



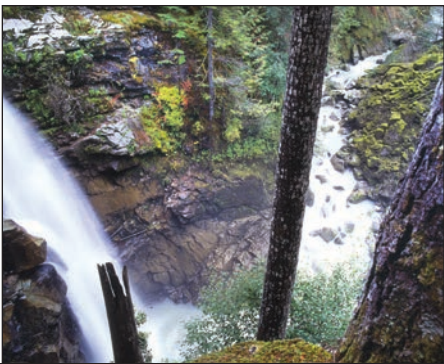
Peace Corps memoir takes local author back to Peru for culture and romance

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Suffrage

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Can waterfalls make me feel happy?

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August 18, 2020

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Fish Ladders

Restoring threatened fish migration routes in Alameda Creek



By J.D. FLATEN

PHOTOS SUBMITTED BY ALAMEDA COUNTY WATER DISTRICT AND ALAMEDA CREEK ALLIANCE

More than five decades ago, Alameda Creek teemed with central California steelhead trout (*Oncorhynchus mykiss irideus*), a species that spawns upriver before returning to the Bay and the Pacific. Before it was re-engineered in the 1970s, Alameda Creek "sort of meandered through the region and was 'flashy,' susceptible to floods during heavy rains," said Robert Shaver, Alameda County Water District (ACWD) general manager. Alameda Creek is a vital source of water (40 percent) for Fremont, Newark and Union City.

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Artist Spotlight

Diego Marcial Rios

By DAVID R NEWMAN

PHOTOS COURTESY OF DIEGO RIOS AND BY STEVE B PHOTOGRAPHY

At the age of three, local artist Diego Marcial Rios knew what he wanted to be when he grew up. Born in Fresno, CA, he would often visit his father, a professor at the University of Guadalajara in Mexico. It was there that his dad brought him to see *Hombre del Fuego* (Man of Fire) by Jose Clemente Orozco, a breathtaking, bold fresco that depicts the emancipation of the human spirit, adorning the cupola of the Hospice Cabanas (now a museum). The site is often referred to as the "Sistine Chapel of the Americas." Rios' fate was sealed.

Some 50 years later, Rios has established himself as an internationally renowned artist whose work has appeared in over 500 exhibitions worldwide. His pieces are featured regularly in public collections, including the Museo Nacional De La Estampa in Mexico City and the San Francisco Mission Cultural Center. He also teaches local workshops on making paper mache masks and sugar skulls, two traditional Mexican art forms that he hopes to keep alive. And on top of that, he has numerous speaking engagements throughout the year.

If you had asked a young Rios about the importance of his artwork, he would have just laughed. "Here I was, this poor Mexican

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SUBMITTED BY VICKILYN HUSSEY

PHOTOS COURTESY OF MUSIC AT THE MISSION

After the last-minute postponement of the Music at the Mission Masquerade Ball in March, artists, volunteers, and organizers were looking forward to meeting and thanking Music at the Mission supporters in person at a later date this year. Unfortunately, that isn't going to happen, so Music at the Mission decided to bring the event to you, right in your living room, with Music at the Mission's first Virtual Ball!

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Vaccinations Still Important With Distance Learning

Even if not
physically
attending
classes,
children need
protection

With schools soon reopening with distance learning, parents have many things on their minds and may not be thinking about their child's immunizations. Even though instead of heading back to the classroom, kids will be attending classes from the safety of home, they should still be current with their vaccinations.

“Schools could reopen at anytime and you want to be ready,” said Bhaskari Peela, MD, a pediatrician with Washington Township Medical Foundation. “Besides, vaccinations are critical for protecting your children’s health whether they go to school or not.”

Dr. Peela pointed out that many of the diseases we now have vaccinations for were just as feared as COVID-19 before we had

a way to protect ourselves against them. Before vaccines were widely available, these diseases often killed or severely harmed babies and children.

Today, vaccines offer safe and effective protection against diseases like smallpox and polio. They help the body build up antibodies that stay in the bloodstream, ready to fight the bacteria and viruses that can cause disease.

“I know some parents may be afraid to bring their child to the pediatrician or to one of our clinics because of the pandemic, but they should know we have taken every precaution to protect the health and safety of our patients,” Dr. Peela said. “Staff wear masks at all times and we stagger appointments so that people are not congregating in the waiting room. It is

safe to bring your children in to get their vaccinations.”

Dr. Peela recommends following guidelines from the American Academy of Pediatrics (AAP) and the Centers for Disease Control and Prevention (CDC) to determine what vaccinations your child needs. They include the following:

- Measles, mumps, rubella (MMR)
- Polio
- Diphtheria, tetanus and pertussis (DTaP), with a booster vaccine called Tdap at ages 10 to 12
- Haemophilus influenza type B (Hib)
- Hepatitis A
- Hepatitis B
- Chickenpox (varicella)

- Pneumococcal disease
- Meningococcal disease, including the vaccine for serogroup B meningococcal disease
- Rotavirus infections
- Influenza, for all children age 6 months and older
- Human papillomavirus (HPV) for boys and girls as early as age 9

Most immunizations are given during the first five to six years of life, according to Dr. Peela. For many of these vaccines, more than one dose is needed before age 6 to fully protect against the disease. For example, the DTaP vaccine which protects against diphtheria, tetanus, and pertussis is given over four doses with one shot at age 2 months, 6 months, 15 to 18 months, and 2 to 4 years old.

“We also recommend two vaccines – MCV4 and meningococcal B – to protect against the ACWY strains and serogroup B for people 17 through 22 years of age,” Dr. Peela said. “These infections cause about half of all cases of meningitis, which can be deadly.”

Parents should review their child’s school immunization card with their pediatrician to make sure their child has received all the required vaccinations. If you need help finding a pediatrician, visit the Washington Township Medical Foundation website at www.mywtmf.com, or call Washington Hospital’s Health Connection hotline at (800) 963-7070.

For a complete schedule of recommended vaccinations, visit www.cdc.gov/vaccines. To learn about programs and services at Washington Hospital that can improve your health, visit www.whhs.com.

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
	8/18/20	8/19/20	8/20/20	8/21/20	8/22/20	8/23/20	8/24/20
12:00 PM 12:00 AM	Diabetes Matters: Asian Fusion	Anxiety: Stop Negative Thoughts	Caregiver Series: Caring for Someone with Dementia or Other Medical-Related Memory Loss	Voices InHealth: Antimicrobial Stewardship	Nerve Compression Disorders of the Arm	Mental Health Education Series: Mental Wellness	Hepatitis B and Liver Cancer: Prevention and Treatment
12:30 PM 12:30 AM	Pain When You Walk? It Could Be PVD		How to Prevent Financial Elder Abuse/Fraud	Women's Health, Strategy for Wellness: Gender Matters, Heart Disease Risk in Women			
1:00 PM 1:00 AM	Mindful Healing	Mental Health Education Series: Anxiety Disorders	Gastrointestinal Disorders	Palliative Care Series: Palliative Care Demystified	Sports Medicine Program: Nutrition & Athletic Performance	Respiratory Health and Diseases	Early Detection and Prevention of Female Cancers
1:30 PM 1:30 AM				Diabetes Health Fair 2019: Diabetes & Stroke: What's the Connection?		The Patient's Playbook Community Forum: Getting to the No-Mistake Zone	
2:00 PM 2:00 AM	Preventive Screenings: When and Why are They Important?	Caregiver Series: Securing Care Preferences Through AHCD	Skin Health: Skin Cancer & Fountain of Youth	Women's Health Conference: Women & Stroke: Are You at Risk?	Diabetes Matters: Latin Foods		Solutions for Weight Management
2:30 PM 2:30 AM	Diabetes Matters: Diabetes: Is There an App for That?	Updated Treatments for Knee Pain & Arthritis			Diabetes Matters: Dining Out Around The World	Digestive Health: What You Need to Know	
3:00 PM 3:00 AM	Stop Diabetes Before It Starts	Suffer From Sinus Problems?	How to Talk to Your Doctor	Palliative Care Series: Interfaith Discussions on End of Life Topics	Chronic Kidney Disease: FAQ	Caregiver Series: Codependency and the Caregiver	Healthy Gut, Healthy You
3:30 PM 3:30 AM	Sidelined by Back Pain? Get Back in the Game	Aortic Valve Disease: Treatment Options Including TAVR	Women's Heart Health				
4:00 PM 4:00 AM	Mental Health Education Series: Crisis Intervention	Women's Health: Planning for Pregnancy	Diabetes Matters: Diabetes Conversations	Vitamins & Supplements: How Useful Are They?	Women's Health Conference: Reclaiming Your Confidence	Advancements in Lung Cancer Detection and Treatment	Learn About the Signs & Symptoms of Sepsis
4:30 PM 4:30 AM		Sports Medicine Program: Why Does My Shoulder Hurt?	Symptoms of Thyroid Problems	Mental Health Education Series: Family Support	Diabetes Matters: Filipino Food Made Healthy	Stress Management	
5:00 PM 5:00 AM	Family Caregiver Series: Mindfulness Meditation for the Caregiver	Peripheral Vascular Disease: What You Need to Know					Sick Feet?
5:30 PM 5:30 AM	FB Live: Staying Fit While Working From Home	Diabetes Matters: Exercise IS Medicine	How to Sleep Your Way to Better Health	Keeping Your Brain Healthy	Understanding HPV: What You Need to Know	Diabetes Matters: Asian Indian Cooking	
6:00 PM 6:00 AM	Endometriosis: Causes, Symptoms, Diagnosis and Treatment	FB Live: Maintaining Your Mental Wellness During the COVID-19 Pandemic				Laugh without Leaking: Understanding Female Urinary Incontinence	Diabetes Matters: Diabetes and Your Heart
6:30 PM 6:30 AM	Diabetes Matters: Straight Talk About Diabetes Medications	Healthy Eating: Prescription for Health	Weight Management: Stopping the Madness	Preventive Care: What You Need To Know			
7:00 PM 7:00 AM	Family Caregiver Series: Understanding Healthcare Benefits				Diabetes Matters: Basics of Insulin Pump Therapy	Strategies to Help Lower Your Cholesterol and Blood Pressure	Ready, Set, Goal! A Healthier You in 2020
7:30 PM 7:30 AM	Diabetes Matters: Heart Healthy Eating	Metabolic Disorders	Diabetes Health Fair 2019: Diabetes and Foot Care	Women's Health: Depression, More Than a State of Mind			
8:00 PM 8:00 AM	Balance & Falls Prevention				Family Caregiver Series: Loss, Grief & Recovery	FB Live: Reduce Your Risk When Phasing Out of Shelter In Place	Diabetes Matters: Diabetes and Kidney Health

Radiation Oncology 101 with Dr. Prionas



Nicolas Prionas, MD, PhD, will present a special live Facebook event on Sept. 1 at 3:30 p.m. View at [Facebook.com/WashingtonHosp](https://www.facebook.com/WashingtonHosp)

Radiation oncology can sound frightening and overwhelming, and according to the American Cancer Society, more than half of patients diagnosed with cancer will get radiation therapy. At an upcoming Washington Hospital Health & Wellness seminar, “Intro to Radiation Oncology,” Nicolas Prionas, MD, PhD, will demystify radiation therapy and dispel some misunderstandings about radiation oncology. Dr. Prionas is a radiation oncologist with the Washington Radiation Oncology Center who also holds a doctorate in biomedical engineering.

“The talk is designed to shine a light into the black box that is radiation therapy,” said Dr. Prionas. The seminar is one of the virtual seminars Washington Hospital is hosting to safely provide education to the community during the COVID-19 pandemic. This live event will take place on Tuesday, Sept. 1, at 3:30 p.m. View the event live on Washington Hospital’s Facebook page ([facebook.com/WashingtonHosp](https://www.facebook.com/WashingtonHosp)). This seminar can also be viewed live on YouTube (www.YouTube.com/whhsInHealth). Through Facebook, participants can ask questions which will be answered by Dr. Prionas during the talk.

What is Radiation Therapy?

“Radiation therapy is at the intersection of engineering and medicine,” said Dr. Prionas. “We’re using technology to help people at a very hard time in their life.”

In radiation therapy, radiation beams are targeted at tumors and cancerous tissue. The radiation damages the DNA in the cancer cells as well as the surrounding normal cells. Cancer cells are unable to repair themselves, so they eventually all die. The DNA in the normal cells is also damaged, but these cells can repair themselves.

Advancements

Advancements in radiation therapy have increased the precision of the treatment, with the goal of aiming higher doses of radiation only at the tumor while avoiding the surrounding tissue. Techniques such as intensity-modulated radiation therapy (IMRT) are a big step in this direction.

“With IMRT, we rotate the machine around the patient and deliver a small amount of radiation from each angle,” explained Dr. Prionas. “Where beams intersect, the patient gets high doses of radiation whereas the unaffected tissues are exposed to a lesser extent of radiation.”

Other treatment improvements are based in simpler technology. For example, to minimize damage to the heart

during breast cancer treatments, doctors now have the patient hold her breath while the radiation is being delivered. This is called deep inspiration breath hold. By holding their breath, the patients’ diaphragm moves downward and the heart is pulled away from the chest, protecting the heart from the radiation beam.

Side Effects

One common potential side effect is tiredness, which Dr. Prionas equates to the way you feel after a long day in the sun. “We set expectations. This isn’t like chemo and patients generally won’t feel effects from head to toe,” said Dr. Prionas.

The side effects depend on where the radiation beam is pointed. For example, if it is aimed at the breast, the surrounding skin will be irritated. If the patient is being treated for cancer in the abdomen, the beam may be near the stomach and the patient may experience nausea or diarrhea. The treatment, and the side effects, are also cumulative, so patients may not feel any of these effects until after the second or third week of treatment.

“Radiation side effects build up over time. The first couple of weeks, patients are likely to feel totally normal,” noted Dr. Prionas. “It’s often on the third week that they notice the effects.”

Risks

One of the risks of radiation therapy, and one that is challenging for many patients, is that the treatment itself can cause cancer. The benefits, however, generally far outweigh the risks.

“We usually quote a 1 in 1000, or 0.1%, risk of developing a radiation-associated cancer,” said Dr. Prionas. “We compare the benefit of radiation treatment versus long-term risks. The risk of the cancer the patient already has recurring is often much higher than the risk of a side effect they may get down the road.”

One other caveat about the known risks is that patients who are experiencing late side effects today from prior radiation, usually received their treatment 10 to 20 years ago. In an ever-evolving field, the treatment a patient receives today is far more advanced.

“Radiation treatment is precision medicine, and we are striving to personalize our treatments. We point these beams exactly, so they are oriented to the patient’s body shape,” said Dr. Prionas.

COVID-19 Precautions

Treatment paradigms at the Radiation Oncology Center now include COVID-19 precautions. Dr. Prionas

stressed that above all, cancer patients need to continue their treatment.

“People still need to have cancer care; delay can be detrimental,” emphasized Dr. Prionas. “We have several protocols in place to protect patients and staff.”

These measures include:

- Initial consultations done via telemedicine
- Patients verbally screened before arrival
- Temperature checks of every patient
- Patients wait in their car—not in the waiting room
- Staff wear masks and face shields
- Extra cleaning precautions

“We have protocols in place if patients are COVID-19 positive so we can continue their treatment,” said Dr. Prionas.

The UCSF - Washington Cancer Center is an affiliation between Washington Hospital and UCSF Health to provide Tri-City residents academic-level care in their own community. For more information about the upcoming seminar or to preregister, visit www.whhs.com/events or call 800.963.7070.

Live Facebook Event!

The Signs and Symptoms of Sepsis

Sepsis occurs when ordinary infections become so severe, they can be deadly.

Take this opportunity to ask questions of two medical experts, including what can be done to treat this life-threatening condition.

Natalie Htet, MD
Critical Care

Shekar Srinivas, MD
Emergency Care

Tuesday, August 25, 6:30 p.m.
Washington Hospital Healthcare System Facebook page or Washington Hospital InHealth YouTube page
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continued from page 1



While nothing can replace gathering in person, Music at the Mission has carefully crafted the "2020 Music at the Mission Virtual Ball," an evening that brings the festive Ball experience into your home! Artists have been working hard, recording and filming the evening's entertainment, including performances by Aileen Chanco, piano; Bill Everett, double bass; Rhonda Bradetich, flute; Evan Kahn, cello; and featured guest, aerialist Kat Martucci.

"We will also be featuring 2020 honorees Dirk Lorenz and Les Gasiorrek, along with our fantastic Master of Ceremonies, David Bonaccorsi!" states Music at the Mission Board President Rhonda Bradetich. "Our auction will also take place online, along with our annual Fund the Passion, to support Music at the Mission concerts and educational programs."

The dinner menu is always a highlight of Music at the Mission events, and the organization has been working with two of Fremont's finest establishments, Papillon and Massimo's. Each will offer three-course dinner options that can be picked up to go, along with wine and a special Music at the Mission Virtual Ball party package.

"Everyone who already purchased a ticket to the Ball in March will receive a code to register online. If you made a reservation to the March Ball, but have not yet paid, we hope you will join us! Tickets will be available at the original price, including the online event, dinner, and wine," explained Bradetich. A lower price for those opting out of dinner is also available.

The Music at the Mission Virtual Ball is just the beginning. Music at the Mission Artistic Co-Directors, Aileen Chanco and Bill Everett, have made exciting plans for this coming season! "Recognizing the solace live music brings in difficult times, we will be producing a series of concerts, broadcast online," said Bill Everett. "When it is safe to do so, we will begin welcoming live audiences again."

"While online concerts will be a different experience compared to the unique atmosphere of Music at the Mission programs in Old Mission San Jose, we see this as an opportunity to produce concerts in ways we have never done before," added Aileen Chanco. "Our motto, after all, is 'Chamber Music Outside the Box!'"

Music at the Mission will also bring outreach concerts to students online, and has plans to resume Artists in Schools and ChamberFest student programs as soon as possible.

"Moving through and beyond this episode, the arts are more important than ever! We thank everyone for their support," said Everett. "As we look forward to bringing you music again, in person, we hope you will be able to join us for this new adventure, the 2020 Music at the Mission Virtual Ball!"

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Music has the power to **ZOOM** you away to exotic faraway lands or twenty-thousand leagues under the sparkling sea! This year we'll travel around the Bay in your wildest imaginings at the Mission Masquerade VIRTUAL Ball as we salute our 2020 Tri-City Champion of the Arts and Culture Dirk Lorenz of Fremont Flowers and Volunteer of the Year Honoree, Len Gasiorrek.

Enjoy an evening of Outside the Box performances, a wide variety of auction items, fine dining, and as always, wonderful surprises to entertain you and your friends!

The Mission Masquerade VIRTUAL Ball supports Music at the Mission classical concerts, music education in schools, community outreach, and ChamberFest, a summer music festival for aspiring young musicians.

Purchase tickets at tinyurl.com/mamvirtualball2020
\$125 Event with dinner and wine
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Contact Music at the Mission at info@musicatmsj.org to reserve your tickets today!
More info at: www.musicatmsj.org/ball

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Erin Preston wears period clothing as she stands in front of the State Capitol Wednesday, Feb. 12, 2020, in Salt Lake City. Utah lawmakers recognized the 150th anniversary of Utah granting women the right to vote. A Utah woman, Seraph Young, cast the first ballot under a women's suffrage law days after the 1870 law was passed. Utah was also the second state to extend the right to vote to women after Wyoming. (AP Photo/Rick Bowmer)

Suffrage

This year marks the 100th anniversary of the United States Constitution's 19th Amendment that addressed voting inequities between men and women. This is the first of a three-part series planned to commemorate passage of the amendment.

The struggle for all citizens to vote in political elections has been long and complicated. Even emerging democracies have often excluded particular classes from participating in an electoral process. Among the disenfranchised have been women and minorities. In some cases, limited voting rights were granted, but true equality has been elusive.

Historically, many countries limited governance to a select few, primarily royalty, landowners and the wealthy.

Around the world, suffrage was slowly extended to adult male citizens, but restrictions, centered around sex and race, remained. By the late 1800s and early 1900s, several nations including New Zealand, Australia, Finland, and Norway welcomed women into the electorate. Although some rights were granted in the United States, they were limited to local elections. The international suffrage movement would face many obstacles before making headway toward equity and equality for everyone.

Activists, called “suffragists”, worked hard to achieve equality of the sexes and were met with significant opposition. A more militant faction of women under the leadership of Emmeline Pankhurst and her daughter Christabel, called “suffragettes”, organized demonstrations to demand equality in Great Britain. In the United States, early 19th Century pioneers of the women’s suffrage movement - Lucretia Mott, Elizabeth Cady Stanton, Susan B. Anthony, Lucy Stone, Sojourner Truth, Frederick Douglass and Harriet Tubman – were also abolitionists, opposed to slavery.

Although the 14th Amendment to the United States Constitution, adopted in 1868, granted equal rights to “all persons born or naturalized in the United States”

(for Native Americans, full suffrage was granted in the Indian Citizen Act of 1924) and the 15th Amendment, ratified in 1870, granted the right to vote without regard to race or previous status as slaves, power of the ballot box was not easily dislodged from traditional white, male-dominated politics. The westward expansion encouraged equality among people, especially women; Wyoming Territory, later as a state of the union, gave women the right to vote and hold office in 1869.

Following World War I, women in many countries gained the right to vote; the years 1914-1939 saw a significant increase of countries that enfranchised women including Great Britain and the United States. Following World War II, more countries joined those extending voting rights to women. In 1952, The United Nations Convention on the Political Rights of Women asserted that “women shall be entitled to vote in all elections on equal terms with men, without any discrimination.”

One hundred years ago, the 19th Amendment was passed, guaranteeing all women the right to vote. As a result of over a century of effort, women are now recognized as a major political force in government.

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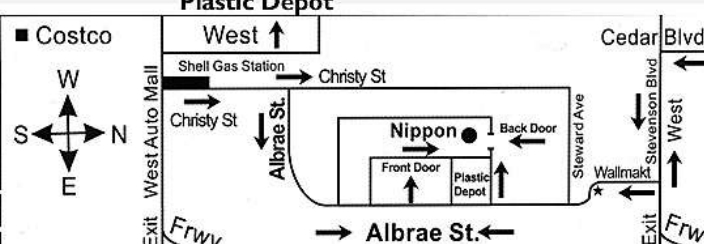
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Back Pain Secrets - What Physicians Won't Tell You



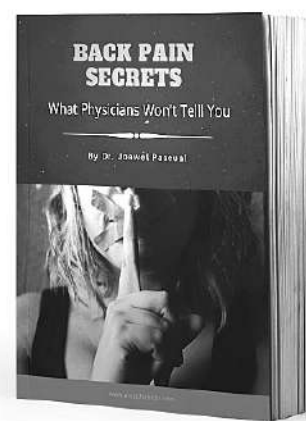
Have you been told that back pain is just one of those things that comes with your age, job, family and daily stress? Worse,

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New campaign launched to help fund school technology needs

SUBMITTED BY SHERRI SWINNEY

The Fremont Education Foundation (FEF) is proud to announce a new partnership with the Fremont Unified School District (FUSD) as students, families, and educators embark on a new school year away from campus. Due to COVID-19 and safety concerns relating to the current pandemic, the 2020-2021 school year in FUSD will begin in a distance learning model. In order to maintain exemplary programs in all K-12 FUSD

schools, students and staff are in need of technology – specifically Chromebooks, tablets, laptops, and/or hotspots.

