



Chief to focus on progressive policing at BART

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Virtual yappy hour

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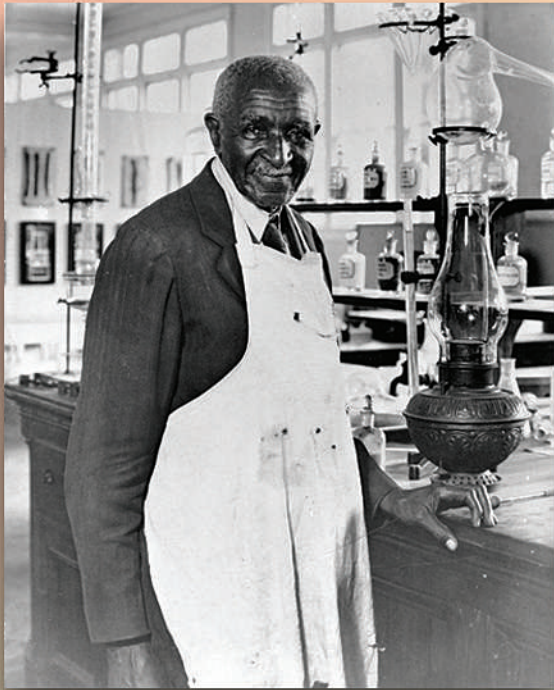
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February 9, 2021

Vol. 19 No. 5



Dr. George Washington Carver, famed African American agricultural chemist. 1940 photo at Tuskegee Institute in Alabama. (AP Photo)

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Black History Month



The month of February celebrates the contributions and triumph of Afro-Americans in their struggle from slavery to equal shares of the American dream.

Harvard scholar Carter G. Woodson



Bike Life movement

BY ANDREW CAVETTE

PHOTOS COURTESY OF JAKOB SANTOS, BAYLANDS BICYCLES AND ROLL OUT CREW

Bike Life is a new bicycle sport that began in 2011 in New York. The sport involves riding in groups, often with one wheel in the air, while doing tricks. This BMX riding style quickly spread across the country via the hashtag #BikeLife on Instagram and YouTube.

"There's probably a ride-out every day [in the Bay area]," said Anthony Lee, who operates a BMX bike shop in the Niles district of Fremont. The general public is becoming increasingly interested in this sport. Lee thinks this recent uptick in popularity is due to Covid.

"Kids have nowhere to go... so they started getting out, being active," Lee said.

Much like the early days of skateboarding, the Bike Life culture has been met with

concern by some. Lee loves this new sport, but acknowledges problems that people encounter. "Some riders are shutting down streets, I'm not going to deny that," Lee said. "Some of them are doing it the wrong way, but most of them are doing it the right way."

More than 40 years after scofflaw skate boarding in backyard swimming pools, cities across the country built impressive skate parks for their residents to enjoy. Accelerated by social media and Covid, Bike Life riding is now gaining the public's trust, and attracting more than just teens.

For San Leandro resident Brodie McCole and his son Dylan, Bike Life ride-outs are family time. "We all enjoy the experience... let alone the exercise. But most importantly [adults] make it all about us kids," Dylan said.

"Riding helps the kids... and us adults... to keep a clear mind," Brodie McCole said. "We live in difficult times. The kids do not go to school [in person]; they cannot play team sports. When we gather to ride, we ride in the moment and enjoy ourselves." Riders cover

continued on page 4

COVID-19 Vaccine: Humanity's counterattack

BY MADHVIKA SINGH

PHOTOS COURTESY OF WASHINGTON HOSPITAL HEALTHCARE SYSTEM

When the pandemic first hit, the world was scrambling to find ways to deal with it. Almost a year later, we have a promising weapon in our fight against the COVID-19 virus in the form of a vaccine. Two vaccines have been approved for use and are being rolled out for distribution and a third is possible soon. The massive scale of vaccinating the entire country in a short time has created challenges on fronts like supplying vaccine to points of distribution, enhancing patient information systems to track vaccinations, disseminating information about eligibility and phases, and ensuring availability of accurate information about safety and efficacy.

Tri-City Voice (TCV) spoke with Washington Hospital Healthcare System (WHHS) in Fremont to learn how the rollout has been going in the community they serve. Infectious disease and internal medicine specialist Dianne C. Martin, MD at WHHS graciously answered questions.

Criteria for vaccine eligibility and availability is changing rapidly, and many have questions and concerns. Dr. Martin shared, "We encourage our community to seek reliable resources for vaccine information, such as state and county public health departments, and the Centers for Disease Control and Prevention (CDC). As a primary care physician to many in our community, I encourage that eligible patients get the vaccine. Anyone with concerns about vaccine safety can discuss specific concerns with their health care provider." More information about safety, efficacy and benefits

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Eating Right and Staying Active During Pregnancy is Important

Expectant Moms Need to Take Precautions to Prevent COVID-19

The pandemic has definitely changed our lives, and if you’re expecting a baby, things are about to get more interesting. Having a baby is a life-changing experience even if you’re already a parent. While everyone experiences pregnancy differently, there are steps you can take to help it go more smoothly and ensure a healthier outcome.

“Some people are on the fence right now about whether it’s a good time to start a family,” said Dr. Stacey Barrie, a member of the Washington Township Medical Foundation who specializes in obstetrics and gynecology. “You have to assess your

personal situation and consider how safe your environment is right now and then make your decision. It’s important to remember that you are at special risk because your immune system is depleted during pregnancy, making you more susceptible to infections. You have to be extra sure to follow the guidelines for staying safe during the pandemic and avoid contact with people outside your household. But the good news is we don’t believe COVID-19 can be transmitted from mom to baby in the womb.”

Dr. Barrie said the pandemic has made it even more important to get good

prenatal care to ensure a healthy pregnancy. She encourages women to make their first visit three to four weeks after their first missed period.

“We see patients monthly until 30 weeks, every two weeks from 30 to 36 weeks, and then weekly for the last month,” she added. “We monitor how the pregnancy is progressing, check vital signs, and conduct screenings that protect the health of both the mother and the baby.”

February is Prenatal Infection Prevention Month, held to raise awareness about the risk of bacterial and viral diseases that can be passed from a mother to her baby during pregnancy or the delivery process.

“Every patient is offered a variety of screening tests to detect infections and other serious complications,” Dr. Barrie explained. “We test for diseases like chlamydia, hepatitis, herpes and HIV. We also look for birth defects. At the first prenatal visit, we screen for genetic diseases that could be passed on to any offspring like cystic fibrosis or muscular dystrophy.”

Staying Healthy

She said it’s important to maintain your current state of health during pregnancy. That means eating right and exercising regularly. She recommends eating a colorful variety of fruits and vegetables as well as lean protein sources like fish, chicken and legumes.

“You need to increase the amount of protein in your diet,” she added. “More than half of my patients are vegetarians, so I tell them to reduce the rice and increase the lentils and tofu.”

Women who are within the normal weight range should gain about 25 to

35 pounds during the pregnancy, but those who are overweight shouldn’t gain more than 25 pounds, and obese women shouldn’t gain more than 15 pounds.

It’s also important to avoid alcohol and tobacco during pregnancy, and keep caffeine consumption to two servings per day. No amount of alcohol has been shown to be safe during pregnancy.

Dr. Barrie encourages everyone to take prenatal child birth classes and create a birth plan so their delivery goes the way they want, barring any health complications.

“Some women say they just want what’s best for their baby, and others know exactly what they want,” she said. “There are a lot of details. Some want an epidural, others don’t even want to be offered meds during the delivery. If it’s a boy, will they be circumcised? Do you want music during the delivery? Whatever it is, we will follow your plan.”

Dr. Barrie said having a baby is like running a marathon, so you should try to be in the best shape you can to get ready for it.

“You really can’t prepare for a marathon by sitting on the couch for nine months,” she added. “You need to lead a healthy lifestyle. Eat right and exercise – and yes, you can have sex. There are a lot of myths out there about pregnancy. It’s really about taking good care of yourself and your baby.”

To learn more about obstetric and gynecology services offered through Washington Women’s Health Specialists, visit <https://www.mywtmf.com/Servics/OB-GYN.aspx>.

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



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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	2/9/21	2/10/21	2/11/21	2/12/21	2/13/21	2/14/21	2/15/21
12:00 PM 12:00 AM	Preventive Care: What You Need To Know	Washington Township Health Care District Board Meeting January 13, 2021	Intro to Radiation Oncology Therapy	Diabetes Matters: Asian Fusion	Mental Health Education Series: Mental Wellness	Metabolic Disorders	Ortho Overuse Injuries: Prevention and Treatment
12:30 PM 12:30 AM	The Signs and Symptoms of Sepsis		Suffer From Sinus Problems?	Diabetes Matters: Diabetes Complications and Amputation			
1:00 PM 1:00 AM				Solutions for Weight Management	Don't Let Hip Pain Win	Gastrointestinal Disorders	Washington Township Health Care District Board Meeting January 13, 2021
1:30 PM 1:30 AM	Family Caregiver Series: Care for the Caregiver		Anxiety: Stop Negative Thoughts				
2:00 PM 2:00 AM	Aortic Valve Disease: Treatment Options Including TAVR	Active Living: Yoga Exercises		Early Detection and Prevention of Female Cancers	Washington Township Health Care District Board Meeting January 13, 2021	Washington Township Health Care District Board Meeting January 13, 2021	Strategies to Reduce the Risk of Cancer Recurrence
2:30 PM 2:30 AM	Diabetes Matters: Latin Foods	Colon Cancer	Washington Township Health Care District Board Meeting January 13, 2021				
3:00 PM 3:00 AM	Chronic Kidney Disease: FAQ	Updated Treatments for Knee Pain & Arthritis		Sidelined by Back Pain? Get Back in the Game			
3:30 PM 3:30 AM	Digestive Health: What You Need to Know				Advancements in Lung Cancer Detection and Treatment		
4:00 PM 4:00 AM		Stress Management		How to Talk to Your Doctor		11th Annual Women's Health Conference: Patient's Playbook	Caregiver Series: Securing Care Preferences Through AHCD
4:30 PM 4:30 AM	Women's Health Conference: Reclaiming Your Confidence	Diabetes Matters: Diabetes & Eyes	Diabetes Matters: Diabetes: Is There an App for That?		Family Caregiver Series: Loss, Grief & Recovery		
5:00 PM 5:00 AM	Washington Township Health Care District Board Meeting January 13, 2021	FB Live: Staying Fit While Working From Home	Mental Health Education Series: Family Support	Diabetes Matters: Filipino Food Made Healthy	Healthy Gut, Healthy You	Diabetes Matters: Asian Indian Cooking	Washington Township Health Care District Board Meeting January 13, 2021
5:30 PM 5:30 AM		Family Caregiver Series: Mindfulness Meditation for the Caregiver				Keeping Your Brain Healthy	
6:00 PM 6:00 AM		How to Sleep Your Way to Better Health	Washington Township Health Care District Board Meeting January 13, 2021	Family Caregiver Series: Medication Safety	Food Pharmacy: Prescription for Colon Health		
6:30 PM 6:30 AM		Sick Feet?				Mental Health Education Series: Anxiety Disorders	Endometriosis: Causes, Symptoms, Diagnosis and Treatment
7:00 PM 7:00 AM	Women's Health: Planning for Pregnancy	Family Caregiver Series: Nutrition for the Caregiver	Family Caregiver Series: Fatigue and Depression	Diabetes Matters: Basics of Insulin Pump Therapy	Family Caregiver Series: Understanding Healthcare Benefits		
7:30 PM 7:30 AM	Laugh without Leaking: Understanding Female Urinary Incontinence	Strategies to Help Lower Your Cholesterol and Blood Pressure				Healthy Eating: Prescription for Health	Learn the Latest Treatment Options for GERD
8:00 PM 8:00 AM	Diabetes Matters: Italian Foods		Mental Health Education Series: Understanding Psychotic Disorders	Hepatitis B and Liver Cancer: Prevention and Treatment	Diabetes Matters: Straight Talk About Diabetes Medications		
8:30 PM 8:30 AM	Wound Care: The Latest Treatment Options	Women's Health Conference: Quality of Life Before and After Cosmetic Surgery				Family Caregiver Series: Managing Family Dynamics in Caregiving	Oh My Aching Feet! Recognizing Common Foot and Ankle Problems
9:00 PM 9:00 AM	Women's Health: Depression, More Than a State of Mind	Fall Prevention	Family Caregiver Series: Hospice & Palliative Care	Diabetes Matters: Diabetes and Kidney Health	FB Live: Noontime in the COVID-19 Kitchen		

THIS IS THE SECOND IN A
THREE-PART SERIES ON CANCER PROGRAMS AT
WASHINGTON HOSPITAL HEALTHCARE SYSTEM

UCSF - Washington Cancer Center Offers Advanced Care Close to Home

Tri-City Residents Benefit from the Latest Treatment Options



David J. Lee, MD, and Bogdan Eftimie, MD, are the co-medical directors of the UCSF - Washington Cancer Center.

Tri-City residents don't have to travel far to get the latest advances in cancer care thanks to a partnership between Washington Hospital and the University of California, San Francisco. The UCSF - Washington Cancer Center in Fremont was established in 2017 to provide the local community with the highest-quality cancer treatment, research and technology close to home.

"We provide state-of-the-art cancer care in a local setting," said Dr. Bogdan Eftimie, who along with Dr. David J. Lee, is medical co-director of the UCSF - Washington Cancer Center. The UCSF physicians specialize in oncology and hematology.

This collaboration means local residents have access to a wide range of services and expertise through the combined resources of Washington Hospital and UCSF, as well as the opportunity to participate in clinical trials. The center brings together specialists from both institutions who work together to provide the most effective therapies possible.

"The collaboration is critical," stated Richelle McCarthy, an oncology nurse and director of the oncology program at the center. "It gives local residents access to a much larger network of care and expertise."

The center provides both inpatient and outpatient cancer care. Nurse navigators are available to help guide patients through their treatment journey. They make appointments, help with paperwork, answer questions, and connect patients to support services.

"Oncologists can offer their patients innovative treatment options right here at Washington Hospital," she said. "For example, the Washington Radiation Oncology Center is an incredible resource."

The Radiation Oncology Center is equipped with state-of-the-art radiation technology, including intensity-modulated radiation therapy, the most advanced form of three-dimensional radiation therapy. It adjusts the radiation beam to the contours of a tumor, allowing for higher, more effective doses of radiation to be delivered while minimizing exposure to the surrounding healthy tissue.

Clinical Trials

Tri-City residents have the opportunity to participate in clinical trials through the UCSF - Washington Cancer Center that offer hope for even better treatments in the future.

"These trials can help us learn and improve the way we deliver cancer care," McCarthy explained. "We have both interventional trials where participants actually receive treatment and non-interventional trials. For example, right now one of the non-interventional studies we opened is looking at the impact of chemotherapy on elderly patients."

The local community also has access to genetic testing and counseling through the center. Sometimes cancer is hereditary and it's important to understand how that may impact other family members as well as treatment options.

"I'm just so proud of both institutions in the way they have come together to provide the best cancer care possible to local residents," McCarthy said. "I think people feel more comfortable getting their care close to home, and being part of that has been very rewarding."

For more information about cancer programs at Washington Hospital, including the UCSF - Washington Cancer Center, visit www.whhs.com/cancer.



Virtual Health & Wellness

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**Wednesday, March 3
4:30 p.m.**

Advanced Treatments for Knee Pain

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Bike Life movement

long, multi-city distances. A January 1 ride-out started in Hayward and ended in San Jose. Another ride in January began in San Lorenzo and went through San Leandro, Oakland, Castro Valley, and Hayward before doubling back to Arroyo High School.

McCole and his son ride-out almost every week. People of all riding abilities show up at these events and safety is promoted. Flyers distributed via Instagram read: “Wear A Mask. Stay To The Right. Bring Tubes.” One event the McColos enjoy is called “Santos Sundays,” organized by Jakob Santos. “He is a great guy and has shown me a lot of guidance,” McCole said of Santos. “He is a positive role model in these kid’s lives.”

Santos lives in San Lorenzo. He is a brand ambassador for a popular apparel and accessories company, JT Racing. At one event, he surprised the kids. “I got together with five or six people and donated bikes to kids in need of new bikes,” Santos said.

In November 2020, Santos was in Manteca, CA to help a fellow Bike Life rider raise money for cancer treatment. Many riders showed up to help. After the event, Santos posted on social media: "This bike sh-- is deeper than bikes!"

Community being more important than impressive bicycle stunts, is a sentiment shared by many Bike Life

enthusiasts. Roll Out Crew have done ride-outs in support of local businesses, raised money for breast cancer, bought holiday groceries for families in need, and prayed before every ride. On Instagram, they are fond of saying: “We ride bikes, but we’re riding with the people.”

Often, other Bike Life organizations (crews) will join a ride-out, and multi-crew ride-outs are the norm. That January 1 ride-out was hosted by a crew based in Hayward, but Oakland-based Roll Out Crew joined them in support. “I have met a lot of people from all over the state,” nine-year-old Dylan McCole said. “The people make it all worth it.”

"Because everyone has the same enthusiasm," Anthony Lee shared. "They have this level of respect [for each other]."

Lee's shop, Baylands Bicycles in Fremont, will have its grand-opening on Saturday, February 20. The shop focuses on BMX bikes, including the larger-framed bikes popular in the Bike Life community. The name Baylands is an homage to the old Fremont raceway. Baylands Bicycles started hosting ride-outs before work building and stocking the shop even began. One started at Niles Community Park, and Lee estimated about 300 people attended.

"It was the hottest day of the year. Parents, kids... the elderly were out there,"

he said “Fremont police showed up. They just wanted to check in.”

Lee rode BMX when he was a kid. "We're all old guys now, but we want to embrace (the new style) and support it," Lee said. "Some of these kids, they can barely stand on them, but they are doing tricks and wheelies."

Baylands Bicycles
Website: <https://baylandsbicycles.shop/>

Instagram: @baylandsbicycles

Roll Out Crew
Instagram: @rolloutcrew

Jakob Santos
Instagram: jakobsantos1911wcc



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Female Eagle Scouts make history



Melody Fewx



Rachel Fewx



Sofia Petrova



Emily Kamalnathan

SUBMITTED BY
EVE MARIE RUHLMAN

Reaching the rank of Eagle Scout in the Boy Scouts of America (BSA) has always been an accomplishment limited to boys, but four girls - Melody Fewx, Sofia Petrova, Rachel Fewx, and Emily Kamalnathan - decided it was their time to fly.

“It feels really good to have done this. We are making history,” said 14-year-old Rachel Fewx.

Ever since the BSA started welcoming girls into the iconic Scouting program now known as Scout BSA, these local young ladies knew that they had the opportunity to something no other woman had done. However, they were on a limited time since girls were only recently allowed to join in 2019 and the official cutoff age for achieving the Eagle Scout rank is 18 years old. They had to efficiently go through all the ranks and finish each requirement, one by one.

But these girls didn’t just reach the glass ceiling, they shattered it. Along with a lengthy Eagle Scout service project, the BSA requires a minimum of 21 merit badges to earned the highest rank. All the girls accomplished this, but two of them surpassed expectations; Emily finished with 41 merit

badges, and Rachel with 49! Emily knew when she officially started the BSA program, there was going to be a lot of work and much skepticism about her being able to finish it in two years. “However, when I was awarded 18 merit badges in a single ceremony, people stopped doubting me,” stated Emily. “All I had to do was get the evidence to show them that I was serious and that I wanted to be put on the same playing field as others.”

“We are very proud of these young ladies and all of our new female Eagle Scouts who have worked very hard and focused on attaining the rank of Eagle Scout in such a limited time frame,” stated John Fenoglio, Scout Executive of the Golden Gate Area Council, Boy Scouts of America, “They really represent what we emphasize in BSA – hard work, leadership, perseverance.”

All four had some sort of exposure to the BSA before joining. The father of Rachel and Melody is a Cubmaster, and their brother had been in BSA since he was little. The sisters had gone on many family activities, but had not been able to get the patches/certificates before. Sofia had been part of other BSA programs including the Venturing and Explorer Club since she was 12 years old, so when the opportunity to join Scouts BSA opened up, she jumped on it.

The four Scouts said that BSA has made a positive impact in their lives. Sofia stated, “Scouts BSA really changed me and really helped me get out of my comfort zone and do things that I hadn’t thought about before.” Melody added, “I have learned a large variety of skills in Scouting, but learning to delegate is where I have improved the most.”

When asked about their favorite memory of BSA, all of them stated that they couldn’t choose just one. Rachel says she has been on so many camping trips, sometimes three weekends in a row. Emily smiled and said, “I had a vast amount of ‘Awww’ moments such as [my] Emerald Bay trip and shotgun shooting just to name a few.” Melody stated, “The best part of BSA for me has been the bonds I created with my crewmates and my deepening understanding of myself within the program. I just knew that I was going to stay in Scouting for life.”

Just because they have reached the highest rank does not mean they are leaving Scouting. Melody, Sofia, and Rachel were all founding members of Troop 220 (Fremont), and Emily was a founding member of Troop 2447 (Fremont). Emily plans on being a Junior Scoutmaster and possibly a Merit Badge Counselor. Sofia wants to stay with her crew and volunteer in more adult roles.

Rachel is going to be founding youth leader for a brand-new troop for girls forming this spring. And even though she has gone off to college, Melody is extremely active in Scouting, currently volunteering in other BSA programs for older youth and planning to either start her own unit or be a commissioner to improve Scouting in her community.

There are currently 214 female scouts serving in Packs in our local area and five girl BSA troops in the Fremont/Union City/Newark area. A new one is going to be formed by one of these incredible scouts.

When asked about what their huge Eagle Scout achievement means to them, all agreed that they are beyond proud of what they have accomplished and are hoping society will progress to respect all individuals regardless of gender. At the speed that these young Eagle Scouts are going, we are all going to have to learn to fly to keep up with them.

For more information on Scouts BSA troops for girls in the area, please reach out to mission.peak.scouts@gmail.com.

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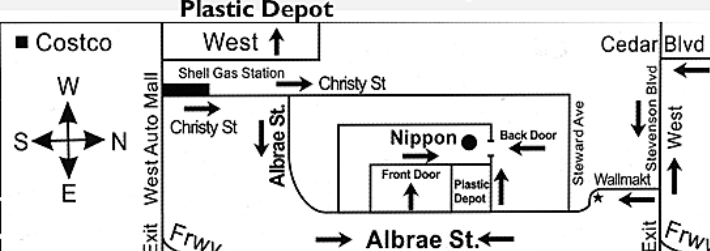
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Ford F-150 Hybrid: Powerful Pickup Moves Toward Electrification

By STEVE SCHAEFER

The Ford F-150 has been America's favorite pickup for 43 years—and often, as now, the top-selling vehicle of any kind. So, it really needs no introduction to most people.

