



The sweet truth about maple syrup

Page 13



NASA's next telescope is set to be on-board a balloon

Page 9



City of Fremont Appoints Rafael E. Alvarado, Jr. as City Attorney

Page 12



TRI-CITY VOICE

Fremont, Newark, Union City & Castro Valley, Hayward, Milpitas, San Leandro, San Lorenzo, Sunol

"Accurate, Fair & Honest"



Scan for our FREE App or Search App Store for TCVnews

510-494-1999

tricityvoice@aol.com

www.tricityvoice.com

January 18, 2022

Vol. 20 No. 2

Oakland Zoo Centennial

SUBMITTED BY ISABELLA LINARES



January 1, 2022 marked the launch of Oakland Zoo's centennial year. Since June 6, 1922, the Zoo has evolved from a single building in Snow Park near downtown Oakland, to Joaquin Miller Park in 1926, to its current location in the hills of Knowland Park since 1939. Oakland Zoo now attracts almost 900,000 guests per year, and at 100 acres is one of the four largest zoos in California.

While growing in size, Oakland Zoo has also become a pioneer in animal welfare, and partners with animal rights organizations. Some of their techniques, such as "protected contact" management for elephants, are now practiced by zoos worldwide. The Zoo is a leader in animal rescue by providing care, rehabilitation, and sanctuary for animals rescued

continued on page 19

East Bay cities kick off 2022 with a transition to 100% renewable energy

BY ANUSHKA VASUDEV

Hayward, among several other East Bay cities, committed to making 2022 the year they fully transition to renewable energy sources. The main electricity provider in this area, East Bay Community Energy (EBCE), hopes to complement the city's efforts in their climate action plan by offering a clean and green electricity source.

Prior to this year, EBCE was offering two electricity options for customers: Bright Choice (40% renewable energy) and Brilliant 100. The latter option was sourced from wind, solar, and hydro power facilities, which are all carbon free sources. Previously, Hayward had selected Brilliant 100 as the default option for their residents. However, due to the costs and in an effort to go fully green, the EBCE board decided to stop offering that option and created Renewable 100, which would become the default electricity source for customers.

Erik Pearson, the Environmental Services Manager of the area, said that the motivation for transitioning was "that the City Council wanted to continue to make progress on emissions related to electricity." The city's goal to make Hayward run under clean energy sources was what fueled them towards using Renewable 100, which is sourced by wind and solar energy from California.

Going forward, some main changes for customers under Renewable 100 will be a \$5-\$7 increase per month in pay. However, contributors to this plan assure that profits are going towards a beneficial cause. Dan Lieberman, the marketing director at EBCE says they "will have seven cities out of the 14 [they] serve now that use Renewable 100 as the default service, and it really gives [them] as an agency leverage to procure more renewable energy and build more renewable energy projects."

Both Pearson and Lieberman agree that the main benefit of choosing Renewable 100 is supporting

continued on page 18



Lunar New Year

BY STEPHANIE GERTSCH
PHOTOS VIA PIXABAY

Missed out on making a New Year's resolution? You'll have another chance to make a 2022 resolution next month. While Western countries traditionally use the sun-based Gregorian Calendar, many Eastern countries traditionally use the moon; a new year begins on the second new moon after the winter solstice. 2022's Lunar New Year is Tuesday, February 1.

Lunar New Year is also a celebration of spring, beginning the growing season—an important time in agricultural societies. The holiday dates back to at least the 14th century B.C.E. in China. According to legends, a mythical beast called Nian, with the body of a bull and the head of a lion, would come down from the mountains searching for crops, livestock, and

even young children to devour. Villagers would appease the beast by placing offerings of food on their doorsteps. However, people also discovered that Nian was afraid of three things: fire, noise, and the color red. Thus, began the custom of firecrackers, red lanterns and scrolls for New Year.

One of the most popular aspects of Lunar New Year is the 12-year cycle of animals, often called the "Chinese Zodiac." Which year you're born in determines your personality, lucky colors and numbers, and even dating compatibility.

According to legend, the Buddha invited all the animals to a special banquet, and the order of their arrival determined the order of the 12-year cycle. Although Ox was the fastest, Rat was the most cunning—it hitched a ride on Ox's back and hopped off just in time to arrive

continued on page 30



EBCE Staff and Board Members (Photo Courtesy of Dan Lieberman)

INDEX

Arts & Entertainment 17
Business 8

Classified 23
Contact Us 21
Editorial/Opinion 21
Home & Garden 13

It's a date 17
Kid Scoop 10
Mind Twisters 14
Obituary 24

Protective Services 26
Public Notices 28
Real Estate 15
Subscribe 21

Pain or Swelling in Your Legs? It May Be More Than Muscle Strain

If you experience pain or swelling in your legs while walking or exercising – or if your legs feel tired and heavy at the end of the day – it might be more than just muscle strain. It could be a serious condition known as chronic venous disease (CVD), which includes a number of complications that primarily affect the veins in your legs.

“CVD occurs when the veins in your legs are not working properly,” says Sarah Wartman, MD, a vascular surgeon with Washington Township Medical Foundation (WTMF). “Signs of CVD can range from spider veins or varicose veins to more serious painful swelling and even open sores on the legs.”

Veins and arteries are part of the circulatory system that manages blood flow throughout your body. Arteries carry blood out from the heart, while blood flows back to the heart and lungs through one-way valves in the veins. Because they are thinner and more elastic than arteries, veins do not collect the cholesterol deposits found in hardening of the arteries. Nevertheless, veins can be subject to a variety of problems.

According to the American Heart Association, CVD affects millions of people in the United States, yet many of them do not have symptoms or they mistake the symptoms of CVD for something else.

“Unightly purplish-blue varicose veins in the legs, for example, are very common—particularly as people age, and especially in women – so people may tend to ignore them,” Dr. Wartman observes. “Just because you don’t have any symptoms with varicose veins doesn’t mean you should ignore them, however, because they can cause problems over time, such as pain and swelling in the legs and ankles. The symptoms can become severe, including ulcerations or open sores, and they actually can cause a lot of discomfort and disability.”

Dr. Wartman, who is one of two vascular surgeons who treat CVD at WTMF’s Washington Vein Rejuvenation Center in Fremont, explains that veins also can develop blood clots that may have serious consequences.

“Deep vein thrombosis mainly affects the veins in the thigh and lower leg,” she says. “A thrombus, or clot, generally forms in the larger veins. This clot can interfere with blood flow, and it may break off and travel through the bloodstream to the brain, lungs, heart or other organs, perhaps causing serious damage.”

Risk factors for deep vein thrombosis can include prolonged sitting (such as on long plane or car trips) or extended bed rest. It also may be caused by recent surgery, fractures, childbirth, or the use of medications such as estrogen and birth control pills. Obesity, pregnancy, standing for long periods of time while at work, trauma to the legs and smoking are additional risk factors for deep vein thrombosis.

“Almost everyone gets CVD to some degree as they age, but it is most prevalent among people who smoke and those who have diabetes or a family history of CVD,” Dr. Wartman explains. “Additional risk factors include high blood pressure and high cholesterol.”

She adds, “Anything that increases pressure in the legs or pelvis can contribute to CVD,” Higher pressure inside the veins can cause blood to back up in the veins and form pools, which can cause varicose veins. If the blood seeps through the walls of the vein into body tissues, it can cause pain and swelling, possibly leading to chronic inflammation.

Modern treatments for conditions related to CVD – including varicose veins and deep vein thrombosis – are highly successful, but these problems are sometimes overlooked by medical professionals, Dr. Wartman notes.

“Because CVD is so common and generally doesn’t cause the loss of life or limb, it sometimes might be considered just a cosmetic issue,” she says. “Unfortunately, it can become seriously debilitating. Having CVD also might



Unightly veins should not be dismissed as a mere cosmetic problem.

mean you are more likely to have blocked arteries throughout your body and an associated increased risk for heart attack or stroke, so you should have your physician evaluate your heart and arteries, too.”

Learn More

The Washington Vein Rejuvenation Center offers comprehensive care for people with varicose veins, deep vein thrombosis and other vascular conditions. For more information visit www.mywtmf.com/Services/Vascular/Washington-Vein-Rejuvenation-Center.

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

Follow WHHS on Facebook & Twitter

A Washington Hospital Channel

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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY												
	1/18/22	1/19/22	1/20/22	1/21/22	1/22/22	1/23/22	1/24/22												
12:00 PM 12:00 AM	Diabetes Matters: Travel & Disaster Preparedness	Washington Township Health Care District Board Meeting December 8, 2021	Diabetes Matters: Asian Fusion	Healing Foods: Food Choices and Our Health	Metabolic Disorders	Relieving Back Pain: Know Your Options	Shingles												
12:30 PM 12:30 AM	Good Fats vs. Bad Fats		Not A Superficial Problem: Varicose Veins & Chronic Venous Disease	Healthy Eating: Prescription for Health															
1:00 PM 1:00 AM				Pain When You Walk? It Could Be PVD	Ortho Overuse Injuries: Prevention and Treatment	Palliative Care Series: Palliative Care Demystified	Washington Township Health Care District Board Meeting December 8, 2021	Deep Venous Thrombosis	Sports Medicine Program: Youth Sports Injuries										
1:30 PM 1:30 AM	Healing Foods: Food Choices and Our Health		Don't Let Hip Pain Win							Keeping Your Lungs Healthy									
2:00 PM 2:00 AM				Chronic Pelvic Pain in Women	Diabetes Matters: Glucose Monitoring	Washington Township Health Care District Board Meeting December 8, 2021	Washington Township Health Care District Board Meeting December 8, 2021	Mindful Healing											
2:30 PM 2:30 AM	Diabetes Matters: Dining Out Around The World	How to Prevent Financial Elder Abuse/Fraud	Nerve Compression Disorders of the Arm	Gastrointestinal Disorders	Diabetes Matters: Diabetes Conversations														
3:00 PM 3:00 AM	Early Detection and Prevention of Female Cancers								Endometriosis: Causes, Symptoms, Diagnosis and Treatment	Active Living: Yoga Exercises	Laugh without Leaking: Understanding Female Urinary Incontinence								
3:30 PM 3:30 AM	Women's Health through the Years: Screening is Key to Aging Well	Preventive Care: What You Need To Know	Intro to Radiation Oncology Therapy									Advanced Treaments for Knee Pain							
4:00 PM 4:00 AM									Diabetes Matters: Diabetes Complications and Amputation	Fun Fresh Summer Cooking Demonstration			Get Fit at Home the Right Way	Medicare: What You Need to Know	Get Fit at Home the Right Way	Managing Diabetes During Challenging Times			
4:30 PM 4:30 AM	Women's Health: Depression, More Than a State of Mind	Washington Township Health Care District Board Meeting December 8, 2021				Interventional Radiology (IR) for Vascular Disease	Shoulder Pain: Causes and Treatment Options	Breathe Easier with Pulmonary Rehab											
5:00 PM 5:00 AM	Suffer From Sinus Problems?			Strategies to Help Lower Your Cholesterol and Blood Pressure	Healthy Gut, Healthy You				Sidelined by Back Pain? Get Back in the Game										
5:30 PM 5:30 AM	Why Does My Ankle Hurt? Causes & Treatment of Ankle Pain									Advancements in Lung Cancer Detection and Treatment	Diabetes Matters: Italian Foods						Learn the Signs and Symptoms of Sepsis		
6:00 PM 6:00 AM	Hepatitis B and Liver Cancer: Prevention and Treatment		Oh My Aching Feet! Recognizing Common Foot and Ankle Problems									FB Live: Staying Fit While Working From Home						Women's Health: Planning for Pregnancy	
6:30 PM 6:30 AM													Colon Cancer	Fall Prevention	Hernias: Causes Symptoms and the Latest Treatment Options	Understanding HPV: What You Need to Know			
7:00 PM 7:00 AM	COVID-19: The Road Ahead	Chronic Venous Disease: Causes, Symptoms & Treatment				Food Pharmacy: Prescription for Colon Health	When Your Heart Needs A Little Help	Diabetes Matters: Managing Diabetes During Adverse Conditions											Stroke: Warning Signs and Prevention
7:30 PM 7:30 AM				Family Caregiver Series: Understanding Healthcare Benefits	Wound Care: The Latest Treatment Options				Anxiety: Stop Negative Thoughts										
8:00 PM 8:00 AM				Enlarged Prostate: Causes, Symptoms and Treatment						Chronic Kidney Disease: FAQ	Why Does My Ankle Hurt? Causes & Treatment of Ankle Pain						Keeping Your Lungs Healthy		
8:30 PM 8:30 AM			Palliative Care, an Extra Layer of Support	Inside Washington Hospital: Advanced Treatment of Aneurysms								Family Caregiver Series: Loss, Grief & Recovery						Diabetes Matters: Gastroparesis	
9:00 PM 9:00 AM																			
9:30 PM 9:30 AM																			
10:00 PM 10:00 AM																			
10:30 PM 10:30 AM																			
11:00 PM 11:00 AM																			
11:30 PM 11:30 AM																			

Staying on Top of Your Health is Easy with MyChart

Confidential Medical Records—including Proof of Vaccination—Available Online

Have you ever intended to contact your doctor about some nagging health issue, but every time you thought about it, the office was closed? Wouldn't it be great if you could just send your health care provider an email whenever it's convenient for you?

You can with MyChart, a free, confidential online service offered by Washington Hospital Healthcare System that lets you message your provider, access your medical records, and so much more. For example, you can find out if your child's vaccinations are up-to-date, schedule appointments, refill prescriptions, and check test results, all with just a few clicks on your keyboard or cell phone. Patients can now access their COVID immunization record and download the COVID QR code which can serve as proof of vaccination.

"MyChart is convenient and easy to use," said Michelle Smith, director of Ambulatory Clinical Applications at Washington Hospital. "It's great to be able to contact your health care provider outside of normal business hours. It's perfect for those evenings when you're thinking about your day and what you still need to do. That's often when you remember you're supposed to contact the doctor. Now you can send a message right when you're thinking about it. You should expect a reply within two business days."

MyChart is part of Washington Hospital Healthcare System's WeCare, a sophisticated electronic medical records system that allows providers to have patients' health information at their fingertips so they receive more personalized, accurate, and timely care. MyChart provides an online portal for users to navigate the system using a computer, cell phone, tablet, or any other device that connects to the internet. It is a secure network with safeguards to protect patient privacy. Each user creates a password-protected account that is encrypted to provide optimum security.



The free online service is available to patients in the Washington Hospital Healthcare System and WeCare partners, including Washington Hospital inpatient and outpatient clinics, Washington Township Medical Foundation clinics, Washington Radiation Oncology, and Washington Outpatient Rehabilitation Center.

Log In

Getting started is easy, according to Smith. Just ask your health care provider for an activation code that will allow you to log in and create your own user ID and password. When you have an activation code, go to <https://MyChart.whhs.com/MyChart/signup> to create your own MyChart account.

"Your MyChart account will help you stay on top of your health, and help you manage your family's health," Smith added. "You can access your child's information or another family member's through a proxy."

MyChart provides an overview of your medical records, including the medications you are taking as well as the prescribed dosage and name of the provider, any allergies and the reactions you had, and a list of immunizations and the dates received. This information allows you to request prescription refills and view providers' notes. You can even download portions of your medical information and send it to doctors outside of the Washington Hospital Healthcare System network.

Instead of waiting for a phone call or letter from your provider, you can see test results as soon as they are posted to MyChart. After you receive a test, MyChart will send an email notice when the result is available for viewing.

The Message Center works like any other email system. Once you log in to MyChart, you can send and receive messages.

"MyChart makes it possible to ask your health care provider questions or schedule appointments outside of business hours," Smith said. "You can access important information anytime you want. It really allows you to navigate the health care system on your schedule. It's a valuable tool."

For more information about MyChart, visit www.whhs.com/washington-mychart. Questions can be emailed to MyChartadmin@whhs.com



Virtual Health & Wellness

 facebook.com/WashingtonHosp
 youtube.com/whhsInHealth

Tuesday, Feb. 8
6:30 p.m.

Heart Attack: Symptoms and Prevention

Would you know if you or someone you love were having a heart attack? Some symptoms are extremely subtle.

Join this seminar to learn from cardiologist, Dr. Rohit Sehgal what to look for and when to call 911.



Rohit Sehgal, MD
Chief of Cardiology

CA 94538



Carlton
SENIOR LIVING

5:30 PM - 6:30 PM

Watershed history presentation at historical society

SUBMITTED BY ACWD

Join the Washington Township Historical Society as it hosts the Alameda Creek Alliance and the Alameda County Water District (ACWD) for a joint presentation on "The History of the Alameda Creek Watershed & Fishery Restoration Projects."

Alameda Creek Alliance's founder and executive director, Jeff Miller and board president, Pete Alexander present: The History of the Alameda Creek Watershed, the historical fishery habitat, and the multi-decade effort toward re-establishment of the watershed for migration of California Central Coast Steelhead and Chinook Salmon.

Alameda County Water District's project engineer, Shane O'Nesky presents: Lower Alameda Creek Fish Passage Improvements Projects

Synopsis of Presentations:

The Alameda County Water District's (ACWD's) Lower Alameda Creek Fish Passage Improvements will enhance the ability for threatened and federally listed steelhead to migrate through Lower Alameda Creek between the San Francisco

Bay and rearing habitat within the Alameda Creek Watershed and its rivers and tributaries. This comprehensive program aims to restore the historic migratory corridor which has been largely obstructed since the 1970s.

ACWD has invested nearly \$80 million in the program that involves multiple projects, including two innovative fish ladders, rubber dam foundations and structural improvements, new and upgraded water diversion structures with fish screens, enhancements to power and control systems and other major improvements. ACWD completed its Rubber Dam No. 3 (RD3) Fishway Project in May 2019. This project featured the construction of a new fishway around an existing inflatable rubber dam in Alameda Creek and replacement of the aging dam fabric.

ACWD's second major fish ladder project began in 2019 and is nearing completion after three seasons of major construction work in the Lower Alameda Creek channel. This final fish ladder spans both ACWD's Rubber Dam No. 1 (RD1) and a large flood control structure (the elevated BART train tracks foundational weir) which spans the width of

Alameda Creek and forms an obstruction to migratory fish. This project also includes new water diversions that are operationally efficient and fish friendly.

While the program serves as an important restoration opportunity providing a significant impact on the ability of fish to migrate back and forth and re-establish threatened aquatic life, it also allows ACWD to continue management of water resources in the Alameda Creek.

Accounting for nearly 40% of ACWD's water supply, the Alameda Creek is a critical source for the local area, ensuring reliable water for over 357,000 people and numerous commercial, industrial, and institutional customers in Fremont, Newark, and Union City.

As founding members of the Alameda Creek Fisheries Restoration Workgroup, ACWD and the Alameda Creek Alliance have collaborated with multiple stakeholders since 1999 to benefit Central California Coastal Steelhead. The Workgroup includes members from advocacy, water management, consulting, environmental, government (federal, state & local) and educational groups interested in the Alameda Creek

watershed and steelhead trout restoration. It is a testament that careful planning and meaningful partnerships can result in advancements for the environment while protecting our area's water supplies for generations to come.

Estimated Costs: \$80M for fish ladders and all additional creek construction projects.

Offsetting grants to date: \$33M (more expected). Ratepayer net: ~ \$47M in water bills.

For more information on ACWD's fish passage projects, visit acwd.org/fishway.

Monday, January 24

The History of the Alameda Creek Watershed & Fishery Restoration Projects

7 p.m.

In person and via Zoom

<https://us04web.zoom.us/j/76473734687>

Washington Township Museum of Local History

190 Anza Street, Fremont

Sheriff Oversight Board

SUBMITTED BY THE ALAMEDA COUNTY BOARD OF SUPERVISORS

Board of Supervisors David Haubert, District 1, and Richard Valle, District 2, invite the community to provide feedback on the potential establishment of a Community Sheriff's Oversight Board and/or an Office of the Inspector General.

The first round of community engagement meetings were held in December 2021 (more info can be found at <https://acoversight.acgov.org/>). This is an additional opportunity to hear about those meetings and provide input. Please feel free to share!

Community participation will be available via Zoom on January 20 from

6 p.m. to 8 p.m. Please access the following link in order to register and receive an email confirmation with additional details and a meeting link: <https://bit.ly/3nlfC2A>

Questions? Contact Supervisor Haubert's Office at (510) 272-6691 or email Shawn.Wilson@acgov.org. You may also contact Supervisor Valle's Office at (510) 272-6692 or Brenda.Gomez@acgov.org

Thursday, January 20
Sheriff Oversight Community Engagement Meeting

6 p.m. – 8 p.m.

Via Zoom

Register at: <https://bit.ly/3nlfC2A>
<https://acoversight.acgov.org/>
(510) 272-6691

BISTRO

8|8|0

COME TO YOUR SENSES.



Live Music and Dancing

510-413-2300



39900 Balentine Drive, Newark

Denied Social Security or SSI

BOARD CERTIFIED SOCIAL SECURITY DISABILITY SPECIALIST

NATIONAL BOARD OF LEGAL SPECIALTY

30-years experience

CYNTHIA G. STARKEY

1-888-972-3454

No Fee if No Recovery

East Bay Hand & Plastic Surgery Center

We customize treatments for your individual needs

Highly skilled and trained in all aspects of Cosmetic Surgery

Complimentary Cosmetic Consultations

Breast Augmentation

\$7,000.00 Limited Time! **1st time augmentations only**

New Year Specials

Exp. 2/28/22

Facelift Specialist
Liposuction
Breast Augmentation specialist
Breast lift
Breast reduction
Mommy Makeover Specialist
Tummy Tuck
Upper/Lower Eyelids
Removal of Excess skin surgery after weight loss
Breast Reconstruction Specialist

We accept most insurance providers

FILLER SPECIAL !

Purchase 2 Voluma XC and receive 1 FREE Juvederm Ultra or Juvederm Ultra Plus

The first and only FDA-approved filler to correct age-related volume loss in the midface for natural-looking results - last up to 2 years

Botox \$15.00 a unit
when you mention this ad



Prasad G. Kilaru, MD, MBA
Diplomate, American Board of Plastic Surgery
Over 20 years experience in cosmetic surgery

SkinCeuticals
@15% off original price

We are part of the Brilliant Distinctions Program

Must Mention ad for Discounts

Call for current specials

510-791-9700

Contact Delilah for more information
delilah@prasadkilaru.com

Se Habla Español and Marunong Po Kami Mag Tagalog
www.prasadkilaru.com

facebook  instagram  yelp

39141 Civic Center Dr. #110, Fremont

Fremont Friends of the Library BOOK SALE

Fremont Main Library, in the Fukaya Room
2400 Stevenson Blvd., Fremont, CA 94538

JANUARY
14, 15, & 16, 2022

- **Friday, January 14: 2 pm - 7 pm**
- **Saturday, January 15: 10 am - 4 pm**

Most books priced at \$1/ inch, some specially priced.
Children's material individually priced.
CDs: from 25 cents each, DVDs: from \$1 each.
New materials may be added after opening.

- **Sunday, January 16: 12 pm - 3 pm**

Clearance Sunday:
Only \$5 per paper grocery bag!
We will provide the bags.
Books and magazines only in bags.
DVDs are 50% off marked price.

FEATURING:
Charles Dickens with illustrations (1926)
The Works by Hubert Howe Bancroft (1890)
Great Books
Music. Sheet music and books

**FRIENDS
FREMONT
of the
LIBRARY**

The Fremont Friends of the Library, a non-profit volunteer organization, was established in 1965. All proceeds from our Book Sales are given to the Fremont Library system to purchase books, equipment, children's programs, etc. Books available at the Book Sales are donated from the libraries and private individuals.



Mask required.

Crab lovers: get ready for a delicious feed

SUBMITTED BY CITY OF FREMONT

Officials at the Age Well Center at Lake Elizabeth (formerly the Fremont Senior Center) are asking for community support and participation in their 15th Annual Crab Feed: Safe at Home Edition 2022.

The popular event, set for Friday, February 18, is the center's major fundraiser of the year. Funds raised help support the Age Well Center's Lake Side Café, where affordable meals are prepared for older adults and needy community members who may be affected by the ongoing pandemic.

Since July 2021 the kitchen has served almost 9,000 meals to people 55 and older and almost 3,000 meals to unsheltered people. In partnership with Tri-City Volunteers, the Age Well Center also distributed 2,880 bags of groceries.

Because of the COVID-19 Omnicron variant, the crab feed is being held off-site with people asked to pick up their crab meals during a drive-through event at the center to take home and enjoy.

Meals will include 1.5 pounds of succulent crab, pasta, salad, garlic bread sticks and dessert. Meals will be placed inside a reusable tote bag that will be placed by volunteers in the trunk of diner's vehicles. Individual crab dinners are \$75 and meal tickets can

be purchased in advance online at <http://bit.ly/AgeWellClasses>, then following the "AWC Crab Feed-DRIVE THRU" link and following the prompts. The deadline to purchase tickets is Thursday, February 10.

Curbside pickup for dinners is 12:00 noon to 1:30 p.m. Friday February 18 at the Age Well Center, 40086 Paseo Padre Parkway, Fremont. When picking up dinners, people are asked to stay inside their vehicles with a mask on; Age Well staff members will place food in the vehicle's trunk or rear cargo area.

Meanwhile, during these difficult times the Age Well Center is in need of community support and is seeking sponsors for the event. Sponsorships are available from \$175 to \$5,000. For details, call Aisha Jasper at (510) 790-6606 or send an email to agewellcenters@fremont.gov.

AWC Crab Feed
Friday, Feb 18
12 p.m. – 1:30 p.m. curbside pickup
Fundraising crab dinner
Age Well Center, 40086 Paseo Padre Parkway,
Fremont
\$75 per dinner; purchase deadline is Feb 10
<http://bit.ly/AgeWellClasses>

Tshaka Campbell becomes seventh Santa Clara County Poet Laureate

SUBMITTED BY
ALYSSA ERICKSON AND
DIANE ROCHE

The Board of Supervisors for the County of Santa Clara appointed San Jose resident Tshaka Campbell to the honorary post of Santa Clara County Poet Laureate for a two-year term ending December 31, 2023. Campbell was recommended to the Board following the call for applications, and a two-step review process organized by the

County of Santa Clara, Silicon Valley Creates (SVCreates), and the Santa Clara County Library District (SCCLD). He is the seventh elected since the program's inception in 2008.

"Poetry inspires us, as well as sheds light upon the emotional side of the human condition," said County Librarian Jennifer Weeks. "The Library is a repository for the written word as well as a public space for poets to perform their work and future poets to learn the art form. We look forward to hosting

poetry events with Tshaka during his term as County Poet Laureate."

Tshaka Campbell is the curator of "Beautiful Black Books" as part of Poetry Center San Jose. He also conducts lectures, workshops in creative writings, spiritual verse, and other related topics. He is a talented poet, author, and musician. "I am standing on the shoulders of those who have held the post in the past, so I am both honored and humbled to be chosen," said Campbell.

"Words hold great power to

Park It

BY NED MACKAY

The Environmental Education Center at Tilden Nature Area near Berkeley has hosted a Fungus Fair annually for the past five years. However, due to COVID-19 concerns, this year's fair will be virtual. It will be livestreamed on the Nature Area's Facebook page and on YouTube channels from 11 a.m. to 2 p.m. on both Saturday and Sunday, January 29 and 30. The virtual event will feature presentations from local mycologists, the Bay Area mycoblitz, a cooking demonstration, and other attractions. No registration is required.

