



Travel the world, quarantine style

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While self-isolating, travel the world – online!

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Pandemic, Endemic:

What's the difference?

BY WILLIAM MARSHAK

GRAPHICS COURTESY OF VISUAL CAPITALIST

On March 11, 2020, the World Health Organization declared COVID-19 as a pandemic.

In a memorable song written by George and Ira Gershwin for the 1937 film, Shall We Dance, Fred Astair and Ginger Rogers perform a duet on roller skates and highlight the differences between pronunciation of an identical object. In this case, whether described as a "to-may-to" or "to-mah-to", both reference the same fruit/vegetable.

The current word of the moment is "pandemic" So, what is the difference between an epidemic and a pandemic? Generally speaking, the term epidemic is used to describe an outbreak of a disease that has blossomed out of control, while pandemic can be used for the same situation, but relates to extensive geographical reach. The novel virus, COVID-19 has circled the globe and joins a notorious list of pandemics that have bedeviled humankind for centuries.

Although distressing, frightening, disruptive and deadly, pandemics are not new or infrequent. In ancient times, as trade and travel connected seaports and land routes, diseases hitched a ride and spread to unaffected populations. A search through historical data provides a plethora of examples of pandemics, some recent. For instance, HIV/AIDS was identified in 1976 and spread throughout the world, killing 36 million people. The H3N2 strain of Influenza A virus, first reported in 1968 resulted in a million deaths. Variations of Flu epidemics that became pandemics, have ravaged many parts of the globe multiple times: 1889-1890, 1918-1920, 1956-1958. Polio periodically appeared as a widespread epidemic (pandemic?) until its near elimination when effective vaccines were developed. Other illnesses such as Cholera, Bubonic Plague, tuberculosis and smallpox have added to the deadly list, some chronicled in historical data of the Byzantine Empire. In recent years, Severe acute respiratory syndrome (SARS), Ebola, Middle East Respiratory Syndrome Coronavirus (MERS) pandemics preceded COVID-19.

Once blamed on malevolent spirits and gods, as medical knowledge has progressed, so have the means to combat emergence of epidemics and pandemics. A 40-day quarantine (quaranta giorni) of ships arriving in venetian ports recognized the need for scrutiny during the Great Plague, also known as the Black Death, during the 14th Century. In 1878, fears of Yellow Fever prompted action by the U.S. Congress and in the late 19th Century, Cholera was the concern that initiated a national quarantine system, finalized in 1921. The Public Health Service Act of 1944 assigned national prevention, control, containment and response to epidemics and pandemics to the Public Health Service.

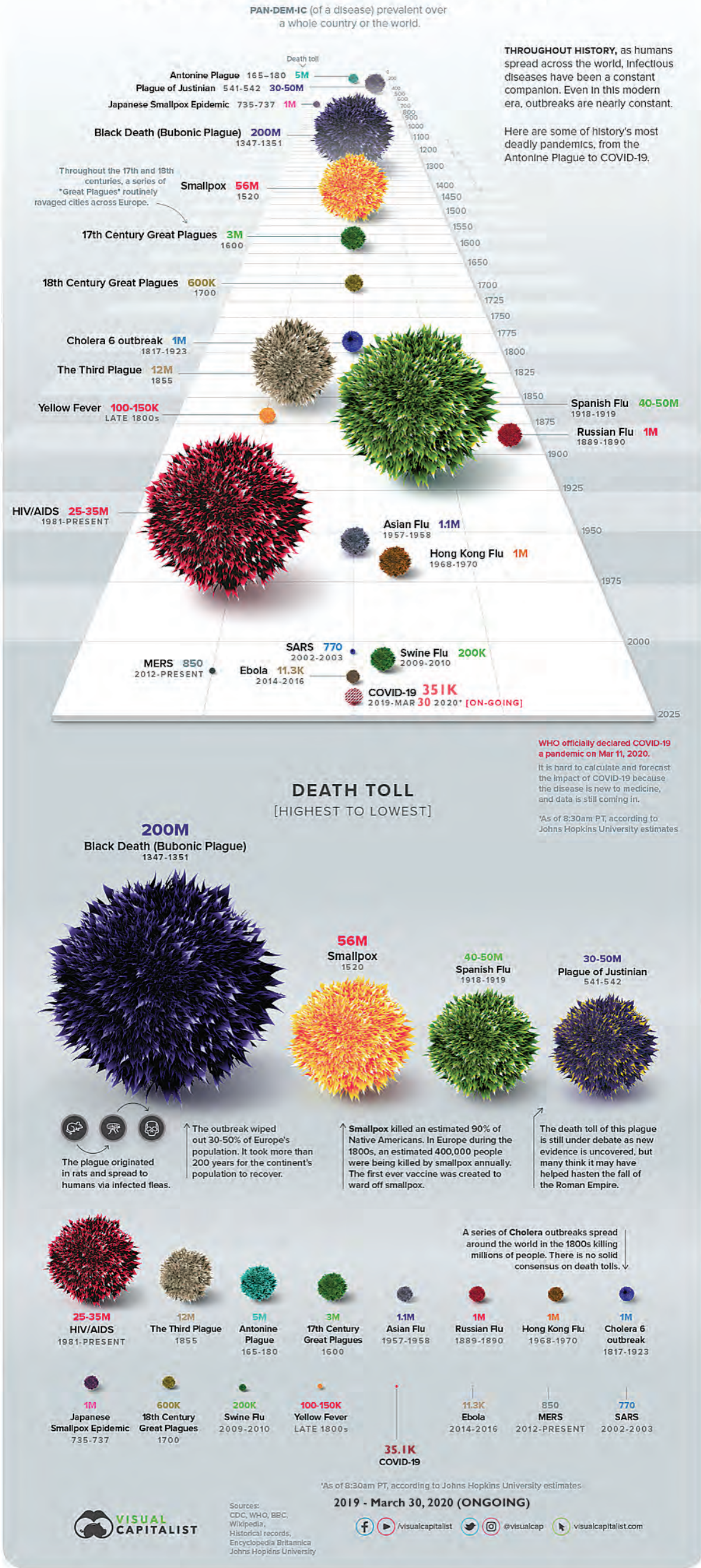
In order to make sense of disease outbreaks, a branch of science called epidemiology studies a pathogen's origin, method of transmission and ways to control its spread. In the United States, on a national scale, this responsibility is vested in the Centers for Disease Control and Prevention (CDC). Presently, as the COVID-19 pandemic moves through an as yet unknown cycle of virulence, a combination of close observation, testing for its presence, quarantine and efforts to understand the virus appears to be the best method to defeat it.

Want to know more about epidemics and pandemics?

A few internet resources to start:

<https://www.visualcapitalist.com/history-of-pandemics-deadliest/>
<https://www.mphonline.org/worst-pandemics-in-history/>
<https://www.verywellhealth.com/difference-between-epidemic-and-pandemic-2615168>
<https://www.cdc.gov/>

HISTORY OF PANDEMICS



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April is Stress Awareness Month

How to Manage Stress in a Stressful Time

Staying informed regarding COVID-19 is important, but too much information, especially from unreliable sources, can create undue anxiety and stress.



You're doing your best to do what's necessary to help combat the novel coronavirus in your community. You're practicing good hand hygiene, staying inside, avoiding close contact with friends and family—only going out to purchase food, visit the pharmacy or to exercise. But because of all this, you're experiencing much higher levels of anxiety and stress than ever before.

How can you manage the understandable stress and anxiety of today's world?

Some anxiety is good, according to Dr. Victoria Leiphart, a Washington Township Medical Foundation physician. "Anxiety is good if it causes us to do what we're supposed to do such as staying indoors and taking actions that benefit one's personal and community health." You are more likely to take your health and that of your community seriously if you are experiencing a bit of anxiety.

However, she warns, too much anxiety and the stress it may produce needs to be managed.

Too much stress can cause loss of sleep; changes in eating patterns including binge eating or avoiding eating altogether; unhealthy behaviors including smoking and excessive drinking; and increased irritability. Being confined to one's home can exacerbate stressful relationships with family members who also are having to shelter in. Additionally, for those who live alone, being alone all the time can cause loneliness and related depression.

Dr. Leiphart recommends a number of actions to relieve stress:

1. Stay in Touch. Social distancing doesn't mean social isolation. Keep in touch with friends and family via the telephone, video chat apps, texting, Facebook and other social media. Dr. Leiphart shares that her book club met via Zoom for their discussion. They may have been in their

own homes, but they were still together. One person told Dr. Leiphart that she had met for breakfast with a group of friends each week for several years. Adhering to the new restrictions, they met via the internet. Each cooked scrambled eggs and coffee, then sat in front of their computers and talked to one another. It wasn't the same as being together at their favorite café, but still much better than sitting home alone, looking at a plate of eggs.

2. Keep Your Daily Routine. Dr. Leiphart emphasizes maintaining the routine and structure to your day. Get up at your regular hour, dress, eat meals at the regular time and exercise. One can exercise at home, she advises. Exercise routines and resources are available online.

3. Be Forgiving With Yourself. Focus on being a little more kind to yourself and to your family. Remember they may be stressed too. Focus on forgiveness.

4. Walk. There's no need to limit spending time outdoors. Just maintain recommended distances. Being in nature is good for your mental health. Spend time outside in your yard or walking in the neighborhood.

5. Limit Social Media. Don't spend hours and hours reading about the coronavirus. Read enough to remain informed but don't overdo it. And be aware of the large amounts of false information circulating on social media. Recommended and reliable resources include the CDC, the World Health Organization (WHO), and local public health websites. Washington Hospital provides updated information on its website: <https://www.whhs.com>.

6. Do Things You Have Been Intending to do but have been Putting Off. Get to that stack of books sitting by your bed; watch movies you've been wanting to see; sign up for online classes; work on those hobbies that have fallen aside because of a lack of time, or finish those projects that need time and attention.

7. Practice Meditation and Mindfulness. Last on the list but certainly not least, is spending time meditating and practicing mindfulness. For those who are beginners, Headspace and Calm are two free apps that are good places to start. Both are free for beginners, though require a fee for continued use.

According to Dr. Leiphart, relieving stress and excess anxiety is as important for your well-being as the other steps you are taking to combat the virus. "Find what works best for your mental and physical health and stick with it. It will pay dividends long after the current crisis has passed."

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	3/31/20	4/1/20	4/2/20	4/3/20	4/4/20	4/5/20	4/6/20
12:00 PM 12:00 AM	Active Living: Yoga Exercises	Hepatitis B and Liver Cancer: Prevention and Treatment	Women's Health, Strategy for Wellness: Gender Matters, Heart Disease Risk in Women	Diabetes Health Fair 2019: Diabetes & Stroke: What's the Connection?	Mental Health Education Series: Mental Wellness	Strategies to Reduce the Risk of Cancer Recurrence	Anxiety: Stop Negative Thoughts
12:30 PM 12:30 AM	Updated Treatments for Knee Pain & Arthritis		Solutions for Weight Management	Advancements in Lung Cancer Detection and Treatment			
1:00 PM 1:00 AM				Good Fats vs. Bad Fats	Gastrointestinal Disorders	Washington Township Health Care District Board Meeting March 11, 2020	Sidelined by Back Pain? Get Back in the Game
1:30 PM 1:30 AM							
2:00 PM 2:00 AM	Washington Township Health Care District Board Meeting March 11, 2020	Mental Health Education Series: Understanding Psychotic Disorders	How to Prevent Financial Elder Abuse/Fraud	Washington Township Health Care District Board Meeting March 11, 2020	Mental Health Education Series: Anxiety Disorders	Diabetes Matters: Asian Fusion Voices InHealth: Antimicrobial Stewardship	Early Detection and Prevention of Female Cancers
2:30 PM 2:30 AM							
3:00 PM 3:00 AM	Diabetes Matters: Latin Foods	Diabetes Matters: Dining Out Around The World	Women's Health Conference: Reclaiming Your Confidence				
3:30 PM 3:30 AM	Caregiver Series: Securing Care Preferences Through AHCD	Diabetes Matters: Diabetes Conversations	Washington Township Health Care District Board Meeting March 11, 2020	Caregiver Series: Caring for Someone with Dementia or Other Medical-Related Memory Loss	Aortic Valve Disease: Treatment Options Including TAVR	Mental Health Education Series: Crisis Intervention	Healthy Gut, Healthy You
4:00 PM 4:00 AM				Preventive Screenings: When and Why are They Important?			
4:30 PM 4:30 AM	11th Annual Women's Health Conference: Patient's Playbook	Respiratory Health and Diseases	Chronic Kidney Disease: FAQ	Weight Management: Stopping the Madness	The Patient's Playbook Community Forum: Getting to the No-Mistake Zone	Caregiver Series: Codependency and the Caregiver	Suffer From Sinus Problems?
5:00 PM 5:00 AM							
5:30 PM 5:30 AM	Mindful Healing	Diabetes Matters: Diabetes & Eyes	How to Talk to Your Doctor		Women's Health Conference: Women & Stroke: Are You at Risk?	Colon Cancer	Diabetes Matters: Diabetes & Polycystic Ovarian Syndrome
6:00 PM 6:00 AM					Latest Treatment Options for Wound Care		
6:30 PM 6:30 AM	Symptoms of Thyroid Problems	Sick Feet?	Stop Diabetes Before It Starts	Sports Medicine Program: Why Does My Shoulder Hurt?	Women's Health through the Years: Screening is Key to Aging Well	Food Pharmacy: Prescription for Colon Health	Vitamins & Supplements: How Useful Are They?
7:00 PM 7:00 AM		Stress Management				Learn About the Signs & Symptoms of Sepsis	Women's Health: Planning for Pregnancy
7:30 PM 7:30 AM	Family Caregiver Series: Mindfulness Meditation for the Caregiver	Washington Township Health Care District Board Meeting March 11, 2020	Palliative Care Series: Interfaith Discussions on End of Life Topics	Mental Health Education Series: Family Support	Washington Township Health Care District Board Meeting March 11, 2020	Peripheral Vascular Disease: What You Need to Know	Diabetes Matters: Asian Indian Cooking
8:00 PM 8:00 AM				Learn the Latest Treatment Options for GERD			Women's Heart Health
8:30 PM 8:30 AM	Family Caregiver Series: Understanding Healthcare Benefits	Inside Washington Hospital: Advanced Treatment of Aneurysms	How To Stop Disease Before It Starts	Keeping Your Brain Healthy	Diabetes Matters: Exercise IS Medicine	Understanding HPV: What You Need to Know	Diabetes Matters: Filipino Food Made Healthy
9:00 PM 9:00 AM						Women's Health Conference: Quality of Life Before and After Cosmetic Surgery	
9:30 PM 9:30 AM	Advance Care Planning: Five Wishes	Diabetes Matters: Italian Foods	How to Sleep Your Way to Better Health	Family Caregiver Series: Loss, Grief & Recovery	Diabetes Health Fair 2019: Diabetes and Foot Care	Endometriosis: Causes, Symptoms, Diagnosis and Treatment	Washington Township Health Care District Board Meeting March 11, 2020
10:00 PM 10:00 AM	Family Caregiver Series: Nutrition for the Caregiver	Laugh without Leaking: Understanding Female Urinary Incontinence		Mental Health Education Series: Understanding Mood Disorders	Diabetes Matters: Diabetes and Your Heart		
10:30 PM 10:30 AM					Strategies to Help Lower Your Cholesterol and Blood Pressure	Diabetes Matters: Heart Healthy Eating	Diabetes Matters: Basics of Insulin Pump Therapy
11:00 PM 11:00 AM	Healthy Eating: Prescription for Health	Balance & Falls Prevention	Metabolic Disorders				
11:30 PM 11:30 AM	Diabetes Health Fair 2019: Standards of Medical Care in Diabetes	Family Caregiver Series: Hospice & Palliative Care		Women's Health: Depression, More Than a State of Mind	Family Caregiver Series: Managing Family Dynamics in Caregiving	Diabetes Matters: Diabetes and Kidney Health	Diabetes Matters: Straight Talk About Diabetes Medications

Beyond Hand-Washing:

Cleaning Tips to Help Prevent Spread of COVID-19

Mom was right and the Centers for Disease Control and Prevention (CDC) confirms it. Washing your hands thoroughly and frequently with soap and water can help prevent the spread of viral diseases such as COVID-19. But stopping the spread of viral infections also requires disinfecting surfaces that we touch every day at home, at work and in various public places.

According to the CDC, coronaviruses are a large family of viruses, some of which already circulate among humans and cause various illnesses. The coronavirus that causes COVID-19 is a “novel” (new) strain, however, for which we have not developed mass immunity or vaccines. COVID-19 can cause serious respiratory illness with symptoms including fever, persistent cough and shortness of breath. Like other respiratory illnesses, COVID-19 seems to spread primarily through person-to-person exposure between people who are in close contact with one another (within about six feet). This virus also seems to remain stable on surfaces where people may become infected.

“The novel coronavirus that causes COVID-19 spreads primarily through respiratory droplets produced when an infected person coughs or sneezes,” explains Paige Dyjack, MPH, BSN, RN, a nurse on the Infection Prevention Team at Washington Hospital. “It also is what we call a ‘sticky’ virus because it can adhere to surfaces and remain stable for varying periods of time.”

Some recent studies conducted by the National Institutes of Health (NIH), the CDC and other scientific organizations indicate the virus may be detected in “aerosol” particles suspended in the air for up to three hours. The virus also was detectable for up to four hours on copper, up to 24 hours on cardboard, and up to two to three days on plastic and stainless steel.

“It’s important to remember that these studies are preliminary,” Dyjack notes. “They do appear to indicate, however, that people can be infected by the virus via touching contaminated surfaces and then touching their eyes, noses or mouths. Porous surfaces such as cardboard or wood are harder to clean deeply, but disinfecting surfaces that you touch frequently can



Cleaning surfaces we regularly touch is an important part of stopping the spread of COVID-19.

reduce your chances of becoming infected.”

Dyjack suggests keeping track of the surfaces you touch frequently, such as:

- tables, dressers, nightstands, TV sets and remote controls
- doorknobs and handles on drawers and cupboards
- kitchen and bathroom countertops
- light switches
- refrigerator, oven and dishwasher handles
- water handles on faucets
- office items such as pens, scissors, staplers, or tape dispensers
- computer keyboards
- telephones, especially cell phones
- personal-care utensils, combs, brushes, hairdryers and curling irons

“Other surfaces we touch often that may not readily come to mind include parts of cars or other vehicles – steering wheels, door handles, transmission handles, sun visors, and electric switches for windows, mirrors and radios,” she adds. “You also should wipe down shopping cart handles and gas pumps before using them.”

There are a number of disinfectant and cleaning products that can be used on these hard surfaces, according to Dyjack.

“People often choose products containing bleach,” she says. “The good thing about bleach is that it kills everything, but the downside is that it is sometimes corrosive to some surfaces, and it isn’t always necessary.”

If you want wipes or solutions that contain bleach but can’t find them available in stores, the CDC offers guidelines for mixing your own bleach solutions:

- Mix 5 tablespoons (1/3 cup) with one gallon of water, or
- Mix 4 teaspoons with one quart (4 cups) of water.

“Many alcohol-based solutions also kill coronavirus, but they should be at least 70 percent alcohol,” Dyjack says. “Common rubbing alcohol can be used. If you have been shopping or visiting the bank or ATM, it might be a good idea to wipe off your credit or debit card. A wipe containing alcohol most likely would not harm the magnetic strip or chip on a card, but I wouldn’t necessarily use one that contains bleach. Alcohol wipes shouldn’t hurt phones or cell phones.”

Dyjack notes that if you have a person at home who is ill – especially with a fever – you may also want to wash clothes, sheets and towels more frequently.

When doing laundry, use the hottest water that is safe for the fabric and be sure

to dry laundry thoroughly, preferably on high heat if that won’t harm the fabric. You might want to use disposable gloves to handle the sheets, towels and other laundry before loading them in the washer. Then wash your hands after taking off the gloves.

This brings us back to Dyjack’s hand-washing advice to supplement Mom’s: “Using good old soap and water to scrub your hands vigorously for at least 20 seconds is actually still the best way to go,” she says. “We discourage really hot water because that dries out your skin and can cause cracking. Cracks in skin can create an entry to the body for the virus, so use hand cream or lotion after washing hands to prevent dry, cracked skin.” Essential times for washing your hands are after blowing your nose, coughing, sneezing or using the bathroom. You also should wash hands before preparing food or eating, as well as after contacting an animal or someone who is ill. If you work in close proximity to other people and realistically can’t wash your hands frequently, such as being a cashier in a grocery store, it is reasonable to wear rubber or vinyl gloves.

Although COVID-19 could be more contagious than some other viral illnesses, if you maintain social-distancing practices, isolate yourself from people who are ill, and follow good hygiene practices, you can reduce your chances of infection.

Learn More

For a list of cleaning and disinfecting products recommended by the Environmental Protection Agency, visit: www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2. This list is updated frequently as new products are tested or become available.

For more information on COVID-19, visit the CDC website at www.cdc.gov and the Washington Hospital Healthcare System website at www.whhs.com

Clean Hands Save Lives



Hand Hygiene is vital to the health and safety of everyone in our community. Properly washing our hands protects patients, prevents infections and saves lives.

Join us in keeping Washington Hospital safe for everyone.

Fear does not exist in this dojo, but coding does



BY HUGO VERA
PHOTOS COURTESY OF
CODE NINJAS

With the outbreak of the coronavirus leaving public school and college students across the country in a state of exile and limbo, one organization is laying the groundwork for a revolutionary approach to learning how to code.

Founded in 2016 by CEO David Graham, Code Ninjas is a martial arts-inspired academy that teaches children ages seven to 14 how to code through the use of video games. Since its formation, the program's growing popularity has prompted it to open more than 100 locations throughout the United Kingdom, United States and Canada.

In 2017, Code Ninjas opened their first location in Fremont under the guidance of local educator Jennifer Nie. Having earned a Master of Education Degree from Columbia University, as well as a degree in linguistics, Nie has drawn on her own life experience to make the Fremont chapter as inclusive as possible.

