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August 16, 2022

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India Day Parade and Fair

SUBMITTED BY
RITU MAHESHWARI



Realizing the American dream, while honoring strong roots and culture from our country of origin – This is the motto of 30th Festival of Globe (FOG) India Day Parade and Fair being held on August 20 and 21. Organized by Federation of Globe and Federation of Indo Americans (FIA) of Northern California, FOG continues the celebrations and tradition that has been part of Fremont culture for the past 29 years.

FOG India Day Parade and Fair coincides with India's celebrations of their 75th Independence Day this year. Thousands of people are expected to join the event. There will be cultural programs, free Wellness fair, Food Fest, kids' activities, and grand parade with Bollywood celebrity Abhimanyu Dassani and Kannada actress Meghana Raj. People can visit, eat and shop at over one hundred booths.

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Celebrate Afro-Caribbean and Latin American musical heritage



SUBMITTED BY LUIS R. MENDOZA

Montuno Productions is happy to announce the third annual “Bay Area Latin Jazz Festival,” held on Saturday, August 20 at Rowell Ranch, a picturesque, park-like venue operated and maintained by Hayward Area Recreation and Park District (HARD). The celebration will showcase the cultural/musical contributions of Latin Jazz, with an emphasis on Afro-Caribbean and Latin American influences. Festival attendees will be able to enjoy a diverse array of food, music, dance and artistry. There will be booth space available for Bay Area merchants, food vendors, artisans and community organizations.

In terms of making a mark on the San Francisco Bay Area music scene, the festival hit the ground running in 2019, when Montuno Productions’ (MP) founder and CEO, Luis R. Mendoza, carefully curated the entertainment lineup, focusing on presenting a talented and diverse group of artists, many of whom have won multiple awards and have been members of world-renowned bands.

In 2021, during the second annual festival, MP took the same approach, presenting a top-notch lineup that included Afro-Cuban vocalist, songwriter, and band leader, Bobi Céspedes (as the headliner), and four-time Grammy Award winner, Oscar Hernández and his Latin jazz ensemble,

continued on page 6

Celebrating 50 years of Greek culture and Orthodox faith

SUBMITTED BY
RENEE TAYLOR

Enjoy the authenticity and flavors of Greece as the Resurrection Greek Orthodox Church once again transforms itself into mini-Greece for their 50th Anniversary “Castro Valley Greek Festival” from August 19 to 21. Get ready to eat, drink, shop, dance and shout OPA!

Serving the most authentic Greek meals outside of Athens, featuring à la carte entrees include Greek roasted lamb and chicken seasoned to perfection, hearty

pastitsio, vegetarian moussaka, Greek salad, rice pilaf, green beans in a savory Greek tomato sauce, freshly baked bread, feta cheese and Kalamata olives. You can also sample your favorite Greek street food: beef or vegetarian gyros, lamb sandwiches, and souvlaki – and for dessert, loukoumades, baklava, and many more Greek pastries.

NEW THIS YEAR: Greek wine and meze parings for tasting! Explore the flavors of six different wines/regions of Greece, paired with an appetizer plate to tease your palate.

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By Victor Carvellas

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Hip Replacement Surgery: Myths, Choices, and Outcomes

Sept. 6 seminar to address these issues and more

On Tuesday, Sept. 6, at 6:30 p.m., orthopedic surgeon John Dearborn, MD, FAOSS, will present a virtual talk, “Don’t Let Hip Pain Win: Updates in Hip Replacements.” Dr. Dearborn founded the Joint Replacement Program at Washington Hospital Healthcare System in 1999, where he performs more than 400 hip replacement surgeries each year.

During the talk, Dr. Dearborn will address some of the myths about hip replacement surgery, discuss the role of pain management in recovery, and recommend how to choose a surgeon.

“Over the past three decades,” says Dr. Dearborn, “hip replacement surgery has become one of the most reliable orthopedic procedures for patients with severe arthritis in their hips. The success of this procedure has been further enhanced by modern techniques that have evolved to minimize pain, blood loss, and the amount of time spent in the hospital.”

The hip joint is a ball and socket where the femoral head (the ball) moves within the acetabulum (the socket). The surfaces of the joint can become damaged due to arthritis, fractures, or other conditions, resulting in pain and limited mobility. Hip replacement surgery involves removing the damaged sections of bone and replacing them with implants that can restore both the structure and function of the hip.

Originally, the useful life of an implanted hip was 20-30 years at most, so the procedure was generally recommended for people over the age of 50. With the advent of cross-linked polyethylene in 1999, hip replacements are now expected to last much longer.

Pain management plays a key role in recovery

Now that reliable implants can last a lifetime, the focus in hip replacement has shifted to improving pain management on the day of surgery and thereafter. The development of rapid recovery protocols

has resulted in shorter hospital stays and faster recovery.

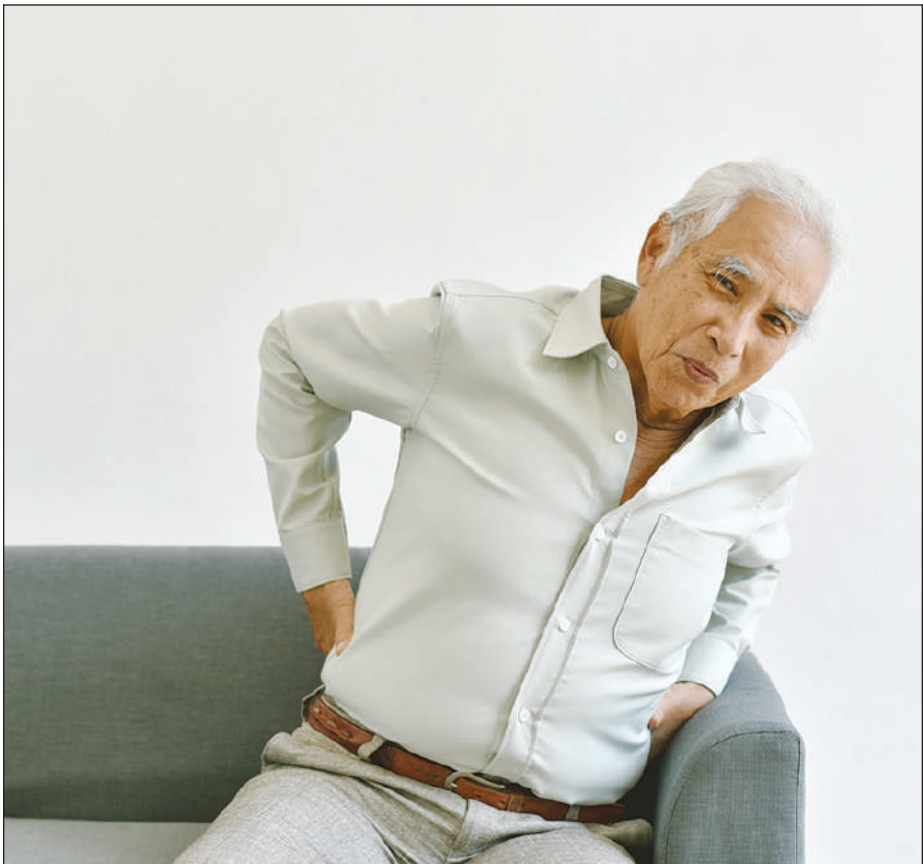
Dr. Dearborn explains that managing surgical pain has come a long way since the development of hip replacement surgery in the 1960s and the launch of the Joint Replacement Program. “We used to use epidural anesthesia, similar to what was used on Labor and Delivery, and left the epidurals in overnight. The epidurals worked beautifully for pain control but delayed patients from getting up and walking with physical therapists.”

“Today,” he continues, “we use a spinal anesthesia, which does not require an indwelling catheter. We give patients light opioids and anti-inflammatory medications preemptively, allowing our patients to get up within a couple of hours after surgery and be comfortable doing so.” With this approach, patients often go home on the day of surgery, or the following day.

Surgical methods - There is no one best

Various surgical techniques have been developed to improve outcomes in hip replacement surgery. The traditional approach used a large incision extending over the back of the hip joint. Several less invasive methods have become popular in the past 20 years, all employing shorter skin incisions and less muscle damage. Nationwide, the leaders are the mini-posterior and the various anterior methods. The mini-posterior approach uses a lateral incision. The anterior approaches use an incision on the front.

But Dr. Dearborn comments that “there’s no magic in any one of these techniques. The perioperative pain management protocols have a greater effect on early recovery and length of hospital stay. Many studies have been done comparing the less invasive approaches, and the recovery speeds of all of them are similar, but all provide a quicker



rehabilitation than the traditional methods. Our aim is to use a method that will best help the patient get back to their normal lifestyle quickly, with the least amount of risk.”

Choosing the “right” physician

Dr. Dearborn suggests that people considering hip replacement surgery do some research prior to deciding where to have the surgery and who will perform it. “You definitely want someone with a lot of experience,” he notes. “It’s true that the more you do something the better your outcomes.”

Websites such as Healthgrades.com has greatly increased the transparency of outcomes and complication rates of hospitals. Dr. Dearborn adds, “You want someone you can trust, a physician-partner that you feel comfortable with.”

Join the seminar – learn more

The Sept. 6 seminar is available to view live on Facebook by signing into an account and going to the facebook.com/WashingtonHosp page. A live view on YouTube is also available at YouTube.com/whhsInHealth and does not require an account.

Questions can be submitted in advance by emailing: CommunityOutreach@whhs.com. Facebook viewers can submit questions live and they will be addressed at the end of the seminar. This seminar, like many previous presentations, will be featured on their YouTube channel the following day.

If you would like more information about the IJRR at Washington Hospital, visit www.whhs.com/IJRR.



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Kindergarten Readiness
Pediatrician Bhaskari Peela, MD, offers guidance on how to make the transition to the kindergarten classroom successful.



Diabetes Matters
Registered Nurse, Joanna Moth shares how an active lifestyle can help manage diabetes. Learn how physical activity impacts blood glucose levels and how those with diabetes can safely incorporate activity into their daily lives.



Beach and Water Safety
Summertime means water fun, but understanding the dangers surrounding water activity is important. Prevent a fun-filled day from turning tragic. This talk is presented in conjunction with the Arunay Foundation.



Coming Soon!



Veggies on the Grill: Make Room for Summer Produce
Monday, August 22, 6:30 p.m.
Food demonstration shows how vegetables (and fruit!) can enjoy a place on a summer grill.



Rotator Cuff Repair: Advances in Treatment Options
Shoulder specialist Dr. John Costouros shares his expertise on the types of rotator cuff treatment options from nonsurgical to complete reconstruction.

Other Video Topics:

- Joint Pain
- Stroke Awareness
- Washington Township Health Care District monthly board meetings
- Diabetes Education
- Timely health topics such as COVID-19 and wildfire safety
- And so much more!

Events Information

For more information or to register for events, call 800.963.7070 or visit whhs.com/events.

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Suffer From Neck and Back Pain?

Seminar With Local Neurosurgeon Reviews Minimally Invasive Procedure

If you suffer from neck and back pain, you are not alone. Among adults, 60% to 80% will experience back pain and 20% to 70% will experience neck pain that interferes with their daily activities, according to the National Institutes of Health.

“Neck and back pain are very common problems,” said Dr. Eldan Eichbaum, a neurosurgeon at Washington Hospital and member of the Washington Township Medical Foundation. “But there are treatment options available today that can restore quality of life.”

Dr. Eichbaum will talk about minimally invasive procedures that can alleviate the pain when he presents, “Neck and Back Pain Relief: Cervical and Lumbar Disc Replacement,” on Monday, Sept. 12, at noon. The free seminar will take place on Facebook and YouTube. For more information or to register, visit www.whhs.com/events or call 800.963.7070.

Dr. Eichbaum, who specializes in spine surgery, will explain what the neck and back procedures are and how they differ from traditional disc surgeries. He will also provide information about who is a good candidate for the minimally invasive procedures.

The spine consists of 33 bones stacked one on top of the other called vertebrae. Ligaments and muscles connect the vertebrae and keep them aligned. These vertebrae are separated by discs, which work like shock absorbers. The discs can break down over time, causing severe pain.

“I didn’t realize the effect of chronic pain and how it weighs down your life.”

Kelly Asbe, patient of Dr. Eldan Eichbaum



Playing golf is one of the many activities Kelly Asbe can once again enjoy.

Both men and women can develop neck and back pain—particularly as they age. Older adults are more at risk due to wear and tear on the discs throughout their lifetimes. Having weak back and abdominal muscles can increase your risk for back pain. Job-related stresses like lifting heavy items and sitting at a desk all day, particularly with poor posture, can also lead to neck and back pain.

Regain Quality of Life

The minimally invasive procedures that Dr. Eichbaum will describe have the ability to help patients get back to the activities they enjoy and regain their quality of life.

“I didn’t realize the effect of chronic pain and how it weighs down your life,” said Kelly Asbe, who underwent minimally invasive cervical disc replacement surgery at Washington Hospital in December 2021. He had suffered from neck pain for years before getting the surgery. It finally got to the point where it was debilitating.

“I couldn’t do all the things I like to do,” Asbe added. “It was a nightmare. But now I’m back to doing what I enjoy.”

Dr. Eichbaum said it’s important to first try noninvasive treatment options before heading into surgery. “Most neck and back pain doesn’t require surgery,” he explained. “For the majority of people, the body will heal itself. Most people will get better without significant treatment. That’s why we first focus on nonsurgical, noninvasive treatment options.”

But for those who can’t resolve their pain any other way, the minimally invasive procedures could be an option. One of the benefits of these newer types of surgeries is that the discs are not fused together, according to Dr. Eichbaum.

“The disadvantage of fusion is that it adds stress to the discs above and below the fused disc,” he said. “With the minimally invasive procedures, the incision is smaller and we do what we call muscle splitting rather than cutting and retracting, so that means faster recovery times, less pain, and shorter hospital stays.”

To view the Sept. 12 seminar on Facebook, sign into your account and then go to facebook.com/WashingtonHosp. Watching from YouTube does not require an account. Simply go to YouTube.com/whhsInHealth.

People attending the seminar via Facebook will be able to ask questions directly during the seminar. Anyone can submit questions in advance to CommunityOutreach@whhs.com. Following the live event, this seminar, in addition to hundreds of other Washington Hospital productions, can be found on their YouTube channel, YouTube.com/whhsInHealth.

To learn more about the Neurosurgery program at Washington Hospital, visit whhs.com/neurosurgery.

NEXT WEEK

Kelly Asbe shares his story of how Dr. Eichbaum restored his quality of life.



Virtual Health & Wellness

 facebook.com/WashingtonHosp

 youtube.com/whhsInHealth

Tuesday, August 30
11 a.m.

Rotator Cuff Repair: Advances in Treatment Options

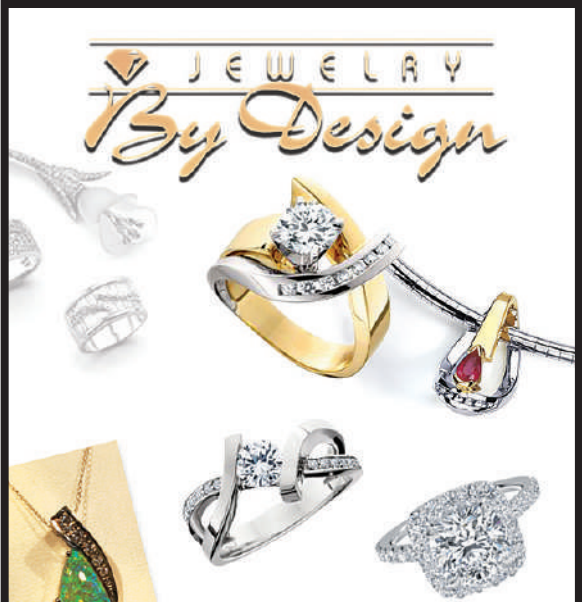
What is the rotator cuff and how does it tear? Renowned shoulder specialist Dr. John Costouros shares his expertise on the types of rotator cuff treatment from nonsurgical to complete reconstruction. Shoulder treatment is an ever-changing field. Hear the latest repair techniques from an expert in the field.



John Costouros, MD, FACS, FAAOS
Orthopedic Surgery

 Washington Hospital Healthcare System

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‘Oh What a Relief It Is!’

SUBMITTED BY
HAYWARD ARTS COUNCIL

Peter and Maureen Langenbach have long been a part of the local art scene. Now, in collaboration with Bruce Roberts, they are exhibiting their art at the community-oriented Hayward Public Library Galleries.

Maureen, long known for her wonderful watercolors, has now switched to creative installations. Her “More Than a Carving,” seems an interesting arrangement of an elephant picture, and tusks, but in the center is a target, refocusing the piece on an endangered species in need of saving.

Pete’s “Oak Border Picasso” is a perfect recreation of the famed artist’s colorful yet distorted faces. His “In Perfect Harmony” seems like a Coca-Cola ad, reinforced musically by the title. Singing may break out in the gallery from those who remember the song.

Also displayed is an array of busts, with what seem to be removable rooftops. Lift up each roof and find a poem attached, full of humor and irony, courtesy of Bruce, Hayward’s Poet Laureate.

This collage of talent will be displayed on the second and third floors of the Hayward Public Library until September 17. Show up on Saturday, August 20, from 2 p.m. to 4 p.m. for a reception and meet the artists!

“Oh What a Relief It Is” exhibition is co-sponsored by Hayward Arts Council and Hayward Public Library. Hayward Arts Council stimulates community interest in the arts and encourages the participation of artists in all media.

Bruce Roberts is Hayward Arts Council Board



“Oak Border Picasso,” by HAC member Peter Langenbach

Vice President and Hayward Poet Laureate. Visit <https://www.haywardartscouncil.org/> for more exhibitions and programs.

‘Oh What a Relief It Is’ exhibition
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Until Sep 17

Opening Reception
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Local students named finalists of global Genes in Space competition

By AMY LUO

PHOTO COURTESY OF
HARSHA RAJKUMAR

Using biotechnology to address challenges in space exploration, three local high school students are pursuing their passions in biology, chemistry and genetics with a unique twist. In May, Xina Wang, Harsha Rajkumar and Rohit Suresh, three rising seniors attending Amador, Fremont Christian and Lynbrook High School, respectively, were named finalists of the global “Genes in Space” youth science competition. “Genes in Space” is a research proposal contest involving DNA experiments that tackle space exploration-related issues.

The students’ research proposal, a novel CRISPR-based system to analyze plant root health in space, was selected as one of the top five projects out of a pool of 602 competitors across the US. From July 25-28, Wang, Rajkumar and Seresh attended the International Space Station (ISS) Research and Development (R&D) Conference in Washington DC to present their project as Genes in Space finalists.

Wang, Rajkumar and Seresh’s interests in science and technology began early in their high school career, when they were first introduced to cellular and molecular biology. “It was astounding to be able to understand the mechanisms that are happening in our bodies and the natural world every single day,” Wang said. “These [biological mechanisms] are amazing tools that we can harness to make our daily lives easier.” Learning about genetics became an avenue through which they could appreciate the world at a microcosm level and view biology through a technological perspective.

The three students met while working together in a research lab and immediately connected through their mutual passions



Rohit Suresh, Harsha Rajkumar, Xina Wang

for biology and chemistry. In addition, another interest that they all shared was astronomy, but interdisciplinary connections between astronomy and biological research were uncommon. The Genes in Space competition became a unique opportunity for them to integrate all of their passions into a scientific research endeavor.

Once the competition opened in mid-January, the team first identified an issue with space exploration that could potentially be resolved through biotechnology. After learning that astronauts commonly deal with poor nutrition during space missions due to lack of nutrients in freeze-dried foods, Wang, Rajkumar and Suresh looked into growing fresh food in space, in order to improve astronauts’ health and make space exploration more sustainable in general. However, they discovered that the type of soil commonly used in space was inefficient, because it lacked many of the

microorganisms commonly found in Earth soils that promote plant growth in harsh environments by producing a symbiotic or mutualistic relationship with plants.

Thus, the team centered their research on DNA experiments and biotechnology to harness and monitor rhizobia, a symbiotic microbe that lives in plant root modules and reduces plant stresses by increasing hormone production levels. Their final proposal consisted of a system using CRISPR-Cas12a, an enzyme in the CRISPR toolkit that is commonly used in COVID-19 testing, or rapid viral diagnostics, to measure gene expression levels of rhizobacteria in soil and determine plant root health.

Throughout the course of the research process, Wang, Rajkumar and Suresh overcame challenges with approaching the technical aspects of their proposal. Due to the emphasis on experimental planning and methodology within the Genes in Space contest, the team had to be specific

and detail-oriented when designing experimental procedures and follow-up testing protocols. The team’s proposed genetic experiments involved the usage of three biotechnology tools, the BioBits® cell-free system, miniPCR, and P51™ molecular fluorescence viewer, each of which were components of the Genes in Space Toolkit. These tools were applied theoretically to their proposed genetic experiments as protein synthesizers, DNA amplification techniques and fluorescence detection devices.

At the ISS R&D Conference, Wang, Rajkumar and Suresh were able to present their research proposal to an array of professionals in the biology and space exploration fields, from space biologists to physicists. While the team ultimately did not win the final competition, “just being able to talk to all these professionals, hear their research, and present our research to them was an amazing experience,” Wang said.



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Park It: Stone Age at Coyote Hills

BY NED MACKAY

For thousands of years before the discovery of metallurgy, people fashioned tools and weapons out of stone. This ancient skill will be demonstrated by skilled stone tool makers during a “knap-in” from 10 a.m. to 3 p.m. on Sunday, August 21 at Coyote Hills Regional Park in Fremont. Knapping is the process of chipping chert, obsidian and other stones into spear points, arrowheads and other tools.

The program will be at the park visitor center. All ages are welcome to watch the demonstrations and learn more about stone tool making from the park's interpretive staff. The program is free; no registration is required. Coyote Hills is at the end of Patterson Ranch Road off Paseo Padre Parkway. There's a parking fee of \$5 per vehicle. For information, call (510) 544-3220.

Beating the heat is the plan for a stroll from 8:00 a.m. to 9:30 a.m. on Saturday, August 20 at Bay Point Regional Shoreline near Pittsburg, led by supervising naturalist Ashley Adams. Along the way, Ashley will talk about the animals that inhabit the marshland, and relate some nearby military history.

The walk is free and no registration is necessary. Meet Ashley at the Trojan Road staging area. It's a left turn off McAvoy Road just before the

entrance to McAvoy boat harbor. For information, call (510) 544-2751.

Reaching the top of Wildcat Peak in Tilden Nature Area near Berkeley is the goal of a hike from 8 a.m. to 10 a.m. on Sunday, August 21, led by naturalist Trail Gail Broesder. Rewards for the effort include possible wildlife sightings and panoramic views of the Bay Area from the summit.