The 2021 model brings a fresh new design, and along with it, the first F-150 hybrid. In fact, it is the only light-duty full-size

bump. The U.S. EPA numbers for my test car, with four-wheel-drive, are 24 City, 24 Highway, and 24 Combined. You can add an extra mpg by ordering only two-wheel drive. The V6 Eco-Boost non-hybrid model gets 19 City, 22 Highway, and 20 Combined. The 5.0-liter V8-equipped model delivers numbers of 16 City, 22 Highway, and 19 Combined. So, the



pickup to offer a full hybrid powertrain. And you can order the hybrid at any level, from XL to Limited. My Iconic Silver tester was a Limited, so it had pretty much everything.

For their huge bulk, big pickup trucks are easy to drive! With power assist and good visibility, it feels effortless, and I completely understand and appreciate the feeling of owning the road that truck buyers enjoy.

The F-150's interior feels rock solid and has been completely redesigned for 2021. The massive, leather-wrapped shift knob feels worthy of an airliner. Four traditional knobs, with grip-worthy indentations, control the radio and climate controls. The sculpted dash panel and doors look carved rather than assembled. In my tester, the diamond quilt pattern on the supportive buckets was elegant. Those seats were optioned with Max Recline feature, making them comfy for rest breaks on long hauls.

The 12-inch center screen (on all but the base model) makes finding information easy. You can split it and view multiple features simultaneously. When you are using the screen with the rearview camera, it's very easy to see. The optional Interior Work Surface enables working on a 15-inch laptop or having a meal—not while driving, of course.

So, what benefit does the hybrid give? Beyond fuel savings, the hybrid is the most powerful F-150. The PowerBoost drive-train marries the 3.5-liter EcoBoost V6 to a 35-kilowatt motor, integrated into the 10-speed automatic transmission, giving drivers 430 horsepower and a stump-pulling 570 pounds-feet (lb.ft.) of torque. The electric motor regenerates power for the 1.5-kWh battery, which is positioned on the bottom of the truck. That means the hybrid loses no passenger or cargo capacity.

Looking at fuel efficiency, the hybrid gives a little bit of a

hybrid provides up to a 20 percent improvement over the popular V6 EcoBoost model, and a little more over the V8. My tester scored a 5 for



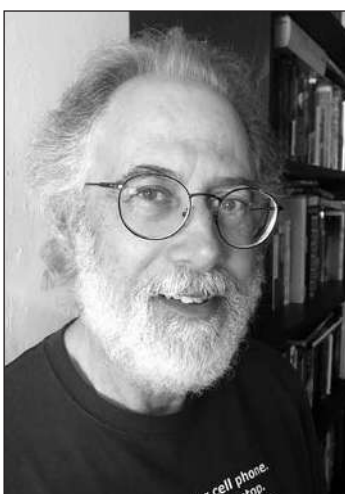
Greenhouse Gas, but the EPA Smog scores I like to post are apparently not available yet.

As a next-generation model, the new F-150, regardless of powertrain, gets some worthwhile updates. While retaining its fully-boxed steel frame and “military grade” aluminum alloy body panels, you now can choose from 11 grille options and many other ways to customize. One of the wonders of my test car was the set of automatic power running boards that extended themselves as I approached the truck, aiding my climb in. Speaking of grilles, aerodynamics on this otherwise blocky vehicle is enhanced with active grille shutters and an automatically deploying air dam. Drag has been carefully reduced to improve airflow a little.

The list of features is long. The dash has a new digital gauge cluster that welcomes you with glamorous photos of the truck itself. A full-width optional lockable compartment is available below the rear seat, great for stashing your fishing rods or other valuables. There is an optional tailgate work surface for use at the job site.

Something that sounds very handy is the Trailer Reverse Guidance and Pro Trailer Backup Assist. Of course, I did not get to

Auto Review



Over the past 28 years, Steve Schaefer has tested and written about more than 1,300 cars. Since training as a Climate Reality Leader in 2018, he has transitioned to testing only electrified vehicles with plugs, including all-electric cars and plug-in hybrids. He is also exploring electric micromobility, including e-bikes, scooters, and mopeds.

Contact Steve at
sdsauto53@gmail.com.

Read his blog at
stevegoesgreen.com.

Register for COVID-19 vaccine

SUBMITTED BY
BAY AREA COMMUNITY HEALTH

Bay Area Community Health is offering COVID-19 vaccines for community members 65 and older in coordination with county and state guidelines. The consent form must be filled out before scheduling an appointment and coming to the clinic. You will not be seen if the form is not filled out beforehand.

If you are younger than 65, do not contact BACH. You will be able to register for a vaccine at a future date.

Alameda County Appointment
(510) 770-8040
<http://bach.health/vaccine>

Santa Clara County Appointment
(408) 729-9700
<https://healow.com/apps/practice/foothill-health-center-2998?v=1>

Onion sets are here

Pat Kite's Garden



PAT KITE

L. Patricia [Pat] Kite's several garden books include KISS Guide to Gardening, Gardening Wizardry for Kids, Raccoons, Ladybug Facts and Folklore and Silkworms. They may be found at Amazon.com and Alibris.com.

Onion sets are now available. Onion sets are small onion bulbs sold for garden planting. They should be about 3/4 inches wide, no larger. It takes about three months for them to become full size onions. Onions are climate fussy, and it can be hard to know which onions do better in your zone. You can play guessing games, do a lot of research, or presume a local shop might offer the best local variety. From catalogues: midseason and day-neutral are recommended.

Onion's origins remain a mystery. There is an ancient Turkish legend explaining that when Satan was cast out of heaven, garlic sprouted where he first placed his left foot and onions sprouted where he placed the right.

Already cultivated for 5,000 years, the first written onion record comes from Mesopotamia, circa 2,400 BC. Onions were regarded as food for the poor, who ate them raw on bread accompanied by beer. Ancient Greeks used onions to prepare athletes for the Olympic Games. Before competing, athletes would sip onion juice, rub onions on their bodies, and eat several pounds of onions. Onions were also used as marriage gifts and rent payments.

Our Native Americans used wild onions, and when our Pilgrim ancestors arrived on the Mayflower, they quickly began onion planting. Some researchers claim onions were the first vegetable planted by the first colonists in North America. Besides cooked and uncooked onions, onions were used as medicine.

According to the Internet, not really verified, the essential oil extracted from an onion is an "expectorant, anticoagulant, antiseptic, antifungal, high blood pressure, anthelmintic, balsamic,"

plus has assorted pain-killing traits. Onions were packed in almost every covered wagon. During the Civil War, supplies were so essential that General Ulysses S. Grant once complained that he could not move his army unless the government sent him more onions. He eventually received more onion supplies, and his army went marching on.

Good crumbly soil helps. Our Tri City soil tends to be clay. Heavy clay means plants struggle, giving you smaller plants and water-logging that can lead to plant disease. When planting, add some manure and perhaps some sand. Place bulbs about five inches apart right below soil surface, pointy end up. Place in sun. Keep weeds away. But you do need to water during the first three weeks after planting, as this is when surface roots are forming. When the onions mature, the tops begin yellowing and topple over. If you use fertilizer: 5-10-5 is preferred.

For a list of assorted onion remedies, check out the National Onion Association, 218 Oak Avenue, Eaton, CO 80615. info@onions-usa.org.

continued from page 1

COVID-19 Vaccine: Humanity's counterattack

is available at the CDC website:
www.cdc.gov/coronavirus/2019-ncov/vaccines.

Alameda County's COVID-19 vaccination plan, based on CDC guidelines, calls for phased rollout starting with critical populations in the early phases and gradually opening as supply increases. As of January 28, Alameda County has given WHHS approval to expand eligibility criteria to everyone over age 65 living in the healthcare district regardless of their affiliation with WHHS. However, supply is still limited. Dr. Martin added, "I urge everyone to register with Alameda County to be notified when they become eligible." As is the case in many places across the country, vaccine availability remains fluid and WHHS is working with Alameda County to increase the amount allocated. Alameda County link: <https://covid-19.acgov.org/vaccines>.

The current COVID-19 vaccine requires special handling, as it needs to be kept at very low temperatures; WHHS needed systems in place to prepare for mass vaccination. "We have had a vaccination task force in place for many weeks," shared Dr. Martin. "The team includes myself, other clinicians, the infection prevention department, administration representatives and members from the information technology team. There are many others who have been instrumental in helping prepare to vaccinate a large group of people."

WHHS gained experience from the process of vaccinating their own employees and physicians in December and has improved the process along the way. "Our goal from the beginning is to safely vaccinate as many people as possible, which is what we've been doing. The most challenging element though has been securing the vaccine to meet demand," she added.

The COVID-19 vaccination program has created some unique staffing situations as well. "Like many other organizations that are scheduling COVID-19 vaccinations, we are receiving many more calls than our call center can manage... we ask the community for their patience during this process and request that only eligible patients call to schedule an appointment," she said. Since both the Pfizer/BioNTech and Moderna vaccines require two doses to be fully effective, WHHS ensures people schedule their second dose appointment when they get their first vaccination. At this point, WHHS is only offering a second dose to those who have taken their first dose at WHHS.

Looking to the future and how we can conquer the COVID-19 pandemic, Dr. Martin urged,

BY PAT KITE

"To end the pandemic, we need herd immunity. This means that most of the population needs to be vaccinated. Until we reach herd immunity, we need to keep each other safe, which only happens when we all, including those who receive vaccine, follow safety precautions like wearing a mask, washing hands often, and staying six feet away from people not living with you. People continue to become infected and many become very ill and require hospitalization. Some are losing their lives to this virus."

With recent news about new COVID-19 strains becoming prevalent, the urgency of getting this virus under control has increased. Achieving herd immunity through vaccination is the most promising solution we have. TCV is thankful for the contribution WHHS staff and all healthcare personnel are making toward that goal. We would also like to thank Gisela Hernandez, Director of Community Relations at WHHS for her assistance.

As information about COVID-19 vaccination is evolving and changing rapidly, we encourage our readers to rely on trusted sources to stay up to date and verify information. Please reach out to your medical providers for individual questions and concerns, as this article is not intended to replace medical advice.

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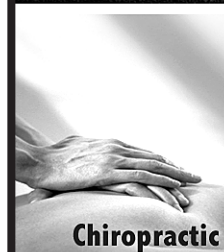
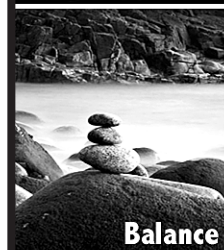
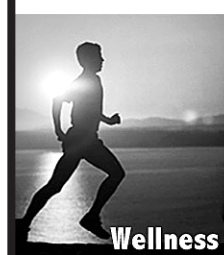
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BUSINESS

'Go Green at Home' Community Workshop

SUBMITTED BY CITY OF FREMONT

Interested in learning how you can take climate-friendly, sustainable actions from home? Attend the "Go Green at Home" virtual community workshop on Wednes-

day, February 10, sponsored by City of Fremont. Learn about the Fremont Green Challenge, which provides easy, affordable actions you can take to help lower your household's impact on climate change and create a more sustainable community.

To register for the workshop, visit <http://fremont.gov/gogreenworkshop>. To learn more about the Fremont Green Challenge, visit www.fremontgreenchallenge.org/

'Go Green at Home' Workshop via Zoom
Wednesday, Feb 10
6 p.m. – 7 p.m.
<http://fremont.gov/gogreenworkshop>
www.fremontgreenchallenge.org/

Fire department welcomes two new leaders



Zoraida Diaz

Kevin Wise

SUBMITTED BY FREMONT FIRE DEPARTMENT

After conducting a comprehensive and competitive recruitment effort, officials from the Fremont Fire Department recently selected Zoraida Diaz and Kevin Wise to serve as Deputy Chiefs. Diaz is currently an Assistant Fire Chief with the Oakland Fire Department, and Wise currently serves as Fire Chief for the Ceres Fire Department in Stanislaus County. They start in Fremont on February 22.

"Both Deputy Chief candidates are exceptionally qualified, have proven track records of effectively managing increasingly complex responsibilities, and exemplify a diverse range of experience and education

that I believe will be complementary to the organization and communities we serve," Fremont Fire Chief Curtis Jacobson said.

After rising to the rank of chief during nearly 17 years in the fire service, Wise has also held the ranks of Firefighter, Engineer, Captain, Battalion Chief, and Fire Marshal. He holds a Bachelor of Science degree in Fire Administration, an Associate of Science degree in Fire Science, and has completed the esteemed Executive Fire Officer Program at the National Fire Academy.

During her 18-year career with the Oakland Fire Department, Diaz has worked as a Firefighter/Paramedic, Engineer, Lieutenant, Captain and Battalion Chief. She

has a Bachelor of Arts degree in psychology and Spanish, and a Master of Science degree in Rehabilitation Counseling. Bilingual in Spanish and English, Diaz is a volunteer instructor and graduate of the prestigious Executive Development Institute (EDI).

"The benefits of gaining deputies with an expansive depth of local and regional experience and knowledge will advance our growth and allow us to continue to build upon a legacy of leadership and excellence. I am excited to have two dynamic, high-performing, collaborative Deputy Chiefs that can quickly hit the ground running," Jacobson said.

BART officer helps mother find her homeless daughter

BY MELISSA JORDAN,
BART SENIOR
WEB PRODUCER

The care package had a childhood Bible engraved with her name, her favorite Lord of the Rings books, and a photo album with pictures of family members.

BART Police Officer Eric Hofstein cradled the precious cargo he was hand-delivering to San Francisco General Hospital to a young woman whose life he helped save.

The woman's mother, Cinda Romero, wanted to make sure the package arrived by Friday, her daughter's 32nd birthday. Romero, a registered nurse from Orange County, knew that hospital deliveries can be unreliable. Hofstein assured her he would take it directly to Dell*, who had come near death while suffering from mental illness and homelessness on the streets of San Francisco.

"It was a really bad, nightmare roller coaster," Romero said of the

years her daughter was lost to her.

Romero described Dell as "an overachiever" in her adolescence, the oldest of six siblings. She went to a prep school, studied Latin and had a bright future until her mental illness arose in late adolescence, a common age for first psychiatric breaks.

"There were so many 5150s (the code for a standard up-to-72-hour mental health hold), so many calls from random hospitals," Romero said. Dell was among the homeless people seeking shelter in BART stations, where Hofstein focuses his outreach efforts. He gave Romero his number and became a lifeline between mother and daughter, setting up video calls and keeping on the lookout when Dell would go missing. The work that he and other BPD staff do in this area is foundational to BART's commitment to progressive policing.

"She was one of our 'regulars,'" Hofstein said, with dozens of calls for service when Dell would have mental health breakdowns, usually in a paranoid and manic state. He personally was the responding officer on some of those calls. In one call, at Powell Street Station, Hofstein found Dell dangling her legs over the side of the trackway as a train approached and he was able to talk her literally off the ledge.

Each time Dell was detained on a mental health hold she would go through a revolving-door bureaucracy, he said, that put her back out on the street without follow-up care. Twice she was hit by cars while walking as a pedestrian, "totally unaware of her

own safety," Romero said.

"The system is set up to operate on weekdays from 9-to-5," Romero said. "But people aren't homeless and mentally ill from 9-to-5. You feel so powerless, trying to advocate for them, trying to show they are a real person and not just a statistic."

In October 2020 there was another brush with death when Dell suffered an aneurysm on the streets and was hospitalized for brain surgery. Hofstein found Dell in a station after her surgery; she was sitting on the floor picking at jagged scars on her partially shaved head. She bolted, leaving him to put out a "be on the lookout" or BOLO alert to all law enforcement agencies in the region.

Dell was spotted around Thanksgiving near a BART station but a social worker assigned to her case was off for the long weekend, her mother said, making it a heartbreaking holiday. Then in December, thanks to Hofstein's BOLO, patrol officers found Dell huddled under a bridge and ultimately found her a safe spot for treatment at San Francisco General. He was out of state preparing for his upcoming retirement, but he worked the phones from afar to keep Romero informed.

Hofstein helped Romero use AB1424, a state law that allows family members to communicate about a relative's mental health history. The goal is to stop the revolving door and require that decisions about involuntary treatment consider information supplied by family members. Because of the AB1424 paperwork

Hofstein filed, Romero was able to obtain conservatorship allowing her to manage her care.

"He is a hero, a saint and guardian angel clothed in a BART police officer uniform," Romero said. "If it weren't for him, my daughter would most likely not be alive." Meanwhile, Romero is involved with the National Alliance on Mental Illness or NAMI. She's advocating for her daughter's care and trying to raise awareness about mental illness and homelessness.

Romero, who celebrated Dell's birthday Friday with a Zoom call among family members, wants her story to give hope to other families in similar situations. "The birthday Zoom was really special," she said. "Her sisters and brother, Grandma and Grandpa and I were all on. We sang Happy Birthday and recounted family memories. She was beaming the whole time."

She wants other parents to know what she learned from Hofstein.

"He showed me how to be a better advocate for my child," Romero said of Hofstein. "He helped me understand the tools that are out there. A lot of parents aren't aware of that. You can provide a mental health history of your child to doctors, even if your child has not signed a release of information. You can always talk to a doctor, nurse, social worker, or police officer, about your child's situation."

When Hofstein delivered the care package last week, Dell smiled, gave him a hug, and had a coherent conversation, the first he'd ever had with her. They recorded a video for her mom.

Honor Roll

Ithaca College, New York
Fall 2020 Dean's List
• Quinlan Barrie of Fremont

Wheaton College, Illinois
Fall 2020 Dean's List
• Abigail Chen of Hayward
• Lucy Henneker of Castro Valley
• Sarah Kwan of Newark

Georgia Institute of Technology
Fall 2020 Faculty Honors
• Karthik Varadharajan of Fremont
• Vivek Vijaykumar of Fremont
• Alexander Wing of Fremont

Georgia Institute of Technology
Fall 2020 graduates
• Janani Chakrapani of Fremont
• Kavinder Dhaliwal of Fremont
• Yoshi Miyamoto of Fremont
• Krishna Kanth Atmakuru of Fremont
• Nishant Kelkar of Fremont
• Fangxiang Wang of Fremont
• David Grimm of Fremont
• Maziar Motahari of Fremont
• Komal Desai of Fremont
• Allan Zhang of Fremont
• Mingmei Niu of Newark
• Jing Ren of Newark
• Yang Shen of Newark
• Arun Venkatesh of Newark
• Bernardo Santana of Union City
• Arjun Goyal of Milpitas
• Jing-Jing Li of Milpitas
• Deepak Pant of Milpitas
• Yan Xue of Fremont
• Aditi Kumar of Hayward
• Nathan Chan of Fremont
• Yuankai Cai of Milpitas

Later this week, she is scheduled to move from the psychiatric unit to a residential treatment center to continue her recovery.

"She told me she was enjoying feeling normal, feeling human again," Hofstein said. They talked of their shared love for Tolkien.

Romero said she is eternally grateful to Hofstein that he cared about Dell as a person and worked so hard to save her. "I will always be thankful that my daughter was captured in the embrace of his kindness," she said.

BPD Deputy Chief Angela Averiett, who leads the Progressive Policing and Engagement Bureau, believes efforts like Hofstein's are largely behind the scenes but important for the public to know about.

"He was determined and did not give up," she said. "His persistence paid off in the form of getting her the real help that she needed. After all the events of 2020, we are working to change perceptions. We're human beings and we do care."

**Dell is a family name used as a pseudonym with permission from Romero to speak about her daughter.*

You are not alone. The National Alliance on Mental Illness (NAMI) provides education, advocacy and support. Visit <https://www.nami.org> for more information.

PG&E will pay up to \$190 million to clean up San Francisco marina

AP WIRE SERVICE

Pacific Gas & Electric Co., the nation's largest utility, has agreed to pay up to \$190 million to clean up and revitalize a San Francisco harbor that was polluted by a long-closed gas plant, it was announced Friday.

The agreement, announced by City Attorney Dennis Herrera, involves the Marina

Small Craft Harbor, which is the city's oldest recreational marina.

The city sued PG&E in 2001 over pollution from a coal gasification plant near the harbor that closed nearly 90 years ago. The plant produced gas for San Francisco customers.

The settlement, which requires approval from the Board of Supervisors, calls for

PG&E to pay for cleaning up pollution in the East Harbor, replace failing docks and help fund a bayside park and other recreational opportunities under a design from the city's Recreation and Park Department.

The utility could get some of that money back from future marina boat fees.

"I'm pleased that PG&E is finally doing the right thing in this instance and paying to

clean up its pollution," Herrera said in a statement. "It's unfortunate we had to take them to court and then negotiate for years to get this outcome."

The settlement was part of an ongoing discussion with the city "as part of PG&E's commitment to environmental responsibility and public safety," spokesman Jeff Smith said in a statement to the San Francisco Chronicle.

Tri-City Nonprofit Coalition meeting

SUBMITTED BY TINA FERNANDEZ STECKLER

The Tri-City Nonprofit Coalition's free February meeting will take place via Zoom on Wednesday, February 10, 2021, from 6:30 p.m. - 7:30 p.m., and will feature social media marketing and personal branding expert Irene Koehler. Nonprofit Champions -- all those who support local nonprofits -- are welcome to attend. The Coalition's informative monthly meetings are a great way to connect and learn!

Irene Koehler has helped thousands improve business results by refining their marketing strategies and building their personal brands. Through her coaching programs, Koehler prepares businesses and successful professionals to

magnetically attract their ideal audience and build credibility.

Koehler is a respected speaker, trainer, and strategist, as well as an Adjunct Professor teaching the Social Media Marketing Certification Program at San Francisco State University and Social Media for Non-profits at California State University. Her presentation will include time for Q&A. The meeting will also include an icebreaker and highlight two Tri-City area nonprofits.

This Zoom event is free. Register at: tinyurl.com/TCNPCFeb2021.

Tri-City Nonprofit Coalition February meeting
Wednesday, Feb 10
6:30 p.m. - 7:30 p.m.
tinyurl.com/TCNPCFeb2021

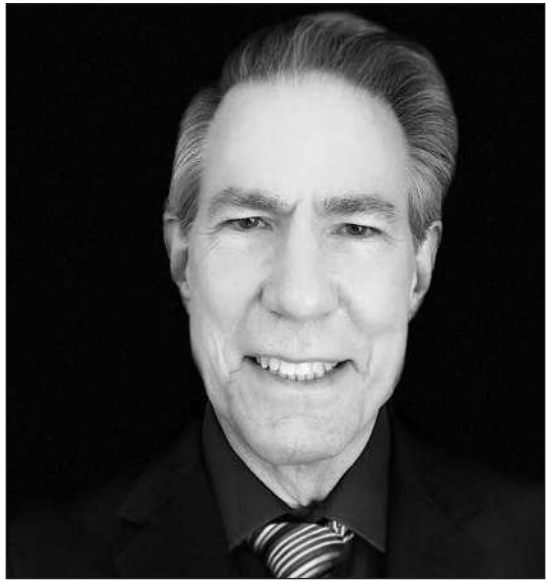
Acting library director appointed

SUBMITTED BY PAUL SANFTNER

Bill Sherwood, library services manager, San Leandro Public Library, has been appointed to serve as the acting library director, effective February 4. Sherwood was selected by Interim City Manager Fran Robustelli following the retirement of Library Director Theresa Mallon.

