

California Nursery: The Packing Shed

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Local gym turns virtual

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April 7, 2020

Vol. 18 No. 13

Go on a walk - but look out for Bears

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Easter and Passover

By TCV STAFF

The middle of April, 2020 will see the observance of two important holidays for the Jewish and Christian communities: Passover and Easter. While people will not be able to gather at centers of worship, observing these holidays has an even greater significance this year as both center on the power of God over death.

Passover

In 2020, Passover takes place from Wednesday, April 8 until Thursday, April 16.

Passover (Pesach) is an eight-day festival that commemorates the delivery of the Jewish people from slavery in Egypt. The story says G-d sent ten plagues to punish the Egyptians. For the last, the killing of the first born, the angel of death is said to have "passed over" the houses of Israelites who had marked their doors with lamb's blood. This is where the term Passover comes from.

The eight days of Passover include two holidays with special meals at the beginning and end, and





four "intermediate days" in the middle. As it is believed the Israelites ate unleavened bread during the first Passover night, observing Jewish families throw out every bit of Chametz—wheat, barley, rye, or any of their derivatives. Instead, families eat Matzah, or unleavened bread.

The Seder ritual is observed on the first two nights of the holiday with eating of Matzah and bitter herbs, drinking of wine, and recitation of Haggadah.

Chabat of Fremont has resources for those who are concerned about how to hold Seder safely during shelter in place and how to prepare special meals with minimal ingredients. In March they delivered Seder-to-go kits to those celebrating at home.



https://www.chabadfremont.com/holidays/passover/pesach_cdo/aid/4685263/jewish/Coronavirus-Passover-Resources.htm

Easter

This year, Easter Sunday is on April 12.

Although the name "Easter" and the secular traditions of egg hunts and baskets have pagan origins, the holiday also has significance to the Christian community as the time to remember the crucifixion and resurrection of Jesus Christ. According to the New Testament, these events occurred during Passover week, with Jesus arrested after a communal meal on Friday (now called Good Friday), executed on Saturday, and rising from the tomb on Sunday.

Many Christian churches are livestreaming their Easter services. Check your church's website or call to find out their Easter schedule. In the meantime, here are two churches where livestreamed Easter services will be available on the website:

Christ Community Church, Milpitas https://www.cccmilpitas.org/

Resonate, Fremont and Hayward http://resonatemovement.org/onlineservices/

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Break A Sweat!

Build Your Shelter-In-Place Workout Routine

Online videos show new ideas and correct form to help build an exercise program while staying at home.

California's shelter-in-place order will save lives, but the everyday reality of reducing your physical activity can take its toll on your mental and physical health. Physical therapist and Director of Washington Hospital's Outpatient Rehabilitation Center, Sharmi Mukherjee, DPT, reminds us that daily exercise can boost your immune system, lower your level of stress, and improve the quality of your sleep. While exercising outside is permitted so long as you avoid crowds and maintain at least six feet of distance from others, there are also many exercises that you can do right in your own home.

A workout routine is particularly important for your well-being when you are not able to do your usual activities. "We don't realize how many steps we take in a regular day, just going to work and doing our household chores," says



Mukherjee. "Your body is used to doing certain things in a certain way, and now that those activities have stopped, we risk our health deteriorating."

When you exercise, you help your body release endorphins, which can lift your mood and lessen anxiety. Mukherjee recommends that you do five or six exercises a day while you are observing the shelter-in-place order. She suggests that high-intensity interval training, or HIIT, is particularly well-suited for indoor workouts. HIIT workouts can maximize the benefit of cardiovascular and strength training in a short period of time. HIIT can make you break a sweat, speed up your heart rate, and burn calories.

A typical HIIT training lasts no more than 30 minutes and combines short bursts of intense exercise, followed by even shorter down times. Mukherjee proposes 40-second intervals of strenuous exercise, followed by 20 seconds of recovery. "You can do each of your exercises four or five times in 40-second rounds, each followed by a 20-second rest period," she says.

For someone who is just beginning an exercise routine, Mukherjee recommends exercises that mimic daily life. One example she provides are chair squats, which involve sitting in a chair and then standing up, for multiple repetitions. Another is brisk walking in a circuit, or walking up and down stairs. But be careful—even these daily activities can cause harm if they are not done right, or if they are done to excess. It is important to listen to your body and figure out a pace that works best for you

Exercises that can build stamina and muscle include burpees, pushups, planking, side-stepping, and marching in place. For strength training, Mukherjee suggests bridging, where you lie on your back and lift your buttocks off the ground. Another exercise is going up and down on your tiptoes while holding onto the back of a chair for balance. She also says that you can use small bottles of water, bags of rice, or even packages of paper towels as weights to build upper body strength. If these exercises are new to you, it is important to do them correctly to avoid injury. There are dozens of videos available online that provide instruction on how to do these exercises safely and effectively.

One of the biggest motivators for exercise is having workout buddies. A result of this pandemic can be losing the opportunity to go to a gym or exercise class where others are working out too. Mukherjee encourages everyone to connect with others by phone, or through online meeting apps such as Zoom, Google Hangouts, or Skype. These options allow you to work out safely with others who are also sheltering in place. Sharing music and taking turns leading exercises can be a lot fun, and can be a healthy distraction from the worries of the COVID-19 virus. At a time where minimal control over outside forces can feel overwhelming, keeping yourself healthy is something positive that you can control.

For videos about the importance of exercise and tips on strengthening specific areas, visit the Washington Hospital Healthcare System YouTube channel at www.youtube.com/whhsInHealth and search "exercise."

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







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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	4/7/20	4/8/20	4/9/20	4/10/20	4/11/20	4/12/20	4/13/20
2:00 PM 2:00 AM	Women's Health, Strategy for Wellness: Gender Matters, Heart Disease Risk in Women		Voices InHealth: Antimicrobial Stewardship	Diabetes Matters: Asian Fusion	Mental Health	Solutions for Weight Management	
2:30 PM 2:30 AM	Updated Treatments	Anxiety: Stop Negative Thoughts	How to Prevent Financial Elder Abuse/Fraud	Diabetes Health Fair 2019: Diabetes & Stroke: What's the Connection?	- Education Series: Mental Wellness		Mental Health Education Series: Understanding
:00 PM :00 AM	for Knee Pain & Arthritis			Early Detection and Prevention of Female Cancers	Gastrointestinal Disorders	Washington Township Health Care District Board Meeting March 11, 2020	Psychotic Disorders
30 PM 30 AM		Mental Health Education Series: Crisis Intervention	Sidelined by Back Pain? Get Back in the Game				Diabetes Matters: Diabetes Conversations
00 PM 00 AM	Washington Township Health Care District Board Meeting						
30 PM 30 AM	March 11, 2020		Strategies to Reduce the Risk of Cancer Recurrence	Washington Township Health Care District Board Meeting March 11, 2020	Weight Management: Stopping the Madness	Active Living: Yoga Exercises	11th Annual Women's
00 PM 00 AM	Aortic Valve Disease: Treatment Options Including TAVR	Diabetes Matters: Dining Out Around The World				Advancements in Lung Cancer Detection and Treatment	Health Conference Patient's Playbook
30 PM 30 AM	Caregiver Series: Securing Care Preferences Through AHCD	Digestive Health:	W 1: . T 1:	Caregiver Series: Caring for Someone with Dementia or Other Medical-Related Memory Loss	Diabetes Matters: Latin Foods	Mental Health Education Series: Anxiety Disorders	Vitamins & Supplements: How Useful Are They?
00 PM 00 AM	Respiratory Health	What You Need to Know	Washington Township Health Care District Board Meeting	Chronic Kidney Disease: FAQ	Suffer From		
30 PM 30 AM	and Diseases	Women's Health	March 11, 2020	Hometitie D	Sinus Problems?		Healthy Gut,
00 PM 00 AM	Diabetes Matters:	Conference: Reclaiming Your Confidence	Caregiver Series: Codependency and the Caregiver	Hepatitis B and Liver Cancer: Prevention	Preventive Screenings: When and Why are They Important?	Colon Cancer	Healthy You
30 PM 30 AM	Filipino Food Made Healthy	Diabetes Matters: Diabetes & Eyes	How to Talk to Your Doctor	and Treatment	Women's Health Conference: Women & Stroke: Are You at Risk?	Latest Treatment Options for Wound Care	Women's Heart Health
00 PM 00 AM		Food Pharmacy: Prescription for Colon Health	Stop Diabetes Before It Starts	Learn About the Signs & Symptoms of Sepsis	Sports Medicine Program: Why Does My Shoulder Hurt?	Understanding HPV: What You Need to Know	Women's Health through the Years: Screening is Key to Aging Well
30 PM 30 AM	Symptoms of Thyroid Problems	Stress Management				Women's Health:	
00 PM 00 AM			Palliative Care Series: Interfaith Discussions on End of Life Topics	Learn the Latest Treatment Options for GERD	Washington Township Health Care District Board Meeting March 11, 2020	Planning for Pregnancy	Diabetes Matters: Asian Indian Cooking
30 PM 30 AM	Family Caregiver Series: Mindfulness Meditation					Mental Health Education Series:	Sick Feet?
00 PM 00 AM	for the Caregiver			Diabetes Health Fair 2019: Diabetes and Foot Care	Warett 11, 2020	Family Support	Diabetes Matters: Exercise IS Medicine
30 PM 30 AM	Family Caregiver Series: Care for the Caregiver	iviaicii 11, 2020	Peripheral Vascular Disease: What You Need to Know	How To Stop Disease Before It Starts	Diabetes Matters: Type 1.5 Diabetes Women's Health Conference: Quality of Life Before and After Cosmetic Surgery	Diabetes Matters: Basics of Insulin Pump Therapy	Keeping Your Brain Healthy
00 PM 00 AM	How to Sleep Your Way	Family Caregiver Series: Loss, Grief & Recovery				Family Caregiver Series: Understanding Healthcare Benefits	
30 PM 30 AM	to Better Health	Minimally Invasive Options in Gynecology	Advance Care Planning:	Family Caregiver Series: Fatigue and Depression	Diabetes Matters: Italian Foods	Strategies to Help Lower Your Cholesterol and Blood Pressure	Washington Township Health Care District Board Meeting March 11, 2020
:00 PM :00 AM	Family Caregiver Series: Nutrition for the Caregiver	Endometriosis: Causes, Symptoms, Diagnosis	Five Wishes		Inside Washington Hospital: Advanced Treatment of Aneurysms		
:30 PM :30 AM :00 PM :00 AM	Healthy Eating: Prescription for Health	and Treatment Family Caregiver Series: Medication Safety	Mental Health Education Series: Understanding	Metabolic Disorders	Diabetes Matters: Heart Healthy Eating	Laugh without Leaking: Understanding Female Urinary Incontinence	Balance & Falls Prevention
:30 PM :30 AM	Diabetes Matters: Straight Talk About Diabetes Medications	Diabetes Health Fair 2019: Standards of Medical Care in Diabetes	Mood Disorders	Diabetes Matters: Diabetes and Your Heart	Family Caregiver Series: Managing Family Dynamics in Caregiving	Diabetes Matters: Diabetes and Kidney Health	Women's Health: Depressio More Than a State of Mino

Fremont
Pediatrician
Offers
Tips for
Sheltering
in Place
with Your
Children



It's been a few weeks since Bay Area residents were ordered to shelter in place, and many parents may be struggling as they try to juggle their work, school assignments and other childcare duties. Kids are home from school or daycare and need attention, but parents have work to do. All this is happening as many of us are feeling anxious and even scared—and that includes kids. A Fremont pediatrician offers some advice for talking to your children about the COVID-19 pandemic and tips for keeping them busy while you all hunker down together.

"People are anxious and kids absorb that anxiety," said Bhaskari Peela, MD, a pediatrician with Washington Township Medical Foundation. "You may notice your preschooler is a little more clingy than before. Your kids may have more headaches or tummy aches, and your teenagers may isolate themselves. These are signs your kids are a little stressed out."

Dr. Peela advised it's important to give your kids positive feedback about what's happening. The amount of details you provide depends on their age.

"You can't just say everything is going to be OK," she added. "Let them know what's happening, but be positive. Let them know it's a big problem, but smart people are working on it. Provide positive updates. Think about the language you use around them. Don't tell your kids you are scared. If you're worried about losing your job, don't share that with them."

Maintain a Schedule

It's important to keep your kids on a schedule. Have them get up and eat breakfast just as they always do. School-age kids should have specific time set aside for school work and fun.

"You need to have a balance of academics and fun time, but not too much screen time," Dr. Peela cautioned. "It's OK if they want to play video games, just keep it in moderation. Let them play for half an hour or so, here and there. Make sure they also have time to talk to their friends. They can use Zoom or FaceTime or some other program where they can actually see their friends—that's important. A lot of people are doing virtual play dates with Zoom where kids can play together. It's good for them to feel connected to their friends."

Get Outside

"Fresh air is very important," she added. "Get outside and take walks around the neighborhood, just make sure to maintain a safe distance from others. Stay at least six feet apart."

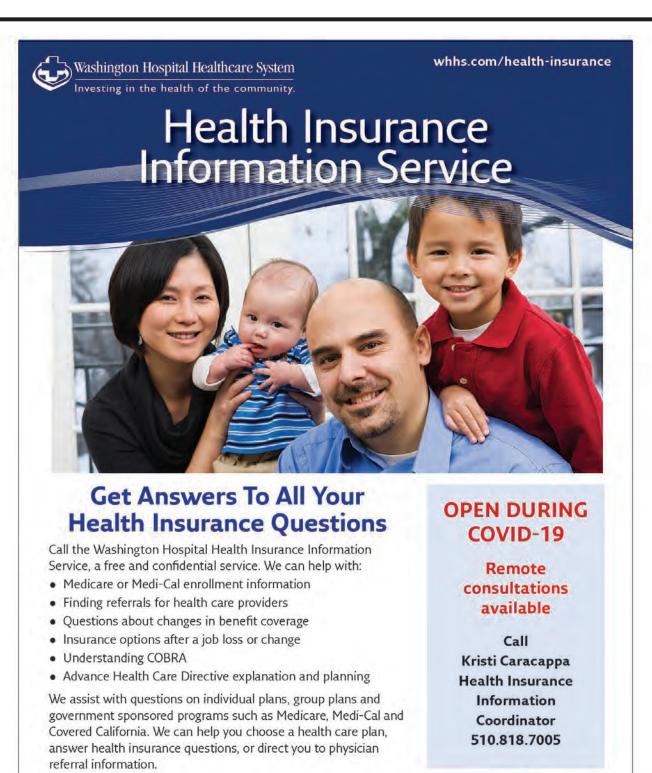
If you have a yard, younger kids can burn up some energy playing in the backyard. You might want to consider having older kids do some yard work. "A garden can be fun for kids of all ages," said Dr. Peela. "They might like to gather things from the yard like leaves and twigs and make art projects out of them."

Dr. Peela noted reading, painting, drawing and coloring are all enjoyable activities that can keep your children occupied. She also suggested puzzles and games, which can be fun for the family to do together. "It's always good to have family time," she said. "Cooking with your kids can be a great way to do something together, and they learn about measuring ingredients and preparing food. You can do some baking. That's always fun."

She pointed out there are also ways your children can help their community right now that will keep them busy. There are a lot of projects happening like sewing masks that they might want to get involved with. "Have them write letters to their grandparents, or to health care workers, police and others on the frontlines," Dr. Peela added.

Of course, we all know some kids are easier to keep entertained than others, and what about the times you need to get work done or join a conference call? "This is why it's so important to have your kids on a schedule," Dr. Peela emphasized. "You need to plan more outdoor time and activities for kids who can't sit still. When you are busy with work or meetings, plan for them to be busy doing something, whether that's school work or some other activity."

For information about Washington Hospital Healthcare System's response to the COVID-19 pandemic, visit www.whhs.com.



Stay connected to Washington Hospital through Facebook, Twitter, Instagram and YouTube. Watch InHealth Channel videos, learn about upcoming events and

seminars and see what's happening at your community hospital.

continued from page 1

Go on a walk – but look out for Bears

By Stephanie Gertsch
Photos courtesy of Glenmoor Gardens and Fremont Police Facebook pages

During "Shelter in Place" a walk outside is one of the best ways to unwind and get some exercise, while observing the rules of social isolation. As more families ramble the streets, local neighborhoods have added an element of fun. Plush bears have been popping up in the windows and on the porches around Glenmoor and Niles, among other neighborhoods. This is a way to give kids a fun scavenger hunt and for neighbors to show support for each other – even without meeting in person.



Fremont resident Kathleen McCabe-Martin first noticed the bear hunt in Niles. "I am on the Niles Yahoo Group; [they have] really gotten into the Bear Hunt as a fun and happy thing to do for the community. Because I drive for Meals on Wheels Mondays in the Niles area, I have seen dozens of bears in the windows of houses and stores. This is such a happy and fun idea."







Glenmoor Gardens decided to get in on the fun when neighborhood parent Grace Karr shared an article from Mashable that explained the concept. Chris Valle, administrator for the Glenmoor Google Group and board member of the neighborhood's homeowner association, says, "I had no idea how much it would take off. After Grace's email, the neighborhood immediately started replying with 'we are putting a bear in our window now, we live on this street.' Within two hours we had dozens of emails to the point that someone asked if we could organize the effort into a Google Spreadsheet." He made the sheet, and within 48 hours there were over 100 participating homes.

Valle himself has three daughters, and the family goes bear hunting (with dog) to take a break from school at home. Valle says, "It has been truly inspiring for neighbors to focus on a positive activity that keeps our kids active and engaged. I think this is even more critical now as families are struggling to find balance of working, home schooling and ensuring we adjust to a new normal."

Glenmoor resident Kathy Kimberlin agrees. "People generally like a routine. With the lack of the usual routine, my street has started family walking routines, including babies, young kids, parents, grandparents and even their dogs. They look forward to seeing the bears, giraffes, fish, penguins and a variety of critters in our windows on Elliot Street. The kids often wave and yell 'Hello' to the animals as they pass."

Glenmoor and Niles bear hunts have even been featured on Fremont Police Department's Twitter and Facebook. Hopefully, the game will continue to spread joy to other communities.

You can read the original Mashable article here: https://mashable.com/article/coronavirus-teddy-bear-hunt-children/

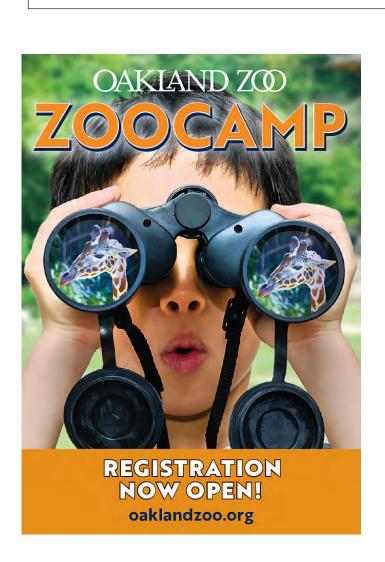
Editor's Note:

Hayward has also joined the bear hunt fun with a Nixle post from the Hayward Police Department at local.nixle.com/alert/7906206 and additional information at: https://time.com/5809613/bear-hunts-coronavirus/

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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California Nursery The Packing Shed

By Charlene Dizon

The Packing Shed remains as one of the California Nursery Company's most important buildings in supporting the company's rapid agricultural growth. The shed's purpose was vital for storing trees before sending them out to the market. Today, the Packing Shed requires structural renewal to tell its history to the public.

The late 1890s was the era of agriculture in California. Nurseries were encouraged to

Three original packing sheds were built by American nurseryman John Rock and used by the Roeding ownerships until 1972. The sheds were the center of activity for over 100 years as millions of trees and roses would be packed during most productive times to be mailed to customers throughout the west. A shed would be open on one side to store plant-like reeds known as tules. These tules were used to create a protective layer around bare-root trees during transportation. The shed

by Western Pacific for loading onto the station. Additions were made to expand space within the shed due to increased product demand.

California Nursery Company was also one of the first agricultural businesses to use parcel post in shipping small shrubs and roses to clients. This transformation led the company to hold the #1 account with the Niles Post Office, as they did such a large amount of business mailing roses. Bruce Roeding recalls that his father, George





expand their development due to the increase in demand for trees that produced food. Hybridization became common as agriculturalists created various varieties of fruits. Due to this

contained a baler, a piece of farm machinery that would compress and cut crops into compact bales. The baler would tie tules around the trees to keep them together, while the workers used wood to

Roeding Jr., did so much business with the Post Office that an additional postal facility was built solely to accommodate California Nursery business. As there were originally three packing sheds, one of the sheds was transformed in 1935 and used specifically for parcel post. Workers learned how to carefully pack plants to ensure none were damaged during the trip. Using parcel post allowed the company to reach even more clients efficiently and collaboratively. Other added changes to the shed in the 1950s included replacing its tin roof and adding an area for trucks to load and unload.

