



BART expands to Santa Clara County

Page 4



June celebrates the 223rd anniversary of Old Mission San Jose

Page 15



Business Pulse Check – DJ Alex Reyes Entertainment

Page 11



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Take a hike! OH, AND BRING THE FAMILY...

BY DAVID R. NEWMAN

Now is the perfect time to get out and explore the many outdoor gems the East Bay has to offer. Memorial Day weekend has come and gone, and with it, the official start of summer. To celebrate, here's a list of family friendly hikes to help you fight those quarantine blues...

San Leandro

Heron Bay - This marshy strip of land makes up part of the San Leandro shoreline. It's open and beautiful, with a wide paved trail that leads north all the way to the San Leandro Marina and southward gravel trails that meander through the marsh and eventually connect with the Hayward Regional Shoreline. Perfect for bikes, joggers, walkers, and dogs. As part of the Bay Trail, the

continued on page 30



High School Students Perform COVID-19 At-Home Research

BY CHARLENE DIZON

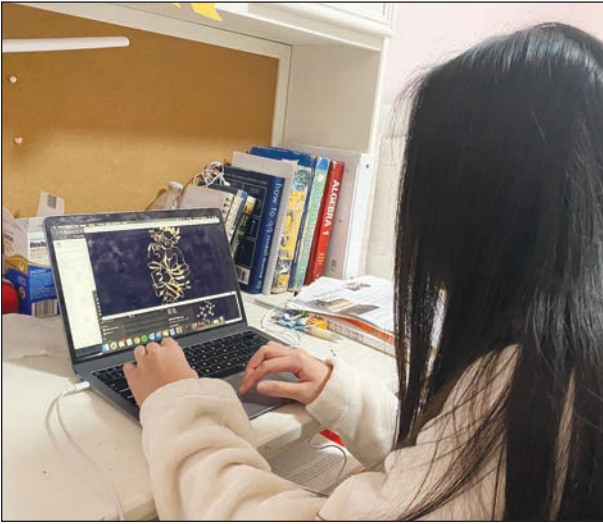
PHOTO COURTESY OF EDWARD NJOO

Amidst the COVID-19 pandemic, Bay Area high school students have decided to conduct their own research under the supervision of four scientists at the Aspiring Scholars Directed Research Program (ASDRP) from the Center for Advanced Study (CAS). Advisors Robert D., Peter L., Edward N., and Soumya S. conceived and developed plans for each research project. The students from this program executed four research areas focusing on the development of molecular solutions that can potentially stop the virus from forming.

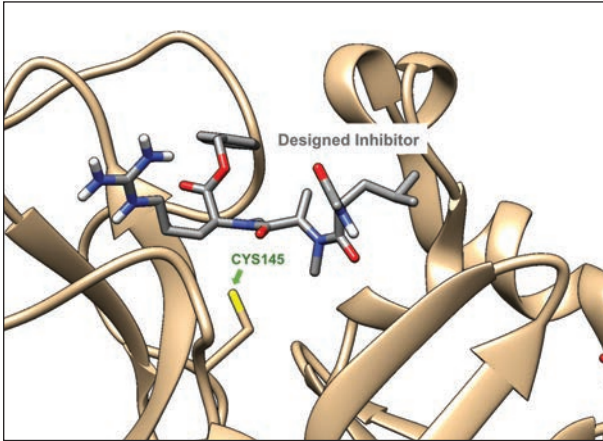
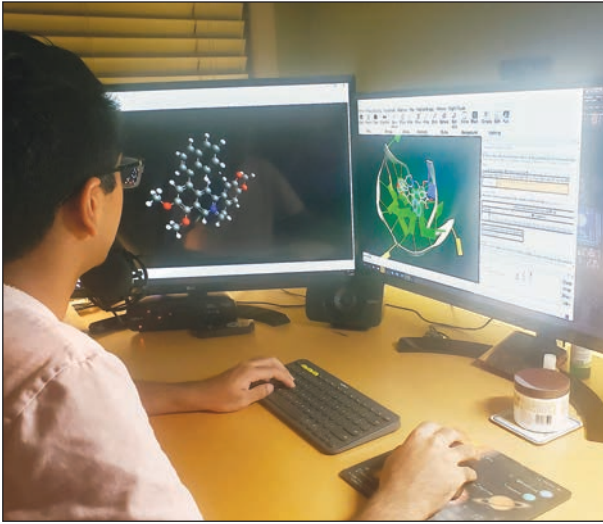
Drug repurposing has been a focal point of COVID-19 research. Small molecule drugs such as remdesivir,



hydroxychloroquine, and emodin are being analyzed due to their history with previous viruses. "Remdesivir was made for the Ebola virus. Emodin was researched in 2002 when the first Severe Acute Respiratory Syndrome (SARS) outbreak happened. We're re-using what we already know to find something hopefully better," 11th Grader Ishani states. This process requires computational molecular docking, in which a designed molecule binds to another



through simulation. Spike glycoprotein, the novel coronavirus molecule that needs to be stopped, connects with Angiotensin-Converting Enzyme 2 (ACE-2). The SARS-CoV2 virus enters host cells through this human receptor ACE-2. "We want to prevent this interaction from even happening, so we're looking for molecules similar to the three mentioned to see if they work better," Ishani explains. This is valuable because the best-screened



continued on page 6

INDEX

Arts & Entertainment 17
Business 8
Classified 25

Contact Us 23
Editorial/Opinion 23
Home & Garden 13
It's a date 17

Kid Scoop 14
Mind Twisters 10
Obituary 24
Protective Services 28
Public Notices 28

Real Estate 16
Subscribe 23

Dear Men: Don't Put Your Health Care on 'Hold!'

June Is National Men's Health Month



Regular checkups are an important part of overall health for men.

A question for all the men out there: When was the last time you visited your doctor for a regular checkup?

If it has been a long time, you're not alone. The National Institutes of Health notes that men are half as likely to visit a doctor for a regular checkup as women are. Alarminglly, more than 7 million American men haven't seen a physician in several years.

"Many studies show that men are less likely than women to seek medical care," says Harpreet Singh, MD, a family medicine specialist with Washington Township Medical Foundation (WTMF). "The concept that men should 'man up' and not express their health concerns or emotions is ingrained in our society. That often leads men to suffer unnecessarily not

only from various diseases, but also from mental health disorders. The current fear of exposure to COVID-19 compounds this problem, with people avoiding visits to their primary care physicians for regular care."

To promote greater awareness of health problems among men, the month of June has been recognized as National Men's Health Month since 1994.

"Men face many of the same health concerns as women, such as cardiovascular disease, diabetes, obesity and respiratory illness," Dr. Singh observes. "Yet men are more likely to face problems such as alcohol abuse and smoking, with subsequent complications of liver disease and cancer. Also, many men may use

alcohol and tobacco as a way to cope with stress and mental health problems."

According to Dr. Singh, men also face higher risks than women for unintentional injuries, both occupational and recreational. "More men work in occupations that involve physical labor," he explains. "Men also take more risks in driving and recreational sports. Delaying medical treatment for injuries can lead to serious complications. People with injuries should be seen quickly in an urgent care clinic or the Emergency Room. Unfortunately, there has been a drop in patients seeking care for injuries because of the COVID-19 pandemic. We hope, however, that as the COVID-19 curve flattens, people will be more comfortable

seeking prompt medical attention for injuries and other health concerns."

Throughout the COVID-19 outbreak and shelter-in-place restrictions for Californians, WTMF continues to provide a broad range of health care services through its many clinics in the Tri-City Area. "We have not stopped having regular clinic hours," says Senior Clinical Operations Manager Kelly Klug, who manages nine WTMF clinics. "We serve urgent care needs in person and manage less-critical visits via telephone or internet videoconferences. As shelter-at-home restrictions are eased, we are resuming in-person, non-urgent services such as annual physical exams. Our WTMF clinics are planning ahead to expand our health care services while continuing to practice enhanced safety measures.

"We take every precaution possible to ensure patients' safety and comfort," she adds. "We follow the protocols of the Alameda County Department of Public Health. Our staff members use proper personal protection equipment, wearing masks at all times. At some offices, patients wait in their cars until we bring them into the clinic, taking their temperature and providing them with sterile surgical masks. We stagger appointments so that people are not in the waiting room – instead, we take them directly to the exam room."

Dr. Singh notes annual physical exams generally are recommended for all men. "The importance of these exams increases with age because many conditions, such as cardiovascular disease and diabetes, become more prevalent with age," he says.

continued on page 5

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



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InHealth
A Washington Hospital Channel

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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	6/2/20	6/3/20	6/4/20	6/5/20	6/6/20	6/7/20	6/8/20
12:00 PM 12:00 AM	Diabetes Matters: Dining Out Around The World	Hepatitis B and Liver Cancer: Prevention and Treatment	Diabetes Matters: Asian Fusion	Voices InHealth: Antimicrobial Stewardship	Nerve Compression Disorders of the Arm	Deep Venous Thrombosis	Mental Health Education Series: Crisis Intervention
12:30 PM 12:30 AM	Mental Health Education Series: Mental Wellness		How to Prevent Financial Elder Abuse/Fraud	Active Living: Yoga Exercises			
1:00 PM 1:00 AM	Not A Superficial Problem: Varicose Veins & Chronic Venous Disease		Anxiety: Stop Negative Thoughts	Shingles	Good Fats vs. Bad Fats	Early Detection and Prevention of Female Cancers	
1:30 PM 1:30 AM		Diabetes Matters: Filipino Food Made Healthy					Palliative Care Series: How Can This Help Me?
2:00 PM 2:00 AM				Women's Health, Strategy for Wellness: Gender Matters, Heart Disease Risk in Women	Diabetes Matters: Latin Foods	Diabetes Matters: Diabetes Conversations	
2:30 PM 2:30 AM	Caregiver Series: Caring for Someone with Dementia or Other Medical-Related Memory Loss						Colon Cancer
3:00 PM 3:00 AM					Women's Health: Planning for Pregnancy		
3:30 PM 3:30 AM	Advancements in Lung Cancer Detection and Treatment	Keeping Your Heart on the Right Beat	Sidelined by Back Pain? Get Back in the Game	Low Back Pain	Aortic Valve Disease: Treatment Options Including TAVR	Symptoms of Thyroid Problems	Solutions for Weight Management
4:00 PM 4:00 AM	Mindful Healing			Chronic Kidney Disease: FAQ	Learn If You Are at Risk for Liver Disease		
4:30 PM 4:30 AM		Family Caregiver Series: Panel Discussion	Preventive Screenings: When and Why are They Important?	Relieving Back Pain: Know Your Options		Diabetes Matters: Diabetes & Eyes	Women's Health Conference: Women & Stroke: Are You at Risk?
5:00 PM 5:00 AM	Pain When You Walk? It Could Be PVD		Women's Heart Health				
5:30 PM 5:30 AM		From One Second to the Next	Hip Pain and Arthritis: Evaluation & Treatment		Latest Treatments for Cerebral Aneurysms	FB Live: Maintaining Your Mental Wellness During the COVID-19 Pandemic	New Treatment Options for Chronic Sinusitis
6:00 PM 6:00 AM	Mental Health Education Series: Understanding Psychotic Disorders	Food Pharmacy: Prescription for Colon Health	Respiratory Health and Diseases	Sports Medicine Program: Nutrition & Athletic Performance	Women's Health Conference: Reclaiming Your Confidence	Sick Feet?	Palliative Care Series: Palliative Care Demystified
6:30 PM 6:30 AM		Digestive Health: What You Need to Know					
7:00 PM 7:00 AM				Mental Health Education Series: Anxiety Disorders	Surgical Treatment of Obstructive Sleep Apnea	Crohn's & Colitis	Family Caregiver Series: Mindfulness Meditation for the Caregiver
7:30 PM 7:30 AM	Learn More About Kidney Disease	Stress Management					
8:00 PM 8:00 AM				FB Live: Maintaining Your Mental Wellness During the COVID-19 Pandemic	Learn the Latest Treatment Options for GERD		Understanding HPV: What You Need to Know
8:30 PM 8:30 AM	Diabetes Health Fair 2019: Diabetes and Foot Care	FB Live: Maintaining Your Mental Wellness During the COVID-19 Pandemic	Peripheral Vascular Disease: What You Need to Know	How To Stop Disease Before It Starts	Minimally Invasive Options in Gynecology	Diabetes Matters: Asian Indian Cooking	Keeping Your Brain Healthy
9:00 PM 9:00 AM	How to Sleep Your Way to Better Health	Diabetes Matters: Italian Foods			Diabetes Matters: Type 1.5 Diabetes	Women's Health Conference: Quality of Life Before and After Cosmetic Surgery	
9:30 PM 9:30 AM			Family Caregiver Series: Loss, Grief & Recovery	Strategies to Help Lower Your Cholesterol and Blood Pressure	Family Caregiver Series: Nutrition for the Caregiver	Diabetes Matters: Diabetes & Polycystic Ovarian Syndrome	Ready, Set, Goal! A Healthier You in 2020
10:00 PM 10:00 AM	Noontime in the COVID-19 Kitchen	Advance Care Planning: Five Wishes	Metabolic Disorders		Family Caregiver Series: How Do You Talk to Your Doctor?		
10:30 PM 10:30 AM						Endometriosis: Causes, Symptoms, Diagnosis and Treatment	Healthy Eating: Prescription for Health
11:00 PM 11:00 AM	Diabetes Matters: Heart Healthy Eating	Family Caregiver Series: Fatigue and Depression	Mental Health Education Series: Understanding Mood Disorders				Family Caregiver Series: Care for the Caregiver
11:30 PM 11:30 AM	Family Caregiver Series: Managing Family Dynamics in Caregiving	Diabetes Matters: Straight Talk About Diabetes Medications		Women's Health: Depression, More Than a State of Mind	Diabetes Health Fair 2019: Standards of Medical Care in Diabetes	Balance & Falls Prevention	Diabetes Matters: Diabetes and Kidney Health

KEEP YOUR KIDS MOVING THIS SUMMER

Local Pediatrician Offers Tips for Staying Active and Healthy



Keeping a child active can be as simple as teaching her to dribble a ball.

The last few months of school year 2020 presented more challenges than teachers, parents, and especially students, could have ever predicted. But while distance learning for the year is coming to a close, pools, parks and summer camps will not be as available as they have been in previous summers. Despite limited options, it is still important to keep all family members active this summer.

“Physical activity is very important for children,” says Hiya Asrani, MD, a Washington Township Medical Foundation pediatrician in Fremont. “In addition to a well-balanced diet and plenty of sleep, physical activity is important to a child’s emotional and overall health.”

During these upcoming summer months, parents may need to be more creative in encouraging physical activity. Even with some shelter-in-place restrictions lifted, many parents are hesitant to resume previous activities, play dates, or gatherings. Dr. Asrani suggests there are many ways to encourage physical activity in your own yards or neighborhoods.

“Depending on the child’s age and interests,” she notes, “There are many toys and games that promote activity.” For more athletic kids, basketballs, jump ropes or soccer balls are good options. While traditional group games may not be available, parents can set individual fitness goals, such as number of free throws, minutes of jumping rope, or time to complete soccer drills. This can be a fun way to be active and encourage fitness for family members of all ages. For some

children, art projects, including sidewalk chalk murals or other craft projects, may be more appropriate.

Dr. Asrani also notes while generally, screen time should be used judiciously, many people are using online group workouts, fitness challenges, or family dance-offs as a way of incorporating both activity and social time.

Family Affair

June is National Family Fitness Month. Staying active can be part of your family routine. Even if working at home, longer days provide more daylight hours after work for physical activity with your children. Evening walks or bike rides around the neighborhood have become common and are a good way to see neighbors while maintaining the recommended six feet of distance.

Private Time Too

During these past months, some family members may need a little less together time. Dr. Asrani acknowledges, “In normal times of busy work and school schedules, plus multiple extra activities, family time is important to schedule. Since the

COVID-19 outbreak, however, that has not likely been an issue.” Some family members, particularly teenagers, may need time to themselves. “Teenagers need space to feel independent from family members. They are social beings who have not been able to experience the independence they normally enjoy attending school each day. They may need time to be in touch with friends through their phones or computers.” But Dr. Asrani warns, “By the same token, they may be spending a great deal of time online reading about the pandemic, which can cause stress. Parents need to check in with their teens to gauge their well-being and know when they need their own quiet time.”

General Infection Prevention Precautions

As some social activities begin, Dr. Asrani recommends that parents regularly remind their children to wash their hands frequently throughout the day using soap and water or hand sanitizer. It is particularly important to remind them to keep their hands away from their face, and to be sure to cough or sneeze into a tissue or their elbows. Children should

also be reminded to avoid close contact with others.

With regard to face masks, Dr. Asrani suggests it may depend on the age of the child. For older children, face coverings should be used when outside the home, but for younger children, face coverings may not be helpful. “It is very important that children keep their hands away from their faces. If a mask helps with that, great, but if the mask makes them touch their faces more often, they should not wear them.”

And like past summers, as we increase our outdoor time, Dr. Asrani reminds us to be mindful of sun exposure. For outdoor activities, sunscreen with an SPF of 30 or higher is important. Make sure your child applies sunscreen 30 minutes before going outside and re-applies it every two hours. Hats are usually a good idea to help reduce sun exposure.

As we navigate our “new normal,” it is important to maintain fun, fitness, and when possible, family social time.

Like all Washington Township Medical Foundation clinics, the pediatrics clinic on Fremont Boulevard has increased safety precautions to keep all patients and staff safe during the COVID-19 pandemic. In-person appointments are available, but only one person can accompany the patient. Patients are escorted

directly into a room, and appointments are spaced to minimize contact. Each room is thoroughly cleaned between visits.

For information about pediatric appointments and services offered through the Washington Township Medical Foundation, visit www.mywtmf.com.

Clean Hands Save Lives



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Join us in keeping Washington Hospital safe for everyone.

BART expands to Santa Clara County

By BRITTANY UNG
PHOTOS COURTESY OF BART

Bay Area Rapid Transit will open two new stations in Milpitas and San Jose starting June 13, the first stations to serve Santa Clara County. BART General Manager Robert Powers and Santa Clara Transportation Authority General Manager and CEO Nuria Fernandez announced the opening date at a press event on May 19.

“Expanding travel options in one of the Bay Area’s most congested corridors is key to an economic revival,” said BART



The Milpitas Station stands just across the street from the Great Mall.

General Manager Robert Powers. “Connecting Silicon Valley to the rest of the Bay Area will not only beef up our public transportation network but create new opportunities for much-needed housing near transit.”

The Milpitas Station will be located at 1755 South Milpitas Boulevard, across the street from the Great Mall. The Berryessa/North San Jose station is at 925 Berryessa Way.

After the opening of the two stations, BART will have 50 stations and serve five Bay Area counties: Alameda, Contra Costa, San Francisco, San Mateo and Santa Clara. Riders can go from Milpitas to the Embarcadero Station in San Francisco in 60 minutes, and from the Berryessa Station to Embarcadero in 65 minutes.

Because both are located in Santa Clara County, BART worked with the Santa Clara County VTA on the project. VTA owns the infrastructure, while BART operates and maintains the system.

The 10-mile, two-station extension to BART is part of a larger initiative to connect the Silicon Valley with the rest of the Bay Area via BART. In 2001, VTA and BART agreed on the 16-mile BART Silicon Valley Extension, with the goal of extending service further south and alleviating traffic on I-880 and I-680. A major investment study at the time looked at 11 transit alternatives and determined BART to be the best solution carrying the most people, said VTA spokeswoman Bernice Alaniz in an email.

“Santa Clara County is the heart of Silicon Valley and major employment centers are located in the County,” Alaniz said. “The 10-mile Berryessa Extension provides a transit alternative to the highly-congested I-880 and I-680 Commute Corridor.”

The Silicon Valley Extension is being completed in phases, the first of which included the Warm Springs/South Fremont station that opened in March

2017. VTA broke ground on the Berryessa and Milpitas extension in April 2012. The project was originally supposed to open in summer 2018, but was pushed back to December 2019, then to an unspecified date in 2020, before BART and VTA announced the June 13 opening date. Alaniz said the delays were caused by several factors, most related to communications equipment.

Now, the last step before the stations open on June 13 is approval from the California Public Utilities Commission. BART’s press release and Alaniz

both said VTA and BART have been working closely with CPUC to prepare for certification.

VTA and BART now move on to the next phase of the Silicon Valley transit project: a six-mile extension with four stations that go from the Berryessa Station to the city of Santa Clara. The extension is in the design and engineering process, and is expected to begin construction in 2022, according to VTA’s website.

The Berryessa and Milpitas extension, \$2.3 billion project, was funded by county, state and federal transit grants and taxes. In November 2000, Santa Clara County voters approved half-cent sales tax dedicated to specified public transit projects, which provided \$1.07 billion, roughly half the cost of the project. California’s Traffic Congestion Relief Program, a state program created in 2000 to fund transportation projects that relieve congestion and improve traffic mobility, supplied an additional \$363 million. The Federal Transit Administration’s New Starts Program for transit capital investments provided \$900 million.

In May of 2020, BART has been experiencing ridership between 89% and 93% below its baseline expectations. The transit system has been reduced service due to the shelter-in-place order and decreased ridership, with trains running every 30 minutes on weekdays and every 20 minutes and every 24 minutes on weekends.

Prior to the COVID-19 virus, opening day ridership for the two newest stations was projected at 23,000, Alaniz said.

On weekdays, Berryessa Station’s first train heading north will depart at 4:48 a.m. and arrive at the Milpitas Station at 4:52 a.m. The last train heading south will depart Milpitas Station at 10:51 p.m. and arrive at Berryessa Station at 10:56 p.m. For full transit schedules, visit BART’s website at bart.gov/schedules.



The Berryessa Station is the southernmost BART stop so far, with a six-mile, four-station extension ending in the city of Santa Clara slated to break ground in 2022

Actions speak louder than advertisements.

There is a time for talking about being part of the community. And there is a time for taking action. Since shelter-in-place started, Fremont Bank has been proactively providing the Bay Area community with much-needed support. For example:

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- » We’ve bought 15,000 lunches from our local restaurant clients, giving them financial support while enhancing employee safety.
- » We’ve helped thousands of Bay Area businesses secure Paycheck Protection Program funds.
- » We’re offering extra financial support to employees who continue to provide essential services in our branches and offices.

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continued from page 2

Dear Men: Don't Put Your Health Care on 'Hold!'

“The exam should include screenings for blood pressure, cholesterol, body mass index (BMI) and blood sugar levels. The A1C blood test is generally considered the best option for measuring blood glucose. Additional blood tests might be used to

screen for various other factors. After age 50, men also should be screened for colon cancer, preferably with a colonoscopy.”

The American Cancer Society and the Centers for Disease Control and Prevention (CDC) both recommend

June Is National Men’s Health Month

colonoscopy screenings at least every 10 years for people over age 50.

“Men at a higher risk for colorectal cancer should be screened at an earlier age and be screened more often,” Dr. Singh says. “Timing for repeat colonoscopies depends on the patient’s family history of colon cancer and whether the initial screening discovers precancerous intestinal polyps.”