"I myself have a 10-year-old son who loves playing video games," states Nie. "I wanted him to make his screen time more productive and creative and that's when I thought of teaching coding through gaming."



Department and a production manager from Apple. Together, they created an immersive "coding dojo" in which participants learn vital coding languages such as JavaScript, UltraEdit and Python.

As in a Taekwondo dojo, students must display a mastery of certain requirements to determine their skill level. In true martial arts fashion, newcomers are given a white belt and ascend the hierarchy until they've earned their black belt. "Students

excited when their own work is available online."

In addition to serving students who already possess an affinity for coding and other computer skills, Code Ninjas-Fremont is doing its part to make coding a more gender-balanced field for future generations.

"More tech companies are starting to encourage female applicants to join and so we've encouraged girls to come to our dojo and code just like the boys," adds Nie. "We've partnered with some of the local Girl Scouts troops and we even provide coding workshops for moms who want to learn a little about coding."

Nie and her associates also saw the need to make their dojo more accessible to students of varying needs and time constraints. The dojo has since offered programs suited toward special needs students as well as "drop-in hours" where parents can leave their students to code for two-hour increments as opposed to attending a full six-hour course.

"Students in America are falling behind the rest of the world in terms of STEM-related education. Many schools in general lack the time and resources to teach these subjects and that especially applies to coding," concludes Nie. "We want to make coding and learning not only easier to understand, but for it to be fun and inspiring."

Per the Alameda County "shelter in place" order, Code Ninjas-Fremont has suspended all in-facility operations until further notice. Parents can still contact instructors via phone or email to discuss curriculums and for other inquiries.

Code Ninjas-Fremont
46525 Mission Blvd., Suite 710
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www.codeninjas.com



To achieve this, Nie enlisted the aid of highly skilled professionals, including a graduate of the UCLA Computer Science

who earn their black belt get to launch their own app in the App Store," says Nie. "It's very rewarding to see students get



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Coping with Coronavirus – Tips from Local Psychotherapists

BY ANNE CHAN, PhD,
LMFT; KAREN CHOI, LMFT;
ANGELA TOPCU, LMFT

The coronavirus outbreak and shelter in place have brought challenges that most of us have not faced. Some of us have struggled to buy toilet paper and food, others are worried about their small businesses and jobs, the unemployed are nervous about the shutdown, and many are feeling tense and scared. It is normal to feel fear, anxiety, nervousness, and worry during this time. These are unprecedented times – for most of us, this is the first time the world has experienced a pandemic on this scale. To help our community stay mentally healthy, we put together some tips and strategies to help you weather this storm.

Recognize Your Emotions

“I do notice that the recent COVID-19 shelter-in-place order in the Bay Area has impacted a lot of people and their families. Many clients have been worrying about the uncertainty that lies ahead. People with symptoms of anxiety and OCD (Obsessive Compulsive Disorder) have definitely been triggered,” observes Karen Choi, a Fremont psychotherapist who specializes in depression and anxiety.

Anxiety can manifest in different ways for different individuals – some may have trouble sleeping, others might experience nightmares, heart palpitations, difficulty breathing, problems focusing, and obsessing over the same thoughts. Whatever your emotions are, take the time to assess and recognize what you are feeling.

Recognizing your emotions is the first step toward mental well-being. This may seem obvious, but often we don't realize how connected our emotions are. For example, parents may lose patience and get mad at their kids over a trivial matter, and this might be connected to their helplessness and fear about their food and job situations.

One technique that is calming and relaxing is the square breathing method or box breathing, where you take breaths in and out while visualizing a square. This technique is very easy to learn. Kids can do it too.

Keep to a Routine

Notes Angela Topcu, a Fremont therapist who specializes in grief and loss, “Humans feel grounded by having routines and schedules. During this shelter in place period where people may have a lot of empty, unstructured time on their hands, it can be helpful to stick to some daily routines. Doing your daily hygiene routine at the same time, taking time for meals and even putting on different day clothes can restore some normalcy to an otherwise strange circumstance.”

Honor Your Limits

Know your limits – this is true particularly for parents and caregivers who are now stretched to the max. It may sound trite, or even impossible, but take a bit of time for yourself to recharge, renew, and rejuvenate. It's critically important to have even a small sliver of time where you can do things that bring you joy.

Another way to take care of your boundaries is to limit your exposure to fear-mongering. If the news or social media is

causing you stress, take a break from it. Or limit your exposure by checking the news only once a day. You might also limit yourself to a few trusted sources for information.

Be Mindful of Self-Care

It's tempting to stay up late watching Netflix or checking your social media outlets, but it's even more important to get a good night's rest during such a stressful time. Having enough sleep will also help bolster your energy levels. Other great self-care and stress-reducing activities are yoga, meditation, and exercise (all of which are available online for free).

Take Breaks from Worry

Topcu advises, “During this pandemic, we are all feeling higher levels of fear and for many of us, we are feeling surges of fear throughout each day. While it is important to do whatever you can to lower your risk and stay safe, after a certain point, living in constant fear is not good for your overall mental or physical health. Allow yourself to take breaks from worry and fear. You can try disengaging from the news, watching funny or light-hearted movies, laughing with your friend on the phone, putting on your favorite music and dancing, and looking for small moments of joy. Give yourself permission to let in some moments of respite. We are having to endure a crisis that may last longer than what we are usually used to enduring. We need to find ways to live amidst the fear.”

Focus on Positives and What You Can Control

Choi observes, “With news updates and on-going panic

buying, people become increasingly fixated on the negatives, so it is best to focus on the present instead of worrying about what may happen in a few weeks because it may not be in our control to predict the future. What we are in control of is taking preventative measures to stay safe, practice good hygiene, use only what we need instead of attempting to hoard items that others may make good use of, and continue to work at home or attend classes online.”

Stay Productive

“Humans also like to feel productive so people may find that having mini-goals or projects to do helps ease feelings of endless boredom and even depression. Try setting small goals of tackling things that you usually don't have time for such as cleaning out the kitchen pantry or going through your clothes,” suggests Topcu.

Stay Connected

Social distancing doesn't mean social avoidance altogether. There are countless studies showing the value of social connection. Choi suggests, “Stay connected with friends, family, therapists, peers, etc. Even though people are encouraged to stay physically isolated, there are outlets such as telephone or video visits with therapists, digital contacts with peers and families, so we are not exactly alone during chaos.”

This is a difficult time, not just for us in the Tri-City area, but for every human in the world. If you are feeling overwhelmed, please connect with a therapist if you need more support. Many therapists are available virtually during this time of crisis. For information

and referrals to health, housing, and human services, call 211. If you're feeling suicidal or in crisis, please call the Lifeline network at 1-800-273-8255. It is available 24/7.

On a note of hope, we have seen many acts of kindness and generosity during this time. On an individual and global scale, people are offering to help others and countries are working together to fight this crisis. Even during this time of fear, we can all be kind and compassionate to one another. By doing so, we will get through this.

Angela Topcu is a licensed marriage and family therapist with a private practice in Fremont. She specializes in helping people with grief, anxiety, and depression. You can learn more about her services at www.angelatopcmft.com.

Karen Choi is a licensed psychotherapist who practices in Fremont and Milpitas. She specializes in treating adults with mood disorders. You may reach her at karen@karenchoimft.com.

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

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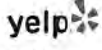
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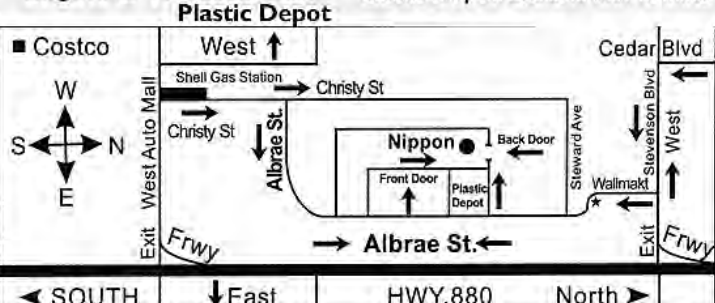
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Notice to Tri-City Voice readers:

Due to the impact of mandated public and private space closures, temporarily Tri-City Voice may not be available at many normal locations.

We are working to increase the number of open-air distribution sites for safe and easy access. In the meantime, as always, copies are available in front of our office building (39737 Paseo Padre Pkwy, Fremont).

We will continue to deliver to businesses that remain open and welcome any others who would like to become a distribution hub for Tri-City Voice. Home delivery is not affected.

The entire content of Tri-City Voice is also available at www.tricityvoice.com and through our app: TCV News. We are determined to continue our service during this difficult period and have confidence that our communities are strong and resilient.

William Marshak

Publisher/Editor in Chief

(510) 494-1999

tricityvoice@aol.com www.tricityvoice.com



Video Contest deadline extended

SUBMITTED BY RENEE GONZALES

Alameda County Water District has extended the deadline for its WaterClips Video Contest to May 8, 2020. The deadline extension allows more time for students affected by Tri-City area school closures to submit an entry.

Tri-City students in grades 6-12 who have a passion for making videos and talent of storytelling are invited to enter the contest. Students who attend a school in Fremont, Newark or Union City can enter ACWD's WaterClips student video contest to win scholarships up to \$500. This is the first year for the contest and ACWD encourages students to use their creativity in expressing the importance of water.

To qualify, each entry will need to create a fun, educational and engaging 30 second video on one of three water related topics:

The value of clean drinking water

Say goodbye to single use water bottles and drink tap water

A day without water

A total of six scholarships worth \$500, \$250 and \$100 will be awarded to participants in two groups, grades 6-8 and grades 9-12. Individual or group entries are accepted. Each student submitting a qualified entry will receive a free ticket to a local movie theater. Tickets do not have an expiration date and can be used at any time.

For more information about the WaterClips student video contest and a complete list of rules go to www.acwd.org/waterclips or send an e-mail to waterclips@acwd.com.

Student Art Contest

Celebrating Children's Mental Health Awareness Month in May

SUBMITTED BY
CITY OF FREMONT

To celebrate the art, creativity, and resiliency of Fremont students, the City of Fremont Human Services Department, Youth and Family Services Division in partnership with Fremont Unified School District, is hosting the third annual

Children Mental Health Awareness Art Competition.

Students have an opportunity to work on their art submissions during the school closure and Shelter-in-Place order. They are encouraged to help promote mental health awareness and the theme of "Sharing Feelings and Hope" through drawing, painting, collage, photography,

sculpture, creative writing, or short film.

The competition is open to Fremont Unified School District Students. Submissions are due by April 25. For complete information, including how to submit your art, download the flyer appropriate for your student.

K-6 grades:

<https://files.constantcontact.com/a2ff1227701/40d1397b-3bbf-4391-84a5-ce30b347f89b.pdf>

High school and junior high:

<https://files.constantcontact.com/a2ff1227701/d51f32fb-759b-4a9d-a1bb-e4a4790d84b2.pdf>

A MESSAGE FROM LEAGUE OF VOLUNTEERS (LOV)

EXECUTIVE DIRECTOR, SHIRLEY SISK:

LOV remains open, but donations are greatly needed

Our community means a lot to us. This health crisis puts those who we usually turn to in perilous times of their own, as they're also scrambling to stay open themselves. One of these is League of Volunteers, serving the Tri Cities for 41 years.

Many of our non-profit organizations and community services providers are scrambling to reach those who are alone or cannot leave home. LOV is remaining open during this time to ensure everyone has access to food and other assistance they may need. Contact us Monday through Friday from 8:00 a.m. to 5:00 p.m. at (510) 793-5683. Emergency food pantry pickups and door-step deliveries are available to anyone in need in the Tri-Cities.

However, LOV needs help. Unfortunately, our usual Monday night Bingo game at Swiss Park in Newark, is closed. As most of the bingo fans know, this weekly game is what keeps LOV alive. Without it, we are in danger of having to close our doors -- forever. LOV touches the lives of tens of thousands of people in our area each year.

At his time, LOV needs your support. No amount is too small or too large. We need \$50,000 to keep operating over the next three months of this crisis and its immediate aftermath. More than 80% of LOV's donations return to the clients we serve. It's important to help the people and the businesses and organizations that help and serve us in good times and bad. Contact LOV today to find out how you can help. We need you today, and our communities always need LOV.

To make an online donation, visit <https://lov.org/donate/>.

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Changes impact Meals on Wheels program during pandemic

SUBMITTED BY CARYL MAHAR, SPECTRUM COMMUNITY SERVICES

Meals on Wheels programs, like many essential services are still operating under Alameda County shelter in place orders due to the COVID-19 coronavirus pandemic. These programs provide critically needed nutritious meal deliveries to seniors who cannot shop or prepare food because of a variety of reasons including poor health, immobility and poverty.

With the onset of the pandemic three local Meals on Wheels programs have experienced a mass of urgent calls from vulnerable at-risk seniors who fear hunger from not being able to shop for food because of a combination of their living situations, lack of a support system and inability to compete with panic buying at local stores.

These Meals on Wheels programs also rely heavily on volunteers for delivering the food to a combined total of more than 1,921 homebound seniors throughout Alameda County. However, because nearly 45% of delivery volunteers across the county are 65 or older, Alameda County's shelter in place order has decreased the number of people available to make deliveries. Senior dining sites at many of the local senior centers and senior residence facilities were suspended for seniors who rely on congregate meal programs.

To that end, Spectrum Community Services, SOS Meals on Wheels and LIFE Eldercare have joined forces to maximize resources and coordinate efforts to ensure that homebound seniors continue to receive daily meal deliveries.

Many of these agency's homebound senior consumers rely on the daily knock on the door and the friendly smile on the volunteer's face, making Meals on Wheels a reason to get up in the morning.

Patricia Osage, Executive Director of LIFE Eldercare said, "In these times of social distancing we feel closer than ever to this kind and generous community for how much they have stepped up to help keep homebound seniors fed. We have been deeply moved by the outpouring of support from people wanting to pitch in during this time."

To streamline intake, officials have set up a website at www.tricityatrisk.com where people can sign up to "provide help" (volunteer) or "receive help" (seniors). They are matching volunteers 1 on 1 with seniors in their neighborhood and are also enlisting them to help with the delivery of Meals on Wheels and groceries. The site is available to anyone in Alameda County, except Oakland, which has its own website at www.Oaklandatrisk.com.

For the duration of the shelter in place order, Meals on Wheels organizations across Alameda County are expanding the scope of the program to relax eligibility to include even those age 60 and above who can normally cook for themselves but are now unable to get groceries.

All these agencies need healthy volunteers and donations. For details, visit their websites at www.SpectrumCS.org, www.sosmow.org or www.LifeElderCare.org.



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School Superintendent resigns

SUBMITTED BY BRIAN KILGORE

Fremont Unified School District (FUSD) Superintendent Dr. Kim Wallace has notified the Board of Trustees that she will be relinquishing her position with FUSD when her contract expires at the end of the school year. In a special meeting on March 20, 2020, the Board voted to accept her resignation effective June 30, 2020.

In 2017, Dr. Wallace was unanimously selected to replace retiring superintendent Dr. James Morris. Under Dr. Wallace's and the Board of Trustees' leadership, annual student achievement on the Smarter Balanced Assessment Consortium (SBAC) increased by 1-3% annually in English Language Arts and mathematics and subgroups' achievement gaps were reduced by 2-4%. In 2019, FUSD was proud to be named a California Exemplary District for their work with students without permanent housing. The governing team also united the whole community to develop a Portrait of a Fremont Graduate to guide their future work.

In a message to staff, Wallace wrote, "I thank you all for enriching my life over the past six years to serve the students of Fremont Unified. Since starting here as Assistant Superintendent of Instruction to my current role as Superintendent, I have been grateful every day for the opportunity to inspire, educate, and challenge myself and others. I have considered the people in FUSD as my family and this district to be my home away from home."

The Fremont Unified School Board will begin the process of searching for a new superintendent for the 2020-21 school year. The Superintendent and Board will continue to collaborate through the transition period. Information about the process will be announced once those decisions have been made.

Bay Area schools closed through May 1

SUBMITTED BY ALAMEDA COUNTY OFFICE OF EDUCATION

Seven Bay Area county health officers, in collaboration with their county superintendents have made a unified, regional decision to extend school closures and student dismissals from regular school attendance through May 1 to slow the spread of COVID-19 to the maximum extent. The safety and wellness of students, school personnel, and the community are the highest priorities of all schools and districts in these six counties. If further extensions become necessary, those decisions and announcements will be made at the appropriate time.

The following Bay Area County Offices of Education have been working together over the last several weeks to align strategies and practices during this unprecedented time for public education: Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara.

"As our schools continue to move through these extraordinary circumstances, regional educational leaders prioritized a unified approach for the appropriate extension of school closures," said Alameda County Superintendent of Schools, L. Karen Monroe. "Being able to come to this collective decision as a region, with the involvement of our health officers, is an important step for our districts and our families in terms of safety, as well as planning and expectations."

School facilities may remain open to staff for the purposes of performing tasks deemed essential by the school district and the county offices of education. Education will continue through flexible learning, meals will continue to be provided, and, where possible, childcare may be arranged.

County Offices of Education will continue to work in close partnership with local health departments and local school districts to support the children, parents, and essential workforce of the Bay Area.

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BUSINESS

Candidates announced for Ohlone College presidency



Dr. Eric Bishop



Dr. Tammeil Gilkerson



Dr. Matthew Kritscher

SUBMITTED BY
TINA VOSSUGH

Three candidates have been recommended to the Ohlone Community College District Board of Trustees by the college’s presidential search committee for consideration to become the seventh president of Ohlone College.

“We are incredibly pleased with the high quality and caliber of our top three finalists,” said Ohlone Community College District Board Chairperson Richard Watters. “The pool of candidates we had was impressive and the presidential search committee worked very hard in identifying the best candidates that would serve the district’s needs.”

The college’s current president, Dr. Gari Browning, announced in October 2019 that she would retire at the end of the 2019/20 academic year. Browning has been Ohlone College’s president since 2008. **The three candidates are as follows:**

Dr. Eric Bishop: Dr. Eric Bishop is associate superintendent of student services and legislative engagement for Chaffey College in

Rancho Cucamonga, California. He oversees all of the student services for the college and works to create a space for access to higher education for the college’s communities. Dr. Bishop has a doctorate in organizational leadership (Ed.D.), master’s in communications and bachelor’s in journalism all from the University of La Verne.

Dr. Tammeil Y. Gilkerson: From her days as a student leader at UC Berkeley to her direct work advancing economic opportunity and empowerment for people of color, Dr. Tammeil Gilkerson has demonstrated a lifelong commitment to social justice, equity, and inclusion. Dr. Gilkerson grew up in Hayward. She holds a bachelor’s degree in history, a master’s degree in counseling with an emphasis in marriage and family therapy and pupil personnel services, and a doctorate in organizational leadership with an emphasis in higher education.

Dr. Matthew Kritscher: As an educational leader for over two decades, including 11 years as dean and the last six years as a vice president of Student Services at Chabot College, Dr. Matthew Kritscher is passionate about eliminating student equity gaps, and providing support for

students who are farthest from opportunity. Dr. Kritscher holds a doctorate of education in educational leadership from San Francisco State University. He graduated from the first cohort of the university’s inaugural doctoral program. He also holds master’s and bachelor’s degrees from California Polytechnic State University.

Public forums to meet the candidates will be livestreamed via Zoom on Thursday, April 2 where participants can provide additional input. The board of trustees will hold interviews with the three finalists on Friday, April 3.

Online Public Forum Thursday, Apr 2

1:30 p.m. — 2:30 p.m.:
Dr. Eric Bishop
<https://cccconfer.zoom.us/j/812091114>

2:45 p.m. — 3:45 p.m.:
Dr. Tammeil Gilkerson
<https://cccconfer.zoom.us/j/378930155>

4 p.m. — 5 p.m.:
Dr. Matthew Kritscher
<https://cccconfer.zoom.us/j/617396324>

Measures to aid residents and businesses

SUBMITTED BY CHERYL GOLDEN

The Fremont City Council held a Special Meeting on March 27 to review and approve emergency ordinances and regulations designed to protect the well-being of residents and ease the economic impacts to both individuals and businesses related to the COVID-19 public health crisis.

The following measures were passed and will be in effect until the local emergency is declared over (unless otherwise stated):

- **Eviction Moratorium on Residential and Small Business Evictions:** Imposes regulations related to evictions from all residential rental units and small-scale commercial tenants where the failure to pay rent is due to income loss resulting from the declared COVID-19 public health crisis. (Referral of this item brought by Councilmember Salwan and Mayor Mei.)

- **Anti-Gouging Ordinance:** Establishes an extension of the anti-price gouging statutory prohibitions that make it unlawful for a person, contractor, business, or other entity to impose a greater than 10 percent price increase for designated goods and services.

- **Anti-Hoarding and Anti-Grouping/Social Distancing Ordinance:** Condemns the act of hoarding essential goods and requires social distancing practices as directed by Shelter in Place Order and other applicable public health directives related to COVID-19.

- **Emergency Zoning Administrator Permit Process:** Establishes an expedited process for the consideration and approval of an Emergency Zoning Administrator Permit, which includes reduced public notice and appeal period requirements where a proposed use is reasonably related to the protection of life or property as affected by COVID-19.

- **Resolution Designating Agents to Enter into Agreements Related to Disaster Assistance:** Designates and authorizes city personnel to apply for emergency financial assistance at the state and local levels from the California Governor’s Office of Emergency Services in response to declared emergencies. This resolution is in effect for all open and future disasters up to three years from today’s date.

In addition, the City of Fremont will waive penalties and interest on late payments for business tax certificates. This applies to any business tax certificate that expired on December 31, 2019 and was due for renewal by February 29, 2020, and will continue for business tax certificates expiring on March 31, 2020, and up for renewal on April 30, 2020. For complete details visit www.fremont.gov/covidbizresources. For more information on essential services and updates, www.fremont.gov/Coronavirus.