This is also a good time to point out that mushroom gathering is against the rules in all the regional parks. The parks are essentially wildlife preserves, where plants and animals must be left alone. "Take only pictures, leave only footprints" is the mantra.

Besides being illegal in the parks, mushroom collecting can be dangerous unless you are knowledgeable. Several mushroom varieties are extremely poisonous, though they may resemble other kinds that are edible. So it's best to leave harvesting to the experts and do your own mushroom hunting at the supermarket.

Also virtual this year is the East Bay Regional Park District's Youth Job Fair from 10 a.m. to noon on Saturday, January 29. Designed for applicants ages 15 through 24, it's an opportunity to learn about the variety of paid summer and year-round jobs available at the regional parks, whether you like spending time outdoors, working with kids, or lifeguarding at district swim beaches.

For registration and information, visit ebparks.org/youth-job-fair.

History buffs will enjoy a stroll through the site of the long-vanished town of Somersville at Black Diamond Mines Regional Preserve, led by naturalist Ashley Adams.

The program is from 9:00 a.m. to 10:30 a.m. on Saturday, January 22. Ashley will use historic photos and maps to bring the town site back to life. It was once one of the most populous settlements in Contra Costa County, home to hundreds of miners who worked the coalfields.

The history stroll is free of charge, though Black Diamond Mines has a parking fee of \$5 per vehicle when the kiosk is attended. All ages are welcome. Registration is required. For information and registration, call (888) 327-2757, option 2.

Nearby at Contra Loma Regional Park in Antioch, naturalist Kevin Dixon will anticipate Groundhog Day by leading a leisurely stroll around the reservoir from 10 a.m. to 12 noon on Sunday, January 23, in search of ground squirrels and wintering birds.

It's free of charge, all ages are welcome, and registration is required. Contra Loma is at the end of Frederickson Lane off Gold Course Road. Meet Kevin at the main parking lot. There's a \$5 parking fee. For registration and more information, call (888) 327-2757.

Down at Sunol Regional Wilderness in southern Alameda County, Nature's Stories is the theme of a drop-in program from 10 to 11 a.m. on Sunday, January 23. At the visitor center, naturalist Betty Villalta will read from a nature-themed storybook, then lead an activity or craft. The program is free of charge and registration is not necessary.

Sunol Regional Wilderness is located at the end of Geary Road off Calaveras Road about five miles south of I-680 and the town of Sunol. There's a parking fee of \$5 per vehicle. For information, call (510) 544-3245.

This is just a sample of what's available in the regional parks. For full information, visit the website, www.ebparks.org.



entertain, to inform, and to help us grow," said Supervisor Mike Wasserman, President of the Santa Clara County Board of Supervisors and Chair of the Library Joint Powers Authority Board. "The County of Santa Clara welcomes our new Poet Laureate and we look forward to the important contributions he brings to inspire a love and appreciation for poetry in our communities."

Campbell looks forward to implementing programs aimed at furthering poetry within our communities. One of these initiatives, "In Our Words," will

invite local youth/students to write poems that capture the impact the last two years have had on them. Their work will be published in an anthology and displayed at select installments around the county.

A presentation will take place at 9:30 a.m. on Tuesday, February 8 during the Board of Supervisors' meeting to formally introduce Campbell. He will read a selection of his work as part of the invocation.

Learn more about the Poet Laureate program at scclcd.org/poet/.

News and Notes

FROM AROUND THE WORLD

SUBMITTED BY THE ASSOCIATION OF
MATURE AMERICAN CITIZENS

House fit for aging goths

The goth lifestyle was all the rage in the early 1980s among teens who focused on the dark side of life when it came to the music and the dark, depressing clothing they preferred, says the Association of Mature American Citizens (AMAC). They wore black clothing, black lips and black eyes. Some of them are still with us 40 or more years later and you can be sure that there are still some who would love to live in a goth house like the one up for sale in Lincoln, Illinois. Realtor Seth Goodman purchased the house last year and fixed it up goth style. Its exterior is all black as is its interior and, guess what? It is attracting a lot of attention. Goodman put it up for sale recently and the house is getting noticed, but Goodman says he is having second thoughts about selling it. See the house on YouTube at: www.youtube.com/watch?v=fQmi77MnUfU.

House for sale

Developer Nile Miami had high hopes for the 105,000 square foot mega mansion he built in the ritzy Bel Air neighborhood of Los Angeles, according to AMAC. He was hoping to find a buyer willing to pay half a billion dollars for it. The price has been reduced to \$295 million and that still makes it the most expensive residential property in the U.S. But Miami needs a buyer soon or the property will end up on the auction block. He needs \$180 million to cover the debt he amassed building the place. See the Bel Air house on YouTube: www.youtube.com/watch?v=dhEyjdJ3ffc.

Better late than never

Army Sergeant John Gonsalves penned a letter to his mom and mailed it to her from Germany at the end of World War II. It was found 76 years later in a U.S. Postal Service processing and distribution facility in Pennsylvania in December 2021 and delivered in January 2022 not to his mother, who had passed away in 2015, but to his widow, Angelina Gonsalves, who lives in Woburn, Massachusetts and who was overwhelmed, reports AMAC. Her late husband, Johnny, passed away in six years ago. And, in a local TV interview with Angelina she said, "I love it. I love it. When I think it's all his words, I can't believe it. It's wonderful. And I feel like I have him here with me." See the TV interview on YouTube: www.youtube.com/watch?v=wJKu_Nutt0o.

-- The Association of Mature American Citizens is a nonprofit, nonpartisan organization representing membership in Washington, D.C. and in local congressional districts nationwide. More information is available on its website at www.amac.us.



TIMOTHY J. GAVIN
ATTORNEY AT LAW

CERTIFIED SPECIALIST
Estate Planning
Trust & Probate Law

Introductory Zoom Appointment Available

510-248-4769

tim@gavin-law.com
www.gavin-law.com

**39812 Mission Boulevard #201
Fremont, CA 94539**



Joselin Linder to speak to Fremont Area Writers

SUBMITTED BY TISH DAVIDSON

What would your life be like if you knew what the cause of your death would likely be...a disease that's so new it has no name and almost no one knows that it exists? You've watched the process in other family members, tested positive for it yourself, and have started seeing the signs in your own body. Would you be terrified? Would you write a book about it? Would you tell everyone who would listen? If you're Joselin Linder, you would.

On Saturday, January 22, Joselin Linder, author of *The Family Gene*, will share the extraordinary tale of how she and her family discovered a mysterious, deadly genetic disease that seems to have originated with her paternal great-grandmother, Mae.

Linder, her sister Hilary, their cousin, and their deceased paternal grandmother all carry this gene. Known as an "orphan," it's a genetic mistake unique to their family. Armed with this knowledge, they are doing everything they can to defend themselves and the rest of the world, against this unique ailment that the medical establishment only knew as a set of seemingly unrelated symptoms—until Linder and her relations found it lurking in their family tree.

She's not the only woman who's faced this sort of problem. What makes her stand out is the way she uses her platform as a writer and internet personality to share information that could be life-changing, and even life-saving for her family members, as well as paving a path for her readers who recognize their own situation in her story. Linder's family's discovery may have far-reaching implications for the field of genetics, as well.

A regular contributor to the *New York Post*, Linder has been featured on *This American Life*, *Morning Edition* and *Life of the Law*.

This FAW Zoom event is open and free to the public.



**January FAW meeting
Saturday, Jan 22
2 p.m.**

Virtual Via Zoom

For link, email: scottfrombayside@yahoo.com

Community meeting on Campus Drive safety concerns

SUBMITTED BY THE CITY
OF HAYWARD

The City of Hayward Transportation Division will hold a public online community meeting on Thursday, January 20, to present and discuss Campus Drive safety concerns and traffic calming measures.

The Campus Drive Traffic Calming Project area will span .78 miles of Campus Drive between 2nd Street and Hayward Boulevard – an area served by multiple neighborhoods, California State University, East Bay, hiking trails, churches, a residential care

facility for older residents and Fire Station 9.

The Campus Drive community meeting will be held online only on the Zoom video conferencing platform. Information on how to join the meeting will be posted on the City of Hayward website: <https://bit.ly/33daYNr>

The city is prioritizing Campus Drive for traffic calming improvements based on community concerns, traffic volume, speed and collision data, and other factors. The purpose is to identify pedestrian, bicycle and traffic-calming improvements and address safety concerns and

mobility needs that have community support. Potential strategies include adding barricades at key locations to slow down traffic, improved signage, a continuous pedestrian walkway and bike lane, a safer crosswalk and trail connection at Oakes Drive, and restrictions on heavy truck traffic.

For additional information, questions, or concerns, please contact the project team at (510) 583-2134 or CampusDr-Feedback@hayward-ca.gov.

**Thursday, January 20
Campus Drive Community Meeting
6:30 p.m. – 8:00 p.m.
Via Zoom
<https://bit.ly/33daYNr>
www.hayward-ca.gov/campus-drive**



Fremont Botanicals

www.FremontBotanicals.com

HEMP CBD



Gummies

Patches

mention this ad and get
15%
entire purchase!

Questions? Concerns? FREE Consultations. Free Shipping. Free Delivery
(for Fremont, Newark, UC)

visit us at our store 37317 Fremont Blvd
or call us at 510-797-2774



Senior Helpline

(510) 574-2041

**Serving individuals 60+ and
their families in Fremont,
Newark and Union City, CA**

**Care coordination, paratransit assistance,
counseling, health promotion and
caregiver support.**



Empathetic, Accurate & Timely Service is our #1 Priority

**Medical Supplies
Scooters
Lift Chairs
Bath Accessories
Wheelchairs
Walkers/Canes/Crutches
Aids for Daily Living
Hospital Beds/Bed Accessories**

**Personalized Service
Special Orders**

**Sales
Service
Rentals
Repairs**

**Physical Therapy Equipment For Sale
Benefits of Exercise Peddlers**

Not only will you maintain your physical fitness, but you'll also help keep certain diseases at bay. For starters, an exercise peddler will improve circulation and keep your joints healthy. This is also a wonderful way to get your cardio exercise in!



**Haller's Medical Supplies
510-797-2221**

**4067 Peralta Blvd., Fremont
www.hallersrx.net**

**Mon-Fri: 9:00 a.m. - 6:00 p.m.
Sat: 9:00 a.m. - 4:00 p.m.
Sun: Closed -**



Thinking of Quitting Your Job?

By ANNE CHAN, PhD, MFT

The Great Resignation continues – the number of resignations hit yet another record high in November, and some experts are predicting that this trend will continue in 2022. Given that this trend has yet to lighten up, I suspect quite a few of you are going to be part of the Great Resignation this year. Perhaps your new year’s resolution was to have a better job. You’ve been sending out your resumes, been invited to several interviews, and voilà! You made it to the Promised Land and have been offered an irresistible job. You immediately start visualizing a better tomorrow... with your new and improved salary, you can now move to a nicer apartment, buy that new phone you were eyeing, and upgrade your car. But wait... before you drift off into the lovely honeymoon stage of your new job, the cold reality of having to tell your current boss that you are leaving sets in.

Parting is such sweet sorrow – Shakespeare nailed it when it comes down to saying goodbyes, even in our high tech Bay Area work culture. But Shakespeare’s words are worth remembering because there will likely be sweet sorrow for your boss, your colleagues, and even for you when you announce your resignation. In a work setting, it can be tricky and delicate to say “So long, farewell, auf Wiedersehen, adieu.” However, no matter what language you are using to say goodbye, the most important point to keep in mind is to stay professional and leave a positive impression. In order to achieve this, keep the goal in mind to make the parting more sweet and less sorrowful. Remember, you are in control of how you leave your job. Here are some tips for how to leave on a good note:

First, be gracious and professional when you leave. Do not take advantage of your last few weeks to goof off, gossip or badmouth your work enemies. Suppress the urge to tell your boss what has been in your heart for ages. Even if there has been bad blood in the past, now is the time to build a bridge and to leave the last memory of you a positive one. With this in mind, try to ease the transition for

your boss and co-workers by finishing up a project with aplomb, or creating a guide to make it easier for your replacement to on-board.

I do recommend having a one-on-one with your boss instead of shooting an “I QUIT!” email. However, it is a sound practice to have your resignation letter on hand when you have your one-on-one. The good news is that the letter does not have to be lengthy or overly descriptive. In fact, I would counsel you to keep it short, sweet, and succinct. The following pieces should be in the letter:

1. Your last day of employment
2. One (or more) positive reasons for leaving. Again, no griping please. Take this opportunity to leave in a professional, dignified manner that will benefit you. If you can’t think of any positive reasons, you could say something along the lines of “I was offered a job that I could not pass up.”
3. A short line of thanks to your employer for giving you the opportunity to work with the company.
4. This last bit is optional but highly recommended – offer to smooth over the transition with one or two specific final action steps. You do not want to offer too much here – e.g. don’t say you are willing to be on-call for as long as it takes. Be very specific in what you will do and the time-frame in which you will do it.

Lastly, consider writing thank-you letters to your boss and to HR to leave on a positive note. Even if the years have been nothing but pure misery, it would still behoove you to say “I appreciate the opportunity to have worked for you.” I realize this is hard for those of you who have been mistreated at work, but this isn’t the time to address your grievances. Instead, focus on creating positive energy for the process of leaving one job and starting another.

Here’s to a happier New Year and new work life for all of us in 2022!

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. © Anne Chan, 2022

Virgin Orbit launches 7 satellites into orbit

By JOHN ANTCAZAK
ASSOCIATED PRESS

A Virgin Orbit rocket released from a jet flying off the California coast carried seven small satellites into space on Jan. 13 as the company kicked off a year in which it plans to ramp up the pace of launches, including two originating from Britain.

Virgin Orbit’s modified Boeing 747 took off from Mojave Air & Space Port in the Southern California desert, flew out over the Pacific Ocean and dropped the LauncherOne rocket from its left wing. The 70-foot-long booster ignited at an altitude of about 35,000 feet and hurtled skyward. The company later confirmed that all of the satellites were successfully deployed into the proper orbit. “Another fantastic day for the Virgin Orbit team, and a big step

forward for our customers,” the company tweeted.

The payload included satellites for the U.S. Defense Department, the Polish company SatRevolution and the international company Spire Global.

It was Virgin Orbit’s third launch carrying satellites for customers. Two previous launches carried multiple satellites into orbit in January and June 2021. The company’s first launch, a demonstration flight, failed in May 2020.

Virgin Orbit, founded in 2017 by British billionaire Richard Branson, went public last month. The company is targeting the market for launching small satellites. It touts the mobility of its air-launch system compared to the limitations of fixed launch sites. “The tremendous thing about using a 747 is we can put them into any orbit from anywhere in the world,” Branson

said from the British Virgin Islands during the company’s launch webcast.

“There’s only I think a couple of handfuls of countries in the world that have the capability of sending satellites to space from their own countries and now 480 countries can use Virgin Orbit,” he said. “You just need to ring us up.”

The company plans six launches this year, including two for the United Kingdom’s Royal Air Force that will originate from Cornwall in southwestern England. RAF test pilot Mathew “Stanny” Stannard flew the 747 from the main pilot seat on Jan. 13.

“This is going to be just a banner year for us,” Chief Operating Officer Tony Gingiss said in a preflight briefing this week. Gingiss said there has been continuous improvement flight-over-flight. “I think we’re seeing not only the kind of rigor we expect but just really getting highly confident in our processes,” he said.

The mission was dubbed “Above the Clouds,” a title taken from a track on hip hop duo Gang Starr’s album “Moment of Truth,” which was released by Virgin Records in 1998.

Branson noted during his interview that his family got COVID-19 over Christmas. “Fortunately, we were vaccinated and boosted and therefore none of us got it badly,” he said.

New Year’s promise: get more exercise

By JOHN GRIMALDI

So, your kids got you to promise to exercise more in 2022 during the festivities of the holiday season. You couldn’t resist. After all, you agreed because you love them but now you either disappoint them and take it easy or you convince yourself to give it a try. Come on, you can do it whether you turn 60, 70 or even 80 years of age this new year, said Rebecca Weber, CEO of the Association of Mature American Citizens (AMAC).

“No one’s telling you to go to Olympic extremes. All you have to do is the basics such as going for a 15 to 30 minute walk every day. Once you get used to it, you’re bound to up the ante and start doing things like carrying a pair of dumbbells on your outings. Pretty soon you’ll find yourself doing sit-ups and push-ups. But be sure not to go to extremes, particularly if you have health issues. In fact, it is best to have a chat with your health care provider before you begin your exercise routine,” Weber advised.

The National Institute on Aging (NIA) recommends that you take it slow at first. You don’t want to overdo it. Over-exercising – particularly at the outset – can make you want to quit, or worse, cause injury.

The right way to get started, according to the NIA, is to:

- Begin your exercise program slowly with low-intensity exercises.
- Warm up before exercising and cool down afterward.
- Pay attention to your surroundings when exercising outdoors.

• Drink water before, during, and after your workout session, even if you don’t feel thirsty. Play catch, kickball, basketball, or soccer.

• Wear appropriate fitness clothes and shoes for your activity.

• If you have specific health conditions, discuss your exercise

and physical activity plan with your health care provider.

The pandemic has been hard on all of us, but it has been a particularly difficult experience for senior citizens creating an additional disincentive to take it easy, if you can. However, said AMAC’s Weber, it can also be another good reason for working out. At the very least, it can take your mind off of the disease for a while on a daily basis, which can raise your spirits.

“When you consider what is required for someone to engage in exercise -- time, motivation, goal, and willingness to put up with some discomfort -- it becomes a little clearer as to why a person dealing with stress and anxiety would be less likely to engage ... Despite having time on their hands, this person is struggling with psychological discomfort due to negative thoughts which saps away motivation and energy to engage in activities, let alone exercise,” said Dr. P. Priyanka.

In fact, a poll conducted by researchers from Canada’s McMaster University and Western University in April 2021 showed that participants who had work out regimens prior to the COVID outbreak were exercising less as a result of the pandemic.

“But don’t use the coronavirus excuse to get out of doing your exercises,” cautioned Weber. “Think of the benefits you’ll derive -- the stamina and energy you’ll gain, not to mention the fact that it improves your mood and helps you fight off depression and not to mention the fact that you made a promise to your kids and your loved ones.”

-- *The Association of Mature American Citizens is a nonprofit, nonpartisan organization representing membership in Washington, D.C. and in local congressional districts nationwide. More information is available on its website at www.amac.us.*

Fact checkers say YouTube lets its platform be ‘weaponized’

ASSOCIATED PRESS

A group of more than 80 fact checking organizations is calling on YouTube to address rampant misinformation on its platform. In a letter to CEO Susan Wojcicki published Jan. 12, the groups said the Google-owned video platform is “one of the major conduits of online disinformation and misinformation worldwide.”

YouTube’s efforts to address the problem, they say, are proving insufficient. “What we do not see is much effort by YouTube to implement policies that address the problem,” the letter says. “On the contrary, YouTube is allowing its platform to be weaponized by unscrupulous actors to manipulate and exploit others, and to organize and fundraise themselves.”

The problem, these groups said, is especially rampant in non-English speaking countries and the global south.

The fact checkers are all members of the International Fact Checking Network and include Rappler in the Philippines, Africa Check, Science Feedback in France and

dozens of other groups. They lambasted YouTube, saying it frames discussions about disinformation as a “false dichotomy” of deleting or not deleting content.

Displaying fact-checked information is more effective than deleting content, the fact checkers wrote. They propose that YouTube focuses on providing context and debunks that are “clearly superimposed” on videos. They also called for YouTube to act against repeat offenders and beef up efforts against misinformation in languages other than English.

In a statement, YouTube spokesperson Elena Hernandez said the company has “invested heavily in policies and products in all countries we operate to connect people to authoritative content, reduce the spread of borderline misinformation, and remove violative videos.”

Hernandez called fact checking “a crucial tool to help viewers make their own informed decisions,” but added that it is “one piece of a much larger puzzle to address the spread of misinformation.”

NASA's next telescope is set to be on-board a balloon

**KAILASH KALIDOSS,
AEROSPACE ENTHUSIAST**

Antarctica is a hot spot for scientific balloon research because of the region's circumpolar winds. High stratospheric level winds are prevalent during the Antarctic summer and circulate around the South Pole in a counterclockwise direction. This means NASA's giant scientific balloons—the largest being nearly 40 million cubic feet—can ascend to 120,000-plus feet, to the edge of space. They sail the circumpolar wind around the continent for months on average, and in some of the most successful instances, flights can be terminated and the balloon and payload recovered within a hundred miles of where they were launched. Incidentally, this environment is best suited for a telescope placed high up in our atmosphere.

A unique partnership has formed between the National Science Foundation (NSF) and the NASA balloon program. While NASA funds the science, NSF provides support to scientific teams. Their latest balloon-borne telescope is called "GUSTO."

NASA's Galactic/Extragalactic ULDB Spectroscopic Terahertz Observatory (GUSTO) mission will fly an Ultralong-Duration Balloon (ULDB) carrying a telescope with carbon, oxygen, and nitrogen emission line detectors. The mission is scheduled to launch in 2022 from McMurdo Station, Antarctica, and is expected to stay in the air between 100 to 170 days, depending on weather conditions. It is designed to address a key problem in modern astrophysics: understanding the life cycle of star-forming molecular clouds in our Milky Way galaxy.

The telescope looks at specific emission features from carbon and nitrogen atoms within our galaxy. In doing so, GUSTO will map our galaxy with the world's most sensitive high-frequency radio receivers, essentially listening in on how clouds of gas and dust permeating Milky Way fuse to ultimately spawn new stars and planets.

The science team has developed a way to capture and focus this far-infrared light using a conventional optical telescope and associated high-cooled optical instruments on a high-altitude balloon platform flying far above most of Earth's obscuring water



NASA-high-altitude-balloon. Source: nasa.gov

vapor. As in most telescopes, light comes in, hits a primary mirror, goes up to a secondary mirror, and exits through a hole in the bottom of the telescope. From there, it goes through another optic system consisting of infrared specific high-cooled instruments.

Now, the cutting edge of science questions can be answered on balloon platforms. If the GUSTO mission is successful, it could be the most cost-effective way of going after these questions.

Kailash Kalidoss is an aerospace enthusiast and educator serving the Bay Area. Kailash first fell in love with aerospace as a teenager when he learned about aviation from his father's role as a Ground Operations Manager. Kailash has since spent his efforts sharing knowledge about aerospace, astronautics, aviation, science and technology, and of course, the night sky. Kailash also represents the Civil Air Patrol and NASA as a volunteer.

Is handwashing or using dishwasher better?

EARTHTALK

*Dear EarthTalk:
My husband
thinks it's better
for the planet to
hand-wash dishes
in the sink, but it
seems to me using
the dishwasher is
more eco-friendly.
Can you settle this
debate for us?*

-- Chris B., Bowie, Maryland

**BY RODDY SCHEER AND
DOUG MOSS**

Hands-down, the dishwasher is the way to go, not only from the standpoint of water waste and energy use but also to preserve your own sanity. Who needs to be scrubbing, rinsing and drying dishes all day when an efficient machine can do the work? Modern dishwashers use much less water and energy than their forebears, so you can clean up after your meals and snacks quickly and without guilt just by filling up the dishwasher and hitting the "start" button.

It's not surprising that many of us still think hand-washing is better, given that the dishwashers of yesteryear used 10-15 gallons of water per cycle. But dishwashers sold today in the United States can only use a maximum of five gallons per cycle per the mandate of the U.S. Department of Energy. And to qualify for one of the federal government's EnergySTAR labels identifying especially efficient appliances, dishwashers must max out their water use at 3.5 gallons per cycle.

Meanwhile, handwashing the same number of dishes, pots and pans as you can fit in the dishwasher typically "consumes" some 27 gallons of water, according to a study by researchers at Germany's University of Bonn. (They also found that some people can handwash a load of dishes with as little as 8.7 gallons of water while others use as many as 116 gallons!)

"The average kitchen faucet has a flow rate of 2.2 gallons per minute, meaning that you'd only have two minutes to wash an entire dishwasher's worth of dishes to match a dishwasher's water efficiency," reports Savannah Sher on BobVila.com. "It would be nearly impossible to use less than five gallons of water to hand wash a full load of dishes."

And if you're going to use the dishwasher anyway, save yourself even more hot water by skipping the sink pre-rinse and just loading those dirty dishes right into the bottom rack.

"Scrape big chunks of leftover food into the trash, but pre-rinsing isn't necessary with modern dishwashers because they have sensors that adjust the wash cycle based on how dirty the dishes are," says Consumer Reports' Perry Santanachote. In



Running a full load of dishes in the dishwasher is much greener when it comes to energy and water usage than handwashing the same number of dishes.

Credit: Wendelin, Pexels.com.

fact, unnecessary pre-rinsing can waste about 6,000 gallons of water per household per year.

These efficiency gains only apply to running your dishwasher when it's full. Rather than running the dishwasher with a half-load, wait until it fills up before hitting start. (Some units have a "rinse and hold" feature that pre-rinses what's in there so it's easier to clean when it does fill up later.) Of course, some items -- cutting boards, silver flatware, cast iron cookware, non-stick pans -- will still require handwashing, but you can always try to minimize your use of them accordingly.

Contacts:

- **Dishwasher vs. Hand Washing: When to Use Each Cleaning Method:** <https://www.bobvila.com/articles/dishwasher-vs-hand-washing/>.
- **Nine Tricks That Save Tons of Water:** <https://www.nrdc.org/stories/9-tricks-save-tons-water>.

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

Fremont Is Our Business FUDENNA BROS., INC.

Phone: 510-657-6200



www.fudenna.com

Leader in Small To Medium Size Office Space

WANTED:

Part time worker age 16+ to do building cleaning and maintenance.

Hours are flexible, pay will start at minimum wage.

Contact: Fudenna Bros.

510-657-6200

email:customerservice@fudenna.com



MY PRETTY LASH
I'LL GET YOU MY PRETTY...

Licensed Esthetician

FULL BODY HAIR WAXING - MEN & WOMEN
Eyebrows waxing \$15
Full legs waxing \$55/60
Back waxing \$30-\$35.
Brazilian waxing and more

Love the skin you're in
Take charge of your health and beauty today with professional skin care

Hours Monday-Friday 11am-7pm
Weekends by appointment only!