In 2002, Sherwood began his career with the San Leandro Library as a part-time librarian and was subsequently promoted to various roles including the senior librarian and administrative analyst. In 2015, Sherwood was promoted to his most recent position as library services manager, the second highest position within the department. He has overseen the Manor Library Branch, Digital Branch, Adult Services and Reference, Teen Services, and the library's Support Division, which includes IT, Technical Services, Circulation, Facilities, and Security.

In response to his appointment, Sherwood said, "I look forward to working with the outstanding



library staff to continue delivering the high-quality services that the community has come to expect, while leading a culture of innovation by finding new ways to create and provide programs and services for everyone."

The process for determining the permanent director is now underway and Sherwood's service in this acting assignment is expected to continue until that process is concluded.

California court rejects lawsuit challenging ride-share vote

By BRIAN MELLEY ASSOCIATED PRESS

The California Supreme Court rejected a lawsuit Wednesday that sought to overturn a ballot measure that makes app-based ride-hailing and delivery drivers independent contractors instead of employees eligible for benefits and job protections.

Justices declined to hear the case brought by drivers and unions opposed to the measure. The case can be filed in a lower court.

The lawsuit claimed the measure was unconstitutional because it limits the power of the Legislature and excludes drivers from being eligible for workers' compensation.

Proposition 22 passed in November with 58% support and shielded companies like Uber and Lyft from a new state labor law that would have required app-based services to treat drivers as employees and not independent contractors.

It was the most expensive ballot measure in state history with Uber, Lyft and other services putting \$200 million behind the effort to undo a law that had been aimed squarely at them by labor-friendly Democrats. Unions, who joined drivers in the lawsuit, spent about \$20 million to challenge the proposition.

When the lawsuit seeking speedy review was filed directly with the Supreme Court last month, Mary-Beth Moylan, associate dean of McGeorge Law School in Sacramento, said the first challenge would be getting the court to take the case.

Moylan said the high court could simply kick the case to a lower court if it felt there was no urgency to it and there were factual -- not just legal -- issues to weigh first.

Many drivers for the services had opposed the measure because they wanted to maintain the flexibility to set their own schedules.

"We're thankful, but not surprised, that the California Supreme Court has rejected this meritless lawsuit," said Jim Pyatt, a Modesto retiree who drives for Uber, in a statement from a group that supports Proposition 22. "We're hopeful this will send a strong signal to special interests to stop trying to undermine the will of voters."

Opponents of the referendum had said the companies exploited drivers and the ballot measure would deny them benefits required for many types of other workers.

The parties who brought the case said they were disappointed and would continue to challenge the measure but didn't say how or if they would refile the case.

"Make no mistake: we are not deterred in our fight to win a livable wage and basic rights," plaintiff Hector Castellanos said in a statement from Proposition 22 opponents. "We will consider every option available to protect California workers from attempts by companies like Uber and Lyft to subvert our democracy and attack our rights in order to improve their bottom lines."

Proposition 22 granted the delivery services an exemption from AB5, a landmark labor law that would have required providing drivers with protections like minimum wage, overtime, health insurance and reimbursement for expenses.

Uber and Lyft had challenged AB5, which threatened their business model, in court. They threatened to leave the state if voters rejected the measure.

Under the measure, drivers remain independent contractors exempt from mandates such as sick leave and workers' comp but are supposed to receive "alternative benefits," including a guaranteed minimum wage and subsidies for health insurance if they average 25 hours of work a week.



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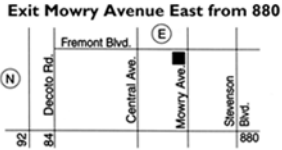
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Kid Scoop Together:
Proof It!

February is the month to fall in love with fitness!

Good 4 You Valentine's Day Cards

Create some healthy Valentine cards by filling in the missing vowels. Then cut out each message, paste it on some construction paper and give to a good friend!

Standards Link: Reading Comprehension: Follow simple written directions.

TO: _____
FROM: _____
P _ _ S _ B _
M _
V _ L _ NT _ N _ !

TO: _____
FROM: _____
_ R _ NG _ Y _ U
GL _ D T _ B _
M _ V _ L _ NT _ N _ ?

TO: _____
FROM: _____
Y _ _ R _ TH _
_ PPL _ _ F _
M _ _ Y _ !

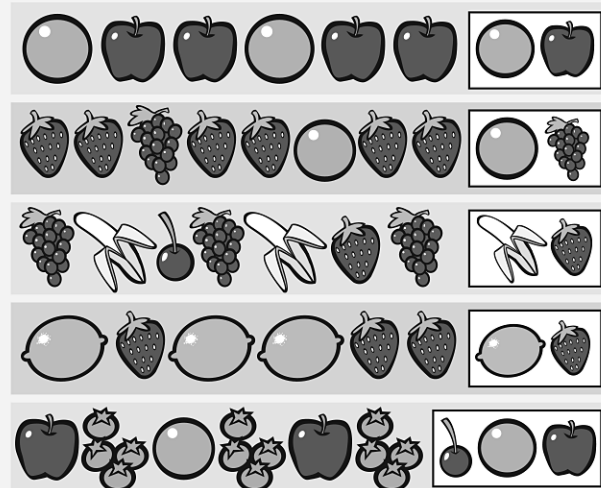
Love Your Heart and Your Heart Will Love You!



How do you love your heart?

Well, first of all you need to understand that your heart is a muscle. And, like all of your muscles, it works best when you exercise, rest, drink water and eat healthy food.

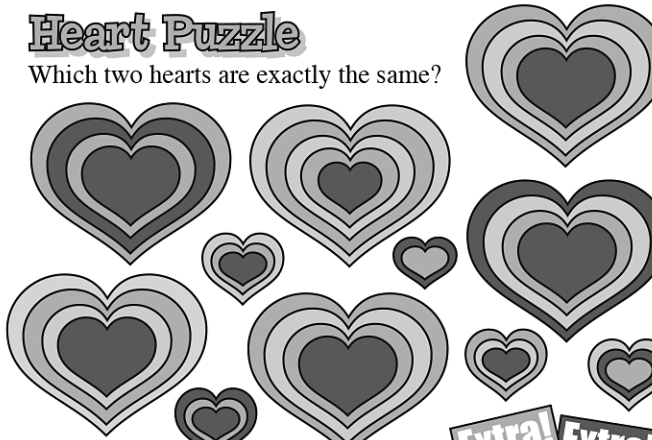
Circle the healthy food item that should come next in each row.



TO: _____
FROM: _____
Y _ _ R _ A
B _ RR _ SP _ C _ L
FR _ ND !

Heart Puzzle

Which two hearts are exactly the same?



Valentine's Day Healthy Heart Tag

Materials: Cut out the 10 cards at right. (Paste them onto construction paper to make them sturdier if you wish.) A watch with a second hand will be needed as well.

Directions: Give the stack of activity cards to the person who is "It." When "It" tags someone, that person selects a card and performs the named activity for the amount of time stated. After the person completes the activity, he or she becomes "It."

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

Hop on one foot for 30 seconds.	Jump up and down in place for 60 seconds.	Stand on one leg while singing for 45 seconds.
Flap your arms like a bird for 30 seconds.	Tiptoe in a circle while quacking for 10 seconds.	Pretend to be a motorcycle for 30 seconds.
Run in slow-motion for 15 seconds.	Pretend to carry an elephant for 60 seconds.	Do jumping jacks for 20 seconds.

Extra! Extra!

Ad Transformer

Look for newspaper ads that encourage kids to eat or drink things that are unhealthy. Rewrite the ad so that it is advertising something *good* for your health.

Standards Link: Health: Students understand essential concepts about nutrition and diet; know healthy eating practices.

Standards Link: Reading Comprehension: Understand the meaning of words from context clues.

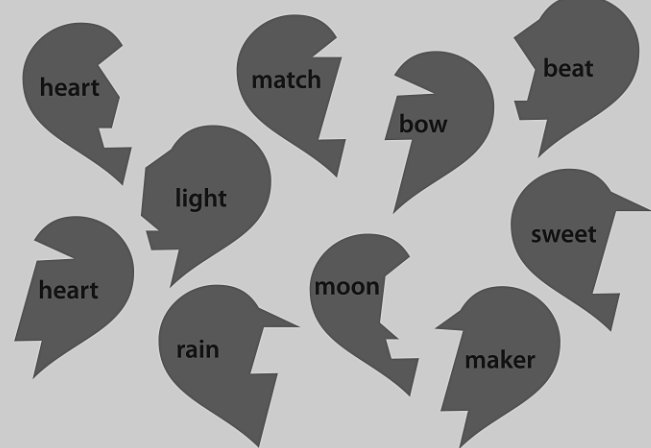
Kid Scoo-doku™

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

	L		E
	O	L	
	V		
	E		

Kid Scoop Puzzler

Draw a line from each piece of broken heart below to its other half. What compound words did you create?



Standards Link: Language Arts: Identify compound words.

Double Double Word Search

VALENTINE
HEART
MUSCLE
EXERCISE
HEALTHY
TEACHER
CARDS
PLACE
SECONDS
STACK
FITNESS
GOOD
REST
CARE

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

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

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

Kid Scoop VOCABULARY BUILDERS

This week's word:
HEALTH

The noun **health** means being without sickness or pain.

Exercise and eating right will keep you in good **health**.

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

FROM THE Kid Scoop LESSON LIBRARY

Valentines from the Headlines

Cut out five or more words from the headlines in today's newspaper. Use these to write a Valentine message to your teacher!

Standards Link: Writing Applications: Write in a variety of genres and forms.



What did the painter say to her boyfriend?

ANSWER: "I love you with all of my art!"

Write On!

Valentine Surprise

Make up a story about a Valentine's Day surprise. Who was surprised? What was the surprise? Use five or more adjectives in your story.



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- Over 1,500 legal cases related to non-accessibility compliance issues were filed in 2018.
- More than 10,000 websites sued nationwide in 2019 for their website not being ADA compliant, including celebrities. This number is expected to exceed 100,000 by 2021.
- Most business & website owners sued for non-compliance pay between \$20K - \$200K as out of court settlement. A recent settlement was \$6M.

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Home & Garden

Winter Care for Houseplants

By MELINDA MYERS
PHOTOS COURTESY
MELINDAMYERS.COM

Holidays are filled with new plants and decorations that often find our houseplants relegated to any out of the way available space. Be sure to keep your houseplants looking their best with proper winter care.

Make sure houseplants receive sufficient light now and throughout the winter. The shorter, often gray days of winter mean less light reaches our plants. Start by moving plants to the sunniest available window. A south-facing window is usually best, but if it is obstructed by trees, awnings or shears it may be no better than an unobstructed window facing another direction.

If brightly lit locations are limited in your home, try rotating plants between high and low light areas. Switching plants every few weeks usually keeps them growing healthy. Give the pots a turn every few weeks to ensure each side of the plant has time facing the light. This encourages even growth and discourages stems stretching toward the light.

Consider supplementing natural light with artificial light

when light is limited. Newer styles that clip onto pots, are mounted on the wall, or tucked into furniture grade stands make them attractive and easier to use. Now, LED plant lights are more affordable, longer lasting and use less energy.

Humidity is the other winter stress. Many of our houseplants are tropical and require higher humidity than our homes



that collects in the saucer. Or use gravel trays to capture excess water, eliminating this task.

Most houseplants do fine in the same temperatures we prefer. They do not tolerate drafts of hot air from heat vents or cold air from windows and doors. Move plants as needed to avoid drafty locations.

Never trap houseplants between the curtain or blinds and the window. The temperature can be significantly colder, resulting in injury and even death of some plants. Place plants on a table near the window or windowsill extension, leaving room to close the window coverings at night.

Wait until spring to fertilize. Plants do not need as many nutrients when their growth is limited by less-than-ideal winter conditions. As outdoor growing conditions improve with longer days and brighter light, so do those indoors.

You will be rewarded with healthier, more attractive plants when giving them the care they need this winter. And as you tend your indoor garden, you will help fight the winter blues.

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 web site is www.MelindaMyers.com.

provide. As we turn up the heat, humidity declines. Boost the humidity around your plants by displaying them together. As one plant loses moisture, the others will benefit. Add a gravel tray for additional humidity. Fill a tray or saucer with pebbles and water. Then set the plant on the pebbles elevated above the water. As the water evaporates, it increases humidity around the plant.

Adjust your watering schedule to fit the conditions in your home. Always water thoroughly but only as needed. Use your finger to check the soil moisture below the soil surface. Water moisture-loving plants, like Moon Valley Pilea, when the top few inches are barely moist. Allow the top few inches of soil to dry for cacti and succulents. And always pour off excess water

THE ACWD CONNECTION

Local Rainfall Update

About one month into winter, the local rainfall and precipitation totals in the Tri-Cities and around the state are less than average, even after the recent storm surge.

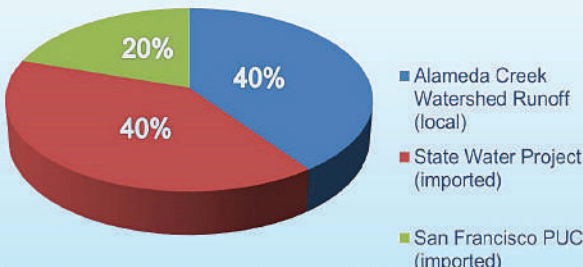
Over the next three months, seasonal forecasts continue to show drier and warmer conditions than normal, and most of California is in one stage or another of drought. However, thanks to our past investments in a diversified water supply portfolio, early preparations made in 2020 to store water, and customers' conservation efforts, ACWD's water supply looks good.

With most of the state in some drought stage, you may hear a lot in the news about water supply concerns but rest assured ACWD is ready for 2021.

Here is a snapshot of overall conditions:

- Local rainfall is 5.75 inches to date, which is 56% of average local rainfall
- Local groundwater conditions are a little below normal for this time of year

Stay tuned for future updates as winter weather develops!



ACWD's Water Supply Sources in a Typical Year

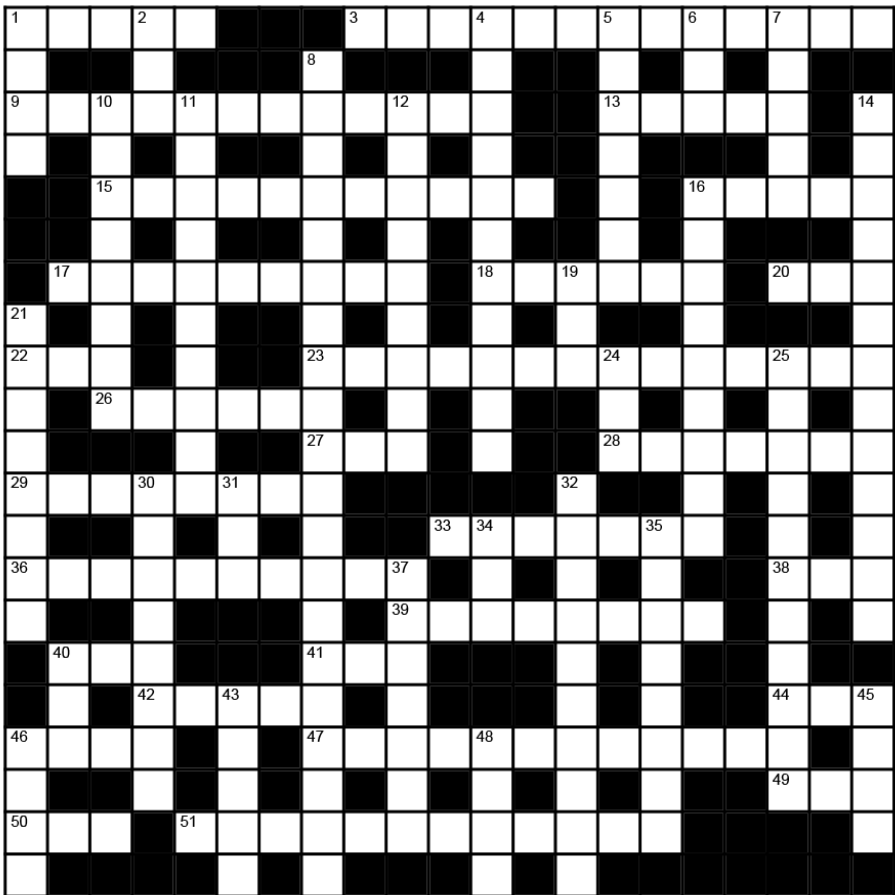


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Mind Twisters

Crossword Puzzle



- Across

1 Arkansas's ____ Mountains (5)

3 Klutzy (13)

9 Childbirth (7,5)

13 Fish in a tank (5)

15 Wet blanket (5,6)

16 Video store section (5)

17 Deli slice (9)

18 Hoi ____ (6)

20 Void, in Vichy (3)

22 German pronoun (3)

23 Out of gas (7,2,5)

26 Counter (6)

27 Actor Brynner (3)

28 Simultaneously (2,1,4)

29 More than look up to (8)

33 Junk (7)

36 "Yes!" (1,3,3,3)

38 "Thimble Theater" name (0-3)

39 Go too far (8)
- 40 A as in Austria (3)

41 Laugh sound (3)

42 Pottery finish (5)

44 Wall St. news (3)

46 "I ____ at the office" (4)

47 Nonsense (12)

49 Dewy (3)

50 "Uh-huh" (3)

51 Is in charge (5,3,4)
- Down

1 Eyeballs (4)

2 QB protectors (3)

4 Part 2 of the quote (2,3,6)

5 Musical mark (7)

6 Ale holder (3)

7 ... (5)

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

10 Starbucks order (8)

11 Doodler's aid (5,5)

12 Worked up (9)

14 Shrimp cocktail? (7,6)

16 Kitchen fixture (5,4)

19 Blockhead (3)

21 "Farewell" (2,6)

24 Mama bear, in Madrid (3)

25 Angle (5,2,4)

30 Imperil (8)

31 "Yo te ____" (3)

32 Swaggering (10)

34 French key (3)

35 Iroquoian language (8)

37 Seriously (2,5)

40 Clean air org. (3)

43 Oscars org. (5)

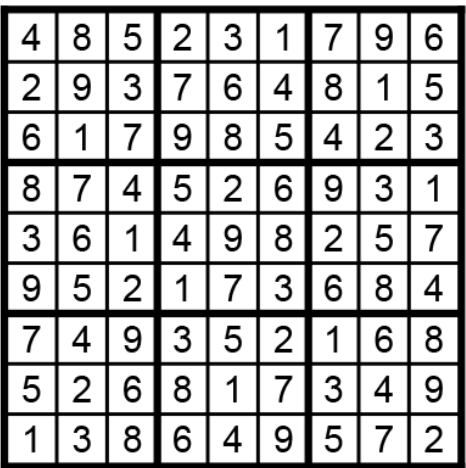
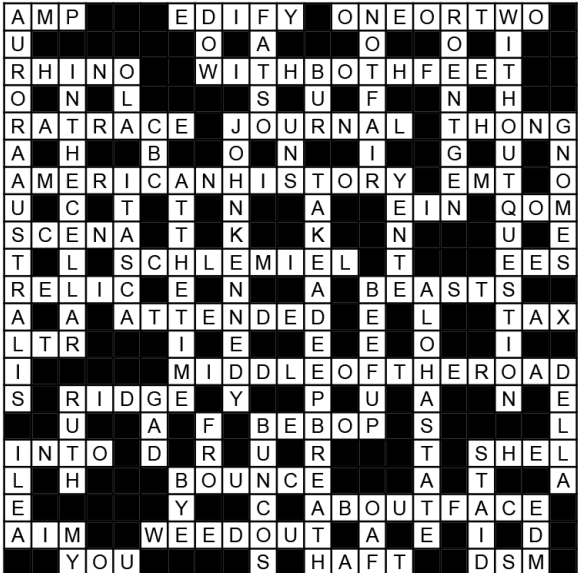
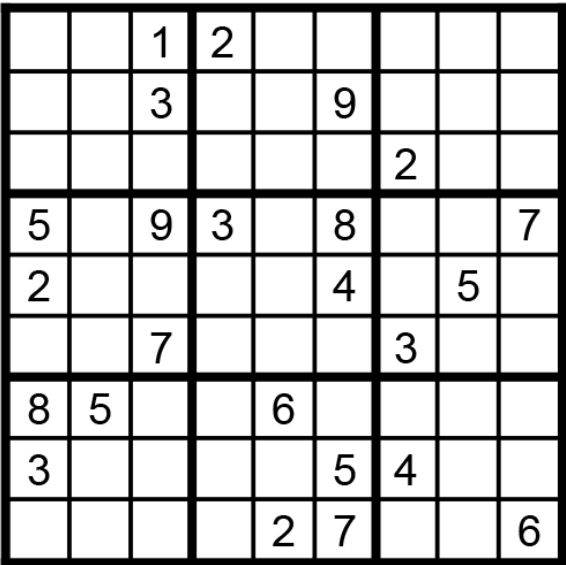
45 "Beetle Bailey" dog (4)

46 Chaps (4)

48 Goes quickly (4)

Sudoku:

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



Tri-City Stargazer

FOR WEEK: FEBRUARY 9, 2021

All Signs: This week we have an Aquarian symposium. The Sun is in Aquarius. The New Moon is in Aquarius. Mercury retrograde is in Aquarius. Venus is in Aquarius

along with Jupiter and Saturn in Aquarius. This is timely because it is a signal that we’re shifting in a new direction, which is good and necessary.

Aries the Ram (March 21-April 20): This heavy emphasis on Aquarius promotes interaction with friends and group activities – probably online. You will be active on Facebook and social media (or however you are in contact with friends and groups at this time). Friends from the past are back in the picture. The bottom line is for you to think about the friends that you have in your life. Are these quality people? Do they have your back? Life is too short to waste time on those who do not deserve you.

Taurus the Bull (April 21-May 20): This mosh pit of wild, Aquarian energy is taking place at the top of your chart, which means this is the culmination of a 30-year cycle, as well as a 12-year cycle. It’s a time when your cherished dreams are coming true and you are being noticed for your accomplishments. Because of the New Moon taking place at the top of your chart, this a good week to think of your life direction in general.

Gemini the Twins (May 21-June 20): All this wild and crazy energy taking place in Aquarius means six events are doing their thing in the element of Air. And you are an Air sign! You have a VIP pass to whatever you want to do, especially related to publishing, media, medicine, law, and higher education or further training. It is an excellent time to think about future travel

plans. You are eager to learn and expand your world.

Cancer the Crab (June 21-July 21): This week you are focused on issues related to shared wealth. This might include your involvement with an inheritance or something to do with insurance issues, taxes, and debt. Mercury retrograde will help you wrap up old business related to these areas. This is a benefit for you! Venus and Jupiter will favor you financially and attract gifts, goodies and favors from others to you.