Tax Day is now July 15

For taxes, July is the new April

SUBMITTED BY HAYWARD
CHAMBER OF COMMERCE

The US Treasury and the IRS are extending the filing deadline and federal tax payments to July 15, regardless of the amount owed, according to Erin Young, IRS liaison to the Hayward Chamber of Commerce. Young, who has addressed chamber groups such as the Latino Business Roundtable and Hayward Nonprofit Alliance, said taxpayers can defer income tax without penalties and interest. Individuals, corporations and those who pay self-employment tax also can defer payments. For more information, go to www.irs.gov/coronavirus or <https://covid19.ca.gov/employment/>.

State postpones tax deadlines until July 15 due to COVID-19 pandemic

SUBMITTED BY THE STATE
OF CALIFORNIA FRANCHISE
TAX BOARD

On March 18 the Franchise Tax Board (FTB) announced updated special tax relief for all California taxpayers due to the COVID-19 pandemic. FTB is postponing until July 15 the filing and payment deadlines for all individuals and business entities for:

- 2019 tax returns
- 2019 tax return payments
- 2020 1st and 2nd quarter estimate payments
- 2020 LLC taxes and fees
- 2020 Non-wage withholding payments

“The COVID-19 pandemic is disrupting life for people and

businesses statewide,” said State Controller Betty T. Yee, who serves as chair of FTB. “We are further extending tax filing deadlines for all Californians to July 15. Hopefully, this small measure of relief will help allow people to focus on their health and safety during these challenging times.”

To give taxpayers a deadline consistent with that of the Internal Revenue Service (IRS) without the federal dollar limitations, FTB is following the federal relief described in Notice 2020-17. Since California conforms to the underlying code sections that grant tax postponements for emergencies, FTB is extending the relief to all California taxpayers. Taxpayers do not need to claim any special treatment or call FTB to qualify for this relief.

In line with Governor Newsom’s March 12 Executive Order, FTB previously extended the due dates for filing and payment for affected taxpayers until June 15, with the qualification that the deadlines may be extended further if the IRS grants a longer relief period, as it did. This announcement supercedes the previous announcement.

For more details regarding FTB COVID-19 tax relief, please see our website ftb.ca.gov and search COVID-19.

If possible, taxpayers should continue to file tax returns on time to get their refunds quickly, including claiming the Earned Income Tax Credit and Young Child Tax Credit. During this public health emergency, FTB continues to process tax returns, issue refunds, and provide phone and live chat service to taxpayers needing assistance.

California Shelter-In-Place Guidelines

[Compilation as of March 27, 2020]

BY JACQUELINE D. FLATEN

The state of California is under a “Shelter-In-Place” order as of Thursday, March 19, 2020 until further notice. Exempted activity includes that as needed for operation of the federal critical infrastructure, critical government services, schools, childcare, and construction, including housing construction.

California residents can only leave their homes if they are an essential worker attending their job, or to access essential services, medical care or getting food. Taking walks is permitted as long as social distancing is maintained (staying six feet away from people who are not in your family home).

Businesses that do not provide “essential” services must send workers home. Most workers are ordered to stay home, with exceptions including health care workers; police, fire and other emergency responders; and utility providers such as electricians, plumbers and sanitation workers.

Essential services will remain open, such as:

- Gas stations
- Pharmacies
- Food: Grocery stores, farmers markets, food banks, convenience stores, take-out and delivery restaurants
- Banks
- Laundromats/laundry services
- Essential state and local government

functions will also remain open, including law enforcement and offices that provide government programs and services.

What’s closed?

- Dine-in restaurants
- Bars and nightclubs
- Entertainment venues
- Gyms and fitness studios
- Public events and gatherings
- Convention Centers
- Hair and nail salons

What is the difference between a “shelter-in-place” order and a “lock-down”?

“Shelter-in-place” has generally been used in the event of a natural disaster, like a hurricane or earthquake, where it’s safer for people to stay home while rescue workers operate. In the context of the coronavirus emergency, the state-wide “shelter-in-place” order is underway to deter the rapid spread of the virus; people should only leave their homes to perform essential tasks.

A “lockdown” is a much stricter order, and usually used in response to an immediate threat, such as an active shooter or a hazardous materials accident. A lockdown could mean not being able to leave a certain area, to abide by a curfew, or risk arrest or fines if not following these orders. For example, in Italy, people can go out for essentials but they are to be inside their homes by 6 p.m.; Spanish residents who leave their residences without an essential cause are arrested.

California Public Health officials overseeing three cities and 58 counties have state powers to enlist law enforcement if the public does not comply with the state’s orders. Governor Gavin Newsom has stated that for now he’s encouraging public education and social pressure to ensure people stay home and stay six feet away from others when out on essential errands.

Information resources:

<https://calmatters.org/category/health/coronavirus/>
<https://www.sccgov.org/sites/phd/DiseaseInformation/novel-coronavirus>
<https://www.acgov.org/emergencysite/>
<https://www.fremont.gov/3571/Coronavirus-Disease-2019>
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Grants for small businesses, independently owned restaurants

SUBMITTED BY CITY OF HAYWARD

The City of Hayward announced on March 26 a new grant program to provide \$5,000 a piece to local small businesses to support operations and help avert layoffs during the current public health emergency. The COVID-19 Small Business Resiliency Grant Program is open to Hayward small businesses with 25 or fewer employees and restaurants of any employee size that are independently owned.

The Hayward Economic Development Division developed the program by redirecting funds from a broader Small Business Grant and Loan Fund intended to attract businesses to Hayward and help others in the city to expand.

Program funding allows for up to 76 grants of \$5000 a piece that will be awarded on a first-come, first-served basis to those meeting eligibility requirements. The grants can be used for any aspect of business and do not need to be repaid.

Application materials are available at <https://www.hayward-ca.gov/your-government/programs/hayward-covid-19-small-business-resiliency-grant-program>.

Submit application materials by email to EconDev@hayward-ca.gov. For more information, call the Economic Development Division at (510) 583-5540.

Rotary District 5170 Blood Drive

SUBMITTED BY LENA ZEE

The blood supply is very low because thousands of blood drives have been cancelled due to the closing of places of work where blood drives were scheduled.

Blood donations are considered an essential need and a valid reason to leave your home even in this time of sheltering in place. The sites are providing for social distancing, and practicing COVID-19 public health protocols. If you decide to donate, you must sign up online to get an appointment. To stay safe No walk-ins can be accepted.

<https://sleevesup.redcrossblood.org/campaign/rotary-district-5170-virtual-blood-drive-january-may-2020/>

Support local businesses

BY TCV STAFF

Tuesday, March 24 was declared "Great American Takeout Day" to remind people that many restaurants are still serving the community through takeout and delivery, and purchasing a meal can be a safe and easy way to support local businesses.

• If you missed Takeout Day, you can still support local restaurants by ordering from

those that have remained open. If you'd rather cook at home, buy a gift card and plan to eat out when Shelter in Place is lifted.

• Shop locally through online stores; businesses that supplement their brick-and-mortar store with online sales are a valuable resource when homebound.

• How about online exercise classes? Many gyms have switched to online sessions – all the sweat without the crowded space and shared equipment.

• GoFundMe campaigns have surged during the crisis. GoFundMe lets people and businesses raise money they may not be able to make any other way. Donate directly to a special fund to benefit those affected

by COVID-19. <https://www.gofundme.com/c/act/covid19>

• A general relief fund for the Bay Area can be found at <https://www.gofundme.com/f/coronavirus-relief-san-jose>.

• To support homeless communities: [https://www.gofundme.com/f/n3pe3-relief-for-](https://www.gofundme.com/f/n3pe3-relief-for-homeless)

• To help provide meals for healthcare workers: <https://www.gofundme.com/f/feeding-healthcare-workers-in-the-bay-area>.

While sheltering in place, opportunities exist to stay healthy and reach out to help each other. Online networks provide an ability to do just that.

Donations welcomed

SUBMITTED BY INDIA COMMUNITY CENTER

The facilities at India Community Center (ICC) Milpitas will be under lockdown until at least Tuesday, April 7. ICC is conducting daily video conference calls with its seniors to keep them engaged with virtual yoga, meditation, and dance sessions.

This lockdown has a direct impact on ICC's revenue streams from its banquet hall rentals, membership, after-school, preschool, table tennis center classes and Bollywood classes. The center has postponed its highly popular Youthsava, Bollywood dance competition and delayed the launch of its Toddler program. The impact from this closure of all activities on ICC's financial situation is immense. Donations from the community are welcomed. To donate, visit <http://www.indiacc.org/support-us/>

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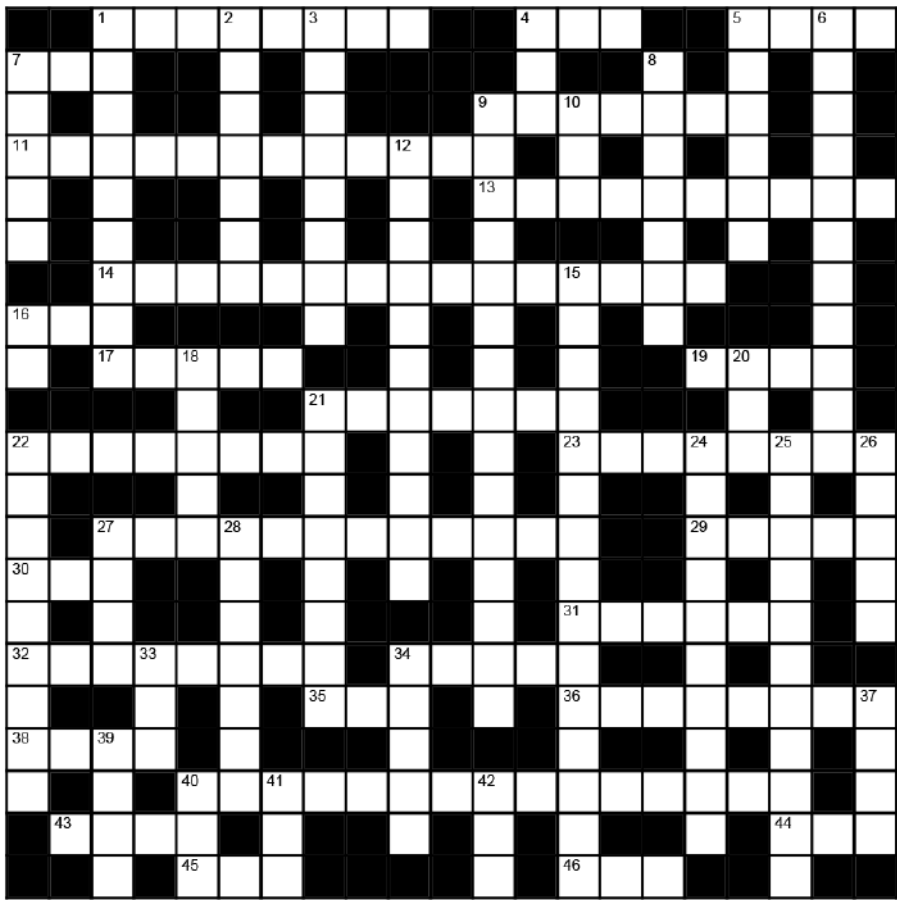
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| * Tourette syndrome | * Alzheimer's disease |

Mind Twisters

Crossword Puzzle



- Across
- 1 Stop suddenly (4,4)

4 Approves (3)

5 Cries of delight (4)

7 Letters on a chit (3)

9 Gripes (7)

11 Buckle (3,6-3)

13 Cutting tool (5-5)

14 Valentine present? (3,2,10)

16 AT&T rival (3)

17 Image maker (2,3)

19 Map abbr. (4)

21 Sticker (7)

22 Kind of acid (8)

23 Imperiled (8)

27 Head honcho (3,9)

29 Couch (5)

30 Charlie of the 60's Orioles (3)

31 Arm bones (6)

32 Wimps (8)

34 French dear (5)

35 Norse war god (3)

36 Isolate (3,5)

38 Go bad (4)

40 Big bang creator (15)

43 Circular course (4)

44 Oil source (3)

45 Classified abbr. (3)

46 "___-hool" (3)

Down

1 Lots (5,1,3)

2 Vibrating effect (7)

3 Plenty (8)

4 Wise one (3)

5 Founder of Scholasticism (6)

6 Appetizer (4,7)

7 That is, in Latin (2,3)

8 Coming (2,5)

9 Shape shifter? (8,7)

10 Wood-dressing tool (3)

12 Hard stuff (5,6)

15 High school subject (8,7)

16 ... (2)

18 Cast (5)

20 K-O connection (3)

21 Picnic staple (3,5)

22 Draw (9)

24 Foolish (5-5)

25 "Lighten up!" (4,2,1,4)

26 Extend, in a way (5)

27 Kind of market (4)

28 Warrant (7)

33 Barbie's beau (3)

34 Aegean vacation locale (5)

37 Like some sums (4)

39 Beams (4)

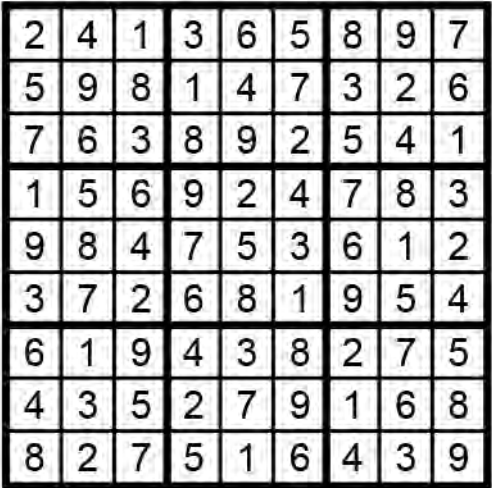
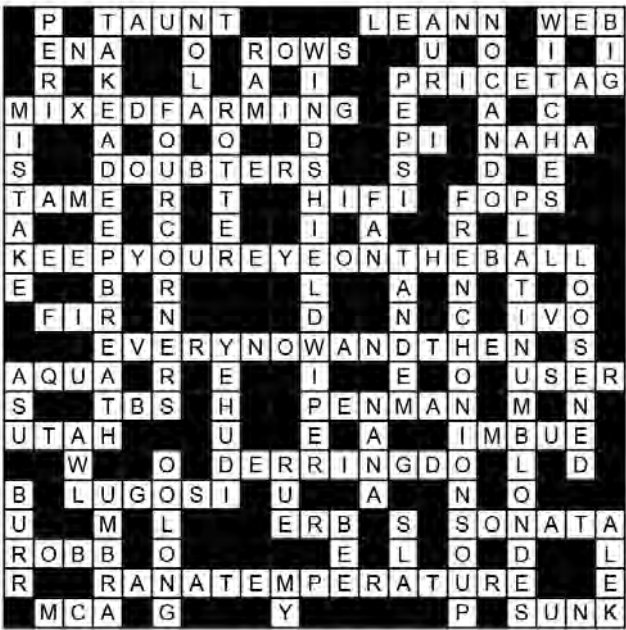
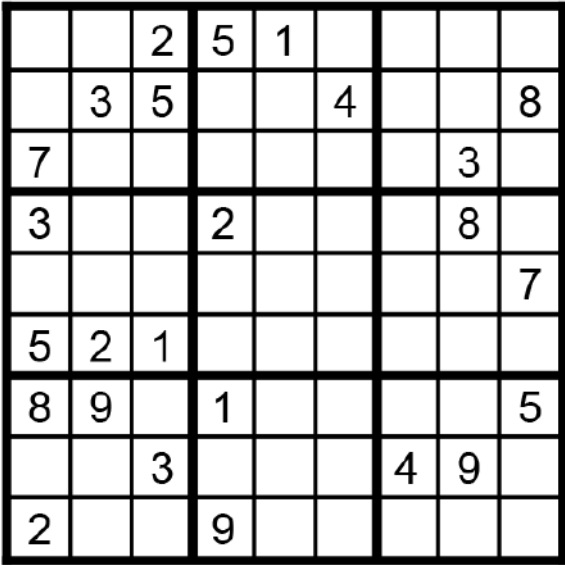
40 Artist Gerard ___ Borch (3)

41 Advantages (3)

42 Bonehead (3)

Sudoku:

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



Tri-City Stargazer FOR WEEK: MARCH 31, 2020

All Signs: In these scary times, many of us wonder what we can do to help, especially from home. I received an email saying some people on Vancouver Island were starting to meditate-pray at 8 p.m. Pacific Time for 20 minutes (or how long you want). It's a chance to send your energy and love to all people and animals. Why not give it a try? Take three deep breaths...and then...very slowly, let go of your cellphone.

Aries the Ram (March 21-April 20): For the next six weeks, Mars will give lots of energy to the part of your chart related to friends, groups, and organizations. This will help people who are active in essential jobs – caregivers, firefighters, and those who are joining forces with others to keep us safe. For those at home, you will be more active online interacting with groups and friends. Plus, Venus now moves into the part of your chart related to everyday contacts. It gives you a greater appreciation for the people you encounter in your daily world. You will develop a greater appreciation for the love and support around you.

Taurus the Bull (April 21-May 20): There are two conflicting signals coming to you from the universe. Right now, the placement of the Sun makes you want to hide in self isolation. However, for the next six weeks, you will be super ambitious, which runs contrary to the necessity of taking a backseat. Your ambition will be blocked this week by authorities, rules, and regulations. Enjoy conversations and online interactions with younger people because they will inspire you and vice a versa.

Gemini the Twins (May 21-June 20): Things will become more pleasant for you because fair Venus moves into your sign this week to stay for two weeks. This makes you extra charming and diplomatic. It's tough to be in self-isolation because this is a popular time for you. However, you can still reach out to others on line. Although you might feel

restless in the next six weeks (because you want to travel), you can use this energy to study and learn something new. Explore philosophies, ideas and seeing new places through virtual tours. A conversation with a boss or parent will be significant.

Cancer the Crab (June 21-July 21): You look marvelous because the Sun is at the top of your chart. This is an excellent week to study or finish writing papers and manuscripts. Disputes about inheritances and shared property or insurance issues will come to a head, but they will be resolved by the end of the week. Meanwhile, close friends and partners are supportive and a source of joy to you. They appreciate your fabulous sense of humor.

Leo the Lion (July 22-August 22): This is a frustrating time for Leos who are in self-isolation because more than any other time of the year, you want to get out. Fortunately, you are creative, so you will see ways to break the monotony of your daily routine. Since you are a teacher and a performer at heart, share your ideas via YouTube or Facebook with others. Relations with friends are warm and supportive in a calm, practical way. Meanwhile, difficulties with partners and close friends will arise. Your partner will be obstinate, stubborn, and frozen in place unlike you who is cooperative, wise, and flexible.

Virgo the Virgin (August 23-September 22): This week will be frustrating in areas related to your job, work, health, and possibly dealing with a pet.

You might feel angry. This same astrological influence gives you much energy that you can channel in other directions. You can get a lot of work done, especially work that requires concentrated focus and great discipline or a careful technique. Working with metals will be excellent. People in authority admire you now. They see you as the voice of reason. They also see you as someone to guide them, especially in matters of peace, harmony and beauty.

Libra the Scales (September 23-October 22): You need harmony in your surroundings. This includes color, design, furniture arrangement, smells – anything that makes you feel relaxed with your surroundings. Therefore, you need to suck it up and go more than halfway when dealing with partners and close friends because this will be your quickest road to peace. Meanwhile, opportunities in publishing, media, law or medicine are now at hand if you are ready to work for them. Parents will have challenges with their kids. Fortunately, your family will be a source of joy for you this year.

Scorpio the Scorpion (October 23-November 21): You're in busy mode. Running around the house with an outboard motor on your butt. Be happy that you're motivated to get better organized and get a lot done. However, difficulties with family members will require your patience. You're the most strong-willed sign in the zodiac, but without even knowing it, you can steamroller over others.

Be kind to the little people. Because you are strong willed with amazing self-discipline, people now look to you for support.

Sagittarius the Archer (November 22-December 21): It's play city for you. My heart goes out to because you're the traveler of the zodiac, and this is the month when you want to be on vacation. Certainly, your relations with partners and close friends are warm because Venus is opposite your sign for the next two weeks. You're entering a lovely month if you write, teach, or edit because Mars will make you identify strongly with your ideas and opinions. Caution about coercing others to believe as you do. Not everyone carries the Centaur's arrow of truth.

Capricorn the Goat (December 22-January 19): Because the Sun is at the very bottom of your chart right now, it's easier for you to stay at home more than other signs. Financial difficulties arise this week. Something might stop your earnings or cash flow. But this is temporary. You are resourceful and capable of making long-range plans related to earnings, money, and your job. Capricorns never give up. You know that difficulties are character building.

Aquarius the Water Bearer (January 20-February 18): You'll be glad to know that fiery Mars is moving into your sign where it will stay for the next six weeks. This happens only once every two years, and when it occurs it boosts your energy and makes you PowerPoint

on steroids. The placement of the Sun also indicates that you are eager to move and be active with short trips and conversations with everyone. Of course, these two influences will make self-isolation at home challenging for you. Fortunately, you're a brainiac. You see the world as a global village. You understand the power of like-minded individuals to make positive changes.

Pisces the Fish (February 19-March 20): No matter what you're doing, you are focused on money, earnings, and cash flow. Mercury in your sign makes you eager to talk to everyone. And this week, Venus has changes signs, which brings a two-week influence that will make you want to redecorate your digs and enjoy the company of family. However, in the next six weeks, Mars will be hiding in your chart, which triggers a time of self-denial. It means you might not get credit for what you are doing because you must stay in the background. Be careful of little self-defeating acts. Watch your back.



By Georgia Nicols
www.georgianicols.com.