Today, the Packing Shed's physical appearance has unfortunately deteriorated due to a lack of care. As a result of vandalism, the City of Fremont placed a gate around the building. Math Science Nucleus, a local nonprofit organization, has painted and stabilized an area for tools but the shed requires professional reconstruction and maintenance. Several areas of the roof have collapsed and need replacement. Though plans have been made to conserve the shed, years have gone by with no restoration. Math Science Nucleus President Dr. Joyce Blueford states, "We would like to see the shed as a museum for the large artifacts that Bruce Roeding has. With the aid of volunteers who understand the

importance of preserving history, we can rightfully preserve the shed's agricultural importance."

For those interested in becoming a historical docent or learning about volunteer

opportunities, please contact Math Science Nucleus for more information at msn@msnucleus.org or call 510-790-6284.



hybridization process, the proposal to transport trees, shrubs and flowers was made. This idea in itself was considered innovative at the time and took much planning and effort. Transporting specimens required attentive packaging to protect the pieces, loading trucks and trains for transportation, and the assistance of several workers who ensured that the operation ran smoothly. Establishment of the Packing Shed proved essential to this process.

support the trees and prevent them from being crushed during transportation.

Tracks were also placed in the packing shed for setting plants on scales to measure their weight and easily move them. Plants were then put on a horse-drawn wagon and taken to the Niles Depot (Central/Southern Pacific railroad line) or directly to the customer. In 1914, the Eberly Station was created and plants were taken to a siding provided



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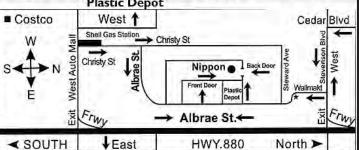
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Reflections on Water

Water quality and supply remain unaffected

SUBMITTED BY SHARENE GONZALES

The Alameda County Water District's (ACWD) delivery of essential water service to Fremont, Newark, and Union City will continue during the Alameda County's extended shelter-in place-order. The critical operations provided by ACWD's staff qualify as "Essential Critical Infrastructure Workers" as identified by the state public health officer.

"This emergency is affecting our community in ways we have never imagined," said ACWD Board President Judy Huang. "We want our customers to have one less worry and know that their water service will remain on and is safe to drink," she added.

General operations provided by ACWD will continue with some administrative services reduced to follow health directives of social distancing.

ACWD's water is safe to drink

The water from your tap is safe from coronavirus (COVID-19). It is treated and tested before making its way to your home or business and continues to meet or surpass all state and federal drinking water standards.

Continuous Water Service 24/7

To ensure that all customers are provided with continuous service, and to assist with those who may have financial hardships as a result of this crisis, ACWD has temporarily suspended water disconnections for non-payment and late payment fees. ACWD's customer assistance program, Help on Tap, offers income-qualified customers a \$25 bi-monthly bill credit.

Keeping our employees safe

Our employees are our best asset and their safety is critical. ACWD has implemented many measures to increase physical distancing. Customers are asked to maintain physical distance of at least 6-feet from any ACWD staff you see performing work in our community.

Service and accessibility

While our customer lobby is closed to the public, the following services will continue over the phone or by scheduled appointments:

- Customer Service
- Development Services: Inspections/installations of new or modified water services or extensions
- Engineering Services: Construction of critical water infrastructure
- Distribution & Maintenance: Emergency repairs
- Groundwater inspections
- Water Conservation: Rebates
- Emergency repairs

Alameda County Water District Monday - Friday: 8 a.m. - 5 p.m. (510) 668-4200

24-Hour emergency hotline: (510) 668-6500 General Information: www.acwd.org Help on Tap: www.acwd.org/HOT Water Quality Report: www.acwd.org/2018CCR Updates regarding water service during COVID-19: www.acwd.org/COVID19

Youth and Family Services Available

SUBMITTED BY CITY OF HAYWARD POLICE DEPARTMENT

Did you know the Hayward Police Department has a unit of family therapists and case managers and all the services are free? The outbreak of COVID-19 can be stressful, especially for youth and families. The Youth & Family Services Bureau (YFSB) is here to help.

Even though the in-person services are limited, the YFSB has someone answering the phone and can connect you to available resources. The bureau also offers phone/video sessions and face-to-face crisis sessions when needed. Youth ages 8 to 18 and their families typically qualify for the services, but the YFSB can help anyone get connected to the right resources.

For information, call (510) 293-7048. For the COVID-19 Information Hotline, call (510) 583-4949. For more information about YFSB visit https://www.hayward-ca.gov/police-department/publicservices/youth-family-services-bureau

> Youth & Family Services Bureau Phone calls: Monday – Friday, 9 a.m. – 4 p.m. (510) 293-7048

https://www.hayward-ca.gov/police-department/public-services/youth-family-services-bureau

New online hub streamlines volunteer process

SUBMITTED BY ERIC ENGELBART

In an effort to help connect potential volunteers to local food banks or organizations dedicated to helping the community respond to the COVID-19 pandemic, the City of San Leandro has launched a new online volunteer hub.

Announced April 2 by San Leandro Mayor Pauline Russo Cutter, the volunteer hub can be accessed at www.SLKindness.net. Registration is simple: potential volunteers simply click on the "Sign Up" button that appears on the home screen and follow the prompts.

"I have heard from many San Leandro residents who are looking for ways to volunteer their time to help others impacted by the extremely challenging circumstances we are currently facing," Cutter said. "Many of our local non-profit organizations have also shared with me a high priority need for volunteers. That's why I am thrilled to announce the launch of our Kindness Network website that will help connect volunteers with local organizations that need support. So, I am calling on any residents who have time on their hands and who are healthy enough to help others to please consider signing up."

During the initial phases of the program, the new hub will focus on generating a list of interested volunteers that can be shared with local food banks or other non-profit organizations dedicated to providing meals or groceries to those in need. Over time, the online hub will be expanded to support additional services, including city departments, non-profit organizations, and community-serving opportunities where volunteers are needed.

Any volunteers seeking to sign up will be required to practice strict social distancing and cleanliness standards to protect against the spread of the coronavirus. Anyone with questions about the new portal can send an email to Eric Engelbart at eengelbart@sanleandro.org.

Takeaway meals for seniors

SUBMITTED BY JACQUI DIAZ

The Hayward Area Recreation and Park District (HARD) has partnered with Spectrum Community Services to provide a takeaway meal program, beginning April 1, for seniors ages 60 and over. Meals will be distributed for curbside pickup.

Seniors must complete a Spectrum registration form before receiving the meals. The form is available at the pickup line or can be found at www.SpectrumCS.org/senior-services/senior-meals. Reservations are requested, limited extra meals will be

on-hand. A donation to Spectrum Community Services of \$3.75 per meal is suggested.

Participants must call in their reservation three business days in advance. Call HARD at (510) 881-6768 for details or leave a voicemail that includes your name, phone number, and day you want to reserve your meal. For more information, visit www.HaywardRec.org.

Curbside Pickup Meals

Monday - Friday: 12 noon –12:30 p.m.

Hayward Senior Center
22325 N. Third St., Hayward
(510) 881-6768

www.SpectrumCS.org/senior-services/senior-meals

www.HaywardRec.org



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Telehealth appointments

SUBMITTED BY TRI-CITY HEALTH CENTER

Throughout the COVID-19 pandemic, Tri-City Health Center strives to continue our comprehensive services to all in southern Alameda County. To protect our providers and patients, we have decided to start moving routine, non-urgent appointments to telehealth appointments – an appointment held over the phone instead of in-person – if possible.

Routine visits over the phone will include all of our service lines, including behavioral health, medical, dental and vision. Our clinics will remain open to all urgent cases.

Patients are still asked to schedule appointments by calling our appointment line at (510) 770-8040. From there, our Medical Assistants will call with further instructions on how the provider will contact patients at the time of their appointment.

A reminder: All cases where a patient believes they may have, or may have come in contact with, COVID-19, please call ahead of time. Do not walk in. This will allow our team to provide the best advice.

Thank you for trusting Tri-City Health Center during this time of need. We are all in this together. Please remember to Stay Home and Save Lives.

Tri-City Health Center appointments (510) 770-8040

Guidance on use of cloth face coverings

SUBMITTED BY CALIFORNIA
DEPARTMENT OF PUBLIC HEALTH

On April 1, California's public health officials eleased guidance on the use of cloth face coverings to protect against COVID-19 for Californians who must leave their homes to conduct essential activities. The guidance does not require people to wear face coverings – and is not a substitute for the state's current guidance regarding social distancing and hand washing. The state also does not recommend Californians use N-95 or surgical masks, which are needed for our health-care workers and first responders who will be there for when our lives at risk.

"Face coverings are not a substitute for physical distancing or frequent hand washing, which we know are amongst the most effective ways to reduce the spread of COVID-19," said Dr. Sonia Angell, director of the California Department of Public Health and state health officer. "Wearing a cloth face covering could provide some additional benefit by acting as a reminder for other people to keep their distance, and it could help reduce the spread of infectious particles from those who could be infected but don't have symptoms."

The use of cloth face coverings could reduce the transmission of COVID-19 by individuals who do not have symptoms and may reinforce physical distancing. Public health officials also caution that face coverings may increase risk if users reduce their use of strong defenses such as physical distancing and frequent hand washing.

To read the new guidance, visit https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/ Face-Coverings-Guidance.aspx.

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Meals on Wheels, Spectrum, Life ElderCare join forces to feed seniors

SUBMITTED BY HAYWARD CHAMBER OF COMMERCE

Spectrum Community Services, SOS Meals on Wheels, and LIFE Elder Care have joined to coordinate efforts to ensure that homebound seniors continue to receive daily meal deliveries. The three chamber-member organizations provide nutritious meals by delivery to seniors who cannot shop or prepare food because of poor health, immobility and poverty. The crisis has meant also providing service to clients who normally got meals from dining sites offered by Spectrum. "All three agencies need healthy volunteers that can help deliver meals," said Charlie Deterline, Meals on Wheels director. "If you are unable to volunteer, donations are also greatly needed."

Life ElderCare (510) 894-0370 (510) 894-0370 www.lifeeldercare.org

Spectrum Community Services (510) 881-0300 www.spectrumcs.org

> SOS Meals on Wheels (510) 582-1263 www.sosmow.org

Sanitation Stations Installed

SUBMITTED BY CITY OF FREMONT HUMAN SERVICES DEPARTMENT

To prevent community spread of Coronavirus (COVID-19), seven temporary sanitation stations that have handwashing and toilet units have been in-

stalled throughout the City of Fremont.

Fremont Main Library 2400 Stevenson Blvd, Fremont

Isherwood/Old Alameda Creek Quarry Lakes Dr., Fremont

Christy/Albrae 41243-41429 Christy St., Fremont

Sunrise Village 588 Brown Rd., Fremont Ardenwood Blvd Overpass Near Hwy 84, 34790 Ardentech Ct., Fremont

Washington Blvd Overpass (Access off of Main St and High St) 3553 Washington Blvd., Fremont

Auto Mall Pkwy Overpass (near Home Depot) 43900 Ice House Ter., Fremont



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Dream USA • Henry Margu • Jon Renau

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To make an appointment, call (510) 790-1911 or email info@hersbreastcancerfoundation.org.

To learn about upcoming events, job opportunities, and much more, visit www. HERSBreastCancerFoundation.org

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BUSINESS

Local COVID-19 testing center opens

SUBMITTED BY CHERYL GOLDEN

On April 3, the City of Fremont opened its Coronavirus Disease 2019 (COVID-19) testing site to provide an opportunity for people who are sick, first responders, and frontline health-care personnel with recent suspected exposures to the virus to be tested for free. The tests are free to the public and available to anyone regardless of where they reside or their immigration status.

The Fremont Fire COVID-19 Testing Center will help alleviate the pressure on hospital emergency departments, provide faster test results for recently exposed first responders and frontline health-care workers, and increase community's ability to suppress new transmissions through isolation after testing.

"We thank the City of Hayward for inviting Fremont to join its team, to better prepare ourselves as we roll out our own testing center. We're all stronger when community partners come together to work on creating a solution," said Mayor Lily Mei.

To receive a COVID-19 test, each person will be screened as part of a two-part testing process and must have a fever over 100 degrees and be symptomatic for COVID-19. Symptoms for COVID-19 include cough, shortness of breath or difficulty breathing, persistent pain or pressure in the chest and/or other respiratory symptoms. A referral from a medical doctor is not required to be screened. After the initial screening process is completed, those individuals who meet the testing criteria will be administered the actual COVID-19 test, which involves swabbing of the nasal cavities and back of the throat.

Testing will be organized using a drive-thru system and individuals seeking the test will need to remain inside a vehicle. No walk-up tests will be permitted. To get to the testing center, vehicles should enter from westbound Stevenson Boulevard, then proceed to Eureka Drive and make a right turn northbound. Vehicles should then proceed forward on Eureka Drive and the line will be forming along the right curb. Access to the screening line is only available by vehicle and may be limited at times to provide for a safe and manageable traffic flow.

Although walk-up testing will not be available, the city is working with a local health clinic to create a partnership that would allow for walk-up COVID-19 testing on an appointment-only basis. First responders and health-care workers who are symptomatic for the COVID-19 virus and have a temperature over 100 degrees may schedule a test in advance by calling (510) 789-7231.

Staffing at the testing center consists of Fremont Fire Department firefighter-paramedics, Washington Hospital registered nurses, and United Ambulance Emergency Medical Technicians (EMTs). The overall management of the testing center is in coordination with the Fremont and Newark police departments.

COVID-19 Testing Center
Fremont Fire Tactical Training Center
7200 Stevenson Blvd, Fremont
Monday – Sunday
10 a.m. – 5 p.m. or until maximum number of
available tests are exhausted

No walk-up tests

Donate Locally

By TCV OFFICE STAFF

During a crisis, one of the worst things is feeling powerless: powerless to change our own situation and powerless to do anything positive to mitigate a growing catastrophe. However, there are many ways to help around the Bay Area for people of all levels of resources.

Hospitals

Healthcare workers are on the front lines helping the ill and providing tests. But they desperately need protective equipment such as face masks (especially N95 models), disposable gloves, and hand sanitizer. Members of the public who have been able to stockpile or purchase these items can donate to hospitals around the country.

The database #GetUsPPE has posted a list of hospitals accepting donations. It started as a hashtag on Twitter but now has its own website at https://getusppe.org/. There are options for people seeking supplies, and those seeking to donate supplies.

Some donation sites in the East Bay are St. Rose Hospital in Hayward; Eden Medical Center in Castro Valley; Palo Alto Medical Foundation, Tri-City Health Center, and Washington Hospital in Fremont; Kaiser Permanente in Fremont and San Leandro; and Sequoia Home Health and Hospice in Milpitas.

Food Banks

With school closures and rising unemployment, many are relying on foodbanks for daily meals – in addition to the people who rely on those resources already. You can support local foodbanks through donations of staple foods with a long shelf life, monetary donations, or volunteering your time. In addition, food banks are taking steps to keep users healthy, such as providing grab-and-go bags rather than letting people browse the shelves, and doing curbside pickup.

Some local food banks are Milpitas Food Pantry (http://milpitasfoodpantry.org/) and Tri-City Volunteers (https://www.tricityvolunteers.org/).

Volunteer remotely

You don't have to leave your home to help your community. There are ways to reach out by phone, by text, and online. Virtual volunteering opportunities in the Bay Area (or anywhere really, that's the point) can be found at https://www.volunteermatch.org/.

Donate Blood

Currently, there is a shortage of blood donors as people are afraid to come out and donate, and as more eligible donors fall ill. However, Red Cross is putting safety measures in place for those who do come to their centers, including taking everyone's temperature at the door and wiping down all equipment in between donors.

Local centers are:

Fremont-Newark Center 39227 Cedar Blvd., Newark

Oakland Donation Center 6230 Claremont Ave., Oakland

Pleasanton Donation Center 5880 W. Las Positas Blvd. Suite #34, Pleasanton

San Jose Donation Center 2731 N. First St., San Jose

1 (800)-RED-CROSS

Help Neighbors

Now is a time to check in with your neighbors, so you can keep an eye on each other. Some may need help with childcare or home deliveries. The website Next Door (https://nextdoor.com/) lets you keep up with what's going on in your neighborhood.

Organizations are also specifically asking for drivers who can deliver food and other supplies to seniors. Life Elder Care is looking for healthy adults who are at a low risk for COVID-19 to pair with a senior citizen as a delivery driver for supplies and prescriptions. Learn more at https://www.tricityatrisk.com/. Spectrum services is also looking for volunteer drivers for Meals on Wheels: https://www.spectrumcs.org/senior-services/meals-on-wheels.

Help elders in care homes

Because the senior population is especially at risk from COVID-19, senior living facilities are closing their doors to visitors. Many of the elderly are lonely, cut off from their friends and family during a stressful time. A phone call, letter, or postcard can brighten their day and help them feel connected to the outside world without exposing them to infection.

There are several senior living facilities in the Tri-City area, such as Acacia Creek (https://acaciacreek.org/) and Aegis Living (https://www.aegisliving.com/). Both of these have taken steps to isolate patients and quarantine patients and staff who have been diagnosed with COVID-19. While they don't have information on whether they are accepting letters and phone calls, they can be contacted through their websites.

These tips are just a start as more communities are getting organized to lend support to the most vulnerable.

DMV helping seniors with expiring driver licenses

SUBMITTED BY CALIFORNIA OFFICE OF EMERGENCY SERVICES

On April 1 the California Department of Motor Vehicles announced that seniors with an expiring driver license will receive a 120-day extension in the mail during the COVID-19 pandemic. Also, those with safe driving records whose last DMV visit was 15 years ago will not be required to renew in person for the next 60 days and will be able to renew online or by mail.

"Today's actions ensure hundreds of thousands of Californians can keep their driver license current while following the state's stay at home request," DMV Director Steve Gordon said. "The health and safety of our employees and customers is the DMV's top priority. We encourage customers to take advantage of our online services whenever possible, including for eligible driver license or vehicle registration renewals."

120-day extension for drivers 70 and older

The DMV is providing a 120-day extension to Californians age 70 and older with a driver license that expires from March 1 to May 31, 2020. This action ensures this vulnerable group can avoid a DMV office visit during the COVID-19 pandemic.

California law requires drivers age 70 and older to visit a DMV field office to renew their license but gives the DMV authority to issue extensions -- no individual action is required. Eligible drivers will receive a paper license extension in the mail. The expiration dates will reflect a minimum of 120 days before renewal is required. Around 860,000 seniors visit DMV offices every year for the required in-person license renewal.

Waiving in-person renewals

Governor Gavin Newsom signed an Executive Order on March 30 temporarily waiving for 60 days the requirement for Californians with safe driving records to renew their driver license in-person at a DMV field office. The Executive Order also temporarily waives required in-person renewals for identification cards. The DMV is also completing the programming necessary so that individuals who meet the criteria will be able to complete their renewal online or by mail beginning Wednesday, April 8.

Duplicate driver license

The DMV now offers Californians the option to use its online services to request a duplicate driver license if theirs was lost or stolen and does not expire within 30 days. A duplicate license costs \$30. Approximately 1 million Californians request duplicate licenses each year.

Essential DMV services continue

The DMV continues to provide essential services via mail, online, kiosks, its call center at (800) 777-0133, available business partners and, soon, virtually to process critical transactions, including eligible driver license and vehicle registration renewals, during the COVID-19 pandemic.

The DMV encourages customers to use another service channel if their transaction does not require an office visit. These services are listed on the DMV website at https://www.dmv.ca.gov/portal/d mv and include change of address, replacement sticker or registration card, notice of transfer and release of liability, and vehicle license fee refund requests, among others.

In addition, the Virtual Field Office at https://virtual.dmv.ca.gov/ can process title transfers and complex vehicle registrations that would otherwise have to be accomplished in an office. More services will be offered through the Virtual Field Office in the coming weeks.

FROM THE GOVERNOR'S OFFICE

Executive Order to Protect Consumers from Price Gouging

Governor Gavin Newsom signed an executive order Friday, April 3, 2020 expanding consumer protection against price gouging as California continues to respond to the COVID-19 pandemic.

The order generally prohibits sellers of any kind from increasing prices on food, consumer goods, medical or emergency supplies, and certain other items by more than 10 percent. The order also gives additional tools to the California Department of Justice and Attorney General's Office, among others, to take action against price gougers.

"This crisis has impacted every Californian and our normal way of life, and we are ensuring that all consumers are able to purchase what they need, at a fair price," said Governor Newsom.

Executive Order to Expand Telehealth Services

Governor Gavin Newsom signed an executive order Friday, April 3, 2020 to expand protections to medical providers as they amplify the use of video chats and similar applications to provide routine and non-emergency medical appointments in an effort to minimize patient exposure to COVID-19.

The order relaxes certain state privacy and security laws for medical providers, so they can provide telehealth services without the risk of being penalized. This action is similar to the federal HHS Office for Civil Rights waiver issued on March 17, 2020 regarding federal privacy and security laws.

"This order provides flexibility to our medical and health providers so that they are able to provide continuity of health services to people across the state, and will allow providers to assess a greater number of patients while limiting the risk of exposure and infection of other persons from in-person consultations," said Governor Newsom.