Leo the Lion (July 22-August 22): This gaggle of planets in Aquarius is happening opposite your sign; hence, you are focused on partners and close friends. Mercury retrograde will attract ex-partners back into your world in person or in your memory. This will give you greater objectivity to learn more about how you relate to those who are closest to you. Venus and Jupiter will promote good feelings. They will encourage you to express your affection to those who are closest to you.

Virgo the Virgin (August 23-September 22): You are a doer. You are an Earth sign, who likes to be efficient. This heavy emphasis in Aquarius will make you want to be better organized in every aspect of your life. You want to be on top of things at work; you want to be healthier; and you want to be

timely in how you do things, especially with a pet. Admittedly, Mercury retrograde will create delays and mistakes. It’s time for you to set some goals about what you want for yourself, especially in terms of your work in the next two years.

Libra the Scales (September 23-October 22): All this Aquarian activity taking place this week bodes well for you because these six planetary influences are happening in Air, and you are an Air sign. It’s as if the universe is offering you “direct support.” Furthermore, this gaggle of planets is sitting in the part of your chart related to romance, parties, vacations, creative activities, sports, and children. People will reach out to you in person or online because they want to share time with you. You will give yourself permission to be exactly who you are.

Scorpio the Scorpion (October 23-November 21): All this Aquarian activity is happening at the bottom of your chart activating everything to do with home, family, and your private life. (This includes your interactions with parents.) Mercury retrograde will put you in touch with relatives you have not seen for a while either in person, on social media or even as a memory? Venus will encourage you to redecorate and entertain your family bubble. Jupiter and Saturn will make you think about real estate.

Sagittarius the Archer (November 22-December 21): This is a fast-paced time because this gaggle of planets mentioned in All Signs above is occurring in a part of your chart that affects your daily activity, thoughts, contacts, and habits. Naturally, Mercury retrograde will create snafus in these areas. However, all this will stimulate your mind! You will want to communicate to others. You might want to study and write more. Start making new plans that will affect your daily world.

Capricorn the Goat (December 22-January 19): Because this is the year that you are going to get richer, who is surprised that the planetary energy of six configurations is taking place in your Money House? Mercury retrograde will slow things, and cheques in the mail will be late. However, Mercury retrograde will also give you an opportunity to wrap up old business and see old contacts that might boost your income or promote your moneymaking ideas. Venus and Jupiter will attract money or gifts and goodies to you. Of course, fiery Mars wants you to play.

Aquarius the Water Bearer (January 20-February 18): Well, it is all about you, dear Aquarius. Ex-partners and friends from the past are back in your world. Meanwhile, a variety of opportunities are coming your way because Venus and Jupiter in your sign and this attracts them

to you. This is an unusual time for you because you are virtually setting out on a new 30-year journey, as well as a new 12-year journey (two separate influences). The bottom line is that you are going to grow and transform who you are and become a more evolved person.

Pisces the Fish (February 19-March 20): This is an unusual time for you because the Sun, the New Moon, Mercury retrograde, Venus, Jupiter and Saturn are all “hiding” in your chart. This means you are more in touch with your subconscious mind and how it affects you and directs your activities and influences your decisions. Memories of childhood behavior patterns will appear. You are happy to be low key. You will be giving in your romantic relationships. (Some are having a secret affair.) Overall, you are exploring your spiritual world and starting to wonder where this might take you.



By Georgia Nicols
www.georgianicols.com.

CASTRO VALLEY TOTAL SALES: 13							
Highest \$: 1,560,000		Median \$: 970,000					
Lowest \$: 615,000		Average \$: 974,846					
ADDRESS	ZIP	SOLD	FOR	BDS	SQFT	BUILT	CLOSED
17324 Ehle Street	94546	615000	3	1437	1952	11/5/20	
20144 Forest Avenue #4	94546	635000	2	1339	1985	11/3/20	
2210 Lobert Street	94546	785000	3	1298	1948	11/5/20	
4742 James Avenue	94546	860000	2	944	1948	11/5/20	
4836 Larimer Way	94546	873000	3	1176	1959	11/5/20	
5180 Chesney Glen Dr	94552	920000	3	1374	1998	11/4/20	
3270 Lenard Drive	94546	970000	3	1593	1958	11/6/20	
6280 Crow Canyon Rd	94552	1025000	2	1174	1959	11/5/20	
19607 Adair Drive	94546	1030000	4	1762	1955	11/4/20	
3471 Lenard Drive	94546	1030000	3	2000	1957	11/6/20	
4593 James Avenue	94546	1170000	4	1937	1950	11/5/20	
3517 Northwood Drive	94546	1200000	4	2378	1953	11/3/20	
22559 Canyon Terrace Dr	94552	1560000	5	2507	2002	11/4/20	

FREMONT TOTAL SALES: 24							
Highest \$: 2,255,000		Median \$: 997,500					
Lowest \$: 490,000		Average \$: 1,090,479					
ADDRESS	ZIP	SOLD	FOR	BDS	SQFT	BUILT	CLOSED
39063 Walnut Terrace	94536	490000	1	845	1984	11/3/20	
3389 Foxtail Terrace	94536	490000	2	840	1986	11/5/20	
3889 Milton Terr #6	94555	495000	1	796	1986	11/4/20	
38646 Aurora Terr #37	94536	599000	2	1123	1980	11/5/20	
277 Junipero Comm	94536	685000	2	1140	1974	11/6/20	
40630 High St #1a	94538	725000	3	1351	1982	11/3/20	
5540 Cosmos Comm #124	94538	725000	3	1118	1994	11/3/20	
39662 Buena Vista Terr	94538	730000	0	1257	1978	11/6/20	
37301 Maple Street	94536	840000	0	0	0	11/3/20	
37259 Ann Marie Terr	94536	847000	3	1558	1988	11/6/20	
3690 Dowitcher Terr	94555	900000	3	1505	1990	11/3/20	
4533 Cerritos Avenue	94536	915000	3	1074	1953	11/3/20	
42891 Hamilton Way	94538	1080000	3	1200	1958	11/3/20	
5322 Matthew Terrace	94555	1175000	3	1481	1988	11/5/20	
2860 Langhorn Drive	94555	1180000	3	1390	1969	11/5/20	
34246 Trampini Comm #78	94555	1245000	4	2086	1992	11/3/20	
34620 Creekwood Terr	94555	1260000	4	1680	1992	11/5/20	
3788 Howe Court	94538	1330000	3	1656	1958	11/3/20	
1749 Kilowatt Way #302	94539	1387500	0	0	0	11/6/20	
35233 Gawain Court	94536	1468000	4	1942	1972	11/3/20	
40600 Las Palmas Ave	94539	1540000	3	1569	1975	11/4/20	
4516 Macbeth Ave	94555	1560000	4	2052	1987	11/5/20	
44177 Bowers Court	94539	2250000	4	2870	1989	11/5/20	
47598 Gable Comm	94539	2255000	0	0	0	11/3/20	

HAYWARD TOTAL SALES: 27							
Highest \$: 1,410,000		Median \$: 805,000					
Lowest \$: 350,000		Average \$: 783,019					
ADDRESS	ZIP	SOLD	FOR	BDS	SQFT	BUILT	CLOSED
29627 Desert Oak Ct #26	94544	350000	1	531	1985	11/5/20	
492 Sunset Boulevard	94541	375000	1	572	1928	11/4/20	
26897 Huntwood Ave #11	94544	425000	2	1104	1980	11/5/20	
618 Marin Avenue	94541	520000	2	896	1958	11/6/20	
27659 Persimmon Drive	94544	622000	3	1549	1979	11/4/20	
2120 Oak Creek Place	94541	630000	2	1452	1972	11/3/20	
22837 Paseo Place	94541	649000	3	1595	2004	11/3/20	
642 Carmar Street	94544	680000	3	1274	1957	11/3/20	
1237 Inglewood Street	94544	680000	3	1263	1952	11/5/20	
24682 Willimet Way	94544	710000	3	1161	1956	11/6/20	
1147 Gomer Street	94544	710000	3	1210	1956	11/6/20	
1261 Radcliff Lane	94545	750000	3	1618	1957	11/6/20	
2385 Tallahassee Street	94545	795000	3	1179	1959	11/4/20	
355 Frederic Avenue	94544	805000	3	1020	1952	11/5/20	
2511 Oakes Drive	94542	820000	0	1774	1958	11/6/20	
1839 Trym Street	94541	824000	3	1211	1956	11/4/20	

23826 Madeiros Avenue	94541	825000	3	1268	1940	11/3/20	
1421 Poppy Lane	94545	865000	3	1625	2017	11/5/20	
28574 Starboard Lane	94545	885000	4	1835	2007	11/5/20	
1858 Elder Court	94545	935000	4	1695	1963	11/3/20	
1232 Gomer Street	94544	950000	4	2250	1956	11/3/20	
646 East Lewelling Blvd #648	94541	961500	6	2163	1964	11/4/20	
1194 Cotter Way	94541	965000	4	2025	1925	11/5/20	
2514 Admiral Circle	94545	980000	3	2047	2016	11/3/20	
256 Medford Ave #258	94541	980000	0	2051	1951	11/4/20	
1521 Middle Lane	94545	1040000	4	2413	2016	11/3/20	
72 Benmore Drive	94542	1410000	4	3220	2013	11/3/20	

MILPITAS TOTAL SALES: 8							
Highest \$: 1,620,000		Median \$: 1,248,250					
Lowest \$: 515,000		Average \$: 1,237,063					
ADDRESS	ZIP	SOLD	FOR	BDS	SQFT	BUILT	CLOSED
192 Junipero Drive #3	95035	515000	2	882	1971	12/30/20	
99 Whittier Street	95035	1115000	3	1235	1955	12/29/20	
301 Wild Rose Way	95035	1195000	3	2018	2018	12/28/20	
361 Montague Expyx	95035	1229000	3	2260	2018	12/29/20	
132 Washington Drive	95035	1267500	6	1962	1964	12/28/20	
915 Smith Lane	95035	1400000	4	2284	2012	12/28/20	
2271 Mesa Verde Drive	95035	1555000	4	2074	1971	12/30/20	
249 Gerald Circle	95035	1620000	4	2295	2013	12/29/20	

NEWARK TOTAL SALES: 5							
Highest \$: 1,220,000		Median \$: 1,170,000					
Lowest \$: 587,000		Average \$: 975,700					
ADDRESS	ZIP	SOLD	FOR	BDS	SQFT	BUILT	CLOSED
6125 Joaquin Murieta Ave #A	94560	587000	2	1132	1981	11/5/20	
36831 Newark Blvd #A	94560	715500	3	1383	1987	11/4/20	
8300 Blue Anchor Way	94560	1170000	3	1829	2018	11/5/20	
36686 Sugar Pine Court	94560	1186000	3	1790	1977	11/3/20	
8451 Blue Anchor Way	94560	1220000	3	1841	2018	11/3/20	

SAN LEANDRO TOTAL SALES: 12							
Highest \$: 1,125,000		Median \$: 740,000					
Lowest \$: 398,000		Average \$: 734,333					
ADDRESS	ZIP	SOLD	FOR	BDS	SQFT	BUILT	CLOSED
1450 Thrush Ave #16	94578	398000	2	820	1994	11/6/20	
1024 Martin Boulevard	94577	580000	2	886	1943	11/6/20	
14886 Saturn Drive	94578	630000	2	941	1953	11/6/20	
2056 Manchester Road	94578	640000	2	983	1948	11/5/20	
1238 Ottawa Avenue	94579	700000	3	1081	1951	11/6/20	
1611 143rd Avenue	94578	720000	2	984	1948	11/4/20	
1342 Belding Street	94579	760000	3	1230	1957	11/5/20	
1647 Lanier Avenue	94579	770000	3	1420	1957	11/3/20	
15311 Dewey Street	94579	780000	2	1331	1950	11/3/20	
15 Dorchester Avenue	94577	820000	4	1582	1944	11/3/20	
14372 Hemlock Street	94579	889000	4	1700	1952	11/5/20	
1171 Oakes Boulevard	94577	1125000	3	2626	1940	11/5/20	

SAN LORENZO TOTAL SALES: 3							
Highest \$: 760,000		Median \$: 707,000					
Lowest \$: 695,000		Average \$: 720,667					
ADDRESS	ZIP	SOLD	FOR	BDS	SQFT	BUILT	CLOSED
15909 Via Arroyo	94580	695000	3	1062	1946	11/5/20	
15743 Paseo Del Campo	94580	707000	3	986	1944	11/4/20	
17187 Via Del Rey	94580	760000	3	1706	1951	11/6/20	

UNION CITY TOTAL SALES: 6							
Highest \$: 1,180,000		Median \$: 952,500					
Lowest \$: 500,000		Average \$: 873,500					
ADDRESS	ZIP	SOLD	FOR	BDS	SQFT	BUILT	CLOSED
35550 Monterra Terrace	94587	500000	2	1022	2001	11/5/20	
218 Galano Plaza #132	94587	521000	2	880	1985	11/6/20	
33725 Colgate Drive	94587	780000	3	1088	1960	11/6/20	
30842 Canterbury Way	94587	1125000	4	2070	1997	11/3/20	
30761 Carr Way	94587	1135000	4	2167	1990	11/5/20	
33016 Korbel Court	94587	1180000	3	1791	1985	11/4/20	

Home Sales Report

Want to Write? Want to Meet Other Writers?

SUBMITTED BY NANCY GUARNERA

Worn down by Covid isolation? Try something new. Anyone interested in writing and meeting other writers is invited to join the free Zoom Social Write-In sponsored by Fremont Area Writers on Saturday, February 13 from 2 p.m. - 4 p.m.

How it works: After you sign in, the computer will randomly assign you to a virtual room with several other writers. Once everyone is gathered, you will get three writing prompts. Choose one and write for eight minutes. You can write memoir, fiction, or poetry, but the writing prompts are designed to encourage you to write about yourself so that participants can get to know each other.

After you write, there will be time for everyone in the room to socialize and read their response to the prompt in a non-judgmental atmosphere, then the computer will reassign everyone to a different room, the prompts will change, and the process will repeat.

Example prompts from the successful December Write-In:

I never thought I would meet...

Everything changed when...

Oops! I didn't want to go there.

To join the Write-In, request the Zoom meeting link from Scott Davidson at scottfrombayside@yahoo.com.

Zoom Social Write-In

Saturday, Feb 13

2 p.m. - 4 p.m.

Via Zoom

Request link from Scott Davidson

scottfrombayside@yahoo.com.

Free

‘Hidden Treasures’ offers a rare look at original ‘Peanuts’ comic strips

SUBMITTED BY STEPHANIE KING

A new online exhibition from the Charles M. Schulz Museum and Research Center brings Peanuts fans inside the world of Charles M. Schulz—and beyond the walls of the Museum—from the comfort of their home. The Museum’s most in-depth online exhibition to date, Hidden Treasures: Unseen Originals from the Schulz Museum shares more than 65 rarely seen original Peanuts comic strips with new, exclusive audio and visual enhancements designed for online audiences.

The original comic strips featured in Hidden Treasures have been displayed only once during a 2019 exhibition of the same name at the Museum. From Snoopy’s doghouse to the Great Pumpkin, the exhibition explores the foundational themes of Peanuts and offers an intimate

look at classic favorites. Audiences are invited to zoom in closely on the original strips to view Schulz’s pen strokes, margin notes, and other fine details that are lost in newspaper and book reproductions.

“The original Peanuts strips presented here have very rarely been exhibited to the public,” said Exhibitions Manager Lauren Figueroa. “This includes some consecutive storylines that until recently, likely had not been seen together since they left Schulz’s drawing board years ago!”

The online presentation is also paired with new, behind-the-scenes commentary from the cartoonist’s widow, Jean Schulz, Curator Benjamin L. Clark, and Charles M. Schulz Creative Associates staff members Alexis Fajardo and Justin Thompson.

“To have the opportunity to listen to such personal insight from Jean Schulz and hear the group discuss the comic strips,

themes, and storylines is what makes this online exhibition truly unique,” Figueroa added. “It’s an entirely new experience that we’re excited to be sharing with the Peanuts fans.”

Hidden Treasures also takes a deep dive into the anatomy of a comic strip and provides a close look at nearly a dozen objects from the Museum’s archives and collection, including correspondence, sketches, animation cels, and classic Peanuts products.

Mental health support: *For students, by students*

BY HARSHDEEP SINGH NANDA
PHOTO COURTESY OF NETRA YADAV

The COVID-19 pandemic has hit in more ways than one. While it has affected daily livelihoods, when it comes to health, work, school and our social interactions with family and friends, it has also had a devastating effect on the average student’s mental health. While school districts can provide services to address this issue, many local districts are already overwhelmed with scheduling and management of online learning. In order to address this need, a group of local students of the Fremont Unified School District have launched a new non-profit organization, “Global Mental Health Outreach.”

Led by Irvington High School student, Netra Yadav, this organization was created in March 2020, at the beginning of the pandemic. “Since school had shifted to an online format, I realized how stressful it was to adjust to this new environment and maintain good grades while also balancing a life at home,” Yadav said. “This led me to research the various mental health resources that may be available to me as a student through my school and online.”

Yadav learned that her high school offered a comprehensive menu of services for mental health support; however, she understood that this was a privilege. “A lot of my friends [at other schools] did not have access to the same resources,” said Yadav. This lack of equitable access is what inspired Yadav to start an initiative to connect students around the world to mental health resources.

After assembling a team of peers from her high school, other local schools (Mission San Jose High School,

THINGS YOU DON'T NEED TO APOLOGIZE FOR

- LOVING SOMEONE
- ENDING A TOXIC RELATIONSHIP
- FOR SAYING THE TRUTH
- FOR YOUR IMPERFECTIONS
- BEING YOURSELF!!!!

Washington High School and American High School), and connecting with a few international students online, Yadav embarked on leading a new organization – Global Mental Health Outreach. Yadav connected over Facebook with two individuals who reside in Hong Kong, both of whom now serve as Vice Presidents of the organization.

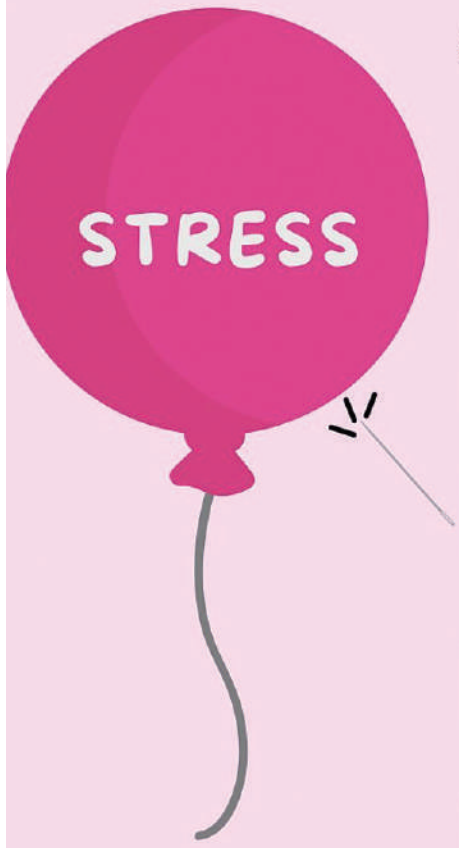
“The goal of this organization is to create webinars, presentations, and other content pulling from the



expertise of psychologists and other existing resources,” said Yadav. “Apart from this, we are currently developing a mobile app that will allow users to anonymously share their issues and thoughts and get feedback and support from other anonymous users. The goal of this app is to build a platform that fosters productive relationships and provides a non-judgmental environment for students around the world.”

As President and Founder of the organization, Yadav has assembled a team of about 30 individuals and assistance from a consultant to become a 501(c)(3) non-profit. In the long run, apart from her goal to reach student across the globe, Yadav hopes to open up the platform to the general public, with resources that are not just oriented toward students, but focus on issues that exist globally. The organization has, so far, served about 50 individuals and continues to grow. At this time, Global Mental Health Outreach has an active website and markets its services on Instagram.

Website: <https://globalmentalhealth7.wixsite.com/outreach>
Instagram: [@globalmentalhealth.outreach](https://www.instagram.com/globalmentalhealth.outreach)



5 Ways to Avoid Stress

- HAVE A BALANCED DIET
- GET ENOUGH SLEEP
- MAKE A TO-DO LIST
- MEDITATE FOR 10 MINUTES DAILY
- DO SOMETHING YOU LOVE EVERY DAY

@globalmentalhealth.outreach



Chief to focus on progressive policing at BART

SUBMITTED BY MELISSA JORDAN, BART

Ed Alvarez has worked his entire career to meet this moment. Reflecting on his first year as BART Police Chief, Alvarez sat down for an interview in which he laid out an ambitious agenda.

“I want to build the most progressive police department in America,” Alvarez said, of the just under 400 personnel under his watch. “Not just the most progressive transit police department. The most of any PD.”

Alvarez joined BART Police Department (BPD) almost a quarter century ago. It was his first job in law enforcement and he has served his whole career at BART, working his way up through the ranks and making deep connections to the community.

He was appointed as chief on January 1, 2020, and sworn in on February 7, 2020, just one month before the coronavirus was declared a pandemic. Long years of experience gave Alvarez insights to quickly implement strategic initiatives that already have paid off, with more on the way.

Notably, Alvarez created a new Bureau of Progressive Policing and Community Engagement that is an umbrella over a growing team of non-armed personnel that includes the award-winning Transit Ambassadors and soon will include an additional 20 Crisis Intervention Specialists.



Chief Ed Alvarez regularly walks trains to interact with passengers. Credit: Maria J. Avila

They’ll focus on connecting those experiencing homelessness, mental illness and substance abuse with services. The Bureau also will include 10 police officers who will receive specialized training.

“We’re infusing 40 additional bodies into our system,” Alvarez said. “These are people who are providing presence, resources, who are extra eyes and ears. We’re going to have more presence than we’ve ever had at BART.”

Deputy Chief Angela Averiett, who leads the new Bureau of Progressive Policing, said Alvarez has been a steady hand in a time of

great change. “I think the chief’s leadership is a reflection of the resilience of this organization,” she said. “Through all the major challenges of the past year, he has led us courageously and transparently and kept us focused on the mission.”

The pandemic and associated economic misery have exacerbated homelessness, stressed an already-fractured patchwork of services, and has exposed disparities in health, safety and other outcomes along race and class lines.

Additionally, the killing of George Floyd by a Minneapolis police officer in May 2020

drew worldwide attention and built a movement demanding more accountability from law enforcement. Alvarez said he was appalled by the abuse of power - “and the arrogance” in the Minnesota case - and that he conveys that message to BPD personnel. “We have to earn the public’s trust every day,” Alvarez said. “We can’t take their trust for granted. We have to do better.”

Alvarez is committed to meeting the moment by increasing training (which already goes beyond state standards), including the innovative ICAT, or Integrating Communications, Assessment and Tactics course. ICAT is designed especially for situations involving people who are unarmed or armed with weapon other than firearms, and who may be experiencing a mental health or other crisis.

