why: His stomach was packed with 19 baby pacifiers he had apparently taken from his owners' two children. The pooch made a full recovery after the binkies were removed using a medical scope that didn't require surgery.

He Extinguished His Clothes

A veteran firefighter who police say walked naked into a Rhode Island convenience store on a dare retired early after being placed on leave. Authorities in Middletown charged 60-year-old John Walsh, of Lynnfield, Massachusetts, with disorderly conduct after he shed his clothing and wore nothing but a “smile on his face” as he purchased a soda at a 7-Eleven. A woman passenger in his car told police she dared him to enter the store nude because he said it was legal in the Ocean State.

Was It A `409' In Progress?

These were two clean capers – or maybe just two cases of mistaken identity. In mid-May, Nate Roman, of Marlborough, Massachusetts, came home from work and

knew instantly someone had been inside. Nothing was taken, but the house was spotless: beds made, rugs vacuumed, toilets scrubbed – even origami roses crafted on the toilet paper rolls. Police think a housekeeping service may have come to his house by mistake. Roman called the experience “weird and creepy.” Three weeks later, a Vermont man came home to find a strange woman cleaning his house.

Like A Needle In A Haystack

Imagine being reunited with your wedding ring after losing it on a snowy mountaintop. That unlikely outcome happened to Bill Giguere, who lost the gold band on a snow-covered trail up 4,000-foot Mount Hancock in New Hampshire's White Mountains. He put out a plea for help, and fellow hikers Tom Gately and Brendan Cheever managed to locate the ring in the snow with a metal detector. “It beeped and he's, like, ‘I think I found it,’ and everybody's like, ‘What?’” Cheever told WMUR-TV.

Snake In An S.U.V.

This was no ordinary distressed driver call. Police and bystanders in East Windsor, Connecticut, teamed up on Independence Day to remove a 6-foot-long boa constrictor that had wrapped itself around the engine block of a car. Police wrote in Facebook post that it “was not exactly the call” they were expecting on a holiday. Later, they said: “This may surprise you but we, the police, are not normally in the business of wrangling snakes.” The snake, which authorities

think was an escaped pet, was brought to a nature center.

Bad Luck Buck

Whitetail deer and whitecaps don't usually mix, so a Maine lobsterman was astonished to find a young buck drifting five miles out to sea. Ren Dorr and his crew managed to rescue the 100-pound deer, which had given up swimming. Dorr was a little worried that sharing the cramped deck of a lobster boat with a wild animal would be tricky, but the deer was so exhausted, “he laid right down like a dog.” The buck was set free on shore. Dorr said the deer would have been “a goner” if the lobstermen hadn't intervened.

Winter's Over – Wanna Bet?

Apparently trying to guess when the ice will melt is such a thing in northern Vermont, some people even place bets on it. In West Danville, locals bought tickets for a \$5,000 jackpot to see who could predict when a cinder block would fall through pond ice. Organizers say the annual Joe's Pond Ice Out Contest began in the 1980s as a response to cabin fever. In Newport, near the border with Canada, there's a similar contest with a twist. Residents bet on when “Vanilla Ice,” a large plywood cutout of a bottle of vanilla extract, will drop into Lake Memphremagog.

Festival to honor Dr. Martin Luther King

SUBMITTED BY ALICE KIM

The Recreation and Human Services Department is currently accepting entry forms for Dr. Martin Luther King, Jr. Oratorical Festival and Poetry Slam 2020. The city's annual celebration will take place on Monday, January 20. The event commemorates the birthday of the great American leader Martin Luther King, Jr. and his lifelong work toward equality and peace. Participants will perform an original or well-known essay, speech, or poem that celebrates Dr. King's message of peace, tolerance, and social justice.

Students in third through 12th grades attending San Leandro schools are invited to participate. Students can win gift card prizes in their grade category. To participate, students must submit an entry form that includes the piece they intend to perform.

For details and to complete the entry form, visit <https://Bit.ly/MLKjr2020>. Entry forms must be submitted by Friday, January 10 or until 25 entry forms are received. For more information, call Liz Hodgins at (510) 577-3473 or email [chodgins@sanleandro.org](mailto:chodgins@sanleandro.org).

Oratorical Festival and Poetry Slam 2020  
Monday, Jan 20  
10:30 a.m.  
Senior Community Center  
13909 E 14th St., San Leandro  
(510) 577-3473  
<https://Bit.ly/MLKjr2020>  
Application Deadline: Friday, Jan 10 or until 25 entry forms are received



SUBMITTED BY ALICE KIM

The City of San Leandro's Recreation and Human Services Department and Youth Advisory Commission (YAC) invite the community to the Family Zumba fundraiser. The event will take place on Tuesdays, January 7, February 4, March 3, and April 14, 2020. All fitness levels are encouraged to attend.

This event is for ages 5 and up, and pre-registration is recommended. Participants may register with the San Leandro Recreation and Human Services Department online at [www.sanleandrorec.org](http://www.sanleandrorec.org). Walk-in registrations are also available at the San Leandro Senior Community Center.

Proceeds from ticket sales will go towards the Youth Advisory Commission's Mini-Grant Program for youth-serving organizations in the San Leandro community. Light refreshments will be available for purchase with cash only. For more information, contact Lydia Rodriguez, recreation supervisor, at (510) 577-3477 or email [lrodriguez@sanleandro.org](mailto:lrodriguez@sanleandro.org).

Family Zumba Fundraiser  
Tuesdays: Jan 7, Feb 4, Mar 3, and Apr 14, 2020  
6:30 p.m. – 7:30 p.m.  
Senior Community Center  
13909 East 14th St., San Leandro  
(510) 577-3477  
[lrodriguez@sanleandro.org](mailto:lrodriguez@sanleandro.org)  
Admission: \$5 per person, or \$20 per family  
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**Classifieds Deadline: Noon Thursday**  
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 and Repaired - Brick Work  
 Block - Concrete (Stamp/Color)  
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### DISCLOSURE NOTICE

This is to inform the public that Jesus Christ Son of God Christian Church - located at 220 Main Street, Milpitas, CA 95135 is permanently closed since May 30, 2019.

Jesus Christ Son of God Christian Church located at 953 Mission Street, Unit 40 Lower Level, San Francisco, Ca. 94103 & Jesus Christ Son of God Christian Church in Vallejo, CA are both NOT affiliated, connected, & not under the Corporate Entity Number of the closed Milpitas location.

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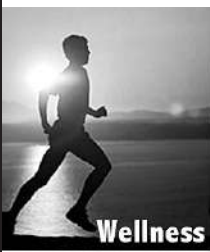
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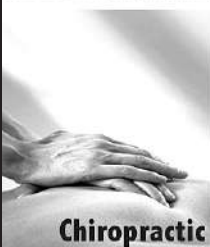
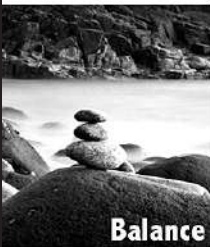
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# SPORTS

## Trapper plays with 'gator until it tires, pulls it from pool

AP WIRE SERVICE

A Florida animal trapper says he corralled a large alligator by playing with it until it got tired after it hopped into a residential swimming pool.

Celebrity trapper Paul Bedard, who is contracted with the state's nuisance alligator program, said Thursday that he was dispatched to a house in Parkland, Florida.

Bedard said he was able to pull the nearly 9-foot (2.7-meter) animal out of the water once it grew

tired from playing with him in the pool on Wednesday. He put a snare on its mouth and taped it.

He described the reptile as "mellow" and named it Cool Hand Luke after the 1967 film starring Paul Newman.

Bedard said the alligator weighed 185 pounds (83.92 kilograms).

Bedard starred in Animal Planet's reality show Gator Boys.

## Cougars Report

SUBMITTED BY  
TIMOTHY HESS

### Optimist Club Holiday Basketball Tourney

#### Varsity Girls:

The Newark Memorial Lady Cougars Varsity Basketball Team beat Santa Clara by the score of 51-33 on December 27th at the Event Center. Freshman forward Jaydin Armas scored 12 points, with senior guard Rylee Sarasua contributing 10 points in the win over the Bruins. Sophomore wing

Nicole Tilley added 8 points, while junior guard Hannah Cabrera chipped-in 6 points. Next up is a semifinal contest on December 28th with the Lady Tigers of Lick-Wilmerding (San Francisco).

#### Junior Varsity Girls:

The Lady Cougars JV squad opened the JV tournament with a solid 43-19 win over the Lady Cougars of Campolindo (Moraga). The Lady Cougars JV Team (9-1) will host the Lady Wolves of San Ramon Valley (Danville) in a semifinal contest on December 28th.

### Newark Ring of Honor - Athletics Hall of Fame

The fifth induction ceremony of the Newark Ring of Honor Athletics Hall of Fame will take place on Saturday, January 25 starting at 6:30 p.m. in the Commons.

#### Inductees being honored:

- Ken Temple - Newark Memorial Class of 1994
- Wayne Miller - Newark Class of 1969
- Patty Schott - Newark Memorial Class of 1983
- Tom Breen - Newark Class of 1968

GO COUGARS!

Women's Basketball

## Chabot Women No. 11 In State, No. 4 In North

SUBMITTED BY CHABOT COLLEGE ATHLETICS

The Chabot women's basketball team continued its steady climb in the rankings during the holiday season. The Gladiators (10-4) are up slightly to No. 11 in the Dec. 23 CCCWBCA State Poll and moved up two spots to No. 4 in the North Region Poll. The Gladiators were tied for No. 11 in the state in the previous week.

Chabot, guided by head coach Mark Anger, also moved past conference- rival City College of San Francisco (10-5) in the North after being tied for No. 6 with the Rams last week. Chabot has the top nonconference record in the Coast-North.

# Watch out for dangerous wild mushrooms



Death Cap



Western Destroying Angel

SUBMITTED BY JEN VANYA

East Bay Regional Park District officials are reminding the public that mushroom season is now in full force. Each year, mushrooms come out after the first rains of the season, which began on November 26. Mushrooms are ecologically important and can look beautiful -- but some of them contain dangerous toxins. The death cap (Amanita phalloides) and Western destroying angel (Amanita ocreata) are two of the world's most toxic mushrooms, and both can be found in East Bay Regional Parks during the rainy season.

The death cap and Western destroying angel mushrooms contain amatoxins, a group of molecules that inhibit cellular metabolism in many animals. In mammals, the liver and kidneys are typically the first organs affected after ingestion. Symptoms don't usually appear until up to 12 hours after consumption, beginning as severe gastrointestinal distress and progressing to the liver and renal failure if treatment is not sought immediately.

"Both of these toxic mushrooms can be lethal to humans and pets if consumed," said East Bay Regional Park District Naturalist Trent Pearce, who is based in Tilden Regional Park and documents the fungi in East Bay Regional Parks. "They are mostly associated with oak trees and can be found growing anywhere oak roots are present."

The death cap is a medium-to-large mushroom that typically has a greenish-gray cap, white gills, a white ring around the stem, and a large white sac at

the base of the stem. Though the death cap is mainly associated with oak trees, it has been found growing with other hardwoods. The death cap is not native to California. It was accidentally introduced to North America on the roots of European cork oaks and is now slowly colonizing the West Coast.

The Western destroying angel is a medium-to-large mushroom that usually has a creamy white cap, white gills, a white ring around the stem that disappears with age, and a thin white sac at the base. It fruits from late winter into spring. It is associated exclusively with oaks. Unlike the death cap, it is a native California mushroom.

"The Park District urges the public to be safe and knowledgeable about toxic mushrooms when encountering them in the parks," said East Bay Regional Park District Public Information Supervisor Dave Mason. "Collecting mushrooms in East Bay Regional Parks is not allowed."

The death cap and Western destroying angel can also be dangerous for pets. "Dog owners should keep a close watch on their dogs during the winter months," said Mason. "Pet owners should contact a veterinarian immediately if they suspect their pet may have eaten a toxic mushroom."

While the death cap and western destroying angel mushrooms are responsible for most cases of mushroom poisonings in California, deadly toxins can also be found in Galerina and Lepiota mushroom species, both of which grow in the Bay Area.

# New Pet Licensing Hours

SUBMITTED BY CITY OF FREMONT

The Tri-City Animal Shelter will soon begin implementing more consistent hours for Fremont residents to license their pets in person. Effective January 7, 2020, the new licensing hours will align with the shelter’s hours, making licensing available in person at the shelter’s front counter.

You can also license a new pet, renew an existing pet’s license, and update information for you and your pet online. If you are a Fremont resident, your dog or cat is required to be licensed at four months of age or within 30 days of ownership or bringing the animal into the city. California state law requires the rabies vaccination to be effective during the entire licensing period.