Together, FEF and FUSD are asking families, businesses, and the greater Fremont community to support their endeavor to raise \$250,000 to provide technology resources to students and staff who are in need. Donations can be made online at www.fremont-education.org or mailed to FEF, 39120 Argonaut Way, #381, Fremont, CA, 94538. As the school year begins in less than two weeks, FEF is hoping to raise most of the funds in a short timeframe -- by October 1.

"We are excited to unite with FUSD in asking families, businesses, and Fremont community members to come together to support quality distance learning in the Fremont Unified School District. Our '20 in 2020' funding initiative will provide essential technology tools for students and teachers. Please consider donating \$20 today so we can reach our goal!" said FEF President, Kathy Kimberlin.

FUSD donations
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Fremont, CA, 94538

No Touch Pedestrian Signal Crosswalk Devices

SUBMITTED BY SANTA CLARA COUNTY PUBLIC AFFAIRS

County of Santa Clara is adding touch-free, pedestrian activation devices at crosswalks located at 25 expressway intersections with heavy pedestrian use. The installation of the contact free devices will enable pedestrians to wave a hand in front of them and cross the street without having to physically push a button.

The first devices have been installed at the intersection of South Bascom Avenue and Renova Drive, in front of Santa Clara Valley Medical Center. Other devices will be installed at expressway intersections this fall.

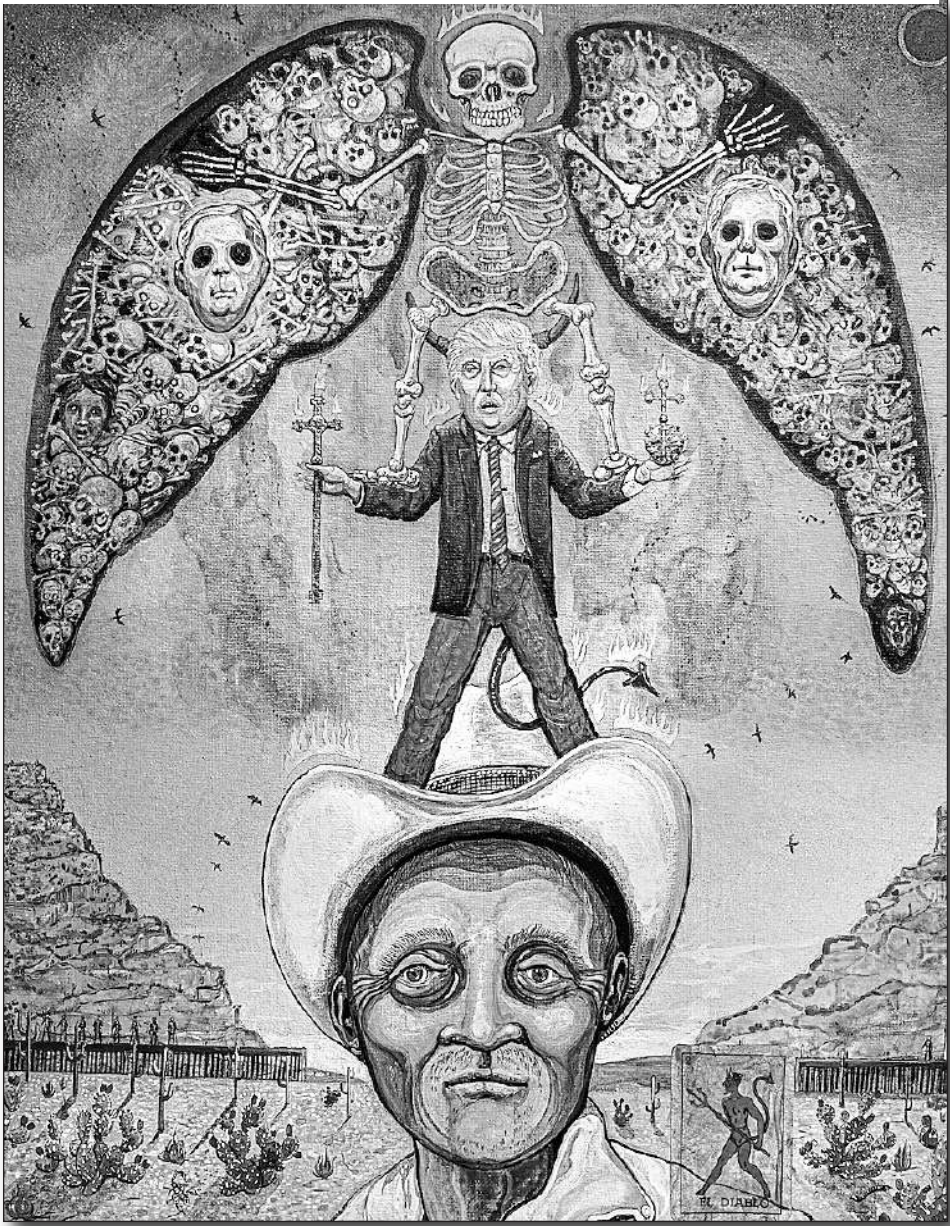
Supervisor Mike Wasserman, chairperson of the board's Housing, Land Use, Environment and Transportation Committee said, "We identified contact free pedestrian activation devices as one more way we can help our residents reduce their exposure to the novel coronavirus. The new devices will be added to crosswalks at 25 expressway intersections around Santa Clara County."

The pedestrian activation device allows pedestrians to activate the crosswalk signal with no physical contact, and provides all audio, visual, and touch responses required. The devices, that are also equipped with pushbuttons that only require slight pressure, use infrared technology to detect the presence of a hand or other objects within a few inches. A simple hand wave activates the crosswalk signal. When you wave a hand within one to three inches of the pushbutton, a small red light on the device lights up and a "WAIT" message is heard. This is the same confirmation pedestrians receive when pressing the button.

continued from page 1

Artist Spotlight

Diego Marcial Rios

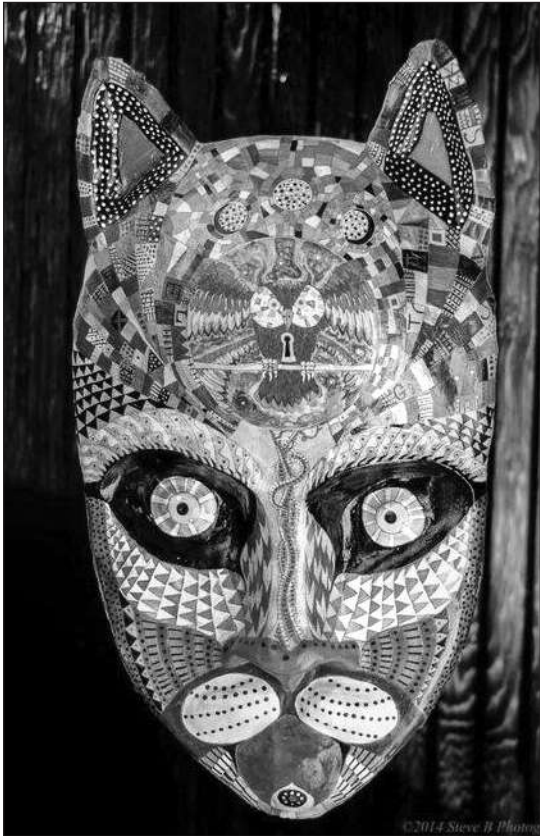


kid, and all of these important people were coming to my house to visit - a NY Times art critic, the head curators for the San Francisco Museum of Modern Art and the DeYoung Museum, and so on. I thought it was incredibly funny. It wasn't until I was older that I realized how important my art was to people."

Like Orozco's 57 murals that adorn the walls and ceiling of the Hospice Cabanas, Rios' art captures a social idealism that shines light on religious and political horrors. His whimsical work often incorporates Aztec and Mayan themes of life and death and has been dubbed "contemporary Mexican American surrealism expressionism." For example, Rios' painting "Green Sleep," filled with vibrant colors and texture, depicts the body of a dying soldier being lifted upward by the Angel of Death. In addition to paintings, Rios has mastered woodcuts, illustrations, masks, piñatas, and sugar skulls.

Rios is the first to admit he has been lucky. He didn't like school, but his drawing skills were already advanced by 5th grade, when he landed a job illustrating magazines for a publishing house in Berkeley. As a teen, he was awarded a scholarship at UC Berkeley where he received a BA in Fine Arts/History, followed by an MA in Fine Arts from the University of Wisconsin-Madison. All of his education has been paid for by scholarships and through sales of his artwork.

Like other artists such as Orozco and Diego Rivera (after whom Rios is named), Rios is driven by a desire for social change. A recent painting of his entitled "Borderline Demon" shows Donald Trump with red horns and a tail standing on the head of an undocumented Mexican immigrant. Rios is also working on another piece showing Donald Trump with dragons coming out of his suit, and a snake with Trump's face on it. Says Rios, "I'm doing that to evoke a certain feeling, that's for sure! To promote discussion. Some people



call it agitation propaganda. It's not all peace, love, and roses, man!" Rios judges the success of his artwork by the number of angry emails he receives.

Social activism runs deep in Rios' family. His parents walked the picket lines during the anti-war movement of the 60's, bringing young Diego with them. They marched with Cesar Chavez and the National Farm Workers Association. As a result of this upbringing, Rios is not merely content to create art and hope for social change, but is actively involved in bringing about that change himself, working for social services in Alameda County where he handles legal casework for homeless and displaced people. Says Rios, "At least I'm helping humanity in some capacity instead of just bitching about it on paper, which is what most political artists do."

Rios is also practical. Even though his art career blossomed at an early age, he decided to study law as a backup. He worked in criminal law for ten years and was also a private investigator. His family was skeptical of his dreams of becoming an artist until they realized he could make a living at it. He settled down in Newark, CA 20 years ago with his current wife. Says Rios, "I love, love, love Newark. It has that small-town feel."

Since COVID-19 hit, Rios has had little to do but make art - he is currently working on a piece that depicts the virus as a death angel. His classes and speaking engagements have been cancelled, replaced by the occasional Zoom call. His teenage daughter, Ramona, was planning on attending NYU this fall, but that is now on hold. She is also an artist.

Says Rios, "I feel bad for the younger generation. They've inherited a dying planet. But ultimately, I have faith in humanity. Eventually truth and justice prevail. And it will this time. Of course, waiting for it to happen is no fun. It will take a lot of work, will, and sacrifice, but we'll work our way out of it." At this Rios giggles impishly, his eyes alight with mischief, as if to say "Until then, watch out for me..."

Learn more about Diego Marcial Rios at www.diegomarciarrios.com



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BUSINESS

California governor's public health director resigns

AP WIRE SERVICE

California's top public health official has resigned, just days after the state announced a fix for a glitch that caused a lag in reporting coronavirus test results used to make decisions about re-opening businesses and schools. Dr. Sonia Angell said Sunday that she's departing from her role as director and state public health officer at the California Depart-

ment of Public Health. Her letter to staff, released by the California Health and Human Services Agency, did not give a specific reason for her departure. Angell often appeared during news conferences about California's response to the pandemic alongside Gov. Gavin Newsom, who had appointed her to the dual roles. "I want to thank Dr. Angell for her service to the state and

her work to help steer our public health system during this global pandemic, while never losing sight of the importance of health equity," Newsom said in a statement. Sandra Shewry, vice president of external engagement for California Health Care Foundation, will fill the role of acting health director, the health and human services department said. Dr. Erica Pan, who was

recently appointed state epidemiologist, will be the acting state public health officer. Angell's announcement comes after California Health and Human Services Secretary Dr. Mark Ghaly said the glitch caused up to 300,000 records to be backlogged, though not all were coronavirus cases, and some could be duplicates. The problem affected the California Reportable Disease Information Exchange,

also known as CalREDIE. "I am grateful to Dr. Angell for her service to the people of California," Ghaly said in his statement late Sunday. "Her leadership was instrumental as Californians flattened the curve once and in setting us on a path to do so again."

California to strengthen stockpile of personal protective equipment

SUBMITTED BY GOVERNOR'S PRESS OFFICE

Taking aggressive action to boost California's long-term supply of personal protective equipment (PPE) both now and into the fall months, Governor Gavin Newsom on July 22 announced new actions to strengthen the state's response to COVID-19. "Providing front-line workers the protective equipment they need is critical to our state's response to COVID-19," said Newsom. "Securing a reliable supply chain of PPE allows us to distribute millions of protective masks to our essential

workforce while preserving millions more in our state's stockpile for future use." Further building a stable stockpile so that health care and essential workers in California do not face the same supply shortages that characterized the early stages of the pandemic, Newsom has directed the Department of Public Health and Office of Emergency Services to further increase the state's strategic stockpile to 100 million N-95 respirators and 200 million surgical masks by early fall to account for the potential need given the recent rise in COVID-19 cases. To fulfill the stockpile goal, which was developed in consultation with health leaders and informed by advanced modeling data, the Governor's Office of Emergency Services has entered into a new contract with California-based BYD North America to produce 120 million N-95 respirators and 300 million surgical masks for the state.

Project to bridge digital divide

SUBMITTED BY JANICE ROMBECK

Santa Clara County Office of Education has received \$7.1 million from its county to bring technology to disadvantaged neighborhoods, an investment proposed by Supervisor Dave Cortese and approved by the board last month. "This investment in the Bridging the Digital Divide Project is especially critical considering schools across the county are going to be using distance learning for the foreseeable future because of the pandemic," said Cortese. "Students who do not have access to Internet or own computers have been left out of this educational opportunity and are falling behind." Not only will this provide distance learning to more students but also will connect their families to vital COVID-19 information, medical appointments, employment opportunities, food resources and housing aid. For more information, contact Office of Supervisor Cortese at (408) 299-5030.

Tesla boosts turbocharged stock with 5-for-1 split

BY MICHAEL LIEDTKE AP BUSINESS WRITER

Tesla will split its stock for the first time in its history so more investors can afford to buy a stake in the electric car pioneer following a meteoric rise in its market value. The five-for-one stock split announced Tuesday won't change how much Tesla's business is worth but will automatically reduce the price of its shares by 80% when it's completed on Aug. 31. The sharp drop in price per shares creates a wider universe of potential investors and often has the psychological effect of making it seem as if a stock is on sale. Those factors often spark rallies after a split is announced. For instance, Apple's stock price has surged by 14% since the iPhone maker disclosed a

four-for-one split less than two weeks ago. It marks the first time that Tesla has split its stock since the Palo Alto, California, company went public at \$17 per share a decade ago. Any investor who bought \$10,000 worth of stock at that IPO price would now have stock worth about \$860,000. Tesla's shares already have tripled so far this year to give the automaker a market value of \$256 billion – nearly three times more than the combined value of long-established rivals Ford Motor, General Motors, and Fiat Chrysler. The rapid run-up in Tesla's stock has been propelled by a widening belief that the company has fixed its past manufacturing problems. It is also seen as moving to widen the appeal of its vehicles beyond the luxury niche with a series of new models. Tesla also has been able to reverse a long history of losses under its eccentric CEO and co-founder, Elon Musk, to post four consecutive quarters of profits.

The company's financial turnaround has qualified Musk for two lucrative awards valued at nearly \$3 billion since May.

Rotary Club donates fully equipped disaster relief vehicle to charity

SUBMITTED BY MARGUERITE PADOVANI

The Rotary Club of San José presented at a press briefing Wednesday, August 12, a fully equipped multi-purpose "Disaster Relief Vehicle" to Gregory Kepferle, CEO of Catholic Charities of Santa Clara County. The vehicle will assist in emergency needs, especially now during the COVID-19 pandemic. Catholic Charities of Santa Clara County is a non-profit organization that serves and advocates for individuals and families in need, especially those living in poverty or who are uninsured. Rotarians involved in this donation included: immediate Past Rotary Club President Karyn Sinunu-Towery, who oversaw the study and the vehicle purchase; and Leslee Hamilton, the Rotary Club's executive director, who took the project to completion. Rotary President Fernando R. Zazueta officiated and presented the vehicle to Catholic Charities in response to increasing need for the means to deliver services such as food, medical assistance, and job assistance during this pandemic. "This was truly a team effort and it took a club of committed and dedicated Rotarians to make this exciting project a reality," explained Sinunu-Towery. "We are so grateful for the generosity of the Rotary Club of San Jose for this disaster response vehicle which will enable Catholic Charities to respond nimbly to the current disaster as well as future disasters and the ongoing needs of our vulnerable neighbors," said Gregory Kepferle, CEO of Catholic Charities of Santa Clara County. Committed to service in the community since 1914, the Rotary Club of San José members have volunteered more than 3,000,000 hours of community service and have given more than \$5 million in direct grants to over 100 community organizations. This van will help meet increased demand for a multiplicity of services and will create ways to provide many services which might not be available because of COVID-19 restrictions. "We were able to accomplish this through the generosity of Rotary members, especially Jeff Speno, President of Mission Valley Ford Trucks, who received special recognition and was given the award of "Rotarian of the Month," said Zazueta. "We thanked him for his exemplary service in the true spirit of Rotary and thanked him and his company for providing and outfitting a multi-purpose disaster vehicle within our budget. They made it possible for our club to donate the van." To learn more about the Rotary Club of San José, and inquire about meetings and membership opportunities, please visit its website at www.sjrotary.org.

Rotary Bridge Club raises \$12,000 for womens' shelter

SUBMITTED BY MARGUERITE PADOVANI

The Fremont Bridge Rotary Club of Rotary District 5170 has been on a mission to raise funds for Ruby's Place, in support of battered women with children and human trafficking victims. "When Linea McPherson, our club Community Service chair announced we would be raising \$5,000 to support Ruby's Place, a shelter for battered women, I was concerned if we could raise that amount in a month's time," said Paul Andrus, president Fremont Bridge Rotary Club. "Well, Linea showed me! With the majority of the fundraising coming from her efforts, I am proud to announce that our club has raised \$12,000 towards grocery gift cards for the women and children at Ruby's Place." **Ruby's Place** A group of women in the early 1970's decided that there needed to be a safe place for "battered women" (women fleeing dangerous and coercive environments) to go. Collectively they built an agency that still stands today with the desire and commitment to end domestic violence and human trafficking, one person at a time. The agency philosophy is built on having a strong healthy team to provide the best experience for clients in their care. They believe quality work starts with a program that is client-centered and built on trauma-informed care. Volunteer services coupled with intentional care from staff create a holistic approach. Ruby's Place has two shelters. A shelter for self-identified women and children who have experienced domestic violence or human trafficking is located in Hayward. Another shelter for self-identified men who have experienced human trafficking is located in Oakland. To learn more about Ruby's Place and how to donate, visit their website at <https://www.rubysplace.org/services> **Fremont Bridge Rotary Club** Fremont Bridge Rotary is a smaller club with just over 20 members, but it hopes to grow quickly. This year's motto is simple: "Do More, Talk Less." To learn more about Fremont Bridge Rotary, visit <https://fremontbridgerotary.org/> or email FremontBridgeRotary@gmail.com.

PG&E makes grid more resilient

SUBMITTED BY TAMAR SARKISSIAN

Pacific Gas and Electric Company (PG&E) is transforming its electric system in high fire-threat areas to make it more resilient and resistant to wildfires. Known as system hardening, this work will benefit customers directly in terms of improved reliability and increased safety.

The ongoing work will happen every day over the next several years as 7,100 miles of PG&E's distribution circuits are hardened. PG&E crews and contractors will remove existing poles and install stronger poles, often made of composite materials. Thin, bare power lines are being replaced with thicker, insulated lines that are more resistant to weather, wind, and broken branches. And, in some locations, the electric infrastructure is being buried

underground, completely avoiding issues with wind and trees. "The steps PG&E is taking to address the growing wildfire threat in our state are unlike any effort in the company's history. While there is no single solution, both immediate actions to minimize wildfire risks today, as well as longer-term efforts to rebuild our electric system for the future are necessary and underway," said Matt Pender, PG&E's director of the

Community Wildfire Safety Program. "We will continue until these hardening upgrades are complete for both the safety and reliability of our customers and communities facing the highest risk of wildfire." For more information on PG&E's wildfire mitigations and efforts to reduce the impacts of PSPS events, visit www.pge.com/wildfiresafety.



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Work-Life Balance While Working from Home

BY ANNE CHAN, PHD, MFT

COVID-19 has upended many facets of our lives, including work-life balance for those who are working from home. Some parents are trying to homeschool their children while attending work meetings. Those who are in tight living arrangements, struggle to find quiet workspaces. Some workers have resorted to attending meetings in their cars for lack of a better space. Some employees have reported that the benefits gained from not having to commute have been offset by an increased work load. Others are suffering from mental and eye strain from having to attend multiple zoom meetings.

This has been a giant experiment for employees working from home. For some, the dream of working from home has become a nightmare because there is no work-life balance anymore. You do not get to chill out from work when you get home because your home is now your work space.

Work-life balance was already a point of contention for many workers in Silicon Valley, even before the pandemic hit. Even those in the helping professions are afflicted with work-life balance issues. One survey conducted by the American Psychological Association found that 72 percent of the psychologists surveyed cited work-life balance as a source of stress. In fact, work-life balance was the top stressor for psychologists in this survey. Ironically, the same respondents noted that maintaining a work-life balance was the most effective thing they could do to cope with life.

Work-life imbalance can lead to a variety of negative outcomes, including stress, physical complaints, reduced life satisfaction and enjoyment. Ironically, working more does not necessarily lead to working better. Work quality can decrease when a worker experiences work life imbalance. But what is one to do when trapped (I mean, sheltered) in the house and work (and

housework) are rearing their ugly heads at every turn?

Luckily, you can maintain a semblance of work-life balance in different ways during the shutdown. These fall under two categories: mindfulness and acceptance.

Mindfulness:

- Be mindful about your own needs. You might be the best worker who jumps to take care of office needs, but how mindful are you of your own needs? One strategy is to schedule time for yourself and for friends, just as you would a work meeting. Likewise, schedule in your lunch and coffee breaks.

- Your partner and you might be hunkered at home trying to work full time while tending to the kids. This can throw an entire household into disarray. Suddenly, there might be more dishes to be washed or more messes to clean up. Have a conversation with your partner about what chores need to be done and who is responsible for doing them. During this time of

stress, communication is key. In fact, it might not be enough to be a good communicator. You might find it necessary to over-communicate or check in more frequently.

- Those who practice mindfulness are better off. If you are fully present at work or with your children, you will feel less stress and guilt. The internet has a boundless supply of meditation resources – take advantage of them.