Alvarez also has prioritized working collaboratively with the BPD Citizen Review Board and the Office of the Independent Police Auditor, two civilian oversight bodies that provide another layer of police accountability at BART.

As a first-generation immigrant, Alvarez is keenly aware of the issues of mistrust that arise when there are disparate impacts from policing, and of how BART is not immune from them. “We need to be treating all people fairly and equitably,” he said. “That is my expectation for everyone at BPD.”



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

CONTINUING EVENTS

Monday – Saturday Free COVID-19 Testing

M-F: 1 p.m. – 5 p.m.
Sa: 9 a.m. – 12 noon
Drive through, drop-in, and walk-up
testing by appointment
Bay Area Community Health
39500 Liberty Street, Fremont
(510) 770-8040
<http://bach.health/covid/>

Mondays and Wednesdays Parenting During COVID R

6:00 p.m. – 7:30 p.m.
*Virtual support group to help families
cope with challenges encountered
during COVID*
To register:
www.fremont.gov/3060/Caregiver-Support
(510) 574-2100

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, January 26 – April 13

Grief & Loss Support Group
4:30 p.m. – 5:30 p.m.
*An online space for individuals
experiencing loss*
Deadline to join: 1/15/21
(800) 260-0094
jwolffinger@crisisupport.org

Wednesdays, January 27, February 17, and March 10

**Never Forget: A Writers
Workshop for
Japanese-Americans R**
10 a.m. – 12 noon
*3-part workshop focused on 2nd gener-
ation novice Japanese-American writers*
To register, email education@haywardareahistory.org
www.haywardareahistory.org

Wednesdays, January 20 – April 14

**National Geographic Live
Virtual Events \$**
7 p.m.
1/20: Life on Other Worlds
2/10: Scientific Exposure
2/24: Reimagining Dinosaurs
3/17: Feats of Filmmaking
3/31: Mysterious Seas
4/14: Women and Migration
LivermoreArts.org
(925) 373-6800
Nationalgeographic.com/events

Wednesday - Saturday Free COVID-19 Testing

11 a.m. – 4 p.m.
*Drive through and walk-up testing by
appointment*
Make appointment at: <https://ac.fulgentgenetics.com/>
Glad Tidings Church
1000 Glad Tidings Way, Hayward

Wednesdays and Sundays McNevin at The Mudpuddle

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

Thursdays First Presbyterian Church of Newark Virtual Youth Group

6:30 p.m.
*Youth and young adults, students
welcome*
Contact: brian@newarkpress.org for
Zoom Meeting ID#
www.newarkpres.org

Thursdays, January 14 – March 4

Life Review Group
10:30 a.m. – 11:30 a.m.
*Life is a journey. Explore the story of
your life*
1-800-260-0094/ jwolffinger@crisis-support.org

Arts & Entertainment

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with loving homes!*



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and easy to handle. She is particular about
her room. She will arrange things
just so and get upset
if you move her things once
she's placed them. To adopt call the
Hayward Animal Shelter (510) 293 – 7200.**



**Milo is a male guinea pig who likes the company
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fresh greens and hanging out in his
guinea pig castle. To adopt call the
Hayward Animal Shelter (510) 293 – 7200.**

Saturdays Virtual Telescope Viewing R

9:00 p.m. - 10:30 p.m.
Free on Facebook Live
*Join resident astronomers live from
Chabot's observation deck*
<https://chabotspace.org/calendar/>

Saturdays Online Comedy Shows R\$

8 p.m. – 9 p.m.
*Made Up Theatre's interactive comedy
has gone to YouTube!*
<https://madeuptheatre.com/upcoming-shows/online-shows/>

Saturdays & Sundays India Community Center Youth Programs R\$

Art Class (K-5): Saturdays, 3 p.m. –
4 p.m., 1/23 – 5/15

Hindi Class (1-6): Sundays, 10:30
p.m. – 11:30 p.m., 1/24 – 5/16
Public Speaking (2-6): Sundays, 4
p.m. – 5 p.m., 1/24 – 5/16
Bollywood Class (all ages): Every
Day, 1/11 – 5/16
EnActe Voice Acting for Animation
(3-8): Sundays, 2:30 p.m. – 3:30
p.m., 1/24 – 5/16
EnActe Art of Performance (3-8):
Sundays, 11 a.m. – 12 noon, 1/24 –
5/16
<https://www.indiacc.org/programs/enrichment-program-registration/youthprograms@indiacc.org>

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

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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

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

Sundays
Southern Alameda County
Buddhist Church Family
Service
10 a.m.
Via ZOOM
For link, call (510) 471-2581
https://sacbc.org/

Sundays
First Presbyterian Church of
Newark Worship Services
8:30 a.m.; Worship Service
12 noon: Sunday School, Ages K –
6th grade
Contact: office@newarkpres.org for
Zoom Meeting ID#
www.newarkpres.org

Sundays, January 24 – Febru-
ary 21
Winter Treats Virtual Baking
Class
11:00 a.m. – 12:30 p.m.
Cookies, brownies, cupcakes and
more! Grades 3 - 6
https://bit.ly/3pWuVNW

Last Thursday of the Month,
January – June
Mini MBA in Entrepreneurship
7 p.m. – 9 p.m.
Self-paced virtual program for
early-stage entrepreneurs
https://sv.tie.org/mini-mba-in-entre-
preneurship

UPCOMING Events

Tuesday, February 9
Every Business is Going Online
– Part 2 R
3 p.m. – 5 p.m.
Free business webinar hosted by the
Alameda County Small Business
Development Center
https://nc.ecenterdirect.com/events/4
7680

Wednesday, February 10
AMC Online Math Contest \$R
For Fremont students. Deadline to
apply is 1/11/21
https://bit.ly/3nyTARe

Wednesday, February 10
Music & Movement for Kids R
3:30 p.m.
Free program through Music For
Minors II
Via Zoom:
https://forms.gle/MJD8MQ9PpVM-
fosvH8
www.musicforminors2.org

Wednesday, February 10
Tri-City Nonprofit Coalition R
6:30 p.m. – 7:30 p.m.
Featuring social media marketing
expert Irene Koehler
Via Zoom
tinyurl.com/TCNPFeb2021

Wednesday, February 10
Fremont Landlord Engagement
Webinar R
6:00 p.m. – 7:30 p.m.
Learn about the benefits of partnering
with non-profit rental assistance
programs
Via Zoom
https://conta.cc/3rls2qP
rentreview@fremont.gov
(510) 574-2088

Thursday, February 11
Show Your Love - Virtual
Cooking & Wine Event \$R
6 p.m.
Prepare a decadent, home-cooked meal
at home. Proceeds benefit Spectrum
Community Services
Register at https://bit.ly/3qdqK0y

Thursday, February 11
Implementation of Business
Development Strategies R
1 p.m. – 3 p.m.
Free business webinar hosted by the
Alameda County Small Business
Development Center
https://nc.ecenterdirect.com/events/4
7749

Friday, February 12
Black Business Roundtable R
12 noon
Presentation by radio personality/busi-
ness consultant Margaret Jackson
Via Zoom
Meeting ID: 853 1597 0080
Passcode: 606834
https://bit.ly/3ax24d6

Saturday, February 13
Social Write-In R
2 p.m. – 4 p.m.
Meet other writers. Hosted by Fremont
Area Writers
Via Zoom
Email scottfrombayside@yahoo.com
for link

Tuesday, February 16
International Business
Guidance R
1 p.m. – 3 p.m.
Free business webinar hosted by the
Alameda County Small Business Devel-
opment Center
https://nc.ecenterdirect.com/events/4
7789

Tuesday, February 16
HERStory: Black Women in US
American History
2 p.m. – 3 p.m.
Conversation with Dr. Janice Jones,
Professor of History and Childhood
Education Studies at Ohlone College
Via Zoom
http://https/cconfer.zoom.us/j/931
65231404

Tuesday, February 16
Science Night: Nuclear Fusion
& More R
6 p.m.
Learn about harnessing the power of
fusion from scientists at Lawrence
Livermore National Lab
Via Zoom
http://bit.ly/35FFfCn

Wednesday, February 17
When Your Heart Needs a
Little Help R
6:30 p.m.
Virtual Seminar - Learn about ad-
vanced techniques in cardiac care
www.whhs.com
(800) 963-7070

Thursday, February 18
Women Empowering Women:
Living Heart Healthy R
7:00 p.m.
Virtual Seminar – Join the Women
Empowering Women support group
www.whhs.com
(800) 963-7070

Thursday, February 18
Website Development &
Optimization Webinar –
Part 1 R
1 p.m. – 3 p.m.
Free business webinar hosted by the
Alameda County Small Business
Development Center
https://nc.ecenterdirect.com/events/4
7793

Thursday, February 18
Hayward Nonprofit Alliance
10 a.m.
Featuring Oakland Zoo Executive Vice
President Nik Dehejia
Via Zoom
Meeting ID: 832 8413 7646
Passcode: 253547
https://bit.ly/3trONLD

Friday, February 19
14th Annual Crab Feed
Fundraiser – At Home Edition
Pick up a delicious dinner of fresh crab
to enjoy at home
Pick Up Times: 1:00 p.m. – 3:30
p.m.
Buy tickets (\$60) online at:
https://bit.ly/Crabfeed2021awc
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy, Fremont
(510) 790-6602
agewellcenters@fremont.gov

Friday, February 19
Cultivating Resilience R
11 a.m.
Learn the reflective strategies for
cultivating resilience
Email FSharifi@Fremont.gov to reg-
ister
(510) 574-2035

Saturday, February 20
4th Annual Symbiosis Youth
Summit R
1 p.m. – 4 p.m.
Understanding intersectionality—the
overlap between race, class, gender, etc.
Via Zoom
https://www.symbiosissummit.com/

Monday, February 22
Milpitas Rotary
12 noon
Annual Rotary Speech Contest
Via Zoom: https://bit.ly/364zWgd
Meeting ID: 830 1305 6992
Passcode: 113524

Tuesday, February 23
Sustainable Systems During
Covid R
1 p.m. – 3 p.m.
Free business webinar hosted by the
Alameda County Small Business Devel-
opment Center
https://nc.ecenterdirect.com/events/4
7839

Wednesday, February 24
Move From Stress to Success R
1 p.m. – 3 p.m.
Free business webinar hosted by the
Alameda County Small Business
Development Center
https://nc.ecenterdirect.com/events/4
7806

Thursday, February 25
“I AM SHE”
3 p.m. – 5 p.m.
Monologue excerpts from local activist
Cat Brooks and discussion with
Dr. Crystallee Crian
Via Zoom
Passcode: Ohlone
https://bit.ly/3jgMCWo

Thursday, February 25
Resolving Family Conflict
Through Elder Mediation
11:30 a.m.
Learn how to resolve conflict
successfully
Via Facebook Live
https://fb.me/e/Kza0HU3K

Thursday, February 25
Caregiving and Forgiveness R
11 a.m.
Discussion of forgiveness as a key
element of taking care of yourself
Email FSharifi@Fremont.gov to
register
(510) 574-2035

Friday, February 26
Lent: Season of Transformation
– A Virtual Lent Retreat R
1 p.m. – 5 p.m.
Help support the ongoing work of the
Center for Education and Spirituality
RSVP by 2/25/21
https://ces-
event.myshopify.com/products/lent-
season-of-transformation
(510) 933-6360

Friday, February 26
Latino Business Roundtable
9 a.m.
Featuring the executive director of the
Rental Housing Association of Southern
Alameda County
Via Zoom
Meeting ID: 837 3766 2857
Passcode: 439540
https://bit.ly/3pST2h1

Saturday, February 27
Implications of UC's Decision
to Drop SAT/ACT R
11 a.m.
Free webinar explaining new college
admission guidelines
Bit.ly/39lusQa
www.uceazy.com

Sunday, February 28
The Call to Action: Climate
Change, Pandemic and a
Vulnerable World R
2 p.m. – 4 p.m.
David Peritz, PhD, explains the “vul-
nerable world hypothesis”
Via Zoom: RSVP by 2/27/21
https://bit.ly/36iowVV
(510) 933-6360

Monday, March 1
Milpitas Rotary
12 noon
Overton Moore talks about their
development project at 1000 Gilbratar,
Milpitas
Via Zoom: https://bit.ly/364zWgd
Meeting ID: 830 1305 6992
Passcode: 113524

Wednesday, March 3
Advanced Treatments for Knee
Pain Help R
4:30 p.m.
Virtual Seminar - Learn about com-
mon causes, symptoms, and treatment
options for knee pain
www.whhs.com
(800) 963-7070
Thursday, March 4
Climate Change – We Can All
Be Part of the Solution R
6:00 p.m. – 7:30 p.m.
Patrick Journey from Community
Climate Solutions will present
Via Zoom
www.lwvfncuc.org/zoom
Schacter@comcast.net

AFFORDABLE BAY AREA OFFICE SPACE

SKS BUILDING
39823 Paseo Padre Parkway,
Fremont, CA 94538

- 2215 sq/ft
- Newly upgraded premium office
- 3 private offices
- Private conference room
- Kitchen breakroom with sink and large storage area
- Large open workspace ideal for socially distanced cubicles
- Near 680/880/BART

39737 Paseo Padre Pkwy
Suite C1,
Fremont CA 94538

- 355 sq/ft
- One room office
- Common waiting area
- Near 680/880/BART

SIGMAWAYS BUILDING
39737 Paseo Padre Parkway,
Fremont, CA 94538

- 4997 sq/ft
- Ground floor
- Naming rights
- Five private offices
- Private restrooms
- Conference room
- Large open work space perfect for socially distanced cubicles
- Kitchen with running water
- Near 680/880/BART

EXECUTIVE I
2450 Peralta Blvd.,
Fremont, CA 94536

- Suite 211
- 948 sq/ft
- Three room office
- 2nd floor (no elevator access)
- Large open space perfect for socially distanced cubicles
- Free Conference room available
- Near BART

- Suite 222
- 812 sq/ft
- Four private offices + waiting room.
- Free Conference room available
- Near BART

Fremont Is Our Business

FUDENNA BROS., INC.

Phone: 510-657-6200



www.fudenna.com

Leader in Small To Medium Size Office Space

Saturday, March 13
Drive-In Concert \$
Gareth Emery: We'll Be OK
3 p.m.: <https://bit.ly/2X0zkmM>
7 p.m.: <https://bit.ly/3pyqCYY>
Alameda County Fairgrounds
4501 Pleasanton Ave., Pleasanton

Tuesday, March 16
COVID-19: The Road Ahead R
3:30 p.m.
Virtual Seminar – Hear from an infectious disease specialist about the latest clinical developments
www.whhs.com
(800) 963-7070

Saturday, March 20
Niles Rotary's Spring Fling \$R
6:30 p.m. – 7:30 p.m.
Virtual fundraiser for Fremont schools
<https://one.bidpal.net/niles/welcome>

Saturday, March 20
77th Annual Hayward Chamber of Commerce Gala R\$
6 p.m.
Virtual celebration honoring Business Person, Educator, Fire-fighter, and Police Officer of the Year
www.hayward.org
(510) 537-2424

Park It

By NED MACKAY

A publication with lots of good information about things to see and do in the East Bay Regional Parks is “Regional in Nature,” the park district’s bi-monthly newsletter.

Regional in Nature shows up as an insert in newspapers throughout the East Bay, generally about a week before the end of the month. The March-April RIN edition should appear soon. But if you miss RIN in your paper, you can still access it by visiting the park district website at www.ebparks.org. Put the cursor on “Activities” at the top of the home page. When the drop-down menu appears, click on “Regional in Nature – Activity Guide.”

Unfortunately, the park district’s usual schedule of nature education programs and special events is on hold because of the COVID-19 pandemic. However, Regional in Nature still offers lots of suggestions for activities and

explorations that your whole family will enjoy.

For instance, while the thought of candy cap mushroom ice cream may never have crossed your mind, the January-February edition of Regional in Nature tells you how to make it at home and enjoy its sweet maple flavor.

You can also check out Preparedness 101, your guide to outdoor winter activities. It has a list of tips on how to stay warm, dry, and safe during winter hikes. A top tip: bring a thermos with a hot beverage to enjoy during rest stops along the way.

There are natural history articles about kestrels, turtles, ducks, mountain lions and harbor seals. The kids will enjoy crafting a harbor seal doll out of an old sock and some accessories.

The publication also has results of a 2020 community survey, which found that 96 percent of respondents believed the accessibility of parks and trails is important to maintaining the mental health of our community. And 96 percent also agreed that parks and trails must remain open and accessible to help people get physical

exercise in a “safe, socially distant manner.”

Previous editions of RIN are also available at the website. All are full of ideas for ways to appreciate and enjoy the regional parks and other public open spaces with your family at a time when district-organized activities are suspended.

If you are looking for a regional park hike that offers a real workout, I recommend the Old Moraga Ranch Trail. The trail is steep up and down, with the high point at St. Mary’s Peak, 1,194 feet. Kind of like a roller coaster experience, but without the carts. It is strenuous, but the reward is unsurpassed views of Lamorinda and the St. Mary’s College campus. The trail is not open to bicycles, at least according to the map legend.

Old Moraga Ranch Trail is included in the map of Lafayette-Moraga Regional Trail, available on the park district website. Put your cursor on “Parks & Trails,” and click on “Maps” when the drop-down menu appears.

Generally, the trail is well marked. The easiest way to start

is to park at Rancho Laguna Park on Camino Pablo in Moraga. From there, walk back up Camino Pablo a short distance to the Sanders Ranch residential subdivision. Walk into the subdivision on the left side of its entrance road.

In about a quarter-mile, look for a trail marker on the left. The trail leads down into a creek bed, crosses several wooden bridges, then climbs out of the creek bed and up a steep hill. You are on your way.

Another option is to start at a trailhead across Camino Pablo from Rancho Laguna Park and walk west up a sometimes-steep route to the junction with the Rocky Ridge Trail on East Bay Municipal Utility District land. The north end of Old Moraga Ranch Trail is at Bollinger Canyon Road. However, Bollinger Canyon Road is a private road at that point, and there is not any trailhead parking.

In any case, I think all but the most dedicated hikers will find that the climb from Camino Pablo to St. Mary’s Peak and back is more than adequate exercise.

Under the sea, humans have changed ocean sounds

By CHRISTINA LARSON AP SCIENCE WRITER

Not only are humans changing the surface and temperature of the planet, but also its sounds - and those shifts are detectable even in the open ocean, according to research published Thursday.

Changes in the ocean soundscape affect wide swaths of marine life, from tiny snapping shrimp to huge right whales, the researchers found.

“Sounds travel very far underwater. For fish, sound is probably a better way to sense their environment than light,” said Francis Juanes, an ecologist at the University of Victoria in Canada and a co-author of the paper in the journal Science.

While light tends to scatter in water, he said, sounds travel much faster through water than through air.

Many fish and marine animals use sound to communicate with each other, to locate promising locations to breed or feed, and

possibly to detect predators. For example, snapping shrimp make a sound resembling popping corn that stuns their prey. Hump-back whale songs can resemble a violinist’s melodies.

But increased noise from shipping traffic, motorized fishing vessels, underwater oil and gas exploration, offshore construction and other human activity is making it harder for fish to hear each other.

The researchers sifted through thousands of data sets and research articles documenting changes in noise volume and frequency to assemble a comprehensive picture of how the ocean soundscape is changing - and how marine life is impacted.

Using underwater microphones, scientists can record fish sounds - which tend to hover around the same low frequencies as shipping traffic noise.

“For many marine species, their attempts to communicate are being masked by sounds that humans have introduced,” said

Carlos Duarte, a marine ecologist at the Red Sea Research Center in Saudi Arabia and co-author of the paper.

The Red Sea is one of the world’s key shipping corridors, full of large vessels traveling to Asia, Europe and Africa. Some fish and invertebrates now avoid the noisiest areas, as the sound effectively fragments their Red Sea habitat, he said.

Meanwhile the overall number of marine animals has declined by about half since 1970. In some parts of the ocean, scientists now record “fewer animals singing and calling than in the past - those voices are gone,” said Duarte.

Climate change also influences physical processes that shape ocean sounds, such as winds, waves and melting ice, the researchers found.

“Imagine having to raise your kids in a place that’s noisy all the time. It’s no wonder many marine animals are showing elevated and detectable levels of stress due to noise,”

said Joe Roman, a University of Vermont marine ecologist, who was not involved in the paper.

“When people think of threats facing the ocean, we often think of climate change, plastics and overfishing. But noise pollution is another essential thing we need to be monitoring,” said Neil Hammerschlag, a University of Miami marine ecologist, who was not involved with the paper.

“If you make something for the ocean, think about how to make it quieter,” he said.

Sound pollution may be simpler to address than other ocean threats, said the University of Victoria’s Juanes. “In theory, you can reduce or turn off sound immediately – it’s not like plastics or climate change, which are much harder to undo.”

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contuned from page 1

Black History Month

By CERI HITCHCOCK-HODGSON

The Black Lives Matter movement has inspired millions around the world to focus on correcting continuing racial inequalities and discrimination of economic opportunity, law enforcement and gender. The month of February celebrates the contributions and triumph of Afro-Americans in their struggle from slavery to equal shares of the American dream. From Jackie Robinson to Tiger Woods, Harriet Tubman to Martin Luther King, Jr., Barack Obama and Kamala Harris, Black History Month recognizes inspirational African Americans from the past, as well as those who will continue to make history well into the future. This tribute dating back to 1926, is credited to Harvard scholar Carter G. Woodson. The son of former slaves, Woodson spent his childhood working in the Kentucky coal mines, enrolling in high school at age 20. He graduated two years later and attended Harvard University, earning a Ph.D. During



Jan. 19, 2017, Lewis Howard Latimer statue in front of the Mortor Government Center in Bridgeport, Connecticut. (Ned Gerard/Hearst Connecticut Media via AP)

his studies, Woodson was disturbed to find that history books blatantly ignored Black Americans. To bring national attention to the contributions of Black Americans, Woodson organized the first Negro History Week in 1926, the second week of February marks the birthdays of two men who greatly influenced the Black American population, Frederick Douglass and Abraham Lincoln.