**Tri-City Animal Shelter**  
**Tuesday–Friday: 12 noon – 5 p.m.**  
**Saturday: 11 a.m. – 4 p.m.**  
**Closed Sundays, Mondays, and Holidays**  
**1950 Stevenson Blvd., Fremont**  
**<http://www.tricityanimalshelter.org/>**

# Holiday tree disposal do’s & don’ts

SUBMITTED BY CITY OF HAYWARD

Everyone loves the smell of freshly cut pine in the winter -- but as the holidays come and go, so must the holiday trees. Hayward Waste Management customers have access to free tree curbside pickup between January 6 and January 17, 2020. Here are a few helpful tips to consider when prepping your tree for pickup.

Waste Management does not collect artificial trees or frosted trees as part of the free pickup service. To take advantage of this service, customers must:

- Remove all ornaments, lights, tinsel, nails, and stands from tree
- Cut tree into pieces five feet in length or smaller (only applies if tree is taller than five feet)
- Place tree on curb next to recycling, organics, and landfill bins on normal collection day

After January 17, trees must be cut to fit within the green organics cart in order to be picked up for free. Trees placed on the curbside after the free collection period can still be picked up, but a fee may be added to your next bill. For more information on the tree collection program, call Waste Management at (510) 537-5500.

To put a more sustainable spin on your holiday festivities, consider buying a live, potted tree and planting it in your yard after the holidays. Trees naturally absorb greenhouse gases and other pollutants, preventing them from being emitted into the atmosphere and negatively impacting local air quality. For more information on trees that grow well in Hayward, check out the Alameda County Public Works Advisory Board’s recommended tree list at [www.co.alameda.ca.us](http://www.co.alameda.ca.us).

# California expands insurance protections in wildfire areas

AP WIRE SERVICE

More than a million California homes are now protected under a new law that temporarily bans insurance companies from dropping customers in areas affected by recent wildfires, officials announced Wednesday.

Insurance Commissioner Ricardo Lara issued a moratorium earlier this month covering about 800,000 homes affected by recent wildfires. Lara extended those protections this week to more than 200,000 additional homes in burn areas in San Bernardino, Riverside, Ventura, Solana and Contra Costa counties.

The moratorium lasts for a year, and it only covers people who live either inside or next to the perimeter of one of 16 wildfires that burned in California in October.

Thousands of homes have been destroyed in recent years by devastating wildfires across the state. Those claims have cost insurers, who responded by

dropping fire insurance policies for many homeowners who live in wildfire-prone areas.

The insurance industry has said annual losses from wildfires are not sustainable.

In California, people who can’t buy home insurance through no fault of their own can purchase plans from a state-mandated insurance pool. But policies sold through the California Fair Access to Insurance Requirements Plan are often limited to fire damage, forcing people to purchase separate plans to get coverage for things other than fires.

Last month, Lara ordered the FAIR Plan to begin selling comprehensive policies by June 1 to cover lots of other problems, including theft, water damage, falling objects and liability. He also ordered the plan to double homeowners’ coverage limits to \$3 million.

Last week, the California FAIR Plan Association sued Lara, arguing his order is illegal. It said state law only requires the plan to sell basic property insurance. It argued Lara’s order would hurt the private insurance market, which conflicts with the FAIR Plan’s state-mandated goals of encouraging “maximum use” of the “normal insurance market.”

Known as the “insurer of last resort,” the FAIR Plan has been growing in recent years as wildfires have become bigger and more frequent because of climate change.

# Park It

BY NED MACKAY

## Trails Challenge 2020

The New Year brings new adventures in the East Bay Regional Parks, with the 2020 edition of the popular, free and family-friendly Trails Challenge.

A partnership of the Regional Parks Foundation and Kaiser Permanente HMO, Trails Challenge encourages visitors to explore the regional parks by completing any five of 20 trails listed in the 2020 guidebook.

There are trails for all levels of fitness and expertise, from easy to challenging. Hike, bike or ride whichever you choose, turn in your trail log by December 1, and receive a commemorative pin while supplies last.

The 2020 Trails Challenge guidebook is available as of Jan. 2 at park district visitor centers or online at the district website, [www.ebparks.org/TC](http://www.ebparks.org/TC). And you can download the free AllTrails app. Besides trail maps, the guidebook has useful information about equipment, safety, and the regional parks in general.

Participating visitor centers also have free Trails Challenge T-shirts, again while supplies last.

So, make a New Year’s resolution to pick up a guidebook and venture out into the parks.

Speaking of trails, naturalist “Trail Gail” Broesder will be leading a series of hikes at various regional parks from 9 a.m. to noon on three Sundays in January on the theme of “New Year, Nature You.” All are part of the Healthy Parks Healthy People program promoting safe, low-impact activities in the outdoors through regular enjoyment of the regional parks.

Gail’s first hike will be on January 5, starting at the Alhambra Creek Staging Area of Briones Regional Park. The entrance is on Reliez Valley Road about a mile south of the intersection with Alhambra Valley Road in Martinez. For information, call 510-544-2233.

There are natural and cultural history programs every Saturday or Sunday in January and February at Black Diamond Mines Regional Preserve in Antioch.

“Nature Discoveries” is from 10 to 11 a.m. every Saturday. Learn what is flying, crawling or blooming in the park. “Historic Somersville is from 1 p.m. to 2 p.m. on Sundays. Learn about the lives of 19th Century miners, see some miners’ tools, or go on a short walk.

Or you can meet a live gopher snake, king snake or rattlesnake from 1:30 to 2 p.m. every Saturday.

Black Diamond Mines is at the end of Somersville Road, 3½ miles south of Highway 4. The snake program is at the Sidney Flat Visitor Center just past the park entrance kiosk. The other two programs meet in the parking lot at the end of the road.

Black Diamond Mines has a parking fee of \$5 per vehicle. The programs are free of charge. For information, call 888-327-2757, ext. 2750.

The naturalists at Big Break Regional Shoreline in Oakley host occasional coffee talk sessions to discuss current news relating to the Delta. There’s one from 8:30 a.m. to 9 a.m. on Wednesday, Jan. 8, another at the same time on February. 5.

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

You can hear natural history stories by the fireside from 11:00 a.m. to 11:30 a.m. every Sunday in January and February at the Environmental Education Center in Tilden Nature Area near Berkeley.

And there’s a nature stroll starting at the center from 1 to 2:30 p.m. on Saturdays, January 4, 11 and 18, led by naturalist Anthony Fisher. These are easy walks to observe the variety of life in the nature area. Bring a camera.

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.

Crab Cove Visitor Center in Alameda features Family Nature Fun from 2 p.m. to 3 p.m. every Saturday and Sunday, with a different topic each week. Mammals (including us) are the subject on January 4 and 5.

Crab Cove is at 1252 McKay Ave. off Alameda’s Central Avenue. Call 510-544-3187.

Coyote Hills Regional Park in Fremont offers a full schedule of programs celebrating the cultural heritage of the Ohlone people who inhabited what is now the park for thousands of years.

There are regular tours of a reconstructed Ohlone village site within the park, a half-mile walk from the visitor center. The next is from 1:30 p.m. to 3:30 p.m. on Saturday, January 4.

Coyote Hills is at the end of Patterson Ranch Road off Paseo Padre Parkway. There’s a \$5 parking fee; the programs are free. Call 510-544-3220.

This isn’t even half of what’s going on in the regional parks. For full information, visit the district website at [www.ebparks.org](http://www.ebparks.org).

# East Bay park renamed after first female park district board member

ARTICLE AND PHOTO  
SUBMITTED BY DAVE MASON

Coinciding with the 100th anniversary of the 19th Amendment, which granted women the right to vote, the East Bay Regional Park District (EBRPD) is honoring one of its earliest champions of parks and open space by renaming Redwood Regional Park in Oakland after Aurelia Reinhardt.

Dr. Aurelia Henry Reinhardt was an important and remarkable woman, born in San Francisco and residing in Oakland with her family. Her significant contributions played a substantial role in the formation of the East Bay Regional Park District in 1934. She was one of five original board members -- and the only woman -- elected to represent the newly-founded Park District on its first Board of Directors.

During her tenure, the park district negotiated its first land purchase, which created the first three parks: Tilden, Temescal and Sibley parks. A lover of redwood trees, she later worked to acquire property that would become Redwood Regional Park. The park’s redwood grove, Aurelia Reinhardt Redwoods, already bears her name.

“Aurelia had a long history of public service and advocacy for human and environmental rights,” said EBRPD Director Dee Rosario, who initiated the renaming. “She was an amazing woman whose

legacy is still alive today in the Park District’s 73 Regional Parks and 125,000 acres of preserved open space.”

A college educated woman in the graduating class of 1898 at the University of California, Berkeley, she went on to earn a Ph.D. from Yale in 1905, an untraditional feat for women at the time. Dr. Reinhardt was a tireless community leader and supporter of parks not only in the East Bay but also nationally. She was elected president of Mills College in Oakland, the only women’s college on the west coast, building opportunities for women and lifting the school’s reputation through two World Wars and the Great Depression. She served as president of Mills College from 1916 to 1943.

The EBRPD Board of Directors officially approved the renaming of Redwood Regional Park to Dr. Aurelia Reinhardt Redwood Regional Park on October 15. A public ceremony marking the occasion will be held at a later date. The park is one of the EBRPD’s most popular parks and receives 1.4 million visitors annually.

“As we celebrate the 100th anniversary of the women’s suffrage movement in 2020, it is fitting for our nationally-recognized park district to highlight Aurelia Reinhardt, a remarkable environmentally and socially conscious woman from Oakland,” said EBRPD General Manager Robert Doyle.



Dr. Aurelia Henry Reinhardt was the first woman to serve on the East Bay Regional Park District’s Board of Directors. This photo was taken around 1934.

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.org
- 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
- 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
- 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.slzsd.org
- Sunol Glen Unified School Board  
2nd Tuesday @ 5:30 p.m.  
11601 Main Street, Sunol  
(925) 862-2026  
www.sunol.k12.ca.us

California Dashboard Results

SUBMITTED BY LAURA FORREST

Alameda County school districts are demonstrating consistent improvement in math, English language arts, college and career readiness and decreasing suspension rates, and some are making gains in graduation rates and reducing rates of chronic absenteeism, according to 2018-19 data released Thursday on the California School Dashboard.

The California Department of Education and the State Board of Education uses the annual release of the California School Dashboard, which has been in place since 2017, to illustrate how schools and districts are performing on state and local indicators.

The Alameda County Office of Education (ACOE) has created a bank of resources to help families and educational communities to better understand the 11 indicators that are part of the California School Dashboard. You can access these short videos at [acoe.org/dashboard](http://acoe.org/dashboard).

“The California School Dashboard provides a comprehensive look at how districts in Alameda County are serving our students as measured by academic, engagement and climate indicators,” said

L. Karen Monroe, Alameda County Superintendent of Schools. “We continue to see progress being made, and our districts can celebrate some of the true successes represented in this data.”

Every district in Alameda County is committed to focusing on the critical need for educational equity and continuous improvement in supporting populations of historically underserved student groups. While the Dashboard shows many districts in Alameda County narrowed the “opportunity gap” and demonstrated progress in numerous indicators, there continue to be student groups that

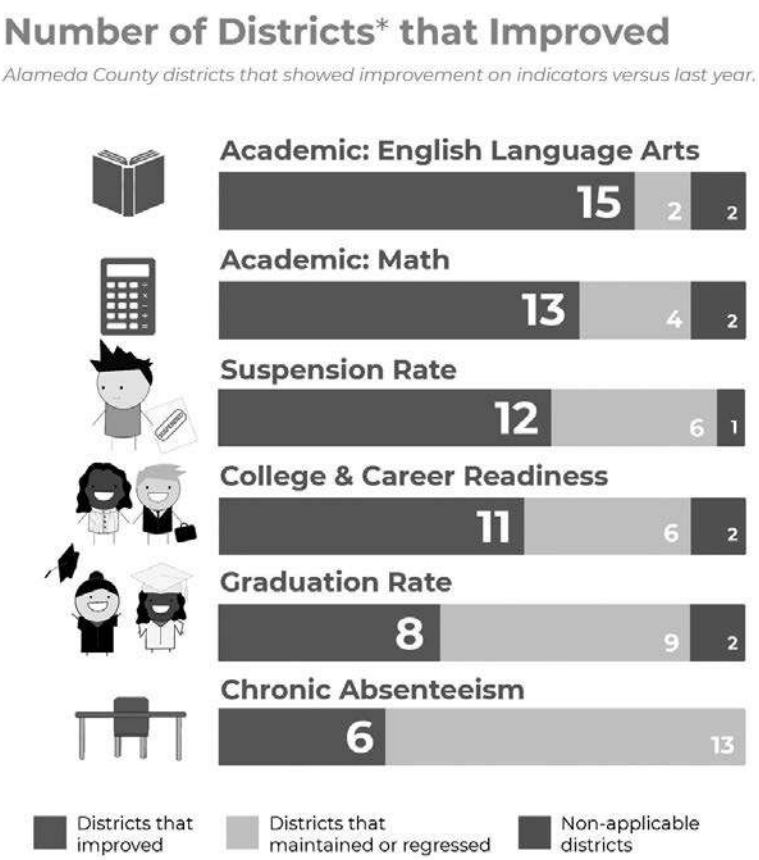
show stagnant or decreased achievement rates.