The hike is free and no reservations are necessary. Meet Gail at the Environmental Education Center, which is at the north end of Tilden's Central Park Drive. Wear sturdy shoes and bring water. For information, call (510) 544-2233.

Or you can try another ascent, this one on Saturday, August 20 at Sunol Regional Wilderness in southern Alameda County.

Naturalist Erica Stephens will lead a slow-paced climb from 3:30 p.m. to 6:30 p.m. to the top of Flag Hill, with stops along the way to view oak woodlands and sandstone geology.

The round-trip is only three miles, but it's strenuous, on a narrow, steep, rocky trail with a 960-foot elevation gain. Wear closed-toe shoes, dress in layers, bring water and snacks.

The hike is free, but registration is required, and space is limited. To register, call (888) 327-2757 and select option 2.

Bugs, both the flying and crawling variety, are the focus of a family-friendly program from 10 a.m. to 12 noon on Sunday, August 21 at the campground amphitheater of Del Valle Regional Park south of Livermore. Naturalist Alex Collins will be chatting about dragonflies, damselflies, beetles and other insects that live at Del Valle. Then the group will go on a bug hunt.

Parking for the program is available at the overflow lot behind the campground store. From there it's a short downhill walk to the amphitheater. The program is free. Del Valle Regional Park is at the end of Del Valle Road off Mines Road about nine miles south of Livermore. There's a parking fee of \$6 per vehicle. For more information, call (510) 544-3146.

If you don't see the animal itself, you can still identify it by clues left behind. Naturalist Wyatt Moore will show how during a program from 11 a.m. to 12 noon on Saturday, August 20 at Big Break Regional Shoreline in Oakley. The group will listen for birdcalls, examine chewed branches, and look for animal tracks. You may even see the animals themselves.

Big Break is at 69 Big Break Road off Oakley's Main Street. The program is free. For information, call (510) 544-3050.

This is just a sample. For the full list of upcoming programs in the regional parks, visit the website, www.ebparks.org and click on “Things To Do.”

Culinary herb program brings nature indoors

SUBMITTED BY ALEXANDRA SCHRADER

Cogir of Fremont Senior Living has found an innovative way to connect its residents to nature. This week the facility has launched an indoor gardening program – Eldergrow's D-I-Y Culinary Herb Garden program. Eldergrow, an award-winning Seattle-based company, offers therapeutic gardening programs to seniors in residential and skilled communities. Through this new partnership, residents are now able to nurture a lush and fragrant indoor herb garden.

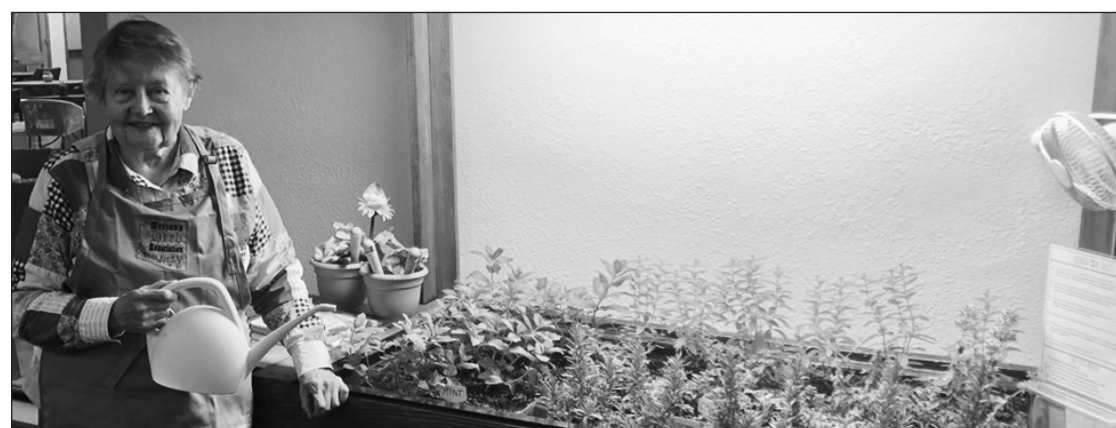
“In this time, it brings us comfort that our residents can safely interact with nature throughout their days. Eldergrow and our incredible staff now

make that possible,” says Joyce Welsh, Executive Director at Cogir of Fremont Senior Living.

Studies show that therapeutic horticulture reduces depression, improves balance, and lowers the risk factors for dementia by 36%. Cogir of Fremont Senior Living will maintain its garden and therapeutic program through Eldergrow's ‘Herb-of-the-Month’ program. The community will receive fresh herb deliveries and curriculum every month and will conduct ongoing cooking and herb activity demos with residents.

“We are excited to start our new partnership with Cogir of Fremont Senior Living,” says Eldergrow's CEO & Founder, Orla Concannon, “This is easily a reflection of the innovative wellness that the community provides to their residents because if you have a healthy garden, you know you have a healthy community!”

For more information on the program, visit www.Eldergrow.org



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continued from page 1

Celebrate Afro-Caribbean and Latin American musical heritage

Alma Libre. Hernández is also the band leader of 3-time Grammy winners, Spanish Harlem Orchestra.

For the third annual Festival this year, MP will continue its trajectory by once again regaling audiences with some of the best local talent, including the headlining band, Montuno Productions All-Stars Afro-Cuban Jazz Project, a special ensemble featuring several Grammy Award recipients, including vocalist Carlos Rosario. The 13-piece band, directed by Grammy Award recipient (percussionist), Christian Pepin, will also feature up-and-coming Afro-Cuban jazz vocalist, Jessy Díaz, of Miami. The repertoire will pay homage to Mario Bauzá (April 28, 1911 – July 11, 1993), the legendary Afro-Cuban jazz, Latin, and jazz musician, who “was among the first to introduce Cuban music to the United States by bringing Cuban music styles the New York City jazz scene,” according to his biography.

The rest of the lineup for 2022 includes Latin Jazz Collective with John Nava; Edgardo & Candela; VibraSÓN Latin Band; Pascal Bokar Afro Blue Grazz Band; Bululú; and MC & DJ, long-time Bay Area radio personality, Luis Medina.

“When planning the entertainment lineup, we focus on both presenting some of the favorite Latin jazz bands of Bay Area-based fans, as well as



exposing them to new sounds and genres,” said Luis R. Mendoza, founder of the Bay Area Latin Jazz Festival.

As part of its community outreach efforts, Montuno Productions will seek to bring small, independently owned local businesses, community organizations, and music fans together, with the goal of making a positive contribution to the arts, economic and cultural vibrancy, resiliency, and strength of East Bay communities.

For additional information, visit bayarealatinjazzfestival.com.

3rd Bay Area Latin Jazz Festival
Saturday, Aug 20
11 a.m. – 7 p.m.
Rowell Ranch
9725 Dublin Canyon, Rd.,
Castro Valley
(510) 586-3215
bayarealatinjazzfestival.com
Tickets: \$35 advance, \$45 at the door
Parking \$5

Brain Health Talk Series

City of Fremont, Family Caregiver Support Program and UCSF memory and aging center offers a series of educational seminars on "Brain Health".

Join Dr. Sergio Lanata, Behavioral Neurologist, and Director of community outreach program at UCSF Memory and Aging Center and other experts in the field to learn the latest research on healthy aging and brain health through series of lectures. Each lecture includes question and answer session.

Location:
Join Online or In-Person
Family Resource Center
39155 Liberty St, Pacific Room
Fremont, CA, 94538

This is a free online webinar for family caregivers and Pre-registration is required. To register please go to <http://bit.ly/AgeWellClasses>. For any questions, please e-mail fsharifi@fremont.gov. If you need reasonable accommodation in order to participate in this event, please let us know two weeks prior to the event to make the arrangements.

Date, Time, and Topics:
Thursday, August 4 at 4pm - What is Dementia?
Thursday, August 11 at 4pm - Nutrition and the Brain
Thursday, August 18 at 4pm - The importance of exercise and social stimulation for brain health





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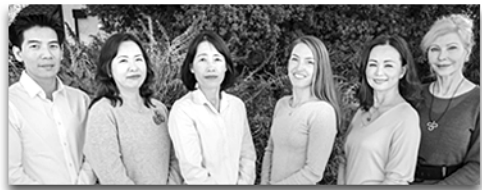
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Happiness at work

By ANNE CHAN, PHD, MFT

One of my long-term readers asked me if work situations have been getting worse. He posed this question because of my recent columns that focused on downers like the Great Resignation, bad bosses, and uncertainty in the workplace. This reader inspired me to come up with the ultimate positive topic for this month: happiness at work. Some of you might immediately scoff at this topic and ask: "Is it even possible for the words 'happiness' and 'work' to be together?"

Interestingly, we don't have a commonly used term in America for workplace happiness. But the Danes do. Not coincidentally, in 2022, Denmark was ranked the #2 happiest country in the world. It seems safe to assume that Danes are also happy at work. Indeed, the Danish have a phrase, *arbedjsglæde*, that translates to "happy at work."

Americans may not have a phrase for workplace happiness, but some big-name companies such as Amazon, Airbnb, Google and SAP have appointed "Chief Happiness Officers" to help keep employees happy, engaged and retained. The number of people claiming to have this job title has sharply increased in the last two years, according to LinkedIn.

If you don't work at a company with a Chief Happiness Officer, don't despair. Whether you work in a large conglomerate or a tiny startup, whether you own your small business or have the 24/7 responsibilities of being a stay-at-home parent, you too can find happiness at work and home. The following strategies because they are backed by research evidence and are easily doable:

- Find something to look forward to at work every day. It doesn't have to be a big thing. In fact, a small thing like seeing your co-worker's smile counts. Be conscious about looking for this one thing each day. If you truly can't think of anything to look forward to, create a ritual, like a cup of your favorite beverage at a specific time of the day.
- Meditate for five minutes a day. Meditation has been shown to keep negativity, anxiety and depression at bay. Use your five minutes to stay still, watch your breath going in and out of your body, and allow yourself the chance to get centered. If intrusive thoughts happen, gently tell yourself to get back to watching your breath.
- Do an act of kindness each day at work. Being kind has been shown to elevate one's mood and increase happiness. Perhaps you can do one small thing to help out a co-worker, or check in with a team-member who seems down.

- Take a positivity assessment of your workplace – what can you do to make it more positive? You can start by putting up happy quotes and photos in your cubicle. If appropriate, share jokes and inspiring stories to boost the positive atmosphere with your team.
- Exercise – I know you know this already, but it bears repeating. Even 15 minutes of exercise can elevate one's happiness. So don't spend your lunch break hunched over your phone watching TikTok. Go out for a walk and enjoy the fresh air and sunshine. Better yet, go out for a walk with a friend!
- Exercise your strengths each workday. If you aren't sure what your strengths are, take the Via survey which is available free online: viasurvey.org. Just knowing your strengths will help you feel better about yourself and your place in the world.
- Change your mindset about non-preferred tasks. Every job entails doing things that one would rather not do. You can choose to see these requirements as onerous, or you can choose to see them in a different light. Perhaps you can tell yourself that these are necessary things that help others in their work.
- Find the meaning and purpose of your job. Postal workers could say that they are "just" delivering the mail. Or they could choose to say that they are delivering joy and happiness to many households. Figuring out the deeper purpose of your job and seeing your job from this standpoint can dramatically shift your attitude.
- Choose something to be grateful for at work. Every day, write down five things you are grateful for in your job. Try this for a month and see how it affects your mood.
- Find ways to reward yourself, even if your boss or team members don't. Some companies are notorious for not rewarding team members for a job well done. Even so, YOU can reward yourself when you have accomplished something at work.

Happiness starts from within – you can be in the happiest of places yet be the most miserable person if you choose to be that person. Take charge of your happiness at work today by using one of the strategies outlined above. You have nothing to lose except your negative feelings!

Anne Chan is a career counselor and licensed psychotherapist in Union City. She specializes in helping people find happiness in their careers and lives. You can reach her at annechantcv@gmail.com
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continued from page 1

Celebrating 50 years of Greek culture and Orthodox faith

Entertainment returns with Greek music by DJ Levendopedo on Friday evening and live music by Kymata on Saturday and Sunday - all the best Greek music for your listening and dancing pleasure. For more information, visit <https://resurrectiongoc.com/greekfestival>.

Castro Valley Greek Festival
Friday, Aug 19 – Saturday, Aug 21
Fri: 5 p.m. – 9 p.m.
Sat: 11 a.m. – 9 p.m.
Sun: 11:30 a.m. – 7:00 p.m.
Resurrection Greek Orthodox Church
20104 Center St., Castro Valley
(510) 581-8950
<https://resurrectiongoc.com/greekfestival>



By Victor Carvellas



By Victor Carvellas



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Child Nutrition Assistant 2: <https://www.edjoin.org/Home/DistrictJobPosting/1631255>

Salary Range: \$18.18 - \$21.56/hr; Range 49; (5 Steps; Maximum Reached in 3.5 years)

One step closer to a crewed moon mission

KAILASH KALIDOSS,
AEROSPACE ENTHUSIAST

Years in the making, and a successor for Apollo, Artemis is at it again to conquer the moon. It begins with Artemis 1. The Artemis 1 mission will use an Orion spacecraft to pave the way for the 38,000-mile journey. The payload will launch on top of the Space Launch System (SLS). This is one of the most powerful rockets ever and it was designed and delivered by the United Launch Alliance.

SLS will be 32 stories tall and capable of delivering a thrust of 8.8 million pounds (4 million kg), to power through the earth's atmosphere and continue on its lunar course. The Orion spacecraft is expected to eventually reach within 63 miles of the lunar surface. This uncrewed mission is meant to be the

stepping stone for future human excursions to the moon, as well as putting the first humans on Mars. The test bed will make sure both the rocket and the spacecraft are capable and safe to transport the first woman and the person of color to the moon in a future Artemis mission. The primary goal of the mission is to assure a safe crew module entry, descent, splashdown, and recovery. In addition, the secondary science goal for the mission would be to launch ten cube-sats (mini satellites) targeting several Earth-based research missions.

The long-duration mission is expected to last 42 days. The launch is targeted for August 29, 2022, from the iconic Cape Canaveral Launch Pad 39b at NASA's Kennedy Space Center, Florida. NASA is targeting launch on a two-hour launch window that opens at 8:33 a.m. EDT,



Space Launch System, a powerful rocket that powers the Artemis mission.
Image source: NASA.gov

with backup opportunities on Sept. 2 and 5. Splashdown and recovery operations are targeted no later than October 10, 2022.

According to NASA officials, Artemis 1 is the first of the four Artemis missions that are expected to cost approximately \$4.1 billion each. But given the nature, scientific goals, and critical nature of the mission, one can justify that every penny of the taxpayer's money will pay off.

Kailash Kalidoss is a local 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 job as a Ground Operations Manager. Kailash has since spent his efforts spreading knowledge about aerospace, astronautics, aviation, science and technology, and of course, the night sky and everything in it. Kailash also represents the Civil Air Patrol as a volunteer and NASA as a volunteer ambassador.

Bus museum to welcome visitors at open house



A partial lineup from the PBM bus collection.

STAFF REPORT
PHOTOS BY ROB KLINDT

Fans of vintage, unusual and classic buses dating back to the 1930s will have a chance see these magnificent marvels up close when the Pacific Bus Museum opens its gates for its annual open house Sunday, August 21 in Fremont.

The museum, founded in 1991 and operated by volunteers, is dedicated to showcasing the glory and magnificence of buses and how they have endured over the years as important modes of public transportation. Located on Shinn Street near the historic Niles district, the open house is set for 11 a.m. to 3 p.m.

During the event, visitors will have a chance to inspect an operational fleet and numerous visiting buses and climb aboard various antique and modern motor coaches, school buses and touring rigs. Also, not to be

missed will be a large collection of bus and transit-related memorabilia including vintage neon signs, lights, ticket vouchers, photographs and transit company logos.

The event also will include a flea market featuring various vintage bus-related items for sale. Rounding out the day will be a barbecue lunch featuring hamburgers, chicken, salads, chips and beverages available for a \$14 donation, or \$6 for children 10 and younger.

For details, visit the Pacific Bus Museum website at www.pacbus.org.

Pacific Bus Museum Open House
Sunday, Aug. 21
11 a.m. – 3 p.m.
37974 Shinn St., Fremont
www.pacbus.org
Admission: Free



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News and Notes

FROM AROUND THE WORLD

SUBMITTED BY
THE ASSOCIATION OF
MATURE AMERICAN
CITIZENS

Ah, it's great to be young and agile

Limbo dancing was quite the fad in the 50s and 60s. If you are not old enough to remember the craze, limbo is a dance where you have to duck lower and lower to get underneath a pole without touching the pole or the ground, says the Association of Mature American Citizens (AMAC). It can be a challenge. Imagine how hard it gets if you're on roller skates and the pole is just about eight inches above the ground -- about the distance between the pavement and the undercarriage of a car. That was the challenge waiting for a 7-year-old girl in India. In fact, she put on her skates, bent over forward [the hard way] and successfully made her way under, not one car, but 20 cars. You guessed it. The stunt earned Deshna Nahar of Pune, India a place in the Guinness Book of World Records. See video of Deshna's fete on Twitter: <https://twitter.com/ThePuneMirror/status/1552532246460252160>

How's 'embarrassing'?

It was an "embarrassing" moment for golf pro Mark Hubbard on the 11th hole of the PGA Tour's Rocket Mortgage Classic at the Detroit Golf Club, reports AMAC. Hubbard teed off, let go of his club and covered his eyes sure that he had dubbed it, as they say. But, instead, the ball sailed

through the air, landed on the green, bounced a few times and then rolled right into the cup, giving him his ninth hole in one. See video of Hubbard's amazing tee off on Twitter: <https://twitter.com/PGATOUR/status/1552651882895618048?>

Buried treasure

Richard and Suzanne Gilson bought their cottage in Wildwood, New Jersey about four years ago and have been hard at work fixing it up all this time, according to AMAC. Recently, they were turning the ground in their front yard and came across what they thought were weeds. Instead, what they dug up were bundles of cash -- \$2,000 worth of the paper money. The cash was dated 1934 when \$2,000 had the buying power of about \$40,000 today. They tracked down the granddaughter of the folks who owned the house back then who explained that her grandfather told her mother to bury the loot as a precaution. The Gilsons have decided not to spend the dough; it has more value today as a memento, they say. See video of the unearthed cash on YouTube: www.youtube.com/watch?v=wymbFy_XSMQ.

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

HOT PAWGUST NIGHTS RETURNS

SUBMITTED BY ALYSE LUI

After a two-year hiatus, Hayward Animal Shelter's most popular event, "Hot Pawgust Nights Car Show Fundraiser and Adoption Event" will return with a full schedule of activities.

Hot Pawgust Nights is one of Hayward Animal Shelter's most anticipated events which brings in between \$2,000 - \$4,000 for shelter animals through car show registrations and raffle ticket sales. Classic car owners display their cars in the front lot of Hayward Animal Shelter, and the shelter holds free adoptions to over a dozen qualified homes to place adoptable animals into loving forever homes during the event.

Proceeds from car registrations will go towards providing medical care and other essential items to the shelter animal. Classic car owners may register to participate by visiting <https://www.haywardanimals.org/upcoming-on-the-calendar> or e-mailing Shelter.Volunteers@hayward-ca.gov. Deadline to register is Wednesday, August 24. Car registration costs \$25 which includes a hot dog or hamburger lunch.

To adopt, guests must have valid photo ID and proof of address. If renting, must have landlord's approval for pet in rental.

What is a qualified home? A qualified home is one that has done their homework on caring for a pet and can provide appropriate food, water, shelter, medical care, love, toys and enrichment for the animal they want to adopt.

Learn more, view current adoptable animals, and fill out an adoption application online at www.haywardanimals.org/adoptions or call Hayward Animal Shelter at (510) 293-7200. Visit and view adoptable animals in person during public hours at the Hayward Animal Shelter Tuesdays - Saturdays from 1 p.m. – 5 p.m.



Hot Pawgust Nights
Saturday, Aug 27

Free Pet Adoptions: 11 a.m. – 5 p.m.
Car Show: 11 a.m. – 3 p.m.
Live Music: 12 noon – 3 p.m.
Raffle Drawings Intermittently from 12 noon – 4 p.m. (Do not need to be present to win)
Meet and greet with Harlem Globe Trotter Nate Branch: 11:00 a.m.

Hayward Animal Shelter
16 Barnes Ct., Hayward
(510) 293-7200
www.haywardanimals.org
Registration:
<https://www.haywardanimals.org/upcoming-on-the-calendar>
Shelter.Volunteers@hayward-ca.gov
Deadline to register: August 24
Vehicle registration: \$25



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THE ROBOT REPORT

Next-gen Ingenuity helicopters will have robotic arms

BY BRIANNA WESSLING

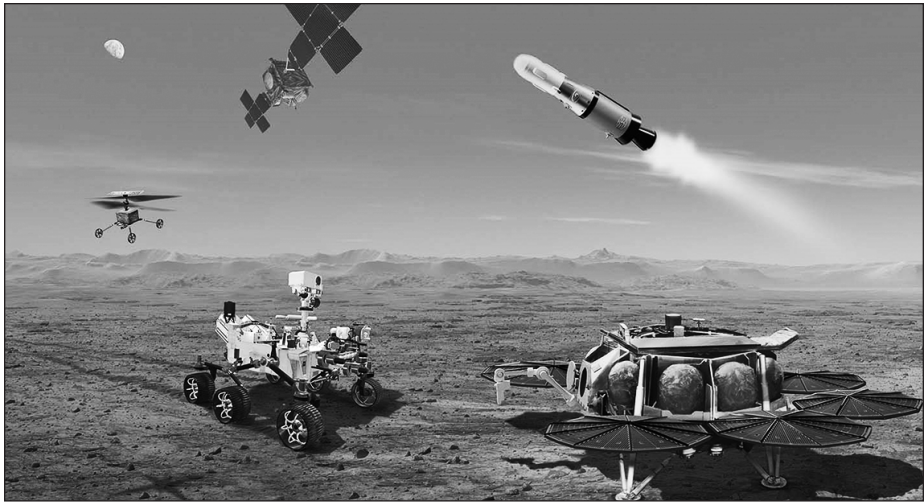
NASA is swapping out its Sample Fetch Rover for two drones, similar to the Ingenuity Helicopter, to serve as backups to the Perseverance Rover in the Mars sample return campaign.

The sample return campaign begins with the Perseverance Rover, which has already been on Mars for over a year and, at press time, had sealed 11 samples to eventually send back to Earth. NASA plans to launch its Earth Return Orbiter in fall 2027 and its Sample Retrieval Lander in summer 2028.

The lander is expected to make it to the surface of Mars in 2030. If all goes well, the samples should return to Earth in 2033.