Word Search



- | | | |
|----------|----------------|--------------|
| Able | Eye | No |
| Add | Fail | Oak |
| Adverb | Gate | Oil |
| Aim | German | One |
| Air | Gets | Or |
| Am | Gold | Owl |
| Angles | Hated | Paths |
| Any | Heat | Perspiration |
| Army | Herds | Press |
| Arose | Holes | Ran |
| As | Home | Reached |
| Aunt | Hums | Rice |
| Away | Hunt | Rob |
| Awe | Icy | Rub |
| Bat | If | Sights |
| Bay | Image | Sized |
| Bit | Inks | Slowed |
| Blue | Is | Sock |
| Braces | Jaw | Spare |
| By | Kit | Spent |
| Car | Leads | Tea |
| Cell | League | Tempo |
| Clever | Led | That |
| Dads | Lion | Thy |
| Dating | Lip | Ties |
| Deny | Markets | To |
| Dirt | Meals | Tune |
| Do | Meets | Up |
| Ear | Mess | Us |
| Enclosed | Mole | Water |
| Enemy | Mom | X-rays |
| Era | Multiplication | Yet |
| Essay | Navy | |
| Evenly | Needing | |

Basketball

Holy Spirit Spartans Win the Tournament of Champions

SUBMITTED BY MARY PAGLIERI

On March 8th, 2020 the Holy Spirit 5N2 Spartans, affectionately known as the ‘Mighty Eight’ won the coveted 5th grade CYO National Invitational Tournament of Champions (TOC), held in Byron, CA, finishing the season undefeated 13-0-0. The Spartans faced fierce and superb competition from Immaculate Heart of Brentwood, and Saint

Perpetua (8) and Saint Perpetua (2) of Lafayette to win the championship.

Final score: Holy Spirit Spartans 31, Saint Perpetua (2) 29.

The 2020 5N2 Spartans include Nathan Monahan, Drew Tondag, Chris Stanley, Teja Kalluri, and Patrick Zhang. Dale Refuerzo, Siddarth Ventakesh and Alden Visitacion. Head Coach Rob Paglieri was assisted by coaches Matt Tondag, Darren Monahan and Allan Visitacion. This is Coach Rob Paglieri’s third team to win the Tournament of Champions, also winning in 2014 and 2015.



Tri-City Health Center teaches kids about teeth

SUBMITTED BY CONNOR RAMEY

In 2020, Tri-City Health Center (TCHC) is celebrating its 50th year serving the health care needs of southern Alameda County. Part of that celebration is highlighting some of the unique and important things we do each and every day. An important aspect of TCHC’s work is community outreach. Engaging the community, providing health education, and linking people with care is a priority of TCHC.

Dental services are one of the newer pillars of TCHC’s service offering, but we don’t just serve people that walk through our clinic doors. TCHC has taken dental care to the community.

A team of two Registered Dental Assistants, Maria Campos and Felicitas Fonseca, are important members of TCHC’s dental team. Nearly every day Campos and Fonseca go out into the community and work with children and their parents. Their goal is simple: teach kids the importance of dental health.

“There really is a lot of need,” Campos said. “There are a lot more doors opening for us. Nobody else does things like this. We go into the classroom and make a difference.” The team goes to classrooms from preschool all the way to high school. These classes include workshops, screenings and hands-on interactions with the kids, including Campos dressing up as the Tooth Fairy for younger kids.

“We read them a story related to dental care. We interact with them and bring them goody bags,” Campos said. “It gets to them, which is what we want. Oral health is usually put aside, and nobody takes it as seriously as they should. We tell the kids why it’s so important.”

Older kids are told dental care affects the entire body, and how smoking – including vaping – can affect one’s teeth. “We talk about preventative care and why it’s so important,” Fonseca said. “If a child has a bad experience it sticks with them their whole life, so we try to give them a good experience.”

This also includes teaching parents. “We want to make sure oral health is important,” Campos said. “Right now, it’s often not important to parents. They think because it’s baby teeth, their child will be okay, but that’s just not true.”

Children are screened by Campos and Fonseca and given a report card to give to their parents. This includes a referral to either TCHC or a private dental provider. “There are a lot of barriers out there, and it’s important for us to fill those gaps,” Campos said. “It’s what we do every week.”

During the current COVID-19 pandemic, the dental pair has stopped going to schools for dental classes, but they will return along with the TCHC’s new Dental Mobile, which will launch later in the spring. Look for more details soon.

If you have questions about TCHC’s dental services, please call (510) 770.8040 or visit our website at tri-cityhealth.org.

Board of supervisors OK millions in COVID-19 relief funds

SUBMITTED BY TARA SREEKRISHNAN

The Santa Clara County Board of Supervisors voted to allocate \$3 million to COVID-19 relief at the board of supervisors’ March 24 meeting that was held through virtual teleconference. The board voted on allocating \$2 million to the Silicon Valley Community Foundation’s COVID-19 Coronavirus Regional Response Fund to launch a financial assistance program in the county’s Homelessness Prevention System. The board also voted to allocate \$1 million to the Silicon Valley Community Foundation’s COVID-19 Coronavirus Nonprofit Support Fund, which will provide relief to local nonprofits.

This emergency assistance program has received several significant private funding commitments with more than \$11 million in combined public and private funding being pledged or proposed to-date: \$2 million from Cisco, \$1.5 million from Western Digital, \$1 million from Adobe, \$1 million from Destination: Home, \$500,000 from Zoom, \$500,000 from Broadcom, \$300,000 from Micron, \$150,000 from Facebook, \$100,000 from Infosys, \$100,000 from Silver Lake, and \$100,000 from Hewlett Packard Enterprise. Micron’s contribution was made as part of a broader \$500,000 commitment to the Silicon Valley Strong Fund.

For more information, call Supervisor Dave Cortese’s Office at (408) 299-5030.

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Home & Garden

A spring clean keeps the garden green

ARTICLE AND PHOTOS BY
DANIEL O'DONNELL

The activity of “spring cleaning” seems to have multiple origins. When coal was the primary source for heating homes in previous centuries, people would thoroughly clean soot from walls and furniture when springtime brought warmer weather. Dating even further back, “spring cleaning” can be traced to the Iranian Nowruz, or the Persian New Year that falls on the first day of spring. People assiduously clean their homes in preparation for it. Other originations stem from Orthodox Christian and Roman Catholic traditions of cleaning the altar before Good Friday and the Jewish practice of tidying the home before Passover. Today, the ritual of “spring cleaning” has been expanded to include the tidying, organizing, or overhauling of anything from paper files, computer folders, and even garden related stuff.

This year is different because of the COVID19 virus. Being confined to home might make it harder to get items needed to complete “Spring Cleaning” backyard projects even though there might be more time to dedicate to working in the garden. Regardless of how the next few weeks or months play out, here are several “Spring Cleaning” projects that can benefit the garden.

Something that should be on every gardener's annual “Spring Cleaning” list is adding a 2-inch layer of compost to the garden and to both indoor and outdoor

planters. Compost adds vital nutrients to the soil as well as many useful minerals. It also contains microorganisms advantageous for breaking down organic material in the soil. Compost also helps the soil retain moisture. Although compost is essential to the garden, the need for it may not constitute an essential reason for leaving the house to pick some up during the shelter in place. However, Tri-City Rock in Fremont, www.tricityrock.com, can deliver amounts up to a few cubic yards.

and pleasant path to walk on, and slowly add nutrients into the soil. Because mulch does break down, it occasionally needs to be replaced, and spring is the best time to do it.

Through centuries, the proverb “April showers bring May flowers” has an underlying meaning of going through some discomfort to gain eventual happiness, but it can also be literally true. Without water in early spring, there will be no flowers later. Sometimes water in the Bay Area does not come from rain, but rather irrigation. Adding an irrigation audit, where each station is turned on and lines are inspected for leaks to your “Spring Cleaning” list is important. It not only ensures that flowering plants are getting water in a dry spring, but that losing water from breaks in the



Topdressing existing mulched areas or paths with new mulch can really freshen up a garden after a long damp winter. Using mulch, particularly wood chips, has many benefits for the garden. It can suppress weeds, help soil retain moisture, insulate ground in the winter, give gardens a consistent look, create a soft

lines will not impede the rest of the garden from getting water throughout summer.

Putting things on a “Spring Cleaning” list can help push a person to let go. For a gardener, that can mean taking out plants in pots that have been struggling for years and starting fresh. Most gardeners have planters that can use a little rejuvenation or an entire overhaul. A spring cleanup

can give a person the confidence to go forward with a new planting plan for their pots. Styles, trends, and preferences can change over time, so changing out the plants in a pot reflects not only a person's interests, but the times we are living in. For example, replacing ornamental plants in pots with edibles might be a more judicious use of resources.

Searching for and emptying freestanding water is one of the most important activities that can be added to the “Spring Cleaning” to do list. It only takes 10 to 14 days for mosquito larvae to develop in shallow standing water. Standing water can occur in a garden throughout the year due to faulty irrigation or condensation from fog or mist, but in spring standing water is a given. A small effort in spring can have a big impact on summer's enjoyment in the garden and negating the spread of some diseases.

Spring is the time gardeners start pulling out their tools to work in the garden. Sharp garden pruners and loppers are safer to use than dull ones. A sharp blade can slice more precisely and will take less force when cutting. A good blade will not dull from being furloughed for the winter, but after a long previous year of use, it may not be that sharp. Sharpening garden tools is a good “Spring Cleaning” chore. Use a sharpening stone with water, not oil, as a lubricant. Linseed oil can be used as a lubricant and on wooden handles when sharpening is complete.

Different “Spring Cleaning” activities throughout history have given people a positive and wonderful start to the year ahead. Hopefully accomplishing some “Spring Cleaning” in the garden will do the same for you.

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



THE ACWD CONNECTION

Physical Distancing Helps Keep Everyone Safe

- ⇒ Your drinking water is safe from COVID-19.
- ⇒ ACWD is on-the-job to keep it flowing during this crisis.
- ⇒ We kindly ask the public if you see us out working, please maintain 6' physical distance for everyone's safety.
- ⇒ Visit www.acwd.org/COVID19 to learn more about the continued safety of your drinking water and our COVID-19 response.

Together we will work through this emergency and ACWD will continue our commitment to provide our customers with safe, reliable drinking water.



Proud to provide a reliable supply of high quality water at a reasonable price to Fremont, Newark and Union City





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Everyone Counts!



Every 10 years, every person in the United States gets counted. The count, called the **census**, is required by the U.S. Constitution. It lets the government know how many people live in the United States, including citizens and non-citizens.



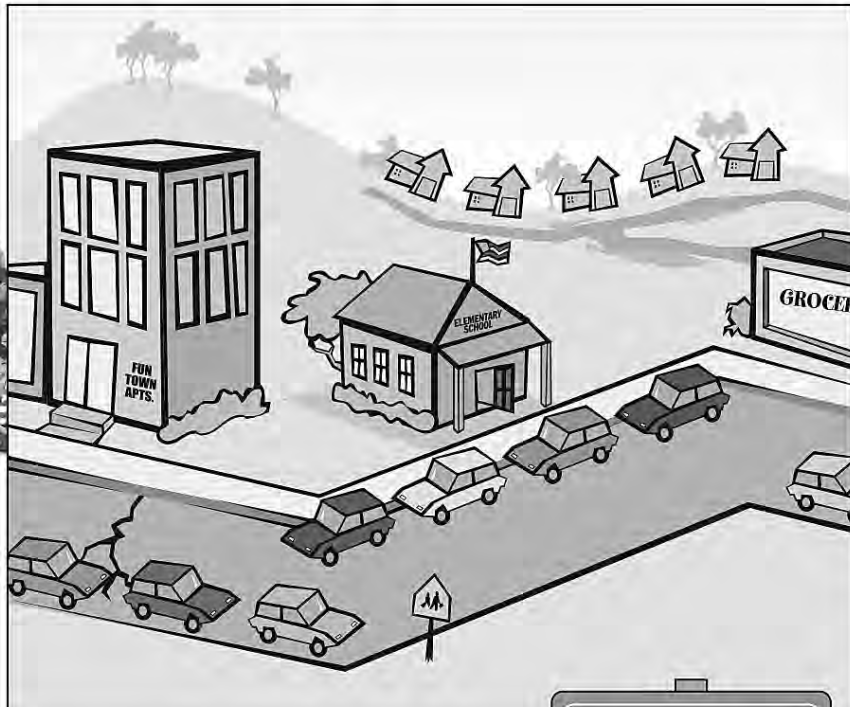
One of the main reasons for the census is to be sure that each state is represented fairly in Congress. The number of representatives that can be elected from each state depends upon how many people live in that state.



The census also tells where people live, how many people are in each household and much more.

The government also uses the census to provide important services. These services include roads, schools, hospitals and fire departments.

Standards Link: Social Science: Current Events



You Decide

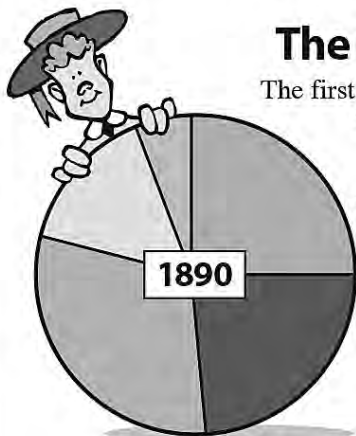
Imagine you are a member of the U.S. House of Representatives. You are looking at Fun Town and trying to decide what services are needed and what services will be needed in 10 years.

Circle the services they need now. Draw a line around the services they will need in 10 years.

hospital high school fire department
roads elementary school public transportation

Fun Town Number of People	
Ages 0-9:	550
Ages 10-19:	1,260
Ages 20-39:	620
Ages 40-59:	420
Ages 60+:	275

Standards Link: History/Social Science: Students understand and distinguish cause, effect, sequence and correlation in historical events including long and short-term causal relationships.

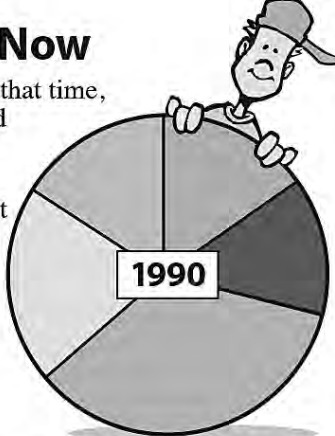


AGES: 0-9 10-19 20-39 40-59 60+

The Census: Then and Now

The first census was taken in 1790. Since that time, the U.S. Government has counted people every 10 years.

The number of people in different age groups has changed over the past 200 years. These two charts show the ages of people in 1890 and in 1990. How has the size of each age group changed? What does this tell us?

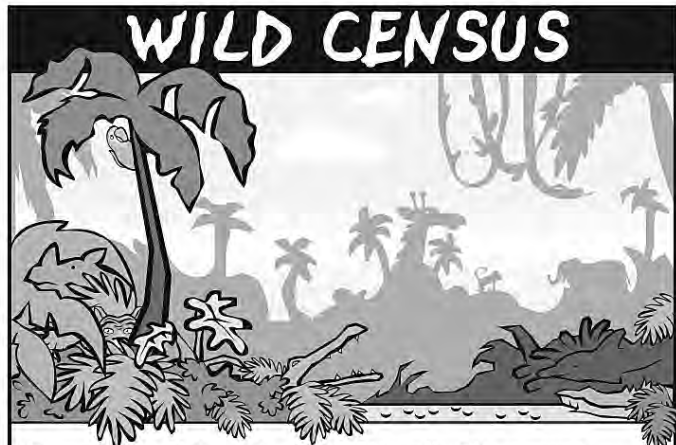


Extra! Extra! In the News Count

How many of each of the following can you find in today's newspaper:

- ☐ pictures of women
- ☐ pictures of men
- ☐ pictures of boys
- ☐ pictures of girls
- ☐ pictures of animals

Standards Link: Math: Compare, sort and count common objects.



Some census takers don't count heads. They count beaks or fins or tails. Volunteers and scientists all over the world count wild animals. They do this to find out if animals are becoming extinct. How many animals can you find in the picture above?

Standards Link: Visual discrimination.

Double Double Word Search

CENSUS
UNITED
COUNTED
GOVERNMENT
SERVICES
PEOPLE
STATE
FIRE
FINS
NUMBER
HEADS
PERSON
FAMILY
MANY
DECIDE

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

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

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

Kid Scoop SCOOP THE NEWS GAME

Read the article on this page. Then answer the questions below!

How often does the government count the number of people living in the U.S.?

Are both citizens and non-citizens counted?

The government uses the Census to provide important services. List three of those services:

How old were you when the last Census happened?

Census data shows that there were more people above 60 years of age living in the U.S. in 1990 than there were in 1890. Why might that be?

FREE BOOK!



You can get a FREE 2020 "Everyone Counts!" story and activity book by visiting www.census.gov

Kid Scoop VOCABULARY BUILDERS

This week's word:
VOLUNTEER

The noun **volunteer** means a person who offers to do a service of their own free will.

The park clean-up was completed by **volunteers**.

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

FROM THE Kid Scoop LESSON LIBRARY

What if you were in charge?

Choose a social problem that is currently being covered in your newspaper. Make a list of all the groups of people concerned about this issue. What does each group think about the issue? What do you think could be done to keep as many people as possible happy?

Standards Link: History/Social Science.

Five kids under an umbrella. Why did none get wet?



ANSWER: It wasn't raining!

Write On!

What's your opinion?

Should kids be allowed to vote? Why or why not?

CASTRO VALLEY TOTAL SALES: 10							
Highest \$: 1,430,000		Median \$: 850,000					
Lowest \$: 530,000		Average \$: 918,000					
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
22091 Betlen Way	94546	530000	2	1072	1992	1/30/20	
2316 Lessley Avenue	94546	635000	2	1169	1948	1/30/20	
2532 Lessley Avenue	94546	675000	2	1169	1948	1/30/20	
18341 Redwood Road	94546	775000	4	1659	1950	1/28/20	
20287 John Drive	94546	800000	3	1992	1960	1/27/20	
5280 Crane Avenue	94546	900000	3	1316	1956	1/28/20	
5167 Camino Alta Mira	94546	1080000	4	2604	1968	1/28/20	
3326 Badding Road	94546	1175000	3	2386	1947	1/29/20	
2836 Aegean Place	94546	1180000	4	2822	1998	1/27/20	
16832 Columbia Drive	94552	1430000	4	2923	1988	1/27/20	

FREMONT TOTAL SALES: 17							
Highest \$: 2,700,000		Median \$: 1,050,000					
Lowest \$: 310,000		Average \$: 1,156,941					
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
34340 Enea Terrace	94555	310000	0	397	1983	1/31/20	
156 Hanna Terrace	94536	580000	2	1080	1972	1/29/20	
4193 Tanager Comm	94555	712500	2	1098	1984	1/30/20	
38400 Fitzgerald Cir	94536	748000	2	1300	1966	1/28/20	
34898 Tiburon Terr	94555	830000	3	1378	1985	1/31/20	
5685 Roosevelt Place	94538	842000	3	1344	1966	1/31/20	
4308 Bidwell Drive	94538	942000	5	1722	1962	1/27/20	
5405 Farina Lane	94538	1015000	3	1302	1961	1/30/20	
4803 Louise Court	94536	1050000	3	1474	1960	1/29/20	
5451 Alamo Terrace	94555	1070500	3	1324	1988	1/29/20	
4283 Bora Bora Ave	94538	1160000	4	1532	1962	1/30/20	
34129 Sorrell Terrace	94555	1165000	3	1760	1998	1/31/20	
4147 Corrigan Drive	94536	1290000	4	1885	1959	1/28/20	
41720 Higgins Way	94539	1518000	4	1672	1960	1/31/20	
2160 Castillejo Way	94539	1735000	4	2633	1978	1/31/20	
53 Verde Way	94539	2000000	4	3020	2010	1/31/20	
3239 Bruce Drive	94539	2700000	0	0	0	1/27/20	

HAYWARD TOTAL SALES: 19							
Highest \$: 1,000,000		Median \$: 585,000					
Lowest \$: 210,000		Average \$: 589,737					
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
25290 Ironwood Ct #A	94545	210000	3	1495	1980	1/31/20	
21666 Marydee Court	94541	360000	3	995	1948	1/31/20	
316 Lion Street	94541	415000	2	938	1950	1/28/20	
1758 Kudu Court	94541	500000	2	1054	1972	1/30/20	
27725 Biscayne Avenue	94544	500000	3	1264	1954	1/31/20	
24980 Lucien Way	94544	545000	2	855	1950	1/30/20	
25119 Vista Greens Ct	94541	550000	3	1421	1973	1/28/20	
61 Fernridge Court	94544	565000	2	1520	1991	1/31/20	
1008 Sahara Court	94541	575000	3	1332	1973	1/27/20	
23031 Kingsford Way	94541	585000	3	1345	2005	1/27/20	
2665 Hawthorne Avenue	94545	636000	3	1153	1958	1/31/20	
24655 Pontiac Street	94544	638000	3	1302	1950	1/28/20	

2772 Hawthorne Court	94545	652000	3	2201	1958	1/27/20	
743 Paradise Boulevard	94541	654000	3	1166	1942	1/31/20	
248 Elmwood Lane	94541	675000	2	841	1950	1/31/20	
18209 Bengal Avenue	94541	680000	3	1416	1951	1/31/20	
1129 Martin Luther King Dr	94541	700000	3	1809	2013	1/31/20	
1274 Martin Luther King Dr	94541	765000	3	2088	2010	1/31/20	
3580 Star Ridge Road	94542	1000000	3	1865	1954	1/28/20	

MILPITAS TOTAL SALES: 11							
Highest \$: 1,525,000		Median \$: 836,000					
Lowest \$: 425,000		Average \$: 932,455					
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
1522 Bleecker Street	95035	425000	2	1300	2014	2/19/20	
1482 Cherry Circle	95035	740000	2	1103	2018	2/21/20	
1463 Nightshade Rd #40	95035	753000	1	1220	2018	2/20/20	
160 Marylinn Drive	95035	770000	2	1378	1983	2/20/20	
115 Coelho Street	95035	775000	3	1067	1954	2/20/20	
1206 California Circle	95035	836000	2	1236	2018	2/18/20	
1655 Delano Street #21	95035	947000	3	1458	2018	2/20/20	
733 Fernleaf Drive	95035	1016000	3	1454	2013	2/18/20	
779 Kevenaire Drive	95035	1220000	4	2412	1979	2/19/20	
2240 Cuesta Drive	95035	1250000	2	1528	1993	2/21/20	
316 Gerald Circle	95035	1525000	4	2295	2013	2/18/20	

NEWARK TOTAL SALES: 1							
Highest \$: 815,000		Median \$: 815,000					
Lowest \$: 815,000		Average \$: 815,000					
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
6239 Thornton Avenue	94560	815000	3	1520	2017	1/31/20	

SAN LEANDRO TOTAL SALES: 11							
Highest \$: 1,405,000		Median \$: 620,000					
Lowest \$: 440,000		Average \$: 697,455					
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
680 Fargo Avenue #4	94579	440000	2	840	1965	1/27/20	
1685 165th Avenue	94578	450000	4	1360	1912	1/28/20	
16074 Gramercy Drive	94578	500000	2	1050	1950	1/31/20	
14971 Lark Street	94578	550000	3	1563	1945	1/31/20	
2136 Placer Drive	94578	590000	3	1282	1951	1/31/20	
330 Broadmoor Blvd	94577	620000	3	1218	1926	1/31/20	
509 West Merle Court	94577	712000	2	1691	1928	1/31/20	
15326 Inverness Street	94579	715000	4	1337	1955	1/30/20	
408 Elsie Avenue	94577	765000	3	2147	1986	1/30/20	
2555 Longview Drive	94577	925000	3	1932	1962	1/29/20	
2657 Vistagrاند Court	94577	1405000	3	3834	1961	1/30/20	

UNION CITY TOTAL SALES: 5							
Highest \$: 889,000		Median \$: 775,000					
Lowest \$: 648,000		Average \$: 757,400					
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
4355 Planet Circle	94587	648000	4	1583	1971	1/28/20	
4126 Asimuth Circle	94587	675000	4	1584	1974	1/31/20	
4249 Gemini Drive	94587	775000	3	1180	1978	1/31/20	
2579 Maraschino Court	94587	800000	4	1888	1970	1/29/20	
2458 Balmoral Street	94587	889000	4	1888	1967	1/28/20	

Home Sales Report

COVID-19 Test Center

SUBMITTED BY
CITY OF HAYWARD

At the direction of the Alameda County Health Officer, testing at the City of Hayward COVID-19 Test Center is now limited to people with fever over 100 degrees and other symptoms of COVID-19 infection such as cough or shortness of breath.