“We must focus on the persistent gap in achievement of students across our county and state and take clear steps to address this as one of the most significant issues facing public education today,” said Superintendent Monroe. “The Alameda County Office of Education will work with our districts to engage in reflective review of this data and initiate the critical work of making improvements so that each student is supported to succeed.”

Based on Dashboard results, a number of districts in Alameda County have been identified to

receive Differentiated Assistance support. Differentiated Assistance is a year-long, state-mandated process that mobilizes specialized teams of Alameda County Office of Education staff to work closely with identified districts in targeted areas to assess strengths and weaknesses, then develop recommendations to address areas that need improvement.

The Dashboard continues to be accessible in Spanish and English, with the addition of Tagalog, Vietnamese and Mandarin for the 2019 release. Learn more about ACOE at [www.acoe.org](http://www.acoe.org).



Senator looks back at 2019 legislative successes

SUBMITTED BY SEN. BOB WIECKOWSKI

Marking the end of the year and legislative session, Sen. Bob Wieckowski (D-Fremont) has released a roundup of several of his legislative bills that were signed into law during 2019. They included measures on housing, workers’ rights, consumer protection and economic equity issues.

Here are some of the senator’s measures signed into law during the last session:

- SB 13: Advancing Accessory Dwelling Units (ADUs)
- California is in a housing crisis which has become one of the most significant drivers of institutional and generational poverty cycles in the state. This law cuts exorbitant impact fees and reduces remaining barriers in order to encourage the safe, legal construction of more affordable ADUs.
- SB 187: Helping homeowners fight shady

mortgage debt collectors

This clarifies that the term “consumer debt” includes mortgage debt. It ensures mortgage servicers adhere to the same rules as any other debt collector under the Rosenthal Fair Debt Collections Practices Act. It also removes a loophole that said attorneys could not be sued under the Rosenthal Act.

- SB 267: Foreign Service Officers

The Foreign Service requires that officers maintain ties with their place of residency for taxes, voting, and other purposes. Another connection for officers is to maintain a current state driver license. This law grants a more flexible extension on California driver licenses for Foreign Service Officers and their spouses.

- SB 303: Safeguarding the conserved

A conservatorship occurs when a judge appoints one person or entity to manage either, or both, the financial matters or personal care of an individual

who is no longer able to manage their own affairs. This law requires a showing of clear and convincing evidence before removing a conservatee from their home or selling her home.

- SB 323: Election rights in homeowner associations

It is estimated that 25% of Californians live in homeowners’ associations, which are run by a volunteer board. Unfortunately, some board members bend or ignore the rules to maintain their power and control over the association by excluding those who seek to challenge the status quo and have a seat at the table. This bill protects Californians’ voting rights in association elections.

- SB 616: Limiting bank levies

In California, a debt collector can empty out your entire bank account. These seizures happen with little or no warning, leaving low income families without a way to pay for rent, food or other necessities, and forcing them to incur more debt just to get by.

This bill breaks the debt cycle, shields some money from collection and gives struggling workers a fighting chance to improve their lot.

- SB 707: Forced Arbitration Accountability Act

This law establishes a consistent and predictable process for all workers in California who are first denied access to court because of mandatory arbitration clauses and then denied any access to justice when the company intentionally refuses to pay arbitration fees. This bill ensures companies cannot have it both ways.

Wieckowski represents the 10th District in the State Senate, which includes southern Alameda County and parts of Santa Clara County. Constituents who need information or assistance on state issues, can call the senator’s district office at (510) 794-3900 or by emailing [senator.wieckowski@senate.ca.gov](mailto:senator.wieckowski@senate.ca.gov)

Seeking citizens bond oversight committee members

SUBMITTED BY JACQUI DIAZ

The Hayward Area Recreation and Park District (H.A.R.D.) is accepting applications from interested residents of Hayward, Castro Valley, San Lorenzo, and unincorporated Alameda County to serve as committee members on the District’s Citizens’ Bond Oversight Committee (C.B.O.C.). There are currently three position openings on the committee.

The committee oversees the expenditure and use of Measure F1 Bond proceeds to ensure their use on the types of projects stated in the bond measure. The committee in its operation shall represent no specific or special group but provides bond oversight for the general welfare of the district.

To obtain a C.B.O.C. application or for additional information about this committee, call the H.A.R.D. Capital Planning Offices at (510) 881-6712; email Meghan Tiernan, capital planning and

development director at [TieM@haywardrec.org](mailto:TieM@haywardrec.org); or visit <http://www.haywardrec.org/698/Citizens-Bond-Oversight-Committee>. The deadline to submit the application is Monday, January 6, 2020. To learn more about H.A.R.D. programs and events, visit [www.HaywardRec.org](http://www.HaywardRec.org).

**Oversight Committee Members Application**  
**Deadline: Monday, Jan 6, 2020**  
**(510) 881-6712**  
**<http://www.haywardrec.org/698/Citizens-Bond-Oversight-Committee>**  
**[www.HaywardRec.org](http://www.HaywardRec.org)**

# OPINION



WILLIAM MARSHAK

As a New Year arrives, Tri-City Voice is celebrating our 18th year of publishing our newspaper; beginning with What's Happening Magazine in 1998, followed by Tri-City Voice in 2002. In those days, the news media, especially print, was facing huge challenges to present news in an informative and relevant manner. Consolidation of the newspaper business, competition with electronic and round the clock reporting via radio, television and internet upset traditional sources that relied on slower and more moderate news gathering.

Speed was an essential component of the news business, but fact checking to preserve truth was the primary responsibility. Trust was, and remains, a crucial element between consumers and media personnel. The public felt it could rely on most reporting by news organizations as fair and impartial,

based in supportable facts. The concept of "alternative facts" was left to sensationalistic and extreme commentaries, considered entertainment rather than serious journalism. A corollary of news reporting was that if it was printed by a responsible newspaper, it must be so. As the pressure of speed and other forms of communication surpassed veracity, even honored and trusted news sources became suspect. Currently, sensationalism threatens the entire news industry, freedom of the press and our democracy.

Tri-City Voice understands that although world, national and state events are extremely important, our publication will remain committed to the communities we call home. We have remained true to that philosophy and credit this with our continued existence. During this time, challenges to our business and those around us have been daunting but, along with many others, we weathered severe economic storms and continue to serve the Southeast Bay Area, a rich tapestry of business, ethnicity and bedrock of industrial power. The cities and communities we serve provide energy and innovation for the entire San Francisco Bay Area, United States and the world. Increasingly, Silicon Valley innovation is concentrated within our communities. With this comes an increased challenge to use local resources wisely while taking advantage of our position in global commerce.

As we face a New Year, some new faces and those of well-known public leaders are poised to conduct civic business for us. Their role is to carry out the will of their constituents while ours is to review, guide and critique what is done. Each component of this scenario relies on the other to do its job. If the system fails, its deficiencies can be traced to all parties rather than simply pointing fingers of fault in one direction or another. This election cycle will challenge our collective ability to discern fact from fallacy at all levels of government. Benjamin Franklin expressed a sentiment of his times that extends to everyone – man, woman and child: "Be at war with your vices, at peace with your neighbors and let every new year find you a better man."

Tri-City Voice proposes a toast to the New Year with a quote by T.S. Elliott, poet, critic, playwright and editor: "For last year's words belong to last year's language, and next year's words await another voice. And to make an end is to make a beginning."

Happy New Year!

William Marshak  
PUBLISHER

## EARTHTALK

Dear EarthTalk: What are so-called regional climate models and why do we need them, given that we already have pretty decent global climate models?

-- Rich W., Seattle, Washington

Scientists, economists and businesspeople love to create models to help predict future outcomes as a way to direct planning and preparedness efforts. Climatologists specifically love to create models of how the planet and its various natural systems and cycles will react with the input of way too many greenhouse gas emissions in the atmosphere.

Climate science has come a long way since its early days a few decades back, but most of what we think will happen regarding global warming comes from global climate models -- that is, predictions based on a wealth of empirical data about how much global average temperature is expected to rise and by when.

"Global climate models (GCMs) simulate the interactions between the atmosphere, ocean and land to project future climate,

based on assumptions about future emissions of greenhouse gases," reports the Climate Impacts Group at the University of Washington (UW).

According to ClimatePrediction.net, a volunteer computing and climate modeling project out of the UK's University of Oxford, global climate models (GCMs) are designed to calculate what the climate is doing (in terms of wind, temperature, humidity, etc.) at a number of discrete points on the Earth's surface as well as in the atmosphere and out at sea. The points are then laid out in a grid covering the planet's surface. The more points at play, the finer the resolution (and accuracy) of the model.

Nowadays climate researchers are applying what they have learned thus far to look in more detail on a regional basis, especially given that climate change has not only large-scale but also local consequences. These so-called regional climate models (RCMs) work by magnifying the resolution of GCMs in a small, limited areas of interest, typically within a 3,000 square mile radius. Only by creating and analyzing RCMs can we assess the influence of myriad fixed geographic conditions and other local factors such as land height, land use, lakes, sea breeze, mountain ranges and localized weather patterns on climate impacts for a particular metropolitan area, state or country.

"For the practical planning of local issues such as water resources or flood defenses,

countries require information on a much more local scale than GCMs are able to provide," adds ClimatePrediction.net. "Regional models provide one solution to this problem."

UW's Climate Impacts Group has been able to leverage its expertise in global and now regional climate modeling to do groundbreaking research into the likelihood of things like floods in the Pacific Northwest, expected moisture flux convergence and ensuing drought in the Southwest, and, even further afield, projected climate change and impacts in Southeast Asia. The analytical techniques being pioneered at UW are being shared with researchers around the world with the hope that more and more scientists will start to run RCMs in their own regions to help planners improve people's lives despite the warming climate.

GCMs and RCMs are both important tools in figuring out how to cope with the effects of climate change, whether a worst case scenario is borne out or the future is not quite so cataclysmic.

EarthTalk is produced by Roddy Scheer and Doug Moss for the nonprofit EarthTalk. See more at <https://emagazine.com>. To donate, visit <https://earthtalk.org>. Send questions to: [question@earthtalk.org](mailto:question@earthtalk.org).



PUBLISHER  
EDITOR IN CHIEF  
William Marshak

DIRECTOR OF OPERATIONS  
Sharon Marshak

PRODUCTION

Claire Camaclang  
Shannon M. Bench

OFFICE ADMINISTRATOR  
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**Guadalupe Mendoza**  
Resident of Fremont  
October 5, 1931 – December 28, 2019  
Fremont Memorial Chapel

**Lanora Joyce (Hogan) Row**  
Resident of Fremont  
November 22, 1933 – December 27, 2019  
Fremont Chapel of the Roses

**James Anthony Pratt**  
Resident of Fremont  
January 16, 1966 – December 22, 2019  
Fremont Chapel of the Roses

**Ann Marie Fuchslin**  
Resident of Fremont  
February 21, 1926 – December 22, 2019  
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**Maxine Wysup**  
Resident of Fremont  
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**Maria Magdalena Franco**  
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April 10, 1959 – December 17, 2019  
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**Don H. Plummer**  
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Fremont Chapel of the Roses

**Constancia "Connie" Abad**  
Resident of Union City  
December 6, 1935 – December 15, 2019  
Fremont Memorial Chapel

**Harriet Florita Dias**  
Resident of Fremont  
October 31, 1929 – December 15, 2019  
Fremont Memorial Chapel

**Herbert Curtis Cartwright**  
Resident of Fremont  
November 6, 1928 – December 14, 2019  
Fremont Chapel of the Roses



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**Pedro Gamboa Arredondo**  
Resident of Fremont  
December 6, 1952 – December 25, 2019

**Dorothy Morris**  
Resident of Fremont  
March 28, 1930 – December 24, 2019

**Dhirendra Choudhury**  
Resident of San Jose  
October 2, 1932 – December 23, 2019

**Harry Lewis Jr.**  
Resident of Newark  
December 14, 1951 – December 16, 2019

**Leona Marymee**  
Resident of Fremont  
April 3, 1924 – December 15, 2019

**Harry Lewis Jr.**  
Resident of Newark  
December 14, 1951 – December 14, 2019

**Margaret McCall**  
Resident of Elk Grove  
March 9, 1922 – December 14, 2019

**William Frary**  
Resident of Fremont  
February 23, 1973 – December 13, 2019

**Monica LeHouillier**  
Resident of Fremont  
July 25, 1926 – December 13, 2019

**Sister Sheila Keane**  
Resident of Fremont  
March 27, 1927 – December 12, 2019

**Sondra Morelli**  
Resident of Fremont  
September 27, 1964 – December 9, 2019

**Cindy Baglietto**  
Resident of Fremont  
August 11, 1963 – December 8, 2019

**Kimberly Richards**  
Resident of Fremont  
December 9, 1960 – December 8, 2019

Obituary

Herbert Curtis Cartwright

November 6, 1928 – December 14, 2019

Resident of Niles

Herbert Curtis Cartwright, 91, of Niles California, passed away, Saturday, December 14, 2019 at his home in Niles, California, in his favorite recliner. Herb was born in Mansfield, Arkansas to General and Eva (Lackey) Cartwright. After the family moved to California, where he graduated from Washington High School in 1947 and later married Rosetta Clark. Herb entered the Army and served proudly during the Korean War as a cook while stationed here in California. After the Army he was employed for 27 years at Kimber Farms and after that for many years at Mission Clay Products.