- Be mindful about your boundaries and limits. Having an office space dedicated for work (and work only) can help you define boundaries between work and home life. Take regular breaks to refresh yourself, just as you would in an office setting.

Acceptance:

- Take an inventory of things you can come to an acceptance with. Perhaps it is a clutter, or a messy dining table now littered with your kids' homework. If this is your new normal, tell yourself that you have accepted it and remind yourself that you are okay

with this new arrangement.

- Accept that things will remain undone at the end of the day.

- Accept that you cannot accomplish everything on your to-do list, whether it is for work or home.

Mindfulness and acceptance go a long way toward helping us cope with the stress of this pandemic. Faithful attention to these two mindsets will put you in a healthier and happier frame of mind. You might even find that you no longer struggle with the idea of work-life balance.

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

SUBMITTED BY TAMAR SARKISSIAN

Back-to-school routine has never looked more different this year with kids staying home on computers and tablets due to distance learning mandates. Pacific Gas and Electric Company (PG&E) reminds customers about programs and tips available to help save energy and money.

Back-to-School (at Home) Energy Saving Programs and Tools

- Energy Saving Programs: PG&E third-party programs offer a range of services to support energy efficiency needs and help customers save money. Some are offered at no-cost and there are programs available to owners and renters. To learn more visit www.pge.com/partnerprogram.

- PG&E's Marketplace: Compare and shop for energy-efficient appliances and electronics to reduce electric costs and find the right model to meet specific household energy needs. To learn more visit www.marketplace.pge.com.

- Smart thermostat rebates of up to \$100 are available for qualifying products when replacing a current thermostat with a smart device. The new device can save up to \$390 on cooling and heating costs as well as increase comfort. To learn more visit www.pge.com/smarthermostats.

Back-to-School (at Home) Energy Saving Tips

- Plugging electronics into a power strip provides a convenient “turn-on/turn-off” point, so products are only on when in use. Unplug computers, appliances and equipment when not using them.

- Adjust the display on the television. Bright display modes are often unnecessary for homes and use a considerable amount of energy.

- If you turn your ceiling fan on when using the air conditioner, you can raise your thermostat about 4°F to save on cooling costs with no reduction in comfort. Turn off fans and lights when you leave the room. Fans cool you, not the room.

- Minimize the number of times the refrigerator is open and do not leave the door open for prolonged periods of time. The average refrigerator is opened 33 times a day (and much more if you have teenagers at home).

3,200 Job losses during crisis

SUBMITTED BY HAYWARD CHAMBER OF COMMERCE

At least 3,200 workers have been laid off from larger Hayward businesses, and 5,492 from the Eden Area at large, since the beginning of the COVID-19 crisis, members of the Hayward Chamber of Commerce Government Relations Council were told last Friday.

The statistics come from the Alameda County Workforce Development Board, with offices in Hayward, and were presented by business services coordinator Samantha Miller.

A third of the layoffs from businesses in incorporated Hayward were in the food services sector, followed by businesses in retail, manufacturing and professional services. In all, 32,726 Alameda County layoffs, either temporary or permanent, have been recorded from 312 businesses under the Workforce Development Board's Worker Adjustment Retraining Notification program (WARN), eligible to companies with at least 75 employees.

Miller explained that the agency has developed a Rapid Response team for those enrolled in the WARN program to discuss the needs of large employers and how to provide services to impacted workers. In addition to addressing requests for training laid off workers, her agency can make referrals to grant programs such as the National Dislocated Worker Grants, Governor's 25% Discretionary Grant, and Emergency Assistance Grants.

The Workforce Development Board is a member of the Hayward Chamber of Commerce, and chamber president Kim Huggett serves on its Alameda County Business Engagement Team. For more information, contact Samantha Miller at (510) 259-3832 or samiller@acgov.org.

Alameda County Workforce Development Board
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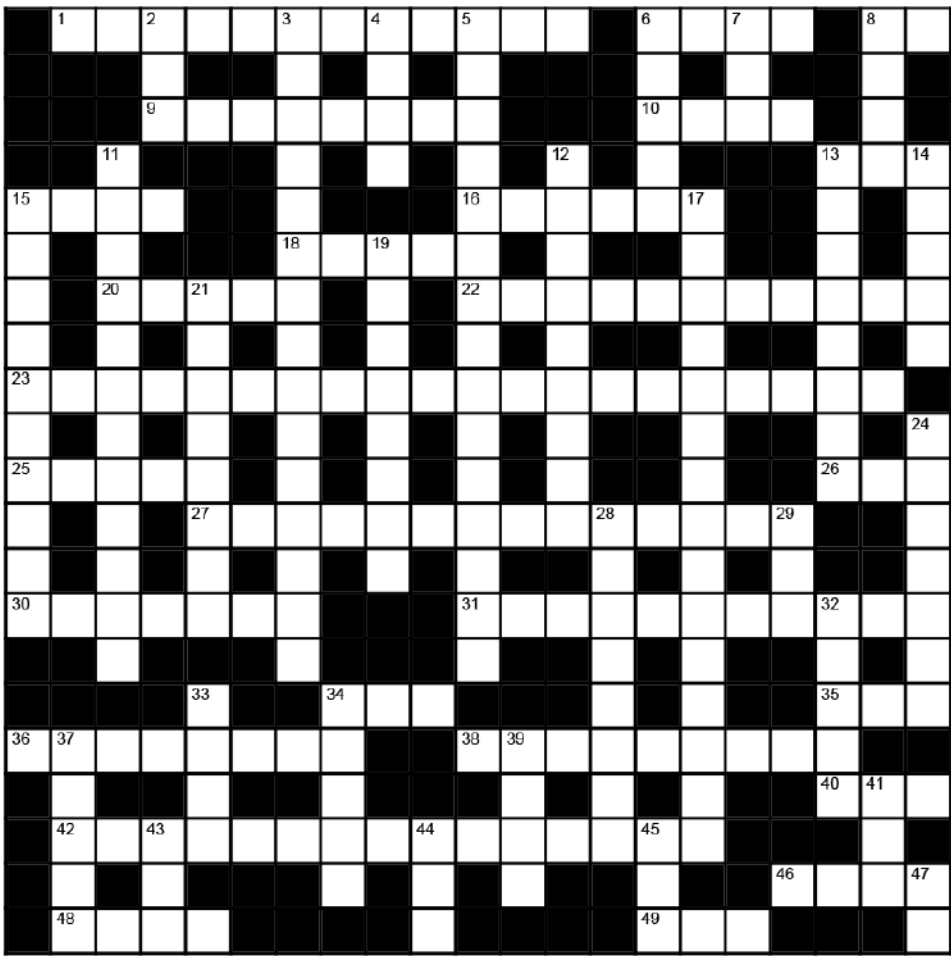
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| * Frequent urination | * Diabetes |
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| * Parkinson's disease | * TMJ syndrome |
| * Tourette syndrome | * Alzheimer's disease |

Mind Twisters

Crossword Puzzle



- Across

1

See circled squares (12)

6

Blockhead (4)

8

... (2)

9

Narrow (3-5)

10

Neeson of "Nell" (4)

13

Old activist org. (3)

15

Actor Lugosi (4)

16

Calamitous (6)

18

Johnny ___, "Key Largo" gangster (5)

20

"Land ___!" (5)

22

Repeatedly (4,3,4)

23

Batting order? (4,4,3,2,3,4)

25

Prefix with meter

26

Golden, in France (3)

27

See note (8,2,4)

30

With vigor (3,4)

31

persistence (11)

34

Ambient music pioneer (3)

35

"___ Como Va" (1971 Santana hit) (3)

36

It's all in the family (8)

38

Kept (9)

40

"Evil Woman" band, for short (3)

42

Creamy desserts with ladyfingers (9,6)

46

Page (4)

48

Ariz. neighbor (4)

49

High class?: Abbr. (3)

Down

2

Vietnam's ___ Dinh Diem (3)

3

In charge (2 words) (7,8)

4

Bismarck's state: Abbr. (1,3)

5

Bolt (4,2,4,5)

6

___ Lama (5)

7

Mauna ___ (3)

8

Darn, as socks (4)

11

Childbirth (7,5)

12

Hoax (5,4)

13

Cleared of snow (8)

14

Brainy (5)

15

Bad spelling? (5,5)

17

Ballpark figures (15)

19

Sure thing (8)

21

Convention V.I.P. (8)

24

Entertainer (7)

28

Survives (8)

29

Ham, to Noah (3)

32

Lyric poem (5)

33

Song ender (4)

34

Drain (5)

37

Record holder? (2-3)

39

Casanova (4)

41

Fabrication (3)

43

Sailor's assent (3)

44

Aurora's Greek counterpart (3)

45

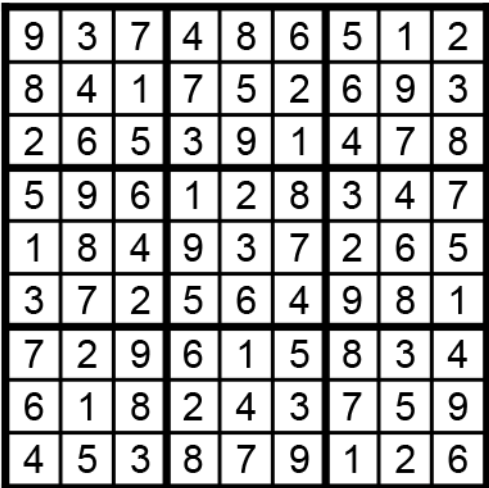
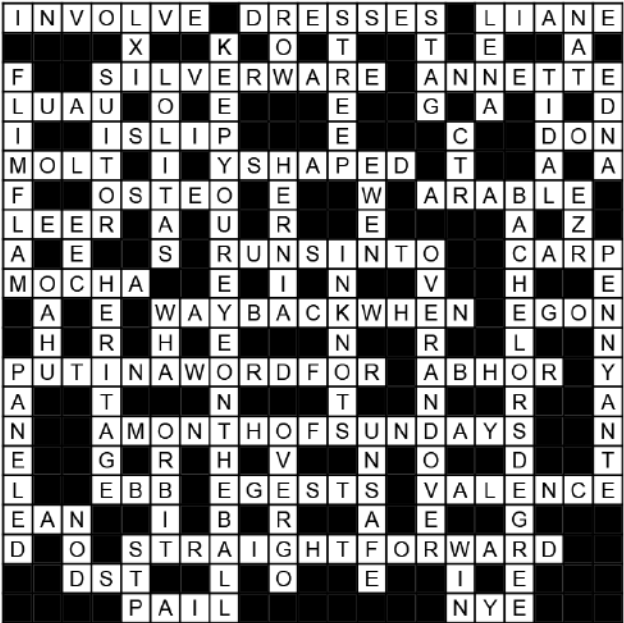
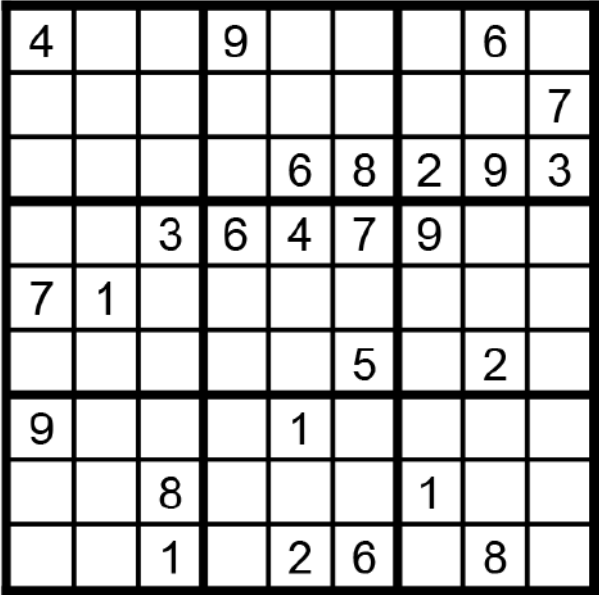
Codgers' replies (3)

47

... (2)

Sudoku:

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



Tri-City Stargazer FOR WEEK: AUGUST 18, 2020

All Signs: This week is more mellow than last week. The Moon will move through Cancer, Leo, Virgo, and Libra. The Moon changes signs every two and a half days and when it is in your own sign your luck improves; however, your emotions are amped.

Aries the Ram (March 21-April 20): This continues to be a fabulous, playful week for you. You can be in touch with your creative vibes through music, writing, singing, or creating anything with your hands. Grab every opportunity to express your talents. Midweek, a surprise might impact your home or your family. For some, it might be a spontaneous get together at home. For others, it could be a real-estate opportunity.

Taurus the Bull (April 21-May 20): Family discussions are lively this week. You might also tackle major repairs or home improvements, especially at the beginning of the week. This is a fine time to examine your personal and family life and make plans. Do not let pressures build up within you. Speak up if you want to say something. Meanwhile, midweek, a delightful surprise will please you. Your social life might also pick up.

Gemini the Twins (May 21-June 20): This continues to be a fast-paced time because you are eager to get out and talk to others. You will love a short trip, especially for pleasure. You will also enjoy hanging out with younger people. It is a great week for intellectual activities and sharing ideas. This is not the time to settle down and relax. Midweek, you might receive a gift or an unexpected goodie. You might get a raise or job offer. Something unexpected will enhance your wealth or your assets.

Cancer the Crab (June 21-July 21): You have money, earnings, cash flow, and your belongings on your mind this week. For starters, you might have some wonderful, moneymaking ideas. Let us not forget that fiery Mars is at the top of your chart for the rest of the year arousing your ambition. Meanwhile, midweek, something will totally please you. It might be a spontaneous get-together with friends or a little vacation.

Leo the Lion (July 22-August 22): At the beginning of this week, the Sun and Mercury are lined up in your sign, which means you want to talk to others. You will take the initiative. You might also be more involved with social media, writing notes and letters – as well as doing routine paperwork because your mind is so clear. Many will make lists and plans because you are pumped about life. Find ways to shake up your routine and create some new stimulation in your life. Midweek, something unexpected and “hidden” will please you.

Virgo the Virgin (August 23-September 22): Your research skills are fabulous, especially at the beginning of the week. If you are looking for answers to old questions or solutions to old problems, you just might discover them. On Wednesday, your ruler Mercury enters your sign to stay for the next two weeks. This will make you more talkative than usual. In fact, this two-week interval

will be excellent for teachers, salespeople, and writers. Expect a lovely surprise from a friend or a member of a group midweek. You might meet someone, possibly a new romance. Someone might do you a favor or you might have a delightful time with someone.

Libra the Scales (September 23-October 22): Your popularity continues! Enjoy meeting new faces and talking to friends, especially younger people. With Mars still opposite your sign, you must demonstrate patience when you feel annoyed with others. (This year is a great opportunity to cultivate patience.) Midweek, something delightful will happen. It could involve a parent or a boss. You might be flattered because someone wants your advice about how to make something look better.

Scorpio the Scorpion (October 23-November 21): You are high viz. for several reasons and people admire you. They are impressed with your accomplishments and they respect you. At the beginning of the week, your ability to talk to people in power is excellent. Monday and Tuesday are good days to ask for what you want or to get approval for something you want to do. Midweek, a sudden opportunity to travel for pleasure will fall in your lap. If you can do so – say yes. You might take advantage of a new opportunity in publishing, media, law, or medicine and something to do with further training.

Sagittarius the Archer (November 22-December 21): Let’s face it, you’re restless. You want something to happen. Ideally, you want to jet off somewhere thrilling and discover new ideas, meet new people, and learn new things. Quite possibly, for some, this will be a reality. Study, learning and writing will be solid choices. You might explore a new sport or physical activity because the placement of Mars for the rest of the year strongly supports this. Midweek expect a gift or a favor from someone that will delight you and arrive right out of the blue.

Capricorn the Goat (December 22-January 19): Issues on the home front or in your family are stalled and a bit perplexing. Just cope as best you can. Fortunately, when it comes to shared property, inheritances, and insurance, you will have no trouble speaking up to defend your best interests. In fact, it will please you to do so. Others will be receptive to what you have to say because fair Venus is opposite your sign paving the way for all your communications. Lucky Jupiter is still in your sign, which is a fabulous blessing. Look for ways to hammer out favorable deals and wait for delays at home to ultimately manifest as you hope they will.

Aquarius the Water Bearer (January 20-February 18): With the Sun opposite your sign, you need more rest. However, this polarized position of the Sun also draws your attention to your

closest relationships. Because you have more detachment, you can view these relationships with more objectivity. Because you see your style of relating to those who are closest to you, you can look for ways to improve how you relate. Meanwhile, midweek, a pleasant surprise related to your health, your job, or a pet might materialize.

Pisces the Fish (February 19-March 20): You are still in work mode and keen to get as much done as possible. You want to work smart. You want to be effective, efficient, and productive. Something related to earnings seems sluggish or stuck in the mud right now. Fortunately, your hard work will bring you rewards. Parties, fun activities with kids, vacations and the arts will please you. Romance might sizzle. For the next two weeks, with Mercury opposite your sign you will enjoy opportunity to clarify and explain important things to others.



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Fish Ladders

continued from page 1

When a devastating 1955 flood left parts of the Tri-City area under six feet of water, the Army Corps of Engineers began the process to tame the river. The 1970s civil engineering flood control project included rubber dams and a concrete grade control erected near the BART tracks in downtown Niles that became a permanent barrier to steelhead trout, central California's native salmonids.

Steelhead spend most of their lives in the ocean but return to freshwater streams and rivers to spawn and rear their young. While both central California steelhead and salmon migrate upstream to their spawning grounds, trout are not willing to stay there and die in the process, preferring instead to return to the ocean. They need unimpeded streams and rivers to get there and back, but new grade structures and dams, installed over the decades, have been formidable obstacles.

Thus, in the wake of this massive engineering effort, trout population plummeted. When the fish was put on the Endangered Species Act list in August 1997 as "threatened," a consortium of Bay Area groups began working together to address the problem. The ACWD mission is to support fishery restoration while ensuring reliability of critical water supplies.

ACWD is in year two of a three-year project to create complex fish ladders and cylindrical fish screens in the creek, part of an \$80 million program underway since 2009 to assist the steelhead trout. A fish ladder is a structure that allows migrating fish safe passage over or around in-stream barriers such as flood-control structures. Shaver said: "We are using a science-based approach to meet the needs of the fish and to protect our community's drinking water."

Working with multiple partners in the regional effort, ACWD is seeking funding from external sources. "We are aggressively continuing to go after grants for additional funding," said Ed Stevenson, ACWD engineering and technology manager. So far, they've received \$21.3 million in grants, \$16.4 million from partners, \$2 million from other sources, and \$39 million earmarked from the capital improvement fund. "We aren't borrowing any money and are looking out for our ratepayers," Stevenson added.

Several studies in the mid to late 2000s researched options for creating a more fish-friendly waterway. Initially, ACWD installed rubber dams. Rubber Dam One, near the BART grade was, at one point, the largest in the world. Rubber Dam Two, near Shinn Pond, was removed a few years

ago as part of the current project. Two dams are inflatable and deployed to span the creek following storms. Diversion structures move excess water for storage in quarries, replenishing supplies in the Niles Cone Groundwater Basin.

Projects since 2009 have included altering diversions to be "fish friendly" and to safely move water to charging ponds, and installing fish screens. Biologists and engineering consultants designed fish ladders and cylindrical fish screens on water diversions to keep fish from going into Quarry Lakes. "These are some of the most complex fish ladders in the world," Shaver said. "They are serving both to keep our water sources safe and to meet the needs of steelhead trout." The fish ladder over Rubber Dam Three near Mission Boulevard was completed in 2018 and is in service today. "We have already seen some steelhead trout in the stream, which is encouraging," Shaver said.

The final stage began in 2018. "Most of the work is done in the summertime, prime construction time before winter

rains," Stevenson said. In May 2020, construction work resumed at the site. "There's a whole lot of activity with work on the foundation of the current rubber dam and on the railroad support area." He added, "So far, so good – the budget and timeline are on schedule."

Workers will pause again in October in anticipation of winter rains; some work will continue in the area but not in the channel itself. Next spring, crews will begin again, installing the new water diversion structure and refurbishing the rubber dam control building to ensure it is working optimally with the automated, complex fish ladders. All construction is slated for completion by 2022.

"This is environmental enhancement, water supply protection and flood control – the engineering design is to meet all three of these objectives," Stevenson said. "We are proud we took the lead and got ahead of this. It's good for the threatened species and for protecting the local water supply."



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Home & Garden

Debunking Hot Peppers Myths

BY MELINDA MYERS

Enjoy the spicy heat hot peppers add to your meals without concern for the many myths surrounding these garden vegetables. Here are a few you may have heard but which are not true.

Growing both hot and sweet peppers in the garden will not add spicy heat to the sweet varieties. Peppers are normally self-pollinated. If an insect happens to move the pollen from a hot to sweet pepper, it will not affect the flavor or heat of this year's harvest. If you save the seeds from a cross-pollinated pepper for next year's garden there is no guarantee on the results. The offspring from this cross may be hot or sweet, only time will tell.

Label hot peppers when growing, harvesting, and storing to avoid any mix-ups. The sweet banana pepper, for example, can easily be confused with hot banana. This makes for an unwelcome surprise when preparing, serving, and eating.

Consider wearing rubber gloves and avoid touching your face and eyes when working with hot peppers as they can burn. Wash your hands, utensils and cutting boards when finished to avoid any future issues.

Never assume all green peppers are sweet or you will be

in for a surprise. Jalapenos are typically harvested when green, and others like habanero and Anaheim are hot, whether harvested when green or red. You will also find that hot peppers can be yellow, orange, brown and of course red.

You can turn down the heat when preparing your favorite recipes. Contrary to popular belief, all the heat in hot peppers does not come from the seeds. While that's partially true, most of the capsaicin that gives hot peppers their heat is in the white membrane that houses the seeds. When the seeds are growing, they may also be coated with



Photo Courtesy of All-America Selections

extra capsaicin. Remove the white membrane and the seeds, just to be safe, if you want to turn down the heat.



Photo Courtesy of MelindaMyers.com

The spicy heat of hot peppers is measured in Scoville Heat Units. The ratings are based on the amount of sugar water needed to neutralize the spicy heat in the extracted capsaicin that has been diluted in alcohol. A panel of five taste testers decides when the spicy heat has been neutralized and then assigns the rating. Today many companies use a chemical process (liquid chromatography) but translate their results into the popular Scoville Heat Units.

The Scoville Heat Unit rankings vary from one type of hot pepper to another with Poblano-Ancho rating between 1,000 to 2,000, jalapenos 2,500 to 6,000, habaneros at 100,000 to 300,000 and one of the hottest, the ghost pepper, at 1,000,000 to 2,200,000 Scoville Heat Units. Ratings may also vary from individual plants within a specific type based on

individual plant differences and growing conditions.

Finally, do not worry if you had a bad day when planting your hot peppers. Contrary to some old adages, planting hot peppers when angry will not make the peppers hotter, but unknowingly taking a bite of a hot pepper may very well change your mood.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her website is www.MelindaMyers.com.