Men also should consult their health care provider about the pros and cons of screenings for prostate cancer, according to Dr. Singh. Men at a high risk for prostate cancer should ask their doctor about prostate cancer screenings beginning at age 40 to 45.

“Recommendations for prostate cancer screenings have changed, and a man and his doctor should discuss the benefits and risks before deciding whether to screen,” he explains. “Men also should consult their

physicians about benign prostate enlargement and urinary tract problems.”

Emphasizing preventive medicine, Dr. Singh encourages men to keep their immunizations current, getting the new shingles vaccine at age 50, and the two different pneumonia vaccines after age 65 – or earlier for higher risk patients. “Men also should check their vaccination status for Hepatitis B and get a flu vaccine every year in the fall,” he recommends.

Adults also should have a booster Tdap combination vaccine that protects against tetanus, diphtheria, and pertussis (whooping cough) at least every 10 years. Dr. Singh notes, “Men might need a Tdap vaccine more frequently if they experience a puncture wound.”

To learn more about health care services offered by WTMF or to find a WTMF physician, visit www.mywtmf.com

June events light up Space and Science Center

SUBMITTED BY CHABOT SPACE
AND SCIENCE CENTER

While the center is closed, Chabot Space is continuing their tradition of offering fun science-related events for the public. In June, they will be taking a closer look at the moon, and a trip back in time, among telescope viewings and a talk with Chabot astronomers.

Register for events on Chabot Space and Science Center’s Facebook page. (You can also see a complete event list at <https://chabotspace.org/events/events-listing/>.

Let’s party under the full moon!
Friday, Jun 5
8 p.m. - 9 p.m.

Join us on Facebook Live for a mash-up of moon-themed activities! We’re bringing together our Moon rocks, one-of-a-kind lunar telescope images, astronomers and more. With a full, bright moon on Friday night, this is the perfect time for a lunar celebration.

Look forward to:

- A closer look at Chabot’s TWO real moon rocks
- Making your own moon rock at home
- Moon trivia
- Q&A with Chabot’s astronomers
- Stories about the lore of the moon
- Stunning lunar images from Chabot’s own telescopes

**Take a look back through more than
135 years of Oakland history!**
Friday, Jun 12
8 p.m. - 9 p.m.

Chabot Space & Science Center has very old roots in Oakland and the East Bay, and no fewer than three incarnations as a student/public observatory and science education center. Now celebrating the 20th anniversary at its present location on the skyline of the Oakland Hills, the institution as a whole turns 137 this year. This presentation will trace and illustrate the rich and interesting history of an observatory that was, from its inception, dedicated to educating the public about science and the universe.

What’s happening in the sky this month?
Friday, Jun 19
8 p.m. - 9 p.m.

Join Chabot’s astronomers, with Gerald McKeegan

& Don Saito on Facebook Live for a short tour of the nighttime sky. Learn to recognize many of this month’s constellations and bright stars, and even learn a little about celestial navigation!

Free telescope viewings are back!
Every Saturday
9:30 p.m. - 11 p.m.

Join our resident astronomers on Facebook Live every Saturday evening live from Chabot’s Observation deck! Each week, astronomers will guide us through spectacular night sky viewing through Nellie, Chabot’s most powerful telescope. Weather permitting, we will be able to view objects live through the telescopes and our astronomers will be available for an open forum for all of your most pressing astronomy questions.

While these events are free, please consider making a donation so we can continue to create engaging STEM programming while we’re closed. Our institution hosts and maintains the largest observatory complex free for public viewing in the Western United States. Any amount counts!

Special projects for kids are available on Chabot Space’s Learning Launchpad at <https://chabotspace.org/education/learning-launchpad/>.

www.chabotspace.org

Are You Fearful About Losing Your Independence?



Have you ever been told that back pain is just one of those things that comes with your

age, job, family and daily stress? Worse have you been told by your doctor that you have to “accept it”, take medication, or rest for weeks on end, because nothing else can be done?

If your aged 45+, you answered “yes” to any of those questions, and you have suffered with low back pain for longer than 10 days now, then please pay special attention to what I’m about to tell you...It could help save your job, your independence your mobility, family and everything else that is important to you.

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

...Because as you may be experiencing, if you’ve suffered for longer than 10 days, something is wrong and there is a problem and I want to help you by simply showing you all the different options that are currently available to you.

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

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

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

And the good news is this...Today I’m giving away a completely **FREE copy of this report (Value \$28)**

Inside, could be the solution that lets you keep active, maintain independence AND live free from harmful medication for years to come.
For example:

- Discover the real secret to being able to walk further for longer with much LESS backache.
- The single biggest back pain mistake that most office workers (and business owners) are making each day- and what to do instead...
- The change you can make in the bedroom to get a **better night’s sleep!**
- A simple trick for easing back pain that cost you nothing- perfect if you just want to **play golf, cycle longer, or jog further!**

What to do next

Receive your copy today by visiting the website www.mybackreport.com where you can download this guide. You can also call (510) 285-9052 to inquire about the free report.
NOTICE: only 15 copies available.
-To your Great Health, Joewel Pascual, PT, DPT

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



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Price Includes EFTF
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Not Valid with any other offer Most Cars Expires 7/30/20

Auto Transmission Service

\$129 Factory Transmission Fluid

- Replace Transmission Fluid
- Inspect Transmission or Filter (Extra if Needed)

Most Cars Expires 7/30/20

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Factory Coolant

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Drain & Refill up to 1 Gallon

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Parts & Labor

Not Valid with any other offer Most Cars Expires 7/30/20

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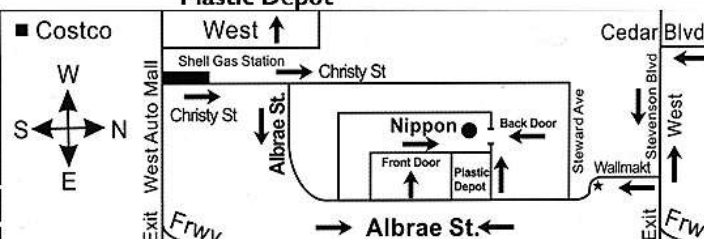
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continued from page 1

High School Students Perform COVID-19 At-Home Research



candidate of a repurposed drug molecule can then be used to provide insight into treating COVID-19.

De novo design is another method for computer-aided drug design. The student researchers used a three-dimensional structure of a protein receptor from the coronavirus to design molecules with potential biological activity. 12th Grader Stephanie explains, "We worked on designing compounds that would fit into the open cavity of the spike glycoprotein and lock it in its closed state." Achieving this could potentially obstruct viral interaction with the ACE2 receptor and virus's ability to invade host cells. The group has also been working on covalent inhibitors of the coronavirus main protease. This protease is necessary for the replication of viral RNA (ribonucleic acid), which allows the virus to replicate inside a host cell. 11th Grader Ayush explains, "We use reactivity of the molecular design to come up with a concept of what our inhibitor should be. Then, we draw a model on our computer and go through DFT [density functional theory], which conforms to how it would be in real life. We use that DFT reactivity to move on to molecular docking and see which best inhibits COVID activity." Over four hundred compounds were screened. This is remarkable because these results can be applied to future molecules and possibly lead to the discovery of small molecules that inhibit replication or entry of the virus.



Students are also working on a machine learning platform that can identify patterns among potential inhibitors of the virus. A library of compounds is first screened by studying the early 2004 case of SARS and comparing these proteins to the current coronavirus. 11th Grader Bhavesh explains, "We developed our own novel algorithm that uses vector mapping to detect the potential compounds." Vector mapping involves identifying and using the 3-dimensional topology of the compounds studied and correlating the intersection of these compounds with the virus, then ranking these compounds to determine whether they might be viable candidates against the spike glycoprotein.



"We've also created a 3-D map that will tell us what the most reactive part of the compound looks like in a 3-D space," adds 11th Grader Andrew; this 3D map would allow them to see where COVID is present in the compound, giving more targeted results. Whether this machine learning platform can be mass produced has also been taken into account. "We've considered making sure these are green reactions and green reagents that can be safely developed in the future," says 11th Grader Atri. This platform would reduce time in waiting for results from more computationally intensive processes, helping scientists find possible treatments more quickly.

The final method being observed is DNA-directed RNA interference (ddRNAi), a common gene-silencing method amongst infected



patients. RNA holds viruses' genetic information. The development of an RNA fragment through ddRNAi analysis could silence a gene within COVID-19, which would naturally inhibit the replication and spread of the virus. "ddRNAi can steadily reproduce itself, so it's effective over a long period and can silence multiple genes in the same area by using DNA constructs to block the pathway entrance for COVID to enter," explains 9th Grader Ishya. If a successful ddRNAi is tested and an approved algorithm for the best RNA fragment is found, it could then be distributed into infected patients with little to no toxic effect.

Though working from home has had its limitations, the students have persevered. "Having everything at home is a blessing in disguise because we're able to focus wholeheartedly on our computational research," says 11th Grader Kushal. The students' appreciation of the technology made available to them has deepened to the point of considering possible careers in computational research. "Before, research and real-life felt separate to me. Now that we're able to work on something so important to the scientific community and society, it shows us how much our work can affect what is going on around us," 10th Grader Karthikha states. At-home research has proven that despite recent challenges, these students are resilient and ready to progress in the scientific field.



Milpitas Unified fills elementary school principal vacancies

SUBMITTED BY SCOTT FORSTNER

Assistant principals Stephanie Park and Deanna Sainen were announced as the new site leaders at Curtner and Weller elementary schools, respectively, at the



Deanna Sainen



Stephanie Park

assistant principal. Before that, Park spent nearly 14 years as a teaching lead with Cupertino Union School District.

Sainen, the MUSD Educator of the Year in 2012, has spent her entire professional career at Pomeroy Elementary School spanning nearly 14 years as a student-teacher, teacher, and assistant principal.

May 26 Milpitas Unified School District (MUSD) Board of Education meeting.

Park, an assistant principal at Spangler Elementary School in her second year with MUSD, returns to Curtner where she previously served as the primary school's



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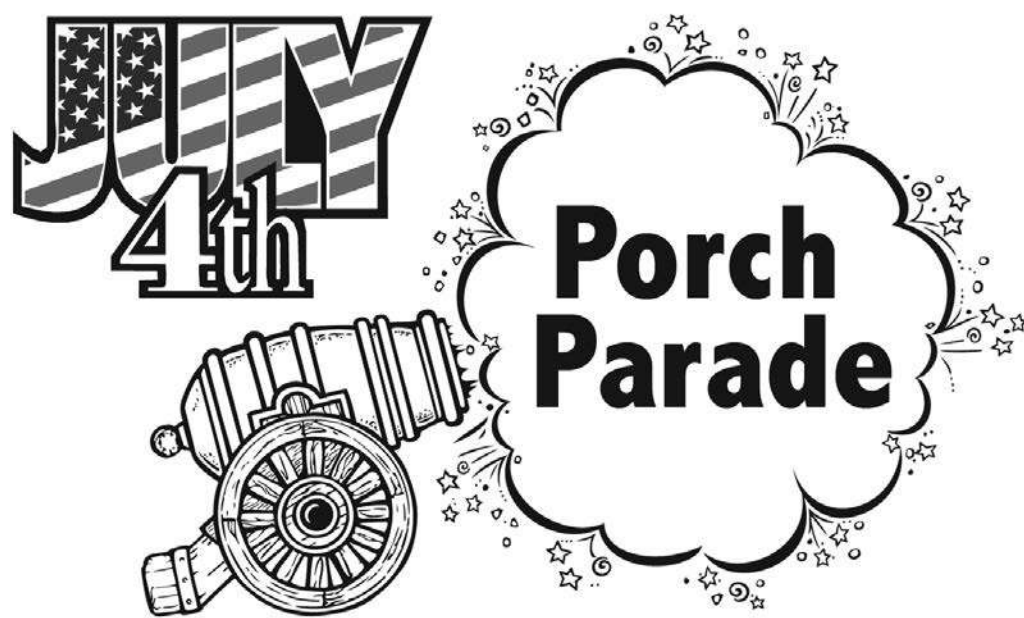
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SUBMITTED BY KATHY KIMBERLIN

The Fremont 4th of July Parade has always been a celebration of people, non-profits, businesses, organizations, and patriotic traditions, bridging communities in Fremont and beyond. Due to COVID-19, the official 4th of July Parade in Downtown Fremont has been cancelled and replaced with a Porch Parade, inspired by the City of Portland, Oregon.

What is the Porch Parade?

This 4th of July, the Fremont 4th committee are asking members of the community to celebrate together safely, by decorating their front porches, yards, windows, store fronts. Show your patriotism with the best red, white and blue display; salute our first responders and essential workers; or go wild with your own ideas incorporating our 2020 Parade theme: "One People United." The purpose of decorating is to unleash your creativity and bring a smile to your friends and neighbors.

The Committee will produce a virtual map with the locations of all our registered Porches, so folks can plan a walk, bike or drive around your neighborhood to see and share in the celebration. Remember to practice social distancing, wear a face mask, and avoid caravans. The first 100 entries/registrants will receive a patriotic Fremont 4th Yard Sign.

From Saturday, June 20 until Saturday, July 4, the Fremont 4th of July VIP Judges will drive through select Porch Parade neighborhoods to review the best and most creative porches. There will also be online voting for the community in "The People's Choice" category. The decorating contest is open to residents/businesses/neighborhoods.

Decorating Contest Categories:

- Most Patriotic – Residence/Business property showing the most patriotic spirit

- Most Outstanding Decorations – Best decorations
- People's Choice Award – Online voting will be provided
- Spirit of Freedom – Inspiring messages
- Neighborhood Spirit – Best decorated property in a particular area of Fremont

Additional events throughout the day will include:

- National Anthem Virtual performance
- Flyover by the Beech Boys historic planes
- Facebook Live and pre-recorded segments of fun and entertainment throughout the day

Fremont 4th of July Committee Members are: Jesse Schaa, President; Greg Green, Treasurer; Kathy Kimberlin, Secretary; Yogi Chugh, Member, Sponsor Outreach; Steve Coulthard, Co-M.C., Graphic Designer; Brandon Sass, Co-M.C.; Ray Pulver, Event Coordinator.

The committee would like to give a shout-out to Fremont 4th Porch Parade Sponsors:

- Fremont Chevrolet, Title Sponsor
- NBC Bay Area and the Tri City Voice, Media Sponsors
- And to all previous sponsors who have helped create a vibrant annual event for everyone.

Please visit the Fremont 4th of July website www.fremont4th.org and Facebook page www.facebook.com/Fremont4th for updated information on sponsors and online 4th of July event activities.

Fremont 4th of July Porch Parade Hosted by Fremont 4th of July Parade Committee

June 20 – July 4

Learn More and Register:
fremont4th.org/fremont-porch-parade

Expense as of this week is about \$74,500. Approx. 18,900 meals have been passed out.

The schedule for our final week:

- TECO Tea & Coffee (39030 Paseo Padre Pkwy): M-F, 12pm - 2pm
- Subway (1980 Driscoll Road): M-F, 12pm - 1:30pm
- Milk and Honey Cafe (34265 Fremont Blvd): Tu-F, 12pm - 2pm
- Bombay Pizza (4922 Paseo Padre Pkwy): M-F, 12pm - 2pm
- Curry Pizza (39070 Fremont Blvd): M-F, 12 - 2pm
- Joe's Corner (37713 Niles Blvd, #2946): W-F, 12pm - 2pm

Grab-a-Bagged Lunch will end June 5

SUBMITTED BY FREMONT UNIFIED
STUDENT STORE

We have finished our 11th week distributing bagged lunches to many impacted students, and we are very thankful for all the support from our community partners, donors, and volunteers.

Our lunch program will be completed by June 5, 2020.

The total amount of donations is around \$81,500!



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Salvage historic materials from former Centerville Fire Station

SUBMITTED BY CITY OF FREMONT

SiliconSage Builders, owner of the fire station building in the Centerville Community Plan Area, is offering salvageable materials in the fire house, including materials that may be deemed as historic, to the public at no cost through June 25. Parties who enter the fire house to remove materials must bring their own tools or equipment and proceed at their own risk.

The offer to donate salvageable materials is in fulfillment of a Mitigation Measure of SiliconSage Builder's mixed-use project that was approved by the City Council on March 19.

Due to current "Shelter in Place" order, the public can't visit the fire station at this time. Salvageable material will be given on the first-come, first-served basis. If you are interested, call Shaivali Desai of SiliconSage Builders at (408) 630-0923. For the link to see the pictures of salvageable materials, visit www.fremont.gov/civicalerts.aspx?AID=1772.

Fire Station (Centerville Community Plan Area)
37412 Fremont Blvd
(408) 630-0923
www.fremont.gov/civicalerts.aspx?AID=1772

Census art contest

SUBMITTED BY CITY OF HAYWARD

City of Hayward, Hayward Unified School District, and Chabot College are inviting residents to create and to submit artwork to help promote participation in the 2020 U.S. Census. The Hayward Counts Census Art Contest is a new way the community can work together to increase the response rate to the 2020 Census questionnaire—from the current approximately 60 percent of Hayward households to ideally 100 percent.

To participate in the contest, submit artwork that is visually fun and colorful, shows Hayward pride, and conveys the importance of completing the 2020 Census questionnaire. The theme is "Our Community Counts, Our Community Belongs." Up to 12 winners will receive \$100 each, and the winning art will be printed on lawn signs to be posted throughout the city. Winners will be selected across four age categories and three language categories.

Art submissions are due by Friday, June 12. To learn more about the contest and to submit art work, visit www.hayward-ca.gov/content/hayward-counts-census-art-contest.

Hayward Census Art Contest
Submission Deadline: Friday, Jun 12
www.hayward-ca.gov/content/hayward-counts-census-art-contest
Open to all ages

BUSINESS

Mayor Touts Fremont’s Response

By JOHNNA M. LAIRD
PHOTO COURTESY OF CITY OF
FREMONT FACEBOOK PAGE

Around the East Bay Area, local leaders are stepping up to take care of their city’s ongoing needs during the evolving pandemic. We’ve reached out to our mayors from Hayward, San Leandro, Union City, Newark, Fremont, and Milpitas to get updates on the state of their city and how the daily experience of performing their duties looks different under the normal.

This week we’re checking in with Lily Mei, Mayor of Fremont.

Being first in a category carries distinction, but also responsibility as success or failure has implications for those who follow. Doubly distinguished as Fremont’s first female and first Asian American mayor, Lily Mei has become Fremont’s first mayor to navigate sheltering in place during a pandemic with crushing implications for local, regional and national economies.

“As the first, you don’t want to crash the car!” she says, jokingly, but with more than a little truth. “You want to be super diligent.” Mei has worked through the pandemic without a day off since the Bay Area’s stay-at-home order began in mid-March. By late May, she had worked more than 70 days without a break.

Mother’s Day had promised a few hours of respite, but Tesla’s announcement that it would reopen its manufacturing plant, defying Alameda County Public Health Department’s order, removed that possibility. Tesla employs about 10,000 workers.

Instead, Mei stopped to wave and chat to her mother from outside. She then spent the next 12 hours at city hall. A member of the sandwich generation (which balances elder and child care), she had earlier dropped off food to her mother-in-law recovering from cancer. Amid Tesla telephone calls and discussions, there was a call from her mother, whose dementia prevented her from remembering that Mei had stopped by earlier.

For Mei there was no time to weigh priorities; city business took precedence, especially since manufacturing plays a key role in Fremont’s vitality, employing one of



every four workers in the city. More than 40 clean tech manufacturing plants operate in Fremont, along with 115 biomedical facilities, for a total of about 900 manufacturing-related businesses and suppliers.

During sheltering in place, Tesla hasn’t been the only facility requiring attention. The city fast tracked permits for companies to help supply masks and ventilators, including Thermo Fisher, BioGenex and Evolve. Evolve, which produces ultrasound and DNA analysis equipment, began mass production of COVID-19 test kits and prepared to manufacture low-cost ventilators, never mass produced before.

“So many healthcare providers nationwide needed more test kits and ventilators. Fremont is part of that solution,” says Mei, proudly noting that Fremont has been ranked number one in the nation for technology start-ups per capita. Mei says Fremont both operates more electric vehicles than any other zip code in California, and spends more on coffee per household annually than elsewhere in the nation. “Not only are our cars supercharged, but so are our people,” Mei quips.

Supercharged residents have responded during the pandemic, donating masks and personal protective equipment (PPE). One resident manufactured 130 face shields using a 3-D printer. Mei, along with other council members, delivered masks to nursing homes. Having learned to manage two videoconferencing screens

simultaneously, Mei attends countless meetings, participating in some and observing others to stay informed. These include town hall meetings, local service organizations and chambers, and a church’s National Day of Prayer.

Fremont City Council authorized the second COVID-19 testing site in Southern Alameda County, modeled after one by the City of Hayward; established a \$400,000 Small Business Emergency Relief Grant Program with federal CARES Act funds, offering grants of \$5,000 and \$10,000 to businesses with 50 or fewer employees; and provided a \$400,000 CARES Rent Relief Program for up to three months of assistance. Additionally, the city joined the statewide effort to provide three meals daily from local restaurants to seniors ages 65 and older and others at high risk for COVID-19.

Fremont was ahead of the county in requiring masks in public, and Mei pushed for more precise data on Alameda County Public Health’s dashboard to better identify any virus flash points. As a worldwide sales operations controller in 2003, Mei learned quickly to take pandemics seriously. In eight months,

SARS spread to 26 countries, infecting 8,000 people, leading to 800 deaths. In January 2020, alarmed by reports emerging from China, Mei contacted county officials seeking information and urging actions to prepare for a pandemic.

Mei has experienced some criticism on social media, bordering on racial harassment; she was criticized for not being more visible. Fremont is the fourth largest city in the Bay Area, yet its governmental structure differs from Oakland and San Francisco where mayors are empowered to act more as corporate CEOs. In Fremont, Mei acts as a city council member. “I can’t supersede the council. I am one of seven, part of a team. We act collaboratively.”

As the city moves toward reopening, Mei says she is already seeing young people less than six feet apart without masks gathering in parking lots. “We don’t want to regress. Staying healthy only works if we work on this together.”

This article is the conclusion of our ongoing series of interviews with local mayors. Other interviews have run in previous issues.



Counties can
reopen places
of worship and
retail stores

SUBMITTED BY GOVERNOR’S PRESS OFFICE

On May 25, California Department of Public Health announced the statewide reopening of places of worship for religious services and in-store retail shopping. Modifications are required to keep Californians safe and limit the spread of COVID-19. Subject to approval by county public health departments, all retail stores can reopen for in-store shopping under previously issued guidelines. Under new guidance, places of worship can hold religious services and funerals that limit attendance to 25 percent of a building’s capacity – or up to 100 attendees, whichever is lower – upon approval by the county department of public health.

While most large gatherings remain prohibited under the state’s stay-at-home order, the department of public health has released guidelines for in-person protests and events designed for political expression. The guidance limits attendance to 25 percent of an area’s maximum occupancy – or up to 100 attendees.