Herb predeceased in death by his wife Rosie and son Denny. He is survived by his son, David Cartwright, daughter Donna Cartwright-Boyles, 2 grandchildren, Katie Boyles and Chelsea (Albert) Ghiorso and a great-grandson due in January 2020.



Per his request there will be no formal services. Instead of flowers, please do something kind for an animal.

A private burial will be held at Sacramento Valley National Cemetery, Dixon.

Fremont Chapel of the Roses  
510-797-1900

Obituary

Anne Marie Fuchslin

February 21, 1926 – December 22, 2019

Resident of Fremont



Anne Marie Fuchslin, 93, of South Lake Tahoe, California, passed away on Dec. 22, 2019 in Fremont, California. Anne was born on February 21, 1926 in San Francisco to parents Martin and Anna Fuchslin. On May 27th 1937, at the age of 11, Anne joined other pedestrians in being the first people to walk across the newly completed Golden Gate Bridge; the following day the bridge opened to vehicle traffic. Anne graduated from the Immaculate Conception Academy (ICA) in San Francisco in 1943. After graduation she joined the U.S. Army Corp of Engineers, received a top-secret clearance and was stationed in Saipan. In 1952 Anne married Placid Fuchslin, and in 1957 they moved to South Lake Tahoe to raise their family and begin work as motel, condominium and marina owner/operators. Throughout her life Anne was an active member of the

Swiss/American community. She was a life member of the Aelpfer Gruppe Swiss Club in Newark, California and enjoyed participating in Swiss dances and events. Anne enjoyed collecting, particularly dolls. She also loved children, animals (especially cats), and the music of Andre Rieu. Anne is survived by her sons William Fuchslin and wife Karen of Fremont, California and Ralph Fuchslin and wife Barbara of Gold River, California. She is also survived by her brother Robert Fuchslin and wife Linda of Fremont, California. She is predeceased by her husband Placid Fuchslin, son John Fuchslin and daughter Annette Fuchslin. Anne is also survived by seven grandchildren and many great-grandchildren. Visitation will be held from 9:30am to 10:30am on Thursday, January 2, 2020 at Fremont Chapel of the Roses, 1940 Peralta Blvd, Fremont. It will be followed at 11:00am by a Funeral mass at Holy Spirit Catholic Church, 37588 Fremont Boulevard, Fremont. The family wishes to thank the staff of Brookdale North Fremont and Brookdale Hospice for their wonderful care. In lieu of flowers, please consider a donation in her memory to the Humane Society of Truckee-Tahoe (hstt.org) or the Alzheimer's Association (act.alz.org/donate).

Fremont Chapel of the Roses  
510-797-1900

Judith Ann Larsen

Judith Ann Larsen passed away on December 10, 2019 at her home in Newark, where she has lived since 1982.

She was born in Oakland, California on December 20, 1939 to her parents Thelma and Russell Larsen. She met Rawley Ranger Johnson at Plymouth Church in Oakland and they married in August of 1960. Judy gave birth to their son Greg in 1962, daughter Linda in 1964, and a second daughter Debbie in 1968, all of whom she took great care of. They lived in Oakland, Hayward, Pacifica, and Oakland again, and then in Newark before moving to Renton, WA in 1979, and returning to Newark in 1982. Judy's husband of 54 years of loving marriage died in 2015.



Judy was a homemaker who was active in the United Church

of Christ in Fremont, where she sang in the choir. She also was a member of Friends of The Heirloom Flowers, delivered for Meals on Wheels, and enjoyed donating what she could to charities.

She is survived by her three children and her grandchildren Katie, Nicole, and Sarah, her sister Joyce and brother-in-law Ken, her brother-in-law Sumner, sister-in-law Ann, her nieces Karen, Beth, and Marian, and nephews John and Stan.

A memorial service will take place on January 11 at 2 p.m. at the United Church of Christ, 38255 Blacow Road in Fremont, CA.

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Obituary

“Penny”  
Penelope Ann Underdal

Resident of Fremont, California

November 11, 1943 – December 13, 2019

Penelope Ann (Penny) Underdal, beloved wife, mother and grandmother, passed into Heaven on 13 December 2019 at age 76. She was born in Salt Lake City, Utah, on 11 November 1943 to Dearn Dee Gardner and Elizabeth Jane (Hannon) Gardner. Born into a military family, Penny spent her childhood moving from military station to military station. Fortunately, she was able to spend all four high school years in Sacramento, California, thanks to her father's taking a remote tour to allow the family to stay in one spot long enough for her to graduate and be a cheerleader as well.

Penny began her college career at the University of Utah, but then transferred to Ohio State University where she proudly earned a Bachelor's Degree in Political Science. After graduation, Penny began a 17-year career as an intelligence analyst for the Defense Intelligence Agency in Washington, D.C. During her career she was stationed at the United State Embassy in Rome Italy, and was the POW/MIA analyst for Laos in DIA's POW/MIA office. During this time Penny also earned a Master's Degree in International Affairs from Georgetown University. Her last position was as the Freedom of Information Officer for the Defense Intelligence Agency answering all outside requests for information about DIA activities.

When her husband, Dr. Stanley J. Underdal, accepted a university teaching position at San Jose State University, Penny left her position in the Department of Defense and moved with her husband and children, Shannon and Shaun, to Fremont, California. Penny then taught Political Science in several San Francisco Bay Area colleges, but she was particularly happy as a part-time teacher of Special Education students in the Fremont, California, schools.

An ardent internet researcher and Facebook enthusiast, Penny made friends all over the world, enjoyed ocean and river cruises, loved her dog Bianca, a purebred Bichon Frise, attended



every dance recital of her daughter and granddaughter, celebrated the commissioning of her son as an Air Force officer, and understood fully the joys and challenges of her daughter as a Special Education teacher. Penny also loved great art and visited major art museums all over the world, including The Hermitage in St. Petersburg, Russia. Her bookshelves are filled with art books and art pieces; her favorite artist was Claude Monet. She also was a great lover of music, particularly music of the 1970s and 1980s. For many years she sang in a local chorus and thoroughly enjoyed the musical friends she made. She lived life to the fullest.

Penny temporarily leaves behind her husband Stan, daughter Shannon in Sacramento, California, and son Shaun in Fremont, California; stepsons Stanley Jr. in Ashburn, Virginia, and Bret in Fountain, Colorado; granddaughter Xiana Underdal in Sacramento, California; grandson Chook-Boke Underdal in Ashburn, Virginia; sister Kathleen Gardner in Charleston, South Carolina; aunt Connie Gardner in Oakland, California; and uncle Robert Hannon in Salt Lake City, Utah.

Visitation will be held from 9:00 AM – 11:00 AM, Saturday, January 4, 2020 with a Chapel Service at 11:00 AM, Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont. Burial will be held 2:00 PM, Monday, January 6, 2020, Irvington Memorial Cemetery, 41001 Chapel Way, Fremont.

Fremont Memorial Chapel  
510-793-8900

Obituary

Robert ‘Bob’ William Phelps

March 24, 1935 - November 23, 2019

Resident of Castro Valley

On Saturday, November 23, 2019, Robert “Bob” William Phelps was at home when he peacefully went home to the Lord. Bob's infectious smile will be missed by those who knew him and loved him.

Bob was born in Salt Lake City, UT. On March 24, 1935 to William C, and Mardell L. Phelps. Bob attended school in Layton, UT and Kaysville High School. As a youth, Bob enjoyed Boy Scouts and racing cars until the mid- 50's. As an adult, Bob had a passion for NASCAR, horses, hunting, fishing and camping. He professionally drove trucks for over 44 years.

Bob was preceded in death by his parents William Clive and Mardell Lillian (Lewis) Phelps of UT., his beloved daughter Tamra "Tami" Phelps of CA. Bob will forever be remembered by his surviving sister, Marilyn (Aaron) Housley of UT., nephew, William

(Julie) Housley, nieces Denyse (Allan) Cox and Cristina (Shad) Ward, all of UT., as well as his step-sons, Mitchell Dunaway of MI. and Warren (Denise) Dunaway of ID, whom Bob raised when married to their mother Nancy Lee. Extended family, Traci (Dave) Gregory, and Tami (David) Hass, of IN., daughters of Carol Sutton, Bob's long time "sweetheart", companion, special friend and caregiver for the past 18 years.

We are grateful and want to thank Home Aide Home Care, Home Care Assistance/Divine and Kaiser Hospice for the compassionate caregiving support they provided for Bob over the years.

Internment at Chapel of the Chimes, Hayward, CA.

No services will be held at this time. A Celebration of Life will be held in the future.

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Obituary

Jon Michael Cornelius

Resident of Fremont

January 30, 1961 – September 19, 2019

Jon Michael Cornelius, January 30, 1961-September 19, 2019, resident of Fremont, California. Jon was born in the city of San Francisco to Jon and Dorothy Cornelius. Jon touched the lives of many with his love, quick wit and grace. He lived

up every occasion and created laughter; he was noted for his impeccable style. To those who knew Jon there is less light in the world without him. He is survived by many who loved him dearly including his parents, his sister, Cynthia, his nephew, Sean,

and, especially, his daughter Madison Ann, the pride and joy of his life. He is greatly missed.

Fremont Chapel of the Roses  
510-797-1900

Obituary

Lanora Joyce (Hogan) Row

Resident of Fremont

November 22, 1933 – December 27, 2019



Lanora Joyce (Hogan) Row, returned to her heavenly home on Friday, Dec. 27, 2019 after a valiant battle with Alzheimer's disease. She was 86. Her devotion to her family and her firm faith in the gospel of The Church of Jesus Christ of Latter-Day Saints supported her in her struggle and ultimately granted her the peace

to reunite with dear loved ones gone before.

Lanora was born November 22, 1933, in Teton, Idaho to Charles “Frank” and Ruby Hogan. She graduated from Teton High School in May 1952 and continued on to graduate from the LDS Nursing Program in Idaho Falls in 1955. She married Ruben Row for all time and eternity in March 1956 in the LDS temple of Idaho Falls, Idaho and eventually moved to California where they raised four children and one grandchild all in the same house that she continued to reside in until her passing. Lanora was an accomplished homemaker; forever hosting, cooking, and crafting to keep her family & friends very well cared for. Throughout her life she

frequently volunteered at church and enjoyed the company of countless friends.

To honor and celebrate her life, a viewing will be held on Thursday, January 2, 2019 from 9:00 – 10:00 a.m. at The Church of Jesus Christ of Latter-day Saints Gatewood Meetinghouse at 42500 Gatewood Street, Fremont, CA. A funeral will follow at 10:00 a.m. followed by private interment.

The family gratefully declines flowers and asks that those wishing may please donate to the Alzheimer's Association at www.alz.org in lieu. To leave condolences, please visit https://www.fremontchapeloftheroses.com/obituaries.

Fremont Chapel of the Roses  
510-797-1900

Obituary

Maria Magdalena Franco

April 10, 1959 – December 17, 2019

Resident of Fremont

Maria Magdalena Franco, age 60, died on Wednesday, December 17, 2019 in her home in Fremont, Ca.

From her birth in Brawley, Ca, on April 10, 1959, she was a loving, caring and compassionate person. She was born to Francisco R Estrada and Manuela Estrada, she was the youngest of five children. By the age of five her family moved to Fremont, where she made her roots for 55 years.

She was a 1977 Graduate of Mission High School. After finishing High School she married Randy Franco had two children, Richard and Rebecca. She began a career with Alameda County as a Specialist Clerk, which lasted over 35 years. Maria and Randy divorced after



20 years of marriage then she met her lifetime partner Don Evans.

Maria loved the outdoors, camping, biking, target shooting and especially motorcycles.