The Testing Center, at Fire Station #7, 28270 Huntwood Avenue in South Hayward, is free and open to members of the general public regardless of where they live or immigration status. It is scheduled to operate from 9 a.m. and 6 p.m. Tuesdays through Sundays or until the number of tests available for the day have been exhausted. The Center will be closed on Mondays.

First responders and health-care workers can schedule a test in advance by calling (510) 583-4949 but also must be symptomatic for COVID19 infection and have a temperature over 100 degrees.

For more information on the Test Center, COVID-19 and other ways the City of Hayward is responding to the health emergency, go online to the City's website, www.hayward-ca.gov.

For the latest information on operational changes at the Test Center and daily test and results totals, go the Center's webpage: https://www.hayward-ca.gov/content/coronavirus-testing-center?mc_cid=b50fda6023&mc_eid=bf5821f90c

Alameda County Water District receives recognition

SUBMITTED BY CORINNE BEHNAM

The Alameda County Water District was honored by the American Public Works Association's (APWA) Northern California chapter with an award for ACWD's construction of its Rubber Dam No.3 Fishway in the "Projects \$5 million but less than \$25 million" category of environmental projects. The annual APWA awards recognize public works projects that demonstrate industry excellence and meet numerous judging criteria.

The award-winning project was completed in May 2019 and featured the construction of a new fishway, or fish ladder, around an existing inflatable rubber dam in Alameda Creek to re-establish safe passage for federally listed Central California Coast Steelhead trout in the Alameda Creek watershed. The project also included improvements to the existing dam foundation and replacement of the aging dam fabric. The project is one of two major fish ladders to

be constructed by ACWD as part of a comprehensive program to restore this historic migratory corridor which has been obstructed since the 1950s.

"ACWD appreciates recognition from APWA for this important project. It is a testament that careful planning and meaningful partnerships can result in real advancements for the environment while protecting our area's water supplies for years to come," said ACWD Board President Judy Huang. "Our partners at the federal, state and local levels are critical to make this, and all our fish passage projects, so successful," she added.

The projects total a \$78 million investment, with \$18 million in grant funding, to ensure long-term water supply reliability for the region and enhance fish passage and environmental protection. To learn more about ACWD's fish passage projects, visit www.acwd.org/fishway.

EARTHTALK

Dear EarthTalk: I feel weird asking, but is there an environmental bright side to the spread of the coronavirus? And is there an environmental cause of the pandemic?

--JANE K., MIAMI, FLORIDA

The COVID-19 coronavirus has killed thousands of people and sickened hundreds of thousands (if not millions) more around the world. It has also caused mass hysteria and public health officials are bracing for the worst.

The situation is mostly bad news, but the "silver lining" for the environment might be a downturn in carbon emissions and other pollution due to reduced manufacturing, people staying home, less air travel, far fewer cars on the road -- and generally less overall physical movement and economic activity.

A recent analysis by Carbon Brief, a UK-based website covering news in climate sciences and climate and energy policy, found that measures to contain the coronavirus in China have resulted in reductions in output of 15% to 40% across key industrial sectors there, with an overall reduction in greenhouse gas emissions by some 25% below normal over the course of February 2020.

Only time will tell if the situation here gets as dire as in China. "Some data indicate school closures and work-from-home

mandates have already reduced traffic flow around Seattle," reports E&E News. "Similar statistics have suggested that rush-hour traffic is down in New York City, as well." Meanwhile, BART ridership in and around San Francisco is significantly down in March as a result of people staying home. These examples don't add up to a huge downturn in emissions yet, but we're still in the initial stages of the pandemic's spread.

For those who would like to see this reduced output continue even after we are over the hump with this outbreak, don't count on it. We're all used to the conveniences and creature comforts that a buzzing economic system brings us, and far chance if the Chinese, Europeans or Americans are going to voluntarily return to a more ascetic lifestyle once the coronavirus eases its chokehold.

To wit, the Chinese government is already hyping a stimulus package designed to make up for the months of lost economic opportunity for businesses there. And we aren't far behind with President Trump promising a payroll tax cut, an infrastructure

push, paid sick leave for hourly employees and the potential delay of estimated tax payments as ways to stimulate the economy in the wake of the pandemic.

As for whether there's an environmental "cause" of the pandemic, we don't think so -- except in as much as it probably came to us from wildlife. But according to the World Health Organization, environmental factors that lead to human congregation -- such as sunny weather -- could theoretically increase the rate of spread. On the other hand, studies suggest that warmer temperatures reduce the spreading of respiratory infections, due to their effects on the dynamics of cough droplet flight. But all in all, the research shows that environmental conditions do little to affect the transmission rates of viruses such as the coronavirus.

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.

Travel the world, quarantine style

By HUGO VERA
IMAGE COURTESY OF SKYLINE WEBCAMS

With the coronavirus continuing to wreak havoc on everyday life, many Bay Area residents crave a sense of normality. With lockdowns in place in every Bay Area county, most locals won't be able to visit notable landmarks or scenic vistas for an indefinite amount of time. Thankfully, these publicly accessible webcams can take you to breathtaking scenes, old and new, all from the comfort and safety of home.

In the Bay Area:

1. Crissy Field East Beach: Provided by the Golden Gate National Parks Conservancy, this highly interactive webcam provides users with a plain view of the Golden Gate Bridge's eastern side. Users can zoom in as well as rotate their view of the camera as they please.
Link: <http://173.164.254.148/1/siteproxy.html>
2. Downtown San Jose Skyline: Facilitated by the San Jose State University Meteorology Department, this webcam features a north-by-northwest view of San Jose's iconic skyline. Visible attractions include San Jose City Hall, the Dr. Martin Luther King, Jr. Library and Clark Tower.
Link: http://www.met.sjsu.edu/cam_directory/webcam1/latest.jpg
3. Oakland Zoo: In partnership with the Conservation Society of California, the Oakland Zoo webcam directory contains live links to cameras monitoring the enclosures of five species. Web users can check in on the habitats of the zoo's elephants, black bears, grizzly bears, sun bears and condors whenever they please.
Link: <https://www.oaklandzoo.org/webcams>
4. The Lawrence Hall of Science: Stationed at UC Berkeley's Lawrence Hall of Science, this webcam contains one of the clearest and widest digital panoramas of the east bay available to the public. Highlights include the eastern span of the Bay Bridge, downtown San Francisco, the Salesforce Tower and Angel Island.
Link: <https://static.lawrencehallofscience.org/science-view/scienceview.berkeley.edu/html/view/index.php>
5. Dolores Park: Once a Jewish cemetery and later a 1906 San Francisco earthquake and fire refugee camp, Dolores Park has become one the city's most iconic

- destinations. This webcam encapsulates the park's unmatched view of the San Francisco skyline and is one of the only webcams to do so from the peninsula.
Link: <https://www.dolocam.com>
- Elsewhere and Abroad:**
6. Chicago Skyline: This panorama from EarthCam.com provides a clear view of downtown Chicago's skyline from the Field Museum of Natural History. Notable scenic points include the Willis Tower (once called the Sears Tower) and Lake Michigan.
Link: <https://www.earthcam.com/usa/illinois/chicago/field/?cam=fieldmuseum>
 7. Eiffel Tower: Covering what is arguably the most iconic landmark in all of France, this live feed shows viewers a tilted, but worthwhile view of the Eiffel Tower. The view provided shows the tower and immediate skyline next to it but other features are hard to distinguish.
Link: <https://www.skylinewebcams.com/en/webcam/france/ile-de-france/paris/tour-eiffel.html>

8. Piazza San Marco: Located in the famous northern Italian city of Venice, this webcam provides a clear view of the famous Piazza San Marco. This extravagant courtyard is directly in front the Basilica de St. Marco, a site of extreme cultural, historical and religious importance to many. This notable courtyard was also featured in the 2019 film "Spider-Man: Far From Home."
Link: <https://www.skylinewebcams.com/it/webcam/italia/veneto/venezia/piazza-san-marco.html>
9. The Washington Monument: Facilitated by EarthCam.com, the National Park Service and the National Stone, Sand and Gravel Association, this webcam-feed provides one the clearest views possible of the National Mall. With a camera perched atop the 555-foot tall obelisk, users can easily spot other iconic D.C. landmarks such as the Lincoln Memorial and its reflecting pool.
Link: <https://www.earthcam.com/usa/dc/washington-monument/?cam=wamo>
10. Times Square: This camera provides a look into the bustling block in New York City, with natural daylight and a barrage of artificial lighting providing viewers with a plethora of vibrant colors. Views include Time Square's Pedestrian Plaza and Duffy Square.
Link: <https://www.earthcam.com/cams/newyork/timessquare/?cam=tsstreet>



What's keeping you sane?

Tarrah, Fremont

Aidan Henrie, a Sophomore at Kennedy High School, has been practicing classical guitar during homework breaks. It brings joy to the whole family.

Janice, Fremont

Every day (except Sunday!) we get mail. My mail carrier is cheerful and kind. She continues to deliver my mail even in these stressful times. I wanted her to know how much I appreciate this so I posted a note saying just that, which a dear friend had also done. Thank the people in your life that continue to work while we shelter in place.

Pat, Newark

Have paint, got brushes, will paint bathroom. Beats boredom.

Stephanie, Fremont

These budgies are my coworkers when I work from home. The like to scream when I'm on the phone. I'm not sure if they're keeping me sane or doing the exact opposite.



THE ROBOT REPORT

Food-safety and Robotics

By EUGENE DEMAITRE

PASADENA, Calif. -- Restaurant operator Cali Group has announced that it is expanding its use of certain technologies in an effort to minimize employee and customer exposure to COVID-19. These

technologies include kitchen automation from Miso Robotics Inc., entry-screening systems, and contactless ordering and payment. It was to demonstrate them at a CaliBurger site on March 24.

Several U.S. states, including California, have ordered closures

of "nonessential" businesses to slow the spread of the novel coronavirus. In many cases, restaurants that offer takeout and delivery services have been allowed to stay open. However, the risk of infection remains.

Cali Group runs CaliBurger and is an investor in multiple companies. "We're taking the technologies across all the companies in our portfolio and putting them in our Pasadena restaurant to see the best way to deal with the current situation," said John Miller, chairman of Cali Group. "We're the first restaurant to do this."

Miso Robotics add automation

Miso's Flippy robot uses proprietary machine learning and robotics control software to prepare fried and grilled foods. It has served more than 12,000 hamburgers to date, and the company's goal is to improve consistency, productivity, and sanitation while improving the dining experience.

"Miso Robotics, which was incubated at Cali Burger, is trying to find the best way to address the problem from a food-safety standpoint," said Buck Jordan, CEO of Miso Robotics. "Because the virus is persistent and sticks to objects, it's better to have minimal to no humans in the loop to keep restaurants safe.

"By automating tasks such as frying and grilling, Flippy can give operators and consumers confidence that their food is being prepared in a more sterile environment," he stated. "We've seen an influx of customer demand for fully autonomous food preparation. There are massive labor-supply problems and now a nationwide health issue.

"We're working to further automate the process, with a frozen food hopper coming on-

line at a CaliBurger store," Jordan told The Robot Report. "We'll be experimenting with more fully autonomous food concepts."

Miso Robotics is in talks with major fast-food chains. "Brands are hyper-focused on safety, and I see us partnering with national brands in the third or fourth quarter," Jordan said.

The company recently announced a new prototype that puts Flippy on a rail for commercial kitchens. After raising seed funding in 2016 and Series C funding last fall, Miso Robotics is preparing a crowdfunding campaign.

CaliBurger site reopens with facial recognition, thermal sensor

CaliBurger has about 30 restaurants nationwide, including the fresh-food franchise in Pasadena, but its shops in Seattle have been shut down. "However, our shop in Fort Meyers, Florida, has been doing a lot of deliveries," Miller noted.

He said he expects the technologies demonstrated at the renovated CaliBurger to eventually spread to all of its locations, as well as other types of businesses.

"We're putting Android door-entry devices with stereoscopic cameras and thermal sensors at the door," Miller explained. "If someone has a fever, the store won't admit them. The system is accurate to 0.3 degrees. Remote temperature detection has been widely deployed in Asia for tracking and controlling the spread of the virus."

What happens if a customer or delivery driver arriving at the restaurant has a fever? "We'll refund the customer, ask the driver to go home and get some rest, and let DoorDash know to send a different driver," Miller replied. "We don't yet have an

automated process for that."

"On the payment side, when people come to pick up their food and pay, we'll use face pay only with PopID, which is from another Cali Group portfolio company," he said. "There's no credit cards or cash passing back and forth with the guest."

Current CaliBurger facial payment kiosks still use touch-screens, but new terminals and the PopPay app will eliminate any need for contact, said Miller. The facial recognition system complies with state privacy laws, he added.

"The goal is to let any facility screen at the door, and we expect to sell the systems widely to offices, retail stores, and even homes," Miller said. "We've also had interest from some big building operators, and we expect to sell it widely in the market in the next few weeks."

The bigger picture

As retailers struggle with closures and health concerns during the novel coronavirus pandemic, automation can not only help them be productive amid staff shortages, but it can also reassure customers and gather useful data (with safeguards for security and privacy).

"With technologies such as machine vision, if these devices get widely deployed, they could collect data about hot spots, not just for coronavirus, but also for future disease outbreaks," Miller said. "While it can be mandated in China, it needs to be adopted here."

-- Eugene Demaitre is senior editor at The Robot Report.

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Freya, 10 months, is in a short-term foster home. She's very sweet and, according to her foster family, she's working on her social skills and potty training. She's learning about home life like sleeping in a crate and going for walks. Freya is very smart and motivated. She's looking forward to acing more obedience classes. OK with teens. If you're interested in adopting Freya, adoption applications are at www.haywardanimals.org. Fill out an application and email it to animal.services@hayward-ca.gov.



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Local performs with U.S. Navy Band

Caption: Musician 1st Class Madilyn Crossland from Fremont performs with the United States Navy Band at the Lightsey Chapel Auditorium at Charleston Southern University in Charleston, South Carolina. The Navy Band connected with communities across six states during a 20-city tour of the Southeast. (U.S. Navy photo by Senior Chief Musician Adam Grimm/Released)

State Officials Announce Latest COVID-19 Facts

SUBMITTED BY CA DEPT OF PUBLIC HEALTH

The California Department of Public Health announced Friday, March 27, the most recent statistics on COVID-19. California now has 3,801 confirmed cases. For more information on COVID-19 and California's response visit the California Department of Public Health website. **COVID-19 in California by the Numbers**

The following numbers reflect information received by local health jurisdictions as of 2 p.m. PDT March 26. More current numbers may be available from local health jurisdictions. 3,801 – Positive cases

78 – Deaths (including one non-California resident)

- 1,083 – Community-acquired cases
- 2,718 – Cases acquired through person-to-person transmission, travel (including cruise ship passengers), repatriation, or under investigation.

This includes 48 health care workers.

Ages of all confirmed positive cases:

- Age 0-17: 45 cases
- Age 18-49: 1,906 cases
- Age 50-64: 967 cases
- Age 65+: 847 cases
- Unknown: 36 cases

Gender of all confirmed positive cases:

- Female: 1,680 cases
- Male: 2,074 cases
- Unknown: 47 cases

In order to better focus public health resources on the changing needs of California communities, on March 18, the state is no longer collecting information about California travelers returning from countries that have confirmed COVID-19 outbreaks. Community transmission of COVID-19 has been identified in California since late February, and since early March, most of the confirmed cases in the state were not related to travel outside of the United States.

Testing in California

As of 2 p.m. PDT on March 26, approximately 88,400 tests had been conducted in California. This includes the latest numbers California has received from commercial and private labs and the 22 state and county health labs that are currently testing. Commercial, provider and academic labs have increased testing capacity and are now reporting that data to the state. The biggest labs included in this count include Quest, LabCorp, Kaiser, University of California and Stanford.

At least 23,480 results have been received and another 65,000 are pending.

How People Can Protect Themselves

Every person has a role to play. Protecting yourself and your family comes down to common sense:

- Staying home except for essential needs/activities.

- Practicing social distancing.

- Washing hands with soap and water for a minimum of 20 seconds.

- Avoiding touching eyes, nose or mouth with unwashed hands.

- Covering a cough or sneeze with your sleeve, or disposable tissue. Wash your hands afterward.

- Avoiding close contact with people who are sick.

- Staying away from work, school or other people if you become sick with respiratory symptoms like fever and cough.

- Following guidance from public health officials.

What to Do if You Think You're Sick

Call ahead: If you are experiencing symptoms of COVID-19 (fever, cough or shortness of breath) and may have had contact with a person with COVID-19, or recently traveled to countries with apparent community spread, call your health care provider before seeking medical care so that appropriate precautions can be taken.

More information about what Californians can do to prevent the spread of COVID-19 is available at www.covid19.ca.gov

