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June 15, 2021

Vol. 19 No. 23

Unleash your decorating creativity, bring a smile to your friends, neighbors and colleagues, show your Red, White and Blue Spirit!
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neighborhood, local park, or wherever else you're able to physically distance with your family, friends, and team members.

Then, on Saturday, tune in for a community livestream via YouTube. (The link will be sent the week before.)

There is no set registration fee to join: this is a donation-only event. Thank you to this year's event sponsors Washington Hospital Healthcare System, Haller's Pharmacy, Unitek College, and Alameda Alliance for Health.

Check out the website at <https://bach.health/Walk21/> to register, donate or become a sponsor. You can also watch a video of last year's festivities and vote in this year's Iron Salad Contest. (Voting ends June 21!)

Join Bay Area Community Health & the Fremont Unified School District for some virtual summer fun!



Ohana Health Walk
Monday, Jun 21 – Saturday, Jun 27
Virtual Livestream
Saturday, Jun 26
11 a.m. – 12 noon
<https://bach.health/Walk21/>

SUBMITTED BY BAY AREA COMMUNITY HEALTH

After last year's success, we are continuing the tradition of an Ohana Health Walk, which will once again be held virtually. What that means is that we will again have plenty of fun and exciting festivities to share with the community.

Walk or run anytime during the week before leading up to Saturday, June 26. Track your steps or miles on the Bay Area Community Health (BACH) website. Walk where you are: We will not be gathering in-person due to COVID-19. Instead, we encourage you to walk in your



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A Fresh Approach to Summer Cooking

Online Cooking Demonstration Offers Advice on Preparing Fresh Local Foods

June 30, cooking demonstration will provide tips on healthy foods on the grill.



Are you looking forward to outdoor gatherings with loved ones this summer, but you're not sure what foods to serve? How can you prepare sumptuous dishes on the grill while making healthy food choices?

To help people learn how to prepare great-tasting fresh summer food choices just in time for their special July 4 gathering, Washington Hospital Healthcare System (WHHS) is offering a fun online cooking demonstration on Wednesday, June 30, at 3:30 p.m. This presentation on “Fun Fresh Summer Cooking,” which features Anna Mazzei, RD, CDE, will be available at both www.facebook.com/WashingtonHosp and www.Youtube.com/whhsInHealth.

A registered dietitian and certified diabetes educator at Washington Hospital for many years, Mazzei will focus her presentation on fresh fruits and vegetables,

with an emphasis on produce that is sustainably grown in the local San Francisco Bay Area.

“You can buy meats and chicken for grilling anytime of the year, but summer is the best time for getting fresh vegetables and fruits straight from local farms and markets,” she explains. “As a dietitian and diabetes educator, I know the importance of having plenty of fresh produce in your diet—and it doesn't have to be boring.”

During the demonstration, Mazzei will explain the nutrient content of different types of foods and how healthy choices can be tasty choices. Mazzei will also provide website resources citing where people can buy these foods locally and how to select the best vegetables and fruits. Mazzei may cover new food products that are available, as well as techniques for food preparation and cooking. “Creating your own meals from fresh foods is not only healthier than

buying packaged foods, but it is also a creative and fun way to cook,” she notes.

Having an abundance of fresh produce available in the midst of summer can sometimes present the question of what to do before they spoil. Viewers will hear tips on how to reduce spoilage and waste.

For people who cannot view “Fun Fresh Summer Cooking” when it first airs on June 30, the demonstration will continue to be available on the Washington Hospital Facebook and WHHS YouTube pages.

Learn More

Washington Hospital's Outpatient Nutrition Counseling program is available by appointment to provide nutrition counseling for individuals with specific medical needs as well as those who wish to maintain optimal health. Using an

approach that integrates education and tools to help change behaviors and meet individual health goals, registered dietitians provide nutrition counseling for a full range of needs. All nutrition counseling requires a physician referral.

Washington Hospital YouTube Page

Washington Hospital provides hundreds of educational videos featuring health care experts. From mental health issues to sports injuries, their YouTube channel, www.YouTube.com/whhsInHealth, offers reliable information. Find previous Diabetes Matters presentations by Anna Mazzei, RD, CDE, and Luanne Sadueste, CDCES, to learn more about healthy food choices and how to make ethnic foods you love a little healthier.

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		
	6/15/21	6/16/21	6/17/21	6/18/21	6/19/21	6/20/21	6/21/21		
12:00 PM 12:00 AM	Diabetes Matters: Glucose Monitoring	Washington Township Health Care District Board Meeting May 12, 2021	Intro to Radiation Oncology Therapy	Preventive Care: What You Need To Know	Gastrointestinal Disorders	Metabolic Disorders	Mental Health Education Series: Crisis Intervention		
12:30 PM 12:30 AM	The Signs and Symptoms of Sepsis		Mental Health Education Series: Understanding Mood Disorders	Advanced Treaments for Knee Pain					
1:00 PM 1:00 AM			How to Prevent Financial Elder Abuse/Fraud	Ortho Overuse Injuries: Prevention and Treatment	Enlarged Prostate: Causes, Symptoms and Treatment	Washington Township Health Care District Board Meeting May 12, 2021	Mental Health Education Series: Mental Wellness	Mental Health Education Series: Anxiety Disorders	
1:30 PM 1:30 AM	Diabetes Matters: Diabetes Complications and Amputation						Mental Health Education Series: Understanding Psychotic Disorders		Active Living: Yoga Exercises
2:00 PM 2:00 AM	Diabetes Matters: Asian Fusion	Diabetes Matters: Diabetes & Eyes	Updated Treatments for Knee Pain & Arthritis	Medicare: What You Need to Know	Washington Township Health Care District Board Meeting May 12, 2021			Enlarged Prostate: Causes, Symptoms and Treatment	
2:30 PM 2:30 AM	How to Sleep Your Way to Better Health	Managing Diabetes During Challenging Times							
3:00 PM 3:00 AM	Diabetes Matters: Latin Foods	Solutions for Weight Management	Peripheral Vascular Disease: What You Need to Know	Washington Township Health Care District Board Meeting May 12, 2021		Diabetes Matters: Dining Out Around The World	Stress Management		
3:30 PM 3:30 AM	Mental Health Education Series: Family Support				Women's Health Conference: Women & Stroke: Are You at Risk?	Women's Health Conference: Reclaiming Your Confidence			
4:00 PM 4:00 AM		How To Stop Disease Before It Starts	Chronic Kidney Disease: FAQ			Diabetes Matters: Diabetes: Is There an App for That?	Sports Medicine Program: Think Running is a Pain? It Doesn't Have to Be	Keeping Your Brain Healthy	
4:30 PM 4:30 AM	Diabetes Matters: Filipino Food Made Healthy	Obesity: Understand the Causes, Consequences & Prevention	Diabetes Matters: Glucose Monitoring	Sports Medicine Program: Exercise & Injury	How to Talk to Your Doctor	Heart Health: What You Need to Know	Sports Medicine Program: Big Changes in Concussion Care: What You Don't Know Can Hurt You		
5:00 PM 5:00 AM		Aortic Valve Disease: Treatment Options Including TAVR	Endometriosis: Causes, Symptoms, Diagnosis and Treatment	Early Detection and Prevention of Female Cancers	Diabetes Matters: Diabetes Conversations	Hernias: Causes Symptoms and the Latest Treatment Options	Washington Township Health Care District Board Meeting May 12, 2021		
5:30 PM 5:30 AM	Oh My Aching Feet! Recognizing Common Foot and Ankle Problems	Washington Township Health Care District Board Meeting May 12, 2021				Sidelined by Back Pain? Get Back in the Game		Wound Care: The Latest Treatment Options	Laugh without Leaking: Understanding Female Urinary Incontinence
6:00 PM 6:00 AM									Interventional Radiology (IR) for Vascular Disease
6:30 PM 6:30 AM	Advancements in Lung Cancer Detection and Treatment		Anxiety: Stop Negative Thoughts	COVID-19: The Road Ahead	Diabetes Matters: Diabetes and Kidney Health		Palliative Care, an Extra Layer of Support		Don't Let Hip Pain Win
7:00 PM 7:00 AM	FB Live: Staying Fit While Working From Home	Diabetes Matters: Italian Foods			Women's Health: Planning for Pregnancy	When Your Heart Needs A Little Help			
7:30 PM 7:30 AM	Healthy Gut, Healthy You	Healthy Eating: Prescription for Health			Enlarged Prostate: Causes, Symptoms and Treatment	Food Pharmacy: Prescription for Colon Health	Understanding HPV: What You Need to Know	Diabetes Matters: Heart Healthy Foods & Diabetes	Diabetes Matters: Heart Healthy Eating
8:00 PM 8:00 AM			Diabetes Matters: Diabetes and Your Heart	Hepatitis B and Liver Cancer: Prevention and Treatment					
8:30 PM 8:30 AM	Suffer From Sinus Problems?	Fall Prevention	Diabetes Matters: Asian Indian Cooking						
9:00 PM 9:00 AM	Women's Health Conference: Quality of Life Before and After Cosmetic Surgery	Family Caregiver Series: Understanding Healthcare Benefits			Sick Feet?	Diabetes Matters: Exercise IS Medicine	Diabetes Matters: Type 1.5 Diabetes	Family Caregiver Series: Loss, Grief & Recovery	

PART 2 OF 2-PART SERIES

Union City Woman Can Walk Without Pain Thanks to Procedure

**Washington Vein Rejuvenation Center
Offers Comprehensive Care**

**Feeling great again!
After treatment for varicose veins,
Nancy Estabillo is back
on her feet and enjoying walks.**



The varicose veins in Nancy Estabillo’s legs were so painful she could barely walk, making it difficult for her to work and do the things she likes to do. But two months after her treatment at the Washington Vein Rejuvenation Center, she is feeling great and back to taking long walks around Lake Elizabeth.

“I had shooting pain in my left leg and ankle,” Estabillo said. “There were days when I just couldn’t tolerate it. I had to take time off work because I could barely walk. But now the pain is gone.”

She works as a phlebotomist at Washington Hospital, where she is on her feet for hours. People who stand for long periods of time are at higher risk for

varicose veins. Other risk factors include pregnancy and obesity. That’s because anything that puts excessive pressure on the legs can lead to varicose veins, according to Dr. Gabriel Herscu, one of two board-certified vascular surgeons who treat varicose veins at the Washington Vein Rejuvenation Center in Fremont.

Estabillo noticed the purplish blue lines on her leg about five years ago. Then last year her leg and ankle started to hurt. Finally, when the pain became unbearable, her primary physician referred her to Dr. Herscu.

“I had a big varicose vein on my left leg and ankle,” she said. “First I tried compression socks, and they helped a

little. But my leg always felt tired and the pain got worse.”

The most common symptom of varicose veins is the dark purple or blue blood vessels that show up on the thigh and calf, but for many people like Estabillo, they can also cause severe pain and swelling.

“Varicose veins are overall undertreated in the medical community,” Dr. Herscu explained. “They are often considered benign, but they can actually cause a lot of discomfort and disability.”

One-Stop Service

Estabillo was able to get all the care she needed at the Washington Vein

Rejuvenation Center. She calls it a “One-stop shop for vein care, where everything is done in one place.”

She saw Dr. Herscu at the center in the morning and then was able to get a diagnostic ultrasound that afternoon to determine the extent of the damage to her veins.

“The vein ablation procedure was also done there,” she noted. “It was very convenient, and everybody was so amazing. They really make you feel special.”

Vein ablation is an ultrasound-guided, minimally invasive procedure. A thin catheter (flexible tube) is inserted into the vein through a tiny skin puncture and the vein is treated with radiofrequency through the catheter.

The procedure was done on an outpatient basis, so Estabillo was able to go back to her home in Union City the same day. She said her leg started feeling better right away and now after two months she is doing great.

“Before the procedure, I couldn’t stand for longer than 30 minutes,” Estabillo recalled. “I couldn’t clean or get things done around the house because I wanted to save my energy for work. But now everything is back to normal. The pain is gone.”

The Washington Vein Rejuvenation Center offers a range of minimally and noninvasive procedures that not only remove the blemishes caused by varicose veins, but also restore physical function to patients like Estabillo who are in pain.

“I’m just so grateful to have my life back,” Estabillo said. “Now I feel more like I did when I was young.”

For more information about the Washington Vein Rejuvenation Center, visit www.mywtmf.com/services/vascular.



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whhs.com/health-insurance

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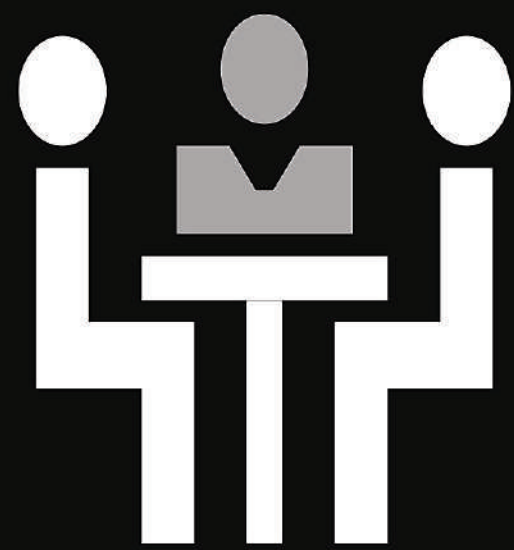
Stay connected to Washington Hospital through Facebook, Twitter, Instagram and YouTube. Watch InHealth Channel videos, learn about upcoming events and seminars and see what’s happening at your community hospital.





THE CITY OF FREMONT IS SEEKING

ON-CALL MEDIATORS



for the Rent Review Ordinance

INTERESTED CANDIDATES CAN VISIT OUR WEBSITE FOR FULL DETAILS AT

fremont.gov/rentreview

Requests for qualifications and proposals should be submitted to the Rent Review Program office no later than June 25, 2021 at 4PM.

continued from page 1

4th of July Porch Parade

SUBMITTED BY FREMONT 4TH OF JULY PARADE COMMITTEE

Last year, at this time, we were all just getting used to socially-distanced celebrations. With restrictions continuing into the summer, Fremont 4th of July Parade transitioned into the first ever "Porch Parade" during which residents around the city showed their patriotic spirit through red, white and blue decorations.

In 2021, COVID-19 cases are diminishing and reopening looks promising, but for now, the Porch Parade is back. From Sunday, June 20 to Sunday, July 4, homes and businesses are encouraged to decorate their porches, building exteriors, and front yards to celebrate the Fourth of July.

Step 1

Register for free online at <https://fremont4th.org/welcome-to-the-fremont-porch-parade>. Your location will

be added to an interactive Porch Parade Map. The first 150 people to register will receive a Fremont 4th of July Porch Parade lawn sign.

Step 2

Decorate! Go patriotic, go inspirational, or go wild with your own ideas. Decorate your porch, lawn, front window, or anywhere visible from the street or sidewalk. Locations must be fully decorated by 12 noon on Saturday, June 19 and remain so until midnight July 4. (Please keep everything appropriate for a family-friendly audience!)

Step 3

Explore! Check out the map, go for a walk around your neighborhood, and take pictures of the porches you find. Post and tag us on social media with the hashtags @fremontstrong and @fremont4thporchparade.

Step 4

Fremont 4th of July VIP Porch Parade

judges will individually drive through select Porch Parade neighborhoods to review the best and most creative porches. Residence and business displays will be judged in the following categories: Patriotic Spirit, Outstanding Decorations, People's Choice Award, Spirit of Freedom – Inspiring Messages. There is also a "Neighborhood Spirit" category for the best-decorated neighborhood.

Unleash your decorating creativity, bring a smile to your friends, neighbors and colleagues, show your Red, White and Blue Spirit!

Fremont Porch Parade 2021
Sunday, Jun 20 - Sunday, Jul 4
Decorations must be completed by
Saturday, Jun 19 at 12 noon
Various locations: map posted online
<https://fremont4th.org/welcome-to-the-fremont-porch-parade>

The Menagerie Oddities and Curiosities Market

SUBMITTED BY
THE MENAGERIE ALAMEDA

We're back, oddity seekers!! Join the San Francisco Bay Area's official Oddities & Curiosities Market, "The Menagerie," on June 19, 2021.

Discover uniquely odd and obscure one-of-a-kind treasures in art,

photography, clothing, taxidermy, medical & natural history, antiques, jewelry, memento mori, faux taxidermy, Victorian mourning jewelry, mysticism and the occult.

This year's market will be an open-air setting at the al Fresco Dining Park and along the sidewalks in the vibrant West End Arts & Entertainment District of

Alameda on Webster Street between Taylor and Haight. Patrons can enjoy food from the many nearby restaurants with a full bar by the Fireside Lounge and music while they shop.

Masks and social distancing are required for everyone unless the mandate is eased in Alameda County. Sanitizing stations will be in place. Please follow CDC protocol and maintain proper distance at all times. We thank you in advance for your patience understanding and cooperation.

The Menagerie Oddities and Curiosities Market is proudly sponsored by: The West Alameda Business Association, The West End Arts District, Feathered Outlaw, and Fireside Lounge. Special thanks our dedicated patrons for their continued support to the many artists and vendors of our events.

Webster Street is accessible via the tube with nearby access to I-880 and public transportation. Street parking is available both metered and unmetered. There is a

parking garage on Park Street with a direct bus line to Webster via Santa Clara as well (Bus 51A).

This year our events are FREE Admission. However, if you would like to make a donation to help absorb some of the unexpected costs we are experiencing with Covid-19 you can purchase a "donation" by clicking the registration button on Eventbrite.

The Menagerie Oddities and Curiosities Market
Saturday, Jun 19
11 a.m. – 7 p.m.
Webster St., Alameda
Tickets:
<https://themenagerie.eventbrite.com>
themenageriealameda@gmail.com

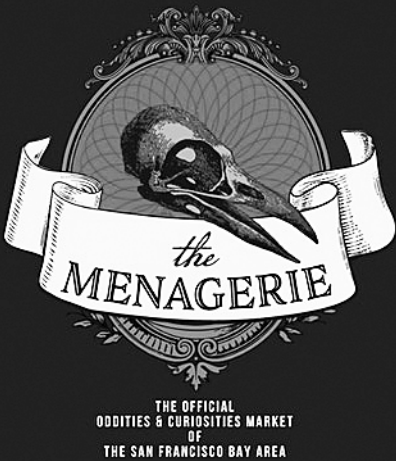
3rd Annual

ODDITIES & CURIOSITIES MARKET

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June 19th 11-7pm

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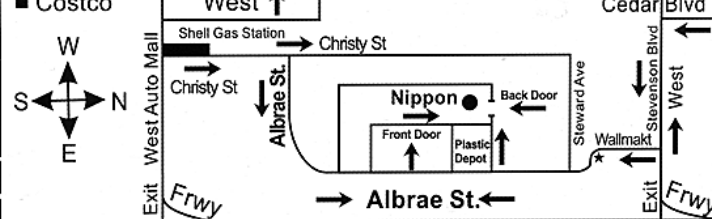
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Middle Schooler inspired by pandemic wins at the CA State Science and Engineering Fair

By ASHLEY TOSH

Anika Bhat, 12 years old, is currently wrapping up 7th grade at Stratford School in Fremont. She, like many other students around the country, has

recommend [what medications to take] under certain conditions.”

Inspired by her own challenging situation, Bhat got to work on purchasing sensors and using them to build her own device. She coded the sensors to work with the rest of the device and created her own app that connected to the device as well. Her invention, which she called MEDeBuddy, includes a WiFi-enabled microcontroller and various sensors that track vital signs and environmental triggers. The device displays sensor readings on its screen, and alerts the user on the screen and through the app when readings are abnormal. It recommends the correct medication to use for each specific situation. One of the most important parts of her invention is remote monitoring of users by doctors and family members to assist the patient.



experienced a very unorthodox school year, with all of her classes online due to the COVID-19 pandemic. During quarantine, when it was all too easy to let the world knock you down and keep you there, Bhat rose to the challenge and decided to make something beautiful.

At the very beginning of the pandemic in March of 2020, Bhat got sick and had to quarantine in her room by herself for several weeks. There wasn't easy access to COVID testing yet, so her family wanted to be very cautious to make sure that if Bhat did have the virus, she couldn't spread it to anyone else. She is asthmatic, and since her parents couldn't come into her room while she was quarantined, she had to manage all of her medications on her own by setting alarms. “That's when I thought that there should be a device that can manage your vital signs, and tell you whether you need to take your medication or not,” Bhat said.

Asthma is a chronic illness that makes it difficult to draw air into the lungs. Individuals experience asthma differently and have different triggers that may set off an asthma attack. In addition, medications work in various ways: Some relax the muscles around the airways, while others reduce inflammation in the airways. There are fast-acting medications that provide quick relief, and slower-acting ones that are effective for longer periods of time. Setting up a schedule and monitoring vital signs is important for continued health.

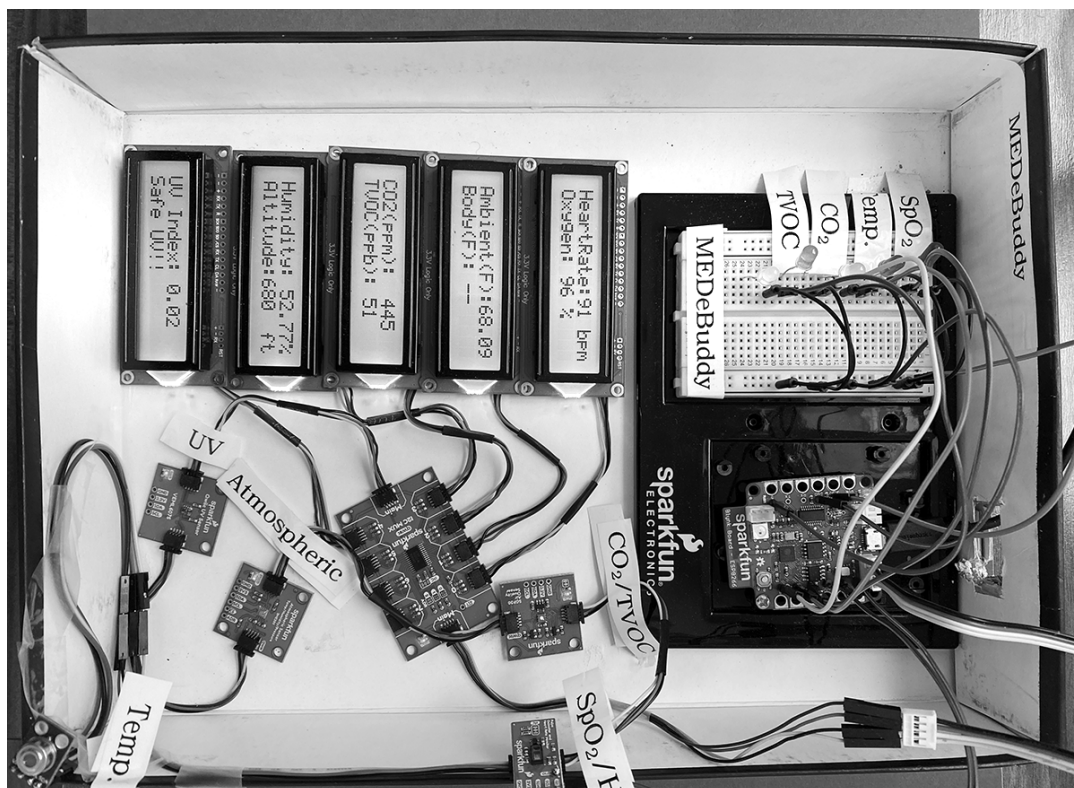
Bhat took all of her medications during the quarantine, without knowing for sure what she actually needed to take versus those that were optional depending on her circumstances. The summer, following her quarantine, she read about sensors that can track your vital signs and “got the idea that [she] could make a device to measure vital signs and environmental triggers and

Bhat has a history of winning science competitions, winning First Prize in the Energy, Environmental, and Earth Sciences Category of the Alameda County Science and Engineering Fair in 2020 and being nominated for and winning a Top 300 Award for the Broadcom Masters Competition in the same year. This year, Bhat's MEDeBuddy device won a collection of awards at the Alameda County Science and Engineering Fair, including: First Place in the Engineering Category, the Grand Award for the Middle School Life Sciences Category, the Broadcom Coding with Commitment Award, and the Office of Naval Research/Naval Science Award. She also earned a nomination to compete in the California State Science and Engineering Fair, where she won first place in the Junior Mathematical Science Category, Math Teacher's Special Award (\$1,750) and South Coast AQMD Air Quality Special Award (\$1,500).