The lander will carry two Ingenuity-like helicopters -- the Mars Ascent Vehicle and the European Space Agency's (ESA's) Sample Transfer Arm. NASA plans for the lander to precisely land on the surface of Mars near Perseverance. The rover will then bring its samples to the lander, which will extract them using its arm.

Originally, NASA planned to send its Sample Fetch Rover as a backup to Perseverance, just in case the rover is



An illustration showing an Ingenuity-like Helicopter, Perseverance Rover, Mars Orbiter, Sample Retrieval Lander and Mars Ascent Vehicle. Source: NASA/JPL

unable to travel to the lander. Instead, NASA opted for two helicopters, each of which will be equipped with mobility wheels on its landing legs and one robotic arm. NASA told The Robot Report the image provided is the only image it has at the moment.

If Perseverance is unable to make it to the lander, the helicopters will fly to the rover, use their robotic arms to retrieve a sample, and fly the samples back to the lander. The helicopters will then place the samples on

the ground near the lander, where the lander will use its own robotic arm to pick up the samples and store them.

Part of the reason NASA decided to go with the helicopters over the Sample Fetch Rover was because of the size of the rover. According to David Parker, director of human and robotic exploration at ESA, the rover wouldn't fit on the lander alongside the Mars Ascent Vehicle, meaning NASA would have to organize a second launch just for the rover.

This process could take four to five days per sample tube, with NASA expecting the helicopters to make round-trip flights of around 700 meters. While NASA isn't ruling out the possibility of using the helicopters for other tasks, like observing the landing area or taking pictures of the ascent vehicle launch, its primary mission is to serve as a backup to Perseverance.

NASA sent its Ingenuity helicopter to Mars with the Perseverance Rover. As the first ever helicopter to be sent to another planet, Ingenuity was sent as a technology demonstration. NASA hoped that the helicopter would complete five flights, and as of July 28 it had completed 29.

Once all of the samples make it back to the lander, the Mars Ascent Vehicle will take off from the surface of Mars. In the two-step launch, the rocket will be tossed into the air before it ignites to ensure the lander doesn't slip to tilt out of place during takeoff.

Brianna Wessling is an Associate Editor, Robotics, WTVH Media. She can be reached at bwessling@wtvmedia.com.

Music at the Mission Meets The Great Gatsby

SUBMITTED BY VICKILYN HUSSEY

Music at the Mission opens the 2022-2023 season of signature "Chamber Music Outside the Box" with high spirits and the return of the popular Mission Masquerade Ball! "We have been working to instill a lifelong love of classical music through classical chamber music concerts, educational programs, and community outreach since 2005," noted Aileen Chanco, General Director and Founder of Music at the Mission. "And your support has made that possible, even during the pandemic when we offered virtual concerts."

Those online concerts became unique and emotional experiences, a good example being the exciting solo violin performance of Bach in Mission San Jose Church that swept listeners away ... and then transformed into an unexpected spinning psychedelic background of improvisatory violin! And, through a partnership with Steinway Pianos in Walnut Creek, Music at the Mission was able to present a performance of the J.S. Bach Concerto for Four Keyboards at the Steinway Gallery featuring Music at the Mission Chamber Players and guest pianists. "The cost of renting and transporting four grand pianos into Mission San Jose church would have been impossible otherwise."

"To say that the past two years have been distressing, with the lives of both the performers on stage and our audience members greatly disrupted, is an understatement. But I believe that music is healing! Even during the toughest of times, music imbues the heart, soul and mind with peace and comfort," Chanco said with a smile.

Yet, with all the video and sound engineering necessary to produce these virtual concerts, there is no comparison to the symbiotic experience of live concerts. Recently, Music at the Mission received a grant from the Niles Rotary to produce one Free Community Outreach Concert this season. The hope is to increase the number of world-class free concerts in the coming years, in order to provide greater access, enrichment, and increase exposure and education to classical music community-wide.

Music at the Mission is hosting the Bootleggers Ball in September with that goal in mind. It is the organization's primary fundraiser and the first live Mission Masquerade Ball benefit event since 2019! Masquerade Ball 2022 entertainment features the Pat Klobas Trio, a snazzy jazz combo performing favorites from the 20s and 30s. Another highlight of the evening will be a short program by Music at the Mission Chamber Players, including a performance accompanying the short film classic "The Champ" by Charlie Chaplin.

The delectable dinner (menu available online) alone is more than enough to keep the party going. But it doesn't stop there! You will have an opportunity to peruse "must haves" from the Silent Auction with a Maitre D'Auction on hand to assist you with Silent Auction bidding. Or sip bubbly from the Champagne Tower and try your luck with the Wine Pull where \$20 buys a cork that wins you a bottle of wine or (if you're lucky) a prize-winning wine to share with your table.

"Each year, the Music at the Mission Board of Directors recognize a business or individual who have supported the arts in the



Rhonda Bradetich, Volunteer of the Year

Tri-City Community, and also honor a volunteer who has been a great help to Music at the Mission," said Chanco. "This year the Board will be honoring Larry and Linda Anderson as Champions of the Arts in our community. Current Board President and Ball Committee Co-Chair, Rhonda Bradetich is being honored as Volunteer of the Year. We are delighted to celebrate these three dedicated individuals!"

An endeavor like the Bootleggers Ball could not take place without the exceptional volunteers of the Ball Committee, especially the Co-Chairs John Schinkel and Rhonda Bradetich who have gone to great lengths to bring you a wonderful Gatsbyesque and Bootlegger's Ball experience! Committee members include Harriet Whitney, Katherine Lee, and Marty Kludjian. David Bonaccorsi will reprise his role as Master of Ceremony.

"We invite everyone in the community to attend in 'Great Gatsby style' or your very own style. The important thing is that you continue to be part of Music at the Mission's success story!"

Music at the Mission Bootleggers Ball
Saturday, September 10 6 p.m.
Fremont Elks Lodge
38991 Farwell Dr., Fremont
auctria.events/mambooleggers-ball
Tickets: \$135 per person \$1,000 for table of 8



Larry & Linda Anderson, Tri-City Cultural Arts Champions

Fremont group designing to reflect current lifestyles

SUBMITTED BY EVELYN LATORRE AND JANE MUELLER

Housing developments all over California continue to be designed today much as they were in the 1960's: single-family houses created for a nuclear family consisting of two parents and two to four children. However, the way most of us live today doesn't fit the 1960s pattern, as shown by the 2020 Census.

- Fewer than half of households consist of a couple and children.
- Where two-parent households do exist, often both parents work outside the home.
- Single-parent households account for about one in five families.
- People living alone or with a non-family member now make up one out of every three households, a proportion that's likely to grow as Baby Boomers age and as housing prices escalate.

We commute farther in worse traffic, place our kids in school or daycare during the day, and live farther from our families and friends. Commonly, we have little contact with people who live down the street or across the back fence. And when neighbors retire, many sell their real estate in the Bay Area and move out of state or to a senior development.

How can people live together in a neighborhood that not only fits the 21st Century lifestyle, but also preserves the community, mutual support and sense of belonging that characterized earlier eras?

It is a dilemma that a Fremont group of friends organized to confront. The search for that close-knit community feeling led them to a concept called collaborative housing, or "cohousing." The idea is based on a model developed in Denmark in which families combine the autonomy of private dwellings with the advantages of living in community. Kathryn McCamant and Charles Durrett, American architects who introduced the concept to North America in 1988, describe it this way:

"Each household in a cohousing community has a private residence; each one is designed to be self-sufficient and has its own kitchen. But every

household also shares extensive common facilities with the neighborhood, such as a large common house that includes a big kitchen and dining room, children's playrooms, workshops, guest rooms, and laundry facilities. The common facilities, and particularly common dinners, are important aspects of community life for both social and practical reasons."

The Cohousing Association of the United States estimates that there are more than 190 active cohousing communities in 40 U.S. states, 170 of which are completed and the rest of which are in varying stages of formation. The Fremont group, called Mission Peak Village, hopes to break ground soon. Its members purchased a site in the Irvington district last year and are participating actively in the design for their future cohousing-style home. Gunkel Architecture, an experienced designer of cohousing communities, has drawn up a design for 32 condominiums with about 5,000 square feet of shared amenities. The group has retained cohousing pioneer Kathryn McCamant as development consultant.

Mission Peak Village is still accepting new members. They hope that people will sign up for all of the units by the time the approval process is complete.

To celebrate the submittal of their plans to the City, Mission Peak Village will be inviting the public to a free event on the afternoon of September 17 at the Downtown Event Center. Drawings of their proposed community will be unveiled for viewing at the celebration. As details develop, they will be posted on the group's website at www.missionpeakcohousing.org.

This article is part of an ongoing series on Cohousing. Next week: Fremont Delegates to Attend National Cohousing Conference.

Mission Peak Village is a group of friends forming Fremont's first cohousing community. For information, see www.missionpeakcohousing.org or call Kelli at (510) 413-8446. For more information on the topic of cohousing, visit www.cohousing.org.

‘Velorian Visions’ Meet & Greet Artist Carrie King

SUBMITTED BY WINDA SHIMIZU

Hayward public library is now showing “Velourian Visions,” 20 original works of art by Carrie King. She was inspired by Drag Queen, artist, and producer Sasha Velour to create all these artworks. Meet and greet Carrie King in front of her exhibition on the second floor of the downtown library on Saturday, August 20.

The “Velourian Visions” exhibit is co-sponsored by Hayward Arts Council and Hayward Public Library and will be on display at the Downtown Library through October 7, 2022. Visit <https://www.haywardartscouncil.org/> for more exhibitions and programs.

‘Velourian Visions’ opening exhibit
Saturday, Aug 20
3 p.m. - 4 p.m.
Exhibit on display until October 7, 2022
Hayward Public Library, 2nd Floor
888 C St., Hayward
(510)538-2787
www.haywardartscouncil.org



“To My Queen,” Ink & Prismacolor on Paper by Carrie King

Honor Roll

Fairleigh Dickinson University, New Jersey

Spring 2022 graduate

- Francine Stephanie Villalobos of Union City

Emerson College, Massachusetts

Spring 2022 Dean's List

- Aayush Bajpai of Fremont
- Ananya Dutta of Fremont

Tufts University, Massachusetts

Spring 2022 Dean's List

- Andrew Chang of Milpitas
- Brian Fu of Fremont
- Fernanda Gonzalez of Hayward
- Riddhi Joshi of Fremont
- Ellyn Xu of Fremont

FREE Adult Reading and Writing Classes are offered at the Alameda County Library
Tell A Friend Call Rachel Parra 510 745-1480



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- GOODY BAG
- FINISHERS MEDAL
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- COMMUNITY EXPO
- ELAINE'S MEMORIAL CIRCLE

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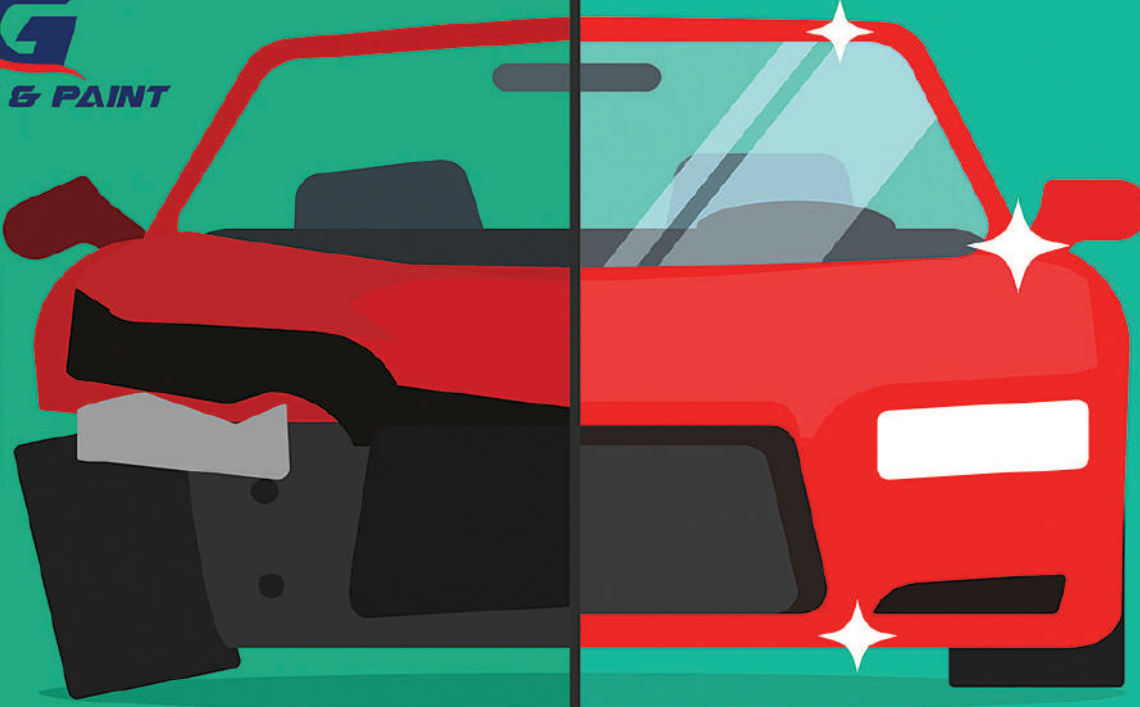
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Home & Garden

Hot weather garden woes

BY MELINDA MYERS

Poor flowering and misshapen or lack of fruit on tomatoes, peppers and squash may be due to the weather, not your gardening skills. Temperature extremes can interfere with flowering and fruit set on these and other vegetables in your garden.

We watch for and can't wait to taste that first red ripe tomato. It is certainly frustrating when we see flowers drop or the plant fails to form fruit. Tomatoes thrive in warm sunny conditions, but temperature extremes can prevent fruiting, cause misshapen fruit, or reduce the size of the harvest.

When daytime temperatures rise above 90°F and night temperatures remain above 70°F, blossom drop and poor fruit development may occur. Combine this with low humidity, and the pollen is not viable. In hot and humid conditions, pollen is too sticky and doesn't move from the male to the female part of the flower. Without pollination, flowers won't be fertilized, and fruit will not develop.

Cool weather can result in poor fruiting. Night temperatures below the optimum of 59° to 68°F will reduce the amount and viability of pollen that the plant produces. Less viable pollen means fewer fruits will form. Cooler temperatures below 55°F can result in misshapen fruit and catfacing [fruit deformity]. Fortunately, the malformed fruit is still tasty and safe to eat.

Temperature extremes also impact pepper productivity. When temperatures climb to 95°F or higher, pollen is sterile and flowers may drop. Small fruit may also fall from the plant during such hot spells. Pepper plants also experience poor fruit set when night temperatures drop below 60°F or rise above 75° F.



Credit: Pixabay

Tomatoes and peppers aren't the only vegetables impacted by temperature extremes. Eggplants, a close relative to tomatoes and peppers, do not set fruit until night temperatures are above 55°F. Beans stop flowering or flowers die when temperatures rise above 85° F.

Flowering in squash and cucumber plants is also influenced by temperature and other environmental factors. These plants produce separate male and female flowers. Male flowers usually appear first and it is not until both male and female flowers are present that pollination, fertilization and fruit production can occur.

Research found cool temperatures, bright sunlight, and shorter days encourage female flower production, while male flowers are more prolific during warmer temperatures, less sunlight

and close spacing. Flowering on squash and cucumbers is also impacted by nitrogen fertilization. Too much can prevent female flower formation while insufficient amounts can reduce the number of male flowers.

The simplest solution is to wait for optimum temperatures and proper humidity levels to return. Once this happens, plants will begin producing fruit. If poor productivity related to weather is a yearly problem, consider planting more heat tolerant varieties, adjust planting times and look for more suitable growing locations.

When the harvest is delayed, extend the season with the help of row covers. These fabrics allow sunlight, air, and water through while trapping heat around the plants. Just loosely cover plants and anchor the edges with stones, boards, or landscape

stapes when frost is in the forecast. You can leave the fabric in place for the remainder of the year. Just lift it to harvest and secure the fabric when done.

If this summer's weather leaves you disappointed with the harvest, remember there is always next year.

Melinda Myers has written more than 20 gardening books, including the recently released Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD instant video series and the nationally syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her website is www.MelindaMyers.com.



Credit: Pixabay



Credit: Pixabay

THE ACWD CONNECTION

Drinking Water Quality Workshop

The Alameda County Water District invites you to participate in a Special Board Workshop on drinking water quality. This workshop will include discussions on the results of the District's Per and Polyfluoroalkyl Substances (PFAS) monitoring effort and the potential approach for the construction of a PFAS treatment facility. Your perspective is important; please attend to join the discussion and share your views.

This meeting will be held in-person and online.

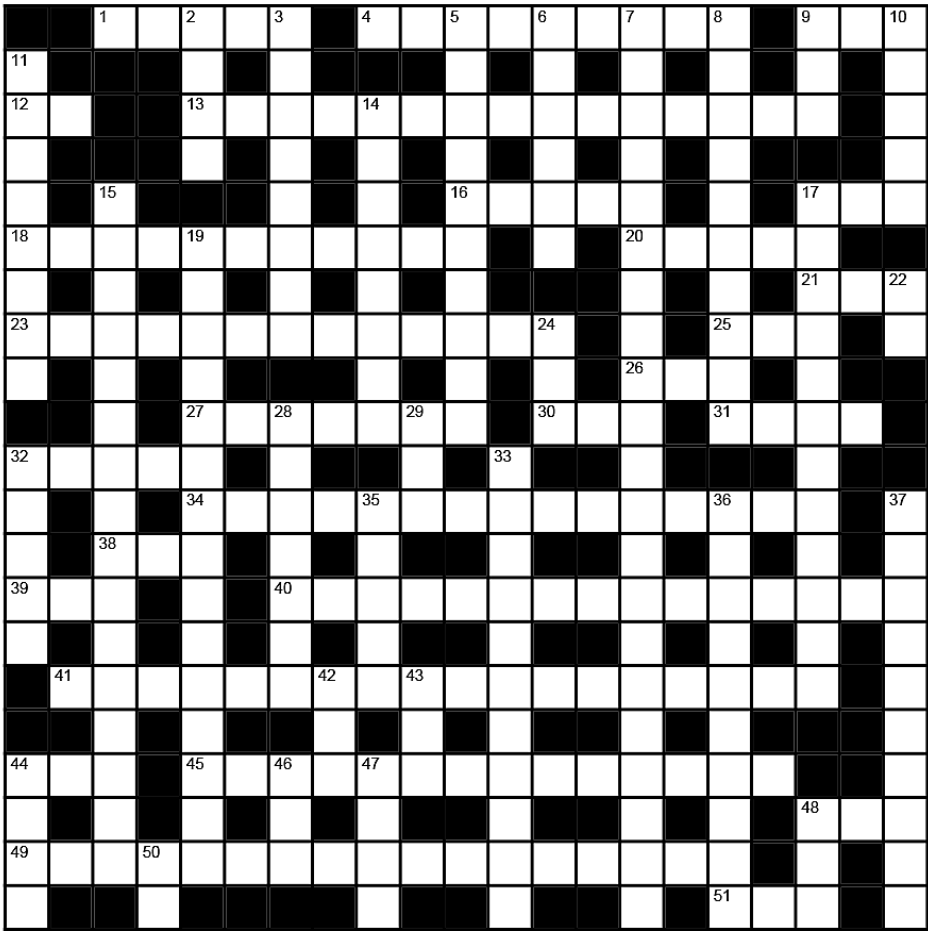
- Date & Time: Thursday, August 18, 2022 at 4:00 pm
- Location: 43885 South Grimmer Blvd., Fremont CA 94538
- Online: Zoom meeting ID 837 7477 6696 Passcode: 537004

For more information on ACWD's proactive approach to PFAS, visit: acwd.org/pfas



Mind Twisters

Crossword Puzzle



- Across

1

Quick trip (5)

4

Considering (2,5,2)

9

Chan, Collins, or Cooper (3)

12

While (2)

13

Plato's ideal leader, as of 1964? (11,4)

16

Cast (5)

17

A.F.L.'s partner (3)

18

Great epic of India (11)

20

"Here!" (5)

21

"Rocky ____" (3)23 They're checked (6,7)

25

Chemical ending (3)

26

Deck (out) (3)

27

Creative word people (7)

30

Commercial prefix with vision (3)

31

Korean liquor similar to sake (4)

32

"To Kill a Mockingbird" lawyer Atticus (5)
- 34

Filibusterers (15)
- 38

1936 candidate Landon (3)
- 39

Dog breeders' org. (3)
- 40

Environmental impact factor (6,9)
- 41

Reward for good service? (9,9)
- 44

Dusk, to Donne (3)
- 45

All together (2,3,4,5)
- 48

FDR loan org. (3)
- 49

Sent? (9,8)
- 51

*Place to get clean (3)

Down

2

Skeptic's exclamation. (4)

3

Light on a car's rear (4,4)

5

Chairpersons? (4-6)

6

A flat equivalent (1,5)

7

Live recklessly (5,7,2,3,4)

8

Halloween wear (6,4)

9

Bender (3)

10

City on the Gulf of Finland (5)

11

Dolphinfish (8)

14

Marching around (2,6)

15

Salesman's activity? (8,8)

17

Inauguration VIP (5,7)

19

Kind of suit (6,2,7)

22

That thing (2)

24

"Rugrats" dad (3)

28

Arthropod class (7)

29

"Street Fighter" fighter (3)

32

Not domesticated (5)

33

Wait to vote, say (5,2,4)

35

Dewy, old style (5)

36

Influential nation (10)

37

Makeup removal item (6,4)

42

Eye color: abbr. (3)

43

Building plot in S. Africa. (3)

44

Port on the Sea of Azov. (4)

46

Former California fort (3)

47

Antiquated old times (4)

48

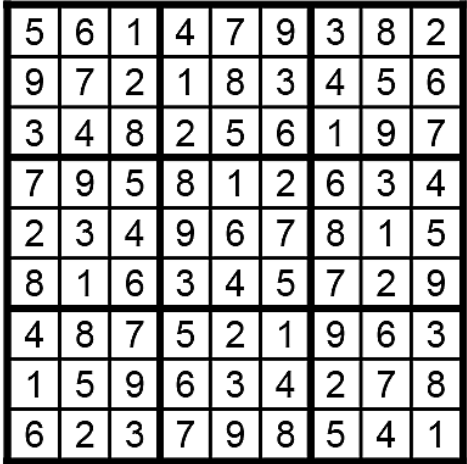
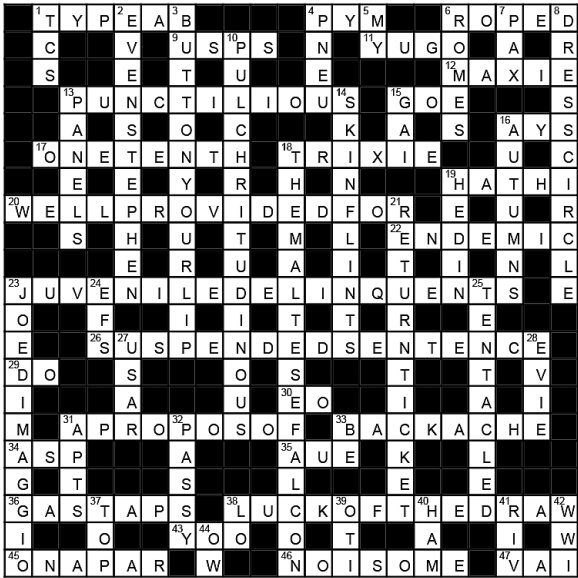
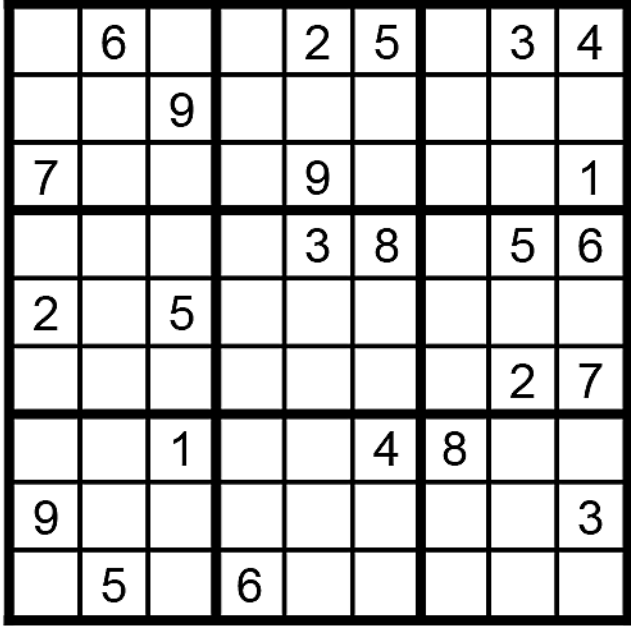
Book before Esth. (3)

50

3.14 (2)

Sudoku:

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



Tri-City Stargazer FOR WEEK: AUGUST 16, 2022

All Signs: Two weeks ago, I said “Hide! Run for cover!” This week is the opposite. We can expect a week of entertaining delights, pleasure-filled moments, fun outings, new love, passionate romance, exciting sports events, picnics, backyard barbecues, and pool parties. It’s a social week and the energy is upbeat! Some of the best date nights of the year exist this week. Call a friend. A lover. A spouse.