Maria continued to enjoy the outdoors and enjoy life. She will always be remembered for her loving spirit and quirky personality. She is survived by her

partner, Don Evans her children Rebecca and Richard Franco. Her 6 grandchildren Isabella Franco, Lilianna Franco, Diego Franco, Scarlet De Alba, Ava Franco and Roxanna De Alba. Her 5 siblings Frank Estrada, Emily Rodriguez, Isabel Estrada and Elpidio Estrada.

Visitation will be held on Sunday, January 5, 2020, from 2 to 5 PM, with a Vigil Service at 3 PM at Fremont Chapel of the Roses, 1940 Peralta Boulevard, Fremont. Funeral Mass will be held Monday, January 6, 2020, 9:30 AM, at Old Mission San Jose, 43300 Mission, Boulevard, Fremont. Celebration of life to follow.

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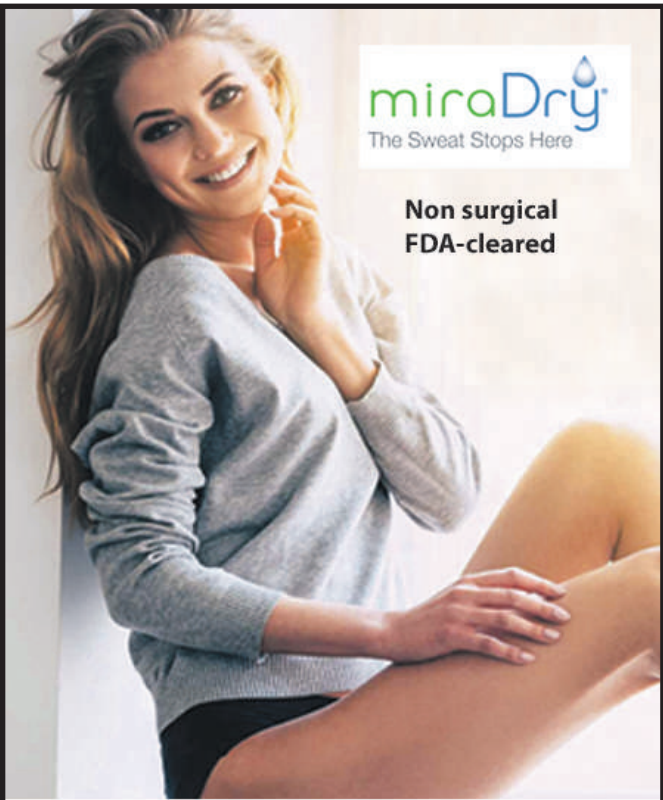


SUBMITTED BY SHIRLEY SISK

On Sunday, January 12 the league of volunteers (LOV) and the Newark Arts Council are presenting a concert featuring Tom Rigney and Flambeau. Rigney is one of the premier roots music fiddle players, specializing in blazing Cajun two-steps, low-down blues, funky New Orleans grooves, Boogie Woogie piano and heartbreakingly beautiful ballads and waltzes. Much of the concert's repertoire is composed by Rigney, but they will mix in a

few classics from the Cajun/New Orleans song book. Enjoy Tom Rigney on violin and vocals, Danny Caron on electric guitar and vocals, Caroline Dahl on piano, Steve Parks on electric bass and vocals and Brent Rampone on drums. If you feel like dancing – there will be space for you. LOV's concerts are held at the Thornton Junior High multi-purpose auditorium. Doors open at 1 p.m. and the concert will begin at 2 p.m. Admission is free with donations suggested at the door. Complimentary

refreshments are served during intermission. For information call (510) 793-5683 or check the website [www.lov.org](http://www.lov.org).  
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Hayward Police Log

SUBMITTED BY  
HAYWARD PD

Friday, December 20

• In the early afternoon officers responded to a report about an illegal discharge of a firearm in the area of Tennyson Road and Baldwin Avenue. Arriving officers temporarily blocked Tennyson Road to pedestrians and traffic while they took a juvenile male into custody. There were no injuries.

BART Police Log

SUBMITTED BY  
LES MENSINGER AND  
BART PD

Friday, December 20

• At 8:46 a.m. a man identified by police as James Lee, 40, of San Francisco was arrested at Fremont station on suspicion of receiving stolen property, theft, stolen identification, credit card fraud, probation violation, possession of drug paraphernalia and possession of an illegal substance. He was booked into Fremont City Jail.

• At 6:19 p.m. a man identified by police as James Daily, 27, of Richmond was arrested at Warm Springs/South Fremont station on three outstanding warrants. He was booked into Santa Rita Jail.

**Saturday, December 21**

• At 7:58 a.m. a man identified by police as Andy Watkins, 29, of San Lorenzo was arrested at Bay Fair station in San Leandro on an outstanding \$15,000 warrant. He was booked into Santa Rita Jail.

• At 8:21 a.m. a man identified by police as Allen Markise, 24, of Berkeley was arrested at South Hayward station on an outstanding felony no-bail warrant. He was booked into Santa Rita Jail.

**Wednesday, December 25**

• At 12:02 a.m. a woman identified by police as Vanessa Manriquez, 23, of San Francisco was arrested at Fremont station on a \$25,000 warrant issued in San Mateo County for a vehicle code violation. She was booked into Santa Rita Jail.

Fremont Police Log

SUBMITTED BY GENEVA BOSQUES, FREMONT PD

Sunday, December 22

• During the early afternoon officers responded to a report of a strong arm robbery at the Walmart store at 40580 Albrae Street. Two suspects, described as Hispanic males, pushed a female down and dragged her across the store's parking lot while attempting to wrestle her purse away. After a struggle, the suspects got the purse and then fled in a vehicle described by witnesses as a black BMW. It was last seen traveling north on Albrae Street toward Stevenson Boulevard. The victim sustained several scrapes, but no significant injuries. Police are investigating the incident and have stepped up patrols at numerous commercial shopping centers.

Milpitas Police Log

SUBMITTED BY  
LT. JOHN TORREZ,  
MILPITAS PD

Monday, December 23

Police announced they have arrested a suspect in connection with a November 24 attempted homicide by gunfire in the parking lot of a condominium complex on the 400 block of Dempsey Road in Milpitas. The suspect, identified by police as Reginald Lamont Roberts Jr., 33, of Milpitas, was arrested Wednesday, December 18 at the same Dempsey Road address where the shooting was reported.

The incident occurred just after 4:00 a.m. November 14 when a man called police and reported that an unknown suspect shot at him as he drove

through the Crossroads Condominium complex parking lot. The man was not injured. Detectives reviewed security camera footage, followed up on various leads, and eventually identified Roberts as the suspect. Armed with a search warrant, they took him into custody without incident. He was booked into the Santa Clara County Main Jail and faces various charges including attempted homicide, being a felon in possession of a firearm, and a felon in possession of ammunition.

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

You can outsmart license plate thieves

Police in San Leandro are warning residents that vehicle license plate thefts are on the rise in local neighborhoods and shopping centers throughout the Bay Area.

Thieves often steal license plates to swap them onto stolen vehicles to avoid detection. Plates are also stolen for the vehicle registration stickers attached to them. To deter registration sticker theft, police recommend using a razor to carefully cut lines into it so that it cannot be peeled off in a single piece.

If a thief is after the entire plate, police suggest replacing the standard license plate screws that unscrew with a flathead or Phillips-head screwdriver with anti-theft screws that have a unique bit that requires a special tool to unscrew. Anti-theft screws are available in many auto parts and hardware stores.

Here are some crime prevention tips to help safeguard against license plate theft:

- Park your car in a secure garage, if possible
- Park in your driveway instead of the street
- Park in a well-lit area or near security motion lights
- Install a car alarm
- Install surveillance cameras

Anyone that is a victim of license plate theft should report it immediately to their local police department and the DMV. New plates will be issued by the DMV for a nominal fee. In San Leandro, stolen license plates can be reported to the police at (510) 577-2740.

A final word from police: don't install a cover over the license plate to deter someone from trying to remove the registration sticker or unscrew the plate. License plate covers, even clear ones, are illegal in California.

Alameda County Fire Department Log

SUBMITTED BY AFD

Sunday, December 15

• At 3:50 a.m. firefighters responded to a report about a commercial structure fire in Castro Valley at The Liquor King convenience store near Redwood Road and Castro Valley Boulevard. The blaze,

which was in a façade behind a sign, was quickly extinguished before it could spread to the building's attic space and into the store. There were no injuries reported.

**Friday, December 20**

• At 11:35 a.m. firefighters responded to a mobile home fire with an attached structure in San Leandro. They worked to contain the fire and kept it from spreading to the apartment and a nearby house. One person was displaced and the Red Cross was notified. There were no injuries.

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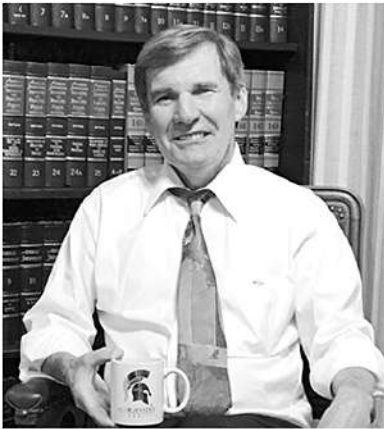
STEPHEN F. VON TILL, ATTORNEY AT LAW

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  
California Supreme Court Cases Accepted and Argued  
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## PUBLIC NOTICES

## CIVIL

SUMMONS (Parentage—Custody and Support)  
CITACIÓN (Paternidad—Custodia y Manutención)

CASE NUMBER: (Número de caso) HF19038949  
**NOTICE TO RESPONDENT (Name): AVISO AL DEMANDADO (Nombre):** Bernabe Ramirez

You have been sued. Read the information below and on the next page. Lo han demandado. Lea la información a continuación y en la página siguiente.

**Petitioner's Name: El nombre del demandante:** Cristal Ortega-Flores

You have **30 calendar days** after this *Summons* and *Petition* are served on you to file a *Response* (form FL-220 or FL-270) at the court, and have a copy served on the petitioner. A letter, phone call, or court appearance will not protect you.

If you do not file your *Response* on time, the court may make orders affecting your right to custody of your children. You may also be ordered to pay child support and attorney fees and costs.

For legal advice, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center ([www.courts.ca.gov/selfhelp](http://www.courts.ca.gov/selfhelp)), at the California Legal Services website ([www.lawhelpcal.org](http://www.lawhelpcal.org)), or by contacting your local bar association.

**Tiene 30 días de calendario después de haber recibido la entrega de esta Citación y Petición para presentar una Respuesta (formulario FL-220 o FL-270) ante la corte y efectuar la entrega legal de una copia al demandante. Una carta o llamada telefónica o una audiencia de la corte no basta para protegerlo.**

**Si no presenta su Respuesta a tiempo, la corte puede dar órdenes que afecten la custodia de sus hijos. La corte también le puede ordenar que pague manutención de los hijos, y honorarios y costos legales.**

**Para asesoramiento legal, póngase en contacto de inmediato con un abogado. Puede obtener información para encontrar un abogado en el Centro de Ayuda de las Cortes de California ([www.sucorte.ca.gov](http://www.sucorte.ca.gov)), en el sitio web de los Servicios Legales de California ([www.lawhelpcal.org](http://www.lawhelpcal.org)), o poniéndose en contacto con el colegio de abogados de su condado.**

**NOTICE: The restraining order on page 2 remains in effect against each parent until the petition is dismissed, judgment is entered, or the court makes further orders. This order is enforceable anywhere in California by any law enforcement officer who has received or seen a copy of it.**

**AVISO: La orden de protección que aparece en la página 2 continuará en vigencia en cuanto a cada parte hasta que se emita un fallo final, se desista la petición o se hagan otras órdenes. Cualquier agencia del orden público que haya recibido o visto una copia de estas orden puede hacerla acatar en cualquier lugar de California.**

**SEE WAIVER:** If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party.

**EXENCIÓN DE CUOTAS:** Si no puede pagar la cuota de presentación, pida al secretario un formulario de exención de cuotas. La corte puede ordenar que usted pague, ya sea en parte o por completo, las cuotas y costos de la corte previamente exentos a petición de usted o de la otra parte.