650-921-6227

www.myprettylash.com
2140 Peralta blvd. Suite 109 Fremont





We speak the following languages:
English, Mandarin, Cantonese, Shanghainese, Spanish, Indonesian,
Hindi, Telugu, and Romanian

Herbert C. K. Chiu, DDS
Ratna N. Sie, DMD

Decoto Family Dentistry (510) 471-3777
2701 Decoto Road, Suite 4, Union City, CA 94587

Mission Palm Dental (510) 656-6868
43625 Mission Blvd., Suite 208, Fremont CA 9539

invisalign®

Straight Teeth. No Braces

Dedicated to Excellence

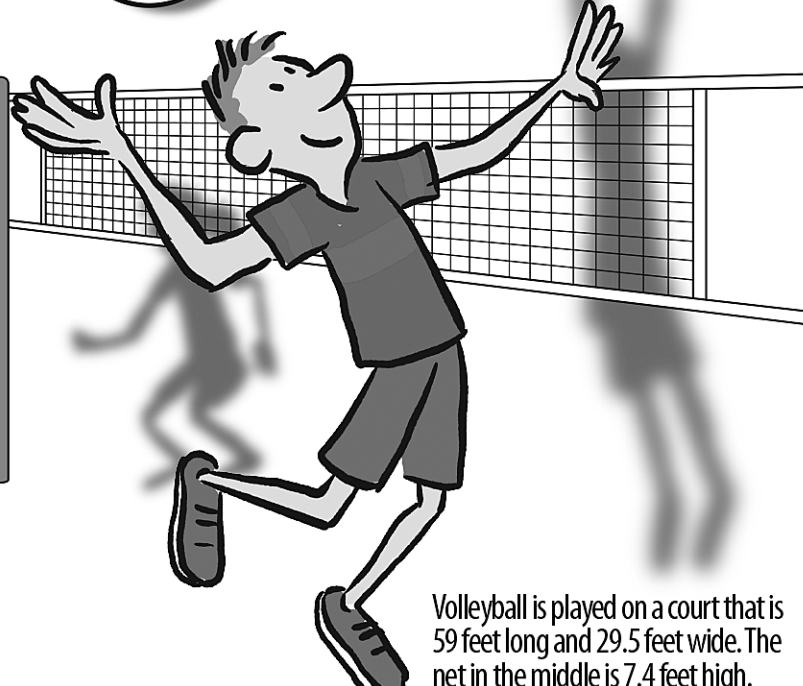




Kid Scoop®
.com

FUN TIMES WITH A BALL AND A NET!

VOLLEYBALL



Volleyball is played on a court that is 59 feet long and 29.5 feet wide. The net in the middle is 7.4 feet high.

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

 Find Kid Scoop on Facebook 

© 2022 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 38, No. 7

Throwing, catching, and hitting a ball is loads of fun. Over thousands of years, people have invented games to play using a ball. When people discovered a net could add something new to a game, more games were invented. Volleyball was one of those games.

The History of Volleyball

Replace the missing words.

IDEAS

EXERCISE

CHANGED

COLLISIONS

SIDE

ACROSS

HANDBOOK

SHAPE

In the late 1800s, a man named William Morgan lived in Springfield, Mass. He and his friend James Naismith liked to play games.

In the winter of 1891, Naismith was the director of the YMCA in Springfield. It was too cold to _____ outdoors. He invented the game of basketball, using a ball and a couple of peach baskets, to keep young people in good _____ over the winter.

Morgan started working at the YMCA in the nearby town of Holyoke in 1895. His friend's game of basketball had too much running and too many _____ for some of the members of his club.

Using creativity, Morgan studied the rules of baseball, basketball, handball and badminton. Taking _____ from each, he invented a new game he called *Mintonette*, where teams of players on each _____ of a net **volleyed** or hit a ball back and forth. Points were scored when one team could not get the ball back _____ the net.

The rules _____ over the years. Even the name changed! As a friend and former teacher of Morgan's watched the game, he saw that much of the game was spent "volleying" the ball over the net. He called it Volleyball and the name stuck and that's what it was called when the game was added to the YMCA's official sports _____ in 1896.

Kid Scoop Together: Volleyball Variety

Volleyballs come in an endless assortment of colors and designs. Race a family member to see who can find the two identical volleyballs first.

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

Volleyball Words

You can find information on how to play volleyball in a book or online. Here are some words to help you understand the words in a volleyball rule book. Do the math to match each word with its definition.

Volley (2+7)

Serve (6 + 6)

Set (8 - 4)

Bump (5 + 8)

Spike (16 - 5)

Block (3 + 4)

Double (12 - 2)

10 = contact of the ball twice typically while setting

11 = a hard-driven ball aimed into the opponents' court

9 = to return a ball before it hits the ground

7 = a defensive play to prevent the ball from crossing the net

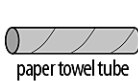
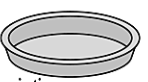
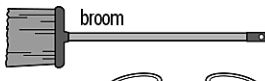
12 = to put the ball into play from the end line

4 = overhead pass that allows a player to spike

13 = an underhand pass performed when a ball is below the shoulders

Invent a Game

Look at the objects below. Use two of them to invent a new game. Write the rules for your game and give it a try with your friends or family.



Name of My Game: _____

Number of Players: _____

Equipment needed: _____

Objective of Game (How to Win): _____

Rules: _____

Extra! Extra!

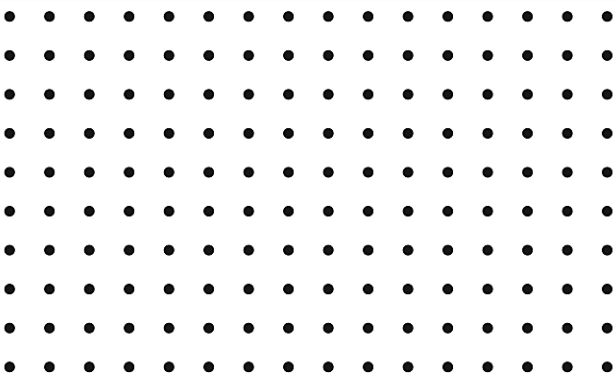
Volleyball Facts and Opinion

Underline words on this page that tell you facts about volleyball. Circle words that tell you opinions about volleyball.

Standards Link: Differentiate between fact and opinion.

Kid Scoop Puzzler

A volleyball net is a grid. Take turns with a pal to connect two dots with a line. Each time your line completes a box, put your initial inside and then connect two more dots. When no more lines can be added, the player with the most boxes wins.



Double Double Word Search

VOLLEYBALL
CONTACT
MORGAN
DOUBLE
PLAYER
SPIKE
BLOCK
SERVE
COURT
BUMP
GAME
GRID
PASS
SET
NET

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

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

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

KID SCOOP'S MISSION

Children are born curious. From their earliest days, sensory exploration brings delight and wonder. New discoveries expand their minds. When they unlock the joy of reading, their world widens further. Magic happens.

Kid Scoop opens the doors of discovery for elementary school children by providing interactive, engaging and relevant age-appropriate materials designed to awaken the magic of reading at school, at home, and throughout their lives.

For more information about our literacy non-profit, visit kidscoopnews.org

Kid Scoop VOCABULARY BUILDERS

This week's word: **COLLISION**

The noun **collision** means the moment when two objects come into contact with one another, usually at high speed.

The hockey player was injured in a **collision** with another player.

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

FROM THE **Kid Scoop** LESSON LIBRARY

Alphabet Verbs

Look through the newspaper to find verbs. Can you find a verb that starts with each letter of the alphabet? Words like Add for the letter A and Volley for the letter V. Try to find one for all 26 letters.

Standards Link: Language Arts: Understand parts of speech.

What do you call the girl standing in the middle of a volleyball court?



ANSWER: Annette.

Write On!

I Just Did It!

Tell about a time you worked hard to overcome a challenge. How did you do it? How did it feel? What did this experience teach you?

Visibility kits improve safety for homeless at night

By VEENA KOMMU

Before the holiday closure, Fremont's Human Services Department began the process of distributing 100 traffic safety kits among the unhoused members of the community at multiple access points throughout Fremont, including: BACS Wellness Center on Grimmer Boulevard, Compassion Network at the Family Resource Center on Liberty Street, and through outreach by the City's Mobile Evaluation Team.

The safety kits, consisting of a reflective safety vest, flashlight, bicycle reflectors, and a reflective backpack, aim to make homeless more visible when walking or biking in the evenings, especially as there are fewer daylight hours in winter. Distribution was made possible through a partnership between the City of Fremont's Homeless Services, Public Works Department, and Police Department to improve the safety of unhoused community members as an extension of Fremont's Vision Zero program.

Vision Zero is a data-driven approach to traffic safety that collects data on the location and mode of crashes, demographics of impacted communities, citation data from police departments, and injury reports from area hospitals. According to Vision Zero Network, "Vision Zero is a strategy to eliminate all traffic fatalities and severe injuries, while increasing safe, healthy, equitable mobility for all." Originally started in Sweden, Vision Zero has had success internationally and throughout Europe. In 2015, Fremont became the first midsize city in the United States to adopt the policy.

While Fremont's program has seen significant success in lowering the number of traffic-related fatalities, a nationwide and local spike in traffic fatalities with specific concerning trends motivated the City of Fremont to distribute the kits. In October 2021, the U.S. Department of Transportation released an Early Estimate of Traffic Fatalities for January through June of 2021 and estimated the most significant six-month increase since 2006 in the projected number of traffic deaths nationwide (20,160 traffic fatalities).

At a local level, Fremont experienced nine traffic fatalities in 2021 – a number that exceeded the city's annual average of fatal crashes from 2018-2020 but was still below the pre-Vision Zero levels. Six of the

nine fatalities involved reckless speeding and/or homeless individuals, while six of the accidents occurred at night. Incidents involving unhoused members occurred on Lowry Road, Decoto Road near Mount Palomar Court, and the intersection of Peralta Boulevard and Dusterberry Way.

According to the city's transportation department, "major crashes involving reckless speeding have increased from 1 in 2019, to 2 in 2020, to 5 in 2021, while major crashes involving homeless individuals walking in the street have increased from 1 in 2019, to 2 in 2020, to 3 in 2021." The city has previously invested in lighting fixtures to reduce the number of traffic incidents, including installing 14,000 streetlights with LEDs in 2016 to reduce energy costs and make pedestrians more visible at night. One of the streets that benefited from this upgrade was Fremont Boulevard, a street that according to analysis of 2015 data, accounted for 50% of Fremont's traffic fatalities.

However, more immediate action was needed to combat this recent spike. While many of these crashes are still under investigation, most involved reckless speeding (25 mph to 40 mph over posted speed limits) or intoxication. In addition to distribution of 100 traffic safety kits, as an additional measure of precaution, the Fremont Police Department has also placed officers at visible locations to ensure that drivers are following all necessary precautions to drive safely.

Community members can also help achieve the Vision Zero goal. While the above numbers may feel abstract, these are real and life-changing for affected people and their families. Encourage family and friends to obey speed limits and watch for pedestrians. Pedestrians should also be careful, especially after dark when visibility is low: bring a device such as a flashlight or reflective vest to be more visible to oncoming traffic.

Community members can also contact the City of Fremont if a pedestrian crossing location is poorly illuminated, as Public Works is currently developing a project to improve lighting at select pedestrian crossing locations.

For information on Fremont's Vision Zero project, please visit <https://www.fremont.gov/2594/Fremont-Vision-Zero>.

Live Life To The Fullest!

A Reverse Mortgage may be able to help you live life more comfortably today, and be better prepared for tomorrow.



If you are 62 or older and own your home, a Reverse Mortgage may be able to help you!

- Turn Home Equity into Cash
- No Monthly Mortgage Payments
- Pay off existing mortgage(s) and possible other debt.

Borrower(s) to remain current on their property taxes and homeowner insurance and HOA fees, occupy home as primary residence and maintain the property.

Call today to learn more!

510-583-8123

"I pledge to provide straight-forward information and excellent service"

Serving the Bay Area since 2008

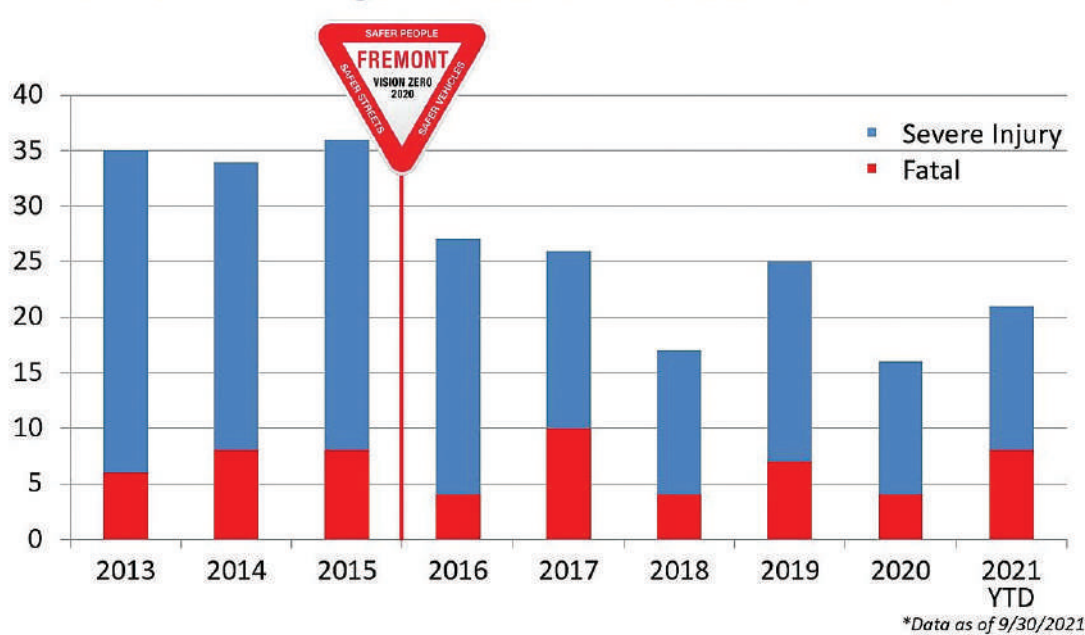


Lori Reisfelt
LICENSED LOAN OFFICER
NMLS ID# 291773



HighTechLending, Inc. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act. NMLS #7147. Licensed in CA #4130937. 2030 Main Street #350, Irvine CA 92614. NMLS Consumer Access: www.nmlsconsumeraccess.org

Fremont Major Traffic Crash Trends



Be on the lookout for home COVID-19 test price gouging

SUBMITTED BY
ALAMEDA COUNTY
DISTRICT ATTORNEY

A statewide executive order from California Governor Gavin Newsom that prohibits sellers of home COVID-19 test kits from excessively boosting prices is now in effect through March 31.

The order was issued January 8 and generally prohibits anyone who sold at-home testing kits as of Dec. 1, 2021 from increasing the price of the kit more than 10% over the December 1 price. Sellers who have not previously sold at-home COVID-19 test kits may not sell them for a price that

is greater than 50% of what they paid for the kit themselves, although there are some exceptions, the District Attorney's office said.

"The law prevents businesses or individuals from profiteering when we are in a state of emergency. All residents of Alameda County must continue to have access to COVID-19 at-home test kits, especially with the heightened transmissibility of the Omicron variant," said District Attorney Nancy O'Malley. "My office will ensure that businesses adhere to the law and do not exploit consumers that are trying to protect themselves and their families."

Any violation of the executive order would be a violation of Government Code section 8665, which is a misdemeanor punishable by a fine of up to \$1,000 or imprisonment up to six months, or both, O'Malley's office said.

Anyone who has been the victim of price gouging, or who has information regarding potential price gouging, is encouraged to file a complaint with the District Attorney's Office by sending an email to pricegouging@acgov.org or calling (510) 383-8600.

Jewelry By Design

Repair & restore design & manufacture

Call Today! Fine quality jewelry

Wed - Sat 10-4pm **510-793-3660**

Next to Sprouts in Four Corners Shopping Center
6299 Jarvis Ave., Newark

STARSTRUCK

YOUTH PERFORMING ARTS presents

Disney

FROZEN JR.

Music and Lyrics by
Kristen Anderson-Lopez & Robert Lopez

Book by
Jennifer Lee

Based on the Disney Film written by Jennifer Lee and Directed by
Chris Buck and Jennifer Lee

LIVE on stage at the

SMITH CENTER AT OHLONE COLLEGE

JANUARY 14 - 23, 2022

All Tickets \$15

(plus ticketing fee)

All audience members 12 and up must be fully vaccinated
and show proof of vaccination status at the door.
Everyone will be required to wear a mask at all times.

Box Office 510-659-1319 | www.StarStruckTheatre.org

Disney's Frozen JR. is presented through special arrangement with and all authorized materials are
supplied by Music Theatre International, New York, NY | 212-541-4684 | www.MTIShow.com

Banter BOOKSHOP

BAY ALAMN

COMPASS
Yunching "Jojo" Chu
DRE 02020255

City of Fremont Appoints Rafael E. Alvarado, Jr. as City Attorney

SUBMITTED BY
THE CITY OF FREMONT

On January 11, Fremont City Council approved Rafael E. Alvarado, Jr.'s contract during a regularly scheduled council meeting, officially appointing him as the fourth city attorney since Fremont's incorporation.

"The City of Fremont shares a warm welcome to Rafael Alvarado and will certainly benefit from the vast experience he brings to our organization," said Mayor Lily Mei. "His past legal work overlaps with many of our City priorities, including affordable housing, public-private partnerships that provide community benefits, and more. Our City team, including my fellow Councilmembers, look forward to working with Rafael for years to come."

For the past five years, Alvarado has served as city attorney for the City of East Palo Alto, providing advice on matters including land use and development (affordable housing, residential, and commercial office projects), the acquisition of 1.5 MGD (million gallons per day) of new water supply, land use and election litigation, and negotiation of an agreement with a prominent technology company to create a \$10 million housing fund, a \$2.5 million traffic improvement fund, and approximately \$1 million in other community benefits for East Palo Alto and its residents.

Prior to East Palo Alto, he served as a deputy city attorney and assistant city attorney for the City of Hayward from 2009 to 2016, where he defended over 50 lawsuits in state and federal court, including civil rights,

wrongful death, personal injury, and code enforcement cases. He also served as lead counsel to the planning commission and administered Hayward's rent control ordinances and rent dispute resolution process.

"I am honored to have been selected to serve the City of Fremont as city attorney," said Mr. Alvarado. "I would like to thank the Mayor and City Council for their confidence in me, and I look forward to working with the Council and staff to serve the residents of Fremont."

Born in Nicaragua, Mr. Alvarado immigrated to the United States at a young age and his family settled in San Francisco. He received an undergraduate degree from the University of San Francisco and his law degree from Santa Clara University.

Alvarado will begin work on Tuesday, February 22, 2022, taking the reins from Interim City Attorney Debra Margolis, who has supported Fremont since longtime City Attorney Harvey Levine retired in May 2021.

Age Well Centers Open for Lunch Pick-Ups

SUBMITTED BY
THE CITY OF FREMONT
HUMAN SERVICES
DEPARTMENT

The Age Well Centers are both closed until at least the end of January. Starting January 18, both Lake Elizabeth and South Fremont will be open for hot lunch pick-up. Meal costs will be 50 cents more to cover the cost of the to-go containers.

Hot lunches at Lake Elizabeth will be available Monday – Friday. For South Fremont, hot lunches will be available on Tuesdays and Thursdays. The cost is \$5.50 for members and \$7.50 for non-members. Special meals will be \$6.50 and \$8.50.

Meals can still be purchased 1 week at a time. You can start ordering your hot meals for both Centers on the Friday prior to the week you are ordering for.

Meals need to be picked up each day you have a meal ordered.

Pickup will be available between 12 noon - 1:00 p.m.

1 pick-up meal per person per day.

Meals can be reserved and membership can be purchased at: <http://bit.ly/AgeWellClasses>

Frozen meals will be available at Lake Elizabeth only starting on Wednesday, January 26. The cost is \$20 for 5 meals for members and \$24 for 5 meals for non-members. Please note that frozen meals will be available on Wednesdays only and can still be purchased 1 week at a time on the Friday prior to the week you are ordering for.

Pick up on Wednesdays will be available between 12 noon - 1:00pm.

2 sets of 5 meals per person per week.

If you have any questions or need help ordering, email: agewellcenters@fremont.gov or call: (510) 790-6600 and leave a detailed message. We do have staff in both buildings answering phones and returning messages Monday - Friday, 8:30am - 1:00pm.

John Juarez, REALTOR®
510-673-0686

415 PINE RIDGE Dr., SAN RAMON

Top Floor Unit in Copper Ridge

- ◆ 1 Bedroom, 1 Bath
- ◆ 778 Sq. Ft. Living Area
- ◆ 1- Car Garage
- ◆ Granite Counter Tops in Kitchen
- ◆ In Unit Laundry
- ◆ All Appliances Included
- ◆ Pool, Tennis Courts, Gym
- ◆ Gated Entry to Neighborhood

List Price: \$495,000

Keller Williams Benchmark Realty
john@medfordteam.com v 510-673-0686 v www.MedfordTeam.com v CalBRE# 01223788

AFANA ENTERPRISES

MOBILE MARKETING SOLUTIONS

PROFESSIONAL COPYRIGHT FREE

MUSIC TRACKS & VOICE-OVER SERVICES

Ads/Commercials

Animated Videos

Audiobooks

Blogs/Podcasts

Branding Videos

Demo Videos

Education Tutorials

Explainer Videos

Instagram Stories

Promo/Presentation Videos

Sales Videos

Talking Head Videos

Training Videos

Voice-Over Services

ATTENTION LOCAL BUSINESS OWNERS

TAKE YOUR AUDIO AND VIDEO MARKETING TO THE NEXT LEVEL

PLEASE CONTACT US TODAY FOR A FREE QUOTE AND EXAMPLES

PROFESSIONAL SPOKESPERSON VOICE-OVER SERVICES ARE

AVAILABLE IN OVER 40 NATIVE ACCENTS AND LANGUAGES

AFANA ENTERPRISES

Mobile Marketing Solutions

P.O. 814

Fremont, CA 94537-0814

david@afanaenterprises.com

(510) 698-2646

<https://afanaenterprises.com>

f

t

i

in

G+

Home & Garden

The sweet truth about maple syrup

ARTICLE AND PHOTOS BY
DANIEL O'DONNELL

Beijing will host the XXIV Winter Olympic Games next month. The best athletes from around the globe will give their all but only the best will experience the sweet taste of victory and win a gold medal. While the Olympics only come around every four years, it would be devastating if Grade A maple syrup, the gold medalist of all syrups, was available so rarely.

Maple syrup is a sweet viscous liquid harvested most commonly from Sugar, Red, and Black Maple trees. It has a clean pungent flavor with hints of caramel, vanilla, and prune. Almost all pure maple syrup comes from the northeastern region of the North American continent; however, New Zealand is trying to create a viable industry. Canada supplies 71% of the world's maple syrup, with 91% of that coming from the province of Quebec. Vermont leads the United States in production, followed by New York, Maine, Michigan, Ohio, Pennsylvania, Massachusetts, and Connecticut.

Maple syrup had historical ties to northeast United States and Canada before they were countries. Indigenous peoples living in the area had been producing and consuming maple syrup long before the first Europeans arrived. When groups of settlers did arrive, indigenous people taught them how to harvest the sap and turn it into the sweet delicacy. Maple syrup is as much a part of regional culture now as it was centuries before. The Sugar Maple leaf is the symbol on the Canadian

flag as well as the name of one of the oldest professional Canadian ice hockey teams, the Toronto Maple Leafs. The new design for the Vermont quarter depicts a sap harvesting. Vermont, New York, Wisconsin, and West Virginia list the Sugar Maple as their state's official tree while Rhode Island has the Red Maple as theirs.

Mature maple trees over 30 years old can be tapped for their xylem sap. This is the sugar that is transported through the tree's vascular system from the roots to the rest of the tree during the winter. A normal sized tree can be tapped healthfully for an average of 10 to 12 gallons of sap per season, seven percent of the tree's total. Most Sugar, Red, and Black Maples can continue to produce this quantity until they are 100 years old. Sap starts flowing when daytime temperatures rise above freezing and nighttime temperatures fall below freezing. This can make the window for tapping a tree as small as 20 days depending on weather conditions and geographical location.

The process of making maple syrup begins with drilling a hole in the tree when conditions are right. A spile or tap which allows sap to drain out is then inserted into the hole. A hook on the spile allows a bucket to be hung directly from the tree to catch oozing sugary sap. The sap in the bucket, once full, will then need to go through a heating process to evaporate much of the water content. When the sap is 67% sugar and 33% water, it is deemed maple syrup.

In the past, pure maple syrup in U.S. was divided into two primary grades, A and B, as well as some inferior hybrids.



Many assumed that Grade B was inferior, but it merely had a darker and deeper flavor. The U.S. Department of Agriculture changed the labeling system in 2015 to end the confusion by modeling it after Canada's grading policy for pure maple syrup based on color and flavor. The categories are:

- Grade A Golden Color Delicate Taste
 - Grade A Amber Color Rich Taste
 - Grade A Dark Color Robust Taste
 - Grade A Very Dark Color Strong Taste
- (Grade B maple syrup in the U.S. before 2015)

The other grades of maple syrup which are deemed inferior still have culinary uses. Processing grade maple syrup is derived from the same sap as any of the Grade As, but fails to meet the requirements of taste, clarity, or water content levels. Its primary use is in cooking. Blended maple syrups are often made from processing grade maple syrup combined with less expensive sugary syrups. However, some products may actually be blended with Grade A syrups so they can claim to have a percentage of real Grade A maple syrup in them for marketing purposes. These might be labeled as good for cooking or as less expensive options for tabletop breakfast syrup.

The price for pure maple syrup has a large range depending on its grade, scarcity



and labor production intensity. The price can range from just over \$20 to just under \$80 per gallon. A gallon of pure maple syrup may seem expensive, but much like a gold medalist Olympian, it beats the competition.

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



Photo courtesy of William Millar-Barlow



THE ACWD CONNECTION

Water Main Cleaning to Improve Water Quality Program Modified Due to Drought Conditions

ACWD is scheduled to clean all dead-end mains in the Tri-Cities to improve water quality and remove sediment buildup in pipes that may cause discolored water.

Program improves:

- Water Quality
- System Performance
- Regulatory Compliance

Drought Modifications:

- Water conservation is important!
- Program is modified to use 50% less water to clean the mains in 2022

Cleaning will occur at various locations throughout the service area from **January through April 2022; Monday through Friday, from 7 a.m. to 4 p.m.** (excluding holidays).

To find out if and when the water main on your street will be cleaned, and for program updates and future notifications, visit acwd.org/maincleaning or call us at **(510) 668-6500**.