Governor Newsom continues to encourage people to practice safe physical distancing and to comply with stay-at-home orders to bend the COVID-19 curve.

Visit covid19.ca.gov for critical steps Californians can take to stay healthy, and resources available to those impacted by the outbreak.



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Are you a job seeker?

SUBMITTED BY GUISSELLE NUNEZ

The stay-at-home order is isolating for everyone, especially those in the market for a new job. The Tri-Valley Career Center (TVCC) offers virtual help to job seekers who were looking for work before the COVID-19 crisis, and those who have lost their jobs due to the crisis.

TVCC, a service of the Chabot-Las Positas Community College District, is working to offer career services through online options. Resources for job seekers and small businesses can be found on the Tri-Valley Career Center website, including unemployment information, Covered California, the small business development center, and more.

Job search strategy workshops and TVCC Job Club are being offered via Zoom, including a new workshop specifically addressing resource options and searching for a job during the current crisis. The list includes:

- Job Searching through the COVID-19 Crisis
- Building Your LinkedIn Profile
- Writing a Dynamic Resume and Cover Letter
- Interview Skills
- Networking and the Hidden Job Market
- Soft Skills
- Career Assessments

A six-week series of virtual stress reduction workshops is being held on Wednesdays via Zoom. The option is available to attend one or all of the workshops. The TVCC virtual job board continues to be a place to find local positions as employers post them.

"While our office may be closed, our staff is still working, coaching, and continuing to provide critical job search support and training," said Sarah Holtzclaw, TVCC program manager. Holtzclaw encourages job seekers to continue to check their website and to sign-up for the TVCC newsletters for updated information.

For more information or to speak with a career counsellor, call (925) 560-9431, email tvcc@clpccd.org, or visit the Tri-Valley Career Center website at

http://www.trivalleyonestop.org/.

Virtual Stress Reduction Workshop (6 weeks) Wednesdays 9 a.m. (925) 560-9431

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TAKES FROM SILICON VALLEY EAST

Support local restaurants

and small businesses

By Tina Kapoor, economic development manager, City of Fremont

Small businesses bring a great deal of vitality and sense of community to our city. However, the situation surrounding COVID-19 continues to change at an alarming pace, and the impact on small businesses has been especially dramatic.

We encourage you to consider supporting local Fremont restaurants and small businesses. In partnership with the Fremont Chamber of Commerce and local community members, we recently have distributed window signage to businesses to alerts folks that they are open during the pandemic.

We have also introduced a new addition to our toolbox that will make it easier for you to support local from the comfort of your home – an interactive map (www.Fremont.gov/Open). You can use this map from any device to find local restaurants and coffee shops offering take-out and delivery options, as well as other small businesses that are open during the stay-at-home order.

To use the interactive map, click on the upper left icon for a list of all businesses, the upper right icon to go full screen, and use the search function. This is not an exhaustive list. We continue to add open restaurants and small businesses as we identify them. To get your favorite restaurant listed in the map, please send an email to econdev@fremont.gov or fmtcc@fremontbusiness.com.

Solid waste, recyclables, organics pickup services update

SUBMITTED BY CITY OF HAYWARD

City of Hayward waste hauler Waste Management of Alameda County (WMAC) has announced effective March 30 a suspension of bulky and excess waste service so the company can focus on regular curbside trash, recyclables and organics pick-ups during the COVID-19 public health emergency.

The company says customers with bulky and excess waste

pickups already scheduled beyond March 30 will be able to reschedule after July 1—and that it is providing customers notice of the temporary change in service via their preferred method of contact (email, text, or phone call) and on through its online wm.com/alerts system.

Regular curbside collection of solid waste, recyclables and organics from WMAC and its subcontractor Tri-CED Community Recycling is continuing and remains largely uninterrupted.

WMAC has closed its customer service office on Main Street in Hayward and its walk-up window at 98th Avenue in Oakland out of concern for the proximity of customers and WMAC workers. Customers can still drop their payments into a slot at the Main Street office. Payments can also be made by the following methods:

- Mail payment to the address provided on customer invoices
- Online at www.wm.com, using the Waste Management (WM) Customer ID on customer

invoice to create or login into your account at anytime

• Call Waste Management's automated system at 1-(866) 964-2729

WMAC's call centers experienced disruptions but are now fully operational with employees working remotely. For assistance, customers can call (510) 537-5500 or submit questions to csnorthbay@wm.com.

WMAC's recycling subcontractor Tri-CED has announced that as a precautionary measure, it will not collect used motor oil jugs, extra cardboard (flattened between carts), or household batteries from the curb as long as shelter-in-place orders are in effect. Residents are encouraged to put cardboard into the recycling cart. Used oil and household batteries should be saved for proper disposal after the shelter-in-place orders are lifted and collections return to normal.

Health
officers
slightly
expand list
of 'essential
businesses'

SUBMITTED BY HAYWARD CHAMBER OF COMMERCE

The shelter-in-place order has been extended by state and local authorities through May 3, and the list has slightly expanded for what constitutes an "essential business." The additions include moving companies, rental car companies, rideshare services that enable essential activities, and service providers that enable residential transactions such as notaries, title companies and Realtors.

Health officers in Bay Area jurisdictions are extending a previous stay-at-home order in order to preserve hospital capacity. They determined that stricter social distancing is needed to slow the rate of spread, prevent deaths, and stop the health care system from becoming overwhelmed.

New restrictions include closing down "nonessential" portions of essential businesses and requiring all those businesses, including restaurants offering takeout and grocery stores, to have a social distancing protocol. Most residential and commercial construction is now prohibited, with exceptions for projects associated

with health care operations and multifamily or mixed-use projects containing at least 10 percent income-restricted units.

Funeral homes and cemeteries are also allowed to operate, but funerals are limited to no more than 10 people attending, including interment. Recreational areas are closed, including parks and playgrounds, as well as sports involving multiple people sharing a ball, except for those in the same household. People are required to stay at home unless going to pick up food or medicine or seeking medical attention.

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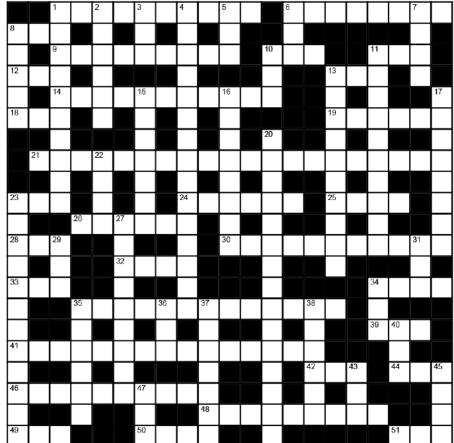
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- * Diabetes * Facial Palsy
- * Kidney stone * Parkinson's disease
- * TMJ syndrome
- * Tourette syndrome
- * Alzheimer's disease

wind Twisters

Crossword Puzzle



Across

- Praiseworthy (10)
- Chicken dish (8) 6
- 8 Campaign pro (3)
- For the time being (2,7)9
- 10 Actor Billy ___ Williams (3)
- G.I. chow in Desert Storm (3) 11
- 12 ___ Khan (3)
- 13 Rock music's ___ Fighters (3)
- Wet blanket (5,6) 14
- Actor Wallach (3) 18
- 19 Magnet alloy (6) 21
- Batting order? (4,4,3,2,3,4) 23 Acquire (3)
- 24 Altogether (2,4)
- Autumn tool (4) 25
- 26 Funds (6) Chess champion Mikhail (3) 28
- Quick studies? (11) 30
- 32 K-12 (4)
- 33 Dickens alias (3)
- Sunscreen ingredient (4) 34

- 35
- Make a mistake (6,3,4) 39 Head, slangily (3)
- Split (4,3,3,5)
- 42
- Arch (3)
- 44 Airline to Stockholm (3)
- 46 Square (4-6)
- Longtime NBC Symphony 48
- conductor (9)
- 49 F.D.R. plan (3)
- Bank take-back (4) 50
- 51 Rx instruction (3)

Down

- 1 Shooter's target (4,6)
- An American in Paris, maybe (6)
- 3 Addams Family cousin (3)
- Warplane's cargo (3-2-3,7)
- "Pink Panther" films actor (3)
- "___-haw!" (3)
- Bassoon, e.g. (4)
- Jabber (5)
- "___ Rosenkavalier" (3)

Peak in the Cascades (5,5) 11

- 13 It's a wrap (7,3)
- 15 Kind of question (3-2-2)
- Set of speakers (2,6) 16
- 17 Succeed (2,6)
- Went off the beam? (4,4,7) 20
- 22 Blue books (4)
- End of the advice (4,4,4)
- 27 Hunk (9)
- 29 Gossipy Smith (3)
- 31 Abate (3)
- 34 Bit of paronomasia (3)
- 35 Like some memories (6)
- 36 Blitzed (3) 37 Connect with (3,4)
- 38 Ease (6)
- 40 Sounds of woe (3) Asian capital (3)
- Gulf war missile (4) Poetic adverb (3)

9 6 8 3 5 2 1 8 2 6 3 8 1

1

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4

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1

Sudoku:

5

9

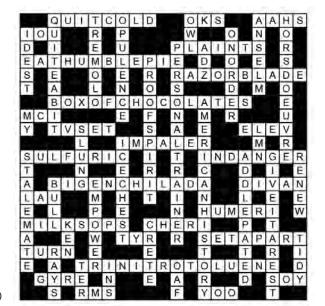
Fill in the missing numbers (1 - 9) inclusive so each row,

column and 3x3 box contains all digits.

3

4

5



9	8	2	5	1	3	7	4	6
1	3	5	6	7	4	9	2	8
7	4	6	8	2	9	5	3	1
3	7	9	2	6	5	1	8	4
4	6	8	3	9	1	2	5	7
5	2	1	4	8	7	3	6	9
8	9	4	1	3	2	6	7	5
6	1	3	7	5	8	4	9	2
					6			

Tri-City Stargazer For WEEK: APRIL 7, 2020

All Signs: Capricorn is the sign of government and the status quo. The last time Pluto and Saturn lined up in Capricorn was 1518. This configuration brings financial problems, shortages and government restrictions of

freedom of movement, as an old order is coming to an end. New structures will be built that are better because Pluto tears something down to get a superior result. These two planets remain close until the end of December

(with a slight relief in April, May and June). By January 2021, they separate. We know that life is constant change. This means when things are bad – they will get better.

Aries the Ram (March 21-

April 20): On Tuesday, there's a Super Full Moon opposite your sign, which will trigger tension between you and partners from now until Wednesday. Patience is your best recourse to survive this. However, your ruler, fiery Mars is at odds with unpredictable Uranus during this same time. This means you might have a blow up with a friend or a member of a group. A friendship might end. You will feel feisty and independent and not want to be bossed around by anyone. Fortunately, Venus is in your House of Communications, and this will save your bacon because Venus will make you charming and diplomatic.

Taurus the Bull (April 21-May 20): Tension that builds up between now and Tuesday, when the Super Full Moon takes place, will manifest in your work, your health. The good news about any Full Moon is that each month our problems tend to get worse as we approach the Full Moon, but after the Full Moon peaks, these problems diminish. However, because Mars is at odds with unpredictable Uranus, you will feel rebellious against authority figures, bosses, parents, and government.

Gemini the Twins (May 21-**June 20):** There's a Super Full Moon on Tuesday, which means your relations with kids and romantic partners will be strained until Wednesday. Think before you speak to save yourself some headaches and regrets. Meanwhile, back at the airport,

you are dying to get outta Dodge. But you can't. You're grounded. Or you're doing important work for which we are grateful. Therefore, temper your rebellious desire for change. Do something different wherever you are, to satisfy your urge for novelty and stimulation. Avoid arguments about politics and religion.

Cancer the Crab (June 21-**July 21):** The Sun is still at the top of your chart, which makes you look good in the eyes of others. You are admired. However, the approaching Full Moon on Tuesday creates a tug-of-war between the demands of your work and public reputation versus the demands of home and family. On top of this, increased tension about shared property, insurance disputes, and

inheritances might explode in

your face. Do whatever you can

to maintain your cool. Leo the Lion (July 22-August 22): Please be careful because this is an accident-prone time for you from now until Wednesday. Verbal accidents as well as physical. Therefore, think before you speak because you will be tempted to say something that you will later regret. Why? Because along with the build up to Tuesday's Full Moon, Mars is at odds with unpredictable Uranus, and Mars is opposite your sign. This makes you easily angered with others. You're restless, impulsive, and rebellious. We all feel this way in varying degrees because everyone is

cooped up.

Virgo the Virgin (August 23-September 22): Be careful with your money and possessions. Financial problems are at-hand and will continue to increase until the Full Moon peaks on Tuesday. After that, things should look better. Until then, keep a lid on things because

surprises related to your health or your job are in the picture. It's true you are under assault; but the good news is that fair Venus at the top of your chart means bosses, authority figures or the government will help you.

Libra the Scales (September 23-October 22):

The Super Full Moon on Tuesday is in Libra. This will create tension between you and loved ones beginning now until Wednesday. You need harmony. You're a people pleaser, and you like to get along with others. Fiery Mars is at odds with wild, Uranus, which will trigger problems with your kids and arguments or problems with a romantic partner. Parents, this Mars-Uranus configuration is an accident-prone time for your kids.

Scorpio the Scorpion

(October 23-November 21): We all feel tension from now until about Wednesday due to the Super Full Moon on Tuesday. Your sign will feel it with health issues and work. You might find it challenging to keep it all together. Meanwhile, home accidents, explosive arguments at home, and something unexpected related to your family might catch you off guard. Be careful to

avoid accidents at home. Do what you can to keep the peace. Be patient.

Sagittarius the Archer (November 22-December 21):

Expect tension with your kids or a romantic partner between now until Wednesday because of the Super Full Moon on Tuesday. Try to be cool, forgiving, and accommodating with others. Your real challenge will be the fact that Mars is at odds with Uranus, and Mars is in your House of Communications. This is the classic time for an accident for your sign - physical or verbal. Pay attention to everything you say and do. More than any other sign, you find it difficult to be cooped up because you are the traveler of the zodiac.

Capricorn the Goat (December 22-January 19): Between now and Wednesday, you feel pulled between the demands of family versus the demands of career and reputation. This is because of the Super Full Moon on Tuesday. Be patient with parents and bosses. During this same time, something will disrupt your finances. Your earnings or your belongings might take a sudden hit. Protect what you own from breakage, loss, theft and damage. Fortunately, Venus promotes good health and warm relations with coworkers.

Aquarius the Water Bearer (January 20-February 18):

The Super Full Moon on Tuesday will trigger an accident-prone influence for you starting now until Wednesday. Knowing this

ahead of time, slow down and be mindful. Be aware of what you say and do. This is especially important for your sign because another accident-prone influence is at play as well. Fiery Mars is in your sign at odds with your ruler unpredictable Uranus. This makes you feel impulsive and rebellious. If you feel things are intolerable, resist the urge to be rash because this will create a complete disregard for your obligations to yourself and others.

Pisces the Fish (February 19-March 20):

On Tuesday, there is a Super Full Moon cutting through both your Money Houses. The bad news is that problems with money, possessions, and the wealth of others will be increasingly stressful until the Full Moon peaks. The good news is that after it peaks, these problems might decrease or even disappear. You must do whatever you can to remain calm in your own skin because Mars at odds with unpredictable Uranus will make you feel restless, even explosive.



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THE ROBOT REPORT **The Ventilator Project**

By Steve Crowe

The COVID-19 pandemic continues to rage across the world. At press time, more than 450,000 people have been infected by the novel coronavirus with approximately 20,500 deaths. The pandemic has also highlighted extreme shortages of medical supplies, including personal protective equipment for healthcare workers and ventilators for COVID-19 patients.

The lack of ventilators is most critical for patients hit hardest by COVID-19 -- typically people 60-plus years of age and anyone with underlying medical conditions. These patients often suffer severe respiratory problems. A ventilator, a mechanical breathing machine, is a lifesaving tool when a patient's lungs fill with fluid, which makes it difficult for the lungs to oxygenate blood.

New York is the epicenter of the crisis in the US. New York Governor Andrew Cuomo has been most vocal about the lack of ventilators. He said New York needs at least 30,000 ventilators to handle the peak of the epidemic, which is predicted to hit the state soon. At press time, New York secured 7,000 additional ventilators, but only 400 of those came from the federal government.

To combat this shortage, companies are partnering to ramp up production of ventilators. On March 24, GE Healthcare and Ford Motor Company announced plans to work together. MIT researchers hope to soon publish opensource designs for a low-cost respirator. And now two Boston-based robotics startups at MassRobotics have paused their work to help fill the shortage.

The Ventilator Project

Alex Frost, Founder of FloraBot, and Tyler Mantel, Founder of Watertower Robotics, started The Ventilator Project, a non-profit looking to develop a low-cost ventilator specifically for COVID-19 patients. One ventilator costs about \$40,000, according to estimates. Mantel told The Robot Report his team is rapidly prototyping a ventilator that will cost between \$1,000-\$2,000.

"The best analogy I can come up with is cars," Mantel said. "Rolls-Royce has some amazing cars. You feel like you're on a cloud when you drive one because you never feel the road. But you can also get a car for far less money that gets you to where you need to go. The ventilators currently on the market are designed for any type of patient. We're building a ventilator specifically for COVID-19 patients. Think of it as a stripped down, bare bones version of what major companies produce."

Mantel, understandably, didn't share much about the design of the ventilator. But he said The Ventilator Project is consulting with a group of doctors on the ventilator design. Mantel said the ventilator will be submitted to the Food

and Drug Administration under the Emergency Approval Process. If and when approved, The Ventilator Project hopes to get production up and running in 30 days and produce 1,000 ventilators within the first month.

"After that, we'll ramp up production to help fill the anticipated shortage of 600,000 ventilators worldwide. We're working on contracts with major manufacturers in the medical device space to use their under-utilized facilities to pump out ventilators.

Community comes together

The Ventilator Project was officially formed on March 20. Mantel estimated that by March 27 the company would have 100-plus volunteers on the team. "Alex came to me and said [the ventilator shortage] is a problem we need to solve," Mantel said. "We talked for a few minutes then dropped everything and dove in. We're in Boston -- we put out the call and we've had so many people willing to help."

MassRobotics donated any unused space in its 20,000square-foot-facility to The Ventilator Project. Developing hardware requires physical space, of course. This can be tricky due to the physical distancing recommendations currently in place. Mantel said The Ventilator Project team is following all the recommendations for physical distancing.

"We're sticking people separately in their own offices and being as cautious as we can," Mantel said. "Anyone who is living with someone who is elderly doesn't show up in the office."

'We're happy to provide space for these innovators to develop their tech and prototype" said Tom Ryden, Executive Director at MassRobotics. "It doesn't surprise us that this group is coming up with a quick low-cost solution. We have an amazing community of innovators, always sharing experiences and expertise with each other. This is not the first time our startups have collaborated with each other. We're always proud at how our startups rally behind each other -- we are really like a family! I believe this is why we've grown so quickly."

Using robots to help the world

As is currently the case for many companies across the world, things have slowed down for Watertower Robotics. Founded in 2017, the company built a robot that inspects water pipes. The goal is to reduce the 20% of water currently lost through deteriorating infrastructure. The startup was one of three companies to win the Imagine H2O's Urban Water Challenge in Stockholm, Sweden. It won funding to deploy its robots in Vietnam.

"For me, it's the same mission I've always had," Mantel said. "I want to affect lives in a positive way using robotics. At Watertower Robotics, we find water for people. I get excited to do these things for the world."

The Ventilator Project set up a GoFundMe page to raise money for prototyping and testing purposes. Visit the page at www.gofundme.com/f/the-ventilator-project.

Steve Crowe is Editor of The Robot Report and co-chair of the Robotics Summit & Expo. He can be reached at scrowe@wtwhmedia.com

Your community needs a neighborhood Scavenger Hunt

By Brian Presley

We know that self-isolation is very important at this time to help fight the spread of COVID-19 but that doesn't mean you can't go for a walk with your kids to get a bit of exercise and some fresh air. Some kids, especially the younger ones can find it a little boring. That's why your community needs a neighborhood scavenger hunt.

This simple idea will help make your stroll more interesting and provide a fun activity for your kids inside and outside your home. There are a few variations, but this is one that you can do every day.

First, have your kids draw or paint an object on a regular piece of paper. It can be a star, a number, a clown or anything else their imagination can think of. It should however be an object that people can identify. Once the artwork has been completed, tape it to a window facing the street. It should be large enough so that it can be seen from the sidewalk.

When the kids walk by, they can look for the artwork and depending on their age, can track how many drawings they've seen or how many of each type of drawing there are. Parents can make this into a fun game by giving their kids a clipboard with lined paper. Each home can make and tape up a new piece of art every day. Changing the artwork regularly will make it more interesting for your audience.

If you don't have kids or are not the drawing type, you can always use holiday decorations from Christmas, New Year's Eve, and Halloween. It can even be an old birthday or anniversary banner. Some homes have been using teddy bears and dolls. Use anything that would be of interest to the kids and their families as they walk by.