1. The name and address of the court are: (El nombre y dirección de la corte son:) Hayward Hall of Justice, 24405 Amador Street, Hayward, CA 94544

2. The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, are: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante si no tiene abogado, son:) Philip B. Sarmiento (SBN 235450) Law Offices of Philip B. Sarmiento, 2140 Peralta Blvd., Suite 109, Fremont, CA 94536

Date (Fecha): October 15 2019

CHAD FINKE, Clerk, by (Secretario, por) J. WATTS, Deputy (Asistente)

[SEAL]

12/10, 12/17, 12/24, 12/31/19

CNS-3320762#

ORDER TO SHOW CAUSE  
FOR CHANGE OF NAME

Case No. HG19045332  
Superior Court of California, County of Alameda  
Petition of: Yueqiu Zhang for Change of Name  
TO ALL INTERESTED PERSONS:  
Petitioner Yueqiu Zhang filed a petition with this court for a decree changing names as follows:  
Yueqiu Zhang to Jessica Yue Zhang

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: Feb. 7, 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: DEC. 3, 2019

Judge Desautels

Judge of the Superior Court

12/10, 12/17, 12/24, 12/31/19

CNS-3320760#

ORDER TO SHOW CAUSE  
FOR CHANGE OF NAME

Case No. HG19042872  
Superior Court of California, County of Alameda  
Petition of: Canhong Feng for Change of Name  
TO ALL INTERESTED PERSONS:  
Petitioner Canhong Feng filed a petition with this court for a decree changing names as follows:  
Canhong Feng to Diamond Fung

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: 01-07-2020, Time: 11:00 AM, Dept.: 17  
The address of the court is 1221 Oak St., Oakland, CA

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Inter City Express Journal

Date: Nov. 12, 2019

Wynne S. Carvill

Judge of the Superior Court

12/10, 12/17, 12/24, 12/31/19

CNS-3320004#

FICTITIOUS BUSINESS  
NAMESFICTITIOUS BUSINESS  
NAME STATEMENT

File No. 566478-9

Fictitious Business Name(s):

**1) S Star Distributors, 2) IOS Industrial, Office Solutions, 1480 Hardy Pl., Fremont, CA 94536**

Registrant(s):

Andres F. Bermudez, 1480 Hardy Pl., Fremont, CA 94536

Business conducted by: an individual

The registrant began to transact business using the fictitious business name(s) listed above on Mar-15-1994

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/ Andres F. Bermudez, Owner

This statement was filed with the County Clerk of Alameda County on December 13, 2019.

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

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

CNS-33244246#

business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).

12/31/19, 1/7, 1/14, 1/21/20

CNS-3326992#

FICTITIOUS BUSINESS  
NAME STATEMENT

File No. 566773

Fictitious Business Name(s):

**Tony Medical Group, 63248 Buena Vista Dr., Newark, CA 94560**, County of Alameda

Mailing address 63248 Buena Vista Dr., Newark, CA 94560

Registrant(s):

Tony Medical Group Co., 63248 Buena Vista Dr., Newark, CA 94560; California

Business conducted by: a corporation

The registrant began to transact business using the fictitious business name(s) listed above on 01/28/2019

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/ Zhush Jian, Director

This statement was filed with the County Clerk of Alameda County on December 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).

12/31/19, 1/7, 1/14, 1/21/20

CNS-3326991#

FICTITIOUS BUSINESS  
NAME STATEMENT

File No. 566452

Fictitious Business Name(s):

**Freedom Yoga, 3920 Smith Street, Union City, CA 94587**, County of Alameda; Mailing Address: 4471 Pomponi Street, Union City, CA 94587

Registrant(s):

Freedom Yoga, 3920 Smith Street, Union City, CA 94587; 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/ Kimberly Ky, Manager

This statement was filed with the County Clerk of Alameda County on December 13, 2019.

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

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

12/24, 12/31/19, 1/7, 1/14/20

CNS-3325861#

FICTITIOUS BUSINESS  
NAME STATEMENT

File No. 566437

Fictitious Business Name(s):

**The Book Locker, 4263 Dallas Ct., Fremont, CA 94536**, County of Alameda

Registrant(s):

Cara C. Eunes, 4263 Dallas Ct., Fremont, CA 94536

Business conducted by: an individual

The registrant began to transact business using the fictitious business name(s) listed above on 1993.

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/ Cara C. Eunes, Owner

This statement was filed with the County Clerk of Alameda County on December 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).

12/24, 12/31/19, 1/7, 1/14/20

CNS-3325246#

FICTITIOUS BUSINESS  
NAME STATEMENT

File No. 566455

Fictitious Business Name(s):

**Farashaty, 4743 Victoria Ave., Fremont, CA 94538**, County of Alameda

Registrant(s):

Aye Aly, 4743 Victoria Ave., Fremont, CA 94538

Business conducted by: an individual

The registrant began to transact business using the fictitious business name(s) listed above on Dec. 6th, 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/ Aya Aly, Owner

This statement was filed with the County Clerk of Alameda County on December 13, 2019.

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

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

12/24, 12/31/19, 1/7, 1/14/20

CNS-3324563#

FICTITIOUS BUSINESS  
NAME STATEMENT

File No. 566781

Fictitious Business Name(s):

**Ardenwood Tax Service, 2140 Peralta Blvd., Ste 111, Fremont, CA 94536**, County of Alameda

Registrant(s):

Dale B. Miller, 33757 Shyllock Drive, Fremont, CA 94555

Business conducted by: an individual

The registrant began to transact business using the fictitious business name(s) listed above on 11/10/2011

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/ Dale B. Miller, Owner

This statement was filed with the County Clerk of Alameda County on December 5, 2019.

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

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

12/24, 12/31/19, 1/7, 1/14/20

CNS-33244246#

FICTITIOUS BUSINESS  
NAME STATEMENT

File No. 566386

Fictitious Business Name(s):

**Pari's Family Day Care, 2202 Ptarmigan Ct., Union City, CA 94587**, County of Alameda

Registrant(s):

Parvinder Kaur, 2202 Ptarmigan Ct., Union City, CA 94587

Business conducted by: an individual

The registrant began to transact business using the fictitious business name(s) listed above on 12/11/2019.

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/ Parvinder Kaur, Owner

This statement was filed with the County Clerk of Alameda County on December 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).

12/24, 12/31/19, 1/7, 1/14/20

CNS-3324245#

FICTITIOUS BUSINESS  
NAME STATEMENT

File No. 566388

Fictitious Business Name(s):

**Smiththeoficious, 876 Cole Common, Livermore, CA 94551**, County of Alameda

Registrant(s):

Jordan Rojo, 876 Cole Common, Livermore, CA 94551

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/ Jordan Rojo, Owner

This statement was filed with the County Clerk of Alameda County on December 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).

12/24, 12/31/19, 1/7, 1/14/20

CNS-3324244#

FICTITIOUS BUSINESS  
NAME STATEMENT

File No. 566312

Fictitious Business Name(s):

**Himalayan Chef Kitchen, 6180 Jarvis Avenue 'M', Newark, CA 94560**, County of Alameda

Registrant(s):

Himalayan Chef Event & Catering LLC, 3108 Putterham Way, Fremont, CA 94536; CA

Business conducted by: a Limited Liability Company

The registrant began to transact business using the fictitious business name(s) listed above on 12/10/2019

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/ Deepak Adhikari, Manager

This statement was filed with the County Clerk of Alameda County on December 10, 2019

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

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

12/17, 12/24, 12/31/19, 1/7/20

CNS-3323368#

FICTITIOUS BUSINESS  
NAME STATEMENT

File No. 566340

Fictitious Business Name(s):

**Go Onboard Construction, 35511 Garrone Place, Newark, CA 94560**, County of Alameda

Registrant(s):

Robert Daniel Sheppard III, 35511 Garrone Place, Newark, CA 94560

Business conducted by: an individual

The registrant began to transact business using the fictitious business name(s) listed above on 1/13/19

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/ Robert Daniel Sheppard III, an Individual

This statement was filed with the County Clerk of Alameda County on December 10, 2019

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of

PUBLIC NOTICES

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| <div>LAW OFFICES OF RANDALL B. SCHMIDT<br/>555 CALIFORNIA STREET, SUITE 4295<br/>SAN FRANCISCO CA 94104<br/>12/31/19, 1/7, 1/14/20</div> <div>CNS-3327361#</div> <div><b>NOTICE OF PETITION TO ADMINISTER ESTATE OF: SUZANNE MARIE MASTERS AKA SUZANNE M. MASTERS CASE NO. RP19047825</b></div> <div>To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of SUZANNE MARIE MASTERS AKA SUZANNE M. MASTERS.</div> | <div>A PETITION FOR PROBATE has been filed by DONALD MASTERS in the Superior Court of California, County of ALAMEDA.</div> <div>THE PETITION FOR PROBATE requests that DONALD MASTERS be appointed as personal representative to administer the estate of the decedent.</div> <div>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</div> | <div>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.</div> <div>A HEARING on the petition will be held in this court as follows: 01/29/20 at 9:30AM in Dept. Probate located at 2120 MARTIN LUTHER KING JR. WAY, BERKELEY, CA 94704</div> <div>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</div> | <div>person or by your attorney.</div> <div>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.</div> <div>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.</div> | <div>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.</div> <div>Attorney for Petitioner<br/>DEVON C. CAROSELLI - SBN 246412<br/>ALLEN, ALLEN &amp; CAROSELLI, LTD.<br/>240 WESTGATE DR., STE. 241<br/>WATSONVILLE CA 95076<br/>12/31/19, 1/7, 1/14/20</div> <div>CNS-3326907#</div> |
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### Obituary

## Guadalupe Mendoza

October 5, 1931 – December 28, 2019

Resident of Fremont



Guadalupe Mendoza, 88, joined her husband in heaven on December 28th, 2019 in her home surrounded by loved ones. She was born October 5th, 1931 in Mexico City, Mexico. Moved to Oakland, California with her husband, Roberto C. Mendoza in 1957. Her and her husband set up their permanent residency in Fremont in 1976. She was asked to partake in a 50-year celebration for being a long time resident of Fremont in 2006. She was a longtime member of Our Lady of Guadalupe Church in Fremont from 1977, and rarely missed Sunday mass. She was

part of the Guadalupano Society at the church. She is survived by her children; Robert Mendoza, Virginia Barrios and her husband Axel Hector Barrios, and Hector Mendoza and his wife Sara Mendoza. She has six grandchildren; Jessica Mendoza, Marcos Mendoza, Cindy Esquivz and her husband Edgar Esquivz, Christopher Barrios and his husband Edgar Pacheco, Noah Mendoza, and Isabella Mendoza. She had 3 great grandchildren; Atticus Silva, Santiago Esquivz, and Valentina Esquivz.

Visitation will be held on Monday, January 6, 2020, from 5 to 8 PM, with a Vigil Service at 6:30 PM at Fremont Memorial Chapel, 3723 Peralta Boulevard, Fremont. Funeral Mass will be held Tuesday, January 7, 2020, 10:30 AM, Our Lady of Guadalupe Parish, 41933 Blacow Rd, Fremont. Burial to follow at Irvington Memorial Cemetery, Fremont.

**Fremont Memorial Chapel**  
**510-793-8900**

## AMA-Vaping Ban - AMA calls for total ban on all e-cigarette, vaping products

By LINDSEY TANNER AP MEDICAL WRITER

The American Medical Association on Tuesday called for an immediate ban on all electronic cigarettes and vaping devices.

The group adopted the sweeping stance at a policy-making meeting in San Diego. It aims to lobby for state and federal laws, regulations or legal action to achieve a ban, but the industry is sure to fight back.

The AMA cited a surge in underage teen use of e-cigarettes, which typically heat a solution that contains nicotine.

“It’s simple, we must keep nicotine products out of the hands of young people.” Dr. Patrice Harris, AMA’s president, said in a statement.

The doctors’ group said a separate health issue also prompted its action – the recent U.S. outbreak of lung illnesses linked to vaping. Most of those sickened said they vaped THC, the high-inducing ingredient in marijuana, not nicotine. Officials believe a thickening agent used in black market THC vaping products may be a culprit.

The outbreak has “shined a light on the fact that we have very little evidence about the short- and long-term health consequences of e-cigarettes and vaping products,” Harris said. About 2,100 people have gotten sick; 42 have died.

The AMA has previously sought bans on e-cigarette flavors and ads.

Some observers say the AMA’s position is flawed and has little chance of achieving a sweeping ban.

“I would be 100% with the AMA if they were seeking a ban on all tobacco products that are smoked, including e-cigarettes,” said Jonathan Foulds, a tobacco addiction specialist at Penn State University. “But right now, nicotine electronic cigarettes are competing with and replacing the most harmful legal product in this country.”

Gregory Conley, president of the American Vaping Association, a pro-vaping advocacy group, said the Centers for Disease Control and Prevention has made clear that its focus “is not store-bought nicotine vaping products, but illicit contaminated THC oil cartridges sold by drug dealers.”

“It would be a mistake for adult smokers and their families to listen to these misguided prohibitionists, as the evidence continues to indicate that adult smokers who switch to nicotine vaping products greatly improve their health,” Conley said.

The AMA policy calls for a ban of vaping products not approved to help people quit. But so far, none have been reviewed or approved for that use by the U.S. Food and Drug Administration.

Stephanie Caccomo, an FDA press officer, said the agency is “committed to doing everything we can to prevent kids from using tobacco products and will continue to develop a policy approach that aligns with that concern.”

Juul Labs, the nation’s biggest e-cigarette maker, didn’t immediately respond to a request for comment.