The new guidance for religious services and cultural ceremonies encourages organizations to continue online services and activities, including to protect individuals who are most at risk for more severe COVID-19, including older adults and people with specific medical conditions.

To reopen for religious services and funerals, places of worship must:

- Establish and implement a COVID-19 prevention plan for every location, train staff on the plan, and regularly evaluate workplaces for compliance.
- Train employees and volunteers on COVID-19, including how to prevent it from spreading and which underlying health conditions may make individuals more susceptible to contracting the virus.
- Implement cleaning and disinfecting protocols.
- Set physical distancing guidelines.
- Recommend that staff and guests wear cloth face coverings, and screen staff for temperature and symptoms at the beginning of their shifts.
- Set parameters around or consider eliminating singing and group recitations. These activities dramatically increase the risk of COVID-19 transmission. For this reason, congregants engaging in singing, particularly in the choir, and group recitation should always wear face coverings, and when possible, these activities should be conducted outside with greater than 6-foot distancing.

The existing guidance for retailers, previously allowed for counties approved to advance in the reopening process, now applies statewide. The guidelines help reduce the risk for workers and customers. Retail does not include personal services such as hair salons, nail salons and barbershops.

In 21 days, the department of public health, in consultation with local departments of public health, will review and assess the impact of the religious services guidelines and provide further direction as part of a phased-in restoration of activities. This 21-day interval accounts for seven days for religious communities to prepare and reopen in addition to a 14-day incubation period of COVID-19.

California calls for virus testing
at all nursing homes

AP WIRE SERVICE

California is calling for all residents and health care workers at skilled nursing facilities to be tested for the new coronavirus to try to slow the spread of the illness.

The state’s Department of Public Health issued a letter saying facilities should draft testing plans for all residents in settings without cases and all residents who have been exposed to the virus, the Los Angeles Times reported Thursday. The letter also calls for testing of residents admitted from hospitals and says those who test negative should be quarantined for 14 days and then retested.

“Mandatory testing will provide the knowledge we all need to make informed care decisions,” said Dr. Mark Ghaly, the state’s health and human services secretary.

The letter comes as the state’s 1,200 skilled nursing facilities have struggled with the virus, which spreads quickly in congregate living facilities and among elderly and frail residents.

More than 1,600 residents of these facilities who had the virus died, accounting for roughly 40% of California’s total virus deaths, state data shows.

The move follows similar requirements in other states including New York.

The letter also calls for the initial testing of all healthcare workers in skilled nursing facilities, and the weekly testing of at least a quarter of staff in facilities without cases after that. All staff would be tested at least monthly.

Deborah Pacyna, a spokeswoman for the California Association of Healthcare Facilities, said the association has long pushed for nursing homes to be a priority for testing.

“This became more urgent after we learned in mid-April that asymptomatic workers were unknowingly carrying the virus and infecting the very residents in their care,” she said.

DeAnn Walters, the association’s director of clinical affairs, said testing will help facilities limit the spread of the virus and protect those not yet exposed.

“It allows us to manage the care of our residents and the deployment of our staff in such a way we can mitigate spread of the virus further once we know it’s there,” she said.

Michael Connors, an advocate at California Advocates for Nursing Home Reform, said it wasn’t clear how the state would ensure the testing plans put forth by skilled nursing facilities were actually carried out.

The facilities are required to draft testing plans, and the letter provides guidance for how the testing should be done.

“It’s critically important that testing occur very soon, that it be tracked carefully, and that the public be kept well informed on whether nursing homes are actually complying,” he said.

For most people, the virus 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.

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Most counties can reopen barbershops and hair salons with modifications

Shaving, facial waxing, threading and facials not permitted at this time

SUBMITTED BY GOVERNOR'S PRESS OFFICE

On May 26, California Department of Public Health announced that counties that have attested to meeting the criteria for accelerated re-opening may re-open hair salons and barbershops. Permitted activities include services that can be provided with both the worker and customer wearing face coverings throughout the service. These include haircuts, hair coloring, blowouts, weaves and extensions, braiding, lock maintenance, wig maintenance and hair relaxing treatments.

Salon activities that cannot be done with face coverings on both the worker and client – or that require touching the client's face – such as shaving, facial waxing, threading, eyelash services, and facials – remain prohibited at this time in all counties. Likewise, nail salons remain closed.

State public health leaders noted that Californians staying at home and exercising caution when out helped flatten the COVID-19 curve. Public health leaders also acknowledged that this announcement is also possible based on statewide indicators such as PPE, testing capacity, hospital surge capacity, and hospitalizations.

"Together, Californians have limited infections in our state, and because of that work, many counties may make a decision to restart modified hair and barber services," said Dr. Sonia Angell,

state public health officer and director of the California Department of Public Health. "However, COVID-19 is still present in our communities and we are still at risk. As we venture outside our homes, it is critically important to keep physical distance, wear face coverings in public, and wash hands frequently to help protect yourself and those around you."

Under the new guidance to reopen, salons and barbers must:

- Implement measures to ensure physical distancing of at least six feet between and among workers and customers, except when providing haircutting and other close contact services.
- Provide temperature and/or symptom screenings for all workers at the beginning of their shift and any vendors, contractors, or other workers entering the establishment.
- Encourage workers and customers who are sick or exhibiting symptoms of COVID-19 to stay home.
- Screen customers upon arrival and be prepared to cancel or reschedule customers who indicate they have any signs of illness.
- Require workers and customers to use face coverings during the entire haircutting and other close contact hair services.

For details, visit www.covid19.ca.gov.

Uber considers buying Grubhub

AP WIRE SERVICE

Uber is considering acquiring Grubhub in a deal that would give the companies control over a majority of the U.S. food delivery business, according to published reports.

Ride-sharing and food delivery giant Uber Technologies Inc. approached Grubhub Inc. earlier this year with an all-stock takeover offer, The Wall Street Journal reported Tuesday, citing sources. The two companies are continuing to discuss the combination, and Uber's board will consider it in the coming days.

Uber and Grubhub declined to comment on the report when contacted by The Associated Press.

Combined, Uber Eats and Grubhub would control 55% of the U.S. food delivery market, according to Dan Ives, an analyst with Wedbush Securities. DoorDash, their chief competitor, controls around 35% of the market.

"Clearly this would be an aggressive move by Uber to take

out a major competitor on the Uber Eats front and further consolidate its market share position, especially as the COVID-19 pandemic continues to shift more of a focus to deliveries versus ride-sharing in the near term," Ives wrote in a note to investors.

Food delivery companies have had difficulty turning a profit despite rising demand for their service, partly because fierce competition has forced them to offer deals and keep prices low. The companies have also waived fees for struggling restaurants during the pandemic.

Uber said last week that revenue in its Uber Eats meal delivery business grew 53% to \$819 million in the first quarter, but it reported a \$313 million adjusted loss for the division. Grubhub's first-quarter revenue rose 12% to \$363 million, but it reported a net loss of \$33.4 million.

Tom Forte, an analyst with Davidson, said the pandemic will likely expand the size of the food delivery market, perhaps

permanently. That makes Grubhub particularly attractive to Uber now, Forte said, but it also makes it more likely that Grubhub will hold out for a better price or remain independent.

Forte said a combination of the two companies would likely receive close scrutiny from regulators, especially since the restaurant industry is struggling during the pandemic. U.S. restaurant sales were down 43% the week of April 12, but have picked up slightly since then, according to NPD Group.

Rep. David Cicilline, D-R.I., chairman of House Judiciary antitrust subcommittee, said that if Uber were to buy out Grubhub, it would mark a "new low in pandemic profiteering." He called for a moratorium on mergers during the outbreak.

"We cannot allow these corporations to monopolize food delivery, especially amid a crisis that is rendering American families and local restaurants more dependent than ever on these very services," Cicilline said in a statement.

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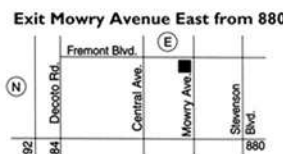
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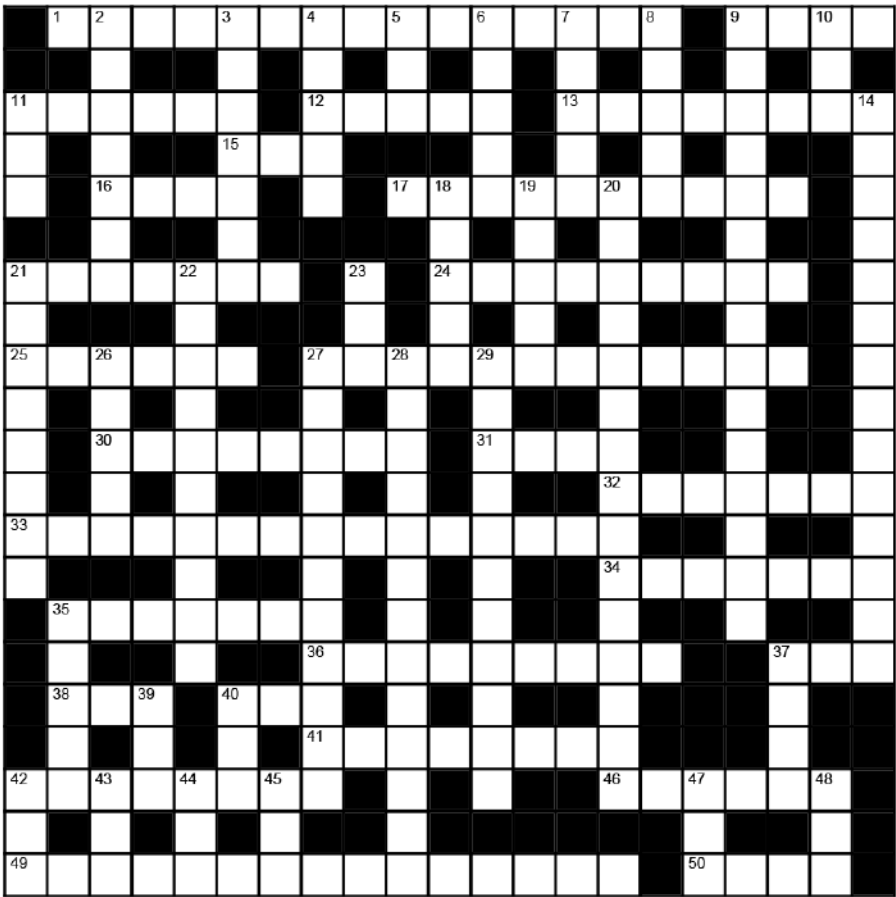
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- * Tourette syndrome
- * Allergies
- * Pain management
- * High blood Pressure
- * Diabetes
- * Facial Palsy
- * TMJ syndrome
- * Alzheimer's disease

Mind Twisters

Crossword Puzzle



- Across

1

"Anything you want" (3,4,3,5)

9

"By ___!" (4)

11

Alehouse (6)

12

Buddy (5)

13

Extra, maybe (8)

15

Coll. senior's test (3)

16

Beef cut (4)

17

Dust remover (10)

21

Musical interval (7)

24

Fall guy (9)

25

Telephone part (6)

27

Breakfast treat (8,4)

30

Kind of year (8)

31

___ Bator, Mongolia (4)

32

Fit to be taken in (7)

33

Not allowed (7,3,5)

34

Studies (5,2)

35

Auxiliary wager (4,3)

36

See 37A (9)

37

Cousin of a crow (3)
- 38

Chicago sights (3)

40

Medit. country (3)

41

Temper (8)

42

Wall Street workers (8)

46

Itty-bitty (6)

49

Buckle (5,2,3,5)

50

Sufficient, in verse (4)
- Down

2

Danish cheese (7)

3

Top dog (7)

4

"Land ___!" (5)

5

Went underground (3)

6

Pope after John X (3,2)

7

Belarus's capital (5)

8

Contents of some cartridges (5)

9

Apt title for this puzzle (4-2-3-6)

10

Brandy letters (3)

11

Robert Morse Tony-winning role (3)

14

Out of gas (7,2,5)

18

Wears (3,2)
- 19

Bunch (5)

20

Minor obsession (3,2,4,6)

21

Some Bach pieces (8)

22

Rembrandt, for one (3-7)

23

___ chi (3)

26

"32 Flavors" singer Davis (5)

27

Agree (4,2,5)

28

Petty (13)

29

A jab well done (11)

35

Greet and seat (3,2)

37

Nudges (4)

39

Fa follower (3)

40

They, in Tours (3)

42

Back (3)

43

Height: Prefix (3)

44

Pilot's problem (3)

45

Food container (3)

47

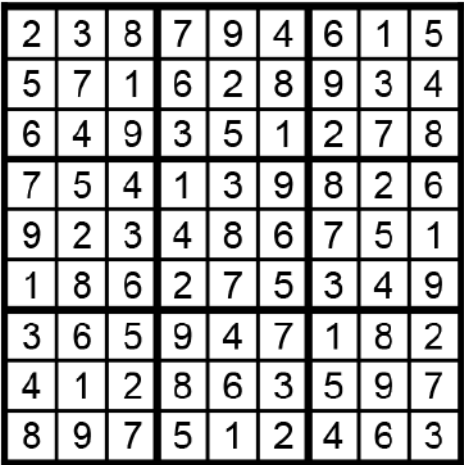
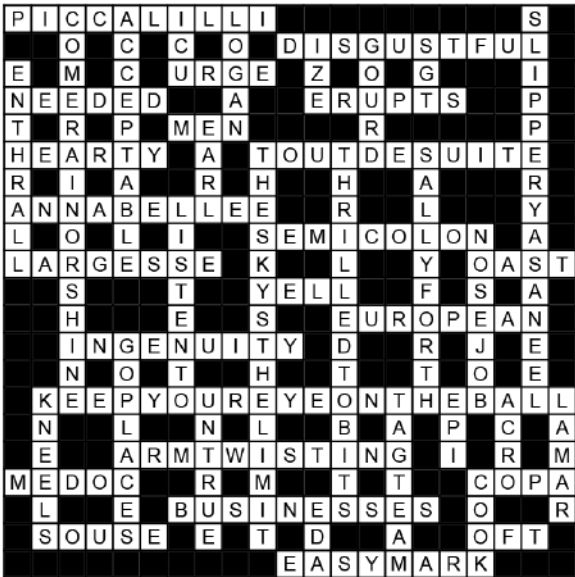
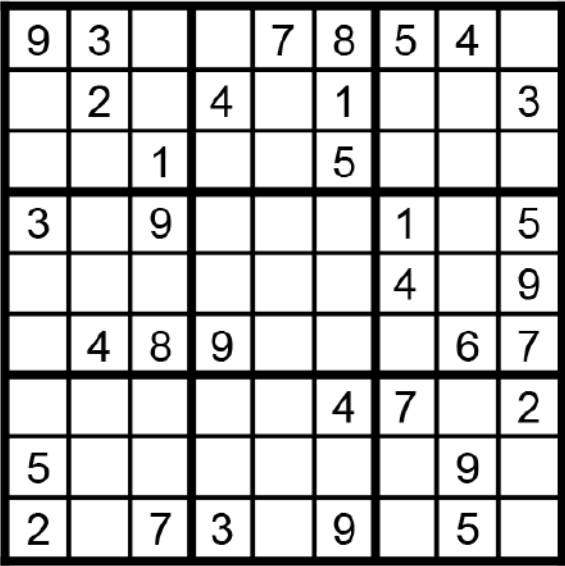
Devon river (3)

48

"That hurts!" (3)

Sudoku:

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



Tri-City Stargazer FOR WEEK: JUNE 2, 2020

All Signs: Pluto takes 250 years to cycle the Sun. Pluto and Saturn are now less than five degrees apart. This began in December 2019 and lasts for the rest of the year. (The last time they were lined up in Capricorn was in 1518.) Capricorn is the sign of the government;

it symbolizes “structures” in society and our bodies. When these planets line up, we experience financial problems, shortages, restrictions of freedom of movement and issues that affect borders. Suppression can trigger explosive, even violent reactions. The answer is to build new structures to

correct the problems we currently face because an old order of life is passing away. These planets will separate in December 2020, which means things are not getting better fast.

Aries the Ram (March 21-April 20): This is a wonderful week to schmooze or interact with others in person or online. It’s a great week to write, act, teach, or sell because your words will be like gold. Diplomacy and tact will be second nature to you and you will charm everyone you meet. Family discussions will be significant. Many of you will tackle home repairs and DIY projects. One minor frustration is you might not get credit for what you do. To offset this, you will appreciate the beauty in your everyday surroundings.

Taurus the Bull (April 21-May 20): This harsh encounter of Saturn and Pluto will affect travel plans as well as plans related to higher education, medicine, publishing, media, and law for your sign. The good news is that this week, you will attract money to you. This is timely because your focus is on money, earnings, and cash flow right now. The placement of both Mercury in your House of Communications and Mars in your House of Friendships indicates you want to be actively involved with others, perhaps even competitively.

Gemini the Twins (May 21-June 20): This is a delightful week because the Sun and Venus are lined up in your sign and it does not get better than this. This makes you socially confident. In fact, you want people to pay attention to you, which is why you will do something to attract attention.

New contacts and friendships are likely. Not only does this planetary aspect favor socializing with others, it also favors financial activities. Meanwhile, Mercury will trigger moneymaking ideas while Mars will continue to arouse your ambition.

Cancer the Crab (June 21-July 21): This heavy-duty meeting of Saturn and Pluto occurs opposite your sign, which means many of you have undergone major transformations in your closest friendships and partnerships. Some have ended. If this is the case, it means they outlived their usefulness. At this time, you are happy to stay in the background and keep a low profile; nevertheless, fiery Mars wants you to travel or explore new ideas, new situations and discover adventure. In addition, Mercury in your sign makes you talkative and chatty.

Leo the Lion (July 22-August 22): This is a social, friendly week for you. Both the Sun and fair Venus are lined up in your House of Friendships, which means you will be extra friendly to everyone. Romance will flourish because lovers will become friends and friends will become lovers. Disputes about shared property, inheritances, debt, taxes, or unpaid bills might arise at this time. Fortunately, the placement of Mercury will give you the energy to research and do your homework to protect your own best interests.

Virgo the Virgin (August 23-September 22): An extremely favorable week for you as the Sun and Venus are lined up together right at the top of your chart. People admire you. Furthermore, Venus makes you appear charming, cooperative, and an expert on all things beautiful, which is why others will ask for your input on how to make something look more attractive. Admittedly, Mars is opposite your sign, which does make you feel that others are annoying.

Libra the Scales (September 23-October 22): Travel for pleasure totally appeals to you now; unfortunately, many of you cannot do this. Therefore, you must figure out different ways to explore the world and discover adventure and learn new things. You can explore opportunities to take a course, learn a language, talk to people from other countries and different backgrounds and push yourself to experience something new and different. Meanwhile, you’re working hard this week, which means you will get a lot done.

Scorpio the Scorpion (October 23-November 21): Be careful of accidents and untoward situations that occur in your everyday world because this heavy-duty conjunction of Pluto and Saturn takes place in your House of Communications, which also affects daily travel, short trips, conversations, and learning. This week you are passionate but pleasantly so.

You are in the fortune position of receiving gifts from others. This same influence means it’s a great time for you to get a loan or mortgage from a bank. Mars makes you playful and cheeky.

Sagittarius the Archer (November 22-December 21): Your finances have taken a beating lately because of the conjunction of Pluto and Saturn. This could mean you need to make a change in how you earn your money, handle your money, spend your money, or deal with your assets. Some kind of increased chaos and activity on the home-front might test your patience. You are a freedom-loving sign who loves to get out and travel so this stay-at-home policy is difficult for you. Fortunately, fair Venus is opposite your sign now softening all the aspects of your closest relationships with friends and partners.

Capricorn the Goat (December 22-January 19): You are industrious this week. But more than that -- not only are you busy and getting a lot done but also happy doing so. You take pride in your work. In fact, you want to work smarter! Therefore, you will look for ways to become better organized not only in your job but in every aspect of your life. Coworkers are also supportive and helpful this week. In addition, you are keen to improve your health. Lucky Jupiter continues to be in your sign bringing you divine protection.

Aquarius the Water Bearer (January 20-February 18): It’s play city for you this week. Grab any chance to express your own creative self-expression because this will please you. Despite all these fun diversions, you’re working hard to earn money because right now you identify your ego with what you own. You will particularly excel at mental work this week because it’s easy for you to pay attention to detail more than usual. You want to find the best technique for doing something.

Pisces the Fish (February 19-March 20): This is the perfect week to hunker down at home and enjoy your own company or the company of the family in your “bubble.” Because the Sun is lined up with Venus, relations with others will be particularly warm and friendly. Furthermore, Mercury makes you playful, therefore you will be attracted to mental games, movies, puzzles, crosswords, mysteries, and whodunits. Because fiery Mars is still in your sign, you have energy for all of this.



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BUSINESS PULSE CHECK

BY MADHVIKA SINGH
PHOTOS COURTESY OF
DJ ALEX REYES ENTERTAINMENT

Social distancing, shelter-in-place and quarantine used to be things we rarely heard of, and only in extreme emergencies, but now they seem to have become the norm. They have affected our social fabric and our livelihoods and have severely impacted the financial wellbeing of our local businesses and their employees. We at Tri-City Voice have featured many local businesses over time, and we reached out to some of them to share their perspective on how they have been affected and how they are coping with the new reality of COVID-19.

This is part of an ongoing series with a new business or businesses featured each week, including both those that have appeared in the paper before and those who are appearing for the first time.

DJ Alex Reyes Entertainment has been providing mobile DJ services all over the San Francisco bay area since 2001. Just like any other year, they had their schedule full in 2020, until COVID-19 and the associated shelter-in-place guidelines came into effect. Because of current social distancing requirements and restrictions on gatherings, DJ Alex Reyes Entertainment has ceased all operations. All their upcoming events for the next few months have either been cancelled or postponed indefinitely.

Alex Reyes, owner of DJ Alex Reyes Entertainment, shared how his small business has been coping with the



COVID-19 situation. He has been in constant touch with his clients to help them reschedule their events to a later date at no additional cost. “We have been very flexible and understanding during this difficult time, because safety of our clients is our highest priority,” says Reyes. He is encouraging all his clients (or anyone else interested) to sign up for his newsletter at <https://squareup.com/outreach/BQPat3/su> bscribe to stay updated.

Reyes started his business when he was just 14. His parents emigrated from Mexico and his father Manuel Reyes has been a radio personality since 1984 for the Spanish-speaking community in the Bay Area. Reyes credits his father for inspiring him to be what he is today,

teaching him ins and outs of the industry, and business and legal skills critical to running a successful business. On why he chose this profession, Reyes shared, “I wanted to make a name for a living, and I wanted to be out there in the field. If I had not been an entertainer, I would have been a pilot or a doctor.”

While the audience at his events may only remember having a fun time, hosting an event can take months of hard work. Coordinating logistics, putting out promotions, working with organizers to understand the spirit behind the occasion, and creating the appropriate vibe require diligence and careful planning. “I keep myself engaged in learning new tricks of the trade and aspire to excel at what I do,” says Reyes. Among the marquee local events Reyes has hosted are the Fremont 4th of July Parade, Fremont Candlelight Ghost House, and Niles Festival of Lights Parade.