Photo Courtesy of MelindaMyers.com



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Kid Scoop Together:

Read this article aloud to a family member. Then discuss your answers to the questions it asks.

GREAT MOMENTS IN WOMEN'S HISTORY

How Women Won the Right to Vote

Replace the missing words on this page:



Can you imagine a world in which women do not have the right to vote?

How long do you think women in the United States have had the right to vote? 300 years? 200 years? 150 years?

In the United States, women have had that _____ for only 100 years of the 244 years we have been a country. And getting the right to vote took _____ of protesting and writing to lawmakers—who were all men at the time.



Meeting for Women's Rights

In 1848, a group of people met in Seneca Falls, NY to talk about the _____ women faced because they didn't have the same rights as men.

The word **suffrage** means the right to vote in elections. A **suffragist** is a person who fights for suffrage.

in the United States. At that meeting, men and women signed a document called, "Declaration of Sentiments and Resolutions." By signing, these people agreed to the _____ of what was becoming the woman's movement.

For more than 70 years, women and men _____, wrote letters and articles, protested and picketed to get an Amendment to the Constitution which would give women the right to _____. These people were known as **suffragists**.

At that time, women could not own property, they could not vote and very few could go to _____.

This meeting was the first women's rights convention

Victory!

On May 21, 1919, the U.S. House of Representatives finally _____ the **19th Amendment**, also known as the Susan B. Anthony Amendment, guaranteeing women the right to vote. But that was just the first _____. The U.S. Senate and at least three quarters of the states had to approve it before it would become the law of the land.

The United States Senate approved the amendment a week after the House.

On August 18, 1920, Tennessee became the _____ state needed to ratify the 19th Amendment.

One week later, on August 26, the 19th Amendment officially became part of the U.S. Constitution, forever _____ American women's right to vote.

Today, more than 68 million women vote in elections because of the courageous suffragists who never gave up the fight for equality.



Photo: Everett Historical / Shutterstock

Extra! Extra!

Should kids be able to vote?

Write a letter to the editor of this newspaper sharing your opinion about whether or not kids should be able to vote. Be sure to support your argument with some facts.

Standards Link: Writing applications.

1. Which Amendment to the U.S. Constitution gives women the right to vote?
☐ 16th ☐ 19th ☐ 21st

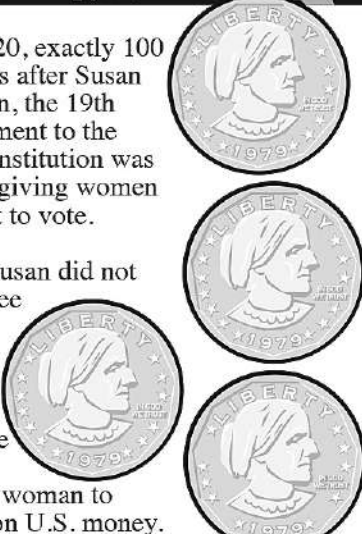
2. How many years have American women had the right to vote?
☐ 100 ☐ 250 ☐ 500

3. Where did the first women's rights convention take place?
☐ TENNESSEE ☐ IOWA ☐ NEW YORK

Kid Scoop Puzzler

In 1920, exactly 100 years after Susan was born, the 19th Amendment to the U.S. Constitution was passed, giving women the right to vote.

While Susan did not live to see women get the right to vote, in 1979 she became the first woman to appear on U.S. money.



Look closely to see which Susan B. Anthony dollar is different.

Standards Link: Investigation: Find similarities and differences in common objects.

Double Double Word Search

AMENDMENT
PICKETED
SUFFRAGE
APPROVED
WARRANT
ANTHONY
VICTORY
DECADES
RATIFY
RIGHT
WOMEN
LAST
VOTE
MEN

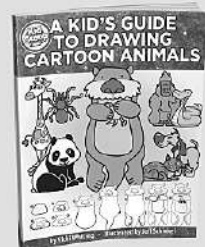
Find the words in the puzzle. How many of them can you find on this page?

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

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

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Kid Scoop VOCABULARY BUILDERS

This week's word: **RATIFY**

The verb **ratify** means to approve something.

Women's right to vote was **ratified** in 1919.

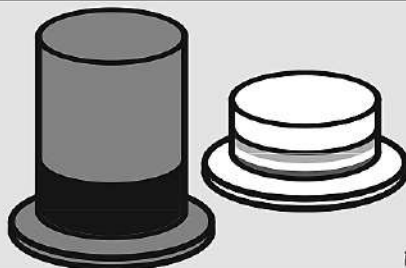
Try to use the word **ratify** in a sentence today when talking with friends and family members.

FROM THE Kid Scoop LESSON LIBRARY

Women in Leadership

Not only can women vote, but they also hold elected offices. Look through the newspaper for examples of women that are in leadership positions. Research to find out if they were voted into this job or hired.

Standards Link: Use the newspaper to locate information.



Which president wore the biggest hat?

ANSWER: The one with the biggest head!

Write On!

Ode to the Sun

Write a poem about the sun. Read it to your family this evening.



AFFORDABLE HOME RENOVATION
WITHIN ARMS REACH

Renew Alameda County helps homeowners make renovations necessary to stay, grow, and thrive in their homes. Renew AC can make your home improvement plans come to life—without breaking the bank. Renew AC provides 1% interest loans from \$15,000 to \$150,000 to qualified homeowners. Simple interest is accrued annually, with total interest never to exceed 50% of amount borrowed, and payments are deferred until the home is sold.

WHO QUALIFIES?

Renew Alameda County is for low-income homeowners within the county’s 20-city territory who are in need of renovations to improve their health and safety to remain living in their home. Qualifying homeowners must:

- Own and live in an insured Alameda County home

Have an annual income of no more than 80% of Area Median Income*

Have no more than \$150,000 in assets
- Meet credit requirements focusing on the security of your home

Have a loan-to-value ratio of no more than 90% including the Renew AC loan

Have only one existing lien on the home

WHAT ARE THE INCOME QUALIFICATIONS?

Applicants must earn no more than the specified annual income cap. The income cap is a standard calculated each year by the US Department of Housing and Urban Development (HUD) set at 80% of that year’s Area Median Income. The maximum income depends on the number of people in your household.*

CURRENT MAXIMUM INCOME: total members in household
(*Do not count full-time caregivers as members of your household.)

1 person	\$73,100	5 people	\$112,800
2 people	\$83,550	6 people	\$121,150
3 people	\$94,000	7 people	\$129,500
4 people	\$104,400	8 people	\$137,850

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for Humanity®
East Bay/Silicon Valley



LEARN MORE AT **RENEWAC.ORG**

HomeRepair@HabitatEBSV.org
Habitat’s Home Repair Hotline 510-803-3388
TTY/TDD Services 800-735-2929

High school tutors
give advice on
the coming school year

SUBMITTED BY FUSS

During the summer, Fremont Unified High School Students stepped up to tutor younger kids who were struggling with remote learning. The program ended on August 7, but the FUSS (Fremont Unified Student Store) asked the tutors if they had any advice for the upcoming school year and posted their comments on the website. The responses can be read in full at this link: <https://www.fuss4schools.org/online-youth-tutors/>.

Here are a few highlights:
From Aditi G.

Going to school normally can already be quite difficult and taxing, and with this

year’s challenges because of the pandemic, there will be a plethora of challenges! It is a good idea to develop/maintain some good habits to be as successful as possible in this coming year.

Since we don’t have to physically be at school because of quarantine, it can be easy to fall into a bad sleep schedule. You might start sleeping late and waking up late and neglecting your school schedule. A good idea is to have set times and follow them strictly. Have a set time to wake up, a set time for when you’re going to work and have lunch, and a set time for when you will sleep.

Having a set location for where you will do your schoolwork (like a room with a desk) is a good idea because you will be in

a place where you are used to working. Whenever you enter that place, you will be in the mood of studying. It’s ideal if you only do academic work in that room/desk and not anything unacademic. That way, whenever you enter that room/work at that desk, your brain is only expecting to study, instead of getting distracted.

We all know that the temptation of going on our phone is too much. A good idea is to only use your phone when you are not in school hours. That keeps the time that you are supposed to be in school more authentic. When it is the hours of school, you should be doing schoolwork/academic work, not recreational work or anything off-task.

During this quarantine, since everything is online, you have to make sure to listen properly to what your teacher tells you. Make sure to take notes and write down your homework! Having a planner to write down your homework is a very good idea, and sticky notes/a notebook can be helpful for taking notes in class!

From Rithika

I find that mandating to keep the cameras on works a lot better so that the students don’t fool around or go on their phones. Also keeping it very interactive, by asking questions, makes the students listen

and pay attention. Adding on to that, I always have an end-of-class mini review quiz, it makes sure they properly learned everything well.

From Shruti

I have a couple points for both High School and Elementary School students that I think might help ease us into distance learning.

For High Schoolers:

It really helped me when the lesson plan for the entire week is sent out at the beginning of the week. I think that makes it easier for students to go at their own paces to both learn and work on assignments. If the class requires to be taught through lectures, limiting them to 1 to 2 a week so that it does not interfere with the students’ pacing on more important assignments.

For Elementary Schoolers:

In contrast to High Schoolers, I’ve found that Elementary students work better when meeting with the teacher at least once a week and up to every day, because they work better when having more structured and peer/instructor motivated education.

LETTER TO THE EDITOR

Sunol – a hidden gem

Exploring new places has become a second habit for our family during this pandemic. When the lockdown started, one of the main concerns was addressing our boredom. Family hikes were not an option, as we have a wheelchair user and rough terrain was not accessible. Alternatively, we started exploring local spots, never realized the hidden gems that were all around us. One of our recent trips took us up Niles Canyon and through Sunol.

Driving through the Niles Canyon road, our first stop was Old Niles Canyon Park, the beginning of the Niles Canyon drive from Fremont. This is a nice park where you can start your hike or bike to the Alameda Creek Trail. This place is

beautiful with a view of a picturesque stream surrounded by hills. A very relaxing getaway from the hustle and bustle.

Our next stop was the quaint little town of Sunol, nestled between Fremont and Pleasanton. This charming historic



town has a post office, railway station, garden, and a few cafes. The beautiful main street has an Italian bistro with a gorgeous patio and a couple of accessible parking spots. A nice pit stop before you take the charming Foothill Road surrounded by wineries, golf courses and beautiful houses all the way to Pleasanton.

Wheelchair accessibility

The staging areas of Niles Canyon and the Pleasanton Ridge park are completely wheelchair accessible with picnic tables. There are a couple of accessible parking spots and a portable accessible restroom. Downtown Sunol is completely wheelchair accessible. The Niles Canyon Railroad Depot is as well.

Twesha, Ghosh
Fremont



Masonic Homes
of California



WE'RE HIRING!

Looking to start a career in healthcare?

Want to get back into the job force after retiring or in need of extra income?

On-the-job training is available for many positions.

Temporary and regular positions available.

THE MASONIC HOMES OF CALIFORNIA has full-time and part-time positions open for nurses, caregivers, kitchen staff, and many other support positions. The Masonic Homes offers competitive pay, and recognizes the importance of family and well-being in a safe, supportive, and stable organization. Our protocols and best practices have kept our campus healthy and supportive to residents and caregivers alike.

Recently named a **Top Workplace in the Bay Area** by the Bay Area News Group, our team of healthcare professionals make a positive impact on our East Bay community. We are a licensed skilled nursing facility and residential-care facility for the elderly and have been in operation in Union City for more than 100 years.



34400 Mission Blvd., Union City, CA

VIEW OUR OPEN POSITIONS AT
MasonicHome.org

WE ARE CURRENTLY HIRING:

- Nurses
- Caregivers
- Cooks
- Food Servers
- Housekeepers
- More

JOIN OUR TALENTED AND COMPASSIONATE TEAM!



TRANSITIONS SHORT TERM CARE: Comfortable Recovery, Unparalleled Care

Recover from illness, surgery, or injury in a tranquil and upscale environment that caters to your every need. Hotel-style amenities and restaurant-style dining make you feel comfortable and cared for by our team of experienced, interdisciplinary caretakers.

(510) 475-2137

View our video at:
masonichome.org/Transitions

Acacia Creek: Come Live the Dream!

*Cherished friends. Continued learning and growth.
Busy, active lifestyles to keep you energized.*

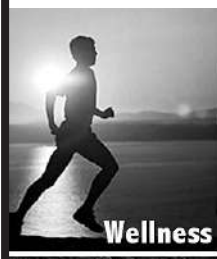


Come see for yourself how Acacia Creek is breaking the mold on what it means to age. In our vibrant, community, we empower each other to lead fulfilling lives and become our best selves.

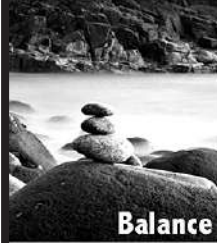
Join us:
(877) 902-7555
acaciacreek.org



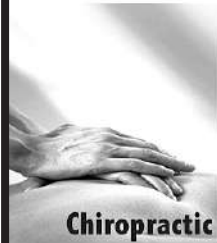
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Balance



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- Neck, back and extremity pain
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Exp. 10/30/20

Janet L. Laney, D.C.
510-792-9000
6170 Thornton Ave., Suite H
Newark (near Haller's Pharmacy)



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(Behind FOOD SOURCE)

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Helping Cancer Patients

Delivering Compassion!

Making a difference, one survivor at a time.

FREE

Transportation service and
supportive companionship for
ambulatory cancer patients,
from suspicious findings through
completion of treatments

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

Need a ride to your cancer-related
medical appointment?
We can drive you for FREE!

Do you have occasional extra hours?
We always need more **volunteer-**
companion drivers...let's talk!

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For more info, please call **(510) 462-1100**
or email

Outreach@driversforsurvivors.org

www.DriversForSurvivors.org

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

\$ = Entrance or Activity Fee

R= Reservations Required

Schedules are subject to change.

Call to confirm activities shown in these listings.

CONTINUING 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

Tuesdays

Eden Eats \$R

6 p.m.

*Virtual cooking class featuring
community chefs*

Via YouTube and Facebook Live

Sign up at:

<https://edeneats.square.site/about>

Wednesdays and Sundays

McNevin at The Mudpuddle

6 p.m.

*Dinner time tunes, oddservations,
and bad jokes*

Via Facebook Live:

www.facebook.com/mudpuddlemusic

Wednesdays, August 5 – September 9

Zoom laughter yoga classes

2:00p.m. – 3:30 p.m.

*Easy exercises including stretching,
breathing, and dancing*

<https://sccl.bibliocommons.com/eve-nts/5f10b335218c0e810c318a65>

Wednesdays, August 12 and 19

PG&E Wildfire Safety Webinar

5:30 p.m. – 7:00 p.m.

Hear about wildfire prevention efforts

8/12: <https://bit.ly/30YIWji>,

Conference ID: 3624868

8/19: <https://bit.ly/3gjOWWh>,

Conference ID: 3567527

1 (866) 501-6088

Friday, August 14 – Sunday, August 23

Much Ado About Nothing \$

*Modern makeover of Shakespeare's clas-
sic romantic comedy: pre-recorded for a
live watch party*

Fri/Sat 7 p.m.; Sun 2 p.m.

plethos.org

Early Bird tickets: \$10

Thursdays

First Presbyterian Church of Newark Virtual Meetings

6:30 p.m.

*Youth and young adults, students
welcome*

Contact: brian@newarkpress.org

Zoom Meeting ID#

www.newarkpres.org

Fridays through August 28

Summer Drive-Thru Grocery Giveaway

9:30 a.m. – 2:30 p.m.

Wells Fargo Building

3440 Walnut Ave. Fremont

(via Sundale Dr.)

<https://www.tri-cityvolunteers.org/>

Sundays

First Presbyterian Church of Newark Virtual Meetings

11:00 a.m.

Sunday School, Ages K – 6th grade

Contact: office@newarkpres.org

Zoom Meeting ID#

www.newarkpres.org

Saturdays

Virtual Town Hall

3 p.m. – 4 p.m.

With Supervisor Dave Cortese

Via Facebook Live:

www.facebook.com/davecortese.gov

Thursdays, September 10 & 17

Music For Minors II Choir Auditions

3:30 p.m. – 4:45 p.m.

*Auditions for kids interested in singing
in the MFMI Choir*

Via Zoom

To apply: kidschoir@musicformi-nors2.org or (510) 733-1189

Arts & Entertainment

Clear the Shelters special \$20 adoption event (by appointment only)

I need a Forever Home

Sasha is an
11 years
young,
Schipperke
female who is
spayed and
ready to go
home! Sasha
enjoys going
on walks and
walks well on
leash. She
would prefer
an adult only
household.



Dooley is a 4 year
old male tabby cat
who is super
friendly. He will
jump up and meow
for attention, he
loves pets and
always has a
warm welcome
for his favorite
people.

ENRICH YOUR LIFE - BECOME A VOLUNTEER!

Hayward Animal Shelter

www.facebook.com/haywardanimalshelter

510-293-7200

16 Barnes Court (Near Soto & Jackson)

Hayward

Tuesday - Saturday 1pm - 5pm

Mondays and Wednesdays, September 21 – November 9

Music For Minors II Training

Times TBD

Learn how to become a MFMI doc-
ment volunteer

Via Zoom

To apply: <https://bit.ly/3iAutRW>

Info at: www.musicforminors2.org

Tuesday, August 18

Ohlone College: Financial Aid FAQ R

5 p.m. – 6 p.m.

*Answers to financial questions in real
time*

Via Zoom

To register: <https://bit.ly/2DpqQPm>

Wednesday, August 19

Digital Marketing Strategies During COVID-19 R

3 p.m. – 5 p.m.

Learn about social marketing

Via Zoom

To register:

<https://nc.eccenterdirect.com/events/46960>

Wednesday, August 19

Between Inca Walls book launch

*Local author talks about her Peace
Corps memoir*

6 p.m.

Via Zoom

Link available at: <https://www.eve-lynlatorre.com/blog>

Thursday, August 20

Business Imperatives R

3 p.m. – 5 p.m.

*Discussion about understanding busi-
ness cycles*

Via Zoom

To register:

<https://nc.eccenterdirect.com/events/46961>

UPCOMING Events

Tuesday, August 18

Live Science hosted by Chabot Space and Science Center R

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

*Science Educator Haley Thiltgen gives
live demonstrations of explosive or
thrilling reactions you can't do at home*

Via Facebook Live or Zoom

<https://www.facebook.com/events/718947172008927/>

<https://chabotspace.org/>

Tuesday, August 18

Ohlone College: Dynamic Resumes R

3 p.m. – 4 p.m.

Learn how to keep your resume fresh

Via Zoom

To register: <https://bit.ly/2EDiQLs>

Tuesday, August 18

Ohlone College: Perfecting the Interview R

4 p.m. – 5 p.m.

*Learn how to conduct an effective
interview*

Via Zoom

To register: <https://bit.ly/2XfUEVJ>

Farmers’ Markets

CASTRO VALLEY:

Castro Valley Farmers' Market

Saturdays
10 a.m. – 2 p.m.

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

FREMONT:

Kaiser Permanente Fremont Farmers’ Market

Thursdays
10 a.m. – 2 p.m.

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

Irvington Farmers’ Market

Sundays

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

Niles Farmer's Market

Saturdays

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

HAYWARD:

Hayward Farmers’ Market

Saturdays

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

SAN LEANDRO:

Bayfair Center

Saturdays

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

Kaiser Permanente San Leandro

Wednesday
10 a.m. - 2 p.m.

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

Downtown San Leandro

Wednesdays

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

MILPITAS:

Milpitas Farmers’ Market at Great Mall Parking Lot

Sundays

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

NEWARK:

Newark Farmers’ Market

Sundays

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

UNION CITY:

Kaiser Permanente Union City Farmers’ Market

Tuesdays

10 a.m. – 2 p.m.

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

Union City Farmers’ Market

Saturdays

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

BOOKMOBILE SCHEDULE

Alameda County
Renew books by phone
(510) 790-8096

For more information
about the Bookmobile call
(510) 745-1477 or visit
www.aclibrary.org/book-
mobile

Times & Stops subject to change

Tuesday

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

Wednesday

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

Thursday

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

Monday

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

Tuesday

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

Wednesday

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

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

For more information
(408) 293-2326 x3060

Wednesday

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

Keep the Summer Activities Rolling



Curiosity sparked or have a question for a librarian?
Reach out to us online at <http://answers.aclibrary.org/> or call at (510) 745-1500

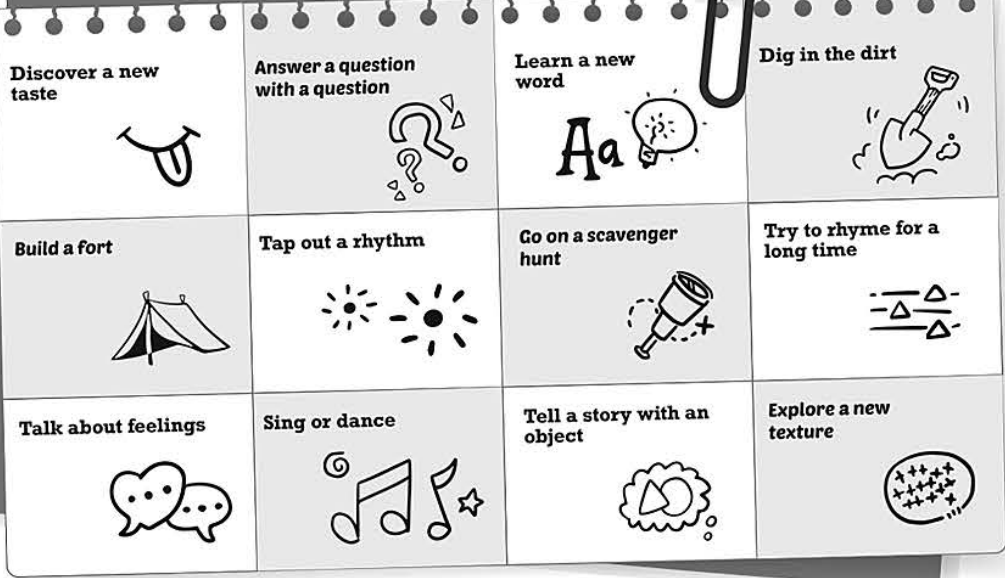


Stay connected to the Alameda County Library with our new summer program.

Learn, laugh, and explore with the activities on this game board. All ages welcome to participate. Share your efforts to win weekly prizes!

1. Pick any activities you want to do on the game board.
2. If any of the activities on the game board don't work for you or your family, replace them with one of the alternate activities. Every activity can also be replaced by reading or listening to a book, magazine, graphic novel, etc.
3. For entry in the weekly prize drawing share one story/video/photo/drawing inspired by an activity from the game board. Drawings will be held every Friday from June 19th – August 21st. Share each week through our website at aclibrary.org/summer or submit through mail (Alameda County Library, Attn: Kind, Connected Summer, 2450 Stevenson Blvd., Fremont, CA 94538).
4. Don't forget to pick up a Kindness Journal from the library or print from our website at aclibrary.org/summer.