Her road to success was not an easy one. When she was building her device, the sensors didn't display the data properly, so she had to check the hardware connections, run the code again, and check the code, line by line, to find any errors... a time-consuming process. However, when she was finally able to find solutions, Bhat says, “It kept me going to finish my project and made the whole journey so worth it.”

Throughout the pandemic and competitions, Anika stressed the importance of never giving up. “You just have to keep going and be patient and keep trying to figure out how to fix the problem,” she says. “Be open to trying new things.”

Bhat is currently competing with MEDeBuddy in the Broadcom Masters 2021 National Competition and the Coolest Project Online International Competition. She is looking forward to doing even more complex projects in STEM fields in the future.



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Look before you leap into a company's work culture

By ANNE CHAN, PhD, MFT

If all workplaces were supportive and cooperative, and all bosses were kind and appreciative, I would have to close shop and choose a different career. Since so many of my clients are refugees of toxic work cultures, my customer base would be severely reduced if this were to happen. A shocking majority of my clients seek to change jobs not because of pay or because they dislike their work, but because their work environments and bosses are (in their words) dysfunctional, toxic, abusive, dishonest, hierarchical, cliquish, unappreciative, and lack integrity. According to a 2018 Jobvite survey, a third of the employees who left a job within three months of starting cited company culture as the reason for their departure.

Given that a company's culture is an integral part of job satisfaction, it behooves job seekers to determine how well they align with a company's culture and values before they sign on the dotted line. It can be tricky to figure out a company's internal culture, but you can get valuable information if you do the research and ask a lot of questions.

Research

Before the interview, research the company's website as well as any press they have received. See if you can spot any red flags like the CEO getting dismissed or a poorly articulated mission statement.

Websites such as Glassdoor can give you an inside scoop on the company. We all know that online reviews cannot all be trusted, but look for important clues like repeated themes and the level of detail in each review.

Reach out to employees of the company through LinkedIn. You may be able to garner an informational interview that will give you valuable insight into the company.

Before the interview

I always recommend that job candidates arrive early at an interview, so they will not be late. However, there is ulterior motive to my recommendation to arrive 15 or 20 minutes before the interview. Arriving early enables you to observe the people and get a feel for how the workplace runs.

Pay attention to how happy and relaxed the employees seem. Are they smiling and joking with each other? Or they are huddled in cubicles ignoring each other? Are their interactions relaxed or stressed? How each employee treats you can also

provide important clues to the work culture. Do they seem welcoming and approachable or are they too harassed to even notice you?

During the interview

An interview is a two-way process. Make sure you get the following questions answered so you can get a good feel for the company's work culture. When asking these questions, pay attention to both verbal and non-verbal cues. Sometimes, the latter are even more important than the former. For instance, if supervisors are momentarily caught off guard by a question about their supervisory styles, make a note to yourself. This is not an immediate deal breaker but may be a bad sign that they have not fully thought through their supervision practices. Be sure to ask more questions so you can get a fuller picture. These are my 10 favorite work culture questions to ask:

1. What kind of working style fits best in this company?
2. How would you describe the work environment and what kind of employee does best in this work environment?
3. What is a typical employee's work/life balance?
4. Describe your management style.
5. How do you support your employees' career growth?
6. If your child were in my position, would you recommend that he/she take this job? Why and why not?
7. How has psychological safety been addressed in this company?
8. What are your values and how are employees held accountable to these values?
9. Who was the most recent person recognized for his/her performance and how were they rewarded?
10. How do you hold underperformers accountable?

Many studies have shown a link between organizational culture and job satisfaction. It is essential that you know about a company's work culture before you sign on to work for them. Do your homework and make the effort to learn about the company so you will not have any regrets later. Wishing you a leap into brighter job prospects!

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

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NASA picks Venus as hot spot for two new robotic missions

**By MARCIA DUNN
AP AEROSPACE WRITER**

NASA is returning to sizzling Venus, our closest yet perhaps most overlooked neighbor, after decades of exploring other worlds.

The space agency's new administrator, Bill Nelson, announced two new robotic missions to the solar system's hottest planet, during his first major address to employees Wednesday.

"These two sister missions both aim to understand how Venus became an inferno-like world capable of melting lead at the surface," Nelson said.

One mission named DaVinci Plus will analyze the thick, cloudy Venusian atmosphere in an attempt to determine whether the inferno planet ever had an ocean and was possibly habitable. A small craft will plunge through the atmosphere to measure the gases.

It will be the first U.S.-led mission to the Venusian atmosphere since 1978.

The other mission, called Veritas, will seek a geologic history by mapping the rocky planet's surface.

"It is astounding how little we know about Venus," but the new missions will give fresh views of the planet's atmosphere, made up mostly of car-

bon dioxide, down to the core, NASA scientist Tom Wagner said in a statement. "It will be as if we have rediscovered the planet."

NASA's top science official, Thomas Zurbuchen, calls it "a new decade of Venus." Each mission – launching sometime around 2028 to 2030 – will receive \$500 million for development under NASA's Discovery program.

The missions beat out two other proposed projects, to Jupiter's moon Io and Neptune's icy moon Triton.

The U.S. and the former Soviet Union sent multiple spacecraft to Venus in the early days of space exploration. NASA's Mariner 2 performed the first successful flyby in 1962, and the Soviets' Venera 7 made the first successful landing in 1970.

In 1989, NASA used a space shuttle to send its Magellan spacecraft into orbit around Venus. The European Space Agency put a spacecraft around Venus in 2006.

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Celebrating freedom for all

By Stephanie Gertsch

“Every Juneteenth I get this question from somebody,” admits Dr. Nicholas Baham III, Professor and chair of Ethnic Studies at California State University East Bay, when asked about the day’s history. “I’ve got to be honest with you—I’m not actually tired of answering it. I’m not. I don’t think I ever will be.” For June 19, 2021, he has shared his perspective on this holiday that celebrates Black American emancipation.

Dr. Baham’s research encompasses gender and sexuality, music and religious expression in African American communities, with writings on The Coltrane Church and James Baldwin. What unites his work is the study of people who live and thrive on the margins, in “the face of both white majority ideals and also normative Black community ideas.”

Of Juneteenth, he says, “For me what’s important about June 19th is that we’re actually celebrating when the last known group of people—about 250,000 people—knew that they were free,” Baham says. “Which for me means that we’re celebrating when we were all free.”

On June 19, 1865, a Black community in Galveston Texas heard the news of

emancipation—two months after Robert E. Lee’s surrender and two years after “Freedom’s Eve” when Emancipation was declared.

“The Emancipation Proclamation of 1862 really only freed slaves in territories where they had been liberated by the Union,” Baham explains. “Technically, Lincoln was kind of calling a shot... If you read it in its historical context, it’s like a baseball player before they come to the plate pointing to the left field wall and saying, ‘Imma hit it over the fence.’” While the Proclamation was cause for celebration, and Union soldiers read copies of the text across the South, Black communities in unliberated states were still suffering under forced labor, whippings, and other forms of mistreatment.

Being technically free isn’t enough when others are still suffering. Even before the Civil War, many Black Americans managed to secure their personal freedom, “But those free Blacks didn’t experience themselves as free,” notes Baham. “They understood that there were still their brothers and sisters who were enslaved.”

June 19th has always been celebrated, but recently it is seeing surge in popularity. “That has a lot to do with the same attitude being applied to what’s going on right now with police violence,” says

Baham. “I didn’t get killed by Officer Derik Chauvin in Minnesota, but I could have been... My reading of it is that the spirit of June 19th is in the spirit of what has been happening around Black Lives Matter.”

He continues, “I’m a full professor with 21 years under my belt. But when I was eight years old, I was at San Francisco State with my mother, who was a graduate [there], and she was getting some records. And I was spread-eagled against a wall by a police officer who began to draw his revolver out of his holster. And he accused me of stealing radio equipment. I was a kid...and my pockets were full so he said I ‘fit the description.’ I had yo-yos in my pockets.”

June 19 is both a somber day to commemorate lives lost, recognizing how far we still have to come to be a truly free society, and a joyous day to celebrate freedom and community. Baham recalls, “I’m a native San Franciscan. And I remember that when I was a kid we observed it with a big parade and festivities and dancing and food in the Fillmore... We’d go hang out with [my uncle] and be at the parade and watch the cars go by and people dancing. Eat some soul food. It was a party. And mostly that’s the kind of thing that happens throughout the country; it’s a celebration.”

In September of 2020, Santa Clara became the first California county to declare June 19 a paid holiday, partly in response to the June protests that year for the death of George Floyd. Hopefully, as more counties and states join in, this day will be recognized as an official Federal Holiday. Baham explains, “If we all recognize it the way we recognize the 4th of July, then maybe you can raise this consciousness about the fact that, we’ve got the 4th of July, but not everybody got free from the 4th of July!”

What are Baham’s plans this year? An outing that’s simple, yet quietly subversive: he and a group of fellow Black professionals are participate in a stereotypically white people sport—golf. “In a way it’s totally bourgeois,” he laughs. “But on another level, we’re going to take a group of Black men and go into a predominantly white and historically white space and we’re going to be present on the day of independence.”

**Hayward June 19 Celebration
Jobs, Wellness & Resource Fair
Hosted by Hayward Black Business
Roundtable
10 a.m. – 2 p.m.
City Hall Plaza
777 B St., Hayward
<https://www.hayward-ca.gov/>**

California Apprenticeship Council appointment



SUBMITTED BY GOVERNOR'S PRESS OFFICE

On June 10, Governor Gavin Newsom announced the appointment of Sheri Learmonth, 47, of San Leandro, to the California Apprenticeship Council. Learmonth has been chief executive officer of Bay Point Control since 2018. She was West Coast Division controller for Sabah International from 2006 to 2018. She was controller of Bay Point Control from 2002 to 2006.

Learmonth is a member of the Bay Area SMACNA Women in Construction. This position does not require Senate confirmation and the compensation is \$100 per diem. Learmonth is a Republican.

Call for Artists

SUBMITTED BY CITY OF FREMONT

City of Fremont is seeking artist qualifications for the commission of an innovative and permanent public art installation for a new outdoor plaza, Warm Springs Plaza, in Warm Springs Innovation District. The artist will design, fabricate, and install the artwork. Interested artists can apply through the CaFÉ website at https://artist.callforentry.org/festivals_unique_info.php?ID=9014. The deadline to apply is Monday, June 28.

**Art Installation
Deadline:
Monday, Jun 28**

https://artist.callforentry.org/festivals_unique_info.php?ID=9014

Own an Echo? Amazon may be helping itself to your bandwidth

By Joseph Pisani and Matt O'Brien
AP Business Writers

Do you own an Amazon smart device? If so, odds are good that the company is already sharing your internet connection with your neighbors unless you've specifically told it not to.

On Tuesday, the company launched a program that forces users of many Echo smart speakers and Ring security cameras to automatically share a small portion of their home wireless bandwidth with neighbors. The only way to stop it is to turn it off yourself.

Amazon says the program, called Amazon Sidewalk, is a way to make sure lights, smart locks, and other gadgets outside the home and out of reach of a Wi-Fi connection stay working.

But some experts warn that the technology is so new that privacy and security risks remain unclear. And almost no one seems happy that Amazon forced consumers into Amazon Sidewalk — or that many people may not know they can opt out of it.

DID AMAZON TELL CUSTOMERS THIS WAS HAPPENING?

Amazon says it sent emails to customers last month and in November that Sidewalk was coming. The company says you'll also get a notification when you set up gadgets that work with Sidewalk.

HOW CAN I STOP THIS?

Once you know about it, it's

relatively straightforward, if not exactly simple, to opt out of Sidewalk. Echo users can go into the Alexa app, tap “More” in the lower right hand corner, then tap “Settings,” then “Account Settings,” where they'll find a section for Amazon Sidewalk and a button to disable it. In the Ring app, go to “Control Center” and then tap “Sidewalk.”

WHY IS AMAZON DOING THIS?

The idea behind Sidewalk is to integrate residential wireless connections into a “mesh” that can extend coverage to areas home Wi-Fi can't reach. Amazon's Echo and Ring devices band together to create this network by grabbing a slice of bandwidth from each cooperative home network. That can extend the range of devices designed to work with Sidewalk so they'll stay connected even when away from your home network.

One example of such a device is Tile, a tracking device that can be placed on keys or a dog's collar. If your dog goes missing in a neighborhood where Sidewalk is working, it might turn up quickly via Tile.

Other products that work with Sidewalk include smart locks that can be controlled by phone and wearable devices that can track people with dementia who may wander. Amazon expects additional devices, including outdoor lights and motion detectors, will work with Sidewalk before long.

HOW DOES IT WORK?

Amazon is tapping into a

variety of radio technologies, including one called LoRa for its long range and better known for industrial and business applications such as keeping track of cattle roaming through pasturelands.

“The goal here is not to create coverage for a single home,” said Marc Pegulu of chipmaker Semtech, which is partnering with Amazon on the technology. “It's kind of a shared network, a community shared network.”

Among other things, devices connected to the shared network can supposedly search for the best signal in a way that can preserve their battery life.

Thomas Clausen, a computer science professor at France's Ecole Polytechnique, says that the network Amazon is creating could be a good thing provided that it's open and accessible, because it would make it easier and cheaper to use internet-connected devices and sensors and spark new innovations.

“But of course, when a behemoth like Amazon, or Apple or Google or Microsoft, create a platform, they also can end up controlling the platform and that can stifle innovation,” he says.

WHAT ARE THE RISKS?

Hackers could potentially infiltrate home networks via Sidewalk, said Eric Null, a policy manager at digital rights group Access Now. If that happens, Null said hackers could observe everything you do, take over your devices or access your files to steal information.

include the third generation and newer versions of the Echo, Echo Dot, Echo Dot for Kids and the Echo Dot with Clock. The Echo Show 5, 8, 10; the second generation of the Echo Show; Echo Spot; Echo Plus; Echo Studio; Echo Input; Echo Flex.

Sidewalk-enabled Ring devices include the Ring Floodlight Cam; Ring Spotlight Cam Wired; and Ring Spotlight Cam Mount.

DOES AMAZON HAVE BIGGER AMBITIONS?

Amazon has explained Sidewalk in the context of consumer devices such as cameras and speakers. But it could also one day integrate the technology into its core business: delivering goods.

For example, the company could embed tiny internet-connected devices into cardboard packages to help track them, said Clausen of Ecole Polytechnique.

“Having integration of alarm systems, presence detection of whether people are there, will potentially allow Amazon to create more efficient delivery schedules and fewer re-deliveries,” he says. That could be one application Amazon is thinking about, he added

WHICH DEVICES WANT TO SHARE MY INTERNET?

Echo devices that share network bandwidth via Sidewalk

Cal State East Bay welcomes new dean

SUBMITTED BY KIMBERLY HAWKINS

Officials from California State University, East Bay (CSUEB) recently announced that Robert Williams has been appointed to serve as the new dean of the College of Education and Allied Studies. Williams will start July 1.

Williams comes to the CSUEB Hayward campus from San Francisco State University where he is Associate Dean in the Graduate College of Education. “We are very excited to welcome Dr. Williams to Cal State East Bay,” said Provost Edward Inch. “His focus on student success, eliminating equity gaps, and strengthening outreach represent important initiatives for both the college and the university.”

Williams said he felt called to the university and the California State University (CSU) system and is fully committed to a shared governance model that will drive initiatives to reduce and, ultimately eliminate, the underrepresented minority equity gap, while implementing strategies that move the college graduation rate at or beyond the Graduation Initiative 2025 goal.

“The university and the CSU system have always been unapologetically committed to every student who qualifies to be admitted,” he said “Cal State East



Bay itself welcomes its diverse student body with open arms and supports their success.”

During his tenure at San Francisco State University, Williams served as a professor, department chair, and eventually associate dean. In his role there, he supervised the university’s Credential and Graduate Services Center and the Student Resource Center, and was responsible for numerous projects related to teacher education training, with a particular focus on building a pipeline of future teachers who identify as people of color, LGBTQIA+, and people with disabilities.

“One of the most impactful messages that my parents passed on to me was to ensure that I give back to my community,” Williams said. “Today, the intent of this message extends to the East Bay community, California, the nation, and the world. I take this message a step

further, paraphrasing Langston Hughes in his poem ‘The Negro Mother,’ declaring that I, and all of us, are carrying the seed of the free. All of us at the College of Education and Allied Studies have a responsibility to educate and train a new generation of transformative, socially just and critical changemakers.”

Williams is a licensed clinical psychologist and was a visiting Fulbright Scholar from August 2001 to 2002 with the University of the West Indies, Cave Hill Campus in Barbados in the Department of Government, Sociology and Social Work.

Williams, who grew up in St. Louis, completed his bachelor’s degree at Howard University and his doctorate at the University of Missouri -- Columbia. He completed his clinical psychology predoctoral internship at the University of Maryland at Baltimore and he was a NIDA fellow at the University of Miami, School of Medicine, Department of Psychiatry and Behavioral Sciences. Having studied under the top family therapy researchers in the nation, Williams led the Marriage and Family program at San Francisco State University for eight years.

BID, BUY AND DONATE

SUBMITTED BY HAYWARD EDUCATION FOUNDATION

Officials from the Hayward Education Foundation (HEF) are busy putting together an online fundraising auction to help boost educational opportunities for students in Hayward public schools.

The goal of their “Soar into Excellence” event is to raise money to give teachers more tools and resources they can use to expand lessons, promote learning and capture students’ imaginations. The auction is set for June 17-22 and will include various items to bid on, including Disneyland tickets, a two-night stay at Lake Tahoe, Front Sight Firearms Training, gift baskets and gift certificates to local merchants and restaurants.

Items will be available for bidding from 6:00 a.m. Thursday, June 17 until 10:00 p.m. Tuesday, June 22. To register or view items up for auction, visit the Soar into Excellence auction website at www.32auctions.com/HEF2021.

Since 1983, the non-profit HEF has depended upon the community’s generosity to generate the funds necessary to support innovative and creative classroom projects. Over the years it has given more than \$1 million to Hayward classrooms.

**Hayward Education Foundation
online auction
6 a.m. Thursday, Jun 17 – 10 p.m.
Tuesday, Jun 22
Register online at:
www.32auctions.com/HEF2021**

New challenger may join California recall race

BY MICHAEL R. BLOOD AND KATHLEEN RONAYNE ASSOCIATED PRESS

Six weeks after California officials announced that Democratic Gov. Gavin Newsom would face an almost certain recall election that could drive him from office, the contest continues to be roiled by uncertainty and questions -- even the date when it might take place remains unclear.

The list of Republican challengers who have signaled an intention to enter the race is about to top 20, though no consensus front-runner has emerged. State Assemblyman Kevin Kiley is the latest to announce he is considering stepping in.

Newsom, meanwhile, has regained his footing after seeing his popularity fall at the start of the year amid the worst of the pandemic and criticism over his COVID restrictions for the public and businesses. The first-term governor has since benefited from a sharp decline in cases during the spring and a record-breaking surplus that allows him to bestow billions on favored projects and issues.

Still, just recently, Newsom faced another round of criticism for saying he planned to keep an emergency declaration in place even after the state fully reopens its economy Tuesday, June 15. “There's uncertainty in the future,” he warned.

The declaration means California can be reimbursed from the federal government for many of its pandemic-related expenses. But it also gives Newsom the authority to suspend state laws and impose new rules. Since declaring this emergency, Newsom has issued at least 58 executive orders to alter or suspend hundreds of laws because of the virus.

Recent polling suggests Newsom would beat back the recall; a Republican hasn’t won a statewide race in heavily Democratic California since 2006. But those same surveys reveal signs of an unsettled public: independent voters, for example, tend to view his job performance skeptically and most say the state is going in the wrong direction.

With Kiley’s potential entry into the race, it signals that many Republicans remain underwhelmed with the field so far, which includes businessman John Cox, whom Newsom defeated in 2018, former San Diego Mayor Kevin Faulconer and reality TV personality and 1976 Olympic decathlon champion Caitlyn Jenner.

Kiley, who is 36 and represents suburbs east of Sacramento, has been one of Newsom’s chief critics in the state capital during the pandemic. Though little known to a broad swath of voters, he is a

hero of sorts among the recall’s most fervent organizers and volunteers.

He sued to stop Newsom’s use of broad emergency powers during the pandemic. A state Superior Court ruled in favor of Kiley, but an appeals court overturned that ruling in May. Kiley and fellow Republican Assemblyman James Gallagher plan to appeal to the state Supreme Court.

Earlier this year he released a book called “Recall Newsom: The Case Against America’s Most Corrupt Governor,” and he spoke at dozens of recall rallies and events during the signature-gathering process.

The recall’s chief organizer, Orrin Heatlie, is informally advising Kiley as he ponders a candidacy and said he’s hearing a lot of frustration about the current field, but declined to give specifics. Heatlie said his assistance to Kiley is being done outside of his role with the recall committee, which is barred from coordinating with a candidate. Heatlie said he reached out to Kiley after getting a slew of phone calls from recall volunteers asking if the assemblyman planned to run.

“With the lawsuit that he had against the governor, he’s gained a lot of notoriety and he’s gotten a lot of attention,” said Heatlie, a former sheriff’s sergeant who filed the recall petition and led the volunteer signature-collection drive.

Kiley said he has no timeline for deciding when to run and declined to criticize any of the Republican candidates, saying they all share the goal of getting a majority of Californians to support recalling Newsom.

He said he sees opportunity to appeal to many voters by pointing out California’s failures in dealing with the homeless crisis and poverty, high taxes and that under Newsom public school classrooms remained closed through most of the pandemic -- all familiar themes for the leading GOP candidates.

Part of the unsettled landscape around the expected election is the result of the state’s time-consuming rules for placing a recall on the ballot. State officials announced in late April that recall organizers had gathered more than the necessary 1.6 million petition signatures to place the election on the ballot, following a preliminary count. That kicked off a lengthy review process.

Even now, it’s possible it could take another two months before the recall is certified for the ballot, following various required state financial reviews. Under that scenario, it would push the election into at least October. But given wiggle room in the law, and the potential for more quickly concluding those reviews, that date could come sooner.

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How Tigers Got Their Stripes

A Folktale from Vietnam

HOW TO MAKE A TINY STORY BOOK

1. Number each part of the story and each picture in order. Cut them all out.

2. Match the words with the pictures in the correct order.

3. Paste each set of matching words and picture on a small piece of construction paper to make nine individual pages.



4. Draw a cover and staple the pages together to make a tiny book.



Make a tiny story book and read it to a friend or little sister or brother!

The other animals thought the stripes looked funny. Even today Tiger hides in the shadows. And he is still searching for wisdom.

One morning, Tiger saw his big, strong friend, Water Buffalo, pulling a plow in a field. A man was telling Water Buffalo what to do.

Tiger realized that he'd been tricked. He was furious as he pulled and clawed until he broke free of the ropes at last. But all that struggling had burned stripes into his beautiful golden fur!

Long ago, Tiger was one of the proudest animals in the jungle. He was proud of his long fangs, his sharp claws and his beautiful golden fur.

Tiger asked Water Buffalo, "Why do you listen to that strange little animal? He has no claws or fangs or even beautiful golden fur."