Aries the Ram (March 21-April 20):

Read All Signs above because it totally applies to you. Accept all invitations to party. Enjoy sports events, social outings, movies, the theatre, musical performances, fun times with children, as well as passionate, romance. Make a date with someone new or old. Go out for a picnic. Go camping. You have lots of energy to communicate to others, and you need an audience! It’s a perfect week for a vacation. Initiate spontaneous invitations and act on last-minute ideas. Competitive sports, county fairs, and outdoor events will delight.

Taurus the Bull (April 21-May 20):

Without question, this is a fun-loving, social week! Invite friends and family to your home for a good time, because you are a sign who enjoys good food and drink. You will particularly enjoy using your mind for amusement – reading, writing and playing games that require mental agility. You have the freedom of not worrying about justifying everything and making sure it has a practical motive. Nevertheless, take note that this same energy that boosts social occasions, especially at home, will also attract excellent real-estate opportunities to you.

Gemini the Twins (May 21-June 20):

This is an exciting week for you! To begin with, you’re keen to communicate to others. You’re happy because your mind is alive and you’re full of ideas, plus you’re curious about everything. Not only that, you will appreciate people

around you, and your daily surroundings. With Mars in your sign, you’re bursting with energy. You have the physical drive and vigor to go after what you want, especially fun times with others. Meanwhile, Jupiter is paving the way for warm friendships and lively interactions with groups and organizations.

Cancer the Crab (June 21-July 21):

This is a happy week for you because you’re enjoying great press. You look fabulous to others, which is always reassuring. This week group discussions and conversations with others will be intriguing. It’s a great time for intellectual activities as well as discussing dreams and ideals. It will be a fast-paced week because you have lots of energy to gather new information. Many of you will enjoy shopping and buying beautiful things for yourself and loved ones. You will also be happy because you can attract money to you this week.

Leo the Lion (July 22-August 22):

This is a happy, fun filled week for everyone; however, for Leos in particular, it’s spectacular! This is because the Sun and fair Venus are in your sign, which means you feel sociable! You are charming and diplomatic with everyone; and the Sun will help you to project your energy more than usual. People want to be in your presence. Explore new places and meet new faces. Physical activity with friends, such as athletics will appeal. You have a strong need now for personal gratification from what you do.

Virgo the Virgin (August 23-September 22):

Because Mercury is in your sign, you have a strong urge to travel and take short trips. You might be involved in negotiations and contract discussions. You will love talking to others to learn new information. Even though you might seek peace and quiet in beautiful surroundings (like a day at a remote beach), you are still ambitious to achieve. You want the independent authority to do your own thing and be your own boss. Fortunately, the universe will give you the practical means and support to do these things.

Libra the Scales (September 23-October 22):

This is a lovely time for you because you are a social sign, and this is a social, fun-loving week! You will enjoy time with friends because you want to let them know how you fit into their world. You will also enjoy interacting with groups and organizations, particularly, creative or artistic ones. Not only do you feel warm and friendly, you also want to discuss lofty ideas. Creative, intellectual work will appeal. If necessary, with Mercury hiding in your chart, you will set aside time for research.

Scorpio the Scorpion (October 23-November 21):

This is the last week, before, another year passes, when the Sun is at the top of your chart. This means without doing anything special, you look fabulous to everyone. Not only that, Venus is also at the top of your chart promoting any kind of social activities. It is a blessing to all kinds

of relationships. In fact, it can promote romance with authority figures and bosses. Mercury makes you eager to talk to younger people; while Mars pumps your sex drive and makes you romantically passionate!

Sagittarius the Archer (November 22-December 21):

This is an exciting week for you because both the Sun and fair Venus are in the part of your chart that is your “home.” This is why you want to explore new vistas. It’s why you want to seek adventure and meet new and exciting people. Therefore, accept all invitations to travel! Because you are also working hard right now, some of you might combine work-related travel and pleasure. Socialize with people from other countries and different cultures because this will be stimulating.

Capricorn the Goat (December 22-January 19):

You are a passionate sign and this is a passionate week. Therefore, all your relations will have a greater intensity this week, especially love relationships. Romance will be affectionate and meaningful. New love that begins now will have a great impact on your life. Meanwhile, if possible, you want to travel and explore new ideas. You want to learn new things and discuss profundity with others. You will also derive much enjoyment out of studying something new and acquiring new knowledge.

Aquarius the Water Bearer (January 20-February 18):

This is a social time for you because many of you are caught up in Leo birthdays. (Leo is the sign on

your House of Marriage.) Furthermore, with fair Venus opposite your sign now, relations with others are warm and friendly. (Even relations with your enemies will be better.) Plus, Mars is in a playful part of your chart urging you to have fun! Competitive, physical sports will appeal. Romantic relationships will have less emphasis on candlelit dinners and more focus on sexy gymnastics.

Pisces the Fish (February 19-March 20):

This is a curious week because despite the fact that you are focused on duties, errands and work, nevertheless, you are putting fun and pleasure foremost as much as possible. Attend to all your responsibilities. (Fortunately, coworkers are friendly and cooperative.) Nevertheless, you will not miss out on the good times and party energy all around you. Continue to get organized at home, but grab every opportunity for fun and pleasure!



By Georgia Nicols
www.georgianicols.com.

CASTRO VALLEY TOTAL SALES: 8						
Highest \$: 2,950,000		Median \$: 1,306,500				
Lowest \$: 950,000		Average \$: 1,541,250				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
4235 Mabel Avenue	94546	950,000	2	969	1950	6/16/22
18950 Santa Maria Ave	94546	1,105,000	4	1348	1948	6/17/22
5213 Reedley Way	94546	1,200,000	2	1704	1965	6/14/22
18500 Crest Avenue	94546	1,208,000	3	1370	1952	6/16/22
4575 Edwards Lane	94546	1,405,000	3	1480	1974	6/13/22
6000 Slopeview Court	94552	1,712,000	4	2039	1987	6/17/22
5483 Greenridge Road	94552	1,800,000	4	1781	1960	6/17/22
20400 Cypress Rnchx	94552	2,950,000	-	6114	2003	6/16/22

FREMONT TOTAL SALES: 29						
Highest \$: 11,318,500		Median \$: 1,102,000				
Lowest \$: 444,000		Average \$: 1,771,603				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
37326 Spruce Terrace	94536	444,000	1	593	1986	6/15/22
3695 Stevenson Blvd #E210	94538	715,000	2	1040	1991	6/17/22
39034 Guardino Dr #108	94538	725,000	2	1077	1990	6/17/22
5732 Spry Cmn #48	94538	749,000	2	850	1994	6/17/22
34755 Tuxedo Cmn #58	94555	800,000	2	991	1987	6/14/22
3860 Lake Woodland Cmn	94555	805,000	3	1104	1971	6/13/22
5167 Fairbanks Cmn #13	94555	810,000	2	1100	1989	6/17/22
37 Silk Oak Terrace	94536	900,000	2	1081	2006	6/17/22
4037 Ralston Cmn #73	94538	923,500	3	1389	1980	6/13/22
4463 Hyde Cmn #329	94538	978,500	3	1402	2009	6/13/22
4217 Tanager Common	94555	991,000	2	990	1984	6/17/22
41555 Patton Ter #10	94538	1,005,000	2	1324	1988	6/13/22
316 J Street	94536	1,015,000	3	696	1939	6/17/22
36509 Cabrillo Drive	94536	1,080,000	3	1147	1954	6/16/22
38103 Miller Place	94536	1,102,000	2	1116	1973	6/17/22
42688 Saratoga Park St	94538	1,200,000	4	1736	1962	6/13/22
45500 Fremont Blvd	94538	1,200,000	3	1798	2019	6/13/22
5349 Silver Reef Drive	94538	1,380,000	3	1067	1961	6/16/22
39142 Declaration St	94538	1,500,000	4	2001	2017	6/17/22
35201 Cornish Drive	94536	1,760,000	3	1579	1972	6/15/22
3897 Jersey Road	94538	1,800,000	4	1724	1993	6/17/22
41545 Higgins Way	94539	1,950,000	3	1446	1960	6/16/22
521 Emerson Street	94539	1,990,000	3	1700	1955	6/13/22
35116 King Court	94536	2,100,000	4	2529	1991	6/17/22
2632 Middlefield Ave	94539	2,425,000	3	2109	1959	6/14/22
48867 Sauvignon Court	94539	2,495,000	-	3058	1998	6/13/22
87 Amorok Way	94539	2,850,000	3	2318	1978	6/14/22
47556 Avalon Heights Ter	94539	4,365,000	5	5215	2000	6/17/22
45500 Fremont Blvd	94538	11,318,500	-	-	0	6/13/22

HAYWARD TOTAL SALES: 33						
Highest \$: 1,800,000		Median \$: 975,000				
Lowest \$: 400,000		Average \$: 1,024,576				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
27505 Tampa Ave #39	94544	400,000	2	910	1981	6/13/22
25090 Copa Del Oro Dr #101	94545	460,000	1	608	1986	6/14/22
25912 Hayward Blvd #206	94542	510,000	2	1203	1983	6/15/22
1770 Gazelle Way	94541	617,000	2	1054	1972	6/16/22
27913 Tampa Avenue	94544	665,000	3	1276	1954	6/15/22
715 Pinedale Court	94544	840,000	3	1057	1940	6/17/22
118 Fairway Street	94544	850,000	3	1134	1955	6/16/22
24678 Joyce Street	94544	850,000	3	1000	1950	6/17/22
24715 Echo Springs Dr	94541	851,000	3	1620	1981	6/14/22
21775 Princeton Street	94541	895,000	2	1290	1926	6/14/22
1575 171st Avenue	94541	900,000	2	1543	1950	6/13/22
1025 Mattox Road	94541	910,000	2	1138	1939	6/13/22
18229 Hunter Avenue	94541	925,000	3	1545	1951	6/14/22
3110 D Street	94541	925,000	3	1069	1952	6/15/22
313 Williams Way	94541	950,000	3	1726	2011	6/13/22
32145 Seneca Street	94544	950,000	3	1031	1951	6/14/22
23306 Stonewall Ave	94541	975,000	3	1502	1956	6/17/22
27580 Miami Avenue	94545	990,000	3	1350	1955	6/13/22
627 Tina Way	94544	1,000,000	3	1175	1955	6/14/22
289 Gresel Street	94544	1,020,500	3	1231	1955	6/17/22
26165 Adrian Avenue	94545	1,025,000	3	1289	1959	6/16/22
537 Dean Street	94541	1,047,500	4	1802	1960	6/15/22
28553 Anchorage Lane	94545	1,180,000	4	2134	2009	6/14/22
24461 Calaveras Road	94545	1,200,000	-	1610	1979	6/16/22
1470 Highland Blvd	94542	1,210,000	4	2366	1947	6/13/22
722 Gleneagle Avenue	94544	1,225,000	-	2196	1959	6/13/22
26171 Danforth Lane	94545	1,230,000	3	1549	1960	6/17/22
2564 Anchorage Place	94545	1,275,000	4	1835	2011	6/16/22
3307 Round Hill Drive	94542	1,350,000	3	1928	1969	6/17/22
684 Gisler Way	94544	1,425,000	4	1748	1960	6/14/22

188 Carrick Circle	94542	1,640,000	4	2532	2008	6/17/22
2862 Seahaven Lane	94545	1,720,000	5	2600	2006	6/13/22
3597 Deer Park Court	94542	1,800,000	4	2552	1973	6/17/22

MILPITAS TOTAL SALES: 11						
Highest \$: 1,545,500		Median \$: 1,210,000				
Lowest \$: 820,000		Average \$: 1,198,864				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
1418 Nightshade Rd #41	95035	820,000	1	1220	2018	7/6/22
760 Garden Street #20	95035	825,000	1	1072	2018	7/8/22
700 South Abel St #218	95035	1,038,000	3	1421	2007	7/8/22
1708 Lee Way	95035	1,188,000	3	1512	2013	7/8/22
1896 Trento Loop	95035	1,201,000	2	1416	2016	7/8/22
1510 Coffee Berry Lane	95035	1,210,000	2	1442	2018	7/7/22
1926 Trento Loop	95035	1,220,000	3	1767	2016	7/8/22
828 Tranquility Place	95035	1,275,000	3	1404	2000	7/8/22
316 Meadowhaven Way	95035	1,340,000	3	1427	1994	7/8/22
2142 Calle Vista Verde	95035	1,525,000	2	1528	1992	7/8/22
365 Roswell Drive	95035	1,545,500	4	1744	1959	7/8/22

NEWARK TOTAL SALES: 10						
Highest \$: 2,798,000		Median \$: 1,067,500				
Lowest \$: 476,000		Average \$: 1,187,900				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
39865 Cedar Blvd #335	94560	476,000	1	777	1986	6/17/22
39821 Cedar Blvd #208	94560	480,000	1	777	1986	6/17/22
38628 Quince Place	94560	900,000	4	1489	1976	6/16/22
36720 Charles Street	94560	940,000	3	1190	1954	6/16/22
5683 Daylily Street	94560	1,000,000	3	1456	2017	6/15/22
6255 Thornton Avenue	94560	1,135,000	4	1687	2017	6/13/22
37048 Laurel Street	94560	1,255,000	4	1080	1961	6/15/22
36295 Exeter Court	94560	1,320,000	4	1453	1971	6/15/22
5645 Portsmouth Ave	94560	1,575,000	4	1866	1963	6/15/22
6637 Purple Crab Drive	94560	2,798,000	4	3679	2020	6/13/22

SAN LEANDRO TOTAL SALES: 16						
Highest \$: 1,700,000		Median \$: 875,000				
Lowest \$: 550,000		Average \$: 987,813				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
16815 Los Reyes Avenue	94578	550,000	3	1436	1945	6/15/22
1540 165th Avenue	94578	700,000	3	1268	1925	6/13/22
488 Cascade Road	94577	790,000	2	863	1948	6/13/22
13834 Rose Drive #2c	94578	810,000	4	2145	1981	6/15/22
1616 Orchard Avenue	94577	810,000	3	1462	1998	6/17/22
475 Nabor Street	94578	835,000	2	1024	1947	6/15/22
1480 Randy Street	94579	868,000	3	1166	1955	6/13/22
14822 Lark Street	94578	870,000	2	1018	1946	6/15/22
13304 Aurora Drive	94577	880,000	2	1192	1946	6/16/22
1038 Purdue Street	94579	902,000	3	1081	1951	6/17/22
1237 Fordham Avenue	94579	960,000	3	1437	1951	6/14/22
580 Superior Avenue	94577	980,000	2	1051	1927	6/15/22
14600 Pansy Street	94578	1,100,000	4	1492	1951	6/17/22
660 Lee Avenue	94577	1,470,000	4	2355	1936	6/17/22
728 Callaway Street	94577	1,580,000	-	2806	2004	6/17/22
400 Woodland Parkx	94577	1,700,000	2	2278	1960	6/17/22

SAN LORENZO TOTAL SALES: 10						
Highest \$: 1,100,000		Median \$: 942,500				
Lowest \$: 484,000		Average \$: 875,200				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
20650 Agnes Lane	94580	484,000	1	624	1947	6/15/22
714 Via Aires	94580	675,000	3	1291	1947	6/14/22
953 Bevilacqua Street	94580	780,000	2	848	1949	6/13/22
825 Linnea Avenue	94580	820,000	3	1034	1951	6/17/22
544 Pomona Street	94580	905,000	3	1014	1950	6/14/22
17352 Via Carmen	94580	980,000	3	1127	1953	6/15/22
1729 Via Ventana	94580	985,000	3	1100	1954	6/13/22
16042 Via Alamos	94580	995,000	2	1370	1945	6/15/22
1744 Via Toyon	94580	1,028,000	3	1582	1955	6/13/22
791 Via Acalanes	94580	1,100,000	4	1662	1944	6/17/22

UNION CITY TOTAL SALES: 9						
Highest \$: 1,730,000		Median \$: 1,300,000				
Lowest \$: 865,000		Average \$: 1,294,778				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
3642 Smith Street	94587	865,000	2	978	1924	6/16/22
33557 7th Street	94587	875,000	3	1252	1954	6/15/22
33208 Basswood Ave	94587	1,190,000	3	1285	1958	6/13/22
35407 Monterra Circle	94587	1,200,000	3	1708	2001	6/13/22
31368 Santa Ana Way	94587	1,300,000	3	1396	1970	6/16/22
31243 San Andreas Dr	94587	1,340,000	4	1556	1969	6/13/22
173 Appian Way	94587	1,450,000	-	1879	1978	6/17/22
30317 Meridien Circle	94587	1,703,000	4	2258	1992	6/13/22
4206 Pickerel Drive	94587	1,730,000	5	2356	1993	6/14/22



Masonic Homes
of California



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Looking to start a career in healthcare?

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

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

Temporary and regular positions available.

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

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



34400 Mission Blvd., Union City, CA

VIEW OUR OPEN POSITIONS AT
MasonicHome.org

WE ARE CURRENTLY HIRING:

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

JOIN OUR TALENTED AND COMPASSIONATE TEAM!



Masonic Homes
of California

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Unparalleled Care

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View our video at:
masonichome.org/Transitions

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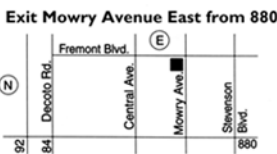
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Hayward Animal Shelter



510-293-7200

www.HaywardAnimals.com

**16 Barnes Court, Hayward
(Near Soto & Jackson)**

*Connecting rescued animals
with loving homes!*



Hopper is 1 year old male husky mix who is playful and enjoys nose-work. Hopper gets along with other dogs and would like a home with teens and adults. His adoption is FREE Sponsored by SantaCon Hayward. To adopt call Hayward Animal Shelter (510) 293 – 7200.



Myrine is a female bunny who enjoys fresh salad and napping on her bed. She is a friendly bunny who has gone with our Volunteer Coordinator to classrooms for Humane Education. Right now all bunny adoptions are FREE sponsored by a generous volunteer. 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

Monday – Saturday, August 1 – 31 Venice and Other New Works

11 a.m. – 4 p.m.
Paintings by Palo Alto artist Jerry Peters
Allied Arts Guild
75 Arbor Rd., Menlo Park
www.jpetersart.com

Monday-Saturday August 20-September 17 Oh What a Relief It Is!