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A-1 Comm. Housing SVCS Credit & Money Management Workshop Resolve your credit issues & be better money managers Every 2nd Saturdays 10am-2:30pm 22693 Hesperian Blvd. #150 Hayward, CA 94541 Please register www.a1chs.org or call 510-674-9227		Fremont FAMILY RESOURCE CENTER 24 agencies help Tri-City residents with employment, counseling, childcare subsidies, housing, legal, public benefits, health insurance, workshops & more. Mon-Fri 8-5. 39155 Liberty St, Fremont 510.574.2000 or Fremont.gov/FRC	Adult Day Program Direct care staff wanted to work with people with developmental disabilities in community-based settings or environment. Must be dependable and own a vehicle. Background check. Training available Call (510) 690 -9570	\$50/Year 510-494-1999 tricityvoice@aol.com Shout out to your community Our readers can post information including: Activities Announcements For sale Garage sales Group meetings Lost and found For the extremely low cost of \$10 for up to 10 weeks, your message will reach thousands of friends and neighbors every TUESDAY in the TCV printed version and continuously online. TCV has the right to reject any posting to the Community Bulletin Board. Payment must be received in advance. Payment is for one posting The “NO” List: • No commercial announcements, services or sales • No personal services (escort services, dating services, etc.) • No sale items over \$100 value • No automobile or real estate sales • No animal sales (non-profit humane organization adoptions accepted) • No P.O. boxes unless physical address is verified by TCV	
SPARKPOINT FINANCIAL SERVICES for Low-Income Residents FREE financial coaching & services. SparkPoint Info Session 3rd Thursday, 6-7pm City of Fremont Family Resource Center 39155 Liberty St, Rm #A120 To register, call 574-2020 Fremont.gov/SparkPointFRC	FREMONT COIN CLUB Established 1971 Meets 2nd & 4th Tues 7pm At the Fremont Elks Lodge 38991 Farwell Dr., Fremont Guests Always Welcome, Enjoy Show N Tells, Drawings Auction, Refreshments www.fremontcoinclub.org 510-366-1365	DISCOVERY COVE Drop-in Childcare Center Fremont Family Resource Center Open to the public M-F 8:30-5. Staffed by City of Fremont Rec Dept. Open to well children aged 2-10. \$8/hour per child. 39155 Liberty St, #H850, Fremont. Fremont.gov/FRC Reservations: 510.574.2010	Fremont Cribbage Club Meets to play weekly, every Weds. We play a Cribbage Tournament starting at 6PM. at ROUND TABLE PIZZA at 5544 Thornton Ave., Newark We welcome experienced players and will work with new players hoping to learn the game. Email:Accgr43@gmail.com For more information.		
League of Women Voters Fremont-Newark-Union City www.lwvfnc.org Free meetings to inform the public about local, regional and statewide policy issues. Participate in non-partisan in-depth, discussions with guest speakers at our meetings. All sites are wheelchair accessible	Al-Anon & Alateen Family Groups are here to help you Are you troubled by someone else’s drinking? Al-Anon has but one purpose, to help families and friends of alcoholics. We share our experience, strength and hope Website: alanond17.weebly.com For a meeting list or Email: Easyduz@gmail.com or call: 510-276-2270	UNITY CHURCH OF CASTRO VALLEY A Center for Positive Living Rev. Donna Caldwell invites all people to attend our 11:00 a.m. Sunday Services 20121 Santa Maria Ave., Castro Valley For classes & other activities 510/538-1416 www.unitycv.org			
Zumba Kids with Jazzy Jenny Kids ages 4-12 Saturdays 2:30pm-3:30pm At Hope Community Church One hour of games,fun, and dancing. The last Saturday of every month is Zumba Family! For more info email: zumba.jazzyjenny@yahoo.com	Is Your Life Unmanageable Because of Debt? Are you sick of bouncing checks, paying late fees, & having creditors knocking at your door? You are not alone DEBTORS ANONYMOUS www.debtorsanonymous.org Fri. 7pm St. James Episcopal Church 37051 Cabrillo Terrace Fremont 510-449-7610				
ABWA-Pathfinder Chap. American Business Women’s Assoc. provides opportunities for women personally & professionally thru leadership, education, networking Dinner Meetings: 3rd Wednesday each month. DoubleTree 39900 Balentine Dr, Newark (Fremont): 6:30-9:00 pm Call Harriet 510-793-7465 www.abwa-pathfinder.org	TRI-CITIES WOMEN'S CLUB Meets on the third Tuesday Elk’s Club on Farwell Drive 9:15 – Cards & Games 11:45 – Lunch 1:00 – Program & Meeting Group meeting monthly/bimonthly; marathon bridge, walking group, lunch bunch,rummikub group, pinochle group, bocce ball & book club. For more info, call 510-656-0162	Buon Tempo Italian American Club Family Dinners 1st Tuesday of Month at 7 P.M. at Transfiguration Church in Castro Valley Everyone is welcome: Members \$15/Guests \$20 5-Course dinner Reservations by prior Friday at 510-483-6929 www.buontempoclub.org	Native Plant Sale Sunday, May 3 - 10am-5pm San Lorenzo Envior Club 50 E. Lewelling, San Lorenzo Bargains - most plants \$7 Over 80 native plant species 500 + student grown plants East Bay Mud Staff - rebates Garden talks by experts bringbackthenatives.net	FREE ENGLISH CLASSES Northwestern Polytechnic University, Fremont, The Intensive English Program is offering a one-time opportunity for students learning English to take affordable 8-week intensive courses, starting April 28, 2020. contact ESL@NPU.edu or call (510) 592-9688 X 52 www.npu.edu	
LOVE to WRITE? WANT to WRITE? WRITER’S BLOCK? Fremont Area Writers (FAW) is here to HELP! Meets 4th Saturdays (except July & Dec) 2:00 to 4:00 P.M. 42 Silicon Valley, 6600 Dumbarton Cir, FRMT. Great speakers! “Second Saturday” Monthly Readings w/ a published author from 2:00 to 4:00 P.M. Half Price Books in the Fremont Hub. Open Mic 4th Mondays 7:00 to 9:00 P.M. at Suju’s on Thornton Ave next to Dale’s Hardware in FRMT. Critique Groups to help you from first draft to publication Everyone is welcome! www.cwc-fremontareawriters.org		Do you like learning about history? Are you interested in antiques & collectibles? Meet 2nd Tuesday each month to share lunch and learn something new. Contact Fran at 510-792-0388 or June Swift (510) 797-5315 or email dieseln@comcast.net	Zumba with Jazzy Jenny! Monday nights 7:30pm-8:30pm at Hope Community Church 2190 Peralta Blvd., Fremont Cost is FREE but donations are appreciated. Men and Women 12 + Zumba is a fun filled dance workout with many rhythms from around the world	FAW “SECOND SATURDAY” Meet your local FAW authors Second Saturday of Every Month Sponsored by Half Price Books & Fremont Area Writers 39152 Fremont Hub Reading 2:00 to 4:00 pm Different author each month Fiction, nonfiction, poetry, etc. EVERYONE IS WELCOME!	
FIRST UNITED METHODIST CHURCH 2950 WASHINGTON BLVD, FREMONT, CA We welcome you and your family into the life of Fremont First, regardless of your skin color, ethnicity, sexual orientation, gender identity, physical or mental capacity, religious background, family configuration, economic means or immigrations status. Check out our website: www.firstchurchfremont.org		Afro-American Cultural & Historical Society Sharing our culture and history in the Tri-Cities and surrounding area Meetings: Third Saturday Except Dec, Feb, June, July 5:30pm Newark Library 510-793-8181 aachstricity.org Welcome!	A-1 Comm. Housing SVCS 1st Time Home Buyers Certification Workshop Learn the process of homeownership & What Down Payment Assistance Programs are available for dates & location, go to www.a1chs.org or call 510-674-9227	Monday Night BINGO 1st Monday each month at Niles Mobile Home Park 711 Old Canyon Rd., Fremont Near Vallejo Mills Elem. School Doors open 6:00pm Games start at 7:00pm more info: 510-513-3237	
FREMONT PARKINSON'S SUPPORT GROUP Fremont Senior Center 40086 Paseo Padre Parkway, Fremont, CA Meets 7:00 p.m. fourth Monday of the month except in May, Aug. & Dec. Join us for speakers & discussions with Members the world	Union City Toastmasters All are Welcome! Every1st & 3rd Monday from 7-9pm 904 H Street, Union City Practice your Speaking Skills & Lead with Confidence! For more information 5269.toastmastersclubs.org/ 510-386-7722	Free Health Coaching Session Weight loss, Blood Sugar Balance, Cognitive Health and Better Sleep. Work with a Coach for Better & Longer Lasting Results. www.missionvalleyhealthcoach.com jackie@missionvalleyhealthcoach.com 510-320-3956	Stanford University & OSU’s Smart & Connected Kids for Sustainable Energy Communities’ Family-based Energy Data Mapping and Thinking Program is enrolling now! Registration for this research project for families with at least one child aged 9 – 14 is underway; March 14, 21, 28, April 4 & 11. Each family receives a Powerley energy bridge showing real time energy use. Participants engage in a series of energy use educational activities during the in-person sessions, ending with a final Energy Poster session. To sign up and for more information contact, Purvi Shah pushah@stanford.edu Dr. June Flora jflora@stanford.edu or Principal Investigator Hilary Boudet hilary.boudet@oregonstate.edu .		
F.U.N. (Fremont, Union City, Newark) PROGRESSIVES Join us for pizza and politics Bronco Billy’s Pizza 41200 Blacow Road Fremont Most meetings 6pm - third Sun of the month. For Info Visit our website: www.funprogressives.com Contact us at: funprogressives@gmail.com	FREE INCOME TAX PREP IRS-Certified Tax Preparers \$56,000 or less annual household income. Other restrictions may apply. OHLONE COLLEGE TRI-CITIES CAREER CENTER 39399 Cherry St, #1211, Newark. Tuesdays thru Apr 14 by appt only. Schedule appt at fremontvita.org ; if unable, call 510.574.2026.	MEHS Band & Orchestra FLEA MARKET 4TH Saturday of the month (weather permitting) March through October \$20 Cash fee for Vendors Due the day of flea market Set up 6am - 7am - 3:30pm 2300 Panama St. Hayward officialmehsband@gmail.com	FREMONT AREA WRITERS SPONSORS “THIRD SUNDAY” LITERARY OPEN MIC Writers share their original work Third Sunday of Every Month Sign-up 3:00 Reading 3:30 - 5:30 At Starbucks - A family friendly venue for family friendly material 39201 Cedar Blvd Newark EVERYONE IS WELCOME!	AMERICAN LEGION POST 649 Veterans and Active Duty Military are Invited Meetings 1st Monday each month. Meeting Starts at 6:00PM with Dinner Formal meeting starts at 7:00 pm Meet at the Moose Lodge 20835 Rutledge Rd Castro Valley www.amllegionpost649.org	
FREE INCOME TAX PREP IRS-Certified Tax Preparers \$56,000 or less annual household income. Other restrictions may apply. FREMONT FAMILY RESOURCE CENTER 39155 Liberty St, #H830 Fremont. Open Jan 22 - April 15. W-Th: 4-8pm; Fri: 10am-1pm 510.574.2026	FREE INCOME TAX PREP IRS-Certified Tax Preparers \$56,000 or less annual household income. Other restrictions may apply. NEW HAVEN ADULT SCHOOL 600 G St, Union City. (Entrance on H St) Open Saturdays thru Apr 11 10am–1:30pm (Closed March 14) 510.574.2026		VETERANS OF FOREIGN WARS POST 9601 Veterans and Active Duty Military are Invited Meetings 2nd Tuesday each month. Meeting Starts at 6:30PM Veterans Memorial Building 22737 Main St Hayward, CA 94541 www.vfw9601.org	AMERICAN LEGION POST 837 Veterans and Active Duty Military are invited Meetings 3rd Tuesday each month - Except July and Dec. Social Time 6:30pm General Meeting 7:15pm VETERANS MEMORIAL BUILDING (NILES) 37154 2nd & E Strets Fremont www.POST837.org	

City Council/Public Agency MEETINGS

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

CITY COUNCILS

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

Alameda County Water District
2nd Thursday @ 6:00 p.m.
43885 S. Grimmer Blvd., Fremont
(510) 668-4200
www.acwd.org

East Bay Municipal Utility District
2nd/4th Tuesday @ 1:15 p.m.
375 11th St., Oakland
(866) 403-2683
www.ebmud.com

Santa Clara Valley Water District
2nd/4th Tuesday @ 6:00 p.m.
5700 Almaden Expwy., San Jose
(408) 265-2607, ext. 2277
www.valleywater.org

Union Sanitary District
2nd/4th Monday @ 7:00 p.m.
5072 Benson Rd., Union City
(510) 477-7503
www.unionsanitary.com
- SCHOOL DISTRICTS**

Castro Valley Unified School Board
2nd/4th Thursday @ 7:00 p.m.
4400 Alma Ave., Castro Valley
(510) 537-3000
www.cv.k12.ca.us

Fremont Unified School Board
2nd/4th Wednesday @ 6:30 p.m.
4210 Technology Dr., Fremont
(510) 657-2350
www.fremont.k12.ca.us

Hayward Unified School Board
2nd/4th Wednesday @ 6:30 p.m.
24411 Amador Street, Hayward
(510) 784-2600
www.husd.k12.ca.us

Milpitas Unified School Board
2nd/4th Tuesday @ 7:00 p.m.
1331 E. Calaveras Blvd., Milpitas
www.musd.org
(406) 635-2600 ext. 6013

New Haven Unified School Board
1st/3rd Tuesday @ 6:30 p.m.
34200 Alvarado-Niles Rd.,
Union City
(510) 471-1100
www.nhusd.k12.ca.us

Newark Unified School District
1st/3rd Tuesday @ 7 p.m.
5715 Musick Ave., Newark
(510) 818-4103
www.newarkunified.org

San Leandro Unified School Board
1st/3rd Tuesday @ 7:00 p.m.
835 E. 14th St., San Leandro
(510) 667-3500
www.sanleandro.k12.ca.us

San Lorenzo Unified School Board
1st/3rd Tuesday @ 7:30 p.m.
15510 Usher St., San Lorenzo
(510) 317-4600
www.slzusd.org

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

Government Briefs

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

Fremont City Council passes urgent measures amid COVID-19 public health crisis

SUBMITTED BY
CHERYL GOLDEN

The Fremont City Council held a Special Meeting March 27, 2020 in the City Council Chambers, to review and approve emergency ordinances and regulations designed to protect the well-being of Fremont residents and ease the economic impacts to both individuals and businesses related to the COVID-19 public health crisis.

The following measures were passed and will be in effect until the local emergency is declared over (unless otherwise stated):

- Eviction Moratorium on Residential and Small Business Evictions: Imposes regulations related to evictions from all residential rental units and small-scale commercial tenants where the failure to pay rent is due to income loss resulting from the declared COVID-19 public health crisis. (Referral of this item brought by Councilmember Salwan and Mayor Mei.)
- Anti-Gouging Ordinance: Establishes an extension of the anti-price gouging statutory prohibitions that make it unlawful for a person, contractor, business, or other entity to impose a greater than 10% price increase for designated goods and services.
- Anti-Hoarding and Anti-Grouping/Social Distancing Ordinance: Condemns the act of hoarding essential goods and

requires social distancing practices as directed by Shelter in Place Order and other applicable public health directives related to COVID-19.

- Emergency Zoning Administrator Permit Process: Establishes an expedited process for the consideration and approval of an Emergency Zoning Administrator Permit, which includes reduced public notice and appeal period requirements where a proposed use is reasonably related to the protection of life or property as affected by COVID-19.
- Resolution Designating Agents to Enter into Agreements Related to Disaster Assistance: Designates and authorizes City personnel to apply for emergency financial assistance at the state and local levels from the California Governor’s Office of Emergency Services in response to declared emergencies. This resolution is in effect for all open and future disasters up to three years from today’s date.

In addition, the City of Fremont will waive penalties and interest on late payments for business tax certificates in response to COVID-19. This applies to any business tax certificate that expired on December 31, 2019 and was due for renewal by February 29, 2020, and will continue for business tax certificates expiring on March 31, 2020 and up for renewal on April 30, 2020. For complete details visit www.Fremont.gov/covidbizresources.

For more information on essential services and updates on how the City of Fremont is monitoring the Coronavirus Disease 2019 (COVID-19), visit our Coronavirus webpage at www.Fremont.gov/Coronavirus. General updates will be made to the City’s social media accounts on Facebook, Nextdoor, Nixle, and Twitter; follow our channels at www.Fremont.gov/SocialMedia.

Union City City Council

March 24, 2020

Urgency Ordinance

The Union City City Council enacted an Urgency Ordinance at their meeting Tuesday, March 24, enacting a temporary moratorium on evictions due to non-payment of rent for residential and commercial tenants where the failure to pay rent is from income loss resulting from the novel coronavirus (COVID 19).

City Attorney Kristopher J. Kokotaylo presented information regarding a recommendation for a Proposed Urgency Ordinance to address tenant and landlord rental payment issues during Coronavirus emergency. Tenants have 10 days after rent due to notify landlord if they are unable to pay rent; in effect until May 31, 2020, the expiration of local emergency or governor’s proclamation of state of emergency; tenants will have ninety (90) days from the end of the moratorium to pay any back-due rent.

Consent Calendar

- Adopted resolution approving Amendment No. 6 for the Public Services Agreement with HDR Engineering, Inc., providing engineering design services and construction support for the At-Grade Pedestrian Crossing Project in the amount of \$197,393. The At-Grade Pedestrian Crossing will provide a direct pedestrian connection to

the east side entrance of the Union City BART Station from the Public Plaza and Station District’s Transit Oriented Development.

- Adopted resolution accepting work for HSIP Cycle 7 traffic signal improvements.
- Adopted resolution appropriating \$295,000 to Contempo Park Accessibility Improvements Project approving a contract for \$745,660.60 with Dryco Construction, Inc.
- Adopted resolution approving professional service amendments with Mott MacDonald for interim public works director staffing, to increase total compensation by \$120,000; and agreement with CSG Consultants for public works project engineer staffing, to increase total compensation by \$135,000

City Manager Reports

- Schedule a Public Hearing for June 9, 2020 on the proposed increase of maximum allowable rates for solid waste, organic waste and recycling services for Fiscal Year 2020-21
- Establish procedures for the submission and tabulation of protests in connection with rate hearings conducted pursuant to requirements of Proposition 218

Mayor Carol Dutra-Vernaci

Aye

Vice Mayor Emily Duncan

Aye

Pat Gacoscos

Aye

Jaime Patiño

Aye

Gary Singh

Aye

New rules at COVID-19 Testing Center

SUBMITTED BY
CITY OF HAYWARD

On March 25, the City of Hayward announced new traffic and line management controls for its COVID-19 testing center. People will be able to join drive-up and walk-up lines up until 10 a.m. each morning and again between 1 p.m. and 4 p.m. in the afternoon—or until the test site approaches the maximum number of tests that can be performed that day.

The changes are being put in place to ensure safe distancing between pedestrians, manageable vehicle traffic, and that enough tests are available for people with qualifying symptoms and conditions waiting to be tested. The center can test up to 370 people a day—though daily maximums fluctuate—with results to be available by the next day in most cases.

The test is available to anyone who meets new broadened test criteria, regardless of where they live or immigration status. Symptoms or conditions qualifying a member of the general public for testing are fever above 100 degrees, or any of the following:

- Shortness of breath or other respiratory symptoms
- Recent travel to Europe or Asia

- Recent exposure to confirmed or suspected coronavirus
- Other chronic diseases or conditions, such as blood disorders, kidney or liver disease, diabetes, heart, lung or neurological disease, and compromised immune system
- Over the age of 65
- Currently or recently pregnant
- Homeless

No referral from a physician is required. To access the testing center, the public should enter Huntwood Avenue at Industrial Boulevard—and then proceed north to a curbside screening location or the back of the line leading to it. People determined to qualify for testing will be asked to proceed to a verification site prior to testing. Those not qualifying will be asked to depart the area via Lustig Court.

First responders and healthcare workers with recent suspected exposures to coronavirus are invited to call the city’s COVID-19 hotline (510) 583-4949 to make an appointment for testing. For more information, visit <https://www.hayward-ca.gov/fire-department/disaster-preparedness/covid-19-updates-and-response-information>.

**COVID-19 Testing Center
Hayward Fire Station
28270 Huntwood Ave,
Hayward
Monday – Sunday:
9 a.m. - 6 p.m.**

HOTLINE: (510) 583-4949
www.hayward-ca.gov/fire-department/disaster-preparedness/covid-19-updates-and-response-information

Fremont City Council

March 27, 2020

Scheduled Items:

- Adopt an extension of the Anti-Price Gouging Statutory Prohibitions.
 - Establish an Anti-Hoarding and Anti-Grouping / Social Distancing Ordinance.
 - Ratify an Emergency Zoning Administrator Permit Process.
 - Designate agents for matters pertaining to State and Federal Emergency Management Agency (FEMA) reimbursements.
 - Adopt a temporary moratorium and emergency regulations related to evictions – residential and small-scale commercial tenants. (RESIDENTIAL PASSED 7-0; COMMERCIAL PASSED 5-0-2_ recuse: Salwan, Keng)
- Mayor Lily Mei

Aye
- Vice Mayor Rick Jones

Aye
- Vinnie Bacon

Aye
- Raj Salwan

Aye, 1 recuse
- Teresa Keng (District 1)

Aye, 1 recuse
- Jenny Kassan (District 3)

Aye
- Yang Shao (District 4)

Aye

Newark City Council

March 26, 2020

City Manager Reports:

- Adopt an Urgency Ordinance enacting a temporary moratorium on evictions due to nonpayment of rent for residential and commercial tenants when income loss is due to effects of COVID-19. Notification modified to seven days for landlord notification and an additional eight days to submit paperwork.
 - Update of City’s response to COVID-19 local emergency.
- Mayor Alan Nagy

Aye
- Vice Mayor Luis Freitas

Abstain
- Sucy Collazo

Aye
- Michael Hannon

Aye
- Mike Bucci

Aye

LETTERS POLICY

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

tricityvoice@aol.com

OPINION



WILLIAM MARSHAK

Shakespeare's play, *As You Like It*, spins a tale of jealousy, deceit, love, misdirection and finally, resolution. The observation of "Melancholy Jaques" that "All the world's a stage, and all the men and women merely players..." has been often quoted when referring to lives outside the playwright's world. During this time of stress and anxiety, the concept seems especially relevant.

Any good story keeps its audience engaged by weaving a compelling tale that consists of a plot and memorable characters. Typically, members of the cast can belong to one of several broad categories: protagonist, antagonist, support or bystander. Tension is created due to conflicts and forces that directly affect the primary characters and often a

much wider group. Reactions are varied depending on temperament, training, emotional response. Irrational behavior is often included in the mix (i.e. "Don't go into the cellar!").

When addressing the conflict, characters are plausible, often reacting in a predictable manner but sprinkled with impulsive and flawed actions that complicate the problem. Those outside the story can often appreciate the full scope of action while characters within it have a limited view and can be frustrating but believable. Throughout a drama, even if an intense situation, humor, pain and joy are essential elements to achieve resolution. A surprise situation or element can heighten tension and create subplots that support the story's primary focus.

During the current coronavirus crisis, we are all playing our parts in the grand play of life. A cursory look at the characters of our play include those who have an active role to maintain a semblance of normality. These are primarily first responders, essential industries workers and management personnel. Most others are playing supporting roles by observing the realities of containment and control. Few are left to simply stand by and watch. The major

antagonist is a force of nature – a virus - that sparked the crisis and can, over time, be controlled. Tension in our story is heightened by drastic and extreme measures dictated by circumstance. In the midst of this turmoil, a confusing mix of characters at all levels of society have added rumor, innuendo and misinformation wittingly or through ignorance and hubris. Our current drama has all the elements of either an ultimate tragedy or successful resolution through understanding, cooperation and compassion.

All the world's a stage... What part will you play?

William Marshak
PUBLISHER

Food security apps to assist families in need

SUBMITTED BY TRUCONNECT

TruConnect announced on March 23 that it is loading its phones with apps that will allow customers to apply for CalFresh food stamps and gain access to free school lunch programs and foodbanks through their mobile device.

These new food security services will be available for existing TruConnect customers through updates to their current phone, as well as participants who enroll in California LifeLine through TruConnect beginning the week of March 23. The company worked with anti-poverty organizations including the Western Center on Law and Poverty to identify ways to expand the health and financial safety net for low-income residents in California during the economic hardship caused by the coronavirus pandemic.

Additional supportive services are in development as well.

"For nearly 1.3 million Californians who depend on California LifeLine during the coronavirus Shelter-In-Place order, their cellphone is their critical link to the public health and safety network," said Nathan Johnson, Co-CEO TruConnect. "We're taking every step that we can as a company to ensure that those individuals and families stay connected and that they can access as many necessary resources as possible through their phone, starting with food security."

TruConnect and community advocates have successfully petitioned the California Public Utilities Commission to suspend California LifeLine renewal requirements for a period of 90 days, relieving low-income program participants of an excessive burden

in maintaining their connection to broadband wireless service. TruConnect had previously committed that it would not disconnect any of its customers from the program due to issues with recertification but would instead pay for the cost to keep those individuals connected out of its own pocket.