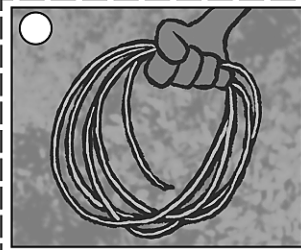
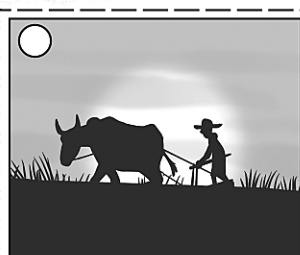
Tiger wanted wisdom very badly, so he agreed to be tied to the tree. Then the man left with his goats. Tiger waited and waited. He waited for a day. But the man never came back.

The man said, "Wait here. I will go home and get wisdom for you. But first, please let me tie you to this tree so that you don't eat my goats."

The next morning, Tiger saw the man walking home with his herd of goats. "STOP!" Tiger roared. "Give me your wisdom or I will eat you!"

Let's Talk!
Which character in this folktale was wise? Why do you think that? Talk about it with a family member.

Water Buffalo replied, "Tiger, that animal is a human. He does not need claws or fangs. Humans have **wisdom**." Tiger thought to himself, "Wow! I must get wisdom!"



Extra! Extra! Wisdom Words

Think of a phrase that you think is wise. For example, "Treat others as you would want people to treat you." Look through the newspaper to find and cut out the words that make this sentence. Glue the words onto a piece of paper to remind you of this piece of wisdom.

Standards Link: Research: Use the newspaper to locate information.

What is a folktale?

How Tiger Got Its Stripes is a folktale from Vietnam. Folktales are stories that get passed from generation to generation. They can change as different people tell them over time. As such, they are created by "the folk," or the people. Long ago, these tales were spoken and never written down.

Of course, Tiger didn't really get stripes by being tied to a tree. Tiger stripes help tigers hide and sneak up on prey.

Kid Scoop® Puzzler

Famous Folktales

J _ CK
_ ND TH _
B _ _ NST _ LK

G _ NG _ RBR _ D
M _ N

Fill in the missing vowels to discover the names of other folktales you probably have read or heard.

TH _ GLY
D _ CKL _ NG

L _ TTL _
R _ DR _ D _ NG
H _ _ D

Have you read these? If not, look for them at your local library. Have a family folktale theater night! Make puppets of the characters and perform a show of the folktale, or just act out the parts with your family members.

Double Double Word Search

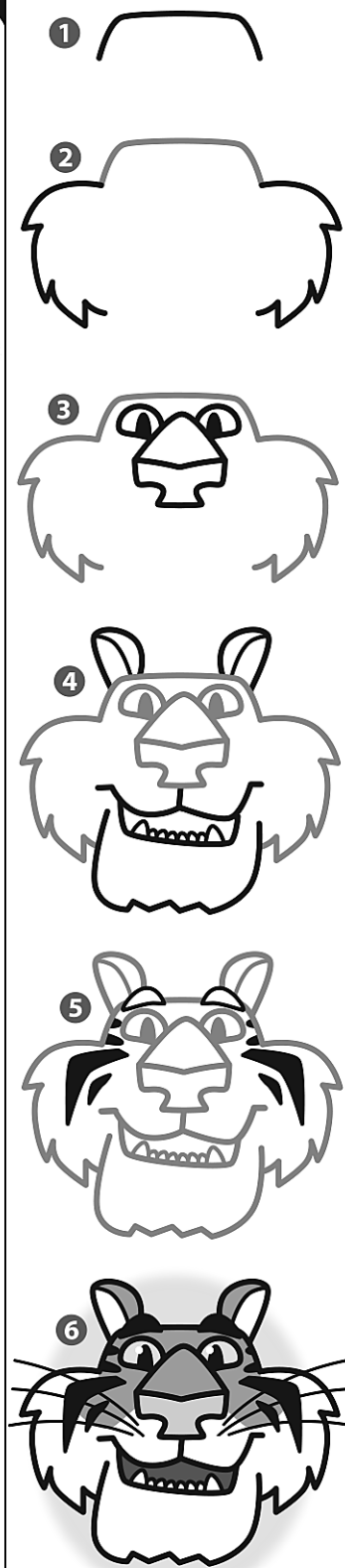
FOLKTALE
SHADOWS
VIETNAM
BUFFALO
STRIPES
WISDOM
SPOKEN
TIGER
WATER
ROPES
GOATS
CLAWS
TREE
TALE
FUR

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

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

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

Kid Scoop Together: How to Draw a Tiger



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Kid Scoop VOCABULARY BUILDERS

This week's word: **WISDOM**

The noun **wisdom** means the ability and quality of having knowledge.

Kayla gained **wisdom** from reading many books.

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

FROM THE Kid Scoop® LESSON LIBRARY

Good News Headline

Read newspaper headlines to see how they are written. Think of some good news you would like to see as a headline. Write a headline for one or more good news articles.

Standards Link: Research: Use the newspaper to locate information.

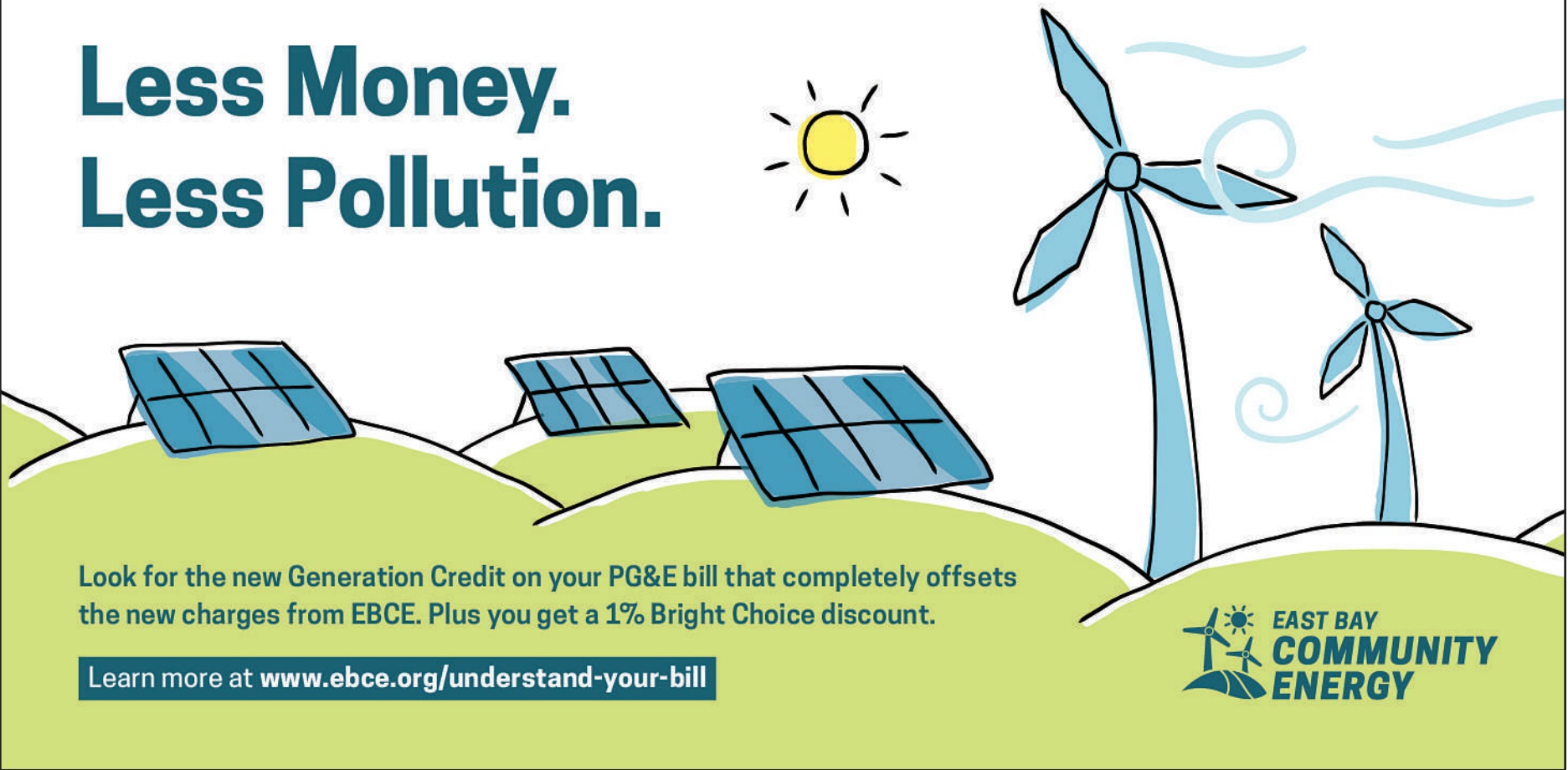
Which side of a tiger has the most stripes?

ANSWER: the outside

Write On! My Favorite Animal

What is your favorite animal? Write three facts and three opinions about your favorite animal.

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OHAG Art Scholarships 2021

**SUBMITTED BY
RADHIKA SHARMA**

The Olive Hyde Art Guild recently concluded the Olive Hyde Art Scholarships Virtual Reception 2021. The following is a list of student winners, their artist profiles, and the awards:

**Ram Churun, Ohlone College
\$250 art supplies gift certificate**

Ram notes that when he was a young child, his mother would make images of dinosaurs and he would color them. Over time Ram was creating characters from favorite TV shows and still life work. Ram's portfolio consists of observations from his life as a child of Indian immigrant

what resonates with her. Her favorite media are oil paint and pastels, and her advice to young artists is: "Strive to be the best artist you can be. There is always room for improvement!"

**Aathavan Senthilkumar,
JKF High School
\$250 art supplies gift certificate**

Aathavan began drawing in preschool with markers and colors and then moved to graphite, charcoal and other media. A recipient of the PTA Reflections Award, Aathavan has never taken a lesson and is a completely self-taught artist. He likes to explore many different media including inking and acrylic painting. A rising freshman in mechanical engineering, Aathavan will



Ram Churun

**Christina Wang,
Mission San Jose High School
\$2,000 scholarship for the
pursuit of visual arts in
higher education**

Christina started drawing at an early age and in 7th grade had the opportunity to take art classes. She has decided to pursue art as a career and likes to bring stories to life through pictures—with concept art, design and illustration. Referring to her

self-portrait created in an AP class, Christina explored the imperfection of her own physical features. Christina's advice to young students is: "Practice is so important! Practice every day and share your work and let other people see it and critique and improve."

**Amy Zhu,
Mission San Jose High School
\$250 art supplies gift certificate**

Amy's favorite art medium is oil paint and digital art because of the vibrancy and flexibility of the media. Her portfolio consisted of images offering tribute to her school wrestling competitions. Amy's advice to budding artists is to appreciate the process of creation and avoid being too self-critical.



Christina Wang

parents. Post-college plans include freelance art, and he hopes to use his technical skills to produce pieces for commission. His favorite medium is charcoal, and he appreciates pencil sketching and the range of value of charcoal. Ram's advice to budding artists is to try many media and ideas. "Never wait for inspiration! Push yourself and always keep working!"

**Rinna Mae San Gabriel,
Ohlone College
\$2,000 scholarship for the
pursuit of visual arts in
higher education**

Rinna has been drawing since she was little. She became passionate about art in high school and wanted to hone her craft. Most of Rinna's current work deals with political issues as she feels it is important for an artist to use their platform to speak out. Rinna keeps up with the news and chooses to create

incorporate his passion for design with art. His portfolio consists of his ruminations on man and technology. Aathavan practices whenever he has time and finds that art is very cathartic. His advice to young artists is, "Don't be afraid to make mistakes. Practice for every portrait and feel free to fail and learn from mistakes!"

**Arpi Varonikyan,
Ohlone College
\$250 art supplies gift certificate**

"Art has always been a part of my life since I was a child. I used to make dresses for my dolls!" says Arpi Varonikyan. This desire to be creative led to her working with different materials. Arpi finds inspiration through a variety of muses. Some influences include mythology, Greek goddesses, fantasy and lore. She particularly experiments with things outside reality in her artwork.

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covia.org/services/home-match



Baking to Benefit:

How a teen's pandemic project is impacting the community



SUBMITTED BY NANKI KAUR

The onset of the pandemic brought many restrictions to everyday activities and celebrations. When her mother's birthday arrived, Prisha Lakhara decided that she wouldn't let the pandemic spoil her mother's special day. Lakhara's Bakery was born when Lakhara, a freshman at American High School in Fremont, baked a cake for her mother and discovered a new passion. Shortly thereafter, she decided to turn her passion into profit, and start a business, using proceeds to help her community. "It motivates me because I've always been a person to donate to charity. So, helping others get yummy treats, plus all the profits going toward donations, that just makes me feel better overall!" she explains.

Lakhara's Bakery has an array of sweet treats including special options for those with dietary restrictions. Customers contact the bakery through its Instagram and Facebook pages and work with Lakhara to ensure that their order is tailored to fit their needs. "[Customers] give me more details and according to that, I'll help them plan, [such as] when they want [the order] by, and then I'll give them ideas and they'll decide." Orders within a five-mile radius of Lakhara's home are then delivered following all COVID-19 precautions. Fifty percent of Lakhara's earnings are donated directly to charities and social change projects, "depending on [the] current situation." Lakhara has donated to help alleviate India's medical and oxygen supply shortage, support the Black Lives Matter movement, and assist COVID-19 relief funding.

Though it all began as a pandemic project, Lakhara aspires to further develop the business and hopes to run her own shop one day. Ideally, she'd like "to expand it a little more, maybe do some pop-up shops." She adds, "I want to increase [my business] by websites, live tutorials and make it a full-on business." Her message to teens hoping to build their own businesses is, "No matter what anyone wants to tell you in life about anything, I'm sure you can achieve it at some point, it's just going to take a little effort and hard work, but you'll get there."

Find Prisha Lakhara on Instagram at @lakharasbakery.



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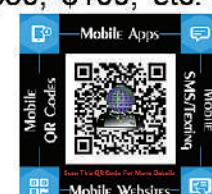
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Home & Garden

ROLL INTO FUTURE WITH 'GREEN DRIVEWAY'

By DANIEL O'DONNELL

Many things around the home have been improved by technological advances. Some are obvious such as smart refrigerators, LED lights, and large screen surround sound home theater systems. Others, such as cross-linked polyethylene (PEX) tubing for durable home plumbing, double paned windows for better insulation, and tankless water heaters for energy efficiency, inconspicuously outperform their predecessors. However, what initially seems like a technological leap forward might not always be the best option. The use of concrete or asphalt that became popular in the mid-1900s for driveways may be one of those things.

The word driveway first appeared around the 1870s. When used by the public it referred to a dirt path for horses or carriages that led to the front door. A driveway for the elite was a more elaborate carriageway usually constructed of gravel or cobblestone. Advances in materials after the turn of the century increased the use of concrete and asphalt for home driveways. Although these driveways might seem to be technologically superior to using natural materials, they are inferior for a few reasons. "Green driveway" is a relatively new term that refers to a driveway that addresses these issues.

One of the main drawbacks of a conventional driveway is that storm water is washed from the property into storm drains and into the Bay. Green driveways are permeable, allowing the water to percolate into the ground below,

which rejuvenates the ground water supply. They also keep chemicals and other pollutants that settle on the driveway from getting washed into the Bay. They are often easier and cheaper to install depending on the materials, and frequently look better.

Permeable concrete might be the easiest green driveway sell to someone who wants to be environmentally friendly but does not want their property to look different from others on the block. It has many of the same characteristics of conventional concrete such as strength and durability and looks similar. The difference is that a square meter of permeable concrete can absorb up to 1,000 liters of water per minute while regular concrete absorbs virtually none.

Concrete pavers are the most popular green driveways. Their popularity stems mainly from their attractiveness and the wide range of different shapes and color combinations that are available. Although they may all look the same, some capture more water than others. Solid concrete paver driveways absorb more rainwater than a concrete slab driveway, but permeable concrete pavers can absorb much more water without compromising aesthetics.

Cobblestone roads date to the Roman Empire era and can be seen in older historic districts in European and American cities. They are still used to make charming driveways today. Although they are packed closely together with sand, their natural rounded edges allow water and pollutants to drain into the



ground below instead of running off into waterways.

Drivable grass pavers are a type of cinder block in which the middle gaps are filled with soil and vegetation is allowed to grow. Although short grasses are used in many areas, there are other more drought-tolerant and hardy groundcover choices that can be

used in the Bay Area. A better option can be to use an annual ground cover that stays green in winter and spring from the rain but then dies back temporarily in summer and fall.

Decomposed granite is formed from the natural weathering and erosion of solid granite. It is used for paths, patios, and driveways

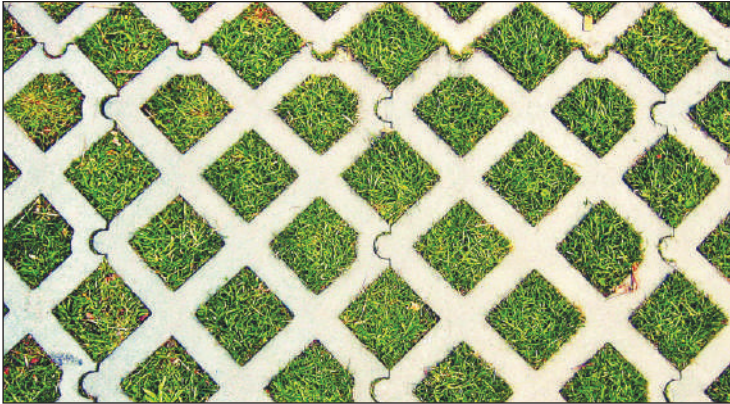
by people who want a more permeable and natural looking material. Colors include brown, tan, black, gray, and a reddish-purple shade making it an easy match for any home or hardscape color scheme. Laying it on a drain rock base, watering it, and then tamping it down is all that is necessary to make a long-lasting green driveway.

Gravel has been used for centuries on large estate driveways but not so much for Bay Area suburban driveways. People often fear that the loose gravel will not stay within the perimeter of the driveway. Using a jagged rock, such as base rock, solves this problem as the uneven edges wedge together after being tamped down. A gravel driveway has all the same benefits as other green driveways as well as a nice soothing sound when being driven over.

Truegrid permeable pavers are a series of small, honeycombed shape modules that are placed over drain rock and a fiber filter that can be filled with gravel or soil to create an attractive driveway. A Truegrid driveway can handle the weight of any car or truck, is ADA compliant, and can easily absorb 100 percent of the normal rainfall for this area. Truegrid pavers have the added eco-benefit of being made from recycled plastics.

Nowadays, people look for more sustainable options. Choosing to replace a concrete or asphalt driveway with a greener one may need some deliberation, but if we want sustainability, it is not a hard choice.

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





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- Wash your car at a commercial car wash that recycles water.
- Irrigate efficiently - install a smart controller (rebates available).
- Remove lawn and install water efficient plants (rebates available).
- Use a broom instead of a hose to clean driveways and sidewalks.
- Water plants during the coolest times of day, early morning or evening.

For more information visit, acwd.org/drought

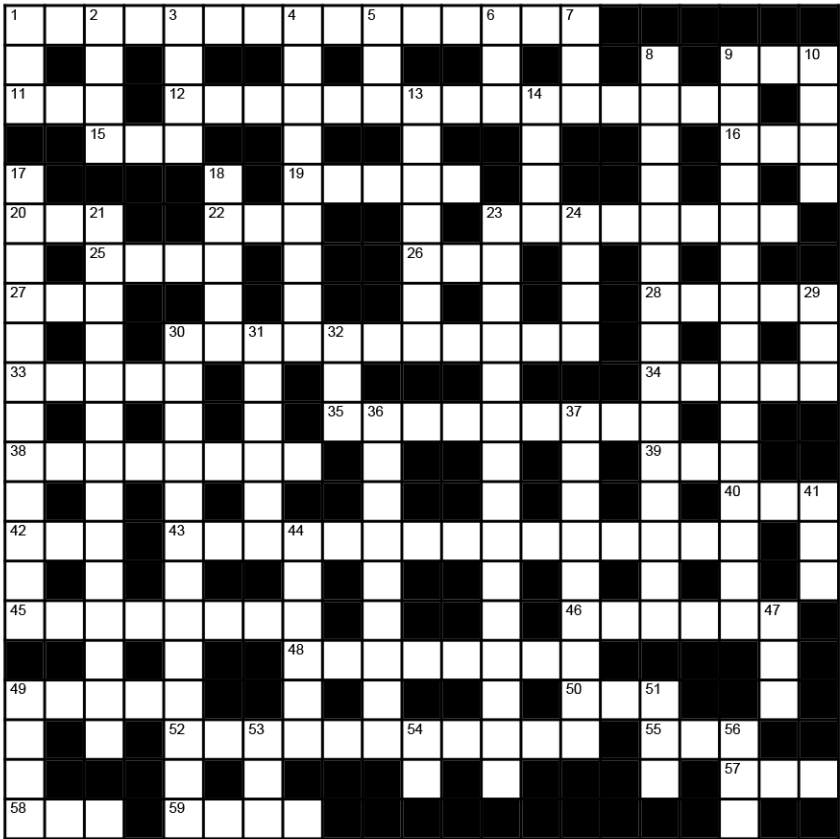


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Mind Twisters

Crossword Puzzle



- Across

1

Comment, part 3 (5,2,1,7)

9

Cartoonist Keane (3)

11

TV planet (3)

12

Spotless (5,2,1,7)

15

Asner and Begley (3)

16

Some Caltech grads, for short (3)

19

Bank holdings: Abbr. (5)

20

"___ Believer" (3)

22

Mantra sounds (3)

23

Stagnant (8)

25

Saws with the grain (4)

26

Yokohama yes (3)

27

Conceit (3)

28

Lecherous (5)

30

Wise ones (5-6)

33

Spiral shell (5)

34

State in NE India (5)

35

Puzzles (9)

38

Domestic (8)

39

___ system (3)

40

Code-cracking org. (3)

42

___ Maria (3)

43

Newspaper feature (9,6)

45

Utterly lost (3,2,3)

46

Tops (6)

48

Trigger, e.g. (8)

49

Philosopher William of ___ (5)

50

Butter portion (3)

52

Good amount of money (6,5)

55

Big inits. in long distance (3)

57

Help wanted abbr. (3)

58

Daisy ___ (3)

59

O.A.S. member: Abbr. (4)

Down

1

Life story (3)

2

Croupier's tool (4)

3

Sets (on) (4)

4

Smooth and white (9)

5

"Die Meistersinger" soprano (3)

6

Cabinet acronym, once (3)

7

Thor Heyerdahl craft (3)

8

Set (8,2,1,4)

9

Minor obsession (3,2,4,6)

10

Bringing up the rear (4)

13

Small bag (7)

14

Hawaii County's seat (4)

17

Head honcho (3,9)

18

Cherished (5)

21

Continuously (6,3,5)

23

Errors (15)

24

Soaks, as flax (4)

29

"Dee-lish!" (3)

30

Shrimp cocktail? (7,6)

31

Melodic pieces (6)

32

Choose (3)

36

Forever (9)

37

Duplicate (5,4)

41

Historic Scottish county (3)

44

Bag holder (6)

47

Masseur's workplace, maybe (3)

49

Start of something big? (4)

51

Atlantic City mecca, with "the" (3)

53

Part of some E-mail addresses (3)

54

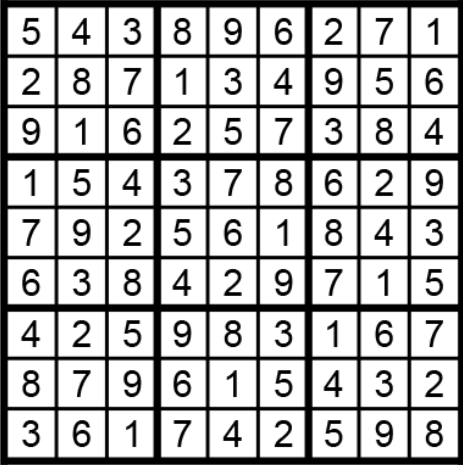
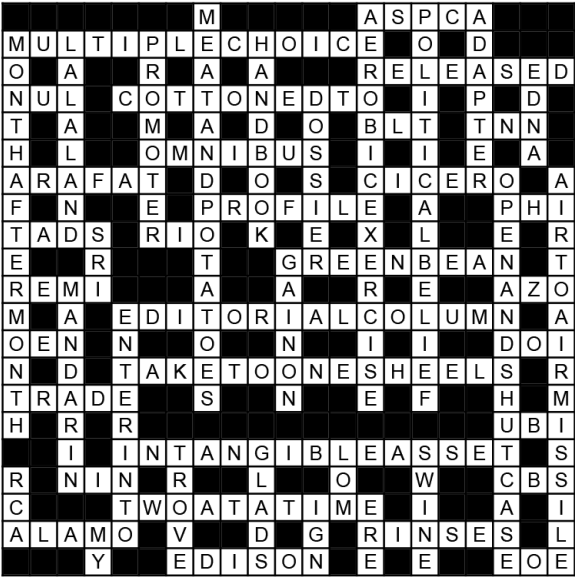
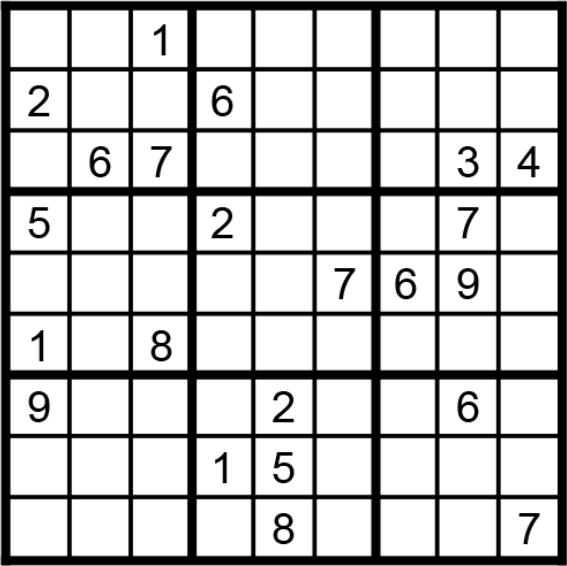
... (2)

56

"Hazel!" cartoonist Key (3)

Sudoku:

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



Tri-City Stargazer FOR WEEK: JUNE 15, 2021

All Signs: Saturn makes a harsh pass at Uranus this week, which could bring upsets to material wealth. Meanwhile, the last time Mars was in Leo was two years ago in July/August 2019. Being an energy planet, Mars will pump your ego and energize the Fire signs for the next two months -- Aries, Leo, and Sagittarius (plus Gemini and Libra). Meanwhile, Mercury retrograde continues until June 22. (Note: If buying ground transportation, computers, and cellphones, wait until July 8, when the shadow is gone.)