During library hours
Artists' Reception August 20, 2 p.m.-4 p.m.
Exhibition of mixed media
Hayward Public Library
888 C St, Hayward
www.haywardartscouncil.org

Monday – Friday, August 15 – September 29 Summer Vibes Exhibit

9 a.m. – 5 p.m.
Artists' Reception, August 19, 5:30 p.m. – 7:30 p.m.
John O'Lague Galleria
Hayward City Hall
777 B. St., Hayward
www.artinc.org

Tuesday – Saturday, August 1 – 31 Clear the Shelters \$

11 a.m. – 4 p.m.
Find your new best friend.
Tri-City Animal Shelter
1950 Stevenson Blvd., Fremont
Tricityanimalshelter.org
(510) 790-6640

Tuesday – Saturday, August 1 – 31 Clear the Shelters \$

1 p.m. – 5 p.m.
Find your new best friend.
Hayward Animal Shelter
16 Barnes Ct., Hayward
Haywardanimals.org
(510) 293-7200

Wednesdays San Lorenzo Street Eats

5 p.m. – 9 pm.
1062 Grant Ave., San Lorenzo
www.thefoodtruckmafia.com

Thursdays Newark Street Eats

5 p.m. – 9 p.m.
6430 Thornton Ave., Newark
www.thefoodtruckmafia.com

First Thursdays Plethos Comedy Lab \$

8 p.m.
Ever-changing lineup of Bay Area comics (18+)
Tickets: \$10
Castro Valley Marketplace Lab 200
3295 Castro Valley Blvd, Castro Valley
<https://plethos.org/>

Thursdays, Fridays, Sundays Patterson House Tours \$

11:00 a.m., 11:30 a.m., 1:00 p.m., 2:00 p.m., 2:30 p.m.
Tour the beautiful Patterson House Museum
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
www.ebparks.org
(888) 327-2757

Thursdays, Fridays, Sundays Animal Feeding

3:00 p.m. – 3:30 p.m.
Check for eggs and feed livestock
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
www.ebparks.org
(888) 327-2757

Thursdays, Fridays, Sundays Ride the Rails

10:20 a.m. – 2:55 p.m.
Travel back in time on the train through the eucalyptus groves
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
www.ebparks.org
(888) 327-2757

Arts & Entertainment

Thursdays – Sundays, August 4 – October 2 Ferment

1 p.m. – 5 p.m.
Exhibit celebrating beauty of vines, hops, and fermented drinks
Tastings from local area wineries and breweries
Bankhead Theater
2400 First St., Livermore
LivermoreArts.org

Fridays-Sundays, August 12-August 28 Joseph and the Amazing Technicolor Dreamcoat \$

Fri 8 p.m., Sat: 2p.m., Sun: 2 p.m.
Sun, August 21: 2 p.m., 7 p.m.
Bilingual production by Stage 1 Theatre
Firehouse Art Center,
4444 Railroad Ave, Pleasanton
www.firehousearts.org
(925)-931-4848

Fridays Fremont Street Eats

5 p.m. – 9 p.m.
3500 Capitol Ave., Fremont
www.thefoodtruckmafia.com

First Fridays at Chabot Space \$

6 p.m. - 10 p.m.
Hands-on activities, workshops, and performances from community partners
\$15 adults, \$10 seniors/kids, \$5 members
Chabot Space and Science Center
10000 Skyline Blvd., Oakland
<https://chabotspace.org/>

Third Saturdays Investigating Space \$

11 a.m. - 3 p.m.
Discuss big topics in exploring space with researchers and scientists (Included with admission)
Chabot Space and Science Center
10000 Skyline Blvd., Oakland
<https://chabotspace.org/>

Saturdays Laugh Track City

8 p.m.
Improvised games and scenes based on audience suggestions (please show proof of vaccination)
Made Up Theatre
4000 Bay St., Ste B, Fremont
(510) 573-3633
madeuptheatre.com
Tickets: \$15

Saturdays, July 2 - August 27 Bubbleworks

2 p.m. - 3 p.m.
4 p.m. - 5 p.m.
Upbeat pop music and bubble machines
Courtyard near Old Navy
39281 Fremont Hub

Saturdays - Sundays Discovery on Demand

10:30 a.m. – 3:30 p.m.
Hands-on activities, live animal feeding, learn about habitats
Coyote Hills Visitors Center

8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Saturdays - Sundays Nectar Garden Exploration

11 a.m. – 12 noon
Discover native pollinators and plants
Coyote Hills Visitors Center
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

UPCOMING EVENTS

Tuesday, August 16 Town Hall meeting with Eric Swalwell R

6: 30 p.m-8:00 p.m.
Learn what is happening in Washington D. C.
Ruggieri Senior Center
33997 Alvarado-Niles Road, Union City
ericswalwell.eventbrite.com

Wednesday, August 17 Cocktails & Conservation: Rescues at the Zoo

6 p.m.
Learn about Oakland Zoo's partners in animal rescue
Virtual event via Facebook & YouTube Live
www.oaklandzoo.org

Thursday, August 18 Brain Health Talk Series: Importance of Exercise and Social Stimulation R

4 p.m.
Latest research on healthy aging
Family Resource Center – Pacific Room
39115 Liberty St., Fremont
city.fremont.gov/awcclasses

Thursday, August 18 Thursday Story Time

10:30 a.m. – 11:00 a.m.
Children's picture book story. Ages 2-5
Banter Bookshop
3768 Capitrol Ave., Ste. F, Fremont
(510) 565-1004
Banterbookshop.com/events

Thursday, August 18 Hayward Street Party

5:30 p.m. – 8:30 p.m.
Live music, classic car show, food, family fun
B and Main Streets, downtown Hayward
(510) 537-2424
www.hayward.org
Admission: Free

Thursday, August 18 Exploring the World of Wine

1:00 p.m.-3:00 p.m.
History of Santa Cruz mountains wine
Age Well Center at South Fremont
47111 Mission Falls Ct., Fremont,
<http://bit.ly/agewellclasses>

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Friday, August 19
Night of Exploration \$
7 p.m. – 10 p.m.
75th anniversary fundraising dinner program
Boys & Girls Club of San Leandro
Teen Club, 2200 San Leandro Blvd., San Leandro
(510) 483-5581
https://bgcsl.org

Friday, August 19
Free Outdoor Movie Night
8 p.m.
Pack a picnic, bring a blanket, and enjoy “Luca”
Castro Valley Community Park
18988 Lake Chabot Rd., Castro Valley,
Haywardrec.org

Saturday, August 20
Twilight Marsh Walk R
6:30 p.m-8:30 p.m.
Stroll along refuge trails
Don Edwards Wildlife Refuge
2 Marshlands Rd, Fremont
www.eventbrite.com/e/twilight-marsh-walk

Saturday, August 20
Rock the Block
12 noon – 5 p.m.
Grand opening of Boys and Girls Club of San Leandro
Boys & Girls Club of San Leandro
Teen Club, 2200 San Leandro Blvd., San Leandro
(510) 483-5581
https://bgcsl.org

Saturday, August 20
Back to Broadway \$
7:30 p.m.
David Burnham and Kelly Brandenburg perform hits from Broadway
Castro Valley Center for the Arts
19501 Redwood Rd., Castro Valley (510) 889-8961
www.cvartsfoundation.org

Saturday, August 20
Farmyard Story Time
10:30 a.m. – 11:00 a.m.
Join the story circle for some classic barnyard tales
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
www.ebparks.org
(888) 327-2757

Saturday, August 20
Pokean: Make A Native American Game
10:30 a.m. – 11:30 a.m.
Use cornhusks and feathers to make your own game
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
www.ebparks.org
(888) 327-2757

Saturday, August 20
Victorian Table Top Games
1 p.m. – 2 p.m.
Play some old-fashioned games
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
www.ebparks.org
(888) 327-2757

Saturday, August 20
Farm Discovery Table
11:30 a.m. – 12:30 p.m.
Explore artifacts, use historic tools
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
www.ebparks.org
(888) 327-2757

Saturday, August 20
Centerville Walking Tour
11 a.m.
Meet in front of Holy Spirit Church
37588 Fremont Blvd, Fremont (510) 623-7907
http://www.museumoflocalhistory.org
Free – donations welcome

Saturday, August 20
Storefront Storytime
11 a.m.
Uncle Gino reads “Down by the Station”
Books on B
1014 B St., Hayward
(510) 538-3943

Saturday and Sunday, August 20-21
Diesel Train Ride \$
10:30 a.m. & 1:00 p.m.
1 hr. 20 min. ride through Niles Canyon
Sunol Depot
6 Kilcare Rd., Sunol
ncry.org/ride/2022

Saturday and Sunday, August 20-21
Festival of India \$
10 a.m. – 6 p.m.
Sunday parade 11 a.m. – 1 p.m.
Food, kids corner, health fair
39439 Paseo Padre Pkwy., Fremont
Fogsv.com/fog-india-day-mele-fair

Saturday, August 20
Strenuous Flag Hill Stroll \$
3:30 p.m. – 6:30 p.m.
Discover an oak woodland and sandstone secrets
Sunol Regional Wilderness Visitor Center
1895 Geary Rd., Sunol
Parking \$5
www.ebparks.org

Sunday, August 21
Snake Talk \$
2:30 p.m. – 3:30 p.m.
Learn role snakes play in the ecosystem

Sunol Regional Wilderness Visitor Center
1895 Geary Rd., Sunol
Parking \$5
www.ebparks.org

Sunday, August 21
A Night with Bats \$
7:00 p.m. – 8:30 p.m.
Discover these whimsical winged mammals
Sunol Regional Wilderness Visitor Center
1895 Geary Rd., Sunol
Parking \$5
www.ebparks.org

Sunday, August 21
Knap-In: Stone Tool Making
10 a.m. – 3 p.m.
Stone tool makers demonstrate flintknapping
Coyote Hills Visitors Center
8000 Patterson Ranch Rd., Fremont (510) 544-3220
www.ebparks.org

Sunday, August 21
Berry Picking
10:30 a.m. – 11:30 a.m.
Blackberries are ready for picking
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
www.ebparks.org
(888) 327-2757

Tuesday, August 23
Start Smart” Teen Driver Program R
6 p.m. – 8 p.m.
Driver/parent responsibilities, seat-belt usage
Castro Valley Library
3600 Norbridge Ave., Castro Valley
www.aclibrary.org

Tuesday, August 23
In Person Smart Phone Assistance
8:00 a.m.- 9:30 a.m.
Make calls, take pictures, send text messages
Age well Center at South Fremont
47111 Mission Falls Ct., Fremont,
http://bit.ly/agewellclasses

Tuesday, August 23
MG Bailey
7:00 p.m. - 9:30 p.m.
Covers and original music from one man band rig
The Bistro
1001 B St., Hayward
mgbailey.com

Wednesday, August 24
Davis Street Golden Gala \$R
5:30 p.m. - 8:30 p.m.
Canyon View Event Center
680 Bollinger Canyon Way, San Ramon
(510) 347-4620
davisstreet.org

Big Band music in outdoor patio (no cover fee)
World Famous Turf Club
22519, Main St., Hayward
(510) 244-3449
www.worldfamousturfclubca.com

Hayward Oddfellows Summer Concerts
Sundays; 1 p.m. – 5 p.m.

August 21 – Ozone Pranksters with Gary O, Kenny Meagher, Gravity+4, and Karen Soo
August 28 – Joe Kady, Dee Smith & Friends, and Kari & the SweetSp0ts
September 11 – The La Honda All Stars
September 18 – Giant Garage Spiders, Chris Marquis, and Sycamore 129 Blues Band
September 25 – East Bay Youth Orchestra, East Bay Symphonic Band, and Flute Choir

Hayward Memorial Park Outdoor Amphitheater
24176 Mission Blvd., Hayward
www.haywardlodge.org

Summertime Sounds Music Series at Union Landing

August 20 -- The Jaques Ibula Trio (Mix of Blues, Folk, Soul and Reggae)
August 27 -- Charlie Barreda and Friends (Latin Jazz mix of Mambo, Cha Cha, Bolero Bossa Nova and Samba)
September 3 -- Tropic XX (Steel Drum music from Jamaica, Trinidad, Granada, Haiti, and St. Croix)
September 10 -- Hipster Cocktail Party (Funk and Rhythm &Blues)
September 17 -- The Donna Spitzer Trio (Jazz, Blues, Jump, Big Babd, and Swing)
September 24 -- Charlie Barreda and Friends (Motown, Rhythm a& Blues and Salsa)

32115 Union Landing Blvd, Union City
https://unionlanding.com/



Hours: 7am – 2pm

BREAKFAST & LUNCH
Delicious Quality American Food
Served to the tune of oldies music
Good portions - Great prices

\$7.49 Breakfast specials from 7-10:30 am
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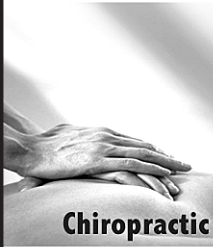
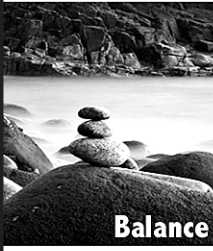
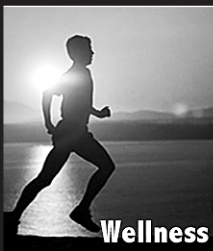
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510-792-9000
6170 Thornton Ave., Ste H
Newark

BART
gearing up
to celebrate
its birthday

SUBMITTED BY BART

September marks the 50th anniversary of BART service in the Bay Area and the transit agency is offering the public a treasure trove of unique and fun BART-branded merchandise for sale to mark the big event.

Among items available are 50th anniversary and vintage T-shirts, various stickers, posters, toys and hats. Also available – while supplies last – are authentic BART System maps taken directly from stations when they were replaced with updated maps. Visit www.railgoods.com to see the selection of BART goodies available and to make online purchases.

BART also is planning to mark its milestone anniversary with a free public celebration 11 a.m. to 4 p.m. Saturday, September 10 at Lake Merritt Station and Plaza in Oakland. The event will include a family fun festival with music, games, prizes and the opening of a time capsule. Numerous food

trucks will be there to provide a variety of lunchtime options for purchase.

And, as a thank-you to its loyal riders, BART will offer a 50% discount for the entire month of September. Riders using Clipper will get half off all published BART fares during the month, that includes 50% off already discounted fares for youth, senior, Regional Transportation Connection, Clipper Start, and Gator Pass riders.

Admission to the public celebration is free and open to the public. For more information and a look back at BART’s first 50 years, visit their anniversary webpage at bart.gov/50years.

BART 50th Anniversary
Celebration
Saturday, Sep 10
11 a.m. – 4 p.m.
Lake Merritt Station
800 Madison St., Oakland
bart.gov/50years
Free

Summer Outdoor Movie Nights & Concerts

Movies Under the Stars

Encanto
Friday, September 30
Bring blankets, low beach chairs, and a picnic dinner
Palms Pavilion Picnic Area
40204 Paseo Padre Pkwy, Fremont
(510) 494-4300
https://bit.ly.MovieNights2022

Free Outdoor Movies

8 pm.
Bring picnic dinner, low-back chairs or blankets, flashlights

Friday, August 19
Luca
Castro Valley Community Park
18988 Lake Chabot Rd., Castro Valley

Friday, September 10
Addams Family 2
Meek Estate Park
240 Hampton Rd., Hayward

HaywardRec.org

Pacific Commons Summer Concert Series

7 p.m. – 9 p.m.

August 26 - TinMan (classic rock)
September 23 - Last One Picked (rock, blues, country)

Pacific Commons Shopping Center
Auto Mall Parkway at I-880, Fremont
(510) 770-9798

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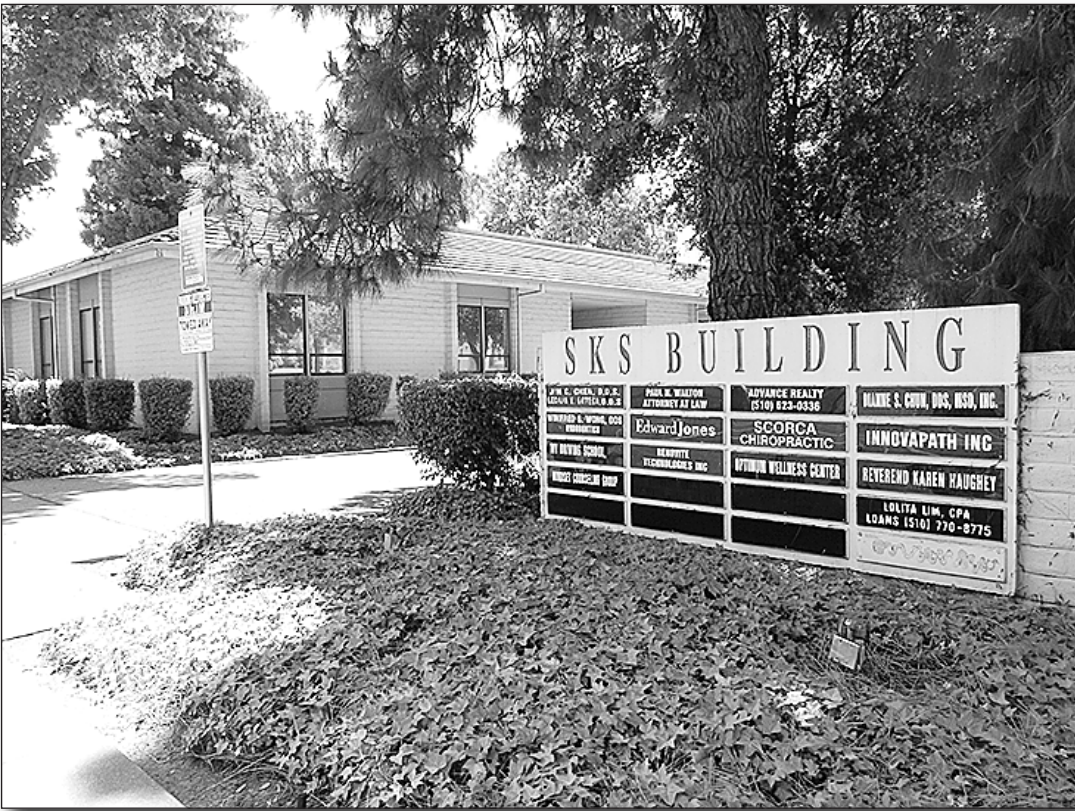
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SPORTS

James Logan Alumni Water Polo Game

BY ANGELA XIONG

On Friday, August 12, alumni athletes from James Logan High School's (Union City) boys and girls water polo team went head-to-head against the current high school Colts in an intense and lively water polo game.

The game kicked off with the Lady Colts' energetic match. The alumni team quickly gained a strong start and competitive edge over the high school Colts, scoring multiple goals in a matter of minutes. The alumni team's quick passes and seamless defense allowed them to pull ahead 8-1 by mid-game, causing the Colts to call a timeout. Cheers erupted as the Colts made a goal following the timeout, bringing the score to 8-2. Despite the timeout and goal, the alumni team picked up right where they left off, using their momentum to bring the

score up again. By the 4th period, the score gap had grown even wider, going 15-5. Despite the widening score gap, the Lady Colts refused to concede. With less than 5 seconds left in the game, the Colts made one final goal, as cheers erupted within the audience. The Lady Alumni team won 17-6.



Alumna shoots the ball at the goal

Following the Lady Colts' stellar match, the boys water polo and alumni teams were up next. Both alumni and high school players eagerly got into position, excited to begin. The match launched off with an explosive start. The alumni team quickly shot their first goal within minutes of the 1st period, following with two consecutive goals, bringing the score up to 3-0. The high school Colts fought hard and scored one point within the period. The alumni team continued to increase their energy and speed, achieving three more goals within the 2nd period. After a few timeouts and breaks, the high school Colts finally shot their second goal mid-game, eliciting a wave of cheers from the audience. Similar to the Lady Alumni team, the Boys Alumni team continued to carry their momentum through the end, winning 13-2 against the high school Colts.

As the games concluded, players lined up to congratulate one another, share stories, and catch up with old friends. Reflecting on the game, Class of 2005 alumna Jill Lothian said, "The game was a lot of fun; it's just a family here [at James Logan], and we were happy to support the future generation [of water polo players]."



Alumna passes the ball



High school Lady Colt player passes the ball

Geography Championships



"Abhiraam Girish, Manu Cherukumille (of Gomes Elementary in Fremont), and Tejas Karadi brought home the 2022 International Geography Bowl Championships held in Vermont this year in the Elementary division. In the individual category, Manu finished 2nd and Abhiraam finished 4th."

Photo courtesy of Aparna Girish and Divya Sedimbi

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Mission San Jose (MSJ) High School's Class of 1982 will be having a 40th reunion. The reunion will be held at the Dream Inn in Santa Cruz, CA on Saturday, October 8, 2022. For more information, please email msjclassof82@gmail.com	Friends of the Castro Valley Library 3600 Norbridge Avenue Castro Valley, CA Get the best deals on gently used books, CDs and DVDs and support Library programming at the same time. Shop our Library BookStore, become a Member, Donate books - or get involved. For more information please visit our website friendsofcvlibrary.org or call 510 733 3285	27th Annual Holiday Boutique - Craft Fair Saturday - November 19th, 2022 Fremont Elks Lodge - 38991 Farwell Drive - Fremont Doors open to the public at 9:00 - close at 3:00pm 30+ tables filled with great gift giving ideas & holiday decor. Snack bar will be open to purchase a nice lunch which can be followed up by a visit to the Bake Sale table. MARK YOUR CALENDARS NOW !!!!!

OPINION



WILLIAM MARSHAK

Many years ago, I was a teacher at a junior high school. One day I referred to something as “defunct” and immediately the students responded with enthusiasm since it sounded somewhat risqué and naughty. Pretty soon, the school was abuzz with the word and I observed the power of language and new ideas. A single word could capture and summon imagery of the complete collapse or obliteration of something that had once existed. Although there is a sense of finality to the concept of defunct, it doesn’t necessarily mean there is no possibility of revival. Sometimes an idea suffers initial or intermittent defeat but is subsequently resurrected in an altered and more vibrant form.

A casualty of the Covid epidemic has been the personal connection between government officials and their

constituents. As the epidemic rendered in-person meetings and gatherings defunct, the gap between government and constituents widened. Gradually, in-person meetings have begun to re-emerge in our area again in hybrid form that allows at least some interaction without the imposition of impersonal technology. When observing teleconferencing meetings, constant admonitions to “unmute” and interruptions of service are telling indications of the limitations of such technological systems. In a recent Fremont City Council meeting, one councilmember was unable to fully participate due to a computer glitch.

A comment from the public noted that not everyone has access to cable television or computers to participate. When confronted by this, the mayor expressed her hope that in-person meetings would resume in September. However, the City Manager seemed less interested in such resumption. Why not? At least institute a hybrid meeting schedule to allow some in-person participation. Has the City of Fremont decided that such meetings are defunct? It should be up to the city council to set the policy and instruct staff to implement it. Why were other councilmembers silent on this

issue? It was on the agenda and open for discussion and debate.

The CDC (Centers for Disease Control and Prevention) has relaxed its Covid restrictions, realizing that the U.S. population must face the reality of living with this malady and find ways to accommodate everyday life. This should include civic interaction and government responsibility to its constituents. Has blind reliance on an emergency measure, with no modification, become an excuse for staff reliance on technology rather than personal attendance? It is obvious from other governmental bodies that now hold hybrid meetings that such meetings are a viable alternative. Has Fremont declared in-person meetings defunct? It is time for the mayor and council to take a stand and set policy. They were elected to lead... show us you know how to do it!

William Marshak
PUBLISHER

First sea turtle nest found on Mississippi beach since 2018

ASSOCIATED PRESS

Beach crews have found the first sea turtle nest on the Mississippi mainland in four years.

A Harrison County Sand Beach crew that was cleaning up found what appeared to be turtle tracks just east of the Pass Christian Harbor, officials said.

They protected the area and called the Institute for Marine Mammal Studies in Gulfport, which followed the tracks to a nesting site that is now marked off with stakes and tape.

The eggs likely belong to a protected loggerhead sea turtle or an even rarer Kemp's ridley sea turtle, which is the most critically endangered species of sea turtle, said Moby Solangi, president of the marine studies group.

The exact species of turtle won't be known until the eggs hatch in 50 to 60 days. Only about 1 in 10,000 sea turtle eggs

reach adulthood. Turtles lay between 60 to 100 eggs in a nest and have multiple nests during a season, Solangi told The Sun Herald in Biloxi.

This is the first sea turtle nest on mainland Mississippi since 2018, although there have been unofficial reports of nests on uninhabited barrier islands, officials said.

The Mississippi Sound and Gulf of Mexico are important sea turtle habitats, but the 2010 oil spill and the 2019 opening of the Bonnet Carre Spillway hurt the turtle population, Solangi said.