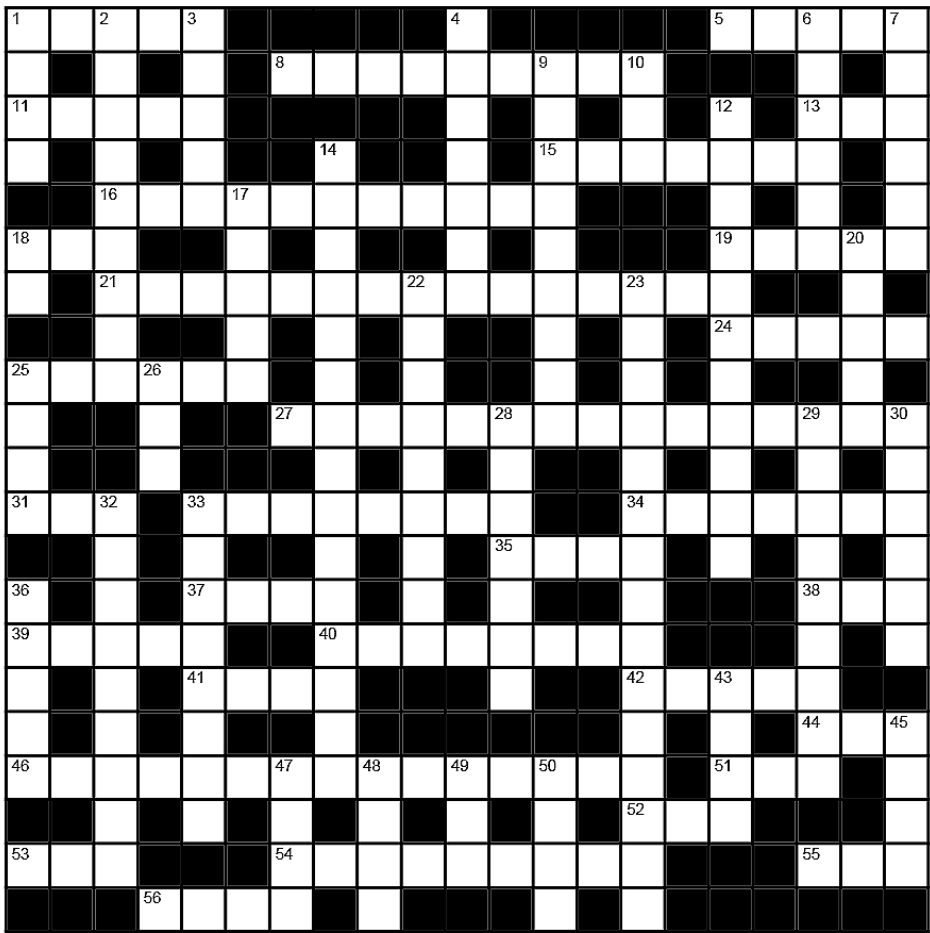


Proud to provide a reliable supply of high quality water at a reasonable price to Fremont, Newark and Union City



Mind Twisters

Crossword Puzzle



- Across

1

Handouts (5)

5

Catch, in a way (5)

8

Body builder? (9)

11

Botch (5)

13

Run-of-the-mill: Abbr. (3)

15

Follow (3,4)

16

Check mate? (7,4)

18

Fourth-to-last Greek letter (3)

19

Nobelist Bohr (5)

21

"Relax!" (4,1,4,6)

24

Alter (5)

25

Pakistani city (6)

27

It's black and tan (8,7)

31

Wall St. deal (3)

33

Fib (4,1,3)

34

Maintained (7)

35

Lyndon Johnson's younger daughter (4)

37

Again (4)

38

Drs.' group (3)

39

Razor handle? (5)
- 40

Together (2,6)
- 41

Hit hard (4)
- 42

Dinar spender (5)
- 44

Not just "a" (3)
- 46

Hidden agenda (8,7)
- 51

Suffix with mock (3)
- 52

Harm (3)
- 53

Like some vbs. (3)
- 54

It opened in 1825 (4,5)
- 55

Department of eastern France (3)
- 56

"Mockingbird" singer Foxx (4)

Down

1

Major-___ (4)

2

Desperate (9)

3

Be a busybody (5)

4

Sum (5,2)

6

Mooch (6)

7

Nash and others (6)

9

Thicket (9)

10

"Silent Spring" subject (3)

12

Kindly (11)

14

Rain check? (10,5)

17

Corpulent plus (5)

18

Dessert (2)

20

Fencing move (5)

22

"Wow!" (9)

23

Warplane's cargo (3-2-3,7)

25

Hang out (4)

26

Be in hock (3)

28

Everlasting (7)

29

Actually (2,7)

30

Modern phone feature (6)

32

Out of whack (9)

33

Sports (8)

36

Hot chocolate? (5)

43

Figure skater's jump (4)

45

Gershwin biographer David (4)

47

Court attention-getter (4)

48

Dr.'s orders (4)

49

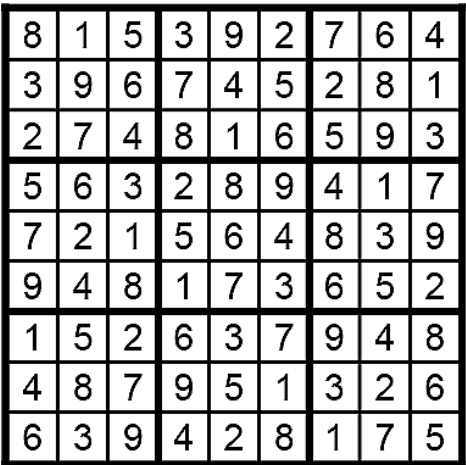
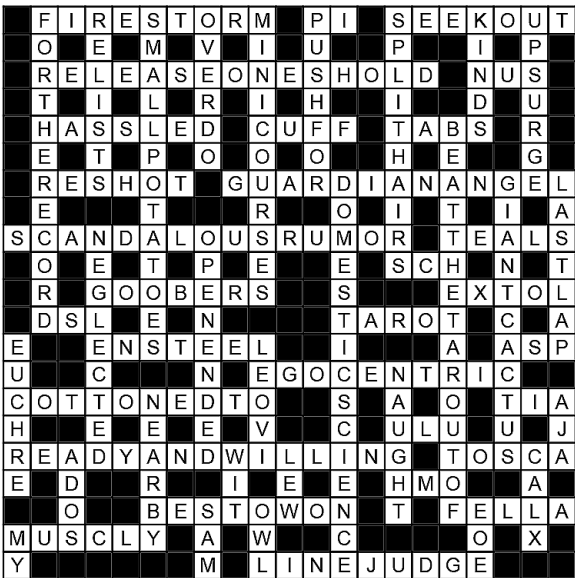
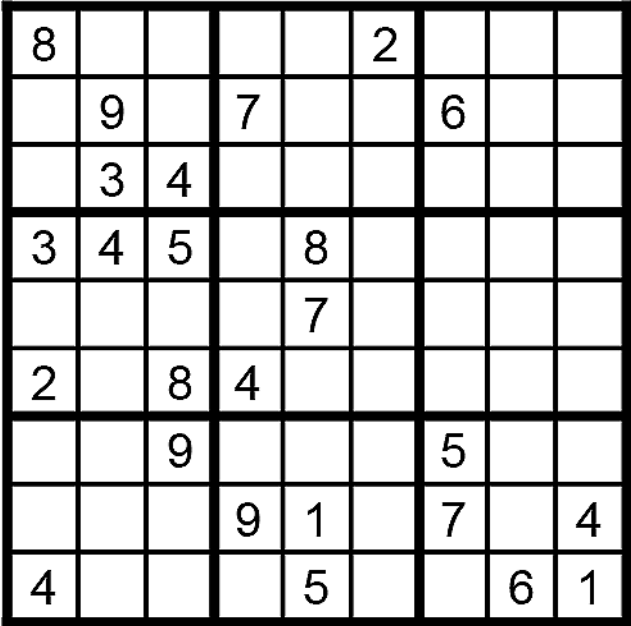
P.I. (3)

50

Wind instrument (4)

Sudoku:

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



Tri-City Stargazer FOR WEEK: JANUARY 18, 2022

All Signs: The Full Moon on Monday opposes Pluto, which indicates passive-aggressive resistance to authority. (This element of opposition will smolder throughout the week.) Fortunately, after Wednesday, things are lighthearted and happy. Meanwhile, a four-week window of Aquarian energy will be ushered in this week. Aquarius cares about protecting the rights of the underdog. Protesters will be emboldened. Networking will flourish and ideals will run high..

Aries the Ram (March 21-April 20):
Be patient with family members at the beginning of the week. The big news is that this week, you enter a lovely four-week window where you will be more popular. Many of you will hang out more with younger people, especially ones you haven't seen for a while. You might be more involved with clubs and associations either in person or online. You will make a lovely impression on bosses, parents and VIPs right now. In fact, a romance with a boss might begin for some of you.

Taurus the Bull (April 21-May 20):
This week the Sun moves to the top of your chart where it will stay for the next four weeks. This happens only once a year and symbolizes that a flattering spotlight is shining down on you. This is why everyone (especially people in authority) will admire you, even if you don't do anything special. Because you have this advantage, use it! In the next four weeks, you are perfectly positioned to advance your agenda and go after what you want. Travel will also appeal. Romance with someone from afar or from another culture is likely.

Gemini the Twins (May 21-June 20):
Your world will change in the next four weeks. Many of you will travel; all of you will learn more and be eager to experience new environments and new ways of doing things. This window of time is also perfect to finish a manuscript or important paper. Romance will be particularly

affectionate at this time. (Which is good because with Mars opposite your sign, it's easy to fall into disputes with those closest to you.) Be patient with others on Monday when the Full Moon could trigger arguments about shared possessions or money.

Cancer the Crab (June 21-July 21):
The Moon is your ruler, and on Monday, the only Full Moon in your sign all year occurs. It will heighten your feelings and possibly create friction between you and loved ones. Fortunately, this is only a 48-hour influence. Plus, fair Venus opposite your sign softens your responses. Meanwhile, Mars will pump your energy to work and be productive. For the next four weeks, you're on a self-improvement kick! You can use this same window of time to finish up red-tape details about inheritances, shared property, taxes and debt.

Leo the Lion (July 22-August 22):
This week, the Sun moves opposite your sign to stay for four weeks. This happens only once a year, and when it does, it indicates that something is coming to a head. Naturally, you might encounter opposition from others. Life is giving you a report card. You see what works and what doesn't. It's humbling to realize that even the King of the Jungle makes mistakes. (Fortunately, you own up to them.) You have lots of energy to play and enjoy competitive sports. Meanwhile, work colleagues are friendly and supportive.

Virgo the Virgin (August 23-September 22):
The energy of the Full Moon at

the beginning of the week could put you at odds with your kids or romantic partners. Fortunately, this is brief! This week, you enter a four-week window where you want to get better organized. You want to feel that you are flourishing in a productive, efficient way. By extension, you want to improve your health. You might change what you're eating or exercise more. Your home life is still busy and in relative disarray. Fortunately, fair Venus wants you to party, socialize and enjoy time with kids.

Libra the Scales (September 23-October 22):
The Full Moon energy on Monday might stir up trouble with family (especially parents) because you feel pulled between your responsibilities for home and family versus your responsibilities for your career and public reputation. This tension will be brief because the Full Moon lasts roughly 48 hours. After that, the good news is you begin a four-week window where fun, pleasure, enjoyment and even vacations will be a top priority! Romance will flourish! You will enjoy playful times with kids. Welcome opportunities to express your creative talents.

Scorpio the Scorpion (October 23-November 21):
Pay attention to everything you say and do today and tomorrow because the Full Moon energy could create an accident-prone situation. Fortunately, Venus is in your House of Communications, which means your words are sweet and charming. This week a new influence begins that energizes everything to do with home and

family for the next four weeks. Certainly, there will be family discussions. You will also work hard to boost your earnings, although many will be spending a lot as well. A lovely blessing is that Venus promotes warm contacts with everyone.

Sagittarius the Archer (November 22-December 21):
Expect disputes about money and possessions at the beginning of the week. Fiery Mars in your sign might make you come on too heavy. Remember what your long-term objective is. Meanwhile, for the next four weeks, your life will be busy! Short trips, increased reading and studying plus more contact with siblings and relatives will be on your menu. You will attract money to you. This same influence will encourage you to spend on beautiful things. Get more physical exercise (especially outdoors) because exercise will help you blow off pent-up steam.

Capricorn the Goat (December 22-January 19):
On Monday, the only Full Moon opposite your sign all year occurs, which encourages tension with partners and close friends. Demonstrate grace under pressure. Venus is in your sign, which makes you charming and diplomatic. This week you enter a four-week window that makes you focus on money, earnings and cash flow. You will be more interested in your possessions – taking care of them and organizing things. Respect your moneymaking ideas.

Aquarius the Water Bearer (January 20-February 18):
This week the Sun enters your sign to stay for four weeks. (This

blessing happens only once a year.) It will boost your confidence and attract important people and favorable situations to you. With Mercury retrograde in your sign, you're in contact with people from your past. Many of you are putting energy into groups or organizations because you want to make a difference in the world. You will have countless opportunities to do this because there are so many global challenges.

Pisces the Fish (February 19-March 20):
As this week begins, be patient with kids and romantic partners because the Full Moon energy could stir up trouble. People will be entrenched in their ways. Meanwhile, your personal year is coming to an end, but your new year won't begin until your birthday arrives. That means the next four weeks are a time of limbo to cocoon and take it easy. Start to think about what you want for your new year ahead. Make some goals. With Mars high in your chart, your ambition is aroused.



By Georgia Nicols
www.georgianicols.com.

CASTRO VALLEY TOTAL SALES: 6						
Highest \$: 1,750,000		Median \$: 1,186,500				
Lowest \$: 845,000		Average \$: 1,229,000				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
3729 Christensen Lane	94546	845,000	3	1252	195511	24/21
19019 Mount Hood Way	94552	956,000	2	1350	198911	22/21
4231 Somerset Avenue	94546	998,000	2	891	194911	23/21
18808 Cameo Court	94546	1,375,000	3	1528	197511	23/21
18647 Lamson Road	94546	1,450,000	3	2191	194511	23/21
35655 Palomares Road	94552	1,750,000	3	2495	198111	24/21

FREMONT TOTAL SALES: 41						
Highest \$: 3,178,000		Median \$: 1,250,000				
Lowest \$: 510,000		Average \$: 1,344,427				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
38430 Moab Drive	94536	510,000	3	1120	195511	24/21
5625 Evergreen Terrace	94538	630,000	2	1006	197011	23/21
45128 Warm Springs Blvd #109	94539	670,000	-	-	011	23/21
155 Hanna Terrace	94536	700,000	3	1220	197211	23/21
39767 Bissy Common	94538	725,000	2	1189	198011	24/21
3695 Stevenson Blvd #A244	94538	780,000	3	1319	199111	22/21
42983 Via Valparaiso	94539	850,000	3	1242	197111	23/21
47362 Mission Falls Court	94539	869,000	-	-	011	23/21
4422 Cahill Street	94538	926,000	3	950	195511	22/21
34888 Sanctuary Terrace	94555	975,000	2	1463	201611	23/21
38326 Redwood Terrace	94536	1,006,000	3	1521	198611	23/21
38763 Crane Ter #25	94536	1,020,000	3	1452	198511	23/21
41959 Cerchio Terrace	94538	1,050,000	3	1425	201311	23/21
40326 Blacow Road	94538	1,100,000	3	1324	196011	22/21
4414 Stevenson Blvd	94538	1,100,000	4	1302	195811	24/21
3886 Lake Mead Drive	94555	1,105,000	3	1148	197111	23/21
40195 Santa Teresa Cmn	94539	1,110,000	3	1329	197011	24/21
42879 Hamilton Way	94538	1,160,000	3	1156	195811	22/21
428 Hollow Falls Cmn	94539	1,163,000	3	2023	202011	22/21
5169 Keystone Drive	94536	1,250,000	3	1092	195411	22/21
39355 Argonaut Way	94538	1,250,000	3	1685	196111	22/21
3538 Piazza Common	94538	1,285,000	-	-	011	23/21
4436 Amador Road	94538	1,300,000	4	1269	196111	23/21
4472 Maybeck Terrace	94536	1,325,500	3	1480	200811	23/21
4533 Bianca Drive	94536	1,345,000	3	1148	195711	24/21
4345 Michael Avenue	94538	1,390,000	3	1248	195911	23/21
4644 Joanna Court	94536	1,400,000	4	1232	196411	23/21
5461 Tyler Place	94538	1,461,000	3	1390	196711	23/21
38538 Avon Street	94536	1,535,000	3	1411	196111	22/21
5375 Sayre Avenue	94536	1,535,000	4	1617	196011	24/21
35912 Caxton Place	94536	1,550,000	4	1801	196811	22/21
4377 Calypso Terrace	94555	1,585,000	3	1988	199211	22/21
4777 Mallard Common	94555	1,620,000	4	1644	198711	24/21
34713 Powder River Place	94555	1,750,000	5	2069	197311	22/21
34427 Bacon Place	94555	1,805,000	3	1542	196911	23/21
5300 Shamrock Cmn	94555	1,860,000	4	1857	199011	24/21
4417 Cordova Place	94536	2,000,000	4	2248	196511	23/21
1045 Canyon Creek Ter	94536	2,100,000	3	3855	199411	24/21
5517 Golubin Common	94555	2,118,000	4	2039	198911	24/21
41751 Murphy Place	94539	3,030,000	5	3342	196711	23/21
46539 Roadrunner Road	94539	3,178,000	4	3174	197911	24/21

HAYWARD TOTAL SALES: 36						
Highest \$: 1,550,000		Median \$: 872,500				
Lowest \$: 325,000		Average \$: 873,153				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
1502 E Street #5	94541	325,000	1	708	197411	24/21
24231 Dover Lane	94541	450,000	2	1208	197811	23/21
1775 Panda Way #106	94541	496,000	2	900	198011	23/21
22510 Colton Court	94541	515,000	2	1080	198711	23/21
22530 3rd Street #203	94541	540,000	2	1200	199411	23/21
16 Trestle Drive #16	94544	595,000	2	1150	199111	22/21
22530 3rd Street #302	94541	615,000	3	1470	199411	22/21
425 Sycamore Avenue	94544	650,000	4	900	193511	24/21
772 Oneil Commons	94544	660,000	2	1333	200711	22/21
21702 Westfield Avenue	94541	680,000	3	1230	194211	24/21
25415 Custom Drive	94544	731,500	-	-	011	23/21
25421 Custom Drive	94544	760,500	-	-	011	23/21
569 Paradise Boulevard	94541	773,500	3	1090	194211	22/21
25375 Custom Drive	94544	827,000	-	-	011	23/21
26043 Gushue Street	94544	865,000	4	1739	199111	24/21
42 Lafayette Avenue	94544	868,000	3	1143	195111	24/21
2253 Gibbons Street	94541	868,000	3	1809	201411	24/21
22283 Hathaway Ave	94541	870,000	2	903	192011	23/21
18165 Standish Avenue	94541	875,000	2	1008	194111	23/21
25425 Custom Drive	94544	875,500	-	-	011	24/21
25395 Custom Drive	94544	881,000	-	-	011	23/21
2326 Morrow Street	94541	898,000	3	1982	201311	22/21
25373 Custom Drive	94544	904,500	-	-	011	23/21
25433 Custom Drive	94544	906,000	-	-	011	23/21

25409 Custom Drive	94544	914,000	-	-	011	23/21
25403 Custom Drive	94544	921,000	-	-	011	23/21
1784 D Street	94541	930,000	4	1779	194911	24/21
26279 Danforth Lane	94545	935,000	3	1163	196011	22/21
25613 Calaroga Avenue	94545	985,000	3	1359	195911	23/21
838 Cherry Way	94541	1,195,000	2	1846	192011	24/21
243 Poplar Avenue	94541	1,225,000	5	2198	193011	23/21
441 Banbury Street	94544	1,249,000	-	3005	195711	24/21
1589 E Street	94541	1,300,000	3	2807	200511	23/21
4345 Sundew Court	94542	1,350,000	5	3653	199411	22/21
2636 Admiral Circle	94545	1,450,000	4	2161	201711	23/21
2278 East Avenue	94541	1,550,000	4	4362	191711	24/21

MILPITAS TOTAL SALES: 13						
Highest \$: 2,130,000		Median \$: 1,230,000				
Lowest \$: 150,000		Average \$: 1,198,115				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
466 Prada Drive	95035	150,000	4	1416	1978	12/9/21
212 Sunnyhills Court	95035	705,000	2	924	1992	12/9/21
888 Towne Drive	95035	795,000	2	1012	200012	10/21
800 South Abel St #213	95035	830,000	2	1259	2007	12/7/21
531 Greathouse Drive	95035	840,000	3	1085	1961	12/6/21
453 Alegra Terrace	95035	1,150,000	3	1547	199212	10/21
433 Snap Dragon	95035	1,230,000	3	1832	2018	12/6/21
2073 Joshua Tree Circle	95035	1,295,500	3	1717	2020	12/6/21
173 Fairmeadow Way	95035	1,388,000	3	1427	1994	12/8/21
2077 Joshua Tree Circle	95035	1,512,000	3	1979	2020	12/6/21
151 Cobblestone Loop	95035	1,600,000	3	1951	201512	10/21
122 Edgewater Drive	95035	1,950,000	5	2697	1993	12/6/21
170 Caladenia Lane	95035	2,130,000	5	2636	2014	12/8/21

NEWARK TOTAL SALES: 2						
Highest \$: 1,300,000		Median \$: 1,170,000				
Lowest \$: 1,040,000		Average \$: 1,170,000				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
36605 Dugan Court	94560	1,040,000	3	1116	195811	23/21
36388 Swift Court	94560	1,300,000	4	2654	199211	23/21

SAN LEANDRO TOTAL SALES: 14						
Highest \$: 1,928,000		Median \$: 834,000				
Lowest \$: 665,000		Average \$: 901,500				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
1433 Pearson Avenue	94577	665,000	3	804	194311	22/21
1236 147th Avenue	94578	675,000	2	940	194211	23/21
16481 Liberty Street	94578	760,000	3	1400	200911	24/21
431 Tudor Road	94577	802,000	3	1585	194811	23/21
721 McClure Avenue	94578	815,000	3	1517	197811	23/21
14648 Acacia Street	94579	820,000	3	1096	195311	23/21
404 Bradrick Drive	94578	830,000	3	1494	195311	24/21
16317 Ridgehaven Dr #1202	94578	838,000	3	1531	202011	23/21
620 Heather Glenn Lane	94578	840,000	3	1317	200711	23/21
702 Bridge Road	94577	855,000	3	2047	193111	24/21
950 Grace Street	94578	865,000	3	1201	194711	22/21
15300 Laverne Drive	94579	940,000	3	1107	195711	23/21
1547 Hays Street	94577	988,000	3	1655	200811	24/21
1546 Scenicview Drive	94577	1,928,000	4	2937	197011	23/21

SAN LORENZO TOTAL SALES: 8						
Highest \$: 915,000		Median \$: 777,500				
Lowest \$: 470,000		Average \$: 748,125				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
106 Loma Verde Dr #1	94580	470,000	2	814	011	22/21
17595 Wickman Place	94580	620,000	3	1453	197111	23/21
704 Grant Avenue	94580	715,000	3	1000	194411	23/21
566 Empire Street	94580	770,000	3	1378	195011	24/21
17220 Hesperian Blvd	94580	785,000	4	1396	194411	22/21
16047 Via Paro	94580	810,000	3	1480	194411	24/21
685 Via Manzanias	94580	900,000	4	1608	194711	22/21
16170 Via Del Robles	94580	915,000	3	1384	195511	23/21

SUNOL TOTAL SALES: 1						
Highest \$: 1,100,000		Median \$: 1,100,000				
Lowest \$: 1,100,000		Average \$: 1,100,000				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
2913 Kilkare Road	94586	1,100,000	-	1644	011	22/21

UNION CITY TOTAL SALES: 9						
Highest \$: 1,850,000			Median \$: 1,325,000			
Lowest \$: 565,000			Average \$: 1,255,556			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
35550 Monterra Ter #201	94587	565,000	2	1006	2001	11/24/21
34862 Rumford Ter	94587	790,000	2	1050	1997	11/24/21
1050 Moonstone Ter	94587	840,000	2	1203	2007	11/22/21
1870 Hartnell Street	94587	1,210,000	4	1596	1960	11/24/21
30778 Tidewater Drive	94587	1,325,000	-	2164	1980	11/24/21
991 Stone Street	94587	1,460,000	3	2442	2004	11/23/21
4862 Mendota Street	94587	1,610,000	-	1976	1980	11/24/21
33021 Regents Blvd	94587	1,650,000	3	1704	1980	11/23/21
32749 Jean Drive	94587	1,850,000	4	2315	1984	11/23/21

YOUR UNION
CITY NEIGHBOR
SINCE 1898

Living Well

MASONIC HOMES OF CALIFORNIA

MASONICHOME.ORG • JAN 2022



In Assisted Living Care, Quality of Life Comes First

AT THE NEWLY OPENED PAVILION AT THE MASONIC HOMES, A HOLISTIC APPROACH TO CARE IS AVAILABLE TO ALL.

MOST OF THE TIME when people talk about their health, they're really talking about their *un-health*. Most of the time, we measure health from a deficit perspective—how far away from “normal” you are as a result of illness or disease.

January marks International Quality of Life Month, a fitting time to update the way we think about health. As opposed to morbidity, “quality of life” is a multidimensional concept that incorporates physical, mental, and social indicators to provide a broader and more accurate picture of your overall health.

This model of care is central to the services offered at the new **Pavilion at the Masonic Homes**. The Pavilion offers assisted-living care for those in need of help with day-to-day activities, as well as those dealing with memory loss conditions like dementia and Alzheimer's.

At the Pavilion at the Masonic Homes, quality of life considerations inform all aspects of care. For residents, it means taking into account not only physiological indicators, but also things like one's mood, their energy level, connection to others, and their spiritual satisfaction. This can help determine risk factors for disease, while also ensuring that caregivers are able to monitor the progress they're making in achieving residents' health objectives.

“The goal for a truly excellent quality of life is to ensure your physiological health is strong, but also that you live a lifestyle that promotes social, emotional, and cognitive stability,” says Joseph Pritchard, chief clinical officer at the Masonic Homes of California.

The Pavilion includes 28 one-bath studios on two floors, all circling a lounge and dining area that promotes the kinds of social and emotional connections that contribute to greater quality of life. With the right level of care available when and how residents need it, preserving quality of life is the guiding principle at the Pavilion.

And best of all, the Pavilion at the Masonic Homes is open to everyone.

To learn more about the Pavilion at the Masonic Homes and the Masonic Homes' philosophy of care, visit pavilion-unioncity.org or call (888) 466-3642 today. ♦



“The goal for a truly excellent quality of life is to ensure your physiological health is strong, but also that you live a lifestyle that promotes social, emotional, and cognitive stability.”

—JOSEPH PRITCHARD, CHIEF CLINICAL OFFICER,
MASONIC HOMES OF CALIFORNIA

Masonic Homes of California
TRANSITIONS

TRANSITIONS SHORT TERM CARE:
Comfortable Recovery,
Unparalleled Care

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

(510) 475-2137 | View our video at:
masonichome.org/Transitions

Acacia Creek:
Come Live the Dream!

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

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

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

ACACIA CREEK
RETIREMENT COMMUNITY
Imagine Living The Dream

acrc 015601208 | | coa #248

LYNN DENTAL



Min A. Lynn, DMD

General Dentistry ✨ Adult and Children

• Digital Low Radiation X Rays

• Cleaning & Gum Disease Treatment

• Composite White Fillings

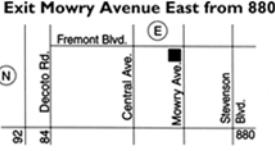
• Crown, Bridge and Dentures

• Root Canals

• Extractions

• Teeth Whitening

Exit Mowry Avenue East from 880



 Se Habla Español

 Burmese Spoken

Financing Available

Evening and Saturday Appointments

Same Day Emergency Treatment Available

Most Insurance Plans Accepted

510-744-0844

4075 Mowry Ave., Fremont

Hayward Animal Shelter



Hayward Animal Shelter

510-293-7200

www.HaywardAnimals.com

16 Barnes Court, Hayward (Near Soto & Jackson)

Connecting rescued animals



Bubbles is a two year old female pit bull that lives up to her name! Bubbly and sweet this pretty girl loves to play and is quite energetic. To adopt call Hayward Animal Shelter (510) 293-7200.