Aries the Ram (March 21-April 20): Expect a surprise from a friend or a group this week. (This surprise could impact your finances.) Meanwhile, because of the frustrations of Mercury retrograde, be smart and allow extra time for everything, especially when you leave your home. This will trigger missed appointments and embarrassing delays along with mixed-up communications and forgetfulness. Fortunately, things at home are warm and supportive. In the next two months, Mars will make you playful and supportive.

Taurus the Bull (April 21-May 20): Something sudden and unexpected might create obstacles for you at this time. It could relate to the government or rules and regulations. It could be surprising news from a boss or a parent. A sudden change in the role of authority. You might have to step in to do some damage control. Meanwhile, financial delays are frustrating along with cheques that are late in the mail. On top of this, your home scene continues to be full of confusion and chaos. Fortunately, amidst all this, you are charming and delightful.

Gemini the Twins (May 21-June 20): Plans related to higher education, future travel, or something to do with publishing, media, law, or medicine might suddenly change. This could catch you off guard. If so, you will be vocal and proactive about this because Mars is in your House of Communications. Fortunately, the Sun in your sign will empower you. Admittedly, your ruler Mercury is retrograde and that is a bit maddening because this creates

mistakes, confusion, and delays. However, there is always some good news. Venus will attract money to you.

Cancer the Crab (June 21-July 21): In a way, you are waiting in the wings before your birthday arrives. This means that you are preferring to play things low-key. Of course, fair Venus in your sign encourages socializing and warm times spent with others. This is also a great week to buy wardrobe items for yourself. Nevertheless, a sudden change to something to do with taxes, inheritances, shared property might impact your wealth. This could be good news or bad news. Whatever happens, it is a fact that you are having a successful year in 2022, so this sudden impact to your assets will not hold you back.

Leo the Lion (July 22-August 22): Mars is in your sign; you are energetic and feisty! Furthermore, the Sun and Mercury retrograde are bringing opportunities to socialize with friends, especially people from the past. Your hidden Venus will attract opportunities for secret love affairs. However, something unexpected and powerful might impact a close friendship or a partnership. For some of you, a partnership might end. Perhaps a sudden shift will take place in a close relationship. For others, someone unusual, different, and new will enter your world.

Virgo the Virgin (August 23-September 22): You continue to be high viz., which means that people notice you more than usual. But more than that – they admire you! This is an excellent time to make your

pitch. Venus will promote warmer relations with others. In fact, a friend could become a lover. Something unexpected will impact your work scene. It could be sudden and create a big change. Your job might end or change in a dramatic way. This unexpected news might also be something related to your health or a pet. Go slowly so that you are prepared for the unexpected.

Libra the Scales (September 23-October 22): You continue to make a fabulous impression on others because your ruler, fair Venus is at the top of your chart. It also makes you look like you know something about design, layout and that you have good artistic judgment, which most of you do. Your urge to travel and do something different to inject some excitement into your life is still strong. Parents should be careful and vigilant with their kids because accidents or something unexpected could impact your kids. Tread carefully. Remember – the future unfolds one day at a time.

Scorpio the Scorpion (October 23-November 21): You are determined to achieve your goals. In fact, several things have come together that makes you ambitious in a optimistic way. Travel for pleasure will also appeal if this is possible. Romance with someone different might also be in the picture. What cannot be ignored is that something basic and possibly literally to do with the physical structure of your home will suddenly occur this week. It is unexpected and it affects home and family. It could be related to your physical

residence. It might also apply to an older family member. It will require your attention.

Sagittarius the Archer (November 22-December 21): First off, let us remember that you need more sleep this week. Definitely. You love to travel and this week, you might have a chance to do so because you certainly are pushing the sides of the envelope to explore new ideas, see new places and meet new people. Quite possibly, money, gifts and goodies will come to you. Do not be afraid to attract generosity. Romance is certainly passionate! However, please pay attention to everything you say and do because this is an accident-prone time for you. Something unusual will interrupt your daily routine.

Capricorn the Goat (December 22-January 19): You are in work mode – no question. Therefore, get as much done as you possibly can this week. Admittedly, Mercury retrograde is in this part of your chart, so you will suffer from delays and goofy mistakes. Fortunately, your close relationships are excellent at this time. Your sex drive is amped! It's good to have this wonderful support because something unexpected will impact your earnings or your wealth this week. It could be good; it could be bad.

Aquarius the Water Bearer (January 20-February 18): This fabulous, playful planetary influence continues this week. Accept all invitations to party and enjoy sports events plus creative activities with kids. Relations with coworkers are splendid. The only

fly in the ointment is that you might feel annoyed with a partner or close friend because of tension building up between you. (Patience is your best ally.) Midst all these wonderful influences, nevertheless, you feel caught off guard by something unusual this week. This could mean a sudden break with a person, friendship, partnership, or situation. If so, this could be freedom from something that was previously oppressive.

Pisces the Fish (February 19-March 20): Home, family and your private life continue to be your primary focus, especially because many of you have been revisiting past issues with family members. Fortunately, you are charged up to work and be as productive as possible. Nevertheless, Venus will encourage you to party and have good times, while lucky Jupiter in your sign will basically encourage good fortune in your life. However, something going on behind the scenes will be disruptive this week. Hopefully, you will become free of something that you've been putting up with for too long.



By Georgia Nicols
www.georgianicols.com.

CASTRO VALLEY TOTAL SALES: 18						
Highest \$: 1,550,000		Median \$: 999,000				
Lowest \$: 720,000		Average \$: 1,032,750				
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19936 Center Street	94546	720000	3	1034	1932	3/18/21
19913 Forest Avenue #3	94546	725000	2	1303	1979	3/16/21
6931 Lariat Lane	94552	790000	2	1571	1985	3/19/21
21133 Baker Road	94546	820000	3	1213	1953	3/18/21
21445 Outlook Court	94546	828500	2	1392	1958	3/17/21
4705 Audrey Drive	94546	900000	3	1246	1954	3/15/21
22125 Lantana Court	94546	905000	3	1424	1956	3/16/21
18982 Santa Maria Ave	94546	960000	3	1086	1948	3/16/21
18477 Magee Way	94546	998000	3	1024	1952	3/17/21
3248 Sydney Way	94546	1000000	3	1746	1955	3/19/21
3910 Wilson Avenue	94546	1050000	3	1536	1965	3/18/21
19351 Santa Maria Ave	94546	1080000	3	1368	1960	3/17/21
3654 Spyglass Court	94546	1175000	3	2162	1987	3/19/21
21781 Tanglewood Dr	94546	1200000	3	1845	1948	3/19/21
3257 Kerr Street	94546	1210000	4	1754	1956	3/17/21
19295 Barclay Road	94546	1300000	4	2086	1965	3/16/21
4641 Lockridge Way	94546	1378000	4	2092	1960	3/16/21
18492 Capricorn Court	94546	1550000	5	2428	1964	3/15/21

FREMONT TOTAL SALES: 33						
Highest \$: 2,625,000		Median \$: 1,140,000				
Lowest \$: 475,000		Average \$: 1,228,197				
ADDRESS	ZIP	SOLD FOR	BD\$	SQFT	BUILT	CLOSED
38500 Paseo Padre Pkwy #302	94536	475000	2	950	1970	3/15/21
3810 Pioneer Terrace	94555	493000	0	0	0	3/16/21
37471 Parish Cir #15a	94536	600000	2	942	1989	3/19/21
39145 Sonora Court	94538	637500	4	1554	1959	3/19/21
39916 Fremont Blvd #U9	94538	648000	2	1165	1972	3/17/21
1024 Avila Terraza #7o	94538	725000	2	1086	1991	3/16/21
4513 Capewood Terrace	94538	726000	3	1242	1971	3/17/21
3979 Wildflower Comm	94538	768000	2	1152	1987	3/19/21
35211 Santiago Street	94536	900000	3	1256	1965	3/18/21
3859 Development Terr #1004	94538	920000	0	0	0	3/17/21
4101 Vintage Terr #17	94536	945000	2	1390	1995	3/18/21
36171 Cabrillo Drive	94536	950000	3	1148	1956	3/16/21
34912 Machado Comm	94555	1058000	0	0	0	3/15/21
34942 Machado Comm	94555	1068000	0	0	0	3/16/21
3739 Howe Court	94538	1092000	3	1056	1958	3/17/21
4530 Doane Street	94538	1100500	3	1080	1959	3/17/21
4711 Victoria Avenue	94538	1140000	3	1475	1962	3/16/21
3219 Briones Terrace	94538	1150000	3	1712	2014	3/19/21
37762 Mosswood Drive	94536	1200000	3	1166	1953	3/17/21
43678 Salem Way	94538	1211500	4	1314	1960	3/19/21
114 Visa Court	94538	1240000	4	1706	1961	3/16/21
3611 Dunbar Court	94536	1255000	3	1453	1976	3/16/21
38325 Paseo Padre Pkwy	94536	1295000	4	1648	1969	3/18/21
5563 Truman Place	94538	1350000	4	1766	1966	3/17/21
33275 Sunriver Comm	94555	1418000	3	1547	1989	3/17/21
927 Orca Terrace	94536	1425000	5	2157	1995	3/17/21
41074 Pajaro Drive	94539	1500000	3	1578	1971	3/16/21
4519 Eggers Drive	94536	1650000	4	2340	1999	3/16/21
1063 Kraftile Road	94536	1985000	5	3308	2008	3/18/21
4296 Santa Monica Terr	94539	2000000	5	3831	1996	3/17/21
42837 Travis Layfield Pl	94539	2480000	4	2749	2014	3/15/21
1591 Mento Terrace	94539	2500000	0	0	0	3/18/21
165 Mission Road	94539	2625000	4	3075	2012	3/18/21

HAYWARD TOTAL SALES: 24						
Highest \$: 1,322,000		Median \$: 732,500				
Lowest \$: 440,000		Average \$: 743,229				
ADDRESS	ZIP	SOLD FOR	BD\$	SQFT	BUILT	CLOSED
22329 Rockaway Lane	94541	440000	2	857	1942	3/16/21
1003 Cheryl Ann Cir #58	94544	461000	2	1060	1979	3/17/21
29591 Vanderbilt St #308	94544	470000	2	878	1988	3/19/21
24308 Alves Street	94544	487500	5	1620	1950	3/17/21
24626 Diamond Ridge Dr	94544	495000	2	870	1991	3/19/21
25129 Angelina Lane #7	94544	615000	2	1274	2002	3/16/21
22777 Atherton Street	94541	630000	3	1224	1997	3/17/21
1859 Egret Lane	94545	640000	4	1387	1965	3/19/21
522 Ravenna Way	94545	665000	4	2138	2009	3/16/21
152 El Dorado Avenue	94541	675000	2	792	1922	3/17/21
26983 Lauderdale Ave	94545	715000	3	1215	1957	3/17/21
21034 Times Avenue	94541	715000	3	1014	1951	3/17/21
1147 Martin Luther King Dr	94541	750000	3	1704	2013	3/18/21
20898 Locust Street	94541	785000	3	1184	1948	3/18/21
28170 Dickens Avenue	94544	801000	3	1455	1956	3/16/21
2752 Longshores Drive	94545	819000	2	1604	2010	3/19/21
897 Lester Avenue	94541	820000	3	1318	1950	3/15/21
658 Gleneagle Avenue	94544	870000	3	1392	1958	3/19/21
24679 Santa Clara Street	94544	880000	4	1375	1958	3/19/21
612 Santina Drive	94541	900000	3	1915	2016	3/17/21
1498 Cathy Way	94545	922000	0	2109	1959	3/15/21

377 B Street	94541	940000	5	1835	2016	3/19/21
175 Montevina Way	94545	1020000	3	1998	2010	3/17/21
251 Bridgewater Road	94544	1322000	4	2485	1999	3/17/21

MILPITAS TOTAL SALES: 22						
Highest \$: 2,320,000		Median \$: 1,179,500				
Lowest \$: 640,000		Average \$: 1,292,659				
ADDRESS	ZIP	SOLD FOR	BD\$	SQFT	BUILT	CLOSED
325 North Temple Drive	95035	640000	2	976	1970	5/6/21
36 Washington Square Dr	95035	675000	2	900	1990	5/3/21
1482 Nightshade Rd #21	95035	800000	1	1072	2018	5/5/21
370 Riesling Ave #21	95035	1000000	3	1485	2018	5/3/21
1619 Cortez Street	95035	1010000	3	1100	1958	5/5/21
2038 Trento Loop	95035	1020000	2	1416	2015	5/7/21
1309 Coyote Creek Way	95035	1080000	3	1370	2014	5/4/21
430 Monmouth Drive	95035	1100500	3	995	1956	5/4/21
464 Cascadita Terrace	95035	1105000	3	1547	1992	5/4/21
1866 Trento Loop	95035	1150000	3	1709	2016	5/7/21
1306 Thistle Place	95035	1160000	3	1743	2018	5/5/21
315 North Abbott Ave	95035	1199000	3	1116	1958	5/6/21
1718 Hazelnut Lane	95035	1260000	3	1887	2018	5/4/21
2030 Calle Mesa Alta	95035	1420000	3	1990	1990	5/7/21
325 North Park Victoria Dr	95035	1430000	3	1854	1962	5/5/21
1731 Rocky Mountain Ave	95035	1535000	5	1858	1968	5/3/21
476 Martil Way	95035	1600000	3	1659	1978	5/4/21
132 Fontainbleu Court	95035	1682000	4	2092	1978	5/7/21
868 Cameron Circle	95035	1700000	4	2304	1999	5/5/21
1133 North Park Victoria Dr	95035	1725000	4	2351	1979	5/5/21
133 Chysis Road	95035	1827000	5	2717	2014	5/7/21
566 Clyde Court	95035	2320000	4	2590	1996	5/4/21

NEWARK TOTAL SALES: 8						
Highest \$: 1,780,000		Median \$: 980,000				
Lowest \$: 390,000		Average \$: 1,031,375				
ADDRESS	ZIP	SOLD FOR	BD\$	SQFT	BUILT	CLOSED
39865 Cedar Blvd #132	94560	390000	1	777	1986	3/19/21
36248 Worthing Drive	94560	705000	3	1930	1971	3/15/21
6151 Joaquin Murieta Ave #B	94560	800000	3	1456	1981	3/15/21
5364 Port Sailwood Dr #37	94560	810000	3	1498	1983	3/15/21
8537 Central Avenue	94560	1150000	3	1712	2018	3/16/21
36131 Forestwood Drive	94560	1250000	3	1708	2017	3/15/21
6210 Broadway Avenue	94560	1366000	4	2039	1979	3/15/21
37298 Aleppo Drive	94560	1780000	0	3634	2002	3/15/21

SAN LEANDRO TOTAL SALES: 10						
Highest \$: 1,030,000		Median \$: 823,250				
Lowest \$: 465,000		Average \$: 831,650				
ADDRESS	ZIP	SOLD FOR	BD\$	SQFT	BUILT	CLOSED
1132 Carpentier St #411	94577	465000	2	1182	1983	3/18/21
1010 Trojan Avenue	94579	760000	3	1156	1951	3/19/21
760 Saint Marys Avenue	94577	785000	2	1150	1926	3/19/21
2248 Pipit Court	94579	810000	4	1651	1999	3/17/21
2426 Wimbledon Lane	94577	812500	3	1723	1978	3/16/21
16896 Robey Drive	94578	834000	3	1656	1989	3/19/21
14027 Corvallis Street	94579	855000	3	1081	1951	3/15/21
450 Lewis Avenue	94577	965000	2	1311	1920	3/19/21
13463 Aurora Drive	94577	1000000	4	1820	1947	3/18/21
14677 Merced Street	94579	1030000	0	3013	1953	3/17/21

SAN LORENZO TOTAL SALES: 4						
Highest \$: 830,000		Median \$: 760,000				
Lowest \$: 535,000		Average \$: 721,250				
ADDRESS	ZIP	SOLD FOR	BD\$	SQFT	BUILT	CLOSED
605 Burnley Lane	94580	535000	3	1468	1990	3/15/21
442 Crespi Place	94580	740000	4	1814	2004	3/19/21
17348 Via Frances	94580	780000	3	1379	1953	3/15/21
15725 Paseo Largavista	94580	830000	4	1920	1944	3/19/21

SUNOL TOTAL SALES: 1						
Highest \$: 2,800,000		Median \$: 2,800,000				
Lowest \$: 2,800,000		Average \$: 2,800,000				
ADDRESS	ZIP	SOLD FOR	BD\$	SQFT	BUILT	CLOSED
6625 Hubbard Lane	94586	2800000	5	4675	2009	3/18/21

UNION CITY TOTAL SALES: 12						
	Highest \$: 1,340,000	Median \$: 825,000				
	Lowest \$: 373,500	Average \$: 850,792				
ADDRESS	ZIP	SOLD FOR	BD\$	SQFT	BUILT	CLOSED
2912 Decoto Road	94587	373500	3	1945	1942	3/16/21
4935 Bridgepointe Pl #81	94587	425000	1	672	0	3/16/21
2535 Copa Del Oro Dr	94587	518000	2	908	1984	3/18/21
33017 Calle La Mirada Comm	94587	705000	3	1212	1996	3/17/21
561 Jonathan Way	94587	795000	3	1160	1956	3/15/21
2624 Great Arbor Way #59	94587	800000	3	1320	1985	3/16/21
164 Tamarack Drive	94587	850000	3	1056	1958	3/18/21
2596 Village Dr #20-31	94587	865000	3	1640	1985	3/18/21
35406 Monterra Circle	94587	1006000	3	1708	2001	3/16/21
2940 Seriana Way	94587	1200000	3	1908	1993	3/16/21
32464 Darlene Way	94587	1332000	4	1566	1974	3/16/21
4433 Shorebird Drive	94587	1340000	3	1576	1996	3/15/21

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CITY NEIGHBOR
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Living Well

MASONIC HOMES OF CALIFORNIA MASONICHOME.ORG • JUNE 2021

Feeling Blue—In a Good Way!

NINE LESSONS ON HEALTHY AGING FROM
THE WORLD'S CENTENARIANS.

WHAT IS IT THAT KEEPS some people healthy and active well into their nineties—and even further? Research shows that genetics play a relatively small role in longevity, while things like diet, lifestyle, and environment represent a much larger factor. And it isn't just the length of life that's affected by those choices, either—it's the quality of life. By eating well, moving more, and staying connected, we can all reduce the risks of memory loss and other forms of cognitive decline.

At the Masonic Homes of California, that kind of holis-

tic approach to health has been integrated into just about every facet of campus life, from resident services and activities to nutrition. Here, Christina Drislane, the director of memory care and connected living at the Masonic Homes, explains the nine elements that make up the "Blue Zone" lifestyle—habits practiced in communities where people live the longest and stay the healthiest, as coined by Dan Buettner, author of *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*.

1 MOVE NATURALLY

Exercise is great, but just moving your body is important, too. That means taking the stairs instead of the elevator, walking a few blocks to the store instead of driving, or otherwise going out of your way to get active. "It's about motivating yourself to put movement into your day," Drislane says.

2 PURPOSE

People who are able to connect to a higher calling consistently report better overall health and longevity. "It's about asking, 'Why am I here?'" Drislane says. "You have to make your own mission statement." Living with purpose gives each day meaning and buoys your spirits.

3 DOWNSHIFT

Whether it's through prayer, meditation, or happy hour, relieving stress is an important factor in overall health.

4 THE 80% RULE

Stop eating when you're 80 percent full—that's often the difference between maintaining (or losing) weight and gaining it. It also helps prevent indigestion and makes keeping track of your calories easier to manage.

5 PLANT-BASED DIET

Increasing the plant portion of your diet, while minimizing meat and processed food, is one of the most important parts of developing a healthy diet. Beans play an enormous role in communities with large numbers of centenari-



ans. "Focusing on beans, whole grains, and garden veggies helps lower cholesterol, which is good for your heart, and has been shown to be linked to a reduced risk of memory loss," Drislane says. "The healthier our bodies are, the less likely it is that we develop memory problems."

6 A GLASS OF WINE

Moderate alcohol consumption (one or two glasses per day) is actually shown to be strongly linked with overall health, better even than that of non-drinkers.

7 BELONG

Whether it's a church group or another kind of community, a huge proportion of the world's longest-lived people have a group or a place that connects them to others and to something larger than themselves. "It's about having ritual, having a sense of community," Drislane says.

8 FAMILY CONNECTION

Putting family first is a hallmark of the world's healthiest communities—not just for the elderly, but also for children and adults. Making time to stay in close contact with our families does wonders for our psychological health and happiness.

9 RIGHT TRIBE

Having a social circle, whether chosen or born into, is good not only for your mental and spiritual health, but even your physiological health. A group of friends that encourages you toward healthy lifestyle choices is one of the most powerful tools you have for living well.