“After all the environmental disasters we've had, this is a good sign. When (turtle populations) have gone down, it means the ecosystem that supports them is having difficulty. When animals start breeding, it means things have started to get better,” Solangi said.

Air traffic controllers say co-pilot 'jumped' from plane

ASSOCIATED PRESS

A 911 call from air traffic controllers suggests that a co-pilot may have jumped from a damaged plane before the other pilot made an emergency landing in North Carolina, according to a recording of the call that was released Aug. 2.

It's been unclear exactly how or why Charles Hew Crooks, 23, exited the small cargo plane on the afternoon of July 29 about 30 miles south of Raleigh-Durham International Airport. He did not have a parachute, and his body was found in a backyard in the town of Fuquay-Varina.

Two unnamed Federal Aviation Administration employees can be heard telling a 911 dispatcher that the plane was heading to the airport. The pilot onboard had apparently told

them that his co-pilot had “jumped out of the aircraft,” news outlets reported.

“We have a pilot that was inbound to the field,” a controller told the 911 dispatcher, according to WRAL. “His co-pilot jumped out of the aircraft. He made impact to the ground and here are the coordinates.” The call lasted about 13 minutes, with the controllers stating several times that the co-pilot had jumped. Wake County Emergency Management Chief of Operations Darshan Patel said the initial 911 call prompted the search for Crooks.

The airplane sustained substantial damage to its landing gear and fuselage, according to preliminary information gathered by the National Transportation Safety Board. The investigation is ongoing.

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THE U.S. CONSTITUTION: FRAMEWORK OF OUR REPUBLIC



A TRI-CITY VOICE STAFF REPORT

This is the second installment of a series of articles to inform our readers of basic provisions of the United States Constitution. This document, as amended, is the foundation of our system of government and although the result of ideas promulgated in 1787, has withstood the test of time. What has been called “The Great Experiment” of American democracy has proved durable, yet susceptible to external and internal challenges. In order to meet changing conditions of American society and the world around it, it is imperative that this document and its amendments is understood and appreciated.

Many provisions of the Constitution are open to interpretation and, since written in the 18th century, employ archaic language and syntax. However, the ideas expressed and concept of a government ruled by the people is, and continues to be, the guiding principle. It is not the intention of these articles to examine all provisions or nuances of them, rather to raise awareness, irritate further inquiry and invite examination of this

fundamental document and its effect on American life.

Limited quantities of pocket copies of the United States Constitution/Declaration of Independence are available from Tri-City Voice at no cost. If interested, please notify our office for details.

WE THE PEOPLE of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.

Article 1; Section 7 Revenue & Bills

- All Bills for Raising revenue shall originate in the House of Representatives.
- Every Bill that passes in the Senate and House of Representatives shall be presented to the President of the United States before it becomes a Law. If the President signs it, it becomes Law. Otherwise, it is returned with objections for review and reconsideration. A 2/3 override vote is necessary by both houses to overcome a Presidential rejection. If the President does not return the Bill within 10 days, it will become Law as if it was signed.

Article 1; Section 8 Congressional Powers

- Lay and collect Taxes, Duties, Imports and Excises.
- Borrow money
- Regulate commerce
- Establish a uniform Rule of Naturalization and Bankruptcy.

- Coin Money and regulate its value; set standards of weights and measurements.
- Provide punishment for counterfeiting.
- Establish a Post Office and post roads.
- Provide exclusive rights for Authors and Inventors for limited times.
- Devine and punish piracies and felonies on the high seas and offenses against the Law of Nations.
- Declare War.
- Raise and support armies but for no longer than two years.
- Provide and maintain a Navy.
- Make rules for Government and Regulation of land and naval forces.
- Call forth the militia to suppress Insurrections and repel Invasions.
- Exercise exclusive Legislation over District of Columbia and places purchased by the government with the consent of the Legislature of the State.
- Make all Laws necessary to carry out the above powers.

Article 1; Section 9 Personal Rights and Responsibilities

- Migration or Importation of persons by States shall not be prohibited until1808 butt a Tax or Duty may be imposed.
- Writ of Habeas Corpus [show cause for lawful detention] is upheld unless rebellion, invasion or public safety requires suspension.
- No Bill of Attainder [punishment without trial] or ex post facto Law [punishment for acts prior to law creation] shall be posted.
- No Capitation or other direct Tax unless in proportion to the Census.

- No Tax or Duty on Articles exported from any State.
- No Preference for any Ports of one State over those of another.
- Money drawn from the Treasury will be for lawful appropriations.
- No Title or Nobility shall be granted by the United States nor can an office holder accept without permission of Congress any present, Emolument, Office or Title from King, Prince or Foreign State.

Article 1: Section 10 State Restrictions

- No State may shall enter into any Treaty, Alliance or Confederation. Powers invested in Congress are reserved for that body.
- No State without consent of Congress, impose Imposts or Duties on Imports or Exports except as necessary for its Inspection Laws.
- No State without the consent of Congress may impose a Duty on Tonnage, keep Troops or Ships of War in time of Peace, engage in War or enter in agreement with another State or Foreign Power unless actually invaded or in imminent danger.

Editor's Note:

The next installment of this series will review provisions of Article II of the United States Constitution concerning the power and authority of the President and Executive Branch of government.

continued from page 1

India Day Parade and Fair

The India Day Fair will showcase some of the best presentations in dance and music. This year, there are multiple categories of dance performances. Over 200 local dance groups will compete in Classical, Folk, Bollywood, Contemporary, Hip-Hop and other styles. The fair will feature a variety of cuisines from different regions of India. Snacks will be served by over 20 food booths organized by the best-known restaurants and caterers in the Bay Area.

The Grand Parade boasts of over 60 entries representing a wide cross section of community, ranging from Indian regional cultural communities to Bay Area organizations.

Abhimanyu Dassani and Kannada star Meghana Raj will act as Grand Marshals in the parade. Dassani has acted in many movies including the recent movie *Nikamma* and Raj’s latest movie is *Selfie Mummy Googl Daddy*.

Dr. Romesh Japra, Founder and Convener of FOG said, “Over the past 29 years, FOG has made great strides in including all parts of the community and carrying out its mission to help communities better integrate.”

Visit Sulekha.com/FOG, Eventmozo.com, or FOGsv.org for more details.

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FOG India Day Parade
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By Victor Carvellas

Do spiders sleep? Study suggests they may snooze like humans

BY MADDIE BURAKOFF
ASSOCIATED PRESS
SCIENCE WRITER

It's a question that keeps some scientists awake at night: Do spiders sleep?

Daniela Roessler and her colleagues trained cameras on baby jumping spiders at night to find out. The footage showed patterns that looked a lot like sleep cycles: The spiders' legs twitched and parts of their eyes flickered.

The researchers described this pattern as a “REM sleep-like state.” In humans, REM, or rapid eye movement, is an active phase of sleep when parts of the brain light up with activity and is closely linked with dreaming.

Other animals, including some birds and mammals, have been shown to experience REM sleep. But creatures like the jumping spider haven't gotten as much attention so it wasn't known if they got the same kind of sleep, said Roessler, an evolutionary biologist at the University of Konstanz in Germany. Their findings were published Aug. 8 in the journal *Proceedings of the National Academy of Sciences*.

Roessler and her team dug into the sleep question after she discovered the spiders hanging at night from threads of silk in their lab containers. She had recently scooped up some jumping spiders to study, a common species with a furry brown body and four pairs of big eyes. “It was just the most unusual thing I've ever seen,” Roessler said of the suspended spiders.

The research showed the spiders' overnight movements looked a lot like REM in other species, she said -- like dogs or cats twitching in their sleep. And they happened in regular cycles, similar to sleep patterns in humans.

Many species similar to spiders actually don't have

movable eyes, which makes it hard to compare their sleep cycles, explained study co-author Paul Shamble, an evolutionary biologist at Harvard University.

But these jumping spiders are predators that move their retinas around to change their gaze while they hunt, Shamble said. Plus, the young spiders have a see-through outer layer that gives a clear window into their bodies. “Sometimes as a biologist, you just get really, really lucky,” Shamble said.

The researchers still have to figure out if the spiders are technically sleeping while they're in these resting states, Roessler said. That includes testing whether they respond more slowly -- or not at all -- to triggers that would normally set them off.

Critters like the jumping spider are very far from humans on the evolutionary tree. Jerry Siegel, a sleep researcher who was not involved with the study, said he's doubtful that the spiders can really experience REM sleep. “There may be animals that have activity in quiet states,” said Siegel, of the UCLA Center for Sleep Research. “But are they REM sleep? It's hard to imagine that they could be the same thing.”

But Barrett Klein, an entomologist at the University of Wisconsin-La Crosse who was also not involved with the study, said it was exciting to find REM-like signs in such a distant relative. Many questions remain about how widespread REM sleep is and what purpose it might serve for species, he said. REM sleep is “still very much a black box,” Klein said.

The Associated Press Health and Science Department receives support from the Howard Hughes Medical Institute's Department of Science Education. The AP is solely responsible for all content.

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Bonifacio N. Diaz
Resident of Fremont
May 13, 1926 – August 14, 2022
Fremont Chapel of the Roses

Charlene Herbert-McIntyre
Resident of Pleasanton
April 26, 1963 – August 12, 2022
Fremont Chapel of the Roses

Mary S. Rivera
Resident of Newark
February 28, 1922 – August 11, 2022
Fremont Memorial Chapel

John D. Cantieni
Resident of Fremont
November 21, 1930 – August 9, 2022
Fremont Chapel of the Roses

Barbara “Bobbie, BJ” J. Edwards-Benninga
Resident of Livermore
January 19, 1938 – August 7, 2022
Fremont Chapel of the Roses

Eleazar Manuel Salinas, Jr.
Resident of Fremont
September 30, 1946 – August 5, 2022
Fremont Chapel of the Roses

Sean Curry
Resident of Union City
May 31, 1972 – August 2, 2022
Fremont Chapel of the Roses

Laura DeForest
Resident of Fremont
March 27, 1952 – August 8, 2022
Fremont Chapel of the Roses

Francis “Frank” Hepburn
Resident of San Leandro
March 30, 1938 – August 5, 2022
Fremont Chapel of the Roses

Grace Noda
Resident of Newark
January 27, 1927 – August 1, 2022
Fremont Chapel of the Roses

Ofelia B. Martinez
Resident of Fremont
October 13, 1937 – August 1, 2022
Fremont Chapel of the Roses

Maria Nenita Bruno
Resident of San Jose
November 14, 1958 – July 27, 2022
Fremont Chapel of the Roses

Ruben G. Vegas
Resident of Hayward
March 5, 1957 – July 22, 2022
Fremont Memorial Chapel



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August 1, 1938 – August 10, 2022

David Montalvo
Resident of Fremont
July 14, 1951 – August 8, 2022

Shriraj Dash
Resident of Fremont
October 4, 2007 – August 8, 2022

Kevin Sullivan
Resident of Fremont
April 15, 1939 – August 7, 2022

Umamaheswara Velagapudi
Resident of San Jose
June 28, 1938 – August 6, 2022

Deepika Vasisht
Resident of Hayward
November 3, 1973 – August 5, 2022

Augustine Thurairatnam
Resident of Fremont
June 11, 1947 – August 5, 2022

Gopal Kadakia
Resident of Fremont
January 12, 1943 – August 4, 2022

Tae Lee
Resident of Fremont
March 25, 1935 – August 3, 2022

Diana Lewellyn
Resident of Brentwood
February 19, 1938 – August 2, 2022

Nghia Tran
Resident of San Leandro
December 13, 1953 – July 31, 2022

Subhash Vaidya
Resident of Fremont
December 9, 1945 – July 30, 2022

John Winters
Resident of Fremont
May 8, 1948 – July 30, 2022

Hemendra Mathur
Resident of Palo Alto
March 5, 1937 – July 28, 2022

Cleatus Bennett
Resident of Fremont
April 24, 1928 – July 27, 2022

Norma Maglalang
Resident of Fremont
January 16, 1941 – July 27, 2022

Sidney Krow
Resident of Fremont
October 8, 1925 – July 27, 2022

Cleatus Bennett
Resident of Fremont
April 24, 1928 – July 27, 2022

Shanti Rattia
Resident of Dublin
August 4, 1953 – July 25, 2022

Evelyn Nieves
Resident of Newark
October 13, 1949 – July 25, 2022

Gerard Regnier
Resident of Fremont
January 19, 1944 – July 23, 2022

Laura DeForest

March 27, 1952 – August 8, 2022

Resident of Fremont



The heart of our family, Laura DeForest, passed away surrounded by her two daughters, Julie and Jennifer, and devoted husband, David, on Monday, August 8, 2022 at the age of 70 after a long battle with breast cancer. Laura was born on March 27th, 1952, in Oakland, California and was the eldest of four children.

Laura filled all our lives with love and comfort. She met her beloved husband of 49 years at Mission San Jose High School. He offered to drive her home from the homecoming game and never left her side. From family trips to the cabin at Tahoe and hairbrush dance parties in the living room, Laura ensured that her daughters’ childhood memories were full of fun and

adventure. As her daughters grew into adults, Laura never missed a phone call. Her grandson, Landon, was the light of Laura’s life. She enjoyed watching him grow from a sweet young boy who loved Legos and tricycles to a handsome football and track star. Her grandpups also had a special place in her heart.

Laura is not only survived by her family, but by every life she touched. She leaves behind countless friends and acquaintances who remember her kind and generous spirit fondly. Laura never forgot a birthday or an opportunity to make someone she cared about feel special.

She enjoyed baking on rainy days, long walks on the beach with her husband, shopping trips with her youngest daughter, attending her grandson’s football games, and celebrating holidays at home with her loved ones. Laura’s life will be celebrated during a private service with close family and friends. In lieu of flowers, the family asks that you make a donation to CalPaws K9 Rescue (<https://calpaws.org/donate/>).

Fremont Chapel of the Roses
510-797-1900

Maria Nenita Bruno

November 14, 1958 – July 27, 2022

Resident of San Jose



Maria Nenita Bruno passed away at Mission Woodside Hospice in Redwood City, California on the early morning of July 27th, 2022, at the tender age of 63.

She will be humbly remembered for her caring, compassionate, and lighthearted nature which garnered many lifelong friends and inspires her only surviving son to always strive to be a better man.

Respects can be paid during her viewing and funeral which will be held on Wednesday, August 17th, 4PM-8PM with a Vigil Service at 6:30PM and the Funeral Mass will be held on Thursday, August 18th, at

10AM. All of the services for Maria are being held at Our Lady of the Rosary Church, 703 C Street, Union City, California.

Fremont Chapel of the Roses
510-797-1900

Mary S. Rivera

February 28, 1922 – August 11, 2022

Resident of Newark



Mary S. Rivera peacefully passed away in the 100th year of her life. She leaves behind her beloved daughter Randy Rivera, her sister Helen Perez and many nieces and nephews. She was

preceded in death by her husband, Ralph Rivera and her 9 siblings.

She lived a full life visiting her family, traveling in Las Vegas, playing Bingo and sharing a toast of champagne with Randy and Helen. She leaves us all with a smile, a full heart and life long memories of a life well lived.

Visitation will be held on Saturday, August 20, 11:30am with a Chapel Service at 12pm at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA.

Fremont Memorial Chapel
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Oralie Templeton

Resident of Oregon

September 29, 1959 – July 11, 2022

Oralie Diane Templeton of Fremont, California, born September 29th, 1959 passed away on July 11th, 2022 at the age of 62 in Oregon after a difficult battle with Cancer.

She is survived by her two children Meghan and John, and

her siblings, Debbie, Tom, Suzie, Patti, David, and Theresa.

In her life she was an excellent database programmer with skills in difficult problem solving and in her personal life she always had an interest in crafts and making things.

The service is to be held at Berge-Pappas-Smith Chapel of the Angels, 40842 Fremont Blvd., Fremont California on Saturday, August 20th at 1 pm.

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

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Sean William Curry

May 31, 1972 – August 2, 2022

Resident of Union City

Sean Curry, 50, passed away on August 2 after a short illness at his home in Union City, California where he had lived since 1995. Sean was preceded in death by his mother, Tracie Lewis Curry (11/21/11). He is survived by his grandmother, Oleen Miller, of Denver, CO, his father, Dean Curry, of Union City, CA, his sister Kelly (Danny) Ortiz. Sean is also survived by his two nieces, Ronin Ortiz and Raziell Ortiz, his uncle, Dr. Kenny M. Baird (Debbie) of Georgetown, TX, his uncle Taylor Miller (Julie) of Oakland, CA and many cousins.

Sean was born in Virginia Beach, VA. At an early age the family moved to Colorado where he went to school graduating from Ponderosa High School in Parker, Colorado and Denver Automotive College. Sean enjoyed his life in Colorado participating in all the available sports. He also was active in Boy Scouts where he achieved the rank of Eagle Scout. He also participated in three BSA high adventures and was one of the first to complete the three



Tahosa Challenges. After graduation he followed his family to California where he lived and worked for 27 years making friends wherever he went with his outgoing nature. He enjoyed time with his family and friends and will be missed by all who knew him.

A Memorial Service will be held Saturday, August 20, 1pm at Fremont Chapel of the Roses Mortuary, 1940 Peralta Blvd., Fremont, CA.

Memorials may be directed to The ALS Association, 27001 Agoura Rd. Suite 250, Calabasas, CA 91301, or the charity of your choice.

Fremont Chapel of the Roses
510-797-1900

Francis “Frank” Hepburn

March 30, 1938 – August 5, 2022

Resident of San Leandro



Francis “Frank” Xavier Hepburn passed away peacefully on Friday, August 5, 2022 at the age of 84. Frank was preceded in death by his first wife Beverly Hepburn, daughter Kim Swinkels, parents, brothers Charlie, Archie and Martin; and sisters Agnes, Annie and Marian. He is survived by his second wife Chen “Tomi” Beck, son Brian Hepburn, grandchildren Amanda Swinkels, Kyle Swinkels, Justin Swinkels and Alyssa Swinkels along with nieces, nephews, friends and fraternal brothers.

He was born in St. Louis, Missouri on March 30, 1938 to parents Archibald and Marie Hepburn, the 2nd youngest of seven with 3 brothers and 3 sisters. Frank relocated to Oakland, CA in his youth and would attend St. Elizabeth High School entering military service at the age of 17 where he would complete his high school levels during service. Following deployments on the USS Lexington and USS Oriskany as an Aviation Structural Mechanic, he was honorably discharged in 1959. Frank began working as a painter of passenger cars and trucks with Ford Motor Company in Milpitas, CA in 1968 relocating his family to San Jose in 1970. He remained working at the plant until its closure in 1983 transferring to Hazelwood, MO where he would take early retirement in 1986 after

17 1/2 years. Returning to San Jose, Frank attended San Jose City College and worked as a sheet metal fabricator until 1989, where he began working for the City of San Jose as a maintenance mechanic and painter for the San Jose McEnery Convention Center, Civic Auditorium and Center for the Performing Arts. He would retire from the city in 2003 after 14 1/4 years.

Frank loved to play golf, bowl, ballroom dance and garden in his spare time. He had the ability to make and repair just about anything he worked on. Frank often was the chauffer for his family and friends and it was a familiar sight to see Frank pull up with his beloved Mercury Villager ready to transport people to social events, doctor appointments, care checks and food runs going great distances to help someone in need.

Frank was a member of the Young Men's Institute (YMI), serving as a Grand Council Board Member and Council #2 Recording Secretary at the time of his passing. He was also a Past Grand President, multiple time Council #2 President and was awarded Grand Council Man of the Year in 2016. He was also a long-standing member of the Knights of Columbus, San Jose Eagles and the Sons In Retirement.

Visitation will be held on Thursday, August 18, 4:00pm - 8:00pm with Prayer Service at 6:30pm, at Fremont Chapel of the Roses, 1940 Peralta Blvd., Fremont. A Mass of Christian Burial will be celebrated on Friday, August 19, 10:30am at St. Victor Catholic Church in San Jose. The Rite of Committal will follow at Holy Sepulchre Cemetery in Hayward.

Fremont Chapel of the Roses
510-797-1900

LETTERS POLICY

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

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Eleazar Manuel Salinas, Jr.

September 30, 1946 – August 5, 2022

Resident of Fremont

Eleazar Manuel Salinas Jr., of Tucson, Arizona, passed away on Friday, August 5, 2022 in Fremont, California at the age of 75. He is survived by his wife, Rosalin Salinas, son Christian Aguiar and daughter-in-law Racquel Cariaso.

He was born on September 30, 1946 in Tucson, Arizona to Mary and Eleazar “Charlie” Salinas. He attended Saint Rita School and St. Augustine High School. In his youth, he was an avid baseball and football player and played halfback and quarterback, wearing the #23 for the Augustine Saints during his

senior year. He then volunteered and served diligently in the United States Navy on the Dealey-class destroyer escort USS Bauer as a Quartermaster serving as a helmsman and performing ship control maneuvers, navigation and bridge watch duties. He was honorably discharged in 1968.

He went on to complete his master's in Business Administration. In 1979 he married Rosalin Marie Griffith. Eleazar worked as a District Manager at Nestle and Hershey Chocolate Company and as the Regional West Coast Manager for Peter Paul Cadbury, Inc. He was

an avid golf player, enjoyed traveling, and loved good food and great wine, much like his father did when he was alive. He cared for his family and was friends to many individuals. He will be greatly missed by all who knew him.

Visitation will be held on Friday, August 19, 2022 from 4-8pm with a Chapel Service at 6pm at Fremont Chapel of the Roses, 1940 Peralta Blvd., Fremont, CA 94536.

Fremont Chapel of the Roses
510-797-1900

Jose "Pepe" Angel Silva

Jose "Pepe" Angel Silva entered into rest on August 4, 2022, at the age of 45.

Jose was born in Hayward, California, on February 23, 1977, to parents Jose S. Silva and Lupe Silva. A man of many talents and hobbies, he dedicated much of his time to

his passions such as metal working, art, writing, and story telling. Jose was also a foreman, chef, certified comedian, and fisherman, as well as a father, doting uncle, and forever friend. He is survived by his parents, his son, Angel Topete, sister, Fatima Silva Hughes, brother in

law Justin Hughes, nephew Lucas Hughes, and many aunts, uncles, and cousins.

Care has been entrusted to Grissom's Mortuary.
510-278-2800.

Police Explorers graduate from academy

SUBMITTED BY
HAYWARD POLICE DEPARTMENT

Members from Hayward Police Department (HPD) were on hand to congratulate two of their Police Explorers who recently completed a training program at Alameda County Sheriff's 5th Law Enforcement Explorer Academy.

Explorers Vincent Chandra and Giovanni Andres Gonzalez completed the intense two-week program earlier this summer and were honored for their achievement at a graduation ceremony July 29. During the program, the two explorers were presented certificates of completion. Chandra also received an Overall Achievement Award certificate.