Ari is a 1 year old female husky mix! Ari had to have one of her legs removed, but she doesn't let that stop her from running around and being a bundle of joy! 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

Mondays January 3 – February 7
Introduction to Drawing
9:30 a.m. – 11:30 a.m.
Increase your abilities to draw or render what you see
Age Well Center Lake Elizabeth
40086 Paseo Padre Pkwy, Fremont
<http://bit.ly/AgeWellClasses>

Monday – Saturday, January 1 – January 31
From Bay to Coast – Celebrating Local Beauty
11:00 a.m. – 4:00 p.m.
Pastel painting exhibit by Jan Prisco
Portola Art Gallery at Allied Arts Guild
75 Arbor Rd., Menlo Park
<http://www.portolaartgallery.com>

Tuesday – Sunday, October 9 – February 13
Color into Line: Pastels from the Renaissance to the Present
9:30 a.m. – 5:15 p.m.
More than 80 works spanning five centuries
Legion of Honor
100 34th Ave., San Francisco
Legionofhonor.org

First Wednesdays, November - April
Talkin' Dirt
7 p.m. – 8 p.m.
Free webinar on gardening, hosted by LEAF
Via Zoom
RSVP at [Fremontleaf.org/talkindirt](https://bit.ly/3hsOGKG)
<https://bit.ly/3hsOGKG>

Wednesday – Sunday, January 1 – February 27
Art of the Brick \$
Wednesday, Thursday, Sunday 10 a.m. – 5 p.m., Friday, Saturday 10 a.m. – 7 p.m.
Over one million LEGO bricks transformed into over 70 sculptures
1 Grant Ave., San Francisco
<https://artofthebrickexhibit.com>

Wednesdays, January 12 – February 16
'Train Your Brain' Virtual Book Club
6:30 p.m. – 7:30 p.m.
Read and discuss books on Parkinson's Disease
Via Zoom
(510) 675-5600
www.unioncity.org/parkinsons

Wednesdays, February 2 – 23
Hayward PD Virtual Community Academy R
6:00 p.m. – 8:15 p.m.
Free 4-week course on how policing works
Deadline to sign up is January 28
<https://www.surveymonkey.com/t/community-academy>
(510) 293-5051

Second Thursdays, September 9 – June 9
Cafe Dad
6:00 p.m. – 7:30 p.m.
Hayward Unified School District program for fathers to support each other and obtain resources
Virtual meetings via Zoom
<https://husd-us.zoom.us/j/91644497730>
For more information contact: ep101@husd.k12.ca.us

Thursday, March 18 – Sunday March 6
Immersive Van Gogh\$
9 a.m. – 11 p.m. (times vary)
Walk-in exhibit with digital projections and music
SVN West San Francisco
10 South Van Ness Ave., San Francisco
Tickets: \$24.99 - \$39.99
www.vangoghssf.com

Friday-Sunday, January 14 – January 23
Frozen Jr.
Friday 7:30 p.m., Saturday 2 p.m. and 7:30 p.m., Sunday 2 p.m.
Performance by Starstruck Theatre of true love and acceptance between sisters
Smith Center at Ohlone College
43600 Mission Blvd., Fremont
StarStruckTheatre.org

Arts & Entertainment

Fridays and Saturdays
Dance the Night Away
Live music and dancing
Bistro 880
Doubletree Hilton Newark/Fremont
39900 Balentine Dr., Newark
For more information call (510) 413-2300

Saturdays and Sundays in January
Paul Family Lego Model Train Exhibit
Local resident's love of trains has set up running trains in his garage
1 p.m. – 4 p.m.
5007 Winsford Ct., Newark
<https://www.facebook.com/NewarkLEGOTrain/>

Every Day, January 22 – January 30
RV Super Sale \$
Sat: 10 a.m. – 7 p.m.
Sun: 10 a.m. – 6 p.m.
M - F: 11 a.m. – 7 p.m.
Gas and Diesel, Class A's B's and C's, Travel Trailers, Truck Campers, 5th Wheels, etc.
Enter Gate 8 off Valley Avenue
Alameda County Fairgrounds, Pleasanton
<https://rvshows.net/>

UPCOMING Events

Tuesday, January 18
Covid and College: Test Optional Admission R
6 p.m. – 7 p.m.
Learn how to navigate new challenges in admissions and testing
Via Zoom
www.aclibrary.org
(510) 667-7900

Wednesday, January 19
Climate Science and Social Justice
7 p.m.
Two intersecting crisis that will define the coming decades on Earth
Via Zoom
[Eventbrite.com/e/climate-social-justice-qa](https://eventbrite.com/e/climate-social-justice-qa)

Thursday, January 20
Sheriff Oversight Community Engagement Meeting
6 p.m. – 8 p.m.
Discussion about an oversight board for Districts 1 and 2
Via Zoom
Register at: <https://bit.ly/3nlfC2A>
<https://acoversight.acgov.org/>
(510) 272-6691

Thursday, January 20
Hayward Nonprofit Alliance
10 a.m.
Presenter Penny Peak talks about the donor cycle
Via Zoom: <https://bit.ly/3K4ZjAG>
Meeting ID: 892 5327 8528
Passcode: 218363

Thursday, January 20
Family Caregiver Education Series: Wellness Guide 2022
11:00 a.m. – 12:30 p.m.
Improve your wellness and live a healthy and fulfilled life
Via Zoom
<http://bitly/AgeWellClasses>

Thursday, January 20
Animal Feeding
3:00 p.m. – 3:30 p.m.
Check for eggs and feed the livestock. Meet at the granary
Ardenwood Historic Farm
34600 Ardenwood Blvd, Fremont
(510) 544-2797
www.ebparks.org

Thursday, January 20
How to Apply for U.S. Citizenship
5 p.m. – 6 p.m. (English only)
4:00 p.m. – 5:30 p.m. (English and Korean)
Free workshop presented by U.S. Citizenship and Immigration Services
Email sfsj.communityrelations@uscis.dhs.gov for sign on information
www.uscis.gov

Friday, January 21
Animal Feeding
3:00 p.m. – 3:30 p.m.
Check for eggs and feed the livestock. Meet at the granary
Ardenwood Historic Farm
34600 Ardenwood Blvd, Fremont
(510) 544-2797
www.ebparks.org

Friday, January 21
Jeremy Stolle's No More Talk of Darkness R\$
8 p.m.
The Phantom sings musical favorites
Tickets: \$20-\$68 (\$20 student/military personnel)
Bankhead Theatre
2400 First St, Livermore
www.LivermoreArts.org

Saturday, Jan 22
Virtual Diamonds in Education Gala
Pre-show: 5:30 p.m.
Show starts: 6:00 p.m.
Online via YouTube and Facebook livestream
<https://nhsfoundation.ejoinme.org/MyEvents/DiamondsinEducation2022>

Saturday, January 22
Brazen Racing Coyote Hills R\$
8:00 a.m. Half hikers
9:00 a.m. Half marathon
9:15 a.m. 10K
9:30 a.m. 5K
Registration: \$45-95
Race or hike along the bayside views of Coyote Hills
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
<https://brazenracing.com/coyotehills/>

Saturday, January 22
Discovery on Demand
10:30 a.m. – 3:30 a.m.
Hands-on activities, investigations, and crafts
Coyote Hills Regional Park Visitors Center
8000 Patterson Ranch Road, Fremont
(510) 544-3220
www.ebparks.org

Saturday, January 22
Pollinator Power!
11:00 a.m. – 12:00 noon
Learn about creatures that help plants grow
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Saturday, January 22
January FAW meeting
2 p.m.
Author Joselin Linder - dealing with a genetic illness.
Virtual via Zoom
For link, email: scottfrombayside@yahoo.com

Saturday, January 22
Nectar Garden Exploration
11 a.m. – 12 noon
Discover native pollinators and plants
Coyote Hills Regional Park Visitors Center
8000 Patterson Ranch Road, Fremont
(510) 544-3220
www.ebparks.org

Saturday, January 22
Wonderful Wool
1 p.m. – 2 p.m.
Listen to a yarn about wool, then a visit with our fleeciestic friends
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Saturday, January 22
Animal Feeding
3:00 p.m. – 3:30 p.m.
Check for eggs and feed the livestock. Meet at the granary
Ardenwood Historic Farm
34600 Ardenwood Blvd, Fremont
(510) 544-2797
www.ebparks.org

Sunday, January 23
Victorian Fun and Games
1:00 p.m. – 2:30 p.m.
Enjoy games from days gone by

continued on page 18

continued from page 17	8000 Patterson Ranch Road, Fremont mont (510) 544-3220 www.ebparks.org	34600 Ardenwood Blvd, Fremont (510) 544-2797 www.ebparks.org
Ardenwood Historic Farm 34600 Ardenwood Blvd., Fremont (510) 544-2797 www.ebparks.org	Sunday, January 23 Nectar Garden Exploration 11 a.m. – 12 noon Discover native pollinators and plants Coyote Hills Regional Park Visitors Center 8000 Patterson Ranch Road, Fremont (510) 544-3220 www.ebparks.org	Sunday, January 23 Castro Valley Reads 2022 Virtual Kick-Off 1 p.m. Live interview with N. Scott Momaday and Alameda County Youth Poet Laureate Zoe Dorado Via Zoom https://aclibrary.org/castro-valley-reads/
Sunday, January 23 Nature's Stories 10 a.m. – 11 a.m. Learn about the wonder of nature through stories Sunol Regional Wilderness Visitor Center 1895 Geary Road, Sunol (510) 544-3425 www.ebparks.org	Sunday, January 23 Meet the Chickens 8:30 a.m. – 10:00 a.m. Learn about these common birds while feeding them a snack Ardenwood Historic Farm 34600 Ardenwood Blvd., Fremont (510) 544-2797 www.ebparks.org	Monday, January 24 The History of the Alameda Creek Watershed & Fishery Restoration Projects 7 p.m. Presentations explaining ACWD fish ladder projects In person and via Zoom https://us04web.zoom.us/j/76473734687 Washington Township Museum of Local History 190 Anza Street, Fremont www.acwd.org/fishway
Sunday, January 23 Discovery on Demand 10:30 a.m. – 3:30 a.m. Hands-on activities, investigations, and crafts Coyote Hills Regional Park Visitors Center	Sunday, January 23 Animal Feeding 3:00 p.m. – 3:30 p.m. Check for eggs and feed the livestock. Meet at the granary Ardenwood Historic Farm	

continued from page 1

East Bay cities kick off 2022 with a transition to 100% renewable energy

renewable energy. Lieberman also adds that “Energy procurement activities are really at the core of what [they] do, and it may not be that exciting for customers because it’s not really tangible, but having customers on Renewable 100 gives [EBCE] a greater ability to go out and focus on [their] core mission of getting renewables that are clean and emissions free.”

Pearson and Lieberman emphasize that customers can still choose whether they want to stay with Renewable 100 or switch over to Bright Choice. However, Lieberman notes that by going

with the new product, it is “a small price and a lot of benefit for the environment.”

Lieberman adds that “Hayward has been on the forefront from the beginning, and they’ve been really supportive of making sure that energy is clean for businesses and residences in Hayward.”

Throughout the rest of the year, cities including San Leandro, Berkeley, Dublin and many others will also be making the jump to fully renewables. These are all small steps that cities and their residents can take to be in charge of their carbon footprint.

Learn more at: <https://ebce.org/hayward/>

Smoking ordinance approved in Alameda County

SUBMITTED BY
ALAMEDA COUNTY BOARD
OF SUPERVISORS

At its Tuesday, January 11 meeting the Alameda County Board of Supervisors adopted an ordinance prohibiting smoking in multi-unit residential buildings in unincorporated areas in the county.

The ordinance, from the Alameda County Public Health Department (ACPHD), will go into effect July 1, 2022 and apply to areas inside the county’s Urban Growth Boundary which includes the communities of Ashland, Cherryland, Fairview, Hayward Acres, Castro Valley, and San Lorenzo.

Under the new rules, smoking will be prohibited inside apartments, townhomes, condominiums, senior/assisted living/long-term care facilities, hotels, and any other residence with two or more units. Smoking will also not be allowed in common areas indoors and outdoors, or within 25 feet of any doorway, window, vent, or other opening into a residence.

In addition to tobacco, the ordinance prohibits smoking, cigars, cigarillos, pipes, hookah, electronic smoking devices and cannabis/marijuana.

According to text in the ordinance, the new rules are designed to protect people from secondhand

smoke, which in multi-unit housing contributes to tobacco-related health inequities. For example, in California, studies show that when compared with adults who live in single-family homes, adults who live in multi-unit housing are more likely to be people of color; lower income or below the poverty line; lacking a high school diploma; and uninsured.

When the ordinance goes into effect, landlords, homeowner’s associations, condominium boards and others in charge of multi-unit housing will have several new responsibilities, including:

- Providing notice to tenants, prospective tenants, and buyers of the smoke-free housing requirements by June 1, 2022.
- Posting “No Smoking” signs in areas where smoking is prohibited by July 1, 2022.
- Including “no smoking” requirements in any new or continued lease going into effect after July 1, 2022.

Tenants who violate the smoking ordinance will receive up to three notices from the ACPHD offering information and smoking cessation resources. If violations continue, they may be hit with a \$100 fine for a first violation in a three-year period, \$200 for a second violation, and \$500 for a third. As a last resort, landlords would be permitted to evict a tenant who has received three educational warnings from ACPHD and three notices of violation from the CDA.

Honor Roll

Edinboro University, Pennsylvania Fall 2021 Dean’s List • Lahari Sajja of Fremont	Bradley University, Illinois Fall 2021 Dean’s List • Sarah Dove of Castro Valley
Slippery Rock University, Pennsylvania Fall 2021 Dean’s List • Daniel Alexander of Castro Valley	Southern New Hampshire University Fall 2021 Dean’s List • Edward Cendejas of Fremont • Sana Nasiri of Fremont • Alan Yoneda of Hayward • Danielle Bargas of Hayward • Harpreet Shahi of Hayward • Natalie Libonati of Fremont
DeSales University, Pennsylvania Fall 2021 Dean’s List • Diya Stephen of Fremont	

50% OFF FIRST 2 MONTHS

On selected sizes only. New rentals only.
Excludes RV spaces

www.reevesmgt.com

OPEN 7 DAYS A WEEK

CAL SELF STORAGE

26869 Mission Blvd., Hayward
(Behind FOOD SOURCE)
510-538-1536

Mission San Jose School of Guitar

43255 Mission Boulevard, Fremont CA 94539

Private online and in person instruction

**Beginning
Advanced
Guitar Instruction**

Popular
Rock
Jazz
Blues
& Classical
also available:
Bass,
Ukulele,
Voice
Music Theory
and Keyboard

FREE Lesson
with purchase
of 4 lessons

Richard Kendrick
510-661-9147
<https://richardkendrickguitar.com/>
E-mail: rwkendrickjr@yahoo.com

Qualified, Professional and Experienced
Masters Degree in Music (Performance - Classical Guitar)

LEAF’s Community Garden

is seeking volunteers to greet visitors. Very time flexible.
ADA Handicap accessible. Location: California Nursery
Historical Park in Fremont, at Mission Blvd/Niles.

FremontLEAF@gmail.com 925-202-4489

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

Wellness

Balance

Chiropractic

*Professional/Affordable
Quality Chiropractic Care*

- Soft tissue release therapy
- Children & adults
- Auto and sports injuries
- * Neck, back & extremity pain
- Headaches

Most insurances accepted

Come and enjoy
a truly unique healing experience
New Patient Special
50% off Initial Visit With This Ad
Exp. 3/30/22

Janet Laney, D.C.
510-792-9000
**6170 Thornton Ave., Ste H
Newark**



FUDENNA BROS., INC.

Fremont's leader in small to medium office space
Short Term leases available

**Perfect for startups
looking to keep costs down**

- Allow for growth to larger office space within our properties
- 24/7 building access
 - Conference rooms available at no cost
 - Some Furniture available at no cost
 - Full service lease includes water, electric, janitorial, and nightly security patrol
 - No hidden fees
 - Close to Bart
 - Near 680/880



Contact Fudenna Bros. for more information
Phone: 510-657-6200
Email: customerservice@fudenna.com
Office located at 39823 Paseo Padre Pkwy. Fremont CA, 94538

continued from page 1

Oakland Zoo Centennial

from human-wildlife conflict, the exotic pet trade, or natural disasters. Oakland Zoo is also dedicated to youth education and partners with over 25 species and habitat conservation organizations globally.

“It’s with enormous pride to serve as CEO during this incredible milestone,” said Nik Dehejia. “I’m honored to lead Oakland Zoo into the next 100 years. So much has evolved in the past century in the world – and in the role of zoos and their purpose – Oakland Zoo is fully committed in doing our part and leading the next generation of conservationists to blaze the trail ahead.”

In early years, from 1922 to 1950, Oakland Zoo was founded by and under management of naturalists Henry A. Snow and his son Sidney Snow. Although the Zoo is longer privately owned, and is managed by the Conservation Society of California, the Snow family legacy remains active today through great-granddaughter of Henry Snow and granddaughter of Sidney Snow, Nancy Clark.

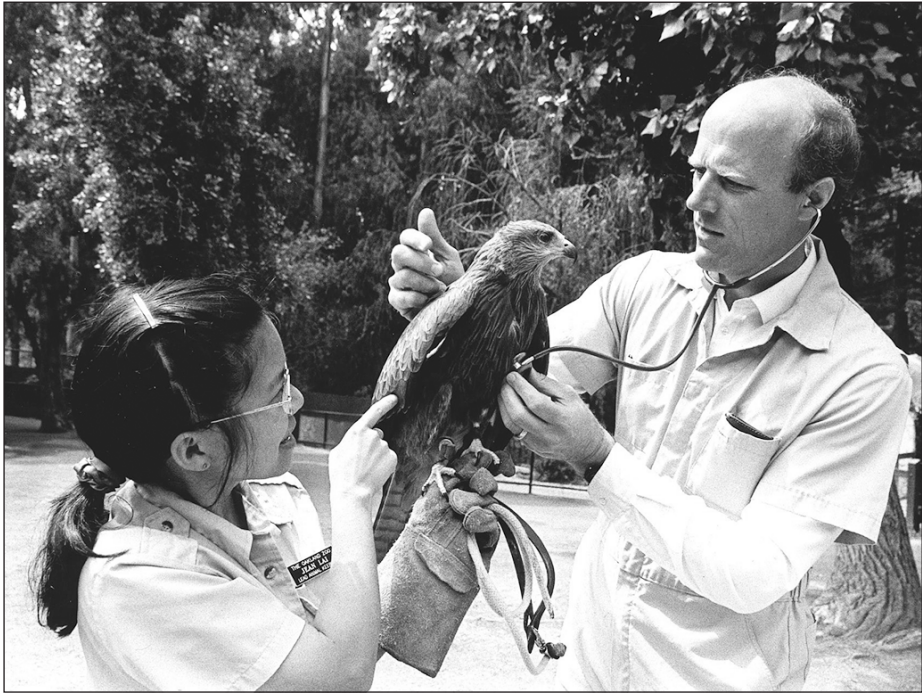
“As great granddaughter and granddaughter of the Zoo’s founders...and as current Co-Chair of the Board of Trustees, I am thrilled...at how much the Oakland Zoo has accomplished and grown these 100 years. Our family is certain that Henry and Sidney would be beyond proud

at what the Oakland Zoo has become,” says Nancy Clark Co-Chair of the Board of Trustees.

While Oakland Zoo takes pride in its animal-focused efforts, much was undertaken in recent decades to evolve and improve Zoo facilities, programs, and public reputation. When Dr. Joel Parrott began his tenure as CEO and President in 1984, the Zoo was virtually bankrupt and branded as one of the ten worst zoos in the U.S. Parrott made significant changes to improve animal care and welfare, habitats and infrastructure. Conservation work and education programs were created. In 1988, Oakland Zoo received accreditation from the Association of Zoos and Aquariums (AZA). With Dr. Parrott’s vision, the Zoo grew from 25 acres to 100, 15 employees to 240, and is the award-winning, progressive, conservation- and education-focused Zoo it is today.

One of the most significant Oakland Zoo projects in the past decade is the opening of the California Trail. A 45-acre project, the trail spotlights the significance of the State’s unique environmental history and what we can all do to ensure the future of California’s wildlife and the nature that surrounds us.

To celebrate with the community and Zoo guests throughout the year, new and exclusive events are planned, such as a



birthday celebration festival on June 5 at the Zoo’s original birthplace, Snow Park, in downtown Oakland. The special day will be free to the community and filled with festivities for all ages to enjoy.

As the Zoo reflects on its history, it invites the community to share their

Oakland Zoo memories, and Zoo visits this year by tagging them on social media using #OZ100. For more information on the Zoo’s Centennial Celebration and other 2022 events, please visit: oaklandzoo.org/centennial.



Bank of America slashes fees for account overdrafts

By KEN SWEET

ASSOCIATED PRESS BUSINESS WRITER

Bank of America is slashing the amount it charges customers when they spend more than they have in their accounts and plans to eliminate entirely its fees for bounced checks.

It's the latest move by the nation's biggest banks to roll back the overdraft fees they long charged customers, fees that often amount to hundreds of dollars a year for frequent overdraft users.

The bank based in Charlotte, North Carolina, will cut the overdraft fees it charges customers to \$10 from \$35 starting in May. It will also stop charging fees for non-sufficient funds -- which are levied when it rejects a transaction -- better known as bouncing a check.

While checks are no longer widely used, NSF fees can come from automated payments like utility bills. Bank of America, the nation's second-largest bank, says roughly 25% of its overdraft/NSF fee revenue each year came from NSF fees.

Altogether, Bank of America estimates the steps will cut its overdraft-fee revenues by 97% from where they

were in 2009, the year before it started taking incremental steps toward reining in overdraft-fee revenues. “This is the final step in the journey we've been on,” said Holly O'Neill, president of retail banking at BofA, in an interview. “We have good financial solutions for clients without them having to rely on overdraft, but we will still have overdraft if it is needed.”

For years, it was common that one large bank would increase the fee it was charging for overdraft, which would cause other banks to respond in kind. It remains to be seen whether the decision by BofA -- a leader in the retail banking industry -- to cut overdraft fees will pressure other banks to take similar measures.

The bank is also eliminating two smaller fees as well. It will no longer allow customers to overdraft their accounts at the ATM and will eliminate a \$12 fee it charged customers when the bank automatically moved money from one account to another to cover an overdraft, often moving money from a long-term savings account into the customers' primary checking.

Overdraft has its origins in banks providing a service for a fee to customers who may have not balanced their checkbook correctly and wanted a bank to honor a purchase. But the widespread use of debit cards changed

this courtesy into a routine source of revenue for banks. If a customer lacked funds in their account, a \$5 coffee could end up costing \$35 because of overdraft fees.

Overdraft fees became lucrative for the industry but at the same time made banks a target for consumer advocates and regulators. After the financial crisis, Democrats put the Consumer Financial Protection Bureau and other regulators in charge of reining in overdraft fee revenue.

For years, BofA has slowly cut back on its overdraft fee practices. It got rid of overdraft fees tied to debit card purchases in 2010 and created a checking account in 2014 that did not allow customers to overdraft. The SafeBalance account is now the bank's most commonly opened account.

But BofA and the broader industry were not ready to get rid of overdraft fees altogether until recently. Many banks froze the fees they charged customers during the first year of the pandemic and industry still booked record profits.

So, starting in 2021, some larger banks started announcing they were dropping overdraft fees entirely. Ally Bank, PNC, Santander and Capital One were among the bigger regional banks to effectively eliminate overdraft fees.

Is Dark Chocolate Good for you?

By JOHN GRIMALDI

News about your health can be quite depressing -- especially these days -- but the news that eating dark chocolate, the kind that contains lots of cocoa, can be good for your health, can come as a deliciously delightful surprise, says Rebecca Weber, CEO of the Association of Mature American Citizens (AMAC). In fact, each year around this time, in the weeks before Valentine’s Day, news outlets seem to besiege us with the “chocolate is good for you” message. But, suggests Weber, it would be wise to consult with your doctor before going on a chocolate binge.

“It used to be a no-no, particularly for seniors, but research in recent years suggests that, if you don’t overdo it, eating dark chocolate can be good for you. Numerous studies show that regularly treating yourself with about half an ounce of dark chocolate can lower blood pressure, reduce your levels of bad “LDL” cholesterol and increase your levels of HDL, the good cholesterol. And some researchers believe that it can improve cognitive function,” says Weber.

According to the National Institutes of Health [NIH], up until the medical community began conducting deep scientific research into the negative and positive effects of chocolate, health care providers warned their patients of the potential health hazards of consuming large amounts of chocolate. Patients were told that, while it is indeed a tasty treat, it could also have ill effects on your health such as acne, obesity, high blood pressure, heart disease and diabetes.

“However,” reports the NIH, “the recent discovery of biologically active phenolic compounds in cocoa has changed this perception and stimulated research on its effects in ageing, oxidative stress, blood pressure regulation, and atherosclerosis. Today, chocolate is lauded for its tremendous antioxidant potential. However, in many studies, contradictory results and concerns about methodological

issues have made it hard for health professionals and the public to understand the available evidence on chocolate's effects on health.”

Epicatechin is a flavanol found in a number of foods we eat including cocoa. But it is said that the amount of epicatechin in cocoa is particularly high. In a paper produced by researchers María Ángeles Martín and Sonia Ramos of the Department of Metabolism and Nutrition at Spain’s Institute of Food Science and Technology, they found that: “Cocoa is a source of flavanols (epicatechin), and these phenolic compounds exert beneficial effects on health and aging and reduce the risk of suffering chronic diseases (cardiovascular diseases, metabolic disorders, cancer). An increasing body of evidence has emerged to suggest that cocoa flavanols potentially are important chemo preventive natural agents.”

Many researchers around the world have come to the same conclusion, suggesting that if you have a craving for chocolate, you should avoid processed chocolate treats that contain additives and have low cocoa content. What you’re looking for, they say, is chocolate with a high content of cocoa, namely dark chocolate that contains 70% to 85% of cocoa.

As the Mayo Clinic puts it: “Healthy chocolate sounds like a dream come true, but chocolate hasn't gained the status of a health food quite yet. Still, chocolate's reputation is on the rise, as a growing number of studies suggest that it can be a heart-healthy choice ... cocoa itself, unlike chocolate, is low in sugar and fat while offering potential health benefits. If you enjoy chocolate flavor, add plain cocoa to your low-fat milk or morning oats.”

-- *The Association of Mature American Citizens is a nonprofit, nonpartisan organization representing membership in Washington, D.C. and in local congressional districts nationwide. More information is available on its website at www.amac.us.*

Beat a Cyberbully: Here's How Parents Can Help

SUBMITTED BY JEHOVAH'S WITNESSES

While remote learning during the COVID-19 pandemic lowered reported instances of bullying, parents fear that, for some students, going back to school will mean going back to being bullied.

"We are very concerned as parents," said Sevana, a mother of three in the Bay Area.

"With social media, it's like having the bullies in your pocket," Sevana's oldest son said. "You carry them around with you."

Now 15 years after the inception of National Bullying Prevention Month in October, technology’s ever-greater presence in children’s lives has given bullying a new outlet. With just a click, cyberbullies can taunt, harass and threaten relentlessly, even reaching into the home via cellphone or computer. As a result, victims report feeling hopeless, isolated and even suicidal.

What can parents do to protect their kids? Taking an interest in their children's online world can make a difference, says the National Parent Teacher Association.

This interest does not necessarily require parents to become tech experts. Instead, the federal stopbullying.gov site advises parents to watch for

subtle clues that something is wrong, such as their child becoming withdrawn, hiding their screen when others are nearby or reacting emotionally to what is happening on their device.