While each of the elements is important in its own right, Drislane says they shouldn't be thought of individually. "Integrating and combining these ideas into our lives is what's important. So have a glass of wine at 5 p.m. with your friends while taking a walk," she jokes. ♦



Masonic Homes
of California

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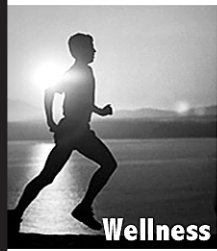
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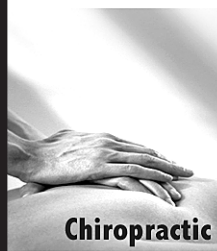
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www.HaywardAnimals.com
16 Barnes Court, Hayward
(Near Soto & Jackson)

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**Daicca Blue is a shy 5 year old girl who
likes to take things slow.**

**Though a bit skittish, she blossoms with people
she feels comfortable with. She would like to find an
only dog home with adults.**

**To adopt call Hayward Animal shelter
(510) 293 – 7200**



**Tiger is a male bunny who is neutered,
vaccinated, microchipped
and ready to go home! Tiger is a curious bunny
who loves fresh greens.**

**He does well with handling, he just
prefers it to be on his own terms.**
**To adopt call Hayward Animal Shelter
(510) 293 – 7200**

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

CONTINUING EVENTS

Tuesdays

Practice Your Spoken English

4 p.m. – 5 p.m.
Talk with native English speakers
about everyday topics in a friendly,
welcoming setting
Via Zoom
[https://aclibrary.bibliocommons.com
/events/search/index/event/60b010eed768a44500b2ade2](https://aclibrary.bibliocommons.com/events/search/index/event/60b010eed768a44500b2ade2)

Wednesdays

Niles Street Eats

5 p.m. - 8 p.m.
Food trucks
Niles Town Plaza
37592 Niles Blvd., Fremont

Wednesdays

First Presbyterian Church of Newark Virtual Youth Group

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

Thursdays

San Lorenzo Street Eats

5 p.m. - 9 p.m.
Food trucks
500 Via Mercado, San Lorenzo

Fridays

Castro Valley Street Eats

5:30 p.m. - 8:30 p.m.
Food trucks and live music - support
The Chabot Theater
Parking lot behind Trader Joe's
2490 Grove Way, Castro Valley
[https://www.thefoodtruckmafia.com/
upcoming](https://www.thefoodtruckmafia.com/upcoming)

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 com-
edy has gone to YouTube!
[https://madeuptheatre.com/upcom-
ing-shows/online-shows/](https://madeuptheatre.com/upcoming-shows/online-shows/)

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

9:30 a.m.; Worship Service In-Person
or Online
[https://www.youtube.com/channel/U
C9NxtyzVaehQJHwLlpwPWlw](https://www.youtube.com/channel/UC9NxtyzVaehQJHwLlpwPWlw)
35450 Newark Blvd., Newark
www.newarkpres.org

Sundays

St. Anne's Episcopal Church Service

10 a.m.
Socially distant outdoor seating
2791 Driscoll Road, Fremont
Via Zoom link: [www.stan-
neschurch.org](http://www.stanneschurch.org)

Third Thursday each month Chronic Pain Support Group

12:30 p.m.- 2:30 p.m.
Request link: njordan@fremont.gov

Last Thursday of the Month, March – 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/](https://sv.tie.org/mini-mba-in-entrepreneurship/)

Arts & Entertainment

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UPCOMING Events

Tuesday, June 15

'In The Heights' Virtual Book Launch R\$

5 p.m. – 6 p.m.
Join Lin-Manuel Miranda, Quiara
Alegria Hudes, and Jeremy Mc-
Cartterell as they talk about the
show's humble beginnings
Via Zoom
<https://bit.ly/2TgiBNB>

Tuesday, June 15

Town Hall

6:00 p.m. – 6:30 p.m.
Representative Ro Khanna will
discuss recent actions by Congress
and answer questions
Via Facebook Live
[https://www.facebook.com/Re-
pRoKhanna/](https://www.facebook.com/RepRoKhanna/)
<https://khanna.house.gov/>

Wednesday, June 16

BACH Talks R

1 p.m. – 2 p.m.
Learn about expected symptoms and
benefits from getting the COVID-19
vaccine
Via Zoom
<https://bit.ly/3vcxAFx>

Wednesday, June 16

USCIS Online Resources and Customer Service Tools

4:00 p.m. – 5:30 p.m.
Free info session from U.S. Citizen-
ship and Immigration Services
Webex Link: <https://bit.ly/2ToyD8j>
Meeting number (access code): 199
054 2623
Meeting password: y2PBivZn4S\$5

Wednesday, June 16

COVID-19 Crowdfunding

1 p.m. – 3 p.m.
Learn about the different ways that
allow the community to support your
business – a free ACSBDC webinar
[https://nc.eccenterdirect.com/events/4
8418](https://nc.eccenterdirect.com/events/48418)

Wednesday, June 16

Breathe Easier with Pulmonary Rehab

3:30 p.m.
Virtual Seminar – Exercise training,
education and breathing strategies
www.whhs.com
(800) 963-7070

Wednesday, June 16

Music and Movement for Kids

3:30 p.m. – 4:30 p.m.
Singing, rhythmic movement and
dance, playing music
Via Zoom:
<https://tinyurl.com/rnphc2uj>
www.musicforminors2.org

Saturdays & Sundays in June & July

Niles Canyon Railway

10:30 a.m. & 1:00 p.m.
6/19, 6/20, 7/10, 7/11, 7/17, 7/18:
Diesel Trains
Sunol Depot
6 Kilkare Rd., Sunol
www.ncry.org

Sundays, May 30 – July 25

"Travel Without Leaving Town" Film Series

3 p.m.
June 27: Botticelli: Florence and the
Medici
July 11: The Prado: A Collection of
Wonders
July 25: Frida: Viva la Vida
\$15 regular/\$10 students to age 21
Bankhead Theater
2400 First St., Livermore
lvpac.org
(925) 373-6800

Tuesday, June 1 – Friday, June 25

Pray Their Names

Outdoor art installation made up of
160 large wooden hearts
Niles Discovery Church
36600 Niles Blvd., Fremont
[https://www.facebook.com/Pray-
Their-Names-111352017313180](https://www.facebook.com/Pray-Their-Names-111352017313180)

Tuesday, June 15 and July 13

Free drive-through COVID-19 vaccine

12 noon
For Ohlone College students, faculty,
staff, and the community
Newark Center, Lot D
39399 Cherry St., Newark
Go to <https://bach.health/vaccine/> to
register
[https://www.ohlone.edu/rtc/re-
sources/vaccination](https://www.ohlone.edu/rtc/re-sources/vaccination)

Friday – Sunday, June 18 – July 18

Live Horse Racing

2:45 p.m.
<https://bit.ly/3yr6IEy>
Alameda County Fairgrounds
Gates 8 & 12 off of Valley Ave.,
Pleasanton

Sundays, June 27 – August 15

St. Anne's Episcopal Church

12 noon – 1:30 p.m.
Afternoon discussion - change frus-
trating conversations into better ones!
In person or via Zoom
2791 Driscoll Rd., Fremont
(510) 490-0553
<http://stanneschurch.org/>

Tuesday, June 29 and July 27

Free drive-through COVID-19 vaccine

12 noon
For Ohlone College students, faculty,
staff, and the community
Fremont Campus, Lot H
43600 Mission Blvd., Fremont
Go to <https://bach.health/vaccine/> to
register
[https://www.ohlone.edu/rtc/re-
sources/vaccination](https://www.ohlone.edu/rtc/re-sources/vaccination)

Wednesday, June 16
Mental Health Awareness Huddle
5 p.m. – 6 p.m.
Tips and tricks on navigating through tough times
Via Zoom
https://apm.activecommunities.com/milpitasrec/Activity_Search/62156
(408) 586-3231

Thursday, June 17
Rising Sun’s Lunch & Learn Series
12 noon – 12:30 p.m.
Learn more about how Rising Sun operates
<https://bit.ly/3oWZ5l8>

Thursday, June 17
Hayward Nonprofit Alliance
10 a.m.
Ya You, Assistant Professor of Marketing at CSU East Bay, will discuss digital marketing issues for nonprofits
Via Zoom:
<https://us02web.zoom.us/join>
Meeting ID: 823 8148 0428
Passcode: 147350

Friday, June 18
Latino Business Roundtable
9 a.m.
Alameda County Supervisor Richard Valle
Via Zoom:
<https://us02web.zoom.us/join>
Meeting ID: 827 9395 8686
Passcode: 121713

Friday, June 18
Harry Potter Movie Night R
7:30 p.m.
Watch The Prisoner of Azkaban from the comfort of your own car
Lone Tree Cemetery
24591 Fairview Ave., Hayward
RSVP to: (510) 582-1274
<https://lonetreecemetery.com/>

Saturday, June 19
League of Women Voters
9:30 a.m. – 10:30 a.m.
Virtual annual meeting. Keynote address by Judge LaDoris Cordell
Via Zoom
<http://lvvnuc.org/zoom>

Saturday, June 19
Juneteenth Freedom Celebration
10 a.m. – 2 p.m.
Jobs and Wellness Vendors, entertainment. Hosted by the Black Business Roundtable
City Hall Plaza
777 B Street, Hayward

Saturday, June 19
Storytime with Jay Hartlove
11 a.m. - 1 p.m.
Join fantasy author Jay Hartlove as he reads “How to Catch a Mermaid” and talks about his latest novel
Books On B
1014 B St., Hayward
(510) 538-3943

Saturday, June 19
Hike With Your Rep R
8:30 a.m. – 10:00 a.m.
Walk and talk with Congressman Eric Swalwell
Iron Horse Regional Trail
Meet in the Dublin/Pleasanton BART parking lot
5801 Owens Dr., Pleasanton
Josh.Richman@mail.house.gov

Monday, June 21
Milpitas Rotary
12 noon
Valley Water District, CEO Rick Callender, Director Dick Santos
Via Zoom: <https://bit.ly/364zWgd>
Meeting ID: 830 1305 6992
Passcode: 113524

Tuesday, June 22
Pedestrian and Bicycle Safety Training
4 p.m. – 6 p.m.
Via Zoom
Meeting ID: 870 8866 1097
<http://bit.ly/CastroValleyWalkBike>
(916) 234-6212

Wednesday, June 23
How To Watch Out for Cyber Criminals in your Small Business
1 p.m. – 3 p.m.
Learn to recognize threats to your technology – a free ACSBDC webinar
<https://nc.ecenterdirect.com/events/48388>

Wednesday, June 23
Getting to Know USCIS - An Agency Overview
4 p.m. – 5 p.m.
Free info session from U.S. Citizenship and Immigration Services
Webex Link: <https://bit.ly/3vFpDJW>
Meeting number (access code): 199 158 8619
Meeting password: Presentation1!

Wednesday, June 23
Medicare Virtual Fair
12 noon – 4 p.m.
Guidance with enrollment decisions for people turning 65
www.shiphelp.org

Wednesday, June 23 – Thursday, June 24
Android Phone Training
2 p.m. – 3 p.m.
Learn how to make your phone work better for you
<http://bit.ly/AgeWellClasses>
njordan@fremont.gov
(510) 790-6602

Friday, June 25
Coco R\$
Outdoor family movie night—popcorn will be delivered to your space!
8:30 p.m.
Pinewood Park, Milpitas
<https://www.ci.milpitas.ca.gov/milpitas/departments/recreation-services/>

Saturday, June 26
Ohana Virtual Health Walk
11 a.m. – 12 noon
Walk or run the week before, then join us for a livestream
<https://bach.health/walk21/>

Saturday, June 26
“La Bella Vita” – An Evening With Cathy Chow
6:30 p.m. - 9:30 p.m.
Meet artist Cathy Chow and her reations. Music by the Michael Udelson Trio
William D. Hayward Amphitheater
24591 Fairview Ave., Hayward
<https://edenmusicandarts.com/calendar/premier-event-cathy-chow>

Saturday, June 26
Storytime with The Sisters of Perpetual Indulgence
11 a.m. - 1 p.m.
Join Sisters Nova, Amor, and Sashay as they read books celebrating the LGBTQ+ community
Books On B
1014 B St., Hayward
(510) 538-3943

Monday, June 28
Milpitas Rotary
12 noon
Rob’s Project Proposal for our club - 2021-22
Via Zoom: <https://bit.ly/364zWgd>
Meeting ID: 830 1305 6992
Passcode: 113524

Park It

BY NED MACKAY

Among the East Bay Regional Park District visitor centers offering programs as pandemic-related restrictions ease is the center at Big Break Regional Shoreline in Oakley. Located on Big Break Road off Main Street (Highway 4), Big Break is a window on the Delta’s rich cultural and natural history. Outside, there is a kayak launch, fishing pier, small amphitheater, scale model of the entire Sacramento-San Joaquin Delta, and shoreline trails leading to Brentwood and the Marsh Creek Regional Trail, which is open from 5 a.m. to 10 p.m.

The shoreline trails at Big Break are open every day during daylight hours. The visitor center is now open from 1:30 p.m. to 3:30 p.m. Thursdays through Sundays for information and walk-through exhibits. Starting June 17, it will be open from 10 a.m. to 4 p.m. on those days.

The center also is offering free, 30-minute programs led by a naturalist at 10 a.m., 11 a.m., and 12 noon Saturdays and Sundays on the patio outside the visitor center. The programs are geared toward children and their caretakers, but everyone is welcome.

Advance registration is required for the patio programs. You can register by calling (888) 327-2757, option 2. For information on the status of

programs at all the park district visitor centers, visit www.ebparks.org.

A song written by Merle Travis advises that coal mines are “dark as a dungeon and damp as the dew, where the dangers are double, and the pleasures are few.” You can sense the truth of his words, without the danger, by experiencing a great new exhibit at Black Diamond Mines Regional Preserve in Antioch.

Lands including the present park were the site of California’s most extensive coal mining industry from the 1850s through the early 20th century. Then from the 1920s through late 1940s, sand was mined there for glass and steel production. The park district later obtained the property and opened the park

in 1976.

For many years, the district has offered underground tours in the former sand mine tunnels. Now, a replica of a coal mine section has been created in one of those tunnels, because the actual coal mine tunnels are too dangerous to enter. Mannequins represent the miners, and there’s sound track dialogue in English and Welsh since many of the miners came from Wales.

The coal seams were sloped and low in height, so you will see a miner on his side digging at the coalface, and a young boy called a knobber pushing coal downslope to be loaded onto a steel cart for transport to the surface. Knobbers were as young as 8 and worked long shifts underground.

Tours of the new exhibit are 30 minutes long and cost \$3 per person. For safety reasons, only ages 7 and older are allowed. Reservations are required; call (888) 327-2757, option 2. At the same number you can book a tour of the sand mine. Also open to ages 7 and older, it is longer and costs \$6 per person.

The park’s underground Greathouse Visitor Center is open from 10 a.m. to 2 p.m. Saturdays and Sundays, with limited capacity. Admission is free. All ages are welcome. Black Diamond Mines is at the end of Somersville Road, 3½ miles south of Highway 4. A parking fee of \$5 per vehicle is applicable when the kiosk is staffed.

June 14: Flag Day

SUBMITTED BY JOHN GRIMALDI

It is said that the flag of the United States was designed by Betsy Ross, a seamstress who lived in Philadelphia during the American Revolution. But, according to PBS, “some historians believe it was designed by New Jersey Congressman Francis Hopkinson and sewn by Philadelphia seamstress Betsy Ross.”

Whether it was Betsy Ross or Congressman Hopkins who designed the original Stars and Stripes, the Continental Congress, on June 14, 1777, adopted a esolution declaring that “the flag of the United States be 13 alternate stripes red and white...the Union be 13 stars, white in a blue field, representing a new Constellation.” And so, it came to be that our Grand Old Flag became the official emblem of the U.S.-- based on the Continental Army’s banner. It was carried into battle for the first time September 11, 1777, in the Revolutionary War battle of Brandywine.

“Here’s another, somewhat obscure, piece of the Flag’s history,” says Rebecca Weber, CEO, Association of Mature American Citizens (AMAC). “The first observance of June 14 as Flag Day was organized in 1885 by a 19-year-old schoolteacher from Waubeka, Wis., Bernard J. Cigrand. It was not an official celebration, but it was the first known ceremony in honor of our nation’s ensign, according to Cigrand’s biographer historian James L. Brown in his book, “The Real Bernard J. Cigrand: The Father of Flag Day.”

Cigrand was passionate about our Flag. He is said to have delivered more than 2,000 speeches during his quest for an official, national day for the observance of Flag

Day. It took him three decades of effort and in 1916 President Woodrow Wilson proclaimed June 14 for the observance. Likewise, President Calvin Coolidge issued his own proclamation in 1927. However, it would take Congress another 33 years to declare it a national day of remembrance, not quite a national holiday, which President Harry Truman signed into law on August 3, 1949.

“Today, more than ever, it is important for patriotic Americans to show appropriate reverence for the Flag. We live in an era of unheard of, unexpected disdain for the American way of life -- particularly among the younger generations. There are those who would see our Democracy replaced by socialism -- even communism among those who do not know of what they speak. Thus, it is important to show them the ‘whys’ and ‘hows’ and the reasons we take the time to reflect on and respect Old Glory on June 14,” says Weber.

What better place to learn the dos and don’ts of the American Flag than at the American Legion Website - www.legion.org/flag/flagmyths? Here are a few interesting observations:

The Flag Code is The American Legion Flag Code.

On Flag Day, June 14, 1923, The American Legion and representatives of 68 other patriotic, fraternal, civic and military organizations met in Washington, DC for the purpose of drafting a code of flag etiquette. The 77th Congress adopted this codification of rules as public law on June 22, 1942. It is Title 4, United States Code Chapter 1.

A flag that has been used to cover a casket cannot be used for any other proper display purpose.

[Not so] A flag that has been used to cover a casket can be used for any proper display purpose to include displaying this flag from a staff or flagpole.

You must destroy the flag when it touches the ground.

[Not so] As long as the flag remains suitable for display, the flag may continue to be displayed as a symbol of our great country.

There has been a change to the Flag Code that no longer requires the flag to be properly illuminated during the hours of darkness.

[Not so] There has been no change to Flag Code section 6(a), which states: “It is the universal custom to display the flag only from sunrise to sunset on buildings and on stationary flag staffs in the open. However, when a patriotic effect is desired, the flag may be displayed twenty-four hours a day if properly illuminated during the hours of darkness.”

The Flag Code states that when the flag is no longer a fitting emblem for display it is to be disposed of by burning in private.

[Not so] The Flag Code as revised and adopted by the Congress of the United States in 1942 has never included the word(s) "private" or "in privacy." Section 8(k) of the Flag Code states: "The flag, when it is in such a condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning." Since 1937, The American Legion has promoted the use of a public flag disposal ceremony. This ceremony is a fitting tribute and an overt expression of patriotism, which enhances the public’s understanding of honor and respect due the American flag.

LETTERS POLICY

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

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Music for Minors II recognizes its volunteer docents



Serena Huang



Cissy Chen

SUBMITTED BY CAROL ZILLI

Music for Minors II (MFMI) honored its volunteer docents, board members, and staff on June 4 at its annual Volunteer Recognition Event, held at Rancho Arroyo Park in Fremont. The event recognized the first year docents with pins and gifts, culminating in the presentation of the prestigious traditional In Harmony Service Award for excellence in "making the musical difference in children's lives."

The 2021 Award recipients, Serena Huang and Cissy Chen, both volunteer MFMI docents at James Leitch Elementary School in Fremont for several years and MFMI part-time staff members, have joined the 22 other recipients since 2005 when the award was first created.

MFMI docents are supported by the MFMI staff and board members who oversee the program and help make the musical magic happen each year. Docents are key to the program's success as they have the direct contact with the children who shout for joy when the MFMI music class begins. Now more than ever, music is needed in children's classrooms and lives as well as their classroom teachers' given the past challenging year of COVID-19. For more information, visit www.musicforminors2.org.

No shirts, pants needed for bike ride, just a mask

ASSOCIATED PRESS

Philadelphia bike riders won't need their shirts, pants, skirts or even underwear -- just a mask. Organizers of the annual Philly Naked Bike Ride say this year's event will take place Aug. 28 and will require masks, based on the city's earlier coronavirus restrictions.

Varghese becomes Lions Club International governor-elect for California

The first Vice District Governor of California, James Varghese has been elected as governor for the district. A person with an extensive history of helping people in need, James Varghese aims to conceive even newer projects in his term. Lion James will lead 42 Lions Clubs in California. His office term is to start on July 1st, 2021.

On a mission to create a positive impact on the world, Lions Club is the largest service club in the world. With a century-long heritage, Lions Club promotes the well-being of people all over the world. James Varghese, who has recently been elected as the Governor for the term of 2021-2022 will be starting his office duties July 1st, 2020. He will be sworn in as part of the Virtual International Convention being held in Montreal, Canada.

Lion James has been Charter President of Silicon Valley Indian Lions Club, Zone Chair and Region Chair. James Varghese is a proud member and Melvins Jones Fellow of Lions Clubs International. Since its inception in 1917, this Lions clubs International has aided communities across the globe.



Lions Club now spans across more than 200 countries with millions of members encompassing more than 48000 clubs. The mission of Lions Club is: "To empower volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs." Rooting from Lions Club is a charitable arm, Lions Club International Foundation. Founded in 1968, this foundation has provided free meals, vision screenings, diabetes screenings, advocacy for pediatric cancer and education to millions of people.

The city lifted most of its COVID-19 rules in early June, citing an increase in vaccinations and a decrease in cases. But ride organizers said they hadn't had a chance to chat since the city's guidelines changed so for the time being, they're "going to stick with our initial mask guidance." Lead organizer Wesley Noonan-Sessa said they'll keep an eye on what the city says in the next month or so.

Ride participants, sometimes in the thousands, usually gather in a park to strip off their clothes and paint each other's bodies before carefully hopping on their bikes. The naked ride is to promote positive body image, advocate for the safety of cyclists and protest dependence on fossil fuels.

Riders pedal a 10-mile course while taking in sights including Independence Hall, the Liberty Bell and the Philadelphia Museum of Art's steps, featured in the "Rocky" movies. The coronavirus pandemic slammed the brakes on the ride that had been planned for last year. Organizers said then that canceling the 2020 event was "the most responsible thing to do."

PHOTO CORRECTIONS:

Handwaves and hurrah for a good school year



Spelling Bee team, Left to right: Olisin Kulchinsky, Talia Montoya Victoria Bibb.



Academic Bowl team, Back row: Namoi Brock, Courtney Bronson, Donovan Holmes, Chang-May Tan. Front row: Allison Gibbons and Andrew Philips (coaches)



Battle of the Books team, Top row: Sevan Ikeda, Charlene Kuyrkendall (coach) Bottom row: Gabriella Bibb, Lelan Gonzales.

LETTER TO THE EDITOR

Visit Chicago at your own risk

Just a week before Memorial Day weekend, Chicago Mayor Lori Lightfoot made a proud proclamation in a public address to the press that she would no longer do sit-down interviews with any journalist who is not Black or Brown.

Chicago, not too long ago, was a world-class city but now has obviously descended into a “no go zone,” if it is represented by such a hateful bigot. Lightfoot believes it is fine for an elected official (politician) to practice hate speech and unlawful discrimination against one-third of the multi-racial, multi-cultural populace in the city she is also supposed to protect and represent.

With Lightfoot’s racially abusive and inciting tone, she has set in motion an attitude that very sadly degrades any expectations of fun and hospitality in Chicago for tourism. I will not visit there any time soon. It does not project a very safe city, in my opinion.

Mary Gomez, Hayward

Fremont students win top academic scholarship award

SUBMITTED BY BRIAN KILLGORE

Officials from Fremont Unified School District (FUSD) recently announced that 10 district students are among more than 3,100 winners of National Merit Scholarships financed by U.S. colleges and universities.