DJ Alex Reyes Entertainment has over 100,000 songs in their music library and specializes in many events including birthday parties, block parties, community events, school functions, fundraisers and corporate events. With music ranging from salsa to hip-hop and merengue to banda he can play it all. “I can keep the party going, and we never play music with profanity or racial slurs.” Reyes shared.

Reyes has cerebral palsy, and despite his disability he has been able to run a successful business. He feels truly proud of himself and his accomplishments. DJ Alex Reyes Entertainment was graced with an award in June 2017 from the Newark

Chamber of Commerce for small business of the year and a certificate of appreciation from California State Assemblymember Fiona Ma & Senator Bob Wieckowski.

The current restrictions due to the COVID-19 pandemic have had a significant impact on his business and his family. He and his two sisters, Emily & Ivana, have had to file for unemployment benefits to support the family. Looking to the future, Reyes’ says, “I love to travel and hang out with my friends and enjoy the outdoors and I hope we can get back to normal soon. We are all in this together for the long haul so we must adapt to the new normal until then.” In that community spirit, we at TCV wish DJ Alex Reyes Entertainment the very best as we all navigate the current environment, and may the coming time bring success and splendor to every beat he plays!

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Through the business pulse series our intent at TCV is to lend a platform to local businesses share their stories. In these trying times let’s hope we can develop a shared bond and come out at the other end stronger as a community to deal with challenges that future might have in store for us.

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Home & Garden

Five handy kitchen tools

By DANIEL O'DONNELL

Finally getting to eat something is not the only enjoyment that is derived from cooking and baking at home. The creative process contains many pleasurable moments too. While baking bread, for example, you feel satisfaction when the flour, water, and other ingredients transform into a soft dough, when the dough rises, and when the smell of baking bread drifts throughout the house. The process may be even more rewarding for home cooks and bakers who make their dishes using handheld kitchen tools.

It took a lot of innovation and time for culinary tools to evolve from sharpened rocks and bone into plastic and stainless steel Wi-Fi-enabled blenders and pressure cookers. No amateur chef wants to return to using Stone Age kitchen tools, but it can also be difficult for the home kitchen artist to feel rewarded when every aspect of their culinary masterpiece was managed by a computer chip. Handheld kitchen tools bridge the gap between the tools of the past and the present. Today's hand tools are highly engineered and made from advanced materials that are lightweight and durable but still allow the cook to build a personal connection to the food through touch and hands-on effort.

There are other reasons besides the bond between cook and creation why using handheld

kitchen tools can be satisfying. Electric mixers, food processors, and other modern kitchen tools can be noisy and disrupt what should be a relaxing and enjoyable time. Using hand tools requires no electricity, which is better for the environment, and they can still be used if the power goes out. Kitchen hand tools are usually far less expensive than their plug-in counterparts and when something breaks, they are easier to repair. Passing down the same kitchen hand tool from generation to generation gives a feeling of nostalgia for departed family members. There can be physical benefits to using hand tools as well.

Below are five kitchen hand tools that can make the experience of cooking food at home more fulfilling:



Courtesy of Mairead Morrison

Hand-crank pasta machine and rolling cutter

Ravioli is a stuffed dumpling. Today, there are versions of ravioli eaten all over the world

Nonelectric mixer

It can be more taxing to find a nonelectric mixer than it can be to use one. Most mixers, sometimes called eggbeaters, are handheld even if they are battery or plugin powered. When



Courtesy of Aline Morrison

that use ingredients familiar to the local culture. It was not until the 16th century when ravioli was served with tomato-based sauces in Italy, showing that even there, recipes can be versatile. Making ravioli might seem intimidating but with the right tools it is not. The tools needed are a hand-crank pasta machine and rolling cutter. It not only feels good to make ravioli by hand, but it can also be a way to feel in touch with other parts of the world.



By Daniel O'Donnell

electric spiralizer at home because they can be noisy and take time to clean. Potatoes, squashes, turnips, beets, and other root vegetables can be spiralized. The strands elevate the look of a salad or can be substituted for pasta noodles.

Tortilla press

There is no shortage of different styles and flavors of tortillas in the Bay Area, so why make them from scratch? Because many store-bought tortillas have preservatives, are not organic, and contain unhealthy fats. A tortilla press, which has two cast iron plates and a handle for pressing the dough paper thin, gives the option of making fresh tortillas with any ingredients desired. Fun colors and flavors can be added by using beet or spinach juice, or colorful spices such as turmeric or chili powder. Handmade tortillas might get a warmer reception than any hot sauce served with them.

Mezzaluna knife

There are many different types of kitchen knives but the half-moon shaped mezzaluna knife shines above the others when it comes to chopping like a food processor. The crescent-shaped two handled knife is used to mince herbs, dice vegetables, slice cheese, and cut meat quickly and safely. This centuries-old knife uses a rocking motion as opposed to a chopping motion. A handy concave mezzaluna cutting board keeps the food from escaping the mezzaluna's onslaught.

One can choose from many options when cooking and baking at home. Using handheld kitchen tools reminds us of simpler times and of the physical connection to our food.

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



Courtesy of Aline Morrison

THE ACWD CONNECTION

ACWD Recognizes Local Organizations for Exemplary Water Use Efficiency

ACWD is proud to recognize organizations in the Tri-City area for their water use efficiency efforts. Our landscape water use efficiency awards are for organizations with dedicated landscape meters who tracked at or below their calculated landscape water use budget. ACWD also highlights organizations that participate in the California Green Business Program which helps prevent pollution, reduce waste, conserve natural resources and reduce greenhouse gas emission.

Please visit www.acwd.org for the list of organizations and landscape contractors that managed their landscape water use effectively in 2019.

For information about how your organization can qualify for this program, please contact ACWD water conservation staff at 510.668.4218.



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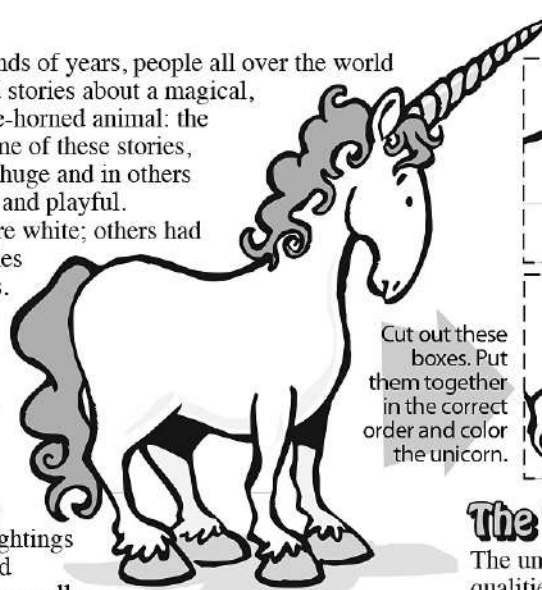
Puzzle of the Unicorn

Did unicorns ever exist? Explore the mystery on today's puzzling Kid Scoop page!

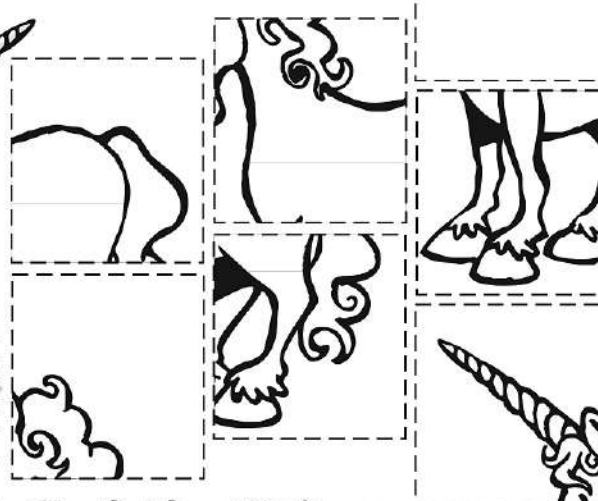
For thousands of years, people all over the world have told stories about a magical, mysterious one-horned animal: the unicorn. In some of these stories, unicorns were huge and in others they were tiny and playful. Some were pure white; others had horns and bodies of many colors. Some were fierce and brave. Others were peaceful.

Some people think that unicorn stories started from sightings of a one-horned rhinoceros or a gazelle in profile.

Standards Link: Literary Analysis: Students understand the origin of legends.



Cut out these boxes. Put them together in the correct order and color the unicorn.



The Truth About Unicorns

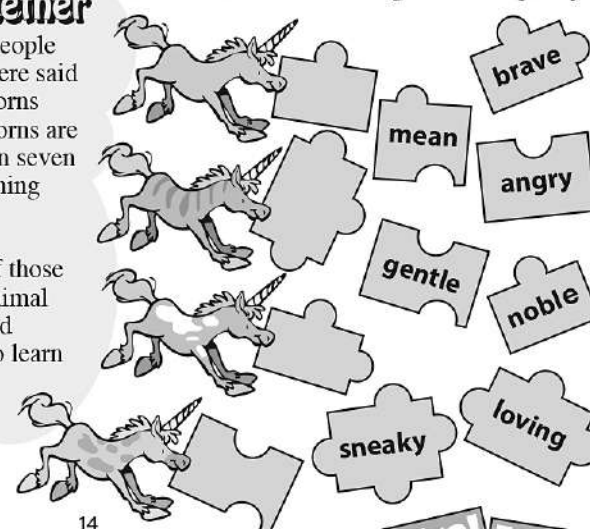
The unicorn is usually described as an ideal being, possessing qualities people admire. While the animal does not exist, the qualities do.

Each unicorn below has a puzzle piece in its mouth. Match each piece with an identical piece that contains a word describing a unicorn quality.

Put the Puzzle Together

Several hundred years ago, people sold mysterious horns that were said to be unicorn horns. These horns were straight; most animal horns are curved. Some were more than seven feet long and had spirals running down the entire length.

Today we know that many of those horns were from a shy sea animal called a **narwhal**. Cut out and assemble the puzzle pieces to learn a surprising fact about these "unicorns of the sea."

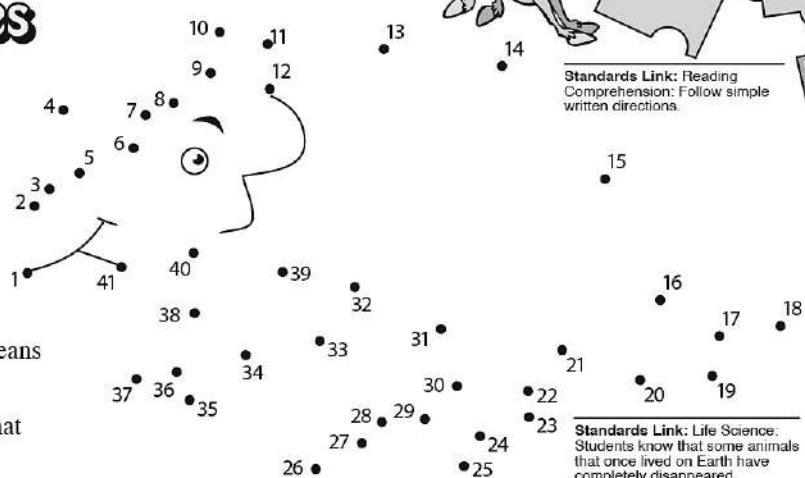


Unicorn Bones

Scientists have found the bones of a "dinosaur unicorn." The **bagaceratops** was a small, plant-eating dinosaur that was about three feet (1m) long and lived in Asia about 80 million years ago.

The name bagaceratops means "small horned face."

Connect the dots to see what bagaceratops looked like.



Standards Link: Reading Comprehension: Follow simple written directions.

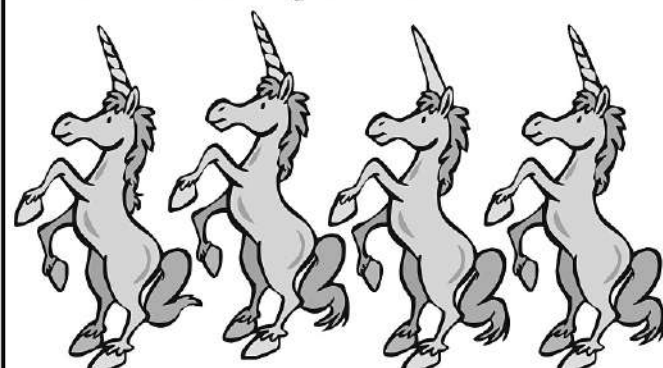
Unicorn People

Can you find a person in the newspaper who demonstrates the qualities people associate with unicorns?

Standards Link: Character Education: Identify positive character traits in others.

Kid Scoop Puzzler

In 1968, *The Unicorn Song* became a top ten hit on the radio. The song, written by children's book author Shel Silverstein, told a story about the unicorn playing when he should have been boarding Noah's ark.



Find the two dancing unicorns that are identical.

Double Word Search

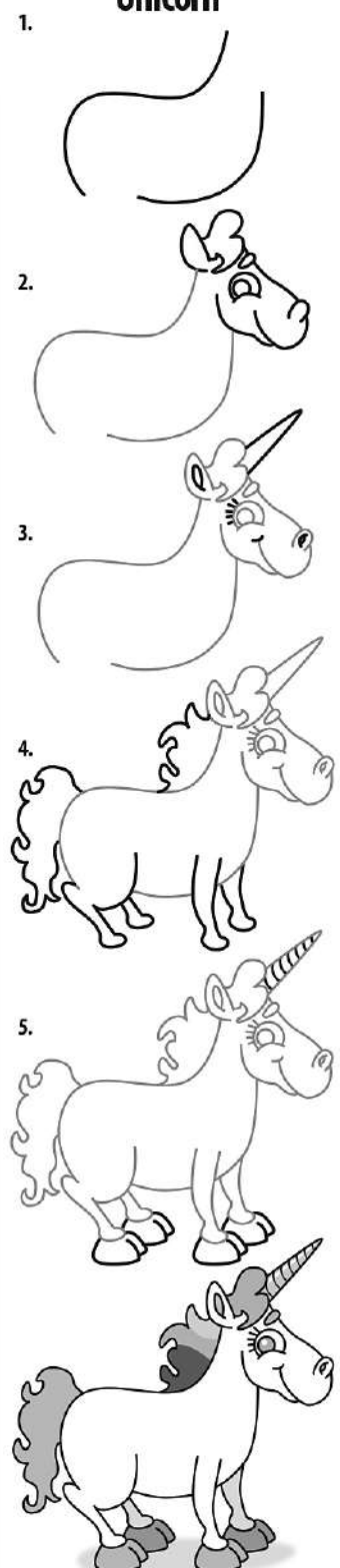
UNICORN
DINOSAUR
NARWHAL
MAGICIAN
SNEAKY
FIERCE
RADIO
PEACEFUL
PEOPLE
HORNS
SPIRALS
MEAN
FACE
PIECE
HUGE

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



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

How to Draw a Unicorn



More drawing fun!

Step-by-step instructions show you how to draw more than two dozen animals in Kid Scoop's **A Kid's Guide to Drawing Cartoon Animals**. Available now on amazon.com, target.com or at foxchapelpublishing.com



Kid Scoop VOCABULARY BUILDERS

This week's word: **IDEAL**

The adjective **ideal** means something that is perfect or the absolute best.

Katie's volcano project featured an **ideal** use of baking soda and vinegar.

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

FROM THE Kid Scoop LESSON LIBRARY

Magic Headlines

Abacadabra! You can be a magician by changing a **factual** headline into an **opinion** statement. Can you find a headline that expresses an opinion? Change it into a **factual** headline.

Standards Link: Reading Comprehension: Distinguish facts from opinion.

How do you stop a rhino from charging?

ANSWER: Take away his credit cards.



Write On!

Best Book of the Summer

Tell other kids about a book you think they should read this summer. Have fun describing the book, but don't give away the ending.

June celebrates the 223rd anniversary of Old Mission San Jose



SUBMITTED BY GARY DORIGHI

Fremont's very own "La Mision del Gloriosissimo Patriarca San Jose" was founded on June 11, 1797, the 14th of 21 California Missions established by the Spanish from 1769 to 1823. And while an anniversary Mass and Reception is the norm, shelter-in-place orders call for a more creative celebration of this important occasion.

On June 7 at 11 a.m., a special celebration of Mass will be streamed from the Old Mission that includes ringing the 200-year-old Mission Bells and a special musical selection featuring the historic Rosales Opus 14 Spanish Organ played by Ronald McKean. All this will be streamed live via the St. Joseph Parish website at www.saintjosephmsj.org.

Newly added to Old Mission San Jose's website at www.missionsanjose.org is an account of this day in 1797 from the book *The History of Mission San Jose* by Francis Florence McCarthy, quoting passages from our Founder, Father Fermin Francisco de Lasuen. While on the website, visitors can also view amazing videos and photographs in the gallery or consider purchasing educational material online from our Gift Shop.

Mission San Jose and Museum has yet to reopen after shelter-in-place. But please come see us in person when we do reopen. Nothing compares with walking in the footsteps of Padre de Lasuen, seeing the structures built by Christian Native Californians, or relishing artwork and artifacts from over 200 years ago. For now, follow us on Facebook or visit us on our website at <https://missionsanjose.org/> for the latest information.

**Old Mission San Jose 223rd anniversary
Sunday, Jun 7
11 a.m.**

Link will be posted at www.saintjosephmsj.org

'Parks to People' brings the natural world to online audiences

SUBMITTED BY JEN VANYA

The East Bay Regional Park District's interpretive and recreation programs and activities have traditionally been taught live at our visitor centers or out

platform.

Naturalists and outdoor recreation staff were already developing content for short educational videos. A collection of new videos called Creature Features, published daily on



in the parks. The Shelter-in-Place order changed everything for Park District staff, with the sudden closure of all visitor centers and being restricted to working from home. Fortunately, there were projects in the works that would enable them to bring their live classes and activities to a larger audience through a digital

Facebook since the end of March, spotlights natural wonders found throughout the parks and was shot entirely by Park District staff working from home. A new Park District webpage, Parks to People, was launched soon after and is now home to the Digital Learning program, offering virtual reality park tours, nature and



Skull Detectives, Omnivores: Part II, 5m:00s

field study videos and downloadable activities and games.

"The digital offerings at the Park District expanded greatly during the crisis," said Anne Kassebaum, Chief of Interpretive and Recreation Services. "The stay-at-home order elevated the importance of virtual learning, and our naturalists and outdoor recreation staff have risen to the challenge.

"The Park District's online interface may be some youths' first introduction to nature, but we really hope these initial online experiences encourage people to go out and experience nature in person," she added. In addition to the Creature Features videos

on Facebook, the Park District's YouTube channel now hosts the recently-produced Digital Learning videos.

The Park District is also delving into new, cutting-edge technology. One example is its collaboration with TimeLooper. By downloading the TimeLooper app to a smart phone or tablet, people can now explore Regional Parks through virtual reality. In addition, the Park District and TimeLooper have launched a new East Bay Parks: Virtual Tour app, which allows people to interact with an augmented reality version of the East Bay.

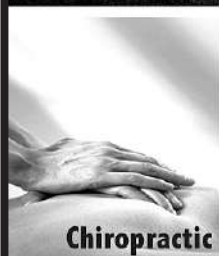
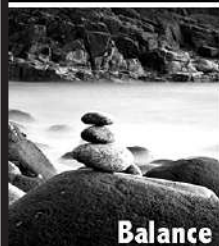
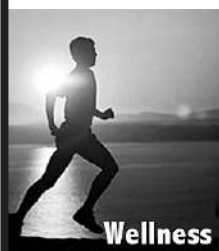
"People can hop across a 3-D map appearing right in front of

them to virtually visit some of the Regional Parks," commented Supervising Naturalist Kevin Damstra, who worked closely on the project. "It's one more way the Park District has used digital media to introduce nature and educate the community during the stay-at-home orders."

To further expand its educational programs throughout COVID-19, the Park District has worked to provide digital interpretive media for schools and families and is now part of a partnership with Alameda County to develop curriculum-based digital content.

Digital learning and virtual reality technology have brought a new level of interpretive education to visitors on home computers or in classrooms. When the stay-at-home orders are lifted and programs begin again in the parks, the Digital Learning program will continue on as a major component of the Park District's interpretation and recreation services.

Find out more about Parks to People at <https://www.ebparks.org/>



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Hayward Animal Shelter will still be providing services essential to public safety and the safety of animals in the community during the county wide shelter-in-place.

With the reduction in non-essential services, we are looking for adopters and temporary foster homes for our adoptable pets. If you have been thinking about adopting a pet, now is the perfect time. Can't adopt, how about taking home one of our available shelter pets for a mini-vacation.

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.

PLEASE DO NOT VISIT THE SHELTER WITHOUT AN APPOINTMENT.

I need a Forever Home



Wolfgang is a 2 year old white husky mix with beautiful hazel eyes. While a bit shy, he loves to explore. He really likes being with people and can be quite the couch potato! He needs a patient family to give him some TLC to help him blossom. OK with teens. If interested in adopting Wolfgang, call the Hayward Animal Shelter, 510-293-7200.

Harper is a rambunctious 4-month old brown and black tabby kitten with expressive green eyes. She loves to play with her toys and watch chirping birds through the window. She would be a wonderful addition to your family. If interested in adopting Harper, call the Hayward Animal Shelter, 510-293-7200.