In an effort to bring national attention to the contributions of Black Americans, Woodson organized the first Negro History Week in 1926. Woodson chose the second week of February for Negro History Week because it marks the birthdays of two men who greatly influenced the Black American population, Frederick Douglass and Abraham Lincoln. However, February has much more than Douglass and Lincoln to show for its significance in Black American history. A number of relevant events to African American history took place in February. It is the month that, in 1868, important civil rights leader and co-founder of the NAACP, W.E.B. DuBois, was born. February of 1870 was an important time in the history of African Americans for on the third day of the month, the 15th Amendment was passed granting Blacks the right to vote and on the 25th Hiram R. Revels, took his oath of office, becoming the first Black U.S. Senator. In February of 1909, the National Association for the Advancement of Colored People (NAACP) was founded in New York City. February 1, 1960, marked what would become a milestone in the civil rights movement when a group of Black Greensboro, N.C. college students held a sit-in at a segregated Woolworth's lunch counter. February is also a time of



Mary Jane McLeod Bethune, American educator, stateswoman, philanthropist, humanitarian, womanist, and civil rights activist.

remembrance for Malcolm X who was assassinated by three Black Muslims in 1965. February is the month devoted to highlighting the numerous contributions that African Americans have made to a society that was not always generous with them. During slavery, most Black slaves were denied formal education. In the South, laws were passed prohibiting slave literacy in the aftermath of various slave rebellions. Even free Blacks found themselves limited in their access to mainstream, quality education and vocational training. This limited education and training meant that, for the most part, Blacks were shut out of professional occupations and confined to working in industries deemed "acceptable" for them, such as domestic services, some manual trades and agriculture. Nevertheless, a number of African Americans were able to overcome these social obstacles and make significant contributions to American life:

Many Americans are familiar with mathematician and astronomer Benjamin Banneker (born a freeman), who constructed the first American-made striking clock, and agricultural chemist and innovator, George Washington Carver (born a slave), best-known for developing hundreds of applications for agricultural products, most notably the peanut. Yet there are numerous other Black individuals in the history of our country that revolutionized technology and science as we know them today. As surgeon of the South Side Dispensary in Chicago, Daniel Hale Williams (1858-1931) organized Provident Hospital, the first Black hospital in the United States. In 1893, Williams performed the first successful closure of a wound of the heart and pericardium-the first successful open-heart surgery. Zoologist Charles Henry Turner (1867-1923) held a doctorate from the University of Chicago, yet chose to teach at high schools so he could devote more time to the observation of insects. Turner published several articles in scientific journals and became the first person to prove that insects can hear and are able to distinguish pitch. He also discovered that cockroaches can learn by trial and error. Dr. Rebecca Cole (1846-1922) was the second African American woman physician in the United States and was the first Black woman to graduate from the Woman's Medical College in Pennsylvania. She was appointed as a resident physician at the New York Infirmary for Women and Children from 1872-1881. Roger Arliner Young (1889 - 1964) became the first African American woman to be awarded a Ph.D. in zoology, at the University of Pennsylvania in 1940. Her scientific contributions, resulting largely from research she performed at the Marine Biological

Laboratory in Woods Hole, Massachusetts. Black inventors also made important contributions to technology, allowing the United States to prosper and grow in its early years. Unlike slaves, free Blacks prior to the Civil War were entitled to receive patents for their inventions. Some slaves, who were skilled craftsmen, did create devices or techniques that benefited the slave owner's enterprises. According to a decision by the federal government in 1858, though, neither the slave nor the slave owner could claim ownership rights to such an invention. In 1870, following the Civil War, the U.S. patent laws were revised so that anyone, regardless of race, could hold a patent. Consequently, the number of patents issued to African Americans soared. Thomas L. Jennings (1791-1859), a tailor in New York City, is credited with being the first African American to hold a U.S. patent. The patent, which was issued in 1821, was for a dry-cleaning process. Benjamin Bradley (circa 1830-1897), a slave, was employed at a printing office and later at the Annapolis Naval Academy, where he helped set up scientific experiments. In the 1840s he developed a steam engine for a warship.



Rosa Parks seated in the front of a public bus, likely a staged photograph representing the end of segregated buses and her role in the Montgomery bus boycott from 1955 to 1956] (Library of Congress)

Unable to patent his work, he sold it and used the proceeds purchased his freedom. The son of former slaves from Kentucky who had escaped via the Underground Railroad to Canada at 15 years of age, Elijah McCoy (1843-1929) traveled to Scotland seeking the educational opportunities from

which Blacks were excluded in the Americas. He trained in mechanical engineering and then moved to the United States, where he was denied engineering employment-again because he was of African descent. He instead took a job as a railroad fireman. At that time, locomotives needed to be shut down periodically and lubricated to avoid overheating. The frequent stops prevented railroads from being profitable until McCoy developed the "lubricating cup" for steam engines. The quality and reliability of this invention gave rise to the statement that something was "the real McCoy" if it was original and dependable. The lubricating cup represented the most profitable of McCoy's more than 58 patents, which included a folding ironing board and an automatic sprinkler. Born in Chelsea, Mass., Lewis Howard Latimer (1848-1929) learned mechanical drawing while working for a Boston patent attorney. He later invented an electric lamp and a carbon filament for light bulbs (patented 1881 and 1882, respectively). He was responsible for preparing the mechanical drawings for Alexander Graham Bell's patent application for his telephone design. Latimer was the only African American member of Thomas Edison's engineering laboratory, the Edison Pioneers.

Granville T. Woods (1856-1910) dedicated his life to developing a number of inventions for the railroad, a booming industry at the time. The self-educated Woods invented more than a dozen devices to improve electric railway cars and numerous others that controlled the flow of electricity. Among his more noteworthy inventions was a telegraph that allowed moving trains to communicate with other trains and train stations.

Frederick McKinley Jones (1892-1961) grew up an orphan Cincinnati, Ohio and did not attend schools beyond the eighth grade. He was awarded 60 patents during his career, 40 of which concentrated on the field of refrigeration. An experienced mechanic, Jones invented a self-starting gas engine and a series of devices for movie projectors. More importantly, he invented the first automatic refrigeration system for long-haul trucks (1935), ultimately leading to the creation of the frozen food industry. Inventions and scientific advancements of these individuals and many others contributed to the social and technological advancement of the United States. African Americans were integral to the history and success of the United States of America.



Operating a hand drill at Vultee-Nashville, woman is working on a "Vengeance" dive bomber, Tennessee (Library of Congress)

Celebrating Black History

SUBMITTED BY DARLENE GREEN

Please join the Afro-American Cultural & Historical Society and Ohlone College Umoja Scholars for Black History Month 2021. This virtual program - The Black Family: Representation, Identity and Diversity - will be informational and feature children's stories read throughout the month, two (2) workshops and program featuring Dr. Eric Bishop, Ohlone Community College President as well as music, and other talent.

SATURDAY, FEBRUARY 13
10:00 a.m. - 11:15 a.m.

Virtual Workshop #1: Building Wealth Through Real Estate

This workshop prepares you for purchasing your first home or investment property.

Presenter: Mr. Ken Smith,
Realtor-CDPE-CPRES
10:00 a.m.

Virtual Children's Storytime

A variety of African American children's books read by the Robinson Family throughout the month of February

11:30 a.m. -12:45 p.m.

Virtual Workshop #2:
Keepers of the Flock

How to Cultivate Compassionate Faith-Based Communities, Committed to Advocacy, Care and Connection

During a Season of Social Distancing. This workshop focuses on those living with mental health.

Presenter: Family Bible Fellowship (FBF), Pastor Horacio Jones

1:00 p.m. – 2:00 p.m.

Main Event Black History Program.

Keynote Speaker:
Dr. Eric Bishop, President

Ohlone Community College
Registration:

https://www.eventbrite.com/e/2021-black-history-month-virtual-event-celebrating-the-46th-observance-tickets-138561696765?utm_source=eventbrite&utm_medium=email&utm_campaign=post_publish&utm_content=shortLinkNewEmail
(Zoom link will be provided with registration)

Children's Story Time:

<https://www.youtube.com/playlist?list=PLsHWYuYD4mpkXHIdOPIMExDv2QawVV0Po>

OPINION



WILLIAM MARSHAK

A Möbius Trip

them is the current conundrum of “affordable housing.” In a discussion of the subject at the Fremont City Council on February 2, several possibilities for an ordinance update were advanced – increase inclusionary fees, increase housing density, reduce housing living space or subsidize housing acquisition or construction. Focusing on how to increase the supply of such housing is welcome, but may miss a basic problem.

Fremont and its environs are living on an economic Möbius strip. As demand grows, it is met by additional affordable housing funded by government subsidies, relaxed regulations or developer concessions. The funds to support these efforts must come from somewhere so higher housing costs or taxes are the result. As various sectors of the economy are asked to pay for these accommodations, prices for goods and services increase to compensate. Although some of the housing problem is addressed, in general, the cost of living increases as well, with an unequal burden on economically marginal residents.

Those targeted by affordable housing fall further behind as the cost-of-living soars. Even during lean economic times, the imbalance persists. Witness the housing market in which a small condominium can sell for hundreds of thousands of dollars. Compare this with other areas of the country. The imbalance of housing, cost of living and economic class divide has exacerbated and the cycle continues unabated. Lifestyles and quality of life are vastly different for inhabitants of different and discrete economic strata.

The primary question is whether building more and more affordable housing is the sustainable answer to our

housing problem or if it simply attempts to apply a patch to a growing and unsustainable Bay Area population problem. Many residents have decided to answer this question by moving away while others – even those with housing - struggle to simply survive. Some companies have recognized the nature of the problem, moving to distant, out of state locations while others, at least during the pandemic, have asked employees to telecommute.

Is it possible that continued population and housing growth in our area is unsustainable? Are we moving along a Möbius highway on a trip that simply feeds on itself, creating a greater chasm between haves and have nots? As we chase more affordable housing, are we, in effect, aggravating the problem? Does the answer lie in limits to a balanced Bay Area society based on resources?

An objective examination of our trip on the Möbius strip can advocate strengthening our commitment to affordable housing, but also scrutinize why our society has become so economically divided... and do something about it.

William Marshak
PUBLISHER

In the world of mathematics, a Möbius strip is a continuous – endless - surface created in three-dimensional space. It can be created visually by a half-twist of a strip of paper of any rectangle and joining the ends together. The result is a single closed curve that has no beginning or end. Contemplation of an infinite circumstance with no limits has implications in every physical, social and psychological realm. John Wallis, a 17th century English mathematician created a signature for infinity, a horizontal figure 8, representing an endless line. A trip on a Möbius strip would endlessly repeat unless external influences intercede.

In a finite world, many problems and challenges have recognizable beginnings with possible and preferred endings. Complex issues usually do not yield to a single surface or line of thought, instead demanding deliberation beside and apart from current patterns. Breaking free of an endless, Möbius loop can be shocking and difficult, but as the often-used quote about insanity usually attributed to Albert Einstein says: “The definition of insanity is doing the same thing over and over and expecting different results.”

An example of the dichotomy between preferred goals and actions to achieve

Community leaders and volunteers honored

SUBMITTED BY JACQUI DIAZ

Several individuals and organizations were recently honored by the Hayward Area Recreation and Park District (HARD) at its annual Board of Directors’ Awards Program.

During the January 29 program, which was held online, local community leaders, volunteers and organizations were recognized for their outstanding support to Hayward area community programs and parks during 2020.

This year’s award recipients are:

- Individual of the Year: Hayward City Manager Kelly McAdoo

- Organization of the Year: Deputy Sheriffs’ Activities League
- Volunteer of the Year: The Oakman Family
- Special Recognition Award: Alameda County Supervisor Nate Miley
- HARD Foundation Organization of the Year: Life Chiropractic College West
- HARD Foundation Individual of the Year: Splurge Special Events and Catering

“Without volunteers, partner organizations and supporting agencies, we could not meet our mission,” said Board President Lou Andrade. “We are, without a doubt, incredibly grateful to the countless

hours spent by the volunteers and organizations who assist with our programs, along with those individuals who have shown tremendous leadership and are deeply connected to the community we serve especially during such a challenging year as 2020. Thank you all for your contributions.”

The awards program began in 1962 to honor and recognize individuals and organizations who support HARD in its mission to provide quality parks, recreation programs and facilities. For more information about the award program or winners visit the HARD website at www.HaywardRec.org.

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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 @ 7:00 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.slzsd.org

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

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).

County to start vaccinations of education staff

SUBMITTED BY ALAMEDA COUNTY OFFICE OF EDUCATION

Statement from Alameda County Superintendent of Schools L. K. Monroe:
On February 3, Alameda County Public Health Department announced that vaccination of the county’s education staff and others in Phase 1B Tier One on the state’s vaccination plan will commence the week of February 8.
This is an important step forward for our school communities. The Alameda County Office of Education (ACOE) is committed to supporting public health efforts to swiftly vaccinate education staff - teachers, classified staff, and administrators - against COVID-19. ACOE is working now with public health officials and our public and private schools to prioritize vaccination of education workers who are currently providing direct instruction and services to our students. More information regarding the specific logistics for the education workforce to access vaccine appointments based on their prioritization will be provided soon.
Alameda County has a large Phase 1B group (approximately 325,000 people) and is operating with a limited supply of vaccine. This will require considerable patience as we work with the public health department and large health-care providers to make this process as efficient as possible. Meanwhile, the work of

reopening our schools moves forward.
Alameda County districts and schools continue to plan and prepare for the return of students to in-person instruction on timelines that are specific to public health conditions and the needs of their school communities.
Visit www.acoe.org/vaccines to find the most updated information for education personnel in Alameda County, and <https://covid-19.acgov.org/vaccines> for information about COVID-19 vaccine planning and administration in Alameda County, and to register to be notified when it’s your turn to receive a vaccination.

Pilot project underway to open vaccination sites nationwide

SUBMITTED BY GOVERNOR'S PRESS OFFICE

California Governor Gavin Newsom and the Biden-Harris Administration recently announced a pilot project to establish community vaccination sites in Oakland and Los Angeles. Preparations and buildout of these two locations are underway, and the sites are expected to be open to eligible members of the public beginning February 16.
These pilot sites, which will be based at the Oakland-Alameda Coliseum and California State University, Los Angeles, are part of the wider effort to establish 100 vaccination sites nationwide in the federal administration’s first 100 days. The sites will be co-run by the Federal Emergency Management Agency (FEMA) and the State of California through the Governor’s Office of Emergency Services (Cal OES).
“In the fight against COVID-19, partnership is key, especially when it comes to reaching Californians in underserved areas,” said Newsom.
“These new sites will help us get available supply to some of the California communities most in need. I thank the Biden Administration for standing with us as we continue our efforts to safely, swiftly and equitably vaccinate all Californians.”
FEMA will provide resources and federal staffing support to establish these new community vaccination centers as well as operational support. The two locations chosen for these efforts are in some of the most diverse and socioeconomically challenged communities in the country. They are also communities that have been disproportionately impacted by COVID-19 and are home to essential workers who have borne the brunt of keeping the economy open over the past year.
The goal of establishing these joint federal pilot sites is to continue to expand the rate of vaccinations in California in an efficient, effective, and equitable manner, with an explicit focus on making sure that communities with a high risk of COVID-19 exposure and infection are not left behind.
To expand the reach of these state-federal sites further into the communities, each of these new sites will be paired with two mobile vaccination clinics, which can be deployed to multiple locations to amplify and to provide distribution to areas that otherwise lack sufficient support. Registration for vaccine appointments at these two sites will be available through the state’s MyTurn scheduling system.

Property Tax Law Change

SUBMITTED BY PETER KIM

Last year, California voters approved Proposition 19, The Home Protection for Seniors, Severely Disabled, Families, and Victims of Wildfire or Natural Disasters Act. Beginning on February 16, 2021, significant property tax law changes will take place, specifically for families transferring real property between parents and children, or between grandparents and grandchildren if the parents are deceased.
“We are about [a week away] before the new law goes into effect,” said California State Board of Equalization (BOE) Chairman Antonio Vazquez. “Families who planned to leave property to their children should immediately evaluate their options and make a decision that’s best for their own circumstances.”
Once operative, Proposition 19 only allows for a parent’s primary residence to be transferred without a property tax increase if their child keeps the home as their primary residence. In addition, Proposition 19 caps the transferable amount equal to the home’s taxable value at the time of transfer plus \$1 million. The \$1 million allowance will be adjusted annually beginning in 2023. Family farms can also be eligible but further clarification is expected from the State Legislature.
For latest information on Proposition 19, visit www.boe.ca.gov/.

Fremont City Council

February 2, 2021 Consent Calendar:

- Second reading of stormwater management and discharge control ordinance.
- Second reading of ordinance rezoning a 12.72-acre site at 10 East Las Palmas Avenue.
- Authorize submittal of grant applications for cape and slurry seal projects.
- Authorize temporary parking

and landscape agreement with Mission Investment and Management LLC for street right-of-way at 46350 Mission Boulevard.

Ceremonial Items:

- Proclaim February 2021 as Black History Month.
- Honor Fremont Youth Advisory Commission by proclaiming February 2021 as “Mask Up Fremont” Month.
- Public Communications:**
- Kudos for Fremont Climate Action Plan
- Compliments for positive

San Leandro City Council

February 1, 2021

Recognitions:

- Proclamation declaring February 2021 as Teen Dating Violence Awareness Month.
- Recognition of Employee of the Quarter: Thomas Browning, Park Maintenance Worker III, Public works.
- Recognition of San Leandro student Brandon Richard Do for being a winning participant in the STEM category at the Synopsis Science and Technology Championship, hosted by the Santa Clara Valley Science and Engineering Association.

Public comments:

- A citizen from District 1 submitted a comment expressing disappointment that Captain Luis Torres was appointed as acting chief of the San Leandro Police Department by Interim City Manager Fran Robustelli without holding a public hearing first. Another citizen submission said a letter signed by 250 citizens has been sent to the City Council, along with a proposal about creating a civilian police department oversight board. Another citizen commended the selection of Captain Luis Torres as acting police chief. Another citizen expressed concern about a problem with homeless people living along the railroad tracks in the Western Avenue area.

Action items:

- Council voted to table a proposed ordinance adopting Chapter 2.10, Bay Fair Transit-Oriented Development (B-TOD) District of the San Leandro Zoning Code, amending the San Leandro Zoning Map, and adopting miscellaneous related amendments to the San Leandro Municipal Code and Zoning Code.

Mayor Pauline Russo Cutter	Nay
Pete Ballew	Nay
Victor Aguilar, Jr.	Aye
Bryan Azevedo	Aye
Fred Simon	Aye
Deborah Cox	Aye
Corina Lopez	Aye

Electronic plan review begins March 1

SUBMITTED BY CITY OF FREMONT

Starting March 1, City of Fremont is launching its new Electronic Plan Review (ePR) software - <http://fremont.gov/EPR> - for all new Planning, Building/Fire, Solar, and Engineering permit requests.
The new software is part of the city's effort to move from an intensive in-person, paper-centric process to a web-based, digital format that includes maximizing the city’s online public permitting portal, Citizen Access, <http://fremont.gov/citizenaccess>.
Applicants submitting electronic documents for review need to conform to specific formatting requirements. Some of these requirements include file drawing style; paper size; scale; file type; maximum file size; file content; file encryption; file naming; and page numbering. Upon submittal, project documents will be reviewed for conformance with the Document Format Requirements. Plans/documents that do not conform to these requirements will need to be corrected before they can be processed.
Every applicant will need to have a Citizen Access account to access plan review comment letters and marked up plan sets. To set up a Citizen Access account, visit <http://fremont.gov/citizenaccess> and select “Register for Account” at the top right of the landing page. The ePR Document Format Requirements can be found at <http://fremont.gov/EPRDocumentRequirements>.
Fremont Electronic Plan Review
<http://fremont.gov/EPR>
<http://fremont.gov/EPRDocumentRequirements>
<http://fremont.gov/citizenaccess>

hearing of Mission Hills project.

- Rancho Arroyo Parkway complaint, lack of response to a CEQA objection request.

Other Business:

- Receive presentation on affordable housing ordinance update. Ordinance revision schedule: Draft (March/April 2021); stakeholder input (April/May 2021); Planning Commission (June 2021); Council hearing and

adoption (July).

Council Referrals:

- Appoint Monique Chapman to Senior Citizens Commission.

Mayor Lily Mei	Aye
Vice Mayor Jenny Kassan	Aye
Teresa Keng, District 1	Aye
Rick Jones, District 2	Aye
Yang Shao, District 4	Aye
Raj Salwan, District 5	Aye
Teresa Cox, District 6	Aye

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Software Engineers (multiple openings) sought by PONY.AI, INC. in Fremont, CA to dsngn s/ware for autonomous vehicles.

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Think Surgical (Fremont, CA), a leader in Medical robotics, seeks Product Manager

to manage product brand & prioritize new product & product enhancement decisions that maximize profitable biz growth; identify marketrequirements & customer needs, translating these into marketing specs for product development; develop marketing/sales tools, collateral, & digital assets; provide upstream product management, etc. Resume: recruitment@thinksurgical.com



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Sr. Supplier Quality Eng (Job ID: LM41) Guide eng. Dev. to select approp. suppliers w/right qualifications to meet expectations & timeline. Req MS or foreign equiv in Industrial Eng, Sys. Eng, Project Mgmt, or red fld & 5 yrs of supplier quality eng. exp.

Engineer – Crash Management System (Job ID: LM44) Dsgn. & eng. structural components & assemblies. Req MS in Mech. Eng, Eng or rel fld & 3yrs of dsgn & eng exp, or BS in Mech. Eng, Eng or rel fld & 5 yrs prog. post-bacc dsgn & eng exp*

Manager, Battery Software (Job ID: LM45) Define battery sw. architecture & features. Req BS in Elec Eng, Comp Eng or rel fld & 3 yrs dev battery sw sys exp

Auto SW Test & Validation Eng (Job ID: LM46) Id, gen. & implmnt test cases & validation criteria. Req MS in Elec Eng, Mech Eng or rel fld & 1 yr exp in auto testing

Sr. Environmental Homologation Eng (Job ID: LM47) Monitor envrnmtl auto global regs & comm compliance. Req MS in Mech. Eng, Auto or rel fld & 3yrs of envrnmtl regltry exp, or BS in Mech. Eng, Auto or rel fld & 5 yrs prog. post-bacc envrnmtl regltry exp*

Sr. Multiphysics Analyst (Job ID: LM48) Oversee thermal dsngn issues for elec vhcls. Req PhD in Mech Eng, Aerospace, or rel fld & 2 yrs of exp in posn offered or as a Mech Eng.

*Any suitable combo of ed, training, or exp is acceptable. To apply: submit your resume to: Jobs1@lucidmotors.com. Must reference Job Code for consideration. EOE.

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Resident of Fremont
February 25, 1943 – January 21, 2021

Bruce Schiller
Resident of Oroville
February 16, 1952 – January 25, 2021

Bruce Martin Schiller, 68, passed away on January 25, 2021. He was born February 16, 1952, in Brooklyn, New York, to David Schiller and Selma Radoff. He served in the Navy and was honorably discharged during the Vietnam Campaign. For twenty-two years, he was a school bus driver in Long Island,

New York. Bruce was a member of Prince of Peace Lutheran Church on Fremont Boulevard. He is survived by his wife, Susan Aro-Schiller, his son Justin, and his three step-children, Joe (Miruna), Mark (Laura), and Anne Williams; and his grand-children Sierra, Boston, Emily, and Cheyenne.

Oscar Espinas
Resident of Fremont
Dec. 11, 1938 – Jan. 31, 2021

Oscar Espinas will be forever remembered for his kindness, generosity, intellect, and big heart. Known for his warm smile, Oscar embraced everyone into the Espinas family. Oscar was born in Polangui, Philippines in 1938 to Santiago Espinas and Magdalena Encisa. He was one of six children.