TruConnect continues to offer free mobile telephone and broadband service during the Shelter-In-Place order through its website, www.truconnect.com. Applicants who meet low-income eligibility requirements will receive a free phone through the mail and be able to stay connected throughout the COVID-19 crisis and beyond. The state, however, continues to allow only one California LifeLine phone per household.



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Resident of Fremont
May 22, 1923 – March 27, 2020

Vivek Jain
Resident of Fremont
July 9, 1983 – March 26, 2020

Juana Galvan De Ureno
Resident of Fremont
February 8, 1934 – March 26, 2020

Shyamsunder Soneji
Resident of India
July 5, 1931- March 25, 2020

Dolores Hintze “Sister M. Lucille Hintze”
Resident of Fremont
November 11, 1920 – March 24, 2020

Walter Fasolis Sr.
Resident of Fremont
June 09, 1925 – March 22, 2020

June Schmidt “Sister M. Christopher Schmidt”
Resident of Fremont
June 08, 1931 – March 21, 2020

Guillerma Zapanta
Resident of Santa Clara
June 25, 1940 – March 21, 2020

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Resident of India
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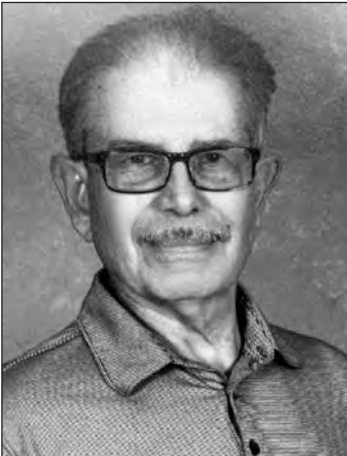
Suan Perry
Resident of Fremont
February 2, 1944 – March 14, 2020

Obituary

Richard Silva
July 14 1941-March 14 2020
Resident of Fremont

Richard Silva, much beloved Husband, Father & Grandfather passed away Saturday March 14 2020. He was born in San Jose California to Joseph and Erna Silva.

He was preceded in death by his brother William. He grew up in Newark California and graduated from Washington High School in Fremont in 1959-he never missed a class reunion! He married his high school sweetheart and love of his life Linda in 1962. He worked for the Department of Transportation for 38 years. He was a classic car enthusiast & enjoyed going to car shows with his good friends that he had known since high school. He enjoyed collecting antiques and memorabilia & going to Flea markets and Garage sales. He was a true people person & would help anyone in need & always had a spare tool to give you if you needed one. He loved all types of music and usually had the stereo playing most of the day. Richard loved spending time



with his family and friends. He kept his great sense of humor and positive attitude right up until the end. He will be greatly missed by his family. Survived by his Wife of 57 years Linda, Daughter Julie and Husband Jeff, Son Jeff and Wife Deanna, Grandson Cory and Granddaughter Jenna Celebration of life to be announced at a later date

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Walter Louis Fasolis Sr.
June 9, 1925 – March 22, 2020



Walter Louis Fasolis Sr. passed away at his home on March 22, 2020 surrounded by family.

Walt was born in San Mateo, California on June 9th, 1925 to Michael and Esther Fasolis and was raised in Alvarado by Esther and his beloved Step-Father Mike Gardetto. He left Washington High School early to join the Navy in April of 1943. His mother received his Diploma at the graduation ceremony. He was discharged while serving aboard the USS Red Oak Victory. After the war he went to work at Leslie Salt Co., retiring 43 years later in 1989.

A long time Musician, Walt became a talented accordion player at a young age, joined Musicians Union Local 510, and had his own combo with his brother Andy on Saxophone. A dance combo well known in the Bay Area and beyond.

Walt was very involved in community affairs, being President of Centerville Lions Club and instrumental in starting clubs in Newark, Union City, and South Fremont. He was President of the Newark Chamber of Commerce, President of the St. James Episcopal Men's Club, Treasurer of Washington Township Men's Club (25yrs), and belonged to many local clubs and organizations including the Fremont Elks.

Walt leaves behind his loving wife of seventy years, Genevieve (Mello), and their two children Walt Jr. and Steven (Denise) of Fremont; his three grandchildren Michael (Emi) & Matthew (Kristie) Fasolis, and Nicole (Josh) Feemster, four great-grandchildren, and many nieces and nephews. He was preceded in death by his parents, Esther and Mike Gardetto; and brothers Andy and Arnold Gardetto.

The family wants to thanks Agnes Perez for her loving care of Walter for the last Two years and discussing all things Warriors. She is now a Forty Niners fan because of him.

In Lieu of flowers, donations in Walt's honor can be made to St. John Marie's Pantry P.O Box 3276 Fremont CA 94539, or a favorite charity of choice.

LETTERS POLICY

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

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Obituary

Eddy (“Ed”) Chung Louie

Eddy (“Ed”) Chung Louie, 59, peacefully passed away on Thursday, March 19, 2020, at a hospice care home in Redwood City, CA, following a 5 year battle with lung cancer, surrounded by his two sisters and his partner.

Ed is the youngest son of Nathan and Nancy Louie of Fremont, CA, and is survived by his parents. He is also survived by his partner of 20 years, Mark Harmon, of San Mateo. In addition, he is survived by his siblings, Chinny Law, Kent Louie, and Fanny Khun, and by 3 nephews and 3 nieces, all from the greater Bay Area. He is deeply loved by his parents, partner, siblings, nephews and nieces, and throughout his life he returned that love to them always.

Ed was born in San Francisco, and grew up in Fremont, attending Fremont public schools. He graduated from Washington High School in Fremont in 1978. He spent a great deal of his youth working at his parents’ restaurant, Cathay House, in Fremont. He attended the University of California – Berkeley, and graduated in 1982 with a degree in Chemical Engineering. He continued his education at the Massachusetts Institute of Technology and received a Masters in Chemical Engineering in 1985. He held various positions with biotechnology companies in the greater Boston area for 10 years before returning to the Bay Area in 1995 to work in companies in the biopharmaceutical industry. He most recently served as Senior Director of Manufacturing and Site Head at Pearl Therapeutics (now AstraZeneca) in Redwood City.



In his free time, Ed enjoyed many activities. He had a life-long passion for baking and preparing decadent desserts for family gatherings. He was fond of exploring new cuisine and he considered himself a foodie. He was an avid reader and enjoyed continuously learning about new cultures and languages. He loved to travel and, in addition to extensive travel in California and the United States, he was fortunate to visit China, Italy, France, England, Scandinavia, the Netherlands, Canada and Mexico for pleasure and/or for business.

An immediate family service will be held for Ed on Thursday, March 26, 2020, at the chapel in Piedmont Funeral Services in Oakland, followed by interment at a family grave at Mountain View Cemetery in Oakland. There will be a celebration of Ed’s life once the family can practice social closeness. In lieu of flowers, his family has requested that any memorial contributions in Ed’s honor be donated to the American Lung Association (www.lung.org).



AP WIRE SERVICE
BY JACKIE JAHFETSON
THE MINING JOURNAL

Soil, water, nutrients, sunlight and seeds are the basic items one person needs to grow food from scratch in the comfort of their own home.

Gardening begins with good soil, NMU Associate Professor of Environmental Studies and Sustainability Sarah Mittlefehldt told The Mining Journal.

Most of the supplies can be ordered online or found at any big box store, Mittlefehldt said, adding that reusing things such as old yogurt containers is a way to stay indoors and utilize what's inside one's home.

January, February and March are the dark winter months and it's a great starting point to begin determining what plants to grow, she said.

Due to the shelter-in-place order of staying inside for the next three weeks with limited excursions, gardening is an activity that only requires oneself, Mittlefehldt said.

“The current global pandemic has revealed how vulnerable our food system is in the U.S. in general, and in the (Upper Peninsula) in particular,” she said. “We are extremely dependent on food grown thousands of miles away. When supply and distribution systems are disrupted, Yoopers become vulnerable to food insecurity.

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Feds suspend student loan garnishments

SUBMITTED BY ASSOCIATION OF MATURE AMERICAN CITIZENS

The Trump Administration has put a timely halt on the ability of the government to garnish Social Security benefits to pay for defaulted student loans for an indefinite period during the COVID crisis, reports the Association of Mature American Citizens (AMAC).

Seniors are the fastest growing segment of the population with outstanding student loan debt. Research conducted by the Consumer Financial Protection Bureau (CFPB) shows that, “In 2018, Americans over the age of 50 owed more than \$260 billion in student debt, up from \$36 billion in 2004, according to the Federal Reserve. Nearly 40 percent of borrowers aged 65 and older are in default.”

AMAC has been in the forefront of the fight to protect Social Security benefits from garnishment. “Forty-five percent of unmarried Social Security recipients and 21 percent of married couples rely on their benefits for at least 90 percent of their income. Garnishing that fixed income for student loan debt can have a particularly devastating impact on their lives,” says Bob Carlstrom, president of the AMAC Action initiative.

“Social Security benefits are off limits to nearly all creditors, but not the federal government which can garnish Social Security benefits for certain debts, including federal student loan debt cosigned by retirees. According to the Federal Reserve, Americans over 50 hold \$260 billion in student loan debt. Benefits can be garnished for court-ordered child support or alimony, or for debts owed to the government. For many seniors, however, their monthly Social Security check is both a critical part of, and indeed the safety net, of their income and financial situation. We believe Social Security benefits should be protected from garnishment by any party, including the federal government,” added Carlstrom.

Even if it's just a basil plant, by planting seeds, you are helping to strengthen our local food system, one small plant at a time.”

For NMU student Niikah Hatfield, gardening is a way to be self-reliant and it's fairly easy to get started, she said.

Any naturally lit space to set up pots or window planters, such as on the front steps of a home, will do for garden space, Hatfield said. Finding pots with good drainage systems is another key thing to keep in mind. To save on space, co-planting some vegetables has proven effective, Hatfield said.

Growing up on Seeds and Spores, a family farm located in Chocolay Township that sells food to the Marquette area, Hatfield has helped out most of her life and has taken on more responsibility over the past six years. The eight acres of vegetables, hogs, beef cattle, hens, medicinal herbs, mushrooms and more help maintain a sustainable ecosystem where the farm supports itself and leave the land in better condition than it was 20 years ago when the farm was first founded, Hatfield noted.

Though gardening – especially organic gardening – has its obstacles such as weeds and pests, there's something about homegrown fruits and veggies that makes it all worthwhile, Hatfield said.

“To eat something you have been watching grow from a seedling or transplant is one of the most fulfilling experiences I've had: There is a special cycle of self-sufficiency and

completeness that comes with it,” Hatfield said. “Knowing where your food comes from and all the work that it takes to produce it brings a lot of appreciation.”

As a mother of a 6-year-old child, Mittlefehldt said she and her daughter have enjoyed several science lessons together on the topic of gardening during this “extended spring break.”

“Our daughter wanted to see if the seeds from her store-bought grapes would grow, so we turned it into a gardening experiment. She made a hypothesis about what she expected the seeds to do based on prior observation. Then she came up with the things she understood to be necessary for plant life: good soil, water, sunlight,” Mittlefehldt said. “Whether it's preparing other seeds or harvesting the final goods, we try to involve our daughter at all stages of the food production process. It seems more important than ever that we all know how to grow food.”

Due to the northern climate of the U.P., plants such as tomatoes, peppers and melons need more time indoors before they can be transplanted into the ground, Mittlefehldt explained.

However, plants that can be directly planted are kale, spinach and carrots. Consulting the seed packet for proper instructions will support successful results and determine when plants can be transplanted outside, she said.

“It is incredibly satisfying to produce the things that your family and community needs. Growing food is a great way to become more self-reliant as an

individual, and more resilient as a community. It's also a pleasant way to spend time outdoors with loved ones,” Mittlefehldt said.

Grow spaces by windows and other well-lit, warm areas offer perfect growing conditions to start seedlings so they can be transplanted outside into a garden, pots or raised beds after the last frost, Hatfield noted.

Some vegetables are short-season varieties that are durable for this climate, but gardening in the U.P. is possible for several items, including potatoes, lettuce and cucumbers, and most of the plants are fairly easy to maintain, she said.

Vegetables such as radishes, lettuce, kale and peas are examples of fairly easy crops to grow, she added.

“There are tons of books and literature on farming, especially urban farming, that are valuable for learning the basics. But plants need good soil, water and sunlight. If you're intimidated by growing from seed, a lot of farms sell transplants in the spring. Give some things a try – it never hurts,” Hatfield said. “Be patient. And a lot of crops, like spinach or lettuce or beets and carrots can be planted multiple times throughout the season to make sure you have fresh veg all year long. If you grow a lot of something, you can learn how to preserve it for the winter months as well. And have fun.”

While self-isolating, travel the world – online!

BY ROB KLINDT

During my self-isolating at home I spend a lot of time doing the usual things:

impressive animation, photos and video. Hilarious commentary and fun skits about each country are provided by a talented cast of zany co-hosts.



catching up on paperwork, cleaning closets and other household tasks. When finished, it's time to hit my window to the world: YouTube.

From music and arts to education, news, fashion and even cooking, YouTube has it – and then some. My passion is travel and YouTube does not disappoint. Here are a few of my favorite YouTube channels:

Geography Now!

• A lively and fun educational channel updated weekly with a charismatic host who profiles every single country in the world alphabetically. Each episode includes a collection of history, geography, food, arts and other country facts mixed with



FTD Facts

• This fun and fast-paced educational channel is updated every day and includes 10 unusual facts on a variety of topics including world religions, travel, history, science, architecture, media and even celebrities around the world.

• **Brett Conti**

This New York-based video blogger travels the world with his HD video camera and flying drone and captures

beautiful topography, beaches, cities, people and architecture. Look for posts from New York, Costa Rica, Vietnam, the Philippines, Puerto Rico, Bali and Greece to name just a few.

• **DownieLive**

If you like train travel, Canadian-based video blogger Michael Downie has a channel you will love. Look for train travels on numerous routes in Canada and the United States along with video visits to attractions in California, Texas, Ireland and Mexico.

Hint: In my experience, the best way to enjoy these types of YouTube channels is on your television using a streaming stick such as a Roku or a Google Chromecast using the free YouTube app. The benefit over watching them on a computer is a larger screen and usually fewer commercial breaks.



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Police enforcing shelter in place order

SUBMITTED BY MILPITAS POLICE DEPARTMENT

On March 17 the Santa Clara County Health Officer ordered a shelter-in-place for all county residents to control the spread of the COVID-19 virus. While this health order remains in effect, the Milpitas Police Department is proactively contacting individuals, groups, and/or businesses we encounter that may be violating the order. During these contacts, our primary goal is to gain compliance, however, we will take enforcement action against those that repeatedly or willfully violate the order, if needed.

We all need to do our part to help protect one another, especially the vulnerable members of our community. Together we can get through this so stay home and partner with us to keep Milpitas safe. For details, call the Milpitas Police Department at (408) 586-2400

Fremont sets up hate crime reporting system

SUBMITTED BY
GENEVA BOSQUES, FREMONT PD

Many of our community members are feeling anxious and unsettled due to the growing number of COVID-19 coronavirus cases. Our lives have changed drastically overnight, as stay at home orders are implemented across the Country. Unfortunately, the negative narrative surrounding this disease has caused fear in our community and anti-hate groups are reporting a modest rise in reports of hate speech and crimes across the world.

While the Fremont Police Department has not received any recent reports of hate crimes, we want to assure our community that we take these matters seriously. We want all community members to feel safe living, working or visiting the City of Fremont. During the COVID-19 shelter in place, our patrol operation remains fully staffed, and we continue to respond to all emergency calls.

"Fremont has always been a compassionate city; a place where residents celebrate diversity," Mayor Lily Mei said. "With the increase in xenophobia and hate crimes in our broader nation stemming from the COVID-19 pandemic, I want to send a clear message that we will not tolerate hate in Fremont. I encourage each and every one of our residents to report any incidents you may witness or be a victim of to the Fremont Police Department. Now more than ever before, we need to remain unified as a community and be kind to those around us."

The Asian Pacific Islander Legislative Caucus, in partnership with the Asian Pacific Planning and Policy Council (A3PCON) and other Asian American Pacific Islander civil rights organizations announced the creation of a new reporting center to collect and track incidents of anti-Asian American and Pacific Islander hate, violence, and discrimination, including adult harassment, shunning, and child bullying in California and throughout the country in response to the escalation of xenophobia and bigotry related to COVID-19.

The reporting center provides individuals who have been directly impacted by hate or have a firsthand account of an incident of hate an avenue to share their stories online at www.asianpacificpolicyandplanning-council.org/stop-aapi-hate/. These organizations are also developing targeted education and media campaigns to provide resources for impacted individuals and to advocate for policies and programs dedicated to curtailing racial profiling.

The definition of a Hate Crime can be found under 422.55 of the California Penal Code. In summary, a Hate Crime is defined as a criminal act committed, in whole or in part, because of one or more of the following actual or perceived characteristics of the victim: disability, gender, nationality, race or ethnicity, religion, or sexual orientation.

The City of Fremont has a downloadable brochure on Hate Crimes available online at: www.Fremont.gov/HateCrime.

If you believe you are a victim of a hate crime and have not reported it, you can do it by calling the Fremont Police Department at (510) 790 6800 and selecting option 3. All allegations of hate will be thoroughly investigated.

San Leandro Police Log

SUBMITTED BY LT. ISAAC BENABOU,
SAN LEANDRO PD

Tuesday, March 17

• At about 3:20 p.m. officers responded to a report of a robbery at Walmart at 15555 Hesperian Blvd. A suspect, identified by police as Serrell Gordon, 40, of Oakland was spotted by store security taking about \$780 worth of energy drinks while wearing a medical mask. When stopped by security, he claimed he was sick with COVID-19 to avoid being arrested for shoplifting. Police were called as Gordon fled the scene. Officers found Gordon a short distance away from the store and arrested him on suspicion of robbery. The Alameda County District Attorney's Office later charged Gordon with robbery and resisting arrest. He is in Santa Rita Jail in lieu of \$60,000 bail.

Fremont Police Log

SUBMITTED BY GENEVA BOSQUES,
FREMONT PD

Monday, March 23

• During the evening hours officers were alerted by community cameras that a stolen vehicle was in the area of Auto Mall Parkway and Christy Street. Officers quickly located the vehicle and made a traffic stop. The driver was arrested on suspicion of possessing a stolen vehicle, possession of methamphetamine and drug paraphernalia.

Tuesday, March 24

• At 11:49 p.m. community cameras alerted officers to a stolen vehicle arriving in Fremont near I-880 and Mowry Avenue. Officers quickly went to the scene and spotted the vehicle and made a traffic stop. The driver, identified by police as Solimar Santos-Perez, of Fremont was arrested and booked into Santa Rita Jail on suspicion of possessing a stolen vehicle and resisting arrest.

Alameda County Sheriff's Office

SUBMITTED BY ACSO

Thursday, March 19

• At about 2:30 p.m. deputies responded to a residential burglary in progress report in Castro Valley. On arrival, they spotted a vehicle matching the description provided by a witness and made a vehicle stop and detained three people. Inside the car were hundreds of marijuana plants. An investigation showed the suspects were burglarizing a home that was converted into a marijuana grow house. The suspects were taken into custody and an investigation is ongoing.

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GENERAL CIVIL PRACTICE
Business and personal matters, partnerships, corporations

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

NOTICE OF PUBLIC HEARING
CITY OF FREMONT
ART REVIEW BOARD

NOTICE IS HEREBY GIVEN THAT THE ART REVIEW BOARD OF THE CITY OF FREMONT WILL HOLD A PUBLIC HEARING ON THE FOLLOWING PROPOSAL. SAID PUBLIC HEARING WILL EITHER BE HELD AT 3:30 P.M. ON WEDNESDAY, APRIL 15, 2020 AT THE CITY OF FREMONT DEVELOPMENT SERVICES CENTER, NILES CONFERENCE ROOM, 39550 LIBERTY STREET, FREMONT, CALIFORNIA, AT WHICH TIME ANY AND ALL INTERESTED PERSONS MAY APPEAR AND BE HEARD, OR, IF THE CITY HAS DETERMINED IT IS NECESSARY IN THE INTEREST OF PUBLIC HEALTH TO LIMIT THE ATTENDANCE OF PUBLIC ASSEMBLIES TO PREVENT OR MITIGATE THE EFFECTS OF CORONAVIRUS 2019 (COVID-19), SAID PUBLIC MEETING MAY BE HELD VIA TELECONFERENCING AND MADE ACCESSIBLE TELEPHONICALLY OR OTHERWISE ELECTRONICALLY TO IMPOSE AND PROMOTE SOCIAL DISTANCING UNDER THE AUTHORITY OF EXECUTIVE ORDER N-25-20, AS AMENDED. INFORMATION ON HOW TO ATTEND THE MEETING BY TELECONFERENCE WILL BE AVAILABLE ON THE MEETING AGENDA POSTED ONLINE AT WWW.FREMONT.GOV/AGENDACENTER/ART-REVIEW-BOARD-1 ON FRIDAY, APRIL 10 BY 5:00 P.M.