E-cigarettes first appeared in the U.S. more than a decade ago and have grown in popularity despite little research on their long-term effects. The FDA has been widely criticized for repeatedly pushing back its own deadline to begin reviewing thousands of vaping products on the market, at one point until 2022. The deadline is now next May.

AP writer Matthew Perrone in Washington contributed to this report.

## Helping a loved one with Alzheimer’s enjoy holiday meals

SUBMITTED BY SCOTT MCCASKEY

Family gatherings around the dining room table are often beloved holiday high points. With the number of people in California living with Alzheimer’s increasing, many of the get-togethers will include a loved one with a form of memory loss or dementia. According to the Alzheimer’s Association, the number of people in California with Alzheimer’s disease will increase more than 25% between this year and 2025, rising to 840,000.

Officials from Fremont Hills, a retirement community offering assisted living and memory care services to residents, is offering tips on how to ensure holiday meals are most festive and enjoyable for everyone at the table this year:

- Use contrasting table settings, such as colorful plates against a light-colored tablecloth, to help with depth perception.
- Prepare food in contrasting colors -- for example, place dark green vegetables beside the serving of turkey on your loved one’s plate so that individual items are easy to distinguish.
- Offer a selection of finger foods and options served in bite-sized portions to make eating most manageable.
- Keep table decorations to a minimum so individual items are easier to see and recognize.
- Remember that other factors will also contribute to a successful dining experience, such as whether the dining room is a pleasant temperature and chairs are comfortable, or if there is music playing which may make it difficult to hear or follow conversations.

As part of its commitment to helping seniors thrive, Fremont Hills offers the Gourmet Bites Cuisine signature program that restores the joy of dining for people with physical, neuromuscular and cognitive changes which can make mealtimes a challenge. Fremont Hills, located on 35490 Mission Blvd., Fremont, is operated by Watermark Retirement Communities.

## Safety agency says distracted driver caused fatal Uber crash

By TOM KRISHER AP AUTO WRITER

The National Transportation Safety Board on Tuesday condemned the lack of state and federal regulation for testing autonomous vehicles before finding that a distracted human safety driver was the main cause of a fatal 2018 Arizona crash involving an Uber vehicle.

The board criticized the National Highway Traffic Safety Administration, the government’s road safety agency, for failing to lead in regulating tests on public roads. But it also said states need to adopt their own regulations.

“In my opinion they’ve put technology advancement here before saving lives,” NTSB member Jennifer Homendy said of NHTSA, after NTSB staff members called self-regulation inadequate. “There’s no requirement. There’s no evaluation. There’s no real standards issued.”

NHTSA has issued voluntary guidelines including safety assessment reports from autonomous vehicle companies, but only 16 have filed such reports, the NTSB said. Yet there are 62 companies with permits to do testing in California. The agency has instead avoided regulations in favor of allowing the technology to move forward because it has tremendous life-saving potential.

NTSB staffers told the board that NHTSA has no mechanism to evaluate the companies’ safety reports, and since they aren’t mandatory, few are submitting them.

The board voted to recommend that NHTSA require companies to turn in the reports and set up a process for evaluating them. NHTSA should make sure the companies have proper safeguards in place. Those would include making sure that companies show that they are monitoring vehicle operators to ensure they are paying attention during the tests, the NTSB said.

In a statement, NHTSA said it welcomes the NTSB report “and will carefully review it and accompanying recommendations.”

NHTSA said its investigation into the Tempe crash, which killed a pedestrian, is ongoing and a report will be made public when it’s finished.

The NTSB also recommended that states, including Arizona, require autonomous-vehicle companies turn in applications to test vehicles on public roads that at a minimum require a plan to manage risk and operator inattentiveness. The plans also should set countermeasures to prevent crashes or mitigate their severity.

The NTSB investigates transportation accidents but has no regulatory authority. In highway crashes, it can only make recommendations to NHTSA.

The Uber crash was the first fatality involving an autonomous test vehicle, and it reverberated

through the auto industry and Silicon Valley. It forced other companies to slow what had been a fast march toward autonomous ride-hailing services on public roads.

NTSB Chairman Robert Sumwalt said at the hearing that Uber had an ineffective safety culture before the March 2018 crash on a darkened street in Tempe that killed Elaine Herzberg, 49.

Sumwalt said Uber didn’t continually monitor its operations and it had de-activated its Volvo SUV’s automatic emergency braking system. Uber’s own system also didn’t have the ability to brake automatically, relying on a human backup driver to do the braking.

He said all companies that test autonomous vehicles on public roads need to study the crash to prevent future accidents.

The board determined that the probable cause of the crash was the backup driver failing to monitor the road because she was distracted by watching a TV show on her mobile phone. Uber’s inadequate safety procedures and ineffective oversight of drivers contributed to the cause, as well as Herzberg being impaired by methamphetamines and crossing the road away from an intersection, the NTSB said.

Also contributing was the Arizona Transportation Department’s insufficient oversight of autonomous vehicle testing, the NTSB determined.

A spokesman for Arizona Gov. Doug Ducey said the state appreciates the NTSB’s work and will review the recommendations.

San Francisco-based Uber said in a statement that it deeply regrets the crash and is committed to improving safety.

The Uber system detected Herzberg 5.6 seconds before the crash. But it but failed to determine whether she was a bicyclist, pedestrian or unknown object, or that she was headed into the vehicle’s path, the NTSB said. The system also did not include a provision for detecting jaywalking pedestrians, the agency said.

Instead, Uber relied on the human operator stop the vehicle to avoid a crash. But the was looking down just before the crash. The NTSB said Uber had cameras monitoring drivers, but it didn’t do spot checks to make sure they were paying attention.

It said Uber cooperated in the investigation, listened to criticism and has made many safety improvements since the crash, including activating the braking systems, better training of human backup drivers, adding a second driver and hiring a safety director.

Associated Press writer Terry Tang in Phoenix contributed to this report.

COMMUNITY BULLETIN BOARD

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|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>Fremont FAMILY RESOURCE CENTER</b><br>24 agencies help Tri-City residents with employment, counseling, childcare subsidies, housing, legal, public benefits, health insurance, workshops & more. Mon-Fri 8-5.<br>39155 Liberty St, Fremont<br>510.574.2000 or Fremont.gov/FRC                                                                | <b>Adult Day Program</b><br>Direct care staff wanted to work with people with developmental disabilities in community-based settings or environment.<br>Must be dependable and own a vehicle. Background check.<br>Training available<br><b>Call (510) 690 -9570</b>                                                                           | <b>10 lines/\$10/ 10 Weeks \$50/Year</b><br><b>510-494-1999 tricityvoice@aol.com</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>SPARKPOINT FINANCIAL SERVICES for Low-Income Residents</b><br>FREE financial coaching & services.<br>SparkPoint Info Session<br>3rd Thursday, 6-7pm<br>City of Fremont<br>Family Resource Center<br>39155 Liberty St, Rm #A120<br>To register, call 574-2020<br>Fremont.gov/SparkPointFRC                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                 | <b>DISCOVERY COVE Drop-in Childcare Center Fremont Family Resource Center</b><br>Open to the public M-F 8:30-5.<br>Staffed by City of Fremont Rec Dept. Open to well children aged 2-10. \$8/hour per child.<br>39155 Liberty St, #H850, Fremont.<br>Fremont.gov/FRC<br>Reservations: 510.574.2010                                             | <b>Shout out to your community</b><br><br>Our readers can post information including:<br><b>Activities</b><br><b>Announcements</b><br><b>For sale</b><br><b>Garage sales</b><br><b>Group meetings</b><br><b>Lost and found</b><br>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.<br>TCV has the right to reject any posting to the Community Bulletin Board. Payment must be received in advance. |
| <b>League of Women Voters Fremont-Newark-Union City www.lwvfnuc.org</b><br>Free meetings to inform the public about local, regional and statewide policy issues.<br>Participate in non-partisan in-depth, discussions with guest speakers at our meetings.<br>All sites are wheelchair accessible                                                                                                                                                                                                                                                                                   | <b>Al-Anon &amp; Alateen Family Groups are here to help you Are you troubled by someone else's drinking?</b><br>Al-Anon has but one purpose, to help families and friends of alcoholics. We share our experience, strength and hope<br>Website: alanond17.weebly.com<br>For a meeting list or<br>Email: Easyduz@gmail.com or call: 510-276-2270 |                                                                                                                                                                                                                                                                                                                                                | <b>The “NO” List:</b> <ul style="list-style-type: none"><li>• No commercial announcements, services or sales</li><li>• No personal services (escort services, dating services, etc.)</li><li>• No sale items over \$100 value</li><li>• No automobile or real estate sales</li><li>• No animal sales (non-profit humane organization adoptions accepted)</li><li>• No P.O. boxes unless physical address is verified by TCV</li></ul>                                                                                                  |
| <b>Is Food a Problem For You? Try OVEREATERS ANONYMOUS</b><br>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<br>www.oasaco.org<br>or www.oa.org<br>510-449-7610                                                                                                                                                                                                                                                                                                  | <b>Is Your Life Unmanageable Because of Debt?</b><br>Are you sick of bouncing checks, paying late fees, & having creditors knocking at your door? You are not alone<br><b>DEBTORS ANONYMOUS</b><br>www.debtorsanonymous.org<br>Fri. 7pm St. James Episcopal Church<br>37051 Cabrillo Terrace Fremont<br>510-449-7610                            | <b>A-1 Comm. Housing SVCS</b><br>1st Time Home Buyers<br><b>Certification Workshop</b><br>Learn the process of homeownership & What Down Payment Assistance Programs are available for dates & location, go to<br>www.a1chs.org<br>or call 510-674-9227                                                                                        | <b>FREE PRESCHOOL</b><br>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                                                                                                                                          |
| <b>ABWA-Pathfinder Chap. American Business Women’s Assoc.</b><br>provides opportunities for women personally & professionally thru leadership, education, networking<br>Dinner Meetings: 3rd Wednesday each month. DoubleTree<br>39900 Balentine Dr, Newark (Fremont ): 6:30-9:00 pm<br>Call Harriet 510-793-7465<br>www.abwa-pathfinder.org                                                                                                                                                                                                                                        | <b>TRI-CITIES WOMEN'S CLUB</b><br>Meets on the third Tuesday<br>Elk’s Club on Farwell Drive<br>9:15 – Cards & Games<br>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.<br>For more info, call 510-656-0162          |                                                                                                                                                                                                                                                                                                                                                | <b>A-1 Comm. Housing SVCS Credit &amp; Money Management Workshop</b><br>Resolve your credit issues & be better money managers<br>Every 2nd Saturdays 10am-2:30pm<br>22693 Hesperian Blvd. #150<br>Hayward, CA 94541<br>Please register www.a1chs.org<br>or call 510-674-9227                                                                                                                                                                                                                                                           |
| <b>LOVE to WRITE? WANT to WRITE? WRITER’S BLOCK?</b><br>Fremont Area Writers (FAW) is here to HELP!<br>Meets 4th Saturdays (except July & Dec) 2:00 to 4:00 P.M.<br>42 Silicon Valley, 6600 Dumbarton Cir, FRMT. Great speakers!<br>“Second Saturday” Monthly Readings w/ a published author from 2:00 to 4:00 P.M. Half Price Books in the Fremont Hub.<br>Open Mic 4th Mondays 7:00 to 9:00 P.M. at Suju’s on Thornton Ave next to Dale’s Hardware in FRMT.<br>Critique Groups to help you from first draft to publication<br>Everyone is welcome! www.cwc-fremontareawriters.org |                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                | <b>Need more steps? Try Square Dancing! The Swinging 21er Square Dance Club</b><br>Class for new dancers begins January 14 2020.<br>Make new friends! Fun & Snacks<br>Meet Tues., 6:30-8:30pm<br>Fremont Elks Lodge<br>38991 Farwell Dr. Fremont<br>510-887-5605                                                                                                                                                                                                                                                                       |
| <b>FIRST UNITED METHODIST CHURCH</b><br>2950 WASHINGTON BLVD, FREMONT, CA<br>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.<br>Check out our website:<br>www.firstchurchfremont.org                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                 | <b>Afro-American Cultural &amp; Historical Society</b><br>Sharing our culture and history in the Tri-Cities and surrounding area<br>Meetings: Third Saturday Except Dec, Feb, June, July<br>5:30pm Newark Library<br>510-793-8181<br>aachstricity.org<br>Welcome!                                                                              | <b>Fremont Cribbage Club</b><br>Meets to play weekly, every Weds. We play a Cribbage Tournament starting at 6PM. at ROUND TABLE PIZZA at 5544 Thornton Ave., Newark<br>We welcome experienced players and will work with new players hoping to learn the game.<br>Email:Accgr43@gmail.com<br>For more information.                                                                                                                                                                                                                     |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>Serious Mental Illness</b><br>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.<br>Contact: Joe Rose at 510-378-1578<br>or Email F2F@NAMIlacs.org<br>http://www.NAMIlacs.org<br>http://www.NAMI.org                                        | <b>Free Health Coaching Session</b><br>Weight loss, Blood Sugar Balance, Cognitive Health and Better Sleep.<br>Work with a Coach for Better & Longer Lasting Results.<br>www.missionvalleyhealthcoach.com<br>jackie@missionvalleyhealthcoach.com<br>510-320-3956                                                                               | <b>Union City Toastmasters All are Welcome!</b><br>Every1st & 3rd Monday from 7-9pm<br>904 H Street, Union City<br>Practice your Speaking Skills & Lead with Confidence!<br>For more information<br>5269.toastmastersclubs.org/<br>510-386-7722                                                                                                                                                                                                                                                                                        |
| <b>F.U.N. (Fremont, Union City, Newark) PROGRESSIVES Join us for pizza and politics</b><br>Bronco Billy’s Pizza<br>41200 Blacow Road Fremont<br>Most meetings 6pm - third Sun of the month.<br>For Info Visit our website:<br>www.funprogressives.com<br>Contact us at:<br>funprogressives@gmail.com                                                                                                                                                                                                                                                                                | <b>Newark Cub Scout Pack 441</b><br>Looking for adventurous kindergarteners to fifth graders to join our Pack!<br>Meetings are every third Wednesday at 6:30pm at Holy Redeemer Church, 35660 Cedar Blvd, Newark.<br>For more information: pack441cubmaster@yahoo.com                                                                           | <b>The Tri-Cities Democratic Forum</b><br>meets every 3rd Wednesday<br>Chadni Restaurant- 5748 Mowry School Rd- in Newark.<br>Resident of Fremont, Union City or Newark. Get involved in the political process, stay informed<br>On local & national issues. Meet like-minded people.<br>Contact President Sean Manalo sean.t.manalo@gmail.com | <b>AMERICAN LEGION POST 837</b><br>Veterans and Active Duty Military are invited<br>Meetings 3rd Tuesday each month - Except July and Dec. Social Time 6:30pm<br>General Meeting 7:15pm<br><b>VETERANS MEMORIAL BUILDING (NILES)</b><br>37154 2nd & E Strets<br>Fremont<br>www.POST837.org                                                                                                                                                                                                                                             |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>Zumba Kids with Jazzy Jenny</b><br>Kids ages 4-12<br>Saturdays 2:30pm-3:30pm<br>At Hope Community Church<br>One hour of games,fun, and dancing.<br>The last Saturday of every month is Zumba Family!<br>For more info email: zumba.jazzyjenny@yahoo.com                                                                                      | <b>Do you like learning about history? Are you interested in antiques &amp; collectibles?</b><br>Meet 2nd Tuesday each month to share lunch and learn something new.<br>Contact Fran at 510-792-0388 or June Swift (510) 797-5315 or email dieseln@comcast.net                                                                                 | <b>AMERICAN LEGION POST 649</b><br>Veterans and Active Duty Military are Invited<br>Meetings 1st Monday each month. Meeting Starts at 6:00PM with Dinner<br>Formal meeting starts at 7:00 pm Meet at the Moose Lodge<br>20835 Rutledge Rd Castro Valley<br>www.amlegionpost649.org                                                                                                                                                                                                                                                     |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                 | <b>Buon Tempo Italian American Club Family Dinners</b><br>1st Tuesday of Month at 7 P.M. at Transfiguration Church in Castro Valley<br>Everyone is welcome: Members \$15/Guests \$20<br>5-Course dinner<br>Reservations by prior Friday at 510-483-6929<br>www.buontempoclub.org                                                               | <b>VETERANS OF FOREIGN WARS POST 9601 Veterans and Active Duty Military are Invited Meetings 2nd Tuesday each month. Meeting Starts at 6:30PM</b><br>Veterans Memorial Building<br>22737 Main St<br>Hayward, CA 94541<br>www.vfw9601.org                                                                                                                                                                                                                                                                                               |