Influenced by his father who had to drop out of medical school prior to completion to take care of his family, Oscar decided to follow the same dream. He completed medical school at the University Of Santo Tomas in 1962. The following year, Oscar left the Philippines to continue his medical studies in the United States. He did an internship at Kansas University then residencies in neurology at the University of Wisconsin and the Truman Medical Center in Missouri. He wrapped up his studies at McGill University in Montreal, Canada.

Oscar married Carmen Gomez in 1970 while living in New York. Shortly after, they gave birth to their first son Steve in Brooklyn. During this time, he practiced medicine at the Coney Island Hospital. Eventually the couple made their journey to California in 1972 where Oscar began his work at the VA Hospital in Fremont. Shortly after, they gave birth to three more boys: Paul, Jim, and Carlo. Oscar set up a private practice in Fremont, California and practiced there as a neurologist for over 30 years.

Oscar and Carmen loved playing tennis and spending time with their circle of church friends and Filipino community. Oscar



was a member of the Philippine Medical Society of Northern California and went on several medical missions to the Philippines. Oscar also loved to travel and especially loved to play black jack often joking that he could pay for the trip with his winnings.

Towards the end of his life, Oscar was resilient and still held a smile each day as he spoke to his family on the phone each week. His grandchildren loved spending time with Oscar especially at frequent family dim sum gatherings.

Oscar passed away peacefully in his sleep on January 31, 2021 due to complications from pneumonia. He is survived by his wife, Carmen, his sons Steve, Paul, Jim, and Carlo, and his grandchildren Mia, Kai, Clementine, Camille, and Carly, and siblings Ofelia and Roger. Oscar will be forever in our hearts and dearly missed.

Those in the community who may have crossed paths with Oscar are welcome to share memories or tributes on the memorial page: <https://www.mykeeper.com/profile/OscarEspinas/>

Linda Lucille Urquhart



the age of 80. She is proceeded in death by her husband, George and her daughters, Brenda and Karen. She is survived by her sons, Brad and Brent, her daughter, Bonnie and many grandchildren and great grandchildren.

In lieu of flowers, remembrances may be made to-Pacific Autism Center for Education/Mahalo House, 1055 Sunnyvale-Saratoga Rd., #9, Sunnyvale, CA 94087.

Mukund Patel
Resident of Milpitas
March 24, 1950 – January 17, 2021

Haolan Chen
Resident of Milpitas
November 10, 2013 – January 18, 2021

Randall Lacey
Resident of Newark
June 26, 1949 – January 20, 2021

Joseph Rodriguez
Resident of Union City
March 30, 1952 – January 20, 2021

John Hollowell
Resident of Fremont
June 27, 1949 – January 18, 2021

Jose De La Torre
Resident of Fremont
October 5, 1958 – January 18, 2021

Virginia Cado
Resident of Fremont
August 19, 1927 – January 18, 2021

Azucena Balodong
Resident of Sunnyvale
May 17, 1938 – January 16, 2021

Meera Bhatia
Resident of Fremont
March 8, 1937 – January 16, 2021

Roseller Miranda
Resident of Fremont
March 9, 1955 – January 15, 2021

Marty Ellis
Resident of Union City
September 2, 1940 – January 14, 2021



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Virginia C. Cado

Resident of Fremont

August 19, 1927 – January 18, 2021

Virginia C. Cado passed away on January 18, 2021 at her home. Born on August 19, 1927 in the small Southern Illinois farming town of Mt. Carmel to Herman A. Steckler and Louisa R. (Trapp) Steckler. At 18 she moved to Chicago when recruited to sell War Bonds. She enjoyed big city life, especially dancing at the Aragon, Trianon and Savoy Ballrooms where she would meet her husband, Erwin E. Cado. They married in September 1947, lived in Chicago until 1957, then moved to the suburb of Northbrook. "Erv" passed away January 1979. Virginia relocated to Fremont, CA in 1985.

Virginia enjoyed traveling the world. She was health conscious and had a wealth of knowledge in alternative healing. Her intuition was like no other! She exercised all her life and hiked into her 80's. An avid Dixieland Jazz, she attended countless festivals around the world.

She had a quick wit, fun-filled spirit and loved to joke around. She was a delight to be around as she was loving, kind, caring and sweet. She touched so very many lives in her 93 year journey on earth and is admired and loved by many.

Virginia will be deeply missed by her son Erwin (Evie) of



Anacortes, WA, Ken (Doug) of Vancouver, B.C., son-in-law Kevin Ashton of Littleton, CO, Karen (Patrick) Dutrow of Fremont, & Jennifer Cado of Fremont. Cherished memories are kept by her grandchildren Kyle Ashton, (Amber), Crystal Ashton (Katy), Christopher Dutrow (Sheila), Alicia Dutrow (Patrick), Kimberly Dutrow (Brendan), and Edison, her grand-dog. She leaves behind many nieces, nephews, and dear life-long friends. She was predeceased by her parents Herman and Louisa Steckler, brother Sylvester, newborn son Keith, husband Erwin Cado, daughter Cathy "GiGi" Ashton, brothers Herman "Bud" Steckler, Robert Steckler, Norman Steckler and sister Louise (Steckler) Peter.

Mary J. Grimaldi

Resident of Morgan Hill

June 5, 1916 – February 1, 2021

May J. Grimaldi, 104 passed away peacefully February 1, 2021 in Morgan Hill, CA.

She was born June 5, 1916 to Frank and Louise Maciel in Crescent City, CA.

Mary was predeceased by her husband, John B. Grimaldi and is survived by her daughter, Mary Ferraris, son-in-law John Ferraris, 4 grandchildren and 2 great grandchildren.

For several years she was chief operator for the west coast telephone company in Crescent City and then in 1957, she relocated to Fremont, CA, for many years until she retired, she worked for various charities running their residential fund

raising campiness. Her favorite charity was the arthritis foundation. Her mother had suffered for years with the disease. She also kept busy working in her yard tending to her flowers and she enjoyed going to casino and playing the slots.

For the past 6 year she has lived in Morgan Hill, CA.

Donations may be made in her name to your favorite charity.

A Private Service will be held at Holy Sepulchre Cemetery in Hayward with a Celebration of life to be held at a later date.

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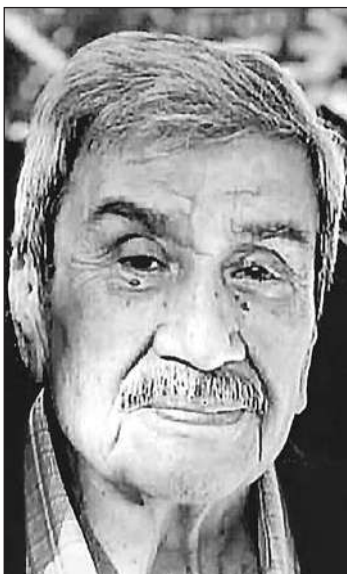
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Pedro Hernandez



Pedro Hernandez passed away peacefully on January 21, 2021 in Fremont, California.

He was born on December 4, 1932 in Del Rio, Texas to Juan and Juana Hernandez.

Pedro joined the United States Army in 1950 and served in the

Korean war in the 1st Caliber Cavalry division. He served 3 years. He met and married his lovely wife Diamantina and they had six children and lived in Mission San Jose district for 57 years.

He worked 35 years and retired from General Motors in Fremont, Ca. Pedro had much love for his family and he loved watching it grow as his grand children had children and he loved to tell his family and friends how many he and his wife had 15 grand children and 20 great grand-children.

Pedro's favorite pastimes were buying lottery tickets, going gambling with his daughters and watching his favorites teams the Oakland Raiders and Oakland A's with his wife sitting beside him cheering them on.

He took much joy in family outings, and loved having family

get together in the backyard and celebrating the holidays with all his family.

Pedro will be missed for his kind heart, laughter and helping others. He loved sharing his stories of Korea and the pride he had of serving his county.

Pedro was preceded in death by his wife Diamantina Hernandez, son Juan Hernandez and daughter Olga Meager. He is survived by his daughters Rebecca Cabanas, Delia Rodriguez, Debbie Twist and Irene Schwab.

Donations may be made to: Brookdale Hospice 4574 Stonebridge Dr, Suite 206, Pleasanton, ca 94588.

In loving memory of Pedro and Diamantina Hernandez as their daughters appreciate all the care and supported for their loving parents.

San Leandro Police Log

SUBMITTED BY OFFICER JENNIFER CROSBY

Tuesday, February 1

• At around 6:40 p.m. officers responded to a 911 call about a burglary in the 500 block of Callan Ave. The caller said the suspect fled the scene in a brown SUV. Arriving officers located a vehicle that matched the suspect vehicle description speeding through a residential area, but briefly lost sight of it. Soon, officers located the same SUV at Bancroft Avenue and Oakes Boulevard, where the SUV had collided with another motorist and then flipped several times before coming to rest in the 600 block of Oakes Boulevard. Officers approached and located a Glock 23 .40 caliber handgun outside the SUV. In all, the SUV had collided with three other vehicles, one of which was occupied. The occupants of that vehicle were uninjured, and the sole occupant of the brown SUV was taken to a trauma hospital. The accident resulted in a reported power outage in the area. An investigation later determined that the brown SUV was not related to the initial burglary investigation; but it was unclear why the SUV was traveling at such high speeds. The suspect, identified by police as Bryant Abernathy, 23, of Hayward was arrested and faces firearms and vehicle code related charges.

Hayward Police Log

SUBMITTED BY HAYWARD PD

Sunday, January 24

• At 12:42 p.m. a man armed with a weapon entered a business in the 3000 block of Depot Rd. He demanded keys and other personal property then went outside and fled in the victim's vehicle. Police classified this as a carjacking.

Tuesday, January 26

• At 11:34 p.m. a man walked into a local

hospital with a significant injury. He said he was in the 100 block of B St. when he was attacked by someone and robbed of personal items.

Saturday, January 30

• At 1:07 p.m. three suspects, upset over a transaction, entered a business in the 20000 block of Industrial Blvd. Several people were forced to stay in place and one victim was assaulted with a weapon. The victim was taken to a local hospital with injuries.

• At 3:05 p.m. an officer attempted to make a traffic stop near A and Alice Streets. The vehicle fled at a high rate of speed, then crashed into several other vehicles. The driver fled on foot but was located nearby and arrested.

Does wearing two masks provide more protection?

AP WIRE SERVICE

It depends, but it's possible that doubling up could help in some situations.

The U.S. Centers for Disease Control and Prevention recommends wearing a cloth mask made with two or more layers, and ensuring it covers your nose and mouth. The agency says it should fit snugly so there aren't any gaps at the sides of your face.

Wearing just one mask should be enough for most situations, as long as it fits well and isn't loose, said Dr. David Hamer, an infectious disease expert at Boston University.

"Starting out with a good mask to begin with is going to be key," Hamer said.

Still, some people might want extra protection if they're at risk for severe illness if infected or will be in situations where they expect to be around others for extended periods, such as on a plane.

One option in scenarios when you want extra protection is to wear a cloth mask as well as a regular surgical mask, said Dr. Monica Gandhi, an infectious disease expert at the University of California, San Francisco.

Gandhi said that combination -- with either mask on top -- could help achieve a similar effect as the

N95 mask. She recommended the added protection for people who will be indoors in areas where transmission rates are high -- which could reflect the circulation of more contagious variants.

Another option Gandhi and a colleague recommend for situations where you want "maximum" protection: A two-layer cloth mask that has a filter material in between.

With single cloth masks for everyday use, Gandhi noted it's important that they're made of tightly woven material and have at least two layers, which creates "an obstacle course" that makes it harder for virus-carrying particles to break through.

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.



Walmart Employee Punched During Theft, Suspects Arrested for Robbery

SUBMITTED BY GENEVA BOSQUES, FREMONT PD

On 01/01/21, at 8:45 a.m., a male and female suspect were attempting to shoplift from the Walmart store on Osgood Rd. A 62-year-old employee asked the suspects to pay for their merchandise, however the female suspect punched the employee in the face causing him to fall to the ground. Witnesses advised that the victim struck

his head on the floor and suffered a bloody elbow. The victim declined medical attention and was not seriously injured. Patrol officers investigated the incident and identified a suspect vehicle from private business cameras. The same suspect vehicle was then identified on the Community Camera network where a license plate was captured for a silver Chrysler Sebring. Video of the suspects and suspect vehicle were shared with

surrounding law enforcement agencies. On 02/05/21, Street Crimes Unit (SCU) officers were patrolling the area of Stevenson Blvd. and Blacow Rd. when they located the suspect vehicle. SCU officers conducted an enforcement stop on the vehicle and detained the two occupants who appeared to be the same suspects from the Walmart incident. The victim was brought to the scene and positively identified both suspects.

31-year-old Steven Mora of Fremont was arrested for robbery and booked at the Fremont City Jail. 19-year-old Jasmine Stanford of Fremont was also arrested for robbery, and released with a citation due to circumstances that hindered the ability for her to be booked. Stanford's citation orders her to appear in court to face the robbery charge in April 2021. Mora's arraignment is scheduled for 02/10/21.

Union City Police Log

SUBMITTED BY UNION CITY PD

Saturday, January 30

• At about 3:36 p.m. officers responded to a theft report in the 33600 block of 6th Street. The caller told police that she saw a male stealing items in the back-yard of her house. The victim confronted the suspect, later identified as Iran Martinez, 37, and he fled on foot. When officers located Martinez, he fled and hid in the bed of a pick-up truck with raised walls. After approximately 90 minutes of de-escalation tactics, officers

safely took Martinez into custody. • At 5:33 p.m. officers responded to Arroyo Park on Perry Road to investigate a possible kidnapping. The male caller dialed 911 repeatedly, saying someone was holding his family captive. When officers arrived, the male refused to speak with authorities. From the creek bed, the suspect continued to yell threats of violence toward officers. Officers determined that the kidnapping was unsubstantiated and left the scene. About an hour later, the police began to receive reports of an assault involving the same suspect. The victims told police that the suspect walked onto their property and struck them in the head with a metal chair and a

wooden stick. He then fled into the creek bed once again. Officers eventually found the suspect in the creek, but he refused to comply with their commands, while threatening to batter them. After about three hours of de-escalation tactics, officers were able to detain the suspect safely. He was taken to a hospital for unrelated medical issues, and officers sought a complaint with the district attorney's office for the assaults. • At about 8:30 p.m. officers responded to an armed robbery in the 31800 block of Alvarado Boulevard. The female victim told police that a male armed with a handgun approached her while she stood at an ATM and demanded cash while threatening

to shoot her. The victim handed the suspect her bank card, and the suspect fled on foot. The victim described the suspect as an Asian male in his late 20s with a green mask. Officers checked the area but did not locate the suspect. • At about 9:20 p.m. officers responded to an armed robbery in the 1700 block of Decoto Road. The caller told police that an adult male wearing a black surgical mask entered the store and brandished a silver handgun at the manager. The suspect forced the victim into the manager's office at gunpoint and demanded that she open the safe. The victim refused, and the suspect fled with the victim's keys. The victim described the

suspect as a Hispanic male adult, about 5 feet, 7 inches tall and weighing about 230 pounds. Officers checked the area for the suspect but did not locate him. **Sunday, January 31** • A man at Union Landing shopping center told officers that after exiting a store and walking back to his vehicle he noticed that an unknown male was tampering with it. The victim confronted the suspect, who brandished a handgun, prompting the victim to back away. A second male suspect soon appeared and they both got into a green vehicle and fled. The victim was unharmed; however, the suspects got away with the catalytic converter from his car.

Fremont Police Log

SUBMITTED BY GENEVA BOSQUES, FREMONT PD

Tuesday, January 26

• Patrol officers responded to a report about a victim being attacked by a roommate on the 34000 block of Blackstone Way. Arriving officers found the victim's thumb had been cut off during the altercation. Fremont Fire Department crews provided medical attention to the victim and collected the severed thumb to send to the hospital with the victim. Doctors successfully reattached the thumb. Police identified the suspect as William Robinson, 28, of Fremont. Detectives working the case obtained a felony arrest warrant for Robinson. Detectives had recently concluded a robbery case

at a Walmart store on Osgood Road where Robinson had rammed his car into a witness vehicle after stealing merchandise in June 2020. Anyone with information about the most recent incident is asked to call Detective Jared Madsen at (510) 790-6900 or email jmadsen@fremont.gov. **Wednesday, January 27** • At 10:23 a.m. a woman was returning to her vehicle after shopping at Costco, 43621 Pacific Commons Blvd. She set her purse down while putting items into her trunk and an unknown person took the purse and fled in an unknown vehicle. Police classified the incident as grand theft. • Sometime between January 27 and 28, a commercial burglary occurred at Dina's restaurant, 40800 Fremont Blvd. in the Irvington area. Someone removed locks from the front door.

Thursday, January 28 • Multiple secured mailboxes were broken into in the area of Guardino Drive near central Fremont. Two suspects, identified by police as James Spearman, 24, of Antioch and Keith Baker, 38, of Concord were arrested. **Sunday, January 31** • At 11:05 p.m. a man was seen switching license plates on a white van parked at 43060 Christy St. Officers contacted the man, whom they later identified as Jose Cortti, 38, of Hayward and determined the vehicle was stolen. Cortti was arrested. **Thursday, February 4** • At about 7:04 a.m. dispatchers received calls about a traffic collision at the intersection of Mission Boulevard and Mayhew Road involving a motorcyclist and a delivery box truck. Fremont Police and Fremont Fire personnel responded and found

the motorcyclist dead. A preliminary investigation determined the driver of the box truck was traveling west on Mayhews Road and the motorcyclist was traveling north on Mission Boulevard. The driver drove into the intersection and while crossing it, the motorcyclist struck the driver's side of the truck. The truck driver remained at the scene and cooperated with the investigators. The motorcyclist's identification was to be determined by the coroner. An investigation into the collision is continuing. Anyone with information is asked to call the FPD Traffic Unit at (510) 790-6800. Anonymous tips can be sent by texting 'Tip FremontPD' followed by a short message to 888-777 or via the web at <https://local.nixle.com/tip/alert/6216337>. • At about 9:30 p.m. officers

responded to a report about a carjacking with a gun in the parking lot of the Target store in the Fremont Hub shopping enter, 39201 Fremont Blvd. An officer spotted the carjacked vehicle and pursued it before losing sight of it near Blacow Road and Stevenson Boulevard. At 10:08 p.m. dispatchers got a call about a collision on Stevenson Boulevard near I-880. Arriving officers searched the area for the suspects who fled on foot. One male suspect was found on Strawflower Way at Amethyst Road and was taken into custody. A CHP airplane was called to assist finding the second suspect who was found hiding in a backyard near the collision scene and taken into custody. Two juvenile suspects were arrested on suspicion of carjacking and booked at Juvenile Hall.

BART Police Log

SUBMITTED BY LES MENSINGER AND BART PD

Saturday, January 30

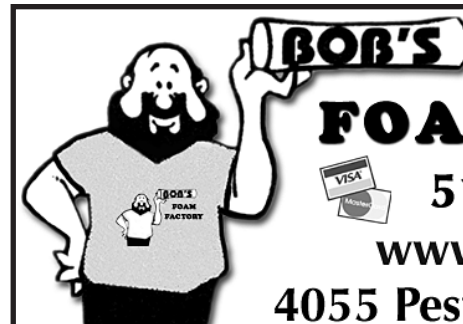
• At 5:55 p.m. a man identified by police as Marty Ray Banks, 62, of Berkeley was arrested at the Castro Valley station on two \$10,000 warrants issued in San Francisco and Contra Costa counties for DUI. He was booked into Santa Rita Jail. • At 7:46 p.m. a man identified by police as

Oscar Delgadillo, 31, of Union City was arrested at the Union City station on a \$100,000 San Joaquin County warrant for DUI. He was booked into Santa Rita Jail. • At 8:21 p.m. a man identified by police as Nicholas Dominguez, 29, of Hayward was arrested at the Bay Fair station in San Leandro on three warrants issued in Alameda County. He was booked into Santa Rita Jail. **Sunday, January 31** • At 6:40 a.m. two people, identified by police as Malia Mafia, 23, of Union City, and Devon Vaenuki, 22, of Vallejo were arrested at the Union City station on suspicion of domestic violence. Both were booked into Santa Rita Jail. • At 7:37 p.m. a man identified by police as Timothy Knockum, 23, of Oakland was arrested at the Bay Fair

station in San Leandro on suspicion of violating a court order. He was booked into Santa Rita Jail.

Monday, February 1

• At 11:46 a.m. a man identified by police as Manynor Teleguario, 30, of Castro Valley was arrested at the Castro Valley station on a \$5,000 warrant from Alameda County for carjacking. He was booked into Santa Rita Jail. • At 8:53 p.m. a man identified by police as Stafford Bell, 55, of Stockton was arrested at the Bay Fair station in San Leandro on a felony warrant held by San Joaquin County. He was booked into Santa Rita Jail.



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Are you troubled by someone else's drinking? Al-Anon and Alateen Family Groups are here to help! Al-anon has but one purpose, to help families and friends of Alcoholics. We have Zoom meetings during the Shelter in Place. For a full meeting list, please visit http://alanond17@weebly.com You can also email easyduz@gmail.com or call us at 510.276.2270 for more info.		A-1 Comm. Housing Svcs. A HUD Approved Agency Credit and Money Mgmt. Workshop Presented on Zoom For dates, go to our website Please register at www.a1chs.org call 510.674.9227	
FAW Writers Salon 4th Monday of the Month Zoom Mtg 7:00-9:00 PM Contact Tony for link up.dragonfly.com@gmail.com Read, discuss or just listen Fiction, Non-Fiction, Poetry, Etc. cwc-fremontareawriters.org EVERYONE IS WELCOME!			A-1 Comm. Housing Svcs. A HUD Approved Agency 1st Time Home Buyers Workshop Presented on ZOOM Learn the process of homeownership. Down Payment Assistance Please register www.a1chs.org or call 510.674.9227
	LOVE to WRITE? WANT to WRITE? WRITER'S BLOCK? Fremont Area Writers (FAW) is here to HELP! Zoom meeting 4th Sat. of the month (off July & Dec) 2-4PM Great speakers! * All genres! *Critique groups available! Email scottfrombayside@yahoo.com for Zoom link before the meeting. Writers' Salon meets 4th Mon of the month (occasional exceptions) Join us via Zoom 7:00-9:00 PM Read, discuss or just listen. Email up.dragonfly.com@gmail.com Zoom link before the meeting. Everyone is welcome! www.cwc-fremontareawriters.org		FIRST UNITED METHODIST CHURCH 2950 WASHINGTON BLVD, FREMONT,CA We welcome you and your family into the life of Fremont First, regardless of your skin color, ethnicity, sexual orientation, gender identity, physical or mental capacity, religious background, family configuration, economic means or immigrations status. Check out our website: www.firstchurchfremont.org See our website to meet us on Zoom

Accepting applications for Measure I Parcel Tax Exemption

SUBMITTED BY BRIAN KILLGORE

Fremont Unified School District (FUSD) has posted information for seniors and other individuals wishing to apply for waivers to the Measure I Parcel Tax.