PUBLIC ART FOR THE NEW "AGE WELL CENTER AT SOUTH FREMONT" – 47111 Mission Falls Court – To receive a presentation and provide feedback for a new public art installation by invitation of direct purchase from local artist Ride Art proposed at the Age Well Center (a new senior center) under construction in South Fremont, and to find that no further environmental review is required as a Mitigated Negative Declaration was previously prepared and adopted for the project as part of the Parc 55 master plan development in accordance with the requirements of the California Environmental Quality Act (CEQA), which adequately addressed the potential impacts of the proposed project. Project Manager – Cliff Nguyen, (510) 284-4017, cnguyen@fremont.gov

ART MURAL FOR FREMONT'S TEMPORARY HOUSING NAVIGATION CENTER – To receive a presentation with artwork submissions, provide feedback, and select artist for new art mural installation located at Fremont's temporary Housing Navigation Center (HNC) at 3300 Capitol Avenue in the rear parking lot of City Hall in Downtown Fremont, and to consider an exemption from the California Environmental Quality Act (CEQA) per CEQA Guidelines Section 15061(b)(3), General Rule, which states that, where it can be seen with certainty that the activity will not have a significant effect on the environment, that activity is not subject to CEQA. Anna Guiles – Management Analyst, (510) 284-4015, aguiles@fremont.gov

BOXART-ART SELECTION – To consider and select artwork for the boxART! program; and to consider an exemption from the California Environmental Quality Act (CEQA) per CEQA Guidelines Section 15061(b)(3), General Rule, which states that, where it can be seen with certainty that the activity will not have a significant effect on the environment, that activity is not subject to CEQA. Management Analyst – Luciana Torres, (510) 494-4553, lutorres@fremont.gov

* NOTICE *

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

LUCIANA TORRES
FREMONT ART REVIEW BOARD

CNS-3357038#

FICTITIOUS BUSINESS
NAMESFICTITIOUS BUSINESS
NAME STATEMENT

Fictitious Business Name(s):
29&FINE BOUQUETTE 2704 OLIVER DR., HAYWARD, CA 94545, County of ALAMEDA
Registrant(s):
AJENAY CAMP, 2704 OLIVER DRIVE, HAYWARD, CA 94545 (CALIFORNIA)
MISTY WOODS, 2704 OLIVER DRIVE, HAYWARD, CA 94545 (CALIFORNIA)
Business conducted by: A GENERAL PARTNERSHIP

The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ MISTY WOODS

This statement was filed with the County Clerk of Alameda County on MARCH 3, 2020
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).
3/11, 4/7, 4/14, 4/21/20

CNS-3356752#

FICTITIOUS BUSINESS
NAME STATEMENT

Fictitious Business Name(s):
STRATEGIC BODYWORK SOLUTIONS, 3091 PERALTA BLVD., FREMONT, CA 94536, County of ALAMEDA
Registrant(s):
JOHN PRIOR, 3091 PERALTA BLVD., FREMONT, CA 94536
Business conducted by: AN INDIVIDUAL
The registrant began to transact business using the fictitious business name(s) listed above on 1/29/2020

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

Blach Construction Company
Fremont Unified School District- Thornton Middle School
Conversion Project
Increment 3 (Phase 1) – Athletic Fields
NOTIFICATION TO POTENTIAL BIDDERS

Notice is hereby given that Blach Construction Company is seeking bids for Thornton Middle School Conversion project, Increment 3. The scope of work included in increment 3 (phase 1 of construction) includes but is not limited to:

- Site Demolition, Grading, Paving
- Landscape & Irrigation
- Site Concrete
- Fencing
- Utilities

This Notice is given pursuant to the requirements set forth in California Education Code 17406.

The successful bidder will be selected on a best value basis. Each bidder must comply section 17407.5 of the California Education Code for Prevailing Wage+ Skilled and Trained Workforce.

It is mandatory that all contractors holding C-4, C-7, C-10, C-16, C-20, C-34, C-36, C-38, C-42, C-43, and C-46 licenses, who seek to submit proposals to perform work covered by the aforementioned specialty licenses must be prequalified by the District pursuant to Public Contract Code section 20111.6 at least five business days prior to the deadline for submission of bids to Blach. The District will not process prequalification applications submitted later than 10 business days prior to the deadline for submission of bids to Blach.

If you are interested in bidding the Thornton Middle School Conversion Project- Increment 3, please contact Donna Spain (donna.spain@blach.com).

Request for Bids will be issued on 3/18/20 with the bids due on 4/1/20.

The criteria for the Best Value selection will be as follows:

Proposal price	50 points possible
Ability to meet construction schedule	25 points possible
Interview and previous experience	25 points possible

CNS-3354663#

one thousand dollars [\$1,000].)
/s/ JOHN PRIOR, OWNER
This statement was filed with the County Clerk of Alameda County on MARCH 4, 2020

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).
3/31, 4/7, 4/14, 4/21/20

CNS-3356416#

FICTITIOUS BUSINESS
NAME STATEMENT

Fictitious Business Name(s):
Shiksha, 990 Yucatan Ct, Fremont, CA 94539, County of Alameda
Registrant(s):
SASH LLC, 990 Yucatan Ct, Fremont, CA 94539; 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/ Vaishnav Ragavan, Managing Member
This statement was filed with the County Clerk of Alameda County on March 12, 2020

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).
3/24, 3/31, 4/7, 4/14/20

CNS-3355206#

FICTITIOUS BUSINESS
NAME STATEMENT

Fictitious Business Name(s):
EcoGeoBuild, 39267 Marbella Terraza, Fremont, CA 94538, County of Alameda
Registrant(s):
David Buckley, 39267 Marbella Terraza, Fremont, CA 94538
Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ David Buckley
This statement was filed with the County Clerk of Alameda County on March 6, 2020
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).
3/24, 3/31, 4/7, 4/14/20

CNS-3355202#

FICTITIOUS BUSINESS
NAME STATEMENT

Fictitious Business Name(s):
HR Code, 41411 Ellen Street, Fremont, CA 94538, County of Alameda
Registrant(s):
Marco T. Flores, 41411 Ellen Street, Fremont, CA 94538
Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Marco T. Flores, Owner
This statement was filed with the County Clerk of Alameda County on March 2, 2020

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).
3/17, 3/24, 3/31, 4/7/20

CNS-3352768#

FICTITIOUS BUSINESS
NAME STATEMENT

Fictitious Business Name(s):
Hayward Ghazni Sister City Committee, 39605 Stevenson Pl #133, Fremont, CA 94539, County of Alameda
Mailing Address: 68 Ramona Ave, San Francisco, CA 94103
Registrant(s):
World Family Development & Education Program, 39605 Stevenson Pl., Apt. 133, Fremont, CA 94539; California
Business conducted by: A Corporation
The registrant began to transact business using the fictitious business name(s) listed above on 02/26/2020

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/ Hassan Etemadi, Chairman (CEO)
This statement was filed with the County Clerk of Alameda County on February 26, 2020
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).
3/17, 3/24, 3/31, 4/7/20

CNS-3352747#

FICTITIOUS BUSINESS
NAME STATEMENT

Fictitious Business Name(s):
Niles Territory Tree Service, 36836 2nd St., Fremont, CA 94536, County of Alameda

Registrant(s):
Marcos Homorody, 36836 2nd St., Fremont, CA 94536

Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Marcos Homorody, Owner
This statement was filed with the County Clerk of Alameda County on February 19, 2020
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).
3/17, 3/24, 3/31, 4/7/20

CNS-3352722#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME

File No. 556620
The following person(s) has (have) abandoned the use of the Fictitious Business Name(s):
The Fictitious Business Name Statement for the partnership was filed on 03/18/2019 in the County of Alameda.

Alpine Motors, 7679 Thornton Avenue, Ste. E, Newark, California 94560, County of Alameda.
Registered Owner(s):
Rafael Bautista, 644 Greenlake Drive, Sunnyvale, California 94089
This business is conducted by: an individual
I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to this section that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].
/s/ Rafae Bautista, Owner
This statement was filed with the County Clerk-Recorder of Alameda County on March 6, 2020.
3/17, 3/24, 3/31, 4/7/20

CNS-3352043#

FICTITIOUS BUSINESS
NAME STATEMENT

Fictitious Business Name(s):
Sutra, 32548 Regents Blvd, Union City, CA 94587, County of Alameda
Registrant(s):
Nidhi Singh, 32548 Regents Blvd, Union City, CA 94587
Business conducted by: an Individual
The registrant began to transact business using the fictitious business name(s) listed above on 2/28/2020.

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/ Nidhi Singh

This statement was filed with the County Clerk of Alameda County on February 28, 2020.
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).
3/10, 3/17, 3/24, 3/31/20

CNS-3350808#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 569280
Fictitious Business Name(s):
Adelaide Paperie, 42603 Ravensbourne Park Street, Fremont, CA 94538, County of Alameda
Registrant(s):
Kimmay Nguyen, 42603 Ravensbourne Park Street, Fremont, CA 94538
Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Kimmay Nguyen, Owner
This statement was filed with the County Clerk of Alameda County on March 4, 2020
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).
3/10, 3/17, 3/24, 3/31/20

CNS-3350806#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 569010
Fictitious Business Name(s):
1. CA Tint King, 2. California Tint King, 3. The Detailing Hut, 10605 Altamont Pass Rd., Livermore, CA 94551, County of Alameda;
Mailing Address: 2442 Tammey Ct, San Jose, CA 95116
Registrant(s):
Jahangir Khan, 2442 Tammey Ct, San Jose, CA 95116
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/ Jahangir Khan, Owner/Operator
This statement was filed with the County Clerk of Alameda County on February 26, 2020.

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).
3/10, 3/17, 3/24, 3/31/20

CNS-3350275#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 568599
Fictitious Business Name(s):
Captain A's Auto Services, 4190 Mowry Ave, Fremont, CA 94538, County of Alameda
Registrant(s):
Duong T. Duong, 14825 Story Rd., San Jose, CA 95127
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/ Duong T. Duong
This statement was filed with the County Clerk of Alameda County on February 14, 2020.
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).
3/10, 3/17, 3/24, 3/31/20

CNS-3350274#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 568761
Fictitious Business Name(s):
G Illumination, 3231 Alder Ave, Fremont, CA 94536, County of Alameda
Registrant(s):
San Wu, 3231 Alder Ave, Fremont, CA 94536
Business conducted by: an Individual
The registrant began to transact business using the fictitious business name(s) listed above on 07/22/2010.

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/ Lan Wu, Owner

This statement was filed with the County Clerk of Alameda County on February 20, 2020.
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).
3/10, 3/17, 3/24, 3/31/20

CNS-3348588#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 569058
Fictitious Business Name(s):
Zeus Appliance Repair, 39899 Balentine Dr. Ste 200, Newark, CA 94560, County of Alameda
Registrant(s):
Zeus Appliance Repair LLC, 39839 Balentine Dr. Ste. 200, Newark, CA 94560; 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/ Serhat Guen, Manager

This statement was filed with the County Clerk of Alameda County on February 27, 2020.

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).
3/10, 3/17, 3/24, 3/31/20

CNS-3348587#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 568533
Fictitious Business Name(s):
Meadow Square Liquor, 41200 Blacow Rd Suite F, Fremont, CA 94538, County of Alameda
Registrant(s):
Dilbagh S. Cheema, 3258 Puttenham Way, Fremont, CA 94538

Business conducted by: an Individual
The registrant began to transact business using the fictitious business name(s) listed above on 12/5/10.

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/ Dilbagh S. Cheema, Sole Proprietor

This statement was filed with the County Clerk of Alameda County on February 13, 2020.

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).
3/10, 3/17, 3/24, 3/31/20

CNS-3348586#

PROBATE

NOTICE OF PETITION TO
ADMINISTER ESTATE OF
JOSEPH DONALD SIMMONS
CASE NO. RP20058308

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

The Petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court on April 15, 2020 at 9:31 am in Dept. 202 located at 2120 Martin Luther King, Jr. Way, Berkeley, CA 94704.

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

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

BART Police Log

SUBMITTED BY
LES MENSINGER AND BART PD

Saturday, March 21

- At 6:01 p.m. a man identified by police as Robert Wallace, 34, of San Leandro was arrested at

Bay Fair station in San Leandro on suspicion of annoying a minor under 18. He was booked into Santa Rita Jail.

Tuesday, March 24

- At 7:10 p.m. two male juveniles, both age 13, were arrested at Hayward station on suspicion of theft. They were cited and released to their mothers.

Newark enacts moratorium on evictions

SUBMITTED BY
LAURIE GEBHARD

On March 26, the City of Newark City Council adopted an urgency ordinance enacting a temporary moratorium on evictions for non-payment of rent by residential and commercial tenants impacted by the loss of income resulting from Novel Coronavirus (COVID-19). The intent of the ordinance is to avoid unnecessary housing and commercial displacement, mitigate economic effects on small and medium sized businesses, and to prevent housed individuals from falling into homelessness and prevent further transmission of COVID-19.

The ordinance takes effect immediately and applies to all eviction proceedings, such as notices to quit or pay rent or unlawful detainer actions served on or after the effective date of the ordinance. A tenant must demonstrate that they suffered a substantial loss of income due to the COVID-19 pandemic in order to establish a substantive eviction defense under the ordinance. This can be accomplished by providing supporting documentation that

the landlord must keep in confidence. The ordinance does not waive the payment of rent, but rather delays an impacted tenant’s obligation to make rent payments during the period of the temporary moratorium.

The moratorium applies to residential tenants under these circumstances:

- COVID-19 illness or caring for a household or family member with COVID-19 illness
- Work closures, layoffs, job loss, a reduction in the number of compensable hours or other economic or employer impacts
- Missing work due to a minor child’s school closure, compliance with government health authority orders, or other similarly cased reason

The moratorium applies to commercial tenants who can demonstrate income loss caused by the COVID-19 pandemic under any of the following circumstances:

- Work closures
- Reduction in staff reporting to work
- Modification in opening hours
- Reduction in consumer demand
- Compliance with government health authority orders; or

- Other similarly caused reason resulting in loss of business income

Tenants are required to pay back unpaid rent in 25% increments within forty-five (45) days, ninety (90), one hundred thirty-five (135) days, and one hundred eighty (180) days of the date of expiration of the Eviction Moratorium.

The ordinance takes effect immediately and will remain in effect until May 31, 2020, the expiration of the City’s local emergency, or the expiration of the Governor’s proclamation of a state of emergency, whichever is later.

Additionally, State law (Penal Code Section 396(f) prohibits any residential evictions during the first thirty (30) days of a State of Emergency. Governor Newsom declared an emergency on March 4, 2020, so no residential eviction should take place between March 4 and April 3, 2020

Visit the City’s website at www.newark.org or City of Newark, CA Facebook page for updated information regarding COVID-19 and how it is impacting our community.

Park It

By NED MACKAY

It’s unfortunate but necessary: To prevent overcrowding and assure the safety of both visitors and staff during the coronavirus pandemic, East Bay Regional Park District (EBRPD) has announced some additional park closures and parking restrictions through at least Thursday, April 30.

The problem is that with few other recreational and stress-relieving options, there has been serious overcrowding at many of the more popular regional parklands and trailheads. This can increase the spread of infection.

“We are all in this together,” said EBRPD General Manager Robert Doyle. “We want to help everyone during this crisis by keeping parks open, but safety of the public and our employees is our top priority. If parks are too crowded, please help us keep people safe by going home.”

The park district had already closed all visitor centers, picnic areas, restrooms, water fountains, swim areas, playgrounds, campgrounds, group and back-country campsites, sports fields, kiosks, and reservable facilities.

Some of the major new developments as of March 27 are as follows:

- The parking lot at the upper end of Somersville Road at Black Diamond Mines in Antioch is closed (parking is still available just past the kiosk at Sidney Flat). No mine tours and the visitor centers are closed.
- Contra Loma Recreation Area in Antioch is closed. (though trails are open from Frederickson Lane.)
- Castle Rock Recreation Area in Walnut Creek is closed.
- Diablo Foothills in Walnut Creek has limited parking for trail access.
- The main parking area at Pt. Isabel in Richmond is closed. There’s walk-in access only.
- The Redwood Road gate is closed at Reinhardt Redwood Regional Park in Oakland. Other accesses are still available.
- The main park at Roberts Regional Recreation Area in Oakland is closed. There’s walk-in access only.
- Shadow Cliffs in Pleasanton is closed.
- The Old Tunnel Road entrance to Sibley Volcanic Regional Preserve in Oakland is

closed. All other access points are open.

- Sunol Regional Wilderness is closed.
- Del Valle Regional Park main gate and area are closed from Mendenhall Road on, but the Arroyo Staging Area is open with trail access. Visitors are asked to turn around at Badger Cove.

- The Botanic Garden at Tilden Regional Park near Berkeley is closed. So is the Steam Train.

The park district is requesting all dogs be leashed everywhere in the regional parks and on trails to avoid interaction with other park users.

The full list of closures and restrictions can be accessed at www.ebparks.org; click on “COVID-19 Information & Updates” under “Notices” on the right side of the home page. I’d advise checking the website for updates before visiting any regional park.

Despite the closures, there are still many regional park trails open to the public, especially the inter-park regional trails such as the Iron Horse, Contra Costa Canal, Alameda Creek, and San Francisco Bay Trail.

These amenities are all seeing heavy use, especially the regional trails. So, it’s up to all of us to take the health department mandated precautions, so we can avoid additional restrictions and prevent the spread of coronavirus.

Please remember to maintain a 6-foot distance from other trail users. Only immediate households should be together – no picnicking, groups, gatherings or meetups at trailheads. Pack out all your trash, including dog waste. There will be no trash collection during the COVID-19 crisis. And since all drinking fountains are turned off and all toilets locked, bring your own water, and use the toilet before leaving home. Also, please bring hand sanitizer with you while visiting the parks for use before and after opening gates or interaction with high-touch surfaces.

This emergency will require maximum effort and cooperation from all of us. Avoid crowded parking lots. Park district rangers, police, and firefighters are on the front lines. So please go along with the rules and follow any instructions from district staff, especially during emergencies. They will be more than grateful for your cooperation. With all of us working together, we can defeat the coronavirus.

90-day eviction moratorium

SUBMITTED BY CITY OF HAYWARD

On March 24, Hayward City Council voted to enact an immediate 90-day moratorium on residential evictions for failure to pay rent due to coronavirus and on no-fault evictions that would otherwise be allowable under the city’s rent-stabilization ordinance.

The legislation also authorizes an expansion of landlord-tenant mediation services to help negotiate payment agreements in cases in which a tenant’s ability to pay rent has been impacted by COVID-19 or measures being taken to control spread of the disease.

In enacting the emergency ordinance, the council also directed city staff members to develop a financial-assistance program to help stabilize the rental housing market by making cash available to subsidize tenant rent or landlord mortgage payments. The program is anticipated to be ready to roll out by April 15.

Specifically, the moratorium covers instances in which inability to pay rent arises from a substantial decrease in household income related to the pandemic, including due to layoffs, reductions in work hours, including as a result of having to remain home with children who are out of school, declines in business earnings and out of pocket medical expenses associated with coronavirus or COVID-19 disease.

To qualify for the moratorium eviction protection, tenants must be able to document the loss of income. During the moratorium, landlords cannot charge late fees and tenants remain liable for unpaid rent; however, landlords cannot file for an eviction for rent not paid during the moratorium until 90 days after the expiration of the moratorium.

For more information about the moratorium or mediation services, visit www.hayward-ca.gov/housing or call (510) 583-4454 or (510) 909-4588.

Tennis coach arrested

SUBMITTED BY GENEVA BOSQUES,
FREMONT PD

On March 26, 2020, Fremont Detectives arrested Sayed Kaleemuddin Amir, a 26-year-old Hayward resident, on suspicion of lewd acts with a minor.

Fremont Police Department detectives began investigating this case, after receiving a report of sexual misconduct involving Amir and a juvenile female. Officers learned Amir was a private tennis coach and the juvenile was one of his students. The activity is believed to have occurred primarily within the City of Fremont.

The investigation resulted in evidence corroborating the allegations. On March 26, 2020, at approximately 2:30 p.m., detectives arrested Amir in Livermore. He was booked at the Santa Rita Jail in Dublin. On March 27, 2020, detectives presented the case to the Alameda County District Attorney’s Office. The District Attorney’s Office charged Amir with five felony counts of lewd acts with a minor.

Due to the age of the juvenile and the nature of the investigation, no further information regarding the victim will be released. The victim is a minor, and we ask the public (friends and community members) as well as the press and media, that her identity remain confidential.



Fremont Detectives are continuing to investigate this case, and although there has been no evidence of additional victims, we will continue to pursue all leads. If anyone has information they believe could help detectives, they are asked to please contact Senior Detective Tony Holguin at 510-790-6900 or via email Aholguin@fremont.gov. We also accept and welcome anonymous tips. To send a web tip, go to <https://local.nixle.com/tip/alert/5788118> or text your tip, by typing TIP FREMONTTPD followed by your short message to 888777.

Statewide Moratorium on Evictions

SUBMITTED BY GOVERNOR’S PRESS OFFICE

Governor Gavin Newsom issued an executive order on March 27, 2020 banning the enforcement of eviction orders for renters affected by COVID-19 through May 31, 2020. The order prohibits landlords from evicting tenants for nonpayment of rent and prohibits enforcement of evictions by law enforcement or courts. It also requires tenants to declare in writing, no more than seven days after the rent comes due, that the tenant cannot pay all or part of their rent due to COVID-19.

The tenant would be required to retain documentation but not required to submit it to the landlord in advance. And the tenant would remain obligated to repay full rent in “a timely manner” and could still face eviction after the enforcement moratorium is lifted. The order takes effect immediately, and provides immediate relief to tenants for whom rent is due on April 1st.

Today’s action builds on Governor Newsom’s previous executive order authorizing local governments to halt evictions for renters impacted by the pandemic

MY CHOICE IS WTMF,

because I have an entire network of specialists to help me treat my patients.



Doctors join the Washington Township Medical Foundation (WTMF) for lots of reasons. Dr. Vanessa Wilson always enjoyed the challenge of Internal Medicine because “it’s an investigational discipline requiring that a physician understand all the body’s systems, analyze the patient’s problem and formulate the correct treatment.” Being part of WTMF makes it easier to connect with both her patients and their other doctors on EPIC, and confer with any of her colleagues about patient care. She treats a wide variety of patients—many with multi-organ issues—and likes getting consults quickly from physicians she knows and trusts while maintaining continuity of care between providers. That’s one reason why Dr. Wilson recommends WTMF to all her friends and family members. “WTMF is very selective about their doctors. Everyone follows high care standards and practices evidence-based medicine.” Does your doctor choose WTMF?



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.



WTMF's Network of Clinics

Our skilled physicians and staff see their patients at conveniently located Primary Care, Urgent Care and Specialty Care

Centers throughout the East Bay. These include Clinics in Union City, Newark, Fremont and Warm Springs.

I Choose WTMF



Washington Township Medical Foundation

Part of Washington Hospital Healthcare System

To find out more, visit our website at mywtmf.com or call 866-710-6864