It's a little thing that will help make this difficult time a little less boring for everyone.

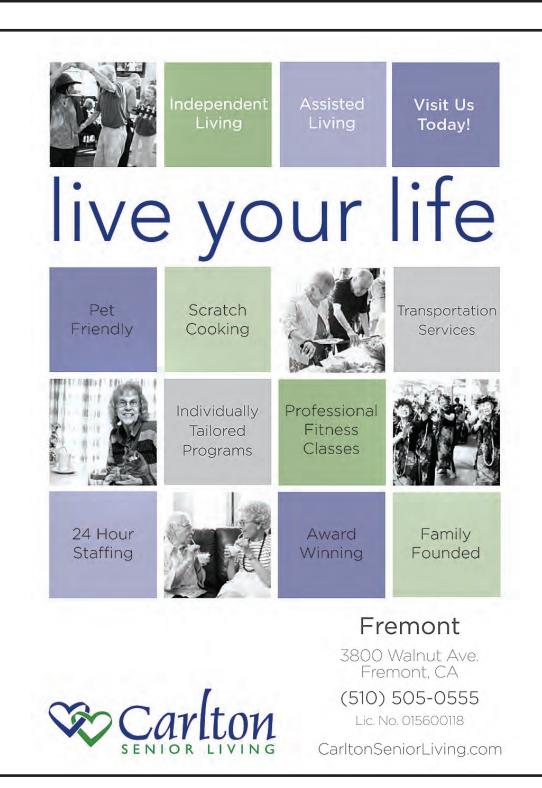
Brian Presley is a former youth worker, camp counselor, and semi-retired stay-at-home dad who operates the parenting website What To Do With The Kids® along with the Facebook page @whattodowiththekids where you'll find games, crafts, activities, and local events.

Page 12 What's Happening's Tri-City Voice April 7, 2020













Home & Garden

Sowing for spring garden

ARTICLE AND PHOTOS BY LALITHA VISVESWARAN

As we begin the next round of social distancing due to the coronavirus pandemic, many are considering growing at least part of their food in their gardens. This is a good idea, but when shops are shuttered and we are asked to stay safe at home, the twice weekly trips to nurseries and garden supply stores are things of the past. I hope that I can create a guide here for all of us to grow our own food and maybe share with others.

There are two important components to growing food gardens:

- 1. Seeds and transplants
- 2. Site preparation

After we have these two basic requirements ready, we can start growing. On the way, we will learn how to fertilize, how to protect from pests, how to irrigate efficiently, etc.

We need baby plants to grow a garden. We can direct seed into soil or raised beds, but this requires preparing the site and creating the best conditions for seeds to germinate under natural conditions. The second easier method is to directly transplant baby plants. Normally plant starts are easy to procure from

10-15 Days

Seed Depth:

Seed Spacing:

Row Spacina:

Thinning:

When 2" tall,

thin to 4" apart

Artist:

larjorie Leggit

den or in transplant trays mation inside packet! Cut

out plant tag and use as row marker in gar

To Open: Peel back flaps - additional infor

nurseries, but given the current situation, it is likely better if we can grow our own starts. The first method is the Super DeLuxe Greenhouse method and the second one is the Garden Hacker's Trick.

Here are some things to remember before we get started with seed starting:

Start seeds at the right time of the year

Do not waste time sowing seeds that are not right for your growing zone. We want young plants that thrive and are extra resilient. A baby plant has a hard journey ahead. There will be pests and critters. There might be inferior soil or not enough nutrition. Maybe too much water or too little water. We will talk about those battles later, but it is important to make the right choice, so the battle ahead is worth it.

After you decide if the plant is right for you, when do you sow the seeds? If it's too early, crowded leggy seedlings will be competing for space and light and nutrients. They will be exhausted before reaching the soil. Too late and they miss the seasonal window of their growing time. Find your zone and create a plant calendar for best chances and success.

Looking for a great tasting red onion? Regardless of where you live, this intermediate-day onion will produce large, copper-red, globe-shaped onions with pretty red and white ring sweet flavor. Use on sandwicing and hamburgers, in salads and relishes, or any other recipe conformation for sweet red onion. This pack plants: one 40 foot row. and white rings filled with snappy, sweet flavor. Use on sandwiches relishes, or any other recipe calling for sweet red onion. This packet When to plant outside: As early in spring as soll can be worked. When to start inside: RECOMMENDED. 8-12 Days to Emerge: weeks before last frost. The earlier the start, the bigger the bulb Much more information inside this packet!

are untreated. No GMOs.





Read seed package instructions

Unless you have been gifted seeds or you have been saving seeds, most packets you purchase will have instructions in the back.

The seed packet contains a lot of valuable information, everything from when to plant, ideal temperature for sowing and transplanting, and how many days to flowering and fruiting. They will even tell you how deep to place the seed, how to fertilize, how and when to irrigate and how to space the plants during transplantation.

Seeds always go through extensive trials and they will have viability data. It is usually germination rates in the form of a percentage number. If it is lower than 85 percent, plant more seeds to accommodate germination failures.

Use the right seeding mix

The seeding medium or the soil used for sowing is very important. Do not use any old soil. Old soil is tired and stripped of all nutrients. Soil from the ground is full of life, but it is not ideal as a seed starting medium.

Why? Soil from the ground can be heavy, and seeds need loose fluffy soil that has a lot of air pockets. Imagine you are a tiny seed and you are trying to push out hair-like roots from the bottom and a set of tender true leaves from the top: The last thing you need is resistance from tightly packed soil.

There are seed starting mixes available that are made with perlite, coconut coir, compost, peat etc. If you can't find one now, you can make your own. It will be trial and error, but you can use leaf mold, compost, cat litter, sand, and coffee grounds. Make sure they are dry and sterile before using. If you have nothing else, mix sand or coffee grounds with dirt. It is not ideal, but this is a hack when we can't go to the stores. The texture should be of sandy. Remember how weeds sprout between pavers and tiles even in the most hostile conditions? The reason is because the tendril-like roots and leaves have no resistance from the sand.

Provide a warm space and light

Some seeds sprout only if they are exposed and get a full dose of light. Others are happy being buried an inch below. Therefore, we must read the back of the seed packet. All seeds need light (at least filtered light) and warmth. A cold damp space will not inspire the seed to sprout. Ideally, we can place seedling trays upon heat mats, but a warm lighted windowsill is just as good as a fancy greenhouse with a heat mat. The maximum power is 95°C. Hang a thermometer where your seedlings live and monitor.

Water and fertilize

Over watering will kill the young seedling and so will lack of watering. If you water too much,

the seed will drown and become moldy. If you don't water at all, the seed will dry and only be good for your squirrel friend to snack on.

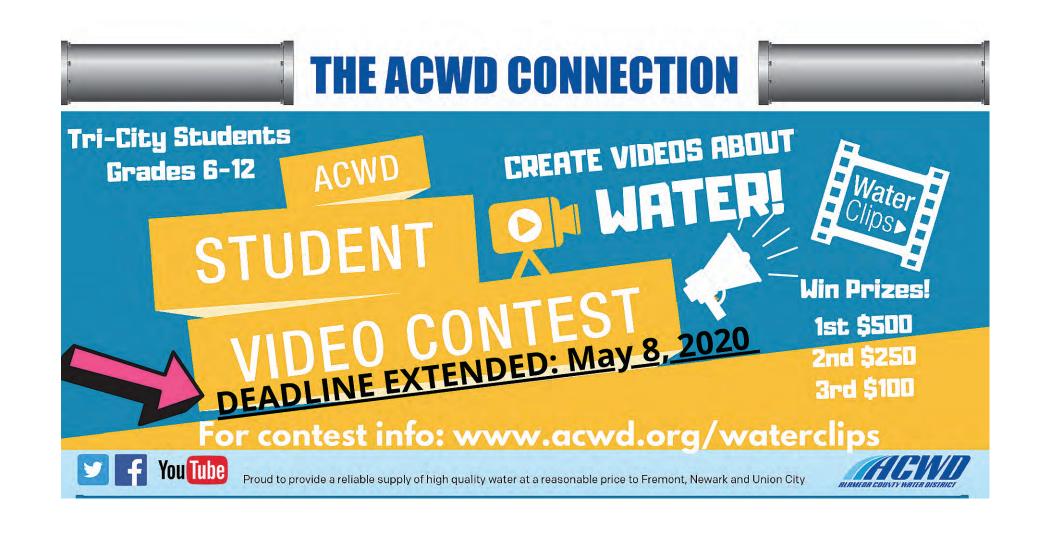
Too harsh a water spray and the soil will be compacted. Too fine and it will leave the soil dry. Pre-moisten seed mix before sowing. The ideal amount of watering is fine sprays for extended times and often, but not so often that they drown the seed. A humidity tray keeps the environment moist without excessively wet.

The first set of true leaves a seed pushes out takes all it needs from the seed's store itself. It will start needing more nutrients as it gets bigger. Wait for the first set of true leaves to unfurl. After that, a seaweed extract is all you need to gently feed the seedlings. Using fertilizers meant for bigger plants will "burn" the seedlings and kill them. Kelp is your

Thinning and hardening

Finally, as the seedlings turn up, don't forget to thin them. Crowding too many baby plants in one cell will kill them all. They can also become rootbound. Use tweezers and snip the surrounding seedlings. Pulling them will take out all of them. When the plants are ready to be planted, harden them to the environment they are supposed to grow in for a week. In the greenhouse or protected environment, they have been sheltered from sunburn, wind, and temperature fluctuations. Give the seedlings some preparation time and prevent transplant shock.

Lalitha Visveswaran is a full-time farmer at Jellicles Farm in the Sunol AgPark. www.jelliclesfarm.com





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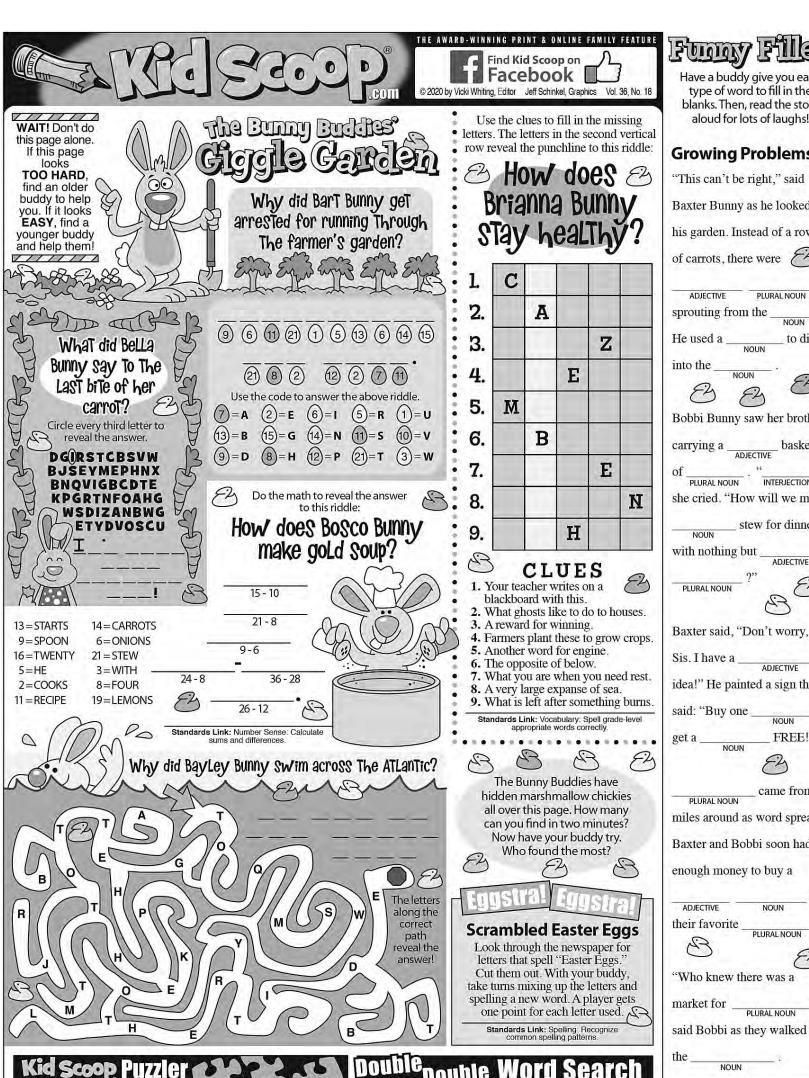
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S TIMES

Have a buddy give you each type of word to fill in the blanks. Then, read the story aloud for lots of laughs!

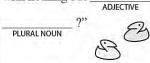
Growing Problems

"This can't be right," said Baxter Bunny as he looked at his garden. Instead of a row of carrots, there were

ADJECTIVE	PLURAL NOUN
prouting from	m the
1	NOUN
He used a	to dig
	NOUN
nto the	
	OUN Q.
£2	0

() Bobbi Bunny saw her brother carrying a _____ basket PLURAL NOUN INTERJECTION

she cried. "H	low will we mal	ce
NOUN	stew for dinner	
with nothing	but	_
	ADJECTIVE	



Sis. I have a _ idea!" He painted a sign that said: "Buy one NOUN FREE!"

came from PLURAL NOUN miles around as word spread. Baxter and Bobbi soon had

their favorite PLURAL NOUN

"Who knew there was a said Bobbi as they walked to

Standards Link: Spelling: Recognize common spelling patterns.

Complete the grid by using all the letters in the word BASKET in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.

B	A	S	K	E	T
T					S
E	T	A	B		K
A		T	S		E
S				T	A
K	S	E	T	A	B

FROM THE COOP LESSON LIBRARY

Each of the Bunny Buddies below has at least one

look-alike, except for one. Can you find the unique bunny?

How do you catch a unique bunny? Hi uo do anbiun

Standards Link: Reading Comprehension: Follow simple written directions

Silly News Story

Mix and match news stories to create silly stories. Select a who, what, when, where, why and how from different stories. Write a silly news story with these facts. For extra silliness, use quotes from other news stories. Standards Link: Writing Applications: Write in a variety of forms and genres.



ARRESTED

GHOSTS

CARROT

BUNNY

ENGINE

GARDEN

REVEAL

SEA

EGGS

SWIM

PAGE LAST

NEW

USE

RIDDLE

What is the Easter Bunny's favorite sport?

Find the words in the puzzle.

How many of them can you

find on this page?

BOSWIMGRWD

TPAEKJGSEY

LASTAYETNE

AGCEGGSSGL

EEGAZEWOID

VNEDRAGHND

EUERTRVGEI

RSAGEGOSBR

ULYNNUBTAK

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

ANSWER: Basket-ball

Write On! Easter Scientist

If you were a scientist and could invent something to help the Easter Bunny, what woud it be? Explain how it would work.

Local Gym turns virtual

By Jui Sadekar PHOTOS BY KEITH WESTRA

California's shelter-in-place order doesn't list gyms as essential businesses. While gyms are going dark, many fitness instructors are taking to the virtual world to continue teaching classes. During this fight against the COVID-19 outbreak, it's important to self-isolate, but it's also important to maintain physical and mental health.

Brittany Shafsky, co-owner of

HeniFitness, is making sure everyone can

get a good workout. As a trainer, nutrition

health coach, Shafsky feels that nobody has

to skip their workout or fitness activity just

"Working out through the studio's online classes is a great way to keep healthy

live-streaming classes, and support a local

this point, all classes at HeniFitness (HIIT,

Tabata, Bodyweight Boot Camp, Zumba,

"I have been attending HeniFitness

in-person since October 2017. It is truly

member at HeniFitness. "While I enjoy

classes are so helpful for creating some

first few days of shelter-in-place, I was

normalcy in a very troubled time. In the

nauseated from stress, unsure of how the

the in-person classes immensely, the virtual

my gym home," says Rachel Geyer, a

business at the same time," she says. At

specialist, group fitness instructor, and

because they have been quarantined.

and connect with others through

and Dance Fusion) are conducted

online - livestreamed and recorded.

health coaching sessions are also done

"If getting motivation to go to the gym was hard enough, the next curve ball of shelter-in-place comes in," says Susan George, a member at HeniFitness who has had Brittany as a personal trainer for over a year. "With work, kids, and chores filling my day, when she started the virtual classes, I was very apprehensive. Can you keep up the motivation and time challenges, and still put in time for



wants to join the class but is finding it hard because of financial constraints, given the situation. They can contact us, and we can set up the classes for free. We are telling people if you need the code for a free class, please let us know."

The current stay-at-home scenario is terrifying to small businesses as well, says Shafsky. "We [small businesses] are just

us) have only one location. We don't have franchise or local branches. We are small and community based. So, every time one person signs up and attends one of our livestreaming classes, they are directly supporting the business and the instructors in their community. If you can buy one of the classes, please do that," she says.

HeniFitness is trying to continue to pay its instructors. "When we had to make a decision on what to do with our instructors, a couple of instructors said, "This is not my only source of income, this is something I do because I love it." They donated their time and asked us to take that money and pay the instructors who are totally dependent on this income."

'We have been able to keep the instructors whose 100 percent income is from teaching," says Shafsky, "and I am proud that everyone is helping each other."

In this challenging time, Shafsky concludes, "It is important to prioritize your health and immunity. Stay home and protect yourself and people around you. Take time out every day to exercise and eat healthy. There is a lot of stress and fear right now. So, stay active. Do something for yourself and if you are able to support your local community, do that as well."

To join Henifitness' classes, create a login at https://go.gymgo.com/henifitness

and access the class schedule. HeniFitness 37161 Niles Blvd Unit B, Fremont https://go.gymgo.com/HeniFitness

info@HeniFitness.com

Facebook: @HeniFitness



yourselves? I must say, Brittany has made it effortless. She fits her schedules into mine and motivates me, all at the comfort of my home. Social distancing being the 'new

trying to stay open at this point. The situation is very scary and messy. Instead of watching YouTube videos, if people attend livestreaming classes, they can support small independent businesses. We are in this together. We have to help each other get through the situation," she adds.

Shafsky encourages people to see if their nearby local gyms are offering online classes, and if they do, take one of the classes. "Most of the boutique gyms (like



next couple weeks or even months would look. The first time I felt normal was during and after my first virtual class with Brittany. I am so grateful to have the opportunity to keep up with my goals, get a sweat going, and spend some time with my friends all while staying at home and maintaining social distance."

According to Shafsky, livestreaming helps members chat and interact with each other. "Realtime classes help to make modifications in the workout. I like livestreaming because there is some personality to it. There is a group mentality. People are sweating with you." For those who can't attend livestreaming classes, Shafsky is also working on recording quick workout sessions, so people can watch videos and work out whenever they want: "Recorded videos also give you great workout in the comfort of your schedule." Personal training and

normal,' I am glad to have the support of Brittany to reach my fitness goals."

The classes are open to not only members, who have paid membership fees, but also to anyone in the community. HeniFitness is offering different packages for the online classes. Fitness enthusiasts can pay for one class or buy a 10-class (online) package. People can also buy recorded videos or rent them for two days at a minimal price.

HeniFitness understands that a lot of people are impacted by the coronavirus crisis. Shafsky states, "I am a big believer that change starts from the community. You can change the world, but it starts from your home, and Niles is my home."

Shafsky adds, "Anyone can take the classes. We are aware that a lot of people are struggling right now. People can also choose a discounted price. We are telling our members to let us know if anyone





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Adoption and foster applications are available online at www.haywardanimals.org.

Please submit your application to animal.services@hayward-ca.gov. All applications will be reviewed and initial conversations conducted by phone. Appointments to meet with your new permanent or temporary family member will be made at that time.

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Veronica is a quiet and laid back brown bunny. She loves her

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5855-A Jarvis Ave., Newark (510) 494-1203 https://fb.me/dinosgrillnewark Hours: M - F 11 a.m. - 8 p.m. Orders: Online and by phone Delivery: Home delivery (Newark), takeout

Eastern Winds

0723 Grimmer Blvd, Fremont (510) 505-9200 www.easternwindschinese.com Hours: W-M 11 a.m. - 9 p.m., Su 12 noon – 9 p.m. Orders: Online and by phone, Beyond Menu app Delivery: takeout

Joe's Corner

37713 Niles Blvd, Fremont (510) 896-8025 www.joescornerniles.com Hours: T - Su 11 a.m. - 6 p.m. Orders: Online and by phone Delivery: Curbside to-go, takeout

My Cafe

5475 Thornton Ave, Newark (510) 214-3444 www.mycafego.com Hours: Su 7:00 a.m.-2:30pm, M 7 a.m.-2 p.m., T-Sa 7 a.m. – 8 p.m. Orders: Online and by phone Delivery: Home delivery, takeout



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FREMONT:

Kaiser Permanente Fremont Farmers' Market

Thursdays

10 a.m. – 2 p.m.

Year-round 39400 Paseo Padre Pkwy., Fremont 800-949-FARM www.pcfma.org

Irvington Farmers' Market Sundays

9 a.m. - 2 p.m.