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Hayward Animal Shelter

www.facebook.com/haywardanimalshelter
510-293-7200
16 Barnes Court (Near Soto & Jackson)
Hayward
Tuesday - Saturday 1pm - 5pm

\$ = Entrance or Activity Fee
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Farmers’ Markets

CASTRO VALLEY:

Castro Valley Farmers' Market

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Year-round
Castro Valley Bart station lot off of Redwood Road
equipped to accept EBT and Market Match funds to CalFresh customers.
uvfm.org

FREMONT:

Kaiser Permanente Fremont Farmers’ Market

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

Irvington Farmers’ Market

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

Niles Farmer's Market

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

HAYWARD:

Hayward Farmers’ Market

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

SAN LEANDRO:

Bayfair Center

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

Kaiser Permanente San Leandro

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

Downtown San Leandro

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

MILPITAS:

Milpitas Farmers’ Market at Great Mall Parking Lot

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

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Times & Stops subject to change

Tuesday

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

Wednesday

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

Thursday

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

Monday

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

Tuesday

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

Wednesday

1:00 – 2:00 Del Rey School,
Via Mesa & Via Julia.,
SAN LEANDRO
2:30 – 3:00 Eden House
Apartments, 1601 165th Ave.,
SAN LEANDRO
3:30 – 4:00 Baywood Court,
21966 Dolores St.,
CASTRO VALLEY
6:00 – 6:30
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CONTINUING VIRTUAL EVENTS:

Tuesdays

Free Virtual Sing-Along

7 p.m. – 8 p.m.
Zoom choir meeting hosted by Mission Peak Chamber Singers
https://www.chambersingers.org/
Contact: info@chambersingers.org

Wednesdays and Sundays

McNevin at The Mudpuddle

6 p.m.
Dinner time tunes, oddservations, and bad jokes
Via Facebook Live
www.facebook.com/mudpuddlemusic

Thursdays

6:30 p.m.
Virtual meetings: Youth and young adults, students welcome
Contact: brian@newarkpress.org for Zoom Meeting ID#
First Presbyterian Church of Newark
www.newarkpres.org

Sundays

11:00 a.m.
Sunday School, Ages K – 6th grade
Contact: office@newarkpres.org for Zoom Meeting ID#
First Presbyterian Church of Newark
www.newarkpres.org

This Week - VIRTUAL EVENTS:

Friday, June 5

Books on B Fundraiser R

12 noon – 1 p.m.
Featuring Bill McKibben, Sy Montgomery, Jennifer Ackerman and Mary
Ellen Hannibal
Register at: https://bit.ly/36G8jJr

Saturday, June 6

ICC Tri Valley Virtual Launch R

9:30 a.m. – 11:00 a.m.
India Community Center celebrates new chapter opening
Register at: https://bit.ly/2AoyHeQ

Honor Roll

Colorado College, Colorado Crown-Goodman Presidential Scholarship • Ankita Sharma of Fremont	University of Utah Spring 2020 Dean’s List • Kunaal Kumar of Fremont • Madasyn Mcglothlin • Mingjun Xie of Union City
Bucknell University, Pennsylvania Spring 2020 Dean’s List • Gwendolyn Hostetter of Hayward	Marietta College, Ohio Spring 2020 graduate • Manica Doss of Castro Valley
University of the Sciences, Pennsylvania Fall 2019 Dean’s List • Krupa Patel of Fremont	Saint Francis University, Pennsylvania Spring 2020 graduate • Rachelle Dudero of Milpitas
Culver-Stockton College, Missouri Spring 2020 Dean’s List • Anthony Garcia of Union City	Georgia Institute of Technology Spring 2020 graduates • Neel Mitragotri of Fremont • Kuan-E Chao of Fremont • Ankit Kuchhangi of Fremont • Myong Oh of Fremont • Robert Ikeoka of Fremont • Kunal Sharma of Union City • Satish Gupta of Milpitas • Rajan Jethva of Milpitas • Salil Wadnerkar of Fremont • Jasmin Voigtlander of Hayward • Neha Pasricha of Fremont
Northwestern University, Massachusetts Spring 2020 Dean’s List • Samantha Rhynard of Fremont • Suzi Kwon of Fremont • Erik Wong of Fremont • Aneesha Sreerama of Fremont • Rahul Toppur of Fremont • Crystal Hsu of Fremont • Sarah Chang of Fremont • Annie Chiang of Fremont • Divya Kopparapu of Fremont • Allison Hastings of Newark • Maxwell Abisia of Newark • Alice Zhong of Newark	The Honor Society of Phi Kappa Phi New members • Liuhan Huang of Newark, University of Southern California • Richard Delgado of Newark, San Jose State University • Preetha Vellayapan of Fremont, University of California-Davis

Summer program for elementary kids

SUBMITTED BY SHALOO JESWANI

After the academic school year ends, kids are looking to try something different. Six Bay Area high school students are offering “Ubuntu Summer Circle 2020,” online summer camps for elementary school kids. These camps are designed to be engaging and hands on, with a variety of creative activities that teach skills outside of a normal school curriculum – including creative writing, speaking, cooking, art, and meditation.

The camps are priced at only \$25 for two weeks, keeping in mind that families have been financially impacted by COVID-19. Money raised will be donated to a local non-profit organization.

The Ubuntu group has been running free afterschool math tutoring programs for the last two years. They tutored 50 kids at Brier Elementary School in Fremont and Santee Elementary School in San Jose. They have experience working with children through this tutoring program. But the challenge with summer camps this year will be to making them work with an online medium.

Ananya Aggrawal, Ananya Maheshwari, Anika Dileep, Esha Bansiya, Raagini Ganesh, and Shreya Sadhwani have been spending their weekends planning and designing the camp activities. Their goal is to create a fun and learning experience for kids. When the camp is done, they want kids to say “Wow, this was a memorable summer.”

For further questions, contact: ubuntu.teacher@gmail.com.

Ubuntu Circle 2020
June 15 – 29
10:00 a.m. – 12:30 p.m.
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LETTER TO THE EDITOR

Trophy Hunts and Live Food Markets

Some good news, for a change. Senate Bill 1175, by Senator Henry Stern (D-L.A.), passed out of the Senate Natural Resources & Water Committee on May 26 by a vote of 5:1. SB 1175 would ban the importation of the spoils of African trophy hunts. It would also ban the importation of wild animals for the state's many live food markets.

California annually imports some two million American bullfrogs for human consumption, plus an estimated 300,000 freshwater turtles. Most of the bullfrogs are commercially raised in China and Taiwan. All the turtles are taken from the wild in states East of the Rockies,

depleting local populations. None of these animals are native to California, and they pose major threats to the environment, animal welfare, and public health. Dozens of necropsies on the market frogs and turtles document that all are diseased and/or parasitized. Worse, most of the frogs carry the dreaded chytrid fungus (Bd), which has caused the extinctions of 200-plus amphibian species worldwide in recent years.

SB 1175 now goes to the Senate Appropriations Committee for consideration, chaired by Senator Anthony Portantino. Other members are Patricia Bates, Steven Bradford, Jerry Hill, Brian Jones, Connie Leyva, and Bob Wieckowski. Support letters are needed. All legislators may be written c/o The State Capitol, Sacramento, CA 95814. Email pattern for all senators: senator.lastname@senate.ca.gov

Eric Mills
Action for Animals
Oakland

Virtual Fun Run

SUBMITTED BY ALAMEDA COUNTY FAIR

Alameda County Fairgrounds and Sunflower Hill have announced “Sun’s Out, Fun’s Out 5K,” a virtual 5K or 1 Mile walk/run between Friday, June 19, and Sunday, June 28. The event is for all abilities and ages; participants may walk or run and can choose their distance, trail, and date.

Inspirational signage will be available for download to help motivate participants through their distanced run or walk. Participants are encouraged to brag about their accomplishments on Instagram (AlamedaCountyFair).

On top of the free General Admission ticket for the 2021 Fair, each participant will receive free virtual classes before the event from Joya and Dragonfly Yoga + Wellness. Runners and walkers are encouraged to download their own Race Bib, Finisher Certificate, and a DIY Medal.

Proceeds will benefit Sunflower Hill, an organization that helps to create spaces where adults with developmental disabilities can thrive in their own community. For details about the event, visit and to register, visit alamedacountyfair.com/suns-out-funs-out-5k-run/.

Virtual Run/Walk
Friday, Jun 19 – Sunday, Jun 28
alamedacountyfair.com/suns-out-funs-out-5k-run/
Registration: Adult, \$25; Child, \$10

LETTER TO THE EDITOR

City has critical need for parking investment

A regional newspaper chain recently reported on the closure of Mission Peak in April 2020. Unfortunately, their coverage is inaccurate, unfair, and less-than-honest. The story photo is misleading, because it depicts the parking lot as full of cars. These days, the parking lot is empty, and the main entrance of the park is barricaded.

The newspaper report is one-sided and biased, as if targeting park visitors and ticketing motorists were A Good Thing. The story, is openly critical of visitors: “maybe they’ll get the message this time around.” The story supports the city, though the city spokesperson in 2016 assured the public that the goal was not to hand out a lot of parking tickets; in fact, “we don’t want to be heavy handed with citing people. The goal is

that people don’t park in these areas, not that we cite.”

The program has fallen far short of its original goal, since police have issued more than 4,300 tickets since parking was restricted in 2016.

It seems that the city has still not gotten the message, that parking tickets are ineffective, and costly to enforce. Regardless of the city’s recent freeze on hiring, the city now plans to expand its headcount with the addition of six employees in the next fiscal year. Three of the new hires would do non-essential parking enforcement. The only way to cover the high cost of their salaries and benefits would be to launch a heavy-handed campaign of parking tickets city-wide.

The city is asking visitors to park at Ohlone College, but they charge a stiff fee of \$4 per day. Ohlone has the highest parking fee in the city, because BART and the Centerville train station charge \$3 per day or less. The Mayor recently announced support for more investment in parking.

“Looking at this as an investment, this is a critical need that we see with the changes of our demands within our

community. It allows us to be better able to adapt.” We agree with investing in our community, 100%. We believe the city should invest constructively in parking, to meet the increased demand for access to our public parks during the pandemic crisis. The city needs to adapt and innovate, by cooperating with Ohlone College to fund a large-scale parking program on weekends and holidays. An investment in 125 spaces at \$4 per day for 52 weekends and 10 holidays per year, would work out to \$500 per day or \$57,000 per year. That would cost less than hiring one additional parking enforcement officer (\$100,000–\$150,000 per year of salary and benefits).

Fremont residents need access to open space, regional parks and recreational trails. The investment in parking would support public health, and allow park visitors including families with young children to enjoy the benefits of outdoor activity. The city needs to develop a fair parking policy, that is enforced equitably and does not target visitors to our city.

wm. yragui
Mission Peak Conservancy

Local health centers merge to form Bay Area Community Health

SUBMITTED BY CONNOR RAMEY

On June 1, Foothill Community Health Center (FCHC) and Tri-City Health Center (TCHC) merged to create Bay Area Community Health, one of the largest federally qualified health centers in Northern California.

The merger comes from a management relationship between the two health center organizations, which started in late 2019. TCHC provides healthcare services in Southern Alameda County and FCHC provides healthcare services in Santa Clara County. Bay Area Community Health (BACH) will provide healthcare to residents from Union City to Gilroy.

Patients will not have any changes to their provider or care. Instead, they may notice subtle improvements to the clinic space and operations. All FCHC’s and TCHC’s existing relationships with local organizations and stakeholders will be maintained. The new organization will have a new website and logo (incorporating both Tri-City’s and Foothill’s history).

Classifieds Deadline: Noon Thursday
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Randy McFarland



Park It

BY NED MACKAY

Although many regional park operational restrictions continue in response to the COVID-19 pandemic, the district reopened Point Isabel Regional Shoreline in Richmond as of June 1.

Reopening comes with the restriction that dogs must always be on leash, although previously Point Isabel has been an off-leash park. In fact, until further notice, dogs are supposed to be on leash everywhere in all the regional parks. This is because off-leash dogs tend to congregate, which means that the owners end up congregating as well, resulting in a social distance of less than six feet. Remember also that the maximum number of dogs allowed per person is three, unless you are a professional dog walker who has purchased a permit. In that case the maximum is six.

In other news, the park district swim program managers are working on a social distancing plan that would allow reopening of the swimming beaches and pools. That probably will not occur until early to mid-July, depending of course on the success of anti-coronavirus measures in general.

All park district visitor centers remain closed, and in-person and naturalist-led programs are cancelled. However, the naturalists have put together a whole series of informative and entertaining video programs on a variety of natural history topics. You can view them all at www.ebparks.org.

The website also has up-to-date information on which parks and trails are open or closed. You can download a map of the park you are planning to visit.

Besides the visitor centers, closures include Regional Parks Botanic Garden, Steam Train, and merry-go-round, all at Tilden Regional Park; Ardenwood Historic Farm; and some trailheads.

However, almost all trails are open for hiking, horseback riding, and bicycling (bicycles only on wider trails, please). The regional inter-park trails are open, such as Iron Horse, Contra Costa Canal, and Delta de Anza trails in Contra Costa County, and the Alameda Creek Regional Trail in Fremont. These are all popular, so everyone should practice courtesy and share the road. Masks are recommended, especially for trail users who are exercising vigorously. The bicycle speed limit is 15 miles per hour; you can always go slower when it’s crowded.

As of this writing, the weather is turning warmer. So here are some tips for summertime activities in the regional parks and elsewhere:

- It’s better to visit in the morning, before the heat of the day, or late afternoon when the air has cooled off a bit.
- Although many toilets have reopened, it’s best to “go before you go.”
- Bring an ample water supply. Drinking fountains may not be operating, and once you are away from the trailheads, there are no sources of potable water. Dogs need water, too. A one-gallon plastic bag makes a good, lightweight drinking bowl.
- Don’t forget sunscreen and a wide-brimmed hat. Nothing spoils a day in the great outdoors like sunburn. Make sure the kids are adequately sun-protected, too.
- As mentioned earlier, download a map of the park you plan to visit. If you forgot to do so, maps are available at

information panels at the trailheads. Use the map to keep track of where you are.

- Hike with a companion -- a family member during the coronavirus emergency. That way if there’s a problem, one of you can go for help. If you hike or ride alone, tell someone responsible where you are going and when you plan to return. When you return, let them know you are safely home.
- Cattle are not aggressive but can react if they feel threatened. If you encounter grazing cattle, be sure your dog is securely leashed. Don’t let your dog chase the animals. If they are blocking the trail, approach slowly, and allow them to move away. Don’t get between a cow and her calf.
- The emergency number for police and fire is 911.

County of Santa Clara appoints new librarian

SUBMITTED BY SANTA CLARA COUNTY PUBLIC AFFAIRS

County of Santa Clara has appointed Jennifer Weeks as its new county librarian. Weeks’ appointment became effective on May 18. Her public service career with the county spans 20+ years and, as a professional librarian, she possesses 17 years of front-line customer service experience.

Weeks joined the County Library as a graduate intern in 2003, after working in advertising and development in the private sector. Her vision includes library experiences that build individual skills, community capacity, and global strength at all levels.

“It is a privilege to serve Santa Clara County as county librarian, and I look forward to leading the dedicated library team to further develop the county library as a thriving public organization,” said Weeks.

Weeks has a bachelor’s degree in English from the University of San Diego and possesses master’s in library and information science from San Jose State University.



Youth-Centered Climate Coalition to Host Annual Summit Virtually

SUBMITTED BY TARA SREEKRISHNAN

Student leaders and organizers with Silicon Valley Youth Climate Action will present a Virtual Climate Speakers Series, beginning May 30th. Sponsored by Silicon Valley Clean Energy and supported by local climate groups. The series will provide important information from professionals and experts about the latest in climate science, solutions to combat global warming, effective policy-making, careers in climate, and more.

Topics Include:

- Girish Balachandran: Clean Energy, the Green Grid of the Future, and Careers in Climate
- Peggy Brannigan: LinkedIn's Sustainability Initiatives, Corporate Responsibility, and Growth in Climate Careers.
- Congressman Ro Khanna: Winning the 21st

century with New Opportunities in the Climate Sphere

- Richard Lowenthal, Co-Founder of Chargepoint, Former Mayor of Cupertino - Insight as a green technology pioneer, the technology behind Chargepoint, and advice for young people interested in approaching sustainability through business
- Dan Jacobson, State Director, Environment California - The good, the bad and the ugly of California climate policy; What we’re doing right, what we’re doing wrong, and how you can help
- Rod Diridon Sr., Emeritus, Executive Director, Mineta Transportation Institute - The urgency and facts surrounding climate change, the past and present of our local public transportation system, and how to advocate for the future we need

The Virtual Climate Speakers Series will be held from 4:00 to 6:00 p.m. on May 30, May 31, June 6 and June 7.

To RSVP, visit: <https://www.youthclimateaction.com/climate-speaker-series>

For more information, contact Silicon Valley Youth Climate Action at 415-235-5249 or svyouth-climate@gmail.com.

Stupski Foundation awards Ohlone College \$150,000

SUBMITTED BY TINA VOSSUGH

The Ohlone College Foundation has received a one-time grant of \$150,000 by the Stupski Foundation in support of the college’s efforts to provide emergency microgrants and technology to students amid COVID-19 pandemic.

Half of the funds will be used toward cash disbursements to

Ohlone students who have financial needs directly resulting from the negative impact of the pandemic and the other \$75,000 has been allocated for the purchase of 250 Chromebooks. The devices will be provided to students who do not have access to technology and need to continue their academic coursework remotely.

The Ohlone College Foundation’s COVID-19 Emergency Grant is a one-time \$200 award intended to support Ohlone College students – including international students – impacted by the current crisis. Priority is given to first-generation and

undocumented students.

To be eligible, students must be currently enrolled at Ohlone College with five or more units; must complete, sign, and submit the one-page COVID-19 Emergency Grant application; and provide a brief explanation of the negative impact COVID-19 has had on their lives (e.g. individual and/or family loss of income, job loss/furloughs, food and housing insecurities, lack of technology to succeed in a remote environment).

For more information on how to apply, visit: <https://www.ohlone.edu/foundation>.

EARTHTALK

BY MICHAEL BENEDETTO

Dear EarthTalk: A friend’s dad said it was such a shame that video gaming causes so much global warming, but I don’t see the connection.

-- Jake, Windham, Vermont

The connection between video gaming and climate change is mostly about energy use. In short, the huge growth in gaming, and the inefficiency of the consoles from the major manufacturers like Microsoft and Sony, has led to a surge in electricity demand associated with kids’ enjoyment of Fortnite, Minecraft, Roblox and other popular gaming platforms.

The first video games came out in the 1950s, but their popularity has increased exponentially since then with the advent of better computer graphics and processing. What’s more, when technology in recent years enabled mobile gaming to be set in motion, the industry’s potential skyrocketed. In 2018, the revenue for gaming products in the United States was \$18.4 billion; industry analysts expect the figure to be closer to \$230 billion a year by 2022.

But this popularity doesn’t come without an environmental price. For starters, the mass production of boxed video games -- the kind that come on CDs or DVDs and which you load into your computer or console -- generates tons and tons of carbon dioxide (CO2), the leading greenhouse gas. Researchers have found that ~0.39 kilograms of carbon dioxide are released into surrounding airspace with the production of each single boxed game. While less than half a kilogram of pollution doesn’t seem like much, it adds up when you figure in how many individual games are produced. In the last year alone, the production of just one popular new Xbox and PlayStation game, FIFA 20, led to the emission of almost 600,000 kilograms of CO2, roughly equivalent to the energy needed to run 100 cars for a year.

The carbon emissions linked to video gaming don’t just end at production. Once the game is purchased, it requires a gaming console to actually play it; these consoles are especially energy-inefficient. Certain gaming devices such as the Xbox Series X produce 0.07 kilograms of CO2 for every hour played.

Another way that video gaming contributes to the climate crisis is that there are a multitude of ubiquitous games that have extensive “play times,” squandering substantial quantities of energy. Popular video games such as “Assassin’s Creed” and “Grand Theft Auto V” can take upwards of 35 hours to complete -- and that’s just the main storyline, disregarding free play and extra “missions.” The average gamer will use more kilowatt hours of energy in a year than an energy-efficient washing machine. Meanwhile, heavy gamers consume almost three times as many kilowatt hours annually as typical moderate users.

But eco-conscious gamers (and parents) can be happy that Sony, Microsoft, and other console makers are streamlining production processes to align with wider efforts to curb CO2 emissions, and consumers can expect future iterations of Xbox and PlayStation to use less electricity compared to current models. Likewise, most new games are available for digital download these days which spares the packaging and shipping -- and related greenhouse gas emissions -- of individual CDs and their plastic-wrapped boxes.

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

Bagged lunches for students available

SUBMITTED BY FUSS

While the Shelter in Place order is in effect, Fremont Unified Student Store (FUSS) is continuing its free bagged lunch program or impacted students at various locations in Fremont through at least Friday, May 1.

Lunches are available at:

- Subway Sandwiches, 1980 Driscoll Road, 12:00 noon to 1:30 p.m. Tuesday through Friday
- Milk and Honey Café, 34265 Fremont Blvd., 12:00 noon to 2:00 p.m. Tuesday through Friday
- Joe’s Corner, 37713 Niles Blvd., No. 2946, 12:00 noon to 2:00 p.m. Wednesday through Friday

To support this effort, visit the FUSS website at www.fuss4schools.org/ or email admin@fuss4schools.org.

Local health center receives emergency grant

SUBMITTED BY ROSE PADILLA JOHNSON

Davis Street Community Center announced an infusion of \$50,000 in emergency grant funding from the medical aid organization Direct Relief, in partnership with the National Association of Community Health Centers. Davis Street will use the funds to help continue to run the essential safety-net services of the Primary Care Clinic to address and help those most vulnerable during these

challenging times. The community center in San Leandro was among 518 federally qualified health centers to receive funding through Direct Relief’s \$25 million COVID-19 Fund for Community Health.

Davis Street Community Center
3081 Teagarden St., San Leandro
(510) 347-4620
www.davisstreet.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

Union City City Council

May 26, 2020

The Union City Council conducted a Virtual Public Hearing at its regular board meeting held via teleconference on Tuesday, May 26. This hearing was to authorize the fiscal year 2020-2024 consolidated plan, the fiscal year 2020-2021 Community Development Block Grant (CDBG) action plan, and CDBG agreements with HUD and sub-agencies. There were no public comments.

Carmela Campbell, Economic and Community Development Director, outlined a presentation to the Council about the plans and how priorities are determined. Union City receives annual funds from the U.S. Department of Housing and Urban Development; the city’s goal is to use at least 80 percent of these CDBG funds to benefit low- and moderate-income people. Union City must prepare a five-year Consolidated Plan (“Con Plan”) outlining priority needs and goals.

Four priority needs were identified through community outreach and data analysis: 1) affordable housing; 2) supportive housing; 3) homelessness; and 4) community development.

The estimated total amount the city will receive over the next five years from the CDBG and the Home Investment Partnerships Program (HOME) funds is \$3,482,010. The City will receive about \$548,351 in CDBG funds and \$148,051 in HOME funds

in FY 2020-21, plus rollover funds from the prior program year. (Budget numbers are estimates.) The program budget and project allocations will be updated prior to submittal to HUD. Details of the grants and recipients can be seen here: <https://www.unioncity.org/199/City-Meetings-Video>

Union Landing Property and Business Improvement District:

- Gloria Ortega, Economic Development Manager, provided a presentation regarding the resolution to renew the Union Landing Property and Business Improvement District (“PBID”). This resolution will allow for the levy of and assessments for police services, marketing, signage, and city administration costs to maintain Union Landing as a regional retail destination. (PASSED 5-0)
- The resolution also sets a public hearing for 7 p.m. Tuesday, July 14, 2020 in the City Hall Council Chambers. In the event the City is still in a limited opening stage, the staff will open ballots under the camera and the public will be allowed to enter and view proceedings.
- In 2020-21, the PBID assessment will provide funding for the above-listed services in the amount of \$1,065,194.11. The City will contribute \$56,277.89. The Union Landing PBID includes parcels located in the commercial business center known as the Union Landing. The PBID has provided funding for the operation of a police substation in the shopping center, three sworn police officers dedicated to Union Landing and associated vehicles, city

administration costs and supplies. The current PBID term ends June 30, 2020.