For Sevana and her husband, Andre, that has meant being keenly aware of what "normal" looks like for their three kids, ages 18, 15, and 12. "We've developed a really good relationship with our kids," Andre said. "By spending so much time together, we really get to know our children as individuals," added Sevana. "We both can tell if something is off."

Talking with kids openly – and often – helps too. "The more you talk to your children about bullying, the more comfortable they will be telling you if they see or experience it," UNICEF says in its online tips for parents.

As their two daughters enter their teens, Houston parents Thiago and Auboni have found that talking less and listening more works best. "We try to focus on being approachable and listening actively without reaction," Thiago said. Beyond talking, listening and observing their kids, parents should not be afraid to make and enforce rules for online activities, experts say.

Thiago and Auboni's girls are allowed to play online games, but they are expected to turn off the live chat feature to limit interactions with strangers. "We reassure the girls that we trust them and respect their privacy, but they have to stay within the boundaries we've set," Auboni said.

Sevana and Andre make an effort to set an example for their children when it comes to their personal use of technology. "We don't live our lives closed off to each other. We have our individual devices, but it's very open," Sevana said.

Both families cited the tips and reminders they have considered together with their kids from free resources available on jw.org, the official website of Jehovah's Witnesses. Sevana and Andre's daughter, age 15, especially recommends the whiteboard animations featured on the site. One such video is entitled, "Beat a Bully Without Using Your Fists." "If someone's being bullied, going to someone to talk always helps," she said. "Keeping it all inside just doesn't feel good."

Size, mass estimate of New Year's Day meteor released

ASSOCIATED PRESS

Scientists have released a size and mass estimate of an exploding meteor believed to have caused a loud boom and shaking of the ground across portions of suburban Pittsburgh on New Year's Day.

NASA's Meteor Watch social media site says a nearby infrasound station registered the blast wave from the meteor as it broke apart – and the data enabled an estimate of the energy released as equivalent to 30 tons of TNT.

Officials said a “reasonable assumption” of the speed of the meteor at about 45,000 miles per hour would allow a “ballpark” estimate of its size as about a yard in diameter with a mass close to half a ton. If not for the cloudy weather, they said, it would have been easily visible in the daytime sky – maybe about 100 times the brightness of the full moon.

National Weather Service meteorologist Shannon Hefferan told the Tribune-Review that

satellite data recorded a flash over Washington County shortly before 11:30 a.m. Saturday and officials believed it was due to a meteor “falling through the atmosphere.” Hefferan said a similar event occurred Sept. 17 in Hardy County, West Virginia.

Residents in South Hills and other areas reported hearing a loud noise and feeling their homes shaking and rattling. Allegheny County officials said they had confirmed that there was no seismic activity and no thunder and lightning.

OPINION



WILLIAM MARSHAK

In an era of virtual reality, simulations offered to viewers are often touted as real experiences, but remain separate and distinct from actual reality. In the realm of entertainment, the advantages are obvious as physical limitations are removed... possibilities almost endless. Television shows, movies, computer generated games and activities can be based on extraordinary and fantastic situations that transcend the laws of physics and logical structure. Since an environment can be created without the need for additional physical or social interaction, isolation and separation from the corporeal world and its consequences is both an advantage and danger for those who invest vast amounts of time and energy in a virtual existence.

Star Trek: The Animated Series envisioned the concept of a "holodeck" as early as the 1970s. Followed by appearances in the series, Star Trek: The Next Generation, the holodeck user was totally immersed in an interactive program indistinguishable from the real world. Without reference to the electronic and digital signature of the program, there was little to separate the purported reality from voyeurism and hypothetical circumstances. In some instances, use of the holodeck served an important and valuable function of learning and relaxation, while in others, the danger of too much reliance on its alternate reality was also revealed.

Virtual democracy

Although the word "reality" is used in combination with the term virtual and is purported to convey a sense of importance and substance to what may be viewed in cyberspace, the truth of this depends on the context of its use. When communication is enhanced by virtual meetings and discussions, the effect of physical separation, even when the experience is enhanced by multi-dimensional immersion and interaction, is limiting.

As the COVID pandemic swirls around us for a third year, the technology associated with virtual reality has become more prominent and pervasive. The sight of people glued to electronic devices while walking, shopping, relaxing, even driving (?), is common, but raises the question of the strength of their attachment to the surrounding environment. Do these people acknowledge the atmosphere surrounding them? Or are they oblivious to all but what appears on a screen and in their ear buds? Does virtual become the sum total of reality?

The above questions have a direct impact on the basic process of democracy. Democracy at its most basic, local level, depends on the interest and influence of citizens and residents on those elected to represent them in political discussions and decisions. Without clear guidance from constituents, it is difficult for officials to gauge the tenor of the electorate, relying instead on the loudest and most strident. In some cases, this may represent the view of many others, but sometimes it does not.

In a technological environment defined by computer programs, camera angles and artificial horizons, a complete picture of who and what is portrayed can be skewed even if not purposeful.

The answer to such limitations has been personal contact between the governed and the government. It is through representation and presence that, even without speaking, constituents can show their interest and support or disapproval in a clear and unequivocal manner.

Many council meetings have, understandably, been removed from in-person attendance for the past years. Fear of spreading COVID virus is real, but it is now time to consider the impact on our democratic system of government. Without adequate input, attendance and review of what transpires at virtual meetings is limited; separation between the elected and electors is increased. Dependence on meeting attendance through computer or television broadcast can be uncertain and, if uploads and replays are delayed, review of discussions, comments and decisions unavailable.

With deference to the inherent problems associated with the ongoing pandemic, it is time for our councils to reinstate, limited in-person meetings. Adequate precautions can be taken: provide adequate ventilation, limit attendance to fully vaccinated, require masks and, open alternative rooms for spillover attendance. Democracy is a full contact job, not virtual.

William Marshak
PUBLISHER

US Mint begins shipping quarters honoring Maya Angelou

By MARTIN CRUTSINGER
ASSOCIATED PRESS ECONOMICS WRITER

The United States Mint said on Jan. 10 it has begun shipping quarters featuring the image of poet Maya Angelou, the first coins in its American Women Quarters Program.

Angelou, an American author, poet and Civil Rights activist, rose to prominence with the publication of "I Know Why the Caged Bird Sings" in 1969. Angelou, who died in 2014 at the age of 86, was honored with the Presidential Medal of Freedom in 2010 by President Barack Obama. The quarter design depicts Angelou with outstretched arms. Behind her are a bird in flight and a rising sun, images inspired by her poetry.

The mint's program will issue 20 quarters

over the next four years honoring women and their achievements in shaping the nation's history.

Additional honorees in 2022 will be physicist and first woman astronaut Sally Ride, and Wilma Mankiller, the first female principal chief of the Cherokee Nation. Also honored this year will be Nina Otero-Warren, a leader in New Mexico's suffrage movement and the first female superintendent of Santa Fe public schools, and Anna May Wong, the first Chinese American film star in Hollywood.

Sen. Catherine Cortez Masto, D-Nevada, the Senate sponsor of legislation directing the mint to issue the quarters honoring women, applauded the Mint's selection of Angelou for the first coin. "This coin will ensure generations of Americans learn about

Maya Angelou's books and poetry that spoke to the lived experience of Black women," she said in a statement.

Treasury Secretary Janet Yellen, the nation's first female Treasury secretary, said: "Each time we redesign our currency, we have the chance to say something about our country. ... I'm very proud that these coins celebrate the contributions of some of America's most remarkable women, including Maya Angelou."

The Biden administration announced soon after taking office a year ago that it planned to replace Andrew Jackson's portrait on the \$20 bill with abolitionist Harriet Tubman, a leader in the Underground Railroad. However, since that announcement the administration has provided no further details on its plans

TRI-CITY VOICE
SERVING FREMONT, HAYWARD, MILPITAS, NEWARK, SANJOSE AND UNION CITY
"Accurate, Fair & Honest"

PUBLISHER
EDITOR IN CHIEF
William Marshak

DIRECTOR OF OPERATIONS
Sharon Marshak

DESIGN/PRODUCTION
Vanna Dao
Jessica Wu

OFFICE ADMINISTRATOR
Gail Hansen
David R. Newman

BOOKKEEPING
Vandana Dua

DELIVERY MANAGER
Carlis Roberts

ARTS & ENTERTAINMENT
Sharon Marshak

ASSIGNMENT EDITOR
Stephanie Gertsch

CONTENT EDITOR
David Newman

COPY EDITOR
Rob Klindt

COMPOSITE EDITOR
April Ramos

REPORTERS

Kelsey Camello
Jim Cauble
Andrew Cavette
Asok Chatterjee
Charlene Dizon
Jacqueline D. Flaten
Stephanie Gertsch
Alfred Hu
Miranda Jetter
Robert Klindt
Harshdeep Singh Nanda
Daniel O'Donnell
Gelsey Plaza
Madhika Singh
Hugo Vera
Marc Vicente

PHOTOGRAPHERS
Don Jedlovec

INTERNS
Dhoha Bareche
Fatema Bhaiji
Niamh Lambert
Jessica Yu
Anushka Vasudev

APP DEVELOPER
WEB DEVELOPER
AFANA ENTERPRISES
David Afana

LEGAL COUNSEL
Stephen F. Von Till, Esq.

ADJUDICATION:

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

What's Happening's **TRI-CITY VOICE**™

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

Subscribe
Call 510-494-1999

510-494-1999
fax 510-796-2462
39737 Paseo Padre Parkway,
Fremont Ca 94538
tricityvoice@aol.com
www.tricityvoice.com

COPYRIGHT 2022®
Reproduction or use without written permission from What's Happening's Tri-City Voice® is strictly prohibited

GOING OUT OF BUSINESS

SALE

75% off

everything in the store!

Our final day of business will be January 24th.

Shop
to help save lives from cancer

Come shop the American Cancer Society Discovery Shop for upscale clothing, jewelry, household items, and more.

Monday - Saturday 10am - 5pm

510-402-0124

cancer.org | 1.800.227.2345

2690 Mowry Ave., Fremont

Buying/Selling a Home?

FREE Consultation

Call 510-697-7750

SERVING THE BAY AREA

Rajeev Gupta
Home Sales Specialist
Remax Accord
CA DRE # 01232943
39644 Mission Blvd., Fremont
20 Year Experience

Monica Gupta
Home Loan Specialist
Home Advantage
CA DRE # 01424265, NMLS # 343986
702 Brown Road, Fremont
15 Year Experience

Meet Our Happy Clients www.realtytrain.com/clients

www.realtytrain.com CA Lic. Broker

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 @ 4:00 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

California lawmakers debate universal health care proposal

By Adam Beam
Associated Press

Frustrated with partisan stalemates in Washington, California's overwhelmingly Democratic Legislature Jan. 11 was to begin debating whether to create its own universal health care system -- a move that will test how far the state's progressive politicians are willing to go to fulfill their campaign promises.

Government-funded health care for everyone has been a staple of California political rhetoric for decades. Gov. Gavin Newsom promised to do it when he ran for governor in 2018, and voters elected him in a landslide.

But it's not been easy to accomplish in the nation's most populous state, where nearly half of people pay for private health insurance through their jobs. In 1994, voters overwhelmingly rejected a ballot initiative that would have created a universal health care system. Another attempt passed the state Senate in 2017, but it never got a vote in the state Assembly.

This year, Democrats in the state Assembly are trying again with a new strategy. First, they want to pass a bill that creates a universal health care system and sets its rules. Then, they want to ask voters to approve a major tax increase to pay for all of it. The plan, which would require voter approval, would raise taxes on businesses and individuals who earn at least \$149,509 per year. The California Taxpayers Association, which opposes the plan, estimates it would raise taxes by about \$163 billion per year.

“If we can agree on a policy and get that policy passed, then it becomes more real. Then you are actually telling the voters what they are voting for. That's really important” said Assembly member Ash Kalra, a Democrat from San Jose who is the author of the proposal.

Questions about how to pay for a universal health care system have doomed previous plans. In 2011, Vermont enacted the nation's first universal health care system in the country. But state officials abandoned it three years

later because they said they couldn't afford to pay for it.

California's 1994 proposal also relied on a tax on employers and individuals, and it failed after strong opposition from the insurance industry. Insurers, doctors and business groups are again lining up to oppose the latest proposal, arguing it would cost too much and limit people's choices.

In his first three years in office, Newsom has focused more on making sure everyone in California has health insurance. He has expanded the state's Medicaid program to cover low-income 26 and younger and 50 and older regardless of their immigration status. On Jan. 10, he proposed covering everyone else at a potential cost of \$2.7 billion per year.

Also, on Jan. 10 Newsom reiterated his support for a universal health care system, but declined to say if he supported the plan in the Legislature because he said he had not read it. Asked if he had “given up” on a universal health care system in California, Newsom pointed to a commission he founded that is examining such a system and how much it would cost.

He also said he's working with President Joe Biden's administration on the “flexibility” required for California to implement such a system. “The difference here is when you are in a position of responsibility, you’ve got to apply, you’ve got to manifest the ideal. This is hard work,” he said. “It's one thing to say. It's another thing to do. And, with respect, there are many different pathways to achieve the goal.”

On Jan. 11 the Assembly Health Committee was scheduled to debate the bill that would create the universal health care system. They are not scheduled to debate the bill that would pay for it. But opponents of the plan will likely still highlight the cost.

“In the Health Committee, I look forward to a robust discussion on the impacts of socialized medicine in California, including: how much taxes will increase on the middle class,” Assembly Republican Leader Marie Waldron said.

Milpitas City Council

January 11, 2022

- Announcements:**

 - County of Santa Clara COVID testing is being offered at Milpitas Sports Center, and at Milpitas Community Center

Consent Calendar:

 - Approved execution of Amendment to the Funding Agreement between the City of Milpitas and the Santa Clara Valley Transportation Authority (VTA) for the State Route 237 Near Term Improvements Project.
 - Approved Amendment to Cost Share Agreement between the Milpitas Unified School District and the City of Milpitas for the McCandless Park and Mattos Elementary School Joint Use Areas.
 - Approved Mayor Tran's recommendations for the appointments to City Commissions.

Community Services:

 - Amended various sections of Milpitas Municipal Code – Traffic.

Leadership:	
• Reviewed list of agenda item requests from individual Councilmembers and provided direction to staff, through a prioritization process.	
• Received an Update on and approved American Rescue Plan Act (ARPA), including compliance and reporting requirements.	
Item Removed from Consent Calendar:	
• Gave directions to Staff on the proposed City Council Procedures and Protocols Handbook.	
Rich Tran (Mayor)	Aye
Carmen Montano (Vice Mayor)	Aye
Anthony Phan	Aye
Karina Dominguez	Aye
Evelyn Chua	Aye

Biden sending COVID tests to schools to keep them open

By Zeke Miller
Associated Press

The Biden administration is increasing federal support for COVID-19 testing for schools in a bid to keep them open amid the omicron surge.

The White House announced Jan. 12 that a dedicated stream of five million rapid tests and five million lab-based PCR tests will be made available to schools starting this month to ease supply shortages and promote the safe reopening of schools. That's on top of more than \$10 billion devoted to school-based tests authorized in the COVID-19 relief law and about \$130 billion earmarked in that law to keep kids in school.

Education Secretary Miguel Cardona said students need to be in their classrooms and the announcement shows the administration's commitment to helping schools stay open. “We're doing everything we can to make sure that our children have an opportunity to stay in school,” Cardona said on “CBS Mornings.” “That's where they need to be, and we know we can do it safely.”

States are applying to the Centers for Disease Control and Prevention for the tests, Cardona said, adding that he expected distribution to begin as early as next week. “We recognize that schools are the hubs of the community” and they should be open for instruction, the secretary added, saying it is “vital for our students.”

The push is part of the Biden administration's wide-ranging efforts to expand supply and accessibility of COVID-19 testing as it faces mounting criticism over long lines and supply shortages for testing nationwide. The White House on Jan. 12 announced that Dr. Tom Inglesby, the director of the Johns Hopkins Center for Health Security at the Bloomberg School of Public Health, is joining its COVID-19 response team to oversee its testing initiatives.

Starting on Saturday, Jan. 15, private insurers were required to cover the cost of eight at-home

COVID-19 tests per month for covered individuals, and the administration is nearing the roll-out of a new website to allow Americans to request what will eventually be 500 million free tests that can be shipped to their homes.

The increased supply testing, though, will likely be too late for many Americans trying to safely navigate the omicron-fueled case surge, which is already showing signs of cresting.

The school testing initiative announced Jan. 12 comes after the nation's third-largest public school system, in Chicago, closed for days after an impasse between teachers and officials over reopening policies. The closure was a black eye for President Joe Biden, who made reopening schools -- and keeping them open -- a priority.

“We have been very clear, publicly and privately, that we want to see schools open,” White House press secretary Jen Psaki said on Jan. 10. She cited the massive amount of funding for schools as evidence of the administration ensuring “we were prepared and had resources needed to address whatever may come up in the pandemic.”

The new crop of tests is enough to cover only a small fraction of the more than 50 million students and educators in the nation's schools. The administration hopes the tests will fill critical shortfalls in schools that are having difficulty securing tests through existing federal funding or are facing outbreaks of the more transmissible COVID-19 variant.

The administration also is working to target other federally backed testing sites to support school testing programs, including locating Federal Emergency Management Agency sites at schools. Additionally, the CDC is set to release new guidance soon to help schools implement “test-to-stay” policies, in which schools use rapid tests to keep close contacts of those who test positive in the classroom.

—
Associated Press writer
Darlene Superville contributed to this report.

Newark City Council

January 13, 2022

- Presentation:**

 - Introduction of new chief building official Matthew Farrell
 - Promotion of Matthew Warren to Sergeant
 - Promotion of Nick Cuevas to parks and recreation manager

Consent Calendar:

 - Approval of audited demands
 - Approval of December 9, 2021, minutes
 - Adopt a resolution to execute a purchase order with ePlus Technology, Inc., in an amount not to exceed \$62,000 and approving a budget appropriation of \$62,000 from the equipment replacement reserve fund to Information Systems Division contractual services for Rubrik. Passed unanimously.

Other Business:

 - Adopt resolutions authorizing the application for Homekey Grant Funding and allocation of American Rescue Plan Act Recovery Plan and Housing Impact Fee Funds for the TownePlace Suites Homekey Project at 39802 Cedar Boulevard. Passed unanimously.

City Council Matters:

 - Condolences to the family of Luis Cortez family, the first Latino elected to the Newark City Council.
- | | |
|--------------------------|-----|
| Mayor Alan Nagy | Aye |
| Vice Mayor Michael Hanno | Aye |
| Suzy Collazo | Aye |
| Michael Bucci | Aye |
| Luis Freitas | Aye |

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

CLASSIFIEDS

H&H Appraisal Consulting Services

WANTED:
Chinese antiques, antiques, vintage objects, Textiles, porcelains, black and white photos, tinted photos, jades, scrolls, calligraphy, statues, paintings, jewelry, coins, stamps

Estate Management
Certified Certified
Museum Specialist

Call us for an evaluation
GIA Accredited
Auction House Liaison

Email image of object for free evaluation with "Object Appraisal" in the subject line

510-582-5954
norm2@earthlink.net

Great Rates!
Great Results
Call Today!

Classified Ads
510-494-1999
tricityvoice@aol.com

LANDSCAPING SERVICE

Trees - Trimming - Pruning
Patio - Mowstrip - Flagstone
Driveway - Paver stone - Fence
Retaining Wall - Concrete Stamp color
Sod seed - Sprinkler System
Rock & Bark - Walkway - Brick
New Lawn - Yard & Hillside Clean Up
Block - Concrete - Artificial Grass

Please Call: Mr. Tony
510-599-8814

FREE ESTIMATES
Lic. #758988

NEWARK-FREMONT LEGAL CENTER

38750 Paseo Padre Pky., Ste. C-7, Fremont
www.newark-legal.com
510-794-5297

• Name Change • Letters for Travel • Applications

Divorce Document Preparation

- Uncontested Divorce
- Summary Divorce
- Judicial Forms



SUE JOHNSON
PARALEGAL
30 Years Experience
10 Years at Alameda County Superior Court
BPcode Chapter 5.6 (6450-6456)

LEPPARD LANDSCAPING

MONTH TO MONTH SERVICE
Hauling and Clean up
Rain Gutter Cleaning
Pressure Wash



CALL JIMMY
510-694-9194

HANDYMAN

FREE ESTIMATES

R. Matias Mendoza
925-565-7229
matar.25.rm@gmail.com

Residential/Commercial Monthly Maintenance

Kitchen/Bathroom Remodel
Electrical wiring, Door Installation
Tiles, Paint, Dry Wall, Sewer line repair
Driveway, Retaining Walls, Fences
Sprinklers System, Lawn, Clean up
Any Interior or Exterior jobs



Searching 尋人
Judy Ng 吳翊青 please call
Alice Cheng Loh (805)543-9055
or **Peter Chu (858)717-8823**

Randy's Fence Repairs

RANDY'S FENCE POST REPAIR
can save you money!

Metal hardware reinforcement of leaning, wobbly fence posts.
FREE (on time) ESTIMATE.

Call NOW! 510-706-6189
Randy McFarland



WANTED:

PT worker, light janitorial, indoors work, min wage

Contact: Fudenna Bros.
510-657-6200
email:customerservice@fudenna.com

FAST TAX SERVICE

19 YEARS EXPERIENCE

510-648-1572
fasttax1040@gmail.com

We process back and current Taxes
Financial Coaching

Let us help you lower your tax liability
File your taxes with us.

WE CAN DO EVERYTHING VIRTUALLY
2140 Peralta Blvd. Ste 213B
Fremont



FREE 30 Minute Consultation
CATRINA R. RIVERA

Why do you do things you later regret?

Find out.

BUY AND READ

Dia n e t i c s
the MoDer n science of Mental health
by L. Ron Hubbard

PRICE: \$25.00

Church of Scientology
1865 Lundy Ave, San Jose, CA 95131 | (408) 383-9400
stevenscreek@scientology.net • www.scientology-sanjose.org

The unconscious, subconscious or reactive mind underlies and enslaves Man. It's the source of your nightmares, unreasonable fears, upsets and any insecurity.

GET RID OF YOUR REACTIVE MIND.

BUY AND READ

Dia n e t i c s
the MoDer n science of Mental health
by L. Ron Hubbard
PRICE: \$25.00

Church of Scientology
1865 Lundy Ave, San Jose, CA 95131 | (408) 383-9400
stevenscreek@scientology.net • www.scientology-sanjose.org

Birth

LIFE CORNERSTONES

Marriage

Obituaries

For more information
510-494-1999
tricityvoice@aol.com



Fremont Chapel of the Roses
(510) 797-1900 FD1007
1940 Peralta Blvd., Fremont
www.fremontchapeloftheroses.com



Fremont Memorial Chapel
(510) 793-8900 FD 1115
3723 Peralta Blvd. Fremont
www.fremontmemorialchapel.com

Edward L. Weems
Resident of Fremont
August 2, 1955 – January 15, 2022
Fremont Chapel of the Roses

Genie Birlem Provencio
Resident of Fremont
May 25, 1933 – January 13, 2022
Fremont Chapel of the Roses

John I. Jones
Resident of Fremont
November 14, 1944 – January 12, 2022
Fremont Chapel of the Roses

Lorna Salvation Arachea
Resident of Fremont
January 24, 1949 – January 12, 2022
Fremont Chapel of the Roses

Lito "Litz" Duque
Resident of Fremont
September 9, 1939 – January 11, 2022
Fremont Chapel of the Roses

Carlos Manuel Silva
Resident of Jacksonville, Florida
August 25, 1980 – December 27, 2021
Fremont Chapel of the Roses

Janice Elise Spain
Resident of San Leandro
February 3, 1956 – December 24, 2021
Fremont Memorial Chapel

Nancy Micheli
Resident of Union City
July 21, 1936 – December 27, 2021
Fremont Chapel of the Roses

Antonio Pereira Pimentel
Resident of Newark
April 6, 1932 – December 29, 2021
Fremont Memorial Chapel

William Ray Freeman
Resident of Newark
March 30, 1943 – December 26, 2021
Fremont Chapel of the Roses

Beverley James Bunting
Resident of Fremont
January 5, 1927 – December 26, 2021
Fremont Chapel of the Roses



Berge • Pappas • Smith
Chapel of the Angels
(510) 656-1226
40842 Fremont Blvd, Fremont

Virendra Prakash
Resident of Maryland
March 12, 1937 – January 13, 2022

Grace Burr
Resident of Fremont
November 3, 1929 – January 13, 2022

Santilata Patra
Resident of Cupertino
November 22, 1959 – January 13, 2022

Motan Huey Lew
Resident of Fremont
March 8, 1934 – January 11, 2022

Sobhraj Chanchlani
Resident of India
March 15, 1942 – January 10, 2022

Shankran Joseph
Resident of Modesto
July 21, 1933 – January 9, 2022

Run Feng Tso
Resident of Fremont
March 8, 1925 – January 9, 2022

Tony Milichichi
Resident of Fremont
September 12, 1948 – January 8, 2022

Ernesto Ramos
Resident of Milpitas
December 2, 1940 – January 5, 2022

Ruben Febo Jr.
Resident of Hayward
September 16, 1986 – January 2, 2022

Christina Raymond
Resident of Fremont
September 5, 1986 – January 2, 2022

Dixie Moser
Resident of Fremont
July 28, 1926 – January 2, 2022

Joyce Wurzburger
Resident of Fremont
March 12, 1936 – January 1, 2022

Harry Hayashi
Resident of Fremont
January 31, 1926 – January 1, 2022

Jose Villanueva
Resident of Hayward
November 10, 1933 – December 30, 2021

Charles Francis Sheppard. Jr.

October 18, 1944 -December 30, 2021

Resident of Pleasanton, Ca

Charles "Chuck" Sheppard, age 77 of Pleasanton, passed away December 30, 2021 surrounded by the Love of his life partner Carlos.

Chuck was born on October 18, 1944 to Frances Irene and Charles Sheppard in Chicago, Illinois. He grew up in Saginaw, Michigan. Chuck followed his dream of living in California, where he became a color specialist cosmetologist, and later had a 46 years career in hospitality.

Chuck met the love of his life Carlos in 1977 in Oakland and each day since the pair have been inseparable for 44 ½ years and have been an example of one of the greatest loves of all times. Together, they navigated life and made an impact on the lives of so many.

Over the years, Chuck dedicated himself to serve the community and held leadership positions in the Oakland and Alameda Imperial Courts. Chuck is most proud that he founded the first Bay Area AIDS



House, BASH (Bay Area Sheppard House).

Chuck is survived by his life partner Carlos Vargas, Sisters and brother-in-law, Sally and David Krause; Irene (Billie) and Rick Boring; Carlos' sisters, Mary Villarreal; Blanca Barbosa; and a host of family and dear friends.

Memorial Service will be held at the Center of Hope Church in Oakland on Saturday, January 22, 2022 at 10:00 am.

**Tri-City Cremation
& Funeral Service**
Newark, CA
510-494-1984

Janis May Curry

August 16, 1946 -January 8, 2022



Janis May Curry was born on August 16, 1946, in Knoxville, TN to Harley and Helen (Nadine) Smith. Jan passed away peacefully, surrounded by her husband and six children on January 8, 2022. She no longer suffers from COPD.