Year-round Bay Street and Trimboli Way, Fremont 800-949-FARM www.pcfma.org

Niles Farmer's Market

Saturdays 10 a.m. - 2 p.m.

Year-round Niles Town Plaza 37592 Niles Blvd., Fremont bestfarmersmarkets.org

HAYWARD:

Hayward Farmers' Market

Saturdays

9 a.m. - 1 p.m. Year-round

Hayward City Plaza 777 B. St., Hayward 415-472-6100 www.agriculturalinstitute.org

SAN LEANDRO:

Bayfair Center

Saturdays 9 a.m. - 1 p.m.

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

Kaiser Permanente San Leandro

Wednesday

10 a.m. - 2 p.m.

Year-round Merced St and Fairway Drive www.pcfma.org

Downtown San Leandro

Wednesdays

4 - 8 p.m.

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

MILPITAS:

Milpitas Farmers' Market at Great Mall Parking Lot Sundays

8 a.m. – 1 p.m.

Year-round GREAT MALL 882 Great Mall Drive., Milpitas 800-949-FARM www.pcfma.org

NEWARK:

Newark Farmers' Market

Sundays 9 a.m. - 1 p.m.

Year-round

NewPark Mall 2086 NewPark Mall, Newark 415-472-6100 www.agriculturalinstitute.org

UNION CITY:

Kaiser Permanente Union City Farmers' Market **Tuesdays**

10 a.m. - 2 p.m.

April 9 - November 12 Kaiser Permanente Medical Offices 3553 Whipple Rd., Union City 800-949-FARM www.pcfma.org

Union City Farmers' Market Saturdays

9 a.m. – 1 p.m.

Year-round Old Alvarado Park Smith and Watkins Streets, Union 800-949-FARM www.pcfma.org

BOOKMOBILE SCHEDULE

Alameda County Renew books by phone (510) 790-8096 For more information about the Bookmobile call (510) 745-1477 or visit www.aclibrary.org/bookmobile

Times & Stops subject to change

Tuesday

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

Wednesday

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

Thursday

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

Monday

1:45 – 2:45 Delaine School, 34901 Eastin Dr., UNION CITY4:15 - 4:45 Contempo Homes, 4190 Gemini Dr., UNION CITY 5:15 – 6:45 Forest Park School, Deep Creek Rd. & Maybird Circle, FREMONT

Tuesday

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

Wednesday

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

Milpitas Bookmobile stops Renew books by phone (800) 471-0991 For more information (408) 293-2326 x3060

Wednesday

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

Pieology

39338 Paseo Padre Parkway, Fremont (510) 797-1136 www.pieology.com Hours: Su-Th 11 a.m. – 10 p.m., F-Sa 11 a.m. – 11 p.m. Orders: Online and by phone Delivery: Home delivery, takeout

Pizza Italia

34765 Ardenwood Blvd #3654, Fremont (510) 739-6430 www.pizzaitaliamenu.com Hours: T-Su 11 a.m.-10 p.m. Orders: Online and by phone Delivery: Takeout

Shaker's Pizza

4075 Thornton Ave, Fremont (510) 790-7600 www.shakerspizza.com Hours: T-Su 11 a.m.-10 p.m. Orders: Online and by phone Delivery: Takeout

Taqueria Limon

39494 Fremont Blvd, Fremont (510) 505-9200 www.taquerialimon1.com/ Hours: Sa-W 10 a.m. - 10 p.m., Th-F 10 a.m. – 11 p.m. Orders: Online and by phone, Yelp! Delivery: takeout

Texas Roadhouse

32115 Union Landing Blvd, Union City (510) 324-7623 www.texasroadhouse.com Hours: every day 11 a.m. – 8 p.m. Orders: Online and by phone Delivery: Curbside to-go

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Animal Shelters ask for community's help

SUBMITTED BY KELLY MIOTT

Alameda and Contra Costa Animal Shelters have united to ask the community to please make a plan for their beloved companion animals. With a COVID-19 peak expected in the San Francisco Bay Area, hospitals and medical providers are preparing to meet an over whelming demand for medical assistance and hospital stays. Public Animal Shelters are preparing as well. Though this illness has proven to be deadly for our oldest and most compromised community members, countless residents may experience a hospital stay. This potentially leaves hundreds of companion animals needing care.

Shelters are urging residents to have a plan:

- 1. Put together a bag of animal supplies with food, two weeks of medications, and any additional needed supplies, including a travel kennel.
- 2. Create a written emergency plan for each of your pets. Include your name and contact information, including cell phone number, your pet's feeding schedule, any medical conditions and treatment instructions. Document whether your pet is up-to-date on vaccinations, and list the contact information for your veterinarian. Lastly, provide up to three contacts for family members or friends who will be

able to check on your medical status and give the provider updates.

3. Find a temporary caregiver who is able to take on your pets if you are hospitalized. Contact neighbors, family, friends, pet-sitters and boarding facilities. The most ideal situation for you and your pets is for them to remain out of a public shelter. Though public shelters can help in emergencies, the system isn't designed to provide long-term care. In addition, available space is limited, and shelters may not have the capacity to help all animals in need.

Private and public shelters have seen an outpouring of offers to assist during this difficult time. Utilizing Governor Newsom's partnership with NextDoor, called Neighbor-to-Neighbor, you may find local community members who are willing to care for your animals while you

Having a plan will reduce your stress by providing peace of mind that your pets will be cared for. In addition, keeping public shelters free of long-term care animals allows them to be better prepared for the onset of kitten season, stray pets, and animal care cases that require immediate attention.

Alameda and Contra Costa Counties combined have eight public animal shelters operating year-round to serve pets in our communities. Facilities employ animal control officers and staff who specialize in reunited lost pets, fighting animal abuse, and caring for animals while they await new homes.

Protecting homes, small businesses from water shutoffs

SUBMITTED BY GOVERNOR'S PRESS OFFICE

Governor Gavin Newsom signed an executive order on April 2 that will restrict water shutoffs to homes and small businesses while the state responds to the COVID-19 pandemic. The order protects consumers who may not be able to pay for their water service from shutoffs.

Already, over 100 public and private water systems across California have voluntarily suspended water shutoffs for nonpayment as a result of COVID-19. Under the order, the State Water Resources Control Board will issue best practices and guidelines on support for the state's water systems during this time.

Additionally, the executive order will restore water for occupied residences that may have had their water shut off as of March 4, which is when the governor proclaimed a state of emergency due to COVID-19.



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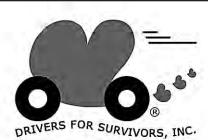
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510-792-0770 Warm Springs

Milpitas restaurants to support during this COVID-19 crisis

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275 Jacklin Rd, Milpitas; 408-263-7204

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Jang Su Jang

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Mikonos Grill 756 E. Calaveras Blvd., Milpitas;

Omega Restaurant

90 S. Park Victoria Dr., Milpitas; 408-946-8748

Pizza Box 1253 Jacklin Rd, Milpitas;

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102 Dixon Rd., Milpitas; 408-770-9389

Sea Link Cafe

187 S. Main St., Milpitas; 408-493-6383

Park It

By NED MACKAY

With measures in place made necessary by the coronavirus pandemic, many of the East Bay Regional parks are still open to the public. But we all need to help to keep them that way.

At this writing, five regional parks are completely closed: Ardenwood Historic Farm in Fremont, Bay Point Regional Shoreline in Pittsburg (for construction), Castle Rock Regional Recreation Area in Walnut Creek, Point Isabel in Richmond, and Sunol Regional Wilderness in southern Alameda County.

At other regional parks, trails are generally open but other park features are closed. Closures include the Tilden Little Farm, all visitor centers, picnic areas, restrooms, water fountains, some parking lots, swim areas, playgrounds, campgrounds, back country campsites, kiosks, sports fields, and reservable facilities.

The district's 300 miles of paved, regional inter-park trails are open. These include the Delta-DeAnza and Marsh Creek Regional Trails in East Contra Costa, Contra Costa Canal Regional Trail in central Contra Costa, Iron Horse Trail through the San Ramon Valley, and Alameda Creek Regional Trail in Newark and Fremont.

For a detailed and up-to-date list of what is open and closed, visit the park district website at www.ebparks.org, and click on "COVID-19 Updates & Closure Information" at the top of the home page. To avoid disappointment, I recommend that you always do that before venturing out to a park.

Because coronavirus is highly contagious and can be spread by overcrowding, all these measures are intended to secure the safety of both the general public and the staff who maintain, operate and police the regional parks. As a result, although there are rangers on duty, staffing is at a lower level. Like all of us, many staff are sheltering in place and caring for their families.

If the spread of coronavirus increases, more restrictive measures may have to be taken. But we can all help to prevent that by observing some specific precautions:

- Maintain a six-foot distance from other people.
- No picnicking, groups, gatherings or meetups. Only immediate households should be together.
- Use gloves or hand sanitizers at high use contact points such as trail gates.
- Always keep dogs on leash. When dogs congregate, so do their owners.
- Pack out all trash, including dog waste bags. Because of lower staffing, trash collection will be limited.

- Do not use single-use plastic water bottles. Bring your own water in a permanent-use container. Water fountains have been closed.
- Use the toilet at home before you visit the park. Park toilets are locked shut.
- Park safely; please do not block fire road gates or obstruct park access roads.

All the regional park naturalist programs have been cancelled. However, you can still enjoy some park district nature programs online. The district naturalists have put together a series of Facebook video programs called "Creature Features," each highlighting a natural history topic. You can access these on your Facebook page by typing in a search for "East Bay Regional Park District Creature Features." The first four "creatures" featured are a newt, wildflowers, a gopher snake, and skull detectives, and there are more to come.

The park district is in constant contact and in compliance with all local and state health departments. The coronavirus pandemic is by nature rapidly evolving, with changes daily. The hope is that if we all work together, these changes will be for the better, and we will be able to resume our normal way of living sooner rather than later. The park district board and staff offer thanks to the public for its understanding and cooperation.

Now you can listen to Tri-City Voice too!

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WkaZBm or:





https://podcasts.apple.com/us/podcast/tri-city-voice-podcast/id1493833001

Tri City Voice has launched our own podcast. Now, in addition to our print, website and app editions, Tri-City Voice podcast will air for 15 minutes every Tuesday with the voices and sounds of our communities.

When you download the podcast each week, you'll hear local stories. We are going to chat with the local folks and tag along with our print reporters. Some of these stories will only be found on the podcast. You can download the Tri-City Voice Podcast at https://radiopublic.com/tri-city-voice-podcast-

If you have a story you would like us to cover or would like to advertise your business or services, call us at (510) 494-1999 or email: tricityvoice@aol.com.

Essential businesses must post 'social distancing protocol'

SUBMITTED BY HAYWARD CHAMBER OF COMMERCE

Businesses deemed "essential" and in operation in compliance with county and state regulations are now required to establish and post a social distancing protocol.

According to the Alameda County health officer, the social distancing protocol must be posted at or near the entrance of the business and must be easily viewable by the public and employees. A copy must also be provided to each employee performing work at the facility. Businesses will also be required to provide evidence of its implementation to any authority enforcing the order. The order also includes a detailed description of essential businesses.

A fillable copy of the protocol is available at http://www.acphd.org/.

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Mechanical Design Engineer (Wire Harness) sought by **PONY.AI, INC. in Fremont, CA** to improve the mechan'l reliability of the electrical systems to support autonomous driving systems. Reqmts: Bachelor's Deg. (or foreign equiv) in Mechatronics Engg, Mechan'l Engg, Electrical Engg, or rltd engg field, & 3 yrs of exp in job offrd or in automotive-rltd occupation. Prior exp must incl exp involving full life-cycle wire harness dvlpmt from schematic, prototype, to production. Reqs education or exp w/ each of the following s/ware: Catia V5 (Electrical, Harness Assy, Surface Design, Drafting, GSD, GSA, Enovia, VBa), & CAD. Mail resume to PONY.AI, INC., Attn: HR Job #ME3, 3501 Gateway Blvd, Fremont, CA 94538.

Hardware Engineer sought by PONY.AI, INC. in Fremont, CA for the mechanical dsgn & analysis for autonomous vehicle. Reqmts: Master's Deg (or foreign equiv.) in Mechanical Engg. or rltd field, & 1 yr of post-master's exp in a mechanical-dsgn rltd occupation. Position reqs education or exp w/: 1. SolidWorks or other CAD tools; 2. FEA & CFD simulation & tool, such as Autodesk CFD or Autodesk Simulation Mechanical; 3. Arena PLM (Product Lifecycle Management) s/ware; 4. CAM (Computer Aided Manufacturing) s/ware such as HSMWorks or G-code. Mail resume to PONY.AI, INC., Attn: HR Job #HE2, 3501 Gateway Blvd, Fremont, CA 94538.

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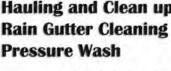
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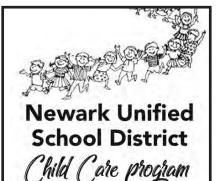
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Please contact us at (510)818-4138, and (510)818-4159 or email us at nsanchez@newarkunified.org

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Resolve your credit issues & be better money managers Every 2nd Saturdays 10am-2:30pn 22693 Hesperian Blvd. #150 Hayward, CA 94541 Please register www.a1chs.org or call 510-674-9227

SPARKPOINT FINANCIAL

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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

League of Women Voters

Fremont-Newark-Union City

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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

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

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37051 Cabrillo Terrace Fremont

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.

A Center for Positive Living Rev. Donna Caldwell invites all **Sunday Services** 20121 Santa Maria Ave., Castro Valley

UNITY CHURCH OF CASTRO VALLEY

people to attend our 11:00 a.m. For classes & other activities

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Shout out to your community

Our readers can post information including:

Announcements For sale **Garage sales Group meetings** Lost and found

Activities

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

only. Any change will be considered a new posting and incur a new fee.

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 (nonprofit humane organization adoptions accepted)
- No P.O. boxes unless physical address is verified by TCV

FREE PRESCHOOL

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

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

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

510-449-7610 **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

510/538-1416 www.unitycv.org

1st Tuesday of Month at 7 P.M. at Transfiguration Church in Castro Valley \$15/Guests \$20 5-Course dinner Reservations by prior Friday at 510-483-6929

Everyone is welcome: Members www.buontempoclub.org

Do you like learning

about history?

Are you interested

in antiques & collectibles?

Meet 2nd Tuesday each month

to share lunch and learn

something new.

Contact Fran at 510-792-0388

or June Swift (510) 797-5315

or email dieseln@comcast.net

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

Monday nights 7:30pm-8:30pm

Zumba with Jazzy Jenny!

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

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

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

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

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@missionvalleyhealth coach.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

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.amlegionpost649.org

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).

LETTER TO GOVERNOR

for small businesses and nonprofit eviction moratorium

SUBMITTED BY THE OFFICE OF ASSEMBLYMEMBER KANSEN CHU

DEAR GOVERNOR NEWSOM:

Thank you for the work that you and your administration have been doing to help California confront the COVID-19 pandemic. We are writing today to urge you to enact a statewide moratorium on evictions for commercial properties that are occupied by small businesses and nonprofits in addition to providing support to vulnerable and minority-owned small businesses.

As resources are being distributed through the stimulus package at the federal level, there are many small businesses that are hanging on by a thread and need immediate assistance. It is no surprise that this pandemic is causing major financial hardships for people and businesses, especially small businesses who rely on revenue affected by the Shelter in Place order. While there is a clear order to halt evictions from residential properties, commercial tenants are still in limbo. We are urging you to have a clear order and enforce a statewide eviction moratorium on commercial properties that are occupied by small businesses and nonprofits similar to the intent

of SB 939. This will ensure that small businesses and nonprofits will have a chance to reopen and not be forced to shut their doors permanently.

Furthermore, many vulnerable and minority-owned small businesses lack the resources and support to seek financial assistance due to the complexity of the application process and, in some cases, language barriers. We are asking that you provide more support to local Small Business Development Centers in addition to increasing outreach and support at the state level for those needing assistance. Language access is necessary to ensure that businesses get timely financial relief.

Lastly, we are asking that, to the extent feasible, your administration assists with ensuring the immediate distribution of loans that are available at the state and federal level.

Small businesses are the backbone of our local economy and many small businesses cannot wait much longer to get financial relief. We urge that you expand on your previous actions to further help small businesses and nonprofits.

Once again, thank you for all that you are doing to lead us through these tough times. Should you have any questions regarding this

letter, please reach out at (916) 319-2025. Thank you for your time and consideration.

Sincerely.

Kansen Chu Assemblymember 25th District; Buffy Wicks, Assemblymember 15th District; Jose Medina, Assemblymember 61st District; Tasha Boerner Horvath, Assemblymember 76th District; Luz Rivas, Assemblymember 39th District, Miguel Santiago, Assemblymember 53rd District, Jordan Cunningham, Assemblymember 35th District; Brian Maienschein, Assemblymember 77th District; Scott Weiner, Senator 11th District; Christina Garcia, Assemblymember, 58th District; Steven Choi Ph.D., Assemblymember, 68th District; Cecilia Aguiar-Curry, Assemblymember 4th District; Jim Patterson, Assemblymember 23rd District; Lena Gonzalez, Senator 33rd District; Mike Gipson, Assemblymember 74th District; Eloise Reyes, Assemblymember 47th District; Phillip Chen, Assemblymember 55th District; Kevin McCarty, Assemblymember 7th District; Reginald Byron Jones-Sawyer, Sr., Assemblymember 59th District.

Resources to help small businesses and workers

SUBMITTED BY GOVERNOR'S PRESS OFFICE

California small businesses impacted by the COVID-19 crisis can now apply for a loan from the federal government for up to \$10 million. Importantly, the program is first-come, first-served basis and the governor encourages all eligible California small businesses to contact their lender to learn more.

The state is also allocating \$50 million to the California Infrastructure and Economic Development Bank for loan guarantees to small businesses to help eliminate barriers to capital for individuals who do not qualify for federal funds, including low wealth and undocumented immigrant communities. The state is also allowing small businesses to defer payment of sales and use taxes of up to \$50,000, for up to 12 months.

Additionally, the governor joined Bitwise Industries and Kapor Center to launch www.onwardca.org/, a new platform connecting displaced California workers with more than 70,000 job opportunities in critical industries.

Newsom also announced \$17.8 million in new state initiatives to support California workers impacted by COVID-19. The allocation will come from Workforce Innovation and Opportunity Act funds with \$7.8 million going to the Los Angeles region and \$10 million made available statewide. For more information, visit www.covid-19.ca.gov.

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

Education officials issue new guidance for graduating seniors

SUBMITTED BY CALIFORNIA OFFICE OF EMERGENCY SERVICES

California State Superintendent of Public Instruction
Tony Thurmond announced on April 2 that the California
Department of Education (CDE) and the California State Board
of Education (SBE) have issued new guidance on graduation
requirements and grading for seniors. The guidance is based on
feedback from local education agencies and was produced in
collaboration and alignment with higher education institutions.

"We are thinking of our seniors and the impact that the current COVID-19 public health emergency and subsequent physical closure of schools has had on them, and we hope that this guidance will help relieve some stress and anxiety," Thurmond said. "We are doing everything we can to support all our schools and students and will continue to address seniors' needs going forward."

"All seniors who are on track for graduation should be able to graduate," said State Board of Education President Linda Darling-Hammond. "This new guidance further illustrates how students can and should be held harmless in grading, and how their work can be acknowledged."

The guidance addresses A-G requirements and provides admissions updates for higher education for both current seniors and juniors.

For example, colleges have agreed to accept credit/no-credit or pass/fail grading where districts have decided to use it for A-G courses and other courses without impact on grade point averages. California is also extending flexibility on a wide range of issues, including testing requirements, timing of transcripts, and considerations about financial

The CDE continues working with the University of California, California State University, community college system, and private and non-profit universities on solutions to many ongoing college admissions challenges.

More information is posted online California Department of Education website at

https://www.cde.ca.gov/ls/he/hn/gradegraduation faq. asp.

Have a background in health care? California needs your help

SUBMITTED BY GOVERNOR'S PRESS OFFICE

On March 30, Governor Gavin Newsom launched a major new initiative to expand California's health care workforce and recruit health care professionals to address the COVID-19 surge. Health care professionals with an active license, public health professionals, medical retirees, medical and nursing students, or members of medical disaster response teams in California are all encouraged to join the new California Health Corps.

"California's health care workers are the heroes of this moment, serving on the front lines in the fight against this disease. To treat the rising number of patients with COVID-19, our state needs more workers in the health care field to join the fight. If you have a background in health care, we need your help. Sign up at health-cares cargos," said Newsom

corps.ca.gov," said Newsom.

Interested medical and health care professionals are encouraged to visit https://covid19.ca.gov/healthcorps/ for more information and

to register for the California Health Corps. Medical doctors, nurses, respiratory therapists, behavioral health scientists, pharmacists, EMTs, medical and administrative assistants, as well as certified nursing assistants are encouraged to help California respond to the outbreak.