Presentation and Adoption of the Amended FY 2020-21 Budget:

- General Manager/Finance Director Mark Carlson presented on proposed amendments to the fiscal year 2020-21 budget. In June 2019, the City Council approved a biennial fiscal year 2019-20 and FY 2020-21 budget. The second year of a biennial budget is brought back to the City Council, along with updates and changes. Any changes that reflect updated revenue and expenditure projections and are incorporated into the revised proposed budget. The Council adopted the amended FY 2020-21 budget unanimously. In September 2019, the city was hit with a computer virus that caused major disruption to the financial systems. While the city was able to maintain fiscal operations, the ability for detailed financial reporting and analysis was seriously impacted. Rebuilding the city’s financial system is anticipated to be completed by the end of June 2020. At that point, staff will be able to conduct their review of FY 2020-21 revenue and expenditures and bring recommended budget updates to the Council for consideration by September 2020. Those updates will also contain projected impacts resulting from the COVID-19 public crisis.

Consent Calendar items:

- Approved minutes of the May 12th city council meeting with corrections.
- Adopted a resolution

- authorizing staff to renew a five-year lease for 18 multi-function printers with KBA Docusys for a sum not-to-exceed \$170,172
- Adopted two Resolutions: 1) Approving the engineer’s report for the landscape and lighting maintenance district No. 3 for fiscal year 2020-21; and 2) Declaring intention to levy and collect assessments for the district, setting the Public Hearing for Tuesday, June 23, 2020
 - Appropriate \$45,000 to the 2020 vehicle replacement project No. 20-08, declaring certain vehicles as surplus and authorizing sale at auction.
 - Execute an amendment to the consulting services agreement between Union City and Douglas Herring & Associates. This agreement is for an archaeological investigation as part of an environmental review currently underway for a proposed six-lot subdivision on Florence Street.
 - Appropriate \$287,000, approving amendment No. 1 with Kimley-Horn and Associates, Inc. for Union City boulevard bike lanes project, for a total contract of \$824,900. Work will start in 2021 be completed by 2022.
 - Adopted a resolution authorizing removal of vehicles parked in violation of the City Municipal Code.
 - Execute second amendment to the Godbe Research consulting services agreement.

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

Union Sanitary District Virtual Board Meeting

May 26, 2020

The Union Sanitary District Board adopted a resolution at its May 26 meeting that defers collection of rate increases until FY 2022 for single family residential and multi-family residential customers. This action follows the Board’s May 11 adoption of fiscal year 2021 sewer rate increases of \$33.20 for single-family residences and \$35.26 for multi-family residences per year. The District will provide written notice of the fee collection deferral to all ratepayers in its fall 2020 newsletter.

The Board also set a public hearing for collection of the sewer service charges on the tax roll for 4 p.m. Monday, June 22 in the Board room at 5072 Benson Road, Union City, California or via a virtual meeting (depending upon the status of the stay-at-home orders).

Earlier this month, on May 11, the Board approved sewer service charge rates for fiscal years 2021 through 2025. The collection of the sewer

service charges on the tax rolls requires an annual hearing. The Board will hold the public hearing to consider the report and whether to collect the sewer service charges for fiscal year 2021 on the property tax roll. At the hearing, the Board will hear and consider all objections or protests regarding this collection.

General Manager/District Engineer Paul Eldredge provided the Board with April’s monthly operations report and noted there were no odor related complaints for the month. Some of the progress/accomplishments for April include: no spills this month; 23 miles of sewer mains cleaned; 9.1. miles of sewer main inspected; 21 sewer mains repaired; and a new employee, Chris Martinez, started at USD backfilling a vacant position. Detailed staffing and budget details in agenda packet, here: <https://www.unionsanitary.com/meetings>.

The board also heard a COVID-19 update from Eldredge, who noted that the majority of staff continues to work from home, with a portion of staff and operating crews working in staggered shifts. The District lab is making sanitizer for employees, and the warehouse is tracking all PPE usage for trends and to anticipate needs. Eldredge said the staff is putting together a

“returning to work” plan, in anticipation of what the state has referred to as a Stage 3 opening. “We do not yet have a lot of guidance from the county health department, and they will ultimately determine how we open back up,” he said. “All in all, the district is performing admirably -- we have not shut down once since this crisis began, and we continue to operate 24/7,” Eldredge added. The staff is continuing to conduct research and solicit data from other agencies who are testing their water for COVID-19 in an effort to determine how USD should start testing and a standard protocol for testing and presentation of the results.

The USD board also:

- Adopted a resolution to accept construction of the Sludge Degritter System Project from Kiewit Infrastructure West Company.
- Authorized the general manager to execute Change Order No. 1 with Thatcher Company of California, Inc. for the Odor Control Alternatives.
- Adopted a resolution to accept a Sanitary Sewer Easement for Tract 8287 – The Sugarmill, located at 30910 Union City Boulevard, in Union City. Developer City Ventures Homebuilding, LLC, is constructing a mixed-use development consist-

ing of 36 condominiums and 3,443 square feet of commercial space, located at the southeast corner of Union City Boulevard and Bettencourt Way, in Union City. Sanitary sewer service to the residential development will be provided by new 8-inch mains in the development’s roadways that discharge to an existing sewer in Bettencourt Way. City Ventures Homebuilding constructed the new sewer mains and has granted the District a sanitary sewer easement providing access and maintenance of the new mains.

- Approved a sewer service charge refund for Dough Ave LLC.
- In other business, the board also approved the minutes of the Union Sanitary District board meeting of May 11, 2020 and the minutes of the Union Sanitary District special board meeting of May 12, 2020. The board adjourned to their next regular board meeting set for Monday, June 8, 2020, at 4 p.m.

Tom Handley, President	Aye
Pat Kite, Vice President	Aye
Anjali Lathi, Secretary	Aye
Manny Fernandez, Director	Aye
Jennifer Toy, Director	Aye

Interested in working for the city?

SUBMITTED BY CITY OF HAYWARD

The City of Hayward is seeking individuals interested in serving the city. Current openings for the following bodies, which serve in a volunteer advisory capacity to the city council, are as follows:

Community Services Commission (2 vacancies)

- Keep Hayward Clean and Green Task Force (12 vacancies)
- Library Commission (1 vacancy)
- Personnel Commission (1 vacancy)

Planning Commission (1 vacancy)
Prospective applicants must be registered voters residing within the Hayward city limits. Individuals appointed to the Community Services Commission and Planning Commission will need to file a California Fair Political Practices Commission—Statement of Economic Interests (Form 700).

Interested individuals can apply online at www.hayward-ca.gov/serve or obtain applications from the Office of the City Clerk by emailing cityclerk@hayward-ca.gov or

calling (510) 583-4400. The application submission deadline is Tuesday, June 30. Interviews with the city council are scheduled for Tuesday, July 28. Qualified Keep Hayward Clean and Green Task Force applicants will be required to interview with the Task Force Subcommittee Panel on Friday, July 17.

City of Hayward Applications Submission Deadline: Tuesday, June 30 (510) 583-4400
www.hayward-ca.gov/serve

OPINION



WILLIAM MARSHAK

Stasis

For decades, we have danced on the precipice between peaceful coexistence and riotous rebellion. Sparks have continuously been struck resulting in sporadic and limited response, but major issues of race, education, gun safety and inequality briefly surface and then subside. Public outrage is swiftly replaced by regulatory complacency resulting in inaction and deferral to future generations and governments. This condition of limbo is a tenuous purgatory that cannot be sustained. At some point, the delicate balance is disrupted with severe consequences. Challenges of COVID-19, resulting in economic collapse and psychological trauma combined with continued judicial inequalities, have pushed many residents past the edge of tolerance. What we do now will have long term consequences for many generations to come.

The Gathering Storm (published in 1948), by Winston Churchill, spoke of the prelude to World War II. He writes about the period following World War I and events prior to the outbreak of subsequent hostilities between Britain and Germany leading to World War II. There were plenty of signs of an impending crisis, but many chose to

disregard them. Confronting a series of economic challenges and xenophobic attitudes was considered alarmist and uncomfortable to contemplate. Instead, retreat to past practices and attitudes reigned until the reality of events could no longer be ignored. History can be a great teacher only if we pay attention.

Writers and filmmakers have also noted the relationship between those in power, inaction and condoned inequality, leading to disastrous results. In 1975, the film, Rollerball, written by William Harrison, James Caan stars as Jonathan E., team captain and veteran star of the Houston Rollerball team. The Rollerball games were designed to divert the masses from introspection and investigation of corporate greed and control. Jonathan, overwhelmingly popular, represents a threat to the suppression of individual thought and action. Is his subsequent victory a blow to the corporate/government power complex or popular fixation on a new powerful dictator?

A similar theme can be found in the subsequent 1987 film, The Running Man, starring Arnold Schwarzenegger. Based on a short story by Stephen King, the premise is that in 2017, following a worldwide economic collapse, a totalitarian United States retains control of the population using a reality show in which convicted criminals fight for their lives and a chance for a pardon (sound familiar?). Again, the protagonist, Ben Richards, fights against powerful elite who divert public attention from their misdeeds by providing macabre entertainment.

In today's reality, the recent murder of George Floyd in Minneapolis in the midst of a pandemic is just one of a series

of overreactions by a handful of law enforcement officers in an era of uncertainty, divisiveness and mixed signals from different levels of government. While not representative of many others in law enforcement, it is indicative of the deeply-rooted problem of racism in our country. Local officials and public safety officers find themselves in a difficult position when each level of government is operating independently and offering diverse – sometimes opposing - rules and guidelines. In such circumstances, the lure of retreat or stasis is compelling. The thought of turning away from cacophony toward strict control and perceived peace is an alluring but false promise. Security is not imposed by force of others, rather a contract between the governed and elected officials. If that bond is broken or frayed, the result is a chaotic attempt to regain control without consent. It doesn't work!

Too often we have opted for the status quo when, in reality, it propels us backward toward continuation of an unsatisfactory. It's time to move forward with a comprehensive and impartial strategy, using fair tactics that treat all with equal strength and compassion. Our local and regional officials know this and try to put it into practice. Will other levels of government follow their lead?



William Marshak
PUBLISHER

City of Fremont Announces Local Citywide Curfew

SUBMITTED BY ALAMEDA COUNTY
EMERGENCY SERVICES

Fremont, Calif. –June 1, 2020–In response to civil unrest activities in Fremont and neighboring cities, the City of Fremont has instituted a curfew which will apply to all people within the City of Fremont from June 1, 2020 through June 8, 2020, from the hours of 8 p.m. to 5 a.m. The curfew requires that people be indoors and not in the streets, parks, or other public places within the city of Fremont.

The following road closures are in effect during the dates and times of the curfew order:

- Road Closures - Pacific Commons:
- Christy Street, south of Auto Mall • Pacific Commons Blvd, from Auto Mall to Bunche Drive • Boscell Rd, from Auto Mall to Bunche Drive • Cushing Parkway, from

- Auto Mall to Bunche Drive (both directions) • Nobel Drive, from Auto Mall to Bunche Drive

Enforcement: The City of Fremont will not tolerate criminal activity or hazards to public safety. The Fremont Police Department along with other law enforcement authorities cooperating with the City will be enforcing this curfew. A violation of the curfew may be punishable as a misdemeanor in accordance with state law or pursuant to Fremont Municipal Code Chapter 1.15. The curfew may also be enforced through the issuance of administrative citations pursuant to Fremont Municipal Code Chapter 1.20.

The following are exempt from the curfew and this Order: • Law enforcement personnel, firefighters, first responders, emergency health care providers, civilians engaged in responding to the emergency • Individuals

- traveling to and from work • Persons impacted by homelessness • Authorized representatives of a news service, newspaper, radio or television station or network.

In order to keep Fremont's emergency phone lines available for those in need please only dial 911 in an emergency or if you are witnessing a crime in progress. The non-emergency number 510-790-6800 x 3 is available to report non-urgent matters requiring police assistance, such as suspicious activity or to report a non-urgent crime that has already occurred. General questions regarding police services or to report tips, can be emailed to fremontpolice@fremont.gov.

The City of Fremont will provide updates utilizing multiple communication platforms: • Nixle will be the Fremont Police Department's primary communication tool. Sign up at www.Nixle.com or text your zip code to 888-777.

Alameda County Imposes a Countywide Curfew

SUBMITTED BY NEWARK PD

The Alameda County Sheriff proclaimed a Local Emergency and has issued a curfew starting tonight, June 1, 2020. Curfew falls within the hours of 8:00 p.m. to 5:00 a.m. and will continue each night through 5:00 a.m. on June 5th. These acts come after civil unrest, violence, looting, and destruction of property in various cities within Alameda County. A copy of the curfew and declaration of emergency can be found on the Sheriff's website at www.alamedacountysheriff.org/.



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tricityvoice@aol.com

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www.fremontchapeloftheroses.com

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

Jessie A. Ross
Resident of Dayton, Nevada
February 3, 1943 – May 28, 2020
Fremont Chapel of the Roses

Jan Johannes duPree
Resident of Manteca
May 29, 1938 – May 24, 2020
Fremont Chapel of the Roses

Jose Luis Mosqueda
Resident of Newark
July 18, 1946 – May 23, 2020
Fremont Chapel of the Roses

Nancy Jeanne Adair Little
Resident of San Ramon
March 19, 1959 – May 20, 2020
Fremont Chapel of the Roses

Irene Veloza
Resident of Newark
July 21, 1923 - May 15, 2020
Fremont Chapel of the Roses

Barbara Violet Holstein
Resident of Newark
April 9, 1939 – May 8, 2020
Fremont Chapel of the Roses

Corrine Young
Resident of Fremont
August 26, 1927 – May 08, 2020
Fremont Chapel of the Roses

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Jose Gonzalez
Resident of Texas
July 30, 1978 – May 28, 2020

Nicole Lopes
Resident of Fremont
March 15, 1972 – May 24, 2020

Sister Mary Travis
Resident of Fremont
August 31, 1928 – May 22, 2020

Damodara Kandregula
Resident of Milpitas
August 27, 1953 – May 21, 2020

Douglas Peetz
Resident of Newark
June 15, 1953 – May 20, 2020

Nick Stratigopoulos
Resident of Fremont
October 14, 1932 – May 20, 2020

Wilma Ysit
Resident of Sunol
January 19, 1938 – May 18, 2020

Dolores Meyers
Resident of Fremont
June 17, 1937 – May 18, 2020

Marilyn Desmond
Resident of Pleasanton
November 11, 1932 – May 18, 2020

Joann Wood
Resident of San Jose
June 25, 1933 – May 16, 2020

Katia Awad
Resident of San Leandro
January 1, 1963 – May 15, 2020

Ryan Larsen
Resident of San Jose
December 30, 1983 – May 14, 2020

James Loftus
Resident of Pleasanton
June 9, 1924 – May 14, 2020

Nick Stratigopoulos

Resident of Fremont

October 14, 1932 - May 20, 2020

Nick Stratigopoulos, 87, passed away on Wednesday, May 20, 2020, after a 21-year battle with Non-Hodgkins Lymphoma. Nick was born to John and Katina Stratigopoulos in Los Angeles, CA, on October 14, 1932, and was raised in Torrance, CA and Oroville, CA. He had two brothers, Gus Stratigopoulos (Eleni), deceased, of Saratoga, CA, and Bill Vasiliou (Jackie) of Fairfield, CA. He spent his early years living in Torrance, CA, in a modest house his father built. As a small child, he worked cutting flowers and selling magazines to help the family make ends meet. When his father died when he was a young child, his mother remarried George Vasiliou, and the family moved to Oroville, CA. Nick graduated from Oroville High School in 1950 as a star athlete in Football, Boxing, and Tennis. He graduated from Chico State University in 1954, where he was a member of the Lambda Pi fraternity and was inducted into the Chico State Athletic Hall of Fame in those sports. He hitchhiked the 20 miles to Chico and back every day since the family did not own a car. He spent the next two years in the Army, mostly in Germany, where he worked in a hospital but was really there to play on the base football team. While in Germany, he became best friends with John Sferes from Maine, and John invited him to stop and meet his sister Esther on the way home. They met, and he married Esther on December 29, 1957, in the Holy Trinity Hellenic Orthodox Church in Portland, Maine. Nick and Esther moved to Fremont in 1957, and Nick started his 35-year teaching career at Washington High School, where he coached football (with the legendary Bill Walsh), basketball, and tennis along with teaching business courses and originating and coordinating a Work Experience Program in multiple Fremont high schools. With this job, he got to know everyone in Fremont. He was present at almost every Washington High sporting event for over half a century. Upon



retirement, he was presented with a letterman's jacket inscribed "WHS #1 FAN". Their son George was born in 1958 and daughter Cathy in 1962. Nick was an exceptional husband, awesome father, loving Papou (Grandfather), and friend. He was a role model and always present for his family. He served over 50 years in the Niles Rotary, the Order of Ahepa, and as a member of St. Nicholas Greek Orthodox Church. He loved playing tennis and played as long as he could as a member of the Glenmoor Tennis Club. He volunteered countless thousands of hours to maintain the tennis courts. He could start a conversation with anyone at any time, and he did. His smile was incredible. He loved his family, friends, and acquaintances with passion. He taught us all to have gratitude for what you have. He was very religious to the very end. Although on Sunday mornings, he was more likely to be on the tennis courts for four hours rather than in church. He is survived by his beloved wife of 62 years, Esther; son, George (Diane) Stratigopoulos; grandson, John (Meredith); and daughter Cathy Stratigopoulos. May his memory be eternal. Private graveside service and interment will be held Friday, May 29, at 12:00 pm at Mission City Memorial Park in Santa Clara, CA. Donations may be made to St. Nicholas Greek Orthodox Church, 986 Chapman St., San Jose, CA 95126.

Jose Luis Mosqueda

Resident of Newark

July 18, 1946 – May 23, 2020



Jose Luis Mosqueda was a hard-working man who immigrated from Mexico with his family in 1990. He resided in Newark for the last 30 years and touched the lives of many people in his community. He is survived by his wife of 47 years Gloria

Mosqueda and his three children Luis, Montse, and Alex and 4 grandchildren. Jose Luis had a great love for life and was a bohemian. In his youth, he ventured throughout Mexico with cultural icons such as Jose Alfredo Jimenez and Los Dandy's. He loved poetry and was known as the 'hippie' in the family. He enjoyed walking every afternoon in the community and loved to play lottery; and often won something! He was very spiritual and accepting of others. He had a big heart and an amazing sense of humor. He was a man of great integrity who made many sacrifices for his family and we will forever be blessed and grateful that he was in our lives. A private family service was held.

Fremont Chapel of the Roses
510-797-1900

Answer the call to help keep communities healthy

SUBMITTED BY
GOVERNOR'S PRESS OFFICE

In the ongoing efforts to mitigate the spread of COVID-19, Governor Gavin Newsom has launched California Connected, the state's comprehensive contact tracing program and public awareness campaign. As part of California Connected, public health workers from communities across the state will connect with individuals who test positive for COVID-19 and work with them, and people they have been in close contact with, to ensure they have access to confidential testing, as well as medical care and other services to help prevent the spread of the virus.

The state's program is led by the Administration in collaboration with the California Department of Public Health, local public health departments, and the University of California, San Francisco (UCSF), and Los Angeles (UCLA), which have launched a robust online training academy to develop a culturally competent and skilled contact tracing workforce.

"We are all eager to get back to work and play, and that's why we're asking Californians to answer the call when they see their local public health department reaching out by phone, email or text," said Newsom. "That simple action of answering the call could save lives and help keep our families and communities healthy."

To prevent the spread of this virus, public health workers will connect Californians with confidential testing. They may also recommend medical care, and that individuals who could be infectious separate themselves from others in their home to protect those around them. Information provided to local public health departments is confidential under California law. Public health authorities will

not share that information with outside entities. That information will be used for public health purposes only. Contact tracers will not ask for financial information, social security numbers or immigration status.

"A key step in stopping the spread of COVID-19 is quickly identifying and limiting new cases, across the diversity of our populations – and that's exactly what this statewide program does," said Dr. Sonia Angell, California Department of Public Health director and state health officer. "We are bringing together the best minds in public health, academia and private industry to design a program that can help lower the risk for COVID-19 in all of our communities and keep us on the path to reopening."

Californians across the state will hear radio ads and see billboards, social media posts and videos in multiple languages encouraging them to answer the call to slow the spread of COVID-19. Public health workers across the state – identified on caller ID as the "CA COVID Team" – will call, text, and email individuals who test positive for COVID-19 and people they may have unknowingly exposed to the virus.

The state plans to launch 10,000 contact tracers statewide as part of its plan to reopen California. More than 500 individuals have been trained under the new contact tracing program, and more than 300 are being trained this week.

To streamline and coordinate these efforts, Accenture, a leading global professional services company, is launching a data management platform developed by Salesforce and contact capabilities (phone calls, texts, and emails) in collaboration with Amazon Web Service's Amazon Connect. For more information, visit www.covid19.ca.gov/contact-tracing/.

Nancy Jeanne Adair Little

Resident of San Ramon

March 19, 1959 – May 20, 2020

Nancy J. Little (Adair), age 61, passed away peacefully on Thursday, May 20, 2020, at Stanford Health Care - Valley Care Hospital in Pleasanton after surviving breast cancer for nineteen years.

Nancy was born in Palo Alto on March 19, 1959, to William and Patsy Adair. She graduated from Irvington High School in Fremont in 1977, and received a degree in Business Administration with highest honors from Ohlone College in 1997. In May of 1980, Nancy married her high school sweetheart, Jay Little. The couple welcomed two children into their lives, a son and daughter, in December of 1984, and August of 1986, respectively. On May 10th, Nancy and Jay celebrated their 40th wedding anniversary.

Nancy was a devoted wife and mother. She was a member of the California Genealogical Society and enjoyed photography, reading, and art, particularly painting and mosaics. Nancy had a competitive spirit and was an avid bowler, an activity she engaged in with her family of all generations. She could also often be found challenging her friends and family to a friendly game of Scrabble or Words with Friends.

Nancy was a spiritual woman and developed a deep love for global travel. Despite receiving a stage IV breast cancer diagnosis in 2010, Nancy continued to travel the world with family and friends, most recently traveling through Europe with her



husband, and visiting Italy, Greece, France, Ireland, Scotland, England, and Spain.

Nancy is survived by her husband, Jay Little; her son and his wife, Craig and Courtney Little; her daughter and her daughter’s husband, Janelle and James Darnell; and her brother and his wife, James and Sherry Adair. Nancy is predeceased by her parents, William (1996) and Patsy Adair (2003); and her sister, Victoria Adair (2007).

Nancy will be laid to rest at Cedar Lawn Memorial Park in Fremont along with her parents, grandparents, and sister. The memorial service will follow at a later date to be determined and announced due to COVID-19. The family has kindly requested in lieu of flowers that donations be made to the HERS Breast Cancer Foundation, which may be located at <https://hersbreast-cancerfoundation.org/>.