These awards provide between \$500 and \$2,500 annually for up to four years of undergraduate study at the institution financing the scholarship. These latest scholarship recipients join the 14 FUSD students previously announced as scholarship winners by the National Merit Scholarship Corporation (NMSC) on April 21 and May 12. The newest FUSD scholarship recipients are:

American High School:

- Aditya Kumar

Irvington High School:

- Chandralekha Garapaty
- Annie Wen
- Brandon Ye

Mission San Jose High School:

- Sabrina Cai
- Kathleen Luo
- Serena Mao
- Vigasini Rajaram
- Kyle Wong
- Eric Xu

This is the third National Merit Scholar release in 2021 by the NMSC. An additional group of college-sponsored National Merit Scholarship winners will be announced in July.

LETTER TO THE EDITOR

An open letter to Tri City Residents:

It may seem that you're seeing kittens everywhere. The local community cat population increased due to COVID shutdowns - veterinarians had stopped performing spay/neuter surgeries on feral cats for a few months in 2020. According to Cindy Potter, manager of the kitten foster program at Ohlone Humane Society, “It’s going to take everyone pulling together to address this very challenging situation.”

Ohlone Humane Society has a volunteer team of kitten foster parents. This year they’ve taken in almost 150 kittens already. Most rescues aren’t able to accept more kittens. Right now, they’re trying to manage what they have, and our local Tri-City Animal Shelter is also at maximum capacity.

If you have unfixed cats in your neighborhood, please consider teaming up with your neighbors to

fix and return these kitties and break the cycle. Ohlone Humane Society provides vouchers to get feral cats spayed/neutered at our local For Paws clinic with a co-pay of \$35. A person can also make an appointment at any of the following to get a cat spayed/neutered and pay for it themselves if they buy or rent a trap:

Humane Society of Silicon Valley
www.hssv.org
(408) 262-2133

9 Lives Foundation
www.ninelivesfoundation.org
(650) 368-1365

Fix our Ferals
www.fixourferals.org
(510) 215-9300

Ann Morrison
OHS Volunteer Director & President
Fremont

Honor Roll

Colorado College, Colorado
Spring 2021 graduate

- Ankita Sharma of Fremont

Dickinson State University, North Dakota
Spring 2021 Recognition of Excellence

- Ashley Nash of Milpitas

University of the Columbians, Kentucky
Spring 2021 Dean’s List

- Radhakrishna Nakka of Milpitas
- Ariana Pereira of Newark

Georgia Institute of Technology
Spring 2021 graduates

- Anne Sylvia Amaladoss of Fremont
- William Bowers of Fremont
- Paul Deepakraj Retinraj of Fremont
- Ganesh Walavalkar of Fremont
- Nathan Chan of Fremont
- Tarunkumar Pasumarthi of Fremont
- Evier Tabora Robles of Hayward
- Manbir Randhawa of Hayward
- Olivia Hsieh of Milpitas
- Gaurav Puri of Milpitas
- Anthony Tong of Milpitas
- Yi Wang of Milpitas

The Honor Society of Phi Kappa Phi
New members – San Jose State University

- Rela Duncan of Castro Valley
- Alexis Evangelista of Castro Valley
- Derek Gao of Castro Valley
- Ferdinand Villarosa of Castro Valley
- Fajar Abbas of Fremont
- Yasmeen Abed of Fremont
- Tulaib Ahmed of Fremont
- Niyathi Annamaneni of Fremont
- Swarnangki Bardhan of Fremont
- Austen Bradford of Fremont
- Ryan Caravantes of Fremont
- Vaishnavi Chilleshwaram
- Viet Dang of Fremont
- Ivan Garcia Jr. of Fremont
- Mariah Heimssoth of Fremont

- Stephanie Hernandez of Fremont
- Connor Hunt of Fremont
- Nathaniel Jaramillo of Fremont
- Jessica Kay of Fremont
- Dharak Koradia of Fremont
- Sharanya Kumar of Fremont
- Henry Lin of Fremont
- Somya Menghani of Fremont
- Aparna Menon of Fremont
- Madeline Olea of Fremont
- Shayal Patel of Fremont
- Nimra Shafqat of Fremont
- Aminah Sheikh of Fremont
- Zara Siddiqui of Fremont
- Anam Siddiqui of Fremont
- Amandeep Sidhu of Fremont
- Rohan Surana of Fremont
- Anjali Suthar of Fremont
- Cory Sweet of Fremont
- Vivian Zhao of Fremont
- Celena Foglia of Hayward
- Hoa Anh Thao Nigam of Hayward
- Erin Serrano of Hayward
- Taylor West of Hayward
- Emily Zepeda of Hayward
- Jericko Baltazar of Milpitas
- Natalie Camilleri of Milpitas
- Li-Chia Chen of Milpitas
- Thea Echevarria of Milpitas
- Samantha Kako of Milpitas
- Rahul Kc of Milpitas
- Michelle Nguyen of Milpitas
- Christine Nguyen of Milpitas
- Christian Emmanuel Santos of Milpitas
- Simon Tan of Milpitas
- Ryan Tran of Milpitas
- Jessica Wong of Milpitas
- Ena Arce of Newark
- Tatiana Baragan of Newark
- Heba Silmi of Newark
- Dominique Tarrant of Newark
- Erin Asilo of Union City
- Devon Devera of Union City
- Corina Enriquez of Union City
- Katrina Anne King of Union City
- Aidan Parisi of Union City

Amazon now says remote work OK 2 days a week

AP WIRE SERVICE

Corporate and tech employees at Amazon won't have to work in offices full time after coronavirus restrictions are lifted.

The Seattle Times reports the online retail giant said in a company blog post Thursday that those workers can work remotely two days a week. In addition, the employees can work remotely from a domestic location for four full weeks each year.

Amazon’s work policy update follows backlash from some employees to what they interpreted as the expectation they would have to return to the office full time once states reopen.

Some tech companies had launched recruiting campaigns that seemed targeted in part at Amazon workers’ dismay over an end to remote work.

Most Amazon employees will start heading back to offices as soon as local jurisdictions fully reopen – July 1 in Washington state – with the majority of workers in offices by autumn, the company said previously.

Amazon has about 75,000 employees in the greater Seattle area. The company’s new remote-work plan is similar to other large tech companies.

Google said last month that it expected roughly 60% of its workforce to come into the office a few days a week, and for 20% to work from home full time. Google also gave all employees the option to work remotely full time four weeks per year. Facebook and Microsoft have both said most workers can choose to stay remote.

Amazon’s new policy could add to the challenges faced by Seattle’s traditional business core. In pre-pandemic times, tens of thousands of Amazon workers commuted into the South Lake Union neighborhood north of downtown every day. Most haven’t returned.

More than 450 downtown retailers, restaurants and other street-level business locations have closed permanently in the 16 months since the pandemic sent office workers home, according to a Downtown Seattle Association survey.

Of the roughly 175,000 people who worked in downtown offices before the pandemic, 80% continue to work remotely, according to association data.

OPINION



WILLIAM MARSHAK

"The very ink with which history is written is merely fluid prejudice."

-Mark Twain

In the world of politics, problems and solutions are subject to those who create descriptions and definitions. The public is frequently told what is intended by use of a word or group of words. An often-cited example is "market rate" and "affordable" housing. Categories within the context of each further define their meaning, but fail to uncover micro-regional differences that may tell a completely different story and their impact on affected populations.

When housing developments are approved, a specific plan and cost analysis accompanies preparation. Contingencies are an acceptable provision since the unexpected can, and does, happen with regularity. In some cases, such changes are easily absorbed while in others, they can radically transform initial assumptions. Results typically depend on those defining the circumstance, offering either solutions or impediments to resolution.

A case in point of such a dilemma is the current impasse between the City of Fremont and BMCH California, LLC (dba Century). A portion of the "Parc 55 Project" in the Warm Springs district – approved for up to 81 detached homes and 151 condominium units - is in dispute. The initial Development Agreement between the city and

East Warren Park, LLC defined the development as "senior housing." Century purchased the rights for development of up to 81 detached homes and 151 condominium units. In theory, housing for age 55+ "seniors" could accommodate retired, older people with no school-age children, thereby relieving the surrounding area of additional commuters and increased school impacts. Downsizing from other highly appreciated homes would allow these seniors to purchase "market-rate" units, resulting in significant sales.

As often happens, the Law of Unintended Consequences intervened as the developer found the intended market severely limited, but another group of buyers ready and willing. The project, marketed under a new moniker, "Enclave Senior Housing," appealed to a different group of buyers since many elderly "seniors" were actually part of multi-generational units, not separated from younger members of the family. As a consequence, the Development Agreement was scrutinized and found, in the developer's opinion, to allow a change of CC&R (covenants, conditions, and restrictions), permitting younger residents occupancy if a senior – age 55 or older - is "included."

The City of Fremont had a different opinion, asserting that the Development Agreement forbade any permanent resident except seniors and those over the age of 45. With some units already in the purchase process, retaliation in the form of permit and inspection holds was used as a weapon to delay and halt sale and occupancy.

On to court...

Although heavily debated in Alameda County Superior Court, a preliminary injunction was filed February 3, 2021, allowing occupancy for those who had completed or were in the process of purchasing homes at Enclave Senior Housing. The remainder of the project is currently in limbo as it proceeds through legal determination. A question remains of

why a project, submitted to city council for approval, was presented and approved as a market-rate, seniors-only development when the market could not sustain it and language in the Development Agreement was debatable when applied to senior occupancy.

According to court documents, the developer has been successful in their arguments and, in the judge's opinion, will ultimately prevail. Is this an instance of poor document construction, lack of adequate council oversight or simply happenstance?

Another factor to consider is the definition of "senior citizen." In 1935, when Social Security began, average life expectancy was 61 years. Now, it is approximately 79 years of age. It's a moving target; retirement, health and benefits can vary widely. So too can the definition of a family living unit. The median age in the U.S. is approximately 38 years old. Are you considered a senior (older) citizen at 39? So called "Senior Discounts" are available in some instances for those who are 50 years old. Are they "seniors"? Social Security retirement age that began at age 65 has now increased to age 67 for those born in 1960 or later. Maybe it is an appropriate time to investigate lifestyle trends and multi-generational living units when considering zoning and housing requests.

"Numbers never lie, after all: they simply tell different stories depending on the math of the tellers."

-Luis Alberto Urrea

William Marshak
PUBLISHER

You are never too old

SUBMITTED BY JOHN GRIMALDI

Like with many young men and women, Bill Gossett's schooling was interrupted when World War II broke out, says the Association of Mature American Citizens [AMAC]. And when the war ended, he could not go back to school to get his college degree because he was obliged to go to work. Gossett explained that "There was always a void there, but I was busy learning to run a business. Time went by, and I finally decided to finish my degree. It was a goal of self-fulfillment."

At last, 80 years later, he finally earned his degree from Lincoln College in Lincoln, IL but fate intruded once again. The COVID-19 pandemic forced the cancellation of graduation and so he was unable to formally graduate in 2020—he had to wait until the 2021 ceremony to accept his degree. The wait was worth it, however. He received not only an Associate of Arts degree but also an Honorary Doctorate of Humane Letters as well. Not bad for a 97-year-old.



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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.
37101 Newark Blvd., Newark
(510) 578-4000
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 @ 6:30 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

Water district declares emergency conditions

SUBMITTED BY MATT KELLER

In a statement released June 9, Tony Estremera, Board Chair at Santa Clara Valley Water District, announced that the district has declared a water emergency condition in Santa Clara County.

Here is Estremera’s statement:

Santa Clara County is in extreme drought. We can’t afford to wait to act as our water supplies are being threatened locally and across California. We are in an emergency, and Valley Water must do everything we can to protect our groundwater resources and ensure we can provide safe, clean water to Santa Clara County residents and businesses.

To better deal with these threats and the emergency they are causing, today my fellow Board Members and I unanimously declared a water shortage emergency condition in Santa Clara County. This declaration, which is among the strongest actions we can take under law, allows Valley Water to work with our retailers, cities and the county to implement regulations and restrictions on the delivery and consumption of water. We also are urging the

County of Santa Clara to proclaim a local emergency and join us in underscoring the seriousness of the threats posed by the extreme drought.

Increased conservation is also necessary to protect local water supplies and guard against groundwater overdraft, subsidence, and dry domestic wells, especially if the drought extends into next year. That’s why my fellow Board Members and I also are calling for a mandatory 15% reduction in water use compared to 2019.

These actions are necessary as we face further challenges to our local water supply. The Federal Energy Regulatory Commission ordered Anderson Reservoir to be drained for public safety as we strengthen the dam. This means the largest surface reservoir in Santa Clara County is out of service while performing this critical work.

Our imported water supplies are decreasing because of the historic dry season. About 50% of our water supply comes from outside our county, and the depleted Sierra Nevada snowpack caused a significant reduction in the amount of imported water we will receive this year.

Valley Water is addressing this by working to

withdraw previously banked supplies and purchasing emergency water from our partners. We thank the many people who acted during the last drought and beyond to reduce their water use significantly. Water saved through the years is water we can use now. We urge the community to keep up that great work.

I ask our residents, businesses, and farmers to do your part to help us weather this extreme drought by taking part in our many rebate and conservation programs. Valley Water offers robust conservation programs that can help you save water and money, including an increase in our Landscape Rebate Program beginning July 1. Learn about all our rebate programs, conservation tips and how to get free water-saving tools at www.watersavings.org.

A reliable supply of safe, clean water is crucial for public health and the economy. We can’t predict how long this drought will last. But we know now is the time for action to protect our groundwater basins and make sure there is enough water for all our communities. Thank you for doing your part.

Swalwell to host hike meeting for constituents

SUBMITTED BY JOSH RICHMAN

PHOTO CREDIT: JUSTIN BUELL

Rep. Eric Swalwell (CA-15) will host a “Hike With Your Rep” event for 15th Congressional District residents on Saturday, June 19.

“Our last pre-pandemic town hall meeting, back in January 2020, seems like a million years ago -- we’ve all been through a lot since then,” Swalwell said. “But as we re-emerge from COVID restrictions, I’m eager to see my constituents in person again. “I’ll give a quick talk at the start, chat with as many of you as I can while we walk, and we’ll stop about halfway through for a group question-and-answer session.”

The group will gather with Swalwell at 8:30 a.m. at the Dublin/Pleasanton BART parking lot, 5801 Owens Drive, Pleasanton. From there, they will walk along the Iron Horse Regional Trail in Pleasanton and Dublin.

Participants are asked to bring their own water, and out of an abundance of caution while gathering in a large group, they will be required to wear masks. The event is free and open to all residents of California’s 15th Congressional District, which includes Sunol, Hayward, Union City, Castro Valley, San Lorenzo, Cherryland, Ashland, Fairview, Pleasanton and parts of Fremont and Danville.



Swalwell meeting and hike
Saturday, Jun 19
8:30 a.m.

Start at Dublin/Pleasanton BART parking lot
5801 Owens Dr., Pleasanton
(510) 370-3322

Affordable housing units for sale

SUBMITTED BY CITY OF HAYWARD

City of Hayward officials recently announced that new income-restricted homes priced exclusively for sale to low- to moderate-income buyers near the South Hayward BART station are available for purchase.

The residential development, called SoHay Line, includes 28 one-bedroom, one-bathroom, 429-square-foot “affordable” condominiums offered at below-market rate by Taylor Morrison, formerly William Lyon Homes. In all, the project, at 29362 Mission Blvd., calls for 472 for-sale and rental homes, and 20,000 square feet of ground-floor retail space connected by trails and paseos across 25 acres.

To qualify, for the below-market homes, buyers must have an annual income at or less than 120% of the Area Median Income adjusted for household size. The units, produced and being offered for sale in accordance with the City of Hayward’s inclusionary housing ordinance, are priced at \$371,148.

Interested applicants can start by signing up for a User Account and requesting an Application ID at www.HouseKeys.org. For more information on the buying process, go online to www.Housekeys8.com, call (877) 460-5397 or send an email to programs@housekeys.org

Governor launches California Restaurant Comeback

SUBMITTED BY GOVERNOR’S PRESS OFFICE

As California’s economy comes roaring back and the state prepares to fully reopen this month, Governor Gavin Newsom recently announced action to ensure that restaurants, bars, breweries, and wineries continue to benefit from pandemic regulatory relief – including expanded outdoor dining and the sale of to-go alcoholic drinks – to support the recovery of businesses and protect public health.

“California’s restaurants help create the vibrant and diverse communities that make California the envy of the world. As the state turns to post-pandemic life, we will continue to adapt best practices that have helped businesses transform customer experience for the better,” said Newsom. “With new opportunities and support for businesses large and small, and the California can-do spirit that has carried us through the past year, we will come roaring back from this pandemic.”

The administration has

Union City City Council

June 8, 2021

Proclamations and presentations:

• Appointments of councilmember liaisons for boards and commissions: Pat Gacoscos, Human Relations Commission; Emily Duncan, Parks & Recreation Commission; Jaime Patiño, Senior Commission; Gary Singh, Youth Commission; Carol Dutra-Vernaci, Arts & Culture Commission.

• Presentation by the Public Works Department on illegal dumping in Union City.

Oral Communication:

• A citizen update on Contempo Homeowners Association issues.

Consent Calendar

• Approve Police Towing Rotation List and execute non-exclusive franchise agreements for towing services with Central Towing Company and Jack James Tow Services, Inc.

• Amend Master Fee Schedule for Fiscal Year 2021/22 to incorporate fee increase for California EPA Unified Program Oversight and updates to facility use fees for kitchen use and cleaning.

• Execute an agreement with Universal Building Services and Supplies for custodial services in an amount not to exceed \$439,836.64 starting July 1, 2021, through June 30, 2022, authorizing up to two annual extensions, City Project No. 21-12.

• Appropriate funds in the amount of \$155,000 to the FY 2020-21 Clean Water Program Contractual Services Budget.

• Approve Local Streets and

Roads (LSR) Program List of projects for Fiscal Year 2021-22 Funded by SB1: The Road Repair and Accountability Act of 2017.

• Create the position of Human Resources Technician and amend to the City’s Compensation Plan and Salary Schedule in conformance with California Code of Regulations, Title 2, Section 570.5.

• Adopt two resolutions approving side letters among the City of Union City, Union City Police Management Association, and Management Employees Group related to deferred compensation.

• Approve Master License Agreement for small cell pole attachment installations with GTE Mobilnet of California Limited Partnership d/b/a Verizon Wireless and enter similar agreements with other providers.

• Amend Classification Plan, adopt a side letter between the City of Union City and Service Employees International Union Local 1021 to create the position of Transit Assistant, and amend the city’s Compensation Plan and Salary Schedule in conformance with California Code of Regulations, Title 2, Section 570.5.

Public Hearing

• Station East Residential/Mixed Use Project. Presentation and public comment.

Action Item:

• Approve Station East Residential Mixed Use project plans. Unanimously adopted.

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

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extended relief measures that permit restaurants and bars to continue to benefit from their investments to expand outdoor operations in areas such as sidewalks and parking lots, and to continue the sale of to-go alcoholic beverages with food deliveries, among other successful pandemic adaptations. In addition, the administration is urging local governments to facilitate outdoor dining through local zoning and programs that support and promote expanded open-air, take-out and delivery options.

While California has one of the highest vaccination rates and the lowest rate of community transmission in the nation, public

health experts recognize that encouraging best practices, like outdoor activities and operations, remains a public health priority as regions across the nation and world experience surges, and variants continue to pose a threat.

Building on regulatory relief announced throughout the pandemic by the Department of Alcoholic Beverage Control, the recent action will also allow bars to continue to partner with food trucks, catering companies or restaurants to sell meals with their beverages, as required, and allow wineries and breweries to partner with restaurants to host virtual dinners with wine and beer pairings.

Classifieds Deadline: Noon Thursday
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CLASSIFIEDS

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Think Surgical (Fremont, CA) seeks Sr Director of Corporate Development to assist top management with corporate finance management & growth strategy, including identifying partnership & M&A opportunities; build Investor Relations platform; manage third-party service provides; propose financial & strategic solutions; track progress to measure effectiveness of corporate development initiatives; etc. e-mail resume: recruitment@thinksurgical.com

Software Engineer sought by PONY.AI, INC. in Fremont, CA to dsgn s/ware for autonomous vehicles. Reqmts: Master's Deg. (or foreign equiv) in Comp. Sci, Electrical & Comp. Engg, Physics, or rlted field. Reqs education or exp w/: 1. C++ or Python; 2. Computational geometry; 3. Advanced mathematical technique, such as differential equations, Symbolic & numeric calculus, or Numerical optimization; 4. Applying algorithms & core comp. sci concepts to real-world systems; 5. Skill w/ object-oriented analysis & dsgn; 6. Exp in at least 1 specific area of expertise: machine learning, computer vision, large dataset processing, real-time systems, motion planning, control, or low latency s/ware system. Mail resume to PONY.AI, INC., Attn: HR Job #SE18, 3501 Gateway Blvd, Fremont, CA 94538.

Software Engineer sought by PONY.AI, INC. in Fremont, CA to dsgn s/ware for autonomous vehicles. Reqmts: Master's Deg. (or foreign equiv) in Comp. Sci, Electrical & Comp. Engg, Physics, or rlted field. Reqs education or exp w/: 1. C++ or Python; 2. Computational geometry; 3. Advanced mathematical technique, such as differential equations, Symbolic & numeric calculus, or Numerical optimization; 4. Applying algorithms & core comp. sci concepts to real-world systems; 5. Skill w/ object-oriented analysis & dsgn; 6. Exp in at least 1 specific area of expertise: machine learning, computer vision, large dataset processing, real-time systems, motion planning, control, or low latency s/ware system. Mail resume to PONY.AI, INC., Attn: HR Job #SE19, 3501 Gateway Blvd, Fremont, CA 94538.

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3723 Peralta Blvd. Fremont
www.fremontmemorialchapel.com

Steven Ray Rapp
Resident of Atascadero
June 10, 1948 – June 4, 2021
Fremont Chapel of the Roses

Janet Elizabeth Dekker
Resident of Fremont
April 15, 1957 – May 21, 2021
Fremont Chapel of the Roses

Mary Elizabeth Rion
Resident of Union City
May 29, 1935 – May 19, 2021
Fremont Chapel of the Roses

Ewan Fisher
Resident of Texas
April 23, 2020 – May 22, 2021
Fremont Chapel of the Roses

Sharon Vera Lachenmyer
Resident of Union City
February 23, 1939 – May 25, 2021
Fremont Chapel of the Roses

Wilfredo Tandes Dones
Resident of Fremont
November 5, 1967 – June 5, 2021

Gabriel Christoper Tallada Lumabao
Resident of Fremont
November 4, 1996 – May 31, 2021
Fremont Chapel of the Roses

Martin Borsa
Resident of Newark
March 5, 1930 – May 31, 2021
Fremont Chapel of the Roses

Julia Knutson
Resident of Fremont
October 26, 1938 – May 27, 2021
Fremont Chapel of the Roses

Ted Eugene Shelton
Resident of Lincoln
January 12, 1933 – June 4, 2021
Fremont Chapel of the Roses

Marjorie Elizabeth Hedlund
Resident of Fremont
June 26, 1923 – May 28, 2021

Eliseo R. Canete Jr.
Resident of Fremont
September 19, 1970 – May 31, 2021



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Mario Alberti Jr.
Resident of San Ramon
December 9, 1931 – June 10, 2021

James Conners
Resident of Fremont
May 1, 1933 – June 10, 2021

Venkat Ramana Veesamshetty
Resident of San Jose
March 18, 1964 – June 8, 2021

Emelia Booth
Resident of Union City
April 17, 1917 – June 6, 2021

Lucille Phillips
Resident of Fremont
July 11, 1927 – June 5, 2021

Elodia Reyes
Resident of Oregon
January 20, 1941 – June 4, 2021

Selvasekar Sivaramakrishnan
Resident of Livermore
December 23, 1961 – June 3, 2021

Daniel Friedenthal
Resident of Fremont
July 12, 1936 – June 3, 2021

Gary Martin
Resident of Fremont
February 8, 1944 – June 2, 2021

Venkatana Mamidanna
Resident of North Carolina
March 18, 1966 – June 1, 2021

Raymond Carlson
Resident of Fremont
January 19, 1922 – May 29, 2021

Saradamba Visnubhotla
Resident of Brentwood
August 15, 1935 – May 28, 2021



Robert Lee Duncan Sr. lovingly known to everyone as Bob, with his favorite alias being, ‘Bobert McDuncan’ from the Robinson Clan in Scotland.