Alternative Activities



Friday, August 21

Cooking with Chef David \$R

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

Learn how to make classic Italian pan-seared chicken with lemon caper sauce

Via Zoom

To register, contact njordan@fre-mont.gov or call 510-790-6602

Friday, August 21 and Saturday, August 22

Encore Drive-In Nights \$

7 p.m. – 10 p.m.

Virtual Concert: Sublime With Rome

Tickets:

<https://alamedacountyfair.com/sublime-rome-ac/>

Alameda County Fairgrounds
4501 Pleasanton Ave, Pleasanton
www.alamedacountyfair.com

Saturday, August 22

Finance Seminar

11 a.m.

Discussion of financial aid for college.

13+ years

To register: [Linktr.ee/BAYFI](https://linktr.ee/BAYFI)

Questions contact

Bayfi2020@gmail.com

Saturday, August 22

Special Needs Talent Showcase \$R

4:00 p.m. – 5:30 p.m.

Talent show hosted by Friends of Children with Special Needs

Via Zoom

<https://www.specialneedstalentshowcase.org/>

snalentshowcase@gmail.com

Tickets: \$20

Saturday, August 22

Bollywood: A Love Story R

6 p.m. – 8 p.m.

Talented artists perform live for this Zoom fundraiser

To register: <https://bit.ly/3hYXSVL>

Saturday, August 22

Hot August Zoom R

2 p.m.

Fremont Area Writers hosts romance writer Kilby Blades

Via Zoom

To register:

scottfrombayside@yahoo.com

Monday, August 24

Ohlone College: Career Center Orientation R

1 p.m. – 2 p.m.

Learn about the resources available at the Ohlone College Tri-Cities Career Center

Via Zoom

To register: <https://bit.ly/3133BDa>

Monday, August 24

4 Steps to Emergency Preparedness R

10:00 a.m. – 11:30 a.m.

Online workshop to help seniors prepare for disaster

Via Zoom

To register: njordan@fremont.gov
(510) 790-6602

Monday, August 24
How to Make Your Business Virtual R
3 p.m. – 5 p.m.
Learn how to transition your business virtually
Via Zoom
To register:
<https://nc.ecenterdirect.com/events/46981>

Tuesday, August 25
Ohlone College: LinkedIn 101 R
12 noon – 1 p.m.
Learn the basics of the #1 online professional networking tool
Via Zoom
To register: <https://bit.ly/3gtydnu>

Tuesday, August 25
Positioning For The Future R
11 a.m. – 1 p.m.
How to do a “Business Reboot”
Via Zoom
To register:
<https://nc.ecenterdirect.com/events/46987>

Wednesday, August 26
Tri-City Elder Coalition Virtual Meeting R
2:00 p.m. – 3:30 p.m.
Food distribution during the pandemic
Via Zoom
To register: mengineer@fremont.gov

Wednesday, August 26
Davis Street Virtual Gala: Celebrating Motown
6 p.m.
Special guests, entertainment, cocktail tips, silent auction
davisstreet.org/index.php/virtual-gala/
(510) 347-4620 x113

Wednesday, August 26
COVID-19 Workforce Support R
11 a.m. – 1 p.m.
Learn how to rebuild your workforce
Via Zoom
To register:
<https://nc.ecenterdirect.com/events/46978>

Wednesday, August 26
Financial Support For Businesses Affected by COVID-19 R
3 p.m. – 5 p.m.
Learn about various financial resources
Via Zoom
To register:
<https://nc.ecenterdirect.com/events/46977>

Thursday, August 27
Tips on Raising Funds During Difficult Times R
5:30 p.m. – 6:45 p.m.
Sponsored by StartUp Grind Fremont
Via Zoom
To Register: <https://bit.ly/3kGKhVj>

Saturday, August 29
Encore Drive-In Nights \$
8:45 p.m. – 11:30 p.m.

Virtual Concert: Metallica with special guest Three Days Grace
Tickets:
<https://alamedacountyfair.com/event/metallica/>
Alameda County Fairgrounds
4501 Pleasanton Ave., Pleasanton
www.alamedacountyfair.com

Saturday, August 29
Music at the Mission 2020 virtual ball \$R
7 p.m.
Recorded music and aerial performances, 3 course dinner, online auction
ONLINE
\$125 Includes Dinner & Wine
\$50 Entry Link Only
(510) 402-1724
info@musicatmsj.org
www.musicatmsj.org

Popular end-of-summer events canceled

SUBMITTED BY HAYWARD CHAMBER OF COMMERCE

Among the latest Hayward events canceled because of COVID-19 health and safety concerns are the annual Hayward Mariachi Festival, the 21st annual August Downtown Hayward Street Party and Classic Car Show, and the Hayward Executive Airport Open House.

Officials from the Hayward Chamber of Commerce made the announcement August 14. The cancellations of these traditional end-of-summer events followed previous cancellations of the June and July downtown street parties and car shows including the 100th annual Rowell Ranch Rodeo, the annual Hayward Volunteer Recognition Dinner, and “Tent Week” events at St. Rose Hospital, including a repeat of the Health and Wellness Fair the hospital put on last year with Kaiser Permanente and the chamber of commerce. Recent cancellation of events in neighboring communities include the Fremont Art and Wine Festival and the Castro Valley Fall Festival.

“The combination of bands, DJs, car shows, street entertainers, food and family fun at street parties really helped to show what an entertaining place downtown Hayward can be,” said Kim Huggett, president and CEO of the Hayward Chamber of Commerce, which put on the events with support from the City of Hayward and the Downtown Hayward Improvement Association. Many Hayward businesses co-sponsored the events that are supported by dozens of community volunteers.

As many as 8,000 guests came downtown for individual summer street party events over the past 20 years, as well as for the newer Mariachi Festival, but restrictions on gatherings by the Alameda County Department of Public Health and the City of Hayward caused these local traditions to be put off this year. For details, call the chamber at (510) 537-2424.

Davis Street's MOTOWN GALA

SUBMITTED BY DAVIS STREET

This year Davis Street’s Motown Gala will go virtual for the first time on August 26, 2020. Tune in on the Davis Street website at 6 p.m. to watch the event live. Before that, check out the fundraiser’s silent auction, which is currently up on the website, where you can bid on prizes such as vacations, gift baskets and wine tastings. A variety of sponsorships are available for the event, ranging from a signature cocktail kit with a custom Davis Street gift, to name

recognition on Davis Street’s website and social media and a dinner from San Leandro’s Paradiso for up to 20 guests.

Davis Street Motown Gala
Saturday, Aug 26
6 p.m.
Live virtual event
Contact: ksherman@davisstreet.org
(510) 347-4620 X 113
<http://davisstreet.org/>

Encore Drive-In Nights features

METALLICA

Metallica with Special Guest Performance by Three Days Grace

SUBMITTED BY
ALAMEDA COUNTY FAIR

Metallica has confirmed its return to the stage for the first time since the September 2019 S&M2 concerts that opened Chase Center in San Francisco. Metallica will be the first rock band to be featured in the Encore Drive-In Nights series, with a full set showing August 29 at hundreds of drive-in and outdoor theaters across the United States and Canada, including the Alameda County Fairgrounds. The show will be shot specially for the Encore Drive-In Nights

Series at a location near the band’s Northern California headquarters and will subsequently be edited and mixed by Metallica’s award-winning production team to the highest standards possible. The concert, the band’s first show in nearly a year, will feature material from throughout their near four-decade career and provide Metallica fans with an intimate, unique and truly memorable concert experience.

General on-sale begins August 14. Every ticket purchase -- which admits one carload of up to six people -- will

include four digital downloads of Metallica’s S&M2, the long-awaited album documenting the two historic concerts that reunited the band and San Francisco Symphony for the first time in 20 years. The August 29 show will also feature a special guest performance by Three Days Grace.

“In all of rock, it literally doesn’t get any bigger than Metallica,” said Walter Kinzie, CEO of Encore Live. “We’ve seen with our first two Encore Nights Drive-In concerts that fans absolutely dig the drive-in experience and we know that

Park It

BY NED MACKEY

Some good news: Despite all the measures made necessary by the COVID-19 pandemic, East Bay Regional Park District’s 2020 Trails Challenge is still ongoing. The challenge is a free, self-guided program for you to explore close-to-home regional parks that you may not have previously visited. It has been offered for many years in partnership with the Kaiser HMO, and thousands of people have always signed up.

It’s easy to take up the challenge: Visit Trails Challenge webpage -- www.ebparks.org/tc. You can also go to the park district home page -- www.ebparks.org. At the top of the home page put the cursor on “Activities.” When the list appears, click on “Trails Challenge.”

Download the 2020 Trails Challenge Guidebook, then hike, bicycle, or ride on horseback any five of the 20 listed trails. You can download individual trail maps too. Submit your log online or by mail by December 1 and receive a commemorative pin, while supplies last.

You can also download the free ALLTrails app, sign up, log in, then go to <https://www.alltrails.com/lists/ebp-p-trails-challenge-2020>. Click on “Copy to my lists,” followed by “Continue in App.” The featured trails will show under ‘Lists’ in ‘Plan.’ The app indicates where you are on the trail, enabling easy return to the trail if you stray from it.

The challenge trails range in difficulty from easy to strenuous, and you can pick whatever suits your level of conditioning to complete the challenge. The trails are located throughout the park district, from Contra Loma Regional Park in Antioch (easy) to Sunol Wilderness in southern Alameda County (challenging).

The challenge is an activity that families can enjoy together. It’s an opportunity to get some fresh air and exercise as an antidote to cabin fever. Of course, because of the pandemic, the oft-repeated precautions apply.

- Visit the parks only with immediate family members or other residents of your household -- no large meet-up groups.
- Maintain a social distance of at least six feet from others.
- Have masks available to wear when social distancing isn’t possible on narrow trails. Bring your own water. Although some regional park toilets are open, drinking fountains are generally turned off.
- Pack out your trash. Hard-pressed ranger staff appreciates the help.

The park district website’s Trails Challenge page also has Trails Challenge guidebooks from 2013 through 2019. Look through them, and you might find directions to some other regional park trails that you hadn’t previously explored.

Because of the pandemic, the regional park naturalists have not been able to conduct their usual group programs. But they have been busy making videos on all kinds of natural history topics.

You can view them by visiting the park district website, moving the cursor to “Activities,” and then clicking on “Digital Learning.” There are fun songs and activities for all ages. It is a great way to augment the curriculum when the kids must attend school remotely.

We are all forced to adapt as the coronavirus pandemic continues. The regional park district staff and board always appreciate everyone’s cooperation as the district works to keep the parks open as a critical resource for public health, while providing as high a level of service as possible, under the circumstances.

Metallica is going to blow the top off of this thing and take it to a whole new level.” The Metallica show is part of the Encore Drive-In Nights Series, which is presented by leading event production company Encore Live. Since June, Encore Live has partnered with drive-in theaters across the country to provide world-class entertainment in a safe, creative way.

Drive-in theaters hosting the concert will adhere to Centers for Disease Control and Prevention (CDC) recommended guidelines as well as all state and local health mandates. Staff will wear personal protective equipment and enforce at least six feet of space between cars. The series will also use contactless payment and ticketing systems and limit capacity in restrooms. Guidelines around concessions will be enforced to abide by individual state regulations. A full list of safety

procedures is available on the Encore Nights website.

Unlike traditional concert tickets that are bought for one fan’s individual admission, each purchase for Encore Drive-In Nights’ concerts will admit one carload of fans. That means up to six people can enjoy this once-in-a-lifetime show for one price. Additional information about Encore Drive-In Nights can be found at <https://www.ticketmaster.com/encoredriveinnights>.

Metallica virtual concert
Saturday, Aug 29
8:45 p.m.

Alameda County Fairgrounds
4501 Pleasanton Ave.,
Pleasanton

<https://encorenights.com/>
Tickets: \$145 per vehicle
(up to six people)

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

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'Universal Basic Income' program for young adults out of foster care

SUBMITTED BY SANTA CLARA COUNTY PUBLIC AFFAIRS

The first payments have been made as part of an innovative new pilot program aimed at helping young adults transition out of the Santa Clara County foster care system – the first such “Universal Basic Income” (UBI) initiative.

Under this program, approved by the County of Santa Clara Board of Supervisors in June, transitioning young adults who age out of the foster care system when they turn 24 will receive \$1,000 a month for one year. The approved \$900,000 in funding will be enough to assist 72 former foster youth and perform an in-depth evaluation of the pilot program. The county's investment will be enhanced by support from partners such as MyPath and Excite Credit Union.

“Youth transitioning out of the Santa Clara County foster

care system are desperately in need of ongoing support,” said Supervisor Dave Cortese. “Providing basic income for these young adults will better support their transition and empower them to find success, well-being and independence.”

Santa Clara County Chief Operating Officer Miguel Márquez emphasized the importance of such a program given the current pandemic.

“The county is the safety net for our community's most vulnerable populations, including former foster youth,” Márquez said. “These youth often don't have support systems in place that provide stability, so the County developed this basic income pilot program to provide at least some level of consistent financial support. Through this pilot program, the County hopes to learn important lessons about how to position youth for long-term stability as they age out of the foster care system.”

Juneteenth moves toward county holiday status

SUBMITTED BY JANICE ROMBECK

On August 11, Santa Clara County Board of Supervisors moved forward with declaring Juneteenth a countywide holiday starting next year, joining just a

handful of counties across the country to recognize this day.

Supervisor Dave Cortese's proposal was approved unanimously by the board to commemorate the ending of slavery in the United States 30 months and 19 days after President Lincoln's Emancipation Proclamation on January 1, 1863. It was not until June 19, 1865, that Union soldiers led by Major General Gordon Granger landed at Galveston, Texas, with news that the war had ended and that the enslaved were now free.

“Designating Juneteenth as a county holiday will be one of the ways to further correct the inequities of the past and our move toward ending systemic racism,” Cortese said. “It is significant that this day be added to the county's holiday observances that include honoring Cesar Chavez and Dr. Martin Luther King, among others.”

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

Assembly Judiciary Committee OKs ScholarShare 529 bill

SUBMITTED BY JEFF BARBOSA

On August 12, State Senator Bob Wieckowski's (D-Fremont) bill to protect Golden State ScholarShare 529 savings from creditors in bankruptcy cases was approved by the state Assembly Judiciary Committee. SB 898 now goes to the Assembly floor. SB 898 exempts the state ScholarShare 529 plan from creditors in bankruptcy cases and sets the exemption amount maximum at \$15,000 in the first and second year before filing for bankruptcy.

“With millions of Californians unemployed as a result of the COVID-19 pandemic, we are, unfortunately, likely to see an increase in bankruptcies in the months ahead,” said Wieckowski. “SB 898 is designed to protect the future education options of children and grandchildren who would be the recipients of these accounts, and whose relatives may be facing bankruptcy at no fault of the recipients.”

CASTRO VALLEY TOTAL SALES: 5						
Highest \$: 1,650,000		Median \$: 938,000				
Lowest \$: 610,000		Average \$: 1,049,000				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
2773 Betlen Court	94546	610000	3	1098	1953	6/9/20
3638 La Costa Avenue	94546	880000	3	1336	1987	6/9/20
4793 Noree Court	94546	938000	4	2188	1968	6/9/20
16938 Columbia Drive	94552	1167000	4	2139	1987	6/8/20
16990 Brierly Court	94546	1650000	4	3108	1973	6/8/20

FREMONT TOTAL SALES: 15						
Highest \$: 2,023,000		Median \$: 1,001,500				
Lowest \$: 530,000		Average \$: 1,143,633				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
40425 Chapel Way #105	94538	530000	2	1052	1983	6/9/20
38228 Paseo Padre Pkwy #14	94536	650000	2	1033	1970	6/9/20
326 Via Rosario	94539	860000	3	1242	1971	6/8/20
155 Branta Common	94539	885000	3	1580	2016	6/10/20
4558 Wheeler Drive	94538	900000	3	1148	1961	6/11/20
5251 Coco Palm Drive	94538	925000	3	1067	1961	6/9/20
41009 Cornac Terrace	94539	975000	4	1328	1972	6/9/20
3654 Franklin Avenue	94538	1001500	3	1151	1958	6/9/20
2465 Sueno Way	94539	1130000	3	1120	1970	6/8/20
35527 Morley Place	94536	1270000	4	1942	1971	6/11/20
4772 Mayfield Drive	94536	1300000	3	1756	1954	6/10/20
38264 Alta Drive	94536	1390000	4	2361	1959	6/10/20
821 San Carlos Court	94539	1615000	4	1914	1967	6/9/20
161 Imperio Avenue	94539	1700000	4	2076	1975	6/10/20
41371 Whitecrest Ct	94539	2023000	4	2754	1960	6/10/20

HAYWARD TOTAL SALES: 14						
Highest \$: 1,150,000		Median \$: 716,000				
Lowest \$: 440,000		Average \$: 755,857				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
945 Fletcher Ln #D315	94544	440000	2	926	1986	6/10/20
26704 Luvena Drive	94544	550000	3	1215	1950	6/8/20
24480 Edith Street	94544	605000	2	853	1950	6/10/20
24007 Janssen Court	94541	650000	3	1914	1986	6/10/20
200 Old Oak Lane #2	94541	665000	3	1468	2010	6/9/20
485 Pamela Court	94541	690000	4	1239	1951	6/11/20
29657 Ventnor Court	94544	712000	3	1156	1986	6/10/20
26563 Flamingo Avenue	94544	720000	3	1428	1952	6/9/20
24624 Santa Clara Street	94544	735000	3	1176	1958	6/9/20
425 Fairway Street	94544	740000	3	1134	1955	6/10/20
2726 Lancaster Road	94542	900000	3	1786	1959	6/9/20
2215 Beckham Way	94541	975000	4	2682	1992	6/10/20
25795 Clover Road	94542	1050000	2	1688	1952	6/8/20
3555 Oakes Drive	94542	1150000	4	2868	1964	6/10/20

MILPITAS TOTAL SALES: 14						
Highest \$: 2,795,000		Median \$: 1,002,500				
Lowest \$: 680,000		Average \$: 1,149,179				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
1475 Nightshade Rd #21	95035	680000	1	1072	2018	7/9/20
1475 Nightshade Rd #30	95035	756500	2	1111	2018	7/8/20

1475 Nightshade Rd #41	95035	758000	1	1220	2018	7/9/20
1475 Nightshade Rd #20	95035	777000	2	1111	2018	7/10/20
600 South Abel St #315	95035	811000	2	1309	2007	7/10/20
416 Easter Avenue	95035	915000	3	1112	1959	7/6/20
1551 Canal Street	95035	935000	3	1715	2014	7/9/20
1421 Coyote Creek Way	95035	1070000	3	1788	2013	7/10/20
325 Trade Zone Blvd	95035	1125000	4	2144	2016	7/8/20
780 Tramway Drive	95035	1235000	4	1462	1972	7/9/20
662 Grayson Way	95035	1250000	3	1561	1988	7/9/20
563 Odyssey Lane	95035	1301000	4	2250	2014	7/10/20
386 Tramway Drive	95035	1680000	3	1008	1976	7/7/20
652 Quince Lane	95035	2795000	5	5630	1993	7/7/20

NEWARK TOTAL SALES: 2						
Highest \$: 930,000		Median \$: 916,000				
Lowest \$: 902,000		Average \$: 916,000				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
37523 Shelter Road	94560	902000	3	1490	2017	6/8/20
39885 Potrero Drive	94560	930000	2	1627	1995	6/10/20

SAN LEANDRO TOTAL SALES: 9						
Highest \$: 875,000		Median \$: 675,000				
Lowest \$: 400,000		Average \$: 699,444				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
16193 Marcella Street	94578	400000	3	1249	1947	6/8/20
15025 Thoits Street	94579	650000	2	1114	1951	6/9/20
14997 Edgemoor St	94579	650000	3	988	1950	6/9/20
1735 138th Avenue	94578	665000	2	1314	1947	6/10/20
1606 Oriole Avenue	94578	675000	2	996	1920	6/10/20
399 Anza Way	94578	740000	3	1078	1954	6/8/20
825 Juana Avenue	94577	810000	3	1975	1910	6/10/20
964 Helen Avenue	94577	830000	3	1373	1923	6/9/20
15101 Shining Star Ln	94579	875000	4	2255	1997	6/10/20

SAN LORENZO TOTAL SALES: 3						
Highest \$: 770,000		Median \$: 760,000				
Lowest \$: 689,000		Average \$: 739,667				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
18090 Via Segundo	94580	689000	3	1578	1944	6/9/20
21061 Estancia Cmn	94580	760000	3	1703	2008	6/8/20
1632 Via Ventana	94580	770000	3	1584	1954	6/10/20

UNION CITY TOTAL SALES: 2						
Highest \$: 1,135,000		Median \$: 845,000				
Lowest \$: 555,000		Average \$: 845,000				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
3036 Flint Street #50	94587	555000	2	919	1988	6/8/20
34212 Aspen Loop	94587	1135000	4	2114	1999	6/10/20

Home Sales Report

YOUTH PHOTO CONTEST

SUBMITTED BY CITY OF UNION CITY

Heads-up to young shutterbugs in Union City who want to share their photography skills and perhaps snag a little cash at the same time: The City of Union City has launched a Youth Photography Contest.

Open to Union City residents between 5 and 20 years old, the contest theme is “Why I Wear a Mask.” With the coronavirus pandemic continuing to keep the region sheltered in place, the city is asking its younger residents to help communicate through their photography the importance of wearing a face covering to stop the spread of COVID-19.

Photo entries must be submitted in a PNG or JPG format no larger than 20 megabytes using an online form posted on the photo contest webpage at www.unioncity.org/photocontest. The deadline to submit photos is 6 p.m. Tuesday, September 8; winners will be announced Monday, September 14 and submissions are limited to one per person. Entries will be judged by Don Feria, a Bay Area-based freelance editorial and commercial photographer based in the Bay Area who grew up in Union City.

The first-place winner will receive \$100, second-place, \$75 and third place, \$50. In addition to cash prizes, the top three winners will have their images professionally printed and presented at Mayor Carol Dutra-Vernaci’s annual State of the City address in October. Winning images will also be used in the city’s public service announcements and citywide newsletters while shelter in place orders are in effect.

Youth Photography Contest: “Why I Wear a Mask”
Open to Union City youths ages 5 – 20
Submission deadline: Tuesday, Sept 8
www.unioncity.org/photocontest

Wining for a Cure

An outdoor wine tasting event on Friday, September 4 will raise funds for the National Pediatric Cancer Foundation, and another cause closer to home – a Bay Area family whose three-year-old son is battling cancer.

In April of 2020, the Eversons discovered their son Jameson had fluid on his brain and over 100 cancerous tumors on his brain and spine. The only option was chemotherapy; the type of cancer Jameson has no known cure. After three months of treatment, Jameson is laughing and playing again, but his future is uncertain. His parents are still seeking answers and raising awareness for pediatric cancers.