The Explorer program is chartered by Boy Scouts of America and provides opportunities

for young people between the ages of 14 and 21 to develop insight about pursuing a career in law enforcement. During the program, explorers are encouraged to develop positive relationships with the police, participate in community service and develop leadership skills. The Explorer Academy also consists of physical fitness, marching drills, tactics and academics in basic law.

HPD is accepting applications for the Fall 2022 Explorer program. For program details and requirements, visit the City of Hayward website at www.hayward-ca.gov, then enter “Police Explorer Program” into the search field and follow the link that appears. For application information, contact Explorer Program Coordinator, Sgt. Angela Irizarry via email at angela.irizarry@hayward-ca.gov or call (510) 293-7054.



Vincent Chandra and Giovanni Andres Gonzalez (L-R, front) with members of Hayward Police Department during a graduation ceremony.

Stolen catalytic converter operation busted in Fremont

SUBMITTED BY
FREMONT POLICE DEPARTMENT

After a year of investigation, detectives from the Fremont Police Department (FPD) moved in on a company they believe has been major buyer of stolen catalytic converters in the Bay Area.

Detectives identified Arrow Recovery, located in the 46000 block of Warm Springs Blvd. as a business that was accepting stolen catalytic converters that were later recovered. Accordingly, detectives began an operation where an undercover officer sold cut catalytic converters to the company marked or etched with "stolen" or other markings suggesting they had been illegally obtained. During the multi-month-operation, Arrow Recovery repeatedly purchased stolen catalytic converters from undercover detectives.

In conjunction with Fremont Fire Department, Silicon Valley Regional Computer Forensics Lab, and the State Toxic and Hazardous Waste Department, FPD Detectives served a search warrant in June at Arrow Recovery. Inside the premises, detectives found multiple 55-gallon drums of refined and semi-refined catalytic converter material, along with about eight pallets containing at least 300 suspected stolen catalytic converters.

Catalytic converters, which are located between the engine and muffler of most cars manufactured

after 1974, filter harmful emissions that would otherwise pollute the air. They contain precious metals like palladium, platinum and rhodium which thieves sell for scrap. Hybrid cars, SUVs, and trucks are often the vehicles most preferred by thieves, but almost any vehicle can be a target.

Fremont Detectives will continue to work collaboratively with the agencies and the Alameda County District Attorney's office, to prosecute Arrow Recovery for receiving stolen property. In addition, permitting and environmental impact penalties will be evaluated and levied where appropriate.

Police said the goal of the operation was to shut down a major pathway for criminals to sell stolen catalytic converters, thereby reducing the desire of thieves to victimize community members and businesses. Detectives collected and inventoried a large amount of evidence requiring multiple tow trucks and trips.

Detectives will be looking for any identifying markings or engravings on the collected items and will reach out to people who may have been a victim of a catalytic converter theft. However, due to the condition of the recovered items, it is generally not possible to confirm the origin of many of the recovered items.



Stolen catalytic converters stored at Arrow Recovery
Credit: Fremont Police Department



Stolen catalytic converters stored at Arrow Recovery
Credit: Fremont Police Department

DUI checkpoint planned in Union City

SUBMITTED BY
UNION CITY POLICE DEPARTMENT

Officers from the Union City Police Department (UCPD) will conduct a Driving Under the Influence checkpoint starting at 7:00 p.m. Saturday, August 20 and continuing until 2:00 a.m. the next day at an undisclosed location in the city.

DUI checkpoints and patrols are done in locations with a history of DUI-related collisions and arrests. During the checkpoint, officers will be looking for signs of alcohol

and/or drug impairment. The primary purpose of the checkpoints is not to make arrests, but to promote public safety by deterring motorists from driving impaired.

"Impaired drivers put others on the road at significant risk," Sgt. Stan Rodrigues said. "Any prevention measures that reduce the number of impaired drivers on our roads significantly improves traffic safety."

UCPD officials are reminding the public that impaired driving is not just from alcohol. Some prescription or over-the-counter medications may interfere with driving. While medicinal and recreational marijuana are legal, driving under the influence of marijuana is illegal.

Anyone that is planning on drinking or taking medications that can affect their ability to drive, should follow these precautions to avoid a DUI charge:

- Always use a designated sober driver -- a friend who is not drinking, ride-share, cab or public transportation -- to get home.
- Walking while impaired is also dangerous. Have someone sober walk you home or stay with you until a sober driver is available to pick you up.
- Report drunk drivers by calling 911.
- Hosting a party? Offer nonalcoholic drinks. Monitor who is drinking and how they are getting home.

A DUI charge is not cheap. Drivers charged with a first-time DUI face an average of \$13,500 in fines and penalties, as well as a suspended license. Funding for this program is provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

Police seek help in Hayward homicide investigation

SUBMITTED BY
HAYWARD POLICE DEPARTMENT

Investigators with the Hayward Police Department (HPD) have released a composite sketch of a person of interest they want to identify in connection with a homicide that occurred on April 8.

The investigation started after officers responded to a report about a "man down" in the area of Jackson Street and Soto Road. When officers arrived, they found a man with multiple gunshot wounds. Medical responders at the scene pronounced the man dead. He was later identified by police as Ervin Vargas, 46, of Hayward.

As part of its investigation, HPD recently developed a composite sketch of a person of interest they believe may have been at the scene during the time



Composite sketch of a person of interest in connection with a Hayward homicide case.

of the homicide. The person has been described as a Caucasian or Hispanic male, 30-35 years old, thin build, approximately 5-feet-10-inches tall, with short dark brown hair and brown eyes.

Anyone with information about this person's identity or about the homicide is asked to contact Detective Kell at (510) 293-7176.

Arrests made in Union City shooting

SUBMITTED BY
UNION CITY POLICE DEPARTMENT

Three suspects have been arrested in connection with an August 3 shooting that left a 44-year-old man with a leg injury in Union City.

The incident started about 12:36 p.m. when officers responded to a report about a shooting in the area of Eighth and H streets. When they arrived, officers found a 44-year-old man had been shot once in the leg. He was taken to a hospital for treatment of non-life-threatening injuries and later released.

Later, three suspects were taken into custody in by

authorities in Oakland; Union City Police Department detectives responded and took over the investigation. During the investigation, they learned that the shooting victim was driving in the area when he saw two suspects rob a female of her jewelry. After the robbery, the suspects fled in vehicle which the victim followed hoping to get their license plate number and vehicle description. During the process, the suspects shot the victim.

The suspects arrested were two juveniles (16 and 17 years old) from Hayward, and one adult, identified by police as Ronald Hayes, 29, of Hayward. The 17-year-old was charged with robbery and assault with a

deadly weapon; the 16-year-old was charged with robbery and attempted homicide. Hayes was charged with robbery, evading arrest, discharging a firearm at an occupied vehicle and assault. He also had an outstanding warrant for being a felon in possession of a firearm.

An investigation is continuing. Anyone with information is asked to send an email to Det. Nicolas Perry at NicolasP@unioncity.org or call (510) 675-5266. Information can also be shared anonymously by calling the UCPD tip line at (510) 675-5207 or sending an email to tips@unioncity.org.

Union City Police Log

SUBMITTED BY UNION CITY PD

Friday, August 12

- At about 12:20 a.m. officers responded to a report about a shooting on the 2500 block of Medallion Dr. Upon arrival they found a 28-year-old woman with a single gunshot wound. Arriving paramedics pronounced the woman dead. UCPD detectives are investigating the incident as a homicide and are asking anyone with information to contact Det. Dominic Ayala via email at DominicA@unioncity.org or call (510) 675-5207. Anonymous tips can be sent via email to tips@unioncity.org.



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CHP Log

SUBMITTED BY HAYWARD CHP

Thursday, August 11

• At about 1:47 a.m. officers responded to a report about a person down on I-880 northbound on the south Fremont Boulevard onramp in Fremont. Upon arrival, officers found a deceased female who had apparently been struck by a vehicle. Authorities said the vehicle may have been a semi-truck or car hauler and the driver might be unaware of the crash. The identity of the victim was not immediately released. An investigation is continuing and CHP is asking anyone who has information about the incident or may have witnessed it to call the Hayward CHP office at (510) 489-1500.

BART Police Log

SUBMITTED BY BART PD

Saturday, August 6

• At 11:57 a.m. a man identified by police as Darryl Davis, 59 of Newark was stopped at Warm Springs/South Fremont station on suspicion of fare evasion. A record check showed an outstanding warrant. He was arrested and booked at Santa Rita Jail.

Tuesday, August 9

• At 9:25 p.m. a man identified by police as Johnstone Leafa, 25, of

San Francisco was stopped in the bus zone at Bay Fair station in San Leandro. He was arrested on suspicion of possessing a concealed and loaded firearm and booked into Santa Rita Jail.

• At 10:52 p.m. an officer contacted a woman, later identified by police as Vanessa Jimenez, 30, of San Jose at South Hayward Station. A record check showed two outstanding warrants charging receiving stolen property and resisting arrest. She was arrested and booked at Santa Rita Jail.

Wednesday, August 10

• At 8:45 a.m. a man identified by police as Stevie Jackson, 54, of San Francisco was arrested at Union City station on suspicion of possessing a controlled substance. He was booked into Santa Rita Jail.

San Leandro Police Log

SUBMITTED BY
SAN LEANDRO PD

Friday, August 5

• At about 11:30 a.m. officers responded to a report about a shooting on the 2200 block of E. 14th St. Police believe the incident occurred inside a business, but are not sure if it was a robbery or a targeted shooting. Police believe two or three shots were fired; a 13-year-old girl was injured, possibly by a bullet fragment hitting her foot. She was taken to a hospital for treatment. The suspects fled the scene. An investigation is continuing; anyone with

information is asked to call SLPD at (510) 577-2740.

Wednesday, August 10

• At about 10:14 p.m. patrol officers spotted a SUV commit a traffic violation in the area of Hesperian Boulevard and Olive Street and attempted to make a traffic enforcement stop. Instead, the driver led officers on a pursuit east on Highway 238 and west on Highway 580 before eventually coming to a stop. The suspect driving the vehicle was arrested. A search of the vehicle uncovered two pounds of marijuana. Officers also found a loaded firearm the suspect discarded on the highway.

Arrest made in Homicide

SUBMITTED BY UNION CITY PD

On Friday, August 12th, 2022, at approximately 12:20 AM, Union City Police Department officers were dispatched to the 2500 block of Medallion Dr. for a just occurred shooting.

Upon arrival, the officers found a female with a single gunshot wound and attempted life saving measures. Alameda County Fire/Paramedics arrived shortly after and pronounced the victim deceased. The victim has been identified as Joan Dolly Delsied, 28-year-old female from Union City, CA.

UCPD Detectives responded and took over this investigation. Later in the evening around 5:00 PM, two males were arrested for their involvement in this case. The gun used in this incident was also recovered.

The arrestees were identified as: Francisco Alvarez (29-year-old male from Union City) – 187 PC – Murder John Collins (60-year-old male from Union City) – 32 PC - Accessory After the Fact. This was an isolated incident and there are no



additional known threats to the public. Our condolences go out to the victim's family. The Union City Police Department is glad to bring closure to the family and the community in a timely manner.

Anyone with information regarding this incident is encouraged to contact Detective Dominic Ayala at DominicA@unioncity.org or (510) 675-5259. If you wish to remain anonymous, you can leave information on the UCPD tip line at (510) 675-5207 or at tips@unioncity.org

Traffic stop leads to large fentanyl, cash recovery

SUBMITTED BY
SAN LEANDRO POLICE
DEPARTMENT

A routine vehicle stop for a traffic violation recently made by a San Leandro Police Department officer led to the recovery of nearly two pounds of fentanyl, along with marijuana, heroin,

methamphetamine and a large sum of cash.

The incident occurred Saturday, July 30 when the officer stopped a driver, later identified by police as Marvin Flores, 23, of Oakland on Marina Boulevard and Aurora Drive. During a search of the vehicle the officer found the illegal drugs each bundled in packages apparently

for the purpose of selling to others. Flores, who also had \$3,000 in cash was arrested and booked into Santa Rita Jail.

"I want to thank our weekend midnight officers who worked together to make this investigation complete and safe, as a minute amount of fentanyl can be deadly," said Lieutenant Matthew Barajas. "Our officers carry Narcan, an opioid overdose treatment. Each member is trained in administering the drug. We have used Narcan several times and with successful results."



Nearly two pounds of fentanyl and cash were recovered by San Leandro police during a traffic stop.

The Greatest Story Never (Vocally) Told: *Joseph and the Amazing Technicolor Dreamcoat*

BY HUGO VERA
PHOTOS BY GINO LUCAS

As more of today's entertainment content strives to be increasingly inclusive and accessible for all, Stage 1 Theatre's production of *Joseph and the Amazing Technicolor Dreamcoat* accomplishes just that and more. Based on the 1968 musical written by Tim Rice and Andrew Lloyd Webber, Stage 1 Theatre's *Joseph and the Amazing Technicolor Dreamcoat* is a whimsical, modern take on the origin story of the biblical character Joseph from the Book of Genesis. Although it's based on a Judeo-Christian text, director Patricia Pitpitan and choreographer Joshua Ekblom's rendition of Joseph's story contains universal themes of betrayal, self-discovery and forgiveness that all viewers can enjoy.

When Joseph (played by Noelle Wilder) is born into a well-to-do farming family in ancient Israel, he becomes heavily favored over his brothers, and his parents gift him a "Technicolor Dreamcoat," a luxurious garment sporting vibrant colors. Jealous of Joseph and his new coat, his brothers sell him into slavery to the Egyptians. While in Egypt, Joseph must survive the antics of the Pharaoh (Charles Anthony), his right-hand man Potiphar (Donald Grushkin) and the unwanted advances made by Potiphar's wife Zuleika (Paige Collazo) as he rises through the ranks of Egyptian society to save his enslavers from famine and find his way home.

What makes this particular production truly memorable is the use of ASL (American Sign Language) interpretation throughout the entirety of the play. The bilingual aspect of this play is something rarely seen in other stage productions, let alone musicals. Though ASL interpretation is often seen as a silent/background activity, cast members such as Ashley Castellon (who serves as the musical's "Narrator") and Dane K. Lentz (the voice of Joseph/omnipresent interpreter) sign with their own unique flair that makes their unspoken hand gestures just as powerful and present as the on-stage singing and dancing.

The breakout performance of this production is undoubtedly that of Noelle Wilder as the titular character Joseph. The choice to have a deaf, Black non-male play Joseph perfectly aligns with Pitpitan's vision of this modern-retelling. Although Wilder has no spoken lines, their facial expressions, mannerisms and powerful movements flawlessly

illustrate Joseph's arc without the need for words. Juxtaposed to Wilder is Charles Anthony's humorous and refreshing portrayal of Pharaoh. Though his character serves as the story's antagonist, his Elvis-like solo musical number and persona make the character surprisingly likable.

Complementing on-stage performances is top-notch set design. Audiences who were used to viewing Stage 1 productions at the Newark Memorial High School theater will be impressed by the state-of-the-art Firehouse Arts Center in Pleasanton. The center's two-level seating allows for the performers' acoustics to reach everyone while also enabling the live band the necessary space to operate. Hand-painted hieroglyphics and Egyptian-themed tapestries hanging from the rafters establish the musical's setting in ancient Egypt, but the best production detail is the archway at center-stage with the name "JOSEPH" spelled out in ASL. The clever costume design in this production allows performers to parody eras such as 1950's America as well as 1960's France with the use of wigs and berets while also establishing the play's biblical setting.

Overall, Stage 1 Theatre's production of *Joseph and the Amazing Technicolor Dreamcoat* is a family-friendly musical experience that all can enjoy. While based on biblical lore that contains themes of slavery and famine, the whimsical and slapstick-comedy aspects of the musical appeals to children and adults alike. Those who enjoyed the 1999 film adaptation starring Donny Osmond as well as other Christian-based musicals such as *Jesus Christ Superstar* will enjoy this roughly 90-minute celebration of self-determination and inclusion.

Joseph and the Amazing Technicolor Dreamcoat

Friday, Aug 12 – Sunday, Aug 28

Fri: 8 p.m.

Sat: 2 p.m. , 8 p.m.

Sun: 2 p.m.

Sun, Aug 21: 2 p.m. , 7 p.m.

Firehouse Arts Center

4444 Railroad Avenue, Pleasanton

(925) 931-4848

www.stage1theatre.org

Tickets: \$48, group pricing available for parties of 10+



PUBLIC NOTICES

NOTICE OF PUBLIC HEARING CITY OF FREMONT HISTORICAL ARCHITECTURAL REVIEW BOARD

NOTICE IS HEREBY GIVEN THAT THE HISTORICAL ARCHITECTURAL REVIEW BOARD (HARB) OF THE CITY OF FREMONT WILL HOLD A PUBLIC HEARING ON THE FOLLOWING PROPOSAL, SAID PUBLIC HEARING WILL BE HELD VIRTUALLY AT 6:30 P.M., ON THURSDAY, SEPTEMBER 1, 2022, AT WHICH TIME ALL PARTIES AND INTERESTED PERSONS MAY PARTICIPATE VIA TELECONFERENCE PURSUANT TO GOVERNMENT CODE SECTION 54953(E) (ASSEMBLY BILL 361). INFORMATION ON HOW TO PARTICIPATE IN THE MEETING BY TELECONFERENCE WILL BE MADE AVAILABLE ON THE MEETING AGENDA POSTED ONLINE AT [HTTPS://CITYOF FREMONT.ORG](https://cityof fremont.org) AT LEAST THREE DAYS PRIOR TO THE MEETING.

1357 MOWRY AVENUE SUBDIVISION – 1357 Mowry Avenue – PLN2019-00263
- To consider Historical Architectural Review in conjunction with proposed first- and second-floor additions and alterations to the Champion House, a Fremont Register-listed historic resource, and the addition of four townhouse units and a detached garage at 1357 Mowry Avenue in the Central Community Plan Area, and to consider a finding that no further environmental review is required pursuant to the California Environmental Quality Act (CEQA) per, without limitation, CEQA Guidelines Section 15332, Infill Development Projects Exemption, and CEQA Guidelines Section 15183, as the project is consistent with the density established by the General Plan, for which an Environmental Impact Report (EIR) (SCH#2010082060) was previously prepared and certified. Each of the foregoing provides a separate and independent basis for CEQA compliance.
Project Planner – Mark Hungerford, (510) 494-4541, mhungerford@fremont.gov

ELLSWORTH MIXED USE PROJECT – 43401 Ellsworth Street – PLN2021-00292
- To consider Historical Architectural Review for a mixed use development with approximately 4,557 square feet of commercial space and 12 residential units consisting of six townhouse buildings and six detached townhomes at 43401 Ellsworth Street in the Mission San Jose Community Plan Area and the Mission San Jose Historical Overlay District, and to consider a finding that no further environmental review is required pursuant to the California Environmental Quality Act (CEQA) per, without limitation, CEQA Guidelines Section 15332, Infill Development, and CEQA Guidelines Section 15183, as the project is consistent with the density established by the General Plan, for which an Environmental Impact Report (EIR) (SCH#2010082060) was previously prepared and certified. Each of the foregoing provides a separate and independent basis for CEQA compliance.
Project Planner – James Willis, (510) 494-4449, jwillis@fremont.gov

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

WAYLAND LI, SECRETARY
HISTORICAL ARCHITECTURAL REVIEW BOARD



CIVIL

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

Superior Court of California, County of ALAMEDA
Petition of: YASH BHARAT BISEN for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner YASH BHARAT BISEN filed a petition with this court for a decree changing names as follows:
YASH BHARAT BISEN to YASH BHARAT SINGH BISEN
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: SEP 16, 2022, Time: 11AM, Dept.: 17, Room: --
The address of the court is 1221 OAK ST, 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: JULY 22, 2022
CHARLES A SMILEY
Judge of the Superior Court
8/9, 8/16, 8/23, 8/30/22

CNS-3611801#

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

Superior Court of California, County of ALAMEDA
Petition of: JAY BHARAT BISEN for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner JAY BHARAT BISEN filed a petition with this court for a decree changing names as follows: JAY BHARAT BISEN to JAY BHARAT SINGH BISEN
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: SEP 16, 2022, Time: 11:00AM, Dept.: 17, Room: --
The address of the court is 1221 OAK ST., 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: JULY 22, 2022
CHARLES A. SMILEY
Judge of the Superior Court
8/9, 8/16, 8/23, 8/30/22

CNS-3611783#

FICTITIOUS BUSINESS NAMES

FICTITIOUS BUSINESS NAME STATEMENT

File No. 590736
Fictitious Business Name(s):
TIRAA US, 40087 MISSION BLVD UNIT #311, FREMONT, CA 94539 County of ALAMEDA
Registrant(s):
ADIRA CA, INC. 40087 MISSION BLVD UNIT #311, FREMONT, CA 94539
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].)
ADIRA CA, INC.
S/ SELVEE MANDULA,
This statement was filed with the County Clerk of Alameda County on 07/27/2022.
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).
Original Filing
8/9, 8/16, 8/23, 8/30/22

CNS-3612925#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 590442
Fictitious Business Name(s):
ASHVITA TEA, 4551 WHEELER DRIVE, FREMONT, CA 94538 County of ALAMEDA
Registrant(s):
CHANDANI RAJAPASKSHA, 4551 WHEELER DRIVE, FREMONT, CA 94538
INDIKA WALIMUNI, 4551 WHEELER DRIVE, FREMONT, CA 94538
Business conducted by: a Married Couple
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/ INDIKA WALIMUNI
This statement was filed with the County Clerk of Alameda County on 07/15/2022.
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).
Original Filing
8/9, 8/16, 8/23, 8/30/22

CNS-3612923#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 590323
Fictitious Business Name(s):
1. BASEBALL MOUND SUPPLY, 2. PRO SPORTS EQUIP, 39899 BALENTINE DR SUITE 200, NEWARK, CA 94560 County of ALAMEDA
Registrant(s):
MARIO RAYMOND & CO. LLC, 36775 HAFNER ST, NEWARK, CA 94560
Business conducted by: a limited liability company
The registrant began to transact business using the fictitious business name(s) listed above on 07/01/2022.