The governor has also signed an executive order that will temporarily expand the health care workforce and allow health care facilities to staff at least an additional 50,000 hospital beds the state needs to treat COVID-19 patients.

"Outreach to unemployed health care workers and under-employed foreign medical graduates will help build the workforce needed to fight the pandemic — and also create new opportunities and jobs for Californians struggling with unemployment," said California Labor Secretary Julie A. Su.

More ways for Californians to support their communities and request assistance are outlined on the California Volunteers website https://californiavolunteers.ca.gov/get-involved/covid-1

OPINION



WILLIAM MARSHAK

"It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair."

Charles Dickens begins his epic novel "A Tale of Two Cities" with this contradictory statement. The reference addresses French and English politics during the 18th century French Revolution (1789-1799). In the midst of chaos and conflict, political upheaval was not only a morass of despair, but a beacon of hope for those mired in a caste system that stifled ingenuity. Dickens not only wrote a popular saga, but raised important questions that remain relevant to this day.

In times of great upheaval, basic qualities of humanity are revealed. Social inequality is laid bare and vicious response is a strong possibility. During the French Revolution, the thin veneer of

The best of times

civility was stripped away; emotional vengeance accompanied violent change. At the same time, England held tightly to its class consciousness. Dickens, writing about this in retrospect, juxtaposed the two systems and exposed the inherent hypocrisy of upper-class pretensions and the quandary of ethical reply by the oppressed.

Borrowing the phrase from Dickens and applying it to our current crisis, many parallels are visible. It is indeed one of the "worst of times" during which many foolish and insincere actions are on display. Government at the national level appears ruled by confusion, issuing mixed messages; an indication of disarray. However, it is also "a season of light" as leadership, strength and resolve have emerged in our communities. Swift action by state, regional and local authorities may well have averted a local cataclysmic situation even though at enormous cost to social and fiscal life. It is heartening that residents of the southeast Bay Area are responding in a peaceful and orderly manner to ensure continuation of the strength and resilience of our communities.

At this time of crisis, the role of government is on display for all to see. Each level – local, regional, state, federal, global - is designed to offer protection and comfort through orderly oversight, regulation and protection. When prosperity is rampant, the need for such guardrails appears slight; restrictions appear unnecessary and chafe. Reserves and plans for catastrophic events may be sidelined in favor of more immediate and satisfying efforts. A "rainy day" fund or

contingency is easily dismissed and reduced in importance as historical lessons are scuttled by insufficient institutional or personal memories. New generations discount the cyclical nature of events, concentrating on the brief interlude of their own lifespan. In the long run, however, recurrence is the rule rather than an exception.

Recognition of the past can act to leaven euphoria or despair of the present. It may be difficult to appreciate the wisdom of such advice, but many influential personalities have expressed similar sentiments... not to enslave and restrict progress, but as a solid foundation to embrace advances of the present and future.

The distinction between the past, present and future is only a stubbornly persistent illusion. – Albert Einstein

You have to know the past to understand the present. – Carl Sagan

Those who cannot remember the past are condemned to repeat it. - George Santayana

While these days may be characterized as the worst of times, they can also be one of our best... a season of light!

Willia Mandall

William Marshak PUBLISHER

Mystery diner leaves \$10,000 tip at Naples restaurant

ASSOCIATED PRESS

Owners of a southwest Florida restaurant are trying to figure out who left a \$10,000 tip for employees just before the state's eateries were ordered to close their dining rooms during the coronavirus pandemic.

The man's generosity meant the 20 staff members at the Pavillion restaurant split the cash, each getting \$500 on the day before they were laid off from their jobs.

Ross Edlund, who owns nine restaurants, told the Naples Daily News that the man who handed a manager the wad of cash is a regular customer, and he thinks his name might be Bill or Bob. He says the man likes to eat on the patio on weekdays and on weekends he often brings his family for brunch. They'd like to thank him.

"It's funny because we have regulars who have been coming in forever, and they're our friends but we don't always know their names. We know their faces, their orders, their favorite tables, but we don't know exactly who they are,'" Edlund told the newspaper.

Edlund was forced to lay off 90% of his 200 employees over the past week. He's keeping some of his restaurants open with skeleton crews preparing take-out services.

The \$10,000 tip was the most benevolent act his workers have seen, but Edlund says it's not the only one. He said many servers received big tips last week and they continue to get them as regular customers pick up curbside orders.

For most people, the new coronavirus causes mild or moderate symptoms, such as fever and cough that clear up in two to three weeks. For some, especially older adults and people with existing health problems, it can cause more severe illness, including pneumonia and death. The vast majority of people recover.



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ADJUDICATION:

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

What's Happening's TRI-CITY VOICE®™

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

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Birth

Marriage

Obituaries



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Franklyn Walter Spencer
December 20, 1929 – April 4, 2020
Resident of Union City
Fremont Chapel of the Roses

William Rena LaFontaine
December 1, 1922 – April 03, 2020
Resident of Fremont
Fremont Chapel of the Roses

Edgar Eduardo Davila Gomez June 30, 1988 – April 3, 2020 Resident of Fremont Fremont Chapel of the Roses

Felicitas Talao July 8, 1941 – March 16, 2020 Resident of Fremont Fremont Chapel of the Roses

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Elsie Carlson Resident of Castro Valley October 9, 1945 – April 3, 2020

Claire Michael Resident of Fremont October 23, 1931 – April 2, 2020

Rene Corpus Resident of Newark February 25, 1946 – March 31, 2020

Remedios Abadilla Resident of San Jose April 13, 1931 – March 31, 2020

William Haas Resident of San Jose October 1, 1981 – March 25, 2020

Andres Casabar Resident of San Jose November 30, 1946 – March 20, 2020

Rosemarie Francis Resident of Milpitas

September 10, 1949 – March 27, 2020

Dolores Mehegan
"Sister Mary Paul Mehegan"

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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 **Balan Aravind Resident of Fremont**

April 10, 1957 – March 23, 2020

Walter Fasolis Sr.

Resident of Fremont

June 09, 1925 – March 22, 2020

June Schmidt
"Sister M. Christopher Schmidt"

June 08, 1931 – March 21, 2020

Guillerma Zapanta

Resident of Santa Clara

Resident of Fremont

June 25, 1940 – March 21, 2020

Dibakar Dutta

Resident of India

March 3, 1936 - March 21, 2020

Duangao Wang Resident of FremontMay 30, 1930 – March 20, 2020

Obituary

Thomas Michael Reck

Resident of Fremont

January 27, 1955 - March 16, 2020

Thomas Michael Reck passed away unexpectedly at home on March 16, 2020.

Tom was born on January 27, 1955 in Richland, Washington. He moved to Fremont when he was 4 years old. He was a machinist by trade but was also a mechanic, an electrician and a contractor. He could and did fix anything! Tom was a longtime resident of Fremont, living in his childhood home for the past 35 years.

Tom is survived by his wife of 40 years, Kathy Reck; son Tommy (Hayzel) Reck and daughter Andee (Miguel) Suarez; grandchildren Danielle and Amaya Reck and Julian and Lilliana Suarez; step-grandchildren Sabrina Cisneros and Alycea Jones; sister Sharon (John) Sullivan of Concord, CA, and sister Karen (Robert) Hahn, brother John (Enid) Reck and brother Tim Reck, all of Richland, WA, plus his many nieces and nephews. He was proceeded in death by his parents, John and Lavera (Midge)

Tom loved Friday date nights with Kathy (especially Shaker's Pizza!), fishing with Tommy, hanging out with Andee and



enjoying his grandchildren. He was an avid golfer, playing at least once a week, plus a monthly tournament with the AMD/Spansion Golf Club.

Services for Thomas are tentatively scheduled for May or June 2020 at Berge Pappas Smith Chapel of the Angels in Fremont. Please watch their website for updates: https://www.bergepappassmith.com/ or contact Kathy, Tommy or Andee for confirmation. In lieu of sending flowers, the family would appreciate donations in memory of Tom to either the Humane Society Silicon Valley or St. Jude Children's Research Hospital.

Obituary

William (Billy) Steven Haas

William Steven Haas, known as Billy, was born in Santa Clara, CA on the afternoon of October 1st, 1981 and passed away unexpectedly on March 25, 2020. He was 38 years old.

Billy grew up in Fremont, CA and attended schools in the Irvington District. He was working as a Certification Specialist in the Biomedical industry. He resided in San Jose, CA.

Billy was loved by his family and friends. He was known for his humor, kindness, and generosity towards others, especially his kids and children in general. He loved fishing and excelled at sports. Most memorable was when he was 11 and, as a pitcher of his team (The Giants) in little league, his team was undefeated all season. Billy had a passion for gardening and was known for his green thumb.

Billy is survived by his wife, Suzie and their three children, Kayleen, Cody, and Dylan of San Jose, CA, his parents, Bill Haas of Newark, CA, Kathleen Wright Strugelmeyer of Roseburg, OR, his step-mother Rosalba Haas of Newark, CA, his sisters Michelle Haas of Modesto, CA, Christina Haas of Newark, CA, Andrea Willson of Newark, CA and his step-brothers Freddie Gonzalez of Tracy, CA, Danny Padron of Frisco, TX and Francisco Padron of Fresno, CA. He is also survived by his in-laws, numerous nieces, nephews, aunts, uncles and cousins to whom he was very close. Billy is proceeded in death by his brother Jeffrey Haas and sister Rebecca Haas.

Funeral Arrangements are being handled by Berge Pappas Smith Chapel of the Angels, in Fremont, CA. Due to the COVID-19 pandemic, the services will be limited to immediate family and is closed to the public. A "Celebration of Life" service will be announced after the pandemic is over for the family and friends to attend as a group.

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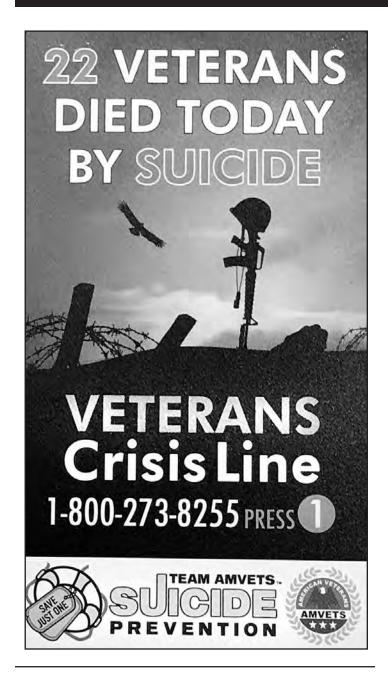
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Property tax penalty waivers available for eligible taxpayers

SUBMITTED BY ALAMEDA COUNTY OFFICE OF THE TREASURER

The Alameda County Treasurer-Tax Collector (TTC) office announced March 31 that they will work with taxpayers on an individual basis to address hardships caused by the coronavirus COVID-19 and the shelter-in-place order.

Right after the property tax delinquent date, which is Friday, April 10, the TTC office will make available a penalty cancellation request form specifically related to COVID-19. Taxpayers who cannot meet the payment deadline will need to submit the appeal form and sign a statement, under penalties of perjury, to represent that they were unable to pay on time for reasons related to the impacts of the coronavirus from "reasonable cause and circumstances beyond the taxpayer's control" under current state law.

Valid reasons to seek penalty cancellation, which may change if state law changes, may include illness, recent effects from under- or unemployment, and business losses (including loss of rental income). Eligible taxpayers will include homeowners, small businesses, and small landlords. Documentation will be required, specific to COVID-19. A special team in the TTC office will be set up to process these requests, and they will attempt to respond to all requests within 60 days.

The TTC continues to ask taxpayers that are not impacted by COVID-19 to pay by April 10. Their office remains open and operating, receiving mail and answering telephone calls, but they are not accepting in-person payments. Payments can be made online and by telephone with a credit card.

Online payments can be made at https://acgov.org/propertytax/online.htm. The phone number is (510) 272-6800. The email address is ttaxpublicmail@acgov.org.

Sign up to receive the Treasurer-Tax Collector's COVID-19 updates at https://treasurer.acgov.org/TreasurerBlog.

We are hear to help you For now give us a call or send an email.

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M-F 10-7 **Evening & Weekends** By Appointment

PG&E programs can soften financial impact of pandemic

SUBMITTED BY TAMAR SARKISSIAN

Pacific Gas and Electric Company (PG&E) offers additional support for customers experiencing hardships as a result of the COVID-19 pandemic. The company is implementing a series of billing and service modifications effective immediately to ensure the lights stay on and the gas continues to flow for customers experiencing financial challenges during this time.

New billing and service modifications for impacted customers include:

- Suspend service disconnections for non-payment and waive new service deposit
- requirements for residential and small business Implement flexible payment plan options
- Provide additional support for low-income and medical baseline customers.

If a customer is experiencing financial hardships and has trouble paying their bill because of the economic impact of COVID-19, we can help. Please call PG&E at 1 (800) 743-5000. We continue to offer flexible payment plans to support customers during these difficult times. As a reminder, PG&E has never charged late fees.

"PG&E knows this is an unsettling and trying time and we want to reassure our customers they are not alone. PG&E is taking swift action to ensure that our customers experiencing hardship as a result of COVID-19 have access to a variety of resources and expanded programs to help manage their energy use and their monthly bills", said Laurie Giammona, PG&E's Chief Customer Officer and a Senior Vice President.

In addition, PG&E has implemented a moratorium on service disconnections for non-payment. This suspension applies to both residential and

small business customers and will remain in effect until further notice. PG&E will also suspend Medical Baseline removals. Customers on the Medical Baseline program will not be asked to re-certify through a doctor or other eligible medical professionals for up to one year.

Customers can also take advantage of the following financial-assistance programs:

- PG&E's California Alternate Rates for Energy (CARE) Program gives almost 1.4 million income-qualified households discounts on their energy bills. Customers can apply for CARE online at www.pge.com/care. Applying is easy and only takes about five minutes. Qualifying customers will begin receiving the CARE program discount within their next billing cycle.
- Separate from CARE, income-qualified households with three or more persons can apply for the Family Electric Rate Assistance (FERA) Program at www.pge.com/fera for an 18% discount on their electric bill.
- The federally-funded Low-Income Home Energy Assistance Program (LIHEAP) at www.pge.com/liheap provides financial assistance to help offset eligible household energy costs, including heating, cooling and home weatherization expenses. To learn more, dial 211 for LIHEAP income guidelines and a list of participating agencies.
- Residential customers requiring electricity-powered medical equipment may qualify for Medical Baseline, at www.pge.com/medicalbaseline/ which is not based on income. Per month, eligible customers can receive an extra baseline allotment of 500 kilowatthours of electricity and/or 25 therms of gas. Certification by a doctor is required.

Finally, no disruption in gas or electric service is anticipated due to the public health crisis. For more information, please visit www.pge.com/covid19 to read more about PG&E's response to the virus.

Community support available to people in need

SUBMITTED BY ROSE PADILLA JOHNSON

Davis Street, a non-profit community service organization in San Leandro, is reminding its clients and community members that they are open and available to help people who are adversely affected by the COVID-19 crisis.

Located at 3081 Teagarden St., Davis Street offers numerous health, family and community support services to those who need them. Services include:

Primary care clinic

The clinic is open and treating both acute and chronic patients on site and through Telehealth technologies from 9:00 a.m. to 6:00 p.m. weekdays. Behavior health, including psychiatric services are open and treating patients on site and using telehealth for physical distancing purposes.

Preventative dental services are on hold, except emergency dental treatments.

Clinic staff follow the Centers for Disease Control and Prevention (CDC) protocols for intake and triage of patients. In addition, COVID19-CDC, Alameda County Public Health and the State of California testing protocols are in place, including special care protocols for protection of staff.

Food pantry

Davis Street's food pantry is open 10:00 a.m. to 5:00 p.m. weekdays. Staff members are using CDC protocols to sanitize all donated food items before they are distributed. Clients may pick up a grocery bag at the warehouse door or have their bag taken to their car; call or text (510) 561-9042.

The clothing program usually operated by Davis Street is closed at this time; only food donations are being accepted.

Children's services

Operations are 8:30 a.m. to 5:30 p.m. weekdays. Pre-school and school-age care is provided following CDC protocols.

For questions, contact Trish Murillo, Children's Services Manager at (510) 347-4620, extension 167 or email tmurillo@davisstreet.org.

- Jefferson Site is open 7:00 a.m. to 6:00 p.m. weekdays
- Lakeside Site is open 8:00 a.m. to 5:00 p.m. weekdays
- Garfield and Roosevelt Elementary sites are closed.

For children of "Essential Workers" as per Alameda County guidelines, see the "Shelter in Place" document on the county website at https://www.acgov.org/documents/Final-Order-to-Shelter-In-Place.pdf

How to help

Davis Street's families need help now more than ever. Davis Street is in need of volunteers, monetary donations, N95 and surgical masks, sanitizing items, and unexpired food. The organization has an online "Wish List" at Amazon where donors are encouraged to browse and

shop at https://www.amazon.com/hz/wishlist/ls/1MV6IPYUUW2BD

Monetary donations of checks or cash can be dropped off or mailed to:

Davis Street Community Center 3081 Teagarden St., San Leandro

Anyone who is able-bodied, under age 60, without chronic illness, able to lift up to 20 pounds and interested in volunteering at the Davis Street food pantry, can text or call (510) 561-9042.



"Being closed to the public pushed us to think about how we could offer people a new way to connect with us in an impactful and unique way – while helping the Zoo survive without admissions revenue. Going behind the scenes and including the interactive component for subscribers to submit questions in real time gives people something that goes even beyond a normal Zoo visit," Dr. Joel Parrott, president and CEO.

Without the admission revenue that makes up for 80 percent of its operating budget, the zoo hopes that the revenue from the new subscription service will also help offset layoffs and reduced work hours for staff.

"Behind the Scenes Live" Subscription
Every weekday: 2:30 p.m. (PST)
Service: \$14.95 per month for nonmembers
Zoo members receive first 30 days free
followed by a \$9.95 monthly fee

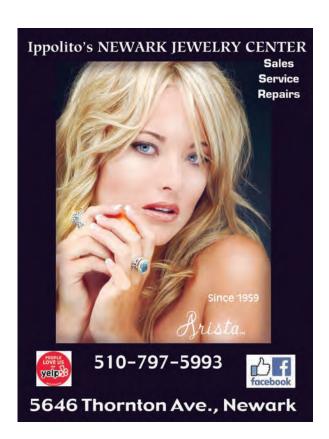
Oakland Zoo launches interactive platform

SUBMITTED BY ERIN HARRISON

Following the COVID-19 closure, Oakland Zoo has launched a new subscription-based livestreaming and interactive service "Behind the Scenes Live." The new platform provides the public a way to connect with animals and staff while also bringing in much-needed revenue to the zoo.

The live broadcasts will be every weekday and feature a host interviewing a variety of animal keepers and veterinary hospital staff with different animals. The interactive component allows subscribers to direct message questions during the broadcast and in real time, so they can be answered immediately.









Information found in 'Protective Services' is provided to public "as available" by public service agencies police, fire, etc. Accuracy and authenticity of press releases are the responsibility of

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



Fremont Police Log

SUBMITTED BY GENEVA BOSQUES, FREMONT PD

Wednesday, April 1

• At 5:39 p.m. officers responded to a report about suspicious group of people in the neighborhood around Ballantine Place and Tamayo Street who were trying to enter residential yards. Officers quickly located and detained four juvenile males, ages 15 to 17 and found an unloaded semi-automatic firearm near a backpack the group had discarded. Officers linked the group to a large burglary and vandalism incident earlier in the day at American High School. More investigation matched the group to a series of residential burglaries in the Centerville area on March 31 and a large street fight earlier in the day in the area of Chapel Way and Bay Street in the Irvington area. The youths were interviewed and released to their parents with police

requesting they be charged with burglary, attempted burglary, possession of a firearm and vandalism. A request for restitution for the damage to American High School will be made through the juvenile court proceedings.

• At 8:49 p.m. officers responded to a report from a homeowner about a burglary at his home the previous day. The victim said a large Penske box truck appeared to be connected to the burglary and that he spotted the truck parked at the Mission Valley Shopping Plaza on Mission Boulevard. A license plate check showed the vehicle was reported stolen from Union City. Detectives also determined the vehicle was suspected in numerous burglaries throughout Fremont. When officers attempted an enforcement stop, the truck driver sped off leading officers on a pursuit through Fremont, Union City, Hayward and into San Leandro where the truck collided with another vehicle on Bancroft Avenue and Juana Avenue. The truck driver fled the scene on foot but was quickly apprehended by a

Fremont Police Department K9 and officer. The suspect was identified by police as Andrew Beck, 34, a transient from Fremont. He was arrested, then taken to a hospital for treatment of moderate injuries from the K9 detainment. He faces charges of possessing a stolen vehicle, stolen property, hit and run, felony evading and resisting arrest. Anyone with information about this case is asked to contact Fremont Police Detective M. Stone at Mstone@fremont.gov or call the Investigative Unit at (510) 790-6900. To send a web tip, go to https://local.nixle.com/tip/alert/5 788118, or text a tip by typing TIP FREMONTPD followed by

a short message to 888777. • At 11:55 p.m. officers responded to a report that a vehicle had struck three parked cars on Pecos Avenue. Witnesses told officers that a female was seen driving away from the area. Officers soon found the 17-year-old driver nearby. After she failed a series of Field Sobriety Tests, she was arrested on suspicion of DUI. There were no injuries.