Jan's family moved to California in the early 1950's where she went to school and graduated from Newark High School in 1965. She also attended beauty school; however, she started a family instead of pursuing a career in cosmetology.

Jan loved to listen and dance around the house to country and classic pop music from the 50's-60's, especially the music of Elvis Presley. In a weird coincidence, Elvis died on Jan's birthday in 1977, and Jan passed on Elvis' birthday this year.

Jan also enjoyed bowling, playing casino slots, and talking on the phone with her family. She was in many bowling leagues, spent many years gambling in Las Vegas while ringing in the New Years and talked on the phone for hours at a time with her sister and daughters. She even talked to them while they drove all the way from southern California. She was also

extremely creative, decorating for the holidays and making many Halloween costumes. She spent a lot of time at the kids' schools helping in the classroom and playing the fun witch at the Halloween haunted house. Jan would call herself cantankerous, but she was also a good jokester, even teasing her husband and the EMTs on her last ride to the hospital.

Jan is survived by her husband of 40 years, Michael Curry of Fremont, CA. Her six children: Tammy and husband, Keith Sterling of Celina, TX; Thomas McLean and wife LaVerne, of Tracy, CA; Tina and husband Brian Semprevio, of Union City, CA; Tracy and husband Andrew Coe, of Eugene, OR; JoElyn and husband, Randy Minsky of Sacramento, CA and Lesley and husband, Ian Wiley of Valley Springs, CA. Jan had ten grandchildren: Scott, Michael, Kayla, IleAna, Finnegan, Elias, Olivia, Christian, Gabby, Vincent, and six great grandchildren. Jan is also survived by her sister Amy Hammond, brothers-in-law and sisters-in-law: Robert and Peggy Freed, Nancy Curry, George Curry and three nieces: Angela, Amanda and Kelli.

Jan was preceded in death by her parents: Raymond and Nadine Hon, brother Walter Smith, parents-in-law: Milton and Alice Curry, and sisters-in-law: Joyce Smith and Marlene Curry.

**Tri-City Cremation
& Funeral Service**
Newark, CA 94560
510-494-1984



FREE Adult Reading and Writing Classes are offered at the Alameda County Library

Tell A Friend Call Rachel Parra 510 745-1480

Tri-City Cremation & Funeral Service

Family Owned and Operated - Serving the entire Bay Area

When saying goodbye is not easy... Let us help.

www.tricitycremation.com

COMPARE OUR PRICES

Traditional Funerals Available **510-494-1984**

5800 Thornton Ave., Newark, CA 94560 CA. FD #2085

Lorna Salvatin Arachea

January 24, 1949 – January 12, 2022

Resident of Fremont, CA

Lorna Salvatin Arachea passed away at 9:50 pm o-n Wednesday, January 12th, 2022, after courageously surviving an ischemic stroke. Lorna is survived by her husband, Emmanuel, her son, Francis, her daughter, Allison Arachea McEachin, and her son-in-law, Jeffrey McEachin.

From working for nearly four decades as a registered nurse at Stanford Medical Center, to her volunteer work and Eucharistic ministry at Holy Spirit Catholic Church, Lorna has touched many people with her selflessness and generosity. She was an avid reader, poet, baker and gardener. Just as her beautiful garden, which she wholeheartedly nurtured, continues to grow and flourish, so does her love and memory continue to live on in our hearts.

While there are no attendance restrictions for the services, the family kindly asks all those attending to wear face masks and social distance. Lorna was a nurse who cared for the health of everyone around her. Let us honor her by doing the same.

The Arachea Family wishes to express their deep gratitude for



your support, prayers and acts of kindness during this difficult time.

A Viewing will be held 10:30 am – 11:30 am, Thursday, January 20th, 2022 at Fremont Chapel of the Roses, 1940 Peralta Blvd., Fremont. Followed by a Funeral Mass 12:15 pm. at Holy Spirit Catholic Church, 37588 Fremont Blvd, Fremont. Burial to follow at Chapel of the Chimes Cemetery 32992 Mission Blvd, Union City. There will be no reception due to the rising surge of Covid-19.

American Kennel Club adds 2 dog breeds

By JENNIFER PELTZ
ASSOCIATED PRESS

An athletic Hungarian farm dog and a tiny pet of bygone Russian aristocrats are the latest breeds in the American Kennel Club's purebred lineup.

The club announced Jan. 4 that it's recognizing the Russian toy and the mudi. That means they're eligible to compete for best in show at many U.S. dog shows, including the AKC's big annual championship and the prestigious Westminster Kennel Club show.

The mudi (whose American fans pronounce its name like "moody," although the vowel sound in Hungarian is closer to the "u" in "pudding") descended from long lines of Hungarian sheepdogs before a museum director took an interest in the breed and gave it a name around 1930. Fans say the medium-size, shaggy dogs are vigorous, versatile and hardworking, able to herd sheep, hunt boars, snag rats and compete in canine sports such as agility and dock diving.

"They're very perceptive, and they have a subtle quality" and are very trainable, but they need things to do, said Kim Seiter, an Oak Ridge, New Jersey, dog agility trainer who has four of them. "They're not for the inactive person."

The dogs -- the proper plural is "mudik" -- were featured on postage stamps in their homeland in 2004, as were some other Hungarian breeds. The Russian toy developed from small English terriers that gained the fancy of

Russian elites by the early 1700s. The diminutive dogs -- supposed to weigh no more than 6.5 pounds -- have a leggy silhouette, perky expression and lively demeanor, breeders say.

"They're extremely affectionate" with their owners but can be reserved with strangers and need to meet plenty of new people as pups, says Nona Dietrich of Minnetonka, Minnesota, a breeder and member of the Russian Toy Club of America. "And they're funny. They have quite an attitude."

The AKC is the United States' oldest purebred dog registry. It recognizes 199 breeds, including the two newcomers, and acts as a governing body for many dog shows.

Recognition requirements include having at least 300 dogs of the breed spread around at least 20 states and promulgating a breed standard that specifies ideal features, from temperament to toes. Many popular hybrid or "designer" breeds, such as Labradoodles and puggles, aren't recognized, but it's possible they could be someday if breeders decide to pursue it.

Some animal rights and welfare advocates deplore dog breeding and the market for purebreds, saying they spur puppy mills and strand adoptable pets in shelters. The AKC says breeding can be done responsibly and preserves somewhat predictable characteristics that help people find and commit to the right dog for them.

NEWARK-FREMONT LEGAL CENTER

510-794-5297

www.newark-legal.com

Business & Personal Legal & Paralegal Services

- Estate Planning
 - Living Trusts
 - Wills & Probate
 - Power of Attorney
 - Advance Directives
 - Home Appt's Available
- Real Estate
 - Landlord / Tenant
 - Leases
 - Evictions

- Business
 - Divorce
 - Notary
 - Corporations
- Bankruptcy
 - Chapter 7
 - Chapter 13

- Deeds
 - Interposual Deeds
 - Grant Deeds
 - Quitclaim Deeds
 - Deeds in/out of Trusts
 - Deed of Trust
 - Power of Attorney
 - Affidavit of Death
 - of Trustee, Joint Tenant

R. L. JOHNSON ATTORNEY AT LAW

38750 Paseo Padre Parkway Suite C-7, Fremont

M-F 10-7
Evening & Weekends
By Appointment

Will Elizabeth Holmes' conviction sober up Silicon Valley?

By MICHAEL LIEDTKE
AP TECHNOLOGY WRITER

The fraud conviction of former Theranos CEO Elizabeth Holmes could do more than just send a once-celebrated ex-billionaire to prison. In theory, it could also deliver a sobering message to a Silicon Valley culture that often gets lost in its own hubris and swagger.

Will it? Don't hold your breath.

For that change to happen, entrepreneurs would have to dial down their own hype, which could mean losing potential investors to louder startups with fewer qualms. Meanwhile, venture capitalists and other startup investors -- always on the lookout for the next big windfall -- would need to get a lot more skeptical about the ambitious pitches they're hearing, despite the Valley's decades-long habit of throwing money at a variety of sketchy startup ideas. Most fail, but the rare successes can more than make up for a passel of losers.

"I think it will generate some more caution among entrepreneurs, but for the most part, human nature being what it is, there is still going to be a tendency to exaggerate, especially when you know you might not get funded if you don't," said Richard Greenfield, a lawyer who represents investors in startups. "And I don't think it will change many investors' attitudes," he added. "People are still going to want to reach for the moon."

Holmes got slapped down hard for going overboard with her relentless sales pitch while running Theranos, a blood-testing startup she founded as a 19-year-old college dropout in 2002. A jury found her guilty on January 3 of duping investors into believing that Theranos had developed a revolutionary medical device that could detect a multitude of diseases and conditions from a few drops of blood. She could face up to 20 years in prison for each of those four convictions, although legal experts say she is unlikely to receive the maximum sentence. The jury also acquitted Holmes of four felony charges accusing her of trying to defraud patients that paid for Theranos blood tests.

Federal prosecutors depicted Holmes as a charlatan obsessed with fame and fortune. In seven days on the witness stand, she cast herself as a visionary trailblazer in male-dominated Silicon Valley who was also a young woman emotionally and sexually abused by her former lover and business partner, Sunny Balwani.

The trial also laid bare the pitfalls of one of the go-to moves of Silicon Valley entrepreneurs -- conveying a boundless optimism regardless of whether it's warranted, known as "fake it 'til you make it." That ethos helped hatch groundbreaking companies such as Google, Netflix, Facebook, and Apple -- the latter co-founded by one of Holmes' heroes, Steve Jobs.

As soon as Holmes was indicted in 2018, the U.S. Justice Department made it clear they hoped to use her case as a prod that would jolt Silicon Valley -- not to mention Big Tech companies that continue to extend their dominance in everyday life -- back to reality.

"They wanted to send a message," said Carl Tobias, a law professor at the University of Richmond who followed the Holmes trial. "Now we shall see whether it's enough to change some of the risky behavior we have been seeing for years." Few expect the Holmes conviction to lower the wattage on the brash promises and bold exaggerations that have become a routine part of the tech industry's innovation hustle.

The Holmes verdict "will send a message to CEOs that there are consequences in overstepping the bounds," suggested Ellen Kreitzberg, a Santa Clara University law professor who attended the trial. On the other hand, she said, "investors are still going to want to make more money on a promising idea. They will always go in for the golden ring."

The bold dream Holmes pursued when she founded Theranos had become a nightmare by the time she was indicted on felony charges in 2018. She set out to create a less painful, more convenient and cheaper way to scan for hundreds of diseases and other health problems using just a few drops of blood instead of filling vials with blood for each test. She aimed to upend an industry dominated by giant testing companies such as Quest Diagnostics and Labcorp, starting with setting up "mini-labs" in Walgreens and Safeway stores across the U.S. that would use a small Theranos device called the Edison to run faster, less intrusive blood tests.

The concept -- and the way Holmes presented it -- enthralled wealthy investors eager to buy an early stake in a game-changing company. It helped Theranos raise more than \$900 million from savvy billionaires such as media mogul Rupert Murdoch and software magnate Larry Ellison, as well as well-to-do families such as the Waltons of Walmart and the DeVos clan behind Amway. "Some people like to throw money at things and have too much unfounded optimism, and Elizabeth Holmes took full advantage of that," Greenfield said.

Holmes also wooed a well-connected board that included two former U.S. secretaries of state, Henry Kissinger and the late George Shultz: two former secretaries of defense, Gen. James Mattis and William Perry; former Sen. Sam Nunn; and former Wells Fargo CEO Richard Kovacevich. She charmed former President Bill Clinton in an on-stage presentation and impressed then-Vice President Joe Biden, who effusively praised her during a 2015 tour of a Theranos lab.

But investors and board members were both surprised to learn that Theranos' blood-testing technology kept producing misleading results. Evidence showed that Theranos took great pains to conceal that fact, including forcing patients to undergo regular blood draws instead of the promised finger sticks and secretly testing those samples with conventional technology.

Evidence presented at the trial also showed that Holmes lied about purported deals that Theranos had reached with big drug companies such as Pfizer and the U.S. military. The deception backfired in 2015 after a series of explosive articles in The Wall Street Journal and a regulatory audit of Theranos uncovered potentially dangerous flaws in the company's technology, leading to its eventual collapse.

During her testimony, Holmes occasionally expressed contrition for the way she handled a variety of issues. But she also often avoided answering pointed questions, saying she had forgotten the circumstance surrounding key events spotlighted by the prosecution. She insisted she never stopped believing that Theranos was on the verge of refining its technology.

"Let's face it: Silicon Valley is based on dreams," Greenfield said. "And you need people to keep stoking the fire to help keep those dreams alive."

Associated Press Business Writer Marcy Gordon contributed to this story from Washington.

Chief justice: Judges must better avoid financial conflicts

By JESSICA GRESKO
ASSOCIATED PRESS

Supreme Court Chief Justice John Roberts says the federal judiciary needs to do more to ensure judges don't participate in cases where they have financial conflicts of interest.

Roberts made the comments as part of his annual report on the federal judiciary released Friday evening.

Roberts pointed to a series of stories recently in The Wall Street Journal that found that ``between 2010 and 2018, 131 federal judges participated in a total of 685 matters involving companies in which they or their families owned shares of stock." Federal judges and Supreme Court justices are required under a federal ethics law to recuse themselves from cases where they have a personal financial interest.

``Let me be crystal clear: the Judiciary takes this matter seriously. We expect judges to adhere to the highest standards, and those judges violated an ethics rule," Roberts wrote in the nine-page report.

Roberts is one of three justices on the nine-member Supreme Court to hold individual stocks. Those holdings sometimes result in the justices recusing themselves from a case or selling stock in order to participate. The other justices who own individual stocks are Stephen Breyer and Samuel Alito. In the past those holdings have occasionally resulted in issues.

In 2016, Roberts heard arguments in a patent case but discovered after arguments that he held more than 1,200 shares of stock in a parent company of one of the parties. He notified the parties that he would not continue to participate in the case.

In 2015, Breyer participated in a high-profile energy case involving a subsidiary of Wisconsin-based Johnson Controls Inc. A routine check Breyer's office does failed to flag that his wife owned stock in Johnson Controls. After the case was argued an inquiry from the news media brought the issue to Breyer's attention and his wife sold 750 shares worth about \$33,000.

Alito took part in a case about curse words on television involving ABC Inc. and other networks. At

the time the case was argued in 2008, Alito owned about \$2,000 of stock in ABC's parent, Walt Disney Co. The case came out 5-4 with Alito voting with the majority and against ABC's interests. He later said his participation was an oversight.

Roberts did not write about recusals on his own court for financial or other reasons. He did note that in the instances the The Wall Street Journal identified, the paper did not find that any of the conflicts affected the judges' actions in cases. And Roberts underscored that conflicts were identified in ``less than three hundredths of one percent of the 2.5 million civil cases filed in the district courts in the nine years included in the study," a 99.97% compliance rate.

But Roberts said, ``We are duty-bound to strive for 100% compliance because public trust is essential, not incidental, to our function." The Wall Street Journal says subsequent reporting has increased the number of violations it found from 685 to at least 950.

Roberts said ethics training programs need to be more rigorous and ``the information systems that help courts catch and prevent conflicts are due for a refresh," among other things. He said officials are working to address the issue.

While coronavirus cases are surging, Roberts mentioned the pandemic only briefly. Last year, Roberts' annual report focused on the pandemic's impact on federal courts, with Roberts praising the work of judicial branch personnel during the pandemic.

Roberts and his colleagues are scheduled to return to the courtroom Jan. 7 for a special set of arguments to weigh challenges to two Biden administration policies covering vaccine requirements for millions of workers. The cases involve policies that affect large employers and health care workers.

Because of the pandemic the courtroom is not open to the public, and only the justices, lawyers, court personnel and journalists will be present. The justices spent nearly 19 months hearing arguments by telephone because of the pandemic but returned to the courtroom in October.

Union City City Council

January 11, 2022

Proclamations and Presentations:

- Introduction of new and promoted employees.

Consent Calendar:

- Approve minutes from the December 14 and December 20 City Council meetings.
- Second reading and adoption of an ordinance adding a "Campaign Reporting Requirements" section of the Union City Municipal Code to require electronic filing of campaign statements.
- Adopt a contract amendment to extend the Union City Transit Fixed-Route and Demand Response Operations and Maintenance Agreement with MV Transportation for an additional six months through June 30, 2022.
- Adopt a consulting services agreement with Mark Thomas & Company, Inc. for preliminary engineering of phases 1 and 2 for Quarry Lakes Parkway (East West

connector) in the amount of \$1,200,000.

- Enter into an agreement in an amount not-to-exceed \$160,000 with TBWBH Props and Measures, including public polling with Godbe Research, to provide professional services regarding the consideration of future tax measures.
- Resolution extending the proclamation of State of Emergency authorizing remote teleconferenced legislative body meetings in Union City for another 30 days beginning January 11 because of the COVID-19 pandemic.

City Manager Report:

- Informational report and receive City Council direction regarding tobacco retail license update.

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

Longtime fire prevention inspector bids adieu to Fremont agency

SUBMITTED BY
FREMONT FIRE
DEPARTMENT



Senior Fire Prevention Inspector Bruce Chase
Credit: Fremont Fire Department/Facebook

After nearly 39 years with the Fremont Fire Department (FFD), Senior Fire Prevention Inspector Bruce Chase recently retired. Chase joined the department in January 1983 as an Animal Services Officer and five years later was promoted to Code Enforcement Officer within the Building and Safety Department.

One of Chase's first duties was to develop a coordinated vegetation management program for what was then known as the "Hazardous Fire Area" (now the Wildland Urban Interface, or WUI) and to build relations with Union Pacific Railroad. His efforts have helped to reduce combustible vegetation in the WUI and along the railroad right-of-way.

As infill development occurred and the WUI shrank over the years, Chase became a contributor to the FFD multi-family residential, school and business inspection programs, identifying fire hazards and working with each installation to improve their fire and life safety conditions.

More recently, as Senior Fire Prevention Inspector, Chase often shared his knowledge and experience with peers, co-workers and the public to ensure the continued success of the Fire Prevention Bureau. Throughout his tenure, he focused on the fire department's mission of preventing and minimizing the loss of life and property, through public education, engineering, and enforcement.

Fire department officials, colleagues and friends recently gathered to thank Chase for his years of service and offer congratulations on his retirement.

Navy captain becomes 1st woman to command US nuclear carrier

ASSOCIATED PRESS

The USS Abraham Lincoln deployed the week of Jan. 2 from San Diego under the command of Capt. Amy Bauernschmidt, the first woman to lead a nuclear carrier in U.S. Navy history.

Bauernschmidt, who previously served as the Abraham Lincoln's executive officer from 2016 to 2019, took over command from Capt. Walt Slaughter during a

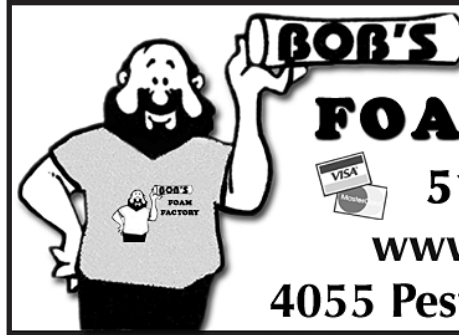
ceremony last August, CBS 8 in San Diego reported. The carrier deployed Jan. 3 from Naval Air Station North Island as part of the Abraham Lincoln Carrier Strike Group.

"There is no more humbling sense of responsibility than to know you are entrusted with the care of the people who have chosen to protect our nation," Bauernschmidt said, according to a Navy news release. "Thank you, Capt. Slaughter, for turning over the finest ship in the fleet."

Bauernschmidt previously served as the commanding officer of Helicopter Maritime Strike Squadron 70 and the amphibious transport dock San Diego. She has completed more than 3,000 flight hours during her career, the news station reported.

The Abraham Lincoln completed its maintenance period in April, following a 294-day, around-the-world deployment. The Carrier Strike Group is led by the command staff of Carrier Strike Group 3 and consists of Nimitz-class aircraft carrier USS Abraham Lincoln, Carrier Air Wing 9, the guided-missile cruiser USS Mobile Bay and the guided-missile destroyers of Destroyer Squadron 21 -- USS Fitzgerald, USS Gridley, USS Sampson and USS Spruance.

The strike group is deploying with what the Navy is touting as its "most advanced air wing" and is heading to the Indo-Pacific region.



Since 1979 The Original B.F.F.

FOAM FACTORY

510-657-2420
www.bobsfoam.com
4055 Pestana Place, Fremont

OPEN TO THE PUBLIC
LARGEST SELECTION IN BAY AREA

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

Special Packaging
DIE CUTTING - PACKAGE DESIGN PROTOTYPES

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

Tell us how you use your foam!

Celebrating 42 Years!
Thank you for your years of support

FOAM FOR:
Mattress Toppers
Special Back & Neck Pillows, Wedges
Special Packaging/Cases
and more
MATTRESSES

**IN MOST CASES
SAME DAY SERVICE**

Service is our number one product!

CUSHION REPLACEMENTS FOR:
Sofa, Chairs, Window Seats, Boats

Thank you for choosing Bob's Foam Factory products. We are certain you will be pleased with your choice. Since opening our doors in 1979, we have been committed to providing outstanding service, quality and durability.

Community Bulletin Board

10 lines/\$10/ 10 Weeks
\$50/Year

HERS Breast Cancer Foundation Post-surgical products & fitting services by appointment only. Assistance Programs available for under-served patients. HERSbreastcancerfoundation.org (510) 790-1911 2500 Mowry Avenue, Suite 130 (Washington Hospital West) M-F, 10 am to 5 pm	Afro-American Cultural & Historical Society Sharing our culture and history in the Tri-Cities and surrounding area Meetings: Third Saturday Except Dec, Feb, June, July 5:30pm Newark Library 510-793-8181 aachstricity.org Welcome!	UNITY CHURCH OF CASTRO VALLEY A Center for Positive Living Rev. Donna Caldwell invites all people to attend our 11:00 a.m. Sunday Services 20121 Santa Maria Ave., Castro Valley For classes & other activities 510/538-1416 www.unitycv.org	510-494-1999 tricityvoice@aol.com
		A-1 Comm. Housing Svcs. A HUD Approved Agency Credit and Money Mgmt. Workshop Presented on Zoom For dates, go to our website Please register at www.a1chs.org call 510.674.9227	Shout out to your community Our readers can post information including: Activities Announcements For sale Garage sales Group meetings Lost and found For the extremely low cost of \$10 for up to 10 weeks, your message will reach thousands of friends and neighbors every TUESDAY in the TCV printed version and continuously online. TCV has the right to reject any posting to the Community Bulletin Board. Payment must be received in advance. Payment is for one posting only. Any change will be considered a new posting and incur a new fee. The "NO" List: • No commercial announcements, services or sales • No personal services (escort services, dating services, etc.) • No sale items over \$100 value • No automobile or real estate sales • No animal sales (non-profit humane organization adoptions accepted) • No P.O. boxes unless physical address is verified by TCV
Are you troubled by someone else's drinking? Al-Anon and Alateen Family Groups are here to help! Al-anon has but one purpose, to help families and friends of Alcoholics. We have Zoom meetings during the Shelter in Place. For a full meeting list, please visit http://alanond17@weebly.com You can also email easyduz@gmail.com or call us at 510.276.2270 for more info.	ARE YOU LOOKING TO IMPROVE YOUR PUBLIC SPEAKING SKILLS? Grow as a leader? Build your confidence? Newark Toastmasters can help It's FREE to attend via Zoom Every Tuesday 7am - 8:0am Info: wmfitts@yahoo.com profricka@gmail.com www.1118.toastmastersclubs.org		
FREMONT COIN CLUB Established 1971 Meets 2nd & 4th Tues 7pm At the Fremont Elks Lodge 38991 Farwell Dr., Fremont Guests Always Welcome, Enjoy Show N Tells, Drawings Auction, Refreshments www.fremontcoinclub.org 510-366-1365	FIRST UNITED METHODIST CHURCH 2950 WASHINGTON BLVD, FREMONT,CA We welcome you and your family into the life of Fremont First, regardless of your skin color, ethnicity, sexual orientation, gender identity, physical or mental capacity, religious background, family configuration, economic means or immigrations status. Check out our website: www.firstchurchfremont.org See our website to meet us on Zoom	Scholarships for Women Our Fremont PEO chapter sponsors scholarships for women entering college, earning another degree, returning to school after 2 + years. Low interest education loans Apply online: www.peocalifornia.org Questions? peouf150@gmail.com	SENIOR SOCIAL ACTIVITIES Friendly & fun group open to men & women. Variety of activities: Bocce ball, Day trips, BBQ, Dinner, Wine tasting and more. Free newsletter. For information 925-803-1313
		The Friendship Force of the San Francisco Bay Area Experience a country and its culture with local hosts; meet global visitors. African guests in 2022 Travel to Aust/NZ in 2022 Enjoy our many Bay Area events. www.ffsfba.org www.thefriendshipforce.org Call 510-363-0531	TRI-CITIES WOMEN'S CLUB Meets on the third Tuesday Elk's Club on Farwell Drive 9:15 – Cards & Games 11:45 – Lunch 1:00 – Program & Meeting Group meeting monthly/bimonthly; marathon bridge, walking group, lunch bunch,rummikub group, pinochle group, bocce ball & book club. For more info, call 916-217-3074
SAN LEANDRO HISTORICAL RAILWAY SOCIETY is open to the public each Saturday from 9 am to 1 pm. Located at 1302 Orchard Ave, San Leandro, Ca. Outdoor & indoor model trains will be in operation. Information: Eugene 510 963-2965 Model train donations: Bob 510 566-3499			Fremont Cribbage Club Meets to play weekly, every Weds. We play a Cribbage Tournament starting at 5PM. at BRONCO BILLY'S PIZZA at 41200 Blacow Road, Fremont We welcome experienced players and will work with new players hoping to learn the game. Email: Accgr43@gmail.com For more information.

Hayward apologizes for role in past discrimination policies



Heritage Plaza in downtown Hayward
Credit: City of Hayward/YouTube

SUBMITTED BY CITY OF HAYWARD

In conjunction with the opening of the new Heritage Plaza in downtown Hayward, city officials recently issued a public apology for the city's role in racial discrimination in the past.

The plaza, at 835 C. St., opened in July 2021 with a community celebration and will feature an increasing array of interpretive signs and art pieces speaking to Hayward's diverse cultures and cultural histories from the Muwekma Ohlone through the World War II experience of interned Japanese-Americans to today.

The impetus comes from a resolution approved by the City Council on November 18 that apologizes to Black, Indigenous, Californio, Mexicano, Latino, Latinx and other community members of color for racially disparate impacts and inequities resulting from past city policy and decision-making. The intent of the resolution formally acknowledges the existence of institutionalized racial bias and racism and the role municipal

government has played in its creation and legacy of inequities and disparate impacts.

In particular, the resolution cites past city, real estate and banking industry participation in the discriminatory practice of redlining, which prevented Black, indigenous and people of color from owning property within Hayward limits. The resolution also cited Hayward's participation in federally sponsored urban renewal initiatives, which often resulted in the mass displacement and dislocation without fair compensation of largely Black households, neighborhoods and entire communities across the country during the 1960s and 1970s.

To read details about the resolution, visit the online Hayward Meeting & Agenda Center at <https://hayward.legistar.com/Calendar.aspx>, then scroll to the City Council meeting link for November 16, 2021 and follow the "Meeting Details" link.