September 4th’s “Wining for a Cure” event to raise money for Jameson and other children will be held on the outdoor patio at O’Sullivan’s Sports Bar in Newark. Tickets are \$45 per person and may be purchased at the door. One ticket includes six flights of wine (three red, three white), one glass of champagne, and charcuterie boards (with meats, cheese, and breads). In addition, there will be a live auction and raffle prizes.

Wining for a Cure
Friday, September 4
6 p.m. – 9 p.m.
O’Sullivan’s Sports Bar
outdoor patio
5660 Thornton Ave., Newark
(510) 673-0010
(purchase tickets at the door)

Talent2Give 1-year anniversary celebrations



SUBMITTED BY DAKSH KOHAR

Talent2Give (T2G) celebrates its first anniversary this month and will mark the occasion by hosting a global online cultural festival for senior citizens on August 22 from 4 p.m. to 5 p.m. via Zoom.

In the words of Daksh Kohar, founder of Talent2Give, “The call to give back is stronger now than ever. T2G has adapted to changing times and retains its focus to community service amidst the pandemic. The lockdown was necessary and sudden, and no one was adequately prepared, least so the elderly. T2G wants to dedicate this celebration to them with fun evening.”

The virtual fest coincides with the “Ganesh Chaturthi” a 10-day festival marking the birth of the elephant-headed Hindu deity Ganesha, the god of prosperity and wisdom.

Talent2Give is a non-profit organization which aims to connect and bring talented individuals together, give back to the community and raise awareness and funds for child hunger.

For more information on the festival and any queries email talent2give@gmail.com or visit <https://talent2give.org/> to make donations.

Talent2Give anniversary celebration
Saturday, August 22
4 p.m. – 5 p.m.
Via Zoom
Register at: talent2give@gmail.com

City Council/Public Agency MEETINGS

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

CITY COUNCILS

- Fremont City Council
1st/2nd/3rd Tuesday @ 7 p.m.
City Hall, Bldg A
3300 Capitol Ave., Fremont
(510) 284-4000
www.fremont.gov

Hayward City Council
1st/3rd/4th Tuesday @ 7 p.m.
City Hall, second floor
777 B Street, Hayward
(510) 583-4000
www.ci.hayward.ca.us

Milpitas City Council
1st/3rd Tuesday @ 7 p.m.
455 East Calaveras Blvd., Milpitas
(408) 586-3001
www.ci.milpitas.ca.gov

Newark City Council
2nd/4th Thursday @ 7:30 p.m.
City Hall, 6th Floor
37101 Newark Blvd., Newark
(510) 578-4266
www.ci.newark.ca.us

San Leandro City Council
1st/3rd Monday @ 7 p.m.
835 East 14th St., San Leandro
(510) 577-3366
www.sanleandro.org

Union City City Council
2nd/4th Tuesday @ 7 p.m.
City Hall
34009 Alvarado-Niles Rd.,
Union City
(510) 471-3232
www.ci.union-city.ca.us
- WATER/SEWER**

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

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

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

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

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

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

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

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

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

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

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

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

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

Government Briefs

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

California governor and Google bring earthquake early warning to smartphones

SUBMITTED BY GOVERNOR'S PRESS OFFICE

On August 11 Governor Gavin Newsom announced, in partnership with Google, that the forthcoming update to the company’s Android operating system will incorporate California’s earthquake early warning technology into all Android phones. The new Google technology will automatically be included in

Android phones used in California without the need to download a separate app. The system will use the same data feed to receive and distribute alerts as the state’s Earthquake Early Warning System, which was announced by the governor and Office of Emergency Services last fall. “It’s not every day that Silicon Valley looks to state government for state-of-the-art innovation, but that’s exactly what is

happening today,” said Newsom. “This announcement means that California’s world-class Earthquake Early Warning System will be a standard function on every Android phone – giving millions precious seconds to drop, to cover, and to hold on when the big one hits.” Warnings delivered through the system are based on a computerized program called ShakeAlert, operated by the Governor’s Office of Emergency

Services and the U.S. Geological Survey (USGS) that analyzes data from seismic networks in California, calculates preliminary magnitudes, and then estimates which areas will feel shaking. To learn more about earthquake preparedness and download the earthquake early warning application, visit www.earthquake.ca.gov.

Union City City Council

August 11, 2020

The Union City Council at its regular meeting August 11 unanimously adopted an Urgency Amending Ordinance to its temporary moratorium on evictions due to non-payment of rent for residential and commercial tenants where failure to pay rent is from income loss resulting from the Novel Coronavirus (COVID-19). The amending ordinance expands the time period that affected renters have in order to pay back-due rent to avoid eviction. This is an amendment to the original Urgency Ordinance the Council adopted March 24. On June 23, the City Council asked the city attorney to prepare an amendment to the eviction ordinance to extend the period of time for tenants to repay any

- back-due rent to 180 days, with a requirement to pay at least 25% of the back due amount within 120 days of the expiration of the eviction moratorium.
- The Union City Council also unanimously approved the following consent calendar items:
- Minutes of the regular City Council July 14 meeting and the special July 28 meeting
 - Award construction contract for IDEA grant traffic signal control upgrades
 - Authorized an amendment to Clipper® memorandum of understanding
 - Designate voting delegate and alternate delegate for the League of California Cities Annual Conference October 7-9, 2020
 - Authorize an amendment to the contract with Waterworks Industries, Inc. for the 11th Street Fountain Repair Project, increasing total compensation by \$44,150
 - Accept grant funds from the Parkinson’s Foundation

- Execute the first amendment to the consulting services agreement between Union City and CSG Consultants to increase the agreement amount by \$100,000 for a total not-to-exceed \$175,000 for contract planning services
 - Confirm the continued existence of a local emergency due to COVID-19
- Pedestrian Safety Improvements Project**
- The Dyer Street/Deborah Drive Pedestrian Safety Improvements project is complete. Council unanimously approved a resolution to accept work for Dyer Street/Deborah Drive pedestrian safety improvements in the final amount of \$66,239.52. Improvements added a flashing beacon and installed a new raised concrete median, new concrete ramps and new striping.
- Public Hearing for site development / addition**
- A public hearing was held regarding a site development

review to construct an approximately 39,400 sq. ft. addition (two stories of 34,490 square feet for the ground floor, and 4,910 square feet for a second-floor mezzanine) to the existing La Terra Fina food manufacturing facility at 1300 Atlantic Street. La Terra Fina anticipates 70 additional staff members to be hired, working over two shifts as a result of the proposed expansion. The project will also provide employment to trade and construction workers over the life of the build. Council also heard an extensive report on the Organizational Management Audit, including findings from the fiscal stability committee on specific recommendations and an update from the City Manager.

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 Aug. 10, 2020

- The USD Board approved the following at its regular August 10, 2020 board meeting:
- Authorized Task Order with Carollo Engineers, Inc. for \$806,942 to provide final design services for the WAS Thickener Replacement Project (Project).
 - Approved application to Local Agency Formation Commission of Alameda County (LAFCO) for Annexation of Sanctuary West, in the City of Newark. The total area to be annexed is 111.67 acres, a planned residential development that includes 469 detached single-family residences; three parks; and bike and pedestrian access ways.
 - Accept a sanitary sewer easement and quitclaim part of an existing sanitary sewer easement at 403 Becado Drive, in Fremont.
 - Execute the settlement agreement between CalPERS and the District to close the audit finding on uniforms as pensionable compensation.
 - President Handley appointed board members Anjali Lathi and Pat Kite to serve on the Enhanced Treatment and Site Upgrade (ETSU) Program Ad Hoc Committee.

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

Facing looming budget gap, Union City weighing options

SUBMITTED BY CITY OF UNION CITY

The COVID-19 crisis has dealt a devastating blow to Union City’s local economy and the city’s budget, with shelter-in-place restrictions causing substantial declines in sales tax, hotel tax, parking revenues, recreation program revenues, and property tax. A 10-year financial forecast, produced by an independent financial expert, shows that the city can expect to deplete all of its \$17 million General Fund reserves by June 30, 2023 if no additional funding sources are put in place or drastic service reductions are not made. Currently, the city relies on critical funding streams from two voter-approved tax measures -- a public safety parcel and a half-cent sales tax -- both of which are set to expire in the near future, respectively in June 2021 and March 2025. Union City voters were presented with an option to extend the public safety parcel tax this past March; however, voters did not approve the extension. The loss of these funding measures combined with a slow-paced economic recovery from COVID-19 means that the city will be faced with a \$10.5

million annual deficit by Fiscal Year 2025/2026. This is equivalent to losing approximately 15% of the city’s current annual operating budget. The City Council will weigh two possible options for the November General Election Ballot -- an additional half-cent sales tax or a utility users’ tax. Revenue from either local funding measure would help address the fiscal impacts of COVID-19 and would be used for essential services, including:

- Maintaining paramedic and fire protection services, 911 emergency response, and emergency and disaster preparedness programs, including for a public health crisis
- Ensuring senior citizens receive support and access to food during the COVID-19 crisis and recovery
- Maintaining street and pothole repair
- Preserving youth violence prevention and drug and gang intervention programs to keep kids off the street and maintain community safety

Prior to the COVID-19 pandemic, major steps were taken to tighten the city’s fiscal belt and reduce spending, including closing an underutilized fire station, freezing vacant positions, reducing library hours and

community center hours, and eliminating community policing and school resource officers. City Manager Joan Malloy offers her assessment of the situation: “The City Council has been very responsible and prudent these last few years about managing the city’s deficit and reducing costs. They have been persistent about maintaining a General Fund reserve of 20% of our annual operating budget and not using it to address the financial issues we faced before COVID-19. “Their determination has ultimately bought us time in being able to plan our next steps and to educate the public. However, the reality of our situation displayed in our 10-year outlook shows that the cost of providing services exceeds the financial resources that are currently available to us now and long into the future. We have diligently shaved millions of dollars off the city’s budget in the last few years, so much so that we are operating a skeleton staff. At this point, it’s truly a matter of public choice on the path forward regarding what type of community the residents want to have.”

LETTERS POLICY

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

OPINION



WILLIAM MARSHAK

Snail Mail

The colonists figured this out in 1775. Creation and maintenance of a standard national communication system that reached everyone was important then and remains so today. A national postal service is expressly authorized in the U.S. Constitution to carry, deliver and regulate mail. Benjamin Franklin, the first postmaster general, helped create a system of efficient routes and rates. Today, electronic, virtual systems dominate the landscape, but even so, public, physical delivery remains essential for many items of commerce and communication. Now that private delivery companies are ubiquitous, the usefulness of a public delivery entity without a profit motive is in question.

The current controversy about ballots carried by the United States Postal Service (USPS) is a stark reminder that there is a place for a standard, ubiquitous and public system without political or profit bias. Although less economically efficient, USPS's status as a constitutionally-mandated office gives it a singular status and responsibility. Tampering with the postal

service is a serious offense; its integrity is jealously guarded by the United States Postal Inspection Service, sworn federal enforcement officers. While economies of scale and technological advances are necessary for effective operation, reliable and competent service of a national network that reaches all communities, large and small, remains a vital component of our society.

In military parlance, an "order of battle" is used to describe the organization and hierarchy of forces used to meet and defeat an enemy. Units vary in size and function, but all depend on communications, logistics and effectiveness. Without an organized and flexible network of command and control, even the best laid plans usually go awry. Civilian organizations follow the same logic; well-run organizations are based on a solid structure of personnel, location, size, activity/communication, equipment and training. Preparation and flexibility take advantage of good economic periods and soften the blows of difficult episodes. When unfortunate circumstances disrupt one set of assumptions and operations, a basic understanding and functional alternative is critical for survival. USPS is a critical component of the United States' communication structure, a national network that reaches every nook and cranny of our nation.

Questioning efficiencies is always a prudent business discussion, but undermining the intent and premise of the basic system is a paradigm shift with enormous impact. The idiom, "Don't throw the baby out with the bath water" has significance in this instance. The underlying connection of all communities with standard rules and regulations is of paramount importance. Similar to our national network of highways, usage may be uneven and not always produce a profitable financial return, but strategic connectivity overrides such considerations. Interstate highways and "principal arterials" provide networks of daily commerce and emergency access when necessary. Our postal network fulfills the same function.

William Marshak
PUBLISHER

California Schools Receive Critical Funds

SUBMITTED BY
GOVERNOR'S PRESS OFFICE

Governor Gavin Newsom announced Friday, August 14, that every eligible local educational agency in California has applied for and is receiving a portion of the \$5.3 billion in learning loss mitigation funds secured through the state budget he signed in June. The Governor also signed an executive order directing state agencies across government to bridge the digital divide, building on the state's efforts to provide computing devices and hotspots to students across the state.

"Schools may be physically closed, but in California at least, class is still in session," said Governor Newsom.

In July, Governor Newsom outlined

California's pandemic plan for schools, which prioritized the safety of students and staff, and providing quality instruction, whether in-person or through distance learning. Based on current epidemiological data in communities, over 90 percent of students will begin the year with distance learning.

New statewide requirements have been enacted to ensure quality instruction through distance learning, including:

- Access to devices and connectivity for all kids
- Daily live interaction with teachers and other students
- Challenging assignments equivalent to in-person classes
- Adapted lessons for English-language learners and special education students

Because this pandemic has an inequitable impact on communities – including a digital divide in access to technology necessary for distance learning – over 81 percent of the funds prioritized students with the greatest need, including low-income students, students with disabilities, foster youth, homeless students and English learners.

Governor Newsom signed an executive order to pursue a goal of 100 Mbps download speed. It also outlines actions across state agencies to accelerate mapping and data collection, funding, deployment and adoption of high-speed Internet. The new executive order builds on the state's work to date, delivering over 73,000 computing devices and 100,000 hotspots to hundreds of school districts statewide, with a priority on rural communities.

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Barbara Jo Todd
Resident of Fremont
September 1, 1950 – August 16, 2020
Fremont Chapel of the Roses

Raquel “Rita” Rodriguez
Resident of Fremont
September 28, 1928 – August 13, 2020
Fremont Chapel of the Roses

Carolyn R. Kalb
Resident of Danville
June 12, 1949 – August 12, 2020
Fremont Chapel of the Roses

Eiyuen Chiao
Resident of San Jose
March 29, 1923 – August 6, 2020
Fremont Chapel of the Roses

Jesus R. Valdez
Resident of Fremont
March 15, 1977 – August 5, 2020
Fremont Chapel of the Roses

Joseph J. Jeno
Resident of Fremont
January 24, 1930 – August 4, 2020
Fremont Chapel of the Roses

Michael A. Kovachik
Resident of Fremont
March 9, 1957 – July 30, 2020
Fremont Chapel of the Roses

Beverly K. Grathwohl
Resident of Fremont
December 22, 1953 – July 30, 2020
Fremont Chapel of the Roses

Linda De Vargas
Resident of Fremont
October 14, 1949 – July 20, 2020
Fremont Chapel of the Roses



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Ruth Shalin
Resident of Fremont
April 5, 1925 – August 14, 2020

Sister Geraldine Garbarino
Resident of Fremont
June 10, 1924 – August 13, 2020

Isao Handa
Resident of Hayward
September 3, 1925 – August 11, 2020

JC Rodgers
Resident of Hayward
June 28, 1943 – August 9, 2020

John Dalton
Resident of Fremont
September 15, 1941 – August 9, 2020

Suzanne Martinez
Resident of Hayward
February 18, 1966 – August 9, 2020

Carolina Perrelli
Resident of Fremont
September 20, 1944 – August 9, 2020

Antonio Arroyo
Resident of Milpitas
June 13, 1941 – August 8, 2020

Kenneth Tran
Resident of San Jose
February 2, 1933 – August 7, 2020

Jimmy Gallegos
Resident of Manteca
October 22, 1956 – August 5, 2020

Minhua Sun
Resident of Newark
November 13, 1963 – August 4, 2020

Sister Frances Pierson
Resident of Fremont
January 8, 1949 – August 4, 2020

Charles Jacobs Jr.
Resident of Fremont
May 31, 1946 – August 3, 2020

Virender Kumar Chaudhry
Resident of Fremont
May 15, 1947 – August 2, 2020

So Yun Jung
Resident of San Jose
May 26, 1919 – August 2, 2020

Minhua Sun

November 13, 1963 – August 4, 2020

Minhua Sun, 56, of Newark passed away Tuesday August 4, 2020 at Kaiser Permanente Medical Center in Fremont as a result of the Covid-19 virus. Minhua was born in Beijing, China and moved to the US in 1996. She was the youngest of three children. She was preceded in death by her mother Jia Lan Zhao and father Guo Shan Sun. She is survived by her husband Ronald Rodrigues and daughter Meng Jia Lu both of Newark. She worked in the Healthcare Industry for over 20 years as a CNA and was very conscientious in serving her patients with

dignity, respect and true compassion. Minhua was loved by her many friends and relatives who brought joy to her life, as she did to theirs. Her caring, kindness and warm personality endeared her to all who knew her, and she will live forever in our hearts and memories. She enjoyed shopping for antiques, attending Mineral & Gem shows and going to garage sales. Private family services will be held at Berge Pappas Smith Chapel of the Angels in Fremont, CA.

John Ewing Dalton

September 15, 1941 August 9, 2020

Resident of Fremont

John Ewing Dalton, age 78, was born in Mansfield, Ohio on September 15, 1941, to John A. Dalton Jr. and Georgia Lavada Dalton. He moved to California with his mother as a young child following his father's death in Germany during World War II. John attended St. Peter's Elementary School in Mansfield, St. Catherine's Military Academy in Anaheim and Holy Spirit School in Los Angeles. He was a proud St. Catherine's cadet all his life.

John graduated from St. John Vianney High School and Loyola University, now Loyola Marymount University. At Loyola John's love of Engineering was invested in a Mechanical Engineering Degree, followed in due course by a Master's Degree in Industrial Engineering from UC Berkeley. John's favorite Engineering job was working on Apollo 11. The Moon Landing remained the highlight of his career, though he also enjoyed facilities design. On June 28, 1975 John married Constance Rourke in St. Ann's Church, Palo Alto. They celebrated 45 years of marriage this June. Soon after the wedding John and Constance moved to Fremont, where they have resided for 44 years. In Fremont, they were delighted to find the Motherhouse of the Dominican Sisters of Mission San Jose, who

still administer St. Catherine's Academy. John even encountered his former Principal, Sister Verona, who shared with him her extensive records from building the new Chapel at St. Catherine's. Constance began to teach at DSMSJ schools and John supported every program that he could, cumulating in HVAC at Our Lady of Guadalupe School in Fremont. John is survived by his loving wife Constance, their daughter Sandra and Grandson Eric De La Houssaye, Jr. A memorial Mass will be offered at a later time following the Covid-19 pandemic. Memorial contributions may be made to the Dominican Sisters of Mission San Jose, 43326 Mission Circle, Fremont CA 94539-5898.

Newark Police Log

SUBMITTED BY NEWARK PD

Sunday, August 2

• At 8:10 a.m. Officers Peterson and Taylor responded to a report about a person slashing vehicle tires on the 39000 block of Cedar Blvd. The person fled before officers arrived. While investigating, the officers located two of the vehicles that were vandalized. A record check showed both vehicles were stolen; one from Foster City and the other from Newark. An investigation is ongoing.

Monday, August 3

• At 8:18 a.m. officers arrested a 45-year-old Newark woman in the 5000 block of Cedar Court on suspicion of identity theft, possession of a controlled substance and possession of drug paraphernalia. She was booked at Fremont Jail.

Wednesday, August 5

At 9:21 p.m. officers responded to a report of an alarm in the 7000 block of Mowry Ave. Upon arrival they met and later arrested a 33-year-old San Jose man on suspicion of unlawful entry upon lands and possession of drug paraphernalia. He was booked at Fremont Jail.

Thursday, August 6

• At 7:11 a.m. Officer Palacio met and later arrested a 41-year-old woman and a 40-year-old man, both from Hayward in the 8000 block of Gateway Blvd. The suspects were arrested on suspicion of receiving stolen property, possession of a stolen vehicle, possession of a controlled substance, possession of drug paraphernalia and possession of burglary tools respectively. Both were booked at Santa Rita Jail.

First indication of West Nile virus in Alameda County in 2020

SUBMITTED BY ALAMEDA COUNTY MOSQUITO ABATEMENT DISTRICT

Alameda County's Mosquito Abatement District has reported a dead bird that tested positive for West Nile virus. This is the county's first indication of active virus transmission in 2020. The dead bird was collected from Dublin and tested at the district laboratory on August 7. Dead birds play an important role in the district's ability to monitor West Nile virus activity in Alameda County. Public reporting of dead birds is vital to our surveillance program.

The district is increasing mosquito monitoring and larval control efforts throughout the area where the positive West Nile virus dead bird was discovered. Every effort is being made to locate areas of standing water where mosquitoes may breed including but not limited to catchbasins, stormdrain systems, and swimming pools. Anything that can hold water for more than four days such as buckets, tires, and fountains can breed mosquitoes.

Reduce the risk of contracting mosquito-borne diseases by following these guidelines:

- DUMP/DRAIN standing water on your property because that is where mosquitoes develop.
- DAWN/DUSK is when mosquito activity peaks, limit outdoor activities during this time.
- DEFEND yourself from mosquito bites by wearing long pants and long-sleeved shirts and apply insect repellent containing EPA-registered active ingredients such as DEET, Picaridin, IR3535, or Oil of lemon eucalyptus.
- DOOR/window screens should be in good repair with no tears or holes.
- West Nile virus is transmitted to people and animals through the bite of an infected mosquito. There is no cure for West Nile virus. Approximately one in five people who are infected with West Nile virus will develop symptoms such as fever, headache, body aches, joint pains, vomiting, or rash. Less than one percent will develop a serious neurological illness such as encephalitis or meningitis. Adults over 50 years old and people with compromised immune systems are at increased risk of serious complications. Anyone who develops symptoms should seek medical care immediately.

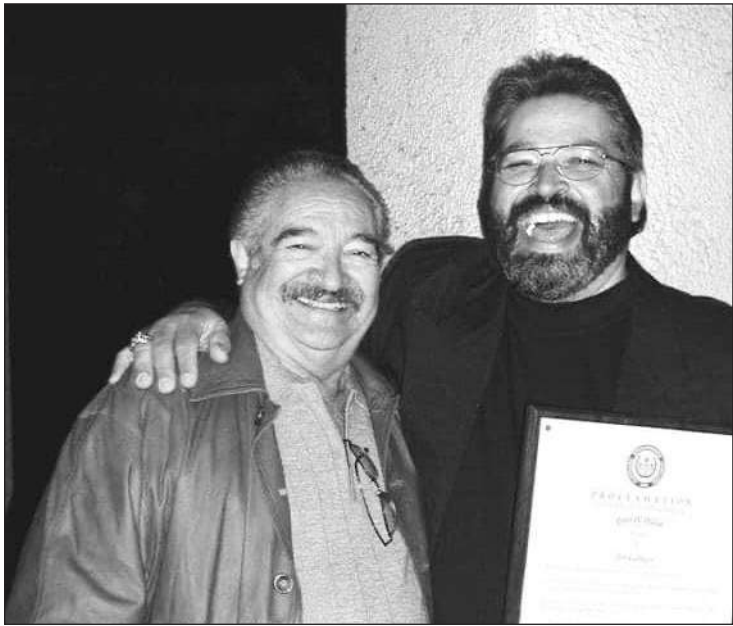
Horses are very susceptible to West Nile virus and vaccines are available. Horse owners are advised to contact their veterinarians regarding timely vaccinations.