He was born to Lila Lee and Calvin J. Duncan on June 8th 1949 in Galveston Texas but was raised by Ben Diaz Sr. as his father. As his father was in the Merchant Marines, Bob and his brother Ben Jr. grew up in a Boys Orphanage in Galveston. While in the Orphanage, Bob had many responsibilities among which were sweeping the front porch, making tons of sandwiches for all the boys daily, to raising Pigs for the 4-H Club. One day while working with the Pigs, Bob was driving a tractor and wrapped it around a large Pecan Tree. That is why Bob’s favorite is Pecan Pie.

After leaving the Boys Home, Bob started working at Wyatt’s Cafeteria with his mother and became one of the Chefs. In 1968, Bob moved to California with his Mother Lila. Bob worked at a few jobs until he settled at United Foam in Oakland where he met Kathy, the love of his life through her best friend who also worked at United Foam. On March 15th 1970, Bob and Kathy were united in marriage in Oakland and began their life together. Then in 1979 Bob and Kathy ventured into business and created Bob’s Foam Factory which has survived the ups and downs of business these 42 years.

Part of the success of Bob’s Foam factor is due to Bob’s Heart of Gold and his inability to say

no. He gave without measure and many individuals and charities were blessed by his generosity. It is hard to mention all the unique and varied creations that were fabricated in Bob’s Foam Factory, from NASA, to Movies, the ATF, various Costumes, Tesla interiors, Chucky Cheese figures, and not to mention, Santa Claus.

Bob epitomized the image and character of Santa Claus down to the Rosie Cheeks, White Beard and Twinkle in his Eye. He even had his own sleigh, which later became a White Can-Am 3-Wheel Motorcycle which he transformed into Rudolph and often toured the neighborhoods giving joy to many who would often stop him for photo-ops; including numerous Police who could not resist the opportunity.

Bob volunteered nightly for two weeks every year as Santa at Crippsmas Place in Fremont, CA. Bob cut no corners when it came to being Santa, his suit is the most authentic, down to the bells at his waist and shoes. Bob’s stature and personality along with the suit fit the bill beyond description.

Out of this 51-year loving marriage, Bob is survived by his Wife Kathy, Children Matthew, Robert Jr., Diane and Dominic; Grandchildren Manuel,

Austen, Ashley, James, Alexis, Lorenzo, Lennon and their spouses; Great Grandchildren Abigail, Julian, Aaliyah, Christian, Robert and soon to born Audrey. His brother Ben Diaz Jr. and his family and a host of extended family and friends. And we cannot overlook his best Bud Sammy, better known as ‘Samuel L Jackson Jr.’

Finally, If Bob could speak to us today, he would likely say; “I. B. DUN with it”!

Because of Covid restrictions the service is by invitation only

Report: California encourages rebuilding in fire-prone areas

AP WIRE SERVICE OLGA R. RODRIGUEZ

California state and local officials are encouraging rebuilding in areas destroyed by wildfires at a time when people should be redirected away from those areas if the state wants to reduce the economic and human impact of increasingly destructive wildfires, according to a report published Thursday.

State and local policies emphasize retrofitting existing homes, ensuring homes have defensible space and communities have evacuation plans. This encourages wildfire victims to rebuild in fire-prone areas, found a study by the University of California, Berkeley Center for Community Innovation that was commissioned by Next 10, a nonpartisan think tank.

The researchers studied the recovery efforts after the 2017 Tubbs Fire in Santa Rosa, the 2017 Thomas Fire in Ventura and the 2018 Camp Fire in Paradise. They concluded that those massive and fatal wildfires highlight the urgency for policymakers to push for policies that make it easier to build housing in urban areas and promote the conservation of land, the researchers said.

The researchers said the state should offer a tax incentive to people who lose homes in a wildfire encouraging them to move to lower-risk areas. Officials should also make

it hard for developers to build in the wildland-urban interface, they said.

The time to act is right after a devastating wildfire when people are trying to make decisions about whether to rebuild or relocate, said Robert Olshansky, one of the lead authors of the report and professor emeritus at the University of Illinois, Urbana-Champaign.

“The state is talking about more restrictions on building new homes in the wildland areas. But it’s very hard to deal with the existing homes,” Olshansky said. “One time when you can deal with this is once a fire occurs.”

A proposal that would require developers to build in the least-risky areas and prepare evacuation plans is part of a 10-bill package that lawmakers are considering as the state prepares for what could be a repeat of last year’s record wildfire season.

The bill by Sen. Henry Stern, a Democrat who represents parts of Los Angeles and Ventura counties, would require the state fire marshal to develop additional mandatory standards that local governments would have to meet before allowing new housing in the most vulnerable areas. The measure is opposed by builders and other business and real estate groups. Gov. Gavin Newsom vetoed a different version last year.

Nick Cammarota, the California

Building Industry Association’s senior vice president and general counsel, did not immediately return a message Thursday seeking comment.

Other bills seek to beef up standards for new housing developments. Lawmakers are also seeking to promote more prescribed burns and increase efforts to protect individual homes from wildfires. Last year’s fires scorched 4% of the state: 6,653 square miles (717,231 square kilometers), killed 33 people, and destroyed more than 10,000 homes and other structures.

The report estimates that 1.4 million California homes are in areas identified as having a high risk of burning in a wildfire event. But researchers said that number is likely much higher because the state has not updated its fire risk maps since 2007.

Researchers suggest levying a 0.25% fee on all new properties in fire-prone areas, which could generate more than \$1.8 billion that could be spent on wildfire risk reduction planning and projects, including fuel breaks and prescribed burns.

Continuing to allow housing development near wildland will increase the cost of insurance and place significant burdens on local economies, the researchers said. From 1964 to 1990, the insurance industry paid out an average of \$100 million per year in fire insurance claims in

California, according to the report. Following the 2017 and 2018 fire seasons, insurers paid out approximately \$26 billion.

“We discovered the very many negative impacts of fires on housing, on housing displacement, on people’s finances, on insurance costs, on the fiscal health of municipalities, of the state as a whole,” said F. Noel Perry, founder of Next 10.

“A whole lot of positive things can happen by pulling back from having developments in the wildland; environmental, financial, fiscal, human, you name it,” he added.

Last week, Insurance Commissioner Roberto Lara released a draft of recommendations that aim to limit building in high wildfire risk areas, including having the state determine the areas where the risk is too high for state dollars to be used to support new development and infrastructure.

The recommendations also call for an expansion of tough building standards. If local officials still insist on building in places exposed to wildfires, the recommendations call for preventing those homes from getting insurance through the state’s FAIR Plan, the last resort for insurance for homeowners who have been denied traditional coverage

George Albert Janske

George Albert Janske was born on October 30, 1954 to Alfred Charles Janske and Maria de Jesus Janske on Pill Hill. He died on May 26th, 2021 at home in Hayward, but was a former resident of Oakland.

I don’t know what kind of baby George was when young. Did he cry a lot as some do, or was he a quiet type? Was he trouble for his parents? George was more like his father Alfred than his mother Maria. A diagnosis was enlisted with the aid of the Regional Centers in 1995. George was autistic. George, and the rest of us, didn’t know he was autistic. He had Asperger’s. This was only known after both his parents were dead. This explained a great about his behavior and his likes and dislikes.

Surprisingly his diagnosis was that he was sufficiently capable of taking care of himself even if his intelligence was given as 90 IQ points. I became his full-time caregiver.

George was held back in kindergarten in May 1960. He repeated kindergarten with Mrs. Post. He graduated Glenview elementary school (May 1967), McChesney Junior High (1969), and then Oakland High School when he finished in 1973.

At first, he didn’t play with the other children on the playground due to his heart condition which was causing his oxygenated blood to mixed with his unoxygenated blood. He was thin and weak. He could run but not far.

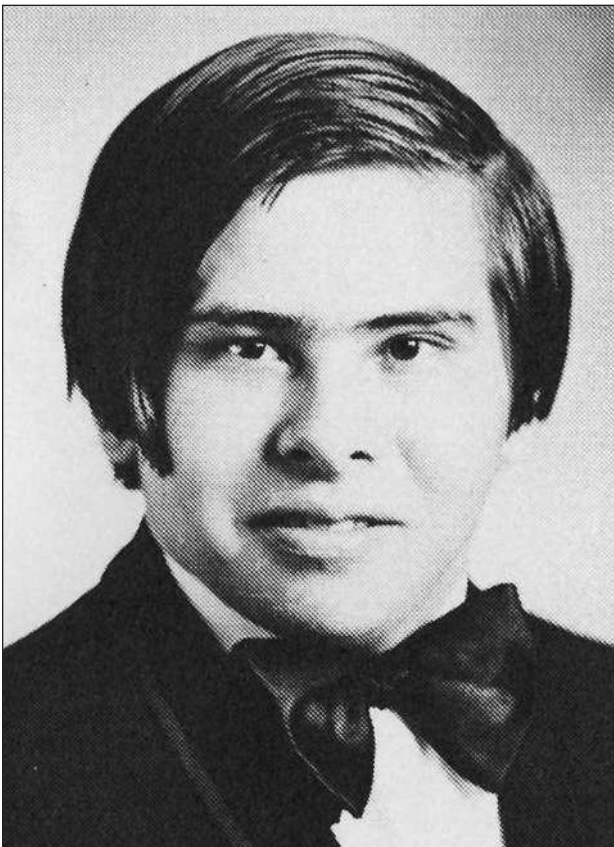
In 1963, at the age of nine years, George underwent open heart surgery to fix his congenital heart problem at Stanford Hospital. He was under the care of Doctor Norman E. Shumway, one of the pre-eminent heart surgeons of the 20th century. George was made whole. For many years he had to return and be checked by the doctors. Mama and George would go by public transportation, luckily it included taking a train to hospital.

At Stanford, they encouraged him to eat, and he did. George loved to eat and drink a daily libation. He loved craft beers and bought many growlers. When we went wine tasting he would buy a bottle or two.

Mama taught George how to cook, do laundry, fold his clothes, clean dishes, pay bills and many other household chores. She paid for a reading teacher, Mrs. Tuck, who spent years teaching George reading. Later, every day he would buy the San Francisco Chronicle.

George was happy even though he wasn’t invited to other children’s birthday parties. I don’t remember George having a birthday party with friends at home. He didn’t have friends. There wasn’t a single soul who came to see George at home during his whole schooling. And that was true till the end. My friends were his friends and it drove me crazy sometimes because I couldn’t have a separate, pure relationship without George. He was always there. I was his best friend.

I guess he was too different to be a friend. This lack of school chums didn’t seem to bother him. He really didn’t think or feel that he was lonely; ever. This was a blessing. The need to connect with another human is a



strong drive that can torture us and make loneliness unbearable. He was not that way.

He had a big family on our mother’s side who were hospitable and gregarious. Our relatives lived in San Francisco where only Spanish was spoken. The doyenne was Ernestina Dimas, a grand aunt of our mother. We would visit our Aunt Lucy Januszewski Kline on Sundays in Alameda. In Minnesota we did genealogical research into our father’s, and his parent’s lives. He loved Finding Your Roots with Dr. Henry Louis Gates.

After his diagnosis, it took several years for me to realize that our father was autistic too. They were a bit different in their showing, but it was there. The autism made it so hard to understand George and our father. Both couldn’t articulate their feelings, nor could he explain what he was going through. He didn’t have the language, nor the understanding of self. He could be so stubborn and so easy going.

George did have some very beneficial qualities that came forward in 1996. He had a better humor, he got jokes and he could laugh more deeply because he seemed to get the point. He loved the Three Stooges. His rigid schedule became looser, which was a blessing to me. An autistic person doesn’t have a list of things to do, he has a schedule of when things are to be done. George awoke early and had coffee ready to drink at 5 am. I didn’t, but had to arise anyway. He ate at noon, and at 5 pm. At 2 in the afternoon, he watched Jerry Springer and laughed at the craziness of others. Tuesday, Thursday and Saturday he took a shower at 6 pm. The scheduling reinforcement came from television and from holidays. His schedule became my schedule.

We went on vacation from Oakland to Little Falls, Minnesota in 1996 and 1998. I drove 10,000 miles each time. We took ten days to arrive and ten days to return with each time using a different route to see the beautiful U.S. We stayed in Minnesota for a month,

each time, working on our father’s genealogy. George adapted to many novel situations nicely. George enjoyed each vacation immensely and appreciated all the history along the way. We incorporated into our cross-county trek many older train stations and seeing the locomotives and their shops.

George didn’t carry on an argument or a grudge the next day. The slate was wiped clean each night. Each of us has had a partner who couldn’t drop a point the next day and we know what a headache that can be! George had a reset every night; clean slate next day. I was very grateful for this quality.

George was kind to animals; all animals except pigeons. In Glenview when walking our dogs, he would meet other owners, and he would talk to them, but he wouldn’t remember their names, only the dog’s name. He waved at the dogs. He would talk to each dog.

People would recognize our dogs when I walked them and would ask about the fellow who was walking them before. I would introduce myself and tell them about my brother George.

We had several dogs that he loved; Coffee, Orpheus and Boston Charlie, during this time. As each of the dogs passed away, we buried them in our backyard on Park Blvd.

We lived in Glenview for 52 years in the house that our parents bought in 1958. We lost it in a foreclosure ten years ago.

In that decade George went through many trials and tribulations. We were both hit by lightning (ground conduction current) on Mount Diablo on Friday the 13th April 2012 while homeless. This ground conduction current travels through the cardiovascular and/or nervous systems. Who knows how much this further damaged his weakened heart?

Several years later, our three beautiful dogs, Nellie, Mindy and Spike, passed away and were cremated. They were kept near George, who would dream about them once in a while. He was happy to see them again.

With the help of East Bay Innovations, we found senior housing in Hayward. Center For Elders Independence gave George a wonderful place with games, people, and top-notch medical care. George had a real passion for Bingo. Without this help George would have died in some homeless camp. He lived another 3 years; happy, safe and with a good life.

George will be interred with his parents at St. Mary’s Cemetery, Oakland. No date has been set.

George didn’t receive any advanced degrees, George didn’t receive accolades from his fellow creatures for becoming a tycoon, George didn’t solve any world problems, George didn’t travel the world over, George served in no military, George fought in no wars, George didn’t accomplish anything but a good, wonderful life.

He was a nobody; one of the countless billions who have lived.

Oh, poor George. He lived through two heart attacks. He didn’t survive his third.

A fond farewell, brother. Godspeed.

Four small-business innovations that will outlast the pandemic

AP WIRE SERVICE
By RANDA KRISS OF NERDWALLET

Small businesses that survived the COVID-19 pandemic still face a long road to recovery, but some of the innovations business owners adopted last year may outlast the pandemic itself.

“If you make it through this, you ask, you learn, you adapt, and I think it only makes you stronger,” says Keith Hall, president and CEO of the National Association for the Self-Employed.

Here are four ways small businesses adapted in response to the pandemic that may have long-lasting effects on future operations, according to industry experts and business owners themselves.

1. CREATIVE BUSINESS MODELS

The pandemic forced businesses to find new ways to serve their customers – and quickly, says Meghan Cruz, director of grass-roots advocacy at the National Retail Federation.

Now, that small-business owners have built out new infrastructure, like curbside pickup and e-commerce operations, they can continue using the hybrid business models they adopted during the pandemic, she says.

Within a few weeks of the pandemic shutdowns, Keith Wallace, founder of the Wine School of Philadelphia, was facing possible bankruptcy. Unable to open the doors

of his business’s in-person-only classrooms, Wallace had to cancel wine classes for thousands of people.

“The only way to survive was to pivot,” he said via email. “I realized this was the time to try something audacious.”

Wallace repurposed his office into a recording studio, turned the main classroom into a video studio and taught himself how to produce and edit videos. By September 2020, the school launched its first online-only Level One Sommelier Course, an eight-week program.

By December, Wallace was able to recoup about 30% of the business’s income through the online programs.

Now, he is working on launching three additional online programs nationally within the next year.

“This change is forever,” he said.

2. INVESTMENT IN DIGITAL TOOLS

Prior to the pandemic, many small-business owners used technology as a secondary approach to business, according to Hall – but that shifted in 2020.

A 2020 Salesforce report found that growing small businesses were more likely to accelerate the pace of investing in technology due to the pandemic.

“Previously, we were a company that welcomed guests at our front counters with a handshake and a smile,” Clark Twiddy, presi-

dent of Twiddy & Company, a family-owned vacation rental company in the Outer Banks of North Carolina, said via email.

Twiddy said when the company closed its in-person counters due to COVID, investing in technology enabled them to “deliver Southern hospitality in a way never before imagined.”

Twiddy & Company started using Salesforce for customer relationship management, scaled up its phone technology to Genesys, a cloud-based system, and introduced an AI chatbot to help customers on its website.

3. RECONNECTING WITH THE COMMUNITY

Small businesses have long been an integral part of the communities they inhabit. And during the pandemic, Cruz says, business owners stepped up to help those communities, even when they were in difficult positions themselves.

Cruz tells the story of Cardsmart Greetings, a small gift shop in Buffalo, New York, whose owner, Tracey Mangano, ran a hand sanitizer distribution event in her community, despite her business being closed. Cardsmart was recognized by the National Retail Federation and the Quarte Retail Group as part of their Small Business Spotlight series.

Small businesses, Cruz says, “were able to be there for their communities when the communities needed them the most. And I

think that trend will stay.”

4. NEW OPPORTUNITIES

An April 2021 Federal Reserve report concludes that we’re unlikely to understand exactly how many small businesses have closed their doors since the start of the pandemic until it’s long behind us.

But on the other side of that coin: 4.3 million businesses were formed in 2020, according to data from the U.S. Census Bureau. That represents a 24% increase in new businesses from 2019.

Not all the growth over the past year can be attributed to people finding their entrepreneurial spirit, Hall says.

Many employees who were laid off continued to work in their industry, such as real estate, marketing or accounting. But out of necessity, they became self-employed business owners, Hall says.

These self-employed professionals have found opportunities by connecting with other small-business owners looking to outsource back-office work they traditionally did themselves.

“There’s a fundamental shift in opportunity,” Hall says. “A fundamental shift in the demand curve for new small businesses. And I think millions of people are going to benefit from that.”

This article was provided to The Associated Press by the personal finance website NerdWallet. Randa Kriss is a writer at NerdWallet.

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Milpitas couple arrested on human trafficking charges

SUBMITTED BY LIEUTENANT TYLER JAMISON, MILPITAS PD

A Milpitas husband and wife are in custody at Santa Clara County Jail and facing charges of human trafficking and conspiracy.

The arrest, announced June 9, capped a two-year joint pimping and pandering investigation by detectives from the Milpitas Police Department (MPD) and investigators from the Santa Clara County District Attorney’s Office. The couple, identified by MPD as David Davies, 57, and Larong Hu, 38, were arrested on the 100 block of Tiger Lily Drive in Milpitas. They are being held on \$350,000 bail.

The investigation began in December 2019 when authorities identified a brothel in Milpitas. During the investigation, detectives located additional brothels elsewhere in Santa Clara County and served search warrants in Milpitas, San Jose and Palo Alto. The investigation resulted in the rescue of six female victims and the seizure of nearly \$2 million.

The victims were provided services through Community Solutions, an organization that provides critical services for victims of human trafficking. Also contributing to the investigation were members of the U.S. Department of State -- Diplomatic Security Services.

MPD officials are reminding the public that if they are a victim of human trafficking, or know someone who is, they should call 911 or call the 24-hour National Human Trafficking Hotline at (888) 373-7888. Callers can also reach the hotline by texting 233733 to initiate online chats. Human trafficking victims, whether U.S. Citizens or not, are eligible for services including immigration assistance.

Additional services are also available through community and county-based programs, such as: Community Solutions at <https://communitysolutions.org>.

Alameda County Fire Department Log

SUBMITTED BY ACFD

Tuesday, June 8

- At 1:33 p.m. crews responded to a report about a commercial fire at 30550 Union City Boulevard, Union City. Upon arrival they found a small outside fire that had started during maintenance on a wax machine. The fire did not go into the building. Crews extinguished the blaze; there were no injuries.

Newark Police Log

SUBMITTED BY CAPTAIN JONATHAN ARGUELLO

Friday, May 21

- At 3:53 p.m. Officer Damewood responded to a report of a strong-arm robbery in the 39000 block of Cedar Blvd. Loss was a purse. An investigation is continuing.
- At 7:50 p.m. Officers Slavazza and Soto responded to a shoplifting report in the 200 block of NewPark Mall Road. Upon arrival they contacted a 54-year-old Emeryville woman who provided them with false identification. Eventually officers determined her identity and a record check showed an outstanding warrant. She was arrested on suspicion of theft of personal property, providing false identification to a police officer and for outstanding warrant. She was booked at Santa Rita Jail.

Saturday, May 22

- During an 8:06 p.m. traffic enforcement stop Officers Slavazza and Soto made contacted a 53-year-old Stockton man in the area of Thornton Avenue and Sycamore Street. The vehicle was impounded because the driver had a suspended license and the vehicle registration was expired. A check inside the vehicle uncovered drug paraphernalia, controlled substances, and a firearm. The man was arrested on suspicion of being a felon in possession of a firearm, driving with a suspended license for DUI, possession of drug paraphernalia, possession of a controlled substance and multiple

outstanding warrants. He was booked at Santa Rita Jail.

Friday, May 28

- At 2:11 a.m. officers were dispatched to a report of a vehicle stopped in the area of Newark Boulevard and Jarvis Avenue with an unresponsive driver. Upon arrival, officers attempted contact the driver, identified as a 29-year-old Concord woman. She initially was incoherent, but then awoke and resisted and kicked the officers. After a brief struggle, she was arrested on suspicion of DUI, obstructing a police officer and battery on a peace officer. She was booked at Fremont City Jail.

- At 7:37 a.m. Officer Damewood responded to a report of a suspicious vehicle in the 6000 block of Joaquin Murieta Ave. Upon arrival, he found and awakened a 31-year-old man from a heavy sleep. The man was arrested on suspicion of unlawful possession of tear gas, identity theft materials, possession of a controlled substance and possession of drug paraphernalia. He was booked at Fremont City Jail.

Wednesday, June 9

- Evening shift officers looking for illegal fireworks spotted three males lighting fireworks in the area of Cherry Street and George Avenue. Officer Kapu contacted the suspects, an 18-year-old man and two juvenile teenagers, and recovered several mortar style illegal fireworks. A follow-up search made at one of the suspect’s homes, uncovered more illegal fireworks. The 18-year-old man was arrested on suspicion of possessing dangerous illegal fireworks. The fireworks were seized and the man was issued a citation and released.

Fremont Police Log

SUBMITTED BY GENEVA BOSQUES, FREMONT PD

Saturday, June 5

- At 12:22 a.m. officers spotted a stolen vehicle in the area of Grimmer Boulevard and Auto Mall parkway and made a high-risk traffic stop. A search of the vehicle uncovered shaved keys, walkie talkies, a controlled substance and several tools. Two men, identified by police as David Paniagua, 31 and Dora Corderotolentin, 42, both homeless from Hayward were arrested.

Tuesday, June 1

- At about 12:40 p.m. a brandishing weapon incident occurred in the drive through at Jack in the Box, 46351 Mission Blvd. The victim was waiting in the drive through line when a male got out of a vehicle a few cars ahead of him and began yelling for him to back up. The male began approaching the victim's vehicle with a knife in his hand and then slashed one of the tires on victim's vehicle before leaving.
- At about 4:50 p.m. a robbery occurred in the area of Coleridge Terrace when a female returned to her home after visiting Chase Bank, 3906 Washington Blvd. and two suspects approached her and forcefully grabbed her purse, knocking her to the ground. The suspects fled the scene in a dark colored sedan.