See a video tour of the Heritage Plaza on YouTube: www.youtube.com/watch?v=0tLdXZ8masU.

PUBLIC NOTICES

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. 21CV004495
Superior Court of California, County of ALAMEDA
Petition of: GOVINDARAJ SELVARAJ for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner GOVINDARAJ SELVARAJ AND PRIYA GOVINDARAJ filed petition with this court for a decree changing names as follows:
GOVINDARAJ SELVARAJ TO GOVINDARAJ, SELVARAJ
PRIYA GOVINDARAJ TO PRIYA, GOVINDARAJ
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing:
Date: 02/18/2022, Time: 11:00 A.M., Dept.: 17, Room: N/A
The address of the court is 1221 OAK STREET, OAKLAND, CA 94612
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: TRI CITY VOICE
Date: DECEMBER 20, 2021
JUDGE DESAUTELS
Judge of the Superior Court
1/11, 1/18, 1/25, 2/1/22

CNS-3543207#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. 21CV004362
Superior Court of California, County of ALAMEDA
Petition of: ABDUL NAWAB DANISHMAL for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner ABDUL NAWAB DANISHMAL filed a petition with this court for a decree changing names as follows:
ABDUL NAWAB DANISHMAL TO ABDULLAH DANISHMAL
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing:
Date: 2/25/2022, Time: 9:00 A.M., Dept.: 17, Room: N/A
The address of the court is 1221 OAK STREET, OAKLAND, CA 94612
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: WHAT'S HAPPENING TRI CITY VOICE
Date: DECEMBER 20, 2021
DESAUTELS
Judge of the Superior Court
1/4, 1/11, 1/18, 1/25/22

CNS-3542103#

FICTITIOUS BUSINESS
NAMESFICTITIOUS BUSINESS
NAME STATEMENT

File No. 585181
Fictitious Business Name(s):
KONRAD CONSULTING, 3604 OAKES DR., HAYWARD, CA 94542, County of ALAMEDA
Registrant(s):
KARL KONRAD, 3604 OAKES DR., HAYWARD, CA 94542
Business conducted by: AN INDIVIDUAL
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ KARL KONRAD
This statement was filed with the County Clerk of Alameda County on DEC 21, 2021
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
1/18, 1/25, 2/1, 2/8/22

CNS-3546976#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 585196
Fictitious Business Name(s):
SAMPAGUITA SPEECH THERAPY, 25139 ANGELINA LANE, HAYWARD, CA 94544, County of ALAMEDA
Registrant(s):
KHARYL ANNE B. PIANO, 25139 ANGELINA LANE, HAYWARD, CA 94544, County of ALAMEDA
Business conducted by: AN INDIVIDUAL
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ KHARYL ANNE B. PIANO
This statement was filed with the County Clerk of Alameda County on DEC 21, 2021
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
1/18, 1/25, 2/1, 2/8/22

CNS-3546974#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 585387
Fictitious Business Name(s):
MISSION PEAK MORTGAGE, 46560 FREMONT BLVD STE 111, FREMONT, CA 94538, County of ALAMEDA
Registrant(s):
MISSION PEAK BROKERS, INC., 46560 FREMONT BLVD STE 111, FREMONT, CA 94538, County of ALAMEDA
Business conducted by: A CORPORATION
The registrant began to transact business using the fictitious business name(s) listed above on 1-19-2007
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ HARPREET SIDHU
This statement was filed with the County Clerk of Alameda County on DEC 30, 2021
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself

authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
1/18, 1/25, 2/1, 2/8/22

CNS-3546530#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 585502
Fictitious Business Name(s):
GLASSWALLCAD, 39951 FREMONT BLVD #116, FREMONT, CA 94538, County of ALAMEDA
Registrant(s):
HENRY NINO URREA, 39951 FREMONT BLVD #116, FREMONT, CA 94538, County of ALAMEDA
Business conducted by: AN INDIVIDUAL
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ HENRY NINO URREA
This statement was filed with the County Clerk of Alameda County on JAN 05, 2022
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
1/18, 1/25, 2/1, 2/8/22

CNS-3545037#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 585207
Fictitious Business Name(s):
WE CARE ASSISTED LIVING, INC., 21863 VALLEJO ST., HAYWARD, CA 94541, County of ALAMEDA
MAILING ADDRESS: 8543 LUPINE CT., PLEASANTON, CA 94588
Registrant(s):
WE CARE ASSISTED LIVING, INC., 8543 LUPINE CT., PLEASANTON, CA 94588
Business conducted by: A CORPORATION
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ ASHIT JAIN, M.D.
This statement was filed with the County Clerk of Alameda County on DEC 22, 2021
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
1/11, 1/18, 1/25, 2/1/22

CNS-3544281#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 585270
Fictitious Business Name(s):
ROYAL TOWING AND TRANSPORT, 4482 CALYPSO TERRACE, FREMONT, CA 94555, County of ALAMEDA
MAILING ADDRESS: 1978 MOMENTUM DR., MILLPITAS, CA 95035
Registrant(s):
ROYAL TOWING AND TRANSPORT, 4482 CALYPSO TERRACE, FREMONT, CA 94555, County of ALAMEDA
Business conducted by: A LIMITED LIABILITY COMPANY
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ SHIRSHAH BAIGZAD
This statement was filed with the County Clerk of Alameda County on DEC 27, 2021
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
1/4, 1/11, 1/18, 1/25/22

CNS-3542898#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 584945
Fictitious Business Name(s):
AXIS SUSTAINABILITY GROUP / AXIS POWERED / AXIS POWER SYSTEM, 2544 BARRINGOTN CT, HAYWARD, CA 94545, County of ALAMEDA
Registrant(s):
AXIS ENERGY, INC., 2544 BARRINGOTN CT, HAYWARD, CA 94545, County of ALAMEDA
Business conducted by: A CORPORATION
The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ PHU NGUYEN
This statement was filed with the County Clerk of Alameda County on DEC 09, 2021
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
1/4, 1/11, 1/18, 1/25/22

CNS-3542173#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 585075
Fictitious Business Name(s):
FREMONT INDUSTRIAL BUSINESS CENTER, 5486 JONATHAN DR., NEWARK, CA 94560, County of ALAMEDA
Registrant(s):
G.D. OVERAA, 200 PARR BLVD., RICHMOND, CA 94801
G.D. OVERAA GRANDCHILDREN TRUST, TRUSTEE 1976, 200 PARR BLVD, RICHMOND, CA 94801
G.D. OVERAA FAMILY TRUST TRUSTEE 1976, G.D. OVERAA CT, SUISUN CITY, CA 94585
Business conducted by: A GENERAL PARTNERSHIP
The registrant began to transact business using the fictitious business name(s) listed above on 1981
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ GERALD D OVERAA
This statement was filed with the County Clerk of Alameda County on DEC 15, 2021
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in

the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
12/28/21, 1/4, 1/11, 1/18/22

CNS-3541679#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 584879
Fictitious Business Name(s):
THE CLEAN BEE, 4249 BAINE AVE., FREMONT, CA 94536, County of ALAMEDA
Registrant(s):
RACHTEL TAYLOR MORGAN, 4249 BAINE AVE., FREMONT, CA 94536, County of ALAMEDA
Business conducted by: AN INDIVIDUAL
The registrant began to transact business using the fictitious business name(s) listed above on 11-11-2021
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ RACHTEL MORGAN
This statement was filed with the County Clerk of Alameda County on DEC 08, 2021
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
12/28/21, 1/4, 1/11, 1/18/22

CNS-3541678#

GOVERNMENT

ORDINANCE NO. 894-22: AN ORDINANCE
OF THE CITY COUNCIL OF THE CITY OF
UNION CITY TO ADD SECTION 2.05.050 TO
CHAPTER 2.05 "CAMPAIGN REPORTING
REQUIREMENTS" OF THE UNION CITY
MUNICIPAL CODE TO REQUIRE ELECTRONIC
FILING OF CAMPAIGN STATEMENTS

The above entitled Ordinance was introduced on December 14, 2021 and adopted by the City Council on January 11, 2022. This abbreviated notice is published in lieu of the full text of the ordinance. A copy of the full text of the ordinance, is available on the City's website at: <https://www.unioncity.org/250/Transparency-Portal>
A copy of the full text of the ordinances is also available at the Office of the City Clerk, 34099 Alvarado-Niles Road, Union City, California, during normal business hours. The City Clerk can be reached by phone at 510-675-5448 if you desire a copy of the full text of the ordinance sent to you via email or by first class mail.
ORDINANCE NO. 894-22 WAS PASSED, APPROVED AND ADOPTED by the City Council of the City of Union City at a regular meeting held on January 11, 2022 by the following roll call vote:
AYES: Councilmembers Duncan, Gacoscos, Singh, Vice Mayor Patiño, Mayor Dutra-Vernaci
NOES: None
ABSENT: None
ABSTAIN: None
APPROVED:
/s/ Carol Dutra-Vernaci
CAROL DUTRA-VERNAKI, Mayor
ATTEST:
/s/ Anna M. Brown
ANNA BROWN, City Clerk
APPROVED AS TO FORM:
/s/ Christopher J. Kokotaylo
KRISTOPHER J. KOKOTAYLO, City Attorney
1/18/22

CNS-3547187#

Bay Area Rapid Transit
Public Virtual Outreach Meetings For The
Redistricting Of BART Election Districts

The Board of Directors of the San Francisco Bay Area Rapid Transit District (BART) is conducting Public Meetings to provide an opportunity for the public to give input and comment regarding the redistricting of the BART election districts. Following each federal census, the BART Board of Directors is required to adjust the boundaries of the election districts so the districts shall be as equal in population as practicable. Using the 2020 United States Census as a basis, the Board of Directors must adjust the boundaries of the election districts. Attend one of the virtual meetings listed below to give your input.
Saturday, January 8, 2022, at Noon
Saturday, January 15, 2022, at 9 a.m.
Saturday, January 22, 2022, at 6 p.m.
Wednesday, February 2, 2022, at 6 p.m.
Translation services available if requested 3 days (72 hours) before the meeting by calling Language Assistance Services at 510-464-6752. For more information, please go to www.bart.gov/redistricting
For more details about the meeting
Board of Directors email: redistricting@bart.gov
Phone: 510-464-6752
Spanish Translation
Reuniones públicas para la redistribución de los distritos electorales de BART
La Junta Directiva del Distrito del Transporte Rápido del Área de la Bahía (BART) de San Francisco está realizando reuniones públicas para brindarle al público la oportunidad de ofrecer sugerencias y comentarios con respecto a la redistribución de los distritos electorales de BART. Luego de cada censo federal, la Junta Directiva de BART tiene la obligación de ajustar los límites de los distritos electorales para que estos tengan igualdad de población en la mayor medida posible. La Junta Directiva debe ajustar los límites de los distritos electorales tomando como base el Censo de los Estados Unidos del 2020. Para dar su opinión, asista a una de las reuniones virtuales según se indica a continuación.
Se dispondrá de servicios de traducción si estos se solicitan 3 días (72 horas) antes de la reunión a Language Assistance Services (asistencia de servicio de idiomas) llamando al 510-464-6752. Para obtener más información, visite www.bart.gov/redistricting
Chinese Translation
重新劃分 BART 選區的公開會議
舊金山灣區捷運局 (BART) 董事會正舉行多場公開會議，讓民眾有機會針對 BART 選區的重新劃分提供意見。
每逢聯邦政府完成人口普查後，BART 董事會需按照規定調整選區邊界，以切合實際的原則下讓各區人口盡可能均等。董事會必須以 2020 年美國人口普查為基準，進行選區邊界調整。請參加下列一場虛擬會議，聽眾提出您的看法。
如需翻譯服務，請於開會前 3 天 (72 小時) 致電 510-464-6752，向語言協助服務 (Language Assistance Services) 提出申請。欲知詳情，請瀏覽 www.bart.gov/redistricting
Vietnamese Translation
Các Bui H p Công C ng V i c Tái Phân Chia Đ a H t Các Đ a H t B u C a BART
Hội đồng Quản trị của Khu vực Giao thông Nhanh Khu vực Vịnh San Francisco (BART) đang tiến hành các Cuộc họp Công khai để cung cấp cho công chúng cơ hội đóng góp ý kiến và nhận xét về việc tái phân chia khu vực bầu cử BART. Sau mỗi cuộc điều tra dân số liên bang, Hội đồng Quản trị của BART được yêu cầu điều chỉnh ranh giới của các khu vực bầu cử để các khu vực này có dân số tương đương nhau. Hội đồng Quản trị phải dựa vào kết quả Điều tra Dân số Hoa Kỳ năm 2020 làm cơ sở. Hội đồng Quản trị phải điều chỉnh ranh giới của các khu vực bầu cử. Quý vị vui lòng tham dự một trong các cuộc họp trực tuyến được liệt kê dưới đây để đưa ra ý kiến đóng góp của mình. Có sẵn các dịch vụ phiên dịch nếu được yêu cầu 3 ngày (72 giờ) trước cuộc họp bằng cách gọi cho Dịch vụ Hỗ trợ Ngôn ngữ theo số 510-464-6752. Để biết thêm thông tin, vui lòng truy cập www.bart.gov/redistricting
Korean Translation
BART 선거구 변경에 대한 공청회
San Francisco Bay Area Rapid Transit District (BART) 이사회는 BART 선거구 재조정 공청회를 열어 지역 시민의 의견을 제시할 수 있는 기회를 제공하고 고자 공개 의견을 실시합니다.
BART 이사회는 연방 인구조사 데이터에 따라 선거구 재조정 선거구 경계를 조정하고 선거구 내 인구 수가 최대한 유사하도록 조정해야 합니다. 이사회는 2020 년 미국 인구조사 데이터를 기반으로 2020 년 인구조사 결과를 바탕으로 합니다. 아래 온라인 및 가상 공개 청취회 참석하여 의견을 제시하십시오.
언론 하우스 모인 시작 3 일 (72 시간) 전
언어 지원 서비스 부 (Language Assistance Services) 의 사무실 번호인 510-464-6752 로 전화하여 사전 예약을하십시오.
통역 서비스를 제공하지 않습니다.
www.bart.gov/redistricting 을 방문하여 주십시오.
1/18/22

CNS-3545152#

NOTICE TO CONTRACTORS
LAKESHORE PARK LANDSCAPE
RESTORATION PROJECT NO. 1146

The City Council of the City of Newark invites sealed bids for the construction of public improvements for Lakeshore Park Landscape Restoration, Project No. 1146, City of Newark, Alameda County, California.
Bids shall be enclosed in a sealed opaque envelope. The envelope shall be sealed and clearly marked on its face with the Bidder's name, address and the notation "SEALED BID ENCLOSED CITY OF NEWARK" with an identification of the PROJECT NAME, PROJECT NUMBERS and BID DATE as identified on this Notice to Bidders. If the bid is sent by mail, the sealed bid envelope shall be enclosed in a separate mailing envelope/box. The mailing envelope/box shall also be clearly marked on its face with the notation "SEALED BID ENCLOSED, CITY OF NEWARK" with an identification of the PROJECT NAME, PROJECT NUMBERS and BID DATE as identified on this Notice to Bidders. Sealed bids must be delivered to the office of the City Clerk of the City of Newark at 37101 Newark Boulevard, Second Floor of the David W. Smith City Hall building, Newark, California, before 2:00 p.m. on Friday, January 28, 2022. At that time, all bids will be publicly opened, examined and declared via teleconferencing and electronic means. Additional information will be provided for the public bid opening.
To attend the bid opening by web browser, please use the Zoom link below for video and audio: From a PC, Mac, iPad, Phone or Android device: https://zoom.us/j/96839557183?pwd=ZjZlRmRQ_L3lOTZldUjZldWp3R2liXkQTO9
Webinar ID: 968 3955 7183, Passcode: XikA0D (to supplement a device without audio, or to just call in, please also join by phone: US: +1 669 900 6633).
Temporary open days and hours for City of Newark David W. Smith City Hall are Mondays through Thursdays, 8:00 a.m. to 1:00 p.m. The City will continue to comply with the Centers for Disease Control and Prevention (CDC), Occupational Safety and Health Administration (OSHA), and local health agencies to provide a safe workplace for City staff and customers. In the event of a new or updated COVID-19 Health Order is issued preventing the delivery or opening of bids as prescribed above in this Notice to Contractors, alternative provisions will be made for bid submittals at the same time and location. Any such provisions will be made available to all project bidders. The improvements are generally described as follows:
Construction of upgraded landscape and irrigation improvements at Lakeshore Park, within the City of Newark. The scope of work includes minor earthwork and grading; installation of new irrigation system components and system alterations; cleaning and repair of the existing irrigation intake system; lake aeration system improvements; installation of concrete pavers and decomposed granite surfaces; site furnishings; placement of new trees, plants, groundcover and grass materials; and other related items of work as needed to complete said improvements.
Bidders are invited to attend and view the project in person in February 2022.
Plans and Specifications for the work may be obtained in electronic (PDF) format from the City of Newark Public Works Department, free of charge, via e-mail delivery by calling Ms. Helen Gordon at (510) 578-4452 or by e-mail to helen.gordon@newark.org.
Information regarding obtaining Plans and Specifications or a list of plan holders is available by calling Ms. Helen Gordon at (510) 578-4452 or by E-mail to helen.gordon@newark.org. All technical questions should be directed to Senior Civil Engineer, Trang Tran at (510) 578-4298 or by E-mail to trang.tran@newark.org.
No pre-bid meeting is scheduled for this project. However, Bidders are strongly urged to visit the job site before submitting bids. Submission of a bid shall be considered as an acknowledgment of site investigation.
The Contractor shall possess a valid Class A or Class C-27 California Contractors license at the time of the bid opening. The successful Bidder shall furnish a Performance Bond and a Payment Bond. Items of work in conjunction with this project are included in the proposal.
As of July 1, 2014, all Contractors bidding on this project are required to register with the Department of Industrial Relations (DIR) and pay the required annual fee. Under California Labor Code section 1771.1, as amended by SB 854, unless registered with the DIR, a Contractor may not bid or be listed as a Subcontractor for any bid proposal submitted for public works projects on or after March 1, 2015.
The City of Newark hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, disadvantaged business and women owned business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, religious creed, color, national origin, ancestry, physical disability, mental disability, medical condition, genetic information, marital status, sex, gender, gender identity, gender expression, age, sexual orientation, including a perception that the person has any of those characteristics or that the person is associated with a person who has, or is perceived to have, any of those characteristics in consideration for an award.
Pursuant to Section of 1773 of the Labor Code, the general prevailing rate of wages in the county in which the work is to be done has been determined by the Director of the Department of Industrial Relations of the State of California. These wages are set forth in the General Prevailing Wage Rates for this project. The Contractor and all subcontractors shall pay all their employees performing labor under this Contract salaries or wages at least equal to the general prevailing wage rates for the particular crafts, classifications or types of workers employed on this project. These wage rates appear in the latest Department of Industrial Relations publication.
Future effective wage rates which have been predetermined and are on file with the Department of Industrial Relations are referenced but not printed in said publication, and are available on the internet at www.dir.ca.gov.
Dated: January 6, 2022
SHEILA HARRINGTON,
City Clerk City of Newark, Alameda County, California
Publish Dates: Tuesday, January 11, 2022
Tuesday, January 18, 2022
1/11/22

CNS-3544798#

PROBATE

NOTICE OF PETITION TO ADMINISTER
ESTATE OF
CATHERINE MEIER
CASE NO. RP21117410

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: CATHERINE MEIER
A Petition for Probate has been filed by JOHN T. MITCHELL in the Superior Court of California, County of ALAMEDA.
The Petition for Probate requests that JOHN T. MITCHELL be appointed as personal representative to administer the estate of the decedent.
The Petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.
The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A hearing on the petition will be held in this court on 2/7/2022 at 9:45 A.M. in Dept. 202 Room N/A located at 2120 MARTIN LUTHER KING JR WAY, BERKELEY, CA 94704.
MANDATORY REMOTE APPEARANCE: The Court requires all parties who wish to attend the hearing on the above date and time, including those who wish to state objections, to appear by audio or video technology. The parties should consult the court's website for the specific telephonic and video applications available. The parties may also contact the probate clerk in the respective department for information concerning remote appearances. Parties must be present at least five (5) minutes before the scheduled hearing time. If you object to the granting of the petition, you should appear at the hearing and state

your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner: DIANA REDDING, ESQ., DIANA REDDING LAW, 2500 SANTA CLARA AVENUE, ALAMEDA, CA 94501, Telephone: 510-522-6900
1/11, 1/18, 1/25/22

CNS-3544487#

NOTICE OF PETITION TO
ADMINISTER ESTATE OF
FRANCES NGAN
CASE NO. RP22118856

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Frances Ngan
A PETITION FOR PROBATE has been filed by Julie Ngan Trainor in the Superior Court of California, County of Alameda. THE PETITION FOR PROBATE requests that Julie Ngan Trainor be appointed as personal representative to administer the estate of the decedent.

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

A HEARING on the petition will be held on February 9, 2022 at 9:45 a.m. in Dept. 202 located at 2120 MARTIN LUTHER KING JR. WAY BERKELEY CA 94704 BERKELEY COURTHOUSE.

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

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate,

PUBLIC NOTICES

at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the

same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (800) 280-2832 or visit this Internet Web site WWW.

AUCTION.COM, using the file number assigned to this case 061977-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: Effective January 1, 2021, you may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are

an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (855) 313-3319, or visit this internet website www.clearreconcorp.com, using the file number assigned to this case 061977-CA to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee

receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. FOR SALES INFORMATION: (800) 280-2832 CLEAR RECON CORP 4375 Jutland Drive San Diego, California 92117
1/11, 1/18, 1/25/22

CNS-3543947#

Traffic collision kills Newark man

SUBMITTED BY NEWARK PD

A 22-year-old Newark man was killed in a late-night traffic collision on Saturday, January 8 on Saint Isabel Avenue near Cedar Boulevard in central Newark.

The Alameda County coroner's bureau identified the man as Juan Gonzalez-Ramirez. A Bay City News report said Gonzalez-Ramirez was a passenger in a vehicle that hit a parked car at 11:20 p.m. The

driver and two other passengers sustained minor injuries. The driver, whose identity was not immediately released, was arrested on suspicion of DUI.

An investigation into the collision is continuing; anyone with information is asked to contact Newark Police Department Traffic Officer Anthony Piquette via email at Anthony.piquette@newark.org or call (510) 578-4953.

Tax season begins two weeks early due to virus, IRS funding

BY MARTIN CRUTSINGER
AP ECONOMICS WRITER

This year's tax filing season will begin on Jan. 24, 17 days earlier than last year, the Internal Revenue Service announced on Jan. 10.

The IRS is warning that a resurgence of COVID-19 infections on top of less funding authorization from Congress than the Biden administration had requested could make this filing season particularly challenging. "The pandemic continues to create challenges, but the IRS reminds people there are important steps they can take to help ensure their tax return and refund don't face processing delays," IRS Commissioner Chuck Rettig said.

Avoiding a paper tax return will be more important than ever this year to avert processing delays, Rettig said. He urged taxpayers to file their returns electronically and to get their refunds by direct deposit. It is

also import for taxpayers who received a COVID-19 relief Economic Impact Payment last year or who got an advance Child Tax Credit payment to make sure they report the correct amount on their tax returns to avoid processing delays, Rettig said.

The IRS will send letters to recipients of the impact payments and the advance Child Tax Credit payments and taxpayers can also check for the amounts they received on the website IRS.gov.

The deadline for tax returns to be filed is Monday, April 18 this year, three days later than the normal April 15 deadline for filing taxes. The later date is a result of an Emancipation Holiday in the District of Columbia. By law, Washington, D.C., holidays impact tax deadlines for everyone the same way federal holidays do.

April 18 is the deadline for filing tax returns or requesting an extension, which gives taxpayers until Oct. 17 to file their returns for 2021.

Hayward Police Log

SUBMITTED BY HAYWARD PD

Thursday, January 6

• At about 6:13 a.m. officers responded to an automobile versus a pedestrian collision near the intersection of Hesperian Boulevard and

Panama Street. A 21-year-old male pedestrian was pronounced dead at the scene by medical personnel. The driver of the vehicle was not injured and stayed at the scene and cooperated with investigators. Anyone with information about the incident is asked to call Sergeant Tasha DeCosta at (510) 293-7169.

BART Police Log

SUBMITTED BY
LES MENSINGER AND BART PD

Sunday, January 9

• At 1:18 a.m. a man identified by police as Robert Villegas, 33, of Oakland was arrested at Bay Fair station in San Leandro on suspicion of trespassing on railroad property and resisting arrest. He was booked into Santa Rita Jail.

• At 6:41 p.m. a man identified by police as Forrest Lee Hahlbeck, 25, of Chico was arrested at Bay Fair station in San Leandro on an outstanding felony warrant charging robbery. Charges of possessing burglary tools, and false identification were also added. He was booked into Santa Rita Jail.

Tuesday, January 11

• At 8:43 a.m. a man identified by police as Matthew Turner, 41, of San Francisco was arrested at Fremont station on suspicion of possessing drug paraphernalia and a controlled substance. He was booked into Santa Rita Jail.

Low-income micro apartments coming to Hayward

SUBMITTED BY CITY OF HAYWARD

As part the city's "Let's House Hayward" program adopted last year by the City Council, construction of 125 micro apartments for formerly homeless residents and very low-income households in need of housing assistance is underway.

The residential project, at 2595 Depot Road, is being built in partnership with Abode Services, a nonprofit and supportive housing operator. It is aimed at formerly homeless people and very low-income households in need of housing assistance. When completed, the project will include units ranging from 281 to 296 square feet in an L-shaped building rising three and four stories. Services will include on-site social workers, case management, classes and workshops for residents.

Another component of the city's program to move cooperative people off the street and into temporary shelter and transitional housing, is the Housing Navigation Center which celebrated its two-year anniversary on November 18. During that time, city officials said 153 people have gone through and exited the center with 98 of them, -- 64% -- moving directly into permanent housing. This occurred despite the challenges of the COVID-19 pandemic.

For details about the program, visit the City of Hayward's website at www.hayward-ca.gov, then type "Let's House Hayward" into the search field and follow the links.



An artist's illustration of the planned micro apartment project
Credit: City of Hayward

Hayward City Council meetings to be held online only

SUBMITTED BY
THE CITY OF HAYWARD

Hayward City Council meetings during the month of January will be held entirely online on the Zoom webinar platform as a precautionary measure in response to the current increase in coronavirus infections.

The City of Hayward resumed in-person Council meetings on Sept. 28, 2021, while still continuing to offer members of the public, city staff and Council members the ability to attend and participate remotely on Zoom.

The City is reverting back to an online-only format for its scheduled Jan. 18 and Jan. 25 Council meetings or until the current of wave of infections driven by the omicron variant of

the virus subsides as anticipated by public health officials.

For information on how to join Council meetings on the Zoom platform, go to the upcoming events calendar on the City of Hayward website (<https://www.hayward-ca.gov/discover/calendar>) and click on the listing of the meeting of interest. Council meetings also are broadcast and streamed live on KHRT cable TV channel 15 and on the City's YouTube channel.

For additional information -- including Council meeting agendas and staff reports -- go online to the City of Hayward's legislative website (<https://hayward.legistar.com/Calendar>). Or call the Office of the City Clerk at (510) 583-4400.

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