# Kaiser Permanente doctors thrive on helping others

SUBMITTED BY LISA HALLAS

Kaiser Permanente is well known for its “Thrive” mission statement. However, many people may not realize that this is not only a corporate mission, but also a local one. In the summer of 2019, Kaiser Permanente’s physician group took its mission statement a step further when over 40 doctors mentored 10 students from seven high schools and universities, including Washington High School [Fremont] and John F. Kennedy High School [Fremont]. Students were chosen for their interest in the medical field, and had to show their dedication to learning. Many specialties, such as Head and Neck Surgery, Hospital-based Inpatient Medicine, Outpatient Clinic-based Medicine, Dermatology and Surgery opened their doors to showcase the daily lives of doctors for these students.

For a minimum of four weeks, students were able to experience various departments, better understand patient care, and learn how to listen effectively to patients. They also had opportunities to practice reading chart notes or lab tests. But mostly they saw first-hand what doctors do every day. As Dr. Vijay Tiwari said, “Students want to see, not just hear.”

While this program was created for students to learn about medical careers, it didn’t only benefit the students. Doctors also felt honored to give back, and found that interaction with students gave them renewed energy. Many didn’t realize at first how these daily interactions with young, eager students would affect them. Dr. Niti Mann went into the mentorship program not knowing what to expect. Yet, she found it helped her and her colleagues grow as doctors and remember how to teach a topic. Dr. Sabine Hill particularly enjoyed the reminder of why she chose a career in medicine in the first place. “These high schoolers are not scared by the long road ahead of them. They are focused and energized.”

Another doctor who was enriched by the mentorship program was Dr. Eunice Tsai, Chief of Dermatology. While she admits she was reluctant at first to let a student into her busy dermatology

practice, after just one day, she realized how it made her day “lighter and more joyful.” She was particularly touched by the card that Amanda Powell, a Junior at Kennedy High School, wrote afterwards. She keeps the card on her desk as inspiration and a reminder of the positive impact of mentoring students.

Dr. John Melone and Dr. Joel Ou, from the departments of surgery and anesthesia, valued their interactions with Washington High School student, Anika Kohoutek. “She was personable and a breath of fresh air in our operating room.” Anika reflected that through the Kaiser Permanente mentoring program, she was able to explore other medical specialties than “just” Primary Care, a field she already understood through her mother’s position at Kaiser as an Internist.

Many doctors explained that their role is also that of a teacher—to patients, interns, mentored students, and the community at large. This includes the students in the mentorship program. Dr. Sarah Brill said, “I get joy when teaching the students something they don’t know.” She added that sometimes the teacher would become the student, and vice versa, as she often learned from her mentees too.

Last but not least, many doctors shared that being a mentor reinvigorated them, brought them joy and brought them back to the reason they entered medicine—to help others. Dermatologist Dr. Joan Paul mentioned that she enjoyed the energy of the students and considers this experience “paying it forward.” She did not have dermatology as a subject at her medical school, so she is eternally grateful for the guidance she received from a neighborhood dermatologist. This mentorship program takes a step forward in exposing interested students—and future doctors—to all areas of medicine. Dr. Paul said it perfectly: “It is soul-nourishing to help others and teach students about the thing we all love.”

This program is only one of numerous ways that Kaiser gives back to the community. For more information on Kaiser Permanente or their programs, visit kp.org.



(L to R) Dr. Madison Pharm, Dr. Baron Ho, Dr. Randal Camantigue, Dr. Adrian Boyle, Dr. Joan Paul, Dr. Akhil Wadhera, Dr. Michael Esteban

## East Bay Regional Park District Report

SUBMITTED BY  
AYN WIESKAMP, BOARD OF DIRECTORS

### Trails Challenge

One of the most popular activities in the East Bay Regional Park District is the annual Trails Challenge, in which thousands of people have participated since it started in 1993.

It’s free, easy to do, and fun for the whole family. Sponsored by the Regional Parks Foundation and Kaiser Permanente, the Park District publishes a guidebook containing 20 recommended trails throughout the regional parks. Accessible for hikers, bicyclists and equestrians, the trails vary from easy to challenging.

Select any five of the trails, complete them by Dec. 1, turn in your trail log, and receive a commemorative pin while supplies last. Trails Challenge T-shirts are also available at participating visitor centers, while supplies last.

You can pick up a guidebook at a Park District visitor center, or you can download one from the District website, [www.ebpc.org](http://www.ebpc.org).

The guidebook also has useful information on equipment, park features, and safety. The program is a great incentive to enjoy healthy outdoor exercise, while exploring a regional park that may be new to you. So, what’s not to like?

### Job Fairs

The Regional Parks also offer great opportunities for youth employment working with kids, at swim areas, or in the Public Safety Department.

You can find out more about it at either of two Youth Job Fairs. The first is from 10 a.m. to noon on Saturday, Jan. 25 at the

Hayward Area Senior Center, 22325 North Third Street in Hayward. It’s in partnership with the Hayward Area Recreation & Park District (HARD).

There’s another Youth Job Fair from 10 a.m. to noon on Saturday, Feb. 1 at the Pleasant Hill Senior Center, 233 Gregory Lane, Pleasant Hill, in partnership with the Pleasant Hill Recreation & Park District.

No registration is necessary, and of course these fairs are free of charge. Just show up to learn more about some great outdoor jobs.

### Nature careers

And if you are considering a career working in nature, Merritt College in Oakland is offering classes in natural history and sustainability in the spring of 2020.

The courses are taught by Regional Park District staff and Merritt College faculty. You can earn certificates of achievement in conservation and resource management, natural history and resources, or urban agroecology.

For more information, visit [merritt.edu](http://merritt.edu).

### Bird Watching

Bird watching is an enjoyable and educational pastime, and the regional parks offer many opportunities.

For example, there’s a bird walk from 8 to 10 a.m. on Saturday, Jan. 4 starting at the Niles Staging Area on the Alameda Creek Trail. There’s another at the same time on February 1 starting at the Coyote Hills Visitor Center, 8000 Patterson Ranch Road in Fremont.

Both are led by Kristina Parkison, both for ages eight and older. All levels of birding experience are welcome; Kristina will talk about bird behavior, migration patterns and habitat.

Or you can join Kristina for a bird walk at Coyote Hills from 7:30 a.m. to 9:30 a.m. on Tuesday, January 14, starting at the Coyote Hills Visitor Center. It’s for ages 12 and older.

For information on any of Kristina’s bird walks, call 510-544-3220.

# These teens are ready to help during emergencies

SUBMITTED BY AISHA KNOWLES

Fremont Fire Department officials are offering their congratulations to 21 local students who recently graduated from the Winter 2019 Fremont Fire Department (FFD) Teen Community Emergency Response Team (CERT).

Organized by the Fremont Youth Emergency Preparedness Council (FYEPC) and its President Yusuf R., a junior at Mission San Jose High School (MSJHS), the three-day training was held December 13-15 at MSJHS. Training covered various topics including

disaster preparedness, radio communications, fire extinguisher use, utility shutoff, light search and rescue, incident command system, disaster medical treatment, terrorism and disaster psychology.

The graduates, representing American, Irvington, Kennedy, Mission San Jose and Washington high schools in Fremont, each completed a 20-hour training program that included a final disaster exercise, and was led by instructors from the FFD, Fremont Police Department, FFD CERT, FFD Communications Unit, and Newark CERT.



# MY CHOICE IS WTMF,

because I don't want to navigate  
all over the Bay for my health care.



Convenient locations and flexible office hours are often a key consideration when patients choose Washington Township Medical Foundation (WTMF). Since Fremont resident Justin Ruhnke's first visit to a WTMF Orthopedist, he's come to appreciate how easy it's been to find top-notch doctors just minutes from his home. Now, he doesn't have to deal with long trips, traffic delays, and bridge tolls. And he likes being able to get appointments quickly. But there are still other factors that prompted Justin to choose WTMF. "I've received really great care here. Their services are extensive and all work in tandem with each other. Plus, the doctors generally spend more time, are good at listening and offer up-to-date treatment options." Just as important is the fact that his doctors work with him, value his opinions and respect him. It's a win-win for Justin (and he doesn't need those maps anymore).



#### Part of Washington Hospital

Because WTMF is an integral part of the Washington Hospital Healthcare System, we have immediate access to the system's wide array of advanced healthcare services, whenever you need them. This includes their highly awarded inpatient and outpatient facilities and specialty centers.

#### Washington MyChart

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



#### Our WTMF specialist network

has a staff of board certified physicians who work as a team, consulting regularly and collaborating to provide patients with thorough, in-depth care in specialties ranging from Cardiology and Neurosurgery to Endocrinology and Geriatrics.

## I Choose WTMF



Washington Township  
Medical Foundation

Part of Washington Hospital Healthcare System

To find out more, visit our website at [mywtmf.com](http://mywtmf.com) or call 866-710-6864