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Milpitas Police Log

SUBMITTED BY MILPITAS PD

Sunday, March 29

• At 2:25 a.m. an officer made a traffic violation stop on the 1500 block of Country Club Drive. Inside the car were six occupants ages 16 to 19. During the stop the officer found one of the juveniles had a loaded .40 caliber semi-automatic pistol and a loaded .40 caliber pistol magazine inside a jacket pocket. A ski mask was also found inside the vehicle. The juvenile with the pistol was arrested and issued a citation for possessing a concealed firearm and violating the county shelter in place order. The other juveniles were issued citations for curfew and shelter in place violations. The adult occupants were each issued a citation for contributing to the delinquency of a minor and violating the shelter in place order.

BART

SUBMITTED BY LES MENSINGER AND **BART PD**

Friday, March 27

• A woman identified by police as Loretta Howard, 55, of Hayward was arrested at Hayward station on suspicion of assault with a deadly weapon. She was issued a prohibition order and booked into Santa Rita Jail.

Tuesday, March 31

• At 3:19 p.m. a man identified by police as Pierre Johnson, 24, of Antioch was arrested at Bay Fair station in San Leandro on a \$50,000 warrant issued by Vallejo Police Department. He was booked into Santa Rita Jail.

Newark hires new police chief

SUBMITTED BY Laurie Gebhard

Gina L. Anderson as joined as Newark's new police chief. Anderson comes to Newark from the Citrus Heights Police Department where she served as the department's assistant police chief for the past two years. Anderson's first official day with the Newark Police Department was April 6.

Anderson began her law enforcement career in 1992 as a community services officer with the City of Davis Police Department. Anderson obtained a Bachelor of Arts in 1992 from the University of the Pacific. She later went on to earn a Juris Doctorate from McGeorge



School of Law and is a licensed attorney. Anderson is a graduate of the FBI National Academy in Quantico, Virginia and is also a graduate of the Police Executive Research Forum's Senior Management Institute for Police Executives.

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Alameda County Sheriff's Office

SUBMITTED BY ACSO

Friday, March 27

 Sheriff's deputies are investigating an early morning burglary at a Castro Valley barber shop where numerous clippers were taken along with a cash register. Surveillance video captured the burglar in the shop at about 3:00 a.m. Anyone with information is asked to call ACSO at (510) 667-7721.

Since 1979 The Original B.F.F. FOAM FACTORY 510-657-2420 www.bobsfoam.com 4055 Pestana Place, Fremont

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Thank you for choosing Bob's Foam Factory products. We are certain you will be pleased with your choice. Since opening our doors in 1979, we have been committed to providing outstanding service, quality and durability. **OPEN TO THE PUBLIC** LARGEST SELECTION IN BAY AREA

OPEN MON-FRI 8:30AM-5:00PM SAT 8:30AM-3:00PM

880 to Auto Mall Pkwy - Exit towards the Hills Rt on Fremont Blvd. - 1/2 mile turn right on Pestana Place

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PUBLIC NOTICES

NOTICE OF PUBLIC HEARING CITY OF FREMONT ZONING ADMINISTRATOR

NOTICE IS HEREBY GIVEN THAT THE ZONING ADMINISTRATOR OF THE CITY OF FREMONT WILL HOLD PUBLIC HEARINGS ON THE FOLLOWING PROPOSALS. SAID PUBLIC HEARINGS WILL BE EITHER HELD AT 3:00 P.M., ON MONDAY, APRIL 20, 2020, AT THE CITY OF FREMONT DEVELOPMENT SERVICES CENTER, RANCHO HIGUERA 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 DEEMED IT 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 TO IMPOSE AND PROMOTE SOCIAL DISTANCING UNDER THE AUTHORITY OF GOVERNOR'S EXECUTIVE ORDER N-25-20, AS AMENDED. INFORMATION ON HOW TO PARTICIPATE THE MEETING BY TELECONFERENCE WILL BE AVAILABLE ON THE MEETING AGENDA POSTED ONLINE AT FREMONT. ZONING ADMINISTRATOR OF THE CITY OF FREMONT WILL HOLD PUBLIC ON HOW TO PARTICPATE THE MEETING BY TELECONFERENCE WILL BE AVAILABLE ON THE MEETING AGENDA POSTED ONLINE AT FREMONT. GOV/429/ZONING-ADMINISTRATOR-HEARINGS ON THURSDAY, APRIL 16 BY 5:00 P.M. OR BY CALLING THE COMMUNITY DEVELOPMENT DEPARTMENT, PLANNING DIVISION AT (510) 494-4440

BASIS INDEPENDENT – 39706 Mission Boulevard – PLN2020-00171 – To consider a Zoning Administrator Permit to expand the eligibility of student enrollment to high school students grades nine through high school students grades nine through twelve at an existing school offering preschool through eighth grade, located in the Mission San Jose Community Plan Area, and to consider a categorical exemption from the requirements of the California Environmental Quality Act (CEQA) per CEQA Guideline 15301, Existing Facilities. Project Planner – Courtney Pal, (510) 494-4532, cpal@fremont.gov

(510) 494- 4440.

* NOTICE *

If you challenge the decision of the Zoning Administrator 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 Zoning Administrator at, or prior to, the public hearing.

> CLIFFORD NGUYEN **ZONING ADMINISTRATOR**



FICTITIOUS BUSINESS **NAMES**

FICTITIOUS BUSINESS NAME STATEMENT File No. 569177

File No. 305177
Fictitious Business Name(s):
29&FINE BOUTIQUE, 2704 OLIVER DR.,
HAYWARD, CA 94545, County of ALAMEDA

strant(s): NAY CAMP, 2704 OLIVER DRIVE, Registrar AJENAY 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

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].)

Is! MISTY WOODS

This statement was filled with the County Clark of the county Clark

Is/ 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 ficitious name statement generally expires at the end of five years from the date on which it was filed in office of the county cate on which it was nied in office or the country 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 fictitions business page statement must be

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-3356752#

FICTITIOUS BUSINESS NAME STATEMENT File No. 569323

ricutious Business Name(s): STRATEGIC BODYWORK SOLUTIONS, 3091 PERALTA BLVD., FREMONT, CA 94536, County of ALAMEDA 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 or 1/29/2020
I declare that climic field.

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 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).

CNS-3356416#

FICTITIOUS BUSINESS NAME STATEMENT File No. 569541

Fictitious Business Name(s): Shiksha, 990 Yucatan Ct, Fremont, CA 94539, County of Alameda

Registrant(s): SASH LLC, 990 Yucatan Ct, Fremont, CA 94539;

Business conducted by: A Limited Liability

Company

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

1/913 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/ Vaishnavee Ragavan, Managing Member This statement was filed with the County Clerk of Alameda County on March 12, 2020

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 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

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

File No. 569416 Fictitious Business Name(s):
EcoGeoBuild, 39267 Marbella Terraza,
Fremont, CA 94538, County of Alameda Registrant(s):

David Buckley, 39267 Marbella Terraza, Fremont

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 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 housand dollars [\$1,000].)

one mousand oolars [s1,000].

[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 execut as provided in subdivision (b) of date on which it was filed in office or fine 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 Sectior 14411 et seq., Business and Professions Code). 3/24, 3/31, 4/7, 4/14/20

CNS-3355202#

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 569122
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

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].)
Is/ 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#

CNS-3352768#

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 569007
Fictitious Business Name(s):
Hayward Ghazni Sister City Committee, 39605
Stevenson PI #133, Fremont, CA 94539, County
of Alameda

Mailing Address: 68 Ramona Ave, San Francisco, CA 94103

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 02/26/202 I declare that all information in this statement

02/26/20/20

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].)

Is/ 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 File No. 568714

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

Business conducted by: An Individual The registrant began to transact business using the fictitious business name(s) listed above on N/A 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].)

one mousand oolars [s1,100].

Is/ 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 concells writer at the part of figure area from the generally expires at the end of five years from the date on which it was filed in office of the county 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.

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/ Rafael 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#

CNS-3352043#

GOVERNMENT

CITY OF FREMONT SUMMARY OF PROPOSED ORDINANCE

As Introduced March 3, 2020
AN ORDINANCE OF THE CITY OF FREMONT ESTABLISHING SPEED LIMITS ON CERTAIN CITY STREETS AND AMENDING FREMONT MUNICIPAL CODE SECTION 10.05.1000 TITLED "DECLARED PRIMA FACIE SPEED LIMITS" LIMITS'

On March 3, 2020, the Fremont City Council introduced the above ordinance. It would establish speed limits on certain city streets and amending Fremont Municipal Code Section 10.05.1000 titles "Declared Prima Facie Speed Limits" (Continued from March 17, 2020 City Council Meeting). A certified copy of the full text of the ordinance is posted in the office of the City Clerk, 3300 Capitol Avenue, Fremont, and is available for review upon request. The second reading for adoption is currently scheduled for April 14, 2020, at 7:00 pm, at City Hall, 3300 Capitol Avenue, Fremont. SUSAN GAUTHIER, CITY CLERK 4/7/20

CNS-3358174#

URGENCY ORDINANCE NO. 519-U
AN URGENCY ORDINANCE OF THE CITY
OF NEWARK ENACTING A TEMPORARY
MORATORIUM ON EVICTIONS DUE TO
NONPAYMENT OF RENT FOR RESIDENTIAL
AND COMMERCIAL TENANTS WHERE THE
FAILURE TO PAY RENT IS FROM INCOME
LOSS RESULTING FROM THE NOVEL
CORONAVIRUS (COVID-19)
WHEREAS, international, national, state, and
local health and governmental authorities are
responding to an outbreak of respiratory disease
caused by a novel coronavirus named "SARSCoV-2," and the disease it causes has been
named "coronavirus disease 2019," abbreviated
COVID-19 ("COVID-19"); and
WHEREAS, on January 30, 2020, the World
Health Organization ("WHO") declared COVID19 a Public Health Emergency of International
Concern; and
WHEREAS, on January 31, 2020, the Secretary

a Public Health Emergency of International Concern; and WHEREAS, on January 31, 2020, the Secretary of the United States Department of Health and Human Services declared a public health emergency for the entire United States to aid the nation's healthcare community in responding to COVID-19; and WHEREAS, on February 25, 2020, the Centers for Disease Control and Prevention ("CDC") announced that community Prevention ("CDC") announced that community spread of COVID-19 is likely to occur in the United

States; and WHEREAS, on March 1, 2020, the Alameda County Health Officer declared a public health emergency throughout the County of Alameda;

WHEREAS, on March 4, 2020, the Governor of WHEREAS, on March 4, 2020, the Governor of California proclaimed a state of emergency exists in California after making determinations that:

1. The conditions caused by COVID-19 are likely to require the combined forces of a mutual aid region or regions to appropriately respond; and 2. Local authority is inadequate to cope with the threat posed by COVID-19; and WHEREAS, on March 10, 2020, the Alameda County Board of Supervisors ratified the Alameda County Health Officer's declaration of a local health emergency; and

WHEREAS, on March 11, 2020, the WHO declared COVID-19 a pandemic; and WHEREAS, on March 12, 2020, the Alameda County Department of Public Health confirmed evidence of community-acquired transmission; and

and WHEREAS, on March 13, 2020, the President of the United States of America declared a national state of emergency in response to the spread of COVID-19 within the United States of America;

and
WHEREAS, on March 16, 2020, the Alameda County Health Officer, along with six other health officers within six Bay Area counties, took a unified step to slow the spread of novel coronavirus (COVID-19) and preserve critical health care capacity across the region by issuing a legal order directing their respective residents to shelter at home beginning March 17, 2020 through April 7, 2020. The order in Alameda County limits activity, travel, and business functions to only the most essential needs. The guidance comes after substantial input from the CDC and best practices from other health officials around the world; and WHEREAS, on March 16, 2020, due to an escalating increase in the number of COVID-19 cases in Alameda County, the City Manager, acting as Director of Emergency Services, found that the conditions related to the COVID-19 pandemic were of extreme peril to the safety of persons and property within the territorial limits of the City and thus proclaimed a local emergency pursuant to Newark Municipal Code Chapter 2.16 and Government Code Section 8558; and WHEREAS, on March 17, 2020, at a special meeting the Newark City Council ratified the Director of Emergency Services' proclamation of a local emergency related to the COVID-19 pandemic; and WHEREAS, on March 16, 2020, the Governor whereas, on March 16, 2020, the Alameda

of a local emergency related to the Cortic and WHEREAS, on March 16, 2020, the Governor of California issued Executive Order N-28-20 ordering waiver of time limitations set forth in Penal Code section 396(f) concerning protections. Penal Code section 396(f) concerning protections against residential evictions, and suspending any provision of state law that would preempt or otherwise restrict a local government's exercise of its police power to impose substantive limitations on residential or commercial evictions related to COVID-19. The order further suspended statutory causes of action for judicial foreclosure, including Code of Civil Procedure section 725a et seq. the statutory cause of action for unlawful detainer, Code of Civil Procedure section 1161 et seq., and any other statutory cause of action that could be used to evict or otherwise eject a residential or commercial tenant or occupant of residential real property after foreclosure; and WHEREAS, on March 19, 2020, the Governor of California issued Executive Order N-33-20 ordering all individuals within the State of California to stay home or at their place of residence, except as needed to maintain continuity of operation of the forecastical existential of continuity of operation of the forecastical existential or continuity of operation of the forecastical existential of the tentation of the control of the cont

to stay nome or at meir place or residence, except as needed to maintain continuity of operation of the federal critical infrastructure sectors, critical government services, schools, childcare, and construction; and WHEREAS, events of all sizes across the Bay Area and in Newark are cancelling or being postponed due to the County's and State's Orders and recommendations at all levels of government to cancel large gatherings are occurring amid to cancel large gatherings are occurring amid concerns over spread of the virus. Additionally, as a result of the County's shelter at home order and the Governor's order for individuals to stay in their place of residence, many businesses are closing or dramatically limiting their operations. These developments are likely to result in significantly increased levels of unemployment and decreased incomes for many businesses and residents of

WHEREAS, California Constitution, Article XI, Section 7, provides cities and counties with the authority to enact ordinances to protect the public health, safety, and general welfare, of their

citizens; and **WHEREAS**, California Government Code Section 36937 authorizes the City Council to introduce and adopt an ordinance it declares to be necessary as an emergency measure to preserve the public peace, health, and safety at one and the same meeting if passed by at least four-fifths affirmative

whereas, this Ordinance is a temporary WHEREAS, this Ordinance is a temporary moratorium intended to promote stability and fairness within the residential and commercial rental market in the City during the COVID-19 pandemic, and to prevent avoidable homelessness and evictions thereby serving the public peace, health, safety, and public welfare and to enable tenants in the City whose incomes and ability to work are affected by COVID-19 to remain in their homes; and

and ability to work are affected by COVID-19 to remain in their homes; and WHEREAS, displacement through eviction destabilizes the living situation of tenants and impacts the health of Newark residents and businesses by uprooting children from schools, disrupting the social ties and networks that are integral to citizens' welfare and the stability of communities within the City; and WHEREAS, displacement through eviction.

communities within the City; and WHEREAS, displacement through eviction creates undue hardship for tenants through additional relocation costs, and during the COVID-19 pandemic outbreak, affected tenants who have lost income due to impacts on the economy or their employment may be at risk of homelessness if they are evicted for non-payment as they will have little or no income and thus be unable to

where the or income and thus be unable to secure other housing if evicted; and WHEREAS, housing instability threatens the public peace, health, and safety as eviction from one's home can lead to prolonged homelessness; strain on household finances due to the necessity of pauling and la participation for any expension. of paying rental application fees and security deposits; stress and anxiety experienced by those displaced; interruption of the education of children in the home; and increased exposure to, and spreading of COVID-19, in contradiction to the Alameda County Health Officer and Governor's orders; and WHEREAS, businesses are also affected by

COVID-19 and may be unable to pay rent. If businesses are unable to pay rent, they may be evicted, which will negatively impact the local economy by laying off employees and ceasing to provide services to residents of the City, and negatively impacting local health by forcing persons out of their shelter-in-place locations to prepare for business eviction increasing notential prepare for business eviction, increasing potential COVID-19 exposure, and reducing the number of retail and commercial spaces available to provide essential services, also increasing potential COVID-19 exposure as a result of less retail and commercial spaces available for residents and thus less space available for social distancing; and WHEREAS, the City Council finds and determines

that regulating the relations between residential and commercial landlords and tenants is essential to preventing the spread of COVID-19 in the City and thereby serve the public peace, health, and safety; and WHEREAS, an urgency ordinance that is effective

immediately is necessary to avoid the immediate threat to public peace, health, and safety as failure to adopt this urgency ordinance could result in the avoidable displacement or exposure to COVID-19 of the City's residents and community members.

NOW, THEREFORE, THE CITY COUNCIL OF
THE CITY OF NEWARK, DOES HEREBY
ORDAIN AS FOLLOWS:

<u>SECTION 1. Findings</u>
The City Council of the City of Newark finds that all of the above Recitals are true and correct and incorporated herein by reference. The provisions of the Governor's Executive Order N-28-20, including its recitals, are incorporated herein as

if fully set forth.
SECTION 2. Urgency Findings

The City Council of the City of Newark hereby finds that there is a current and immediate threat to the public health, safety and/or welfare and a need for immediate preservation of the public peace, health, or safety that warrants this urgency ordinance, which finding is based upon the facts stated in the recitals above, and in the staff report dated March 26, 2020. City Council meeting. This Ordinance and in the staff report dated March 26, 2020. City Council meeting. This Ordinance and the result of the city Council be an urgency measure necessary for the immediate preservation of the public peace, health or safety. The facts constituting such urgency are all of those certain facts set forth and referenced in this Ordinance and the entirety of the record before the City Council.

SECTION 3. Ordinance
The City Council hereby makes the findings contained herein and hereby adopts the uncodified Ordinance to read as follows.

COVID-19 Eviction Moratorium Ordinance Section 1. Moratorium on Eviction for Nonpayment of Rent During the COVID-19 Emergency
A. During the term of this Eviction Moratorium, no landlord shall endeavor to evict a residential or commercial tenant for nonpayment of rent, including but not limited to any such provision under Civil Code sections 1940 et. seq. or 1954.25 et seq., if the tenant demonstrates that the inability to pay rent is:

1. Due to, or arising out of a substantial decrease in household or business income (including but not limited to any substantial out-of-pocket medical expenses, was caused by the COVID-19 panderinc, or by any local, state, or federal government response to COVID-19, and is documented in writing.

This Eviction Moratorium shall remain in effect until May 31, 2020 or the expiration of the local emergency or the Governor's proclamation of a state of emergency, whichever is later. This Ordinance shall expire one hundred eighty (180) days following the expiration of this Eviction Moratorium.

B. "Substantial decrease in household income includes but is not limite

chapitation of the forty-five (45), interly (30), interly (180) day periods described in subsection Fabove.

H. This Ordinance may be asserted as an affirmative defense in any unlawful detainer action or other action brought by an owner or landlord to recover possession. A tenant may bring a civil six seeking owner or landlord compliance with any provisions of this Ordinance.

Section 2. Moratorium on Judicial Foreclosures

During the COVID-19 Emergency

As provided for in Executive Order N-28-20 and consistent with the other provisions in this ordinance, the statutory cause of action for judicial foreclosure, Code of Civil Procedure section 725a et seq.; the statutory cause of action for unlawful detainer, Code of Civil Procedure section 1161 et seq.; and any other statutory cause of action for unlawful detainer, Code of Civil Procedure section 1161 et seq.; and any other statutory cause of action that could be used to evict or otherwise eject a residential real property after foreclosure is hereby suspended as applied to any tenancy, or residential real property and any occupation thereof, to which a limitation on eviction is imposed pursuant to this Ordinance.

SECTION 4. Severability fany provision of this Ordinance is held invalid, the remainder of the ordinance, including the application of such part or provision to other persons or circumstances shall not be affected thereby and shall continue in full force and effect. To this end, provisions of this Ordinance are severable. The City Council of the City of Newark hereby declares that it would have passed each section, subsection, subdivision, paragraph, sentence, clauses, or phrases be held unconstitutional, invalid, or unenforceable.

SECTION 5. Effective Date

subdivisions, paragraphs, sentences, clauses, or phrases be held unconstitutional, invalid, or unenforceable.

SECTION 5. Effective Date
Following adoption by at least a four-fifths vote of the City Council, this Ordinance shall be effective immediately upon adoption pursuant to Newark Municipal Code Section 2.08.180. The City Clerk shall certify as to the adoption of this Urgency Ordinance and shall cause it to be published within fifteen (15) days of the adoption and shall post a certified copy of this Urgency Ordinance, including the vote for and against the same, in the Office of the City Clerk, in accordance with California Government Code Section 36933.