Fremont Memorial Chapel
510-797-1900

Jan Johannes duPree

May 29, 1938 – May 24, 2020

Resident of Manteca, CA



Jan Johannes duPree passed away peacefully on May 24, 2020 at his daughter’s home in Manteca, CA surrounded by loving family. Jan was born May 29, 1938 in Rotterdam, Holland to Albertus duPree and Petronella Van Heiningen. After bearing witness to and living through Germany’s invasion of Holland in 1942 during WWII, his family immigrated to Windsor, Canada in 1955 where Jan met and married Sharron Williams in 1961. They were married 29 years and raised three children – Cheryl Ann, LeeAnne, and John Desmond, who then produced 8 grandchildren between them – Jimmy, Melissa, and Tommy (Cheryl), Sarah, Julie, and April (LeeAnne), and Todd, JT, and Robert (Johnny) and then 5 great-grandchildren – Hailey and Emily (Melissa), Ava (Jimmy), and Jacob and Grayson (Todd).

Jan worked in the field of Electrical Engineering for 45+ years. After divorce from Sharron in 1991, Jan met the love of his life, Patsy Gibson, and spent the next 31 years with his second family consisting of three adult children, several grandchildren, and great-grandchildren, whom he loved and adored as his own. Jan and Patsy had many

wonderful adventures together including sailing down the California coast to Mexico, then continuing across the Pacific Ocean to Hawaii, and later travelling around the United States in their motorhome. Jan also earned his 2nd degree black belt in 1998 at the age of 60. In 2017, Jan had a 2nd heart attack that required 2 replacement stents followed by pneumonia, and while he was recovering himself, Patsy suffered a stroke, was paralyzed on her left side but was miraculously recovering herself, then was diagnosed with lung cancer and tragically passed away in 2018. Life was just never the same for him since then, although he was able to live quite happily with his daughter Cheryl and her husband Jim. Every chance he could, he would show off his lifetime of collecting treasures that he had proudly displayed in his room. Great Grandpa Jan and Grandpa Jim (referred to as “The Grandpas”) traveled once a week to Melissa’s house in Dublin to accompany Gramma Cheryl and Emily to pick up Hailey from school. He cherished this time he got to spend watching them on the playground, getting a bite to eat, and going to Savers to look for treasures. Unfortunately, Jan had a difficult time recovering from a 3rd heart issue in Dec 2019 that required a shock to reset his heart rhythm. Uncontrollable anxiety attacks haunted him until he began comfort care with hospice in early May. The right meds put his mind at ease and allowed him to pass on peacefully and comfortably at home. Due to current circumstances, a Celebration of Life for family and friends will be arranged at a later date to be determined.

Fremont Chapel of the Roses
510-797-1900

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SOCIAL SECURITY MATTERS

Ask Rusty – What will my wife’s survivor benefit be?

BY CERTIFIED SOCIAL SECURITY
ADVISOR RUSSELL GLOOR
ASSOCIATION OF MATURE
AMERICAN CITIZENS

Dear Rusty: I am a 68-year-old retired male and had planned on waiting to collect Social Security benefits beginning at age 70. My wife is currently 53 years old. When I die, would my wife’s spousal benefit at her full retirement age be equal to what I would be receiving at age 70 or be reduced? Also, if I were to die before 70 and before collecting social security, what would be my wife’s survivor benefit at her full retirement age?

Signed: Older Husband

Dear Older Husband: Your wife’s survivor benefit as your widow will depend upon two things – the amount you were receiving (or were eligible to receive) at your death, and the age at which she claims her survivor benefit as your widow.

If you were receiving an increased benefit because you waited until age 70, your wife’s benefit - if she has reached her full retirement age - will be 100 percent of the amount you were receiving at your death. If she hasn’t yet reached her full retirement age when she claims her survivor benefit (she could claim as early as age 60) the benefit will be actuarially reduced according to the number of months prior to her full retirement age (FRA) that she claims it. The amount of reduction for claiming her survivor benefit before her FRA is 0.396 percent for each full month earlier, which is 4.75 percent per year earlier than her FRA, to a maximum of 28.5 percent. And for clarity, your wife isn’t required to take the survivor benefit immediately upon your death; she can wait until the benefit reaches 100 percent at her full retirement age, if desired and if financially feasible.

If your wife is also eligible for a SS benefit on her own work record and you die before she reaches her FRA, she will have the choice to take either her own Social Security benefit or her survivor benefit from you. If her survivor benefit will be her highest possible benefit, she would have the option to take her own SS retirement benefit from her own work record first and delay taking the larger survivor benefit until it reaches maximum at her FRA. Or, if her own benefit at age 70 would be more than her survivor benefit from

you, she could take the smaller survivor benefit first and delay taking her own SS benefit until it reaches maximum at age 70 and switch to her own benefit at that time. The goal is for her to get the highest possible benefit for the rest of her life.

Finally, if you were to die before you started collecting your increased Social Security benefit at age 70, your wife would still have the same options, but her survivor benefit amount would be based upon the amount you were eligible to receive at your death, even though you were not yet collecting. In other words, all those delayed retirement credits (DRCs) you are now earning (and will continue to earn until you are 70) will not be lost – the benefit you have earned up to the point you die will be what your wife’s survivor benefit is based upon.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation’s staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

Facebook to pay moderators \$52M for psychological damages

AP WIRE SERVICE

Facebook has agreed to pay \$52 million to its content moderators whose job has them viewing graphic and disturbing posts and videos on its platforms.

In a 2018 lawsuit, third-party contractors for the company said that Facebook failed to properly protect them against severe psychological and other injuries that can result from repeated exposure to graphic material such as child sexual abuse, beheadings, terrorism, animal cruelty and other disturbing images.

The settlement grants U.S. moderators who were part of the class action lawsuit \$1,000 each. Those who have been diagnosed with conditions related to their work will be able to get medical treatment and damages of up to \$50,000, according to the preliminary settlement filed in the Superior Court of California for the County of San Mateo.

In a statement, Facebook said it is “grateful to the people who do this important work to make Facebook a safe environment for everyone. We’re committed to providing them additional support through this settlement and in the future.”

Regional Parks Update

BY DENNIS WAESPI
EAST BAY REGIONAL PARK
DISTRICT BOARD OF
DIRECTORS

In line with mandates from the state and the two counties that it serves, East Bay Regional Park District is taking a gradual approach to lifting restrictions that were imposed because of the coronavirus pandemic.

Point Isabel Regional Shoreline in Richmond has reopened. The point was a favorite with dog owners, because dogs could run off-leash there, although they must normally be leashed in more developed parklands. However, at newly reopened Point Isabel, dogs must now be on leash. In fact, for the present, they are supposed to be on leash everywhere in all regional parks.

Closer to home, Ardenwood Historic Farm in Fremont remained closed at the start of June. Sunol/Ohlone Regional Wilderness south of I-680 is open, but the visitor center is closed. The Stanford Avenue staging area at Mission Peak Regional Preserve was closed at least through May 31 at the request of the City of Fremont. The peak can still be accessed from a parking lot and trailhead at nearby Ohlone College. Coyote Hills Regional Park is open, though the visitor center is closed. Alameda Creek Regional Trail is open from the hills to the bay.

For up-to-date information on the status of all the regional parks, visit www.ebparks.org, and click on "COVID-19 Park & Trail Updates" at the top of the home page.

Although park district visitor centers are closed, district naturalists have been busy producing a whole series of enjoyable videos about natural history topics. These videos are great for general information and can also supplement education that kids would normally experience at school. One series of videos, "Songs and Stories," is especially designed for younger children. To access the videos, visit www.ebparks.org/digitalllearning. You can learn how to play "Bat and Moth" with your kids, adapted from "Marco Polo."

Below are few tips to make your visit more enjoyable, whether to Mission Peak or other parklands:

- Please abide by all parking restrictions. Citations are expensive.
- Be considerate of park neighbors and other park visitors. Hike or ride only with immediate family members and maintain at least a six-foot distance. Bring a mask.
- Carry plenty of water. At Mission Peak, it is a steep climb to the top, and there is not a lot of shade.
- Do not forget water for your dog. Dogs wear permanent fur coats and can become dangerously ill in hot weather.
- Pack out your trash. By the way, citrus peels do not biodegrade rapidly, so please do not scatter them around.

With only a few exceptions, almost all regional parks are open for hiking and riding because outdoor exercise is considered critical to physical and mental health, especially during this stressful time. So, take advantage of the nearby parklands while respecting the safety of other visitors. I will hope to see you out on the trails.

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County of Santa Clara appoints chief procurement officer

SUBMITTED BY SANTA CLARA
COUNTY PUBLIC AFFAIRS

On May 26, Gene Clark joined County of Santa Clara as the new chief procurement officer. Clark brings over 25 years of procurement experience. He has more than 14 years of experience in county government; since February 2018, he has been with the Alameda-Contra Costa Transit District

(AC Transit) in Oakland, where he has served as the director of procurement and materials management.

The chief procurement officer works side by side with county leadership in managing the funds dedicated to human, health and social services contracting, and operations programming in support of 70 agencies.

"Gene brings a wealth of procurement knowledge to our organization," said County

of Santa Clara Chief Operating Officer, Miguel Márquez. "Along his career path, he has mastered the necessary skills to deal with government processes – be it at the county, state or federal level. He also has vast experience managing procurement needs through emergencies, including working with FEMA to secure reimbursement funds. All these skills will be vital to our county in the aftermath of the COVID-19 pandemic."

Scholarships awarded for the arts



SUBMITTED BY SHIRLEY SISK

The League of Volunteers (LOV) and the Newark Arts Council awarded scholarships to graduating high school seniors in music, fine art and photography:

This year the \$500 Fred Jueneman Music Scholarship was awarded to Alicia Yu from American High. Alicia will be attending the University of California, Santa Barbara to major in Food Science and continue to perform the piano.

The \$250 Dan and Marie Archer Scholarship for photography was awarded to two recipients this year - Ryan Kosi from Newark Memorial High with his black and white entries from Newark Memorial High School; and Alicia, the piano winner, submitted three lovely color photos. Ryan will be going to Cal Art for a major in Graphic Design.

The Dan and Marie Scholarship for fine painting & drawing went to Jessica Nguy from Newark Memorial High. Her three pieces of art work were outstanding. She is planning to attend California Polytechnic State University and major in Architecture.

LOV and the Newark Arts Council wishes these very talented young people the very best in all their future endeavors.

Fremont graduates earn state recognition

SUBMITTED BY BRIAN KILLGORE

Officials from the Fremont Unified School District (FUSD) are congratulating the special accomplishments of some of its students in the graduating Class of 2020. Among its high school seniors, 1,195 graduates will receive the Golden State Seal Merit Diploma. Of FUSD's 2,455-member senior class, nearly one-half will receive this unique recognition.

Issued by the California Department of Education each spring, the Golden State Seal Merit Diploma was established in 1997 to provide recognition to public school graduates who have demonstrated a superior level of performance in English, mathematics, science, and U.S. History on Smarter Balanced Summative Assessments, course grades, and/or results from assessments produced by private providers.

In addition to the Golden State Seal Merit, 487 FUSD seniors qualified to receive the State Seal of Biliteracy. In 2012, California was the first state in the nation to create this program, and it has since been emulated across the country, recognizing high school graduates who have attained a high level of proficiency in speaking, reading, and writing in languages other than English. This year's graduates earned the awards in American Sign Language, Chinese, French, Hindi, Japanese, Korean, Spanish, and Tamil.

Both the Golden State Seal and the Seal of Biliteracy are unique gold-embossed insignias affixed to each qualifying student's diploma. Students earning these accolades will receive special recognition in the form of the official insignia on their high school diplomas as well as on their transcripts.

"Congratulations to all our students for these impressive accomplishments, and thanks to the State of California for creating these valuable programs helping to prepare graduates for a rapidly-changing world," said FUSD Acting Superintendent, Dr. Raúl Zamora. "Our District and those around the state take great pride in seeing these students leave school ready to communicate with businesses, educators and leaders from around the world."

California cities considering fall ballot measures to fund COVID-19, climate & health emergencies

SUBMITTED BY CAROL DRAKE

Some cities in California are considering a November ballot measure to increase the utility user tax on large commercial natural gas users that would assist cities facing COVID-19 financial problems, and climate and health emergencies, according to the statewide climate coalition today.

Cities that include, but not limited to, Richmond, San Francisco, Oakland and Fremont are studying the coordinated placement of local city measures on the November 2020 ballot.

The coalition says it is urgent for cities to begin considering the measure by June 15 and to vote to place it on the ballot by no later than July 30 to make deadlines for the November elections.

For more information, visit: <https://sfbaycra.org/health-covid-19-climateballot/>

Memorial Day Remembrance

SUBMITTED BY LES MENSINGER

American Legion Post 837, Fremont At Veterans Park, Union City



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.



Curfew declared in San Leandro

SUBMITTED BY SAN LEANDRO PD

Due to civil unrest that has occurred in San Leandro and across the East Bay region, the City of San Leandro has declared a local State of Emergency.

Under the State of Emergency, the City has instituted a mandatory nightly curfew that remains in effect from Monday June 1st through Monday morning, June 8th, unless it is rescinded. The curfew will be in effect each evening from 6:00 pm. through 5:00 a.m. the following morning. All residents are directed to stay home during the designated curfew hours except for emergency responders and health care providers, those seeking urgent medical care, those traveling to and from work, those who are unsheltered and credentialed representatives of the news media.

Officer involved shooting

SUBMITTED BY OFC CLAUDIA MAU, HAYWARD PD

At about 4 a.m. on June 1, officers responded to a call for service regarding looting at the CVS located on Harder Rd and Mission Blvd. During the contact, officers discharged their service weapons. We are still investigating all the factors to determine what led to this outcome. A male was transported to the hospital, treated for minor injuries, and released from the hospital. He is currently in custody. We have three other people in custody in connection to this incident. No officers were injured during this incident. If anyone has any information that can assist this investigation, please call Detective Purnell at 510-293- 7176. We want to thank the community for their patience while we continue to investigate. We are committed to providing additional information as soon as the investigation allows.

Looting in San Leandro

SUBMITTED BY SAN LEANDRO PD

Monday, June 1: Overnight, hundreds of criminals arrived in San Leandro and looted numerous shopping centers throughout the city. Several dozen businesses have been impacted as a result of the looting. We want to reiterate, the San Leandro Police Department will not tolerate these criminal activities. SLPD has brought extra staff on-duty and additional resources from allied agencies to help during these critical events. We encourage impacted businesses to call SLPD to report losses, or file a report online. In the meantime, prior to calling, please take inventory of losses. Call SLPD Dispatch at 510 577 2740, extension 1. Only call 911 if you have an emergency. We ask for everyone's understanding as there could be some delays for non-urgent matters. Online reporting can be accessed through http://san-leandro.org/depts/pd/fileapolicereport/start_report.asp

Hayward declares citywide curfew

SUBMITTED BY ALAMEDA COUNTY EMERGENCY SERVICES

The City of Hayward has imposed a citywide curfew beginning June 1 at 8:00 pm. The curfew requires people to stay indoors between the hours of 8:00 pm and 5:00 am. This order will be in place through June 8th. Visit website for more details: <https://www.hayward-ca.gov/discover/news/jun20/hayward-imposes-8-pm-5-am-curfew-quell-looting-pre-serve-rights-civil> or call 510-583-4949.

Vandalism and looting in Union City

SUBMITTED BY UNION CITY PD

June 1: The City of Union City had several businesses vandalized and looted. Unfortunately, criminals targeted multiple businesses throughout the City, breaking windows and doors to get inside and steal property. Several groups of criminals specifically targeted Union Landing and arrived in large vans and trucks with the clear intent to commit crimes. Thankfully officers were circulating in the area and responded quickly, clearing many of the looters. We requested the assistance of Union City Public Works and the Alameda County Fire Department to fill water barricades and to limit entry and exit points into the complex. Earlier in the day, while supporting a mutual aid request in San Leandro, one of our officers was shot in the hand by a ricochet bullet. Fortunately, the bullet hit a protective glove and our officer sustained only minor injuries. A member of our Public Works family was also injured, after being hit in the head with a bottle that was thrown at him. The City of Union City will be implementing a curfew starting this evening, Monday, June 1st.

Fremont Police Log

SUBMITTED BY GENEVA BOSQUES, FREMONT PD

Sunday, May 24
• Fremont Police Department officials announced the arrest of a suspect in connection with a residential burglary and fire on Wednesday, May 20. The suspect, identified by police as Hector Molina, 32, a transient from Fremont, was spotted in surveillance video leaving a Brookvale neighborhood home's driveway. The resident noticed the home's side garage door had been kicked in and a box inside the garage had been set on fire. The fire burned out before it could spread. Molina was booked into Santa Rita Jail on May 21 and faces various felony charges. An investigation is continuing. Anyone with information is asked to contact Det. T. MacDonald at (510) 790-6900 or by email at Tmacdonald@fremont.gov.
Thursday, May 28
• Fremont Police and Fire were notified of a body located by East Bay Regional Parks Police in the marshlands near Coyote Hills. Both departments responded to the area to assist EBRP and Fish and Wildlife with the safe retrieval. Unfortunately, due to the location, Fremont Fire Department had to wait for the tide to come in enough to access the body. At around 1:00 p.m. on Friday, May 29, the body was recovered and turned over to the Alameda County Coroner. Due to severe decomposition, it was impossible to determine any injuries, identity, or other information. Fremont Detectives will follow up with the Coroner.

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Quoted by Ralph Nader in his book "No Contest" (1996)
Instructor Stanford Univ. Advanced Trial Advocacy 1995 - Present
Faculty Law Clinic Santa Clara University College of Law 1987
Editor, University of Illinois Law Review 1968-1969
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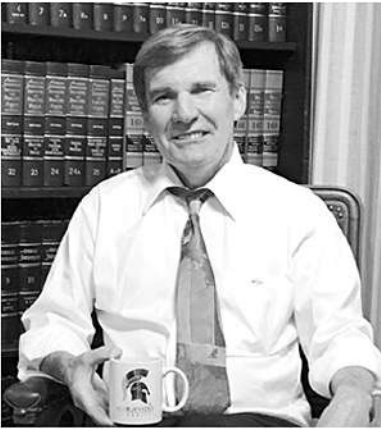
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PUBLIC NOTICES

NOTICE OF PUBLIC HEARING
CITY OF FREMONT
ART REVIEW BOARD

NOTICE IS HEREBY GIVEN THAT THE ART REVIEW BOARD OF THE CITY OF FREMONT WILL HOLD A PUBLIC HEARING ON THE FOLLOWING PROPOSALS. SAID PUBLIC HEARINGS WILL EITHER BE HELD AT 3:30 P.M. ON WEDNESDAY, JUNE 17, 2020 AT THE CITY OF FREMONT DEVELOPMENT SERVICES CENTER, NILES CONFERENCE ROOM, 39550 LIBERTY STREET, FREMONT, CALIFORNIA, AT WHICH TIME ANY AND ALL INTERESTED PERSONS MAY APPEAR AND BE HEARD; OR, IF THE CITY HAS 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 OR OTHERWISE ELECTRONICALLY TO IMPOSE AND PROMOTE SOCIAL DISTANCING UNDER THE AUTHORITY OF GOVERNOR'S EXECUTIVE ORDER N-25-20, AS AMENDED. IF THE MEETING IS HELD VIA TELECONFERENCE, INFORMATION ON HOW TO ATTEND THE MEETING WILL BE AVAILABLE ON THE MEETING AGENDA POSTED ONLINE AT FREMONT.GOV/AGENDACENTER/ART-REVIEW-BOARD-1 ON FRIDAY, JUNE 12, 2020 BY 5:00 P.M.

NOTICE OF A WORK SESSION – To receive a presentation and discuss building mounted artwork (murals, green walls, etc.)
Project Manager – David Wago, (510) 494-4447, dwage@fremont.gov

BOX ART PROGRAM – To discuss utilizing the City's Downtown Art Fund to fund the vinyl wrapping of four Downtown traffic signal control boxes with historical photos of Fremont and to consider an exemption from the California Environmental Quality Act (CEQA) per CEQA Guidelines Section 15061(b)(3), General Rule, which states that, where it can be seen with certainty that the activity will not have a significant effect on the environment, that activity is not subject to CEQA.
Management Analyst – Luciana Torres, (510) 494-4553, ltorres@fremont.gov

* NOTICE *

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

LUCIANA TORRES
FREMONT ART REVIEW BOARD



CNS 3368663

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG20061326
Superior Court of California, County of ALAMEDA
Petition of: MAIJA GUADALUPE MAGANA for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner MAIJA GUADALUPE MAGANA filed a petition with this court for a decree changing names as follows:
MAIJA GUADALUPE MAGANA to MAIJA GUADALUPE BELMONTZ
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing:
Date: JULY 17, 2020 , Time: 11:00 A.M., Dept.: 17, Room: N/A
The address of the court is 1221 OAK STREET, OAKLAND, CA 94612
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: TRI CITY VOICE
Date: MAY 15, 2020
TARA D.
Judge of the Superior Court
6/2, 6/9, 6/16, 6/23/20

CNS-3367848#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. RG20061349
Superior Court of California, County of ALAMEDA
Petition of: ANDREW MAGANA for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner ANDREW MAGANA filed a petition with this court for a decree changing names as follows: Andrew Magana to Andrew Belmontez
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the

petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing:
Date: 07/17/2020, Time: 11:00 A.M., Dept.: 17, Room: N/A
The address of the court is 1221 Oak Street, Oakland, CA 94612
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri City Voice
Date: 05/15/2020
Tara M. Desautels
Judge of the Superior Court
6/2, 6/9, 6/16, 6/23/20

CNS-3367840#

FICTITIOUS BUSINESS
NAMES

FICTITIOUS BUSINESS
NAME STATEMENT

Fictitious Business Name(s):
File No. 569992
HAYWARD GROCERY OUTLET, 426 W. HARDER RD., HAYWARD, CA 94544;
MAILING ADDRESS: 6136 PASSIFLORA LN, ORANGEVALE, CA 95662, County of ALAMEDA
Registrant(s):
KOB0 MARKET LLC, 6136 PASSIFLORA LN, ORANGEVALE, CA 95662 (CALIFORNIA)
Business conducted by: A LIMITED LIABILITY COMPANY
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
I/ CHIOMA CHUKS-ORJI
This statement was filed with the County Clerk of Alameda County on APRIL 21, 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).
5/12, 5/19, 5/26, 6/2/20

CNS-3364157#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 570139
Fictitious Business Name(s):
THE KITTY LADY, 40134 Laiola Road, Fremont, CA 94538, County of Alameda
Registrant(s):
Marian J. Stevens, 40134 Laiola Rd., 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].)
I/ Marian J. Stevens
This statement was filed with the County Clerk of Alameda County on April 29, 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).
5/12, 5/19, 5/26, 6/2/20

CNS-3364124#

GOVERNMENT

Notice is hereby given that Proposals for a sub-contracting opportunity are being accepted for Job Order Contract Project #20002-20052 JJC & Camp Sweeney Wireless Network Expansion Project. Proposals must be received by 2:00 p.m., June 17, 2020 NON-MANDATORY JOINT SCOPE MEETING: Tuesday, June 9, 2020 at 9:00 AM Juvenile Justice Center 2500 Fairmont Drive, San Leandro, CA 94578 MEET IN THE LOBBY. COUNTY CONTACT: Dan Lichtenberger at (510) 207-1248 or via e-mail: dan.lichtenberger@acgov.org. Information regarding the above may be obtained at the Alameda County Current Contracting Opportunities Internet website at www.acgov.org.
6/2/20

CNS-3368796#

CITY OF FREMONT
NOTICE OF PUBLIC HEARING

Automated Traffic Enforcement Program
To consider renewing the contract with Redflex Traffic Systems for the operation of the City's Automated Traffic Enforcement System (ATES) and installing Automated Traffic Enforcement Systems at two new locations.
APPLICANT: City of Fremont
PUBLIC HEARING: Notice is hereby given that the Fremont City Council will consider renewing the contract with Redflex Traffic Systems and installing ATES at two new locations on Tuesday, June 16, 2020, at 7 p.m. at which time all interested parties can be heard.
Due to the COVID-19 pandemic public health orders, which limit in-person public meetings, the public hearing will be held either in the City Hall Chambers, located at 3300 Capitol Ave., Building A, or in another manner specified in the meeting agenda. Please check the June 16, 2020, City Council agenda once it is posted on the City's website, www.fremont.gov, for information as to how to participate in the City Council hearing.
If you are an individual with a disability and need a reasonable modification or accommodation pursuant to the Americans with Disabilities Act ("ADA"), please contact Lieutenant Ariel Quimison at Nquimison@fremont.gov or 510-790-6779 at least 48 hours prior to this meeting for assistance.