Approved by voters in 2016, Measure I is a local funding continuation measure to provide additional resources to help local schools continue attracting and retaining highly-qualified teachers, including science teachers, for 21st century education, maintaining math, reading, and writing programs and protecting student safety and security.

FUSD provides an opportunity for senior citizens to apply for a Senior Exemption Waiver to the Measure I Parcel Tax. Fremont residents who are or will be 65 years of age or

older on June 30, 2021, and own and live in a single-family homes may apply for this exemption. Residents receiving Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI), regardless of age, who own and occupy their principal residence may also apply for an exemption.

The application for the Measure I exemption is only for first-time applicants. Persons who are owners of Parcels used solely for owner-occupied, single-family residential purposes who previously applied for a Measure I exemption are automatically exempted from Measure I and do not have to file a new application.

The deadline for all applications is Tuesday, June 15. Applications and other details are available at

www.fremont.k12.ca.us/MeasureI. The application can be printed and mailed - with the required supporting documentation - to the FUSD District Office. For questions, call (510) 979-7709.

Measure I Parcel Tax Exemption
Application Deadline: Tuesday, Jun 15
Mailing Address
Fremont Unified School District Office
4210 Technology Dr., Room 290, Fremont, CA 94538
Fax: (510) 659-2597
www.fremont.k12.ca.us/MeasureI
(510) 979-7709

Milpitas City Council February 2, 2021 Proclamation: - February proclaimed as Black History Month. Announcement: - Wendy Wood is the new City Clerk for the City of Milpitas. Consent Calendar: - Adopted a resolution declaring weeds on specific properties to be public nuisances and set a public hearing on March 2, 2021. - Authorized the City Manager to execute Master Agreement	with Valley Water District for Flood Protection Improvements within Lower Calera Creek, Lower Penitencia Creek, and Lower Berryessa Creek. Authorized reimbursement to the Valley Water District for city improvements completed as part of the Flood Protection work. Approved recommendations for final appointments by the Mayor for the Planning Commission, and Science, Technology and Innovation Commission. Approved Mayor's recommendation for the removal from the Economic Development and Trade Commission.	Community Development: - Conducted fourth Study Session on the Milpitas Metro Specific Plan. Provided feedback and direction on key policies for transportation, mobility, circulation, and traffic to guide the preparation of the final Draft. Community Services and Sustainable Infrastructure: - Received a presentation on the draft City Trail, Pedestrian, and Bicycle Master Plan. Provided guidance on further development of the Plan.	Leadership and Support Services: - Discussed and provided input regarding desired service levels to inform the FY 2021-22 Budget development and prioritization of additional Workplan items. Some items were parked for future consideration. - Discussed and provided direction regarding financial support for utility payments for businesses, and delay of payment for annual fees charged to businesses. Approved the policy recommendations. Vote: Aye 4, Abstain 1 (Phan)	Historical Heritage: Authorized the City Manager to execute the First Amendment to the Historical Heritage Grant Program Funding Agreement between the City of Milpitas and the County of Santa Clara for the Alviso Adobe Renovation. Rich Tran (Mayor) Aye Carmen Montano (Vice Mayor) Aye Anthony Phan Aye Abstain 1 Karina Dominguez Aye Evelyn Chua Aye
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Newark Police Log SUBMITTED BY NEWARK PD Friday, January 15 - At 12:57 a.m. Community Service Officer Lau investigated a vehicle burglary in the 6000 block of Quartz Place that occurred sometime between 11:00 p.m. and 12:57 a.m. Someone had smashed the vehicle's window and taken a stereo. Saturday, January 16 - At 7:11 a.m. Officer Rivas investigated a report of an assault in the 34000 block of Newark	Blvd. The person fled the scene prior to the officer's arrival. After further investigation, Rivas located the suspect, identified by police as a 39-year-old male transient, and arrested him on suspicion of assault with a deadly weapon (not a firearm). He was booked at Santa Rita Jail. Tuesday, January 19 - At 8:57 p.m. officers responded to a report of a theft that had just occurred in the 25000 block of Newark Blvd. A suspect caused \$3,000 worth of damage; officers are investigating. Thursday, January 21 - During an 11:35 a.m. parking enforcement stop in the	area of Sunrose Drive and Rockspray Street, Traffic Officers Piquette and Johnson arrested a 38-year-old Hayward woman on suspicion of identity theft to obtain credit and displaying false registration. She was cited and released. At 4:14 p.m. Officers Damewood and Palacio responded to a report of a disturbance in the 37000 block of Elm Street. They arrested a 36-year Newark man on suspicion of battery. As officers attempted to detain the man, a struggled ensued which prompted additional charges of obstructing a police officer and	battery on a peace officer. The man was booked at Santa Rita Jail. Friday, January 22 At 1:44 a.m. Officer Warren located a stolen vehicle in the 39000 block of Cedar Blvd. The vehicle was reported stolen from San Jose. During a 2:34 p.m. traffic enforcement stop in the 34000 block of Newark Blvd., Officer Fredstrom arrested a 29-year-old Newark man on suspicion of driving with a suspended license, restricted driver using a vehicle without interlock device, and an outstanding warrant. The man	was issued a new court date and released. - At 4:36 p.m. officers responded to a report of a disturbance in the 5000 block of Saint Mark Ave. The suspects fled prior to officer arrival, but the victim of a battery was found nearby. The incident is being investigated by Officer San Pedro. - At 6:54 p.m. officers responded to the 7000 block of Jarvis Ave on a report of a strong-arm robbery that had just occurred. The loss was a pair of shoes.
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PUBLIC NOTICES

**CITY OF FREMONT
SUMMARY OF ADOPTED ORDINANCE NO. 02-2021
AN ORDINANCE OF THE CITY OF FREMONT
REZONING A 12.72 ACRE SITE LOCATED
AT 10 EAST LAS PALMAS AVENUE FROM
PRECISE PLANNED DISTRICT P-201465
TO PRELIMINARY AND PRECISE PLANNED
DISTRICT P-2020-256**
On January 19, 2021, the Fremont City Council introduced the above ordinance. It would rezone a 12.72-acre site located at 10 East Las Palmas Avenue from Precise Planned District P-201465 to Preliminary and Precise Planned District P-2020-256 (Mission Hills Racquet and Swim Club). This Ordinance was adopted at a regular meeting of the City of Fremont City Council held February 2, 2021, by the following vote, to wit:
AYES: Mayor Mei, Vice Mayor Kassan, Councilmembers: Keng, Jones, Shao, Salwan, and Cox
NOES: None
ABSENT: None
ABSTAIN: None
A certified copy of the full text of Ordinance No. 02-2021 as adopted is available for review upon request in the office of the City Clerk, 3300 Capitol Avenue, Building A, Fremont CA 94538.
SUSAN GAUTHIER, CITY CLERK
**CITY OF FREMONT
SUMMARY OF ADOPTED ORDINANCE NO. 01-2021
AN ORDINANCE OF THE CITY COUNCIL
OF THE CITY OF FREMONT, REPEALING
AND REPLACING FREMONT MUNICIPAL
CODE TITLE 18, PLANNING AND ZONING,
Chapter 18.210 Storm Water Management and
Discharge Control**
On January 19, 2021, the Fremont City Council introduced the above ordinance repealing and replacing the Storm Water Management and Discharge Control ordinance to the Fremont Municipal Code (hereinafter "Stormwater Ordinance") (Fremont Municipal Code (FMC) Chapter 18.210) in order to update code language and conform with the obligations specified in the Municipal Regional National Pollutant Discharge Elimination System Permit, No. CAS612008 (hereinafter "Municipal Regional Stormwater Permit") adopted by the California Regional Water Quality Control Board – San Francisco Bay Region (hereinafter "Water Board"). The Storm Water Ordinance was originally adopted in 1992 and was last updated on October 4, 2005. Since then, the City's stormwater obligations as

specified in the Municipal Regional Stormwater Permit, have expanded and evolved. The proposed amendments to the Stormwater Ordinance include revised definitions and references to conform with the current Municipal Regional Stormwater Permit; updated development and design requirements pertaining to new and redevelopment projects; clarifying City and permit applicant obligations to implement source control, site design and stormwater treatment measures; revised requirements for implementation of best management practices to prevent pollutants entering the City's storm drain system; increased administrative penalties for violations; and updated provisions related to abatement, and enforcement of stormwater violations. This Ordinance was adopted at a regular meeting of the City of Fremont City Council held February 2, 2021, by the following vote, to wit:
AYES: Mayor Mei, Vice Mayor Kassan, Councilmembers: Keng, Jones, Shao, Salwan, and Cox
NOES: None
ABSENT: None
ABSTAIN: None
A certified copy of the full text of Ordinance No. 01-2021 as adopted is available for review upon request in the office of the City Clerk, 3300 Capitol Avenue, Building A, Fremont CA 94538.
SUSAN GAUTHIER, CITY CLERK
2/9/21
CNS-3439061#

TRUSTEE SALES

T.S. No.: 2020-00210-CA A.P.N.:507-0177-006-00 Property Address: 37231 MISSION BOULEVARD, FREMONT, CA 94536 NOTICE OF TRUSTEE'S SALE PURSUANT TO CIVIL CODE § 2923.3(a) and (d), THE SUMMARY OF INFORMATION REFERRED TO BELOW IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR. NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT

UNDER A DEED OF TRUST DATED 11/22/2002, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Trustor: HARVEY G. OTTOVICH, AN UNMARRIED MAN AND RANDY S OTTOVICH, A MARRIED MAN, AS HIS SOLE AND SEPARATE PROPERTY, AS JOINT TENANTS Duly Appointed Trustee: Western Progressive, LLC Deed of Trust Recorded 12/05/2002 as Instrument No. 2002564545 in book ---, page--- and of Official Records in the office of the Recorder of Alameda County, California, and further modified by that certain Loan Modification Agreement recorded on 07/22/2013, as Instrument Number 2013249298 of Official Records in the Office of the Recorder of Alameda County, California describing land therein as: As more particularly described on said Deed of Trust. Date of Sale: 04/22/2021 at 09:00 AM Place of Sale: Fallon Street Steps Alameda County Courthouse, 1225 Fallon Street, Oakland, CA 94612 Estimated amount of unpaid balance, reasonably estimated costs and other charges: \$ 294,835.47 NOTICE OF TRUSTEE'S SALE THE TRUSTEE WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, A SAVINGS ASSOCIATION OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: All right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described as: More fully described in said Deed of Trust. Street Address or other common designation of real property: 37231 MISSION BOULEVARD, FREMONT, CA 94536 A.P.N.: 507-0177-006-00 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the

unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$ 294,835.47. Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary of the Deed of Trust has executed and delivered to the undersigned a written request to commence foreclosure, and the undersigned caused a Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE OF TRUSTEE'S SALE NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on this property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (866)-960-8299 or visit this Internet Web site <http://www.altisource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx> using the file number assigned to this case 2020-

00210-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. NOTICE OF TRUSTEE'S SALE NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction, if conducted after January 1, 2021, pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (855)-976-3916, or visit this internet website <https://tracker.auction.com/sb1079>, using the file number assigned to this case 2020-00210-CA to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid, by remitting the funds and affidavit described in Section 2924m(c) of the Civil Code, so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. Date: February 1, 2021 Western Progressive, LLC, as Trustee for beneficiary C/o 1500 Palma Drive, Suite 237 Ventura, CA 93003 Sale Information Line: (866) 960-8299 <http://www.altisource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx> Trustee Assistant WESTERN PROGRESSIVE, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE.
2/9, 2/16, 2/23/21
CNS-3439238#

Register for Noncredit Spring Courses

SUBMITTED BY OHLONE COLLEGE ADVANCEMENT

Ohlonge College is offering noncredit Spring 2021 classes through May; registration has begun. Noncredit courses are tuition-free, repeatable, and do not require proof of residency. Noncredit is intended for students who want to gain general knowledge, learn a new skill, upgrade existing skills, enrich their understanding about a wide range of topics, or develop personal interests.

Spring 2021 Classes:

- Legal Aspects Small Business
- Developing Your Business Plan
- Time Management
- Writing Skills for Managers
- Effective Job Search Skills II
- Communication in the Workplace
- Managing Organizational Change
- Intro to Comp System & Support

- Real Estate Exam Preparation I
 - Foundations of Math Success
- The classes will take place via online instruction – class will meet with a live instructor at the time and day scheduled, via ConferZoom. Students will need to have access to a computer and a reliable internet connection. The instructor will send a link to enrolled students via email.
- View the complete list at www.ohlonge.edu/noncredit/courses. To apply, visit www.ohlonge.edu/noncredit/getting-started. For details, contact Emily Burns at (510) 742-2308 or noncredit@ohlonge.edu.

**Spring 2021 Classes (Online)
Through May
Registration Ongoing
(510) 742-2308
www.ohlonge.edu/noncredit/courses
www.ohlonge.edu/noncredit/getting-started
noncredit@ohlonge.edu**

Climate Change Solutions:
Think Small

SUBMITTED BY SHIRLEY GILBERT

Environmental change and its impact seem like such gigantic issues to wrap our heads around. What can an individual homeowner or an apartment dweller in the Tri-City area do to contribute to solving these huge problems?

“A whole lot,” says City Program Manager Patrick Journey, representative of the non-profit Community Climate Solutions. In that capacity, Journey works with the City of Fremont and other communities to make climate change solutions easy to understand and fun to enact. Journey claims there are at least 90 concrete, actionable, affordable small endeavors we can all do to help the environment on a personal and local level.

He cites some examples of simple things we can accomplish such as install a smart thermostat, waste less, combine trips, even turn off the faucet when

we brush our teeth. “These small actions can make a huge impact,” says Journey.

He will talk about those actions and more at a Zoom presentation on Thursday, March 4. The program is sponsored by the League of Women Voters Fremont, Newark, Union City, and the American Association of University Women (AAUW) Fremont Branch.

If you wish to learn more about how you can help counter climate change and nurture the environment in your own life, register for this program at the League of Women Voters website: www.lwvfnuc.org/zoom.

**Climate Change Solutions:
What is an Individual to Do?
Thursday, Mar 4
6:00 p.m. – 7:30 p.m.
www.lwvfnuc.org/zoom**

Submission dates are January 20 - April 30, 2021. Submit as many as desired.
Below are a few examples of Haiku from local residents:
By Queenie Chong
Lonely cat seeks fun.
No playmate in sight. Meow! Then
Pounces on shadow.

By Jeffrey Fudenna
Game Stop, won't stop here
Our crowd is getting real loud
Real change coming now

By Bonita Dutton
I know you are sad
But COVID-19 won't win
Things will get better

Create a Haiku for Fremont Arts Now
Until Friday, April 30, 2021

Call for Artists

variety of contemporary 2-D works by Bay Area artists. Featuring original art created within the past year, 35 pieces will be selected by guest jurors René de Guzman, Oakland Museum of California, Senior Curator of Art, Oakland Museum of California, and Danielle Fox, Principal, Slate Gallery, Oakland.

Thanks to the John P. Thornborrow Memorial Endowment Fund, cash awards totaling \$4,000 allocated to juror-designated award winners will be presented during the opening reception Friday, April 16.

ELIGIBILITY: Must reside/work within the nine countries of the Greater Bay Area Artists including: Alameda, Contra Costa, Marin, Napa, San Francisco, San Mateo, Santa Clara, Solano, and Sonoma.

SUBMISSIONS: \$20 Entry Fee. Link to online entry, more detailed information and submission guidelines: <http://www.piedmontcenterforthearts.org/>.

DEADLINE for entry: Monday, February 22, 2021

**Piedmont Center for the Arts 7th juried show
Deadline: Monday, Feb 22
\$20
<http://www.piedmontcenterforthearts.org/>**

Heartfulness Institute Webinars

SUBMITTED BY
BEENA SHAH

Heartfulness Institute offers free meditation webinars to over tens of thousands of employees for the wellbeing of corporate America.

The pandemic has caused unprecedented disruption and a loss of balance between our personal and professional lives. There is an urgent need to cope with heightened anxiety related to social isolation, remote working, and uncertainty in the workplace.

Webinars offered by Heartfulness Institute bringing comfort, solace, and most importantly, a renewed perspective with hope for employees working from home. Sessions are delivered free of charge for all participants, and programs are designed with flexibility to suit the working context of the organization and its employees. Not only do webinars provide toolsets, micro practices, playbooks, and journals but also ongoing weekly support from certified trainers.

In one event in October 2020, corporate employees across 20 states and about 48

companies found themselves absorbed in a virtual 3-week meditation series, “Unlock your Inner Potential through Meditation.” The free webinars were attended by professionals from many major corporations including Google, Amazon, Microsoft, Oracle, Intel, IBM, KPMG, Broadcom, HCSC, Micron, Trinet, General Motors, Expedia, and Walmart Labs.

Heartfulness Meditation is a unique method that helps us operate from a deep sense of centeredness. It regulates the mind, fine-tunes the intellect, and purifies the heart; as a result, our consciousness evolves.

We at Heartfulness Institute invite all organizations to avail of this rich opportunity to participate in the webinars and see the change for themselves.

**www.heartfulnessinstitute.org
contact@heartfulnessinstitute.org**

Free Tax Services

SUBMITTED BY CITY OF FREMONT

SparkPoint Fremont, through Volunteer Income Tax Assistance (VITA) program, is providing free tax preparation services for those who made \$75,000 or less last year. To ensure the safety of customers and volunteers, the tax service will be virtual but IRS-certified. Volunteer tax preparers will communicate with the customer throughout the process. SparkPoint will also offer limited drop-off service for those unable to manage an online process.

The IRS delayed the start of the nation's tax season to February 12, the day when the government can start accepting and processing online tax filings. For more information, call (510) 574-2020.

Create a Haiku

SUBMITTED BY GRACE KARR

Fremont Arts Now (FAN) invites you to create an original Haiku poem! To submit your Haiku, join the FAN Facebook page and post your poem there: <https://www.facebook.com/groups/FremontArtsNow>. Remember to write #HaikuFremont to the end of the post.

Haiku is a Japanese poetry form. It is made of up short lines that do not have to rhyme, and is often about nature and the seasons. For this Haiku poem though, please feel free to choose any topic you like! The Haiku structure consists of 3 lines and 17 syllables total: 5 syllables in the first line, 7 syllables in the second, and 5 in the third.

For more information on Haiku, see: www.wonderopolis.org/wonder/what-is-a-haiku.

For questions email FremontArtsNow@gmail.com.



Pen your thoughts, hopes, dreams
in seventeen syllables
Haiku expressions



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New animal shelter services come to San Leandro

SUBMITTED BY SAN LEANDRO POLICE DEPARTMENT

Heads-up, San Leandro pet owners: If you're searching for a missing pet there is a new agency that can help. On February 3 the City of San Leandro moved its animal shelter services from Fremont to the East Bay SPCA (Society for the Prevention of Cruelty to Animals) to better serve San Leandro residents.

East Bay SPCA is now providing services at their Oakland Shelter for strays or lost animals found in San Leandro without

appropriate identification. East Bay SPCA takes in more than 3,000 animals a year and expects to receive 250 or more cats and dogs each year from San Leandro.

"Given our location and proximity to San Leandro, this partnership allows lost pets to be more easily reunited with their pet guardians. We are also providing additional support for San Leandro pet owners, such as free pet food through our pet food pantry, financial assistance for veterinary care for families in need, and behavior and training resources to keep people and pets together," said Karalyn

Aropen, East Bay SPCA Vice President of Operations.

"I look forward to the city's new relationship with East Bay SPCA," said San Leandro Mayor Pauline Russo Cutter. "Pets bring kindness, joy, and love to their owners, especially during lonely times caused by the coronavirus pandemic. Our San Leandro pet owners will greatly benefit, when it is necessary, from using East Bay SPCA's services."

San Leandro residents who have lost a pet should call the Police Department Communications Center at (510) 577-2740 with a description as soon as possible.

Residents may also visit the East Bay SPCA website at eastbayspca.org/lost-and-found-pets/ to see if their pet is being housed there. Their shelter is located at 8323 Baldwin Street in Oakland and can be reached at (510) 569-0702. Hours during Shelter in Place are by appointment from 11:00 a.m. to 4:00 p.m. daily, except holidays.

San Leandro residents are reminded that all dogs must be licensed and wear proper tags. Licenses may be obtained from the Finance Department Cashier station by mail. Additional

information is available by calling (510) 577-2740 or online at www.sanleandro.org/depts/finance/animals.asp.

Meanwhile, Animal control cases will continue to be managed and conducted by San Leandro Animal Control. More information can be found on their webpage at www.sanleandro.org/depts/pd/services/animalctl.asp.

East Bay SPCA
By appointment only
11 a.m. – 4 p.m.
8323 Baldwin St., Oakland
(510) 569-0702

Virtual Yappy Hour

SUBMITTED BY KARIN CONN

Palo Alto Humane Society's (PAHS) "Yappy Hour," a fun way for pet owners to get to know each other and

their pets too, is returning in 2021. Because of the pandemic, "Virtual Yappy Hour" will be on Zoom this year, taking place virtually on Thursday, February 11 from 5:00 p.m. to 6:30 p.m. The registration fee is \$10



with 50% of it going towards providing pet food for owners in need.

PAHS's great friend and favorite emcee, Victor Adint, will be hosting "Virtual Yappy Hour," with his dog Star by his side. Everyone on Zoom is encouraged to bring their pet(s) and preferred beverage and snacks. Guests who wish to feature and talk about their pet(s) will have the opportunity. Attendees will be able to participate in interactive games, win prizes and experience lots of surprise. It will be a fun time for the entire family including their furry friends.

Carole Hyde, Executive Director of PAHS, says, "We are so excited to bring back Yappy Hour in a safe way, so that even during the pandemic we can see each other and share stories about how our compassionate community members are being comforted by their pets."

For more information call (650) 424-1901 or visit www.paloaltohumane.org.

Virtual Yappy Hour
Thursday, Feb 11
5:00 p.m. – 6:30 p.m.
Via Zoom
Register at bit.ly/PAHS-YappyHourFeb2021.
Tickets - \$10
www.paloaltohumane.org/event/virtual-yappy-hour-february-2021/



Tax season Sale! Enamel Paint Service now \$599!!! Includes basic prep, primer and sealer.

Maaco of Fremont
44201 South Grimmer Blvd
Fremont, CA 94538
510-656-8600

Trucks, vans, SUVs and commercial vehicles subject to additional charges. Doesn't include color change, body work, strip work and parts are additional. Valid for retail customers only. Valid at this location only. Limited time offer. Not applicable for insurance jobs. Cannot combine with other promotions. Offer not valid on work in progress. Additional exclusions may apply. Void where prohibited.

Refresh your ride with your refund.

TAX SEASON OFFER

Overall Paint Sale \$599
Starting at

Free Estimate!!!

Dent's?
Scratches?
Peeling Paint?

Come by and we can help turn the car you drive, back into the car you love!

Hurry Sale Ends February 26, 2021