HEREBY CERTIFY this urgency ordinance was read at the special meeting of the Newark City Council held on March 26, 2020. Council Member Bucci moved that it be adopted and passed and ordered published within 15 days of the date of adoption in the Tri-City Voice, a newspaper of general circulation published and printed in the County of Alameda and circulated in the City of Newark, which motion was duly seconded, and said ordinance was passed and adopted by the following vote:

AYES: Council Members Bucci, Collazo, Hannon, and Mayor Nagy
NOS: None
RECUSED: Vice Mayor Freitas
SECONDED: Council Member Collazo
APPROVED: Mayor Alan L. Nagy
ATTEST: Deputy City Clerk Slafter
APPROVED AS TO FORM: Interim City Attorney Kokotaylo

CNS-3358107#

CITY OF FREMONT
ORDINANCE NO. 05-2020
AN UNCODIFIED URGENCY ORDINANCE
OF THE CITY OF FREMONT PROHIBITING
HOARDING, REQUIRING SOCIAL DISTANCING
AND OTHER PUBLIC HEALTH MEASURES IN
RESPONSE TO THE SPREAD OF COVID-19,
AND DECLARING THE URGENCY THEREOF
WHEREAS international national state and

AND DECLARING THE URGENCY THEREOF WHEREAS, international, national, state, and local health and governmental authorities are responding to an outbreak of respiratory disease caused by a novel coronavirus named "SARS-CoV-2," and the disease it causes has been named "coronavirus disease 2019," abbreviated COVID-19," ("COVID-19"); and WHEREAS, on March 4, 2020, the Governor of the State of California declared a state of emergency to make additional resources available formalize

to make additional resources available, formalize to make additional resources available, formalize emergency actions already underway across multiple state agencies and departments, and help the state prepare for broader spread of COVID-19; and WHEREAS, on March 13, 2020, the President of the United States of America declared a national emergency and announced that the federal government would make emergency funding available to assist state and local governments

available to assist state and local governments in preventing the spread of and addressing the

effects of COVID-19; and WHEREAS, on March 13, 2020, the City's Director of Emergency Services proclaimed the existence of a local emergency in response to the COVID-19 crisis; and WHEREAS, on March 16, 2020, the County of Alameda joined Contra Costa, Marin, San Francisco, San Mateo, Santa Clara counties and the City of Berkeley on a legal order directing their respective residents to shelter at home for three weeks beginning March 17, 2020 ("Shelter in Place Order"). The Shelter in Place Order also requires all businesses except essential businesses as described in the Order to cease all activities at facilities located within the County except minimum basic operations and prohibits all public and private gatherings of any number of people except for limited purposes as well as all non-essential travel; and WHEREAS, on March 17, 2020, the City Council adopted Resolution No. 2020-07, A Resolution of the City Council of the City of Fremont Ratifying the Proclamation of a Local Emergency Issued by the Director of Emergency Services in Response to the COVID-19 Crisis; and WHEREAS, centain people are hoarding essential goods such as hand sanitizer, cleaning supplies, toilet paper, canned food, frozen food and other needed supplies in response to the COVID-19 crisis, which has caused widespread shortages of such supplies; and WHEREAS, in the interest of public peace, health and safety, as affected by the emergency caused by the spread of COVID-19, it is necessary for the City Council to exercise its authority to issue these regulations related to the protection of the Diblic peace, health or safety. NOW, THEREFORE, THE CITY COUNCIL OF THE CITY OF FREMONT DOES ORDAIN AS FOLLOWS:

peace, health or safety.

NOW, THEREFORE, THE CITY COUNCIL OF THE CITY OF FREMONT DOES ORDAIN AS FOLLOWS:

The City Council finds that each fact set forth in the preceding recitals is true and correct and incorporated by reference.

SECTION 1. FINDINGS

The City Council finds that each fact set forth in the preceding recitals is true and correct and incorporated by reference.

SECTION 2. SHELTER IN PLACE ORDER

The City Council hereby incorporates by reference the Shelter in Place Order, and all further COVID-19-related Orders from the Health Officer of the County of Alameda, and amendments thereto.

SECTION 3. HOARDING

People shall not hoard essential goods such as hand sanitizer, cleaning supplies, toilet paper, canned food, frozen food and other needed supplies. The City Council condemns hoarding. Retail establishments located in the City shall be responsible for limiting the sales of such items, as they see fit to provide greater accessibility to a larger group of customers.

SECTION4. SOCIAL DISTANCING

Persons and businesses shall exercise the social distancing requirements directed by Shelter in Place Order and other applicable public health directives related to COVID-19, including but not limited to maintaining a six feet distance from other persons, including workers in activities deemed essential by the State. No person shall participate in any gathering or group activity of any size (with the exception of family outings), including but not limited to games and sports in any City park and other public spaces.

SECTION 5. URGENCY

The City Council finds that the COVID-19 pandemic has increased the risk of housing displacement, loss of income, and homelessness for many people in the City of Fremont and surrounding areas, as more fully described in the recitals of this Ordinance. The City Council further finds that, unless this Ordinance is effective and its regulations are immediately put in place, the public health, safety and welfare will be at risk. Therefore, the immediately put in place, the publ

local health officer), Government Code Sections 8665 (violation of executive order), and 26600 (preservation of peace), and/or other applicable state law.

SECTION 7. DURATION
This Ordinance shall remain in effect for the duration of the local emergency proclaimed in response to the COVID-19 crisis.

SECTION 8. CEQA
The City Council finds, under Title 14 of the California Code of Regulations, (CEQA Guidelines) section 15061(b)(3), that this Ordinance is exempt from the requirements of the California Environmental Quality Act (CEQA) in that it is not a Project which has the potential for causing a significant effect on the environment. The Council therefore directs that a Notice of Exemption be filed with the Alameda County Clerk in accordance with the CEQA guidelines.

SECTION 9. SEVERABILITY If any section, subsection, sentence, clause or phrase of this Ordinance is for any reason held by a court of competent jurisdiction to be invalid, such a decision shall not affect the validity of the remaining portions of this Ordinance. The City Council of the City of Fremont hereby declares that it would have passed this Ordinance and each section or subsection, sentence, clause and phrase thereof, irrespective of the fact that any one or more sections. Subsections, sentences, clauses or phrases be declared invalid. SECTION 10. EFFECTIVE DATE Based upon the findings in Section 5 of this Ordinance, this Ordinance shall take effect immediately upon its adoption by a minimum 4/5 vote of the City Council.

SECTION 11. PUBLICATION AND POSTING Within 15 days after adoption of this Ordinance, the City Clerk shall cause the Ordinance to be published with the names of those City Council members voting for and against the Ordinance and seating of the City Council held on the 27th day of

The foregoing Ordinance was adopted at a special meeting of the City Council held on the <u>27th day of March</u>, <u>2020</u> by the following vote:
AYES: Mayor Mei, Vice Mayor Jones, Councilmembers: Bacon Salwan, Kassan, Keng, and Shao NOES: None ABSENT: None ABSTAIN: None SUSAN GAUTHIER, CITY CLERK 4/7/20

4/7/20

CNS-3357997#

CITY OF FREMONT
ORDINANCE NO. 04-2020
AN UNCODIFIED URGENCY ORDINANCE OF
THE CITY OF FREMONT ESTABLISHING AN
EXTENSION OF THE ANTI-PRICE GOUGING
STATUTORY PROHIBITIONS AND DECLARING
THE URGENCY THEREOF
THE CITY COUNCIL OF THE CITY OF FREMONT
DOES ORDAIN AS FOLLOWS:
SECTION 1. Findings and Intent

SECTION 1. Findings and Intent
A. Penal Code Section 396(b) generally makes
it unlawful for a person, contractor, business, or
other entity to impose a greater than 10% price
increase for designated goods and services for
a period of 30 days following issuance of a
proclamation of a state of emergency or a local emergency.

B. Penal Code Section 396(e) generally makes it

unlawful for a person, business, or other entity to impose a greater than 10% price increase in the rental price for housing for a period of 30 days following issuance of a proclamation of a state of emergency or a local emergency. C. Penal Code Section 396(g) authorizes local governments to extend such prohibitions for additional 30-day periods as needed if deemed necessary to protect the lives, property, or welfare

D. International, national, state, and local health and governmental authorities are responding to an outbreak of respiratory disease caused by a novel coronavirus named "SARS-CoV-2," and the disease it causes has been named "coronavirus disease 2019" ("COVID-19").

E. On March 4, 2020, the Governor of the State

of California declared a state of emergency to make additional resources available, formalize emergency actions already underway across multiple state agencies and departments, and help the state prepare for broader spread of COVID-19.

On March 13, 2020, the President of the United States of America declared a national emergency and announced that the federal government will make emergency funding available to assist state and local governments in preventing the spread of and addressing the effects of COVID-19.
G. On March 13, 2020, the City Manager/Director

of Emergency Services proclaimed the existence of a local emergency in response to the COVID-19 pandemic.
H. On March 17, 2020, the City Council ratified

the emergency proclamation issued by the City Manager/Director of Emergency Services. I. The Centers for Disease Control and Prevention,

the California Department of Public Health, and the Alameda County Health Officer have issued recommendations and orders regarding social distancing, staying home if sick, cancellation or postponement of large group events, working from home, and other precautions to protect public health and prevent transmission of this

PUBLIC NOTICES

communicable virus.

J. As a result of the public health emergency and the precautions recommended by health authorities, many residents in the City of Fremont have experienced or expect soon to experience sudden and unexpected income loss.

K. The Governor of the State of California has stated that individuals exposed to COVID-19 may be temporarily unable to report to work due to illness caused by COVID-19 or quarantines related to COVID-19 may experience potential loss of income, health care and medical coverage, and ability to pay for housing and basic needs, thereby placing increased demands on already strained regional and local health and safety resources, including shelters and food banks.

L. Further economic impacts are anticipated, leaving residents vulnerable to eviction and other pressures.

pressures.

M. During this emergency, and in the interest of protecting the public health and preventing transmission of COVID-19, it is essential to avoid

of essential consumer goods and services, and in the price of rental housing.

N. In the interest of public peace, health, and safety, as affected by the emergency caused by the spread of COVID-19, it is necessary for the City Council to exercise its authority to issue these

Section 2. Extension of Anti-Price Gouging Statutory Prohibitions Statutory Prohibitions
No person, contractor, business, or other entity
shall violate Penal Code Section 396(a) for the
duration of the COVID-19 local emergency. No
person, business, or other entity shall violate
Penal Code Section 396(e) for the duration of the

Penal Code Section 396(e) for the duration of the COVID-19 local emergency. Section 3. Urgency Declaration
The City Council of the City of Fremont finds that the COVID-19 pandemic has increased the risk of housing displacement, loss of income, and homelessness for many people in the City of Fremont and surrounding areas as more fully described in Section 1 of this Ordinance. The City Council further finds that, unless this Ordinance is effective, and its resultations are immediately out.

in place, the public health, safety, and welfare will be at risk. Therefore, the immediate preservation of the public health, safety, and welfare requires that this Ordinance be enacted as an urgency ordinance pursuant to Government Code Section 36937(b) and that it take effect immediately upon adoption pursuant to Government Code Section 36934, and its urgency is hereby declared. Section 4. Violations
This Ordinance shall be punishable as set forth in Chapters 1.15 and 1.20 of the Fremont Municipal Code.
Section 5. Duration

Code.
Section 5. Duration
This Ordinance shall remain in effect for the duration of the COVID-19 local emergency. duration or the COVID-19 local emergency.

<u>Section 6</u>. Effective Date

Based upon the findings in Section 1 and the
urgency declaration in Section 3 above, this

Ordinance shall take effect immediately upon
its adoption by a minimum 4/5 vote of the City

Council.

Council.

<u>Section 7</u>. CEQA

The City Council hereby finds that it can be seen with certainty that there is no possibility

the adoption of this Ordinance may have a significant effect on the environment because it establishes a temporary extension of the antiprice gouging statutory prohibitions to promote the public health, safety, and welfare. It is therefore exempt from California Environmental Quality Act review pursuant to Title 14, Section 15061(b)(3) of the California Code of Regulations. Section 8. Severability

the California Code of Regulations. Section 8. Severability If any section, subsection, sentence, clause, phrase or portion of this Ordinance is for any reason held to be invalid or unconstitutional by the decision of any court of competent jurisdiction, such decision shall not affect the validity of the remaining portions of this Ordinance. The City Council declares that it would have adopted this Ordinance and each section, subsection, sentence, clause, phrase or portion thereof irrespective of the fact that any one or more sections, subsections, sentences, one or more sections, subsections, sentence clauses, phrases or portions be declared invalid or unconstitutional.

Section 9. Certification
The City Clerk shall certify to the adoption of this

as required by law.

The foregoing ordinance was introduced and adopted before the City Council of the City of Fremont at the regular meeting of the City Council, held on the 27th day of March, 2020 by AYES: Mayor Mei, Vice Mayor Jones, Councilmembers: Bacon Salwan, Kassan, Keng, and Shao NOES: None
ABSENT: None
ABSTAIN: None
SUSAN COUNTY

4/7/20

CNS-3357995#

Eden Health District selects Mark Friedman as new Chief Executive Officer

SUBMITTED BY STEPHEN CASSIDY

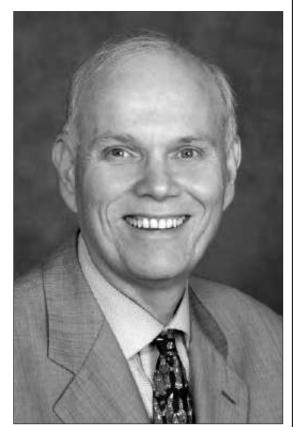
The Eden Health District announced that it has appointed Mark Friedman as its Chief Executive Officer. The former CEO of the Thomas J. Long Foundation and First 5 Alameda County as well as a three-time Mayor of the City of El Cerrito, Friedman commenced his service as the District CEO on March 18, 2020.

Friedman serves on the Board of Directors of the East Bay Community Foundation, and served as its Board Chair from 2017 to 2019. Friedman served as the Chief Executive Officer of First 5 Alameda County for 15 years and was the CEO of the Thomas J. Long Foundation for 4.5 years serving as one of the largest philanthropic givers in the East Bay, concentrating on grants to community organizations improving education, services to seniors, services for people with disabilities, and providing critical safety net services.

'We are excited to have Mark as the District's new CEO. Mark brings a wealth of knowledge and experience in the fields of public health, government and community service, and philanthropic giving combined with a deep commitment to improving access to healthcare. The Board will work closely with Mark to leverage its resources to address the COVID-19 pandemic," stated Gordon Galvan, Chair of the Board of Directors of the Eden Health District.

"I am honored and humbled to serve as the new CEO of the Eden Health District during this unprecedented time," commented Mark Friedman. "I look forward to working under the direction of the Board of Directors to partner with county and city agencies, healthcare providers and non-profit organizations to rise to the challenge COVID-19 poses to the health and welfare of the residents of the Eden Area."

An initiative already started by the District has been the launch of a free COVID-19 Bulletin that synthesizes the near overwhelming news on the pandemic. With an emphasis on the East Bay, the



bulletin also condenses the latest state, national and international news into manageable summaries. The Bulletin is a joint project with the East Bay Community Foundation.

"The COVID-19 Bulletin provides local policy makers and community members accurate

and timely information to help them make the best policy and personal choices in response to the pandemic," stated Friedman. The bulletin is posted online at https://ethd.org/daily-bulletin-update/. Persons who wish to receive the bulletin directly by email should contact District Clerk Barbara Adranly at badranly@ethd.org to request to be added to the District's bulletin distribution list. Announcements regarding community services and the response to the pandemic can be sent to the same address for inclusion in future bulletins.

NASA NIGHT SKY NETWORK

Hubble at 30: Three Decades of Cosmic Discovery

By David Prosper

The Hubble Space Telescope celebrates its 30th birthday in orbit around Earth in April. It's hard to believe how much this telescope has changed the face of astronomy in just three decades. It had a rough start -- an 8-foot mirror just slightly out of focus in the most famous case of spherical aberration of all time. But subsequent repairs and upgrades by space shuttle astronauts made Hubble a symbol of the ingenuity of human spaceflight and one of the most important scientific instruments ever created. Beginning as a twinkle in the eye of the late Nancy Grace Roman, the Hubble Space Telescope's work over the past thirty years changed the way we view the universe, and more is yet to come.

We've all seen the amazing images created by Hubble and its team of scientists, but have you seen Hubble yourself? You actually can. Hubble's orbit - around 330 miles

overhead -- is close enough to Earth that you can see it at night. The best times are within an hour after sunset or before sunrise, when its solar panels are angled best to reflect the light of the Sun back down to Earth. You can't see the structure of the telescope, but you can identify it as a bright star-like point, moving silently across the night sky. It's not as bright as the Space Station, which is much larger and whose orbit is closer to Earth (about 220 miles), but it's still very noticeable as a single steady dot of light, speeding across the sky. Hubble's orbit brings it directly overhead for observers located near tropical latitudes; observers further north and south can see it closer to the horizon. You can find sighting opportunities using satellite tracking apps for your smartphone or tablet, and dedicated satellite tracking websites. These resources can also help you identify other satellites that you may see passing overhead during your stargazing

NASA has a dedicated site for Hubble's 30th's anniversary at bit.ly/NASAHubble30. The Night Sky Network's "Why Do We Put Telescopes in Space?" activity can help you and your audiences discover why we launch telescopes into orbit, high above the interference of Earth's atmosphere, at bit.ly/TelescopesInSpace. Amateur astronomers may especially enjoy Hubble's images of the beautiful objects found in both the Caldwell and Messier catalogs, at bit.ly/HubbleCaldwell and bit.ly/HubbleMessier.

As we celebrate Hubble's legacy, we look forward to the future, as there is another telescope ramping up that promises to further revolutionize our understanding of the early universe: the James Webb Space Telescope. Discover more about the history and future of Hubble and space telescopes at www. nasa.gov.

This article is distributed by NASA Night Sky Network.

Chanticleers Theatre Reschedules upcoming shows

SUBMITTED BY STEVE WILNER

Chanticleers Theatre ("Chanticleers") announced today that the scheduled productions of The Bridges of Madison County and Mamma Mia are being rescheduled due to the COVID-19 pandemic. Jacklyn L. Wilferd, Ph.D., President of the Chanticleers Board of Directors, released the following statement:

"First and foremost, all of us here at Chanticleers hope that you and yours are well and healthy. As we hope you are doing, we are strictly adhering to the Stay-At-Home and Social Distancing orders so that we can all come through this pandemic healthy.

"Chanticleers Theatre is currently closed, with no rehearsals or performances taking place. However, the Board of Directors has been meeting via conference calls and planning, as best we can, for how to safely and responsibly resume our operations when the situation allows. At this point, and using our best judgement of future events, here is our current plan for our current season:

- 1. The Bridges of Madison County, previously scheduled to open May 1st, will now open October 16th and run through November 15th (the time slot formerly allotted for Mamma Mia).
- 2. The Foreigner will open as planned on July 17th, running through August 9th (no change to dates).
- 3. Mamma Mia will now open our 2021 season and in February 2021. (The balance of our 2021 season is still being determined and will be announced once rights are obtained.)

"For those who have purchased tickets and reserved a specific day to attend either The Bridges of Madison County or Mamma Mia, we will simply move your tickets to the same day within the new timeframe. Of course, if you would like to change days or request a refund, we are more than happy to accommodate your request – simply contact the box office staff at reservations@chanticleers.org or call 510-SEE-LIVE (733-5483). We appreciate your continued support. Our Flex Pass holders will be sent a separate email with additional information.

"PLEASE NOTE: Prior to re-opening our theatre, we will have the entire facility cleaned and disinfected to ensure the safety of our audiences, staff and performers. In addition, we will follow all health department guidelines for any recurring cleaning recommended at that point in time. Your health and safety are of utmost importance to us!

"All of us at Chanticleers want to thank you for your patience and we appreciate your support. And, when the situation allows, we hope that you will not only see our shows but also support the wide range of theatre available here in the Bay Area. All theatre companies are struggling to get back on our feet and we all need your support now more than ever."

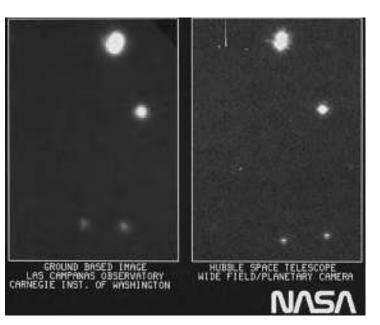


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The Night Sky Network program supports astronomy clubs across the USA dedicated to astronomy outreach. Visit

https://nightsky.jpl.nasa.gov/inde x.cfm to find local clubs, events, and more.



Hubble's "first light" image. Even with the not-yet-corrected imperfections in its mirror, its images were generally sharper compared to photos taken by ground-based telescopes at the time. Image Credit: NASA

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.