For information about mosquitoes, West Nile virus, or to request any of the district services visit www.mosquitoes.org or call (510) 783-7744. Residents can also request mosquitofish for their fish ponds, horse troughs, or neglected swimming pools. For information concerning West Nile virus symptoms, prevention or testing please contact the Alameda County Public Health Department at (510) 267-8001.

Jimmy Edwin Gallegos

Resident of Manteca

October 22, 1956 – August 5, 2020



Jimmy Edwin Gallegos was born October 22, 1956 to Vicente and Estella Gallegos. Jimmy was very family oriented and was devoted to his children and grandchildren. Jimmy leaves behind his four children and eight grandchildren that he loved spending time with and always made sure to be there to support all of them. Jimmy had a passion for riding his Harley and fishing and tried to do both as much as possible, he had a hard time staying home and relaxing when there was so much he could do and see outdoors and stay busy. He was always in the look out for any “hole in the wall” type of restaurant because they usually have the best food around. When he would take his kids to eat at

these places we would often wonder how he even came across them in the first place. He had a special love for seafood and loved to get the family together for good crab boils with all the bells and whistles. Jimmy also leaves behind two brothers that he loved growing up with and always considered them his best friends and a little sister he absolutely adored and thought the world of. Jimmy worked as a public servant most of his life managing the maintenance of streets and sidewalks. Jimmy had won awards for his service and became very well known throughout the state. Jim will be missed by many people but especially his kids, grandkids, siblings, and nieces and nephews.

Honor Roll

Loyola University, MarylandSpring 2020 Dean's List

- Katherine Ellis of Fremont

San Leandro Police Log

SUBMITTED BY SAN LEANDRO PD

Tuesday, August 11

- At about 6:40 p.m. San Leandro Police Chief Jeff Tudor was in the area of Peet's Coffee on East 14th Street when he was notified about an attempted carjacking nearby. Witnesses said the suspect fled on foot when he couldn't start the victim's car. Tudor located the suspect a few blocks away and coordinated arriving patrol officers in taking the suspect into custody. The suspect, identified by police as a 20-year-old Oakland man, was taken to Santa Rita Jail for booking. There were no injuries.

LETTER TO THE EDITOR

Regional Parks- Asset for our Community

Regional Parks are a key asset for our community, but the main entrance at Mission Peak (Stanford) was barricaded for six weeks earlier this year. The city demanded the closure, ostensibly to address the pandemic. But the city overreached, since the Health Department recommends keeping parks open as an essential service for recreation and public health. Now, EBRPD wants to hear your opinion on the role of parks in public health, and they welcome your participation: www.surveymonkey.com/r/ebprd-covid19-2020.

The city of Fremont has also begun to update its Master Plan for Parks and Recreation, to keep abreast of demographic shifts and evolving social needs. The city has brought in professional consultants to reach out to the community and draft a new Master Plan. We recommend expansion of our regional parks to provide greater access. For example, the city owns over 600 acres that abut Mission Peak and Rancho Higuera. This would make a fantastic addition for a bike pedestrian path for those wanting a convenient jaunt in our foothills.

The city has a Liaison Committee to collaborate with EBRPD, intended as a forum for public input and dialogue. Its rules and standards call for three meetings per year, but liaison with the park district has lapsed. The committee last met with EBRPD in early 2019. Given the lack of interest by the current membership, we think the committee should be overhauled with members who will work diligently and responsibly on behalf of the residents of Fremont.

If the Liaison Committee can't be reinvigorated, then it should be dissolved. The committee apparently died in 2019—let's give it the burial it deserves.

william yragui
Mission Peak Conservancy

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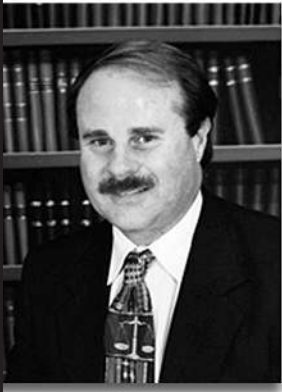
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Carolina Perrelli

Resident of Fremont

September 20, 1944 – August 9, 2020

Carolina Perrelli, 75, entered into eternal rest on August 9th, 2020. She courageously fought a many year-long battle with dementia. Carolina was a resident of Fremont, California for nearly 40 years.

Carolina is survived by her loving children, Rose, Loretta, Carmine, Julie and Josie Perrelli, her grandchildren Emma and Riley Roffelesen, her son-in-law Randy Roffelsen, her brother Salvatore Greco, and many other loved ones in the United States, Italy, Australia, Canada and Argentina.

She was preceded in death by her husband, Joseph Perrelli and her brothers Mario, Eugene and Pasquale Greco.

Carolina was born near the small town of Castrolibero in southern Italy on September 20th, 1944 to Raffaele and Giulia (Turco) Greco. She was the only girl and the middle child of five siblings. As a young girl, Carolina would know of a local boy, Joseph Perrelli, who would emigrate to the United States but not forget about her back home in Italy. They later corresponded by mail and a long-distance engagement came about.

In 1966, Carolina married Joseph in Italy and immigrated to the United States with him.

They settled in the Chicago area where they started their family. In 1980, her husband Joseph had a tragic stroke which he survived but left him with a difficult paralysis. Due to her husband's ill health, in 1981 the family moved to Fremont California, where the milder weather was easier for the family. Carolina was a devoted wife who took care of her ill husband for many years until his death in 1992.

Despite the trials of life, Carolina always had a beautiful and warm smile on her face. Her heart and arms were open to everyone she met. She loved her family and one of her favorite things in life was to have her family over to enjoy her big Italian dinners. She loved all her children and they meant everything to her.

Carolina had a strong work ethic and tirelessly gave her whole heart to everything she did. She was an amazing cook and enjoyed preparing delicious meals for her family and friends. She loved her customers and co-workers at Safeway and as a special treat for her co-workers, she would bring her special pasta to work, for them to feast on and enjoy on their lunch break. Making people happy was something very important to Carolina. Her



family, friends and co-workers were always close to her heart.

Carolina was an avid gardener and she enjoyed growing many types of vegetables and flowers in her garden. She had the special talent of being able to make anything grow and flourish. She would constantly amaze her children by being able to take a dead plant, or even a stick, and bring it back to life and into a growing and lovely plant.

Her smile, laughter and her love will be dearly missed by her family and everyone who knew her.

Due to current restrictions, a Celebration of Life will be held at a later date. Mom loved to garden, so in honor of her we ask that you send a live plant or send a memorial donation to the Lewy Body Dementia Association: <https://www.lbda.org>.

Climate Mayors issue letter to Congress on COVID-19 recovery

SUBMITTED BY CITY OF FREMONT

Fremont Mayor Lily Mei and 197 other Climate Mayors recently issued a joint letter strongly urging federal legislators to take bold action to protect our planet and build a more just economy in the wake of the COVID-19 pandemic.

With the goal of rebuilding the economy and country stronger than ever before, Climate Mayors are advocating for a national transition to a zero-carbon economy to create green jobs, provide cleaner air, reduce greenhouse gas emissions, improve public health, support resilience, and lift up our most vulnerable residents. The three driving principles of this work are:

1. Building for a Better Future
2. Leading with Equity
3. Prioritizing Multiple Benefits

To read full text of the letter and a sample of recommended policies and programs, visit www.climatemayors.org/climate-mayors_congressional-letter_07-22-20/.

Union City Police Log

SUBMITTED BY

Lt. STEVE MENDEZ, UNION CITY PD

Saturday August 1

- At 2:21 p.m. officers responded to a report of a retail robbery on the 900 block of Whipple Road. The store clerk said a male took merchandise and attempted to leave without paying. When confronted by a store employee the suspect pulled a machete out of his pants prompting the employee to back off. The suspect fled on foot. He was described as a Hispanic or Middle Eastern male between 25 and 35 years old and dressed in dirty dark clothing.

Sunday, August 2

- At 3:15 a.m. officers responded to a report that someone had fired off six gunshots in front of a

residence on Decoto Road near Mission Boulevard. A short time later a resident noticed bullet holes in the ceiling of one of the bedrooms. No one was hit by the gunfire. Eight spent shell casings were recovered from the roadway. Officers checked the area but did not find a suspect. The case is being investigated by detectives.

Sunday, August 9

- At 12:17 a.m. officers responded to multiple 911 calls about shots fired in the 2700 block of Cormorant Court. Upon arrival, officers found two adults suffering from gunshot wounds and began providing medical aid. The male and female victims were taken to a hospital for treatment and were later reported in stable condition. Police have made one arrest in connection with the incident, but will not release details until an investigation is completed.

COMMUNITY BULLETIN BOARD

VETERANS OF FOREIGN WARS POST 9601 Veterans and Active Duty Military are Invited Meetings 2nd Tuesday each month. Meeting Starts at 6:30PM Veterans Memorial Building 22737 Main St Hayward, CA 94541 www.vfw9601.org		MEHS Band & Orchestra FLEA MARKET 4TH Saturday of the month (weather permitting) March through October \$20 Cash fee for Vendors Due the day of flea market Set up 6am - 7am - 3:30pm 2300 Panama St. Hayward officialmehsband@gmail.com
Is Food a Problem For You? Try OVEREATERS ANONYMOUS Do you eat when you're not hungry? Do you binge, purge or restrict? Is your weight affecting your life? No dues, no fees, no weigh-ins, no diets. All are Welcome www.oasaco.org or www.oa.org 510-449-7610	FREMONT COIN CLUB Established 1971 Meets 2nd & 4th Tues 7pm At the Fremont Elks Lodge 38991 Farwell Dr., Fremont Guests Always Welcome, Enjoy Show N Tells, Drawings Auction, Refreshments www.fremontcoinclub.org 510-366-1365	
League of Women Voters Fremont-Newark-Union City www.lwvfnuc.org Free meetings to inform the public about local, regional and statewide policy issues. Participate in non-partisan in-depth, discussions with guest speakers at our meetings. All sites are wheelchair accessible	Afro-American Cultural & Historical Society Sharing our culture and history in the Tri-Cities and surrounding area Meetings: Third Saturday Except Dec, Feb, June, July 5:30pm Newark Library 510-793-8181 aachstricity.org Welcome!	Fremont Cribbage Club Meets to play weekly, every Weds. We play a Cribbage Tournament starting at 6PM. at ROUND TABLE PIZZA at 5544 Thornton Ave., Newark We welcome experienced players and will work with new players hoping to learn the game. Email:Accgr43@gmail.com For more information.
Zumba Kids with Jazzy Jenny Kids ages 4-12 Saturdays 2:30pm-3:30pm At Hope Community Church One hour of games,fun, and dancing. The last Saturday of every month is Zumba Family! For more info email: zumba.jazzyjenny@yahoo.com		UNITY CHURCH OF CASTRO VALLEY A Center for Positive Living Rev. Donna Caldwell invites all people to attend our 11:00 a.m. Sunday Services 20121 Santa Maria Ave., Castro Valley For classes & other activities 510/538-1416 www.unitycv.org
Monday Night BINGO 1st Monday each month at Niles Mobile Home Park 711 Old Canyon Rd., Fremont Near Vallejo Mills Elem. School Doors open 6:00pm Games start at 7:00pm more info: 510-513-3237	TRI-CITIES WOMEN'S CLUB Meets on the third Tuesday Elk's Club on Farwell Drive 9:15 – Cards & Games 11:45 – Lunch 1:00 – Program & Meeting Group meeting monthly/bimonthly; marathon bridge, walking group, lunch bunch,rummikub group, pinochle group, bocce ball & book club. For more info, call 510-656-0162	AMERICAN LEGION POST 649 Veterans and Active Duty Military are Invited Meetings 1st Monday each month. Meeting Starts at 6:00PM with Dinner Formal meeting starts at 7:00 pm Meet at the Moose Lodge 20835 Rutledge Rd Castro Valley www.amlegionpost649.org
		FREMONT AREA WRITERS SPONSORS "THIRD SUNDAY" LITERARY OPEN MIC Writers share their original work Third Sunday of Every Month Sign-up 3:00 Reading 3:30 - 5:30 At Starbucks - A family friendly venue for family friendly material 39201 Cedar Blvd Newark EVERYONE IS WELCOME!
		FAW "SECOND SATURDAY" Meet your local FAW authors Second Saturday of Every Month Sponsored by Half Price Books & Fremont Area Writers 39152 Fremont Hub Reading 2:00 to 4:00 pm Different author each month Fiction, nonfiction, poetry, etc. EVERYONE IS WELCOME!

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

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- No commercial announcements, services or sales
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- No sale items over \$100 value
- No automobile or real estate sales
- No animal sales (non-profit humane organization adoptions accepted)
- No P.O. boxes unless physical address is verified by TCV

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Girl Scouts
raise money for the Zoo

SUBMITTED BY IRENE CHEN

In response to Oakland Zoo's request for funds and resources, we, the Senior Patrol of Girl Scout Troop 60852, decided to sell lunch boxes of various types in order to raise money and donate to Oakland Zoo. Our patrol planned to make around 60 lunch boxes per weekend (both Saturday and Sunday) for four weeks, starting on the 25th of July – though we had already had this idea in mind since early July.

We wanted to raise money for Oakland Zoo because although the zoo had been permitted to reopen on the 29th of July, they were still facing severe financial struggles. This caught our attention because Oakland Zoo was a major part in many of our childhoods. Additionally, this fundraiser was a great way to relieve busy parents from having to cook for their children daily for every meal.

We converged at a member's house to cook and distribute the lunchboxes to

family friends and GS troop members that had ordered through Google Sheets. Ingredients for the meals were purchased with their money, as were the containers and bags. Altogether, we raised \$2,000 and sold around 220 lunches in three weekends. All proceeds are to be donated to Oakland Zoo.

We are all proud with how much we made and how much we were able to help Oakland Zoo. Even though we are just incoming freshmen, we managed to help save an entire zoo that several of us had made memories at in years before.

We also realized that we helped out a lot of parents by providing nutritious meals so they didn't have to rack their brains every day or take time out of work to cook for family members.

"I think this was a great cause that our troop is doing because the animals at Oakland Zoo really need our help right now," recounts, Sarah, a Patrol member. "Even though money is tight during the pandemic, it's still amazing how our troop



can raise this much money to help out." "As a patrol, we raised over \$2,000 for our local Oakland Zoo. I'm glad my patrol took action and gave back to our

community," says Patrol member Irene Chen. "By utilizing our individual skills and working as a team, we accomplished our goal!"

Alameda County
Fire Department
Log

SUBMITTED BY ACFD

Saturday, August 8

• At 8:30 p.m. firefighters responded to a fire between a freeway sound wall and residential homes on Empire Street and Highway 238 in San Lorenzo. The fire was knocked down within 10 minutes; no homes were damaged.

Tuesday, August 11

• At 4:16 p.m. two engines were dispatched to a vegetation fire between two vacant properties near Zwissig Way in Union City. Firefighters stopped the blaze and limited its spread to one acre. There were no injuries.

BART Police Log

SUBMITTED BY LES MENSINGER AND BART PD

Saturday, August 8

- At 1:01 p.m. a man identified by police as Malik Hill, 24, of San Francisco was arrested at Hayward station on suspicion of violating a restraining order and possessing a controlled substance. He was booked into Santa Rita Jail.
- At 7:31 p.m. a man identified by police as Paris Renney of San Francisco and El Cerrito was arrested at Bay Fair station in San Leandro on multiple outstanding warrants totaling \$80,000 bail, and also on suspicion of grand theft and disobeying a court order. He was taken to Santa Rita Jail.

Monday, August 10

- At 1:01 p.m. a man identified by police as Joseph Mehbrahtu, 41, of Hayward was arrested at Hayward station on suspicion of obstructing an officer, providing false identification and possessing burglary tools. A record check showed he had a felony no-bail warrant. He was booked into Santa Rita Jail.

Access shut to California
swimming hole due to overcrowding

ASSOCIATED PRESS

California park officials have shut vehicle access to a pristine swimming hole in Northern California due to an influx of visitors to the "hidden gem" that has become a popular photo backdrop on social media.

There are just 12 parking spots near Yankee Jim's, a sliver of crystal clear water on the North Fork American River, about 35 miles west of Lake Tahoe, but last weekend California State Parks and Placer County authorities counted more than 300 vehicles parked near the rugged roads surrounding a one-way bridge overhead.

Some vehicles blocked entry and exit points to the area, causing an hours-long traffic jam as drivers tried to turn around, the sheriff's office said in a Facebook posting on Friday. Authorities said the scenic area has exploded in popularity thanks to social media postings.

This presents a huge public safety danger, and cannot allow any first responder to access Yankee Jim's in the event of any emergency or fire," the statement said.

The move intended to discourage visitors to Yankee Jim's comes as authorities struggle to control overcrowding at recreational sites as coronavirus cases continue to rise in many parts of the state.

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.



A date to remember at Hayward Police Department



Sgt. Ruben Pola
Photo: Hayward Police Department/Facebook

SUBMITTED BY
HAYWARD POLICE DEPARTMENT

What is so great about August 13? If you ask folks at the Hayward Police Department (HPD), they might tell you that date marks the beginning and end of the impressive career of Sgt. Ruben Pola. It was on August 13 in 1990 that Pola was hired by HPD as an officer, and 30 years later to the day, HPD officials announced Pola, who had advanced to sergeant, retired. HPD officials said Pola's

accomplishments and contributions to the department were many, but he is best known for his assignments as a Field Training Officer, as a member of the Special Response Team, a School Resource Officer, and a facilitator for City of Hayward cultural diversity training. He also was selected as the Hayward Chamber of Commerce Police Officer of the Year. Most recently, Pola earned a master's degree in Criminal Justice.

Fremont police veteran calls it a day

SUBMITTED BY GENEVA BOSQUES,
FREMONT PD

Capping a nearly 30-year career in law enforcement, Lt. Tom Severance recently retired from Fremont Police Department (FPD). In a statement released August 6, FPD officials thanked Severance for his dedicated service to the City of Fremont and offered their best wishes on his retirement. Severance began his law enforcement career in 1991 as a deputy at the San Francisco County Sheriff's Department. Just three years later he made a lateral move to FPD. Over the years, Severance held numerous positions at FPD including Field Training Officer, Street Crimes Unit Officer and Crimes Against Persons Detective. In 2007 he was promoted to sergeant and assigned to patrol, and two years later promoted to the Street Crimes Unit. In 2013 Severance was promoted again, this time to lieutenant where he managed the Field Training, Fleet, Emergency and Vehicle Operations programs. He also completed a rotation in Special Operations as the Investigations Lieutenant. Severance is a graduate of the Senior Management Institute for Police held at Boston University, and the Supervisory Leadership Institute. While there, he earned Advanced,



Lt. Tom Severance
Photo: Fremont Police Department/Facebook

Supervisory and Management POST certificates. During his career Severance was selected as the sworn employee of the month three times and received in excess of 50 letters of commendation. Outside of the police department, Severance served for several years as the Special Events Manager for the Fremont Festival of the Arts.



Officer of the Year

SUBMITTED BY NEWARK PD

Officials from the Newark Police Department announced on August 13 that Officer Matt Warren has been named Officer of the Year. In making the announcement, officials noted that the 12-year veteran officer has stepped up to mentor younger officers and has proven to be a valued team player in the department.

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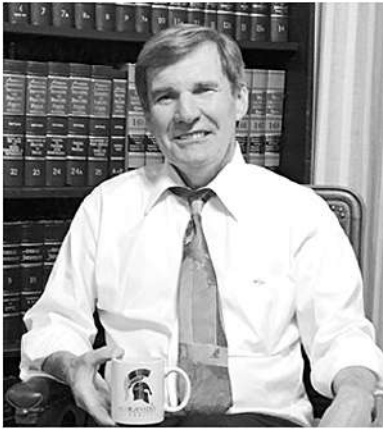
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PUBLIC NOTICES

NOTICE OF VIRTUAL PUBLIC HEARING
CITY OF FREMONT
HISTORICAL ARCHITECTURAL REVIEW BOARD

NOTICE IS HEREBY GIVEN THAT THE HISTORICAL ARCHITECTURAL REVIEW BOARD (HARB) OF THE CITY OF FREMONT WILL HOLD A PUBLIC HEARING ON THE FOLLOWING PROPOSAL. THE PUBLIC HEARING WILL BE HELD VIA A TELECONFERENCE ON THURSDAY, SEPTEMBER 3, 2020, AT 6:30 P.M. THIS PUBLIC HEARING WILL NOT BE HELD IN-PERSON. A PUBLICLY ACCESSIBLE LOCATION WILL NOT BE PROVIDED FOR THE VIRTUAL PUBLIC HEARING. 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). ACCORDINGLY, SAID PUBLIC MEETING WILL BE HELD VIA TELECONFERENCE 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. INFORMATION ON HOW TO PARTICIPATE IN THE MEETING BY TELECONFERENCE WILL BE MADE AVAILABLE ON THE MEETING AGENDA POSTED ONLINE AT FREMONT.GOV/HARB AT LEAST THREE DAYS PRIOR TO THE MEETING.