Wednesday, June 2

- At about 5:46 a.m. a robbery occurred near 39450 Fremont Blvd. The victim was walking in the area when a male approached him and made a comment about a small speaker in his hand. The suspect then forcibly took the speaker from the victim and threatened to kill him. The victim said he saw an approximately 7-inch knife on the suspect’s hip.

Monday, June 7

- At about 6:00 p.m. a residential burglary occurred in the area of Shovler Lake Court in north Fremont. The victims arrived home to find a suspect inside the residence, before leaving the suspect told the victims he thought nobody lived in the home. The residence had been trashed and items were missing.

BART Police Log

SUBMITTED BY LES MENSINGER AND BART PD

Friday, June 4

- At 8:09 a.m. a man identified by police as Lawrence Jackson, 46, of Oakland was arrested at Fremont station on three outside agency warrants. He was booked into Santa Rita Jail.
- At 3:25 p.m. a man identified by police as Rudy Aguilar, 40, of San Leandro was arrested at Bay Fair station in San Leandro on a no bail California Department of Corrections warrant. He was booked into Santa Rita Jail.

Sunday, June 6

- At 6:20 p.m. a man identified by police as Errick Jones, 32, of Sausalito was arrested at Bay Fair station in San Leandro on suspicion of possessing a controlled substance, possession of a medication without a prescription, possession of a controlled substance for sale. He was booked into Santa Rita Jail.
 - At 6:53 p.m. a man identified by police as Zejon Washington, 24, of Oakland was arrested at Bay Fair station in San Leandro on suspicion of violating a court order, violating a parole order and resisting arrest. He was booked into Santa Rita Jail.
- Monday, June 7
- At 10:46 p.m. a man

identified by police as Stanley Young, 33, of San Francisco was arrested at Fremont station on suspicion of battery on a transit operator and two outstanding warrants. A prohibition order was issued.

Tuesday, June 8

- At 6:29 a.m. a man identified by police as Yosef Alemi, 42, of San Francisco was arrested at Bay Fair station in San Leandro on six outstanding warrants. He was booked into Santa Rita Jail.
- At 8:34 p.m. a man identified by police as Kenneth Allen, of Oakland was arrested at Warm Springs/South Fremont station on suspicion of battery. He was booked into Santa Rita

Milpitas Police Log

SUBMITTED BY MILPITAS PD

Monday, May 24

- At 5:07 p.m. a robbery occurred near the 550 block of E. Calaveras Blvd. with the suspect fleeing before police arrived. Detectives investigated the robbery and identified a 28-year-old suspect from Milpitas. The suspect was located on May 28 in Milpitas and booked into jail on suspicion of robbery and assault with a deadly weapon.

Friday, May 28

- At 10:13 p.m. an officer found a stolen Nissan Maxima from Milpitas near the 100 block of Dixon Road and arrested a 37-year-old-Milpitas transient associated with the vehicle. The suspect was booked into jail on suspicion of possessing a stolen vehicle and providing false identification to a police officer.



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Taking nap has health benefits for seniors

SUBMITTED BY JOHN GRIMALDI

“Getting a good night’s sleep comes highly recommended for the 50-plus population, particularly for the fastest growing segment of senior citizens, those over 65. In fact, it turns out that peaceful dozing overnight may not be enough for some seniors and that taking an afternoon nap may not only be good for toddlers, but can also be beneficial for seniors,” according to Rebecca Weber, CEO, Association of Mature American Citizens (AMAC).

“Keep it short.” says Weber. “The longer you lie down to catch some midday Z’s, the fewer the benefits.” The experts at the Johns Hopkins Sleep Disorders Center report that too long of a catnap can interfere with your ability to think straight.

The medical director at the center, Dr. Charlene Gamaldo, recommends seniors take their naps between the hours of 1 p.m. and 4 p.m. “Napping this time of day will provide you with the most bang for your buck.” But she says that do not doze for too long; 20 to 40 minutes will do the trick. Any longer than 30 to 90 minutes and you risk cognitive problems and insomnia at bedtime.

Dr. Gamaldo cites a study reported in the Journal of the American Geriatrics Society that concluded “moderate nappers had better overall cognition than non-nappers or extended nappers. Non-nappers also had significantly poorer cognition than short-term nappers. In multiple regression analysis, moderate napping was significantly associated with better cognition than non-, short and extended napping.”

The Sleep Foundation concurs and points out that there are different types of naps:

- 1. Recovery Nap:** Sleep deprivation can leave you feeling tired the following day. If you are up late or have interrupted sleep one night, you might take a recovery nap the next day to compensate for sleep loss.
- 2. Prophylactic Nap:** This type of nap is taken in preparation for sleep loss. For example, night shift workers may schedule naps before and during their shifts to prevent sleepiness and to stay alert while working.
- 3. Appetitive Nap:** Appetitive naps are taken for the enjoyment of napping. Napping can be relaxing and can improve your mood and energy level upon waking.
- 4. Essential Nap:** When you are sick, you have a greater need for sleep. This is because your immune

system mounts a response to fight infection or promote healing, and that requires extra energy. Naps taken during illness are considered essential.

However, Weber says you do not want to overdo it, nor do you want to skimp. According to Dr. Gamaldo studies have shown that those who take a nap too long or too short may have poor health and even a shorter life span. On the other hand, well-timed afternoon naps for seniors can have positive impacts on memory and mood and can ease stress and make them more alert.

Interestingly, even though the caffeine in coffee can hinder sleep, Dr. Michael Breus at the American Academy of Sleep Medicine, who is known as “The Sleep Doctor,” suggests that you might want to take a cup of coffee before taking a nap. He says it will help wake you in 25 minutes or so to make sure you do not nap for too long a time. He calls it a “Nap a Latte,” explaining that you should “Get a cup of black drip coffee, throw three [ice] cubes in it merely to cool it down, slug it as fast as you can, and take a nap immediately.”

Zoom boom continues, raising post-pandemic hopes

BY MICHAEL LIEDTKE
ASSOCIATED PRESS

Zoom is still booming, raising prospects that the video-conferencing service will be able to sustain its momentum, even as the easing pandemic lessens the need for virtual meetings. Some signs for optimism emerged in the company's latest quarterly earnings report released June 1. That fueled a 3% gain in Zoom's recently slumping stock to \$338 after the numbers came out.

Zoom CEO Eric Yuan sought to reassure Wall Street that the San Jose, California, company will still play a key role in an evolving environment that is expected to give workers more flexibility to split their time between the home and office. “Zoom is here to help each customer calibrate their future working model in their own way,” Yuan told analysts during a meeting hosted on the company's service. “Many companies are redesigning the workplace to enhance the hybrid work experience.”

Zoom's revenue and profit continued to grow at dizzying rates that surpassed analysts' projections. But other indicators depicted a company that may face more headwinds with the lifting of stay-at-home restrictions that have propelled the video-conferencing service's popularity during the past 15 months

In one key measure, Zoom ended its February-April quarter with 497,000 customers that employed at least

10 workers and subscribed to the premium version of its service. That was a gain of 29,900 customers in that category from the November-January quarter, Zoom's smallest increase during a three-month period since before the pandemic started.

By comparison, Zoom added more than 183,000 customers with 10 or more employees during the same period last year when the pandemic clampdowns were still in an early stage. Those larger subscribers will be pivotal to Zoom's ongoing success because they typically commit to longer-term contracts than employers with just a few workers who tend to prefer month-to-month commitments.

In a show of confidence, Zoom management projected revenue above analysts' estimates for both the current May-July quarter and its entire fiscal year, according to FactSet Research. For its full year ending next January, Zoom now foresees annual revenue of nearly

\$4 billion. That would be a roughly 50% increase from last year, which saw revenue quadruple from the previous year.

The uncertainty surrounding Zoom's prospects in a post-pandemic economy already has caused its stock price to plunge by more than 40% from its peak of nearly \$589 reached last October. Zoom's current market value of nearly \$100 billion is still more than triple what it was before the World Health Organization declared a global pandemic in March 2020. What's more, Zoom is making far more money than it did before the pandemic.

Zoom Video Communications Inc. earned \$227 million, or 74 cents per share, during its most recent quarter, up from a profit of \$27 million at the same time last year. Revenue for the period nearly tripled from the same time last year to \$956.2 million.

CNS-3476025#

Hayward Police Log

SUBMITTED BY HAYWARD PD

Sunday, May 30

• At 12:30 p.m. officers responded to a report about a commercial burglary in progress on the 31000 block of Hayman Avenue. The suspect was located at the scene and taken into custody.

Saturday, June 5

- At 3:00 a.m. officers responded to a report about a gunshot victim at Eden Hospital. The victim, identified by police as Rachelle Gouailhardou, 20, of Hayward died a short time later. Police determined the shooting took place in the 32000 block of Trevor Avenue. The case is being investigated as homicide and police are asking anyone with information about the shooting to call Detective Purnell at (510) 293-7176.
- At 5:18 p.m. officers responded to a report of gunfire in the 2000 block of Depot Road. Officers found evidence of a shooting at the scene; no victims were located.
- At 5:49 p.m. a victim was walking near the 30000 block of Prestwick Avenue. and was approached by two suspects, one of which brandished a firearm and demanded property from the victim. The suspects took the victim's property and fled the scene. The victim was not injured.

Fremont Unified Board Highlights

SUBMITTED BY BRIAN KILLGORE

At its June 2 meeting, Fremont Unified School district (FUSD) Board of Education:

- Approved Appointments - The Board unanimously approved four administrative appointments for the 2021-22 school year:
- Walters Middle School Principal – Dana Graham
- American High School Assistant Principal –Sandhya Sharma
- Glankler / Rix Early Learning Center Assistant Principal – Charlene Sim
- Associate Superintendent – Business Services – Nancy Torres Pfeiffer
- Approved Appointment of Associate Superintendent – The Board of Education appointed Nancy Torres Pfeiffer as associate superintendent and approved the contract agreement for a term of three years.
- Authorized Staff to Renew Child Care Joint-Use Agreement – The joint-use agreement renewal for Adventure Time, YMCA of the East Bay, Fremont Nursery School, and Kidango have been signed and executed by both parties and extended for another five years until June 30, 2026. Bay Area Child Care Center currently has five locations, and its joint-use agreement has the same terms as the other child care providers mentioned above. Staff recommends authorization to renew the joint-use agreement renewal of Bay Area Child Care Center for another five years until June 30, 2026.

California urges EPA to let state set car-emissions standard

BY MATTHEW DALY
ASSOCIATED PRESS

Officials from California, New York and other states urged the Environmental Protection Agency on Wednesday to allow California to set its own automobile tailpipe pollution standards, which would reverse a Trump administration policy and could help usher in stricter emissions standards for new passenger vehicles nationwide.

The Biden administration has said it will withdraw Trump-era restrictions on state tailpipe emission rules and has moved to grant California permission to set more stringent pollution standards for cars and SUVs. That would give California greater leverage in discussions with automakers as states and federal officials seek a climate-friendly agreement on emissions standards.

At least 13 states and the District of Columbia have signed on to California's vehicle standards, which were established

decades ago under a special waiver that the Trump administration revoked in 2019. Collectively they represent 36 percent of the U.S. auto market.

Liane Randolph, chair of the California Air Resources Board, said at a public hearing Wednesday that the Trump administration's withdrawal of California's long-standing waiver was "ll-advised and illegal."

Addressing EPA officials at an online hearing, Randolph said, "Time has continued to prove the importance and good sense of our program" to restrict vehicle emissions. "We know the air quality in California is cleaner today than in decades. Californians can see mountains in the Los Angeles area, no longer shrouded by smog. And the air quality continues to improve because of our program."

California Attorney General Rob Bonta called the state's vehicle-emissions standards "critical to the fight against climate change" and crucial to im-

PUBLIC HEARING NOTICE

A public hearing will be held at 8:00 a.m. on Tuesday, June 22, 2021 via Zoom at <https://zoom.us/j/93316263411?pwd=a2JVb2xya0twS3JHVm1oT083cGxDdz09>

Meeting ID: 933 1626 3411
Passcode: 496276

The California Department of Education has directed all SELPAs in the state to conduct a public hearing on their 2021/2022 Annual Budget and Service Plans. This public hearing enables the Mission Valley SELPA to comply with this instruction. Copies of the plans are available for inspection at the Special Education Office in each District.

Drought Status for California

SUBMITTED BY CITY OF FREMONT

Drought has already arrived across the state, and California is now in a moderate-to-exceptional drought. Snowpack since the beginning of April has decreased faster than usual, and reservoir levels are low throughout the region. Drought leads to concerns for worsened wildfire seasons, especially given the back-to-back dry years. Water conservation is as important as ever this year.

Are your lawn and garden ready for warmer days and drought conditions? Discover how to convert your lawn to a Water Wise garden at <https://fremont.gov/waterwisegardens>. Fremont Green Challenge platform also has Water Wise action tips available, such as taking shorter showers, washing your clothes wisely, installing a greywater system, and more. For details, visit www.fremontgreenchallenge.org and click on “Water” under “Explore Actions.”

Fremont City Council

June 8, 2021

Consent Calendar:

- Award construction contract to Statewide Traffic Safety and Signs dba Statewide Safety Systems for citywide park regulatory sign improvements in the amount of \$96,508.
- Authorize purchase and delivery of gasoline and renewable diesel fuel with fixed price adjustments for one-year term and three one-year options.
- Receive 2019/20 financial audit reports.

Ceremonial Items:

- Proclaim June 2021 as Elder Abuse Awareness Month.
- Alameda County Deputy District Attorney, Elder Protection Unit, Cheryl Poncini received the proclamation.
- ### Public Communications:
- Concerns of zoning administration approval of affordable housing on Osgood Road with inadequate parking.
 - Student housing at Ohlone and city housing policies.
 - Smoking policy in high density development.
 - SB178 requirements and budget.
 - Lack of transparency on Capital Improvement projects.
 - Neglect of Centerville area.

Need for Quiet Zone.

Scheduled Items:

- First public hearing of FY 2021/22 proposed Operating Budget.
- First public hearing of proposed Capital Improvement Program for FY 2021/22 – FY 2025/26 and two-year Capital Budget.

Mayor Lily Mei, Mayor Vice Mayor Yang Shao, District 4	Aye
Teresa Keng, District 1	Aye
Rick Jones, District 2	Aye
Jenny Kassan, District 3	Aye
Raj Salwan, District 5	Aye
Teresa Cox, District 6	Aye

prove air quality, protect public health and drive technological innovation.

“Despite decades of effort and significant improvements, the unfortunate reality is that too many Californians still breathe dirty air and suffer from the resulting health consequences,” Bonta said. According to the American Lung Association, seven of the 10 cities with worst ozone pollution are in California, along with six of the 10 most polluted cities measured by year-round particle pollution.

“Bad air quality means more premature deaths or respiratory ailments and more asthma cases,” Bonta said. “And as the dire realities of the climate crisis grow increasingly apparent, we’re seeing the number of bad-air days in California go up, not down. From record heat waves to wildfire seasons that are increasingly long and severe, the existential threat of our time is less and less difficult to imagine.” President Joe Biden has made slowing climate change a top priority, and his nearly \$2 trillion infrastructure proposal includes 500,000 new charging stations for electric cars and trucks. Fully electric vehicles represent just 2% of new vehicle sales in the U.S., but analysts expect that to rise rapidly in coming years. Major automakers, including General Motors and Ford, are pledging billions to develop electric cars

and trucks, and GM has gone so far as to announce a goal of ending gasoline-fueled passenger vehicles entirely by 2035.

The EPA and the National Highway Traffic Safety Administration have proposed withdrawing Trump-era rules meant to stop states from setting their own requirements for greenhouse gases, zero emissions vehicles and fuel economy.

The changes, if approved after the agencies take public comments, would allow California and other states to set their own rules for vehicle emissions. Biden has said he will seek one national standard, as was the case under President Barack Obama.

Carmakers, autoworkers and environmental groups are eager for the federal government and California to reach a deal that creates a single nationwide standard for tailpipe emissions. EPA Administrator Michael Regan has said he expects to propose a tailpipe emissions rule in July.

“I am a firm believer in California’s long-standing statutory authority to lead,” Regan said in April. “The federal government can indeed learn from states, and that’s what we plan to continue to do.”

Gavin McCabe, a special assistant New York attorney general, said the 2019 rollback of California’s emissions standards

was “among the worst and most cynical actions by the Trump EPA.”

“Arbitrarily weakening federal standards ... was bad enough,” he said, “but it was truly unconscionable for EPA to attempt to block states from doing what the law plainly allows them to do to protect their residents.” New York has followed California standards for more than 30 years.

Other states that follow California include Colorado, Connecticut, Delaware, Maine, Maryland, Massachusetts, New Jersey, Oregon, Pennsylvania, Rhode Island, Vermont, and Washington. Several other states are moving to adopt the California standard.

Trump’s move to revoke the state waivers split the industry, with most automakers behind him while Ford, Honda, BMW, Volkswagen, and Volvo decided to go with California standards. After Biden was inaugurated, automakers began withdrawing support for Trump’s decision.

Trump also rolled back Obama-era fuel efficiency and emissions standards, and it’s likely the Biden administration will reverse those as well, replacing them with more stringent requirements.

AP Auto Writer Tom Krisher in Detroit contributed to this report.

Study: California fire killed 10% of world's redwood trees

AP WIRE SERVICE

At least a tenth of the world's mature giant sequoias were destroyed by a single California wildfire that tore through the southern Sierra Nevada last year, according to a draft report prepared by scientists with the National Park Service.

The Visalia Times-Delta newspaper obtained a copy of the report that describes catastrophic destruction from the Castle Fire, which charred 273 square miles (707 square km) of timber in Sequoia National Park.

Researchers used satellite imagery and modeling from

previous fires to determine that between 7,500 and 10,000 redwoods perished in the fire. That equates to 10% to 14% of the world's mature giant sequoia population, the newspaper said.

“I cannot overemphasize how mind-blowing this is for all of us. These trees have lived for thousands of years. They’ve survived dozens of wildfires already” said Christy Brigham, chief of resources management and science at Sequoia and Kings Canyon National Parks.

The consequences of losing large numbers of giant sequoias could be felt for decades, forest managers said. Redwood forests are

among the world’s most efficient at removing and storing carbon dioxide in the atmosphere. The groves also provide critical habitat for native wildlife and help protect the watershed that supplies farms and communities on the San Joaquin Valley floor.

Brigham, the study's lead author, cautioned that the numbers are preliminary and the research paper has yet to be peer-reviewed. Beginning next week, teams of scientists will hike to the groves that experienced the most fire damage for the first time since the ashes settled.

“I have a vain hope that once we get out on the ground the situa-

tion won't be as bad, but that’s hope – that’s not science,” she said.

The newspaper said the extent of the damage to one of the world's most treasured trees is noteworthy because the sequoias themselves are incredibly well-adapted to fire. The old-growth trees – some of which are more than 2,000 years old and 250 feet (76 meters) tall – require fire to burst their pine cones and reproduce.

“One-hundred years of fire suppression, combined with climate change-driven hotter droughts, have changed how fires burn in the southern Sierra and that change has been very bad for sequoia,” Brigham said.

Sequoia and Kings Canyon have conducted controlled burns since the 1960s, about a thousand acres a year on average. Brigham estimates that the park will need to burn around 30 times that number to get the forest back to a healthy state.

The Castle Fire erupted on Aug. 19 in the Golden Trout Wilderness amid a flurry of lightning strikes. The Shotgun Fire, a much smaller blaze burning nearby, was discovered shortly afterward, and the two were renamed the Sequoia Complex.



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Ballet Petit dances into summer

SUBMITTED BY PEGGY PEABODY

On Saturday, June 5, Ballet Petit (BP) dancers enjoyed the webinar performance of “Seasons to Celebrate,” BP’s 2021 Spring Concert. Leading up to the concert, dancers have been learning choreography in their Zoom ballet classes, at home, alone in their dancing space, following their teachers on the screen for many months. Graduating seniors, all fully vaccinated, were invited into the studio during May for coaching and filming sessions for their special variations. The once-familiar studios seemed so huge on those days, senior dancers shared.

Also last month, classes came together, each for less than an hour, to film their dances together, in person, masked, outdoors. Dancers were so excited to see one another, especially once they recognized their now-taller friends behind their masks.

It was delightful to see in person how well dancers had progressed in their ballet



training, after 15 months on Zoom. The music started and they amazed an audience of parents and staff with choreography they had learned. One parent suddenly blurted out, “Wow! They learned all that on Zoom? Impressive!” Yes, indeed. Then Ballet Petit staff compiled the footage for the June 5 virtual presentation.

Back in Zoom classes this week, dancers were asked what was the best part of the webinar show last Saturday. Every class had the same touching comment. Younger dancers were so happy to see the older dancers perform. Older dancers were excited to see the little ones. Usually, they would have spent hours together in the theatre watching the show come together,

but this has not been a possibility since March of 2020.

Best of all, everyone was happy to see dancers all dancing together, knowing we will soon shift back towards normal.

Ballet Petit is looking forward to reopening its Industrial Parkway West (Hayward) studio doors on Tuesday, July 6 for the Summer Session. Its beloved Nutcracker is scheduled for the first Saturday of December. And by this time, dancers will be performing all together again. It will be a touching moment, one that will bring smiles to many faces.

Ballet Petit
2501 Industrial Park West, Hayward

(510) 783-4958
<https://www.balletpetit.com/>

Arunay Pruthi’s family and friends keep his memory alive

SUBMITTED BY MANEESH SAXENA

On June 5th, 250 students from Basis Independent in Fremont joined a walkathon to honor and remember their friend Arunay, who was tragically swept out to sea during a family beach outing on January 18, 2021. Teachers and students shared fond recollections about Arunay, and many tears were shed. From the little boy who had emptied his piggy bank into a ziplock bag and brought it for donation, to 8-year-old Sid-dhant, who walked 31 laps and covered 10 miles, one cause bound them all... beach

safety awareness. Together these students walked over 1,000 miles!

Arunay’s tragedy, unfortunately, is not an isolated case. In the eight weeks preceding this tragedy, eight people were swept away from Northern California beaches. “We were unaware of what sneaker waves were, how to identify the risks of perilous beach conditions, and important life-saving techniques that when utilized could have saved our precious son,” said Sharmishta, Arunay’s mom, her voice breaking with grief.

But, even in her paralyzing grief, she knew that something needed to be done.



“Never again should anyone lose their loved one to the sea like this,” she said, with steely determination in her tear-drenched eyes.

Out of the desire to direct their enormous sense of loss into education and actionable solutions, Arunay’s family and friends instituted the Arunay Foundation, an organization dedicated to raising awareness about beach safety. It plans to take a three-pronged approach in the effort to make our beaches safer: Educate, Equip, Inform.

“When we left Cowell Ranch Beach on January 18, 2021, exhausted and heartbroken, without Arunay, we knew that something was fundamentally wrong with what had transpired,” said Aarti Desai, the Pruthi’s family friend and a founding member of Arunay Foundation.

The beaches of Northern California, Oregon and Washington, with their steep and rugged tree-lined coasts and frigid ocean temperatures, are some of the most dangerous in the world. Over the course of month-long search operation for Arunay, funded by the support of thousands of people from around the world, Arunay’s family recognized many changes needed in existing beach safety measures, guidelines and awareness. They believe that with proper awareness and adequate warnings, these beach drownings can be avoided.

Arunay Foundation is a fiscal sponsorship project of SeaValor, an Emeryville-based non-profit that uses ocean activities to help improve the quality of life for those suffering from PTSD. SeaValor also worked alongside Arunay’s family and friends during the search and recovery operations. The family says they could not have asked for a better partner for this journey.

Learn more about Arunay Foundation at <https://www.arunayfoundation.org/>. If together we can prevent a beach drowning or help rescue someone’s child and give them a second chance at life, it would be nothing short of priceless.