ENVIRONMENTAL REVIEW: The proposed project is exempt from the California Environmental Quality Act (CEQA) per CEQA Guidelines Section 15301(c), in that the street and surrounding facilities already exist at all ATEs locations and alterations to the existing ATEs and the addition of the ATEs at two locations would be a minor alteration to existing street facilities.
Any questions or comments on the project should be submitted to:
Traffic Lieutenant Ariel Quimison, City of Fremont Police Department
Location: 2000 Stevenson Boulevard
Mailing: P.O. Box 5007, Fremont, CA 94537-5007
Phone: (510) 790-6779
E-mail: Nquimison@fremont.gov
6/2/20

CNS-3368638#

CITY OF UNION CITY
NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN THAT THE UNION CITY CITY COUNCIL will hold a Public Hearing in the Council Chambers at 34009 Alvarado Niles Road, Union City, CA on Tuesday, June 23, 2020 at 7:00 PM or as soon as thereafter, to receive and consider all evidence and reports relative to the following: A resolution initiating proceedings pursuant to the Landscape and Lighting Act of 1972 for the maintenance, operation, and servicing of public lands in the Landscape and Lighting District No. 3. ALL INTERESTED PARTIES are invited to attend said hearing and express opinions or submit evidence for or against the proposal as outlined above. **FURTHER INFORMATION** on the above matter may be obtained or viewed at the Public Works Department, located at 34009 Alvarado Niles Road, Union City. If a citizen wishes to challenge the nature of the above actions in court, they may be limited to raising only those issues they or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City or prior to the public hearing. The facility is accessible to the disabled and hearing impaired. If special assistance is required, please call (510) 675-5348 so accommodations can be arranged. While not required, 48 hours notice is appreciated.
DATED: JUNE 02, 2020 City Clerk
6/2/20

CNS-3368458#

NOTICE TO CONTRACTORS

Sealed bids will be received in the Office of Purchasing Services at 3300 Capitol Ave., Bldg. B, Fremont, California, up to the hour of 2:00 PM on June 16, 2020 at which time they will be opened and read out loud in said building for:

**NURSERY AVENUE SAFETY IMPROVEMENTS
- NILES BLVD. TO MISSION BLVD. PROJECT
(ROUTE 238)
CITY PROJECT 8828(PWC)**

Plans, special provisions and standard proposal forms to be used for bidding on this project can be obtained for a non-refundable fee at ARC Solutions located at 821 Martin Avenue, Santa Clara, CA 95050 or through Planwell at www.e-arc.com/location/santa-clara. Phone (408) 295-5770. No partial sets will be issued, cost is non-refundable. Call to confirm availability of copies before coming to pick up documents. For more information on this project, contact the City of Fremont Purchasing Department at (510) 494-4620.

LINDA WRIGHT
PURCHASING DIVISION
CITY OF FREMONT
5/26, 6/2/20

CNS-3367354#

PUBLIC HEARING NOTICE

This virtual City Council meeting will be conducted utilizing teleconferencing and electronic means consistent with State of California Executive Order N-29-20 dated March 17, 2020, regarding the COVID-19 pandemic. In accordance with Executive Order N-29-20, the public may only view the meeting on television and/or online. The City Council Chambers will not be open to the public.
Details on how to participate in the meeting will be set forth in the meeting agenda which is anticipated to be posted by 5 pm on June 5, 2020 at <https://www.newark.org/departments/city-managers-office/agendas-minutes>.
If you have any questions regarding viewing or participating in the meeting, after reviewing the posted agenda, then contact the City Clerk at city.clerk@newark.org.
NOTICE IS HEREBY GIVEN that the City Council of the City of Newark at its City Council meeting of Thursday, June 11, 2020, at or after 6:00 p.m. will review proposed new fees or adjustments to existing fees for services or functions performed by the City in a governmental and/or proprietary capacity. Data establishing the estimated cost required providing the service for which the fee or service charge is levied and the revenue sources anticipated to provision the service will be available to the public at the Office of the City Clerk beginning June 1, 2020, 37101 Newark Boulevard, 5 th Floor, Newark, California, during

CNS-3367125#

PROBATE

NOTICE OF PETITION TO
ADMINISTER ESTATE OF
BERNARD M. NOTT
CASE NO. RP20059160

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Bernard Nott aka Ben Nott aka Benny Nott aka Bernard M. Nott
A Petition for Probate has been filed by Mary Elizabeth Borba in the Superior Court of California, County of Alameda. The Petition for Probate requests that Mary Elizabeth Borba be appointed as personal representative to administer the estate of the decedent.

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

A hearing on the petition will be held in this court on July 6, 2020 at 9:30 a.m. in Dept. 202 Room n/a located at 2120 Martin Luther King Jr. Way, Berkeley, CA 94704. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner: Robert Lowell Johnson, 38750 Paseo Padre Parkway, Suite B-1, Fremont, CA 94536 , Telephone: 510-794-5297
5/19, 5/26, 6/2/20

CNS-3365313#

COVID-19 testing center
administers 10,000th test

SUBMITTED BY CITY OF HAYWARD

Hayward's COVID-19 testing center established by the fire department reached a new milestone on May 26, administering its 10,000th test for coronavirus infection. Launched on March 23, the center was created to take pressure off hospital emergency rooms, provide quicker answers for health-care workers and first responders who have been exposed to the virus, and to help control community spread of the disease.

Today, mobile teams of specifically trained Hayward firefighter-paramedics also provide COVID-19 testing of residents and employees of nursing homes, police departments, and people who are experiencing homelessness or otherwise in need.

Testing at the Center is free and available on a first-come, first-served basis to anyone with a fever over 100 degrees or other COVID-19 symptoms, regardless of income, place of residence or immigration status. No physician referral is required.

COVID-19 Testing Center
Monday - Friday
9 a.m. – 4 p.m. or until available tests for the
day are exhausted
Cal State University East Bay
25800 Carlos Blvd., Hayward

Advance appointments hotline for health-care workers
& first-responders
Monday - Saturday
8 a.m. – 5 p.m.
(510) 583-4949

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

Chanticleers Theatre
postpones remainder of 2020 season until 2021

SUBMITTED BY STEVE WILNER

Chanticleers Theatre ("Chanticleers") announced May 27 that the remaining shows of the 2020 Season will be rescheduled to 2021 due to the COVID-19 pandemic. The Foreigner, The Bridges of Madison County, and Mamma Mia will now be presented in 2021 as follows:

Chanticleers Theatre 2021 Season:

1. The Bridges of Madison County, previously rescheduled to open in October 2020, will now be presented April 16, 2021 – May 16, 2021.
2. Mamma Mia, previously rescheduled to open in February 2021, will now be presented July 16, 2021 – August 15, 2021.
3. The Foreigner, previously scheduled to open in July 2020, will now be presented October 15, 2021 – November 7, 2021.

NOTE: This schedule is pending approval by the royalty houses and, of course, the situation with the virus.

Jacklyn L. Wilferd, Ph.D., President of the Chanticleers Board of Directors, released the following statement: "As we have throughout this pandemic, our first thoughts are for the health and

wellbeing of you and yours. The health and safety of the entire Chanticleers' family – audience members, staff, creative teams, performers, and volunteers - is of the utmost importance to us"

Wilferd went on to say, "If possible, we do plan to create some art for you during the remainder of 2020 and early 2021. We are exploring some options to present a small cast, one act show and/or a cabaret style show likely offered via online streaming. We are already in touch with the royalty houses and some groundwork is underway for these offerings. Please watch for further information and support us in these endeavors if at all possible.

All of us at Chanticleers want to thank you for your patience and please know how much 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."

Season ticket (Flex Pass) holders and individual ticket holders are encouraged to visit the website, <https://chanticleers.org/>, for details regarding our ticketing and refund policies.

Seeking community input

SUBMITTED BY CITY OF HAYWARD

City of Hayward is seeking public input on future safety and connectivity improvements along Hayward Boulevard between Campus Drive and Fairview Avenue. In partnership with Kimley Horn and Gates + Associates, the city will be redesigning this 2.5-mile stretch to reduce auto speeding, improve bicycle and pedestrian safety, and increase bicycle and pedestrian connectivity and experience throughout the corridor.

This project's emphasis on active transportation will aid in the city's efforts to reduce greenhouse gas emissions community-wide. As of 2017, transportation was responsible for more than 55 percent of Hayward's total emissions. Providing safer and better-connected active transit infrastructure will encourage residents, workers, and visitors to choose emission-free modes of movement, like walking or biking, over driving.

The project team is currently accepting input via the Hayward Blvd Project Survey. This survey provides an opportunity for stakeholders to share what they believe should be prioritized throughout the project design process. Concept plans based on this input will be presented at public workshops in Fall 2020 to garner additional feedback from the community.

To participate in the survey and for more information, visit www.hayward-ca.gov/hayward-blvd-feasibility.

THE ROBOT REPORT

Robotics and COVID-19

By STEVE CROWE

Many healthcare and infectious disease experts believe mass testing is the key to re-opening the world amid the COVID-19 pandemic. A new Danish robotics startup, co-founded by a familiar face, is looking to automate, scale, and improve COVID-19 testing, while also keeping healthcare workers out of harm’s way.

Lifeline Robotics, a spin-out of the Maersk Mc-Kinney Moller Institute at the University of Southern Denmark (SDU) in Odense, has created an autonomous throat swabbing robot to test for the novel coronavirus. Esben Østergaard, co-founder of Universal Robots and REInvest Robotics, is one of the company’s co-founders. The company is owned jointly between the university, Norrskan Foundation, and REInvest Robotics.

Here’s how the robot prototype works: Using two Universal Robots UR3 cobot arms and a custom 3D-printed end effector, it picks up the swab after the patient has scanned an ID card. The robot then uses its vision system to identify the right points to swab in the patient’s throat. Once the swab is complete, the robot places the sample in a jar and screws on the lid. The jar is then sent to a lab for analysis.



Lifeline Robotics’ throat swabbing robot collecting a sample from Co-founder Esben Østergaard. Photo credit: The Maersk Mc-Kinney Moller Institute at the University of Southern Denmark

We asked Østergaard to further explain some of the technical aspects of the system. Understandably, he told The Robot Report via email, “We can say what the robot is doing, but we can, unfortunately, not say much about how the robot is doing what it is doing.” Lifeline Robotics said the entire automated swabbing process takes about seven minutes, and the swab itself 25 seconds.

“Like so many others I was horrified to see the rapid development of the COVID-19 crisis, and I felt I had to do something,” Østergaard said. “With my background, the obvious choice was to automate the testing process. The current manual process is difficult and cumbersome. A machine will reduce the risk of infection among healthcare staff

and patients, as well as give higher-quality test results.”

The throat swabbing robot has already received two million DKK (\$290,000 U.S.) in funding from Vækstfonden, which is the Danish state’s investment fund. Its future development is also supported by Odense University Hospital. Kim Brixen, medical director at the hospital, said the robot holds great potential in mass screening for COVID-19 and other virus infections. It could also be used at healthcare facilities, border control offices, or airports.

“Staffs are in great demand in other functions, especially during the current epidemic. The robot can work around the clock, and it provides a safe procedure for every citizen tested,” Brixen said. “The

closing of our societies has halted the COVID-19 epidemic in many countries. Large scale testing is part of the strategy during the re-opening of our communities. This invention is a great example of the potential of robotics within the health care sector.”

Tsinghua University is also developing a throat swabbing robot that collects samples to test for COVID-19. But Lifeline Robotics claims its system is the “world’s first fully automatic throat swab robot.” It took the team of 10 researchers just four weeks to develop the Lifeline prototype. The company is developing a commercial version it hopes to release within the next couple of months.

“In Denmark, we are fortunate to have world-class knowledge on robotics, safety, and medical technology,” Østergaard said. “We also have a long-standing design tradition of taking the users seriously in the products we make. Leveraging on my experience from Universal Robots and the network of partners, we will develop and bring this product to market in record time.”

“Medical professionals should not work like robots all day long; their time is better spent on patients with special needs,” he said. “That is why we developed the world’s first automatic swabbing robot, specifically for COVID-19.”

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

Summer Triangle Corner: Vega

By DAVID PROSPER AND VIVIAN WHITE

If you live in the Northern Hemisphere and look up during June evenings, you’ll see the brilliant star Vega shining overhead. Did you know that Vega is one of the most studied stars in our skies? As one of the brightest summer stars, Vega has fascinated astronomers for thousands of years.

Vega is the brightest star in the small Greek constellation of Lyra, the harp. It’s also one of the three points of the large “Summer Triangle” asterism, making Vega one of the easiest stars to find for novice stargazers. Ancient humans from 14,000 years ago likely knew Vega for another reason: it was the Earth’s northern pole star. Compare Vega’s current position with that of the current north star, Polaris, and you can see how much the Earth’s tilt changes over thousands of years. This slow movement is called precession, and in 12,000 years Vega will return to the northern pole star position.

Bright Vega has been observed closely since the beginning of modern astronomy and even helped to set the standard for the current magnitude scale used to categorize the brightness of stars. Polaris and Vega have something else in common, besides being once and future pole stars: their brightness varies over time, making them variable stars. Variable stars’ light can change for many different reasons. Dust, smaller stars, or even planets may block the light we see from the star. Or the star itself might be unstable with active sunspots, expansions, or eruptions changing its brightness. Most stars are so far away that we only record the change in light, and can’t see their surface.

NASA’s TESS satellite has ultra-sensitive light sensors primed to look for the tiny dimming of starlight caused by transits of extrasolar planets. Their sensitivity also allowed TESS to observe much smaller pulsations in a certain type of variable star’s light than previously observed. These observations of Delta Scuti variable stars will help astronomers model their complex interiors and make sense of their distinct, seemingly chaotic, pulsations. This is a major contribution towards the field of astroseismology: the study of stellar interiors via observations of how sound waves “sing” as they travel through stars. The findings may help settle the debate over what kind of variable star Vega is. Find more details on this research, including a sonification demo that lets you “hear” the heartbeat of one of these stars, at bit.ly/DeltaScutiTESS.

Interested in learning more about variable stars? Want to observe their changing brightness? Check out the website for the American Association of Variable Star Observers (AAVSO) at www.aavso.org. You can also find the latest news about Vega and other fascinating stars at www.nasa.gov.

This article is distributed by NASA Night Sky Network. The Night Sky Network program supports astronomy clubs across the USA dedicated to astronomy outreach. Visit <https://nightsky.jpl.nasa.gov/index.cfm> to find local clubs, events, and more.



Tri-City Food Bank receives 1,000 masks

SUBMITTED BY KARINA MACHNACKI

Members of American Petroleum and Convenience Store Association (APCA) have fanned out across California to deliver much-needed masks, food, and donations to coronavirus frontline workers, and nonprofit staff and volunteers. In its research, the association found that besides health-care workers, police officers and food bank staffers were desperately looking for protective gear. As part of the association’s ongoing efforts, APCA Bay Area Chapter members donated 1,000 masks to Tri-City Volunteers Food Pantry + Thrift Store in Fremont. For more information, visit www.apca.us or call (916) 627-1170.

Ethos Prep offers summer classes in speech and debate

SUBMITTED BY ETHOS PREP

In the tough times of COVID-19, we at Ethos Prep, realized a problem — summer programs would be cancelled and many students would be left without activities. So, we sought to rectify this with our online summer programs in speech and debate, taught by award-winning instructors.

Debate is a formative event, perfect for encouraging confidence, public speaking skills, and improvisation. Speech works to build a student’s creativity, encouraging them to think outside the box and consider problems from a different mindset. Together, they help students tackle life in a creative fashion.

We offer summer programs in all speech events, Public Forum debate, and Lincoln Douglas debate as well. With three different weeklong summer programs, you can pair whatever course option you would like with whichever days you are available. Classes start June 15 and continue through July 11. We also offer an “on-call” service where students may choose private coaching.

A college board is scheduled for June 13, where students from multiple prestigious colleges, including UPenn, Carnegie Mellon, UChicago, and UC Berkeley will speak about their experiences in college as well as the application process. Sign-ups for this event are available on our website at www.ethosprep.org under the registration tab for the college board.

All of our profits are to be donated to the organization Teaching for America. Please feel free to email us at ethospreparatory@gmail.com for any questions.

Online speech and debate camps
June 15 – June 20
June 22 – June 27
July 6 – July 11
Two-hour classes; times vary
www.ethosprep.org
Registration: \$250
(Sibling and referral discounts available)

Local council OKs additional city employee pay reductions

SUBMITTED BY CITY OF HAYWARD

On May 26, Hayward City Council approved changes in compensation agreements with city executives, managers, and other employees who are not represented by collective bargaining units to save money. The compensation changes are the second set of COVID-19 reductions to have been approved by the council recently and will save the City \$273,000 in the FY 2021 starting July 1.

The reductions approved include 80 hours of furlough for police captains and combinations of furloughs and deferrals or give-backs of scheduled July 1 pay increases for department heads and other unrepresented executives, managers, and employees.

City employee compensation reductions and concessions are being sought in response to the impact the public health emergency and shelter-in-place orders are having on key city revenue sources, most notably sales tax. This will require a significant use of the city’s General Fund operating reserve to maintain city operation through the end of this current fiscal year. The General Fund pays for basic municipal services, such as police, fire-fighting, 911 response, libraries, maintenance of public spaces, and administration of general governmental operations and programs.

We help you focus on the important things in life.



Eric Olsen
Physician (In Training)



Alan Olsen, CPA
Father and GROCO
Managing Partner



Charlotte Olsen
Teacher (in training)



FREMONT | PALO ALTO | SAN FRANCISCO



510.797.8661 | GROCO.com

continued from page 1

Take a hike! OH, AND BRING THE FAMILY...

views of the bay are amazing, especially during low tide when birds fan out along



the wet sand to feast.

14010 Neptune Dr, San Leandro (take Lewelling Blvd west to Bayfront Drive)

Castro Valley

Fairmont Ridge - When you mention hiking in Castro Valley, most people think of Lake Chabot. But there is a lesser known area just above the lake to the west called the Fairmont Ridge Staging Area that dog lovers flock to. It's a simple paved road that follows the ridge for a few miles, ending in a small grove of trees that embrace the Alameda County Children's Memorial. Views are fantastic, with a sweeping vista of the bay to the west, and a bird's eye view of Lake Chabot to the east. If you're feeling adventurous, try one of the smaller dirt trails that break off from the main road and meander through the rolling terrain, sometimes past grazing cattle. Part of the East Bay Regional Park District (EBRP).

2601 Fairmont Dr, San Leandro

Hayward

Garin Regional Park - A beautiful park in the Hayward Hills with several trails and some wonderful picnic spots. It's right next to Dry Creek Pioneer Regional Park, and in fact some of the trails connect. There's something for everyone here, from ridge trails with jaw-dropping views of the bay, to winding creek trails, to serene flat pathways, to challenging slopes covered with wildflowers. (EBRP)



1320 Garin Ave, Hayward (access also available off of Ziele Creek Drive)

Sunol

Little Yosemite - The Sunol Regional Wilderness is a vast, well, wilderness, covering acres of land. It's a little remote compared to the other hikes listed here. The Canyon View Trail leads from the visitor center to Little Yosemite, a scenic canyon with small waterfalls. It's a nice hike, but a tad grueling. For an easier route, just follow Camp Ohlone Road

from the parking lot. The star here is the Alameda Creek, at times wide and shallow, while at other times babbling and gushing. (EBRP)

1895 Geary Road, Sunol

Union City

Alameda Creek Regional Trail - Yes, it's the Alameda Creek again, but this time in a tamer environment. Follow the channel behind rows of houses on a flat, paved road that's perfect for a family escape. Go far enough and you'll reach Coyote Hills to the west, or Quarry Lakes to the east. (EBRP)

There are several access points; parking is available behind the library at 34007 Alvarado-Niles Road, Union City

Fremont

Central Park/Lake Elizabeth - Located in the heart of Fremont, this is the perfect place to unwind. Whether you follow one of the paved paths by bike or simply want to stroll the grounds with your dog, now is a great time to enjoy this area when the crowds are away.

40000 Paseo Padre Parkway, Fremont - parking at Sailway Drive

Newark

Coyote Hills Regional Park - A few rolling hills surrounded on all sides by marshland, this is a wonderful place to explore. The trails are easy and most are paved. A trek up to the top does not take



long at all and will give you a nice view of the bay. There are also interesting rock formations and an Ohlone village site out along the marsh. (EBRP)

8000 Patterson Ranch Road, Fremont

Milpitas

Ed R. Levin County Park - This is a huge family friendly park with many trails, a few ponds, and scenic views throughout. As it's located in the hills behind Milpitas, many don't realize it's there, which may be why it never seems that crowded. A range of trail lengths allow you to take a pleasant ramble or challenge yourself to a more strenuous hike. Part of the Santa Clara County Parks and Recreation Department.

3100 Calaveras Road, Milpitas

When visiting any of the East Bay Regional Parks (EBRP), remember these guidelines:

- Wear cloth face coverings/masks as recommended by the CDC.
- Maintain 6 feet social distance from

other park users.

- NO picnicking, gatherings, or meetups (stay with your own household)
- PACK OUT YOUR TRASH.
- Keep dogs ON LEASH at ALL times
- Bring water and hand sanitizer. Water fountains in parks are temporarily closed to stem the spread of virus.
- Park vehicles properly, safely, and respect park neighbors and park staff. Do not block driveways, roadways, emergency exits, or service access roads. Parking restrictions will be enforced.

Also, remember to wear sunscreen and a hat!

What are you waiting for? Get out and explore nature. As Yogi Berra once said, "When you come to a fork in the road, take it!"

As of this writing, all restrooms near trail access are open. For more park info and COVID-19 updates, visit ebparks.org