FREMONT REGISTER LISTING AND MILLS ACT CONTRACT FOR THE SILVA HOUSE AND TANKHOUSE – 48509 Ursa Drive – PLN2018-00036 – To consider an application for HARB review of proposed listing on the Fremont Register of Historic Resources and a Mills Act Historic Preservation contract for the Silva House and Tankhouse, located within the Ursa Residential Planned District (P-2017-188) in the Warm Springs Community Plan Area. The application is not a project subject to the California Environmental Quality Act (CEQA), as defined in Section 15378 of the CEQA Guidelines, as the application involves no physical change to the environment. Project Planner – Bill Roth, (510) 494-4450, broth@fremont.gov

* NOTICE *

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

WAYLAND LI, SECRETARY
HISTORICAL ARCHITECTURAL REVIEW BOARD

CNSB#3389414

FICTITIOUS BUSINESS
NAMESFICTITIOUS BUSINESS
NAME STATEMENT

File No. 571605

Fictitious Business Name(s):
ASDRP (ASPIRING SCHOLARS DIRECTED RESEARCH PROGRAM), 46307 WARM SPRINGS BLVD., FREMONT, CA 94539; MAILING ADDRESS: 43531 MISSION BLVD., FREMONT, CA 94539, County of ALAMEDA

Registrant(s):
OLIVE CHILDREN FOUNDATION, 43531 MISSION BLVD., FREMONT, CA 94539 (CALIFORNIA)
Business conducted by: A CORPORATION
The registrant began to transact business using the fictitious business name(s) listed above on 06/01/2018

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ KWEIWEI JEN

This statement was filed with the County Clerk of Alameda County on JULY 22, 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).
8/4, 8/11, 8/18, 8/25/20

CNS-3385117#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 571272

Fictitious Business Name(s):
IBIS VIZ, 23271 MAUD AVE., HAYWARD, CA 94541, County of ALAMEDA

Registrant(s):
JEDI THAI, LLC, 23271 MAUD AVE., HAYWARD, CA 94541 (DELAWARE)
Business conducted by: A LIMITED LIABILITY COMPANY

The registrant began to transact business using the fictitious business name(s) listed above on 07/01/2020

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ TODD WIRSCHING

This statement was filed with the County Clerk of Alameda County on JULY 8, 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).
8/4, 8/11, 8/18, 8/25/20

CNS-3385115#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 571032

Fictitious Business Name(s):
1. MMA MOST WANTED 2. MMA'S MOST WANTED 3. MIXED MARTIAL ARTS MOST WANTED 4. @MMAMOSTWANTED 5. A FUN WEB 6. @AFUNWEB, 4224 JUPITER CT., UNION CITY, CA 94587, County of ALAMEDA

Registrant(s):
RUBEN GILBERT LOPEZ, 4224 JUPITER CT., UNION CITY, CA 94587
ROSA MARIA LOPEZ, 4224 JUPITER CT., UNION CITY, CA 94587

Business conducted by: MARRIED COUPLE
The registrant began to transact business using the fictitious business name(s) listed above on 06/26/2010

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ RUBEN GILBERT LOPEZ

This statement was filed with the County Clerk of Alameda County on JUNE 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).
7/22, 8/4, 8/11, 8/18/20

CNS-3383735#

GOVERNMENT

CITY OF FREMONT
PUBLIC HEARING

Notice is hereby given that the City of Fremont City Council will hold a public hearing to consider the following proposals. Said public hearing will be held at 7:00 p.m., Tuesday, September 1, 2020, Council Chambers, 3300 Capitol Ave., Bldg. A, Fremont, CA, at which time all interested parties may attend and be heard:

NILES GATEWAY APPEAL – 37899 Niles

NOTICE OF VIRTUAL PUBLIC HEARING
CITY OF FREMONT
ART REVIEW BOARD
SPECIAL MEETING

NOTICE IS HEREBY GIVEN THAT THE ART REVIEW BOARD OF THE CITY OF FREMONT WILL HOLD A VIRTUAL PUBLIC HEARING ON THE FOLLOWING PROPOSAL. SAID PUBLIC HEARING WILL BE HELD VIRTUALLY AT 3:00 P.M. ON WEDNESDAY, SEPTEMBER 2, 2020, AT WHICH TIME ALL PARTIES AND INTERESTED PERSONS MAY PARTICIPATE VIA TELECONFERENCING TO PROMOTE SOCIAL DISTANCING UNDER THE AUTHORITY OF THE GOVERNOR'S EXECUTIVE ORDER N-25-20, AS AMENDED. INFORMATION ON HOW TO PARTICIPATE IN THE MEETING BY TELECONFERENCE WILL BE MADE AVAILABLE ON THE MEETING AGENDA POSTED ONLINE AT FREMONT.GOV/AGENDACENTER/ART-REVIEW-BOARD-1 AT LEAST THREE DAYS PRIOR TO THE MEETING.

PUBLIC ART FOR DUSTERBERRY NEIGHBORHOOD PARK PLAZA – To interview selected artists for the design, fabrication, and installation of new artwork for Dusterberry Neighborhood Park's central plaza, determine a first and second choice, and make a recommendation to the Fremont City Council for approval; 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.
Landscape Architect - Jennie Suen, (510) 494-4744, jsuen@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, SECRETARY
ART REVIEW BOARD

CNSB#3389410

policies as specified within ten (10) days after notification of the award of the Contract to the successful bidder.
Cost for work described in each addenda issued during the time of bidding shall be included in the Bid and the addenda shall become a part of the Contract documents.

Bidders shall develop and submit bids at their own expense. The District will not reimburse any costs associated with the development and submittal of any and all Bids.

The District reserves the sole right to reject any and all bids and to waive any informality in a bid. No bidder may withdraw its bid for a period of sixty (60) days after the date set for the opening thereof.

At the successful Contractor's option, securities may be substituted for the required retention, in accordance with the provisions of Section 22300 of the State of California Public Contract Code. In accordance with the provisions of California Public Contract Code Section 3300, the District has determined that the Contractor shall possess, as a minimum, a valid Class A License.

In accordance with the provisions of California Business and Professions Code Section 7028.15, a bid submitted to the District by a Contractor who is not licensed in accordance with Chapter 9 of the California Business and Professions Code shall be considered non-responsive and shall be rejected by the District.

Questions concerning this project should be directed to:
Union Sanitary District
Attn: Thomas Lam
5072 Benson Road
Union City, CA 94587
Phone: 510-477-7609
By: Anjali Lathi
Secretary of the Board
Union Sanitary District
Date: August 18, 2020
8/18, 8/25/20

CNS-3389329#

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 September 3, 2020 at which time they will be opened and read out loud in said building for: **CALIFORNIA NURSERY HISTORICAL PARK BACKBONE INFRASTRUCTURE PROJECT**

8837 B (PWC)

A NON-MANDATORY PRE-BID CONFERENCE:
A non-mandatory pre-bid conference is scheduled for **Thursday, August 20, 2020 at 10:00 a.m.** at: The parking lot of California Nursery Historical Park at 36550 Niles Blvd, Fremont, CA, to acquaint all prospective bidders with the Contract Documents and the Worksites. The bidders' conference is not mandatory. 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-arcs.com/california/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 or becerra-scola@fremont.gov

Due to the extension of the Shelter in Place there will not be a public bid opening for this project. The bids will be opened by Purchasing and the initiating department. A Preliminary bid result will be posted on the City's website the same day.
JANICE BECERRA
PURCHASING DIVISION
CITY OF FREMONT
8/11, 8/18/20

CNS-3387896#

PROBATE

NOTICE OF PETITION TO
ADMINISTER ESTATE OF
JESUS MENDOZA PAREDES
CASE NO. RP20065861

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Jesus Mendoza Paredes
A Petition for Probate has been filed by Corazon Paredes in the Superior Court of California, County of Alameda.

The Petition for Probate requests that Corazon Paredes be appointed as personal representative to administer the estate of the decedent.

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

A hearing on the petition will be held in this court on 09/08/2020 at 2:00 p.m. in Dept. 201 Room N/A located at 2120 Martin Luther King Jr. Way, Berkeley, CA 94704.

MANDATORY REMOTE APPEARANCE: The Court requires all parties who wish to attend the hearing on the above date and time, including those who wish to state objections, to appear by audio or video technology. The parties should consult the court's website for the specific telephonic and video applications available. The parties may also contact the probate clerk in the respective department for information concerning remote appearances. Parties must be present at least five (5) minutes before the scheduled hearing time.

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

time, including those who wish to state objections, to appear by audio or video technology. The parties should consult the court's website for the specific telephonic and video applications available. The parties may also contact the probate clerk in the respective department for information concerning remote appearances. Parties must be present at least five (5) minutes before the scheduled hearing time.

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.

Petitioner: Timothy R. Yorton, 1542 Shadowood Ct., Tracy, CA 95376, Telephone: 209-601-0649
8/18, 8/25, 9/1/20

CNS-3388616#

NOTICE OF PETITION TO
ADMINISTER ESTATE OF
JING YAO CHEN
CASE NO. RP20068719

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Jing Yao Chen
A Petition for Probate has been filed by Chunhua Lin in the Superior Court of California, County of Alameda.

The Petition for Probate requests that Chunhua Lin be appointed as personal representative to administer the estate of the decedent.

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

A hearing on the petition will be held in this court on September 9, 2020 at 2:00 p.m. in Dept. 201 Room N/A located at 2120 Martin Luther King Jr. Way, Berkeley, CA 94704.

MANDATORY REMOTE APPEARANCE: The Court requires all parties who wish to attend the hearing on the above date and time, including those who wish to state objections, to appear by audio or video technology. The parties should consult the court's website for the specific telephonic and video applications available. The parties may also contact the probate clerk in the respective department for information concerning remote appearances. Parties must be present at least five (5) minutes before the scheduled hearing time.

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: Lawrence Wong, Esq. and Loan Dao, Esq., 413 Third Street, Oakland, CA 94607, Telephone: 510-451-2124
8/4, 8/11, 8/18/20

CNS-3384522#

NOTICE OF PETITION TO
ADMINISTER ESTATE OF:
NYLES WOODALL RYAN AKA
NYLES RYAN
CASE NO. RP20068516

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both of NYLES WOODALL RYAN AKA NYLES RYAN.

A PETITION FOR PROBATE has been filed by PATRICIA ALEXANDER in the Superior Court of California, County of ALAMEDA.

THE PETITION FOR PROBATE requests that PATRICIA ALEXANDER be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in this court as follows: 09/08/20 at 9:31AM in Dept. 202 located at 2120 MARTIN LUTHER KING JR. WAY, BERKELEY, CA 94704

MANDATORY REMOTE APPEARANCE: The Court requires all parties who wish to attend the hearing on the above date and time, including those who wish to state objections, to appear by audio or video technology. The parties should consult the court's website for the specific telephonic and video applications available. The parties may also contact the probate clerk in the respective department for information concerning remote appearances. Parties must be present at least five (5) minutes before the scheduled hearing time.

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

**NOTICE OF PETITION TO
ADMINISTER ESTATE OF
SHIRLEY K. EDMON AK
SHIRLEY K. YORTON
CASE NO. RP20069853**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Shirley K. Edgemon aka Shirley K. Yorton

A Petition for Probate has been filed by Timothy R. Yorton in the Superior Court of California, County of Alameda.

The Petition for Probate requests that Timothy R. Yorton be appointed as personal representative to administer the estate of the decedent.

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

A hearing on the petition will be held in this court on 09/22/2020 at 2:00 p.m. in Dept. 201 Room N/A located at 2120 Martin Luther King Jr. Way, Berkeley, CA 94704.

MANDATORY REMOTE APPEARANCE: The Court requires all parties who wish to attend the hearing on the above date and

PUBLIC NOTICES

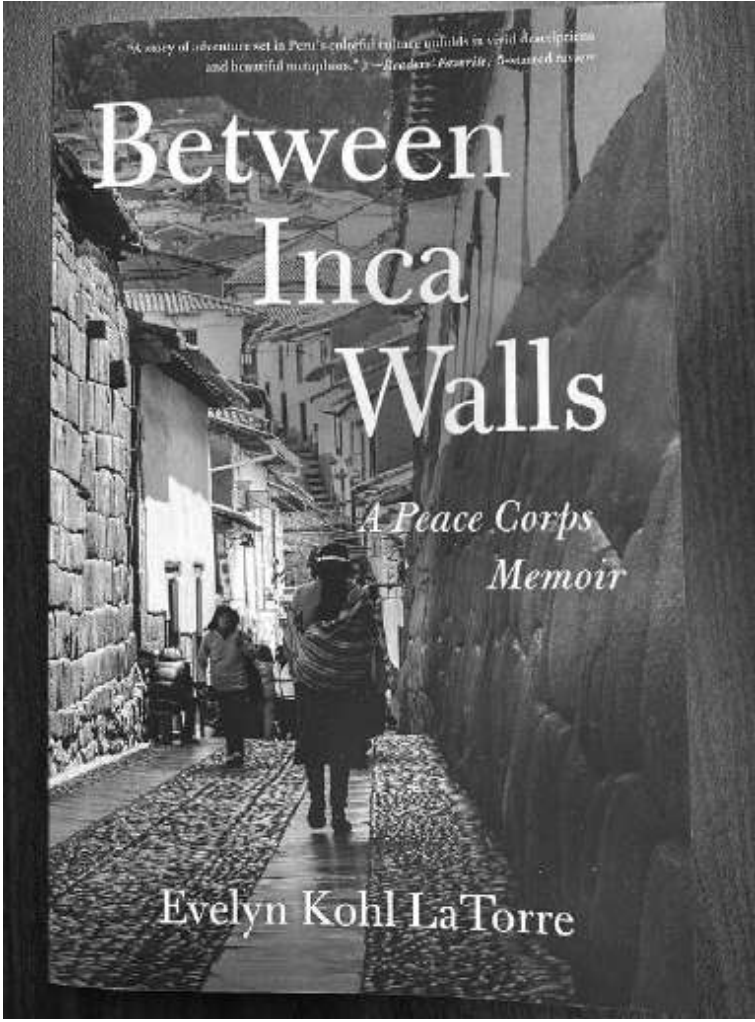
the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of 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 LINDA M. VARGA - SBN 149988 and HENRY J. MORAVEC III SBN 149989 MORAVEC, VARGA & MOONEY 2233 HUNTINGTON DRIVE SUITE 17	SAN MARINO CA 91108 8/4, 8/11, 8/18/20 CNS-3384458#
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Peace Corps memoir
takes local author back to
Peru for culture and romance

By JOHNNA LAIRD

Even before its release last week, *Between Inca Walls*, A Peace Corps Memoir by a first-time Fremont author

geoglyphs of animals, geometric shapes and lines – some miles long – etched into the desert soil. Thirty years later in 1994 UNESCO declared the Nazca Lines a World Heritage Site.



Yet *Between Inca Walls* is more than travelogue. Kirkus Reviews, the nation’s leading prepublication book reviews’ journal, praised its boldness and candor. LaTorre threads an intimate story of conflicted romance through her chapters. Passion rises in her for a dashing Peruvian university student, dubbed “Antonio” in the narrative. When he shows kindness for a stranger, a confused blind man, she becomes more impressed. Poetic and charming, he is wary of the United States. Romance puts her on a collision course with her Catholic upbringing – she once thought she would grow up to be a nun. On an emotional rollercoaster, she struggles to navigate religious and social barriers, searching to live authentically. Head and heart wrestle for control as the author tackles themes of love and sex in a memoir her conservative mother never wanted her daughter to write.

LaTorre considers *Between Inca Walls* a coming-of-age story, revealing who she was when younger, and how she embraced a foreign land with indigenous people who

encircled her with kindness. “It’s a story about how young people come to know about life and love,” she says. “I don’t think I knew what love was until I met Antonio. . .the emotions and where they take you, the happenstance and how one thing leads to another.”

Much of her life she considers serendipitous. She didn’t expect the Peace Corps to alter her life plans so dramatically. Yet, she considers her experience with them the most transformative time of her life. “I haven’t always gotten what I have wanted,” she admits, “but I have received exactly what I needed.”

The genre of memoir gave her an avenue to reveal lessons she thought worth sharing, and gain a more compassionate understanding of her younger self. Initially, LaTorre envisioned writing a book for her two grown sons to read. She had journals written during her time in Peru to jog her memory and provide rich detail. But by the time she discovered her sons were her least interested readers, she was hooked on writing, finding it therapeutic. “I can write for eight hours and not even know an hour has passed,” she says. “I look forward to whole days of writing.”

LaTorre wrote intermittently in the 1990s, attending a few classes. Retiring in 2002 after 32 years in education, she committed herself seriously, at times not knowing exactly where the writing was headed. She joined Fremont Area Writers when the group began 11 years ago, as well as other writers’ groups. She followed advice she heard, like writing high points of her life on Post-it notes, reordering them until a plot emerged.

“I never lost faith that it would become a book,” she says. “I had faith that it could be done, but I had to learn to write a book that people would want to read, and that took classes and workshops.”

An official book launch via video conference will take place Wednesday, August 19 at 6 p.m. and includes a reading from *Between Inca Walls*. Attendees are limited to 100; check in before 5:50 p.m. Information, Zoom link, meeting ID and passcode can be found at EvelynLatorre.com under the “Blog” tab on the main page.

Between Inca Walls is available for purchase on Amazon in both paperback and Kindle editions.

Between Inca Walls book launch
Wednesday, August 19
6 p.m.

Via Zoom
Link available at:
<https://www.evelynlatorre.com/blog>



landed on Amazon’s Best Seller List, ranking first for Peru travel books.

“I’ve found the response amazing,” says author Evelyn Kohl LaTorre, a retired, bilingual school psychologist and administrator. Her book was 18 years in the making, and International Book Awards named it a finalist in the multicultural category. “I didn’t write it to have a big effect.”

Between Inca Walls chronicles an adventurous but innocent young woman, just out of college. She is ready to launch a meaningful life of service, starting with the Peace Corps. She can’t swim, but she is determined to pass the test, one of many to qualify her as a volunteer for what she termed “the toughest job you’ll ever love.” She welcomes her assignment in the impoverished Andes Mountains in 1964, living with a roommate in a cell-sized storeroom, cooking meals outdoors and relying on her wits to teach and empower youth in the community.

The book has been praised as a “masterful portrait of place” and a journey “into a part of Peru not many people tour.” LaTorre invites readers along for the trip – for example on a bumpy bus ride from Abancay to Lima, when 500 miles into the trip Latorre looked out the window and saw hundreds of massive





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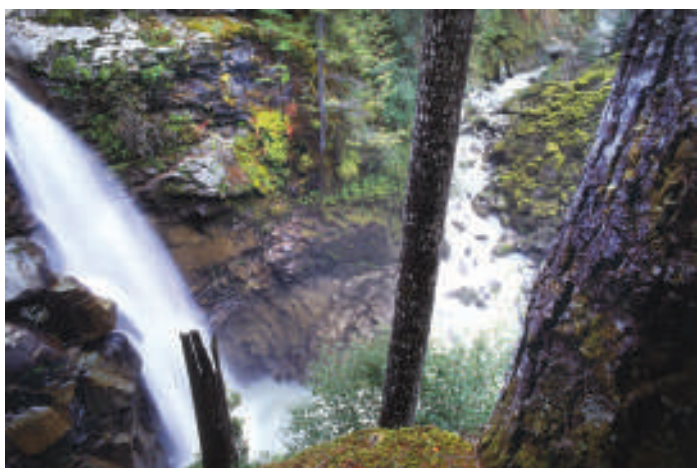
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Can waterfalls
make me feel happy?



Being around waterfalls -- like this 88-foot doozy along the North Fork of the Nooksack River in Washington State -- could help us with a little mental uplift courtesy of the "negative ions" floating around crashing water molecules. Credit: Roddy Scheer.

EARTHTALK

**BY RODDY SCHEER AND
DOUG MOSS**

Dear EarthTalk: Is it true that being around a waterfall makes you feel good?

— S.B., Lewiston, Maine

The notion of waterfalls making you happy is often viewed as an "old wives' tale," but there may be some truth to it given the so-called "negative ions" pervasive in such environments. The collision of water molecules with each other causes water to be positively charged and surrounding air to be negatively charged. According to Pierce Howard, Ph.D., author of *The Owner's Manual for the Brain: Everyday Applications from Mind-Brain Research*, it makes sense that waterfalls can make you feel good, given that negative ions hitting our bloodstream can produce biochemical reactions linked to alleviating depression, relieving stress and boosting energy.

"High concentrations of negative ions are essential for high energy and positive mood," he reported. "Negative ions suppress serotonin levels in much the same way that natural sunlight suppresses melatonin. Hence the invigorating effect of fresh air and sunshine and the correspondingly depressed feelings associated with being closed in and dark."

"The atmosphere we breathe normally is full of positive and negative ions," he added. "Air-conditioning, lack of ventilation, and long dry spells remove negative ions...the best ratios of negative to positive ions are associated with waterfalls and the time before, during and after storms," said Howard. "The worst are found in windowless rooms and closed, moving vehicles."

Our love of waterfalls only underscores that people thrive when they are exposed to nature on a regular basis. A 2013 study in the journal *Environmental Science & Technology* definitively linked exposure to nature directly with improved mental

health, comparing the mental health of those who moved from city landscapes to greener, more natural settings with those who relocated in the reverse direction. Researchers found that those who relocated to settings with a higher exposure to nature were noticeably happier during the three-year study period.

"[E]nvironmental policies to increase urban green space may have sustainable public health benefits," they concluded.

In another recent study, researchers sampled the effects of nature on 537 University of Rochester students in both real and imagined situations, and found that individuals who spent time outdoors -- or even just imagined themselves in nature -- consistently experienced higher energy levels and increased feelings of happiness. Study participants who spent just 20 minutes outdoors a day experienced significant increases in energy levels as well as noticeable mood boosts. Even indoor plants played a role in helping study participants feel more energized.

Another way to look at it would be to consider our sedentary, indoor lifestyle as a drain on our energy reserves and taxing to our mood and general sense of well-being. In the landmark 2005 book *Last Child in the Woods*, Richard Louv coined the term "nature deficit disorder" to explain how our lack of time outdoors has led to behavioral problems in kids and adults alike. Louv's prescription? Spend more time outdoors (away from screens) interacting with nature and each other.

In case you needed another reason to get off the couch and out into the woods on a waterfall hike, now you have it. You'll be sharper. You'll be more productive. You'll be invigorated. And you'll be happier.

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.

Be happy. Be thriving. Be fit. Be generous. Be connected. Be joyful. Be healthy. Be strong. Be passionate. Be rejuvenated. Be supported. Be nourished. Be mindful. Be motivated. Be present. Be loved. Be energized. Be emotional. Be creative. Be productive. Be happy. Be wise. Be intellectual. Be social. Be fun. Be exploring. Be you. Be revitalized. Be valued. Be engaged. Be curious. Be healthy. Be grateful. Be relaxed. Be yourself. Be learning. Be artful. Be spiritual. Be adventurous. Be relieved. Be safe. Be enthusiastic. Be inspired.

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WE BELIEVE everyone needs support now and again, especially during these uncertain times. From grocery shopping to cooking, cleaning and transportation -- no request is too big. Discover passions, delight in sensational cuisine, engage in fitness programs and visit the salon, all in the safety of our controlled community environment.

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Details:

HERS Breast Cancer Foundation's official kickoff for Breast Cancer Awareness Month (October) is an essential fundraiser for under-served breast cancer patients. We have a \$56,000 fundraising goal -- 100% of which will fund our Assistance Programs which provide low income and under-insured patients with post-surgical products and services.

- Choose WHERE and WHEN you walk, September 26-27
- Prizes for most funds raised and other categories
- Kickoff on Facebook Live with KTVU's Heather Holmes
- Elaine's Memorial Circle with Dove Release
- Bollywood warmup with Shameem of Xtrim Bollywood Fitness
- Zoom yoga option

Register at <https://hersbreastcancer.itsyourrace.com/> or use QR code below.

All proceeds help to support the HERS Breast Cancer Foundation Assistance Programs.

For registration, sponsorship or vendor info, call (510) 790-1911 or visit HERSBreastCancerFoundation.org



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