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/ MARIO RAYMOND & CO. LLC
S/ MARIO SALAZAR
This statement was filed with the County Clerk of Alameda County on 07/10/2022.
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).
Original Filing
8/9, 8/16, 8/23, 8/30/22

CNS-3612922#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 590680
Fictitious Business Name(s):
MISSION ADVANCED MATERIALS, 43025 PASEO PADRE PKWY, FREMONT, CA 94539 County of ALAMEDA
Registrant(s):
CHUNBIN ZHANG,, 43025 PASEO PADRE PKWY, FREMONT, CA 94539
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/ CHUNBIN ZHANG,
This statement was filed with the County Clerk of Alameda County on 07/26/2022.
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).
Original Filing
8/9, 8/16, 8/23, 8/30/22

CNS-3611979#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 590712
Fictitious Business Name(s):
RAWZAN, 41431 ALBRAE ST #B, FREMONT, CA 94538, County of ALAMEDA
Registrant(s):
KHALIL AYAR, 3021 STONEHENG RD, FREMONT, CA 94555
Business conducted by: AN INDIVIDUAL
The registrant began to transact business using the fictitious business name(s) listed above on JULY 3, 2022

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/ KHALIL AYAR
This statement was filed with the County Clerk of Alameda County on JULY 26, 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).
8/9, 8/16, 8/23, 8/30/22

CNS-3611775#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 590494
Fictitious Business Name(s):
WHAT'S HAPPENING TRI-CITY VOICE, 39737 PASEO PADRE PARKWAY SUITE B, FREMONT, CA 94538 County of ALAMEDA
Registrant(s):
WHAT'S HAPPENING, INC., 39120 ARGONAUT WAY #335, FREMONT, CA 94538
Business conducted by: a Corporation
The registrant began to transact business using the fictitious business name(s) listed above on JAN 14, 2002.

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].)
WHAT'S HAPPENING, INC.
S/ WILLIAM MARSHAK
This statement was filed with the County Clerk of

Alameda County on 07/18/2022.
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).
Original Filing
8/2, 8/9, 8/16, 8/23/22

CNS-3610615#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 590495
Fictitious Business Name(s):
WHAT'S HAPPENING, 39737 PASEO PADRE PARKWAY SUITE B, FREMONT, CA 94538 County of ALAMEDA
Registrant(s):
WHAT'S HAPPENING, INC., 39120 ARGONAUT WAY #335, FREMONT, CA 94538
Business conducted by: a Corporation
The registrant began to transact business using the fictitious business name(s) listed above on JAN 14, 2002.

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].)
WHAT'S HAPPENING, INC.
S/ WILLIAM MARSHAK
This statement was filed with the County Clerk of Alameda County on 07/18/2022.

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).
Original Filing
8/2, 8/9, 8/16, 8/23/22

CNS-3610610#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 590393
Fictitious Business Name(s):
THE COMPANY BARBER, 4055 MOWRY AVE., FREMONT, CA 94538, County of ALAMEDA
MAILING ADDRESS: 3153 SAN JOAQUIN WAY, UNION CITY 94587

Registrant(s):
THE COMPANY BARBER LLC, 3153 SAN JOAQUIN WAY, UNION CITY, CA 94587
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/ ROBERTO C GRIJALVA
This statement was filed with the County Clerk of Alameda County on JULY 13, 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).
7/26, 8/2, 8/9, 8/16/22

CNS-3606567#

GOVERNMENT

PLANNING COMMISSION OF THE CITY OF UNION CITY

NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that the Planning Commission of the City of Union City will hold a public hearing on the following matter:
388 Appian Way (APN:087-0038-024) ASD-22-009 and UP-22-002
Yalda and Elyas Moajaddidy, are seeking Use Permit (UP-22-002) and Administrative Site Development (ASD-22-009) approval to construct a new, approximately 2,740 square-foot, two-story home with an attached 456 square-foot garage, on a vacant lot located at 388 Appian Way (APN 087-0038-024), within the RS-6000 Zoning District and Hillside (H) Combining District.
NOTICE IS ALSO GIVEN that this project is categorically exempt under Section 15303, New Construction or Conversion of Small Structures, of the California Environmental Quality Act (CEQA). **This item will be heard at a public hearing by the Planning Commission at the meeting listed below.** You may attend the meeting and voice your views or comments, or you may submit comments in writing prior to the hearing. The project planner, Brandon H DeLucas, can be reached at (510)-675-5385 or via email at BrandonD@unioncity.org.

PLANNING COMMISSION MEETING
Thursday, September 1, 2022
Said hearing will be held at 7:00 p.m.
City Hall-Council Chamber,
34009 Alvarado-Niles Road
Union City, CA 94587
and Via Teleconference

The Planning Commission meeting packet and instructions on how to virtually attend the meeting and provide your comments can be found at <https://www.unioncity.org/199/City-Meetings-Video>.

Meeting packets which include the meeting agenda and staff report are generally available on-line the Friday before the meeting. If you challenge the above described project in court, you may be limited to raising only those issues you or someone else raised at the Planning Commission public hearing for this project or the City Council public hearing, or in written correspondence delivered to the Planning Commission or to the City Council at, or prior to, the public hearing.

CARMELA CAMPBELL, AICP
Economic & Community Development Director
8/16/22

CNS-3615389#

PLANNING COMMISSION OF THE CITY OF UNION CITY

NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that the Planning Commission of the City of Union City will hold a public hearing on the following matter:
Zoning Text Amendment (AT-22-002)
Please be advised that the City of Union City is proposing to amend Chapter 18.50 Civic Facilities (CF), of Title 18, Zoning, of the Union City Municipal Code. The amendment will allow seasonal sales lots for holiday trees and pumpkins in the CF district upon the granting of administrative use permit approval by the Zoning Administrator and subject to the provisions of the Policy Statement for the Regulation of Seasonal Sales Lots.
NOTICE IS ALSO GIVEN that the proposed amendments are exempt from environmental review in accordance with California Environmental Quality Act Guidelines Section 15061(b)(3), the general exemption for projects with no potential for a significant effect on the environment.

This item will be heard at a public hearing by the Planning Commission at the meeting listed below. Comments may be submitted in writing prior to the hearing or at the hearing consistent with the Teleconference Guidelines. The project planner, Natalie Dean, can be reached at (510)-675-5382 or via email at NatalieD@unioncity.org.

PLANNING COMMISSION MEETING
Thursday, September 1, 2022
Said hearing will be held at 7:00 p.m.
City Hall-Council Chamber,
34009 Alvarado-Niles Road
Union City, CA 94587 and Via Teleconference

The Planning Commission meeting packet and instructions on how to virtually attend the meeting and provide your comments can be found at <https://www.unioncity.org/199/City-Meetings-Video>.

Meeting packets which include the meeting agenda and staff report are generally available on-line the Friday before the meeting. If you challenge the above-described project in court, you may be limited to raising only those issues you or someone else raised at the Planning Commission public hearing for this

project or the City Council public hearing, or in written correspondence delivered to the Planning Commission or the City Council at, or prior to, the public hearing.

CARMELA CAMPBELL, AICP
Economic & Community Development Director
8/16/22

CNS-3615386#

In accordance with Sec. 106 of the Programmatic Agreement, AT&T plans a MODS TO TOWER MOUNT at 34300 ZWISSIG WAY UNION CITY, CALIFORNIA 94587. Please direct comments to Gavin L. at 818-898-4866 regarding site CCL00891.
8/16, 8/23/22

CNS-3613862#

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF GEORGE WILEY LINN CASE NO. RP22127564

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: GEORGE WILEY LINN
A Petition for Probate has been filed by BARBARA HULL in the Superior Court of California, County of ALAMEDA.

The Petition for Probate requests that BARBARA HULL 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 OCTOBER 5, 2022 at 9:45 A.M. in Dept. 202 Room N/A located at 2120 MARTIN LUTHER KING JR WAY, BERKELEY CA 94704.

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

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

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

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

Petitioner/Attorney for Petitioner: ADAM SANDERS, SBN 330211, PO BOX 177, MT. SHASTA, CA 96067, Telephone: 530-926-3444
8/9, 8/16, 8/23/22

CNS-3611363#

NOTICE OF PETITION TO ADMINISTER ESTATE OF MILES GARRETT ARCHER CASE NO. RP22127910

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: MILES GARRETT ARCHER
A Petition for Probate has been filed by BILL ROY STEWART in the Superior Court of California, County of ALAMEDA.

The Petition for Probate requests that BILL ROY STEWART be appointed as personal representative to administer the estate of the decedent.

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

A hearing on the petition will be held in this court on AUGUST 29, 2022 at 9:45 A.M. in Dept. 202 Room N/A located at 2120 MARTIN LUTHER KING JR WAY, BERKELEY CA 94704.

REMOTE APPEARANCE:

The Court allows, but does not require, 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.

Petitioner/Attorney for Petitioner: ROBERT LOWELL-JOHNSON, 38750 PASEO PADRE PARKWAY, SUITE C-7, FREMONT, CA 94536, Telephone: 510-794-5297
8/2, 8/9, 8/16/22

CNS-3608752#

TRUSTEE SALES

TS. No. 101331-CA APN: 519-1664-012 NOTICE OF TRUSTEE'S SALE IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 7/21/2006, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY. IT MAY BE SOLD AT A PUBLIC SALE IF YOU DO NOT AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER ON 9/21/2022 AT 12:00 PM. CLEAR RECON CORP. as duly appointed trustee under and pursuant to Deed of Trust recorded 7/27/2006 as Instrument No. 2006289136 of Official Records in the office of the County Recorder of Alameda County, State of CALIFORNIA, executed by STEVEN T. KARRIS AND LAURA M. KARRIS, AS TRUSTEES OF THE KARRIS FAMILY TRUST DATED SEPTEMBER 12, 1999 WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK, DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE, AT THE FALLON STREET EMERGENCY EXIT OF THE ALAMEDA COUNTY COURTHOUSE, 122

PUBLIC NOTICES

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 2924d 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, (916) 939-0772

for information regarding the trustee's sale or visit this internet website, www.nationwideposting.com, for information regarding the sale of this property, using the file number assigned to this case: T.S.# 22-01547CA. 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 website. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: 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 (916) 939-0772, or visit this internet website www.nationwideposting.com, using the file number assigned to this case 22-01547CA 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. File No.:22-01547CA If the trustee is unable to convey title for any reason,

the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. For Trustee Sale Information Log On To: www.nationwideposting.com or Call: (916) 939-0772. Dated: July 20, 2022 By: Kellee Vollendorff Foreclosure Associate Affinia Default Services, LLC 301 E. Ocean Blvd., Suite 1720 Long Beach, CA 90802 (833) 290-7452 NPP0414058 To: TRI-CITY VOICE 08/02/2022, 08/09/2022, 08/16/2022 8/2, 8/9, 8/16/22

CNS-3609675#

LETTER TO THE EDITOR

A victory for future generations

Those hoping to preserve a livable world for ourselves, our children and grandchildren can find much to celebrate in the climate provisions of the Inflation Reduction Act recently passed in the U.S. Senate and House of Representatives. The bill, now awaiting the signature of President Biden, contains a huge investment -- \$369 billion -- in low-carbon technologies and is expected to reduce greenhouse gas emissions 40% below 2005 levels by 2030.

The significance of this legislative victory cannot be overstated. For decades, scientists warned of the dire consequences we face for failing to bring down the heat-trapping emissions that are warming our world. For far too long those warnings were ignored, and hopes that our nation would take action were raised again and again only to be dashed for lack of political will.

Now, at last, the political will is there. Our lawmakers have finally listened and delivered. With these policies in place, the United States will embark on a transformational journey to wean ourselves off the fossil fuels driving climate change, and in the process remove air pollution that sickens millions of Americans and inflicts billions of dollars in damage to our economy.

The Inflation Reduction Act will speed this transition by providing tax credits over the next 10 years to develop and deploy clean energy like wind and solar. Money will also be used to help households become more energy efficient and to replace gas appliances with ones powered by electricity, like heat pumps and induction stoves. Middle-and low-income Americans will also be eligible for tax credits to help them buy electric vehicles, thereby reducing the carbon emissions and unhealthy air pollution from gasoline-powered cars and trucks.

Another important provision in the Inflation Reduction Act addresses the leakage of methane, a greenhouse gas many times more potent than carbon dioxide. It's a big contributor to global warming, and to reduce those emissions, this legislation imposes a fee that rises over time. The principle is simple: Discourage bad behavior by making it more expensive. It worked really well to reduce the number of people who smoke cigarettes.

Disadvantaged communities that typically bear the greatest burden from climate change and pollution will also get help. Some \$60 billion will be used on environmental justice programs in those communities.

This long-sought breakthrough on climate legislation was made possible by grassroots support that was lacking in previous “inside the Beltway” efforts. Over the past year, for example, Citizens’ Climate Lobby generated more than 200,000 letters and phone calls to members of Congress urging passage of a reconciliation bill that contains strong climate provisions. Members of other advocacy groups urged Congress to tackle climate as well. This victory was won by concerned citizens who made their voices heard by decision makers in Washington.

Meaningful steps to fight climate change come not a moment too soon. Extreme weather-related disasters made worse by rising temperatures, like flooding this summer that killed dozens in Missouri and Kentucky, are becoming more frequent and could soon outpace our ability to adapt and recover. In California, the impact of an altered climate is being felt with unprecedented forest fires.

Throughout the global community, the U.S. has been viewed as a laggard on climate change. This legislation will help restore U.S. climate leadership. Greenhouse gas emissions must be reduced in every country around the world, and our example will inspire and motivate other nations to increase their climate ambition.

More will be needed to meet the U.S. pledge to cut emissions in half by 2030, but for now let's celebrate the passage of this historic legislation, which brings hope that we and future generations can live in a hospitable climate. The best time to do something about climate change was 20 years ago. The next best time is now, and that's finally happening.

Madeleine Para and Abe Mazliach
Fremont

Madeleine Para is Executive Director of Citizens’ Climate Lobby. Abe Mazliach is Co-Lead of CCL Silicon Valley Chapter.

LETTER TO THE EDITOR

Kaiser response to union strike

The National Union of Healthcare Workers has called for an open-ended strike to begin on Monday, August 15, pulling nearly 2,000 mental health professionals away from their patients across Northern California. Despite the strike, we have plans in place to meet our members’ mental health needs.

Kaiser Permanente has been negotiating with the union for more than a year. There are two key issues we have been bargaining over: one is wage increases and the other is the union's demand to increase the time therapists spend on tasks other than seeing patients.

The primary role - and essential need - for our therapists is to provide mental health care and treat our patients. The remaining issue being negotiated with NUHW is the amount of time therapists spend on administrative tasks such as documentation, planning and other office activities rather than directly treating patients. In recognition of our therapists’ concerns and priorities, we have proposed an increase in the scheduled time allocated to administrative tasks, but the union is demanding still more administrative time.

As an example, under the current collective bargaining agreement, a 40 hour per week therapist whose only job is to provide patient therapy would spend 34 hours seeing patients with 6 hours reserved for administrative tasks. We have proposed increasing the time for administrative tasks in this example to 7.2 hours, leaving 32.8 hours to see patients. The union is demanding 9 hours for administrative work, which would leave only 31 hours to see patients.

The union's demand flies in the face of a 30 percent increase in demand for mental health care and NUHW’s own commitments to help improve access to mental health care. Our patients cannot afford a proposal that significantly reduces time available to care for our patients and their mental health needs.

For the entirety of its 12 years of existence, NUHW has used the threat of strikes as a bargaining tactic in every contract negotiation. This will be the second time in a year the union has called on mental health providers to walk away from our patients.

We have the deepest appreciation and gratitude for our mental health professionals and the extraordinary care they provide to our members. We recently reached an agreement with the same union in Southern California for 1,900 mental health professionals.

Despite the union’s harmful tactics, we remain committed to bargaining in good faith to reach a fair and equitable agreement that is good for our therapists and our patients.

Meeting the increasing demand for mental health care

Across the country, there are not enough mental health care professionals to meet the increased demand for care. This

has created challenges for Kaiser Permanente and mental health care providers everywhere. To meet the shortage of mental health practitioners we have:

- Hired hundreds of new mental health clinicians, including adding nearly 200 new clinicians since January 2021
- Improved mental health care access through virtual care
- Embedded mental health care services into primary care
- Launched a \$500,000 recruiting initiative to recruit new clinicians

Despite all that we are doing we, like others, are challenged to meet the demand and know more must be done. We are focused on continuing to find new ways to our members’ and patients’ mental health needs.

Bargaining with NUHW

While NUHW is publicly advocating for increased patient access, the union is actually exploiting current challenges as a bargaining tactic. The union is well aware that its’ decision to strike is intended to hurt Kaiser Permanente’s ability to meet the needs of our patients: that is the point of the strike. The reality is that strikes, like the union’s proposal to reduce time for direct patient care, will only reduce access to our care, at a time of unprecedented demand. This strike is an unnecessary tactic to increase the union’s leverage at the bargaining table making it harder, not easier, to deliver mental health care.

Kaiser Permanente has made it known we are prepared to meet with the union at any time and will continue bargaining in good faith. Our goal is to reach a fair and equitable agreement and avoid a strike.

Meeting members’ needs during a strike

We are working hard to be ready to meet our patients’ mental health needs during the strike. Beginning this week, our patients will receive care from those mental health clinicians who choose patient needs over the strike, as well as from our psychiatrists, clinical managers, and other licensed professionals.

We have also expanded our network of high-quality community providers and will continue to prioritize urgent and emergency care. Some nonurgent appointments may need to be rescheduled. Any patient whose appointment may be affected will be contacted directly prior to the date of the appointment to ensure they receive the care they need.

Deb Catsavas
Senior vice president of human resources
Kaiser Permanente Northern California



Villa Ellsworth project

Find new inspiration from The Athena Project!

PHOTOS PROVIDED BY
SRUTHI GINKA, AARTHI
RAGHAVAN

BY MARC VICENTE

Looking for a new source of inspiration for your art? Then check out The Athena Project's website and Instagram page! Formed by Sruthi Ginka and Aarthi Raghavan, a duo of juniors from Fremont's American High School, The Athena Project is a student-run art initiative where research about art from different parts of the world is shared and celebrated with today's generation of aspiring artists.

"Sruthi and I started this project mainly because we didn't see anything like it in our community," Raghavan says. "There aren't many professional

organizations in Fremont that showcase cultural diversity, and since both of us are incredibly passionate about art, we decided this would be a step in the right direction."

With the original idea devised in the beginning of 2022, the project officially began in May when the two juniors worked together in building their website, as well as their social media presence via Instagram. Their Instagram account, @athena__proj, is currently structured as a bi-weekly blog that promotes young artists and various aspects of art history, all from different countries. Within each art history post is a brief explanation of a certain style, characteristics that define it and artists from different countries whose artwork best exemplifies it.

Their "Country of the Week" posts are about individual countries and the roles that local and foreign influences had on that country's art. Currently over 30 young artists from around the globe have been featured in their "Artists of the World" articles, including celebrity-recognized ones, like Haneen (@7aneenarts on Instagram) recognized by American singer Dixie D'Amelio and Aneesha (@aneesha.a on Instagram) by Israeli actress Gal Gadot. Full-length interviews of each artist as well as updates on events can be found on their website, the-athena-project.square.site.

"This project has taught both Sruthi and me to accept all cultures," Raghavan reminisces. "As Asian Americans growing up in the USA with roots back in

India, this project has allowed us to broaden our artistic horizons and learn more about other countries. For instance, when we were making our Country of the Week post for Japan, I learned that a lot of Japanese art and culture is rooted in Chinese culture as well, making our posts for China and Japan both intriguing."

Ever since Ginka and Raghavan started The Athena Project, they have garnered many supporters within the short time they have been around, including the American and John F. Kennedy High School student body, Stanford Hospitals, as well as over 300 hundred Instagram followers. They also currently have two upcoming mural projects; one in collaboration with non-profit organization Better Block Foundation in Mission San Jose High School, and the other in Washington Hospital and sponsored by Blick Art Materials.

Both founders value their learned experiences with The Athena Project, and aim to

pursue more mural projects and interviews with young artists from other countries in the near future. Furthermore, Ginka has stated that she plans to volunteer for Kids & Art, an organization that aims to uplift the spirits of pediatric cancer patients through cards and art kits.

"Art is pervasive, for anyone anywhere, and it's everywhere," Ginka states. "We hope that people take the time to view our work and are inspired to breach limits and reach 'creativity and beyond!'"

For business inquiries and other concerns, email the team at athenaprojectorg@gmail.com or visit their website at the-athena-project.square.site. More information about the mural in collaboration with Better Block Foundation can be found at https://www.betterblock.org/.

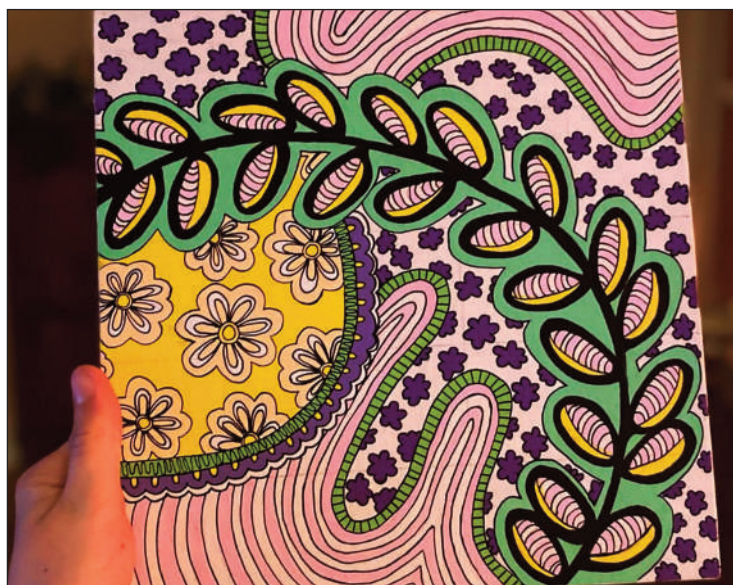
Instagram: Athena Project:
@athena__proj; Sruthi Ginka
@7aneenarts & Aarthi Raghavan
@art.by.dagmar



The Athena Project founders.



Haneen (@7aneenarts) from Saudi Arabia.



Dagmar (@art.by.dagmar) from the Netherlands.

Music at the Mission Meets the Great Gatsby

Music at the Mission Masquerade Ball



6:00pm Saturday, September 10, 2022
Fremont Elks Lodge, 38991 Farwell Drive, Fremont CA

Celebrate and help raise funds for the return of a full Season of Music at the Mission performances, immersive educational programs, and free community outreach concerts in Fremont!

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and Rhonda Bradetich
Volunteer of the Year

Enjoy live jazz from the 20s and 30s! Sip bubbly from the Champagne Tower for a chance to win a Ring-a-Ding-Ding prize while perusing "must haves" from the Silent Auction. Try your luck with the Wine Pull where \$20 buys a cork that wins you a bottle of wine or (if you're lucky) a prize-winning wine to share with your table! And a Maitre D'Auction will be on hand to assist you with Silent Auction bidding. With a Three-Course Dinner, The Bootlegger's Ball promises to be the "cat's pajamas"! Purchase your tickets now at:
auctria.events/mambootleggersball \$135.00 per person • \$1,000.00 for a table of eight



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